タイ・マヒドン大学附属シリラート病院選択臨床実習受入

学生研修レポート

大阪医科大学の交換留学に参加して

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抄訳

毎年マヒドン大学シリラート病院の国際関係部では、学問的な知識や技術の向上、また文化的側面では国際理解と国際協力の意識を育てるために4年次が終わってからの休暇から6年次にかけての期間に学生を海外派遣プログラムに送っています。

今回の留学を決めたのは様々な理由がありました。まず海外での医療が母国とどう違うのか興味がありました。違うとすればそれはタイの医療を改善するのに役に立つのか？また、留学すれば新しい環境で生活するという生活面でのチャレンジがあり、他の人と協力しあって実習することや、適応するという過程が必要になってきます。将来、医師としての人生のために知識を増やすだけでなく普段しない経験もたくさんできる。日本語を6ヶ月間勉強していたので言葉ももっと理解できるようになりたかったですし、日本の有名な文化遺産を垣間見る時間もあります。そんな訳で迷わず日本を留学の地に選びました。
大阪医科大学での選択臨床実習では日毎に異なった診療科に研修に行き、講義、病棟回診、手術見学、外来見学などが経験豊かな先生方の指導のもと行われました。研修の合間には大阪医科大学の学生の皆さんと文化体験する機会もありました。今まで見たことのないものを見、学んだことのない事を学び、医学の知識や見解の違いを認識しあい、又共有し、この1ヶ月の留学は自分にとって忘れられないかけがえの無いものとなりました。

以下のレポートは毎日の出来事を研修が終わってから一つ一つ書き起こしたものです。（訳者注：本抄訳では毎日の研修報告・感想は省略しています。原文をご参照願います。）

この1ヶ月間にわたる研修を準備戴いたすべての皆様に感謝するとともに、またいつかお会いできることを楽しみにしています。
My Experience at Osaka Medical College

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Every year, The Siriraj International Relations Division (Faculty of Medicine Siriraj Hospital, Mahidol University) sends medical students abroad for an elective program during the vacation after the end of 4th year and 6th year. The objectives of the program are in many aspects. Not only in an academic aspect to improve knowledge and skills of individuals but also a cultural aspect to create international understanding & cooperation.

I decided to join this program because I would like to clarify my curiosity about the medical practices of other countries whether, or not, they differ from mine. And if there is any difference, can it be applied to improve Thailand medical system? Also I would like to spend my free time collecting knowledge and experiences awaiting me in the program to improve my skills and to explore the way toward my future in doctor-life. Not only academic benefits, this elective program will also provide me to learn the aspects of living, facing new environments, working with others and, of course, adaptation. Besides that, Japanese culture and language are undeniably most interesting to me. I have been studying Japanese language for about 6 months and it rapidly becomes a part of my life as I feel fun and relaxed every time I learn. I, therefore, take this program as the very best opportunity to learn further Japanese. Moreover, I can relax by going sightseeing at many famous and appealing places in Japan on my holidays. So there was no hesitation for me to choose Japan in an application form.

As now I finished one month elective program at Osaka Medical College (OMC), many things passed by and became my priceless experiences. During the past one month, I was assigned to study in various departments, changing on a daily basis. All activities such as lecture, ward rounding, operative observation and out-patient clinic observation were all done under the supervision and guidance of the competent and highly experienced persons to ensure the most efficiency for daily rotation. I have got many new things what I have never learned, seen what I have never met and have exchanged our knowledge and attitudes on various medical aspects also. This report will represent my attitudes and experiences after this elective program has been done.

While I was living in Japan, Japanese daily living and culture were gradually integrated into my daily life. The most impressive things for me are hospitality of people here, both college insider and outsider. On weekdays, I was kindly treated by OMC’s staffs and students. We sometimes had dinner together, joined the club activities (OMC archery club) or went out for sightseeing trips (Kiyomizu Temple, Kyoto). Also, the “Nakayama
center for medical cooperation” (NICMC) that is responsible for foreign affairs and exchanging students. Not only coordinating with departments for a daily rotation schedule but they also take care our daily living. Accommodations, trips, activities and theirs expenses were all supported by Nakayama Center and we would get helped by staffs with every trifling problem if only we asked them. On weekends, I spent my free time exploring around the Kansai area. My sightseeing trips around Osaka, Kyoto, Kobe and Nara indescribably impressed me.

