

Exchange Program

Ramathibodi Hospital, Mahidol University

Thailand

Shogo Nishino

Introduction

I went to Ramathibodi Hospital from 4th to 29th April. I went there with my two friends and one student from Tohoku University came to the same Hospital. Ramathibodi Hospital is a hospital of Mahidol University. Mahidol University is the biggest university in Thailand and has four hospital in Bangkok, the capital of Thailand. I heard Ramathibodi Hospital is the 3rd big hospital, but has the best equipments. I studied in Emergency department for first two weeks and in Internal Medicine for second two weeks.

Emergency department

I elected emergency department in first 2 weeks. I want to check the differences between Thailand and Japan. I rounded there with 4th grade students in Mahidol University. They were more active than Japanese students. They always checked medical record and asked their teacher to find their own question. I think it is very good and I want to be active like that.

I receive the lectures by professors from Hong Kong who specialized poison and doctors in emergency department. Professors from Hong Kong spoke English so fluent that I could not understand the entire lecture, but the abstract I can understand had me notice the importance of toxicology. And doctors in ER told me about emergency medicine in Thailand, how to treat burned patients, and so on. It was very interesting.

I learned many things specific in Thailand, for example Rabies and venomous snakes. In Thailand there are many wild dogs and many rabies patients who were bitten by them. Therefore in Thailand there are two typed of vaccine, ERIG and HRIG. ERIG is equine rabies immune globulin made by horse and HRIG is human rabies immune globulin made by human. The reason why there are two types is that some people are allergic to ERIG. If the patient is allergic to ERIG at a test, we must choose HRIG despite its high costs. Moreover I went to a snake farm run by the Red Cross. I could see many snakes there, and learn many things about snakes. In Thailand there are 600 species, so it is called "snake paradise". 60 of them have venoms and 10 is very important because they are fatal. Venoms have two types, hematotoxin

and neurotoxin. Each snake has either venom. So, it is important to identify the snake that you are bitten at treatment. Then we watched the snake show and had wonderful experience like the picture below.

General medicine

I studied at the department of General Medicine. Because it is the first day after songkran, Thailand New Year holiday, doctors seemed to be very busy. In general medicine I saw many patients who I had never seen in Japan. For example, primary CNS lymphoma, posterior reversible encephalopathy syndrome, *Nocardia* brain abscess, multi drug resistance *Acinetobacter* pneumonia. These were very interesting for me, and these diseases doesn't present in Japanese textbook. So, I had to study in English, which was very good for me.

And I can see a rare case, a Prader-Willi syndrome patient. She was 24 years old, and had hypotonia, obesity, hypomentia including autism, learning disability and obsessive compulsion disorder. Moreover, she had diabetes, SAS and pulmonary hypertension due to obesity. Her weight was about 120kg and increasing due to her hyperphagia. She came to the hospital because of pneumonia. In Japan, it is said that prognosis of this disease is the same as normal person. In Thailand, because of infection, the patients can live until about 15 years old. I have known that infectious disease is serious problem in Thailand, however I was very surprised that such problem influences the prognosis of the patient like this.

I saw the two OPD, geriatric OPD and HIV OPD. A doctor in geriatric OPD taught us many things, and the most impressing thing is how to identify severe AS. I saw the patients who had systolic murmur, and I think she might have aortic stenosis and she needed echocardiography. However, he told us that medical resource is limited, so I have to decide whether a patient need additional examination through physical examination. I knew physical exam is very important, but I have never thought physical exam as such useful tools. And in HIV OPD I can see a lot of HIV patients I have never seen. In Thailand the knowledge about HIV is not spread. So HIV is the very big problem. In Thailand many HIV patients came to Hospital with

his wife or husband, both of them are HIV patients. I thought that we must do something about HIV in Japan in order to avoid such cases. Moreover doctor said that the situation in rural area is more severe. In rural area people don't have enough time to go to hospital because of their work, agriculture. So many HIV patients are untreated and HIV is now spreading.

Conclusion

I could learn many things in Thailand. All Thai students study harder and study in English. And Thai student in study will beat Japanese student. I think that I have to study more. This stimulated me very much.

Moreover the experience with Thai friend became my treasure. So, I want to communicate with foreigners now.

These two things are what I could gain in exchange program in Thailand. I want to be a good doctor and international person through these experiences.