

## **EPA GAINING EXPERIENCE PROGRAMME REPORT**

**On the observership visit at the Psychiatric Department, Saint John Hospital, Budapest, HUNGARY**

**5 - 26 April, 2016**

**by Dr. CHISTOL Alla**

First of all, thanks to EPA, it was a great opportunity and an unique experience to spend three weeks at the Psychiatric Department, Saint John Hospital in Budapest under the supervision of Dr. Tamas Kurimay.

For me, the main goal of this observership was to get familiar with perinatal psychiatry - the branch of psychiatry dealing with the management of mental health disorders in the antenatal and postnatal period. All of this has been made possible by EPA Gaining Experience Programme and the Baby-Mother-Father (BMF) program, which was initiated in 2005 by the National Institute of Child Health (OGYEI) and Saint John Hospital Psychiatric in Budapest. The aim of this programme is to apply therapeutic and rehabilitation model, using the multidisciplinary teamwork in the treatment of the pre-, peri- and post-natal period of mothers suffering mental disorders.

The head of this programme, Dr.Tamas Kurimay, told me many details about the management of patients. Model of treatment for perinatal mental disorders is "open dialog", which means that the multidisciplinary team discussion patient's problems in his presence. The team of this programme includes psychiatrists, psychologists, gynaecologists, pediatricians, social workers, nurses and other workers. They used different therapeutic methods such as individual, group and family interventions, case conferences, individual and staff supervision, video feedback, mother-child consultation, co-operation with partner institutions, social interventions (family support, Guardianship), follow-up for case. Twice per month they have the supervision sessions, where are discussed the new cases. I also had an opportunity to see psychopharmacological medication that are compatible with pregnancy and breastfeeding. Before observership, I never saw how to treat a pregnant women, that was the most inspiring experience for me.

Besides the experience in mother-baby unit I had the opportunity to participate in daily clinical activity in acute and psychotherapeutic ward. I saw a couple of new (for me) approaches in pharmacological and psychotherapeutic treatment. I also benefited of interesting lectures about modern methods of diagnosis in psychology, which were provided by psychologist team. So I really enriched my plans and perspectives about my future work.

I also was greatly honoured to meet the general director Dr. Tibor Kazme, who told me about St.John's Hospital.

I am profoundly thankful to all members of the Psychiatric Department, Saint John Hospital for a warm welcome and sharing the knowledge with me, especially to professor Tamas Kurimay, Agnes Hortobagyi and Gabriella Seres.