

Exchange Program

Siriraj hospital, Mahidol University, Thailand

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1. Introduction



I did my clinical clerkship at Siriraj hospital in Bangkok, Thailand from 6th April to 30th April 2015. Within 4 weeks, I spent first 2 weeks in Neurology department, and the other 2 weeks in Vascular surgery. While I studied, Thai students except 5th year students are on spring vacation and I was an only student and an only foreigner in each department. But I didn't feel lonely because a lot of doctors talked to me.

The program was mainly composed of ward round and observing outpatients. Most medical technical terms were in English, but doctors talked to each other in Thai. But they translated

contents into English, so I could understand them.

2. Neurology department



In neurology department, there were many cases which related to diseases I had never seen or had obvious symptoms. It was very meaningful that I saw some physical findings that I had

seen only on textbooks. At OPD, mainly residents saw numerous patients by themselves, and if needed, they consulted with a professor. They held many kinds of outpatient clinics such as Myasthenia Gravis clinic and so on day by day. So they were rich in cases. In a lecture for residents, a teacher quoted many studies and case reports written by Japanese. On Friday, residents held study meeting for specialist examination and they presented each other. The PowerPoint was written in English so I could comprehend to some extent.

3. Vascular surgery

In Vascular surgery, they performed ultrasound examination. I could actually perform ultrasound to see varicose veins, DVT, AVF and so on. A professor taught me sutures, palpation kindly. It was impressive that patients put hands together to show doctors thanks when they started to see them and finish seeing them.



I had to speak in English in the hospital, so I managed to hear and express what I wanted to say in English and got courage to talk in English. This is the most important achievement for me, who had studied only “English for entrance exam”. They talked about so practical and professional issues, that it is difficult for me to understand them all. While I communicated with doctors, I realized the importance of medical English and I thought that we study it harder. Of course, I made great progress in English.

4. Daily life



The doctors gave me breakfast and lunch on weekdays. Most of them were Thai foods. Spicy Thai foods are famous such as tom yum goong, but there are some foods that are not spicy. All of them were good and I could eat them all. I went outside to eat dinner with Thai and Japanese students. I was impressed by Chinese town. Descendants of many Thai students are also Chinese. Because people in the town kept Chinese tradition, Chinese characteristics of signs were written from right to left. They made me feel nostalgic and novel. The town was very large and foods in the town were also unique and good.

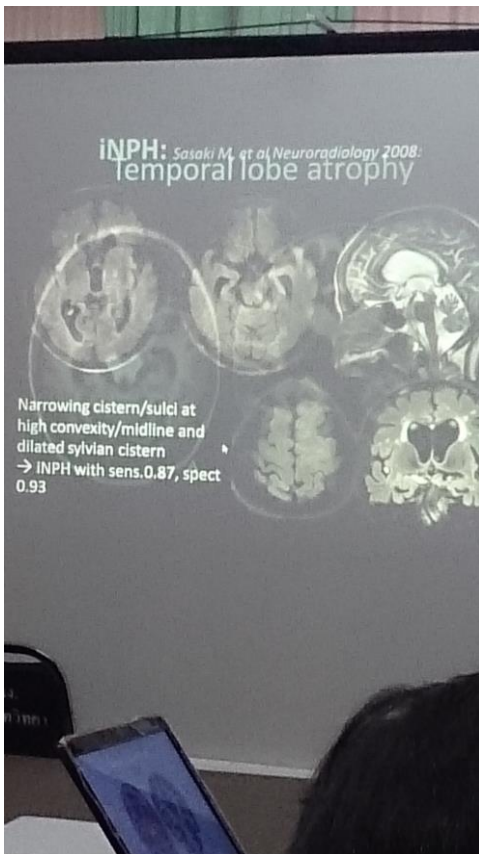
There were many street dogs even in the hospital. And I was so scary. It was said that there were many cases of dog bite in the trauma surgery department.



I spent all holidays on sightseeing. One day, I met Thai students at another university at local station and we became friends. Then I took them to a street stall for a dinner. On another day, they took me to the Water festival called Songkran. Songkran is originally a ceremony in which people pour water

into hands of Buddha and elder people to show respect and then elder people pray for their richness, health, happiness and good luck. I also participated in the original one held in Neurology department. I went to a southern resort area and eight museums including three museums in the hospital to understand Thai nature, culture and history further. After finishing duty, we visited the Thai classic music club to hear and try it.

5. Conclusion



A teacher quoted many studies and case reports written by Japanese in the lecture for residents. I realized that I could contribute to the world by reports from Japan if I don't work abroad as a researcher or a doctor. Through this program, I would more like to work with doctors and researchers all over the world. And in Japan, I want to report results of my work to the world. Meanwhile, I think we must pay attention to result from the world because I know the good quality and effort of Thai doctors.

When I was a foreigner, there was more difficulty than I expected and I felt anxious. For instance, dressing rooms for surgery had only Thai signs. So I couldn't tell which the dressing room for men was. I realized that English signs were important for foreigners. Now I think there had better be more English signs in Japan as a

tangible side of things.

If I had some trouble, Thai people helped me kindly. So now I want to help foreign people who have some trouble in Japan. We must internationalize both a tangible side and an abstract side that means our mind.