

*Voice of the International Students*

# VIS

医学研究院  
国際連携部門だより

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## What is VIS ?

The International Relations Division of the Faculty of Medicine issues VIS to send out the live messages from International Students of Graduate School of Medicine, Graduate School of Biomedical Science, and School of Medicine, and to promote the exchange of intercultural information. We hope VIS helps to cultivate intercultural communications and boost international exchanges.

VIS の発行の目的は、医学院・医理工学院・医学部医学科の学生の生の声を発信することと、異文化間の情報交換を促進することです。VIS が異文化間のコミュニケーションを養い、国際交流を実行していくうえで役立つことを望みます。

## WELCOME EXCHANGE STUDENTS

### From National University of Singapore, Singapore



#### Jere Wenn Low (left row, middle)

受入教室：小児科学教室、皮膚科学教室  
Department of Pediatrics, Department of Dermatology

#### Xi Tian Ng (left row, back)

受入教室：消化器内科学教室、  
循環病態内科学教室  
Department of Gastroenterology and  
Hepatology, Department of Cardiovascular  
Medicine

**B**efore the elective, I was nervous – in part because I did not speak Japanese, and in part because this would be my first time overseas alone. Upon reaching Sapporo, however, I realized that my fears were unfounded! In the hospital, the doctors were extremely hospitable and kind and made the effort to translate patient histories to English for me. In the Department of Pediatrics, I was touched to find that the doctors had gone the extra mile to translate case notes and present cases during ward rounds in English for my benefit! In the Department of Dermatology, I was thankful to receive a copy of Professor Shimizu's excellent textbook of Dermatology – which I have found very comprehensive and well-written. In conclusion, I had a very fulfilling and amazing time and I am really thankful to all the doctors and medical students that I have come across during my time here! (Jere)

I had really enjoyed my few weeks here in the hospital. The doctors were really nice and patient when they are showing the ropes around. The medical students were also very welcoming and offered much help when I am faced with problems. In the Department of Gastroenterology, I managed to learn more about the management of IBD patients and had a chance to sit in one of the procedures. In the Department of Cardiovascular Medicine, I managed to see a lot of different things such as cardiac catheterization, cardiac ablation, different forms of cardiac imaging, etc. I had learnt a lot from witnessing all these as the doctors explained things along the way. (Xi Tian)



# WELCOME EXCHANGE STUDENTS

## From Kyungpook National University, Korea

### Seulgi Choi (left)

受入教室：脳神経外科学教室、  
神経内科学教室

Department of Neurosurgery,  
Department of Neurology

### Sungsil Lee (middle left)

受入教室：血液内科学教室、  
消化器内科学教室

Department of Hematology,  
Department of Gastroenterology  
and Hepatology



### Sung Woo Huh (middle right)

受入教室：消化器内科学教室、  
小児科学教室

Department of Gastroenterology and  
Hepatology, Department of Pediatrics

### Sunggyu Lee (right)

受入教室：耳鼻咽喉科・  
頭頸部外科学教室、神経内科学教室

Department of Otolaryngology-Head and  
Neck Surgery, Department of Neurology

**A**t Department of Neurosurgery, I could observe operations of various diseases including ones I've not had a chance to see. The best experience was to participate in vessel anastomosis simulation. By only observing surgery, I couldn't feel how much microsurgery is difficult. The simulation program is really helpful to students who are interested in microsurgery in my opinion. I had nice time at the Department of Neurology too. Professor led me to learn and perform some physical exams on patients at outpatient practice and inpatient round. I could learn how to perform them and the abnormal findings if patients have related disease. Also I could see various cases of rare diseases and learn about them. (Seulgi)

**I**t had been great experience in Hokkaido University hospital. All doctors in Department of Hematology department was very kind and gave careful explanation to me. There were very complicated and rare patients in the ward, so it was special chance to study hematology. And I was in endoscopic part at Gastroenterology too. Their abilities to do procedure such as EMR, ESD were fantastic. Because the incidence of gastric cancer in Japan is high, doctors are very skillful to treat gastric cancer patients. (Sungsil)

