

2019 JUA Asian Scholarship プログラム フェロー滞在報告

| | NAME | Country | 滞在時期 | Host Institution |
|---|-----------------------|-------------|-------------|------------------|
| 1 | Jethro M. Salvana | Philippines | 2/17 – 4/17 | 名古屋市立大学 |
| 2 | Girdhar S. Bora | India | 3/13 – 4/20 | 秋田大学 |
| 3 | Daniel Yong Zhan Peng | Singapore | 3/24 – 4/23 | 岡山大学 |
| 4 | Tanvir Ahmed | Bangladesh | 5/7 – 7/5 | 広島大学 |
| 5 | Lin Aung Han | Myanmar | 5/7 – 7/5 | 愛媛大学 |
| 6 | Nam Tran Hoai | Vietnam | 6/3 – 7/26 | 宮崎大学 |
| 7 | Niwat Lukkanawang | Thailand | 1/14 – 2/28 | 鳥取大学 |

フェローからのレポート

【1. Dr. Jethro M. Salvana, St. Benedict Hospital, Davao del Sur, Philippines】

My Nagoya ExperienceArrival

February, 17, 2019, I arrived in Nagoya City Japan. This was my first time to visit Japan so I was very excited to experience what Japan is, the culture, weather, people and especially how beautiful the place is. I was picked up by my colleagues, Dr. Rioske and Dr. Isogai from Nagoya City University Hospital and it was so nice of them as it was already late in the evening. Upon arrival, the weather was so cold, and made me think that I was already in a different country, and I was already first experiencing Japan. We drove to my dormitory, as they already booked the place prior to my arrival. Dr. Hamamoto was kind enough to arrange and organize the necessary accommodations for me. In the dormitory, I got to experience another part of the Japanese culture- the onsen and common baths. Onsens are very relaxing and nice but not having a personal toilet and bath in my own room was a bit of an adjustment for me at first. Eventually, I got used to it.

The Work

My first day at work, I was given a tour around the place and the office, by two Urologist in the University, namely Dr. Taguchi and Dr. Isogai. People from the office are very friendly, courteous and they were really eager to get to know me, which was very warm as a welcome for me. During working hours, they made sure that I understood what was happening in a patient's case, be it in weekly conferences or in the Operating Room. My program as a clinical observer did not ever get confusing and hard because of how my colleagues made me at ease and guided me through things. Dr. Yasui together with Dr. Hamamoto and Dr. Rioske were the ones who orchestrated the training curriculum and everything about my experience here. I sat down in a meeting with the three of them and discussed the overview of the things they wanted me to experience, work and leisure related.

Their work force and distribution and delegations of tasks are totally different from where I work back in my country. Here in NCU, they work as a team, being able to do constructive comments and suggestions during conferences and helping each other inside the OR. In contrast to how my work is in my province, where I work alone, and my patients are my own, as in my private practice. The health care system here in government hospitals, such as NCU, is very efficient from government hospitals back home. Here, patients are able to get the best care, with best instruments and materials there is to offer. The health benefits the patients get from the government is bigger than what the patients in my province get. Because of this, we only get to have access to limited instruments, materials, and technological advances there in local hospitals. Although its not advisable, but back home, I tend to use wires and other consumables, several times as long as it is still functional, only because patients cannot afford it. Its usually either not covered, or the coverage of health insurance is not enough, minimizing the capacity to use something that will add to patient's bills. So it was quite amusing for me to see my colleagues here easily open and use expensive materials (Guidewires, catheters, access sheaths, baskets etc) during operations, with the intention of one-time use only. But nonetheless, in the best of my ability and capabilities, I make it a point to give what is best for my patients back home, given the circumstances.

The department, headed by the Chairman, Professor Yasui, gave me a welcome pizza party during my first week with them. And during weekends, some of my colleagues here toured me around Nagoya, which is one of the best things I appreciated with them. They showed me what the best Nagoya City can offer. I loved the Sakura season, seeing how beautiful it made the city when Sakura bloomed. But probably one of the best things I really enjoyed here is the Food. I love Japanese Food.

