

## Friendly Atmosphere at the Dermatology Clinic in Kungsbäcka

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**Anna Månesköld is working at the Kungsbäcka dermatology clinic since a little more than six months and is overwhelmed by the nice atmosphere coming from both the colleagues and the patients.**

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“As soon as you get here you can feel the lovely atmosphere at the clinic”, the patients attending the Kungsbäcka dermatology clinic say. I felt the same when I started here a little more than six months ago. It was probably the warmest feeling I have ever known when beginning at a new clinic. It is cosy – you can hear laughter from a room somewhere and very soon you are met by a nurse with a smile on her face.

The first thing you catch sight of when entering the clinic, through the door and the narrow hall, is an old clock, hanging on a wall right in front of you – usually it is showing slightly the wrong time. But knowing the exact time does not feel too important at the dermatology clinic.

Those who arrive sit down in a room more similar to a living room than a waiting room. They look through one of the many magazines and have a cup of coffee or hot chocolate. Maybe they glance at the TV in the room. Many start talking with each other and it has happened more than once that I have had to politely interrupt a deep conversation to ask if it

is all right to fetch the patient, since he (or she) actually has an appointment.

At the clinic there is an opportunity to meet five wonderful women. Four kind and wise nurses – Marie Gordon, Lena Bohlin, Ulrika Bagger and Jenny Gordon – work here (Fig. 1), as well as a similarly kind and wise secretary, Helena Burnelius. That they get on well is obvious from all the laughter and talking. The atmosphere is relaxed and intimate.

There are four dermatologists at the clinic: Wendela Liander, who started the clinic some 20 years ago, MariHelen Sandström Falk, Tore Särnhult and myself, Anna Månesköld (Tore and I share a post) (Fig. 2).

The clinic has a large photodermatology section. Here, about 5,000 treatments are performed each year. We have a TL01 box and a Helarium, and offer hand- and foot-UVB therapy, as well as Bucky treatment. We also have a surgery room fully equipped for dermatologic surgery. More than a third



Fig. 1. Coffee break! From left: Helena Burnelius, Marie Gordon, Lena Bohlin and Ulrika Bagger.



Fig 2. She started it all! Wendela Liander, flanked by Anna Månesköld (left) and MariHelen Sandström Falk (right).



Fig. 3. The colleagues at the Kungsbacka dermatology clinic, posing for a Christmas card photo from the year 2002.

of our patients are referred to us regarding tumours. Most such cases are dealt with at our clinic, but we also cooperate well with the ear, nose and throat specialists and surgeons at Kungsbacka Hospital.

We have lots of eczema and psoriasis patients who receive phototherapy, but many of them are also offered systemic treatment. At present, about forty patients are on methotrexate, about fifteen Neotigason, a few on Sandimmun and nineteen on biologics. Of course, we treat some patients with severe acne, and about forty such patients are currently on Roaccutan. The spectrum of dermatoses that we investigate and treat is wide. However, there is no venereology clinic in Kungsbacka, so most patients suffering from venereological disorders are treated in Varberg, in Gothenburg or by GPs in Kungsbacka.

Our clinic participates in clinical studies and we also have the benefit of being able to participate in the “Thursday meetings” at Sahlgrenska University Hospital, where we can also present difficult cases for discussion. We further participate in other courses and meetings held at the hospital. Furthermore, we educate and cooperate closely with the GPs in our district.

Kungsbacka is a town on the Swedish west coast, about 30 km south of Gothenburg. The population of the municipality has increased continuously and is at present slightly below 80,000. It is a sweet little town with a well-preserved town centre through which the river of Kungsbacka runs. Old wooden houses dated from the beginning of the 20<sup>th</sup> century have been converted into small shops. The town was relatively small until the 1970’s, when the population started to increase as people moved into the area. Many in the Kungsbacka municipality live close to the sea in places such as Kullavik, Onsala and Särö, which have almost become “suburbs” of Gothenburg. The town has a railway station, from which many inhabitants commute to Gothenburg. A short walk from the station you will find Kungsmässan, a nice shopping centre. There, right above the

SEB bank, you will find the premises of our dermatology clinic. Our clinic moved here about ten years ago. Previously, it was situated in Hotel Halland, a large hotel in Kungsbacka. The dermatology clinic was located on the top floor of the hotel, where a few rooms had been renovated for our use.

It was Wendela Liander who, together with the nurses Helen and Marie and a secretary, started the dermatology clinic on a smaller scale almost exactly 20 years ago. “It was extremely fun, it was just tremendous”, says Wendela when asked how it was in those days. “There was a real mixture of patients, so all – including the most severe – skin diseases were dealt with.” Wendela developed good cooperation with the GPs and had close contact with her patients. “I knew everybody”, she says. “For example, if a patient with severe psoriasis did not turn up for his phototherapy, we called him to find out what the matter was.” She also feels that collaboration with politicians has always been good. I notice as a newcomer that decisions are made in close co-operation with our unit. They listen to us, as Wendela says. Everything was easy when she started the clinic: She had competent and brave staff. And they have hardly had a single day’s sick leave during the past 20 years!

It is Wendela who has built up the whole dermatology clinic, including the phototherapy section, and it is she who has left her mark on it with her dedicated and cordial personality.

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