

Voice of the International Students 1

オンライン海外臨床実習：マイアミ大学

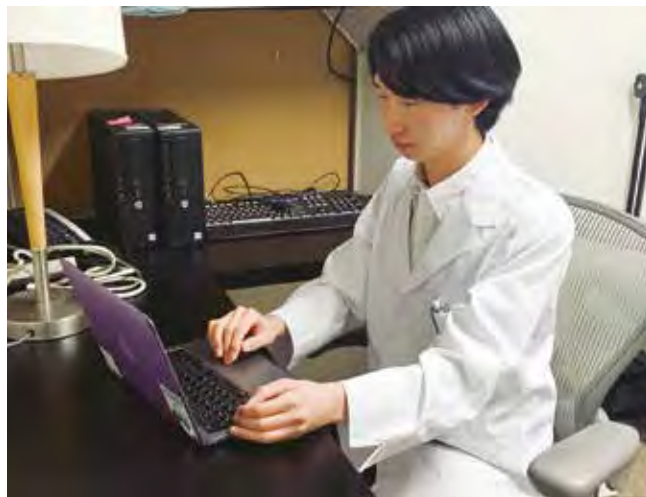
オンライン実習だからこそできた経験

私は将来、米国でレジデントとしてトレーニングを受ける準備をするため、なんとしても学生のうちに現地の病院で実習したいと思っていました。しかし近年の情勢もあり機会に恵まれませんでした。そんな時に、例年行われていた6年次選択実習期間の海外派遣の代替として、今回のオンライン実習という選択肢を頂きました。

オンライン実習には、実習時間以外は日本で生活でき、渡航・滞在費もかからないという利点があります。実際に渡航・滞りして実習時間以外も現地で過ごすこと自体も非常に魅力的で、オンライン実習では得られない貴重な経験ができると思います。しかし今まで渡米したこともなければ米国の臨床現場も見たことがなかった私にとっては、オンライン実習は、ストレスなく米国臨床に順応するための最適手段だったと感じています。指導医からのキメ細やかなフィードバック、毎日目まぐるしく入れ替わる入院患者などに米国らしさを感じると同時に、自分も米国でやっていけそうだという感覚を多少なりとも掴むことができ、有意義な4週間だったと思います。また、実習時間外にはOETという英語試験の対策を進め、なるべく多くの時間英語に触れて過ごそうと努めたこともあり、特にリスニング・スピーキング能力の大きな向上を実感しています。

このように、今回の実習に参加して良かったことは、少ない負担で米国臨床に順応して英語能力も伸ばし、現地に行くための下準備ができたことだと捉えています。本実習に際して多大なご支援を下された国際連携部門の皆様には、大変感謝しております。

この実習に興味がある方々は、是非トライしてみてください。オンライン実習には、現地実習に無い良さがあります。1つ心残りがあるとすれば、6年生になる前のもっと早い時期に参加していれば良かったということです。本プログラム自体はエージェント等を利用して個人的にも参加できるので、選択実習期間を待たず、または既に選択実習が終わっていても、一考に値すると思います。



北海道大学 6年 可児 涼真

配属先：Internal Medicine Ward, Miller School of Medicine

実習期間：2022年6月13日～7月8日

オンライン海外臨床実習



北海道大学 6年
小松 大我

配属先：Internal Medicine Ward,
Miller School of Medicine

実習期間：2022年6月13日～7月8日

私は2022年6月の1ヶ月間、米国マイアミ大学総合内科にてオンライン海外実習に参加しました。

昨今、新型コロナウイルスによるこの未曾有の状況下において、海外への渡航・海外臨床実習が厳しく制限されており気を揉んでいる中、海外の医学生を対象としたオンライン実習(Virtual Observership)の機会が与えられるようになり、私も参加してみました。

実習は朝のカンファレンスに参加し、その後回診に同行することがメインでした。

カンファレンスでは医学生やレジデント(研修医)が患者さんのプレゼンテーションを時には数十分かけて行い、その後アテンディング(指導医)からのフィードバックがありました。学びのあるトピックに関してはさらに時間を取り、我々学生やレジデントにどんどん質問を投げ掛け、答えられないことに関してはミニレクチャーを行ったり、その場で一緒に論文を読んだりしました。その後の回診では様々な人種の患者さんがおり、そういった方々への医療を見ることはとても興味深かったです。

