

Lausanne 02/02 – 22/05/2015

European Option French
Manchester Medical School

Why did I chose to study on the European Studies programme?

At the time of decision when selecting medical school, European Option stood out as an extremely attractive facet. The chance to improve my linguistic ability felt incumbent as I have a strong desire to travel with my medical capacity to serve others within less privileged domains. I believe a strong grasp of language and awareness of foreign cultures cultivates understanding and boosts integration amongst communities and peers alike. A pathway that combines the possibility of further learning of humanities, global medicine and the French language provides for a very creative and unique experience of medical education. I perceived that this course would preserve one of my much-loved interests; learning about the French language. I wanted to stay connected to people. It is distinct that the potential within this course is enormous and so I jumped at the opportunity to be a part of it.

Which Placements and why?

Initially I choose to study Dermatology, Vulnerable populations' medicine (VPM), Palliative Care and Anaesthesia. The University of Lausanne originally gave me 1 month in dermatology and VPM followed by 2 months of Palliative Care. However, they contacted me a few months later to apologise that I would actually only be able to do 1 month of palliative care. At this time I was quite interested in ophthalmology so I selected this as my last placement.

I choose Dermatology because I felt that I have not had enough medical training in this area. As a result it felt like my weakest subject area. I wanted to rectify my lack of knowledge and experience of this subject and, after I read through a couple of the previous reports on this placement in Lausanne, I considered this to be a good selection.

I came across the decision to study VPM when scrolling through the list of placement options on the Lausanne university website Unil.ch. As soon as I read the description I felt that this would suit my character and appeal was written all over it. I have never before came across a placement that provides close work with refugees, asylum seekers, prisoners, the homeless, sex workers and people struggling with substance misuse.

I have previously done an SSC in palliative care at Francis house, a children's hospice and also signed up to a few palliative care days at the Christie. I am interested in end-of life medicine and wanted to compare my experience of UK medicine with the Swiss approach. Switzerland is famous for having legislatively permitted assisted suicide since 1942. I wanted to improve my understanding of how this is delivered to patients and how it is assessed and monitored.

La Fondation Asile des aveugles (the Blind Asylum Foundation) is quite renowned for being one of the top associations in the world of ophthalmology. I find ophthalmology very fun and hoped that this placement would provide me with some hands on experience in examining the eye.

What have I learnt and gained from placements?

Dermatology

My placement in dermatology gave me a very good whistle stop tour of the subject. I spent 1 week in dermatology A&E, a further week in clinics and the remaining two on the wards. This provided me with hands on experience such as removing stitches in minor surgery, applying cryotherapy and learning how to use a dermatoscope. In A&E I was allowed to see patients myself and present my findings back. During the time I spent on the wards, I had the opportunity for personal learning. For example I greatly improved my understanding of MF and presented this case at the end of my stay in the department (in French). I even managed to take what I learnt and make a poster with a colleague and we presented this at a dermatology symposium day at Liverpool medical school. Overall, from this placement I feel like I have taken away better perseverance for working to understand patient cases. Initially, some of the ward cases were quite challenging to get my head around but with time and effort I felt I could understand their management better when they were presented at grand rounds.

Vulnerable populations' medicine (VPM)

VPM was one of the best organised placements and it really was a great privilege to be on this placement. I was welcomed into a team of doctors, nurses and social workers most with a background in humanitarian aid having previously worked with organisations such as MSF and the Red Cross. This gave me the opportunity to talk to them about their experiences and get a glimpse of how others felt what working in the humanitarian scene was like. I have gained contact details and guidance on ways to follow my desire to be a part of the global movement striving for equality in healthcare. I spent most Mondays and Fridays at the CSI (Centre de santé infirmières). This is a primary care centre for refugees, asylum seekers and illegal immigrants. This gave me an insight into the common health and social challenges faced by populations living clandestine and those broken away from their families and homeland.

