

## NFOG Travel grant report

Visiting the Center of Fetal Medicine at Karolinska University Hospital 28.10.-8.11.2019

The NFOG fund generously supported my travel expenses related to the visit in the Center of Fetal Medicine at Karolinska University Hospital, Stockholm, Sweden. I joined the fetal medicine team at Solna and Huddinge hospitals and observed the daily clinical work there. The Swedish colleagues were most kind and warmly welcomed me from the beginning.

The center of fetal medicine is divided into two hospitals in the Karolinska University hospital. In Solna, there are highly new premises for ultrasound examinations just a nice morning walk away from the city center. In Solna, I had the opportunity to follow several specialists to examine twin pregnancies, as well as ultrasound examinations of several suspected or detected fetal anomalies. This was very interesting and taught me a lot, as I don't get to see many of these kind of cases in my daily practice.

In Huddinge, I got to follow highly expert colleagues doing ultrasound examinations of suspected or detected fetal anomalies. In addition, I got to see several invasive procedures, such as chorionvillus samplings, amnioncenteses and intrauterine fetal blood transfusions. I was a bit unlucky since during my visit, there weren't any other invasive fetal procedures such as laser coagulations for twin-to-twin transfusion syndrome or fetal endotracheal occlusions. However, I got familiar with the indications for these procedures and saw videos of the laser coagulation. Possibly in future, I get a new chance to see these procedures!

I also got a chance to talk with fetal medicine researcher colleagues about their ongoing research and future plans. I am waiting with excitement about their future results as their research sounded very important.

In both departments, it was great to see how the team worked well together and are enthusiastic about their work. They all kindly presented me the patient cases and findings. The enthusiasm got grip on me and I studied and deepened my knowledge in fetal medicine in the evenings. However, on last night, we had a pleasant dinner together and time to relax.

In addition of learning plenty of fetal medicine, I got to practise my Swedish language skills and got confidence to talk it (as it has felt way too scary before).

Sincerely,

Juulia Lantto

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