カンファレンス・回診を通して、米国では医学生に求めるものが多くそれに医学生が着実に答えることによって大きく成長していくことができる環境なのだと感じました。消極的な姿勢では全く学べないまま終わってしまいますが、積極的にやれば医療人として飛躍的に成長することが可能な点が米国医療の醍醐味だと思いました。

カンファレンスと回診だけでお昼をまたぎ、午後はレクチャーを受けたり臨床推論をしたりしました。英語で医学を学ぶことは思っていたよりも難しく、日本語なら答えられるのにと思うことも多々あり悔しい思いもしました。しかし、そんな中でも日本で勉強したことや実習で学んだことを生かせる機会もたくさんあり、異国という環境の中でも努力を怠らなければやっていけるということもわかりました。

CONGRATULATIONS ON GRADUATION

Thanks, Japan!

Oh!! Time flies! It is more than six years since I came to Japan. I was a freshly graduated student of the faculty of Medicine, Egypt. I registered as a self-supported Ph.D. student soon after I got my master's degree from Hokkaido University, Graduate School of Medicine.

Hokkaido University is providing many facilities that reflect their understanding of all needs, cultures, and religions. I'm proud that I'm belonging to this great place.

As a Muslim and wearing a hijab (scarf), I was a little bit anxious from cultural differences, but I came to find Japanese people are so kind and cooperative. I could live, practice my daily life, and work perfectly.

Thanks to my supervisors who taught and helped me a lot to grow as a younger doctor and researcher. I also found my colleagues are cooperative. I became more experienced in patients' diagnoses and determine the pathophysiology of pediatric immunology diseases.

At the same time, I worked as a teaching and a research assistant, teaching the fourth and fifth undergraduate medical students the basic research in medical sciences as well as the clinical part. As a research assistant, I received many hospital requests all over Japan to diagnose patients based on genetic and functional studies.



After a couple of years of my doctoral studies, the COVID-19 outbreak had been started! It was really a hard time for me as a Ph.D. student and a mother of three children to continue my work with repeatedly shut down of the University, Elementary, and Nursery Schools as well.

But thanks to Almighty GOD then my husband's continuous support, I was able to continue.

The most blessing and wonderful thing that happened during my Ph.D. course was to have my fourth daughter, Hana. Although the responsibility became more and more but living in Japan without family and relatives made me brave, independent, doing my best to survive although I'm missing all of them.

Wait! Awarding the Ph.D. was not the end of the story!

I was appointed by Hokkaido University as an assistant professor at the Department of Pediatrics, Graduate School of Medicine. I'm so grateful to Almighty GOD in everything in my life, my mentor supervisors, husband, family, and friends for their awesome support.

Thanks, Japan!



Shimaa Said Mohamed Ali Abdrabou (Egypt)

2022年3月博士課程修了

所 属：小児科学教室 Department of Pediatrics

在籍期間：2017年4月1日-2022年3月31日

I am also very excited to begin a new chapter in my research career.

My four years in the Ph.D. program at Hokkaido University were filled with priceless memories and invaluable experiences. With a variety of courses at Hokkaido University providing me with the necessary knowledge, I was able to conduct a myriad of research on infectious disease epidemiology. In addition, I worked as a member of the Japanese National COVID-19 Taskforce to assist my supervisor, and this irreplaceable experience showed me how my academic research can be practically applied to the public health decision-making. Moreover, the beautiful campus of Hokkaido University always offered me a place to take a rest and recharge my energy. Although making the decision to pursue a Ph.D. program at Hokkaido University was a quite huge step for me, I am very pleased that I was able to discover what I want to do and begin the journey toward achieving it at this Hokkaido University.

Throughout the Ph.D. program, I have received a great deal of support and assistance, and it would not have been accomplished without it. First, I owe a deep sense of gratitude to my supervisor, Hiroshi Nishiura, whose insight into the subject matter steered me throughout my Ph.D. course. Since I met him, he has been an ideal and the best supervisor, mentor, and running mate. I cannot express my gratitude and appreciation enough. I would also like to immensely thank my collaborators, lab members, and the administrative staff for their support and insightful remarks on my Ph.D. work. Lastly, I would like to express my very profound gratitude for the financial support provided by the Ministry of Education, Culture, Sports, Science and Technology (MEXT) Scholarship and the Japan Society for the Promotion of Science (JSPS) DC1 Research Fellowship.

I am a little nervous about becoming an independent researcher without the guidance of my supervisor. But I am also very excited to begin a new chapter in my research career. I hope to maintain a grateful relationship with Hokkaido University and repay this gratitude with good collaboration research in the future.



