

# Medical Student Observership in UPMC Shadyside

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## Introduction

I went to University of Pittsburgh Medical Center (UPMC) Shadyside Hospital from 4<sup>th</sup> to 8<sup>th</sup> April. I studied “family medicine”, which is a specialty devoted to comprehensive health care for people of all ages. It is a division of primary care that provides continuing and comprehensive health care for the individual and family across all ages, genders, diseases, and parts of the body. There is no family medicine department in Kobe University hospital. So I want to know what the family medicine is and how the doctors work.

## About UPMC Shadyside Hospital and Family Health Center

UPMC Shadyside is part of UPMC's flagship medical entity and is located in Pittsburgh's Shadyside neighborhood. It is a 520-bed tertiary care hospital that has been serving the residents of Pittsburgh since 1866. UPMC Shadyside offers primary medical care; physician and nursing education; and a broad range of specialties that include: cardiology, oncology, orthopedics, geriatrics, gynecology and more. In the site of the hospital, there is Family Health Center (FHC). It is a model of family medicine, where physicians come to the office to learn the specialty of family medicine. I mainly stayed at FHC and observed medical care of outpatient following UPMC residents.

### **My Time Schedule**

| Monday(4/4)                | Tuesday(4/5)               | Wednesday(4/6)             | Thursday(4/7)               | Friday(4/8)                |
|----------------------------|----------------------------|----------------------------|-----------------------------|----------------------------|
| 8:30-9:30<br>Orientation   | 7:00-12:00<br>Inpatient    | 7:00-12:00<br>Inpatient    | 7:00-12:00<br>Inpatient     | 7:00-12:00<br>Inpatient    |
| 9:30-12:00<br>Outpatient   | 12:00-13:00<br>Lunch break | 12:00-13:00<br>Lunch break | 12:00-13:00<br>Ground round | 12:00-13:00<br>Lunch break |
| 12:00-13:00<br>Lunch Break | 13:00-16:00<br>Outpatient  | 13:00-16:00<br>Conference  | 13:00-16:00<br>Outpatient   | 13:00-17:00<br>Outpatient  |
| 13:00-19:00<br>Outpatient  |                            |                            |                             |                            |

When I arrived at UPMC Shadyside hospital, there was a Japanese garden and many cherry blossoms were in bloom. At first, I met Dr. Takedai, who is a family medicine doctor and invited me to UPMC Shadyside. He welcomed me and asked me why I'm interested in family medicine. In the orientation, he told me some instructions and the program I took part in was just an observation, so I had no right to help patients in UPMC. Because of this restriction, I couldn't do any medical procedures but I was satisfied with the observation of doctors' job. There were many things to study during my staying at UPMC.

### **About the Observation**

Firstly I will note down my experience in morning conferences and inpatient rounds. The morning conference started at 7:00 AM in a conference room. There were an attending doctor and several residents learning family medicine. A resident made a short presentation of his patients, and the others discussed them. After that, they began inpatient rounds and saw inpatients. The each patient had various diseases. For example, there was an intravenous drug user (IVDU) who had cellulitis caused by MRSA, a woman who had parotitis and seriously swollen cheeks, a man who had cyclic vomiting syndrome and lost weight, and more. I felt the number of diseases involved with family medicine was larger than I had thought. In the afternoon, I went to FHC and observed examinations of outpatient. I followed residents who saw outpatients. The residents were so kind that they explained their patients' disease to me and I could understand them. I saw medical check-up for infants, pregnant women and elderly people. Family doctors in the U.S. give all kinds of vaccination and check up for all ages. They also advise their patients to prevent lifestyle-related disease such as hypertension, diabetes and dyslipidemia. Family medicine doctors in UPMC provided high-quality

primary care and they advised patients not to fall ill.

### **Conclusion**

During the observership program, I learned what the family medicine is and its advantages. If family doctors who were well-trained and provided good primary care in Japan, many patients could be relieved from anxiety about their medical problems and the efficiency of treatment would improve. I experienced precious time and learned many things that I couldn't learn in Japan. So I'd like to appreciate everyone who supported me. Thank you.