

Elective report



School of medicine, Kobe University

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Elective Report

Introduction

Geographic data

Kansai region includes the cities of Kyoto, Osaka, Kobe, and Nara which are famous for the rich cultural heritages from ancient times.



Located almost at the center of the Japanese archipelago on the Seto Inland Sea in Hyogo Prefecture, Kobe has developed along with the opening of the Port of Kobe in 1868. A Foreign Settlement that formed near the port became the doorway by which foreign cultures entered Japan. This settlement also played an important role in bringing a stylish and modern atmosphere to the entire city. Western clothes, furniture, cakes and shoes as well as heavy industries such as marine transport, industrial machinery, ship building and the iron and steel industries appeared one after another, spurring on the local economy. The population is 1,544,120 (as of May 1st, 2012). The weather is generally mild all year round with an average temperature of 16,8 C° and an annual rainfall of 1,624.5 mm(as of 2011).





1869 Western-style building of Kobe hospital

Kobe medical school

School of Medicine originally was Hyogo Prefectural Medical College, which was built together with the establishment of Hyogo Prefecture. In March 1968, Hyogo Prefectural Medical College was nationalized and named Kobe University School of Medicine. After a 138 years of its history, it has become one of the core school and hospital in Kansai Area.

A mission of medicine is to contribute realization of environment in which the people can live healthily and safely. Kobe University Graduate School of Medicine is required to generate innovative knowledge, and accumulate and transmit them to the next generations.

Kobe University has turned out many biomedical scientists who work at the front of the sciences inside and outside the country. Lasker award is the most authoritative award in the field of biomedical sciences in USA, and sometimes referred to as "America's Nobel Prize in Physiology or Medicine." Two among 6 Japanese winners of Lasker Prize are concerned with Kobe University School of Medicine. The late Emeritus Professor, Yasutomi Nishizuka found protein kinase C, and contributed to elucidation of intracellular signaling transmission through his studies on the functional role of this molecule. He was later selected as the president of Kobe University. Dr. Shinya Yamanaka Professor of Kyoto University, who graduated from Kobe University Medical School, has found the method how to develop induced pluripotent stem (iPS) cells. He and his colleague issued remarkable scientific papers which are medical benefits in the fields of regenerative medicine and drug discovery from Institute for Frontier Medical Sciences, Kyoto University. Kobe University School of Medicine has groundwork to produce such top runners in science.



The elective program

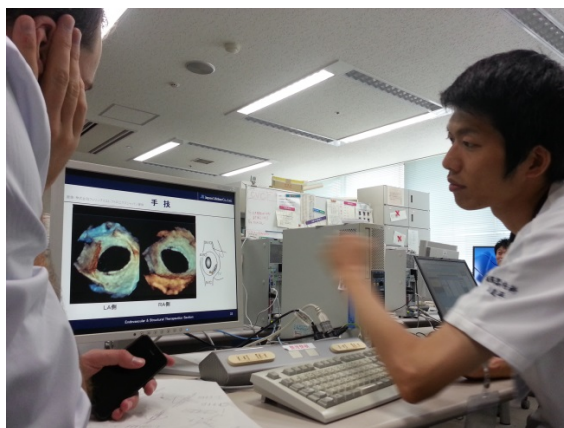
Life in cardiology department



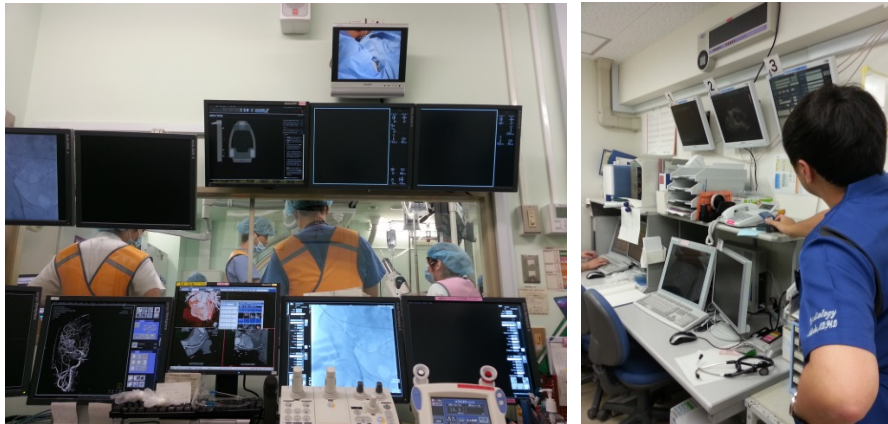
For the first 2 weeks I spend the time in cardiology ward. It was such a right choice for me since I have learn many crucial practical points of cardiology, seen newer technology and interventions improving standard of care, and met with incredibly best people.

On the first day I was introduced to Prof. Sasaki then he introduced me to my supervise doctor, Dr. Mori, and also other doctors in the department such as Dr.Tou, Dr.Nakao.

