



SCHOLARSHIP REPORT

This report should be completed by recipients of awards and scholarships from the Royal College of Physicians and Surgeons of Glasgow on completion of the activity for which they received their award or scholarship. Please complete all sections of the report form.

Please return your completed report via email to: scholarships@rcpsg.ac.uk

Or via mail to: **Scholarships Committee Administrator, Royal College of Physicians and Surgeons of Glasgow, 232-242 St Vincent Street, Glasgow G2 5RJ, UK**

Please use typeface when completing this form.

| SECTION 1 PERSONAL AND AWARD DETAILS | | | |
|--|----------------------|-----------------------|-------|
| Title | Miss | PID | |
| Surname | Donaldson | Forename(s) | Aimee |
| Scholarship/award awarded | RCPSG Elective Prize | Amount awarded | £1000 |

| SECTION 2 PROJECT/VISIT DETAILS | |
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| Name/Title | A&E and Orthopaedics |
| Location | Pokhara, Nepal |
| Aims and objectives | <ol style="list-style-type: none"> 1. To understand a different healthcare system than the UK. 2. To improve diagnostic skills 3. To learn about Nepalese culture/language 4. To better understand common conditions that affect this part of the World |
| Summary <i>Include methodology, results and conclusions if applicable</i> | <p>I undertook 2 weeks of A&E followed by 2 weeks of orthopaedic surgery at GMC Hsopital, Pokhara.</p> <p>In A&E, it was mostly observing local doctors due to restrictions in involvement of medical students and language barrier. Due to the cost driven aspect of care, there were fewer tests done, therefore more diagnosis was made from history taking. We enaged in teaching in this department with local students and their tutors, which was aimed at locally common diseases. This was insightful and useful as many were similar to the UK, but generally later presnetations due to families trying to spend less on healthcare. Unfrotuantely, there was little opportunity for physcial examinations but we saw many procedures such as suturing, chest drains and catheters.</p> <p>Surgery was also different to the UK. The mornign started with case presentations, ward rounds and overview of admissions. I then accompanied the surgeones to theatre where I was taught about many of the procedures in close detail. The theatres were very different to the UK ones, cloth drapes/gowns were used and all theatre doors were left open due to the heat. There was also teaching on radiology and orthopaedics with local students that I attended most days.</p> |

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| <p>Learning outcomes <i>Detail here how the aims and objectives were met</i></p> | <p>My diagnostic skills were pushed in A&E, and improved greatly over the 2 weeks. I improved my systematic review, as many of these patients were multi-morbid on presentation. This was aided by local students and the doctors. The local teaching allowed question asking and case presentations which was also useful. I learnt much about local culture and language from the other students and patients, making this elective useful but also fun.</p> |
| <p>Evaluation <i>How has this scholarship/award impacted on your clinical/NHS practice or equivalent?</i></p> | <p>Being able to visit another healthcare system that is drastically different to the UK has undoubtedly improved my medical practice. My diagnostic skills are massively better than before travelling, especially in acute settings. It highlighted to me the importance of a good history, which has led to me trying to further improve these skills now I am home. This will be useful in the future as I hope I will be more confident diagnosing, be able to diagnose more accurately and possibly even use fewer tests to narrow a differential. Also I think I have learnt more about the cost of care which is easy to forget as a medical student in the UK.</p> <p>I also learnt so much from the local doctors that I felt included and valued every day on the wards. I have been taught by a mix of quality of teachers in the UK, as with Nepal. But my experiences with the tutors there have shown me how I want to teach in the future. I want future students who I am lucky enough to be working with to feel valued and respected as I was. This led to a much better learning experience for me, I found myself wanting to do more every day. I also found the dynamics between the staff very respectful, again something I wish to use to continue good conduct in the UK. That is testament to the culture and people of Nepal. They were welcoming, hospitable and kind in almost all circumstances I was in. To see their culture in such a way makes me feel very honoured, and I would not have had this experience without the support of the RCPSG.</p> <p>I know that this will improve my future practice as a doctor but also as a member of a team and an educator.</p> |

SECTION 3 | IMAGES

If available, please provide some images to support your report



SECTION 4 | EXPENDITURE

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| <p>Breakdown of expenditures</p> <p><i>Please demonstrate how the scholarship/award funding was used to support your project/visit</i></p> | <p>Flights: £700</p> <p>Accommodation/Food/Hospital: £1300</p> <p>The award paid for half of my visit to Nepal. Without it, I would not have been able to attend.</p> |
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SECTION 5 | PUBLICATION

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| <p>Scholarship/award reports may be published in College News. Please tick here if you agree to your report being published.</p> | <p><input checked="" type="checkbox"/> I give permission for my report to be published in College News</p> <p><i>If your report is selected for publishing, the editor of College News will be in touch to discuss this with you.</i></p> |
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All Information we hold concerning you as an individual will be held and processed by the College strictly in accordance with the provisions of the Data Protection Act 1998. Such data will be used by the College to administer its relationship with you as a Fellow or Member. We will not, without your consent, supply your name and address to any third party except where (1) such transfer is a necessary part of the activities that we undertake, or (2) we are required to do so by operation of law. As an individual you have a right under the Data Protection Act 1998 to obtain information from us, including a description of the data that we hold on you. Should you have any enquiries about this right please contact Membership Services Administrator at the College.