



## EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership at the "Queen Mary University of London"

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By "Marsida Berisha"

### REPORT:

My name is Marsida Berisha. I have completed my specialization in Adult Psychiatry in Germany, where I am currently employed.

During a two-week placement at Queen Mary Hospital in London, as part of the "gaining experience program", I had the invaluable opportunity to immerse myself in the workings of the National Health Service (NHS) system and gain insights into the organization and delivery of mental health treatments in London. Under the guidance of Dr. Nikolina Jovanovic, I rotated through various departments including community service, perinatal psychiatry, early intervention, closed acute ward, liaison psychiatry, and ECT treatment, among others. This report aims to provide a detailed account of my experiences and observations during this enriching period.

**Community Service:** My time in the community service department provided me with a comprehensive understanding of the outreach efforts and support networks available for individuals with mental health issues in the community. I observed the dedication of the multidisciplinary team in providing holistic care, ranging from therapy sessions to practical assistance in daily living activities.

**Perinatal Psychiatry:** The perinatal psychiatry department showcased the specialized care provided to pregnant women and new mothers experiencing mental health challenges. I witnessed the importance of early intervention and tailored treatment plans in ensuring the well-being of both the mother and the infant.

**Early Intervention:** In the early intervention department, I gained insights into the proactive approach taken to identify and support individuals at the onset of psychotic disorders. The focus on timely intervention, psychoeducation, and psychosocial support aimed at minimizing the long-term impact of psychosis was evident.

**Closed Acute Ward:** The closed acute ward provided me with a firsthand glimpse into the management of acute psychiatric crises in an inpatient setting. Here I could see the similarities of the structure of the acute wards in the UK and Germany.

**Liaison Psychiatry:** In the liaison psychiatry department, I witnessed the intersection between mental health and physical health care. The integration of psychiatric consultations within the broader healthcare system highlighted the importance of a holistic approach to patient care.



ECT Treatment: My experience in the ECT treatment department provided me with an understanding of the indications, administration, and outcomes of electroconvulsive therapy. I observed the assessment of patients, the careful monitoring during procedures, and the supportive care provided post-treatment. The collaboration between psychiatrists, anesthetists, and nursing staff ensured the safe and effective delivery of ECT.

Conclusion: My time at Queen Mary Hospital in London was both enlightening and enriching. Through exposure to various psychiatric departments, I gained a deeper understanding of the complexities of mental health care delivery within the NHS system. The professionalism, dedication, and collaborative spirit of the healthcare professionals I encountered were truly commendable. I felt genuinely welcomed within the institution. Each day provided me with the opportunity to exchange ideas with colleagues and observe the operations of various departments up close. This experience has undoubtedly enhanced my clinical knowledge and skills, and I am grateful for the opportunity to learn and grow in such a dynamic environment under the guidance of Dr. Nikolina Jovanovic with whom I am profoundly grateful for the full program provided throughout my two-week observation, as well as for the unwavering assistance she extended during my stay in London.

I would like to take this opportunity to share a few photographs captured during my observership with Dr. Nikolina Jovanovic and Dr. Robert Fisher.