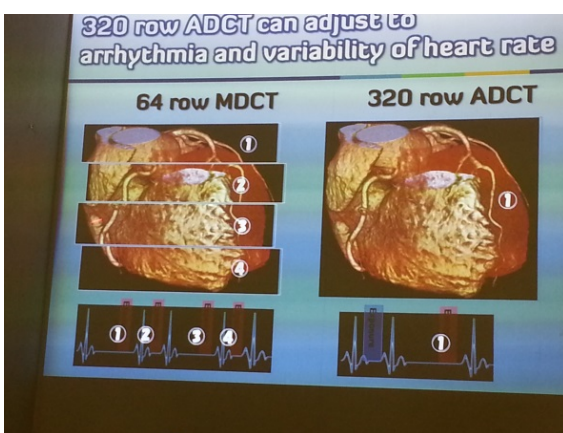
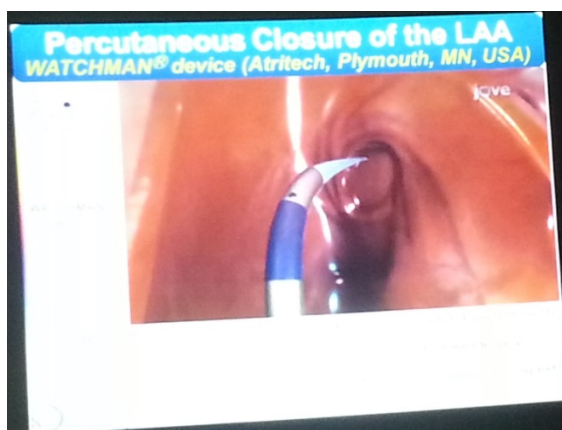
In a cardiology department, life starts at 10am. We will start the days with morning round. My supervise doctor, Mori sensei (teacher), will talk to his patient first then he will describe to our team with including of me, 2 Germans, and a Portuguese. We enjoyed learning a lot since after a ward rounding we will discuss about the case. Our sensei will ask and teach us the crucial points of the diseases in many different aspects. I learnt about how to read the electrocardiogram (EKG), echocardiogram; how is the EKG and blood tests change during progression of acute Myocardial Ischemia (MI); and knowledge of HOMC, Atrial septal defect(ASD) and its intervention repair.



I have a chance to visit CATH lab many times to watch interesting interventions with tou sensei or Takao sensei, and also, echocardiogram room with Tanaka sensei.



Here, all the doctors are so kind that they also establish special lectures in English for us. Including CT coronary by Dr.Mori, Trans-esophageal Echocardiogram by Dr. Tanaka, and MDCT by Assistant professor Tomofumi Takaya, M.D, Ph.D.



On every Tuesday, there is a grand round that both senior doctors and medical students will join the working team taking care of the patient. Then, after that there will be a conference taking about interesting cases on the ward presented by medical students or residence doctors.



Apart from working together, my impression is to see the well-bonded relationship among the health providers. People talk friendly with respect to another profession whether he/she is a doctor, a pharmacist, or a nurse. This is a real TEAM WORK!

Here, there is also a soccer night 2 times a month inviting every one interested. Of course, I joined them! And although I already changed the elective department to another, they still invited me to join their drinking party.

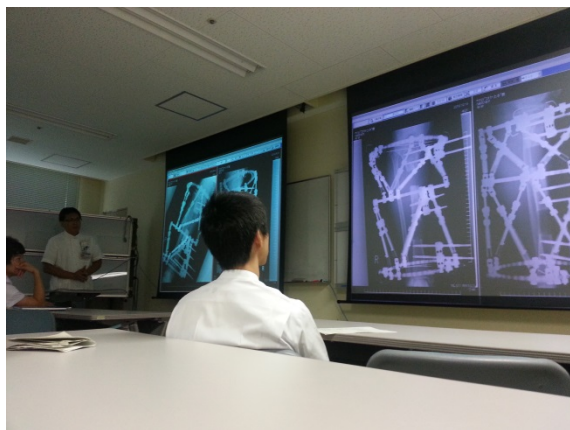


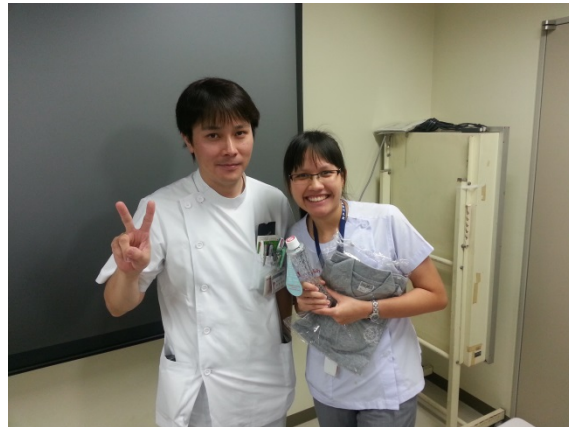
Kobe's cardiology department was such excellent school and perfect workplace. I really have a wonderful time. I wish I can visit there again someday.

