

## Report of the NFOG visitor program 2006

I visited the fetal blood flow laboratory in Malmo University Hospital for two weeks in the end of October 2006. The goal of the visit was to deepen skills and knowledge of Doppler ultrasound and fetal echocardiography.

Most of the time was spent in the blood flow laboratory performing fetal Doppler examinations under the supervision of highly skilful, precise and experienced laborants. The new aspect for Doppler examination was to use the sound of Doppler to find the best and the most accurate Doppler waves at the moment. The routinely done Doppler examinations were umbilical artery, umbilical vein in abdomen, ductus venosus and uterine arteries. I was also introduced to the scoring system in different Doppler examinations, which were used systemically in the follow up of intrauterine growth retardation. The scoring system was very clear and useful in clinical decision-making, and also eased outpatient follow up.

The other part of the visit considered fetal echocardiography. I was delighted and privileged to be able to follow Doctor Saemundur Gudmundsson to perform fetal echocardiography. He also had extreme patience to allow me to perform echocardiography under his supervision, which was naturally the most interesting and instructive part of the visit. The systematical way of looking for specific anatomical views of the heart of the fetus clarified my routine fetal echocardiography examination. I was also able to watch different kinds of heart malformations saved to the computer in the clinic during the years.

I also had a brief visit to the prenatal ward and maternal outpatient ward. It was interesting to discuss about the treatments of pregnancy complications in those wards. For a clinician it is always exciting to notice the differences and similarities in treatments.

Malmo University Hospital was an extremely pleasant clinic to visit. I appreciated very kind and open-minded atmosphere in the fetal blood flow laboratory- especially I am grateful to the laborants- Lena Bergbengtsson, Maria Nilsson and Pia Soikkeli. And my deepest gratitude belongs to Doctor Saemundur Gudmundsson, who approved my visit and arrange social programme. And naturally I appreciate NFOG visiting programme which was a promoter and made this period of visiting possible.

Kati Tihtonen, MD, PhD

Senior consultant

Tampere University Hospital

Department of Obstetrics and Gynecology

Finland