

## 2015 国際交流基金プログラム フェロー滞在報告

	NAME	Country	滞在時期 *	Host Institution	備考
1	Ashish Kumar Saini	India	2/1 – 3/26	鹿児島大学	
2	Ahmed Sharif	Bangladesh	3/2 – 5/31	熊本大学	
3	Subodh Kumar Regmi	Nepal	7/20 – 9/3	慶應義塾大学	
4	Rodrigo S Hipol III	Philippines	2/23 – 4/17	東京女子医科大学	
5	Seock Hwan Choi	North Korea	8/31 – 10/31	東京慈恵会医科大学	

\*2016 年受け入れより、滞在期間は最大 2 か月までとなりました。

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フェローからのレポート

### 【1. Ashish Kumar Saini】

At the outset I would like to express my sincere gratitude towards Dr. Seiji Naito, President of JUA and Dr. Shin Egawa, Chair of the International Committee of JUA for giving me this opportunity of being one of the scholars of the 2015 JUA International Foundation Scholarship for Young Asian Urologists.

It was indeed an honour and privilege to be JUA 2015 scholar and a great opportunity to visit Kagoshima university and learn under the able mentorship of Prof Masayuki Nakagawa. The university hospital runs a robust program of urology with inimitable emphasis on uro-oncology, renal transplant, hemodialysis and pediatric surgery. I received a warm welcome at the airport and the entire faculty, staff and residents extended their full support whenever it was needed to make my stay comfortable. I learned about brachytherapy of prostate and basic research methodology about micro RNA in uro malignancy under the able guidance of Dr Hideki Enokida. The renal transplant program as well as hemodialysis!! was under urology and I learn a lot from this unique opportunity. During the visit I made a lot of Japanese friends and I cherish their friendship.

I visited Fukuoka with Dr Yamane and his team for Kyushu urology program and was felicitated immensely by everybody during the event.

During my stay I visited Nagasaki and was moved by the agony and suffering of the atomic bombing, the process of its restoration was wonderful and the way it looks now! Is breathtaking and spectacular. I salute the Japanese people for accomplishing what was seemed impossible.

The fellowship provide me an opportunity to observe Japanese culture minutely and imbibe their meticulous craftsmanship, punctuality and love for their nation.

After this stay I believe every Indian should visit Japan. I envisage that the entire experience of the work ethics, culture and tradition which I have observe in japan will help me building up myself as a better person and better urologist for myself, my patients and my country

## **[2. Dr. Ahmed Sharif]**

At the beginning, I must mention that visiting Japan is a life changing experience for me. Because In my comparatively short carrier as an urologist in my country like Bangladesh it's a vast experience that I gathered here in such a short time.

I came to know about JUA International Foundation Scholarship for young Asian Urologists from a fellow urologist of my country, Dr. Faisal Islam. He was the JUA scholar from last year. I talked to him about it and he told me what a great experience it was for him. So, I collected the details from him and applied to JUA for the 2015 scholarship. I was so, surprised when I got the scholarship. I am so grateful to JUA for that. Regarding the choice of the training hospital, I was encouraged by Dr. Islam to choose Kumamoto University Hospital. He spoke highly of Sensei Prof. Mashatoshi Eto and told me I'll have a great teaching environment here. As I can say now he was totally right.

This is my first visit to Japan. So, I was excited and a bit confused about the society, culture and people. But Dr. Islam encouraged me and help me a lot to prepare myself for staying in Japan.

My clinical attachment started on 2<sup>th</sup> March, 2015 and it will end on 5<sup>th</sup> June, 2015. It's total of three months. At the beginning I was thinking how this long three months will pass. But the truth is, it passed so quickly. It feels like just a few days back when I stepped in to Fukuoka airport. Now near the end of my attachment I am feeling sad. I think I am going to miss this place and people.

The Urology Department of Kumamoto Urology Hospital welcomed me very warmly. From the first day they received me at the bus station and took me to my dormitory. They also help in many ways to teach me how to use the local transport to reach the hospital and also return to my dorm. They also arranged a welcome party for me which was a great experience. They provide me a working desk, id card and health insurance so that I don't have any problem here. The secretary of Dr. Eto Ms. Chinatsu Yoshimura and Yuki Matsuno were very efficient and helpful and they were very good in English. I should also mentioned about Dr. Kawano and Dr. Sugiyama. They were always there to help me. Above all Dr. Mashatoshi Eto was always there to teach me and explain the surgery and procedures and pros and cons of different technique. He has a great fatherly attitude toward his students. That encouraged me very much.



During my stay I observed many Robot-assisted Laparoscopic Radical Prostatectomy (RALP). Entering the Davinci Robotic Surgery OR was a new horizon for me. This was the first time I saw a Davinci Robot in my own eyes. I am sure most of the doctors in my country haven't. When I first saw Dr. Eto performing RALP, he was

so expert on that and had tremendous skills. I was allowed to watch the surgery in 3D in the second console of Davinci. It was crystal clear and 3 dimensional. I had so many questions and Dr. Eto was patient enough to explained every steps of the surgery. He also showed me RALP with extended radical lymph node dissection and also the nerve sparing approach. I discussed with him about selection of the patient for nerve sparing and also lymph node dissection. He made many things clear. I can't thank him enough for this rare opportunity.

