

ELECTIVE (SSC5a) REPORT (1200 words)

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

I committed myself to learning more about acne during my elective at the International Hospital under the guidance of Dr. Sherry. My goal was to comprehend the complicated nature of acne and how it interacts with other factors, including dietary impacts. The dermatologist clinic was open five days a week, and I started a thorough investigation to learn more about this skin ailment. My main goal was to learn more about the complex relationship between nutrition and the onset of acne, acknowledging the possible influence of food selections on skin health and the aggravation of acne symptoms. I tried to piece together a larger picture of the relationship between nutrition and dermatological health by asking questions about each patient's medical history, dietary preferences, and reaction to treatment. During this process, I was able to refine my clinical skills and create a comprehensive strategy to managing acne by incorporating dietary considerations into my treatment plans. In addition, my curiosity during this investigation brought me to a side goal: evaluating Kuwait's and the UK's disparate healthcare finance schemes. Although I continued to concentrate on dermatological care, my experience working in a private hospital helped me understand the business aspects of offering specialised medical care. Here, I personally witnessed the prevalence of insurance coverage for some medical disorders in addition to the private out-of-pocket payments for dermatological treatments. Because of this experience, I've been thinking more broadly about how healthcare financing structures affect fairness, accessibility, and sustainability in dermatological treatments. The author acknowledges the significance of comprehending not just the clinical aspects of dermatology but also the socioeconomic variables that influence healthcare delivery while juggling patient consultations and research endeavours. Armed with fresh perspectives that will surely guide my future work as a healthcare practitioner, I gained a greater understanding of the difficulties involved in treating dermatological disorders. Apart from my dermatology elective, which was mostly focused on acne, I also started a side project to investigate the differences between Kuwaiti and British healthcare financing systems. Even though I had a basic awareness of both systems, my immersion in a private hospital setting gave me a distinct perspective that was extremely insightful regarding the financial aspects of dermatological care. Working five days a week at the clinic under Dr. Sherry's supervision gave me plenty of chance to see firsthand how financing is primarily based on patient out-of-pocket expenses, with some patients receiving insurance coverage related to their circumstances. This disclosure clarified the complicated relationships between healthcare financing, patient access, and treatment outcomes in addition to highlighting the difficulties in paying for dermatological treatments. I attempted to expand my knowledge of healthcare economics and its wider implications for patient care by contrasting Kuwait's mixed public-private healthcare system with the publicly funded National Health Service (NHS) of the United Kingdom. I aimed to explore potential pathways for improving accessibility, affordability, and quality of care within dermatological services by conducting extensive research and conducting comparative analysis. Furthermore, in addressing the many demands of patients with dermatological disorders, our investigation sparked important discussions on the sustainability of healthcare finance structures, the role of government intervention, and the equitable distribution of healthcare resources. While juggling clinical duties and academic endeavours, I never wavered in my resolve to use my knowledge to promote patient-centered, inclusive dermatological treatment and support the progress of healthcare delivery worldwide. I completed a third goal during my hospital elective that was to explore the field of public health campaigns regarding food and acne. This component of my elective gave me a wider viewpoint on dermatological treatment, going beyond one-on-one patient interactions to include interventions and preventative measures at the community level. I have a deep respect for the connections between dietary practices, public health initiatives, and dermatological outcomes as a result of my immersion in this field.

Realising how much food choices affect skin health was one of the most important lessons this

experience taught me. The significance of teaching people about the connection between specific foods—particularly those high in sugar and dairy—and the aggravation of acne symptoms has been highlighted by public health campaigns. These programmes sought to enable people to make educated decisions about their eating habits by increasing knowledge of this relationship and increasing awareness of it, which in turn helped to promote clearer skin and better dermatological health. Furthermore, I learned about the complex strategies used by public health campaigns to combat this problem, especially in Kuwait. Since fast food consumption is becoming more common among young people and is linked to acne, programmes in Kuwait were designed with this particular group in mind. These initiatives aimed to inform people about the harmful effects of fast food that is heavy in sugar and dairy on skin health and encourage them to adopt healthy eating habits. Through the use of culturally appropriate language and active participation from community members, these programmes sought to lower the incidence of acne while also encouraging long-term skin health among Kuwaitis. In addition, participating in these public health campaigns gave me insightful knowledge about the complexity of dermatological care. I learned how critical it is to take a comprehensive strategy that takes into account the demands of each individual patient as well as more general social factors that affect skin health. My goal is to further dermatological care by incorporating the knowledge gained from these efforts into my practice and pushing for community-based interventions and preventive measures that support skin wellness on a broader scale. In conclusion, my hospital elective research on food and acne-related public health activities helped me to expand my knowledge of dermatological care. I learned from this experience how food practices, public health initiatives, and dermatological outcomes are all interrelated, emphasising the value of all-encompassing methods for promoting skin health and preventing disease.

Engaging with Kuwait's healthcare system promotes personal growth in addition to professional benefits. Interacting with the varied patient population offers a distinct viewpoint that transcends professional practice, refining abilities in patient care and cross-cultural communication. Engaging with people from other origins helps one grasp cultural quirks more deeply, which develops empathy and cultural competency. Furthermore, adjusting to the complexities of healthcare delivery in a culturally diverse setting fosters resilience and adaptability—qualities necessary for both career and personal advancement.

Additionally, networking with renowned medical professionals in Kuwait creates opportunities for cooperation and knowledge sharing. Developing relationships with people in the healthcare industry not only raises one's profile professionally but also provides priceless assistance and mentoring. Talking with peers and mentors and exchanging experiences opens up new perspectives, expands horizons, and promotes lifelong learning and growth.

To put it simply, working in Kuwait's healthcare system offers a rich environment for both professional and personal development. Through embracing the opportunities and difficulties presented by this dynamic environment, people can develop a wide range of skills, get a deeper comprehension of global healthcare practices, and ultimately improve their effectiveness and empathy as healthcare providers.