

Report

IFMSA SCOPE - ANEM Portugal – Porto AEFMUP

The sun was shining through the mild Porto's fog on Monday morning on my way to São João University Hospital Centre. I was about to spend the whole month of August at the Emergency department under the supervision of director Dr. Cristina Marujo. Wearing scrubs and face mask I shadowed a different doctor at the department every day. The adult emergency department in the hospital is divided into 3 main medical areas following advanced triage protocols evaluating patients conditions by necessity of immediate medical care using colour system – red, orange, green, blue. During my stay I observed and discussed many interesting medical cases, that I did not have the opportunity to witness during my studies affected by COVID-19. Cardiac arrest, traumatic hand semi-amputation by chainsaw, epileptic seizure in alcoholic patient suffering from withdrawal syndrome, a lot of cases of abdominal pain and dyspnoea, and many more. I perfected my skills in physical examination, taking vitals, taking arterial blood for metabolic and gases assessment. I also gained the insight into the epidemiologic situation and health state of the Portuguese population.

Porto, as the second biggest city in Portugal, has a lot to offer. Incredible culture, food and pastries, beaches, people. Porto has it all and local officers with contact persons prepared a bunch of different activities for us incomings every day to help us enjoy it to the fullest. I stayed with around 40 incomings at a student's dorm. Together we created a lot of memories, went on many adventures, formed a long-lasting friendships, made the exchange unforgettable experience.

