

# HeSEM NEWS

Hellenic Society for Emergency Medicine- Australian International Sector



Old Venetian Harbour - Chania- Crete

## Emergency Medicine in Greece- A Year in Review: Wins and Milestones

In the midst of a pandemic the first group of Greek Emergency Medicine trainees are approaching the completion of the first year of their training.

This is truly an amazing achievement on behalf of the trainees and their educators. While being in lockdown for months, increased demands on the health care system due to the pandemic resulted in interruption of their rotations, as many of the trainees were seconded to provide care to patients diagnosed with COVID-19.

In an effort to complete the rotations missed, trainees have been offered the option to extend their training beyond the second year.



## Training and Education

Trainees have access to weekly education session in the form of lectures, case discussions, POCUS and clinical simulation training.

Two practice exams have been held so far in preparation for the final exams.

A mentorship program has been established since the beginning of training which has been received well by the trainees.

## Celebrating Emergency Medicine Day

Emergency Medicine trainees and their educators took a moment to celebrate Emergency Medicine Day at the University Hospital of Crete in Heraklion.



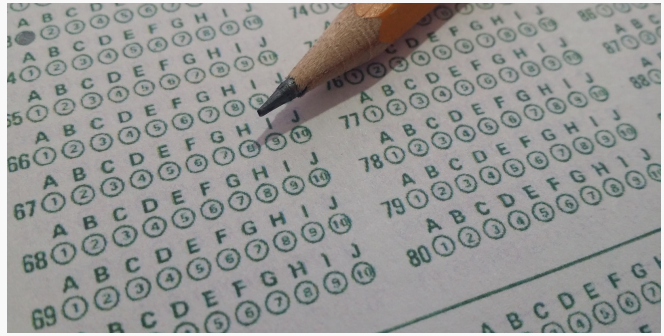
## Donations

In July 2021, the Association for the Treatment of Paediatric Trauma ( Σωματείο Αντιμετώπισης Παιδικού Τραύματος) generously donated two Simulation Patient Monitors- REALTi Go (one for each training hospital) of the approximate total value of 11000 euro. The supplier, 3B Scientific will provide lifetime service, software updates.



## Exams

The first Emergency Medicine examinations were held in May 2021.



## Congratulations

Congratulations to Dr Antonis Boultadakis who was successful in passing the exams, making him the 1st Greek doctor awarded the title of Emergency Physician via the examination pathway. Dr Boultadakis is also a qualified anaesthesiologist, who has been working at Attikon Hospital, Emergency Department in Athens.

