Specialist training of Saudi Arabian doctors in Sweden

2015
Sweden- GENERAL FACTS

- Sweden is the third-largest country in the European Union by area, total population of about 9.7 million.

- Sweden is a unitary state, currently divided into 21 counties and 290 municipalities.

- Sweden maintains a Nordic social welfare system that provides universal health care and tertiary education for its citizens.

- has the world's eighth-highest per capita income and ranks highly in numerous comparisons of national performance, including quality of life, health, education, protection of civil liberties, economic competitiveness, equality, prosperity and human development.
The Swedish Higher Education System

- Sweden has a system of credits (högskolepoäng); a normal 40-week academic year corresponds to 60 credits. The system is compatible with ECTS credits.

- In the Swedish higher education system there are generally no intermediate qualifications.

- All qualifications are regarded as final, even if there is a possibility to continue studying. There are three categories of qualifications: 1. general, 2. in fine, applied and performing arts and 3. professional qualifications.

- There is no national grading system in Sweden. The higher education institutions may determine which grading system is to be used. No overall grade is given for a degree and students are not ranked.

- For more information visit: http://www.hv.se/Media/Get/12659/the-swedish-higher-education-system.pdf
The Swedish Higher Education System

**General requirements**

- completing an upper-secondary school program
- completed adult education at upper secondary school level or
- having the potential to benefit from the education, by virtue of other education, practical experience or other circumstances.

**Specific requirements**

- vary according to the field of higher education
- expressed in terms of upper-secondary school qualifications in specific subjects.
- Restricted admission is used for all study programs and courses
The Swedish Higher Education System

First cycle

Högskoleexamen
Higher Education Diploma 120 credits

Kandidatexamen
Degree of Bachelor 180 credits

Second cycle

Magisterexamen
Degree of Master (60) credits

Masterexamen
Degree of Master (120) credits

Third cycle

Licentiatexamen
(Degree of Licentiate) requires at least 120 credits including a thesis of at least 60 credits

Doktorsexa men
(Degree of Doctor) requires 240 credits including a thesis of at least 120 credits
## County councils & University hospitals

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County councils & University hospitals

- Skånes University hospital
- Karolinska University hospital
- Sahlgrenska University hospital
- Örebro University hospital
- Akademiska University hospital
- Norrlands University hospital
- Linköping University hospital
- Skånes University hospital
SC is a part of the public Swedish healthcare sector and organized directly under the regional council of Skåne, with the first governor of Skåne as the acting principal. Skåne Care represents all public hospitals in the region.

SC services range from catering to the individual or groups of patients who desires to travel to Sweden for treatment, to education programs as well as consultancy services in a broad range of areas such as research, management and organisation.
Specialist Medical Training curriculum follows the National Board of Health and Welfare guidelines for the Swedish specialist training.

International Candidates that have completed specialist Medical Training will receive a certificate from Swedish health care authorities, in this case Skåne University Hospital. The medical training provided to the Saudi physicians is equal to that provided to the Swedish counterparts.

Specialist Medical Training has a standard duration of at least six years. In addition to the Swedish five-year program, international students go through an initial year, Year 0, for the training in the Swedish Language and the Swedish health care system modalities.

During the last three months before training at the clinic starts, the candidate will be introduced to the clinical setting. Before starting Specialist Medical Training at the clinic, the candidate needs to speak Swedish fluently so as to be able to interact with patients.

The specialist Medical Training for an individual candidate can be extended by more years if there is a need of further training in other medical fields.

Similar to Swedish doctors undergoing specialist training, candidates might rotate among different hospitals within the region, depending on the hospital’s specialist competence and the educational plan set to fulfill targets in the Curriculum.
General Requirements

To be able to apply

- The candidate needs to have a relevant medical degree and certificates in English to prove that he or she is authorized to practice medicine. The documentation needs to be recognized by the Swedish National Board of Health and Welfare, the Swedish universities and the Swedish hospitals authorities.

