

EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership visit at the Norfolk and Norwich University Hospital and at the Hellesdon Hospital in Norwich (UK)

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REPORT:

Due to EPA Gaining Experience Programme I had an unforgettable opportunity to get acquaintance with the Mental health care system in UK starting with the observation of education of medical students at the Norwich medical school (University of East Anglia) and a week of observation at the Norfolk and Norwich University Hospital (NNUH) and at the Hellesdon Hospital in Norwich (UK) under the supervision of Dr. J.Beezhold. Dr.J. Beezhold did his best to develop a program which would fit my clinical interests and meet my expectations. All the members of staff I met were friendly and collaborative and spared quite an amount of their time explaining the differences of the mental health care system or ways of approaching a patient. I've spent 4 days at NNUH where dr. J. Beezhold did his best showing me and explaining the key points of liaison psychiatry in UK. I had an opportunity to meet the most of the team members and what amazed me most was how skilled and professional the nurses in UK are. In fact, there are several teams working in liaison psychiatry approaching different problems such as substance abuse or care of patients with dementia. During the day I've spent at the Crisis Resolution & Home Treatment Unit (CRHT) I've had a chance to see a new way of treating patients, as there is no such service in Lithuania. For one day I took part of their everyday clinical work including multidisciplinary meeting, clinical assessment and medical reviews. It was very interesting to see how the CRHT team treats acute psychiatric conditions, to observe their role of gate-keeper offering home treatment as an alternative to hospital admissions to psychiatric ward with patient's welfare being a central issue. I've found it useful to discuss with different staff members about clinical strategies to avoid unnecessary hospitalizations. The CRHT team in fact, has a multidisciplinary approach to care. I did not have a chance to present on Mental health care system in Lithuania but I had many informal occasions to describe how Mental health services work in Lithuania. As soon as I returned I spoke about my experience during one of our weekly meeting at department and again at the meeting of all psychiatrists of Vilnius Mental Health Center. After my report all Lithuanian colleagues were engaged in a discussion about some possible changes to improve our Department.

In conclusion the EPA Gaining Experience Programme was really a great experience and helped me to familiarize with the National Health Service. This observership gave the opportunity to improve my own clinical skills and get new ideas to share to inspire my colleagues to make some changes in our team work, approach and clinical settings to deliver a better patients' care. It was a great way to build new professional relationships. I would like to express my gratitude to those who made all this possible: the EPA and a very special gratitude goes to Dr. Julian Beezhold and his family who were always supportive, attentive and strongly contributed to make this experience mostly efficient and enjoyable.