Sungmok Jung (Korea)

2022年3月博士課程修了

所 属：公衆衛生学教室

Department of Public Health

在籍期間：

2018年10月1日-2022年3月31日

CONGRATULATIONS ON GRADUATION

International experience during the days in the graduate school (57th Annual Meeting of the American College of Neuropsychopharmacology)

I participated in the 57th Annual Meeting of the American College of Neuropsychopharmacology held in Florida. The American Society of Neuropsychopharmacology, which I attended this time, requires excellent achievements and recommendations from its members to become a member. In addition, to participate in this conference, you need to become a member or be invited by a member. Moreover, each member can only invite one person per conference, so it is difficult to participate in this conference. However, once you get there, you will get a lot out of this conference. Many famous researchers from all over the world participate in this conference, and because of the limited number of participants, a lot of unpublished data is available. I was invited by a member to attend this conference, and it was a wonderful experience beyond my imagination. I encountered the cutting edge of a wide range of research themes, which is not possible only by attending domestic conferences, and was able to gain a picture of the entire field. In addition, I was blessed with many valuable encounters, and it was a very meaningful experience for me to consider global career development in the future.

This time, I gave a presentation on "Inhibition of the noradrenaline transporter stimulates dopamine D1-like receptors in the ventral medial prefrontal cortex and improves impulsivity control". This study deals with the seemingly mysterious phenomenon that inhibition of the noradrenaline transporter increased extracellular dopamine levels in the medial prefrontal cortex. Therefore, when I carefully and precisely explained the results, I got the question, "How do you explain that phenomenon? How do you explain that phenomenon?" Then, by explaining the mechanism, I was able to convince them, which led to further discussion. It was a wonderful experience to be able to share the supreme joy of knowledge with researchers from all over the world. In addition, by gaining this valuable experience, I was able to improve my presentation and question-and-answer skills, and to examine my own research from various perspectives.

Furthermore, this conference is trying to increase the number of MD-PhD researchers and to promote translational research. Therefore, as a PhD student with an MD degree, I was given the opportunity to think about my career through a mentorship program in which I formed a mentor-mentee relationship with an American researcher with an MD degree. It was a valuable opportunity for me to think about what it means to have both an MD and a PhD, and how I can make the most of having both. Also, the conference was concerned about the percentage of minorities and women. So far, I have not had any trouble in my studies or research because I am a woman. However, during the conference, I was told many times, "Women are not recognized as much as men for the same research, but don't lose." I thought that if I had such difficulties in the future, I would try my best not to lose.



Hitomi Sasamori (right)

2021年3月 博士課程修了

所属：神経薬理学教室

Department of Neuropharmacology

在籍期間：2018年4月1日～2021年3月31日

WELCOME EXCHANGE STUDENTS From Otago University, New Zealand

I can say with confidence that my three-month elective at Hokkaido University was one of the best times of my life.

Forensic Medicine was a specialty I'd never studied before but was just as interesting as I thought it would be! Examining the body and interpreting CT images requires a different skillset in post-mortem cases, it was a totally new context to think about disease processes in. It was also fascinating to learn the clues which point to criminal activity and watch the police work together with the team to analyze cases.

In Emergency Medicine I got to see a huge range of procedures; from intubation and performing FAST scans, to gastric decontamination, to setting up extracorporeal life support. I'm more aware now that the key to approaching emergencies calmly is preparation. I'm happy to say I'm much more confident in using ultrasound thanks to the teaching in ED!

Finally, it was a privilege to see some rare surgeries for Moyamoya disease and awake brain surgery in the Department of Neurosurgery. A highlight for me was being invited to attend practical skill seminars in catheter-devices, endoscopic surgery and microsuturing. It was so much fun to be taught alongside other doctors and students to try out the skills I'd only observed before.

My experiences have really re-enforced how much I enjoy the procedural medical specialties. I'm so lucky to have met all the amazing doctors and staff that constantly supported and taught me. The same for the many 4th year medical students that tirelessly translated medical terms for me and always happy to just chat.

I'm back in New Zealand looking forward to graduating this year and start work proper, but I'll never forget Hokkaido with all its beautiful winter sights and incredible people. Thank you everyone so much for your warmth and hospitality, I hope to be back someday soon!



Casey Jun Smith

受入教室：

法医学教室、救急医学教室、
脳神経外科学教室

Department of Forensic Medicine,
Department of Acute and Critical Care
Medicine, Department of Neurosurgery

実習期間：

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