



EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership at the “Groupe Hospitalier du Havre, University Rouen Normandy”

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By Evgeniia Filippova

The observership was awesome and even beyond any compliments. It definitely met my expectations because due to Professor G.Apter and her team I could see all aspects of perinatal psychiatry

The team was very friendly to me and the doctors were always willing to discuss patient cases and general moments

I was allowed to assist doctors while medical rounds in the inpatient service and at outpatient consultations, as well as observe the work in day hospital for new-born babies and their parents, which was a unique experience.

The whole service, where my observership took place, was specialised in perinatal psychiatry. Despite almost 100 % clinical orientation of my observership, I got familiar with the area of scientific interest of the service’s team, which included various interventions for new-born babies and their parents with suspected/known psychiatric conditions. What I appreciated most is that doctors are involved in prevention program, offering consultations for all the future mothers with any risk if psychiatric diseases. There were also some days when I assisted child and adolescent psychiatrists working with children from 0 to 3 years and from 3 years till 11 years.

As for my newly acquired skills, I could include clinical interview with parents of new-born babies, using of DC:0-5 classification, using local French and worldwide databases to measure the risk of medicaments for pregnant and breastfeeding women and also interventions aimed at children with psychiatric conditions, which could be easily practiced during consultations.

In general, this experience was extremely useful, since in Russia we don’t have any identic or similar services and thus there are no doctors or other medical workers with such experience in perinatal psychiatry.

Professor G.Apter is an outstanding scientist and I have heard a lot about her even before I could apply for the Program. Despite her huge amounts of work, she was available for me and we regularly discussed patients, treatment particularities and even organizational challenges. What’s more, her secretary was always available for me if I had ANY questions.

The other staff members were kind to me and always found time to clarify all my questions and share opinions. They also informed all the patients in advance about my presence so that everyone would be comfortable.

On the very first day, I could meet all the team and tell them about the clinic that I work in. I was agreeably surprised by the amount of questions, which my colleagues asked me about my work and about psychiatry in Russia in general with sincere interest. The next day after my arrival back home, I had a chance to tell my colleagues about the observership and they are already inspired by the idea of creation of perinatal team in our clinic.

To sum up, now I truly believe that the first days of life are of crucial importance from psychological and psychiatric points of view and I saw the perfect example of what could be done to support whole family’s mental health.