

Exchange Program Report

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Destination: Taipei Medical University

Duration : 2016/9/12~2016/10/7

Department: Traditional Chinese Medicine, plastic surgery, family medicine,
radiation oncology

* Introduction

I had a chance to study at Taipei Medical University (TMU) in Taiwan with Shinsaku Nakazawa who is my classmates from 9/12 to 10/7. Located at the south-west of Okinawa, Taiwan is a small island country which has a population of twenty millions and it is about 35,980 square kilometers in area (almost same as Kyushu in Japan), but the population density in Taiwan is twice as high as Japan. As for, it is subtropical, so Taiwan has really lively atmosphere. This time, I chose Taiwan as a destination for following three reasons; 1, Taiwan is known as a pro-Japan nation. 2, From the points of insurance system or medical technology, it is said Taiwan is very similar to Japan. 3, Taiwan is very popular country for sightseeing (Actually, 1.6 million people visit Taiwan from Japan per year) I introduce my experience here.

* Practice Report

1st week

We practiced at Traditional Chinese Medicine department. In this department, doctors grasp patients' states by pulse diagnosis and then treat by herbal medicine, acupuncture, massage and so on. During pulse diagnosis, doctors conduct medical interviews carefully. In this process, I got the impression that doctors are so close with their patients. About 70 years old patient who spoke Japanese said to me, "I've been treated by this doctor for 10 years. I can live longer thanks to him, so I really appreciate him." In Traditional Chinese Medicine, most diseases are chronic, so many patients have long relationship with their

doctors. I thought having a good relationship between doctors and patients becomes more important in that situation.

2nd week

We practiced at plastic surgery department. There were also some TMU students at the same time. They taught us many things about not only medicine, Taiwan, their school life, but also their recommended restaurants. During this rotate, I noticed that all medical records or presentation materials were written by English. I also heard medical students use English textbooks. Because of this, doctors and students are very good at speaking English. What's more, I was surprised by not only their English ability, but also their high communication skills. They all were very friendly. They tried to know each other well by having interests to others and also expressing themselves sufficiently. This is the basic things when communicating with others and also most lacking things for me. This time, I could realize the importance of this way of communication. That was probably the biggest fruits for me throughout this practice.

3rd week

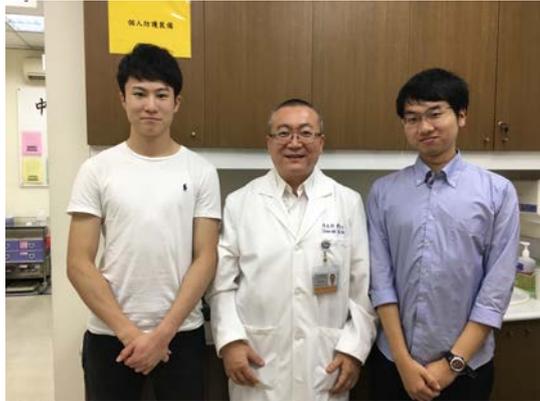
We practiced at Family Medicine. Family doctors in Taiwan act like both general physicians and home care doctors, so they work both in hospital and in patient's house. This time, we could have a chance to actually visit Taiwanese patient's house. In Taiwan, there are many large families. For that reason, patient's family also play important role in medical site. Family doctors had good relationships with not only patients, but also their family. I felt this led to the improvement in patients' QOL. Also we met Dr. Yu-Shan who is 1st year senior resident. She was really interested in us and asked us many things about ourselves (of course including about medicine!) during the practice. I couldn't express myself enough, but learned the importance of expressing myself to others.

4th week

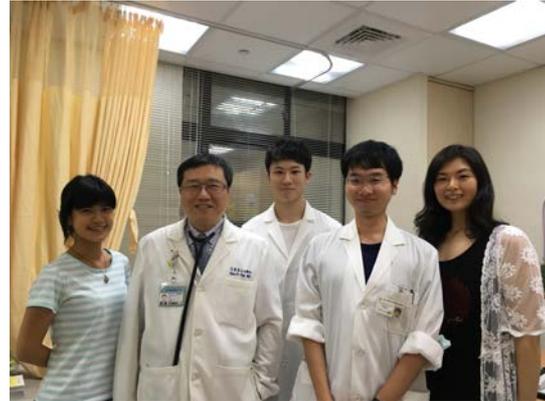
This week, we mainly learned about terminal care in radiation oncology department. We actually asked about patient's willingness at a ward, then we had a chance to discuss about how support this patient in the future with doctors. How they live in terminal stage are different from person to person and there is no correct answer. Facing to this question, putting myself in patients' shoes and telling my own ideas are important. I could learn the importance of them through this discussion.

Conclusion

There are many new findings for me by seeing Taiwan's feature of medicine such as Traditional Chinese Medicine or Family medicine. On the other hand, I noticed the way to contact with patients or the way of thinking as a doctor are common things all over the world. I realized again this importance through this 4week practice.



with Professor Chen
in Traditional Chinese Medicine



(Left to light) Dr. Fang Jo-I, Dr. Fan Hao-Yi,
Me, Shinsaku, Dr. Yu-Shan

*** Daily Life**

When I visit foreign countries, to know about those countries well, it is important for me to speak with the natives, eat their own foods and visit many tourism spots. During this stay, many Taiwanese took us around to many places and gave us wonderful experiences. I can't tell this experience by only words, so I introduce with pictures.

Sightseeing

Taiwan is one of the most popular tourist spots and has many places to visit such as Taipei 101, Jiufen, National Palace Museum, night markets, Tainan and so on. Especially, night markets are rare for us Japanese. Combined with many people, many shops and hot climates like the summer in Japan, night markets were so energetic.



寧夏 night market



士林 night market

Foods

There are many delicious foods beyond count in Taiwan. Among them, 魯肉飯 (salty-sweet pork ribs on rice) is especially the best foods for us and every time we ate it when we went to school cafeteria.



小籠包 recommended by Yu-Shan



Ice-Monster also popular in Japan



School cafeteria with Homing



Spicy foods at 川妹子

People in Taiwan

I had heard before that most Taiwanese are pro-Japanese and I found it's really true during this stay. I was very glad that they were interested in Japan and also taught us many things about Taiwan. Intercultural exchanges like this were the most pleasurable things for me.



Fishing shrimp
(Left to right) Shinsaku, Me,
Kun-Lin, Jessica, Eva



with 6th year students in TMU
(Left to right) George, Mao, Me,
Shinsaku, Hiro, Gerry



Last day at locker room
(Left to right) Gerry, Leslie, Doro, Mao
(Back row) Me, Shinsaku



with Kun-Lin, Sherry, Angel



At 象山

(Left to right) Shinsaku, Me, Eva,
Sharon, Keat



In front of Taipei 101 with Lee

*** Final word**

Three weeks have already passed since I went back to Japan. I'm gradually going back to my everyday life in Japan, but even now, my memories in Taiwan is still engraved in my soul. Keeping this time experience in my mind, I want to be my few remaining school life and the life as a doctor after that more fruitful. I'm really grateful to the following people; people in the international department and the educational sections, my parents, Shinsaku and all so kind and wonderful Taiwanese I met in Taiwan. They supported me at any time both in Taiwan and Japan. I can't thank you enough.