

2014

Exchange Program

Ramathibodi hospital, Mahidol university, Thailand



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1. Introduction

I did my clinical clerkship at Ramathibodi hospital in Bangkok, Thailand from 7th April to 1st May 2014. Within 4 weeks, I spent first 2 weeks in ID (infectious diseases) department, and other 2 weeks in FM (family medicine) department.

2. About Ramathiboby hospital

Ramathibodi hospital is one of the biggest hospitals in Bangkok. At least 5,000 outpatients visit this hospital per day. They have more than 1,000 beds for tertiary medical care.

I stayed in the dorm in the hospital. We could use air conditioner, desk, refrigerator, microwave, shower (only cold water). There were a lot of mosquitoes, so we fought them every



day. There were many useful facilities (library, computer center, sport center) in Ramathibodi hospital. We could use them every day. Ramathibodi hospital is located in the central place in Bangkok, so it was easy to go many places by taxi or BTS sky train.

3. ID department

In ID department, we went the professor's round every day. There were a lot of HIV patients in the wards. Doctors in ID department explained to us their conditions, problems and treatments in

English. There was a patient suspected of adrenal hemorrhage, and the professor gave us a question about infectious diseases with adrenal gland. We had no idea at that time, so we studied them after we went back to our dorm. The answer were TB, CMV, histoplasma, cryptococcus



and meningococcus. We heard that there were a lot of histoplasmosis patients in south-eastern Asia.

There was a patient infected with HCV, and the professor told us, “If their skins are dark and eyes are dirty, where can you see their jaundice?” It was difficult for us to answer the question. The answer was under the tongue. To be sure, his region under his tongue was yellow.

We had an opportunity to visit the ID outpatient clinic. Many patients were follow-up care for HIV. Some HIV patients had the asymmetry of the amount of lipid on their face and arm. The cause was the side effect of d4t which was one of the anti-HIV drugs. That was why they had lipodystrophy.

4. FM department

In FM, we could get a variety of opportunities to study FM, and all of them were very interesting for me. I’ll show you my schedule for the first week below.

Date	8:00–9:00	9:00–12:00	13:00–16:00
Mon	Orientation	Home visit	Palliative topic
Tue	Interesting case	Thalassemia clinic	Geriatric assessment clinic
Wed	Home care conference	Health care system lecture	Geriatric conference
Thu	Self directed learning	1:1 OFM teaching	Brief intervention clinic
Fri	Morning report	OFM observe	FM academics

Every morning, we had a variety of conference in English or Thai. When it was in Thai, resident doctors translated it into English

for us. Though it was hard for me to tell my opinion in English, we could join the discussion. The most interesting activity was “Home Visit”. Home visit team (FM doctors, nurse, social worker, medical student, etc) visit patients home every morning.

We could accompany the team, and I went to a patient home who had dementia. The patient was 89 years old woman, and caregiver was her daughter. The daughter had psychiatric problem like mania. The daughter felt fear toward anything about the patient, but she could try to practice the oral care after talking with members of Home Visit team. I thought that this was an important advance for this family. I could learn that the patient for FM is not only the patient but all of family members.



5. Daily life

Basically we had lunch in Ramathibodi hospital, and dinner out of the hospital. The students in Ramathibodi hospital were so kind, and we often went to dinner with them. They knew a lot of good Thai food restaurants,



so we could have a lot of delicious Thai foods. On weekend we went to many places for sightseeing and shopping with them. We could enjoy Songkran festival with them. This was traditional water throwing festival in

Thailand. This is celebrated as the traditional New Year's Day. I appreciate them giving us a lot of experiences in Thailand.

6. Conclusion

Through this program, I could get a lot of valuable experiences and make many friends in Thailand. They were very kind, so we could enjoy everything in Thailand for a month. They were good speaker in English, so I could studied English through talking with them. The encounter with them is invaluable. This is the greatest treasure for me.



I think that I was very happy to join this program. I appreciate all of them who supported us.