

2017 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	Siti Nur Masyithah Ma'arof	Malaysia	3/17 – 5/12	亀田総合病院	
2	Reza Sarimotlagh	Iran	5/1 – 5/31	千葉大学	
3	Firtantyo Adi Syahputra	Indonesia	4/17 – 6/11	神戸大学	
4	Jun Ho Lee	South Korea	6/4 – 7/28	東京慈恵会医科大学	
5	Tarun Javali	India	9/17 – 10/21	札幌医科大学	

 フェローからのレポート

【1. Siti Nur Masyithah Ma'arof, University Malaya Medical Center, Kuala Lumpur】

First and foremost I would like to express my upmost gratitude to the committee members of Japanese Urological Association for awarding me this once in a lifetime scholarship award, the International Foundation Scholarship for Young Asian Urologists 2017 (two months clinical attachment). I was thrilled to receive the news that my application for the Urogynaecology attachment at Kameda Medical Centre was approved. It was indeed a great opportunity to learn from a renowned expert in the field of Urogynaecology, Dr. Jimmy Masayoshi Nomura.

This was a life changing experience where I travelled alone to Japan leaving my family back home for an experiential learning at Kameda Medical Centre in Kamogawa, Chiba Prefecture. I was greeted by the sound of Pacific Ocean after a two hours train ride from Tokyo Station. Kamogawa is such a scenic place away from the hustle and bustle of Tokyo. I am thankful for the unconditional support from the Urogynaecology Department staffs of Kameda Medical Centre, Ms. Miwa Kuresaki and Ms. Kohata. They have made arrangements for me to stay at Ogura Apartment, which is simply cozy and fully furnished just within walking distance from the hospital.

The Urogynaecology Team led by Dr. Jimmy Masayoshi Nomura is a blessing to work with. They converse in English well and are always willing to assist me in any way they can. They threw me a fun and warm welcome dinner during the first week of my arrival. Work kicked off pretty early as I was already assisting cases in the operation theater on the second day of my attachment. I came with no knowledge and exposure to Urogynaecology cases, but at the moment in my 6th week here, I have gained so much knowledge and skills thanks to Dr. Jimmy Masayoshi Nomura and his team who guided me throughout the process.

Despite the fact that I am only here for a 2 months attachment, I am given equal opportunities to work and perform as the other team members and the fellowship trainees. I am involved actively in pre-operative

patient discussions, journal clubs, clinics, operation theater cases and continuous medical education (CME) sessions. I was also given the opportunity to assist surgeries performed by Dr. Masami Takeyama, a visiting Senior Consultant in Urogynaecology from Osaka.

I also assisted Dr. Jimmy Masayoshi Nomura at the Urogynaecology Kameda Kyobashi Clinic. I even had an opportunity to attend a porcine hands-on Urogynaecology 1-day laparoscopic workshop at the Olympus Headquarters in Hachioji, Tokyo. Indeed, I have learnt a lot during my attachment here. No word could express how thankful I am to Dr. Jimmy Masayoshi Nomura and his team for guiding me throughout my stay here.

I was lucky enough to experience the cherry blossom (hanami) season during my stay. Besides that, I had the chance to taste authentic Japanese specialties such as sushi, sashimi, ramen, takoyaki and mochi. I also visited many places around Tokyo, Mt. Fuji and Chiba. Japan is indeed an interesting country to explore. The people are warm and friendly. The weather during my stay was a bit cold at the beginning but as it approached spring, the temperature was just nice and breezy.

Two months seems a very short period of time to be at such a wonderful institution surrounded by good company and conducive working environment. Dr. Jimmy Masayoshi Nomura also welcomed me for a 1-year Urogynaecology Fellowship Program at Kameda Medical Centre in the future. Knowing that he valued my contributions and efforts during my short stay here giving me to consider his kind offer seriously.

