



## Report Clinical Internship Sweden

My clinical internship was at the neurology department in the hospital in Lund. This was in the period from the 11<sup>th</sup> of July till the 5<sup>th</sup> of August. The neurology department contains two different places. You have the place, called 'Avdelning 27', where they treat the chronic neurological affected patients. At 'Avdelning 25' were more the acute neurological affected patients. At this place was also the Stroke-unit. The first two weeks I was at 'Avdelning 27'. The last two weeks I was at 'Avdelning 25'. It is a relatively large department with a lot of patients. The hospital, SUS Lund, has the possibility to do a lot of diagnostic tests and interventions, such as thrombectomy. That is not everywhere in Sweden possible. Therefore, patients come from far away to Lund. That is why the department is so large.

This is similar for the hospital. It is a large hospital, which covers a huge area of Lund. Every department is present in this hospital with great expertise and possibilities. Because it is a university hospital, they do a lot of research. Doctors have a lot of knowledge. It is also very pleasant that doctors are used to communicate with students. They take time to explain things to you, even in English fortunately.

I stayed in a dormitory, in an area of the city where a lot of students normally live. It was 5 minutes from the hospital with the bus and 10 minutes to the city centre. I lived there with 2 other guys from the internship. One guy was from Turkey, the other guy from Indonesia. We had our own rooms and there was a shared living room, bathroom and kitchen. It was a nice dormitory and there was everything you needed. I was very pleased with it.

As I said, it was 10 minutes to the city centre. I lived in the outskirts of the town. So the city is quite small. The university complex, including the hospital, is about a quarter of the total surface of the city. It has some nice sightseeing, because it is an old city. That is one of the reasons why it is nice to live in this city. The city has got his own history. Another reason is that it is a student city. There are living a lot of students in this place, which makes Lund for me also a good place to live. The city has some student bars and pubs, which are really fun.

Sweden in general is a typical northwestern European country. It has a lot of similarities with other countries, such as the Netherlands, Germany and Denmark. Especially the culture is not really different. The way people act and work is quite the same. Of course, the landscape of Sweden is different. There are more forests and big lakes. You can travel for miles without seeing any houses. It looks very quiet. Cities in general are similar, but, when the cities are old, they have traditional houses. Those houses are typical Scandinavian.

I was in total 15 days at the neurology department, where I have a lot observed during this internship. Neurology is more about thinking than about practical procedures. Fortunately, they involved me a lot in the discussions and explained everything to me. So in the end, I have seen many special cases and some of them were quite rare diseases. On the other hand I have also learned a lot about strokes, which are very common and well-known.



When I was at the stroke unit, I have also been at the emergency department for examination of the incoming stroke patients. I have more knowledge about diseases, but also about CT and MRI-images. I can better understand and read them now. We had every monday and thursday morning a meeting with the radiologists. They explained a lot about the images. That was very interesting. Beside from the more theoretical part of neurology, I have also seen some interventions, such as a lumbal puncture and a 'bloodpatch-procedure'. It was nice to see that for two reasons. The first reason is that it was interesting. The second reason is that it was a nice variety during the internship.

The other days during this internship we had a social program. It started on sunday the 10<sup>th</sup> of July, when we watched the Euro 2016 Championship Final. The following days we had lectures about several medical subjects. In the first weekend we had a trip to Helsinki with all the exchange students in Sweden. We went to Stockholm on saturday morning, where we took the boat to Helsinki in the afternoon. We arrived there on sunday morning. Because we went back to Stockholm in the evening, we spent the full day in Helsinki. That was really nice. We came back in Stockholm monday morning and in Lund in the evening. In the second weekend we had a bike trip and in the third weekend we went to Copenhagen with the train. From monday to friday we also had sometimes a social program, including a film night, a barbecue and on every wednesday we went to the student pub, where we ate hamburgers and drank beer. The last thursday we had the Farewell-party. That evening everybody brought typical food from his own country, so that was really nice and delicious.

I had really good contact with the contact persons. Everyone had nice contact with them and you could easily talk to them. You see them more as friends and also as students than as organizers of this trip. When you had problems they were there to help you. The time of the day did not matter. They put a lot of effort in the organization, which made this internship to a success.