Many things happened in one month so it’ll be easier to narrate as a diary I wrote everyday while I was in Japan. Hope you enjoy reading it to the very end.

(12/01/13) - The first day we met

After a six-hour flight, we arrived at The Kansai International Airport around 6.10 am. As Ms.Matsumoto had told us before, we had to take an airport shuttle bus on 7.20am to Hankyu-Ibaraki and we would meet there.

The weather in Japan is very different from what we have in Thailand. Despite its coldness, I prefer this kind of weather more. It feels very comfortable.

It took about an hour from the airport to Ibaraki, after we met; Ms.Matsumoto took us to Takatsuki city where our apartment locates. The apartment was very convenient, as it was just about five minutes walking from the College and the train station.

Ms.Matsumoto took us on a walk around the area and treated us our first meal in Japan, Kushikatsu.
The rotation at OMC will be started on 15th January, so we spent our holidays on a sightseeing trip around Osaka. We visited many places such as Osaka castle, Shitennoji Temple, Tennoji zoo, Tsutenkaku Tower, Osaka Bay area, Namba and Umeda. The attractiveness of the places, the taste of foods and the hospitality of people represent somewhat fascinating Japan to me.

(15/01/13) – The first day at OMC

Today was our first day at OMC. We were introduced to staffs at the NICMC (Nakayama International Center for Medical Cooperation) Ms.Matsumoto, Mr.Ogawa, Ms.Hisada and also Professor Toshiaki Hanafusa, the director of the center. After lunch, we were taken to a tour around the hospital to see the library, lecture rooms, meeting rooms, The Faculty of Nursing and The Medical Training Support Center, where we had some opportunities to do simulation training with equipments there.

In the evening we had a welcome dinner with Professor Hanafusa at The Japanese Restaurant “Rin”. The full-course Japanese food was served. A meal with delicious food and relaxed atmosphere as Professor Toshiaki Hanafusa and Nakayama Center staffs gave us a very warm welcome today.
(16/01/13) – Rehabilitation Center

My first day rotation started in The Department of Rehabilitation Medicine with Prof. Ryuichi Saura & Dr. Haruki Nakano. We studied about equipments use in rehabilitation, nerve conduction study and electromyography.

In the afternoon, we had interesting activities, ward rounds with Dr. Nakano for the patient with swallowing disorder and observing an out-patient case having a BOTOX injection as a treatment of spastic paralysis are all new experiences to me.

In the evening, we had a Pizza Party with OMC students. I was, once again, impressed by hospitality of students here.

(17/01/13) – Internal Medicine (Gastrointestinal & Hepatobiliary)

Our second day, we were in the department of Gastrointestinal medicine. We were led to the endoscopic center to observe procedures such as an endoscopic ultrasound, endoscopic submucosal dissection. Most of the cases were stomach cancer, which is considered as a very common problem in Japan. We also had ward rounds, despite it was mainly done in Japanese, we always had an explanation in English by staffs or students along the way.
(18/01/13) – Osaka University

Thanks to Nakayama Center, Graduate School of Medicine of Osaka University and Mr. Issei Nishiyama (5th year medical student of Osaka University) for collaborations so that we had a chance to visit the university today.

We were in the Department of Ophthalmology with Dr. Noriyasu Hashida. Besides an interesting lesson training with fundoscope and indirect ophthalmoscope, we also had a look around for research facilities and had a frozen section with H&E stain of the mouse’s eyeball as a souvenir.

Also, today is my first time seeing snow as in my country I’ll never have a chance.

(19/01/13) – Kiyomizu Temple

This was a special day. We had a Kyoto trip with our OMC friends (Ms. Marie Todo and Ms. Reona Shiro) at the Kiyomizu temple. It was such a fantastic experience to visit a place with this picturesqueness featured by the wondrousness of the architecture, the fascinating view of Kyoto and the loveliness of Japanese culture.

Also, we had a full-course Japanese cuisine for dinner hosted by Nakayama Center. Thanks to Marie and Reona for giving such a very best friendliness to us today.
(21/01/13) – GI surgery

We started the second week in a Gastrointestinal surgery with Dr. Masaru Kawai and, definitely, it’s my first time to experience the atmosphere of the operation room here. We observed two cases, a gastric cancer resection and duodenal cancer resection performed by LECS (Laparoscopic Endoscopic Cooperation Surgery) technique that I have never seen before.

