

## **Clinical visit to Bergen, Norway**

I visited the Department of Obstetrics and Gynecology in Haukeland University Hospital in Bergen, Norway, in May 2018. I'm a 6<sup>th</sup> year resident in OBGYN in Turku University Hospital, Turku, Finland. This training period was accepted as part of my residency.

The aims of my visit were to deepen my knowledge in the management of vaginal breech deliveries and operative vaginal deliveries performed with forceps. Haukeland University Hospital is famous for expertise in these skills.

During my visit I was able to follow the daily routines in the Obstetrics department. Most of my time I spent in the delivery room and in the outpatient clinic. I was able to practice vaginal breech, breech extraction of twin-B and forceps deliveries with phantoms and received many new tips and tricks from experts. Naturally, the best part of my visit was to see these skills used in action in real-life deliveries. In addition, it was interesting to observe the management and treatment of various aspects of our specialty and to learn about the Norwegian residency program.

I sincerely want to thank the NFOG Fund for financially supporting me. I'm also grateful to all colleagues in Bergen for hospitality and teaching. This visit definitely improved my skills and I also fell in love in the beautiful Norwegian landscape.

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