



Order of St Lazarus: Commandery of Wales

Week 1 Elective Report: Sri Lanka

We arrived in Sri Lanka at 3am after a 12 hr 45 min journey to Colombo. We



were staying at an air B and B with lovely hosts who gave us lots of advice about the city and even cooked us a home cooked classic Sri Lankan meal on our second night. We spent our first day adjusting to the heat and exploring Colombo city.

The following morning we started placement where I am on the Obs and Gynae for the first two weeks and I have been loving it! I have chatted to the women on the antenatal side of the ward as there are a few who speak English. Most of the ladies who speak English have been admitted with emergencies, such as impending eclampsia, and are waiting to be transferred to

the private hospital.

I have assisted on C sections- 'scrubbing in' in a different country was a nerve wracking and interesting experience, especially in the heat! I have spent some time on labour ward and saw a birth which was, as always, such a special experience.

In the evenings we have been exploring Colombo and trying all the food it has to offer- our current favourite is kottu. For our first weekend we are traveling to the south of Sri Lanka to explore the beaches!

Joanna Hawkins
Sri Lanka