



The Walton Centre
NHS Foundation Trust

**Faculty of Medicine Siriraj Hospital,
Mahidol University**

Siriraj Resident/Fellow Exchange Program

To The Walton Centre NHS Foundation Trust, UK

From 1-30/01/2019



Name: THAPANEE SITHAWATDECHA

ID: 10030361

Study Year: 3rd year resident

Overseas Clinical Elective Rotation Final Report

1. Introduction

- Explain about yourself / experience / career / professional achievement

My name is Thapanee Sithawatdecha. I am currently a third-year resident in Physical Medicine and Rehabilitation, Siriraj Hospital. I got my medical degree from Naresuan University. After graduation, I worked as a general practitioner in Chaiyaphum Hospital and 2 district hospitals. As after 3 years of general practice, seeing many kinds of patients with different illnesses and backgrounds, one of the things I had learned from my experiences of taking care of them was what the patients want was not just simply getting better, but they actually was the quality of life. Therefore, I decided to continue my medical profession in rehabilitation as I figured it could be the key to help improving the quality of life for my patients.

2. University Review

- Brief review about university

- Please provide reasons of choosing this university or hospital

The Walton Centre located in Liverpool, United Kingdom. It is the only specialist hospital trust in the UK dedicated to



providing comprehensive neurology, neurosurgery, spinal, neuro-rehabilitation as well as pain management services. This institution also has important roles on training future specialist nursing, medical staff, expanding Liverpool medical students' neurological teaching and participating in a number of research programs.

The Walton Centre is in the same area with Aintree University Hospital which is the place of the Major Trauma Unit in the northwest UK region. These two institutions work together and The Walton Centre provides specialist rehabilitation care for patients immediately after being admitted with trauma and other neurological injuries. It is also one of only three hospitals in England who provide hyper-acute specialist rehabilitation treatment and it has a strong rehabilitation network which provides the multidisciplinary rehabilitation after patients' recovery from hospital phase and throughout their recovery in communities. Participating in this institution should give me wide variety of experiences from acute care through community based rehabilitation.

3. Expectation and Objective

Besides the knowledge and experiences in rehabilitation medicine, I would like to learn more about the healthcare system and rehabilitation system in the UK, from hyper-acute rehabilitation,

intermediate care, and community based rehabilitation. For the healthcare system, as I heard before that the UK healthcare system is one of the best systems in the world, so I expected to see the overview of how the UK's National Health Service (NHS) works to support their people and how the healthcare access is. This institution also has a great rehabilitation network where patients in the community who needs intensive rehabilitation can get easy access to multidisciplinary rehabilitation team. So, I expected to see how this system works to help developing better network in my own community in the future. Furthermore, I believed that this was a good opportunity to get to know more people, to improve my English skill, and to learn more about British culture.

4. Knowledge/Experience gained

- Provide details and knowledge that you have learned.

- Identify your main supervisor name

During my stay, I was supervised by Dr. Ganesh Bavikette, specialized neuro-rehabilitation consultant.

Aspects	The Walton Centre	Siriraj Hospital
Referral system	<ul style="list-style-type: none"> • Patients from within the responsible region • Referrals from healthcare providers through regional coordinator • Patients cannot see specialists without referral letter in all circumstances. • All expenses are under the NHS. 	<ul style="list-style-type: none"> • Patients from anywhere in the country • With or without referrals • No coordinator • Patients can see specialist with or without referral letter. • Expenses under government or private insurances or self-paid
Patients	<ul style="list-style-type: none"> • Specialist neuro-rehabilitation cases e.g. brain injuries, brain tumors, movement disorders, neuromuscular diseases <p>(Spinal cord injury, amputee, MSK disorder, pediatric rehabilitation in separate institutions)</p>	<ul style="list-style-type: none"> • All kinds of patients in the same rehabilitation center
Rehabilitation goal setting	<ul style="list-style-type: none"> • In multidisciplinary team (MDT) meeting and family meeting after 	<ul style="list-style-type: none"> • After assessment by physiatrist before admission (or after

	assessment by rehabilitation team 1-2 weeks after admission	admission if there are clinical changes)
Length of stay	<ul style="list-style-type: none"> • Set in the MDT after multiple sessions of rehabilitation • Can be extended as long as there is still rehabilitation potential 	<ul style="list-style-type: none"> • Set before admission (or after admission if there are clinical changes) • Can be extended up to 3 weeks if there is still rehabilitation potential
Team meeting	<ul style="list-style-type: none"> • Every week for every patient • Lead by coordinators 	<ul style="list-style-type: none"> • Set under certain circumstances • Lead by physiatrists
Community rehabilitation service	<ul style="list-style-type: none"> • By specialist rehabilitation team • Referrals from healthcare providers in community through coordinator • Specific criteria needed to be met for referrals • Decision made by MDT 	<ul style="list-style-type: none"> • No specific team • With or without referrals • No specific criteria

5. Benefits

After my observership in the Walton Centre, I found that the time and frequency of MDT meeting is very beneficial for the patients in terms of goal setting and care plan. In Siriraj rehabilitation ward, due to the limitation in personnel numbers and time, the team meetings are set once or twice during the stay for certain patients with complicated or multiple issues that need further discussion. If we could make the meeting short and simple, it would be possible to discuss about every patient each time and all of them could benefit from the meeting plan.

In my future career, I will have to work mainly with the community. I will be the only physiatrist, but there are some rehabilitation care providers in community e.g. physiotherapists and nurses. Expanding the knowledge and initiating a strong rehabilitation network, would be beneficial for many patients who have limited access to the provincial hospital. This plan needs a long time to accomplish, but I have seen that it has happened in other country, and at the meantime, the Ministry of Health is emphasizing the community based rehabilitation, I think this long-term plan is possible.

6. Life in abroad

- Explain about your life during your stay at the host location

The team was very welcoming. They greeted me with a meal and we discussed about my expectation during my stay since the very first day I arrived. They tried their best to make sure I got to see as many activities I would like to see and kept updated how much I had learned. The accommodation was a 4-bedroom dorm with shared kitchen and bathroom facilities. It was well equipped, spacious, and located just behind the building I had to spend most of the time in. There were many convenient stores nearby. Going to Liverpool city center was simply a 20-minute train ride or 30-minute bus ride.



7. Future plan

- Brief explanation about your future

After getting my specialist degree in rehabilitation medicine, I will go back to work at the provincial hospital in my hometown, which is quite a rural area. People had limited access to medical services and there were still insufficient medical professions in some particular fields, including rehabilitation. As the first rehabilitation doctor in that area, I will initiate the rehabilitation network in my area with my team, as the physiotherapists and occupational therapists have already been working in that hospital. I will use the knowledge and experience I have learned from my specialty training, as well as my elective study to develop better rehabilitation care in my community.

8. Recommendations

- Suggestion to next group

- Suggestion to improve this program

Plan early about the visit, as the contact process and document preparations take time. Also, there are many health status check and investigations that have to be done.