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Elective Course Report

TURKEY

Göztepe Prof. Dr. Süleyman Yalçın Şehir Hospital
Cardio Thorax Surgery Department - August2023

Thanks and Appreciation

The FQMS (Foundation for Al-Quds University Medical School) has given me a substantial opportunity, a sparkle of my dream appeared to be a tiny light coming out the window. The small glow increased as I landed in Istanbul, the dream came true. It gave me a chance to practice my future career and to see medical facilities and surgeries that are not always accessible in my home country. This has opened my eyes and made me realize that my path shouldn't end there. There are still chapters to be written in the story. I'm looking forward to working hard and putting in extra effort to gain more knowledge beyond our borders, and try to serve it to my home patients, and enhance the medical healthcare industry. Not too hard to achieve. I'm truly grateful and delighted beyond my words for FQMS support, and I hope to deliver it back throughout my future outcomes .

OSAMA



Introduction

Having a chance to join clinical practice rotation outboards has been extremely beneficial in the middle of Gaza District's healthcare system's constrictions. I'm grateful to be accepted in the cardiovascular surgery department at Istanbul Medeniyet University Hospital [Göztepe Prof. Dr. Süleyman Yalçın Şehir Hastanesi hospital]

Traveling through and out of Gaza has been challenging in recent years due to frequent unexpected border closures, visa issues, and financial barriers. Traveling remains a distant dream for many Gazan citizens .

My workplace

The hospital provides excellent patient-centered services, as well as high-quality and advanced surgical equipment that enables complex surgeries to be performed. It was delightful to have a new experience with a wonderful team, including residents, seniors, and consultants. Actually, it's my first time joining a workplace with non-Arabic speaking colleagues. The team of cardiovascular department surgeons has expressed impressive, practical teamwork that was highly illustrated during emergent cases .

They show me how these surgeries are critical for saving lives; any small wrongdoing would lead to unwanted consequences and death. I also enjoyed with them small celebrations for birthdays or other special occasions, as well as quick breakfast parties after the morning meeting. Teamwork shortens the effort path, resulting in less work and less stress during surgery.



I learned that good communication has an essential role in calming patients' moods and enhancing surgery outcomes. They showed a lot of respect to the patient and his family, and they discussed in detail to the patient about his condition with empathy and honesty

The department consists of two branches: cardiac surgery and vascular surgery, which are considered separate specializations in Gaza. Cardiac surgeries that I saw were CABG, pericardiocentesis, valve replacement, and urgent open-heart surgery. In terms of vascular surgery, the most prevalent procedures performed in the department were varicocele radioablation and AV fistula creation/fistuloplasty



WEEKDY ROUTINE

The typical day starts at Eight a.m. with a short meeting for cardiovascular surgeons; some days of the week, large meetings with cardiologists are held, but in unusual complex cases, they would meet with other departments.

Multidisciplinary team collaboration can actually be practiced with very good results in needed cases. How each team member understands and appreciates his or her position and the roles of others. In the meetings, they discuss the new admitted cases from the day before and the post-surgery cases to assess if they have improved or not. After the meeting, which usually lasts for one hour to an hour and a half, they go on a morning round at the department, including the ICU ,(intensive care unit) patients. The ICU section harboured the post-surgery patient who had a major surgery .

After the morning round, I prepare for the operating room, which has piqued my interest. Spending countless hours in this place without tiring. The operation ward follows strict sterilization measures, although this is not a difficult chore for the surgeon. The number of personnel in the operating room is determined by the type of surgery. In small surgeries, like fistulas, which don't require anaesthesia, only two surgeons with at least one assistant nurse. During major surgeries the whole team should be present, composed of at least two consultants, three to four assistants, two nurses, and anaesthesiologist with his assistant. If the procedure lasts several hours, the staff will exchange often. I've learned how to scrub for surgery and suture, and I've done it for a patient once .

Remarkable cases

During these four weeks, I've seen numerous cases in the outpatient clinic and in the operational room.
Some of the interesting cases that stuck in my mind here:

An emergent case, a young teenager was stabbed with a knife in his leg near the gastrocnemius muscle. Fortunately, he didn't have an arterial injury. The clotted blood was aspirated, avoiding compartment syndrome. The neurosurgeon had anastomosed the cut nerve, and the wound was repaired by the plastic surgeons. It was my first time seeing nerve repair .

CASE 1

CASE 2

A sixty five-year-old male patient presented with shortness of breath and AF (atrial fibrillation), was diagnosed with MR (mitral regurgitation) due to chord rupture, and was confirmed with an echocardiogram. The rupture cause was unknown; the most common causes, MI (myocardial infarction) and endocardial infection, were ruled out. The physicians were hovering around a connective tissue disease, but the patient didn't have any previous medical or family history. However, the lab results haven't come out yet

T U R K E Y

My learning visit wasn't limited to the hospital and patients. Nobody can visit Turkey without enjoying its lovely places and green filled landscapes. After my hospital hours, I was going out with my friends to tour around Istanbul. We went to many restaurants, tried food from several cuisines, including Arabic food .



A man in a black t-shirt and sunglasses is sitting on the edge of a boat, looking out at a scenic view of a rocky coastline with green vegetation and a clear blue body of water. The scene is framed by a circular cutout.

Marmaris southern Türkiye

I really loved the mosque's design and the Islamic atmosphere that was illustrated in each prayer. Over the weekend, we had a chance to travel outside Istanbul. Marmaris, Sapanca, Yalova, and Sakarya were among the places we visited. It was exciting to have a new adventure and try various activities like riding a jet ski, skiing with a parachute, and diving underwater. I was astonished by the adorable views in each place I visited .

We've developed tons of new connections during our time in Istanbul. Our Turkish roommates gave us a warm welcome and we shared many special moments in their company .





Our visit to
Doctor World Wide Turkey

During our training period, my colleagues and I made sure to establish more relationships with institutions working in the medical field in order to broaden our horizons and explore more cultures and efforts. Doctors world wide Turkey, Fima Foundation, and Masam Foundation were at the top of the list of charitable institutions we visited .



Conclusion

I'm thankful to FQMS for its financial support, which gave me the chance to embark on this educational journey. I enjoyed this experience, which has left a memorable detail in my mind and a positive impression in my heart. I've gained new knowledge, and I'm passionate to learn more ..

Osama Elsalhi