

Rind Anastasiia, ESPN training grant

September-November 2019, Stockholm, Sweden



I applied for the ESPN training grant in November 2018. At that time, I was a first-year resident in nephrology with the diploma of pediatrician. It was the happiest day when I received the letter from the ESPN president Prof. Levtchenko with the positive decision from the Board.

Thanks to the ESPN training programme, I had the opportunity to spend time at the nephrology unit at Karolinska University Hospital.

On the clinical front, this Swedish experience was very productive. I was exploring the patients with typical and atypical HUS, cystinosis, Lowe syndrome, methylmalonic aciduria, hyperoxaluria, vasculitis, polycystic kidney disease, Alport syndrome, infantile and congenital nephrotic syndrome.

I saw the manifestations of kidney involvement in Down syndrome, William's syndrome, Denys-Drash syndrome, Shimke immunosseous displasia, Cornelia de Lange syndrome. I learnt how to monitor the patients with kidney transplant.

I have studied the records of the patients visiting the clinic, collected the patient's history and examined the patients. All of these things I did without knowledge of the Swedish language. I did everything in English or using internet-based translation services. Many thanks to the department team for communicating in English instead Swedish. The work environment was so positive and friendly.

If I had a question everyone was ready to help. I think it was the perfect team offering the help whenever you needed it.

My special thanks to Peter Barany, the Head of the Nephrology Department, who helped me with the organizational questions and finding the possibilities for my research project, and Mia, without whom my visit wouldn't have taken lace.



I made the presentation about Organization of Nephrology Care in Russia in the Division of Baxter Novum.

I watched the performing of kidney biopsy. I attended the seminars in Baxter Novum. I have learnt a lot about peritoneal dialysis from visiting Professor Philip Li.

I explored Stockholm and was fascinated by parks, churches and monuments. I visited many of Stockholm's museums and learned a lot about Sweden's nature, history, culture. I made many friends in Sweden with whom I will keep in touch in the future.

In scientific field my cooperation with Sweden doesn't stop. Now I am in progress of making a retrospective analysis of patients' data with a combination of ANCA and anti-GBM antibodies.

I am honoured to report here my experience made possible by the ESPN training grant.

I hope this report proves inspiring for those young fellows in pursuit of a career in nephrology.

