

Emergency Department, Auckland City Hospital, New Zealand.

For my elective I spent four weeks in New Zealand, in the Emergency Department of Auckland City Hospital. This is the main hospital in Auckland and of the North Island of New Zealand, subsequently dealing with a comparably large proportion of New Zealand's population.

My learning objectives were as follows:

- To develop confidence in managing patients in the Emergency Department
- To compare the presentations to the Emergency Department in New Zealand and the UK
- To retrace my grandparent's footsteps (they worked as doctors in Auckland) and discover my family roots in New Zealand.

The Emergency Department in Auckland hospital is very similar to Emergency Departments in UK hospitals: similarly, subdivided into adult and paediatric sections. I spent my time in the adult department, as I am considering specialising in adult ED in the future.

I was expected to attend 4-5 8-hour shifts a week, where I was attached to a doctor in either resus, the main floor (equivalent of majors) or ambulatory (equivalent of minors). I was able to clerk my own patients throughout my shifts, as well as making referrals and formulating my own management plans by the end, which allowed me to develop confidence in skills I will need as an F1.

I also spent one shift with the specialist nurse which gave me the opportunity to practice clinical skills such as suturing and plastering.

Although there are very similar cases presenting in A&E in the UK and New Zealand, both being developed countries, I found it interesting to compare the differences – particularly given the large Maori population in parts of Auckland. There was one particular case of a young woman of Maori origin who came in with joint pain, low grade fever and previous rash. I automatically considered the possibility of a rheumatological condition (e.g. SLE) but had not considered the most likely diagnosis in someone of Pacific origin, which is rheumatic fever, as it is so uncommon in the UK.

As mentioned above, there were also personal reasons for my choice to undertake my elective in New Zealand. My grandparents met in medical school there, after my grandmother and her family were taken in as refugees from Germany during World War II. They practiced as doctors in New Zealand for several years and started their family there before moving to Israel. My grandparents have always spoken highly of the country and have urged me to visit and meet my remaining relatives there. I was lucky enough to be able to stay with relatives in Auckland and meet much of my New Zealand family. Being able to explore these family roots has been an invaluable experience to me, and I was happy to see (and convey back to my grandparents) that the Jewish community in Auckland is still thriving.

New Zealand is of course renowned for its beauty, and I was lucky enough to use my weekends off to travel to other parts of the North Island. I was able to explore the Coromandel Peninsula, Rotorua and some of the stunning beaches around Auckland. I would love to be able to go back to New Zealand and have more time to travel and can (unoriginal as it is) see myself, for example, doing an F3 in Auckland.

I am grateful to the Jewish Medical Association for helping to make this trip possible. This elective has been an enriching and fascinating experience in so many ways, and I am extremely appreciative of the JMA's support.

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