

**Internship Primary Care Medicine
with ERASMUS
Acibadem University, Istanbul**



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At the end of my study medicine at the Radboud University in Nijmegen, the Netherlands, there are three months of internships of choice. In these three months you can do any clerkship you want, also if its abroad. So I choose for Istanbul, and I never regret this choice!

There was a connection between the acibadem university and the radboud university via the NHPC network, a network who arranges exchange programmes for students in primary care and family medicine.

Because I want to become a family doctor in the future, and because I am half Turkish (My father is born in Nazilli) , but also because I wanted to know how it is to live in Turkey I took this big challenge and great adventure.

For the ones who dont know Nijmegen, Nijmegen is very very little compared to Istanbul. We only have around 150.000 citizens, and even that was big to me in the beginning when I started to study there. So for me it was hard to adapt in Istanbul at the first days, but after a while I got used to it and now I think I might be bored when I go back to Holland again, because it doesnt have a 24/7 atmosphere.

So, let me tel you something about my internship during my stay. Prof. Dr. Pinar Topsever arranged 5 weeks of an internship at a family practice in Suadiye, and after that 5 weeks in Beykoz.

The differences between those two practices were so big, it really surprised me. After these fantastic and interesting clerskhips I also had a look at the Acibadem Hospital in Kozyatagi for one week, and saw how a family doctor worked there at the check-up policlinics. The programme was perfectly organised!

I loved the internships at the family medicine centers, the nurses where so nice to me. Actually everybody is really really warm and threated me like family. Thats what I really liked during my stay. My internship at Suadiye was very usefull, dr. Erhan Sayili, my supervisor, teached me a lot about diabetes, thyroïdism, kidney failure and hypertension. The clerkship at beykoz also was fantastic, dr. Emrah Kirimli, my supervisor there, is a very good, honest and also comic dokter, he also took me to home visits a lot. I will never forget these experiences, because it felt like we were visiting family. And everyday we had a delicious home-cooked lunch at the practice, I felt so lucky.

During my internships I also did research about breaking bad news. I had focus group discussions with patients and non-medical people from the general public about their opinions, about what they expect from their doctors in general, what a good doctor is like, and how a doctor should behave during breaking a bad news. Also I had interviews with docters , mostly oncologists about how they think about this topic and how they deal in these situations. When I go back to Holland I will continue this research in the Netherlands. There will be a lot of differences in the way doctors break bad news and the way patients expect the doctor to behave in these situations, because of a major culture difference.

I am very lucky, because I did not only go to these clerkships. No, I also had the chance to go to a primary care congres in Kusadasi, and stayed at a luxurious hotel near the sea. The workshops were interesting and I met a lot of people with which I had interesting conversations.

Also I had the chance to visit the students congress of the Acibadem university at the acibadem hospital in Maslak. I'm very proud of all the students who did research and made presentations of good quality. The discussions afterwards, especially at the poster presentations were very interesting, and I'm sure all the students I met there will be good doctors!

And last but not least, I also had the chance to visit the students congress of the Marmara University, at which Lisa Sanders, one of the co-writers of Dr. House, gave a very interesting presentation about differential diagnostic thinking. And about the importance of good anamnesis and listening to patients. I think every medical student in the world should have listened to her presentation because she has a lot of experience and knows how medicine works!

My stay in Istanbul during those three months were very valuable to me. It was a great honour to be the first Erasmus student of the acibadem university. I hope a lot of lucky Erasmus students will follow.

I can recommend every student of the acibadem university to take the chance to go abroad! Although I knew Turkey before, because I am half Turkish, living here is of very different from holidays. Now I feel even closer to the culture, my Turkish got better, I know how it's like to deal with the Istanbul traffic, I know how to bargain if I want to buy a leather bag, I know where to eat the best kumpir, I know how patients think and what they expect, I know even better how the health system works, how primary care system works, and I know that it can also rain in Istanbul sometimes. Not only for myself as a person, but also for me as a doctor this clerkship was of great value.

In the Netherlands there are a lot of Turkish patients, so now I know even better how they think and what they expect. I think I might even provide better healthcare now, also because of the language barrier. So also for the Dutch students I recommend a clerkship in Turkey! I wish everybody good luck with their careers, and if there is anyone who wants to contact me, don't you hesitate!