

NFOG report: ENTOG-exchange, The Netherlands june-2015

I was one of the lucky trainees who got the opportunity to visit The Netherlands for a week in June 2015. I arrived in Schiphol, Amsterdam, at lunch time Sunday 7th June and was picked up by my host for the first three days, Marieke. We spent the afternoon in Amsterdam and she then drove us back to her and her husband's home in Eindhoven. We went out for dinner and then back to their home to get ready for work the next day.

Work for Marieke (and me) was Jeroen Bosch ziekenhuis in the city of 's-Hertogenbosch about 25 minute drive from Eindhoven where she is a resident. The hospital was built in 2009 and very fresh and new. Before this hospital was built there used to be three hospitals in the city.

My first day at the hospital started with me being introduced by Marieke in the morning and then I spent the day in the labour ward. I met some of the patients who were in labour and observed at two caesarean sections. I had the chance to talk to both nurses, midwives and residents and consultants at the ward.

The next day I went with Marieke who was in OR for the whole day. Interesting to see the many similarities and also the differences between our countries. One difference is that doctors do a lot more of the preparing and after surgery-work. They are in the theatre and carry leg.... They sterilize/wash the patient, they do this for optimizing the amount of surgeries that can fit in the program for one day, and I was truly surprised with the speed they changed patient and were ready for the next operation/surgery.

In the evening my 2nd day in the N-L we went for a city walk in the city of Nijmegen arranged by ENTOG. Nijmegen is the academic center in this region of the N-L. The N-L is divided into 8 different academic centers where the university hospitals are located. When applying for residency in the N-L you apply to one of the academic centers and then you are placed in one of the hospitals in the region for two years, after that you do 4 years in the university hospital. Most residents in the N-L also at some time during residency do a PhD, often 3-4 years.

Nijmegen is a beautiful city with an interesting history and it was an opportunity to meet the other trainees in this region and the exchange trainees. The last day in Eindhoven, Den Bosch I had the opportunity to see the Da Vinci robot in action in a sacrocolpopexy. After that, two more operations and then I was off to Utrecht for the 2nd part of the exchange with ENTOG. My third day was actually meant to be spent with a midwife and their work and eventually a home delivery but there were no midwife who could take me with her because there were already 1-2 med. Students or residents with the midwives in my region. It was ok, and I had a lot of time to talk to midwives who had worked with home deliveries and I had the chance to ask all my questions.

All the trainees met up for a drink and socializing Wednesday night. It was really nice to talk to the others and to share experiences, we were 49 trainees from several different countries. On Thursday we all met at UMC, Utrecht medical center for scientific meeting and different stations of training-simulators, discussions, lectures.

In the evening there was a great dinner. Friday was the day of ENTOG-council and the discussions were about the wish of making the residency more European, making it easier for doctors to move and work in different countries in Europe. ENTOG got a new president as well, Anna from Denmark.

My stay was a very nice experience and I really hope that these exchanges will continue and that more residents all over Europe get the opportunity to go see work and colleagues in another country.

Katarina Edblad