

2016 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	Eu Chang Hwang	Korea	7/1 – 8/26	鹿児島大学	
2	Pawan Vasudeva	India	9/20 – 10/18	九州大学	
3	Tan Guan Hee	Malaysia	10/3 – 10/31	新潟大学	
4	Bin Huang	China	10/11 – 12/10	岡山大学	
5	Nguyen Ngoc Thai	Vietnam	12/1 – 12/31	東京慈恵会医科大学	

フェローからのレポート

【1. Eu Chang Hwang, Chonnam National University Medical School】

It has been a great honor to be selected as JUA International Foundation Scholarship for Young Asian Urologists. Since I arrived at Kagoshima, Japan, faculty members and residents in Kagoshima University Hospital welcomed me with great hospitality.

Especially, Prof Masayuki Nakagawa spared much time for me to learn Japanese clinical urologic practice and Japanese culture. And also Drs. Tatarano, Yamada, Itesako and Enokida devoted their time to teach me surgeries and discussed about decision making for patients. Because of them, I had a great time in Kagoshima. During my stay, I focused on the urologic surgeries especially laparoscopic surgeries. Also I've learned about brachytherapy for low risk prostate cancer by Dr. Yamane and basic research about micro RNA in bladder cancer from Drs. Enokida and Yoshino. It was very informative and interesting. Their upbeat attitude and outstanding work habits have been an inspiration to me. Overall, I learned serenity, courage and wisdom from them.

Moreover, it was quite interesting to me, the renal transplant program as well as hemodialysis performed by urologist in Japan. I had a great time in Kagoshima University not just educationally but also culturally. I have visited many cultural sites of Kyushu area using weekends. I think the experience of Japan life was much greater than I expected.

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



Morning conference



With Dr. Enokida

[2. Dr. Pawan Vasudeva]

At the outset, I would like to thank the Japanese Urological Association for this once in a lifetime fellowship opportunity, the International Scholarship for Young Asian Urologist for the year 2016. I had the good fortune of visiting the Department of Urology at Kyushu University Hospital, Fukuoka, which is headed by Prof Masatoshi Eto. It has been a unique learning experience for me on multiple fronts. Preparing for the visit was a breeze thanks to the timely and accurate information and help provided by Ms Yuki Tanaka at the JUA and Ms Yuko Ishimatsu at Kyushu University Hospital. My travel was well taken care of and the accommodation was comfortable and very convenient since it was within the hospital campus.

The department of Urology at Kyushu University hospital is a world class uro oncological centre. Prof Masatoshi Eto has built a very competent and cohesive team and it was a treat to watch complex uro oncological work being carried out with such ease and finesse. Besides Robotic Radical Prostatectomy, Robotic transperitoneal partial nephrectomy and Laparoscopic Radical Cystectomy, I got to see Robotic Retroperitoneal partial nephrectomy, something I had not seen before. I also got to develop some Robotic skills working on the Robotic simulators which are installed in the hospital.

Research is a priority in this hospital and I was amazed at the way surgical navigation techniques are being developed and utilized. I am sure that once these techniques are fully researched upon, they will be adopted by centres across the world. I was also impressed with the regular teaching schedules and the detailed faculty discussions which were a part of these teaching sessions.

Besides academics, I was also very moved with the Japanese hospitality and warmth. Prof Eto and his team were very kind and ensured that I was

comfortable in every possible way. Here, I would like to mention Dr Kiyoshima, Dr Akhitake and Dr Kashiwagi. Thanks to them, I seldom found language to be a major barrier and managed well during the few weeks that I was there. I got quite a few insights into Japanese tradition and culture and also enjoyed some amazing Japanese food. On the whole, it was a very satisfying experience both on the professional and personal front. I made new friends and hopefully, those relations will only grow with time.



[3. Dr. Tan Guan Hee]

I am very honoured to be awarded the Japanese Urological Association (JUA) International Foundation Scholarship for Young Asian Urologists 2016. I am currently entering week 3 of my training at Niigata University Hospital under the supervision of Prof Yoshihiko Tomita. My overall experience up to this point has been very positive and far exceeded my expectations.

