

## Student Elective Report

<b>Name</b>	Akhilesh Pradhan
<b>Medical School</b>	King's College London – School of Medicine
<b>Email (optional)</b>	

<b>Country visited</b>	USA
<b>City or town</b>	Baltimore, Maryland
<b>Hospital/unit/clinic</b>	Johns Hopkins Hospital
<b>Dates visited</b>	8 February 2018 – 8 March 2018
<b>Supervising doctor</b>	Dr Justin Sacks
<b>Contact details of your host:</b>	

<b>Please give an overview of what you saw / did (200 words max)</b>	<p>I undertook a sub-internship with the plastic surgery department at Johns Hopkins Hospital. This was a clinical placement where I rotated through breast reconstructive, general reconstructive, craniofacial, hand and burns surgery.</p> <p>I spent two weeks with the general reconstructive team where I was able to attend ward rounds, participate in clinics and assist in skin grafting, free flap and local tissue rearrangement operations. Furthermore, I was able to participate in ward duties e.g. removing drains and changing dressings.</p> <p>This was followed by a week in craniofacial surgery where I was privileged to be able to observe novel surgeries e.g. cranial on-lay cranioplasty, an operation pioneered at Hopkins, and occipital nerve decompression amongst others. I also assisted in paediatric plastic surgery cases which involved removal of facial lesions as well as cleft cases.</p> <p>Finally, I assisted the burns team and the hand surgery team where I attended outpatient clinics and assisted in operations. I was able to clerk a range of patients in hand clinic which developed my history-taking abilities.</p> <p>Besides developing my clinical skills, I was able to present at a journal club meeting, make a Youtube teaching video and attend various teaching meetings held by the department.</p>
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<b>What were the best things about the visit? (120 words max)</b>	<p>I thoroughly enjoyed the clinical exposure which I received at Johns Hopkins. The surgeons were keen for me to scrub in for operations and I was able to develop basic surgical skills and techniques including knot-tying and instrument handling. Furthermore, I was taught how to effectively plot patient vitals, monitor/remove drains and change dressings during ward rounds.</p> <p>Besides this, I enjoyed the team spirit demonstrated by the doctors. All members of the plastic surgery team were inclusive and were happy to provide teaching during/after the operations. This enabled me to appreciate the theoretical basis of the procedures conducted. Even after work, junior residents were happy to show me around Baltimore and discuss surgical concepts over dinner.</p>
<b>What problems did you encounter? (120 words max)</b>	<p>Johns Hopkins Hospital is situated in Baltimore; during my walk to the hospital, I did feel unsafe at times due to its location, close to rough neighbourhoods, however, I overcame this by keeping to main roads and avoiding small/lonely lanes.</p> <p>Furthermore, medical students are expected to attend ward rounds at 5am, I found this initially challenging but was able to get used to the 5am – 6pm daily routine after a few days. The enthusiastic and supportive nature of the team encouraged me to overcome the fatigue of long hours.</p>
<b>What accommodation was provided?</b>	<p>I shared an airBnB accommodation with three other medical students who were also placed at Hopkins. The accommodation was ideally located, a 10-minute walk from the hospital and was fully furnished. I would recommend that future students research the area in which they stay as some neighbourhoods are safer than others.</p>
<b>Would you recommend this to someone else? (explain if necessary)</b>	<p>Yes, I would recommend an elective at Johns Hopkins Hospital. I felt that I received excellent clinical exposure in a range of plastic surgery sub-specialities. Furthermore, the team were welcoming and eager to teach which enabled me to make the most out of my placement. Opportunities to participate in small projects e.g. making a teaching demonstration Youtube video and presenting at journal club meetings are available despite a rigorous clinical schedule.</p>
<b>Are you more likely to choose a career in plastic surgery as a result of this</b>	<p>Yes, my sub-internship at Johns Hopkins has motivated me to seek further opportunities to develop my knowledge, research and clinical skills in Plastic Surgery. The variety of the case-load which I observed at Johns Hopkins has highlighted the diversity and ever-evolving nature</p>

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experience?	<p>of plastic surgery.</p> <p>The ability to operate from head-to-toe is a rare priviledge which plastic surgeons receieve and I firmly believe that my elective experience has strengthened my desire to pursue Plastic Surgery.</p>
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