

ESDO TRAINEE FELLOWSHIP REPORT 2019



Name of Fellow: Doctor.Chereja Mirela
Country of Origin: Romania
Fellowship Institute: Erasmus University Medical Hospital, Rotterdam, Netherlands
Fellowship Host: **Professor M.C.W Spaander**
Date of Fellowship: 01.06.2019-30.06.2019

Report:

I want to thank European Society of Digestive Oncology for this great fellowship. It was the first and I think the best experience I've ever had in a foreign medical center. I have spent a wonderful month in Erasmus University Medical Center Rotterdam, Department of Gastroenterology and Hepatology, a Center of Excellence, led by professor Marco Bruno, a month I won't definitely forget because it has absolutely marked my future medical career. I've had the honor to meet here great doctors and also great colleagues and I have tried to learn as much as I could from each of them. My host was professor M. C. W. Spaander and doctor S. Nikkessen, specialized in digestive oncology, both of them being very nice, great professionals and good teachers. The hospital was amazing, the entire medical staff was nice and struggled to make me feel welcome and take advantage of this time to learn new things. Doctor M. C. W. Spaander and doctor Nikkessen, but also all the other doctors I've met here, made my staying interesting and helpful. My fellowship was good organized as they enable me to take part to different medical activities. Doctor Spaander has designed me a schedule with the activities holding in the department for the entire month and pointed the one more relevant for my interests, and I found it very good. This schedule was also flexible as I was able to attend whatever session I found more interesting. Every day was extremely exciting with different pathologies and procedures which offered me the chance to learn new things or improve those I've already known. I have never had the chance to get bored there. I was really impressed by the high professionalism medical staff was showing in every step of medical care and by the good organization of the department. They were always asking for feedback and improving medical care. During this fellowship professor Spaander and doctor Nikkessen introduced me in the specialty of digestive oncology, helped me improve my medical approach in oncologic patients during diagnosis and staging of digestive cancers, mostly oesophageal and gastric, being able in the end to establish best treatment and surveillance. I've also understood why multidisciplinary approach is so important for these patients. It was very nice I had the opportunity to have open discussions with them about the medical cases I've seen during this time and change opinions about patient management. In this period I also had the opportunity to join a wide board of diagnostic but mostly therapeutic endoscopic procedures and learn from great experts in the field, techniques of ERCP, endoscopic mucosal and submucosal dissections, RFA, EUS and also palliative endoscopic procedures such as stent placement and PEG insertion. Some of the procedures I have seen here such as endoscopic submucosal dissection or EUS drainage were new to me and it was very helpful seeing and learning this techniques and tricks in doing it from great experts. Joining doctor Koch, doctor Bruno and doctor Poolley in their therapeutic sessions was inspirational and motivating for my future career.



On this occasion I want to thank to all staff from Erasmus University Medical Center for this great month. I wait to return in your department as soon as possible! I've already missed it. In the future it would be great if we could have the opportunity in these fellowships to perform under supervision some of the procedures in order to be able to handle doing it ourselves when we return in our countries, but I think one month is not enough to do this. I really would have stayed longer if I could but daily expenses in Rotterdam are high, especially the rent and the hospital doesn't offer you accommodation or help in finding a good one. Thanks again for this great experience and hope you will continue this!

With respect,
doctor Chereja Mirela