In the evening, we were took to The OMC Archery club and, later, to Shabu-Shabu buffet with Marie, Reona and To. It was such a good evening seeing cool Japanese traditional sport and eating a very delicious meal.

(22/01/13) - Neurosurgery

Today I was separated from my friends and was only the one to rotate in the department of Neurosurgery. I was picked up by Dr. Hiroyuki Ohnishi and led to the operation room. The case today was a case of obstructive hydrocephalus receiving a VP (Ventriculo-Peritoneal) shunt and recurrent glioblastoma resection. It seems very hard and requires very high skills and accuracy operating with such a vital and delicate organ like this.
In the afternoon, I had a chance to practice “end-to-side anastomosis” with the microvascular practice card. Dr.Ohnishi showed me how to do it but it was very difficult for me that I couldn’t follow him. He gave his hand-made one for me as an example so that I can practice further more. Today I was given a very best care from Dr.Ohnishi, Thank you very much.

(23/01/13) – Infection Control Team and Blood Transfusion Center

In the morning, Dr.Takashi Nakano and Dr.Hong Wu took us on ward rounds with “Infection Control Team” (ICT). The team mainly concentrated on treating complicated cases with an infectious problem and controlling possible spreading. I have recognized some differences between situations in Infectious diseases field between Thailand and Japan such as prevalence, drug using and drug resistance from the rounds.
After lunch, Dr. Takehiro Kohno took us to The Blood Transfusion Center. We had a lecture about management of the center and appropriate blood use and have a look around rooms and equipments of the center. Prof. Kohno was very kind and friendly to us as we talked and laughed all along the lessons.

In the evening, three of us along with Reona, Marie, To and Hiro had some simulation training at The Medical Training Support Center before going to Thai restaurant “Nettai” and dined together.

(24/01/13) – Hokusetsu General Hospital

Today, we had a chance to visit Hokusetsu general hospital. The main purpose was to see how difference between general hospital and the college hospital are.

We were introduced to the hospital director, Dr. Masaya Kino, before having a hospital tour to see the hospital facilities such as CT, MRI, Out-Patient Clinic. Our morning session ended up at practicing at the endoscopy center and followed by observing the laparoscopic operation for appendectomy, after lunch.

(25/01/13) – Radiology

The morning started with warmly welcome by Prof. Yoshifumi Narumi at the department of radiology. We were taken to the angiography room to observe the radiologist performing catheterization for superior pancreatico-duodenal artery aneurysm. During the procedure, Prof. Narumi gave us a short lesson about CT scan interpretation. The lesson was very useful and the explanation was quite easy to understand.

In the afternoon, we studied about “Brachytherapy” with Dr. Ken Yoshida and some more CT scan interpretation with Dr. Yoshikazu Tanaka. We also attended the department’s case conference in that evening.
(26/01/13 – 27/01/13) – Once again Kyoto

On this weekend, my friends that also come to Japan in the same elective program at The University of Kobe had planned and invited me for a Kyoto Trip. I didn’t have any plan for the weekend so I joined them. I have visited many attractive places in Kyoto, notable places among them are Fushimi-Inari shrine, Kinkakuji Temple and Nijo castle.
(28/01/13) – Cardiovascular Surgery

I got back to the rotation on Monday in a department of cardiovascular surgery. Dr. Shintaro Nemoto allowed one of us to scrub-in and join the operation field, so I suggested one of my friends who is interested in surgery the most. The operation was the case of two year-old child with single ventricle receiving a Fontan procedure. It took about six hours long to finish the operation. It reminded me, how much patient and concentration I need to be a surgeon. After that, we also followed the patient to study about post-operative care at ICU.

(29/01/13) – ICU and Oral Surgery

After meeting with Dr. Nemoto and discussing about progression of the patient from yesterday. We were sent to Dr. Osamu Umegaki, the director of the ICU, to join an ICU rounds. Besides the processes of taking care the severely-ill patients, we all also had a short lesson about a Swan-Ganz catheter.

In the afternoon, we were transferred to the department of Dentistry and Oral Surgery. We attended the oral hygiene care rounds. Its importance is to prevent the aspiration pneumonia and infective endocarditis especially as a pre-operative and post-operative care of the patient. We finished the rotation today by an operation observation of a patient with Torus palatinus. Thanks to Dr. Yoshihiro Kimura, he was highly amiably talking to us all along the afternoon.
Today, we were scheduled in The Department of Internal Medicine, Division of Cardiology. Mainly, we were in the angiography room and observed the case of coronary artery stenosis receiving PCI (Percutaneous coronary intervention). The procedure was very interesting as it was very important in saving patients’ life.

