

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 Mahidol University, Thailand



Sanhapon Ketklao (left)

受入教室：救急医学教室、循環病態内科学教室、
脳神経外科学教室
Department of Acute and Critical Care Medicine,
Department of Cardiovascular Medicine,
Department of Neurosurgery

I had a good time at Hokkaido University. Learning in the hospital was great. I saw how the doctors take care of the patients and I had a better understanding of how the doctors in each department work.

My first department was Acute and Critical Care Medicine. I got some opportunities to help a doctor take care of the patients and saw many medical procedures. I was inspired by a good doctor-patient relationship. People there are very kind, gentle and friendly.

In second week, I was in Cardiovascular Medicine. I went to OPD, Angiography room, ward round and OR. I also had an opportunity to study an echocardiography with Japanese medical students, too. It was great.

The last department was Neurosurgery. I spent most of the time in the OR and I practice a vascular bypass with silicone tubes. Moreover, I had an opportunity to do a presentation about my country and myself.

Hokkaido University is a very big university and is one of the beautiful universities I've ever seen. I had an experience to see some cherry blossoms there.

In summary, Hokkaido is one of the great places I'd ever visited. I had a good experience there, not only in learning in the hospital, but also in spending time with people there. I would like to thank you everyone for making my trip at Hokkaido a memorable experience.

WELCOME EXCHANGE STUDENTS

From United Arab Emirates University, United Arab Emirates



Maryam Obaid Ibrahim Hussain (second right)

受入教室：神経生理学教室、
腫瘍病理学教室
Department of Systems Neuroscience,
Department of Cancer Pathology

My first research elective in Hokkaido University was in systems neuroscience. In systems neuroscience department, I was assigned to read the department's published research papers in order to grasp the concepts of the experiments done in the laboratory. The experiments were done on monkeys to measure the neuronal activities of monkeys in the basal ganglia. I had the opportunity to actually play a part in one of the experiments for a couple of days. Overall, I have learned about how behavioral modification can change the neuronal activities of the monkeys and how intrinsic motivation of monkeys has led them to learn how to do saccade in the required time after a reward has been given to them.

In the second research elective which was in cancer pathology, I have learned how to do DNA extraction, PCR and gel electrophoresis for biopsies taken of patients suspecting diffuse midline glioma and pleomorphic xanthoastrocytoma. I have also done sectioning of brain autopsy and we discussed the abnormalities seen in the autopsy and MRI. I have also been given the opportunity to attend the 37th International Sapporo Cancer Symposium which discussed about advances in molecular diagnosis of cancer.



Khadija Majid Al Jawadri (back row, second right)

受入教室：循環器・呼吸器外科学教室、
消化器内科学教室
Department of Cardiovascular and
Thoracic Surgery, Department of
Gastroenterology and Hepatology

As part of my medical curriculum, I was given the opportunity to select of where I would like to do my clinical elective. I choose Japan because it was a chance for me not only to encounter different medical system, but also to visit the place of my dreams. I choose to enroll in Cardiovascular Surgery and IM: Hepatology department as part of a 4 week program respectively. The first 2 weeks I got the chance to see different and exciting surgeries which I have only read in books. I also got the chance to join some patients in their journey from before the surgery till their recovery. With the Hepatology team, I got to encounter patients with diseases that I haven't seen much of during my studies. All the doctors in all the departments were very welcoming and helpful. I sincerely appreciate their efforts in teaching me in English. Besides medicine, I got the chance to improve the very little Japanese I know by using it in my daily life.

This was my first time ever in Japan, and I can definitely say, that even if I got the chance to see other cities in the future, Sapporo will always have a special place in my heart. I genuinely thank the personnel at the International Relations Office of Hokkaido University and the Medical students I met for making my stay in Sapporo a memorable one.



WELCOME EXCHANGE STUDENTS



From Li Ka Shing Faculty of Medicine, University of Hong Kong, Hong Kong

Tsz Ngok Ko (back row, left)

受入教室：眼科学教室、
脳神経外科学教室
Department of Ophthalmology,
Department of Neurosurgery

Lok Pong Chan (back row, middle left)

受入教室：眼科学教室、
耳鼻咽喉科・頭頸部外科教室
Department of Ophthalmology,
Department of Otolaryngology
— Head and Neck Surgery



James Chun Kan Kwok (back row, right)

受入教室：眼科学教室、
耳鼻咽喉科・頭頸部外科教室
Department of Ophthalmology,
Department of Otolaryngology
— Head and Neck Surgery

Cheuk-Pang Wong (back row, middle right)

受入教室：耳鼻咽喉科・
頭頸部外科教室、
整形外科学教室
Department of Otolaryngology
— Head and Neck Surgery,
Department of Orthopedic
Surgery

I have had a wonderful 4-week attachment at the Hokkaido University this summer. The experience of sitting in a real-life setting clinic has been an eye-opening experience for me- not only were I able to learn about common disease and management of the relevant departments, I was also able to work hands-on on some of the medical procedures. I had great fun doing the pig's eye simulation surgery and also the nasal endoscopy. I am also very grateful that I got the chance to observe many surgeries in the operation theatre. I could never forget the 12-hour surgery that I watched in the second last day of my attachment at the ENT department as it is utmost complicated and interesting.

