

# Final Report

EXTERNSHIP AT THE BROOKLYN HOSPITAL CENTER



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## Acknowledgements

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## Introduction

My name is Sharadia Louis, chief resident at the Hospital of the University of Haiti.

Despite the difficult situation in Haiti, I always imagined myself as a brilliant doctor. I started this journey with the soul of a fighter and the heart of an angel, every day asking God for the courage to be patient, to give me the emotional strength I would need to be able to speak and win the confidence of the parents of my little patients and also the intelligence and the ability to think quickly so I could make the diagnosis and treat the children I will have to take care of.

We use to say in French : “Qui se ressemble s’assemble” or Birds of a feather flock together, and I think that's what led my steps in my choice of residency. Full of doubt, uncertain but from the first day I knew that I had made the right choice. My chairman, Dr Eveillard, has made it a point to speak to us every day about excellence. Last year, he encouraged us to follow the AMHE conferences on zoom. I was very impressed with the quality and excellence of the presenters. I said to myself : “Wow! there are Haitians who live abroad who are still working to make us gain a little pride...”

Then, one of my friends, Dr. Dupre was chosen to participate in this program which none of us knew about and yet for more than fifteen years the Association of Haitian Physicians Abroad (AMHE), have given to young Haitian medical residents from Haiti, the opportunity to improve their Knowledge through various hospitals in the United States.

I thank God for the life of each of these people who allow this program to exist, whether by a donation or who actively participates in organizing everything. May God bless you beyond your expectations.

## Objectives

As soon as I knew that I was selected to be part of the rotation, I had pre-established my objectives so that experience could be as profitable as it could be.

The goals that I had fixed myself throughout this rotation were:

- 1.- Improve my knowledge in Pediatrics subspecialities by attendings conferences, rounds and by working with the different attendings, fellows and residents

2.- be able to write notes and present them during rounds

3.- being able to share my experience and my knowledge with my colleagues in Haiti.

### Description of the rotation

This special program was for a period of 4 months, this rotation started in December 12, 2022 and ended in April 6, 2023

### NICU

From the 12<sup>th</sup> December 2022 to January 6, 2023, I was in NICU where I was rounding every morning from 9 am to 12pm with the attending, residents and the medical students. We discussed the clinical evolution of the hospitalized newborns, the drugs and procedures for their treatments.

Among the topics discussed and cases seen, we can list:

- Foundations of Neonatal Resuscitation
- Initial Steps of NewBorn Care
- Total parenteral nutrition
- Positive Pressure Ventilation
- Post resuscitation Care
- Resuscitation of Baby Born Preterm
- Acute respiratory distress Syndrome (ARDS)
- Respiratory Failure
- Pneumonia
- Pneumothorax
- Apnea
- Meningitis
- GBS infection

- Chorioamnionitis
- Hyperbilirubinemia
- Alagille Syndrome
- Sepsis
- Diabetic Mother infant
- Management of hypoglycemia in diabetic mother infant.
- Hypothermia
- Congenital Syphilis
- Metabolic acidosis
- Fluids and Electrolytes
- Prematurity
- Anemia of prematurity
- Polycythemia
- Necrotizing enterocolitis (NEC)
- Meconium Aspiration
- Mechanical principles of ventilation
- Use of BIPAP vs CPAP
- High Frequency ventilation

## 1. **PICU**

From January to February I was in PICU:

1. Round every morning
2. Simulation laboratory (case management, intubation, central lines)

Cases and Topics discussed :

- Pneumonia
- Child abuse

- Hypernatremia
- asthma
- Choc (septic, anaphylactic, cardiogenic, hypovolemic, neurogenic)
- Mechanical ventilation
- Management of respiratory distress
- Bronchiolitis
- Pneumonia
- Inflammatory bowel disease
- Appendicitis
- Sickle cell patient in crisis
- Hepatitis
- Anemia.

From February to April, I alternated my rotation between cardiology and outpatient children health.

