

ELECTIVE (SSC5b) REPORT (1200 words)

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

During my final year medical elective at Al-Amiri Hospital in Kuwait, my public health objectives was to actively contribute to public health initiatives by participating in community education programs. To achieve this, we collaborated with the largest gym chain in Kuwait, Oxygen, to conduct educational sessions targeting both gym trainers and members. These sessions were designed to address common injuries encountered in fitness settings, such as dislocations, hernias, fractures, and strains. Through interactive discussions and practical demonstrations, we aimed to equip attendees with the knowledge and skills needed to prevent such injuries and effectively manage them if they occur. Furthermore, recognising the pervasive issue of smoking in Kuwait, we launched a public health campaign focused on raising awareness about the dangers of smoking and promoting smoking cessation services available in the country. This campaign involved the distribution of informative posters in various public spaces frequently visited by Kuwaiti residents (malls, gyms, supermarkets, hospitals, etc.). The posters highlighted the adverse health effects of smoking, including respiratory diseases, cardiovascular disorders, and cancer, while also providing guidance on how individuals could access support to quit smoking. Our public health campaigns targeting both gym attendees and the public, our initiatives sought to address two critical aspects of public health: physical fitness and tobacco control. In a country where smoking rates remain high and the importance of regular exercise is increasingly recognized, our efforts aimed to empower individuals with the knowledge and resources needed to make healthier lifestyle choices. Through community education and outreach, we aimed to foster a culture of health and well-being, ultimately contributing to the enhancement of public health awareness and the promotion of healthier behaviors across Kuwait.

As per my second objective, I dedicated myself to refining and expanding my clinical skills in general surgery through active participation in a variety of surgical procedures. Through careful observation and hands-on assistance, I involved myself in key surgical interventions, including appendectomies, cholecystectomies, bypass, colectomies, hernia repairs, thyroidectomy and many other surgical procedures. This hands-on experience provided invaluable insights into the intricacies of each procedure, from the initial incision to the closure of the surgical site. Moreover, I actively engaged with surgical teams, seizing every opportunity to understand pre-operative and post-operative care protocols. By collaborating closely with experienced surgeons, I gained a comprehensive understanding of patient management strategies, including perioperative assessment, anaesthesia considerations, and

postoperative monitoring. Most importantly, how to manage post-operative complications such as hypovolaemia, atelectasis, and bleeding as a junior doctor. Furthermore, I actively participated in patient consultations, honing my communication skills in a surgical setting. Engaging with patients allowed me to develop empathy, professionalism, and clarity in conveying complex medical information. These interactions not only enhanced my ability to establish rapport with patients but also deepened my understanding of the psychological aspects of surgery and the importance of patient-centered care. Al-Amiri Hospital emerged as a formidable surgical teaching establishment, providing me with a rich learning environment characterized by mentorship, teamwork, and hands-on experience. The surgeons' dedication to education was evident as they generously shared their expertise, guiding me through each step of the surgical process and offering invaluable feedback to support my growth. Their mentorship fostered an environment of mutual respect and collaboration, where learning flourished amidst the challenges and complexities of surgical practice.

During my elective at Al-Amiri Hospital in Kuwait, I went on a journey to foster collaboration with other medical specialties for a comprehensive patient care experience. To achieve this objective, I engaged in various action steps aimed at promoting interdisciplinary teamwork and communication. Attending interdisciplinary meetings and case discussions provided me with a deeper understanding of the holistic approach to patient care. These sessions offered insights into how different medical specialties contribute to the overall management of patients, highlighting the importance of collaboration in achieving optimal outcomes. It was an insightful experience when you learn from the dietitians and how they manage their patient by providing to them the optimal nutritional plan. Also, it is always helpful when your team include pharmacists who are aware of the side effects of the drugs and how to manage treatment in complicated cases. Furthermore, collaborating with specialists in radiology, pathology, and anaesthesia allowed me to appreciate their respective roles in surgical patient management. By shadowing and interacting with these specialists, I gained valuable perspectives on how their expertise intersects with surgical care, leading to a more holistic understanding of patient management. Additionally, participating in joint rounds provided opportunities to enhance teamwork and communication skills within a multidisciplinary team. Engaging in discussions with colleagues from various specialties facilitated the exchange of ideas and fostered a collaborative approach to patient care. Overall, these experiences underscored the significance of interdisciplinary collaboration in delivering comprehensive and patient-centered care.

In addition to fostering collaboration with other medical specialties, I also focused on enhancing leadership and management skills for effective healthcare provision. Taking on responsibilities in

coordinating patient care plans within the surgical team allowed me to develop and refine my leadership abilities. By assuming leadership roles, I gained practical experience in decision-making, delegation, and conflict resolution, essential skills for effective healthcare management. Furthermore, attending leadership workshops and seminars offered at the hospital or through external resources provided me with valuable insights into effective leadership practices in healthcare settings. These sessions covered topics such as team dynamics, strategic planning, and quality improvement, equipping me with the knowledge and tools necessary to excel in leadership roles. Additionally, actively seeking feedback from peers and mentors allowed me to identify areas for improvement in leadership and management skills. Constructive feedback provided me with valuable guidance and helped me to continuously reflect on my performance and strive for growth as a healthcare leader. Overall, focusing on enhancing leadership and management skills not only prepared me for future leadership roles but also contributed to my overall professional development as a healthcare practitioner.

In conclusion, my elective experience at Al-Amiri Hospital in Kuwait provided me with valuable opportunities to foster collaboration with other medical specialties and enhance leadership and management skills for effective healthcare provision. Through active engagement in interdisciplinary meetings, collaboration with specialists, and participation in leadership development activities, I gained a deeper understanding of the importance of teamwork, communication, and effective leadership in delivering high-quality patient care. Moving forward, I am confident that the knowledge and skills acquired during this elective will serve as a solid foundation for my future career in medicine, allowing me to contribute positively to patient care and healthcare delivery. I feel like I am more confident now to practice medicine that I was before the elective.