



# Centro Hospitalar de Lisboa Ocidental – Egas Moniz



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## Introduction:

- I wanted to get some global health experience in a country where I could improve my language speaking skills and work to set up connections so that I could return for a global health elective during third or fourth year.
- I worked with the Urology team under the supervision of Rui Nogueira, MD at Egas Moniz is Lisbon, Portugal.
- I also got to spend some time in the Department of Medicine at Egas Moniz and in the Emergency Department at a hospital nearby.
- Egas Moniz is a teaching hospital so attendings and residents taught me.
- The physicians and students were all willing to explain their methodology and when possible, allow me to see their work up close and participate.

## Portugal Background & Health Statistics:



Category	Statistic
Total population	10,676,000
Gross national income per capita (PPP international \$)	24,590
Life expectancy at birth M/F (years)	76/82
Probability of dying between 15 and 60 years M/F (per 1,000 population)	123/54
Total expenditure on health per capita (Int'l \$, 2010)	2,818
Total expenditure on health as % of GDP (2010)	11.0
General government expenditure on health as % of total government expenditure on health (Int'l \$)	15.5
Crude Death Rate (deaths per 1,000 population)	10.6
Crude Birth Rate (live births per 100,000 live births)	10.6

Source: [World Health Organization](http://www.worldhealthorganization.org)

## A few travelogue excerpts:

- 6/28: First day of work... Got to see a whole bunch of exams in urology like a prostate biopsy using ultrasound. Went to the operating room and saw them cut the inferior pole of a right kidney which was atrophied.
- 7/2: Nurses starting today will be paid 3.95 euros per hour. They would make more if they were maids/cleaning ladies. That's nuts and people are not happy.
- 7/3: Urinary fistula in penis caused by obstructed opening. Urine needs a place to go so it goes out the sides and infections create fistulas. After finding and cutting all the trajectories of the fistulas, they put in a catheter and then sewed up the urethra to the skin on either side of the catheter.

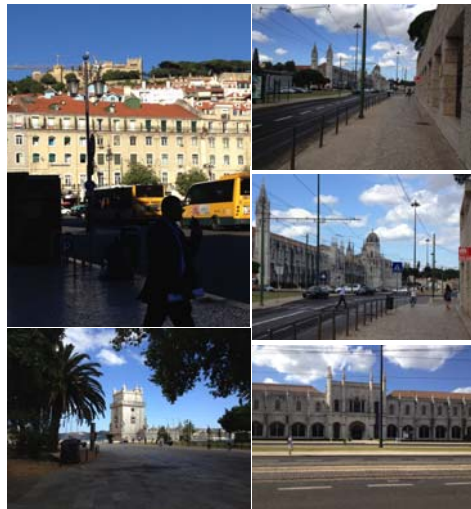


## Travelogue excerpts continued:

- 7/4: Consultas – Noticed this doctor doesn't talk much with patients... All the patients come in with their results in envelopes for the doctor and they cut out the names of their meds off the box to show the doctor what they're taking. Everything is still done by paperwork. Although some things are on the computer.
- 7/6: I went to the UCA with Dr. Ana and Dr. Tiago and watched a circumcision of a 17 year old. The 2<sup>nd</sup> surgery was a hydrocele in a man's testicle. They cut the skin and fascia then pushed out the testes, drained it, inverted the fascia so that it wouldn't fill with fluid again and then sewed it back up. The next 2 circumcisions were on middle aged men. I scrubbed in and assisted Dr. Tiago on both while Dr. Ana observed and taught. It was so exciting! I helped clean, held the penis, held the hemostats to help Dr. Tiago suture and then I'd cut the lines. On the last circumcision they taught me how to suture and I got to put in two stitches.
- 7/9: Noticed that there isn't much HIPPA type rules here. Doctors talk to patients in the hallways or about patients in front of other patients.
- 7/10: Got to do a blood gas again and did it right on my second try! Got to go do a physical exam on a few patients by myself. Also noticed hospital had patients in hospital beds out in hallway and 3-6 people in rooms.
- 7/11-7/12: Doctors went on strike.

## Summary:

- This experience allowed me to:
  - Improve my Portuguese
  - Take histories and do physicals on my own in Portuguese
  - Scrub in on surgeries
  - Learn to suture and take blood
  - Get an overall impression of the health care system in Portugal.
  - Spend time with family I don't often see and site see in a beautiful country



- Every morning I would take a 1 hour bus from Pontinha, which is the region of Lisbon where I was living, to Egas Moniz Hospital, which was in Belém.
- Belém is arguably one of the most beautiful and historical sections of Lisbon.

## Conclusion:

- The experience in Portugal was better then I could have ever planned.
- I really appreciate the time the attendings and residents took out of their schedules to teach and include me.
- I am excited by the contacts I made and the prospect of returning for a third or fourth year global health clerkship.



- Thank you Merrill Fund for your generous gift and your continued support of students in their global health endeavors.