

EPA GAINING EXPERIENCE PROGRAMME REPORT
On the observership visit at the “Hellesdon Hospital, Norwich (UK)”
Realised “April 10th - May 3rd 2016”
By “Dr. M.Ginevra Oriani”

REPORT:

Thanks to EPA Gaining Experience Programme I had the great opportunity to spend three weeks at the Hellesdon Hospital in Norwich (UK) under the supervision of Dr. J.Beezhold.

The whole experience met my expectations.

The colleagues and professionals I met were friendly and collaborative and I felt welcomed by every one of them.

Dr. Beezhold did his best to develop a program which would fit all my clinical interests. He facilitates contact with other colleagues from different Units, was available to any inquiry throughout my visit and make my observership experience useful and pleasant.

I spent about ten days at the Crisis Resolution & Home Treatment Unit (CRHT). All people working there were willing to help and did efforts to make my stay as productive as possible.

I took part of their everyday clinical work (home visits, clinical assessments, medical reviews, case supervisions, multidisciplinary meetings), teaching and talks.

It was very interesting to see how the CRHT team treat acute psychiatric conditions and to find out his role to “gate-keep” acute hospital admissions to psychiatric ward, offering home treatment as an alternative to admission if deemed appropriate. I found very useful and stimulating to discuss with different staff members about clinical strategies to avoid inappropriate hospitalizations. I thought about how different cultural backgrounds can significantly influence the health care systems and patient’s expectations.

I had the opportunity to participate to daily clinical activity and to compare different ways that different professionals use to approach and treat people suffering from mental health diseases. The CRHT team in fact, has a multidisciplinary approach to care and is made up by doctors, registered nurses, outreach workers, pharmacists...and I was able to spend time and speak with many of them.

I also had the opportunity to visit the Mental Health Liaison Service at Norfolk&Norwich Hospital, that was again a new experience for me, compared to the way I use to manage psychiatric consultations in the general Hospital where I work in Italy.

Then I visited the Psychiatric Intensive Care Unite (PICU) of Hellesdon Hospital, that was fascinating also in terms of architectural details. It is a building which won a design award because it can incorporate design features that make more comfortable the therapeutical environment whilst also minimizing the consumption of energy, maximizing usage of natural light and ventilation.

I was also able to visit a Private Clinic for Mental Health in the Norwich Area and to better understand the relationship between Private and Public Mental Health assistance in UK.

I did not make a presentation on my home institution at Hellesdon Hospital but I had many “informal” occasions to describe to colleagues and staff members how Mental Health Services work in Italy. As

well when I went back home I spoke about my experience during one of our weekly meeting and my Italian colleagues were very interested in listening to me and to discuss some possible innovations or changes to improve our Unit, taking inspiration from what I reported.

In conclusion the EPA Gaining Experience Program was really a great experience and help me to familiarize with the National Health Service, considered among the best health systems in Europe. This observership gave me the opportunity to improve my clinical skills and get new ideas and stimuli to improve my personal approach and clinical settings to deliver better patients' care. It also gave me the opportunity to build new professional relationships that will be the bases for new collaborations and international clinical and research projects.

I would like to express my gratitude to those who made all this possible: the EPA ECPC for providing me the opportunity to participate in this Program; a special thank goes to Dr. Julian Beezhold who was always so kind and supportive, gave me advice on different aspects of my stay in Norwich and strongly contributed to make my observership experience very efficient, useful and enjoyable. I'm also very grateful to the CRHT team, the Rollesby ward (PICU) staff, the Mental Health Liaison Service staff at the Norfolk&Norwich Hospital and to all people I met during those unforgettable three weeks.