

ERASMUS GÖTEBORG WS15/16

Eva Langowski (Freiburg)

8/30-'15 WEEK 1 (V35)

Organisation before movement:

To realize how easy and smooth everything went might have been a perspective to all that is to come. My application was no big deal thanks to Martina Feldmeier, who helped me a lot organizing it in Freiburg and I felt like I didn't even have to organise much. My acceptance letter and a lot of useful information about the university came soon. I was told to apply for housing, and whatever I had to take care of, so that I always felt that everything was arranged, which is good to know before one starts a 4-months-journey to a new country!

The language test was via phone and I was glad that Ingeborg Herbertson and Ted Lundgren were so confident about my Swedish and told me I could take part in patient care when I come to Sahlgrenska.

GÖTEBORG:

The first week was very exciting, but my classmates took me in really quickly and showed me around. I am glad, that they keep talking Swedish to me even though I don't understand everything they say at the first attempt. But everyone is really patient and nice. I already feel like home! The lectures are a somewhat hard to understand right now, but I hope that is going to be fine in 2-3 weeks from now.

Thank you Nina Sabel, Mats Rhytla and Ingeborg Herbertsson for taking so much time explaining everything for the next term and showing me around Odontologen on Wednesday! This was important to me, although it is going to take ages until I will find my way in that maze.

The first clinical day on Thursday was very calm and easy, we were told how everything is going to be in this next semester and had time to call patients (everyone else) or go through the SOPs (me), to see how everything is handled around here. I am glad, that I will be treating patients this term, however (!) I am also relieved that it doesn't have to be next week. This way I get to improve my Swedish and get to now the habits at Odontologen slowly before it gets serious.

One of the many things that surprised me (positively) is, that we have time scheduled for group-work! Once again I felt very well included and my group mates looked out after me, so I could follow the discussions and even be part of them.

9/16-'15 WEEK 2-3 (V36+37)

I start feeling integrated in the class and adapted to the whole uni-life in Gothenburg. The biggest difference I felt is that the lectures are quite long, but this way it is easier to comprehend a certain theme. On the other hand I sometimes find it hard to concentrate and listen to Swedish for that amount of time. Thursdays are the most interesting days, I am happy I get to see patients, get to help my classmates and assist them. I still wouldn't feel prepared enough to treat my own patients mostly for the language barrier, but I am confident, that it will be okay by mid of October.

Coming from Semester 7 in Freiburg I feel like I've heard most of topics we discuss in the lectures here. I don't think that is bad because I learn a lot of Swedish/life-skills/make new experiences but it may get less interesting if my Swedish improves (or could be for someone who already is fluent).

Highlight of the week was the surgery exercise!! It was well explained; we had enough time and a lot of fun. We still have a lot of group-assignments, which I enjoy because it gives me a chance to speak more (smaller group). That is also depending on the fact that I have a very decent and attentive group to work in.

9/20-'15 WEEK 4 (V38)

I can't believe 4 weeks have passed already! This last one was filled with lectures on Monday and Tuesday, some of which were hard to follow. Thursday was great; I start feeling more confident about treating patients in a foreign language like Swedish. I feel like an introduction on how to do the normal check-up would be great, there have been moments in the last month where I wasn't able to understand certain things because I didn't know the way there were handled here. But on Thursday I got to assist to one and in the afternoon there could have been an extraction (I'm impressed, that students are allowed to do that!), unfortunately the patient didn't feel like it and there was no chance to convince him that it was better. I assisted other classmates then, it was interesting to follow how treating patients is taught here.

10/4-'15 WEEK 5+6 (V39+40)

In the past two weeks in **OK1** the focus was probably to prepare for the big case study that we will work on next week. The discussions on case studies in surgery and radiology were very interesting, however they were quite hard to follow and especially the radiology one was too long (Friday 9-4pm) although being interesting.

Although there have been many educational experiences which I have learned a lot from, there are areas in this course which I feel need improving. Back home for example we have a lecture called polyclinic where we discuss 1-2 case studies in 45 minutes (compulsory for every dental student in term 6-9). It takes place twice a week with real patients who attend and who we can ask questions.

The operationspasset was very interesting. We got to observe and assist the curettage of a cyst, and the planning of a bi-maxillary operation. I am not sure about the curriculum for Swedish dentistry students, but if I understood it correctly this morning session was the only experience they get related to oral surgery. I feel like that is quite short: back home we get to

go in placement for one week (8 to 5pm) each during term 7 (ambulant surgeries), and 3 weeks during term 9 (in-patients).

