

## **Japanese clerkship, Japanese adventure**

I spent my last 5 weeks at Tokyo Medical University, fulfilling my 6<sup>th</sup> year surgical rotation. I believe the time I had in Tokyo will become an unforgettable memory for me.

My first clerkship in TMU was thoracic surgery rotation, which lasted for two weeks. I believe this is a perfect place to spend a surgery rotation, hence both the physicians and the associated medical staff was very kind to me, I could attend various operations and I could see bronchoscopic procedures and I also had the possibility to scrub in for the operations and assist the procedures. I have also visited the thoracic surgery ward during professor roundings and the outpatient clinic as well. The professor roundings were very interesting for me because I could experience the atmosphere of a real Japanese medical class. Even though the education was in Japanese I could enjoy and also I could learn from these classes hence Prof. Ikeda always translated his questions and sentences to English.

Most of the operations in this Dpt. were VATS, regarding that this is a thoracic surgery department and this surgical method is nowadays considered to be paramount compared to open chest surgery (thoracotomy) worldwide. All cases were malignant tumors not surprisingly hence in this hospital cancer treatment is priority and very advanced. I believe this approach increases the effectivity of the health care system in both, patient care and finances. During operations, I sought for opportunities to get in contact with the anesthesiologists to inquire information regarding the induction and maintenance of anesthesia in Japan. This was very interesting for me, because I finished previously my anesthesiology rotation back in Hungary, so I could easily compare the two practice.

In Hungary bronchoscopic procedure is performed by a pulmonologist meanwhile in Japan by a surgeon. Therefore I could see this kind of interventions unexpectedly, but with lots of eagerness, hence pulmonology is one of my desired future medical field.

I also had interesting conversations with professors and medical students regarding the structure and finance of the health care system of Japan and of course, medical education.

On the last Friday of my Thoracic Surgery Dpt I have been invited for a dinner party by the Thoracic Surgery Unit where we had a very pleasant time.

From the 3<sup>rd</sup> week of my Japanese rotation I was participating in the work of abdominal surgery department in the unit of gastric surgery. We had stomach surgeries every Tuesday and Friday. On the other days, I could attend other unit's operations.

I enjoyed working with the gastric surgery unit, the people were kind and helpful with me here as well. With them, I visited operations, both open and laparoscopic procedures. I have seen 3 gastric tumor removals, with the approach of both, Billroth-1 and Billroth-2 operation. In Hungary surgeons almost always perform Billroth-2 intervention to cure this disease meanwhile in Japan Billroth-1 is favored. This approach provides a more natural abdominal organ set up at the end, therefore patients will have better functional outcome, but the risk of cancer recurrence due to bile regurgitation is increased compared to Billroth.

I have also been to roundings with the gastric unit at the ward and I also had the chance to visit the outpatient clinic where I could see gastroscopic and colonoscopic interventions. In Japan, these procedures also performed by surgeons meanwhile in Hungary by an internist. These interventions were also beneficial for me to see, I could compare Japanese approach

to the American, because I had the fortune this year to do clerkship in the US where I saw several gastro-, and colonoscopy.

The most memorable operation in the gastric unit for me was the one where the surgeons removed a distal gastric tumor and then one of the surgeons started to seek for lymphnodes for possible metastasises. (In Hungary this is done by a pathologist.) Hence I am very much interested in pathology, it was great for me that I could help the surgeon to find lymphnodes.

