

Elective Course Report
In Medical Faculty of Kobe University



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2014

**“One's destination is never a place, but a new way of seeing things.”
— Henry Miller**

The Arrival

Sunday, 4th May 2014, 07.00 A.M., I put my feet for the first time on the land of Japan. I was full of joy and excitement that I couldn't imagine what kind of experiences I would have ahead in a month. So, I said to myself to enjoy every second of life here. *Japan, I'm ready!*

After landed at Kansai International Airport, my friends and me went directly to our lodging, the place called Nichii Gakkan in Port Island, Kobe. We were taking reserved big taxi that could accommodate six people of us. On the way there, I could tell how well structured is the development of the city in Japan.



Even this simple trip wasn't boring me at all, since the scenery around the road really amaze me, especially the view of the sea. After one hour, we finally arrived and I got surprise one after another! Nichii Gakkan building looked very nice from the outside. While putting up some luggage from the taxi, I really enjoyed the feeling of the fresh and chill morning air of Kobe. The securities then greeted us quickly and hospitably. After we entered, some securities explained about some inn's regulation and showed us some facilities that we could use on our stay, even though it was really hard to understand since they only speak Japanese. By the time I entered my room, I could only say that I didn't expect that Nichii Gakkan would be as luxury as fine stars hotel!

We had our luggage organized in our room and also a little rest before meeting new friends at 11.00 AM. My deepest gratitude upon professor Kuno for giving us some students tutor. We met Saki-chan, Masahiko-kun, Kie-san, and Lisa-san in the lobby. I was really happy to meet them, and to know that all of them were really nice and friendly. Moreover, I also felt relieved since their English was great! At the lobby, we chatted happily while they were helping us making a registration card to use trains for

school. After making the train's pass in Sannomiya station, we continued our trip to campus. Such a trip by walking around the town and taking trains really allured me a lot. I enjoyed every step I take to the campus. As we arrived there, they gave us sort kind of orientation in the campus, by showing every department's office we would enter, locker room, cafeteria, library, hospital and also Japanese class classroom. By looking at those buildings, I could say that it was really supportive environment for study. They also showed us how to access the Wi-Fi in campus.



Next, we headed back to Sannomiya. We had so much laughter on the way there by joking around and taking random photos. I thought we got closed quickly. In Sannomiya, they showed us some good supermarket that could provide our daily needs. After having lunch together, we said bye in Sannomiya station. To have such a great day on our first day, I can only be grateful.

First Elective Course – Cardiovascular Internal Medicine

My very first class had just started on Thursday due to one-week national holiday called “golden week”. As schedule said, we were asked to come to the department at 10.00 AM. We met Sasaki Naoto sensei as our supervisor. He gave us an introduction about the schedule on these 2 weeks and also a tour to Cardiology Ward in 7th floor of Kobe University Hospital. In general, we had some lectures and clinical practices. We had also much free time that we used to discuss our case reports.

1. Lectures

I had 6 lectures in total, that are Echocardiography, Diagnostic Imaging, Electrocardiogram, Arrhythmia, Cardiac Catheterization, and Heart Failure. Most of the sensei was really excited to share their knowledge to us, since they also explained the lecture in English. Luckily, we also had met 5 students of Kobe Medical School since the beginning of the second week that was also in Cardiovascular Internal Medicine rotation. They helped us translate some parts of the lecture too. In general, the way lectures were given to the student wasn't too different compare to the lecture in my university. One thing that concerned me a little was the lecture, if it wasn't rescheduled, was started and finished precisely like the schedule had shown.

2. Clinical Practices

I was excited to attend every schedule, especially the practice classes which were directly using the devices. I saw that some further examination, like echo, angiography, CT Scan, and scintigraphy, were important to be understood by the students here, since many diagnostics were



established by those examination only. But on the contrary, Kobe students didn't get many opportunities to do history taking and physical examination directly to the patients by themselves compare to the students in my country. We had some practice classes, including echocardiography, cardiac sound, catheter ablation, and myocardial scintigraphy. In echo class, I was so excited since we were allowed to try the echo by ourselves. In cardiac sound class, we practiced hearing the cardiac sound using sophisticated manikin. In catheter ablation and myocardial scintigraphy classes, we were explained on how the devices work while they were doing in on the real patient.