Planning stage CPV-PMU						Madame Aïcha Rais Tél : +44 779 187 74 28 Aïcha.raïs@doctors.org.uk	
Mois de mars 2015						Superviseurs CPV-PMU	
	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI		
AM	Accueil et introduction stage CPV - à 9h à la PMU	Travail de stage	VISTA - PMU	Emv5 - PMU - CHUV	Congé personnel	E. Dory	079 556 42 84 elodie.dory@hospvd.ch
PM		SMPP Prison de La Croisée	SMPP Prison du Bois-Mermet	Emv5 - PMU - CHUV	Congé personnel	F. Vu	079 556 60 23 francis.vu@chuv.ch
AM	CSI - Crissier avec Suzanne	Travail de stage / colloque CPV	Assistant social CPV - PMU - CHUV	Récupération	EMUS (soirée du jeudi au vendredi)	A. Ronga	079 556 51 47 alexandre.ronga@hospvd.ch
PM	CSI - Crissier avec Suzanne	Travail de stage	SMPP Prison du Bois-Mermet	EMUS (soirée du jeudi au vendredi)	Récupération	P. Beaupère	079 556 28 10 pascal.beaupere@hospvd.ch
AM	CSI - Lausanne avec Laurent	Consultations avec superviseur CPV - PMU	Travail de stage	Emv5 - PMU - CHUV	Travail de stage	P. Bodenmann	079 556 44 67 patrick.bodenmann@hospvd.ch
PM	CSI - Lausanne avec Laurent	SMPP Prison de La Croisée	SMPP Prison du Bois-Mermet	PEL	CSI - Lausanne avec Louise	Activités cliniques - personnes de contacts	
AM	CSI - Crissier avec Christine	Travail de stage / colloque CPV	VISTA - PMU	Travail de stage	CSI - Crissier avec Suzanne	Service de Médecine et Psychiatrie Pénitentiaires (SMPP) : A. Ronga & P. Beaupère	
PM	CSI - Crissier avec Christine	SMPP Prison de La Croisée	SMPP Prison du Bois-Mermet	Consultations avec superviseur CPV - PMU	CSI - Crissier avec Suzanne ou Checkpoint Lausanne ?	Equipe Mobile d'Urgences Sociales (EMUS) :	
AM	CSI - Lausanne avec Suzanne	Travail de stage				Ch. Cloarec 021 213 78 45 christophe.cloarec@urgences-sante.ch	
PM	CSI - Lausanne avec Suzanne	SMPP Prison de La Croisée				Check-Point Lausanne : V. Christinet 021 631 01 74 vanessa.christinet@profa.ch	
						Point d'Eau Lausanne (PEL) :	
						021 626 26 45 infirmier@pointeau-lausanne.ch	
						Equipe mobile vulnérabilités (Emv) :	
						J. Schupbach 021 314 96 20 joelle.schupbach@hospvd.ch	
						Consultation VIH-IST Anonyme (VISTA) :	
						C. Milet 079 556 61 18 catherine.milet@hospvd.ch	
						Centres de santé infirmiers (CSI) : Y. L'Hostis 079 556 09 31 yann.lhostis@hospvd.ch	
						Assistant social CPV : O. Collis 021 314 78 36 oliver.collis@chuv.ch	
Précisions pour les visites des prisons avec le Dr Alexandre Ronga et la Dresse Pascale Beaupère : les contacter en début de stage par e-mail ou natel pour organiser le transport et le déroulement des visites						Autres activités :	
						Suivi de colloques, d'enseignements, de réunions stratégiques ou de recherche, travail de stage	

I worked twice at 'VISTA' a centre for rapid testing for STI / STI screens. This allowed me to appreciate the NHS after watching young people face the question time and time again as to what STI tests they would be able to afford. A rapid test for HIV costs 70 CH (around £50), Chlamydia 45 CH, Gonorrhoea 45CH. The post exposure prophylaxis costs around 2,5000 CH. Not everyone could afford these costs and typically young people are not covered for these medical bills by their medical insurance. I spent a day at 'Check-point' in the city centre. This is a centre for homosexual and bisexual men as was as the transgender population where they can access sexual healthcare. STI screens, advice and examination take place here as well the opportunity to talk with male nurse with an in interest in sex psychology whom the men can seek counselling. It was interesting to hear

I spent 2 days per week working with patients in two different men's' prisons (Tuesdays – Prison de la croisées, Wednesdays – Prison du Bois-Mermet). I spent 1 day and a further half day with the 'Équipe mobile vulnérabilités' (EMVs, 'the vulnerable populations outreach team' as a rough English translation). I completed a night shift with EMUS (Équipe mobile d'urgences social - a team that patrols the city of Lausanne to night to help to homeless people find shelter for the night and access to basic healthcare). They also support sex workers by running a night bus were access to contraception and advice on safe sex if needed.

