

## ELECTIVE (SSC5b) REPORT (1200 words)

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

- ① The chronic conditions in Germany are similar to that of the UK. I witnessed many cases of diabetes, hypertension and high cholesterol, arising from lifestyle factors similar to those faced in the UK. Problems faced in general practice are similar to those in UK practices: infections, musculoskeletal problems, psychosocial and psychiatric issues as well as social/work problems. However I am aware that the population attending this clinic were mostly Greek/Polish/Czech/Italian, which represents the multi-cultural area as well as the preferences of these populations.
- ② Germany has a similar efficacious system to the UK; the practice is busy and packed, just as UK GP practices. The referral process is slightly different, as specialist doctors have their own offices, usually in apartment blocks - these appointments require a referral, but the patient is able to choose which specialist they want to see. German patients face similar issues, such as long waiting times for appointments. However there are some positive differences which I saw; for example, after leaving hospital, many patients go to the "Kur-ort", which is a centre for rehabilitation. This allows for a quick and smooth transition from hospital to normal life and work.
- ③ Public health initiatives in Germany include controlling vascular & metabolic risk factors. For example, statins are widely prescribed to lower cardiovascular risk. Patients with a history of cancer also given repeat check-ups to prevent recurrence. There doesn't seem to be a consensus, though, on diet advice, e.g. about 5 fruits/veg a day etc. However, this as a public health domain which is lacking in the UK also, as patients don't seem clear on nutritional science, e.g. calories balance and micronutrient intake. Vaccinations & jabs for certain populations are also undertaken in Germany, similarly to the UK, there is an issue with education & uptake in certain populations, although uptake & efficacy is generally good.