Thank you once again to the Japanese Urological Association for this amazing and unforgettable opportunity. And last but not least, many thanks to Ms. Yuki Tanaka from the Japanese Urological Association in making all the above arrangements to ensure a pleasant stay for me through out the two months attachment



Ward rounds with the Urogynaecology Team



Laparoscopic Workshop at Olympus Headquarters



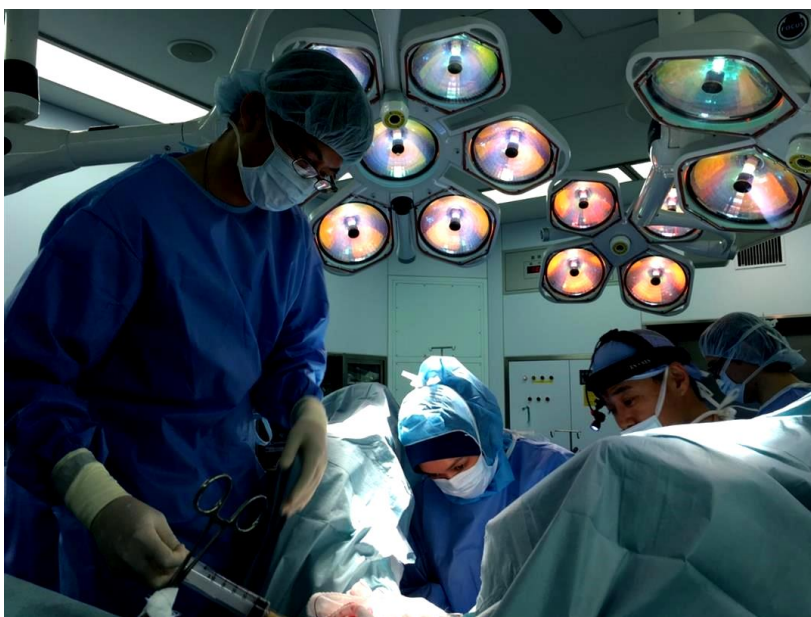
A great mentor: Dr. Jimmy Masayoshi Nomura



Journal Club with the Urogynaecology Team



At Kameda Kyobashi Clinic in Tokyo



Hands-on experience with close supervision by Dr. Jimmy Masayoshi Nomura



Dr. Masami Takeyama, a visiting Senior Consultant in Urogynaecology from Osaka



Hanami experience in Japan

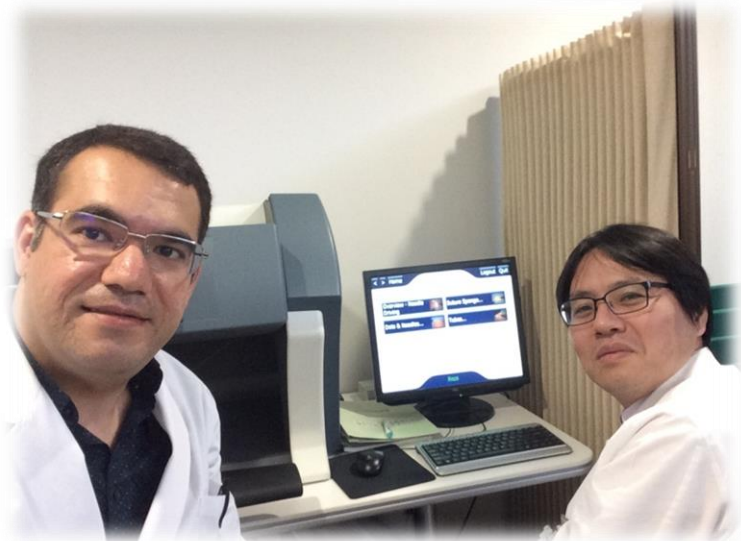
[2. Dr. Reza Sarimotlagh]

At the first, I am really grateful to the Japanese Urological Association who selected me as one of young urologists for JUA foundation scholarship.