As part of my VPM placement I completed project work. I was asked to present it at the end of my placement. Examples of work that other students did



included literature reviews, cases presentations and leaflets. I proposed that I would like to create a comic to demonstrate the process of rapid testing for HIV and the indication of PEP. I chose this because the majority of the pt's we work with do not speak good French or good English and some are illiterate. Therefore transmitting important information to these high risk groups is made more accessible through drawings. We are now aiming to get this comic published.

My lasting reflection would be when working with patients from complex social backgrounds a slow steady approach is nearly always required. Time is needed to explore and invest in understanding the patient prospective. Some of the patients I worked with in prison were wealthy but had experienced mental health illness that disadvantaged them. Affluence does not save you from being poor or vulnerable.



Palliative care

This was quite an emotionally demanding placement. Although, the title of the placement might make a person expect this to be the case, palliative care does not have to be as draining as this placement was. I say this because during my previous training and SSCs I have learnt that, when end of life medicine is delivered in an environment that is both patient centred and doctor protected, palliative care can be extremely rewarding speciality that is profoundly appreciated by families at a very intimate time of need. I felt that my prior experience would have helped me complete this placement.

The patients in the department have very complex medical needs and I definitely felt pushed to keep on top of understanding their management. I enjoyed working with more junior medical students passing through the department and feel this has strengthened my teaching ability. It also helped me linguistically as the students would correct my language faults. I did learn more about assisted suicide as I had originally planned.

This placement has reminded me of the importance of applying communication tools such as SPIKES and the guidance of dealing with angry family members from the training days. However the key message that I took away from this department was the importance of debriefing.

This placement did not have a good support structure for the nurses or doctors working in the team. As a result the department's negativity rose higher and there was a constant sense of tension in the air. Small tasks began to feel to

some as heavy requests and jobs were being shifted around the department so that responsibility over work could not be traced back to the original person's duty. There was quite a lot of complaining being done but not much changes in turning words into action.

Ophthalmology

This placement was very different from the previous three months as the previous placements covered a wide range of topics whereas this placement was very focused on ophthalmics.

This was quite refreshing and it was easier to have a more structured approach to learning. After the VPM placement, I would say that this placement would be ranked as second best. This placement was spent entirely in A&E ophthalmology. I was advised that I could arrange time in surgery if I wished, however I enjoyed very much having my own room to see patients, testing visual acuity and examining eyes under slit lamp observation that I preferred to invest all my time improving these basic skills.

I had the opportunity to clerk patients in the electronic logs and present cases. The department is fantastic- welcoming and ready to be supportive. However this placement did require initiative; be prepared to see patients first alone. The doctors will expect you to have some knowledge and ability in using a slit lamp and to formulate management plans. Therefore, for students with little experience in ophthalmology, I would recommend learning about this before choosing this placement. For those who want to put in the effort there is much to be gained from the placement.

Overall I would say that my 4 months spent in Lausanne has heightened my inter-cultural understanding not only of Switzerland but also of the home countries of the patients I had the chance to work within Lausanne's multicultural community.

It has been a pleasure to find I am getting better at communicating in French and to have put my training to the test. My desire to work aboard in francophone countries feels more realistic now and I leave these placements with better direction of ways which my dreams can be realised.

More on Lausanne: An overview of my experience of living, working and exploring in and around the city

Meet with your buddy

At the beginning I was sent an e-mail asking me if I would like to sign up for a

'buddy'. This is a student that has volunteered to help Erasmus students during their stay. It was quite a fascinating website – we could select the gender and also tick what qualities we would prefer in a buddy (e.g. I selected that I would want my buddy to like participating in sports). Then the website matched me with a student closest to the description I gave. My buddy was friendly and helped me by showing me around the campus and the hospital. She helped me get to grips with basics such as where to change your white coat when it gets dirty and finding the library.



During my stay in Lausanne I stayed in accommodation ran by the organisation FMEL (Fondation Maisons Pour Etudiants Lausanne). FMEL have many buildings, the closest of which to the hospital is the 'Falaises' building (where I stayed). To organise living in this building you must visit the following site and book much in advance:

<https://www.fmel.ch/en>

There is no guarantee of getting a place with the organisation as student accommodation is very competitive. You will need to pay a deposit of £1200 to secure a place.

