

**ELECTIVE REPORT**

**HARRIS ATCHA**

**090124321**

My elective at Dubai Cosmetic Surgery in United Arab Emirates has been a valuable experience. Dubai is a cosmopolitan city. The diversity in the population meant that patients from various parts of the world would attend the clinic. Although, the hospital was a private institution, however, there were many different cases I had observed. Patients mainly presented with cosmetic problems. This included limb reconstruction surgery, liposuction, face-lift, botox, and skin grafts. I also had the opportunity to observe bariatric surgeries, which are not commonly performed in the UK. Even though the patients were willing to undergo the required surgery, many were turned away due to other health reasons.

The most common clinical conditions for which surgery was difficult included heart diseases, uncontrolled diabetes and respiratory problems. These conditions were also common among the general population. The health care system was based on what the individual could afford. This is contrary to the system we have in the UK. In this case, the surgeons were limited to how much intervention they could perform. Therefore, the level of treatment varied depending on the patient's affordability. This is different from our system in UK, where NHS is a fair for all service without any discretion. Similar patients would all be equally considered for the same procedure without any prejudice. This has allowed me to reflect on the system between the two countries.

Despite the clinic offering various forms of surgeries, there was a trend in the types of surgeries requested by the patients. Obesity was common, especially among the male population. This can be attributed to lack of physical activity, poor diet and the climate that affected the life-style of these individuals. These patients mainly underwent bariatric surgery. Following the surgery the recovery time was expected to be quicker. Once the patient was feeling better, and was able to move around easily, the doctors would refer them to a dietician. Based on their assessment, the patient would then be prepared for discharge.

Among the women, there was high number of cases who required laser skin therapy, abscess drainage, or botox. Although these were minor surgeries, they contributed to the bulk of the procedures carried out in the clinic. As my objectives had outlined, I was able to observe most of these procedures and gain a valuable experience into plastic surgery. I acknowledge the demands for these surgeries. There is also a constant pressure on the surgeons to up date their skills, and be able to apply state of the art techniques during their surgeries. The patients tend to choose surgeons who would guarantee minimally invasive procedures, and little evidence of the surgery is present. This adds to the pressure on the surgeons to perform their best for every surgery, which I had clearly observed. Given the nature of the health system, this was to be expected.

During my time, I had met professionals from various disciplinary. I had the opportunity to attend ward meetings and observe how the multi-disciplinary team functioned. It was interesting to see that the structure was similar to the one in UK. The meeting would follow a ward round carried out by a consultant and team of senior as well as junior doctors. The role of the junior doctors was to take note and assess patients. Any task requested by the consultant was performed by these doctors.

Their training was similar to the foundation programme in UK. The year was divided into 3 rotations, but most had focused on surgery or emergency medicine. It appears that emergency medicine is rapidly becoming a demanding field in this part of the world. Although surgery is still in demand, the competition is as high as here in the UK. However, in this hospital the system was mainly based on the one in US.

My time in Dubai Cosmetic Surgery, has allowed me to appreciate the importance of cosmetic surgery. It has an immense impact on the patients. For some, it was a life-changing experience, and they hoped to have improved their lives. Although I had a great experience, met some wonderful people, and learnt a lot about the system in UAE, I still have a lot to reflect on. I am still considering whether plastic surgery would be the career path I would like to choose. But it is most definitely one I have learnt to acknowledge as a field that can have huge impact on a patient's life. This is why it will always appeal to me.