

# Exchange Program 2014

Ramathibodi Hospital, Mahidol University, Thailand

Aya Satoh



## 1. Introduction

First of all, I want to thank all the people who helped me having such a wonderful opportunity in Thailand. I spent only 4 weeks in Thailand, but these 4 weeks were filled with a lot of fun and excitements. I spent 2 weeks in Infectious disease department and the other 2 weeks in Family medicine department. This experience really inspired me and gave me a chance not only to reconsider about the health care system in Japan but also to think about medical education in Japan.

## 2. Ramathibodi Hospital

Ramathibodi hospital is one of the biggest hospital in Bangkok, which is a university hospital of Mahidol university. There are more than 3 buildings.



It was so big that I would be lost if I was alone. It serves at least 5000 patients a day.

Some parts of the hospital didn't have any air conditioning because of tuberculosis. Some facilities were very new, but the others were old and they used many different things because Thailand doesn't have a lot of money for healthcare (this is what I heard). One of the different things at Ramathibodi hospital is that there is a place to pray.

There are many good facilities like a sport gym, a cafeteria, a ground for futsal, basketball, volleyball, and so on. There are also library and PC room.

I stayed in the dormitory. In the room, there were a refrigerator, 4 beds (for only me!), a shower (no hot water!), and TV (but I had no idea what the TV show is about).



### 3. Infectious disease department

In ID department, I joined Professor Ken's round with 2 other students everyday. Doctors in ID department explained about patients in English for us, so we could understand what they were doing or what they were thinking. There were a lot of patients with tuberculosis or HIV. In each



round, Professor Ken gave us questions which were really hard to solve. Sometimes, we couldn't answer, so we went to the library to research. He and other doctors were so nice that they taught us a lot. We had a really good opportunity to learn about ID.

### 4. Family medicine department

Date	8.00- 9.00 AM	9.00-12.00 AM	1.00-4.00 PM
21 April	Orientation	Observe	Palliative topic
22 April	Interesting case	Thalassemia clinic	Geriatric assessment clinic
23 April	Home care conference	Lecture – HCS	Geriatric conference
24 April	Self Directed Learning	1:1 OFM teaching	Brief intervention clinic
25 April	Morning report	Home visit	FM academics
28 April	Morning report	5thyr.OFM -	Home visit
29 April	Final presentation & Interesting case	Feedback	Free time/Sport day

We had a conference in English or in Thai every morning. When it was in Thai, some doctors translated into English for us. In the conferences and the



lecture, doctors gave us many opportunities to talk about what we thought about the topics. This was my first experience to attend to palliative care conference or to observe in brief intervention clinic. In brief intervention clinic, doctors help patients to lose their weights or to quit smoking.

What I was really surprised in this department is 5<sup>th</sup> year students' medical skills. They listened to patients, examined them, diagnosed, and prescribed some medicine by themselves. I found how much I didn't know and how hard I need to practice. They inspired me so much!

## 5. Life in Thailand

### <Food>

For breakfast, we went to the cafeteria or bought some bread in the convenience store. For lunch, we went to the cafeteria. There were many good and cheap Thai foods. For supper, we went to many places with Thai medical students. They took us to many good places we'd never could find by ourselves.



Most of the Thai foods are really spicy but some are not spicy.

### <Holiday>



Since we went to Thailand in April, there were so many holidays! Thai students took us to many temples and other places for sightseeing. We joined in the traditional festival “Songkran festival”, which is the celebration for Thai's New Year. In the festival, we threw water to many people. That was so fun!

## 6. Conclusion

Again, I thank all of you who supported me to have this great experience. I met so many wonderful people through this program and they inspired me so much.

I'm sure that this program will be a precious experience for everyone! I'd like to be any help for who wants to join in this program, so feel free to send me e-mail: [aya.satoh.0721@gmail.com](mailto:aya.satoh.0721@gmail.com)