**I**n Department of Medical Oncology, I was in 2 different subgroups each week, which were Hepato-biliary-pancreas group and Inflammatory bowel disease group. I saw procedures and cases that I couldn't see in my school's hospital. Some of the cases were so rare that I think I didn't even learn it during the lecture. I was really impressed with the relationship between doctors and patients during OPD and round. I spent my last 2 weeks in Department of Pediatrics, and rotated different subgroups (nephrology and hematology) each week. During this period, doctors arranged extra teaching and even showed articles written by them, which were really helpful and gave me a new perspective of the disease. (Sung)

## From University of Hong Kong, Hong Kong

**I**t was a privilege to be able to attach to the Department of Plastic and Reconstructive Surgery and Department of Hematology. In the Department of Plastic and Reconstructive Surgery, I learned about the wide variety of wound dressings and their respective application. I also gained more knowledge on the treatment of different skin cancers and especially the use of nivolumab as adjuvant treatment for melanoma. I was also able to participate in operations and had an opportunity to practice microsurgery. In the Department of Hematology, I had received lectures on stem cell transplantation and the latest advancement in the treatment of hematologic malignancies that is the chimeric antigen receptor T-cell (CAR-T) therapy. I also had chance to observe various bedside procedures including bone marrow aspiration and biopsy and the placement of peripherally inserted central catheter. Although some of the medical terms in Japanese were a little bit difficult for me to understand, all the doctors and medical students were very patient and took time to explain to me. It is very interesting to compare and contrast the differences in medical education system and clinical practices between Hong Kong and Japan. (Cho)



### Cho Lam Wong (middle right)

受入教室：形成外科学教室、血液内科学教室  
Department of Plastic and Reconstructive Surgery,  
Department of Hematology

# WELCOME EXCHANGE STUDENTS

## From University of Zurich, Switzerland



**M**y time at the Hokkaido University Hospital was a very interesting experience. I learned a lot from the different departments where I did my elective clerkships, but also about medical care in Japan in general. In my view, the medical procedures are very similar to the ones in Switzerland. That's why I think the things I learned here in Hokkaido will be very useful for my continuing studies and afterwards work back in Switzerland. I experienced that all the people I worked with were very eager to answer my

questions and help me if I didn't understand something. Even though I could speak some Japanese, the medical vocabulary in Japanese is very diverse and it was hard to comprehend sometimes. The patients in the hospital were also very friendly towards me and weren't disturbed that a foreigner took part in their consultation with the doctor or even joined in the medical examination. (Silvan)

### Silvan Valentin Kind

受入教室：腫瘍内科学教室、血液内科学教室、  
神経内科学教室、脳神経外科学教室  
Department of Medical Oncology,  
Department of Hematology,  
Department of Neurology,  
Department of Neurosurgery



## From The Chinese University of Hong Kong, Hong Kong

**M**y learning experience was fruitful clinically. I chose ER and Neurosurgery because I have never observed emergency situations in Hong Kong. In ER, I could finally visualize how resuscitations should be done. I observed also catheterizations, endotracheal tube insertion and tracheostomy which I could only see them already done on patients in Hong Kong. Because ER admitted cases with various problems, I could also polish my differential diagnoses in emergency. In Neurosurgery, fortunately I could observe many surgeries before the golden week started. The most impressive one was the 16-hour surgical removal of skull base meningioma, in which I stayed with the doctors from 9AM to 1:30AM. This made me realize that, a surgeon has to be passionate enough to withstand the stress of staying in the operating room for the whole day without making any mistakes. In these 4 weeks, I could also have some hands-on experience. In ER, doctors asked me to do chest compression and anchoring suture on real patients. In Neurosurgery, I joined their arterial bypass workshop and had some practice on suturing small plastic vessels under a light microscope. Overall, doctors were passionate to teach and explain, and they would try their best to explain in English. If anyone who does not speak Japanese comes, one can still learn by listening to doctors' English explanation, although reading the history would be difficult.

