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My elective was at Yorkhill Children's Hospital in Glasgow. I was based in ENT for three weeks and General Paediatrics for one week. Overall I spent time in morning and afternoon ward rounds, and the rest of the day consisted of clinics, time in theatre with ENT and anaesthetics, educational meetings, shadowing nurses and allied health professions, and carrying out successful audit and research projects.

Overall I feel I was allowed choose what I wanted to do with my time. Teaching was excellent and based at my level. I was allowed to ask questions and practice my clinical examination and history taking skills.

The quality of supervision and teaching was excellent, as was the range of clinical and other challenges. My audit and research projects have since lead to a poster presentation in London, and I will be applying for publication, and oral presentation of audit in the next few weeks.

I have always had an interest in paediatrics, however before my elective, was not aware of the impact a sick child can have, not only themselves, but their families, carers, friends and their futures. Throughout my elective, I was lucky enough to be allowed to shadow in ward rounds, clinics, educational meetings, anaesthetics, theatre and speaking to parents, and feel I had a well-rounded learning experience in paediatrics.

After a week or so my supervisor began to let me speak to the children and parents, and carry out clinical examinations. One difficulty I had was finding the words to say to the children. My supervisor provided some excellent advice; you can say whatever silly, childish things you like as long as the child is happy and amused, no one else will mind, there is absolutely no need to be embarrassed! I have since been given the opportunity to volunteer at Yorkhill thanks to my supervisors help, and will develop my skills in speaking to children, from babies to adolescents and this will help me further in my future career.

Another part of paediatrics I learned throughout my elective is that if anyone worries the most it's the parents. I was able to shadow private conversations between parents and doctors, about rather vulnerable children in intensive care. This was quite hard hitting for me but something I will carry with me and always remember.

I feel I had an excellent opportunity to carry out audit and research projects during my time at Yorkhill. My research project was a case study of 'Airway Problems in Cornelia de Lange Syndrome.' I was able to set up and carry out the project on my own; from seeking clinical governance approval to going to medical records myself and formulating the results from case notes. There have not been any previous similar findings that these children respond well to airway surgery in PubMed or any previous publications so I feel I have played a part in finding out something novel that will affect patients care in the future. I have since been able to present a poster presentation of this research at the British Association of Paediatric Otorhinolaryngologists meeting in London, which again, was an amazing experience and an amazing opportunity to speak to leading experts in the field of paediatric ENT. I will also be sending my results away with the hope of publication soon. I also had the opportunity to carry out an audit project on external theatre referrals and the impact of these at Yorkhill. I will also be sending away an abstract to present this at the Scottish Otorhinolaryngological Society (ENT Scotland) meeting.

I found it difficult to get my feet on the ground and know what I was doing with regards to

both research and audit projects however with help from my supervisor and background reading I learned so much about research methods, the dedication required to complete a project, and the importance of research and audit to advance the treatment of patients, and improve the quality and effectiveness of the NHS. The educational value of these and their outcomes has been next to none.

Overall I don't think I could get any more out of my junior elective at Yorkhill. The range and quality of teaching and learning experiences, and the personal impact these had on me was amazing. With my extreme passion for paediatrics and paediatric surgery, I have organised my senior elective at Great Ormond Street Hospital with the help of my supervisor here in Glasgow and hope to have a similar positive experience there as well.