- Need to be a fluent speaker in English and/or Swedish.
Application Process

To be able to come for an interview candidate need to provide:

- a. filled application form for Specialists Medical Training
- b. Copy of passport
- c. Curriculum Vitae “CV”
- d. Personal letter with expectations
- e. Three recommendation letters
- f. Copy of relevant certificates and documents
- g. Finance letter
Interview Process

To be able to receive letter of acceptance

- Be able to travel to Sweden on own expenses and responsibility to meet the clinic and SC or through TV circuit or in Saudi Arabia, provides letter of invitation if needed.

- Positive outcome from interview at the Clinic.

- Provide further requested documents to receive letter of acceptance
Relocation Process

To be able to move to Sweden

- Contact SC to plan for the move to Sweden and provide necessary documentation if needed.

- MRSA- test and vaccination before any clinical training starts.
Language Process (Preparation Year)

To be able to start practice at the clinic

- Swedish language training (level C1) at university level or similar to be able to speak to Swedish patient and medical terminology

- Cultural training and learning about the Swedish health care system in general

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<th>Preparatory Swedish training</th>
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<td>General Swedish and medical terminology</td>
<td>18-22 weeks</td>
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<tr>
<td>Mixed Swedish, medical terminology, society and constitutional knowledge</td>
<td>5 weeks</td>
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<tr>
<td>Everyday language and cross-cultural communication</td>
<td>2 weeks</td>
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Practice Process (Year 0)

To be able to start training year 1

- Apply and adjust Swedish language and clinical skills at the clinic

- Candidate proves that he/she speaks fluently Swedish and he/she is ready to start the training.

- Attend and complete the needed courses in the medical area
Training process (Year 1 and following years)

To be able to complete the program:

- Respect and follow regulations concerning the Swedish health care system and the regional/ local instruction.
- Respond to the training during test years to proceed with the following years.
- Attend and complete the needed courses in the medical area.
- Candidate needs to fulfill training according to the agreed educational plan.
- Needs to fulfill training according to the agreed educational plan.
Relocation and orientation during the first year

Together with relocation experts the doctor will receive a society and cultural orientation. The doctor will get an understanding of his/her rights and responsibilities in the Swedish society, the Swedish democracy, cultural differences and how the society is organized. There will be oral and written support regarding the residence permit, accommodation, economy and family related questions. The goal is to create the best opportunities for the doctors to focus and to be eligible to start the clinical training.
Language training

The language training includes an individual package to make sure that each doctor gets the right level of training. The doctor will be evaluated during the introduction year to measure the potential and need of training. The language training and medical terminology consists of 4-8 weeks of preparations in the home country (if possible), 18-22 weeks of full-time studies in Swedish. 5 weeks of full-time Swedish studies mixed with medical terminology, society and constitutional knowledge and 2 weeks of full-time studies in everyday language and cross-cultural communication. Full-time studies that is equal to 30 teaching hours per week. The doctors should after the language training and medical terminology be able to fulfill the level C1 according to Common European Framework of Reference for Language CEFR.
<table>
<thead>
<tr>
<th>Field</th>
<th>Number of positions</th>
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<td>Internal medicine</td>
<td>2</td>
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<tr>
<td>Anesthesiology and intensive care</td>
<td>2</td>
</tr>
<tr>
<td>Ophthalmology</td>
<td>1</td>
</tr>
<tr>
<td>Ear/nose/throat</td>
<td>1</td>
</tr>
<tr>
<td>Gynecology</td>
<td>2</td>
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<tr>
<td>Pediatric surgery</td>
<td>1</td>
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<td>Cardiology</td>
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<td>Pulmonology diseases</td>
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<tr>
<td>Neurology</td>
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<tr>
<td>Physiotherapy and rehabilitation</td>
<td>1</td>
</tr>
<tr>
<td>Nephrology</td>
<td>2</td>
</tr>
<tr>
<td>Gastroenterology</td>
<td>1</td>
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<tr>
<td>Endocrinology</td>
<td>1</td>
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<tr>
<td>Rheumatology</td>
<td>3*</td>
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<tr>
<td>Thorax surgery</td>
<td>1</td>
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<tr>
<td>General surgery</td>
<td>1</td>
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<tr>
<td>Radiology</td>
<td>1</td>
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<tr>
<td>Vascular surgery</td>
<td>1</td>
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<tr>
<td>Oncology</td>
<td>1</td>
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<tr>
<td>Geriatrics</td>
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<tr>
<td>Pediatrics</td>
<td>1</td>
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<tr>
<td>Psychiatry</td>
<td>1</td>
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<tr>
<td>Orthopedics</td>
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</tbody>
</table>
Sahlgrenska University Hospital

- The hospital provides the infrastructure necessary for teaching and research in cooperation with the Sahlgrenska Academy at the University of Gothenburg.

