

Here is the my EBCOG Fellowship 2013 report.

This year I was fortunate to become a member of a very exciting international program for Obstetrics and Gynaecology trainees. This program is organized by the EBCOG. My fellowship took place at Department of Obstetrics and Gynecology CHT Viseu, Portugal. I spent there 3 months (12 April 2013- 12 July 2013).

Viseu is quite a small city, but very green and cosy. I rent an apartment in 10 min to go to the hospital.

The hospital itself is rather large and provides assistance to the population of the two cities.

The obstetrician and gynecological department, where I spent all my time is modern equipped and includes many narrow branches of women healthcare.

The most valuable thing I found there was the scheme of training program. It differs from ours a lot and, saying the truth, is much better. The main difference is, of course, the duration- 6 years in Portugal and 3 in Ukraine. Each trainee has his own schedule of study, and it becomes possible for him to be the only one in this particular period of time who works with each specialist. Thus he has a chance to work in delivery room, to do the gynecological and oncological outpatient, to perform ecography, to assist all kind of surgeries etc. I wish, we could have the similar program.

My tutor was Nuno Nogueira Martins, who created a new program of my studying there every day to show me as much as possible. Because of this, I had a brilliant opportunity to observe all that is performed in clinic. I attended the emergency and delivery rooms, took part in the rounds at the obstetrics and gynecology units, spend a lot of time in the fetal medicine unit. I also observed a lot of surgeries – gynecological (both laparotomy and laparoscopy), urogynecological and breast.

The other thing I was really pleasantly surprised is the English language proficiency. Almost every doctor in hospital speaks English and that makes staying there for foreigners very comfortable.

I tried myself in suturing on the laparoscopic simulator, I did the report during the weekly journal-club with the topic: “Breech presentation. Mandatory C-section?”

Three months passed very quickly. I must admit that at this time, I missed my family, my native country, my friends, my work. Nevertheless this fellowship gave me a valuable experience in medicine, and in life in general. I was also able to learn a lot about the country, the city where I lived, the people who inhabit this wonderful country. Making a conclusion I can say that I improved my knowledge in general OB&GYN,

found some absolutely new procedures that are not used in my hospital, learned the differences between the countries in treating the same pathology and expand my medical outlook at all.

I wish Ukraine could be the member of EBCOG and host foreign students in our hospitals.

I would like to say thank you to all the people who gave me this great possibility to become a member of this program.

Special thanks to Dr. Nuno Nogueira Martins who not only organized my training program in the hospital, but also helped me with all the everyday difficulties and made my staying in Portugal really comfortable and full of pleasant emotions.

Best regards,

Galyna Tolstanova