



EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership at the Marmara University School of Medicine, Department of Psychiatry,
Marmara University Pendik Training and Research Hospital, Istanbul, Türkiye

Realised 25.09.2023-08.10.2023

By Dr. Anna Kohut

In this report, I want to introduce my own observership experience, which I was lucky enough to be chosen to participate under Dr. Ayse Sakalli Kani supervision. It was too much busy 2 weeks in the terms of schedule, but I figured out to cover all the important aspects that I focused on within the program, in particular: clinical, academic and scientific. I managed to get acquainted with completely new health care system, cultural and linguistic environment, specifically in psychiatry aspects. It was absolutely unique experience, even in the smallest details to observe everything new and different, which in my opinion is extremely important for personal professional development. But the differences did not confuse me in any way, since I was fully supported by colleagues at accompaniment, translation and clarification. Furthermore, I had the common interests field with host institution in consultation-liaison psychiatry. I even had enough time get to know the beautiful city of Istanbul.

I would like to express my incredible gratitude to Dr. Ayse Sakalli Kani for the time and attention given to me. From the first day, she excelled in Turkish hospitality, but also perfectly created my personal schedule for visiting inpatient and outpatient units, university meetings and individual scientific consultations with her. I got to know the Department team and trainees and shared my experience from home institution, as well as answered all the questions.

Regarding the clinical aspects – I had the opportunity to get acquainted with the general university clinic structure in general and the psychiatric department in particular. I was involved in clinical examinations, discussions, ground rounds and observation at outpatient appointments at the psychiatric polyclinic unit. I got acquainted with new methods of diagnosis, examination and treatment and even had a conversation with a patient whose language I could speak.

It was equally important for me to familiarize myself with the peculiarities and teaching methods for medical students, which, by the way, was in English, and residents in psychiatry, which allowed me to expand my understanding of the peculiarities and practical aspects of international educational programs and training for the future and compare with own experience. No less interesting was the experience of communicating and sharing experiences with colleagues, which made the stay rich and fleeting. I received a large number of offers to participate in various international projects and joint attendance at scientific events.



I felt quite at ease in the company of residents, who actively encouraged me to discuss. I was even offered to try to be a participant in the international English-language survey conducted by one of the residents and to familiarize myself with the new psychological testing personality type methods, which is highly correlated with my other interests in psychology and psychotherapy fields, what pleasantly surprised me in the terms of multidisciplinary and comprehensiveness pastime in general.

Moreover, the program still has been continuing for me in the active collaboration with Dr. Ayse, which has begun earlier than face to face meeting within the framework of the program. We are still working on the topic of psychotraumatology, which has become a great honor for me — to receive support in the implementation of my scientific ideas with a foreign supervisor who has relevant practical scientific experience.

In conclusion, it was an invaluable experience for which I have been extremely grateful thanks to the support and organization of the EPA community representatives involved in the process. I would like to share my experience and recommend participation in this program not only to my colleagues, but also for other potential participants from Europe. This is exactly the best example of what I like about the science way and what motivates me to move on.