Life in Orthopedics department

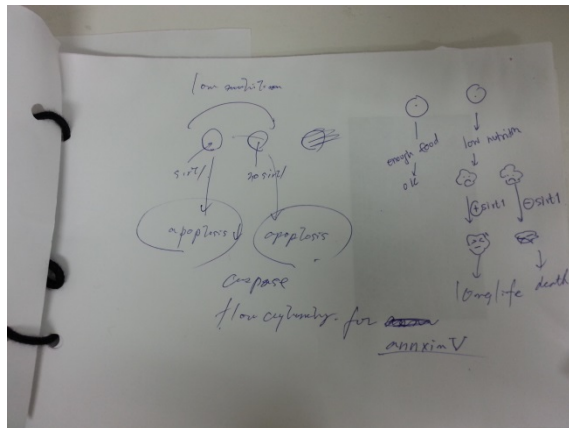
I spent the last 2 weeks in an orthopedics department observing outpatient clinic and operation, as well as joining ward rounding, grand rounding, and pre-operative conference.

Here, I met a world renowned orthopedictrition. From the first day, I was introduced to Prof. Masahiro Kurosaka, a chief of orthopedics department and invener of Kurosaka screw used all around the world to reconstruct posterior cruciate ligament (PCL). I observe his outpatient clinic for 2 days. He is very kind and joyful. His English is so perfect like a native speaker. Next, I was introduced to Asso.Prof.Ryosuke Kuroda. He is also one of the world leader's surgeons in anterior cruciate ligament (ACL) reconstruction. I also visit his outpatient clinic and operation room every week. The wall of his clinic is decorated with many pictures and signatures of famous athletes.





Apart of clinical practices, I was allowed to see and do some basic science researches of orthopedics department such as doing PCR of meniscus cells, harvesting cell culture of intervertebral disc cell, and dissecting mouse's Tibialis Anterior muscle. Sometime it is hard to explain in English. Drawing diagram and pictures works a lot!



Japanese class

As a medical student in an ASEAN's exchange program supported by Japan's government, there was a Japanese class provide by the university every week. They though me basic greeting dialogue, how to introduce and identify myself, how to ask basic question in Japanese. It is very nice to have this kind of cultural class in an elective program.



Non-academic life

My life in these 4 weeks is very fantastic! Since I come to Japan alone, there are many things exciting. Sometime I feel lonely especially when I go back home. But other than that I am very happy staying in Japan. I was warmly welcomed by my friends and teachers, went to many famous places, and eaten many delicious food and sweet.

My accommodation place is quite far from the city central and very quiet. Still, it is a good place for staying. It is a 1 bed air-con bedroom with its own toilet. All the necessary things are provided; internet via LAN cable, TV, soap, shampoo, towel, and yukata. Fridge, washing machine, and iron are also provided in a common room.



For the transportation, I bought a monthly ticket travelling from my place to my hospital which it takes me about 40 minute to reach there. To go out of the usual route, I have to buy a real ticket. The transportation cost here is quite high but the rail system is quite complete. I can go almost everywhere by train and on foot.



Coming here I can reunion with many of my old friends and also getting to know many people. They are friends of friends and my teachers. I am impressed in how Japanese people treating their friends. So much love and care I received. I feel that I am so lucky in this part. Almost everywhere I go there will be a friend with me or being at the place that I

am going to go. About my old friends, some are the Kobe's exchange student who came to Bangkok. Others are who I know from conferences I joined.

For the Kobe-Mahidol exchange student group, we found sometime going out dinning, playing firework, going out sightseeing and also go sailing! I would never have such a good time in Kansai without them.



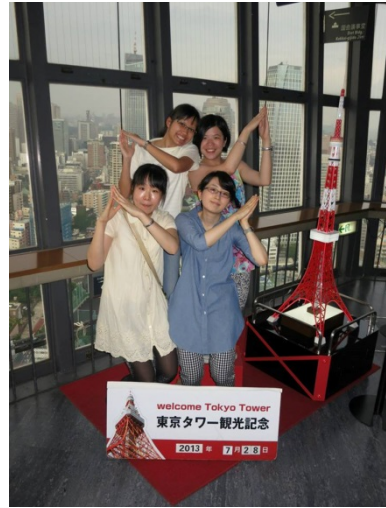
Along with Kobe's exchange students, there were also some of their friends and other foreigner exchange students joined in our Kyoto and Osaka trip.





In that time, one of my Taiwanese friends came to elective in Tokyo. She invited me to visit her there. At that weekend, we went to Mt. Fuji together and also visited many places in Tokyo with our old friends.





Last but not least, the food: I enjoyed traditional Japanese food a lot. I have try sushi, sashimi, okonomiyaki, tempura, udon, ramen, zoba, and so on. Thanks to all my friends and my beloved senseis who treat and advise me very well.