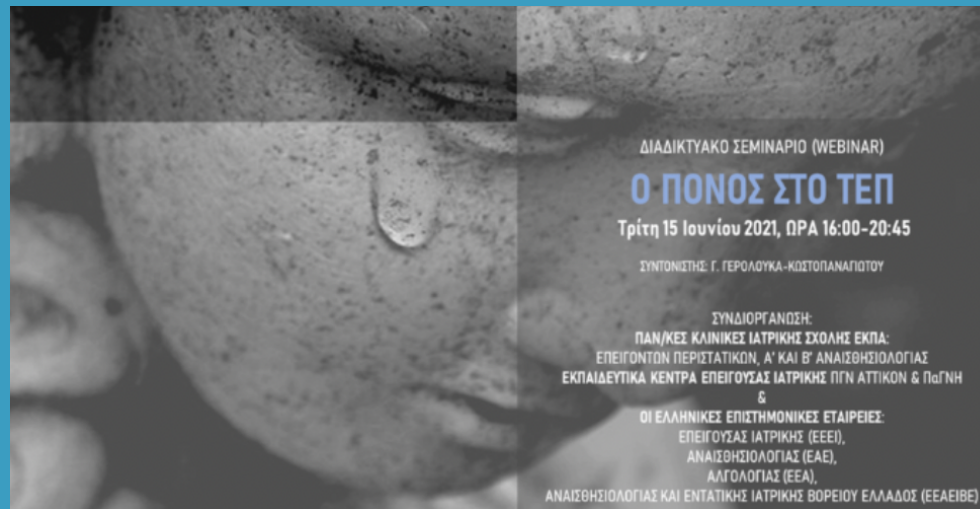
## Meet Dr Antoni Boultadaki

I was born in Athens and studied medicine at the Medical School of University of Thessaly. I started my training in the specialty of Anaesthesiology in 2009 at General hospital of Karditsa for one year and concluded it in Athens at "Evaggelismos" hospital, one of the largest tertiary hospitals of Greece. I worked as an Anaesthesiologist from 2014 to 2017 and from 2017 to 2019 I worked as a registrar in the subspecialty of Intensive Care at General Oncology Hospital of Kifisia Athens. In 2020, I commenced working as an Anaesthesiology consultant in the ED of University Hospital "Attikon", given the lack of emergency physicians in Greece. Since the first day in medical school, I wanted to be an Emergency Physician but there was no such thing in Greece. Therefore, it was mostly life that got me into emergency medicine in the exact period that the emergency medicine training program started. I decided this was it. I believe I chose emergency medicine because it is the only specialty with such intriguing complexity and variability and no actual daily routine. Every day in EM is different. In the end, we all became doctors to save lives and you can't find a better place to do that. This is why I decided to seat the exams. I look forward to the future changes in emergency care in Greece in the next years and I am proud to be a part of this effort.

## Past Events

In an effort to maintain and improve the educational activities for its members, HeSEM launched a variety of online scientific events in 2021.

On the 15th of June 2021 an online Webinar was held with the title: **"Ο πόνος στο ΤΕΠ" - "Analgesia in the Emergency Department"**



On the 30th of June the **1st Webinar ΕΕΕΙ: "Επείγουσα Ιατρική στο ΤΕΠ"** was held. The 1st Webinar of ΕΕΕΙ focused on answering the questions and concerns that arose from the recent developments in the field of Emergency Medicine in Greece (recognition of Emergency Medicine as a specialty, title of Emergency Physician, Emergency Medicine education and training centers, operation of Emergency Departments during the transitional stage and dealing with the pandemic. You can access the recorded webinar on <https://youtu.be/nfv1WsxOnM>



## Future Events

### 1st Scientific Meeting:

The Different Appearances of Emergency Medicine in daily Clinical Practice.



Participation is available online and in person.

The scientific program and registration to the conference are available at:

[https://www.eventure.gr/el/events-web-events/μελλοντικά-events/details/1/51-1η-επιστημονική-συνάντηση-«οι-διαφορες-εκφανσεις-της-επειγουσας-ιατρικης»?fbclid=IwAR3IWv35WHUwR\\_qCQ9Gavr\\_FVLjsTTY\\_9PwEnptNdx1qPFJTI-5rZRnUq5Q](https://www.eventure.gr/el/events-web-events/μελλοντικά-events/details/1/51-1η-επιστημονική-συνάντηση-«οι-διαφορες-εκφανσεις-της-επειγουσας-ιατρικης»?fbclid=IwAR3IWv35WHUwR_qCQ9Gavr_FVLjsTTY_9PwEnptNdx1qPFJTI-5rZRnUq5Q)

### Postponed Event



Due to the pandemic, the 5th Pan-Hellenic Congress on Emergency Medicine and the SEEDEEC congress were postponed until 2022.

## Meet some of the trainees



### Dr Dimitris Vasilakis

Which part of Greece or the world are you from? I am from Crete, the biggest island of Greece.

Where do you work and train currently? I work at the University Hospital of Heraklion, the capital of Crete and I have almost completed one year as a trainee in Emergency Medicine.

Why did you decide to join the Emergency Medicine training program in Greece? I think, Emergency Medicine skills and experience, can make me a better doctor, can give me confidence in every minute of working life, and the opportunity to help people that have a variety of problems in an instant way.

What has been your training prior to joining the Emergency Medicine program and where did you work? I have already finished the speciality of Family Medicine and I had a two-year working experience as a senior GP in a primary healthcare center in a rural area of Crete.

What do you consider to be the most rewarding aspect of Emergency Medicine? Helping a large amount of different people with a variety of health problems in a pluralist and instant way, is something that gives me a big pleasure.

Is there a particular area of Emergency Medicine you find more interesting? A lot of areas in Emergency Medicine are interesting but after I started the speciality I am mostly interested in ultrasound.

