

## **A Report on Observational Fellowship in Germany**

From 8<sup>th</sup> June to 1<sup>st</sup> July

A fellowship program initiated by Dhulikhel Hospital, Kathmandu University Hospital, affiliated to Kathmandu University and German Gastro Foundation has provided to be a milestone for furtherance of the philosophy of Education for cultural understanding in general and advancing GI Endoscopy in particular.

As a part of this program, the three weeks trip from 8<sup>th</sup> June to 1<sup>st</sup> July, 2018, provided the opportunity to develop knowledge, skills and build up through interpersonal, international and intercultural means.

This year, we two Endoscopic Assistants: Ms Sumitra KC along with me from the Department of Gastroenterology and Interventional Endoscopy, Dhulikhel Hospital were rewarded with the opportunity of an observational visit at various health institutes of Germany.

### **Objectives:**

- To enhance and upgrade endoscopy related knowledge and skills: diagnostic and therapeutic
- To foster interpersonal relationship among members of the Gastro Foundation
- To update knowledge regarding endoscope cleaning protocol
- To enhance knowledge regarding management of Endoscopy setting

8<sup>th</sup> June to 10<sup>th</sup> June

On the 8th of June, 2018, we two endoscopy assistants, left for Germany, via Muscat. In the evening at 7 pm, we were received at the airport by Prof Riepl. We went to his home Erding and were warmly welcomed by his wife Inge and daughter Ruth. After few times talking about our journey we had dinner. Next morning we went for sightseeing. First, we went to Amarang traditional agricultural Museum and then to the majestic Royal palace of Herrenchiemsee which was really adorable. On this occasion, we also got to experience of travelling in a ship which was also special as inhabitants of a landlocked country. We also participated on the party organized by fire workers. We joined a birthday party celebration of Dr.Riepl's sister having lots of fun and some cultural exchange. After a nice weekend, on 10<sup>th</sup> June in the afternoon Prof Riepl took us to Prof Josef Philip's place at Freising.



10th June to 16<sup>th</sup> June.

In this week we were with Prof Philip at Freising. When we met Prof. Philip and Monica, we felt as if we were with our guardians. We were warmly welcomed by his wife, Monica with delicious food. From 11th June, our official observational visit began with Prof Schulte-Frohlinde at Freising Hospital “Klinikum Freising” and got opportunity to learn about diagnostic and therapeutic endoscopy. Prof Schulte-Frohlinde and his team were very helpful and eager to teach us as much as possible. Mainly we learned about Machine Cleaning of endoscopes, different methods for storage, drying of scopes and maintenance and arrangement of accessories, which was totally new for us and other instruments as well. Side by side we also observed various procedures. Among them, the way they performed Bronchoscopy was different than that of ours. On the sideline, on Friday, we got the opportunity to attend the Gastroenterology Congress at Munich with Prof Philip and two nurses from Freising Hospital. In the congress we met other members of Gastro foundation as well as chief of Olympus and president of congress. It was a really fruitful time there. The presentations at the Congress were done in German language so; it was very kind of the nurses who accompanied us to interpret German to English so that we could understand well. This experience of the nursing Congress gave us an insight of the prospect and benefits of formation of GI Assistants Group in Nepal and today, we are making our sincere efforts for the same. During our stay, at Freising, Prof. Philip took us to visit a big church at Freising and for local sightseeing. Prof. Philip and Monica were very generous and supportive during our stay. After one week stay at Freising we went to our next destination on Memmingen with Dr Michael Guggenburger and his wife Ulla on 16<sup>th</sup> June.





16<sup>th</sup> June to 22<sup>nd</sup> June

This period was at Klinikum Memmingen with Dr. Guggenberger. We stayed with Dr. Guggenberger and his wife Ulla at their own home. After having rested for a while, we got refreshed at the residence of Dr. Guggenberger and then attended the farewell party of Dr. Guggenberger colleague where we met most of the nurses from the endoscopy with whom we were supposed to work for that week. Next morning we went to visit Memmingen city and the local churches there. From 18<sup>th</sup> June we started our clinical visit at Klinikum Memmingen with Prof. Pfeiffer along with Dr. Guggenberger and their team provided us an opportunity to observe and learn new techniques about endoscopy, machine cleaning of endoscopes. We observed many Gastroscopy, Colonoscopy, ERCP, EUS as well as we learned about Capsule endoscopy and Enteroscopy. Compared to Freising Hospital, machine for endoscope cleaning was different. In both the hospitals, we acquired knowledge of scanning scopes, process of cleaning the scope and drying. We also observed Central Supply system at Memmingen Hospital which was systematic, advanced and well organized. Moreover, the use of carbondioxide in the colonoscopy procedure was a new experience for us. We liked the way a mat was used in cleaning basin as well as hanging the leak tester against the wall, which reminded us the tips Dr Hagena told us during his visit to Dhulikhel Hospital. All the doctors and nurses were very co-operative and caring; they tried to teach us very much. There was some language problem but they tried to explain by Google translate as well as by sign language. At the time of our stay at Germany there was a time of world cup we watched world cup with Dr Guggenberger and Ulla. We also cooked Nepali food at Dr Guggenberger home. On 22<sup>nd</sup> June Dr. Dirk Hagena and Sabinae came to take us to their home Wessling. when we met them, we felt as if had union with our parents