In the clinical observership I had with them, I focused mainly on the RIRS and ECIRS part of Endourology. And in between cases I got to observe and discuss with them, during Robotic surgeries (Renal and Prostate), which I really enjoyed. I get to do Simulation exercises with the Da Vinci Robot, and also we did hands on training sessions with the flexible ureteroscope, which Dr. Hamamoto kindly organized for me. On Wednesdays, I also get to visit other hospitals to observe operations, such as Kainan Hospital, together with either Dr. Okada or other doctors, doing robotic surgeries, mostly Robot-assisted Radical Prostatectomy (RARP), and make detours along the way to show me around adding to my experience here in the city.

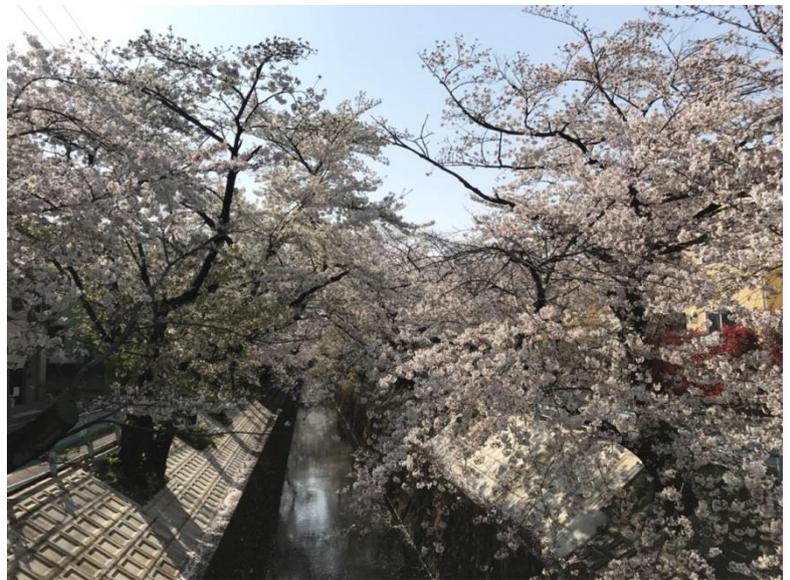
During one of the monthly research presentations they held in the University, I was able to present to them my paper, entitled "*Predictive factors in the success rate of surgical sperm retrieval in non-obstructive azoospermic males using Conventional testicular sperm extraction (TESE): a single center study*". During the presentation, we were able to discuss about male infertility and exchanged insights with Dr. Umamoto and Dr. Shoichiro (West Medical Center, Nagoya), and the rest of the congregation, on some of the cases and the male infertility management and work-ups here in Nagoya. I was even

given the opportunity to visit West Medical Center Nagoya and observe in one of their OR days, where they did Micro-TESE and Microscopic Varicocelectomy.

All in all, I really had very productive and efficient learning experiences here in Nagoya City, headed by Professor Yasui. Not only with work, but the extracurricular activities were so overwhelming and memorable. I really enjoyed my stay here in Nagoya City, Japan, and I am very thankful from the bottom of my heart, to Japan Urological Association for this scholarship and for allowing me to gain more knowledge and experience in the field of Endoscopic Urology and others, in the hope of being able to impart the learning in my private practice back in Davao del Sur Philippines. This experience will surely have a big impact on me and my patients in the future, and that, I think is the sole purpose of this learning program. To that, I am very grateful.







[2. Dr. Girdhar S. Bora, PGIMER, Chandigarh, India]

My Visit to Akita University Hospital as a JUA fellow

The mail of being awarded the JUA Fellowship was exciting for me and I am honored to receive this prestigious fellowship. Even more exciting was a speedy mail from Professor Tomonori Habuchi that department of urology at Akita University Hospital has planned everything for my fellowship. Dr. Takamitsu Inoue (Associate professor) was available to my frequent questions and mails despite his busy schedule and helped me in planning my fellowship in Akita vis-à-vis my travel, stay, visa, food etc. A meeting was also arranged with the department of ENT, Head & Neck surgery for my wife who is an ENT specialist.

I reached Akita with my wife on 13th March and was received by Ms. Yoko (Secretary to Prof. Habuchi) with a smile & a placard having my name. She was there to receive us since she could converse in English. Ms. Yoko drove us to the Akita university international house, which was a decent couple accommodation and explained in detail about the usage of amenities (since the instructions were in Japanese).

