



EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership visit at the LVR Institute for Healthcare Research, Düsseldorf, GERMANY

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By Dr. Gumru Ahmadova

I am Dr. Gumru Ahmadova, psychiatrist from Azerbaijan. It was a great pleasure for me to be selected for Gaining Experience Programme and to spend valuable six weeks in Düsseldorf, Germany.

I have chosen the programme related to the quality of mental health services in LVR-Klinikum Düsseldorf from the hosting institutions offered by EPA Gaining Experience Programme. It was related to my dissertation theme, and also we have collaborated on a similar topic with WHO in our country. This is why the programme was very interesting for me and wanted to learn from another country's perspective. Firstly it was a great honour to meet Prof. Dr Wolfgang Gaebel. He is very kind and supportive. Professor has personally tried to provide me with effective and fruitful observership. Staff was friendly and helpful. They work on different projects, e.g. quality management methods of the mental health services, e-mental health, revision of the mental disorders chapter of the ICD-11. I have been offered to choose and take part in an important project which was inspiring for me. The project was in the earlier phase and thanks to the staff of the department I have learned how to do a systematic review.

Wednesdays there were scientific meetings, case presentations and Journal Club for young doctors in the hospital. Despite my insufficient German language level, I have visited them interestedly.

During my stay, I also had an opportunity to visit all units and see how psychiatric services work generally in Germany. The LVR-Klinikum is a psychiatric-psychosomatic-psychotherapeutic specialist clinic. There have been different departments: general psychiatry, child and adolescent psychiatry, Psychosomatics, gerontopsychiatry, addiction, affective disorders, neurology and neuropsychiatry, rehabilitation, forensic etc. The hospital has more than 650 beds at various acute, open units. Besides, there are several day clinics, outpatient clinics and emergency room in the hospital. I have visited the geriatric unit, observed routine visits, as well as the music therapy session with elderly patients which we do not have in the hospital.

The Programme was a good opportunity to make collaboration and I hope we will stay in touch in terms of the project and can collaborate in the future for new research projects.

Besides, I have enjoyed visiting some beautiful cities in Germany and improved my German language.

Overall, the EPA Gaining Experience Programme gave me a remarkable opportunity to observe, study and learn how to improve and provide high quality mental health services for our patients. I am grateful to EPA for providing us with the chance to improve our skills in psychiatry and



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research, observe different mental healthcare systems, and for such a great contribution to our future career. And of course, I would like to show my deepest gratitude to Professor Wolfgang Gaebel for having me in their Klinikum. I would suggest these programmes to all young psychiatrists.