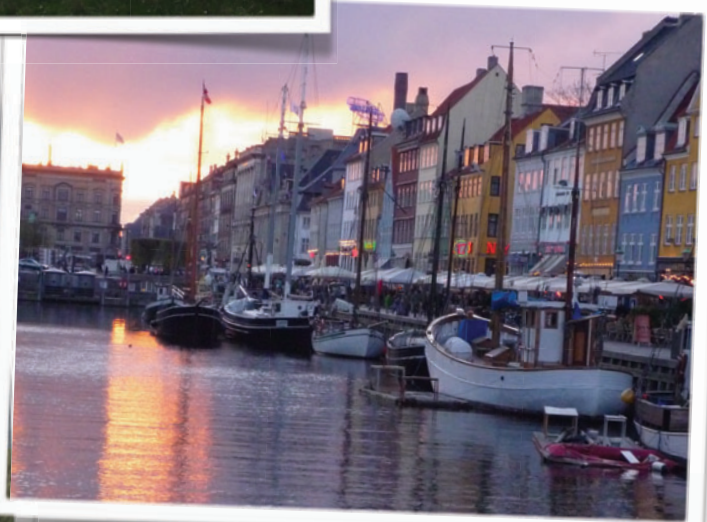


# Hippokrates



## in Denmark

Since my first day as a General Practice Trainee I've always wanted to take part into the Hippokrates Exchange Program. A two weeks long observational placements a in GP



Practice in Europe is a precious chance to expand ones' horizon, both at a professional and personal level. Such an experience gives you a new perspective on Family Medicine, builds you a whole new network of colleagues and friends, allows your language skills to improve and it inspires you in any way you can possibly imagine. You may think I am overemphasizing, but I can assure I am not, in fact I can honestly say the Exchange Program is a lot more than that.

I left Bologna, Italy for Aarhus, Denmark ready to experience a new Primary Care System, feel part of Europe General Practice. And this is exactly what happened, thanks to Dr. Per Kallenstrup, not only the Host for my Hippokrates adventure, but also the brave and enthusiastic doctor who put the program together and launched it during the Wonca Congress in Vienna, ten years ago, I spent 2 weeks at Skodstrup observing every aspect of the Danish Primary and even Secondary Care System. To my surprise I then realized how similar the Danish and the Italian Health System are, maintaining their peculiarity that make them two different System in such different Country. This revelation made me feel even more European, I should have not been surprised making a similar whole out of different countries is what Europe is all about, after all.



Skodstrup Laegerpraksis is a very well organized practice. It amazed me to see the working hours go by in such a quite and peaceful environment while eight doctors were examining dozens of patients, 3 nurses were performing EKG,



Spirometry, diabetes check on their patients and secretaries were dealing with front desk, patient telephone calls and incoming mails and delivery men. It was like one of those incredibly complex and crowded classic ballet show where everyone does his/hers own moves individually, but in a hole to produce one performance. And in fact you could actually feel the harmony in the

practice and the trust among doctors themselves but also among nurses and the rest of the stuff, as a hole.



It was also very interesting for me to watch nurses taking care of the chronic illness, that in my Country is managed almost entirely by General Practitioner. Management of chronic illness can be quite time consuming in the Family Medicine daily practice.

However, as I wrote before, the Hippocrates Exchange Program is a lot more than observing, networking and improving ones skills. I truly believe that such an experience can be a every trip is a discovery, a priceless chance to improve yourself at ANY level you want and allow, the Hippocrates is something more, something special. A two weeks observational period put the visitor medical doctor in a unique position: he/she is offered a privilege perspective not only on the visitor Health Care System but also on his/her own. Just observing, not examining or working at any level could be seen as a downside of the program, but in fact it is not. In my believe the pure observing is the key, it gives you time off your daily work routine while offering you unlimited inspirations. We all nee, I think, time off the daily routine, time we probably think we are not allowed to,



but time we should force ourself to

take off because that is the time that can make us better doctors. A time to step aside, let all the pieces fall into places and see the hole picture, gain a new perspective. That is the moment, I think, you can allow yourself to Join Alice across the mirror.

For all these reasons I strongly recommend you take part into the Hippocrates Exchange Program, it is an experience you as a trainee or a young GP do not want to miss.