The room given is either a single en-suite or a single with a bathroom and personal hallway shared by 1 or 2 other students. There is 7 floors in this building. Each floor shares a kitchen between 10 or so other students. You have your own lockable cupboard in the kitchen.

Each room has Ethernet cable internet connection. However if you need wifi use you will need to provide your own router. This can be bought in Lausanne for around 30CH.

When you first get your room the concierge will ask you to fill out an evaluation form. I advise you to be vigilant– if the walls have marks on them or if there are objects missing from the inventory make a note of this. This is important as when you leave they will expect the room to be sparkling and if this is not the case, or if things are missing/broken, you will have to pay a fine. When moving in you should contact the concierge in advanced to ensure the room is ready. It is only possible to move out on a week day before 11am. Keep in mind to check for bank holidays as you cannot move out on these days either (each region in Switzerland has its own bank holiday so you need to know the ‘Vaud’ ones).

Rent is 600CH to be paid before the 5th of each month. They give out pre-filled checks so that you can make a payment to FMEL easily in cash at the post office. This is what I did. Alternatively, you can open a bank account and organise monthly payments.

I would recommend living here. It is vibrant and there are parties that you can go to roughly every other week. Everyone that I met were really friendly, including the student I shared my bathroom with. It was a great idea for me and the other student from Manchester to pick this place as we could knock on each other’s rooms for a chat whenever we wanted. It was nice to make friends with Erasmus students from other courses who lived at Falaises.

Bin bags

You may be wondering why I have a subsection on ... bin bags?

Switzerland is trying to enforce the use of ‘official Swiss bin bags’. In the FMEL buildings you can only use these otherwise the binmen will refuse to take your trash. The problem is that these bags, like most things in Switzerland, are very expensive: 5 bags for 30CH ...that’s over £20!

See for yourself on the official website:

<http://www.lausanne.ch/lausanne-officielle/administration/travaux/assainissement/eaux-dechets/gestion-dechets/nouveau-reglement-municipal.html>



To get around this I used shopping bags to hold my trash and disposed of them in public bins every day before going into the hospital. I just want to flag up, there’s ‘expensive’ and then there’s Switzerland, a whole new meaning of the word! Expect to spend at least 80CH on a week’s grocery shop.

The Uni Campus

Within the first few weeks of my first placement in Lausanne I was invited to an Erasmus welcome day at the University campus. The Uni puts on a dinner and

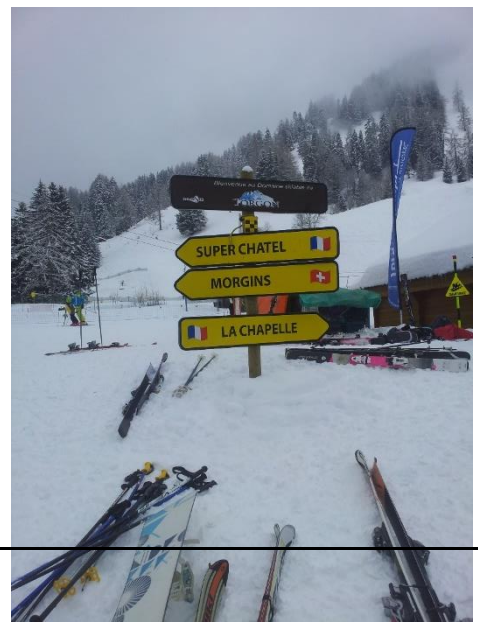
expect you to attend but no one would notice if you didn't (some students did not go and that was fine). It was a nice introduction but the welcome day is not near as exciting as the welcome week we throw at Manchester for new students so don't get your hopes up. The campus itself is quite far away from the hospitals (about 25 mins via metro stops with one change). However if you happen to have time it's worth a visit.



They have many clubs to choose from (lots are free with a campus card that you will get at the welcome day). I joined basketball and disco fit. However I didn't really get the chance as much as I wanted to attend as I'd often finish at the hospital too late. You will have to join something if you eat the amount of Swiss chocolate as I did. Gym is 20CH per semester. On this occasion I preferred to work-out outdoors. There is a beautiful running track that is free to use on campus.

Or if you want to switch up routes, I would recommend a run from Lausanne Ouchy, by the big lake, to the next town called 'Pully'. This is a very scenic route and the next lot of shots are from one of my runs.

