

ELECTIVE (SSC5c) REPORT (1200 words)

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

Objective 1: Describe the common general medical presentations seen within paediatric patients in a developed hospital in East London.

During my elective at Newham University Hospital, I was very fortunate to see a wide array of clinical paediatric cases, both on the wards and during various clinics. Observing and clerking patients presenting with common paediatric conditions such as acute exacerbations of asthma and epilepsy, provided me with greater insight into the care and management of these common cases, whilst also revisiting the aetiology of these conditions. My elective at Newham University Hospital has provided me with valuable clinical experience and especial exposure that I would not have acquired at any another hospital in the UK. Due to the unique demography of the general Newham area, I was able to see unique and rare genetic conditions, such as Neuronal Ceroid Lipofuscinosis and Pierre Robin Syndrome. I was able to view the clinical manifestations of these conditions and to experience the multidisciplinary (MDT) approach regarding the management of those patients. The demography of the Newham area is very interesting. Many of the cases that are seen at the hospital are reflective of this. Newham has a very young population, with one of the youngest within the UK. It is the most ethnically diverse district in England and Wales, consistent of a large immigrant population. Newham also has the highest fertility rate in the country, at 2.87 children born per woman, as of 2009, in comparison to the national average of 1.95. These factors are very important when considering the diversity of clinical cases seen in the paediatric department. For example, during my elective, I have seen many patients with sickle cell anaemia and the complications of this condition, such as acute chest syndrome and vaso occlusive crisis. Observing the management of these patients and their steady recovery over the course of my elective has been informative and satisfying. Due to the diverse nature of paediatric medicine I have been exposed to at Newham University Hospital, the experience I have gained here, has been truly rewarding.

Objective 2: Describe and discuss the universal healthcare system and clinical practice, especially in paediatrics, in the UK, and to also compare and contrast healthcare provided by various trusts/hospitals in the UK.

My elective experience in paediatrics in Newham University Hospital has been unique. Due to the demography of the Newham area, the healthcare system and clinical practice, especially in paediatrics is tailored to accommodate the demography. For example, Newham has a large immigrant population. For some patients, English may not be their first language or they speak very little of it. Thus health advocates are usually required, especially in the paediatric wards, in order to ensure that parents or carers are fully informed regarding the condition of their children and also to relay information regarding any medication that they may be receiving. Many patients who are present on the ward, are also shared patients with Great Ormond Street Hospital.

Objective 3: Addressing the care of epileptic children and young adults in the Newham area. To complete an epilepsy care plan for newly diagnosed epileptic children and young adults. To also construct a care plan portfolio for these patients, which would include information regarding their various medications, an emergency care plan and information regarding seizures in an acute setting.

Having previously completed an audit at Newham University Hospital regarding the diagnosis and management of seizures in paediatrics, I wanted to implement some of the recommendations from the audit. One of the main recommendations from the audit was to construct a comprehensive epilepsy care plan. Looking at various care plans from Epilepsy.org and from other NHS trust, I wanted to tailor a care plan that would be beneficial to the paediatric patients seen at Newham University Hospital. Liaising with both Dr Mathew and Lynn Willbourne, the Epilepsy Specialist Nurse, I made a care plan, addressing many of the NICE standards regarding epilepsy diagnosis and management. The care plan was consistent of patient and carer details, the type of epilepsy with information describing the seizures, previous and current medication the patient has been prescribed, and also information with regards to an emergency. The care plan would be given to the patient, who would ideally complete it with the aid of their treating physician or epilepsy specialist nurse. In addition to the care plan, I felt it would be quite beneficial to the patient, if they could be provided with some information regarding medication that they may be prescribed and also information regarding seizures in an acute emergency situation. Thus I created an epilepsy care plan package, which consists of the care plan with this additional information.

Objective 4: Develop confidence in responding to acute situations as a junior doctor. Be aware of different medical presentations commonly encountered in the UK and to prepare oneself for the rigors of being a junior doctor in a busy hospital.

Having spent time in both the wards and the clinics I have been exposed to many clinical cases and presentations. Working with the whole medical team, including the junior doctors and nurse, I was able to familiarise myself with the runnings and the environment of an important ward in a busy hospital. From the examining and presenting patients on ward rounds, documenting within the clinical notes, to helping with the jobs, I have been exposures to the some of the facets of a FY1 junior doctor. Being organised and liaising and communicating well with fellow colleagues is crucial in order to be an efficient doctor. From speaking to fellow junior doctors, I wanted to gauge how they found the transition from being a medical student to an FY1 doctor. The information and advice from those who have been in this transitional period before me, was invaluable. The need to stay calm and to work logically and systematically when involved in an acute situation is vital. Also it is very important to seek senior help, when unsure regarding a clinical scenario. With regards to different medical presentations commonly encountered, I had ample opportunity to see many patients and to familiarise myself on the process of clerking and presenting patients. The experience I have gained from this elective has been truly helpful.