In **VK1** on Thursday I assisted some of my classmates again (24/9), and got assigned my first patients (1/10), so that I could prepare their cases, x-rays and medication. I didn't feel quite confident about calling them yet, but Gun was very understanding and suggested, that one of my classmates could call first and explain the situation to them. I am not sure yet and think that I want to try calling them on my own. Unfortunately I will have to wait for another 2 weeks, because the course on T4 is going to take place next Thursday In the afternoon Rebecca and I tried out the airflow system on each other, which was a good opportunity to practise before taking it to real patients.

I think the briefings before each treatment day are very good, we get to ask questions, prepare our cases and if there is time left we get taught something else: this week for example the air flow system. I will take that idea home and maybe get the system with the briefings to work at my home university because I think it helps a lot in preparing for the day and the treatment planning.

10/16-'15 WEEK 7+8 (V41+42)

On Monday 10/5 we got our **case studies** assigned for the big exam on 10/20 and in the next two weeks we had lots of time scheduled to work in our group. I am once more really happy to have a nice and productive group. The time spent with only 4 other students helps me improve my Swedish a lot but this may be linked to the fact that they are willing to explain things twice and translate words that I didn't understand. It was often very interesting to see the differences between treatment options here compared to our routines in Freiburg/Germany. I hope that the girls in my group could benefit from the many discussions about topics like 'extraction of impacted wisdom teeth' or 'combined endo-parod-lesions' as much as I did.

On Wednesday I met Nina Sabel for a **development evaluation**. It was very nice and it made me feel cared about and I know, that if I had any problems I could always come and ask for help.

Another course scheduled this week was the **introduction to** the journal system **T4**. It was quite late this term; I had to wait for the last 7 weeks to start the patient treatment mainly for this introduction. I was in a group with some students of Termin 6 and we got guided through the programme and were able to do some exercises afterwards. I feel like I could've profited more from it if someone would have explained the system to me earlier this semester and I would have gotten the possibility to practise some more. Maybe even the exercise sheets, a laptop with T4 and some time to go through the system and practise could be enough for future exchange students.

This week was the second time the evening course '**multicultural encounters in health care**' takes place. This Wednesday was a lecture about the Swedish migration office and the migration situation right now in this country/city. Coming from Germany it is a very interesting topic at this time and I found the lecture very interesting (although still unusually long with 3 hours).

Week 8 was also filled with time scheduled for the group assignment. I am positively surprised of how much time we got scheduled so that we didn't have to meet after university

or on weekends to work on the case studies. However it was a lot of work and the two weeks were just enough to finish the presentation, we could've used even more time!

In VK I was supposed to treat **my first patient** on Thursday 10/15-'15! I was very excited for it the whole week. Unfortunately it turned out, that he had called to cancel just on the morning of the scheduled appointment with the result that I was assisting my fellow students another day.

11/1-'15 WEEK 9+10 (V43+44)

On Monday we had a little training on '**kavumpräparation and fyllning**'; it started off with a seminar followed by 3 hours of practical exercises where we got to fill 3 plastic teeth with composite. It was nice to have a seminar in such a small group and having the possibility to ask questions and exercise .

This week was also the **final examination of OK1**. I was glad, that I took part in the examination even though I didn't need to. We spent a lot of time with the group work, preparing the case studies and had interesting discussions about it. After successfully finishing OK1 we could start with bettfys/endo and OK2. The first bettfysiologi lecture was really interesting, especially because we don't have that subject in our education in Freiburg. I am looking forward to learn new things that I can integrate in my practice later.

Unfortunately I had my **second cancellation** of a patient this week, so that I couldn't start treating patients for one more week. It was very unlucky because the patient had called last Friday, but the information was never forwarded to me because I'm not in the T4-system like the other students. To prevent this in the future I asked my friend Hanna to add my schedule to her 'tidbok'. Now she can check every now and then if my patients called or anything has changed. This might be a good idea to do 1-2 weeks before the first planned treatment.

On Friday was the first Endo practical day. We had a little introduction-test, which went quite well and a video demonstration of a root canal filling (very interesting!). We started with a short explanation of the materials and tools used in endodontology at Sahlgrenska. Unfortunately for me I have already had a course quite similar to this one, so it was a lot of repetition.

We had our first practical **bettfysiologi** day as well, where we got to try out the bettfys checkup and finally took moulds of each others teeth to send to the lab for acrylic splints. I learned a lot in this course already and am looking forward to the patient treatments, especially because we don't have bettfysiologi as an own course in my home university.

On Thursday 29/11 I finally got to do **my first check up**. I started with the patients case history and the cariology check up. This far into the semester I felt comfortable speaking Swedish and I was able to ask a lot of questions and discuss causal therapy with my patient.