My family and I had been looking forward to visit Japan. I thought it would be a great opportunity to bring my wife and 4-month-old son along, so they could also experience life in Japan for a month. I am very thankful for the kind assistance of the JUA liaison person Ms Tanaka, and Dr Hara from Niigata University. They had been in constant communication with me to facilitate everything that I needed to prepare for this visit. We arrived in Niigata city a few days before the commencement of my training so that we could familiarize with the place. I am grateful we managed to settle down very comfortably despite our limitations in the Japanese language.

I met up with Dr Hara in Niigata University Hospital on Monday, October 3 as planned. He took me on a tour around the hospital, and introduced me to the ward and department staff. He then brought me to the operation theatre as it was operating day. It was in theatre that I met Prof Tomita for the first time. He was very jovial and welcoming, and he quickly put me at ease with his friendly demeanour.

I was very excited to learn that the hospital has the da Vinci robotic system. As was stated in my application, I aim to gain knowledge and experience in uro-oncology and minimally-invasive surgery during my time here in Japan. The timing of this visit could not have come at a better time for me. I was just planning to embark on a course in robot-assisted surgery early next year, and I was wondering where I could have some exposure to the robot system beforehand. It turned out that Niigata University Hospital had just acquired the robot system not so long ago and I am very fortunate to visit now. Furthermore, I have come at very opportune time and I already had the privilege of observing 6 cases of robot-assisted radical prostatectomy in a short span of 2 weeks.

As this was my first close encounter with robot-assisted surgery, Prof Tomita had been very kind to help me learn by carefully describing and explaining the steps of the surgery. One of his senior team members, Dr Kasahara, also regularly shared his experience and knowledge in robot-assisted surgery with me. Apart from uro-oncologic surgery, I was told the department also performs renal transplantation and Dr Saito specialized in managing ABO-incompatible cases. I will have the chance to witness one such case this Wednesday.

In the past 2 weeks, I had participated in numerous department activities such as Prof Tomita's ward rounds, journal clubs, case discussions and outpatient clinic sessions. I realized that most of these sessions were specially conducted in English so that I could understand. I am very touched by the great effort the team had put in to make me feel at home. I had also spoken to a few department staff to learn more about the research that goes on in this department. I was very impressed when Dr Ando, who sat at the desk next to mine, showed me the research laboratories located right within the department. I hope this set up could be replicated in my department back home in the future.

Outside of work, my family and I have had the pleasure of exploring the beautiful Niigata city. The cool temperature at this time of the year allowed us to walk about very comfortably. In order to further embrace the Niigata way of life, I bought a used bicycle to ride around the city like many locals do. Dr Tasaki and Dr Hiruma were instrumental in helping me make the purchase and I have had a lot of fun traveling on two wheels.

Last Tuesday, my family and I experienced great Japanese hospitality when the department invited us to a welcome dinner. We went to a restaurant within walking distance of our hotel. It was truly a night to remember because I learned so much about the Japanese culture through our discussions about food and drinks. My new Japanese friends were also keen to learn about the Malaysian culture and I feel these interactions are important as they help us understand the world around a bit better.

I have made quite a few good friends very quickly. One of them is Dr Takizawa who invited my family and I over to his place for dinner last Saturday. It was our first time visiting a Japanese home and it was really nice to get acquainted with his family. I am sure I will make lasting friendships here. I hope my Japanese friends will visit Malaysia some day so I can return the goodwill and hospitality that they have extended to us during our stay here. I also hope to put the knowledge and experience that I have gain from this stint to good use when I return home. Finally, I will encourage Malaysian urologists to visit Japan if they can because it is such a wonderful country that has so much to offer.



[4. Dr. Bin Huang]

This summary is for my three months study in Okayama University Hospital.

It was my privilege to study in Okayama University Hospital and live in Okayama city as a 2016 Japanese Urological Association Scholar. The exciting thing was that I had totally three months learning experience at Department of Urology Okayama University Hospital mainly led by Dr. Nasu, Dr. Araki, Dr. Wada and Dr. Tanimoto. During those days I observed all kinds of minimally invasive urological surgeries from most advanced Robotic assisted Laparoscopic surgery (included RAPN and RALP) to ordinary endoscopy surgery. In my mind each doctor here has their own surgical style, but generally speaking all the doctors are very careful and meticulous and good at master surgical details and can strictly accordant with the program operation during the surgery. Since renal transplantation in this Hospital is so famous in Japan, I also experienced many cases of living renal transplantation here.

