

# Exchange Program

Chiang mai university, Thailand

2015



[会社名を入力してください]

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## 1. Introduction

I did my clinical clerkship at Chiang mai university in Thailand from 13<sup>th</sup> April to 8<sup>th</sup> May. I joined 2 departments. One is Family medicine department, another is dermatology department.



## 2. Family medicine department

In family medicine department, we had many lectures and activities.

### -OPD

We had a look at out-patients. Almost patients couldn't speak English, so doctors talked to them in Thai language.

But doctors explained about the patients to us in English. I thought the relationship between doctors and patients in Thailand was very good.

### -Acupuncture

In Thailand, doctors do acupuncture. We saw many patients who took acupuncture. They said only acupuncture can remove their pain. We also experienced acupuncture.



### -Thai massage

There is a teacher of Thai massage in family medicine. We learned Thai massage from her. We didn't need power for massage. We only used our body weight. But it was so difficult.



### -Home visiting and Elderly Home

We went to patient's home with a doctor, a nurse, a physiotherapist and students. They were discussing about multiple problems, not only the physical. I was surprised students did many things such as exchange of urine catheter and talking with patient's family. After that, they got feedback from doctors or nurses. I thought the education style was very good.

We also went to elderly home. Elderly people lived in same room which has no air conditioner. It is so difference from Japanese one.



## 3. Dermatology department

We joined dermatology department only for three days. In the morning, we had a look at out-patients. There were many out-patients in dermatology department, so we could see many diseases such as psoriasis and vitiligo. We also could see leprosy which we cannot see in Japan. In the afternoon, we joined round. We could see the environment of patients. It was worse than I thought. There is no air

conditioner in the hospital room. some patient lay on the bed in corridor. We knew some difference between Japan and Thailand.

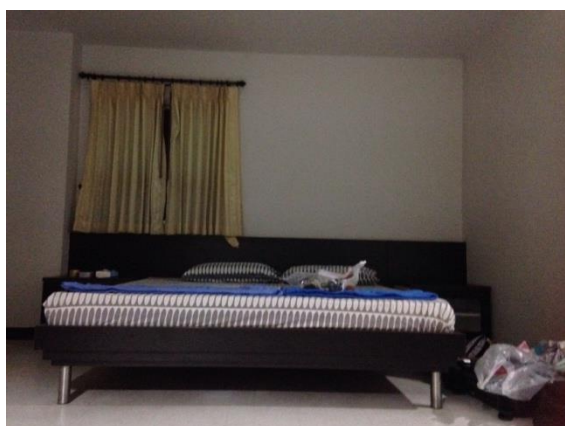


#### 4. Daily life

We lived in same room of Female dorm. Our room was big and beautiful. There was a dorm mother in 1<sup>st</sup> floor, so our dome was safe. There are a lot of shops and restaurant around it. Laundromat was also near from it.

In holiday, we went to many places with Thai friends. All Thai friends were so kind. So they took us to many places. We really enjoyed staying in Thailand.

We also enjoyed many Thai foods. In Thailand, I knew that I didn't like herbs for the first time. So, I couldn't enjoy some food such as tom yam gun and green curry because they smell herb. But I could enjoy Thai food without herb.



#### 5. Conclusion

Through this program, I learned many things and had a lot of valuable experiences. Befote going to Thailand, I was not good at English, so I had no courage to talk to foreigners. But in Thailand, I had to talk only in English and it was good training for me. From now, I want to talk actively to foreigners.

Finally, I appreciate all the people who supported our program.