We were received by Dr. Takamitsu Inoue (Since Prof. Habuchi was travelling for EAU meeting) at the hospital and gave me a tour of the department, ward and operating room. My wife was also introduced to the department of ENT, so that she could spend a week in their department.

The subsequent weeks I had a wonderful experience in the Department of Urology at Akita University hospital. The learning, experience and the memories I will cherish for my life.

Departmental Experience

The first day itself I was given hospital phone and a desk amongst the faculty and residents and I felt like an insider in the department. I was very apprehensive about the language problem but the barrier was broken by the extremely cordial faculty and residents. The entire Faculty used to explain me in English to improve my understanding about the patients. Dr. Hiromi Sato, Dr. Naoko Honma and Dr. Takuro Saito (Resident doctors) were very helpful in translating various points to me during the rounds and various meetings. Had fruitful patient management discussion in the outpatient, operating room, interdepartmental meetings and during coffee breaks. It kept me involved and interested in the departmental work. Never felt that language was being a hindrance in my learning. My wife also visited the department of ENT and had a very good learning experience and went back to India after a week. The day Prof. Habuchi came back from EAU meeting he made sure that he comes and meets my wife and myself.

Department of Urology under Prof. Habuchi is well organized and it's a high volume center for uro-oncology and kidney transplant surgery. Every week I was given an outline for meetings, operation list and other activities planned over the week. The oncology meetings, uro pathology, Transplant, morbidity meetings and operation video watching meetings were good learning platforms for me. Prof. Habuchi kept me involved in the understanding of the cases and sought my opinion as to how I would have

managed the patient. Monday morning meetings were the most informative as all the patients seen in the outpatient clinics over the week were discussed with imaging and treatment plan. Excellent data keeping was there in which all the scans of the oncology / transplant patients could be seen on follow up. In the morbidity meeting, the ward nurses and risk management team were also called and problems related to the patients were discussed. This is something I feel we are lacking in our department and would like to involve our nursing team in such meetings in future.

Operation room experience:

Learnt the technique of creating retroperitoneal space and retroperitoneoscopic surgery from Prof. Habuchi and Dr. Takamitsu. Prof. Habuchi demonstrated the retroperitoneoscopic robotic partial nephrectomy, and I was amazed with details he explained, and taught me how to create the right space, how to reflect the peritoneum, in depth understanding of the anatomy like peritoneal layer thickness at different levels, details about patient positioning, technique of port placement as well as problem with different port configuration and right patient selection for the technique.

Dr. Takamitsu Inoue demonstrated retroperitoneoscopic adrenalectomy and a case of partial adrenalectomy, and learnt not only many tricks about the surgery but also how carefully and painstakingly he assisted his junior colleagues in doing such complex surgery. This habit I also would like to absorb from him and do the same way in training of my residents.

Learnt the nerve sparing radical cystectomy and new tricks of intracorporeal neobladder reconstruction. Intra-operative discussions with Prof Habuchi, Dr. Takamitsu Inoue and Dr. Shintaro Narita were stimulating.

Learnt the gold marker placement and the technique of space creation between the prostate and the rectum for radiotherapy in prostate cancer from Dr. Kazuyuki Numakura and it was a completely new thing for me. Discussed various protocols in the treatment of prostate cancer. Learnt the technique of brachytherapy from Dr. Kobayashi Mizuki and Dr. Hiromi Sato.

Learnt the technique of Single incision laparoscopic donor nephrectomy and kidney transplantation and discussed many things on the same with Dr. Takamitsu Inoue and Dr. Mitsuru Saito.

Research meetings:

Akita university hospital has a robust animal research facility & Department of Urology under Prof. Habuchi is equipped with the state of the art laboratory.

Learnt the technique of cell culture with Dr. Yumina Muto who has a project on adipose stem cell culture from the Gerota fat from the donor nephrectomy as well from renal tumors.

The animal lab experiments and research discussions with Dr. Narita were like opening new door for research in my life. He took me to his lab with Dr. Hiromi Sato and showed me his work and research on prostate cancer in a mice model.