In days without any operations, I usually accompanied with Dr. Wada and Dr. Tanimoto to take care of outpatients. From that I learned Japanese treatment procedures, observed how doctors serve their patients and how doctors give suggestions and treatments to their patients. I found all the treatments they made strictly according to the guidelines. In the meantime I also got many chances to attend their clinics and staff daily activities in order to further understand their daily life and work. In my spare time I also like to travel and visit Okayama city and surrounding cities to learn about Japanese unique and wonderful culture.

In short, I harvested all kinds of learning and life experiences during these three months. Those special experiences are definitely precious to me. Now I would like to convey my heartfelt thanks again to Okayama University Hospital for your hospitality to host me and Japanese Urological Association for your kindness to support me.

[5. Dr. Nguyen Ngoc Thai]

I am very excited and proud to receive the scholarship from the Japanese Urological Association. Studying time in Japan is really meaningful through my career. Due to family problems, I could only attend one month at the department of Urology, Jikei University School of Medicine. However the result is extremely numerous.

I am very pleased to be studying at a large center about prostate cancer. Every week there were at least three cases of laparoscopy radical prostatectomy. Japan has an aging population and a medical care is very good in your country. The periodic health check is necessary in disease screening.

Almost doctors have performed laparoscopy radical prostatectomy. I have learned a lot of skills and approach ways to limit bleeding. Nerve sparing is an advantage in the center. My colleagues carefully guided this technique in each specific case. Most cases were diagnosed at stage T2. In addition, I noticed that many tools are new for me but they are necessary and useful to make successful operations. Hoping in the near future, we can deploy at our hospital in Vietnam. I was fortunately to meet 2 partial nephrectomy cases with tumor in the upper pole. Intraperitoneum approach in these cases is also quite

interesting. I also learned creating space skills that are helpful for the surgeon to manipulate easily in Laparoscopy.

The organization of department is a pretty good science. Reading new studies on each Friday morning bring many benefits to the entire faculty of science as well as resident physicians. Fun and gracious working atmosphere motivate young doctors developing a lot. Luckily, my studying time was at the end of the year so that I had a chance to attend a Bounenkai party. This culture has impressed me extremely .I am very grateful when the department created all good conditions and opportunities so that I could learn everything well.

Japan is a developed country that has its own culture. during studying time, on weekends I took the time to visit some famous places like: Meiji Shrine, Narita temple, shopping at Ginza,...

One month studying at department of Urology, Jikei University School of Medicine is really emotional. The trip has given me a lot of valuable experience.

Once again, I sincerely appreciate the Japanese Urological Association and Prof. Shin Egawa.



受け入れた施設からの声

<受け入れてよかった点>

- 教室内での会話に関して英語が増えて、多くの若手の刺激になった。教室の国際化が進んだ。
- 積極的に意見を述べるタイプであったので治療法の議論をすることができた
- 非常に勤勉な人物だった。
- コミュニケーション能力が高い方でこちらも気後れせずに対応できた。
- 診療対象疾患の分布の異なる国の方で、その違いが興味深かった。

<困った点>

- 大学の外国人宿舎と大学病院がやや遠い以外に特になし。
- 我々は長くても問題ないが、留学生にとっては結局、見学しか出来ないのも、時間を持て余していることが多々あった。

- 特にないが、週末は時間を持て余していたのではないだろうか
- 研修期間としてはちょうど良い期間でしたが、本人の研修態度が素晴らしくもっと滞在して頂きたかった
- 本人の都合により受入期間が急遽早まり、ビザ申請に余裕がなくなった。
- 来日までの連絡の際、メールの返事が遅いことが多々あった。

留学生からの声

- 日本の医療システムや診断プロセスを理解することができた。
- 言葉の壁はやはりある。会議や診療では英語が使われない。
- 最新の手術技法を学ぶことができた。
- たくさんの友人をつくることができた。
- 学んだことは友人や同僚に伝えていきたい。
- 習得したものを自国の患者に応用していきたい。
- 2か月間のプログラムとなっているが3, 4週間が最適と思う。