

Trip Report- The EPOS/POSNA 2015 Travelling Fellowship



Sergio Martinez Alvarez (Spain)

Nick Nicolaou (UK)

Blazej Pruszczyński (Poland)

Boston- Highlights



Red Sox game!



Sushi with Dr Kim

Boston- Highlights



Boston Marathon



Boston Children's Hospital

Boston- Highlights



Dinner at the Harvard Club with Boston Children's Faculty



Tour of Boston - MIT

Cincinnati- Highlights



Underground Railway with Dr Little



Tour of the hospital

Cincinnati- Highlights



EPOS fellows in theatre



Lunch with Dr Parikh

Cincinnati- Highlights



Mummies of the world exhibition
with Dr Denning



Dinner at Dr Jains' home
with Faculty

Cincinnati- Highlights



Lectures given by EPOS fellows to Cincinnati team



Meeting with Rosie-
baseball game

Washington- Highlights



Breakfast in Washington
with Dr Oetgen



Tour of the capital

Washington- Highlights



VIP tour of Capitol Hill



Segway tour of
Washington sights

Washington- Highlights



Dinner with the Washington Faculty



Dinner with Dr Oetgen and his family/
Washington team

Washington- Highlights



EPOS fellows presenting to
Washington Faculty



Children's National Hospital

Atlanta- POSNA Meeting



Eating half a BBQ cow each
with Dr Schrader!



The home of Coca-Cola


In addition, we learnt...



Lifts (Elevators)
accommodate
less people in
the US
(although 168kg
per person)

In addition, we learnt...

Leave the Germs Here!
Give them a WASH!



Henry the Hand's **4** Principles of Hand Awareness:

1. **WASH** your hands when they are dirty and **BEFORE** eating.
2. **DO NOT** cough into your hands.
3. **DO NOT** sneeze into your hands.
4. Above all, **DO NOT** put your fingers in your eyes, nose or mouth!

www.henrythehand.com

Dr. William P. Sawyer ®
The 4 Principles of Hand Awareness have been endorsed by the AMA & AAFP

Not to put your fingers in your eyes for hygiene reasons

Daily life was difficult due to:



Large Quantities of alcohol....



and food.....



So be aware, we were



Thank you EPOS and POSNA!