I found that Japan is very safe and beautiful country and Japanese people are kind and humanitarians therefore there was not a great problem for me about adaptation with your culture.

During my training at Chiba University Hospital, I visit outpatient clinic and operating room. In the outpatient clinic there is very differences between Iran and Japan about patients visiting and preoperative processing of patients. I think this unit of my training is a new experience for me and I can transfer my experience to Iran.

In the operating room, I visit many robotic and laparoscopic procedures. There is not a robotic surgical system (daVinci®) in Iran because political situations and this is very new experience for me, although in the new virtual world, I can see any robotic surgeries in network system virtually, but the experience of these surgeries closely is very amazing and I was training by robotic surgery simulator too. Robotic surgery is very useful for surgeons and patients. There are laparoscopic surgery systems in Iran at some of urological centers. I wish in the future robotic surgery system transfer to Iran.



I think forasmuch as there are lesser open surgeries versus robotic and laparoscopic surgeries in your educational hospitals, young urologists in Japan have low experience in open surgical operations. During my training, there is some problem with speech communications with Chiba University Hospital colleagues! I think there is not an interesting ever in your academic colleagues in English communication. There are many countries in Asia with different languages, for better training in the future, I recommend better English communication of your academic colleagues with training doctors. I have another recommendation for JUA, this is better for scholars as a surgeon that training course be hand-on surgery.

At the end, I'd like to thank to Dr. Akira Komiya who helped me before and after arrival in Japan, He is very kind and responsible person. Many thanks to Professor Tomohiko Ichikawa, who planing my training at Chiba University Hospital.



I will have a good memory from Japan and Chiba University Hospital colleges!

[3. Dr. Firtantyo Adi Syahputra]

I am so honored and grateful to be selected as a scholar of the 2017 Japanese Urological Association (JUA) International Foundation Scholarship for Young Asian Urologists. In the course of 2-months period, I experienced learning opportunity at Department of Urology, Kobe University Hospital headed by Prof. Masato Fujisawa. First, I was impressed with his warm, cheerful and friendly manner in spite of his busy routines as clinical physician, chief of department, director of the hospital, as well as president of JUA. During the days, I was mentored by Dr. Junya Furukawa, one of the robotic surgeon in that hospital who devoted his time discussing patient cases, explaining surgical steps, sharing knowledge, even assisted me to deal with any issue of daily life in Japan. He was the one who carried out so much effort to ensure my arrival run smoothly by preparing required documents and finding a decent accommodation for me.

Prof. Fujisawa and his teams are expert in uro-oncology that every clinical decision were made by thorough assessment considering any small aspects of the patients. I was amazed that they always make a hand-written diagram of surgical plan and report details. They showed me how to treat a patient with multimodal treatment including brachytherapy, local or systemic chemotherapy, open surgery, laparoscopy surgery, and the cutting-edge Da Vinci robotic surgery which I never seen live before. I was fascinated to know that brachytherapy, systemic chemotherapy, and kidney transplant program were

performed by urologists themselves. I observed many cases of robotic radical prostatectomy, and robotic partial nephrectomy (both transperitoneal & retroperitoneal) performed by different surgeons with comparable skills. Prof. Fujisawa told me that their institution was the pioneer in carrying on robotic surgery accepted in Japanese insurance.

Research and education were their important part of work; I admired the way they deal with learning curve in teaching junior colleagues and how they recruit many young doctors to work with as a great team. They developed outstanding scientific habits during ward round, lecture, morning report, journal club, and case discussion that I joined. Dr. Furukawa always sat next to me explained so much things, introduced new technologies, and helped me facing the language barrier.