22<sup>nd</sup> June to 27<sup>th</sup> June

In the weekend one of the nurse Mrs Regula from Switzerland came to Munich to meet us. It was a very special moment for us filled with emotion due to her sisterly love and support. And we went to Munich to pick her with Ms Sabinae. After that with her we visited the many place of Munich like Maria Church, Beer garden and went to the restaurant for lunch and tried Bavarian food. It was delicious. We also did girls shopping and in the evening we came back to wessling to Dr Dirk home. It was a nice time with Ms Regula. After farewell with heavy heart to Regula, we visited Ammersee Lake with Dr Hagena and Sabinae. From 24<sup>th</sup> June we started our clinical practice at Munich on the private practice of Dr Ott. Where we went through the train to Munich and Dr Ott came to pick up us at main station for his private practice .In private practice we saw high number of Gastroscopy and Colonoscopy than other place related to screening of gastroscopy and colonoscopy and we also learned new technique of using instruments. There we saw a biopsy kit invented by Dr Ott. Dr Ott shared the technique of using air during GI bleeding, instead of water. At the same period after practice we went to the English Garden and the Greek restaurant on the invitation of Dr Ott wife Konstantina We enjoyed the Greek food. During our stay, we found Dr Hagena and sabinae very supportive and caring with parental love. We had a quality time during, our stay with them. On 27<sup>th</sup> June after our private practice we traveled to Pffafenhofen with Dr Ott for Dr Volker Hospital. On the way to Pffafenhofen , we got a chance to visit Landshut city where we met chief nurse Carina. This visit was unplanned but very joyous and memorable. For all these wonderful moment and his kind co operation with all his busy schedule, we fell truly indebted to Dr Ott.



27<sup>th</sup> June to 30<sup>th</sup> June

It was a short time on Pfaffenhufen. We went to Dr Volker Hospital with Dr Ott and visited the hospital then we went to Dr Volker home where we warmly invited by Slava. From next day we joined Ilmtal Kliniken with Dr Volker. We observed many Gastroscopy, ERCP and colonoscopy including PEG Procedure as well as we visited ICU ward. It was a nice time there .Dr Volker took us in the street musical festival where we see many interesting things as well as we did magical painting on our face. We cannot stop thanking Dr Volker and Slava for their kind co- operation and support. On 30<sup>th</sup> June Dr Volker took us to the place of Prof Riepl home, Erding where we stayed for 2 days and that was our final destination. On Prof Riepl home we first went to supermarket to buy ingredients to prepared Nepali food “Daal Bhaat” and we cooked. That time was nice. Really we have no words to express our deep gratitude to Dr Riepl for organizing all the events so systematically for us, helping us to make our observational tour memorable and a great success. And we also are greatly indebted to Inge and Ruth for their love and support making us feels like home. Next day on 1<sup>st</sup> July which was our last day in Germany Prof Riepl

showed his hospital and took us to summer garden to take a lunch. Around 7 pm Prof Riepl dropped us to Munich Airport. That moment was really very sad as we were leaving Germany and our well wishers.



We would like extend our sincere gratitude to Dhulikhel Hospital and German Gastro Foundation for providing us with this golden opportunity to have a 3 weeks observational tour to Germany. The tour was really a success and very memorable for us as it gave an opportunities to experience grate many new knowledge, skills and experience which will obviously enhance our confidence and professional excellence. The tour also helped us to realize how the German Gastro Foundation has been giving a valuable contribution to promote Dhulikhel Hospital Gastro department. Moreover, the tour also offered a platform for us for cultural exchange which will foster sense of mutual trust, understanding and Co-operation. Once again we would like remember all the doctors, nurses family members and the Hospitals who helped us to make our tour truly fruitful and express our thanked fullness. These 3 weeks period were lifelong experience for us. It's difficult to explain that love, care, co-operation of all the member of Gastro Foundation and our memorable time of Germany in a few words. After Return back from Germany we will try to apply all the knowledge and skill which we learned from our visit as much as possible.

Thank You So Much!

Regards,

Sumitra KC

Samira Byanju Shrestha