

#Introduction

I was elected for the exchange program at Kathmandu Medical College (KMC). I was placed in 5 departments, Respiratory Medicine, Neurology, Surgery, Pediatrics and Emergency, from 4/4/2016-29/4/2016.

#About KMC

KMC is a private university that was founded in 1997. It is consisting of Clinical Science Complex at Bhaktapur District and Basic Science Complex at Sinamangal District. We did the practice at the Kathmandu Medical College & Teaching Hospital (KMCTH) in Sinamangal for 4 weeks.

This hospital has 900 beds, 24-hour emergency service, pathology facilities, ICU, CCU, NICU and 9 operating theaters, etc. And there are some modern equipment like bronchoscope, echo, ECG, endoscope, colposcope, 64 Slice CT, etc.



#Respiratory Medicine

I basically participated in the round. Almost all patients were COPD and main cause is air pollution. KMC is located in the capital of Nepal, called Kathmandu, and there is the growing problem of air pollution due to diesel engines. In Japan the main cause of COPD is smoking, so I was surprised at knowing this.

#Neurology

In the Department of Neurology, I observed the round and OPD. At the OPD, one attending and one intern work in pairs, intern asks patients detailed questions about their conditions and check their vital signs and attending prescribes medicine and examines patients. I was allowed to check vital signs and neurological exams. They don't have enough equipment, so doctors gave weight to the medical interview and physical examination.



As for the diseases, Neurocysticercosis and organophosphate poisoning was very interesting. Neurocysticercosis has spread because people in Nepal wipe their hips with their hand when they use toilet.

And I saw many stroke patients because many people have DM and hypertension caused by their diet.

#Emergency

In the department of emergency, there were many kinds of disease like a COPD aggravation, stroke, trauma, etc. Some patients waited for the check like X-ray and CT, so I felt they had the problem of medical equipment.

And some staffs don't use gloves and gown, so I thought they should care standard precautions more.

#Through the practice

We experienced the differences between Nepal and Japan everyday. For example, they are careless about time and sometimes slack off during work, and so on. And sometimes there was no student or doctor who took charge of us, so we had to think about what to do next by ourselves.

We interact with doctors in the hospital and students in the hostel. All students speak English very well and study hard. They all were kind and help us many times.

The most difficult thing was that almost all patients couldn't speak English so we didn't know the details of the conversation. And I troubled them because I can't speak English frequently. I have to study more English to absorb the cultures and ideas of people in other countries.



#Life in Nepal

Nepal is safe country and they are very kind except that we were ripped off when we used the taxi and bus. It was problem that there are many restaurants that have sanitary problems and the air is polluted.

There are many buildings that are specimen of Buddhist and Hindu architecture in Nepal. And they have beautiful nature like Mt. everest and Chitwan National Park, and so on. We enjoyed these sceneries and learned their culture.



This practice was a little hard, but I'm glad that I participated in. I will make use of this experience.

In conclusion, we would like to thank Dr. Kuno, Dr. Ito, Dr. Sunil, Dr. Kumal, Ms. Miwa, Ms. Uera, and Ms. Sawada for their advice and help.