

# Elective Program Report

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Taipei Medical University



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## Introduction

This is about my 4 weeks Exchange program in Taiwan at Taipei Medical University Hospital (TMU Hospital), and also I'd like to tell something special in my daily life there. I have to let you know the first day hospital from arrival.

## The first day

I arrived in Taiwan one day before my Exchange program, Sep 12 to October 7. Fortunately, jet lag between Taiwan and Japan is only one hour, so it's not a problem. However, my radio-controlled watch works for only in Japan and I didn't realize that for five days it was a trouble. In Taipei, MRT is an AGT, like "Port Liner" in Kobe, it's very convenient, therefore, they don't have to take buses or taxis, they can go anywhere they want, downtown or famous places. We can use "Easy Card" just like "Suica" or "ICOCA" in Japan, it is available for everything buying tickets, shopping or of course vending machines in Taipei. If you can have one, it makes your life there easier. My first day, thanks to this card I was able to reach TMU hospital from my hotel I made reservation in advance.



## The first week

I studied Traditional Chinese Medicine. They are taking care for the patient from other department with *Kampo* or acupuncture. I've ever learned acupuncture at Kobe university, but that was the first time to see the scene of acupuncture. When I saw the doctor did the treatment of acupuncture for patient by the head or by the face, I was so surprised. Besides, I have a chance to see the mix of *Kampo*. The teacher told me to taste one of those *Kampo*, I tried some yellow powder, actually I like one of them, "*Kakkonto*". I thought it delicious. Review of the first week, on Friday, the chief professor of Traditional Chinese Medicine said that Oriental medicine, they say "Blue Ocean", can cover Western medicine. Blue ocean, means there is massive information that still we don't know that is an unknown world. I understand, it's very important for us to learn not only Oriental medicine but also Western medicine, because we should know about limitation of Western medicine.





## The second week

I heard Taiwan was famous for its Cosmetic Surgery. I wanted to see that operation which I had never seen at BSL (Bed Side Learning) when I was in the fifth grade at Kobe University, so I chose to study in Taiwan. The first day, I saw the suture operation of skin by bike accident and the reconstructive surgery in breast cancer. The second day, my friends, learned at the same time in the TMU told me Cosmetic surgery in Taiwan was just like Plastic surgery in Japan and I noticed for the first time. Reconstructive surgery for after surgery from other department or traffic accident. Especially, when they operate breast, carry out in two times and that's very important and "New Product" nipple made of silicon can help the improvement of the quality of life. I learned a lot of things.



## **The third week**

The training of Family Medicine, I've wanted to study most in Taiwan, because we don't have any specialities in Japan, I'm interested in their ways of working. I was able to observe, patients with chronic phase or patient with acute phase at outpatient clinic. Also on Thursday I had a chance to house calls to nearby patient. I learned how to carry them through a narrow stairs and how to take them to the hospital. Besides, I could study difference between Taiwan and Japan, house of structure or the way of family life.



## **The fourth week**

The last week, I studied Radiation Oncology. I've been studying Radiology since sixth grade at Kobe University, so I've wanted to know how different from that of Taiwan. When I actually saw that they were very alike, Tomo Therapy as well. Some teachers said that they learned in Japan and then they brought back to Taiwan. I hope that cooperative relationship between both countries will be stronger. It was difficult for me to guess everything because they were in Chinese. However clear image of CT or MRI helped me to understand what is necessary for the patient.

## Finally

I've never been in foreign country for a month before, so I had expectations and there was anxiety in the same way. Once I stepped in Taiwan, I felt warming of the climate in spite of three big typhoons. To my big surprise some people asked me “*Nihon-jin desuka?*” not “Are you a Japanese?”. “Do in Rome as the Romans do.” they say. When you are in their place you'll notice the difference and then you may realize your place better than you've thought. Furthermore, we can deeply understand each other. I'd like to thank everyone for staffs of Educational Affairs Office in TMU and Kobe University, professors, and doctors giving me a great opportunity.

