External Rotation

Cristina Ortega, Daniel Ferrer and Shysset Nuggerud
Family Medicine Residents from Spain
March, 2018
Exchange Clinical Programme

1. External rotation Shysset
2. External rotation Cristina and Daniel
3. Conferences
4. Specific experience
5. Pros and cons of certain issues between American and Spanish healthcare system
6. Free time
7. Conclusions
GOALS

1. To learn how Mental Health Care assistance works

2. To make a systematic review of the factors that influence the recurrences/relapse of depression

3. To work with Depression Database of Aragon with Dr. Hudson

4. To develop the survey about responsiveness of primary care health systems from the point of view of patients with mental health problems
To learn how mental health care assistance works

- March 8: I had the opportunity to attend practical classe with 2nd year students

- March 14: I attend FMMS (Family Medicine at Monument Square) after I met Dr. Elizabeth Clark
  
  - I perceived primary care management from these primary health care system.

  - They talked about the recent audit and the need to make future structural and operational modifications in relation to home care and also the management of chronic diseases such as diabetes, hypertension, smoking, depression, addictions
Also attend several meetings for example:

- March 5: Bostwana meeting 90 – 90 – 90

- March 13: “Today’s Special: Indulge in the alphabet soup and swiss cheese model of quality improvement and patient safety”

- March 14: “Network of affiliated family medicine residencies” research committee meeting

- March 20: Attend Research Division Meeting featuring Dr. Fred Kobylarz's work
Outcomes of Team Competencies

- **Knowledge**
  - Shared Mental Model

- **Attitudes**
  - Mutual Trust
  - Team Orientation

- **Performance**
  - Adaptability
  - Accuracy
  - Productivity
  - Efficiency
  - Safety
To develop the survey about responsiveness of primary care health systems from the point of view of patients with mental health problems.
2. External rotation Cristina and Daniel

• Goals and reasons for going abroad
• Clinical rotations
  – Psychiatric Liason Service
  – Radiology Service
  – Family Medicine
  – Cardiology Service
2.1 Reasons and goals

Reasons:

- Specialty of Family Medicine in Spain.
- High prevalence of mental health disorders in Family Medicine
- Experience other Health System. Cultural exchange. Improve language skills.

Goals:

- Learn more about American Health System. United States Health Policy.
- Introduce ourselves in Global Health
- Experience Mental Health and Primary Health Care delivery US
2.2 Clinical Rotations: Psychiatric Liaison Service

• March, 5-16
• Dr. Trenton, Dr. Tobia, Dr. Aziz
• Activities:
  – Inpatient Psychiatry consult
  – Review cases (*)
  – Periscope sessions
  – Online apps. Psychopharm Jeopardy Review.
2.2 Clinical Rotations: Psychiatric Liaison Service

• Review cases:
  – Desorientation and confusion
    • Onset associated physical condition (cardiology patient)
    • Associated problems as brain injury
    • Overwhelming emotional crisis
    • Associated symptoms as hallucination anxiety, sadness, insomnia, change in appetite…
  – Disorders of mood: Depression, mania…
  – Anxiety
2.2 Clinical Rotations: Psychiatric Liaison Service

• Review cases:
  – Schizophrenia
  – Older adults: Demencia of Alzheimer type, vascular dementia (multi-infarct dementia)
  – Substance abuse
  – Treatment disruption
  – Side effects treatment
2.2 Clinical Rotations: Radiology Service

- March 19 & 20
- Dr. Amorosa
- Follow residents
- Study:
  - Handbook of Radiology
  - eCollegue plataform
2.2 Clinical Rotations: Radiology

• Lung Cancer Screening Program
  – Inclusion criteria:
    • Smoker 55-80 years
    • Former smoker over 50 years old with 30 or more "pack years or have quit within the past 15 years
  – Low-dose CT scan
  – ¡80% can be cured!
2.2 Clinical Rotations: Radiology Service

• Cancer Update for Non-Oncologist
2.2 Clinical Rotations: Family Medicine

• March 20 & 27
• Dr. Lin
• Activities:
  – Acupuncture
  – Primary Care Consultation
3. Conferences

• Botswana Combination Prevention Project.

• RWJUH's No Mas Domestic Violence Prevention Initiative (International Women`s Day)


• Ending violence against the children.

• Cancer Update for Non-Oncologist

• Literature and Medicine Series: Transgender Issues. Film Screening: Major!
3c. CUGH 2018: satellite sessions

- Student Global Health Day: Building Advocacy & Communication Skills to Address Health Disparities Around the World

- Priority Public Health Research Needs for Enhancing Global Health Security

- Mobilizing Innovation to Eliminate Global Health Disparities

3c. CUGH 2018: satellite sessions

- Priority Public Health Research Needs for Enhancing Global Health Security
3c. CUGH 2018: satellite sessions

Mobilizing Innovation to Eliminate Global Health Disparities

Global Cancer Research: Addressing Disparities, Locally and Globally
3c. CUGH 2018: satellite sessions

Student Global Health Day: Address Health Disparities Around the World
3d. Ending Violence against children: Developing Roadmap to a healthy childhood and adolescence
3d. Ending Violence against children: Developing Roadmap to a healthy childhood and adolescence

Toxic Stress and Brain Development

INSPIRE: Seven Strategies for Ending Violence against Children

- Implementation and enforcement of laws
- Norms and values
- Safe environments
- Parent and caregiver support
- Income and economic strengthening
- Response and support services
- Education and life skills

Mount Sinai Adolescent Health Center
3e. Cancer Update for Non-Oncologist

- HPV associated Head and Neck Cancer
- Cancers of the Gastro-Intestinal Tract
- Lung Cancer Screening Update
- Genetics And High Risk Cancer Screening
- Breast Cancer in 2018
- Update On Gynecological Cancers
- Screening Guidelines and Optimal Therapy
National Match day

• March, 16
4. Specific experience

- Different Health Care System
- Facing patient population that included a variety of ethnicities, cultures and languages (Translators and cultural interpreters)
- High cost of care
- 2nd highest life expectancy among most populous nations
- Preeminent position as developers of medical technology
- Introducing into Global Health
5. Pros and cons between American and Spanish healthcare system

- **Medical studies**

<table>
<thead>
<tr>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td>University programs</td>
<td>Access to medical studies</td>
</tr>
<tr>
<td></td>
<td>Access to residency training</td>
</tr>
</tbody>
</table>

- **Healthcare**

<table>
<thead>
<tr>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Developments of medical technology</td>
<td>High cost of care</td>
</tr>
<tr>
<td>Patient safety</td>
<td>Health outcomes</td>
</tr>
<tr>
<td>Long expectancy life</td>
<td>Ratio of subspecialist/ Physician</td>
</tr>
<tr>
<td>Multicultural population</td>
<td>Primary Care</td>
</tr>
<tr>
<td>Research</td>
<td>Private health coverage</td>
</tr>
<tr>
<td></td>
<td>Prevention programs</td>
</tr>
</tbody>
</table>
MET NEW FRIENDS
Conclusions

• We recommend this rotation because...
  – Global Health Experience
  – Appreciate American Healthcare System
  – Working in a variety of services (Psychiatry, Radiology, Primary Care, Cardiology)
  – Research experience (CRC)
  – Inmerge ourselves in the American culture
  – Communicating in the target language
  – Travelling throughout the country on weekends
¡Thank you very much!