

General Practice and a Sports and Exercise Medicine Clinic, Sydney, Australia.

For my elective I chose to work in Sydney, Australia – split between a General Practice and a Sports and Exercise Medicine Clinic.

The GP surgery was an interesting and informative experience where I learned a great deal about the Australian healthcare system, particularly about the interconnectivity of the public and private healthcare systems. Patient consultations were mostly similar to the UK, but the 15-minute time slots available in this practice allowed GP's to manage patients in a far more holistic manner. GP's are run as autonomous businesses, giving the practice far more autonomy on how they want to run. Demographically, patients were mostly similar to the UK; however, a higher focus on healthy lifestyles was evident throughout.

At the Sports and Exercise Medicine Clinic, I was exposed to a niche specialty that I had not experienced so far in medical school. I observed a multitude of musculoskeletal pathologies, both common and rare conditions, and had the opportunity to examine pathology that I had never previously experienced. Moreover, I learned about exercise prescriptions and how to tailor rehabilitation programmes to the individual to achieve the best possible outcomes. The general perception of "exercise" as one-size-fits-all simply does not yield the vast health benefits that we know exercise can.

Sydney as a city has a small but vibrant Jewish community, and plenty to experience culturally. Despite attending in the Australian winter, the weather still outranked a typical London summer! It was a fantastic choice of elective location, and I would highly recommend it to anyone looking to travel during his or her elective.

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