

## **ELECTIVE (SSC5a) REPORT (1200 words)**

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

### **Elective Report: Chulalongkorn Hospital**

**By Arun Mahay Describe the pattern of disease in bangkok's population and discuss this in the context of global health?**

Having previously been an Less economically developed country and now being a newly industrialised country thailand has a widly diverse population. Many of whom are wealthy and metropolitanized and others who are very poor and have less than adequate access to health. This leads to very diverse pattern of disease in the population. For example a lot of children have difficulties with "western" problems such as obesity which is particularly prevalent due to moving more closely to the western diet. While more rural areas of thailand resulting in a lack of being able to receive adequate vaccination because of a rural setting, lack of education. Being in a tertiary setting allows one to highlight this as many people from rural hospitals get transferred over here and many people from the big city also use this hospital as their main one. Other things to be aware of with thailands population is that there is a lot of tropical diseases in the country this adds a further burden of disease in the population such as things like malaria and dengue fever which if not treated effectively can lead to consequences. HIV is also very prevalent in thailand and there has recently been attempts to decrease the rate of mother to child transmission. However there are still many children in thailand and on the wards who live with HIV.

**Describe the pattern of health provision in relation to Thailand and contrast this with the UK.**

In regards to a global health context there is a great difficulty in newly industrialized countries as their healthcare teads to be spread quite broadly and large discrepancies in wealth can lead to injustices when it comes to access to health care systems. In Thailand this is combatted with a system in which the majority of medical treatments are publically available with also a separate powerful system too. An example of this is HIV drugs where in the public sector certain antiretroviral's are available. These drugs tend to be the cheapest ones and therefore less effacacious while in the private sector people will be more able to access more expensive hiv drugs.

**Describe how the doctor patient relationship differs to that of ther UK and discuss the advantages and disadvantages of it.**

There is a large difference in the doctor patient relationship in the UK and thailand. Manly due to the cultural respect that doctors get in thailand. Doctors are highly respected in thai culture and this has many advantages such as being more likely to be adhere with the doctors requests and listen to the doctors advice. It also means there is less tension in the relationship and better rapport from the start. This respect may however lead to disadvantages if the patient is too embarassed to ask questions or

say what's on their mind in regards to the treatment. This makes it even more important for patients' ideas and concerns and expectations to be asked.

To become more competent at communicating with patients and their families.

There was an obvious language barrier between the patients and myself while in Bangkok. However, there were always medical students around (who were all fluent in English) to help the translation process. This allowed me to become more skilled at talking to patients with a translator which is something I haven't done a huge amount of until recently. I learned a lot of skills from this for example talking directly to the patient when you are being translated and the importance of releasing things and avoiding jargon. It also made me more aware of my body language and its importance to a patient. I also learnt a lot about building rapport with children a task I haven't been experienced with greatly yet and learnt some useful tips about handling children for example letting them hold the stethoscope before putting it on them and distracting them when you're doing something painful.