Staff in Hokkaido University has been very helpful to us during the attachment. Although the doctors have a very packed schedule, all of them have been very willing to teach us and explain the clinical cases to us. I am very lucky to meet many kind and warm-hearted clinical staff in my attachment and I have learnt a lot about not only medical knowledge, but also how to manage different case with communication skills.

If I have to choose again, I would definitely choose Hokkaido University as the destination of my clinical electives. This month had given me so much about the insight into not only the specialties, but also how to be a good doctor!

Lok Pong Chan, University of Hong Kong

The 4 week attachment at Hokkaido University was really an eye opening and rewarding experience for me. The attachment programmes in the Department of Ophthalmology and Department of Neurosurgery offered such a fruitful and rewarding experience for me. I had chance to take a glimpse of the teaching approach in clinical years so that I can better prepare myself for my coming years of study back in Hong Kong.

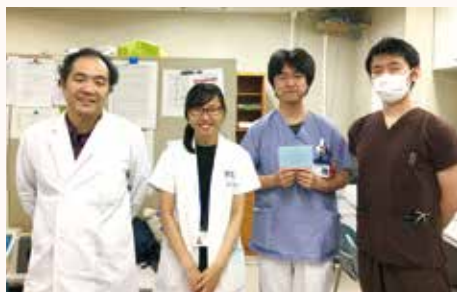
Throughout the 4 weeks, my favourite experience was the cataract surgery simulation. In the clinical simulation centre of Hokkaido University Hospital, I had chance to perform a simulated cataract surgery on a pig eye. Under supervision of an ophthalmologist and technicians, I had chance to really get some hands on experience and practice my surgical skills. As a complete newbie without prior exposure to any surgeries, I felt so excited when I first grasped the surgical instruments in hand. The feeling was so different to what I got during surgery observation. It was much more rewarding and interesting by having some hands on practice on actual specimens.

All the staff and students from Hokkaido University showed great hospitality. Even though the communication between us was quite challenging sometimes, they never seized to provide guidance and teachings. I have developed a better understanding into Japan's local culture, as well as life of working and studying in Japan.

Tsz Ngok Ko, University of Hong Kong

WELCOME EXCHANGE STUDENTS

From National University of Singapore, Singapore



Anabelle Siyan Seah (middle left)

受入教室：小児科学教室
Department of Pediatrics

In my 2 weeks in Hokkaido University Pediatrics department, I mainly spent time in outpatient clinics, procedure laboratories and the wards. Clinically, I managed to learn more about conditions that I have

learnt about previously and gain additional exposure to conditions that I have not seen in the Singaporean context. In Cardiology, I learnt more about Down's syndrome, atrio-ventricular septal defect, and saw rarer cases such as CHARGE syndrome and hypoplastic left heart syndrome. In Neurology, I furthered my understanding on seizures, observed an infant during an infantile spasm, and learnt more about EEGs (Electroencephalogram). I also had a very good non-clinical experience. Firstly, even though there was a slight language barrier, the doctors themselves were welcoming, approachable and friendly, and tried their best to make me feel like part of the team. I received plenty of guidance in terms of schedule and locations of places.

I managed to attend team lunches, which

was a good opportunity for me to learn more about the Japanese medical system, education system and also get to know the team better. I also really appreciate that the school arranged for us to be received by Japanese students, as they were an integral part of my experience in Hokkaido University. I am also thankful for the hard work of the International Relations team in helping us make the seamless transition into Hokkaido University.

All in all, I would like to thank Hokkaido University for an enriching, enjoyable 2 weeks there, and would definitely recommend other students to visit on elective if they have the opportunity.



Yi Qing Tey (middle right)

受入教室：呼吸器内科学教室
Department of Respiratory Medicine

My experience at Hokkaido University with the Internal Medicine I Department was truly wonderful! In these 2 weeks, I was rotated to the different subgroups to join the morning conferences, ward rounds, clinics

and procedures (e.g. bronchoscopy and catheterisation). All the doctors were extremely friendly, going out of their way to explain the cases to me in English. Some even arranged extra teachings, and shared various relevant articles/content material that were really helpful in my understanding of the various topics, such as important respiratory diseases (e.g. asthma, lung cancer, pulmonary hypertension), and other rare but interesting cases (e.g. pulmonary alveolar proteinosis).

While sitting in the various lectures and sharings which the department had kindly welcomed me to join, I was also rather inspired by many of the doctors' passion in their line of work and research.

My takeaways from these 2 weeks also went beyond just clinical knowledge and



application. Not only were the doctors and staff very friendly to talk to about just casual topics in general, the school was also very kind to arrange for students to help with our check-in. I am really truly glad and thankful that I got the opportunity to participate in this exchange at Hokkaido University. My sincere thanks to all the doctors and staff of the Internal Medicine Department and International Relations Division, as well as the students for making this experience such a wonderful one for me.



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