"Boys, be ambitious." is the famous quote from Dr. Clark who established



### Yat Nam Ng (right)

受入教室：救急医学教室、脳神経外科学教室  
Department of Acute and Critical Care Medicine,  
Department of Neurosurgery

Sapporo Agricultural College, the precursor of Hokkaido University. While I started to get lost in my clinical years, I came to Sapporo and a lot. This motto reminded me that I still have dreams and ambition. I really learnt a lot and had a good time here in Hokkaido University in these 4 weeks, and with the knowledge and experience I acquired here, I will work hard to pursue perfection as a doctor. (Yat Nam)

# WELCOME EXCHANGE STUDENTS

## From United Arab Emirates University, United Arab Emirates

### Fatima Yousef Almeqbaali (back row, left)

受入教室：循環病態内科学教室、  
免疫・代謝内科学教室

Department of Cardiovascular Medicine,  
Department of Rheumatology,  
Endocrinology and Nephrology

### Maryam Hasan Alhammadi (back row, middle left)

受入教室：免疫・代謝内科学教室、麻酔・  
周術期医学教室

Department of Rheumatology, Endocrinology  
and Nephrology, Department of Anesthesia  
and Perioperative Medicine



### Aysha Eissa Alsenaidi (back row, middle right)

受入教室：免疫・代謝内科学教室  
Department of Rheumatology,  
Endocrinology and Nephrology

### Shaima Eisa Alameri (back row, right)

受入教室：麻酔・周術期医学教室、  
消化器内科学教室  
Department of Anesthesia and  
Perioperative Medicine, Department  
of Gastroenterology and Hepatology

I had a clinical elective at Hokkaido University Hospital for one-month duration. In the Department of Cardiovascular Medicine, I was exposed to a lot of therapeutic and diagnostic tests. I learned a lot about diabetes in Japan, common endocrinological diseases and even rare ones. It was a great opportunity to have a clear about the health care system in Japan, and I was surprised to know that they have their own system and guidelines. I was fascinated by their unique health care system and by how respectful they are towards each other and towards the patients. (Fatima)



I have been interested in Endocrine because we have high rates of diabetes in my country. One of the most important goal for me was to learn about their management in treating their patient. To approach this goal, the department organized a schedule including conferences, seminars, and attending resident reports in the hospital. Also, I had the opportunity to discuss and to learn about new diseases and how to manage them. For example, how to control the patient glycemic level in his hospital stay and how to change the insulin dose. In the Department of Anesthesia, I had the chance to observe very interesting surgeries in the operation theater like Robotic-assisted surgery. I was amazed by the doctor's communication skills with the patient, they treated the patient with respect and dignity. (Maryam)

The experience in Hokkaido University helped me grow, enriched me with knowledge on multiple spectrums, enlightened me and perhaps it sharpened my vision toward my future career. I haven't only learnt more about medicine, but I learnt a lot about Japan. I have found that having a strong cooperative team at your side is a must for anyone pursuing a career in medicine. It was a pleasure to meet and learn from the nephrology team, where its everyone is willing to work help and guide. (Aysha)

In 2019 summer I had the opportunity to join the Department of Anesthesia and Perioperative Medicine and the Department of Gastroenterology and Hepatology in Hokkaido University. In the first two weeks with the anesthesia team I had the chance to join surgeries the I have never attended in my home country. I have attended heart surgeries where cardiopulmonary bypass was used. I have always knew the cardiopulmonary bypass as a concept but a have never had the chance to see it in action. On my last day with the anesthesia team, I have attended a transcatheter aortic valve replacement (TAVI). In the last two weeks, I was with the Department of Gastroenterology and Hepatology. I learned about different liver pathology, diagnostic procedures and treatment options. The doctors stimulated my learning by asking me questions and giving me homework to do. Moreover, on my last week I have joined the endoscopic team when they were performing Endoscopic Submucosal Dissection as s treatment of GI tumor which was mind-blowing. My whole experience was inspiring, it added to my learning journey and it helped me grow. (Shaima)



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