

A sunny Sunday in September I left Sweden for a 3 day long exchange to Arendal, Norway. Arendal is a small town situated on the east coast in the southern part of Norway. After a few hours by ferry and bus I arrived in Arendal and was picked up by Jeanne Mette Goderstad, chief of the Department of Gynaecology & Obstetrics. She gave me a quick tour of the city by foot and I got to see Arendal by night. After that we went to my accommodation for the week- a nice apartment in the city centre.

On the first day Jeanne Mette showed me around the hospital and then I met my Norwegian colleagues. I joined their work in the Delivery ward. Their Delivery ward has four rooms and about 900 births per year. One patient was delivered with a vacuum extraction and I could see that the procedure was not different from my home clinic in Helsingborg, Sweden. When they induce labor in Arendal, balloon-catheter is their first-choice. Then they add Misoprostol if needed and in that case the first dose is administered vaginally followed by medication per os.

The next day I joined the work in the out-patient unit in the Gynaecology Department. An interesting difference from Sweden was that most patients had previously been in contact with their primary care-unit doctor. This seemed to result in fewer hospital-appointments and maybe a reason for why the tempo these days in general was calmer than at home.

They had a nice simulator-lab with access to different laparoscopic boxes and a brand new simulator where one could practice procedures like hysterectomy and appendectomy.

After work on the second day we had sushi together and then Jeanne Mette brought me and another resident to a beautiful local museum called Bomuldsfabriken.

On the final day I told my colleagues about being a resident in Sweden and what a typical day might look like. We also talked about the requirements of residency in Sweden and Norway. There are significant differences between the Swedish and Norwegian residency in Gynaecology & Obstetrics. For example, in Norway the residents have a log-book with a large amount of procedures one has to accomplish, for example 40 surgeries of the adnexa, 20 hysterectomies etc. Hence, their residency is not time-limited like in Sweden.

After three interesting and enjoyable days in Arendal I took the bus to Oslo. In Oslo there was a congress on breech-delivery. We had lectures on dorsal breech delivery, up-right breech delivery and preterm breech delivery. There were practical procedures with forceps and manoeuvres related to mode of delivery. In the evening we went on a boat-tour in Oslofjorden with a dinner party. Thank you for this time Norway!