

Exchange program in University of Indonesia

RSCM (Rumah Sakit Dr.Cipto Mangunkusumo)

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●Introduction of the hospital

Name of the hospital in which I experienced student exchange program is “RSCM”. RSCM is short for Rumah Sakit Dr.Cipto Mangunkusumo. Rumah Sakit means hospital in Indonesian language and Dr.Cipto Mangunkusumo is one of leaders of independence war. It is first national hospital in Jakarta and is main teaching hospital of Jakarta university. RSCM is located in Central Jakarta. White building in the cover page picture is front building of faculty of medicine which was build in Dutch colonial period about 200 years ago. Coordinator-International Relations Office is in this building.



↑ Picture with staff of Coordinator-International Relations Office



Almost every clinical departments have their own building and they are connected with passage way outside.



Most outstanding is pediatrics building, which have been completed in 2014. RSCM is in partnership with Disney and it's interior is decorated with Disney characters.



Many patients are waiting for consultation outside building early in morning before hospital open.

●Anesthesiology (2 weeks)

Anesthesiology department in RSCM take on four main important roles, which are ①anesthesia in operation room, ②management of ICU, ③dealing with code blue in ward and ④emergency rescue. The former two are almost the same as in Japan. But the latter two are specific. Anesthetists are experts on general care and stabilizing vital signs. So they are expected to deal with inpatients who had sudden condition change (code blue) and also to take the first contact with outpatients in emergency case in resuscitation room. One more different thing from Japan is that co-assistants (student doctors) have duty in shift work and are trained for several essential procedures like intubation, taking IV line, urinary catheter and so on. Co-assistants are expected to work like internship doctors in Japan (kenshu-i).

Schedule for Example

7:00	morning report	case presentation for patients in OR, ICU and resuscitation room
8:30		{ <ul style="list-style-type: none"> • 7 burn injury patients by gas explosion in a plant • AMI • diabetic ketoacidosis • complex fracture by car accident (from Papua !) • air way obstruction by foreign body → CPA →CPR etc.
↓	resuscitation room	
15:00		
11:30	code blue	→CPR in inpatient ward



Left) Co-assistants are consulting their supervisor about their cases in resuscitation room.
 Middle) Residents on call for code blue stay in anesthesiology office in their shift time.
 Right) Dr. Alta gave us lecture on BLS, ALS and each case we had in resuscitation room.

● **plastic surgery (2weeks)**

Plastic surgery department in RSCM have its own operation center, in which are 2 operation rooms. Plastic surgery in RSCM consists of 4 groups which are craniofacial group, burn injury group, genitalian external group and micro and hand meeting group. One of main theme of plastic surgery is care of pressure ulcer as is the same in Japan. Also diabetic foot is big problem. Number of DM patient in Indonesia is the third in Asian countries following China and Japan, and it is still growing. As is often the case in high population density city, there are many fire incidents in Jakarta. So burn injury is another important theme. Beside operation center specialized for plastic surgery, they also have center for burn injury.

Schedule for Example

7:30 meeting in craniofacial group

8:00 round

9:00 operation room

↓ hypospadias, sacral defect caused by pressure ulcer, burn injury contracture ect

15:00



Left) releasing joint contracture by Z-plasty

Middle) drawing line for SGAP flap (superior gluteus arterial perforator flap) to cover sacral defect

Right) Birthday party in plastic surgery office. Plastic surgery department have very at home atmosphere

● **outside hospital**

✓ Puri Salemba (dormitory)



Left) with Ms Elvy the chief manager of Puri Salemba. middle) 2nd floor. Right) kitchen
Every staffs were very kind. Most helpful part of this dormitory is that staffs have my clothes washed in laundry twice a week.

✓ traffic in Jakarta



Jakarta is famous for its heavy traffic. Because other public transportations like train network are not developed sufficiently, you have to use car to move somewhere. And then, you have to take time of traffic jam into account.

✓ shopping mall



If you stay longer than 1 week in Jakarta, You can never pass Grand Indonesia, the most fashionable shopping mall in Jakarta. There are more than 100 shopping malls in Jakarta, and many young people spend their free time in any one of them.

✓ Street foods in Jakarta



There are so many Warung (street food restaurant) in Jakarta. Taste is very good. Don't hesitate to try it! You should just be careful of water. You had better avoid ice in drinks and raw vegetables.

✓ sweets



Left) Typical Indonesian sweets “ Martabak”. Indonesian sweets are extremely sweet compared to Japanese sweets. You have to be careful also when you order any kinds of tea. If you just order tea, it contains plenty amount of sugar. So you have to say “ Jangan pake gula(= with out sugar please)”. When you go around Jakarta and try some café, you will surely understand why there are so many DM patients in Indonesia.

Middle and right) There are many kinds of health foods that are said to have effect on DM.

✓ Depok



Left) Other faculties of University of Indonesia locate in Depok campus. This time, I visited here to attend student congress (INAMSC : Indonesia International (bio)Medical Students' Congress).

Middle) poster presentation session. There were many unique research for example about effect of extracts from tropical fruits on alleviating lifestyle disease.

Right) The biggest library in Southeast Asia

✓ religion



Majority is Muslim. They have 5 times prayer a day and each prayer have its own meaning. There are prayer room everywhere because they have to pray in closed space. Typically, there is prayer room near restroom. Male Muslim have special prayer on every Friday and they pray in a moscue. Picture on left is Istiqlal Moscue, the fifth biggest moscue all over the world. I feel that Indonesian students are more

mature than Japanese students. Maybe 5 times prayer every day have something to do with their maturity.

✓ Jogjakarta



✓ Bali



It takes only 50 minutes to Jogjakarta and 100 minutes to Bali from Jakarta by domestic airline. If you are to come Indonesia as exchange student, you can't miss them!