3. Discussion

We had been introduced to Nakayama Kazuhiko sensei on our very first day. Nakayama sensei acted as mentors for our case reports. He gave us two patients, each a case of CTEPH and PPS. I was personally working on the PPS patient. We had discussed about 4-5 times. We usually discussed in 7th floor of hospital since we needed to see medical records in the computer. He explained many things about the cases, start from the definition of the diseases to the examination and treatment for the patient. Sometimes he took us around the ward to examine some patients. He also gave some tips on our case report. Unfortunately, there was no definite schedule for discussion. We usually contacted Nakayama sensei directly and asked for his time. If he was busy that time, we usually tried to find Mori Shunpei sensei.

Fortunately, we had encountered Mori sensei in diagnostic lecture. Mori sensei was the supervisor of the previous Indonesian's elective student. Since he had already known the academic needs of elective students, he also helped us to learn about our case report in our private time. Moreover, we had to use special access card to be able to see our patients' data. But unfortunately, we hadn't been given the card, so we had to ask for help to the staff every time we wanted to learn about our patients.

4. Ward Round

We had ward round every Thursday at 01.00 PM, led by Hirata Kenichi sensei as the head of the department. Nakayama sensei and Sasaki sensei always helped us in the ward round. That was such a great experience to be able to see the patient's care environment that is very different than I had ever seen in Indonesia. To find the patients were not in their bed were common here because the patients could walk freely around the



ward as they like. Some of the nurse maybe accompanied them, but sometimes

we could find them were walking alone, carrying their IV pole themselves. I was more surprised that I found some patients from 7th floor were walking by themselves to the 1st floor to buy some meals in Family Mart! Every patient, especially the critical one, was using a portable monitor that connected to the monitor in the doctor and nurse's room. So, they could find out if there is something bad happen suddenly to the patient quickly. Moreover, the nurses here looked very close to the patients. On the second round, we were given a stethoscope that connected to our sensei's stethoscope that was used to examine the patients.

5. The conference

In department's conference, the staff discussed some of difficult cases. Our friends from Kobe also had presented their task about some patient on that day.

Overall, I really had a great time here since I saw some cases that I had never seen in Indonesia. Some of them even categorized as rare case. The opportunities to see many kind of examination, even allowed to try some of it personally, made me feel really grateful. Thank you to Sasaki sensei, Nakayama sensei, and Mori sensei for your willingness to help my study here. Thanks for all your kindness and hospitality.



Second Elective Course – Cardio Surgery

I enrolled the new rotation on my third week in Japan. I entered Cardio Surgery Department for my last two weeks. Different from my previous rotation, I was a single fighter on this department, until my Kobe friends from previous rotation joined me on my second week here. On my first day here, I was asked to come at 8.00 in the morning. I met my supervisor, named Sakamoto Torihito sensei. He asked me to join morning conference in advance before explaining about the schedule. I was introducing myself in front of everyone in the class after the conference. Everybody looked very welcoming and very nice. The Head of the Department, Okita Yukata sensei, also greeted me personally. After that, Sakamoto sensei continued his explanation in the outline of schedule. I was a little bit startled at the beginning to see a very different schedule to Cardiovascular Internal Medicine. I had to come every morning at 7.00 AM for morning round. It was said that this department maybe had the earliest morning schedule in the Faculty. Thankfully, I had used to wake up early since the schedule was pretty similar to the usual schedule in my University.

Generally, I had schedules for morning round, morning conference, observing the operation, and lectures.

1. Morning Round

The morning round started at 7.00 everyday.

We toured from the ICU to 7th floor to check every patient's condition. Every morning, the round was always lead by Okita sensei or Okada sensei, the department's Vice Head. They would ask the



patients about their condition at that time. Some residences usually reported their patients' condition and problems. They also checked patients' stitches scar and changed their bandage. The round usually finished after 30 minutes. I used the time before the morning conference to join Kobe students to study about their private patient.

2. Morning Conference

Morning conference was held at 8.00 in the office room. It was usually started with journal reading. After that, they discussed about all of the patients in yesterday and tomorrow's surgery. For the tomorrow surgery, they made sure that everything was ready before the surgery was performed. While for yesterday surgery, the residence that was involved in the operation should present on how the operation was done. I was impressed to see that every operation's reports had to be presented by hand drawing in the paper. Furthermore, their all draws were really great.

