

ENTOG exchange 2017 - Slovenia

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This exchange was a 5-day experience with 4 days in a local hospital and the 5:th day consisted of a scientific meeting.

I was going to the hospital in Izola, a small hospital with around 700 births/year, placed up on a hill just right to the Mediterranean sea. The night before I met up with my new friends, a 4:th-year-resident from Poland who was also in the ENTOG board, a resident from Spain who had just finished her first year and our local guide Denis, who was in his 4:th year and at the moment was in Ljubljana for some parts of the curriculum which he couldn't achieve in Izola.

From the moment we first met we started to share experiences and do comparisons. We had an apartment rented for us in the mountains, normally you stay with a host but since the hospital at the moment didn't have any residents who could host us (both of them were in Ljubljana), ENTOG had solved it like this.

The hospital turned out to be a familiar place where our host Denis seemed to know everyone and we got extremely well treated. Everyone, from the professors to the ones working in the canteen, stopped and shared some words and you really got the feeling that this was an exchange since not only did I learn from them but had the opportunity to share my experiences and how we use to work in Sweden.

We spent some time in the maternity ward. They had three beds, two in one room and one in another and we noticed that they often used fundal pressure, which turned out to be almost forbidden in Poland, and episiotomy, which I had very little experience of from Sweden compared to my European colleagues. This was confirmed by some googling on the Swedish numbers and led to a long interesting discussion on the subject.

We also had the opportunity to see some surgery, meet some outward patients and discuss the patients who were submitted to the hospital. From a Swedish perspective the patients stayed for very long after birth and surgery.

The last day was spent in Ljubljana, where ENTOG's local committee WATOG had organized a scientific meeting with two main subjects, the use of forceps and soft skills, the latter with focus on how to prevent burnout and how to deal with a difficult colleague. The subject of forceps was as a historical lecture and a debate, pro and con were the British residents was the main "pro" and the experience of forceps in the rest of the group of residents from almost all of Europe was very small. The conclusion for med was that forceps is better than its Swedish reputation but we don't have the amount of births to keep up the skills of both VE and forceps and there is likely less risks with VE, especially if you are not doing a lot of instrumental deliveries. We also had a simulation where we could try both VE and forceps on dummies.

Also the soft skills part had a lecture part and two seminar parts, which were held by two residents of Ljubljana, very well prepared and led to interesting discussions within the group.

This interesting and intense week ended with the ENTOG council meeting where we chose a new board and a