

ESO Clinical Department-to-Department Visit
Program 2019
FINAL REPORT

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Hosting department : INSELSPITAL, BERN, SWITZERLAND

Supervisor: Prof Dr. Urs Fischer

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To Whom It May Concern

First of all I would like to say that I am very grateful to ESO and to Prof. Urs Fischer for giving me the opportunity to visit the Stroke Unit in Inselspital, Bern, Switzerland. My experience was short but educational, pleasant and fulfilling.

Actually I don't intent in this report to focus on the greatness of the Inselspital stroke unit and team because it is known and undeniable and that's why I wanted so much to go there and I think every awardee that had a fellowship will say the same thing, but to just give a subjective perspective.

I work in a small hospital in my country and run a Neurology department so my goal was to "steal" some organizing tips. I wanted to see what you have to do to establish a successful stroke-unit and stroke management.

I was welcomed by prof Urs Fischer and his assistant in my first day and both were extremely helpful and nice. I stayed for 2 days in every department: emergency - stroke unit- neurosonology department.

In the Emergency Department the team was so opened to discussions on the cases and I appreciated their work-dedication and continuously improving their skills and knowledge. I valued the time they dedicated to every patient that needed a neurological consult and the promptitude of the consult and investigations.

I admired the emergency system. Very well-organised , well-planned, good time-reaction and the work space assigned for the stroke-team I haven't seen until now in other hospitals and is a great way to highlight the importance of stroke and stroke-treatment. Unfortunately I haven't had the chance to assist to a thrombectomy nor a monthly gathering on multidisciplinary-case-discussions.

I stayed next to the stroke unit and I was mainly interested in case management regarding all aspects: medical treatment, nursing, physio. It has exceeded my expectations. Excellent trained-nurses, well monitored patients, modern equipment, an efficient investigations- and-treatment plan, a value-based healthcare approach and a very much patient-centered care. Also I appreciated that my colleagues presented, at morning visits, the cases in English for me to understand.

During the Neurosonology rotation I improved my Doppler technique and was pleased to see a thoroughly way to examine patients that I need to apply in my routine.

I did my best to listen, observe and take notes and they answered to all my questions and concerns. I am eager to do my best to implement all information and skills I gathered and to improve stroke care in my hospital. I am certain that it will help me in my career

I also want to state that 1 week is such a short period of time to spend for everything that a stroke-unit of this calibre has to offer. I do think that indeed the Switzerland's medical system is one of the best.

Overall, this fellowship programme, in my opinion, comes in young doctors' help offering them the chance to learn something new, to compare the medical systems from their country and the country they visit, help them to enlarge their perspectives, to meet new people and to encourage them to do more, to improve their work.

I truly think that I have learned and came home with a enriched experience.

With consideration,
Silvia Chirobocea MD