- The University Hospital provides emergency and basic care for the Gothenburg region with 700,000 inhabitants, and highly specialized care for West Sweden with 1.7 million inhabitants. The hospital has 17,000 employees, 140 in-patient wards and 170 out-patient clinics and a total of 2000 beds.
Sahlgrenska University Hospital

- Sahlgrenska University Hospital has been licensed by the National Board of Health and Welfare to provide national medical care in a number of areas, such as transplant surgery, craniofacial surgery and pediatric cardiac surgery and certain thoracic surgical procedures in GUCH patients.

- Sahlgrenska University Hospital offers the unique and world leading OPRA implant system for providing bone-anchored prostheses in amputated patients, which is one of the hospital’s centers of excellence.
Swedish Specialist Medical Training Program

- Sahlgrenska I.C. provides Swedish Specialist Medical Training Program (residency) according to the regulations and guidelines of the National Board of Health and Welfare in Sweden.

- The specialist training program is offered to physicians from countries outside of the European Union with the objective that the specialist returns to his/her home country in order to contribute to enhance knowledge, competence and skills in the national health care system.

- The program is given in Swedish and require at least five years of full-time independent clinical work. The specialist training is performed at Sahlgrenska University Hospital, which is one of northern Europe’s biggest university hospitals and one of six teaching hospitals in Sweden.

- In Sweden, the undergraduate medical education is provided by the universities, while the specialist medical training program is provided by the regional county councils. The county councils are also the public authority responsible for the country’s medical and health care. Medical doctors who are interested in PhD programs can apply too.
Swedish Specialist Medical Training Program

Financing

The specialist training program can only be offered on condition that there is a public sponsor/employer in the resident’s home country accepting to defray all related costs; tuition fee and living expenses in Sweden. The sponsor might be a public authority, ministry, hospital or similar. The content and conditions for the training program will be specified in a formal agreement between the sponsor, Sahlgrenska I.C. and Sahlgrenska University Hospital, according to Swedish laws and regulations.

Certificate

On completion of the training program, a certificate of qualification as a specialist will be issued by Sahlgrenska University Hospital stating that the medical doctor has completed postgraduate training in Sweden equivalent to the general requirements for the specialty concerned. This will however not entitles the holder to practice medicine or to work as a doctor in Sweden, owing to Swedish legislation.
Swedish Specialist Medical Training Program

Insurance
The resident must follow all regulations connected to the Swedish health care system. Special attention should be paid to regulations concerning professional secrecy, hygienic guidelines and other local instructions. The Swedish Patient Insurance will cover compensation for injuries caused by the resident during the training period.

Positions
Specialist training can be offered in most medical disciplines within the hospital’s framework.
Karolinska Institute (Medical University)

Karolinska Institute is one of the world’s leading medical universities. Its mission is to contribute to the improvement of human health through research and education. Karolinska Institute accounts for over 40 per cent of the medical academic research conducted in Sweden and offer the country’s broadest range of education in medicine and health sciences. Since 1901 the Nobel Assembly at Karolinska Institute has selected the Nobel laureates in Physiology or Medicine.
Karolinska University Hospital

Karolinska University Hospital has 1,700 hospital beds and 15.7 billion in sales. There work 15,300 employees in several different professions: 36% nurses, 18% nurses, 16% physicians, 8% medical technologists, 7% administrative staff, 4% paramedical personnel, 4% medical secretary, 7% other professionals.
Specialist Training

- The resident physicians at Karolinska University Hospital have the ability to educate themselves in any of over 40 specialties is provided. The hospital offers both advanced and highly specialized health care with a large and wide selection of patients and leading international research and education. Karolinska University Hospital is one of the largest training for aspiring specialists.