I also observed other laparoscopic procedures like Lap Adrenalectomy, Radical Nephrectomy, Nephroureterectomy and Total Radical cystectomy with neo Bladder and also urinary diversion. I was fortunate to observe a cadaveric renal transplant which is a rare surgery. I observed A-V fistula surgery with artificial graft and also observed angiography and recanalization of a narrowed A-V fistula. I was encouraged to see many young urologists performing long and complicated procedure and seniors were always there to help and guide them. The doctors are so patient and efficient and the anaesthesiologist is also very skilled to manage the patient in long surgeries lasting 12-14 hours.

I attended the grand round where Dr. Eto ask the other doctors to speak in English. I also attended the weekly uro-radiology conference and learned many things about MRI, CT and PET scan. I also seen USG with Fusion MRI and biopsy for prostate cancer. During the conference I was amazed to see the how the doctors access the patient data from the networked computer and project them in the screen for all to see and discuss the management of the patient. It enriches the knowledge of residents and trainees.

On the day of no operation Dr. Eto was kind enough to arrange to observe surgery in Kumamoto Urology Hospital, a private hospital focused of stone management and female urology. I observed LRP, PVP, PCNL, TOT and TVM. I should also thank Dr. Tanigawa and Dr. Ih for this opportunity.

I also got the opportunity to practice on dry box for laparoscopy and under supervision I could have the experience to use the Davinci Robotic Simulator which was a rare experience for me.

I attended the 103rd JUA Annual meeting. It was held in Kanazawa. Visiting Kanazawa was my first visit outside kumamoto. It was a nice city full of culture and tradition. I observed lectures of many international faculty and met legends like Dr. Mahesh Desai and Dr. Gopal Badlani. I also enjoyed the breathtaking beauty of Japan on my way to Kanazawa.

Many of the urologists here are engaged in various research activity, which is beneficial for the doctors and also for the patients. I also came to know that Kumamoto University is famous for its research in different filed. It encouraged me to get involved in research activity.

The Urologists and residents here follow the National Guidelines, which is up to date and updated frequently. It's a great thing to provide the patients with most advanced and latest treatment.

The experience I had here has enriched my knowledge and skills and also changed my views for my future carrier in urology. I also learned about Japanese culture and tradition. People here are kind, honest, patient, helpful and welcoming. Language barrier is there but it could hardly stop them to extend their helping hand towards the guests.

Lastly, I must say that, this small report is never enough to express my gratitude toward JUA for the opportunity. I am so grateful to Dr. Mashatoshi Eto and all doctors of Kumamoto University Hospital for their kind cooperation. I hope to come back again for more training or research in the field of Urology if there is opportunity. Last but not the list I am also grateful to Bangladesh Association of Urological Surgeons (BAUS) for this opportunity. I will cherish every moment I spent in this beautiful country.

### **[3. Dr. Subodh Kumar Regmi]**

It was a real honor for me to be selected as a young Asian scholar for the JUA International Foundation scholarship for 2015. Working as a urologist in Nepal is quite the challenge, considering the fact that it is a speciality still dominated by practicing general surgeons and the practice is limited mostly to open surgical and endourological procedures. Laparoscopic urology is still in its infancy and only a handful of urologists are currently performing a limited number of procedures. Therefore being selected to this scholarship and then being assigned to Keio University under the guidance of Professor M. Oya has been a real learning experience for me.

Upon landing at the Narita Airport on 20th July, I was greeted by warm smiles and greetings from a couple of residents from the department of urology of Keio University and then taken to my living quarters near the campus. The department itself has become like a second home to me and I have been made to feel comfortable by the entire faculty and the residents alike. During my stay Professor Oya ensured that all the weekly academic activities of the department including the grand rounds and clinical meetings were conducted in English so that I could understand the proceedings. It was a warm gesture on his part and everyone involved considering the fact that all activities of the department including the academic ones are in Japanese.

There were a lot of things that I have learnt during my brief stay in Japan. The laparoscopic radical prostatectomy was perhaps the most striking. I had always regarded it as being one of the most difficult and time consuming procedures in urology and had failed to understand that with proper application and dedication it can be a very good procedure to a country like ours where the scope of robotic surgery is out of the reach of the general population. I also had the opportunity to observe SILS procedures in the department which was a completely new learning experience. I had very good and interesting discussion sessions with Dr Miyajima who was kind enough to lend me a few tips regarding various procedures. In addition to the numerous laparoscopic procedures I was also able to see a lot of pediatric urological procedures with Dr Asunama and had interesting discussions with him. In fact all of the faculty members like Dr Kikuchi, Dr Mizuno, Dr Matsumoto, Dr Shinoda, Dr Shinozima were kind enough to discuss the various aspects of their specialities with me. Brachytherapy for

prostate cancer was a completely new area for me and I was lucky enough to observe and understand the principle of the procedure under the guidance of Dr Kosaka and Dr Mizuno. Complicated open surgical procedures for malignant renal and other tumors were also a revelation where I was able to observe the role of inter-departmental cooperation to bring about a successful outcome for the patients.

