

韓国カソリック大学選択臨床研修受入

学生研修レポート

大阪医科大学での臨床研修実習に参加して

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〈抄訳〉

2月17日。関西空港に降り立った日、僕は空港からのシャトルバスから霧で曇ったねずみ色の街を眺めていました。その日からどんなに素晴らしい5週間が待っているか知る由もなく。

日本に来る前には日本と韓国の医療システムの比較がしたいと思っていました。韓国の医療システムに対して十分な知識があるとは言えないので、多少知識がある診療科に注目して見てみることにしました。5週間の間に毎日違う診療科や教室を回ったので短期間の間に日本の医療システムのおおまかな全体像はプライマリーヘルスケアと大学病院の両方において掴めた気がします。

研修内容についてですが、救急や一般総合病院などの医療の最前線から大学病院までを見ることが出来る充実した内容でした。また、学問的な面でも色々と吸収するところが多く、それぞれの専門について先生方がお話しくださったことで自分の医療ビジョンが広がったと思います。超音波検査や大血管縫合、顕微鏡縫合、内視鏡検査、腹腔鏡などの手技練習は実際にシミュレーション機器を使って練習することが出来ましたし、それだけでなくお世話になった先生方が熱心で、僕達にとっても親切にしてくださいました。

一番興味深かったのは循環器内科でした。心雑音が聞ける人体モデルがあり、まず伊藤隆英先生が心雑音の病態生理学について解説してから、心雑音を識別するために実際に機器を使って練習しました。本当の患者さんを診察する機会が少ないので、とても有意義な訓練だったと思います。

外科では、手術室にカメラがあり、手術の見学がしやすかったです。手術の度に（特に消化器外科の林道廣先生が）細かく患者さんの状態や手術のプロセスについて説明して下さったのがとてもありがたかったです。

大阪医科大学の附属病院でも他の病院でも感じましたが、とても日本の病院には自由で暖かい雰囲気があると思いました。印象に残ったのは大阪医科大学の病院では外来の診察室に看護師がいないことです。患者さんと医師だけなので診察するところが小さいスペースで済みます。病院の効率性を高める上にとっても効果的です。回診の際に先生方がラップトップパソコンを持って行って作業するのも時間が節約できるのだらうなと思いました。カルテを書く必要がないからです。

国際交流部の皆さんや先生方には研修時間外にもお世話になりました。歓迎会に始まってタイからの留学生と国際部の学生さんと大勢で行った京都観光、卒業式出席のほか、大阪、神戸、奈良にも空いている時間に行きました。今まで知らなかった日本の食べ物、習字、茶道、空手や着物体験など、文化面でも日本のことをいろいろと知ることが出来ました。医療について3カ国を比較しあったのも楽しかったです。細かいところまで毎日面倒を見て頂いた花房俊昭教授をはじめとする中山国際センターの皆様、シミュレーションセンター長の林道廣先生（消化器外科）には特に色々お世話になり、お礼を申し上げます。シミュレーションセンターでは「外科道場」の学生の皆さんについてもらって大血管縫合や腹腔鏡手術、内視鏡検査を練習させてもらいました。医学の知識も日韓の友情も育むことのできたこの留学の思い出はいつまでも心に残ることでしょう。

Clinical exchange program in Osaka medical college

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I will never forget this wonderful 5 weeks from February 17, 2014 to March 23, 2014. Every day was full of great experiences not only for academic but also for friendships.

February 17, 2014. I landed on Kansai airport and I rode a shuttle bus from airport to Ibaraki station. Because of the foggy weather, I felt this city is grey colored, while I watching the view from the bus. At that time I did not imagine how great experiences will wait in front of me. From that day, every day was filled with marvelous things.

