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POINT OF VIEW

The experience of a resident at the Cincinnati Children's Hospital

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The Cincinnati Children's Hospital was founded 130 years ago in the United States. Recognized worldwide, it was considered by *Parents* magazine in 2013 as the third best pediatric hospital in the country. It is a teaching hospital, with 629 beds; between July 2014 and 2015, it had 211 residents and 262 fellows (physicians being trained in a subspecialty). Important breakthroughs have been made by researchers at the hospital, such as the vaccine against rota-virus, which was developed in 2004 and is now used worldwide.

In November 2015, I had the privilege, through the Hospital Israelita Albert Einstein (SP, Brazil), to visit and spend a month as an observer in this reference healthcare center.

The emergency room, where I spent most of the month, has 40 beds. There are four teams, each responsible for ten beds; each team is composed of an attending physician, a fellow in pediatric emergency, and residents in general pediatrics. After screening, patients are accommodated in a properly equipped room, where they are examined and given medications and the necessary tests are performed. Initially, a resident takes the medical history, performs the physical examination, and initiates the first steps in the management. The resident then discusses the case with the fellow or attending physician, who will then examine the patient and adopt other approaches if necessary. The levels of organization, attention, and speed of the service are admirable. Although there is a clearly established hierarchy, the relations take place in an environment of mutual respect, which provides constant learning.

The emergency room works like an orchestra: the pagers of residents, fellow, and attending physician sound simultaneously, as do those of the nursing staff. A team of approximately ten people moves to the emergency room. While the patient is examined, the fellow summarizes the case aloud so that everyone is aware of the situation. Tests and medications are requested orally, which are administered quickly by the nursing staff.

Daily classes for residents are held, lasting one hour, during the lunch period. The topics are varied and relate to areas of competence of the general pediatrician, e.g., upper respiratory infections, attention deficit hyperactivity disorder, and pneumonia. In addition to lectures, clinical cases are discussed in small groups, which facilitates learning.

Apart from its clinical excellence, the hospital has the largest pediatrics research center in the United States. Together with the University of Cincinnati, it offers various incentives for research and publication. Five projects of residents and their mentors are selected annually for funding. The residents dedicate 5-6 months exclusively to research, between the second and third years of their residency in general pediatrics. Projects that are not approved for funding may be carried out voluntarily.

The experience at the Cincinnati Children's Hospital has been extremely valuable. Learning the mode of operation of a pediatric hospital that is a worldwide reference further increased my desire to contribute to the health and welfare of Brazilian children and adolescents. The Cincinnati Children's Hospital inspires seriousness, efficiency, and humanization. Exchanges like these enrich, instigate, and motivate the resident pediatrician to devote him-/herself to care, research, and teaching, applying the acquired experience in a reality that is very different from that observed in the Cincinnati Children's Hospital, but not impossible to achieve.

Learn more about the *Cincinnati Children's Hospital*:
www.cincinnatichildrens.org
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