

## Exchange program of tropical infectious diseases in Airlangga University

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Osaka University, Faculty of Medicine,

3<sup>rd</sup> year student,

Masashi Tanida

I had the exchange program in Dr. Soetomo Hospital of Airlangga University with Akihiro Ono for 3 weeks. Airlangga University is in Surabaya, the second biggest city in Indonesia. We were the first exchange students from Osaka University and there were no Japanese people at the hospital. Everyone I met during this program was so kind to me and thanks to their help, I had a great time during the stay in Surabaya.

### Before the program

The reason why I applied to this program was because I was eager to gain the experience abroad. I was interested in learning about infectious diseases through seeing the actual treatment in Indonesia and I wanted to learn its culture as well. Through this program, I was able to get a greater experience than I had expected.

### Experience in the hospital

Every morning, we went to the hospital at 8:00 and attended the meeting called “morning report” with medical students until 9:00. Usually in every morning report, two medical students do the presentation about patients who were carried away to the emergency department the previous night. After their presentation, the supervisor makes comments on it and then other students start the discussion. Students were speaking actively in the discussion and I realized how diligent they were. Through everyday presentations, I learned many medical cases about Dengue fever, CKD and so on. The most impressive case for me was Dengue fever. I learned how to detect it, the differences between Dengue hemorrhagic fever and Dengue fever and the treatment of them.

After the morning report, we usually went around the internal medicine wards and tropical infectious disease ward. Female and male patients were separated in each ward, which is mainly because of the religious matter. It was very interesting for me. In the internal medicine wards, I saw patients with diabetes mellitus, chronic kidney disease, non-Hodgkin lymphoma, lymphadenitis and SLE. Many doctors in the wards explained about diseases to me, and especially Dr. Decsa, a first year doctor, was very kind and I learned many things from him. He taught us about how to detect lymphoma and lymphadenitis and so on. I was very surprised to see a patient with lymphoma. The

patient's neck was as big as her head because of the lymphoma. Dr. Decsa told us that patients in Indonesia don't come to the hospital until their conditions get severe mainly because of economic problems.

In the tropical infectious disease ward, we saw the patients with Dengue fever, and Malaria and so on. There were a lot of patients with Dengue and thanks to the morning report, I could understand their treatments and conditions well. Moreover, we could observe the whole process of healing Malaria luckily. The patient lost his consciousness and was in very severe condition at first. Thanks to the doctor's good treatment, he regained his consciousness after about a week. It was very impressive for me.

We went to the emergency department, hemodialysis room, and city hospitals, too.



Medicine café



City hospital



Emergency department



Hemodialysis room

## Experience in the dormitory

We stayed at the dormitory where many Indonesian students and foreign students from different countries live. It took about 20 minutes by car from the dormitory to the hospital. Mr. Agus, who is a university staff, took us to the university every day. We spent a very good time there. Everything

there was comfortable except the shower, because it pumped out only cold water.



The room at the dormitory

### Experience in the city with people in Indonesia

The medical students kindly took us out to many places such as cafes, bars, karaoke and souvenir shops. We went out for dinner often, and so I could enjoy delicious traditional Indonesian foods. We were invited by the doctors to their houses. I was impressed by their hospitality, and would like to say thank you to them.



At the street restaurant with Dr.Decsa and his wife



In front of Dr.Decsa's house

On the weekend, we traveled to Yogyakarta. We were planning to go there by airplane, but couldn't get tickets because it was Chinese New Year's Day. With the help of students, we could get the train tickets finally. In Yogyakarta, we went to Borobudur, Candi Prambanan and Ratu Boko. These heritages were very spectacular. Indonesia is a very good place to travel.





In the train to Yogyakarta



Borobudur



Candi Prambanan



Ratu Boko

## Conclusion

Last but not the least, I would like to express my gratitude again for all the people who helped me during this program. I could spend a wonderful time thanks to their great hospitality. I'm sure that this experience in Indonesia will be helpful for me to become a good doctor. Thank you.

