



# International Scholarship Report

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Myanmar

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I was very lucky to be the recipient of an international scholarship award to attend the 35<sup>th</sup> Annual Scientific Meeting by ACEM held in Perth, Western Australia. It was a very valuable and unforgettable experience for me and I gained much knowledge to advance emergency medicine in Myanmar. In addition, I connected with several other international scholars and emergency doctors from different parts of the world.

**15.11.2018**

### **Royal Flying Doctor Service base, Perth**

We visited the Royal Flying Doctor Service base in the morning and we were accompanied by Karen Eastwood and FACEM Dr. Chris Curry. Dr. Luke Pritchard showed us around the base and explained the pre-hospital care and retrieval services, staffing, equipment, airplanes, and maintenance system and simulation area. I was mesmerized by the advanced technology and equipment which are much more cutting-edge when compared with Myanmar. I could also feel the determination of the retrieval team who provide emergency care to people who live in remote places. Then we moved on to the State Emergency Rescue Helicopter Service and looked around the base.



*State Emergency Rescue Helicopter Service with Dr. Curry and Dr. Pritchard*

### **Royal Perth Children Hospital**

After lunch, we went to Royal Perth Children's Hospital. There we were welcomed by Dr. Meredith Borland, Director of the Emergency Department. The RPCH is the largest tertiary pediatric

hospital in WA and just opened a few months ago. The building is very new and equipped with highly sophisticated facilities. I was fascinated by how ED is designed with advanced technology to create a warm and friendly environment for children and parents. Dr. Borland explained to us how the department functions, patient flow and staff coverage and showed us resuscitation rooms, observation area, procedure rooms, fast track area and short stay unit.

On the way back, we went to Kings Park for a nature walk to enjoy the colorful flowers and beautiful plants of Western Australia.

**16.11.2018**

### **Fiona Stanley Hospital**

In the morning, we arrived at Fiona Stanley Hospital and Dr. Ngaire Caruso, FACEM and consultant from ED facilitated the tour. It is a large tertiary hospital with a mixed ED, both adult and pediatrics. Dr. Caruso explained the design, structure and functions of ED, staffing, patient flow and different areas of emergency department. Dr. Caruso thoroughly explained and arranged us to observe how a patient was triaged, how paramedics hand over the patient to ED nurse and how to respond a code. It was a very wonderful, informative and valuable experience to watch these processes in action.



*Dr. Caruso explaining about ED at Fiona Stanley Hospital*

Later, we took a ferry ride to Rottnest Island, visited 'Nursing Post' and enjoyed a bike ride around the island.

**18.11.2018**

The ACEM College Ceremony was held in the Riverside Theatre, located in the Perth Convention & Exhibition Centre. The international scholarship winners were presented their certificates by ACEM's President Dr. Simon Judkins and also had an opportunity to take a photograph with the president. Then we attended the Welcome Reception at the State Reception Centre in Kings Park and had a delicious dinner.

**19 – 22.11.2018**

The Annual Scientific Meeting began on 19<sup>th</sup> November. This year was the 35<sup>th</sup> anniversary for ACEM and it was an important time to celebrate the establishment and successes of emergency medicine in Australasia. The opening segment was absolutely marvelous; it portrayed the history of emergency medicine in Australia. Seeing all the past presidents on the stage filled me with emotion and I could not help but appreciate all the effort and sacrifice they have made for emergency medicine. It also inspired me to improve emergency medicine in Myanmar so that we too can celebrate in the same way.

Following the opening ceremony, the conference was broken into small sessions with lots of interesting topics on various aspects of emergency medicine. The sessions were very interactive and informative and I gained plenty of knowledge from the trauma and ECG sessions, which are my special interests. The 'around the globe' session offered information regarding current emergency medicine status and future plans from developing countries around the Asia-Pacific region. It was very useful to know what is happening in emergency medicine in neighboring countries and it gave ideas about how to help each other and collaborate in improve emergency care.



The international scholars' presentations were on 20<sup>th</sup> November. I was very honored and proud to present Master's degree program in emergency medicine in Myanmar and share my personal experiences during the training period. The audience was very warm and supportive. It was a very anxious but rewarding experience. I also learned a lot of information about emergency medicine in Papua New Guinea, Botswana, Nepal and Sri Lanka through other scholars' presentations. I noticed a lot of similarities between these countries and Myanmar in terms of the challenges and struggles we are currently facing. Knowing about how EM started and how they are making progress gave me new ideas to overcome difficulties in emergency medicine in Myanmar.

The IEM network dinner took place that night and it was a chance to socialize and network with people who are interested in international emergency medicine to share knowledge and experiences.

The Gala dinner was on the following night and it was magnificent. Between the food, decorations and performance, everything was incredible and I had a lot of fun on the dance floor.

I learned so many great things and gained much knowledge from this trip. First of all, this was my very first to a foreign ED as well as the first time seeing a well-developed and fully-functioning emergency health system. In Myanmar emergency medicine is only a few years old and we do not have a highly-structured ED set up in my hospital like the Australian EDs we toured. Visiting these EDs gave me new ideas about standardized ED systems, such as the set-up, design, staffing and equipment needed and what our target and goal should be. I realized there are things that can be done in our system to improve the care we provide without any cost from this visit. I recognized differences between adult and pediatric ED and how to create child friendly environments. Pediatric emergency medicine is definitely a sub-specialty for us to expand in the future.

Currently we are trying to develop a pre-hospital system in Myanmar and visiting the RFDS base was very helpful to give me information and insight about pre-hospital care and retrieval systems.

I also gained updated knowledge on different aspects of emergency medicine from the workshops and sessions I attended. I gained information on what is happening with emergency medicine in other developing countries and also appreciated the effort of ACEM and its fellow doctors who are helping to promote emergency care in developing countries.

During this trip, I was able to make contacts with emergency physicians from Australasia and other parts of the world. Meeting and making friends with other scholars was one of the highlights of

this visit. Although we came from different backgrounds we had many similarities between how EM was developed in our own country and the struggles we have faced. Learning others' experiences and how they have overcome difficulties offered new ways to deal with our problems in Myanmar. All in all, this visit was very fruitful and eye-opening for me.

I would like to acknowledge the ACEM Foundation for providing the generous scholarship. I would like to give my special thanks to our host, Dr. Kerry Hogget who helped and supported me during my stay. I am also very grateful to Dr. Ngaire Caruso, Dr. Chris Curry and Dr. Meredith Borland for hosting our ED visits. Last but not least, I am thankful to Karen Eastwood for all effort and assistance in organizing this trip from the start till end.



*International scholarship recipients of 2018*