

Exchange program of obstetrics and gynecology in Airlangga University

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I had four weeks of practice in obstetrics and gynecology of Airlangga University.

In first week, I observed wards. There are a lot of patients and I was amazed to see that a number of patients were in one room. I think the wards are very crowded. As regards to treatments, the strategy is very similar to one in Japan such as chemotherapy. And young doctors asked patients detailed about their symptoms and took physical sign in the same way. However, the number of cervical cancer is larger than in Japan. I also got the impression that there are more serious cases such as stage III or IV cervical cancer than in Japan. I think it is important to enlighten Indonesian people about gynecology.



In second and third week, I observed many cases in the emergency room. I helped deliveries and saw curettages for abortion. I was surprised to hear that there were many cases of pregnancy induced hypertension (PIH) and the risk of maternal death is very high in Indonesia. I think it's a serious problem. In regard to young doctors' training, they did many kinds of procedure such as listening to fetal hearts, NST, vaginal examination,

testing protein urine, helping normal delivery, giving oxytocin drip, giving magnesium sulfate. In Japan, we only observe procedures of obstetricians and gynecologists.



In fourth week, I observed outpatients. The most impressive thing in the polyclinic was to hear that though the number of patients of HIV-infected people has been increasing recently in Indonesia and there were many patients who were HIV positive in Soetomo hospital, doctors don't do the screening test to find HIV positive patients because of a limited budget. I guess the risk of infection of HIV is very high. I also observed the polyclinic of contraception. Doctors taught me that compared with Japan, the birth control is a big issue and doctors regard intrauterine device (IUD) as important in Indonesia. Young doctors can practice many procedures including IUD with simulators. Examinations of obstetrics and gynecology include practical skills tests.



Young doctors who were after night shift gave presentations every morning and I was very interested in this morning reports because I was able to learn practical knowledge. I think Japanese students don't have a duty to do such

a practical presentation in obstetrics and gynecology. I also took lectures about abortion, PIH, infertility, cervical cancer and so on. They didn't give us basic knowledge but useful tips through interesting cases. Especially, categorizing abortion into 4 groups aroused my interest.

Throughout my practical, I felt that because Soetomo hospital is a public hospital, it was insanitary and full of patients and relatives. HIV and hepatitis B were also sweeping Soetomo hospital. Public hospitals face financial problems in Indonesia. This bitter experience brought home to me how important politics and health economics were.

We also studied HIV, Dengue fever, hepatitis and influenza in the Institution of Tropical Disease (ITD) for two days. Professors teach us their research subjects and field works in Indonesia. Especially, I was interested in drug resistant HIV and the epicenter of influenza.

We lived in a guest house of Airlangga University. Compared with a dormitory of the university, there are air conditioners, big beds and modular baths in the house. Though we had to take a cold water shower, we had a good time comparatively. In regard to Indonesian food, we ate a lot of delicious food such as nasi goring, mi goring, bakso, soto, sate, gado-gado. However, we sometimes suffered from diarrhea.

We went sightseeing over the weekend. We went to Yogyakarta and Bromo mountain. In Yogyakarta, we visited Borobudur and Candi Prambanan. These heritages were very beautiful and they were moved by the solemnity of them. In Bromo mountain, we saw the rising sun and rode on horse. We had a valuable experience.



Doctors and Students in obstetrics and gynecology always helped us and taught a lot of things. I am deeply grateful to their kindness. I feel happy about studying in Airlangga University and Soetomo hospital.