In these challenging times of a pandemic what do you do to maintain wellbeing? It is a very difficult period for us and challenging with increasing work and less time for education. I try to have a good relationship with my colleagues and to spend my free time doing my favourite things.

What are your favourite things to do outside work? I love to play sports, mostly I play non-professional football and basketball, watching movies and spend time for a drink with my friends.

What would you like to be doing in 5-10 years? I would like to work in a primary healthcare centre with emergency and outpatient department.

In your opinion what are three "must see" destinations within Greece?

Athens, because is the heart of the Greece with a big history, and a lot of choices for entertainment, museums and the chance to see the everyday life of Greek citizens.

Crete because of the wonderful landscape and beaches combining with a Greek tradition that is still alive, in the way of living, music and cultural events.

Cyclades islands because of the unique landscape, beaches and history behind them.

In your opinion what are three local delicacies one must try when he/she visits your island?

There are a lot of choices for traditional food in Crete, like dakos, salads, graviera cheese and lamb cooked with a traditional way called antikristo.

I will suggest also to try the local alcoholic drink, called raki. If you come in October maybe you can take part in the "production fiesta" of raki that is usually combined with Cretan music and dances.





## Dr Antonis Diakantonis

Which part of Greece or the world are you from?

My heritage is from Karpathos Island (Dodecanese) but I was born and raised in Athens.

Where do you work and train currently? I am a trainee in Emergency Medicine at Attikon General Hospital in Athens (Chaidari).

Why did you decide to join the Emergency Medicine training program in Greece? Since I was a student, I liked EM for the excitement and for the opportunity to treat patients with critical illnesses or injuries but also the more routine primary care problems.

What has been your training prior to joining the Emergency Medicine program and where did you work? I am an Internal Medicine Physician and I was working in General Hospital Evaggelismos of Athens.

What do you consider to be the most rewarding aspect of Emergency Medicine? The fact that you experience medical variety and that you should be a team player.

Is there a particular area of Emergency Medicine you find more interesting?

The critical illnesses and injuries.

In these challenging times of a pandemic what do you do to maintain wellbeing? I am trying to find at least 2-3 hours at home to relax while reading books.

What are your favourite things to do outside work? I like to spend time with family and friends, read and watch sports.

What would you like to be doing in 5-10 years? To be working as an emergency medicine physician in the hospital where I am being trained now.

In your opinion what are three "must see" destinations within Greece? Rhodes, Crete, Parga.

In your opinion what are three local delicacies one must try when he/she visits your city? Moussaka, makarounes, lamb or goat stuffed with herbs and rice.



"Attikon University Hospital"



## Dr Christos Verras

Which part of Greece or the world are you from? I am from Athens and I live in a beautiful neighborhood in the south part of Athens.

Where do you work and train currently? I am a General Practitioner/Family Physician and I currently work in the ED of Attikon University General Hospital of Athens, as a trainee in Emergency Medicine. Attikon hospital is one of the biggest hospitals in Attica, but also in Greece as it combines high quality health services and significant medical research. I also work in EKAB (it is the National center for emergency assistance– public EMS) as coordinating doctor. I belong to the crisis management team of EKAB for the pandemic of coronavirus disease.

Why did you decide to join the Emergency Medicine training program in Greece? Emergency medicine was a choice right from the beginning of my medical studies. It requires a more holistic approach, knowledge, quick thinking and decision making. It gives me the chance to be exposed to a range of cases, not all acute but all within one shift. The exciting fact is that you are a front-line physician who has to attend to the patients' possibly life-threatening diseases, sometimes without a complete past medical history, in the safest possible manner. In other words, the challenge of “not knowing what is coming through the doors”.

What has been your training prior to joining the Emergency Medicine program and where did you work? Before joining the Attikon and EKAB medical teams, I was working for 8 years in a private air ambulance company in Athens as a flight physician. For the last 6 years I was also the chief medical officer of the company. Before that I was a resident doctor in Tzaneio general hospital in Piraeus.

What do you consider to be the most rewarding aspect of Emergency Medicine? To be there... There is nothing more rewarding than to try to save a life, perhaps in one of the worst days of their lives.