The highlights of my stay in Japan have not only been the clinical or the academic experiences but also the amazing cultural extravaganza that I have been treated to. I was able to experience the ultra-high tech city life in Tokyo as well as the cultural treat of Kyoto. My visit to Hiroshima made me understand the anguish and the horror of the aftermath of the Atomic bombings. On the whole, this has been a never before experience for me, perhaps a life altering event which I hope will help me shape the great things that will be coming my way.

In the end I would like to convey my heartfelt thanks to the JUA, Professor Oya, the faculty and residents of department of Urology at Keio University, Nepalese association of urologic surgeons and all those involved who have made my stay memorable and fruitful. I hope that the JUA continues to provide support to fellow Asian Urologists so that more people like me get the privilege of increasing our knowledge and improving our clinical practices through such exchanges.

Arigato gozaimaas.



With Prof. Oya



At Kinkakuji

#### **[4. Dr. Rodrigo S Hipol III]**

It's an honor and privilege to be selected by the JUA as the International Scholar for 2015. This gave me an opportunity to see the ideal ways of managing patients from the preoperative, intra-operative upto post-operative. The surgical problems were approached as a team based on their sub-specialties.

In Tokyo Women's Medical University Hospital, being a specialized referral hospital, I was able to witness numerous renal transplantations, laparoscopic and robotic assisted laparoscopic surgeries done utilizing the latest surgical techniques, up-to-date surgical equipments and technology. This will certainly put my capability of giving urological service to my patients back home to a higher level.

Aside from my medical and surgical experiences, this scholarship has given me an opportunity to have a first hand experience of the excellent hospitality of the Japanese people. I was able to gain new friends which I hope will last beyond my stay in Tokyo.

This project of the Japanese Urological Association is certainly a big step in extending urological support for other Asian countries. It will indeed help in unifying the Asian countries.

I would like to extend my utmost gratitude to the Japanese Urological Association and the Tokyo Women's Medical University Hospital especially to Prof. Kazunari Tanabe.

As we say in Filipino, " maraming salamat po sa inyong lahat!"

### **[5. Dr. Seock Hwan Choi]**

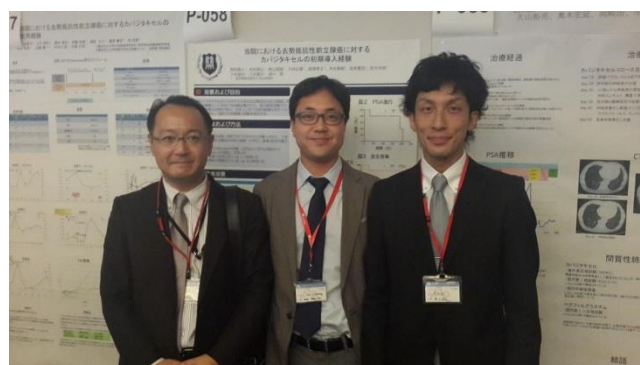
It has been a great honor to be selected as JUA International Foundation Scholarship for Young Asian Urologists. Since I arrived at Tokyo, Japan, most of the staffs in Jikei University Hospital welcomed me with great hospitality. Especially Prof. Egawa spared much time for me to learn surgeries and Japanese culture. And also Dr. Kimura devoted his time to teach me surgeries and how to survive in Tokyo. Because of them, I had a great time in Tokyo.

During my stay, I focused on the urologic surgeries especially Laparoscopic radical prostatectomy. But also I've learned about brachytherapy and basic research of stem cell therapy from Dr. Miki and Dr. Furuta. It was very informative and interesting.

I had a chance to be participated in the eastern section JUA conference during my stay. There were lectures of Korean doctors, so I had a chance to meet them and say hello. Most of the lectures were in Japanese but presentation slides and posters were written in English, so I could understand them.

I had a great time in Tokyo not just educationally but also culturally. I have visited many cultural sites of Japan and I met many colleagues and had chance to be friends with them. Overall, I think the experience was much greater than I expected. I will definitely recommend the scholarship program to my friends and colleagues in Korea.

Thank you again for giving me this wonderful experiences and opportunities.



## 受け入れた施設からの声

### <受け入れてよかった点>

- \* 担当した留学生はインド人でしたが、とてもまじめで、温厚かつ友好的でしたので、教室員と友人関係が築けた。
- \* 英会話の勉強になった。
- \* われわれ日本人の知らないインドの医学事情もわかったこと。
- \* 海外からの受け入れにあたって自分自身の知識不足の認識や新しい発見ができた。
- \* 留学生が、日本人との交流や日本文化を主体的に楽しんでいた点
- \* 留学生の英語力が高い、留学生の活動性が高い、留学生の意欲が高い
- \* 韓国からの留学生であったので、臨床レベルとしては同程度の留学先であったと思いますが、話し合っていく中で、お互いの医療制度に根差した治療アプローチの違いなど、学会で交流するだけではわからない部分理解しあえた。
- \* 当科医局員にとっても、刺激になった。
- \* 他の施設にも、受け入れをお勧めしたい。

### <困った点>

食事への気遣い等