

Student Elective Report

Name	Gwyneth Jansen
Medical School	Barts and the London School of Medicine and Dentistry (Queen Mary University of London)
Email (optional)	

Country visited	Nepal
City or town	Kirtipur (Kathmandu)
Hospital/unit/clinic	Kirtipur Hospital
Dates visited	26/03/2018 – 23/04/2018
Supervising doctor	Dr Shankar Man Rai
Contact details of your host:	

Please give an overview of what you saw / did (200 words max)	<p>This hospital specialised in burns care and cleft lip & palate surgery. They had a very varied case load though which included hand trauma, complex wounds, rhinoplasties and many other cases. Every morning, there was an MDT meeting where the new admissions, operating list cases and post-op cases were discussed. The cases were used to teach important learning points and to discuss surgical approaches. Afterwards, presentations were given about different subspecialties, literature and audits which had been carried out. This was an excellent teaching centre geared up for teaching and it was fantastic to be able to be part of this. The brilliant teaching was carried on in the ward rounds which followed the MDT meetings and also in the operating theatres themselves.</p> <p>My time was mainly spent in theatres which gave me great exposure across the whole breadth of plastic surgery subspecialties which were available. I was very lucky to be able to see cleft lip and palate surgeries and burn contracture release surgeries which I had not seen before. I also saw innovative techniques such as LPRF being trialled. This placement gave me the opportunity to develop my basic surgical skills and my clinical reasoning in a very supported manner. They allowed me to get involved appropriate to my level and challenged me to think about the different approaches. I learnt so much during my time here that will be so valuable to me in my future career.</p>
What were the best things about the visit? (120 words max)	<p>It was amazing to get involved as part of the team and to work on my basic surgical skills. A free fibula flap transfer to cover a huge thumb defect was one of many exciting cases.</p> <p>As part of their team ethos for striving to continually learn and provide</p>

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	best outcomes for their patients, they asked me to give a series of presentations (with support from the St Andrews Centre) about my previous burns placement, the set-up of UK burns care and methods used there to give good outcomes. It felt valuable to share my experiences, even from a medical student perspective, and to discuss how certain improvements could be made despite the limited resources and the challenging patient population.
What problems did you encounter? (120 words max)	The only minor issue that I encountered was the language barrier. All of the doctors spoke fantastic English and did all of their teaching and MDT meetings in English. Other staff such as the nurses spoke less English and patients often spoke none at all. This did make it difficult to interact with patients as much as I would have liked to e.g. to take a history. The language barrier with patients was less of a problem though due to the surgical rather than medical nature of this specialty.
What accommodation was provided?	No accommodation was provided for this placement. I found a great guesthouse on Airbnb which I would thoroughly recommend.
Would you recommend this to someone else? (explain if necessary)	Yes without a doubt. The teaching here is of great quality and provides an opportunity to see cases that you wouldn't see very often, if at all, at home. It was also very interesting to see how the healthcare system functioned, because it is very different to the NHS.
Are you more likely to choose a career in plastic surgery as a result of this experience?	This elective has made me even more determined to pursue a career in plastic surgery. It has reminded me of all of the lifechanging and amazing surgeries which can be carried out in reconstructive plastic and burns surgery. This is definitely a speciality that I would like to be a part of.