

2016 EXCHANGE PROGRAM

Mahidol University Siriraj Hospital
Bangkok, Thailand



Kobe University

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From 4 April to 29 April, I have been to Mahidol University Siriraj Hospital in Bangkok, Thailand.

First 2 weeks, I had rotation in Trauma Surgery Department. After that, I rotated in Applied Center Of Thai Traditional Medicine for 2 weeks.

In Trauma Surgery Department, I've seen many cases such as motorcycle accidents and animal bites.

It's very different from Japan that many people get rabies or tetanus in Thailand.

During the rotation, I was very surprised that every medical student in Thailand experiences procedure like suture and night shift in early like 4th year.

They were very skilled and hardworking so I got really inspired by them.

I've seen also an operation. The most interesting case for me was a child's 'severe skin burn.

That was electricity burn so the damage reached to the deep. The doctors used the technique 'micro graft transplantation', which is to divide skin graft into small parts and so they can cover more broad area of wound.

The doctors told me that if the wound is less than 1mm^2 , it can get healed by itself, so all they need to do is fill the gap with small pieces of graft.

All the doctors there were so kind to me that they explain about every patients in English and let me ask any clinical question.

In Applied Center Of Thai Traditional Medicine, I learned about fundamental concept of Thai Traditional Medicine.

They consider everything consists of 4 elements,earth,wind,water and fire.

So they think every morbidity state comes from imbalance of these 4 elements.

They use herbs such as lemon grass,spearmint and ginger to control those elements.

They organized the system in which they collaborate with farmers in rural areas and get stable herbs supply.

In the storage,they have hundreds of herbs,not only plants but also minerals and scalps of animals.



I also learned about Thai massage.

They have 2 types of massage, the normal one and the one I learned this time, 'court massage'.

What makes 'court massage' so unique is that they only use fingers and palms. (As you know, normal Thai massage uses elbows and feet and so on..)

It requires very strong fingers to put enough pressure so I heard they do training for fingers a lot.

I learned with practice, it was really fun.

People in Thai Traditional Medicine were all very nice and had a sense of humor.

They took me to sightseeing and showed me places I would never visit by myself.



I had lots of holidays during my stay,so I visited so many places.

For example,Thailand has their New Year 'Songkran' from 13 April to 15 April.

It's kind of water playing Festival and people play with water guns and buckets.

It was really fun to join them in central Bangkok.

I also visited Malaysia with Japanese friends.

The same Southeast Asia,but they had a totally different cultures.

I've visited many tourists spots in 2 days.

It was very satisfying weekend.

I met many exchange students come from Japan and United States.

I talked a lot with them about medicine,culture and politics in their own countries.

I'm so impressed how mature and smart all the students are.



Through this exchange program,I learned about things I have never studied before in Japan and met so many great people.

I believe that this experience will help me someday in the future.

At last,let me say thank you to all the people helped me realize this experience.

Nothing could have done without your support.