



Background

- Arad, Romania, the third largest city in Western Romania.
- Population of 145,078. 89% Romanians, 7.9% Hungarians and 1.11% Romani
- Official language is Romanian, but some speak Hungarian and Romani.
- GDP ~ \$12,907 per capita. \$1USD = 4.64 RON
- Leading cause of death cardiovascular disease, malignant tumors, digestive disease and respiratory disease.

About the Program

- Vasile Goldis West University of Arad Medical School
- 4-week clinical experience in departments of your interest, such as Emergency Medicine, OBGYN, Hematology and neurology
- Exposure in educational and clinical setting
- Awareness of key issues related to urban and global health
- Convenience housing in University dorms, just a 5 minutes walk from the main hospital
- Transportation: Uber/taxi or scooter
- The program is flexible and tailored to your needs

Personal Goals

I sought to gain clinical experience while immersing myself in a new culture, delving into the intricacies of the EU healthcare system. Along the way, I anticipated personal growth, enriching travel experiences, and the opportunity for skill development.

- History taking, physical examination of patients and medical checkup
- Ward rounds/ visits
- Routine drug use and fluids in patient management
- Various medical management of patients
- Cultural ethics to medicine
- Basic comparative medical practices
- Data analyses of various treatment of patients

Arad County Hospital, Neurology

- Conducted patient rounds to assess for any neurological changes and monitor progress
- Vital sign assessment and neurological examinations

Arad County Hospital, OBGYN

- Oversaw inpatient consults
- Engaged in practice sessions for surgical scrubbing
- Observed and assisted in C-sections and vaginal births
- Executed my first surgical knot
- Shadowed a hysterectomy
- Apgar tests on newborns



Arad County Clinical Hospital, Hematology Department

- Conducted morning rounds alongside attendings and residents, formulating care plans for patients
- Attended family care/update conferences.
- Oversaw outpatient consults, which encompassed tasks like performing bone marrow biopsies and managing anemia through intravenous (IV) interventions
- Clinical cases: Ukrainian patient with Hemophilia A



Bone marrow aspiration

Arad County Clinical Hospital, Emergency Department

Clinical observation:

- SMURD- air ambulance
- Penile foreign body insertion.
- Foot Gangrene with dead toes and visible bone
- Myocardial Infarction and catheterization
- Cardiac arrest (provided CPR service to entire hospital)
- Female with uterine tumor refused treatment due to cultural beliefs-Romani
- Asthma exacerbation
- Biker- Epidural hematoma
- Patient with pulmonary embolism and flea infestation
- Lice shampoo intoxication
- Thoracentesis



SMURD- air ambulance



DR. Radu Jipa Emergency department Chief



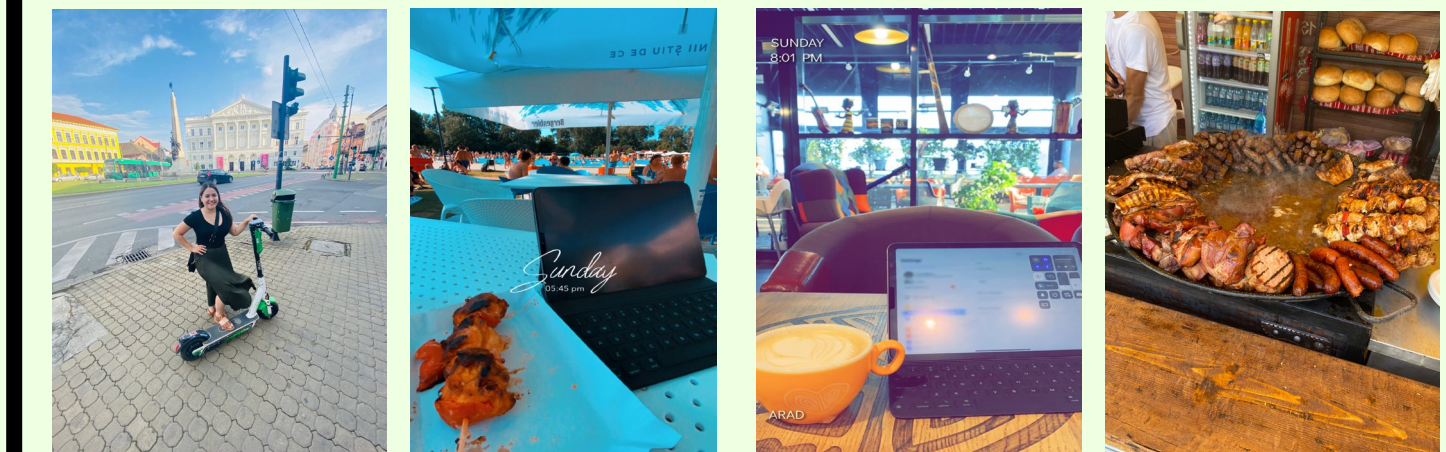
Foot Gangrene



Coronary angioplasty

Personal Time

- Scooter around to explore the city
- Neptune water park with variety of food vendors
- Multiple café spots and parks perfect for self-study
- Visited Timisoara



Summary and conclusion

1. My time in Romania was a period of significant personal and professional growth. As a medical student, I gained clarity on the work environment I prefer and discovered the types of cases that intrigue me the most. This experience provided me with valuable insights into the medical specialty I want to pursue.
2. I now feel more confident in conducting thorough history-taking and physical examinations, while also developing cultural competence and interprofessional communication skills
3. The flexibility in my schedule allowed for self-study and relaxation and opened doors for me to explore various destinations across Europe for the first time

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