Learnt about Bone metastasis model in mice and the study of effect of Abiraterone on bone from Dr. Shiori Nakajima /Dr. Takamitsu Inoue and realized that it is a difficult work and requires a great degree of patience and hard work.

Leant the DNA extraction, Electrophoresis, PCR and various other laboratory methods from Dr. Hiromi Sato and Dr. Sekine Yuya in the urology laboratory.

Hospitality:

My visit to Akita University was meticulously planned by Prof. Habuchi and team. Even before my arrival I was asked about my eating habits. There were detailed printouts and handouts about my daily travel (bus schedule), places to eat (local Indian restaurant and Japanese restaurants of my taste) and places to travel. Even Dr. Hiromi Sato used to take me to the hospital from my international house in his car in the morning. I could see that a lot of hard work from the entire department would have gone into making my stay comfortable and a memorable one. Prof. Habuchi specifically took care of my weekend plans, and even gave me handouts for places to visit in Akita. Such a gesture from a person of his stature was very touching. Had a great experience of Japanese culture, Hospitality, cuisine (Yakitori, Tempura etc.) and had wonderful time in attending the departmental dinners.

Professor Habuchi was like a guardian taking care of me in Japan and a great teacher. I will always be indebted to Professor Habuchi and Dr. Takamitsu Inoue for their kind gesture, all the time and effort. Will miss the urology and non-urology discussions with Dr. Takamitsu on Japanese culture, history, cuisine etc. I found great friends in Dr. Narita, Dr. Saito, Dr. Numakura, Dr. Kanda and Dr. Nara. I will keep on learning from them throughout my life not only urology but also various other qualities and will be in touch with all of them. I also would like to extend my regards to Dr. Ryohei Yamamoto, Dr. Naoko Honma, Dr. Takuro Saito, Dr. Hiromi Sato, Dr. Yumina Muto, Dr. Shiori Nakajima, Dr. Kobayashi Mizuki, Dr. Sekine Yuya, all the other residents and the staff in the urology department for taking care of me during my stay.

I feel very lucky to have Akita university hospital for my fellowship, as it was exactly the place (Uro-oncology, laparoscopy and robotic surgery), I wanted to be in and would not have been able to choose if it was left to my decision. I have one more exciting week left here and will be attending the JUA meeting at Nagoya. The department is already gearing up for the same and I could imagine after witnessing the preparation and research presentations it would be a great learning experience ahead.

Finally, I am thankful to Dr. Masato Fujisawa (President JUA), Dr. Yoshihiko Tomita (Chair, International Committee of JUA), Professor Tomonori Habuchi and team at Akita university hospital, Japanese Urological Association (JUA) as well as Urological Society of India (USI), my department chair Professor Arup K Mandal and my department at PGIMER, Chandigarh, India for this opportunity.

Arigatōgozaimashita



Image 1: The learning



Image 2: The Experience



Image 3: The Travel

【3. Dr. Daniel Yong Zhan Peng, Tan Tock Seng Hospital, Singapore】

I would like to express my sincerest gratitude to the International Foundation of the Japanese Urological Association for giving me the opportunity to experience cutting-edge surgical techniques and advanced medical care at Okayama University Hospital. Many thanks to Professor Yasutomo Nasu and his department, especially Professor Motoo Araki and Dr Koichiro Wada for their hospitality and nurturing guidance.

Okayama University Hospital is a tertiary hospital with renowned urological expertise in Oncology, infection and transplant. I was fortunate enough to observe surgical procedures not commonly done in my institution, such as laparoscopic excision of urachal cyst by Dr Araki and Dr Takamoto, robot cystectomy by Dr Kobayashi and laparoscopic retroperitoneal nephroureterectomy by Dr Edamura. Their combination of

surgical precision and elegance was eye-opening.

I also had the opportunity to observe grand ward rounds and familiarise with inpatient care of patients in Japan. Patient-doctor relationship in Japan is commendable. Doctors are well respected and they are caring and compassionate. I also got to sit in at the outpatient oncological clinics. Of interest, Japan Urologist also dispense chemotherapy to their patients,



Figure 1 Grand ward rounds with Professor Nasu

providing holistic treatment, ensuring comprehensive continuity of care for their patients. Some of the new knowledge I have obtained include the latest in medical care for oncological patients including check point inhibitors and combination therapy.

