

Exchange program 2013

Ramathibodi hospital, Mahidol University, Thailand

Shizuka Yamamoto (2013/04/01 ~ 2013/04/26)



Report ~exchange program in Ramathibodi hospital~

Shizuka Yamamoto

1. Before I went to Thailand

I like traveling, I like English sounds. I'm not a good English speaker (poor vocabulary, half-remembered grammar, no effort) but yearned to be. So, exchange program in 6th grade is exactly what I want. I have been to Thailand once before. Though it was very short stay, I got good impression and wanted to know more about Thailand. So I choose Thailand.

I'm interested in internal medicine. Before this exchange program, I heard that Family medicine and infectious diseases department are both famous in Ramathibodi hospital. I was looking forward to going these two.

2. Infectious diseases

↓ With ID professor

First 2 weeks, I studied in ID (Infectious Diseases) department. Here, we went the professor's round every day. There are many HIV patients in the wards. One patient, who has PCP with HIV, she was admitted into the hospital on our first day in ID. Since that



day, we started checking her respiratory status. At the first time we met her, she was on oxygen through a mask. Steroid therapy was started. For one week, she was getting worse. Meals she could eat and time she can breath without a mask became less and less. Finally, the ventilator was needed. I couldn't see her during weekend, and felt uneasy about her condition. But next week, she got free from the ventilator. Our last day in ID, she didn't need oxygen mask. She could clear her breakfast and said "Thank you" to us. (Actually that was the first time we could have verbal communication not only body language) That was impressive experience for me.

We also saw other diseases, such as TB, brucellosis, SJS, melioidosis, and so on. Doctors, fellows, and pharmacy students in our team are so kind that they translated every case in English and taught us about antibiotics. On Wednesday, we visited professor's clinic. We could see many HIV patients there. Professor taught us about treatment and history of HIV in Thailand. His story was clear and interesting. I recommend ID department in Rama, because it's very educational.

3. Family medicine

Next 2 weeks, I went to Family medicine (FM) department. My schedule in FM has a variety of different programs, each of them are very interesting. I will show you my last week's schedule below.

	Morning	Afternoon
Mon.	Home visit	Palliative topic
Tue.	Observe OPD	Geriatric assessment clinic
Wed.	Home care conference	Geriatric conference
Thu.	1:1 OFM teaching	Brief intervention clinic
Fri.	Observe 5 th yr. OFM	Feedback

Almost every morning, we had a case conference about interesting case. In the conference, I could participate in taking history, making problem list and differential diagnosis. At first, I got little nervous but gradually got used to it, and I could enjoy the conference.

Most impressive activity was "1:1 OFM teaching". OFM means "out-patient of family medicine". 5th year students in Ramathibodi hospital have practical



training in FM for 1-2 months. They have own outpatients, and do almost everything (from taking history to prescription). Every case they can get feedback from a teacher. We could experience this educational program. We can't understand Thai language patients speak, so doctors translated

to English for us.

I show three pictures here, they were taken during “home visit”. Every morning, some FM doctors and other medical staff (nurse, social worker, medical students, etc.) visit a patient who has multiple problems. Problems are different from each family. Home



visit team assess whole family. For one case, it takes about 3 hours. So they can only visit one home in a day. I was surprised that a university hospital can do home visit, which needs enough time and manpower. It is good for patients.

4. About Ramathibodi hospital

We stayed in the dorm in the hospital. This is my room. At first, there was one problem. Mosquitoes bothered me. When I got some itchy bites at night, I couldn't sleep. After I got a repellent, they disappeared.

Ramathibodi hospital is big. They serve at least 5,000 outpatient visits per day and inpatients more than 1,000 beds for tertiary medical care. But another hospital of Mahidol university, Siriraj hospital is much bigger.



The hospital is located in Bangkok, the capital and the most populous city of Thailand. We can get to BTS sky train station by taxi or foot. We had good access to transportation. So we can go many places on weekends easily.

5. About Thailand

We went to many places. New year festival called “Songkran” was one of the most interesting experiences in Thailand for me. In Khaosan Road, a lot of

people (most of them look like tourists) fought with water guns. We got soaked and it was very fun.

We went to some temples, Krabi, Ayutaya, weekend market, Sirriraj museum, Thai massage, watching Muay Thai, hot spring... There are many places to go, many activities to do in Thailand. We enjoyed our staying.

People in Thailand are very kind. They brought us to some sightseeing areas, treated us dinner, always help us. I was surprised and feel a bit ashamed of myself. I can't thank them enough. This experience is unforgettable.

