

ESO Department-to-Department Visiting Programme Report

Report from Antal Dorin Cristian, from Clinical Rehabilitation Hospital/University of Medicine and Pharmacy Gr.T.Popa Iasi, Romania visiting the Stroke Department, Mater Misericordiae University Hospital, Dublin, Ireland



A Unique Learning Opportunity in the Stroke Department at Mater Misericordiae University Hospital

I am delighted to share the successful completion of my participation in the Stroke Department at Mater Hospital from December 4th to December 15th 2023, made possible through the prestigious bursary awarded by the European Stroke Organisation (ESO). Under the expert supervision of Prof. Peter Kelly, this experience has been a transformative chapter in my speciality education.

Background:

The ESO's commitment to advancing stroke research and care was evident in their support of junior medical professionals like myself. This bursary provided hands-on learning experiences in stroke subfields care.

Supervision by Prof. Peter Kelly:

Being under the guidance of Prof. Peter Kelly, a distinguished expert in the field of stroke medicine, significantly enhanced my learning experience and broadened my perspective on stroke care.

Clinical Exposure:

During my tenure at Mater Hospital, I had the privilege of immersing myself in the High Acuity Stroke Unit (HASU) and actively participating in FAST (Face, Arm, Speech, Time) calls. These experiences allowed me to witness the urgency and precision required in stroke interventions, highlighting the critical role of timely and coordinated responses.

Collaboration with SLT Team and PES:

Additionally, I collaborated with the Speech and Language Therapy (SLT) team, gaining insights into communication and swallowing challenges faced by stroke patients. Furthermore, I observed Pharyngeal Electrical Stimulation (PES) interventions for neurogenic dysphagia, witnessing the innovative approaches employed in the rehabilitation process.

Vascular Lab Experience:

To broaden my understanding of stroke diagnostics, I visited the Vascular Lab to observe the protocol for carotid studies ultrasound. This experience provided a firsthand look at the intricate procedures involved in assessing vascular health, contributing to my appreciation of the comprehensive approach to stroke care.

Guidance from Consultants:

Dr. Marnane and Dr. McCabe, prominent consultants in the Stroke Department, played a pivotal role in my learning journey in the morning clinical ward rounds. I spent significant time with them, gaining valuable insights into the latest trials and advancements in stroke medicine. Their mentorship enriched my understanding of the dynamic landscape of stroke research and clinical practice.

Clinical Observations:

In addition to my experiences in the High Acuity Stroke Unit and specialized interventions, I attended Transient Ischemic Attack (TIA) clinics, providing insights into the early stages of cerebrovascular events. Furthermore, I actively participated in two Multi-Disciplinary Team (MDT) meetings on Stroke imaging and Neurocardiology case-based discussions and a stroke clinic at the Dublin Neurological Institute, affording me a holistic view of patient management and care coordination.

Impressions of Stroke Nurses:

I was particularly impressed by the dedication and expertise of the stroke nurses, whose commitment to patient care was evident in their daily responsibilities. Their collaborative approach and compassionate care contributed significantly to the overall positive outcomes for stroke patients.

Regret about STROKE Team Party:

While immersed in the demanding and enriching environment, I regretted not having the opportunity to attend the STROKE team party. The camaraderie and celebration of shared accomplishments are vital aspects of fostering a supportive and cohesive healthcare team.



Desire to Implement Learning:

Looking ahead, I am enthusiastic about implementing the knowledge and skills acquired during this enriching experience in my future medical practice. I am committed to applying the best practices learned at Mater Misericordiae Hospital, contributing to the enhancement of stroke care in my hospital and beyond.

Anticipated Learning Outcomes:

My objective during this observation period was to gain a comprehensive understanding of the intricacies of a HASU, treatment particularities in different clinical scenarios and novel trials. I am eager to contribute to and learn from the collaborative efforts of medical professionals, nurses, therapists, and support staff in providing holistic care to stroke patients.

Conclusion:

I extend my heartfelt gratitude to the ESO for providing this invaluable opportunity, which aligned seamlessly with my career aspirations. My time in the Mater Misericordiae Hospital Stroke Department has been a cornerstone in my medical journey, and I look forward to sharing these experiences and contributing to the advancement of stroke care in my professional endeavors.