11/10-'15 WEEK 11+12 (V45+46)

This week started with an **endodontology exercise** on Tuesday. We began root canal treatments on plastic teeth with visible red root canals. 2 of them were supposed to be hand treated and 2 mechanically. In the sixth semester I participated in a practical based course that included the same topics, with exception of the systems we used for mechanical treatment.

On Thursday I **continued** the check-up with my **first patient**. We found several things to be done, which we will start fixing on the next appointment. This time she seemed very satisfied, that made me feel more comfortable and looking forward to the next weeks.

The next day we got to do another check-up with a **bettfysiologi** patient. I was glad, that we were in teams of two (and by chance I was paired up with my best friend). Bettfysiologi involves a lot of talking about the case history and it was simply easier together. We were both surprised how much more information our supervising teacher could get out of the information our patient gave us.

The second week was very short, we were only in on Tuesday, where we had another endodontology exercise.

Thursday and Friday were the days of 'Rikstämman' a big dental fair with many lectures and booths. We got the tickets way in advance and could get in for free. It was a very interesting and a nice addition to the university everyday life.

27/11-'15 WEEK 13+14 (V47+48)

This week's highlight was to do a check up and start treating one of my VK1-patients on Thursday. He has 3 big cavities, which were all supposed to be excavated with **Stepwise excavation**, which was a technique I hadn't used before. It was very interesting to train how it is done and to learn about the effect it can have. This is one of the things that showed me how important international exchange in subjects like dentistry is because many things are taught differently in different universities and countries. I think it is important to learn diverse methods to be able to choose which one might fit best in one's own way of treatment.

Friday we had **bettfysiologi** again, where we got our splints handed out. I am impressed, that the dental academy gives each student his or her own splint to train the 'att slipa in' (sorry, don't know the right translation). Simultaneously we worked on our models for the next exercise and made soft splints for our selves.

In the next week our patient came back and we did a **follow-up** examination. It turned out that the splint didn't fit too well, but she said that the exercises we gave her to relax her muscles had worked well. After we fixed the splint and the patient went home, we started working on our presentations for the next week. We are supposed to present our patients case and an extra theme, which we chose to be 'burning mouth syndrome in TMD patients'. I think it is very helpful to do these presentations, because the student reflects on the diagnosis and treatments that have been made and how the outcome might be.

In these past two weeks I had to organise a lot around the **learning agreement**. I wanted to make some changes to improve the learning opportunities and sit in with the surgeons in Odontologen. I am very interested in oral surgery therefore I wanted to take this opportunity. It was a little bit confusing to have so many persons responsible (Nina (Sve), Mats (Sve), Ingeborg (Sve), Martina (Ger), Peter (Ger)) and it became a bit complicated. But everything turned out well and I am looking forward to see and learn new things at the department for maxillofacial and oral surgery. At this place I want to say I am sorry for any confusion I may have caused.

5/12-'15 WEEK 15 (V49)

The presentation of our **IPL** with the nutritionist students had taken place this week. It was a good project and helped me realize how important nutrition is for specific patients. We first worked on a screening model, which I then applied in the treatments in **VK1**. A little difficulty was, that I only had two patients and one of them wasn't interested in a consultation with a nutritionist (although she might have had benefit from it). The other one was very thankful in this opportunity and the consultation turned out to be interesting.

The presentation was held in very small groups of 5 dental students (T7), 5 nutritionist students (T5) and 6-7 dental students (T6). This was again a good atmosphere for a presentation and a good discussion as opposed to a bigger group of students.

Both my patients came for their appointments the next day. I did another stepwise excavation (47), this time it went quicker than last week and I realized how much I had learned in these past months.

On Friday we continued with our bettfys-splints and the patients case. Presentations will be next week and I think it will be interesting.

I am realizing that there is only two weeks left for me in Göteborg. The time flew by!

8/12-'15 WEEK 16 (V50)

Today was my first day following the surgeons around. I will be there again Monday and Tuesday next week. I didn't expect to see so many different operations today! These were the following:

- An implant 46,
- The operation of a wisdom tooth for a young patient,
- The removal of a sialolith,
- The extirpation of a nasopalatal cyst.
- In the afternoon I assisted with the removal of a root in the maxillary sinus
- And a sinuslift!

I was explained a lot and could see very different operations. Of course there is some luck involved but I recommend having this day (or a few) for exchange students who are interested. Maybe if their field of interest is different they could sit in another department, but it is definitely a very good chance to gain insight in the future field of work.