

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

大阪医科大学での交換留学を終えて

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〈抄訳〉

大阪に着いたその日から学校の近くの宿泊場所に荷物を置いた後、近辺を案内して頂いたりしてお世話をさせていただきました。翌日が研修初日だったのですが、この日は三島救命救急センターに見学に行きました。このセンターは重篤の状態の患者さんを救う事を目的としており、多くの専門医が協力して治療に当たっています。小畑仁司先生が手術室などを案内しながら日本の救急システムについて説明してくださいました。ハイテクの機器を装備した救急車なども見学することが出来ました。

翌日花房俊昭教授に学内案内をして頂いた時に見ました。シミュレーションセンターには心雑音、心臓エコー、消化管内視鏡、大腸内視鏡、その他たくさんのシミュレーターがあり、手技を練習することが出来るようになっていました。林道廣先生と大阪医科大学の学生さんから詳しく使い方を教えてもらって、手伝ってもらいながら実際に練習させていただきました。その夜は大阪医科大学の学生さんたちと交流する機会もありました。大阪医科大学の学生さんは皆、とても親切でやさしいです。

その週の残りは整形外科と放射線科に行きました。外来での流れと各患者さんへの個々の治療計画について見学する機会があったのですが、放射線科では教授に個々のがん患者さんに対応した様々な治療方法について説明して頂いた後、高機能の MRI や CT の機器を見せてもらい、画像に写っている病変の読影方法などを教わり、大変興味深かったです。

2 週目。消化器外科では林道廣先生が詳しく一つ一つの手術について解説してくださいました。産婦人科や微生物学教室、感染症対策室、輸血センターでも大変お世話になりました。抗生物質や輸血マネジメントについて教わり、興味深い実験をしている研究

室も見せてもらいました。一人だけで皮膚科の実習を受けた日があり、その時には上田先生が英語で助けてくださったので、たくさん知識を吸収することができました。

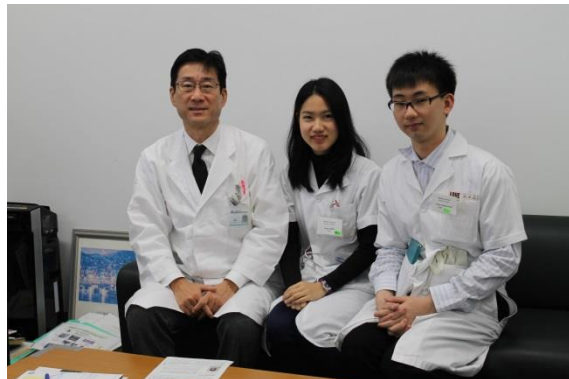
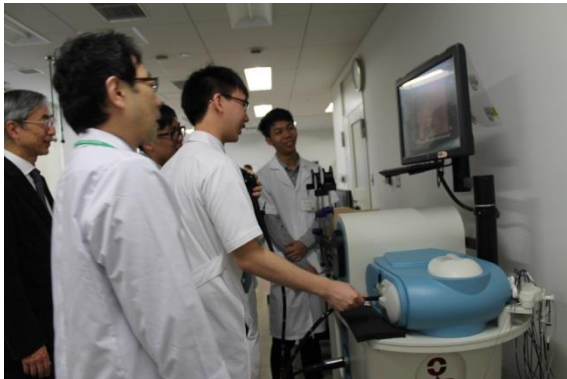
この週に救急の高須朗教授の引率で阪大病院の高度救命救急センターに行く機会がありました。日本の救急システムについて教わった後、施設を見せていただき、救急ヘリの中も見学し、中に入って座らせていただきました。実はヘリは普通の交通手段では行くことが難しい地域ではよく使われる医師や患者の搬送方法です。

3 週目。心臓の手術も脳の手術も見学するのが初めてでした。手術は両方共素晴らしい、機器も最新のものが使われていました。リハビリテーションセンターでは患者さんの治癒をうながして通常の状態により早く戻すための補助器具をたくさん見ることができ面白かったです。教授が筋電図の機器を実際に使わせて下さいました。その後、脚のギプスを実際に作りました。国立循環器病センターへは金曜日に行きました。先天性心臓病を持った胎児を身ごもったお母さんたちが患者さんでした。たくさんの事をこの日も学びました。

最終週は解剖学教室から始まりました。ネビル・エイド先生がアポトーシスと自食作用についてのご自分の研究について教えて下さいました。循環器内科では心周期と心音について教わった後、心臓血管造影検査などを見学しました。そして京都大学附属病院の老人内科にも行きました。日本の老人人口の増加の推移やどのようにして健康管理のシステムや保険を整備して将来について備えているかの説明を受けました。これは将来タイの健康管理システムに取り入れると有用かもしれません。

最後の日に大阪医科大学の卒業式に参加しました。卒業生の着ていたきれいな着物に僕達全員が感動。留学中には他にも日本の歴史と文化について、お茶や空手、京都見学、そしておいしい食事などたくさん文化体験する機会がありました。

この留学は世界を違う角度から見る機会を与えてくれました。医学だけでなく文化的、社会的な面で自分の視野が広がったと思います。留学中の全ての経験を忘れずに大切にしようと思います。感謝の気持ちでいっぱいです。ありがとうございました。



Osaka Medical College Exchange Program

By Jingswat Sirikunchoat

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Osaka Medical College (OMC) gave us, Thai students, four weeks full of valuable knowledge, wonderful experience, fantastic impression, and precious memories. I had a chance to enjoy both learning medical information and feeling the culture of Japan.

