

## Amna Rahman

Over the summer, I flew to Lahore in Pakistan with the aim of gaining work experience in the medical field. My first placement was at Jinnah Hospital, a state hospital which serves a majority of the local and surrounding villages. I was able to see how people accessed healthcare in a country where health is privatised, as a result most people presented late in their diseases. Common cases included diabetes, cardio-vascular diseases as well as infectious diseases such as Tuberculosis and Hepatitis C, which I was able to attend a conference on. It was upsetting to see how many people were affected by this virus and how active measures such as correct syringe disposal, wearing gloves and masks could reduce transmission. At the Emergency department I was amazed to see how doctors utilized limited resources like using bricks instead of weights to help align broken limbs.



I spent a further three days at Fatima Memorial Dental Hospital, where I shadowed dentists who triaged patients and referred them to appropriate departments for fillings, extractions or gum disease management. I learned how to handle sterilised instruments and was able to gain a better understanding of their work promoting oral hygiene to children living in remote villages by setting up new clinics near schools and with the help of community leaders.

My last placement was at Children's Hospital Lahore, a trust hospital. I was fortunate enough to attend the Cardiology ward rounds and observe at Accident and Emergency where I saw a range of cases. Volunteering at the Social and Preventive Medicine department I was able to join in with the implementation of the government's joint strategy with WHO, to vaccinate all children against infectious diseases prevalent in the country and reduce the 80% of children who are malnourished. I learnt how to approach, examine children and provide them with therapeutic food sachets accordingly, however many parents would reject vaccinations due to cultural health beliefs and lack of understanding of the importance of immunisation. The hospital also had an orphanage, SOS village where I was able to organise activities and spend time with the children.

Despite the heat, I really enjoyed and learned lots on these placements and am extremely grateful to the FSA and the United Wards' Club for allowing me this opportunity.