

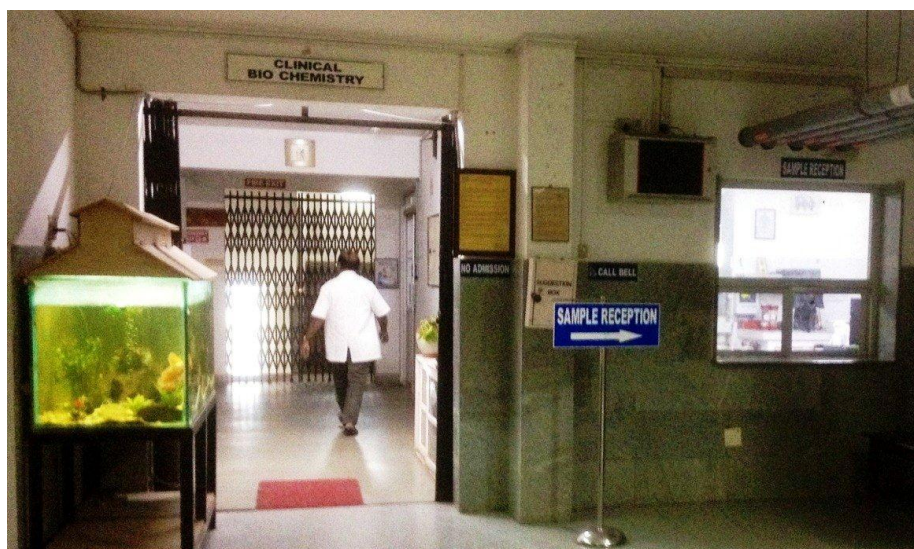
## **Elective experience in India**

### **Jenny Lake, Southend University Hospital**

For my elective, I decided I wanted to visit somewhere completely different from the UK and learn about healthcare provision in a developing country. After some thought I decided upon India, a developing country with the second largest population in the world and a number of major health concerns. India suffers widespread poverty with up to 55% of people in some states considered malnourished. Furthermore there are a number of emerging disease epidemics of concern to the biochemistry department, primarily diabetes and cardiovascular disease.

I arranged a placement in a large teaching hospital laboratory in South India where I spent 4 weeks observing different practices, learning new methods, getting involved in projects, presenting journal clubs and visiting clinics within the hospital and community. There were many differences to the UK; the lack of send-away tests (nowhere to send them!), reusing of urine tubes and pipette tips and also the requesting processes; add-on and reflex testing isn't used. During my visit I was able to carry out a sweat analysis method comparison, an audit on Troponin requesting and wrote reports on a number of interesting cases which arose. Attending clinics was fascinating; I saw cases I'd not previously seen as well as having eye-opening experiences such as home visits.

I learnt a huge amount in India, both in and out of the lab, which will undoubtedly benefit me in my future career. I recommend to anyone planning an elective to step out of your comfort zone and try something new!



*Clinical Biochemistry Department*



*Pathology Specimen Reception*



*Laboratory*



*Clinical Chemistry Group*