

## ESO TF4UKR D2D Visit Programme - Report on Clinical Observership at the Stroke Center

Name: Mariana Makarovska

Host Institution: Stroke Unit, Inselspital, Bern, Switzerland

Home Institution: Department of Neurology and Vascular and Minimally Invasive Neurosurgery,  
LVIV TERRITORIAL MEDICAL UNION MULTIDISCIPLINARY CLINICAL HOSPITAL OF  
EMERGENCY AND INTENSIVE CARE

Dates of Visit: November 18-30, 2025

### Report on Clinical Observership at the Stroke Center, Inselspital, Bern

Recently, I had the invaluable opportunity to complete a clinical observership at the Stroke Unit of Inselspital, Bern. This experience provided me with an unforgettable professional perspective and a fresh outlook on modern approaches to acute stroke management.

During my two-week stay, I was introduced to the full spectrum of diagnostics, treatment, and long-term management of acute stroke. I was particularly impressed by the efficiency of the Emergency Department, Stroke and Post-Stroke Units, and the Outpatient Clinic. Key highlights include continuous medical education. The high level of theoretical preparation and the constant engagement of neurologists in daily clinical discussions. Which is partly provided by a well-organized rotation system that ensures physicians maintain diverse and high-level clinical qualifications. Also, the nursing staff in the Stroke Unit are highly specialized and educated specifically in stroke care, which is a cornerstone of superior patient outcomes.

A defining feature of the Swiss model is the seamless collaboration across the entire care continuum - from the Emergency Department to the multidisciplinary team of doctors, nurses, physiotherapists, and ergotherapists.

The commitment of every team member to the patient's recovery is the primary element I aim to implement in my home hospital in Ukraine.

While visiting the Outpatient Clinic, I observed the rigorous follow-up protocols at 3, 6, and 12 months post-discharge. This systematic monitoring is essential to: ensure patients are protected from secondary vascular events, significantly reduce the long-term burden of disability on society.

The insights gained into patient-centered care and evidence-based management at Inselspital are truly inspiring. I am eager to adapt these organizational models to the Ukrainian healthcare system to improve the quality of care for our stroke patients