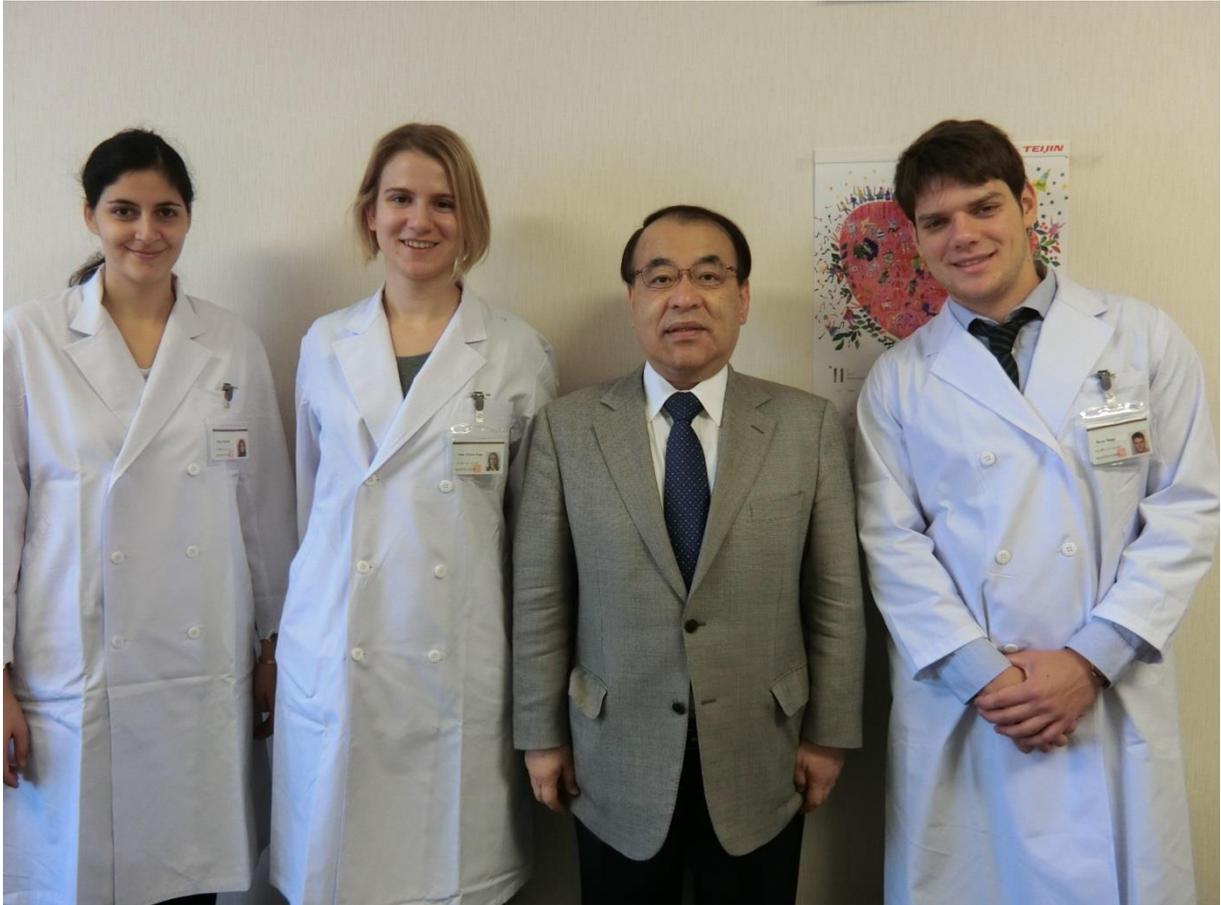
If there was only office day for gastric surgeons I attended other units' work. On the first Monday I participated in a pancreatic cancer removal which was performed using the DaVinci robotic surgery system. I have heard about this technique previously but we don't have it in Hungary, only some countries can afford this. As a medical student I found fascinating to watch this system in action. I truly believe that this can be the future of medicine, hence it lets the surgeons operate from a far distance (even from other countries) and it also eliminates hand tremors making the procedures more reliable. On the other days I have been to colonoscopic procedures and colon tumor removals.

