RUTGERS HEALTH
Robert Wood Johnson Medical School

Immersive Global Health Experience in Romania

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Background:

- Capital city: Bucharest
- Population: 19,015,000 (2024)
- GDP per capita (USD): 15,295.1
- Languages: Romanian (official); Hungarian
- Life expectancy (female/male): 79.7 / 72.6
- Under five mortality rate (per 1000): 6.3
- Physicians (per 1000): 3.5
- Current health expenditure: 6.5% of GDP

Program Structure:

Program Dates: June-July 2025
Location: Arad, Romania

- 4-week clinical experience at Arad County Clinical Hospital in Pediatrics department
- Vasile Goldis Western University of Arad
- Inpatient and clinic settings
- Housing in dorm close to the hospital

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Personal Objectives:

- Broaden perspectives on global health and healthcare in Romania
- Clinical exposure in my field of interest
- Explore new cities and become immersed in the culture of the region
- Personal and professional growth

Medical Education in Romania:

- Medical school: 6 years after high school
- Residency: varies depending on specialty (5 years Pediatrics; 3 years Family Medicine)

Arad County Clinical Hospital: Pediatrics Department

- Visited patients aged 3-18 years with pediatric and family medicine residents
- Practiced physical exam skills
- Attended rounds with attending physician and residents
- Observed outpatient visits in the clinic
- Discussed lab results with residents
- Procedures observed: ultrasound, cardiac echo, spirometry, blood draws, arterial blood gas test







Around Arad:

- City Hall
- Arad Fortress
- Traditional cuisine



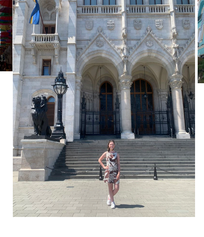


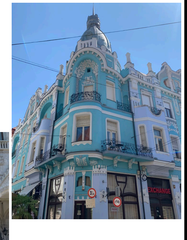


Travel Experiences:

- **Timișoara** -- National Art Museum, Union Square, Metropolitan Cathedral
- **Budapest** – Parliament building, Buda Castle, St. Stephen's Basilica
- **Oradea** – Oradea Fortress, churches and architectural landmarks







Clinical Cases:

- Pneumonia
- Allergic reactions
- Asthma
- Anemia
- Gastroenteritis
- UTIs
- Tetraparesis
- Henoch-Schönlein Purpura



Healthcare System Differences:

- Universal healthcare, lower costs
- Manual documentation with less automation
- Differences in medical education

Summary and Insights:

- Learned more about pediatric medicine by observing inpatient and outpatient care and a variety of clinical cases
- Navigated interacting with patients when there is a language barrier
- Experienced personal and professional growth by exploring a new country independently and learning how to adapt in unfamiliar situations
- Gained new perspectives through clinical exposure and cultural experiences
- Explored Arad and other nearby cities

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Reference:

United Nations, Department of Economic and Social Affairs, Statistics Division (2025). *Romania.*