

Hippocrates Exchange Programme

Final Report

Report of my Hippocrates Exchange Experience:

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Dates of Exchange: __2/08/2010__ to __13/08/2010__

Taking part in a programme of exchange was something that I always wanted to do, not only to see the differences of practice but also to test myself as a GP trainee in a different country. The main aims I wanted to achieve were trying to interact with patients and doctors and to participate in daily work activities in the health centre.



Madrid was a good option... I was interested in knowing the city and its citizens. I knew that the health system wasn't very different from Portugal, and I was also trying to improve my Spanish – So this *Hippocrates* was an opportunity to fulfill my

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dreams!

From the beginning there was a good relationship between me and the people I met in *General Ricardos Health Centre*, specially with my colleague Virginia (Spanish Exchange Coordinator) and my host tutor Dr. Paulino Cubero (Presidente del Sociedad Madrileña de Medicina de Familia y Comunitaria – SOMAMFYC).



Anyway, medically speaking, in these two short weeks I had interesting and different tasks. My first week was spent with Dr. Paulino in his medical consultations and home visits. It was nice to see that patients' expectations and problems were similar to ours... it gave me the sensation that I could practice everywhere.

The people that attended the center were Spanish residents in the local area, but there was a significant number of South Americans too. In this period I could notice some differences between that centre and mine; with modern facilities and

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many services in the same building (like emergency room, small surgery room, physiotherapy service, pediatrics and dentistry service, among others). In this centre doctors also did blood control of patients taking anticoagulants, which is now starting in Portugal.

The role of the GP on children's health and during pregnancy was a bit different. Pregnant women and children till 7 years-old were consulted in primary care services but by a midwife and pediatrician. I had one afternoon in the paediatric care. It helped me to practice the child evaluation and the treatment of the most frequent problems in this group of patients.

I was also very pleased with the opportunity of spending a day with the palliative care team. I noticed the extremely valuable work done with this patients and families, by a well organized team able to respond to every patient needs. Although they had critical situations, they focused their effort with a positive energy, and were a team with an incredible good mood.

In this period of time I not only improved my medical experience but also had the opportunity to change personal ideas and experiences.

After two weeks of exchange in Madrid I can say that it was an experience that I will always keep in my mind. After work I had the opportunity to know the city and visit the most interesting places. I would surely recommend this kind of exchange. Although I have spent a short time I could get a good idea of the system and how it works. It was an experience that was far beyond my expectations. I am

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truly thankful to Dr. Paulino Cubero, Virginia and to everyone involved in this internship.



(Inês Soares Pires)