Before I come to Japan, I wanted to experience and to compare a medical system in Japan. Though I do not have enough information about Korean medical system, so I tried to focus on the department which I have a little information. In 5 weeks, we rotate different department day by day. Therefore it was very effective to draw an outline about Japanese medical system in short time, both in primary health care and university hospital. The followings are departments which we rotated;

1. Internal medicine: Infection control, perinatology (especially for babies with cardiac deformity), cardiac murmur sound discrimination, cardiac ultrasonography, esophagogastroduodenoscopy, Geriatric medicine(osteoporosis, atherosclerosis, recent concepts of geriatrics), Intensive care, diabetes and thyroid sonography.
2. Surgery: GS (hepatectomy, laparoscopic gastrectomy, laparoscopic colectomy, Pancreatectomy), CS (Pulmonary valvotomy with ASD closure), OBGY (hysterectomy with LND), Optalmology (Cataract; Lens replacement), Dentistry (oral surgery)
3. Out-of-hospital experience; emergency center (Takatsuki-shi, Osaka university, Mishima critical care center), General hospital observation, National cardiovascular center visit



About contents, it was well established for observing Japanese medical system from the frontline (Emergency, general hospital) to university hospital. It was very effective to compare our system to Japan in short time. Also contents were quite helpful in academic aspects. I had some lectures from doctors about his specialty or study; it improved my vision about medicine. Even, I can practice some procedures such as sonography, great vessel suture, microscopic suture, endoscopic trial and laparoscopy. So I found not only the program was great, but doctors who I met were so passionate and kind to us.

The most interesting visit was cardiology. There was a model which we auscultate cardiac murmur. Dr. Ito thought us about pathophysiology of cardiac murmur and gave us a try to discriminate which sound means murmur. Since we have a few chances to auscultate real patients, it was great training to us.

Also I enjoyed Surgery. There was a camera in the operation theater, so we can observe surgeries easily. And every time when there is a surgery, doctors (especially Dr. Hayashi) explained about patients and procedures kindly.

From the rotation, I found the atmosphere of OMC hospital and most Japanese hospital is very liberal and kind. And the system of the hospital was very impressive. There is no nurse in out-patient room, Doctor and patients only. So they can make more out-patient room in small area. I thought it is very effective and it can boost efficiency of hospital. Rounding was also important. Doctors use laptop computer during rounding, so they do not need to make a paper chart for rounding. Maybe it will reduce the rounding time greatly.

Another thing I had great time was building a friendship with OMC friends. Students who belong to an international circle and exchange student to Korea and Thailand joined us. They invited and guided us to go Kyoto, welcome party, graduation ceremony. Furthermore, many faculties like Pf. Toshiaki Hanafusa, Dr. Michihiro Hayashi, Pf. Hiroshi Kondo, Dr. Hyun invited us to dinner many times. All kinds of dinner we attended was so fantastic. We enjoyed Japanese local food very much. I did not know those kind of food exist like sushi, Kyoto style food, cocktails, Udon and so on. From those times, they told us a lot about OMC, Takatsuki shi, Osaka and Kyoto. So it was quite good to understand Japanese culture.





I traveled many places in Osaka prefecture; Osaka 10 times, Kyoto 5 times, Kobe and Nara with Japanese friends and Thai friends or by myself. Also I toured Suntory factory and biology museum. And I experienced 'the real Japanese life style' from the foods like Sushi, Ramen, Udon, Green tea, Takoyaki etc. to traditional Japanese culture; Calligraphy, Hanafuda, Green tea and wore costumes. Furthermore, I had a great time to exercise with Karate club members in Karate clothes. In private, I had a good time to talk about medical system and their thinking about three different countries (Korea, Japan, and Thailand)



I would like to express my appreciation to OMC students and faculties of Nakayama center. Students who belong to simulation center (for me especially Dr. Hiroyuki Kawai and Mr. Hiroyuki Shimizu) thought us very kindly about great vessel suture, laparoscopic surgery and endoscopy. We were satisfied so much while practicing. Karate club members (especially Mr. Sho Mitsuya) invited us to their gym and showed various kicks and combinations.

And, I was so impressed about hospitality of Nakayama international center. Dr. Hanafusa, Mr. Ogawa, Ms. Matusumoto, Ms. Hisada always tried to give a hand to us not even small things when I ask. I would like to thank Ms. Kimiko Matsumoto, she always guided us in every rotation, taking care like a mother. Lastly, I want to show my special gratitude to Dr. Hayashi for all. It was my honors to meet you guys and the memory always stay in my mind.