

Report about my traineeship in the Klinikum Bremerhaven Reinkenheide

My traineeship in Bremerhaven was in the autumn of 2022 and the beginning of 2023. I visited the departments of infectious diseases, internal medicine, paediatrics and gynaecology and obstetrics.

For me the town of Bremerhaven in northern Germany was a new region to live in. Till the beginning of the traineeship, I only had visited Bremerhaven once.

First, I arrived in the dormitory of the hospitals, where I could meet the other students and trainees. Very quickly we developed a friendship. The other trainees helped me to orientate myself around the dormitory and the clinics.

On the first day we had a detailed introduction by the supervisor Dr. Iris Gerlach and Bettina Pohl from the human resources department. After the administrative work, a tour around the building and a fire safety instruction I could get to the ward where I was supposed to work.

In very short time I became a part of the team and everyone was happy to explain and show me all kinds of tasks and activities.

My usual tasks were to attend the morning briefing of the department and the ward. After that we started to do the rounds. I was allowed to round some patients on my own, examine them, develop therapy plans and write their doctors letters.

All in all, I was part of the whole process of therapy in the hospital.

Due to Bremerhaven's location to the sea and its harbour the spectrum of patients and staff was very international. For one patient I had to translate because he was a Hungarian.

In the department of gynaecology and obstetrics due to the wide surgical activities I could prove myself as a valuable asset in the operating room. After my surgical training in Reinbek I had quite some experiences in the basic surgical activities. The surgeons enjoyed my assistance and my knowledge as an additional help in stressful situations.

Outside of the hospital the supervisor Dr. Gerlach offered to join the Bremerhavener Ruderverein for rowing on the Geeste as a recreational activity for hospital staff and trainees.

For me it was very nice as I rowed for many years in Hamburg. Dr. Gerlach completely made use of my skills for teaching others how to row. As the end of rowing season approached, I joined the club-race and competed in the quadruple skull. Our team won the second place.

During the winter season Dr. Gerlach asked me to join the indoor rowing training of the childrens section of the rowing club. After one week she asked me to take over the training for my time in Bremerhaven.

All in all, the traineeship was a full success. I made a lot of new friends and was able to form connections of personal and professional kind.

My skillset was expanded by a diverse set of organisational and manual skills; I learned the organisation of a ward and the workflows of doctors. I learned to work autonomously and got a brief sight of the residency.

For my work I got excellent reviews and the Klinikum Bremerhaven-Reinkenheide offered me to work for them after the exams.

Thank you for making this traineeship possible.

Jan-Philipp Emmermann
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