(31/01/13) – Orthopedic surgery

Dr. Kenta Fujiwara from the Department of Orthopedic surgery brought us on an Out-patient Clinic observation. As Dr. Fujiwara was a specialist on Pediatric Orthopedic, most of the patients presented with some kind of deformities such as scoliosis, foot deformity etc. Beside the useful knowledge we have got, Dr. Fujiwara also showed us how to kindly deal with children, his artwork in drawing Anpanman were really surprising, also.

In the evening, we had an extra lecture by Dr. Takahide Ito from The Division of Cardiology in a topic of “The Physical Examination in Cardiology”. The lecture was very interesting that I have never learned this in details before. Dr. Ito taught us from basic physiology to its application for patient’s clinical presentation.
In the Division of Endocrinology, we began in an Out-Patient Clinic with Professor Hanafusa following up his patient with Diabetes Mellitus. Professor taught us how to monitor patients with this problem and their appropriate management. After that, we spent the day joining ward rounds with DM team and observing and practicing on thyroid ultrasound.

In the evening, we met Reona, Marie, Hiro and To at the Medical Training Support Center. After some practice, we went to “Ninja Kyoto” to have dinner together.
For this week, I spent my weekends in Kobe and Nara.

(04/02/13) – Mishima Critical Care Center

Our last week approached very fast, we started the week at the Mishima Critical Care Center. After morning conference, Dr. Hitoshi Kobata the vice-president of the center, explained to us that the center takes responsibilities in taking care patients in emergency phase and will refer when they’re in stable condition and took us for an ICU rounds afterwards.

In the afternoon, there was a case of traumatic pancreatic injury, so we had a chance to see the managing system for the patient. Many doctors from various fields were assembled to look after one patient since patients in emergency situation usually have multisystem problems. We also observed an operation that, in this case, the patient needed a surgical treatment.

Today was another impressive day and it inspired my interesting in an emergency medicine.
Our rotation in Neuropsychiatry with Dr. Tetsufumi Kanazawa started with a lecture in the overview of diseases in neuropsychiatry. After having finished, Dr. Kanazawa took us to the neuropsychiatry ward and we had some talk with patients with anxiety disorder and schizophrenia respectively. I have never met a patient with psychiatric problem before so this was really interesting to understand, what do they think? How do they feel? And also appropriate managements for the individual.

In the afternoon, we had an experiment on NIRS – Near Infrared Spectroscopy, an experimental phased machine that can help diagnosing patient with neuropsychiatry disease.

After finish today’s lessons, we joined a pizza party welcoming five new friends from China Medical University.
In the Department of Pharmacology with Dr. Takatoshi Nakagawa, it was our first time to conduct an experiment in the topic “Can ATP increase the intracellular $\text{Ca}^{2+}$” using fluorescent technique. The experiment was very interesting and was an easy way to understand mechanisms of fluorescent material used in experiment. Before that, we had walked around seeing experiment facilities of the department, also.

(07/02/13) – OBGY

Today, I was the only one rotating in the Department of Obstetrics and Gynecology. In the morning, I was in an operation room observing a case of Ovarian tumor. After lunch, I was taken to in-patient ward for bedside teaching and ultrasonography observation.

Staffs from the department were very friendly and hilarious. As days before, I was taught a lot today.

In the evening, after shooting presentation about our medical school, Nakayama Center held a farewell dinner for us at an Italian restaurant with Prof. Hanafusa. Although, the atmosphere was enjoyable and warm, I felt a bit of sadness that the time I have to leave OMC will arrive very soon from now on.

(08/02/13) – Hygiene and Public Health

Our last day for rotation at OMC, we, together with students from China Medical University, studied in Hygiene and Public Health with Professor Koichi Kono and Dr. Kan Usuda. We had lectures on “Occupational chemical exposure” and “Physical hazards in the workplace” before working with 3rd year medical students in a topic of “Health hazards of noise exposure”
That evening we had dinner, “Yakiniku” with Prof. Kono.

Finally, I would like to express my gratitude to everyone contributing in creating the most joyful month in my life. Friendships and happiness here will be forever-unforgettable memories. I really hope that one day in the future we will have a chance to meet again.

I’m very much obliged.