



# Travel Grant Report Form

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## Name and origin of applicants

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## Purpose granted

The purpose of the internship in the Helsinki University Hospital, at the renal and pancreatic transplantation department was to observe, study and practice organ procurement and -transplantation (especially renal transplantation) and improve through it renal transplantation practice in Tartu University Hospital.

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## Amount granted

29.750 DKK

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## Time and place of visit

01 MAY 2023 – 30 JUN 2023

### Helsinki University Hospital

Meilahti Triangle Hospital  
Renal and pancreatic transplants, nephrology  
Haartmaninkatu 4  
Helsinki

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## Report

I was doing the internship at the Helsinki University Hospital in the renal and pancreatic transplantation department. Every morning started with the radiology meeting, where mainly CT and MRI scans of patients with various liver and biliary diseases were discussed, as well as preoperative images of surgery patients, including images of living kidney donors. Every day after the meeting there was a ward round and regular visit to patients. Mostly there were patients, who have received a kidney or pancreatic transplant, but also patients who were hospitalised due to infection, postoperative complications (for example ureteral stricture) or for specifying diagnostics. The visits included conversation and examination of the patients, looking over the current treatment and assigning further laboratory analyses or radiological imaging/procedures if needed.

Every day there was an outpatient clinic, where the most common patients were postoperative follow-ups. The living donor candidates were also assessed at the outpatient clinic (thorough examinations of the donor's general state of health and the safety of kidney donation).

Besides attending to surgeries, inpatient- and outpatient care I participated in weekly meetings, where the applications of kidney transplant candidates received all over the Finland were reviewed and evaluated. Once to twice a month there were meetings with the living donor coordinators, nephrologist and immunologist.

Assisted surgeries:

- Multiple organ procurement from a DBD donor
- Living-donor laparoscopic nephrectomy
- Living donor renal transplantation
- Cadaveric renal transplantation
- Simultaneous pancreas and kidney transplantation
- Liver transplantation
- Transplantectomy (kidney)

Observed procedures:

- Multiple organ procurement from a DCD donor
  - Living-donor laparoscopic nephrectomy
  - Peritoneal dialysis catheter placement
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## Evaluation

During my internship at the Helsinki University Hospital, I had the invaluable opportunity to see how a high volume transplantation center is built and driven. This experience provided me with a profound understanding of the challenges and triumphs that accompany the transplantation process. I actively engaged in various aspects of patient care and surgical procedures. I eagerly attended departmental meetings, workshops, and educational sessions, which deepened my understanding of the transplantation process and the broader healthcare landscape. One of the highlights of my internship was witnessing the life-changing impact of successful organ transplants on patients and their loved ones.

This experience reaffirmed my commitment to pursuing a career in healthcare and motivated me to contribute to the advancement of organ transplantation.

One of the most valuable lessons I learned during my internship at the renal transplantation department was the profound significance of teamwork and collaboration in delivering exceptional patient care. The complex nature of organ transplantation necessitates the seamless coordination of various healthcare professionals, each playing a crucial role in ensuring successful outcomes.

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