

Airlangga University

- RSUD Dr. SOETOMO Hospital
- Institute of Tropical Disease

August 26 - September 21, 2013



Kobe University School of Medicine

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1. Introduction

A lot of green, such as mangroves and jungles are there besides many cars and motorcycles are on roads. Where do you think it is? Yes, it is Indonesia. I went to Surabaya, the second biggest city in Indonesia from August 26 to September 21, 2013.

First of all, I would like to show my all gratitude to those who helped me in Japan, especially Dr. Hotta, Dr. Kuno, and Ms. Kiba and in Indonesia, especially Dr. Shimizu, Dr. Utusmi, Dr. Kotaki, Mr. Agus, and a lot of doctors and medical students of Airlangga University.

It was my first time to visit Indonesia and even a developing country. So, those four weeks in Indonesia were really impressive to me and were filled with surprise to me.

I wrote this report with the wish that my juniors get interested in this program and this program will continue for a long time.

2. Obstetrics and Gynecology in Dr. Soetomo Hospital

In first week, I studied at oncology ward. There were a lot of patients who had cervical cancer and almost all beds were filled with them. What I was surprised at was that the distance between each bed was very close. In Japan, there are at most 6 beds in a room and patients try to keep their privacy. In Dr. Soetomo hospital, there are about 15 beds in a section and there was a little bit crowded in a ward. I thought that the way to treat cervical cancer is the same in both countries, but Japanese patients usually come to hospital with their cancers are in class I or II while Indonesian patients come with their cancers are in class III or IV. I thought that leads to high mortality rates of cervical cancer in Indonesia.



Oncology ward

I studied at emergency department in my second and third weeks. I helped delivery once there. Since it was the first time for me to help delivery, my heart moved very much. I also watched the C-section surgery for a pregnant woman who got eclampsia. Unfortunately, the baby had already been dead, but I was amazed to watch a female doctor did the operation very speedy. In Japan, there are many male doctors and mainly they do operations. In addition, the ratio of female medical students in Indonesia is higher than that of in Japan. I think it is good for both male and female doctors to work equally.

I also learned about preeclampsia at emergency department and during the lecture. There are a lot of patients with preeclampsia and medical students knew well about preeclampsia. When a senior doctor asked the criteria of preeclampsia to the students, they answered soon at the same time. It is not common for Japanese students to answer as soon as doctors ask them something because they are shy and don't have much confidence.

Emergency room



Outpatients' clinic



In my final week, fourth week, I studied at outpatients' clinic of obstetrics, gynecology, and family planning. There were many patients at the aisle waiting for doctors and the each room was very hot. Though doctors were very busy, they taught me a lot of

things such as vagina examination, infertility, insurance system, and so on. Thanks to them, my knowledge increased and I could have an interesting time during outpatients' clinic.

3. Institute of Tropical Disease

I studied at Institute of Tropical Disease (ITD) for two days. There were three Japanese doctors and they taught me about their researches about Hepatitis C virus, Influenza, Dengue fever, and HIV. They were good at teaching and thanks to them, I could understand each viruses and the situation of them in Indonesia.

I also learned about herbal medicine study. It is a kind of field work. Researchers go to the rural area, collect herbs there, and extract active component for some viruses. Unfortunately, they have already collected herbs, I only saw how to extract component from herbs. Some researchers have been to Japan and they were very kind to me all the time. I begin to have interests in basic research because of experience in ITD.



Upper: With Japanese doctors at ITD



Right: Laboratory of herbal medicine

4. Daily Life

Accommodation

We stayed in a guest house that Airlangga University prepared for us. There were three rooms and a living room. It was very big but there were many mosquitoes and shower pumped only cold water!! There was a big mall near to our guest house, so we could eat dinner at that mall or buy anything we wanted.



Our guest house

Food

There are many delicious foods in Indonesia. Some of them are very spicy, but others are very sweet. We could eat each food about 10000 rupiah, or 100yen. I especially enjoyed Bakso, meatballs soup and Pisang Goreng, fried banana. We could also enjoy Japanese food, but it was expensive.



Bakso



Nasi Goreng



Nasi Bebek



Gado Gado

After school and Holiday

We usually finished our school about 1 pm, so we went to many places with students of Airlangga University. We went bowling, Karaoke, shopping, and went to see mangroves after school.

On the weekend, we went to Yogyakarta and Mt. Bromo.

There are both Borobudur, a sacred spot for Buddhists and Plambanan, a sacred spot for Hindus in Yogyakarta. They are both large and celestial.

Mt. Bromo is a volcano 90 km in the south of Surabaya. In order to see sunrise, we left our guesthouse at 11 pm and arrived there 3 am. We had to wait for sunrise beneath cold skies. But it was worth waiting. It was the most beautiful sunrise I have ever seen. I want to share the feeling I felt there, so I recommend you to climb up Mt. Bromo.



Bowling with medical students



Borobudur



Plambanan

5. Conclusion

Again, I truly feel grateful for everyone who helped me. All people we met in Indonesia were really kind to us and thanks to them, we could spend unforgettable time there. I want to reciprocate their hospitality in the near future.

Lastly, I want to show you a word that a friend of mine in Indonesia said. "Indonesia has completely changed in these 10 years. It will continue to change." It was very impressive for me. This is the developing country. I'm really looking forward to see Indonesia 10 years later. I will visit Indonesia again. Thank you.



Karaoke



Mt. Bromo

