

# Exchange program report in Jogjakarta, Indonesia

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## 1. Introduction

I studied at Gadjah mada University from 5<sup>th</sup> April to 30<sup>th</sup> April. I spent first 2 weeks at Pediatric Department in Sarjito Hospital, and other 2 weeks at primary health care center called Puskesmas as part of Public Health Department.

## 2. Jogjakarta



Jogjakarta is a special region in the middle of Java Island. It is renowned as “students’ city” because it has many universities. It is also famous for cultural city. There are many old temples including world heritage sites, the palace where the king of Jogjakarta lives, traditional music, puppet shows, and so on. Public transportation hasn’t developed, so most of people ride motorcycles. Many stands are built up in the evening. It is a very lively city.



## 3. Pediatric Department ---& about Sarjito hospital

Sarjito hospital is located in the broad campus of Gadjah mada University. Many people are referred by other local hospitals. There are 3 types of residents at pediatric department in Sarjito. They have

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different owl badges. Junior residents work beside beds (owl on a book). Mid residents work with studying academic things (owl reads a book). And senior residents teach junior and mid residents (owl with graduation hat). We mainly followed them. Every morning, we took part in Morning report by residents. After that, we

went to the ward, outpatient section (divided into sub-departments), PICU, and NICU following a schedule. Doctors and residents explained to us conditions of patients in English. They were good speakers in English, so I could learn English, especially medical English, by talking with them. We chose one case and made a presentation on our last day.



There are many dengue fever patients in outpatient section and several dengue shock syndrome patients in PICU. We had little knowledge about it because it's uncommon in Japan, but we could learn its clinical manifestation and treatment. My case for presentation was mother-to-child transmission HIV. In Japan, the main cause of HIV is MSM transmission, but in Indonesia, it is heterosexual transmission. HIV screening for pregnant women is not offered, so there are more mother-to-child transmission.

#### 4. Puskesmas

Puskesmas is a public primary health care center. People who get ill first go to it. It

offers not only primary health care but also education for village people, exercises for Puskesmas staff, anti-mosquito fogging, and so on. We saw outpatients and inpatients every morning. The number of outpatients is around 50, and main complaints are pain, fever, hypertension and pregnancy. In the afternoon, we often participated in above-mentioned activities.

In our Puskesmas Temon1, doctors suggest “CINTAKU”. It means control health regularly, no stress, no smoke, activity, consult doctors and enough nutrition. Especially, smoking is significant problem. We heard smoking is a culture among Indonesian male. It refers to low nutrition of children as well as the increase of cancers. “CINTAKU” tries to change their states of consciousness.

I used Cusco speculum for screening of cervical cancer and infection. Even students can experience various procedures.

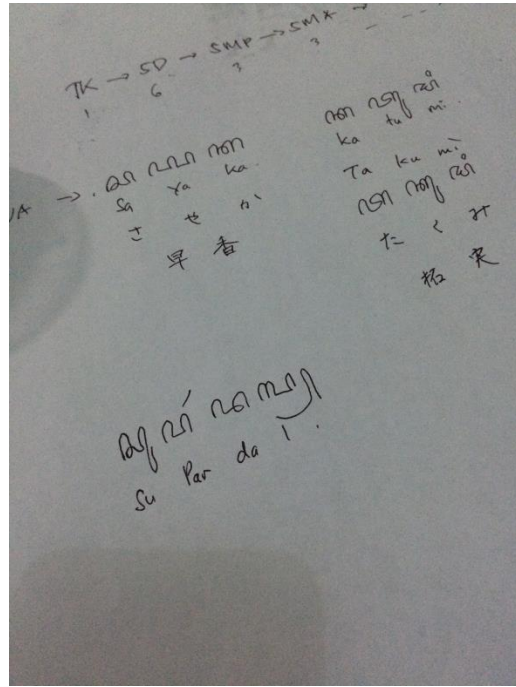
### 5. Daily life in the city

Resident doctors, resident dentists, and students were very kind to take us around the city. We were able to enjoy traditional food at Jogjakarta. On weekend we went to many places for sightseeing and shopping with them. The beach was really beautiful and rafting on the river was exciting. I appreciated them giving us a lot of wonderful experiences in Jogjakarta.



## 6. Daily life in the rural area

We did a homestay during practice in the Puskesmas. Our host mother was a midwife working at the Puskesmas. Almost all people couldn't speak English well, so we were hard to communicate with our host parents and neighbors. Although we couldn't communicate fluently, they were very kind and helpful. Our host parents took care of us, taught us Indonesian and Javanese languages, and took us to many sightseeing spots.



In the evening, neighbors gathered our house and sang songs. Children came to our rooms and played together. When I sat outside of my room, passers-by called my name and waved to me.



There weren't flush toilet, air conditioner, or warm water from shower. There are many insects and geckos in the room. It was not good condition for us. But I really enjoyed this countryside life. Time goes

slowly there. It reminds us of peaceful mind.

## **7. Conclusion**

Through this program, I get many valuable experiences. I was able to study tropical infection, practice English conversation, live in different culture, and make many Indonesian friends! This experience is my lifetime treasure.

I appreciate everyone who supported me.