



# WORKSHOP



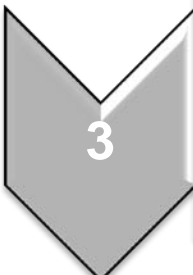
## • TRAINING

- How are applicants chosen?
- Who is responsible for postgraduate training?
- Is there a national curriculum?



## • PROCEDURES IN INTERNAL MEDICINE

- List of procedures expected to be done in training for Internal Medicine and how common or not they would be.
- Examples include: Drawing blood; Pleural and abdominal fluid aspiration; Lumbar puncture.



## • WORKING HOURS

- European Working Time Directive (which prescribes a maximum weekly average of 48 hours and a minimum rest period of 11 hours in every 24-hour period).
- Some Young Internists reported working shifts of 32-hour duration at least 12 times a month.
- HOW DO YOU WORK IN YOUR COUNTRY?



## • FINDING BALANCE IN YOUR MEDICAL LIFE

- Work over lifestyle?
- Managing stress
- What do you do in your free time?

# WORKSHOP 3

## Training

- Final exam
- Selection: application for entering IM programme
- Tutor (Portugal, Spain)
- Systematic teaching
- Rotation in IM specialities
- Curricula not/very flexible
- 4/5 years

# WORKSHOP 3

## Procedures in IM

- Curriculum: skills
- Some procedures are delegated to nurses (urinary & venous cath.)
- Responsible person for supervision
- Big hospital little p. small hospitals many chances for learning procedures
- List of skills:
  - Bone marrow
  - Lumbar, pleural punctiour
  - Paracenthesis
  - Intubation ?
  - Organ biopsy ?
- Sturctured programme
- Quality
- Skill lab

# WORKSHOP 3

## Working hours

- Turkey 90h/week
- Spain 70-80h/week
- France 50-60h/week
- Italy 50h/week
- Switzerland 50h/w but often 60h/w in reality
- Rep Czeck 40h/2week
- Latvia 40h/week
- France 38/week
- Denmark 38h/week
- Resting time in some countries
- Experience to little with 38h/week
- Errors more frequent with 90h/week
- Extra payment for night duties in some countries
- Electronic registration of working hours (Finland, Switzerland)
- Holidays 20-30 days/year

# WORKSHOP 3

## Finding balance in your medical life

- Personal life
- Managing stress
  - No time for scientific work
  - Many patients
  - Every minute is organized
- Violence in Turkey
- Free time for
  - Family
  - Hobbies
  - Sports