Is there a particular area of Emergency Medicine you find more interesting? Communication, cooperation and coordination are essential for coping with extreme situations. The most appealing field is the emergency and disaster medicine, as you have to manage the imbalance of the immediate need for medical care and the resources available.

In these challenging times of a pandemic what do you do to maintain wellbeing? The pandemic was (and still is) a difficult time to maintain well-being, but at the same time an excellent opportunity for introspection and physical awakening through exercise.

What are your favourite things to do outside work?

As traveling remains my favourite thing to do, I am waiting for the post COVID era to start exploring new destinations. Friend gatherings, cinema and always going out for a cold beer.

What would you like to be doing in 5-10 years? In 5-10 years, I see myself as a specialist in EM, offering my services and transferring knowledge to next generation of Emergency Physicians.

In your opinion what are three “must see” destinations within Greece? The Parthenon in Athens, Meteora- a rock formation in central Greece and the sunset from any Greek island.

In your opinion what are three local delicacies one must try when he/she visits your city? Except from the famous souvlaki, tzatziki and moussaka one should try the stuffed tomatoes and peppers, the traditional Greek pies and the sun-dried octopus with a glass of ouzo.





## Dr Sofia Bezati

Which part of Greece or the world are you from? I am from Lamia, prefecture of Fthiotida

Where do you work and train currently? I work in “Attikon” University Hospital, and I am a trainee in Emergency Medicine

Why did you decide to join the Emergency Medicine training program in Greece? Since my prior training as a General

Doctor, I started admiring the field of Emergency Medicine.

What I liked most was the variety of clinical situations a doctor has to face in a holistic aspect and in a very short timeframe.

Patients are undifferentiated and you have to comfort their

needs whatever their medical history and present complaint is (trauma, cardiovascular/surgical emergencies etc) Emergency medicine is very challenging as you have to offer updated medical knowledge to patients acutely ill in the best way and under difficult circumstances. EM gives you also the opportunity to implement your medical background along with special medical procedures in order to manage life threatening situations. Apart from that, what I like in the environment of an Emergency Department (apart from the chaos) is that in order to work in an effective manner it is indispensable to collaborate with your colleagues and form a well bonded team.

What has been your training prior to joining the Emergency Medicine program and where did you work? After I finished the University of Medicine in Athens, I completed my residency in General Medicine in Corfu (island in the Ionian Sea)

What do you consider to be the most rewarding aspect of Emergency Medicine? Saving patients' lives in life threatening situations. In such cases, you see the immediate response of your efforts.

Is there a particular area of Emergency Medicine you find more interesting? I think “Trauma” is very challenging and unpredictable.

In these challenging times of a pandemic what do you do to maintain wellbeing? Eat and drink in a healthy way, playing tennis, trekking, hanging out with friends when we are not restricted by lockdown measures.

What are your favourite things to do outside work? Playing tennis, trekking, going to concerts, travelling worldwide.

What would you like to be doing in 5-10 years? Working as an Emergency Physician

In your opinion what are three “must see” destinations within Greece. Athens (Acropolis, Sounio), Milos, Crete.

In your opinion what are three local delicacies one must try when he/she visits your city?

Tsipouro without anise/Raki (drink), Grilled mutton chop (in my hometown Lamia), Galaktoboureko (sweet)



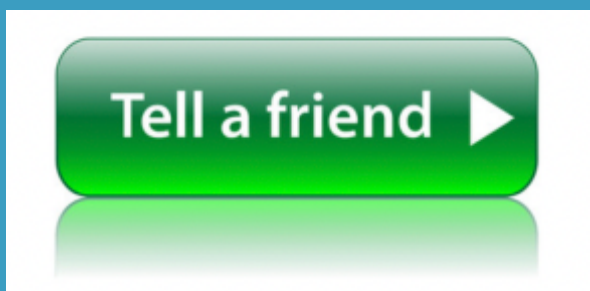
Milos

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Membership Cost: 30 euro per year.

HeSEM website: [www.hesem.gr](http://www.hesem.gr)



## Spread The Word!

Greek-Australian FACEMs and Emergency Medicine Trainees who would like to receive a newsletter from time to time please forward your details to:

[Hesem.AustralianSector.News@gmail.com](mailto:Hesem.AustralianSector.News@gmail.com)



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