Or if you're more into winter sports, why not go skiing? I spent a day skiing with some of the girls from my halls in a town called 'Aigle'. I would recommend investing in an instructor if you haven't skied before. Skiing is quite expensive. They will rent you the equipment but make sure you bring your own ski clothes as they do not rent clothing!



One of the places I would recommend visiting is 'Les bains de Lavey' in St-Maurice, about 45 mins by train away from Lausanne. Once you arrive there you have a 2.5Km walk to baths. There is a bus that pass through St-Maurice but I always walked as the town is gorgeous to walk through.

Les bains de Lavey are spring water thermal baths hidden within the mountains. It was wonderful to go in the winter months – there was snow all around us but the bubbling waters were so warm. It was perfect swimming through the mists by moon light. Great location to take friends ...or that special someone ;).



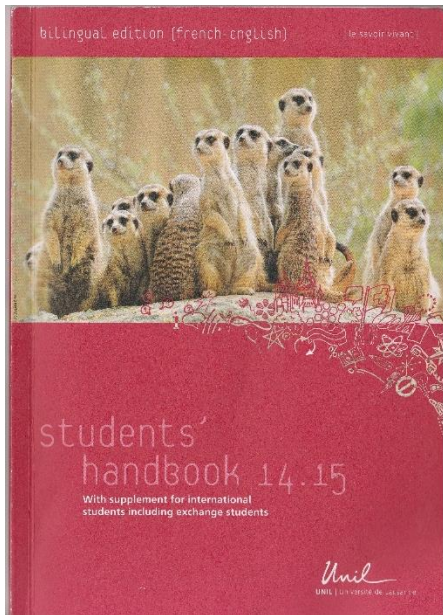
Gruyères

If you want to experience chocolate and cheese then Gruyères is the obvious place to go. I took a road trip here with 3 students that previously came to Manchester when they spent their exchange year during our 4th Year. There is the chocolate factory Cailler and La Maison du Gruyère cheese factory. The town itself is very pretty and I mostly enjoyed hiking up and down the hills.



Practical issues that future students on this placement should know about.

Expect paperwork. Lots and lots of paperwork. It is good idea to go through the handbook that will be sent to you so you know what paper work to bring.



Remember to bring:

- ✓ EHIC card
- ✓ Copy of birth certificate
- ✓ Passport / ID card
- ✓ Bank statements showing sufficient funds to support your stay
- ✓ At least 2 passport photos
- ✓ All your paperwork: confirmation of the stages, B2/C1 certificate, UNIL evaluation forms
- ✓ Consider bringing a quilt and pillow if staying in FMEL as these are not provided

When you arrive:

- ✓ Badge and white coat:

Go to human resources and fill out the following document:

Date de naissance

Fonction: Etudiante médecine 5ème année

Date d'entrée en fonction: 02.02.2018

Carte de dépôt
pour les membres du personnel

CHUV CENTRE HOSPITALIER UNIVERSITAIRE VAUDOIS

Bring a passport photo and a 50 CH deposit. This will allow you to collect a white coat and they will give you your CHUV badge. Try not to lose your badge as a replacement will cost another 50CH!

✓ **Pick up your Residence Permit**

This will involve a trip to 'Contrôle des habitants'. Bring:

- A passport photo
- Proof of registration at the uni of Lausanne (Attestation)
- Birth certificate copy
- Bank statement showing sufficient funds

Home demands

You may still have U-CEXs, UPSAs, U-CMDs to sign off and you will need to do the U-Resus when you return. These are possible to do through. Doing a U-CMD in French can feel quite rewarding. Try to do these before leaving for Switzerland as getting documents signed off can be really tricky.

Make sure you are clear at the start of your placement to explain what is needed for your placement i.e. for a doctor to take responsibility to sign off placement forms. Otherwise they will just assume that you only have to have a paper Unil evaluation form to be signed off.

Then you will need to fill out a 'report of arrival', the yellow document I've scanned below, available when you go into the building.

Travel costs

I recommend buying a Mobilis travel card for city metro use. You will probably need to buy two zones in order to cover both the Uni campus and the hospitals (these zones as 11 and 12). The cost for two zones is 51CH. To get a card you will need to go to the large Mobilis Metro building which is situated above the 'Lausanne Flon' tram stop. You won't miss it – it is a huge building that is labelled 'Metro'. You will need to bring a passport photo with you. It is possible to buy longer than 1 month's credit for your card. If you happen to lose your card a replacement costs 30CH.

