

ELECTIVE (SSC5c) REPORT (1200 words)

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

Having completed the majority of my elective in New Zealand, doing Liaison Psychiatry, i decided to do a short taster with the paediatrics department at the Royal London Hospital - where i completed my fourth year paediatrics rotation. Although i could have done another aspect of psychiatry here in London, i decided that this was a useful opportunity to practice clinical skills which might benefit me during my foundation years. As a result, i have attempted to compare some aspects of healthcare in the UK, with that in New Zealand - although this has been done in much more depth in my other elective report.

East London, specifically Tower Hamlets is often described as one of the poorest boroughs in London. East London also has a large Asian population, and a predominance of fast food outlets throughout the east end, so it is not hard to understand why childhood obesity might be an issue in the area. Given that obesity and poor diet are important factors in the development of type 2 diabetes mellitus, it stands to reason that rates of childhood diabetes may be higher in this area. Whilst i was unable to obtain a value for paediatric diabetes mellitus in the area, in Tower Hamlets the observed level of Diabetes Mellitus is 6.00%, whereas overall in England the value is 5.40% (Tower Hamlets Annual Public Health Report 2010).

The population demographic in New Zealand is vastly different from that in the UK, with a predominance of New Zealand European, South Asian, and Maori/Pacific groups. The Inquiry into Obesity and Type 2 Diabetes in New Zealand (2007) states complications associated with type 2 diabetes may account for up to 20% of deaths amongst maori/pacific people, as opposed to 4% in non-maori/pacific. The report also states that 60% of pacific children are overweight or obese, and adult pacific populations have the highest rates of obesity amongst any region. As a result, an attempt to manage the increasing levels of childhood and adult diabetes in New Zealand is taking place. Public health initiatives are being implemented to improve diet in schools and throughout the country, increase activity and promote healthcare education.

In the UK, childhood health provision is supplied in the first instance by the GP, which is free to access. If needed, referrals will be made to hospital and community specialists. These appointments and referrals are free, as are medications. However, some patients may experience a long delay in receiving outpatient appointments. In New Zealand, as of July 2015, children under the age of 13 can access free of charge GP appointments (though not all GPs participate), otherwise there is a fee to see the GP which can vary greatly, and children over 13 will not be eligible for free appointments. As a result of this difference in healthcare provision, patients often experience much shorter waiting times for these appointments.

I found my attachment to the paediatric team very useful. Although i wasn't attached to a junior per se, I spent my time in ward rounds, clinics and endoscopy lists. Despite this, i do feel that i was able to improve upon my communication skills with paediatric patients and their families. I chose to observe/participate in each induction during the endoscopy list, and shadowed the consultant anaesthetist. I found this experience to be infinitely valuable, as i was able to practice the insertion of cannulas into young patients who were already asleep - a skill that is difficult to get an opportunity to do on children who are already anxious. I was also able to practice airway opening techniques,

ventilating a young patient, and inserting a laryngeal mask airway. Having more time to practice these techniques on a real patient, as opposed to a mannequin has been very helpful, and i now feel much more confident in my ability to manage an airway in an emergency situation not only in children but also in adults.