



Co-funded by the
Erasmus+ Programme
of the European Union

Erasmus + ICARE project

Field visit report by Assiut University

Dr. Amr Youssef
Professor and head of cardiology department, Assiut University

Thanks dr Mosaad: I have attended one of interesting course about cardiovascular diseases in primary care in Italy.

There were different lectures about heart failure (acute heart failure and cardiogenic shock, diagnosis and management of chronic heart failure, congestive heart failure types, symptoms and causes) , arrhythmias and sudden cardiac death (diagnosis and management of cardiac arrhythmias and stroke prevention, presentation, diagnosis and management of syncope, sudden cardiac death) and also about diagnosis, management of acute coronary syndrome guided by intravascular imaging. There was also clinical tour to see different cardio-vascular cases.

I found this course is beneficial, the level of lectures is suitable for attendees, the teachers are coefficient and cooperative and topics are hot and practical.

The interesting thing for me is that most of lectures are interactive and followed by interesting and beneficial discussion and most of attendees share on it.

I think the course is also important to young doctors to watch and interact with different cultures.

It is also beneficial if each young doctor after return make a lecture about his experience of the course and what are the benefits and the points of improvement.

Report & Reflection and Potential Benefits of a visit to Genioa,Italy

24/06/2024- 29/06/2024

By

Ibrahim Ahmed Makhoul

Medical intern (house officer) Assuit university hospital.

Faculty of medicine, Assuit,Egypt

As a an activity of Interprofessional student-run primary CARE clinics: A University-Enterprise Knowledge Triangle Cooperation Approach/ I CARE (Erasmus+ Capacity Building in Higher Education **618674-EPP-1-2020-1-SE-EPPKA2-CBHE-JP**) including a Cardiology Course in Primary Healthcare Training,

Introduction:

As a medical intern, I recently had the opportunity to attend a comprehensive cardiology course at a clinical center in Genioa, Italy as a part of my primary healthcare training during my intenship. This report aims to reflect on the valuable insights gained during the lectures, discussions, and clinical visits and outline the potential benefits of these experiences.

Furthermore, it explores how I plan to utilize the outcomes to enhance my capacity building and disseminate the knowledge gained among my peers and the wider medical community.

Reflective Overview:

The visit as a whole and the cardiology course provided a comprehensive understanding of various cardiovascular diseases, diagnostic techniques, treatment modalities, and preventive measures. The lectures were conducted by eminent cardiologists who shared their extensive expertise and real-life case studies, enriching our theoretical knowledge. The interactive discussions further allowed us to delve deeper into complex topics, ask pertinent questions, and engage in critical thinking.

Clinical Visit Experience:

The highlight of the training was the clinical visit, during which we had the privilege to observe cardiology specialists in action. Witnessing the application of theoretical

concepts in real patient scenarios was an invaluable experience. Through this visit, I had the opportunity to closely observe the diagnostic procedures, such as electrocardiograms, echocardiograms, and stress tests. Moreover, I understood deeply the management of acute cardiac events, including the administration of emergency medications and the implementation of life-saving interventions.

Potential Benefits as Outcomes:

1. **Enhanced Clinical Skills:** The cardiology course equipped me with a deeper understanding of cardiovascular diseases, allowing me to identify early warning signs, accurately interpret diagnostic tests, and develop appropriate treatment plans. This knowledge will undoubtedly enhance my clinical skills and enable me to provide better care to patients with cardiac conditions.
2. **Improved Patient Education:** A crucial aspect of primary healthcare is patient education and empowerment. Armed with the knowledge gained from the course, I can effectively educate patients about cardiovascular diseases, promote healthy lifestyle choices, and emphasize the importance of adherence to prescribed medications and follow-up appointments. This holistic approach to patient care will contribute to improved long-term outcomes.
3. **Collaborative Care:** The multidisciplinary nature of cardiology necessitates effective collaboration among healthcare professionals. The course fostered a collaborative environment, allowing me to interact with fellow interns, nurses, technicians, and cardiologists. This collaboration will extend beyond the course, enabling me to work cohesively with the cardiology team in the future, ensuring seamless patient care and shared decision-making.

Utilizing Outcomes to Improve Capacity Building:

To further enhance my capacity building, I plan to undertake the following steps:

1. **Continuous Learning:** I will actively pursue additional educational resources, attend conferences, and subscribe to reputable medical journals to stay updated with the latest advancements in cardiology. This commitment to lifelong learning will ensure ongoing professional growth.

2. Practical Application: I will actively seek opportunities to apply the knowledge gained during the course in real-world scenarios. By working closely with experienced cardiologists and regularly encountering cardiac patients, I will consolidate my understanding and refine my clinical skills.

Dissemination of Outcomes and Experience:

To share the outcomes and experience gained at the clinical center, I intend to employ the following strategies:

1. Peer Engagement: I will organize presentations and interactive sessions during my internship rotation of cardiology, at Assiut university hospital to disseminate the knowledge gained. By sharing case studies and key takeaways, I aim to inspire and educate my fellow interns and colleagues, fostering a culture of continuous learning and knowledge exchange.
2. Online Platforms: Leveraging the power of digital platforms, I will write, under supervision of my supervisors, informative articles and blogs, utilize social media channels, and actively participate in relevant online forums. These platforms offer a wide reach and provide an opportunity to engage with a diverse audience, including healthcare professionals and the general public.

Conclusion:

Attending the cardiology course and visiting Genioa, Italy has been a transformative experience for me as a medical intern. The comprehensive knowledge gained, coupled with the exposure to real-life cardiology cases, has enhanced my capacity to provide quality care to cardiovascular patients. By utilizing the outcomes of this training, I aim to continually improve my skills, educate others, and contribute to the overall development of primary healthcare in the field of cardiology.