



EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership at the Istanbul University, Medical Faculty, Department of Psychiatry, Istanbul,
Turkiye

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By Amra Hrnjica

I am Amra Hrnjica, a specialist in psychiatry from Sarajevo, Bosnia and Herzegovina. I am employed at the Sarajevo Canton Psychiatric Hospital, a specialized hospital for psychiatric disorders, where I work in the women's ward. As the winner of the EPA Gaining Experience Program 2022/2023, I had the opportunity to spend some time at the psychiatric department of the University Hospital of Istanbul University, which for me represents a significant step in my future professional career.

My stay at Istanbul University allowed me to get to know the way a psychiatric clinic works in a new and different environment from my usual one. I had the opportunity to familiarize myself with the work organization of the university psychiatric clinic, to see certain differences but also similarities with what we do in the hospital where I practice. The opportunity to get acquainted with certain therapeutic processes and algorithms that are applied in work at the psychiatry department of Istanbul University, and for objective reasons are not available in Bosnia and Herzegovina, is particularly important. After this experience, I have the intention and desire to initiate and support processes that would enable the introduction of similar therapeutic procedures in practice and in the hospital where I work. Bearing in mind that I was assigned to a university clinic, I participated in trainings intended for residents. I was particularly delighted by the relationship between professors and residents, which seemed quite intimate, but at the same time full of mutual respect. Also, selflessness in sharing knowledge with residents and students is something that I will definitely take with me from this exchange and try to apply it in my future professional engagement.

In addition to professional experiences and benefits, this exchange also gave me the opportunity to expand my social contacts in the professional world, which I believe will benefit me in my future engagement. Starting with Prof. Neşe Direk, who was my mentor, all the people I came in contact with were full of welcome and showed willingness to answer my questions, make my stay pleasant and useful, for which I am very grateful.

Upon returning to my home clinic, I tried to pass on the acquired experience, which my colleagues showed great interest in. Considering that our hospital is made up of a team of professionals in which the experience of older colleagues and the desire to advance and improve the work of the younger ones are combined, the information gathered at this training will certainly be used for the purpose of improving the work of our hospital and providing even better services to our patients.



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Participation in the EPA GEP fulfilled all my expectations, both in a professional and social context. The experiences gained in the relatively short time that I spent at the Istanbul University completed my professional self-confidence and I believe that it will be an incentive for my further training and even more dedicated work with patients.