Academic exposure aside, I was enchanted by the hospitality shown by my host. Despite his seniority, Dr Araki guided me daily around his hospital, bringing me personally to the operating theatre, clinic and wards. He also brought me to good places to eat for lunch and introduced me to the Japanese culture and places of interest. Professor Nasu was kind enough to include me in the resident orientation program at Naoshima (organised by Dr Wada) where we partook in beautiful scenery of sunset on the beach, sakura and world renowned museums.

April is a wonderful time to visit Japan. The weather is sunny, cool and sakura is in full bloom. Majestic castles, crystal clear onsens and charming old towns made this trip magical. The Japan Urological Association International Scholarship has given me an opportunity to immerse myself in enchanting Japanese culture and delicious cuisine. Besides bringing home with me a wealth of new medical knowledge, I have also created many sweet memories with new found friends.



*Figure 1 Residents and Faculty of Okayama University Hospital
Dept of Urology*



Figure 2 Posing with Yayoi Kusama's Yellow pumpkin (Dr Araki and Dr Herik Acosta)

[4. Dr. Tanvir Ahmed, Col. Malek Medical College, Manikganj, Bangladesh]

Introduction:

It had been a great pleasure and opportunity to be selected as an Asian scholar of JUA in 2018. Since then I was excited to learn the experience of advanced urology in Japan. And the journey begins on 7th of May 2019.

The Skills I have learned:

The schedules set for me by JUA are enriched with lot of programs related to advanced urology. From these schedules I have learned followings:

A) Operative Urology:

I have observed and experienced following advanced urological surgeries:

- Robotic Assisted Partial Nephrectomies.
- Robotic Assisted Radical prostatectomies.
- RARP with lymph node dissection.
- Robotic Assisted Radical Nephrectomies.
- Laparoscopic Adrenalectomies.
- Laparoscopic B/L Nephroureterectomy with cystoprostatectomy with urethrectomy.
- Trans Urethral Resection of Bladder Tumor.
- Open Retroperitoneal Lymph Node Dissection.
- Laparoscopic Gonadectomy.

Comments: The Robotic procedures and some of the Laparoscopic procedures are interesting and as a young urologist I think a lot of things are there to learn from these procedures.

B) Prostate Biopsy:

I have experienced and observed following procedures:

- MRI fusion prostate biopsy.
- Systematic prostate biopsy.

Comments: MRI fusion prostate biopsy is a new experience to me and it is important to come to know that it reveals more positive results and diagnosis with the help of PIRADS.

C) Cystoscopy & C- arm guided stenting:

I have experienced

- Cystoscopy & C-arm guided stenting of cancer patients.
- Leakage test of post prostatectomy patients.
- C-arm guided stent replacements.
- Follow up cystoscopy of post TURBT patients.

- Cystoscopy of cancer prostate patients.

Comments: Leakage test is a new experience to me and I also came to know that it is also important for post operative continence by measuring angles.

D) Outpatient Clinics:

I have observed different urological cases and most of them are urological cancer patients referred from other hospitals. My experiences were learning followings:

- Counseling to the patients.
- Maintaining EMR (Electronic medical records).
- Taking consent of the patients.

Comments: From here I also came to know the rule of medical insurance policies in Japan.

E) Robotic Dry box training in Lab:

It is also an amazing and new experience to me to sit in a Robotic console and learn followings:

- Robotic suturing techniques.
- Robotic energy dissections.
- Ring placements by robotic hands.
- Square knot tying procedures by robotic hands.

Comments: Robotic training through dry box is newer to me and I think it would be more helpful if there is also a training module by Intuitive Surgical for young scholars.

F) Morning conferences & seminars:

I have tried my best to attend all the morning conferences and seminars in the urology department here in Hiroshima.

Comments: I am honored to know that all the doctors here in this department worked a lot to make those sessions more attractive & also interactive. It was also been a great pleasure to attend speech of Dr. Lewis C. Cantley and also interesting presentation of Prof. Koie of Gifu in Granvia Hotel Hiroshima. I have also enjoyed and honored by the welcome dinner arranged for me in the department of urology.