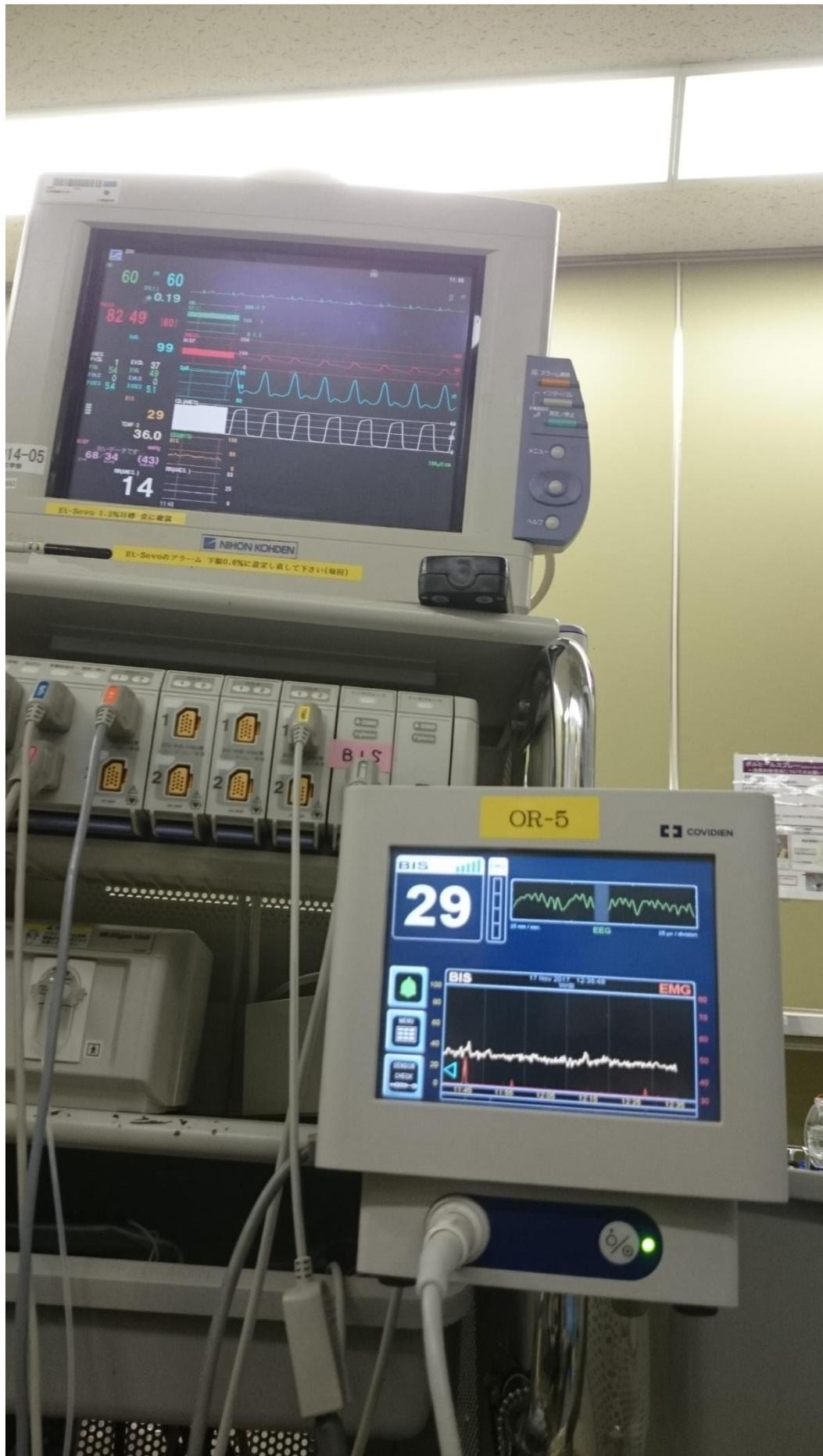
In our free time we explored Tokyo's most famous districts: Shinjuku, Shibuya, Ginza, Akihabara, Roppongi, Harajuku and Maronuchi. We visited the Tokyo Tower, Tokyo Skytree, Seaside Top, the aquarium, Ueno park, Asakusa and the Imperial Palace. In Ginza we have also been to a theatre to watch the traditional Japanese theatre act, the Kabuki. We have also met with Maria, a Hungarian pathologist working in Japan with whom we went to a daytrip in Tokyo and to an onsen; LaQua. On the second week with Kata, I went to Mount Fuji to participate in a running competition. Once I had the possibility to go to a Sumo club activity where I tried this kind of wrestling with other Japanese medical students, and I have to admit I had lots of fun with great experiences. In the park located between Cosmo House and the Hospital I have found an outside working out spot where I went several times to do some exercise. Thanks to our amazing Japanese contact persons (Minami Endo and Yumiko Ushiyama) and for the previous year's exchange students (Yuki Enomoto, Ayaka Murayama and Yamato Yoshioka) our life in Tokyo was much easier than it would have been without them. They organized lots of programs for us, they helped us to explore Tokyo and showed us lots of good restaurants.

