

Padjadjaran University, Bandung, Indonesia



Exchange program 2015/9/14 – 2015/10/10

6th year (final year) medical student of Kobe University

Nobuyasu Ikai

Introduction

Padjajaran University locates in Bandung city, Indonesia. As exchange students, we performed clinical clerkship at two hospitals and one clinic that are related to the university.

- Hasan Sadikin Hospital ...tertiary hospital of 2000 beds.
- Ujungberung Hospital ... secondary hospital of 200 beds.
- Klinik Padjadjaran ...primary clinic of 8 beds.

Hasan Sadikin Hospital

In this tertiary hospital (cover photo, photos 1-3) for two weeks, we performed clinical clerkship at general internal medicine, Emergency unit, infectious disease and Rheumatology. Exchange students from Holland also did clerkship at the same period (photo 4). We met a 27 years old woman who has thalassemia with hepatomegaly, splenomegaly and short stature. Her height seems less than 140 cm due to developmental disability. At HIV outpatient room, we saw a mother who suffers HIV but not checked her children yet because of shortage of money. We also studied how to treat a patient who has complication of HIV and tuberculosis.



Photo 1. Emergency Unit.



Photo 2. Paper chart is mainly used to record medical information.



Photo 3. An X ray film checked by a doctor at morning round.



Photo 4. From left, I, Megumi Sato (a classmate of mine at Kobe University), and two female medical students from Netherlands.

Dr. Laniyati (photo 5), a rheumatologist, kindly taught me a lot about collagen diseases such as systemic lupus erythematosus (SLE, photo 6), scleroderma or rheumatoid arthritis. For SLE, anti-malarial drug chloroquine is used in Indonesia. To remember criteria for SLE, DOPAMINE RASH is used. D=Discoid lupus, O=oral ulcers, P=photosensitivity, A=arthritis, M=malar rash, I=immunologic criteria, N=neurologic changes, E= ESR, R=renal, A=ANA, S=serositis, H=Hematologic.



Photo 5. Dr.Laniyati, a rheumatologist.

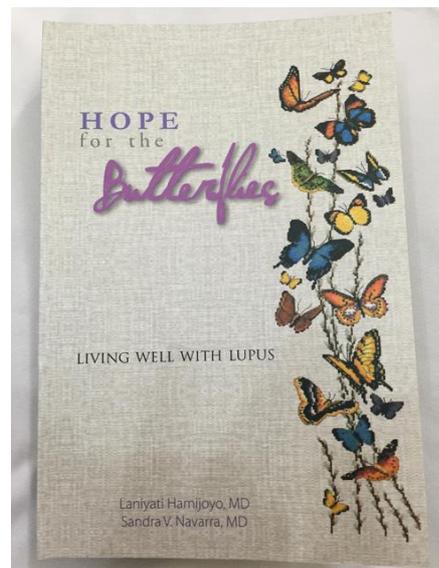


Photo 6. A book “HOPE for the Butterflies; Living well with Lupus” written by Dr.Laniyati.

Ujungberung Hospital

In this secondary hospital (photo 7) for one week, together with medical students (they are called Koas) of Padjadjaran University, we performed bed-side learning for hospitalized patient in internal medicine ward. Because Koas should do night shift eight times per month as obligation, they are very good at taking physical examination such as shifting dullness for ascites or vocal fremitus for pneumonia. At vocal fremitus, patients say “tujuh puluh tujuh” (Indonesian word which means seventy-seven). In Japan “hito-tsu” (Japanese word which means one) is pronounced to detect the spoken voice of the chest wall. It was interesting for me because numbers are spoken in vocal fremitus in both countries. We also observed patients with leptospirosis or Djenkol poisoning (photo 8).



Photo 7. Ujungberung Hospital (a secondary hospital) that locates 1hr by car from Hasan Sadikin Hospital.



Photo 8. Djengkol, a bean in Indonesia, contains Djengkolic acid which causes poisoning when eaten a lot. Its taste is similar to ginkgo nut (Gin-nan in Japanese).

Klinik Padjadjaran

In this clinic (photo 9) for one week, we observed general outpatient and visited patient's home. In outpatient, we saw tropical diseases such as dengue fever or typhoid fever. For diarrhea under 18 years old, zinc tablet in addition to oral rehydration solution are prescribed. Because zinc could reduce the number of diarrhea, government encourages the use of zinc. Zinc is not used in Japan for diarrhea, so I was surprised. With a doctor of the clinic, we visited the patient's home. Doctor checked the hygiene of the house (photo 10) and encouraged the use of soap for washing hands or dishes to prevent further infectious disease.