Above all I would like to express my gratitude to **Professor Akio Matsubara** for all the arrangements and schedules he had done for me. I am also thankful to **Assoc. Prof. Teishima, Assistant Prof. Shogo Inoue, Assistant Prof Hayashi, Assistant Prof. Goto, Assistant Prof. Hieda, Assistant Prof. Sekino, Dr. Kitano, Dr. Miyamoto, Dr. Huji, Dr. Nagasaka, Dr. Okazaki, Dr. Han, Dr. Nomura, Dr. Yamanaka, Zlatko Kostadinov and all other staffs of the hospital and urology department.** I would also like to put a special thanks to **Yuki Tanaka** of International Committee of JUA.



Figures accordingly: MRI biopsy, operative setting, dry box training, welcome dinner & morning conference.

【5. Lin Aung Han, University of Mandalay, Mandalay, Myanmar】

First and foremost, I would like to express my deepest gratitude to JUA international team and Miss Yuki. Because of them, I have a smooth and easy study tour. I also like to thank Prof. Takashi Saika and Ehime University Hospital urology team for their warm and kind hospitality, support and taking good care of me. When I was informed by JUA that I had been selected for scholarship, I was so happy and delighted because I believed that this experience would be a life changing experience for me. Since Myanmar is a developing country, Myanmar Urological Association is trying so hard in order to catch up with the modern urological technologies and procedures. Our association also needs a lot of international collaboration. So my main objective during the study period is to learn and experience cutting edge technologies and advances in modern urology in order to apply in my own country. I also like to build as many International connection as possible so that my next generation can come and learn like me.

Reception, welcome and accommodation

I arrived at Matsuyama on 5th May 2019. I intend to stay for two months. At the airport, I was well received by Dr. Iio, a graduate student from Department of Urology. Ehime University International House is the place that is arranged for me to stay. It is comfortable, quiet and not far from my hospital. A welcome party was arranged by the department in the next week which was very enjoyable. I instantly felt like I was fit in.

Academic Activities

Department of Urology, Ehime University Hospital is well organized and equipped with modern urological equipments such as Da Vinci Robotic System and Microscopic Surgical System. Since these operating systems are not available in my country because of financial restraints, this is a very new and exciting experience for me. I have a good chance to observe robotic assisted laparoscopic prostatectomy, partial nephrectomy and radical cystectomy. Moreover, retroperitoneal laparoscopic donor nephrectomy and microscopic ligation of varicocele procedures are also quite wonderful to learn. Professor and the other team members explained the details, discussed about tips and tricks and encouraged me to practice laparoscopic skills in dry lab and robotic skills on robotic simulator. These experiences are invaluable for me.

Every Monday morning and Wednesday morning, sharp at 7 am, Professor and the team discussed about next operation list, pathological reports of previous operations and further plan for the individual case. These meetings were conducted in Japanese so I had quite difficulty in understanding. But for interesting cases, I could later discuss with the staff members.

During my stay, I had a chance to attend Ehime Urological Forum. It was a great opportunity for me because I could meet most urologists from Ehime Prefecture of different generations. They greeted me and showed their warm hospitalities. I was also quite amazed by seeing of unity and harmony of Ehime urologists.

Another wonderful exposure for me is pediatric urology. Dr. Nishimura Koichi, a well-known pediatric urologist, taught me variety of pediatric urological cases by close discussion. Because of him, I can improve my knowledge a lot about pediatric urology. Moreover, he demonstrated me how to do different urological tests on the children and how to interpret them.

My Inspirations at the end of training

I strongly feel that training program will facilitate my career aspirations. I also admire the working power and capacity of Japanese doctors. This too, I believe that, should be shared in my country. I also had great memories with colleagues at Ehime University Hospital. Most importantly, I have a better and clear outlook of my urological career all because of my training in Ehime University Hospital.

Suggestions to JUA

These kinds of training program are quite invaluable for the urologists from developing countries. So please do continue the program for our next generations. Moreover, I would like to suggest to expand the number of candidates and number of months for training so that many can have a chance to taste the same kind of experience of me.



