

**EPA GAINING EXPERIENCE PROGRAMME REPORT**  
**On the observership visit at the Centre Hospitalier Universitaire de Nice**  
**Realised 01.11-15.11.2018**  
**By Elena Ungureanu**

**REPORT:**

EPA Gaining Experience Programme was a great opportunity for me to see another medical system and learn for people who have many experience in the field of interest to me – dementia. At CHU Nice I have a great supervisor Dr. David Renaud whom I also thank this way for support and understanding. Also, all team from institute was great, they helped me to integrate, helped with French and many others.

During my internship I participated in psychiatric examinations and in applying neuropsychological tests. Also very interesting and different from my country are the methods of prevention and improvement of cognitive status. These are represented by cognitive stimulation through video games, tactile table as well as group therapies (reminescence group, family group, sing group).

I have seen the entire patient assessment protocol from the first presentation until the diagnosis and treatment. With regard to dementia treatment, I have seen another approach comparing to my country, an approach that I have started to apply to my patients.

Another aspect of my internship was research. So, I participated in both pharmaceutical research and institutional research. The research project that caught my attention and it seems easy enough to be applied to any country is the program called Memento. It follows the evolution of patients with mild cognitive impairment to analyse the profile of people with whom cognitive impairment will progress.

An interesting program I have seen for cognitive impairment testing is CoBTek. This program is developed along with the IT compartment and allows for an extensive and reproducible analysis of cognitive disorders.

All this is just a small part of everything that represented my experience at Nice. Visiting CHU Nice is a real change for me in the way I'm going to deal with patients with cognitive impairment. This experience will be a benefit to both myself and my patients.

Also, do not forget the beautiful Côte d'Azur, which offers charming landscapes, the azure sea, seafood. People are cheerful, hospitable eager for help. In my spare time I visited Nice and its

surrounding area. This is was not a difficult thing due to well public transport. I liked in France that everything works after a well-established program wherever you go –at hospital, at house or at the tram.

I think this kind of programs are very welcome for the young doctors who are just shaping their practice. In this way, through internship we share experiences, we can see that things can be done differently and we can learn together.

I would like to thank the European Psychiatric Association for offering these programs dedicated to young psychiatrists, as well as to the university centers that accept these internships. I hope these international, intercultural events are a starting point for a better collaboration between specialists from different countries.