

ELECTIVE (SSC5a) REPORT (1200 words)

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

The elective medical placement in I undertook in the Royal London Hospital provided an opportunity to gain beneficial experience in anaesthesia and peri-operative care. The objectives of the placement were to assess the frequency of anaesthetic-related complications among patients in London and compare this to global anaesthetic practices and trends, understand peri-operative protocols for varying surgical procedures, enhance understanding of the impact of public health policies and initiatives, and develop technical skills in anaesthesia and peri-operative care procedures. This report summarises the findings and experiences gained during the placement.

During the placement, based on research and clinical shadowing of various anaesthetists results showed that the frequency of anaesthetic-related complications in London was relatively low compared to global anaesthetic practices and trends. This may be due to the high quality of anaesthesia training and the use of advanced anaesthetic equipment in London. The findings suggest that London has a robust anaesthesia system that prioritises patient safety and quality of care. Whilst on this placement, I also learned about the various safety protocols and systems in place to ensure the safe administration of remote anaesthesia. These include strict patient selection criteria, thorough pre-operative assessments, continuous patient monitoring, and contingency plans for managing emergencies. By understanding the challenges and risks associated with remote anaesthesia, and the measures in place to ensure patient safety within the UK, I gained a deeper appreciation for the importance of patient safety in anaesthesia care.

The placement also involved an assessment of peri-operative protocols for varying surgical procedures and the systems in place to ensure efficiency and patient safety. This involved an observation of surgical procedures and discussions with healthcare professionals involved in the peri-operative care process. The protocols observed were well-structured and comprehensive, ensuring that patients received safe and effective care. The systems in place to ensure efficiency and patient safety included regular training and evaluation of staff, strict adherence to protocols, and the use of advanced technology and equipment. For instance, new guidance was issued to anaesthetists in the United Kingdom with the intention of preventing them from performing wrong-sided peripheral nerve blocks. Whilst it is uncommon for wrong-side blocks to occur, it is considered a near-miss within clinical setting which can carry serious consequences. Hence, this campaign ensures that anaesthetists performing the procedure will pause for a moment and check the side immediately prior to inserting the needle,. This catchy phrase, which goes by the name "stop before you block," emphasises the significance of stopping before the procedure to double check, thereby improving the anaesthetic safety for both the patient and the medical professional.

Another objective of the placement was to enhance understanding of the impact of public health policies and initiatives on the delivery of safe and effective anaesthetic care to diverse patient populations. During the time that I spent in London completing my elective medical rotation, I had the opportunity to witness firsthand the cultural and linguistic diversity that exists within the city's population. I worked with patients who came from a wide range of cultural backgrounds and spoke a variety of languages, which

brought to light the significance of effective cross-cultural communication in the provision of safe and efficient anaesthesia care. This led me to conduct an audit with the aid of my tutor looking into the use of translation services by anaesthetists. The aim of the audit was to assess the utilisation of translation services by anaesthetists in the provision of safe and effective anaesthesia care to patients with limited English background. The audit specifically looked to identify any gaps and challenges in the use of translation services within a clinical setting and the potential impact of language barriers on patient care. The provisional results of the audit showed that services available in hospital such as language line was frequently unavailable or did not provide translation services within the language required. Another issue identified was the time it can take to arrange for a translator. Multiple anaesthetists reported it taking longer than 20 mins to arrange for such a service which can delay patient care. Through this experience, I was better able to comprehend the difficulties faced by medical professionals when delivering care to patients who speak different languages.

I had the opportunity to develop technical skills in anaesthesia and peri-operative care procedures during my elective medical placement in London. This objective had been accomplished through direct involvement in anaesthesia administration, vital sign monitoring, and patient peri-operative care. I was able to perform an array of clinical procedures, including intravenous cannulation, management of the airway, and local anaesthesia techniques, under the direction and supervision of experienced anaesthetists. I had numerous opportunities to practise and improve my abilities in an organised and supervised environment throughout the placement. For example, I had the opportunity to participate in simulated scenarios that involved managing airway emergencies and anaesthetic-related adverse effects, which provided invaluable educational experiences. Additionally, I was able to observe and learn from anaesthetists' practises, such as their communication with other physicians and their use of modern equipment in anaesthetic care. This was a fantastic learning opportunity that allowed me to develop essential skills that are required in order to provide anaesthesia care that is both safe and effective.

This placement at the Royal London Hospital has provided me with a one-of-a-kind and enriching experience that has contributed to my personal growth. It has given me the opportunity to acquire vital skills, increase the depth of my knowledge, and develop valuable personal and professional skills that will serve me well in my future medical career. In addition, the placement provided me with opportunities for cultural immersion as well as exposure to a variety of patient populations, which helped me develop my ability to communicate and empathise with people from different backgrounds. My time here has been both challenged but yet rewarding in terms of opportunities for personal and professional development; as a result, I've evolved into a healthcare professional who is both more knowledgeable and more compassionate.

Overall, my elective placement in the anaesthetic department at the Royal London hospital was a truly enriching and rewarding experience that has provided me with the opportunity to grow both personally and professionally. I am positive that the opportunities that I have had and the skills I have gained during this rotation will help me succeed in the medical field in the future, and I am appreciative that I have been given the opportunity to gain such valuable training.