【6. Nam Tran Hoai, 175 Military Hospital, Ho Chi Minh City, Vietnam】

Firstly, I am delighted to be one of the Urologists in the 2019 JUA Scholarship Program. Thank for committee for high evaluation, trust to me and selected me in JUA program. I have been diligent and punctual throughout the training course, as well as strictly followed the guidance of JUA and professor Toshiyuki Kamoto. Under guidance of professor Kamoto, associate professor Mukai, doctor Terada and all doctors in Miyazaki University, I have had the opportunity to learn a lot from both urological and endourological practicing and exchange much experience in the clinical fields with other urologists in Miyazaki.

In observation and assistant, I have developed my skills in urology and I hope to make good use when I return to my home country. In Miyazaki University, I have learned many things in surgery that I did not have enough times to complete before. I had clearly to observe the surgery in operation room with 3D-screen. I have learned and completed my skills in radical nephrectomy, adrenalectomy, radical cystoprostatectomy, different cystectomy between male and female patient and radical prostatectomy in oncological urology.

For having the plan to pick me up to other satellite hospitals, I had opportunities to learn benign diseases management and female urology surgery. I have learned about HoLEP technique for benign prostate hyperplasia, transurethral lithotripsy for ureter + kidney stones with flexible scope, from PCNL (percutaneous nephrolithotripsy) to improval technique like ECIRS (Endoscopy combined Intrarenal Surgery) for complex kidney stones. I also have learned about laparoscopic sacrocolpopexy surgery for pelvic organs prolapse, TOT surgery technique for stress urinary incontinence to management female patients in urology.

The other purpose of scholarship, I have the relationships with other young urologists in Japan in hospital as well as in Japanese life and culture. I hope that our relationship will remain and develop in future. And there are many experiences in your beautiful country which I will never forget.

Once again, I would like to express my joy and happiness to become one of the JUA scholars in 2019. I hope that JUA will continue development and contributing to Asian urology as well as all over the world.

【7. Niwat Lukkanawang, Charoenkrung Pracharak Hospital, Bangkok, Thailand】

First of all, I would like to express my sincere gratitude and appreciation to Prof. Mototsugu Oya (President of JUA), Masato Fujisawa (President of 108th JUA), Masato Eto (Chair, International Committee of JUA), Prof. Yoshihiko Tomita (Ex-Chair, International Committee of JUA), Prof. Atsushi Takenaka (Director of Urological division of Tottori University Hospital) and all members of JUA Team for providing me this valuable opportunity. I very much enjoyed the visit to Division of Urology, Tottori University Hospital during my stay under the supervision of Prof. Atsushi Takenaka and his team from January to February 2020.

During this program, I have gained my understanding in anatomical knowledges, nerve sparing technique, retroperitoneoscopic surgery and robotic surgery including radical prostatectomy, partial nephrectomy, and radical cystectomy. They demonstrated a meticulous surgical technique, which enhanced me to clarify the anatomy and many points of technique. We have chances to make discussions about the treatment and surgical techniques. I could observe procedures, which I never seen before, including brachytherapy, and space OAR for prostate cancer. Also, I have chances to practice in Robotic Surgery Simulator. Moreover, I feel grateful they allowed me to write a research paper. This chance inspired and motivated me to develop my future research. I am delighted to say that all Tottori urological team are friendly. They always willing to help me if they can and we develop lasting friendships. This invaluable program is one of the best in my memories. I would like to say “お疲れ様でした。(o tsu ka re sa ma de shi ta)” and “ありがとう ございます。(Ari ga tou go zai ma tsu)” to everyone in JUA and Tottori Urological team.

Lastly, I am confident that this experience and knowledge would be valuable to my development. I will apply them to be the most appropriated treatment for the patients in my country. Besides, as a multiplier effect, I will transfer the knowledge and experience gained from this program to other urologists and I would certainly, take the opportunity to inspire and recommend this invaluable program to other Asian urologists.