In the days without operation schedule, I was managed by Dr. Hinata to expand my surgical skills using laparoscopic and robotic simulators at their training center. In the other days, I was given chance to see some uro-pediatric and uro-andrology surgery at nearby hospitals since these procedures quite rare performed in referral center like Kobe University Hospital. All faculty members helped me a lot to get anything that I want to learn. Lucky for me, during my stay JUA held the 105th Annual Meeting at Kagoshima. I met awesome speakers coming from all over Japan along with overseas guests sharing their thoughts and experiences. Furthermore, on that occasion I traveled around Japan riding the super express Shinkansen bullet train, visited a lot interesting places, tasted delicious local food, and excited to learn the famed Japanese culture.

Last but not least I would like to deliver my gratitude for everyone in Japan who made me feel at home during my stay there. Thanks to Ms. Yuki Tanaka from JUA office for facilitating everything that I need for this visit, Ms. Satoko Kimura for accompanying me at training simulator, and all staffs of Urology Department at Kobe University Hospital who gave me wonderful experiences and expressed great hospitality. My short stay at Japan were precious and inspired me to work harder for my patient.



1) Enjoying The World-Famous Kobe Beef 2) Attending JUA Meeting at Kagoshima 3) Da Vinci Robotic Surgery Simulator



4) With Dr. Furukawa after Surgery



5) Spectacular Kobe Night View

【4. Dr. Jun Ho Lee, Department of Urology, National Police Hospital】

The time has gone so fast. And, finally, I am working on the report.

During given time, I have observed many open surgeries and laparoscopic surgeries in Tokyo Jikei University Hospital. Among surgeries that I have seen in Jikei University Hospital, the laparoscopic radical prostatectomies performed by Professor Shin Egawa was most impressive. He taught me how to save neurovascular bundles during laparoscopic surgeries, which are very important in preserving erectile function and urinary continence after surgeries. And, he showed me how to connect (anastomosis) between bladder and urethra, which are very difficult surgical skills for beginner of laparoscopic radical prostatectomies and are also important part in prevent urinary incontinence after surgeries. And, he demonstrated that precise incising between apex of the prostate and urethra, which is the most part of preventing positive surgical margin. All of them are highly informative and helpful in understanding of the laparoscopic radical prostatectomy.

Beside surgeries, I have observed many brachytherapy procedures for patients with prostate cancer. In Jikei University Hospital, both low dose brachytherapy for low and intermediate risk patients and high dose brachytherapy for high risk patients are performed. To the best of my knowledge, a very small number of hospitals can conduct low dose and high dose brachytherapy at the same time. Because both low dose brachytherapy and high dose brachytherapy are not popular in South Korea, it is a very good chance for me. Dr Kenta Miki showed me the whole procedure and taught me step by step.

And I also observed pediatric urodynamic study performed by Dr Akira Furuta and laparoscopic partial nephrectomy and laparoscopic radical prostatectomy performed by Dr Takahiro Kimura. They kindly explained the whole procedure and told me tips how to overcome learning curves.

When I returned to South Korea, what I have observed and learned in Jikei University Hospital would be very useful. Therefore, I am very thankful for man and woman in department of urology, Jikei University Hospital. And I also very thankful for man and woman in JUA international committee. I will never forget your hospitality.

【5. Dr. Tarun Javali, M.S.Ramaiah Hospital】

I am indeed grateful to the Japanese Urological Association and the Urology Society of India for having selected me for the 2017 JUA International Foundation Scholarship for Young Asian Urologists. I spent around 35 days at the Sapporo Medical University in Hokkaido under the mentorship of Dr. Naoya Masumori and it was a very memorable experience. The Urology Department at the Sapporo Medical University is a high volume uro-oncology center. During my stay I was able to observe a large number of Robot Assisted Laparoscopic Prostatectomies, Partial Nephrectomy as well as Laparoscopic Radical Cystectomy. At Sapporo Medical University, the chemotherapy for urological cancers is given by the urologists themselves. This was unique to me and I fully made use of this opportunity to learn about this aspect also. I was also able to learn the finer aspects of retroperitoneoscopy and I have been really inspired to start the same at my center. I was also able to visit some private hospitals at Sapporo like the Sanjukai Hospital, wherein I picked up some valuable surgical tips on flexible ureteroscopy and HOLEP.