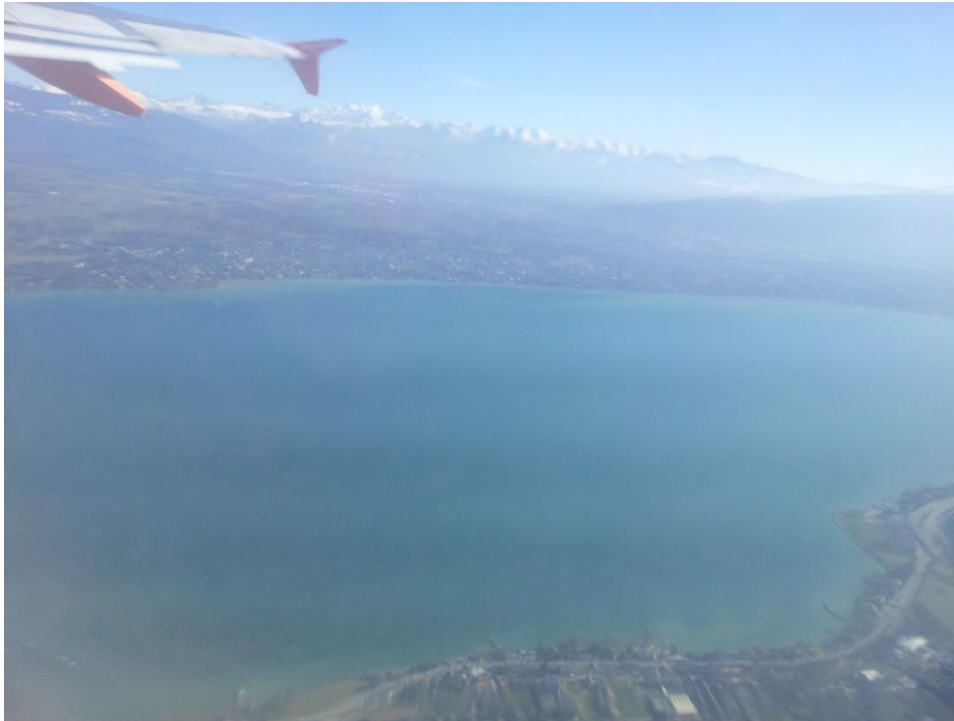
Feeling homesick?

I hope you will enjoy your stay in Switzerland and build many happy memories here. But there may be times that you would prefer to go home. I felt this way for a short while ...before my placements had even started! I arrived late January and when I got to Lausanne not everything was in order. During my first nights it was very cold as it was – 6 degrees outside and the radiator was not working in my room ...plus I had not had chance to buy the bed covers. So I was really cold. After this got fixed it made the stay much more comfortable. Some things that helped me pick my mood up at the start:

- **Talk to people:** sometimes a good rant can help get frustrations off your chest. A second opinion can help you find a more positive mind-set when reflecting. A Skype with a loved one can be uplifting.

- **Get out there:** It can be quite a pressured time. The lingering stress from finals, the apprehension of fitting into a new team within a new culture, portfolio to do and another exam (PSA) on the way. So it is important to take time out for fun things and have nights out. Exercising and joining sports clubs were good distractions.

- **Go home:** Home (at least if that is the UK) is not that far away really. Booking in advance with Easyjet can work out much cheaper. I went home about 3 weekends during my time. Alternatively, invite people to come and stay with you, it makes all the difference. (Just don't get caught with them hiding out in your room!)



Useful contacts

Emergencies 24 h/ 24
115

Accommodation: Falaises

Ms. Anna Williams

Falaises@fme.ch

Concierge Falaises

Fme-falaises@fme.ch

Socio-cultural affaires UNIL

Maria Velasco

Maria.velasco@unil.ch

Rosalba Signorello

Rosalba.signorello@unil.ch

Info.sasc@unil.ch

Secretary Ecole de Medecine UNIL

Fanny Roessli De Vito

mobilite_med@unil.ch

Office vaudois de l'assurance maladie (OVAM)

Info.ovam@vd.ch