



EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership at the *Edoardo Bassini Hospital (MI)*,
Nord Milano Community Health and Social Care Trust-ASST

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By *Ivanna Yaremchuk*

I am Ivanna Yaremchuk, a psychiatrist working in Ukraine. I participated in the Gaining Experience Programme of Edoardo Bassini Hospital in Milan, Italy in May 2023 under the supervision of Dr. Daniele Cavaleri. I'm very thankful to the European Psychiatric Association for allowing me to see in person how European Psychiatry functions and what are the differences between Ukrainian and Italian Psychiatry. And I have to say, that we have a lot of contrast in the whole Mental Health care system, treatment approaches, communication with the patients and their relatives, and rehabilitation organizations.

The colleagues and professionals I met were friendly and collaborative and I felt welcomed by all of them. I've met my expectations, all the doctors in Department were very kind and helpful, explained to me a lot and answered all of my questions. Although I was lucky enough that half of the patients during my observership were speaking English well, so I was able to make a proper conversation and knew several points about Italian Psychiatric System directly from the patients. After the meetings with the patients, the doctors and residents discussed with me the case, gave me every additional information that I asked for, and talk about the treatment. Most of the days I've spent in the In-patients Psychiatric Department, and one-day Dr. Daniele Cavaleri took me to the Out-patients and Rehabilitation facilities. That experience was very important to me, as in Ukraine we're just starting to build a rehabilitation system for our patients and it's especially main during the war in Ukraine and a lot of soldiers we have to help to go back to peaceful life after the war.



In Italy psychiatrists focus greatly on socializing patients and helping them live easily, I was quite surprised by how well this works. Another significant point for me was psychoeducation for patients and their relatives provided by social workers. After coming home I shared this experience with my colleagues and now we're trying to implement this in our hospital.

The most important take-home messages for me are a different clinical style, new experience in the treatment, and acquaintance with the Italian rehabilitation facilities. Now I can try to treat my patients in a bit different way and also pay more attention to psychoeducation and rehabilitation. I've seen how important they are to improve the patient's life.

In conclusion, the EPA Gaining Experience Program was absolutely a great experience and help me to familiarize myself with the European Mental Health Care System and start good changes in Ukrainian Psychiatry at least in my hospital. This observership allowed me to improve my clinical skills and get new ideas to improve my personal approach and clinical settings to deliver better patients care.