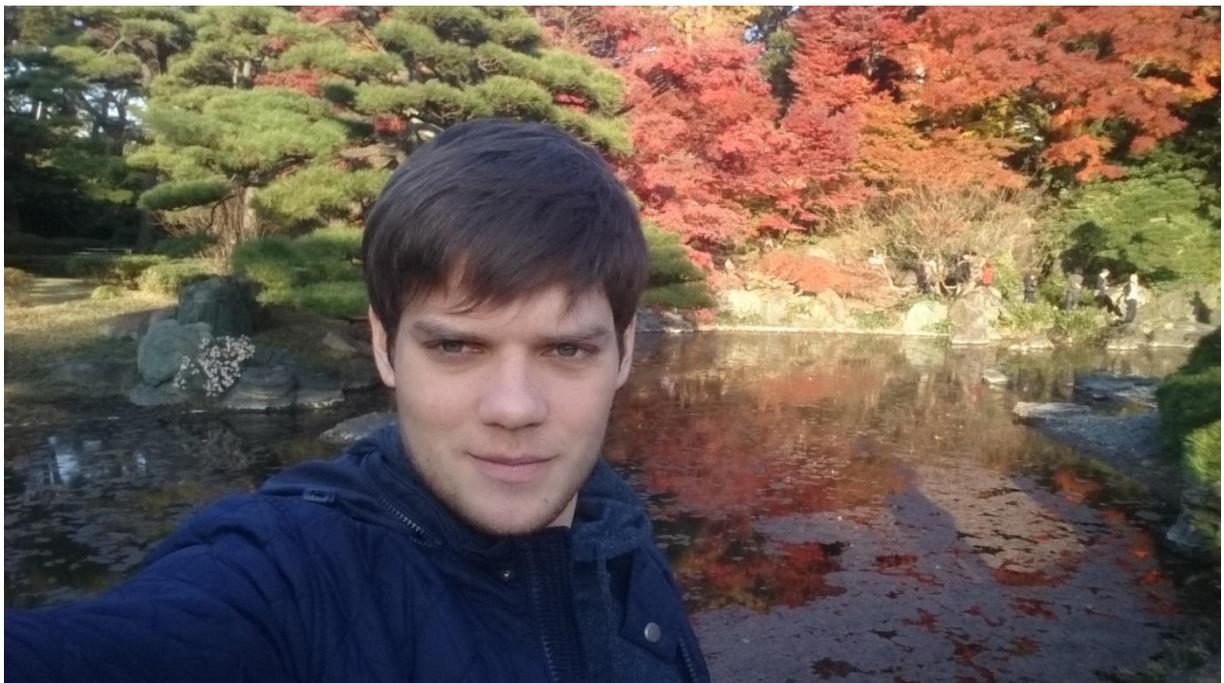
We got an extra week from our university in Japan after the rotations, therefore the four of us (Nóri, Kata, Andrew (my Hungarian friend from the US) and me) went on a roadtrip (may be better to use the expression: „JR trip”). We have been to Yamanouchi to see the snow monkeys bathing, and we visited Kyoto, Nara and Osaka.

In the end I would like to emphasize how grateful I am for my alma mater (University of Pecs) and for TMU for providing such a great possibility for Hungarian students to do internships abroad. I very much enjoyed the last 5 weeks and I believe I gained lots of professional and personal experiences and memories for which I will always remember.

Ákos Nagy







**FUJISAN  
MARATHON**

チャリティー  
ファンラン

**S  
T  
A  
R  
T**

32062