Apart from the academic and surgical exposure, the JUA fellowship provided me the opportunity to learn about the wonderful Japanese culture, history and tradition. I enjoyed Japanese cuisine like Sashimi, Sushi, Miso Ramen, “Genghis Khan” lamb barbecue and Soup Curry. I also visited the famous Shiroi-Koibito Chocolate Factory. Autumn is a wonderful season in Sapporo and I was completely taken up by the natural beauty of the innumerable parks in and around Sapporo. The highlight of my sightseeing was a visit to the Hoheikyo Onsen, where I enjoyed the hot spring baths in true Japanese style!! My day to day schedule was very meticulously and systematically planned by Assistant Professor Dr. Toshiaki Tanaka, to whom I am extremely grateful.

The JUA fellowship was a wonderful experience and I look forward to visiting Japan again.



With Prof. Masumori



The iconic Sapporo TV tower in the background

受け入れた施設からの声

<受け入れてよかった点>

- アジア諸国とのネットワークの強化ができた
- 日本人スタッフもよく英語を使う機会が増えた
- 継続して発展していく素地ができた
- アジア泌尿器科の現状が理解できた
- 自身やレジデントなどの英語教育の刺激となった
- フェローの国と日本の医療体制、泌尿器の研修体制についての相違を学ぶことができた
- フェローの政治に対する考えが学べた
- 英語での討論ができた
- 文化交流ができた
- 経験、知識、人格に優れた留学生であり、意見交換を頻繁に行うことができた。
- 日本の実情、文化に興味を持ってもらえた。楽しくガイドできた。

<困った点>

- 滞在が学会シーズンと重なっていた
- 滞在宿泊先の手配は手間がかかり、短期滞在の外国人向けの物件は少ない
- VISA 取得が必須の国であったため、そのために必要な東京入国管理局での在留申請の手続きに非常に時間をとられた
- こちらから本人に依頼した書類をなかなか送ってもらえなかった
- 月 15 万円の滞在費では、ホテルに宿泊する場合は大部持ち出しになってしまうため、やすい宿泊施設の確保が大変だった（首都圏）
- 手術見学以外の対応が難しい
- 英語でうまく伝わらない場合が少しある
- ビザ発給までの過程を調べなくてはならず、不安があった。
- 宗教、食事等の情報がなく来日前に危惧した。
- 施設の手術予定がない日のスケジュール作りに苦労したが、近隣の関連病院で歓迎してもらえた。

<期間についてご意見>

- 期間が短かった
当施設は、現在もアジアからの **international fellow** を受け入れており、彼らは 1 年間の研修である。それと比べると 2 ヶ月では全体の把握はできても、技術の習得には無理があると思われる。
- 一通りの手術は見学できたが、もう少し期間が長ければ、関連病院なども見学でき、違った手術を見学できた可能性がある

留学生からの声

- 他国からくると、日本のシステムに慣れる時間を要するため、もう少し長く滞在したかった（少なくとも3ヶ月はあるといいと感じた）
- 日本語ができないので、空港から滞在先まで重い荷物を持って移動するのは大変だった。
- 講義、ラボ作業等にも参加できるとよりよかった。
- 母国語以外でコミュニケーションをとるのは大変だった。
- 自国でもラパロの設備を購入して、シンプルなものから始めてみようと思う。
- Da Vinci システムは自国にないので、経験できたことは非常によかった。
- 外来も自国とはかなり違いがあることがわかった。日本のやり方を自国でも導入してみようと思う。
- 本プログラムは見学だけなので、外科医にとってはものたりない。
- 日本語での Grand rounds と患者との対話は難しかった。
- 外科手術
- Retroperitoneoscopic 後腹腔鏡腎臓手術の重要な見識を得ることができた。自分の施設で始めてみようと思う。