

EPA GAINING EXPERIENCE PROGRAMME REPORT

**On the observership visit at the “Clinical Division of Social Psychiatry,
Department of Psychiatry and Psychotherapy, Medical University of Vienna”**

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I was honored to do the clinical fellowship at the Clinical Division of Social Psychiatry, Department of Psychiatry and Psychotherapy, Medical University of Vienna, in March/April 2016, under the framework of EPA Gaining Experience Programme, under the supervision of Professor Johannes Wancata.

After a laborious enrollment as a clinical fellow at the Medical University of Vienna, I started the observership at the station 5A, under the supervision of Dr. Med. Univ. Nilufar Mossaheb. It was very good to know the whole team from the clinical unit, as I was very easily integrated into the daily practice schedule. The main clinical focus on the unit was for patients being treated for first episode schizophrenia, but also for other various psychiatric pathologies. In this way, I could learn new approaches of early recognition of sub-clinical psychotic symptoms and acquired knowledge in psychoeducation developed for these patients and their families.

From the practical point of view, I could participate to the assessments of the admitted patients, to the morning visit, to the discussions about treatment possibilities and other approaches together with the medical staff.

I spent one day in the Intensive Care Unit, where I took part to the ECT treatments for refractory schizophrenia and gained insight into this method.

Given my special interest in psychosomatic field (Ph D), I have been one other week to the station 6B, working with Prof. Dr. med. univ. Peter Berger and the other medical staff. Here, I could learn about diagnosis and treatment of patients with eating and somatoform disorders especially when considering social and cultural aspects. I could also discuss the treatment possibilities with trainees in psychiatry.

One another achievement of the clinical fellowship was the Journal Club, where published articles in social psychiatry were discussed together with Professor Johannes Wancata and the other medical staff. It was also offered the possibility to participate to some academic lectures.

Overall, I felt very welcome and communication was very easy both with Dr. Mossaheb, other medical staff and Professor Wancata (everytime it was needed). They were very keen to help me across my stay in Vienna and gave me advices about my visit to the Otto Wagner Psychiatric Hospital.

Regarding the long term benefits of the observership, I could mention the possibility to collaborate in future research projects in social psychiatry.

I didn't receive any personal task beside the recommendation to read some articles on first episode of psychosis and discuss about it.

Another important aspect of the observership was the possibility to network with young psychiatrists from the hospital, to exchange ideas, to promote ECP's activities.

The presentation of my home institution was not organised during the fellowship, but a presentation of my clinical fellowship at AKH is intended to be done in the near future.

I did not encounter any special problem during my stay in Vienna, beside the language barriers.

During the clinical fellowship I gained insights into mental illness especially focused on aspects of social psychiatry.