3. Observing The Operation

The preparation for the operation was started exactly after morning conference was finished, usually around 9 AM. By the time, me and other students also immediately went to operation room to see the procedures since the very beginning. Observing the operation was the part of the activities that I anticipated the most, since I hadn't any chance to see any cardio operation before. In fact, I was very lucky to see Okita sensei's operation that was said to be one of the best cardio surgeons in Japan, especially for aortic management.

I was amazed when I attended my first observation. They maintain the sterility and hygiene of all procedure and equipment flawlessly. I also noticed many assistants in the room were ready to help the surgeon. Since the operations often used Cardio Pulmonary Pump (CPP), there were some assistants specifically took care of that machine. That was also my first time to see the surgeon using



surgical glasses in their operation, I really thought it was pretty cool.

Even though all of the activities in the schedule were done in Japanese, Sakamoto sensei or another sensei would accompany me alternately to explain it in English. This maybe the reason why I had known more sensei here compare to my first department. They explained so many things on the operation room, like how the operation was done and how some of the tools worked. The presence of the camera on the surgeon surgical glasses and above the patient, and also the complete medical record on the computer inside the operation room, supported the explanation from the sensei. We easily understood their explanation. Besides that, the presence of Kobe students also enhanced the excitement of observing the operation, since we could discuss many things about it.

As for the cases, I had seen so many aortic replacements. Sakamoto sensei told me that maybe it was due to the high life expectancy of the Japanese that might reach around 70 years old. Besides that, I had also observed CABG surgery, EVAR, and valve repair surgery. I also had a chance to see some emergency surgery. It was also my first time to see four surgeons doing the operation at once, I was really impressed.

4. Lectures

We had lectures on Wednesday in my second week. There are 4 lectures in total. Since all of it was in Japanese, I got help from my friend to understand it.

At my last day, I had my farewell to the class. I was really surprised that professor Okita asked me to come back there in the future to study Cardio surgery. I was very grateful to hear that. Thank you to everyone in the department, especially Professor Okita, Sakamoto sensei, Inoue sensei, Matsumori sensei, and also Okada sensei. Thank you so much for everything you had given to me in the class. I was also grateful to get their email that I could still contact them until now. I hope I can get the opportunity to go back there someday.



The Japanese Class

I really loved this class. Not only to mention that I could learn my Japanese here, but I also get so many new information about Japanese cultures and traditions. Even though it was only held every Thursday for 2 hours, this class had a deep impression for me. Thank you to Satoshi Terao sensei and Yun Hiruko sensei for making this class felt very fun. ありがとうございます！ Thanks also for accompanying us to go to Kobe Rokko Campus. It was a great time!



The Friends and The Sensei!

I felt it very necessary to write down this part since this factor was one of the reasons I really enjoyed to live in Kobe! Thank you to professor Kuno for your willingness to accept me in this program. It was truly an honor to be able to enroll this program. Thanks for being kind, hospitable, and funny. I really enjoyed having a talk about the



health system in Japan and the health condition of the Japanese with you. Thanks also for giving us many student tutors that was really helpful to us. Not to forget, thank you to Kato-san for your help since the preparation of our program until we had come back to Jakarta. I am really waiting for your arrival in Jakarta next August.

Also very big thanks for all of student tutors who was being such a good friends for me. Thanks to Saki-chan, Masahiko-kun, Midori-senpai, Mizuki-senpai, Kie-san, Ryouhei-senpai, and Lisa-san. We had made so many stories! I am going to miss every moment we had passed together in Kobe. Thank you so much for everything. It



would be a really long paragraph if I should write down all of your assistances. I would never forget that. Good luck with your study ahead! I hope I can see you guys again in the future.

To my rotation friends, Fujisan, Okhubo-san, Takehiro-san, and Yumi-san, thank you for your help in my daily lives in campus. It would be difficult to do the rotation without you guys. Good luck with your study here. I am going to miss having lunch with you guys!



Thanks to futsal team of Kobe Med School for allowing me to join you guys in every week practice. I was really having fun to play with you guys. Good luck for the team!



ほんとうにありがとうございました、またいつか！