- Specialist training (ST) is the training that licensed doctors are conducting to achieve specialist. Qualified candidates must be a licensed physician to seek an ST Service. It is often an advantage to have served as the medical substitute in an activity before applying.
The hospital employs 5,600 people. It is also a teaching hospital for Umeå University, with the Faculty of Medicine as the responsible authority; 13 departments and 11 academic programs. Within the faculty there are about 2,860 undergraduate and 450 postgraduate students and about 1,020 staff members, among them about 500 teachers/researchers.
Umeå University Hospital

The hospital works closely with Umeå University to provide world class health care. At University Hospital of Umeå, cutting-edge expertise in a number of specialties, first-class technology and treatment in a modern environment ensure the best medical outcomes with the patient always at the center. High quality and a low complication rate lead to their satisfied patients, according to the national quality survey. Services at University Hospital of Umeå are also among the country’s most cost-effective, combining high quality and reasonable costs.
Uppsala University Hospital

- Uppsala University Hospital is one of Sweden's biggest and full-scale university hospitals with around 40 departments, 8,000 employees and 1,000 beds. Each year there are 55,000 admissions, 328,000 physician encounters and 328,000 out-patient treatments.

- The hospital’s main fields of activity are medical care, teaching and research. Education and research are undertaken in close collaboration with the Medical Faculty of Uppsala University.
The University Hospital has several different roles – county hospital, specialist hospital, Uppsala University Hospital is sufficiently big to be able to offer all the possibilities of a larger hospital but is also sufficiently intimate to be able to offer a welcoming and human environment with warm interrelationships among staff, patients and their families.
Clinical Training

Uppsala University Hospital is a training hospital for, to name a few, doctors, nurses, assistant nurses, midwives, physiotherapists and biomedical analysts. Over 1500 people receive their professional training there every year. They arrange lectures, seminars and courses for both healthcare staff and the general public. The courses are arranged by the respective department.

Clinical Training Center

The clinical training center is the site where members of staff from Uppsala County Council or students on the university’s care-based courses can practice skills and CPR with the help of models and other equipment.

The premises and models can also be rented by external customers.

- The center has:
  1. A method room for practical training
  2. A room for CPR
  3. A simulator unit
  4. A lecture hall for max 20 people
  5. A datortek (computer center), which offers the use of virtual programs
The University Hospital in Örebro is a development-oriented and service-minded healthcare and medical treatment center. The driving force in their development is a close collaboration between care and science.

USÖ is particularly successful in the areas of cardiac care, cancer care, eye care, urology, surgery, and hand surgery. The primary cooperative partners are the Värmland, Dalarna, Sörmland, and Västmanland county councils.
Together with the hospitals in Lindesberg and Karlskoga, they offer specialized somatic care to the county's 280,000 inhabitants, roughly 190,000 of who get their care at USÖ. The work is based on high-quality nursing, diagnostics, and treatment, and on meeting each and every patient in a positive and personal way.
The hospital has all specializations except organ transplantation. Excellent areas are, for example, burn care, where the hospital together with Uppsala University Hospital is responsible for national care (rikssjukvård). The hospital has about 4,900 employees and 600 care places.
The medical faculty at Linköping University is placed at the university hospital. The faculty has undergraduate and graduate education in most medical fields. One of the units is Clinicum, a learning laboratory for simulation and skill training with problem-based education. The university hospital conducts research in close cooperation with Linköping University.
ST training in Orthodontics

- Linköping offers a 3-year continuous training in Orthodontics.
- At the final exam a written diploma in accordance with the guidelines by the National Board (SOSFS 1993: 4) is required to receive the qualification of a specialist.
- The Center for Orthodontics / Pedodontics in Linköping trains specialists in orthodontics since 1971.
- The clinic is fully digitized regarding X-rays and models.
- They work with Edward32 as basic medical record. Education premises have undergone a complete renovation in 2010-2011.
- Four ST dentists are currently in training.
- Teaching is conducted according problem-based learning (PBL).
- Some parts of the theoretical training are conducted in English.