



## Dwoyka 2013, 17 November – 1 December

- *Galina Fokanova (GF), paediatrician and*
- *Natasja Kaira (NK), ophthalmologist*

In this traditional annual autumn event two young Russian medical doctors from different disciplines were invited to be full time guests of the DEMMA foundation in Drenthe. They were lodged in the Hampshire hotel in Emmen. The objective of this project was to make them familiar with the organization in the hospitals and to inform them about the Dutch health care system especially in the Northern regions of the Netherlands. Our guests in 2013 were the pediatrician Galina Fokanova and the ophthalmologist Natasja Kaira. In the playing field many hospitals (ziekenhuizen) were involved such as the Scheper Ziekenhuis Emmen (SZE), the Refaja Ziekenhuis Stadskanaal, the Bethesda Ziekenhuis Hoogeveen and the University Medical Centre Groningen. On top of that the Eyescan clinic in Utrecht participated and the GP practice in Erica acted as hosts. The base hospital was the SZE and for Galina more than 80% of her program was scheduled in there. This was quite different for Natasja as her program was spread out way over all the above mentioned hospitals and clinic. Along the professional programs several social events were organized, not only in Drenthe but in Groningen, Friesland and Amsterdam as well. The visit was concluded with well presented visit report presentations and a visit report abstract which was mailed afterwards and is to be posted on the DEMMA website.

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### **A visiting report from the Russian Medical guest doctors.**



*(Scheper Hospital Emmen. From left: Paul Mulkens MD PhD, Eric Janson MD, Jur Niewold MD, Jan Burggraaff, MD, Rutger Hissink MD; seated: Natasja Kaira MD and Galina Fokanova MD)*

The history of DEMMA begins since 1991 and many doctors have the opportunity to see and learn something new about the organization of medicine in another country. We, Natalia Kaira (ophthalmologist) and Galina Fokanova (paediatrician) would like to share now our impressions about what we saw and what we learn during our staying in the Netherlands. Our familiarity

with the country was started from the Amsterdam Schiphol airport, where we met Kirill Rykov – Dutch medical student, who was visiting Russia one year ago. So our impressions were started from that moment. First of all, Kirill was able to speak Russian language, and the second – we were impressed how huge is the Schiphol airport!

About two hours by train and we were in Emmen. At the railway station we met Jan Burggraaff, he gave us DEMMAfoon mobile phone so we could contact at any time with all our colleagues. We stayed at Hampshire Hotel, not far from the hospital, in comfortable rooms, where we had everything we needed. Beforehand, we know a lot about health care system of the Netherlands from our colleges who was on the exchange experiences before us. But to know and to see more, to understand how everything is organized in the hospitals and departments - it was our main purpose of this visiting. All our program was planned beforehand by members of DEMMA and



we liked a lot the fact that we had a great opportunity to visit and to see how is working this system in different types of hospitals and even in different cities! Our schedule was very extensive and included visiting many hospitals. During first week Galina was in paediatrics department SZE hospital Emmen. In Russia ones doctors work in policlinics and other work in hospitals, but in Emmen we saw that doctors work in hospital and in policlinic. We met with organization of hospitals, Public Health system, Obstetrics department and family doctors system. In Russia we have not family doctors, our patients can get specialized assistance immediately. We had one day in Groningen University Hospital. This is very big and highly qualified Medical center with departments for children and adults. During our first week we were visiting SZE hospital in Emmen, looking the organizations of the different departments (ophtalmology and paediatrician), meeting doctors, sitting with the colleges during the policlinic work, taking active part in a discussion about diagnostic of the deseises. The whole department and the patient rooms were shown and we could see some of the treatments the patients received. We participated in a conference where the difficult patients were discussed. We also had the amazing opportunity to take part in a meeting with director of the hospital Eric Janson MD where we were speaking about the organization and the differences of the medical health care in Russia and in the Netherlands. The healthcare system itself also has its good and bad sides. The differences begin with the learning process (studying in the Netherlands require much more years compare with Russian education system). In Russia doctors are not using special protocols

in every case, of course we have some regimens for treatment but we don't have strict rules for not using them. One of the problems of the health care system in our country is a lot of bed-days at the clinic. To many. For example, in the ophthalmology department in the Netherlands after all kinds of operations patients leave the hospital in the same day (day care) and stay at home using a special treatment recommended by the doctor. One more difference we saw during our visits to hospitals, doctors almost never add antibiotics to treatment, in Russia we use them quite often. We had not only working time, in the evenings we had dinners with our colleagues' families. It was very interesting to know more about Dutch traditions and about life in Holland. We had a good time during our walk in Groningen with Aleid and Kees. Then we had a wonderful trip to Friesland with Kees and Guus. We were at the famous Zoo in Emmen. And during our last day in Holland we saw Amsterdam with its lights and Christmas trees.



*(fare well dinner)*

We would like to thank the DEMMA-organization for the opportunity and good time. All the people we met in Holland were very kind to us.

It was a great experience and we think DEMMA-Organization plays an important role in the exchange of experiences between our countries and helps us to understand what can we do more in our work.

***Galina Fokanova MD (paediatrician) and Natasja Kaira MD (ophthalmologist)***