## **Cardiology**

Active participation with the team in physical exam of the patients and case discussion

- 1- EKG interpretation
- 2- Echocardiogram
- 3- Fetal echocardiogram
- 4- Stress test
- 5- Lecture of Holter monitor Test
- 7- Homework for EKG interpretation
- 8- Video conference on Wednesday afternoon



## Cases seen and topics discussed

- Chest pain
- Syncope
- Tetralogy of fallop
- Triscuspid atresia
- Transposition of great Vessels
- Total venous anomaly
- PDA
- Patent Foramen Ovale
- Kawasaki
- Rheumatic fever
- Acute mitral regurgitation
- Ventricular Septum Defect (VSD)
- Subaortic membrane
- Perimembranous VSD
- Atrial Septum Defect (ASD)
- Triscuspid regurgitation (TR)
- Endocardial cushion defect
- Peripheral Pulmonary Stenosis
- Long QTc syndrome
- Short QTc syndrome
- Wolf Parkinson White (WPW)
- Coartaction of the Aorta
- Marfan syndrome
- Primary Pulmonary Stenosis (PPS)
- Innocent murmur vs Pathologic murmur
- Arrhythmia and Medication
- Endocarditis
- Cyanosis

- Cardiac failure
- Orthostatic Hypotension
- Hypertension
- Ventricular Tachycardia/ VT Sustained
- Supra ventricular Tachycardia and Management
- Hypertrophy (ventricular, atrial, septal)
- Ectopic atrial Rhythm
- Bundle Branch block
- Heart Block (First and second degree, complete Heart block)
- Hyperkalemia
- Unicuspid, Bicuspid and quadricuspid aortic valve
- Premature Atrial Contractions (PAC) and Premature Ventricular contractions (PVC)
- Mitral valve prolapse
- Atrial fibrillation
- Anomalous left coronary artery off the pulmonary artery (ALCAPA)!
- Cardiomyopathy

For my last day, I had a presentation with Dr Guillaume on Tetralogy of Fallot, we discussed the pathophysiology, the echocardiographic findings, the treatment in more detail.

At the children's health center (outpatient services) I have learned how to provide care and education for children from birth to age 21. I also learned how to give advice to parents, to talk to teenagers about their different needs and expectations.

Beside vaccination and quality of children healthcare, I learned a lot about behavioral and psychiatric disorders and their management.

Others topics, articles and cases discussed in grand Round :

- Sudden death

- Obstetrical traumas
- Constipation in children post covid
- Post-covid: resiliency in children care

### Articles presentation by the residents:

1. During this rotation, I also have the opportunity to do six presentations:
  - Apnea of prematurity
  - Vaccination
  - Evaluation and management of Hypertension in children
  - Approach to the pediatric ECGs
  - Refeeding Syndrome
  - Respiratory Distress in neonates

### The other resident presentation

- Disseminated intravascular coagulation. (Dr Milfort M.)
- Janvier, 5 2023: Acute Liver Failure (Dr Milfort M.)
- February 1, 2023: Diabetes Keto Acidocetosis (DKA) (Dr Milfort M.)
- February 15, 2023: Broken Heart Syndrome (Takotsubo) (Dr Milfort M.)
- Alcoholic cardiomyopathy (Dr Joubert R.)

### Social Activities and visit

Madame Tussaud is a famous wax museum of artists. I had a lot of fun as I could pretend talking to different stars and taking picture with them.

TBHC Christmas activities: everything in the cafeteria was free that day and as a symbolic act, the medical staff was served by the directors and administrators of the Hospital

Dr Milfort and I were invited by Dr Drouillard, (a former recipient of this rotation who is now a resident at Interfaith Hospital) to a Christmas party where we met the other residents and I experienced for the first time mediteranean food. The Dj was Haitian so we enjoyed seeing all the residents from different nationality dancing on Haitian music.

I had the privilege to meet Dr Leblanc's family the 1<sup>st</sup> January for the traditional "Soup joumou" (pumpkin soup), where we had a great time.

American Museum Natural history : we discovered different culture.

Movie theater (Avatar) in 3D

Shark aquarium

Shen Yun spectacle

Diner with Dr Nacier twice: it was pleasant seeing him worry about our health because of our dietary choices that he found not healthy: too salty and too sweet.

Diner with Dr Jerome at Chavelas restaurant at the end of the Rotation, ( he may not know it but he has the soul of a poet, from Jeremie).

## Conclusions

All these activities and experiences have allowed us to enlarge our vision of things and sense of life. We had wonderful mentors. I take all this to the bottom of my heart in Haiti with the hope that one day I will be able to contribute to this great and beautiful work. While waiting for that day, I look forward to share my experiences with my peers and also to think about how to improve the health system in Haiti so that the efforts of the doctors of the AMHE are not in vain.

Once again, I want to say thank you to everyone that has made this rotation possible.