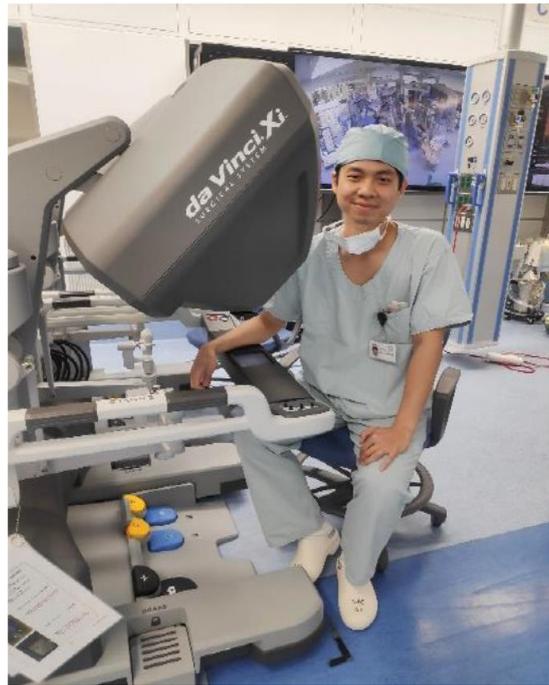
Warm welcome from all staff



My presentation (1 month experience in Tottori University Hospital)



Robotic surgery



受け入れた施設からの声

<受け入れてよかった点>

- ・ 教室スタッフに国際交流の意識が芽生えた。
- ・ 英語を使う機会が増えた。
- ・ イベントを企画して若手が生き生きと参加できた。
- ・ 日本の医療状況を説明する機会となってよかった。
- ・ 人的コネクションの形成ができた。
- ・ 留学生の国の医療事情を知ることができた。
- ・ 熱心に研修をしていたため、医局員が良い刺激をうけた。
- ・ 楽しかった
- ・ 当科の診療に対するアドバイスもいただけた。（双方向コミュニケーションできた）
- ・ 異文化交流ができた
- ・ 教室員の国際化

<困った点>

- ・ 手術以外の一般診療、特に外来には言葉の壁がある。
- ・ 手術での参加について、資格の問題から実施できることが限られた。
- ・ 安価な宿泊先などの手配に若干難渋した。
- ・ 留学生の休日の対応（空き時間を有効に使ってもらいたい）
- ・ 交通や宿泊の案内などで質問がとても多く、依存的だった
- ・ 勝手に立ち入り無断で写真を撮影するなど倫理観を欠くこと
- ・ 家族の入国ビザ取得など、当方で支援不可能なことを度々求められた。
- ・ 大学に安く使える寮がなかった場合、レオパレスなど滞在費が高額になる可能性があった。
- ・ 食べ物が難しい（牛肉、豚肉はインドの方は食べられない）
- ・ 手術の際に指示が伝わらず、何も言わずに勝手に手を出してこられて術者が当惑した。
- ・ 手術のない日に時間を持て余した
- ・ 関連病院見学などに際して移動手段として車の手配が必要だった。
- ・ コロナの件で、研修期間が短縮した。

<期間についてご意見>

- ・ 日本語がわからずカンファレンスや外来診療での研修は困難で、手術見学が中心となり、大学の手術は週2日しかないので関連病院にも見学に行かせたが、2か月間は少し長かったように感じた。
- ・ 6か月ほどあれば臨床研究にも参加できる。

留学生からの声

- ・ 書類や患者さんたちとのやりとりは日本語なので、やはり言葉の壁は高いと感じた。
- ・ 日本の文化を経験できたのはとてもよかった。

- Flexible ureteroscope for retrograde intrarenal surgeries を習得できたのはとてもよかった。現在、自分の地域にはその設備はないが、近い将来には導入したい。
- 最新のテクニックや治療を経験できたのでよかった。自国で次の世代に伝えていきたい。
- 言葉の壁はあるが、受け入れ先では最大限の努力で助けてくれたと思う。
- とてもよいプログラム内容を準備してもらっていた。
- コミュニケーションスキルについても学べた。自国での患者との対話に役立てたい。
- 来日前に、ホスト施設の情報（どんなプログラムがあるのか）がないため、過去のスカラーのレポートを公開して、今後のスカラー達が滞在先を選べるようにするとよいと思った。
- 医師による準備、対応、手術の一連の流れを見学できたのはよかった。
- 手術前、中、後に術者とディスカッションできたのはためになった。
- 医学論文の書き方について学ぶことができてよかった。