



EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership at the “the Center Észak-budai Szent János Centrumkórház (Budapest, Hungary) “

Realised “13.05.2024-24.05.2024”

By “ Eka Kikvadze(Georgia)”

NOTE: Please feel free to structure your report as you prefer. You may wish to use some of the suggested questions below as a guideline:

- *How was your observership overall? Did it meet your expectations and why?*
- *Did you feel welcome at the hosting institution?*
- *Were you given particular tasks at the hosting institution, and if so which tasks?*
- *Did your placement have a particular scientific/clinical focus? If so, what focus?*
- *Did you learn something new during your placement?*
- *How useful was this experience for you?*
- *How good was your contact with your supervisor at the hosting institution? How often were you in contact with him/her?*
- *Did you communicate with other staff members of the hosting institution?*
- *Did you make a presentation about your home institution at the hosting institution?*
- *Do you envisage to make a presentation about your observership at your home institution?*
- *Did you encounter any problems during the visit?*

Recommended length of report: 1.5-2 pages

REPORT:

When I received an email from the European Psychiatric Association about consent to participate in the program, these were the first happy moments, during which I had already begun to prepare for the trip. I have to note, that in the application we had to choose between three clinics, In order of preference, my first choice was a clinic with an inpatient perinatal mental health service, which in recent years has been of particular interest to me, so my satisfaction has increased even more. The observership placement was at the Center Észak-budai Szent János Centrumkórház (Budapest, Hungary); My GEP coordinator at the hosting institution was Dr.Prof. Tamás Kurimay. I initially chose the duration of the program with a minimum time, because I have a small child and I cannot leave him alone for a long time. On conditions, the organizers of the program and the supervisor of the clinic helped me to assimilate and get all the necessary information in two weeks, which could take more time to freely assimilate. My expectations were high from the start and I think I got more than I expected. I want to start from the first day, I agreed on the time of the visit in advance with the supervisor, I was asked to be fully present at work during working hours, from the first day I visited 4 rounds of the psychiatric department, a round of the perinatal department, two working meetings and a conference, The supervisor introduced me to the team, presented me with dignity, for me personally was allocated working room , we talked about the current state of the patients, got acquainted with



some difficult cases, discussed and appealed. One fact brought me great emotions: When I came to the department, where mothers with postpartum mental complications communicate with babies, I witnessed such a fact - In the clinic, the parent left the newborn, whom the adoptive parents met, adopted her and the manager of department, parents and all the medical staff cried with joy. After his mother left baby, the newborn was looked after by the medical staff, who loved him very much. In general, everyone received me very warmly and soon I was included in the workflow, had information about the condition of all patients, was able to observe the treatment processes, both in the perinatal department and in other departments. At a special, doctors were attached to me, who spoke good English and translated all the dialogues and processes. After that, our relationship cooled down like this: each previous day was scheduled for the next working day, where I knew exactly what processes I would attend in order to fit into working hours.. The most important thing for me in clinical work and interesting is the process of treatment, the recommendations of psychiatric pharmacological treatment for the country and Hungary are almost equal, but in this clinic I have well studied European practical experience, approaches, the specifics of the relationship with the patient, there are services adapted to the rehabilitation of the patient that are not in my country. However, the experience seen on the ground was much easier to take, memorable and impressive. I talked with my supervisor every day, as he was fully involved in the process of interacting with patients and treatment, the work was very team, they respected each other's opinion, because my supervisor was simultaneously the head of the clinic, they also discussed issues such as expansion, individual schedule, conference, clinical development, patient needs, proper treatment tactics, and so on. All processes were open to me, I was not refused to attend anything. I had a relationship with the clinic doctors everytime, especially those who spoke good English, and we had active communication, especially during ward rounds, when I had to provide a full translation during communication with patients, and I also had the opportunity to talk to several patients who also spoke English and wanted to talk to me. All the doctors and other staff were kind. Everyone was very friendly, especially two or three colleagues. It is important that I attended a study of patients with criteria for compulsory psychiatric treatment, this service is very different from the service in my country, so for me it was also a special experience. As for the subject of my immediate interest, I got acquainted with all the services of the baby-mother-father department. I saw some patients with whom the head of the department helped me, got acquainted with the specifics of work, methods of treatment, and also had the opportunity to familiarize myself with literature, presentations, video clips for greater clarity. I had a little introductory presentation about myself and my country, at the end of the program, I also made a farewell speech, the supervisor and the entire team supported me about the political problems of my country, we had the opportunity to discuss various issues. I was very pleased, that many of them knew my country and respected it, which also manifested itself in my attitude. I have received very helpful advice from a supervisor on how I can share my knowledge and experience in my country, what type of service I can implement, expand the scope of mental health treatment and how to assemble a team for a specific service. I will be honest, I can't say that I faced any problems there, my colleagues allocated their working time so that I was fully involved in the workflow and answered all my



questions. Thanks Professor Tamaz Kurimay for the highest professionalism, noble and worthy humanity, attention and warm attitude that he showed me. The environment was very friendly, warm and homely. They were distinguished by high professionalism, special attention and respect for patients. I want to tell you that during the program I already planned how to share my experience with colleagues and doctors of other specialties of medicine. The professor's advices helped me greatly to improve my plans. My Georgian colleagues are interested. I make a presentation for them, so I definitely plan to share my experience and knowledge with them.

Please return your report to epa.gep@europsy.net