

Mental Health Clinical Attachment Training Report – Ruqayya Awawdeh

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Date: 3/10/2013

Introduction:

Title: Clinical attachment in child and adolescents mental health

Duration: From the 1st of July till the 30th of August, 2013.

Place:

- From 1st to 29th of July, 2013: The Dud Hope House for Child and Adolescents Mental Health / Dundee University Hospital/ Dundee / Scotland.
- From 1st to 29th of August,2013: Cardiff- Sant Davis Hospital/Wales

Objectives of the Clinical Attachment:

To get an introduction about child psychiatry, the knowledge required the clinical practice, and the importance of this field of mental health.

To know the ongoing type of research growing in this field these days and learn how we can improve the field of research in Palestine.

Background and training activities:

My clinical attachment was 2 months in the field of child and adolescent's mental health. The first month was in Scotland, Dundee university hospital; I met the specialists there and divided my time on the dates of their clinics. I had the opportunity to sit in the clinics and observe the history taking and the evaluation of the patients' .I think these clinics were the best for learning the skills of meeting the patients and their families, and how to elicit the symptoms of the patients. Doctors also gave me time for questions and discussions. I also attended clinics with specialized nurses, social workers and psychotherapists who gave me an overview of their work and their role in the treatment of the case.

The second month was in Wales, Cardiff-Sant Davis hospital .I liked the experience in Wales more since I had the opportunity to see different types of cases mainly in the teenage group .so there was more variation of the type of cases there. I also visited the inpatient unit of CAMHS in Cardiff and spent a day there, attended their weekly round, and saw some of the patients admitted in the hospital with the consultant.

Advantages and disadvantages:

This clinical attachment was really an exciting experience. It gave me the opportunity to get introduced to the field of child psychiatry since we don't have any practice of child mental health in Palestine .it was also good to see the multidisciplinary approach and learn how to cooperate with the team to get the maximum benefit for the patient.

One of the disadvantages of the attachment was the timing .Since it was at the time of summer holidays most of the patients will not show up and most of the appointments were canceled .so I think it's better to arrange future attachment at time of schools because child mental health is so attached to schools, children performance and improvement in their schools, and teachers reports.

The second thing about it is the culture difference .Since the clinical practice of mental health in general is greatly affected by the culture and type of thinking of people and since we have different culture here in Palestine and the Arab world I think we may see different types of cases and different presentation of disease symptoms.

Conclusion:

Despite any difficulties or minor disadvantages, the benefits are far more than any disadvantage. I think it will always be a good opportunity to any doctor to have an experience in this organized health system so that we can at least encourage our doctors to try always to be more successful and more professionals so that we can raise up the level of our health services and our medical education .