

ELECTIVE (SSC5b) REPORT (1200 words)

A report that addresses the above four objectives should be written below. Your Elective supervisor will assess this.

Dermatological and surgical: managements and treatments in Mauritius

I undertook my elective at the Fortis Clinique Darne in Floreal in the island of Mauritius. During my time in the Fortis Clinique Darne in Mauritius I spent time in many different departments such as the emergency department and maternity department. But I spent most of my type with the dermatology department and the plastic surgery department.

During my time in medical school and my clinical training within the United Kingdom I have begun to understand how valuable the NICE guidelines are as they provide a vital foundation from which patients can be treated. Especially in emergency situations where protocols can be followed quickly and also in the early stages of our medical career before we have a full experience of what treatments would be useful in which conditions as the NICE guidelines offers evidence based guidelines to follow in each condition, although in some cases it needs to be changed or adapted to each patient.

However, in Mauritius there is no such specific guidelines to follow such as the NICE guidelines. For example, in the emergency department to test for renal colic instead of using the Kidney ureter bladder scan, KUB scan they used the ultra-scan of the abdomen, this was due to the doctor's preference as well as available equipment. This means that the diagnosis, treatment and management of each patient varies a lot depending on their doctor.

But, in Mauritius to specialise doctors usually need to go abroad to other countries to gain their specialty and then return to Mauritius as a consultant within that specialty, this is as there are virtually no specialty training programs available in mauritius. This meant that although there are no guidelines such as NICE guidelines to follow many of the consultants do follow similar guidelines since they have trained in other countries with similar guidelines. This was the case during my dermatological placement as the consultant had specialised in Belgium. This meant that for example in cases of acne she would follow the step wise approach that was the same as the step wise approach of the NICE guidelines. This was also the case in my placement in plastic surgery were in fact the consultant had studied in France and therefore followed similar procedures and guidelines seen in the NICE guidelines.

Also, the dermatology consultant who I was with, attended multiple international conferences in dermatology and gave multiple presentations in many countries as for example she was preparing a presentation for a conference in Belgium in the coming weeks. This meant that the diagnosis,

treatment and management of the patients was evidence based and similar to what was seen in other countries such as the NICE guidelines as well as the novel diagnosis, treatment and management.

Although, the climate in Mauritius is very different with much more sun light exposure most of the patients seen had very similar skin disorders such as basal cell carcinoma, squamous cell carcinoma, as well as eczema and psoriasis. Although a similar range of sun related and non-sun related skin disorders were seen there seemed to be a high prevalence of sun-related skin disorders such as basal cell carcinoma, actinic keratosis, squamous cell carcinoma when compared to clinics in the UK. This can be explained by the increased sun exposure throughout the year in Mauritius when compared to the UK.

During my placement in Fortis Clinique Darne in Mauritius there were some issues when communicating with patients. This is as although English is the official language in Mauritius many patients only spoke creole which is a local dialect or French. As I speak virtually no French or creole this caused some problems with understanding some patients in situation such as ward rounds. However this issue enabled me to improve my communication skills as I was able to pick up on and improve my non-verbal communication skills with patients which are very important skills for my future medical career.

Also, there were many similarities and difference between the healthcare within Mauritius and the United Kingdom. One of the reasons for this is that Fortis Clinique Darne is a private hospital meaning that many of the difference seen may be in comparison to the NHS in the United Kingdom which is public. For example, in Fortis Clinique Darne patients can choose the doctor that initially treats them, therefore they can choose the specialty of the doctor that initially sees them, as for example they can request to see a cardiologist when they arrive in the emergency department with a broken limb. Also, many patients could request to be kept in hospital when there was no real indication and they were fit for discharge. However, as mentioned these differences were mainly since Fortis Clinique Darne is a Private hospital rather than differences of care within Mauritius in comparison to the United Kingdom.

In conclusion, I thoroughly enjoyed my placement in Fortis Clinique Darne in Mauritius. I was able to understand the differences in medical healthcare in Mauritius when compared to the UK. This is especially in relation to dermatological treatment and managements as most of my time was spent on dermatology. This understanding as well as the improved communication skills will be very useful in my future medical career.