Photo 9. Klinik Padjadjaran. Padjadjaran clinic that locates 1hr by car from Hasan Sadikin Hospital.



Photo 10. Home visit of a patient's house with a doctor of Klinik Padjadjaran. Doctor checked the hygiene of a home.

Foods and people

Indonesian foods such as Nasi goreng or Mie goreng and so on (photos 11-14) are very good. Tropical fruits such as Mango, Dragon fruits or Coconut are cheaper than in Japan (photos 15-16). We Japanese students talked about research and lifestyle in Japan to the students of Padjadjaran University (photo 17). I feel so happy to eat lunch and dinner with medical students (photos 18-21).



Photo 11. Mie goreng (Indonesian fried noodle).



Photo 12. Nasi goreng (right, Indonesian fried rice), Sate ayam (lower, stickroast chicken).



Photo 13. Omelette (left), Sambal (upper, Indonesian chili sauce), Tempe (lower, soy bean food) and Tofu (lower, tofu). This lunch costs 14000 IDR (=120 JPY). IDR : Indonesia rupiah, JPY : Japanese yen, 1 JPY = 118 IDR, 1000 IDR = 8.3 JPY.



Photo 14. Lunch at a buffet restaurant. It costs 13000 IDR (=110 JPY)



Photo 15. Tropical fruits such as Mango, Dragon fruit etc.



Photo 16. Coconut.



Photo 17. In front of students of Padjadjaran university, we talked about research and lifestyle of Japanese medical students.



Photo 18. Lunch at a restaurant near Hasan Sadikin Hospital with Koas (medical students in Indonesia).



Photo 19. Lunch with Koas in Hasan Sadikin Hospital.



Photo 20. At a party, we Japanese students cooked tempura and Indonesian students cooked ordinary Indonesian food.



Photo 21. Dinner at a restaurant in a shopping mall with Koas.

Daily life and climate

During our stay in Bandung for one month, we lived in a guest house (Sang Surya guest house; photo 22) that locates near (3 minutes walk) from Hasan Sadikin hospital. My room is about 10 square meters and contains free wifi (fast enough to watch movies), air conditioner, shower and toilette. There is a refrigerator in a common room. Clothes are washed and dried within 10 hours by the staff of the guest house. A convenience store is in the same building. There are several shopping malls (Ciwalk, PVJ etc) near (15 minutes walk) from it. Angkot, a regular passenger bus, is available to move around the city (photo 23).

Bandung is cool. Temperature in Bandung on September is almost the same as that in Kobe on September. It is about 18 degrees Celsius at night and 28 at noon. Because September and October are the end of dry season, it rained only 3 times during our stay of one month.



Photo 22. The guest house I lived in for 4 weeks.



Photo 23. Angkot, a regular passenger bus, that costs 3000 IDR (=25 JPY) for each ride.

Holiday

On holidays, we visited lots of sightseeing spots in and around Bandung, including Angklung Udjo, Tangkuban Perahu, rafting, Luwak coffee, Taman Safari and Batik shop (photos 24-30).



Photo 24. Angklung Udjo. Children sing with Angklung, a musical instrument made by bamboo. This museum was made by Udjo in 1966.



Photo 25. Tangkuban Perahu, an active volcano near Bandung.



Photo 26. Rafting on a river.



Photo 27. Luwak coffee plantation (coffee bean digested by an cat called Luwak). Kopi means coffee in Indonesia.



Photo 28. Elephant ride at a zoo Taman Safari.



Photo 29. Sumatran tiger at Taman Safari.



Photo 30. Batik shop. Batik is a cloth made by a technique of wax-resist dyeing.



Photo 31. Dr. Atik very kindly arranged our schedule in Bandung.

Acknowledgement

I would like to thank all the people I met in Bandung, especially students and doctors. I want to thank Dr. Atik (photo 31) for arranging the schedule of our clerkship. This exchange program is supported by Ministry of Education, Culture, Sports, Science and Technology (MEXT), Japan. I also appreciate Prof. Takayoshi Kuno and Prof. Tomoo Itoh of Kobe University for their help.