Before I went to Sweden I had actually not many expectations. I did not know what to expect. Of course, I know that Sweden is not really different than the Netherlands. So I did not expect many differences, but you still do not know what is going to happen. How are the other exchange students? How is my dormitory? How is the hospital and the Neurology department? You have a lot questions. My goals were not very special. I wanted to learn more about Sweden and about the cultures of the other exchange student. In the hospital I wanted to learn something about a general day of a neurologist. I also wanted to learn about neurological diseases and about the diagnostical tests and interventions. Because neurology is also a lot of talking, I was curious about the communication here and the relationship between doctors and patients. Fortunately, this is clear for me now. There is not a big difference between the Netherlands and Sweden. In the end I can say that I am satisfied with what I have seen and learned. I have reached my goals and have no complains.

Between Sweden and the Netherlands are not so many differences. It is difficult to mention differences. In fact there are a lot of similarities. The way we communicate and act is quite the same in hospitals. The doctor-patient relation is the same as in the Netherlands. The way the health care is organized is similar. It has to be efficient. This results sometimes in problems, because they have to many patients and not enough beds. Also in diagnostics and treatments there are many similarities and therefore it was



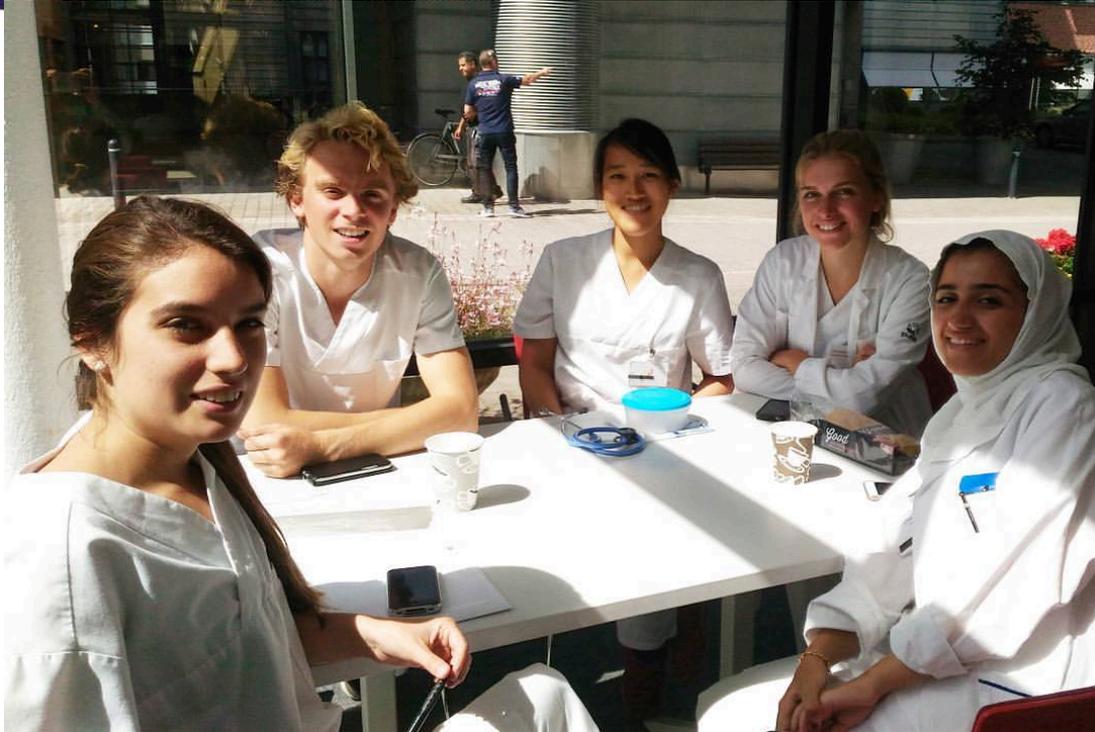
relatively easy for me to understand what they did or planned to do. In culture the big difference is that Swedish people are more polite and relaxed. They take more time for you than Dutch people. They are also not as direct in communicating in general as Dutch people. So that are a few differences. However, there are more similarities. About ethical problems there are no differences. They act and treat problems in this subject in the same way. They have the same northwestern European view on problems as we do. I did not have any problems in this subject during this internship.

This internship will have influence on my future as a doctor, because I have more knowledge about different cultures. Those are cultures from Asia and South-America, but also from the Arabic countries. I can use this knowledge to understand people better with those cultures. This will make me a better doctor. Another important thing is that I am, at this early point of my study, more experienced and I have now more knowledge in medical subjects. I have now already more to compare. I can probably use this in the future.

So I can say that I am very glad that I have joined this internship.



*The IFMSA-group from Lund, including exchange students and a few people from IFMSA-Sweden.*



*Lunch in the hospital with a few people from the Exchange group.*



*A picture from the hospital in Lund (SUS Lund).*



*Last picture with the entire group at the Farewell-party.*

