

Elective Module Report

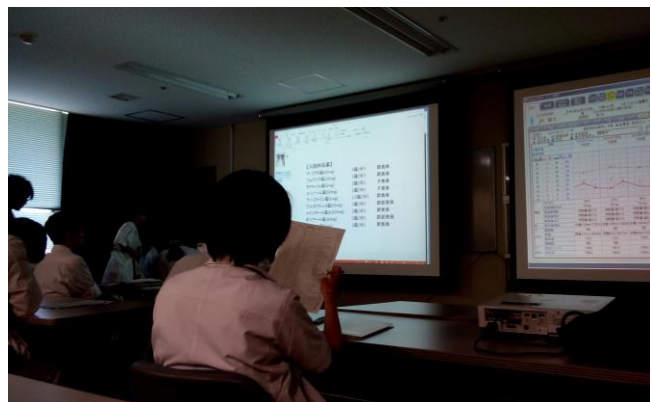
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In the 4 weeks I enrolled in Cardiovascular Medicine Department elective module, there were a lot of experiences and knowledge that I acquired, so much that everyday I thank God for this amazing and valuable, once-in-a-lifetime opportunity that I had. Not once did I regret the choice I made to enroll in this module.



During this 4 week stay, I studied at the cardiovascular medicine division, internal medicine department. I was assigned to a 5th year medical student group also currently enrolling in Cardiovascular Medicine module by my supervisor, Sasaki Naoto-sensei. With that group, I joined in many lectures and practices, including heart sounds, electrocardiography, echocardiography, cardiac catheterization, ablation, scintigraphy, and many more lessons. Those lessons encourage us students to not only listen to it, but also to try and search for any way possible for us to master and understand the concept of what they teach, down to the basic mechanism that is easy enough to understand for us students. For example, in echocardiography practice, we were not only explained what echocardiography is and what is the use of it, but we also got the chance to try the procedure and master it ourselves.

Beside those lessons, we also joined in the morning conference, held every thursday, where the Japanese student present one case each week and then the professors and doctors would point out all the interesting or unexplained things in their case and explain it as easily as possible. The one presenting a case was not only the students, but also the residents and sometimes even doctors. After the conference, we would join in the ward rounds, where every patient would get examined and the therapy would be adjusted



accordingly. As students, we had the chance to listen to the heart sounds together with our supervisor by using a sound-transmitting stethoscope, so we could hear exactly what our supervisor hear.

I also did not forget about my assignment to write a scientific writing, so on the first day I immediately told my supervisor, Sasaki-sensei, about that. Thanks to prior experience with my senior, he quickly assigned me to work with Nakayama Kazuhiko-sensei of the Pulmonary



Hypertension group. Thankfully, we met a case that was very rare and under his tutelage, I was able to make a case report out of it. We did not stop only discussing my case report, but he also introduced me to all of his patients and teaches me all about the cases. The cases I met includes, but not limited to, Pulmonary Arterial Hypertension,

CTEPH, Myocardial Infarction, Heart Failure due to various etiologies, and so on. So, not only I met patients at the rounds, but I also met and examine the patients outside of it, which gave me more exposure to different cases of Cardiovascular disease.

I also had the chance to visit the basic research laboratory of Professor Emoto Noriaki. Professor Emoto invited me to his lab at Kobe Pharmaceutical University. In there, I was given a quick lesson and observed the western blot technique. I also met a few of Indonesian students that are working under Professor Emoto. This great opportunity gives me the desire to do more basic researches and I hope this will come true one day.

Besides the academic schedules, me and my friends also participated in various activities in Kobe. Those activities include things Japanese language and cultural lesson and extracurricular club activity, among others. In the language lesson, we were encouraged to try speaking the Japanese language and in them also learn about





Japanese culture, bit by bit. We also enrolled in the faculty's futsal club for a month to mingle with and befriend the Japanese students, also to keep our body in optimal condition. Our student tutors were also very friendly and helpful. They did not only help us academically, but also in non-academic things such as train tickets and places to eat. In the end, everybody became close with each other and

we all spent a lot of time enjoying life in Kobe together. In our free time, we also enjoyed sightseeing together to various neighboring cities, such as Osaka, Kyoto, and Nara.

I have met many people, friends, teachers, mentors, during my stay in Kobe. A lot of lessons were learned, a lot of experiences were had. Each of them very important to me and helped me become a better person and doctor. I would like to thank Professor Kuno, helped by Kato-san and Kimi-san, as our benefactor for this program, also to every teacher in Cardiovascular Medicine, from Professor Hirata as the head of department, Professor Emoto, Sasaki-sensei, Nakayama-sensei, Mori-sensei to everybody in Cardiovascular Medicine department. Thank you to Terao-sensei and Yun-sensei for the Japanese lessons. Also, thank you to all the student tutors and friends in Kobe University that helped us and made our stay in Kobe very memorable. I hope that my journey in Kobe would only be the beginning of something much bigger in the future. Thank you for everything.

