



EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership at the *Queen Mary University of London, London, UK*

Realised from 5 to 31 March 2023

By *Dr. Nazmi Akkuzu*

I am Nazmi Akkuzu, a child and adolescent psychiatrist working in Türkiye. I participated in the Gaining Experience Programme of Queen Mary University Hospital in March 2023 under the supervision of Dr Nikolina Jovanovic. For the first time, I had the chance to observe my profession and the way my profession is practised abroad. I would like to thank the European Psychiatric Association for giving me this chance. This report contains my experience and views regarding this visit.

Queen Mary University Hospital, of which I am an observer, is located in east London. Dr Nikolina Jovanovic, with whom I worked, works as a consultant psychiatrist in the Perinatal Mental Health Service at this hospital. Dr Nikola Jovanovic took my opinion before going to England and created an observer program that will allow me to see various departments other than perinatal psychiatry. Since the perinatal psychiatry department is not available in my country, it was beneficial for me to work with Dr Nikola and the perinatal mental health team and observe the process in this department. In my first week, apart from the perinatal mental service, I spent a day with Dr Olivier Andlauer in Hackney, Early Intervention Service and observed the working principles of the service.

During my second week in London, I had the opportunity to work with Dr Rahul Bhattacharya in the adult ADHD clinic and with Dr John Cookson and Dr Peter Hughes in the inpatient clinic. It has been very beneficial professionally to work and observe in the ADHD clinic, especially since I often work with ADHD patients in my country. It was an incredible experience to observe in the inpatient clinic, witness the teamwork and observe how my profession is practised in another country.

In my third week, I had the opportunity to work with Dr Paul Gallagher in the Liaison Psychiatry department at the Royal London Hospital as part of the observer program we prepared with Dr Nikolina. I also had the opportunity to work with Dr Rahul at Mildmay Hospital, which was established to serve the poorest communities in London's East End.

During my last week in London, I worked with Dr Charis Pandis in the inpatient clinic and with Dr Nicole Eady in the Intellectual Disability service. During my time working with Dr Charis at the inpatient clinic, I had the opportunity to observe patients of a wide variety of nationalities and gained experience in how we can address ethnic differences in psychiatric assessments.

The experience I gained during the 4 weeks I spent in London was incredible. The most important differences I noticed in the NHS system according to my country are; teamwork in psychiatry and while there are 2 branches of adult and child psychiatrists in my country, there are 5 branches in England childhood and adolescent psychiatry, general adult psychiatry, older person's psychiatry, learning disabilities, and psychotherapy.



I plan to exchange ideas with other colleagues working in my department and mental health professionals to improve the positive effect of teamwork that I observed in England on patients in the hospital where I work in my country.

This program was an excellent opportunity for me and contributed greatly to my dreams about my career and future. The biggest gain of the program was getting to know the mental health system in England. Apart from working at the hospital, the time I spent in London was very nice. I had the opportunity to go and see many well-known places in London. It was very valuable to see the Freud Museum in London because it is related to our field. Apart from London, I had the opportunity to visit Oxford, Cambridge, Liverpool and Edinburgh and met new people and it was an incredible social experience for me.

Thank you to the EPA and Dr Nikolina Jovanovic for accepting and inviting me. I am very grateful to have participated in this program under his supervision. I will always remember London with good memories and I dream of being able to be found in London one day and working with the valuable people I work with again.