We got many advices for preparation and useful information for living from Miss Matsumoto Kimiko's email, the college's contact person, beforehand since we still in Thailand. And after we arrived at Takatsuki on the first day's afternoon, she came to greet us and took us on a little tour around the vicinity. She also treated us to a dinner. An apartment that the college provided us was wide, comfortable, and convenience, with only 10-minute walk from the college.

Here at OMC, we rotated to a different department everyday and, sometimes, we visited other universities and medical facilities outside the college.

The first day start with a trip to Mishima Emergency Critical Care Center. This center's aim is to take care of patients with critical conditions, so they have many specialists working together. Dr. Kobata took us around the center to see their facilities such as operation room and explained to us about critical care's system and management in Japan. We also got a chance to peek inside their emergency ambulance which equipped with many hi-tech gadgets.

Prof. Hanafusa Toshiaki, director of Nakayama International Center for Medical Cooperation (NICMC), came to greet us on the second day. He introduced us to other hospital and college's staffs and showed us around facilities. I am really impressive with Medical Skill Simulation Center (MSSC). This center has many advanced simulators for medical practice, for example; heart murmur model, echocardiography simulator, esophagogastroduodenoscopy simulator, colonoscopy simulator, and a lot more. These equipments are great learning tools for medical students to hone their medical procedure's skills. Prof. Hayashi Michihiro and students there gave detailed instructions to us how to use these machines and that help us a lot. We also attended a welcome dinner and met other OMC students in the evening. Everyone was kind and friendly to us.

The rest of the first week was orthopedic surgery and radiology. We got to observe how things progress in OPD and management of each patient's disease. I am quite interested about radiology here because the professor explained a lot to us about different treatment for each cancer patient. He also brought us to see advanced MRI and CT machines and taught us about those lesions in films.

On the second week, we got to observed gynecologic surgery and gastrointestinal surgery. Prof. Hayashi explained every gastrointestinal surgery cases to us in details and the staffs at gynecology department took care of us very well. Also, Professors and staffs from Microbiology and Infectious Control department and blood transfusion center were all generous. They taught us many things such as antibiotics and overall management of blood transfusion as well as showed us their interesting laboratory. I alone went to Dermatology department one day in this week and had a chance to attend the conference of the department. Prof. Ueda helped me a lot by translating everything into English for me to understand. I got a lot of knowledge, too.

This week we had a chance to visit Trauma and Acute Critical Care Center at Osaka University, guided by OMC Professor Akira Takasu and his staff. We learned how emergency system works in Japan and looked into their facilities. We also able to saw and sat inside the emergency helicopter which is a "common" transportation method for difficult-to-access area.

It is the first time for me to saw both heart and brain surgery on the third week. Both operations were fascinating and their machines and tools in operations were truly technological advance. We visited rehabilitation center and got to see many interesting equipment for helping and curing patients for they will be able to return to their normal state faster. The professor also introduced us to electromyogram (EMG) and let us used it. Moreover, we had a chance to try making a leg brace by ourselves. We went to National Cerebral and Cardiovascular Center at the end of the week to see how they managed pregnant patients who have fetus with congenital heart defects. We got to learn a lot of useful information.

Our last week started with Anatomy and Cell biology department. Dr.Nabil Eid told us about his researches that involve around apoptosis and autophagy of cells which is really knowledgeable and useful. We learned a lot about cardiac cycle and heart sounds on our next day in Cardiovascular department and able to see some investigation such as cardioangiography. This week we also went to Kyoto University to visit its Anti-aging and Geriatrics department. We got to hear and see how the situation of elderly population in

Japan progressed and how Japanese manage their health care system and health insurance to prepare for the future. This topic could prove to be useful for the future of Thailand's health care system as well. Lastly, we were able to join in OMC graduation ceremony on the last day. We were all impressed by many beautiful traditional clothes that graduated students wore.

Japanese history and culture was one thing that could not be forgotten to mention. Thanks to kindness and generosity of OMC students and NICMC, We were able to witness how Japanese people perform tea ceremony, join in karate club activities, visit many eye-catching historical sites in the old capital of Kyoto, and taste the wondrous taste of many Japanese cuisines.

My heart truly burst with gratitude to Faculty of Medicine Siriraj Hospital and OMC for arranged this elective program and gave me this once-in-a-lifetime chance. Many things I had learned during this 1 month in OMC and Japan, not only in medical and education aspect, but also in culture and social aspect as well. This program gave me an opportunity to see and understand the world from many different angles and widen my horizon. Every experience I encountered here were worth keeping.

