



Hospital Emergency Room Knowledge Exchange

Proposal Adriana Banarova, M.D.

Background

I am in my 3rd year of practice at the 5th Internal Clinic in Bratislava, Slovakia. I am currently preparing for certification in Internal Medicine and Endocrinology, and last year I passed the procedural exam in Internal Medicine. Internal medicine is the largest part of medicine in regards to the knowledge that every internist has to learn and practice. It covers many specializations including Cardiology, Angiology, Gastroenterology, Pneumology, Endocrinology, and Nephrology.

In my opinion, a familiarity with all parts of Internal medicine is very important for every specialist, especially when a doctor works in hospital and is responsible for diagnosing and treating a variety of health problems. My responsibilities include managing patients in our department- especially patients in distress who have been admitted from the Emergency Room, but also patients who come for diagnostic processes or special treatment requiring hospitalization. Additionally, I teach students about Internal Propedeutics and Internal Medicine in our clinics, work in the Endocrinology department and, last but not least, I am engaged in some scientific research - I am working on my PhD thesis and overseeing a clinical trial in Endocrinology.

In the Emergency room where I am an attending internal medicine physician, I met Julius Hodosy, who participated in this internship in the Iowa Emergency Room in 2008. He told me about his experience and gave me the contact information for the Medical Director of the Hospitalist program, Assistant Professor Martin Izakovic of the University of Iowa. Our Faculty Hospital in Bratislava and The Mercy Hospital in Iowa City have a partnership thanks to Dr Martin Izakovic who is of Slovak origin. I met Dr Izakovic in December in Bratislava and we spoke about the opportunities and professional gains of my internship in the Mercy Hospital. From Julius I also heard about the Fulbright grant, and I decided to apply for this program. I think it can improve my professional skills in Internal Medicine and Endocrinology, and make me a more open-minded doctor. I hope it will also be useful for my home clinic in improving healthcare, especially the organization of diagnostic processes and the time management of patients.

American Partners

My American partner is The Mercy Hospital, Iowa City specifically Dr Martin Izakovic- The Hospitalist Program Medical Director as well as the University of Iowa Hospitals and Clinics (UIHC).

Objectives

The objective of my program is to exchange and to learn new diagnostic and therapeutic algorithms in the healthcare of patients with internal diseases, and to transfer new ideas into domestic facilities.

Detailed Description

My internship will last two months, and I will be an observer in the Mercy Hospital under the supervision of Dr Martin Izakovic. There is a difference between the organization of internal doctors in our country and in the US. We work in a centralized, dedicated Internal Medicine Department, whereas in the Mercy Hospital patients with internal diseases are situated all over the hospital. In the Mercy Hospital, a doctor with certification in internal medicine is called 'Hospitalist' and he is responsible for the course of hospitalization of all patients - even surgical ones.

Hospitalists are in charge of health problems before and after surgery, such as disturbance in hydro-mineral balance, cardiovascular complications, etc. Hospitalists at Mercy hospital also solve neurological problems and they perform basic medical interventions, such as central venous catheterization. This makes them general practice doctors who can solve most of the health problems of patients from admission to discharge, and this makes the work in the hospital effective. As an observer, I will participate in diagnostic and therapeutic processes for various types of patients (cardiologic patients, gastroenterological patients, patients requiring intensive care, etc.) and I will also assist in the Endocrinology department, my future specialization.

Organization and Time Schedule

I plan my arrival to the United States for the last week in July, in order to get acquainted with the new environment. The internship at Mercy Hospital will start August 1st and will last two months until 30th September 2010. My internship will be based primarily at Mercy Hospital where I will participate in the Hospitalist program, on certain days I will assist in the Endocrinology department in the UIHC. I plan my return for the first week of October 2010.

Program Cost

In the calculation of cost I relied on my colleague Julius Hodosy, who participated in this program at the same place two years ago and concluded.

Item	Cost in US\$
Executive training seminars	0
Internship	3,800
Administrative fees (visa, registration fees, etc.)	650
International travel	1,500
Local transportation	65
Medical insurance	350
Monthly maintenance	2,040
Contingency	950
Total	9,355

Program Benefits

I expect to learn valuable skills in managing patients with internal diseases, learn new diagnostic and therapeutic approaches that could be transferred to Slovak hospitals. The goal should be a higher efficiency of work in internal medicine departments in Slovakia, reduced time of hospitalization, better health care, and happier patients.

Risks

In my opinion, the main risk of this program will be insufficient adoption of learned skills and techniques into Slovakia. The main problem is always the cost of any new diagnostic technique, but the primary goal of this program is not only about having better equipment to perform diagnostic procedures as in the US, but instead to learn how to better organize work and the time management of patients which will lead to happier patients.