



# ACG INTERNATIONAL TRAINING GRANT TO MASSACHUSETTS GENERAL HOSPITAL

By Artemis Trikola, MD



Inspiration and perspective. These two pillars could best describe my six-month training period in Massachusetts General Hospital. If ACG aims to inspire and give a new perspective to young physicians from other countries, the International GI Training Grant accomplishes this goal.

Gut-brain interaction is nowadays an established pathway that is commonly encountered between patients presenting with GI complaints. Understanding the diseases of gut-brain interaction and the mechanisms that drive symptoms is the cornerstone to effectively treat patients with these chronic diseases that have a substantial burden in their quality of life.

As motility and neurogastroenterology is not as well established in the Greek healthcare system as other subspecialties of gastroenterology, visiting the Center of Neurointestinal Health of Massachusetts General Hospital, served as an outstanding value for my country and my home institute. ACG's International Training Grant was an invaluable opportunity to have a six-month training experience in a tertiary center which focuses in functional and gastrointestinal motility diseases. When I was honored to be selected for the ACG grant, a new perspective regarding clinical care was deployed and as this experience lacks in Greek daily practice, the training period at the Center of Neurointestinal Health of

MGH has proven to be a life-changing opportunity.

Outpatient clinic was based on a holistic approach to the patient. Multidisciplinary meetings that included surgeons, radiologists, specific oriented GI psychologists and GI psychiatrists were organized on a weekly basis aiming to establish a therapeutic plan that aimed to improve patients' quality of life. Endoscopic procedures, carried out by the latest technological equipment, covered all the spectrum of gastroenterology and motility including advanced endoscopic techniques for both diagnostic (such as functional luminal imaging probe, Endoflip) and therapeutic purposes. All-important principles surrounding functional and motility disorders were transmitted via an interactive way, that made this six-month period a fruitful, unforgettable experience.

Apart from daily clinical activities, the Center organized educational activities and weekly clinical research meetings. I had the privilege to be exposed to the basic principles of good clinical practice and to actively participate in the department's meetings and research activities. Moreover, I was encouraged to start clinical research projects on my own and guided by experienced

Dr. Trikola's 2022 ACG International Training Grant and experience at Massachusetts General Hospital proved to be a "life-changing opportunity."

mentors through every step.

I am grateful to all members of the Center of Neurointestinal Health for teaching, inspiring, guiding me and showing their hospitality: Dr. Braden Kuo; Dr. Kyle Staller; Dr. Christopher Vélez; Dr. Barbara Nath; Dr. Vlaicu A. Botoman; and Assistant Professor of Psychology Dr. Helen Burton Murray; as well as Dr. Hamed Khalili (IBD Unit) and Dr. Francis Scholz (Radiology Department) for their willingness to transmit their clinical experience with me; the fellows who were like family to me; and all the nurses in the motility lab. All this would not have been accomplished without the support of my mentors in Athens, Gerassimos Mantzaris, MD, and Nikos Viazis, MD.

It was a thrilling experience that will definitely change my perspective of how medicine should be practiced. I thank ACG for this life-changing opportunity that broadened my horizons.



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