



EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership at the Clinique des Maladies Mentales et de l'Encéphale (CMME), Groupe Hospitalier Universitaire Paris, in Paris (France)

Realised 8th-19th May 2023

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REPORT:

From the 8th to the 19th of May 2018, I have been in Clinique des Maladies Mentales et de l'Encéphale (CMME), Groupe Hospitalier Universitaire Paris, in Paris (France) under the supervision of prof. Gorwood. My observership at this Clinic was truly great life and professional experience.

I felt very welcome at the housing institution, being very well integrated by the department staff and the residents that were at the moment in rotations on the department. I had the opportunity to visit all the departments at this Clinic that treated different kind of pathologies (eating disorders, addictions, suicidology). For me this was precious because I could see the organisation of the departments, their methodology of work, as well as diagnostic and treatment interventions.

Since I do not have much experience in treating eating disorders, for me a close look into the an integrative, team-based approach was very helpful. I got to observe the complete case management, from admission, to the planning of the therapy course, including the psychotherapy sessions, medication prescription and surveillance, up to the discharge of the patient from the department, and their consecutive follow-up in the ambulatory care.

I observed electro-convulsive therapy procedure, which I haven't seen before, as well as esketamine therapy. This was completely new experience for me.

I had the opportunity to observe the weekly revaluations of the patients by the whole team, their daily meetings with different members of the team, as well as the case-related meetings that the members of the team organized several times a week, in order to discuss the plan and progress of each patient. I have also attended the weekly journal club and lectures for doctors and medical professionals that were organized in the department. I have also had the opportunity to interact with the patients, while they were being controlled by the interns.

I was impressed about the huge team work involved in the case-management. I learned much, not only about medical approach, but also about the importance of the whole complementary system that comes along with it. Different kinds of psychotherapies, art therapy, ergotherapy...

One of the most applicable things that I took home from the internship, was the idea of designing a weight-management contract, designing weight charts, as well as organization of the departments in terms of daily living rules for the patients.



During my stay I learned how important is therapeutic relationship that developed between the patients and the members of the staff.

In Montenegro, in a couple of months, new Clinic for mental health will be opened and I am very excited and happy to share my knowledge taken from this observership, about institutional management and therapeutic interventions.

All in all, I had an amazing experience. The CMME is set in a beautiful place in Paris, and I enjoyed it in every aspect. I am very grateful to EPA for this experience and I would recommend it to anyone.