

2024 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	Ahmad Fathira Fitra	Indonesia	2024/3/6 – 4/13	岡山大学
2	Clarice Condono	Philippines	2024/3/28 – 5/3	岩手大学
3	Vittaya Jiraanankul	Thailand	2024/5/1 – 6/29	名古屋大学
4	Akmad Mustafa Adenan	Indonesia	2024/5/3 – 6/23	神戸大学
5	Yadong Lu	Singapore	2024/5/18 – 6/23	名古屋市立大学
6	Yu-Chuan Lu	Taiwan	2024/7/6-8/3	香川大学
7	Aditya Prakash Sharma	India	2024/8/31-10/5	山口大学

フェローからのレポート

【1. Dr. Ahmad Fathira Fitra, Moh. Hoesin General Hospital, Sriwijaya University, Indonesia】

I sincerely thank the Japanese Urology Association (JUA) and Okayama University Hospital for the scholarship program. I arrived in Okayama on March 6th, 2024. The purpose of my visit was to get experience in the fields of laparoscopic urology, robotic surgery in urology, and kidney transplantation. I attended regular meetings and conferences for inpatient discussion, pre-operative evaluation, and difficult case management. On Tuesday and Wednesday, there were offline conferences attended by Prof. Motoo Araki, urologists, and medical students. Not only students from Japan Medical School, but I also met a medical student from Germany who was currently undergoing an exchange program. On Thursday, there was an online meeting by Zoom, in which some urologists and medical students presented many interesting articles and novel research.

My observership took place mainly in the operating room. During my stay, I was able to visit all urology operating rooms. I had the opportunity to observe a significant number of robot-assisted laparoscopic surgeries, such as RARP, RARN, RAPN, RA-Salcocopopexy, RA-RC, and RA-RNU, using the Da Vinci robot system. Not only robotic surgery, but I also had the privilege of observing dozens of laparoscopic procedures, including HoLEP, tumor laser ablation, TVT, open surgeries, and other endourological procedures. I also learned about the feasibility of the retroperitoneal route for laparoscopic surgeries, choice of port creation, instruments used in the respective surgeries, notification of particular steps, and dealing with troubleshooting. They performed the operations with standardisation in each step, so the quality of surgeries can be controlled even by young surgeons.

At Okayama University Hospital, urology clinics are on Monday, Wednesday, and Friday. In addition to general urology patients, there were also special clinics, such as kidney transplant and gender identity disorder (GID) clinics. There were so many interesting and difficult cases here.

On the entertainment side, I had a real chance to introduce myself to Japanese culture, customs, traditions, and etiquette rules to create social bonding between people. During the weekends, I enjoyed visiting interesting and historical places such as the Okayama Castle and Korakuen Garden. I also had an opportunity to pray at Okayama Islamic Centre every Friday. I was also invited by Prof Araki and other colleagues to welcoming party as well as farewell party to taste a delicious Japanese cuisine.

JUA provides an excellent environment for learning and, in many instances, hands-on experience, so that scholars may acquire knowledge and skills that they will be able to transfer to their own setting of practice. So, I would like to express my deep gratitude to Prof. Motoo Araki and his friendly staff for their hospitality and support. They welcomed me as one of their own, making me feel like family. Last but not least, I again thank the JUA Asian Scholarship Committee for this wonderful opportunity to be a part of the clinic of excellence through this scholarship.

とても素晴らしかったです。 どうもありがとうございます。



[2. Dr. Clarice Condono, East Avenue Medical Center, Metro Manila, Philippines]

Robotics/Oncology Training as a JUA Scholar At Iwate Medical University

I landed at Morioka City around a cold night at 6pm of March 31, 2024 and was greeted by my colleague, Dr Moe Toyoshima. We had dinner together at a restaurant near the station and ate Reimen which was considered a local specialty. Reimen is a cold noodle with semi lucent chewy noodles, with its slight sweet soup that is added with seasonal fruits like apple or watermelon. In this case, our reimen had apples in it. Another interesting thing about Reimen is the presence of a typical hard-boiled egg, and kimchi. After dinner, we drove our way to Yahaba and she took me to my hotel, Route-Inn which was only 5mins away from the hospital. After checking in my room, Dr Moe accompanied me and showed me the route to the hospital's entrance door where she will wait for me the next day since my hospital ID will be given on my 1st day.



Figure 1: Reimen cold noodles.



Figure 2: Route-Inn Hotel



Figure 3: Iwate University Medical Center

April 1 was my 1st day joining the team, and since April is the start of work cycle in Japan, my first day was also the day the most junior residents and medical students join the department. I met Dr Wataru Obara, our esteemed chairman, along with other staff of the department. Dr Moe toured me around the floor and showed me the women's locker room to have my things handed me my own white coat, and ID. On my first day, I was assigned on my 1st ever experience with Robotic Surgery: Robotic

Assisted Partial Nephrectomy, Right (RAPN, Right) as bedside assistant surgeon together with Dr Ikarashi as bedside surgeon, and Dr Obara as the main surgeon using Hinotori, Japan's very own Robot. It was memorable for me because I thought I will be only allowed to observe and see how they do it, BUT they made me take PART in it as well. Dr Obara and Ikarashi were patient to teach and guide me during trocar placement, Robotic arm docking, instrument change, and how to be a good bedside surgeon. Honestly, I never imagined it was possible and that first experience alone made me realize how lucky I am to be included in this year's JUA Scholar. After the first OR, they made me also visit the Da Vinci room in OR 18 where another RAPN took place which was headed by Dr Kanehira. Even though, language barrier was evident, Dr Kanehira was kind enough to show me few simulations prior lunch break.



Left to right: top to bottom: Department secretaries, Dr Renpei, Dr Kanehira, Me, Dr Obara, Dr Ikarashi, Dr Maekawa, Dr Sato, Dr Kawamura, Dr Rento, Dr Kono, Dr Goto

The canteen was spacious and clean, serving delicious food like Japanese pan, bento boxes, curry dishes, soba, and even caters an indoor Tully's and Lawson. After lunch, I also got the chance to scrubbed in a cTURBT and admired the instruments and discovered my likeness to the Olympus system.

I had my "introduce yourself" portion the day after and overcome my shyness as I introduced myself to my colleagues via video presentation. We also had dinner at a nearby Lamb restaurant which served delicious meat. After introducing myself again during my welcome party, they themselves had individual introduction and made me appreciate how they exercise effort in speaking the English language. I feel the warmth and hospitality of our chairman and each staff member.



Yakiniku time for Welcome party



left to right: Dr Rento, Ikarashi, Goto, and our chairman, Dr Obara



Left to right: Me, Dr Renpei, Dr Ei, Dr Sato, Dr Ayato, Dr Kono, and Dr Moe

My rotation in Iwate didn't just consist of ORs but also consist of creating lasting friendship, meeting new people, sharing insights about Urology and life in general. Few people I have met and connected with: Dr Kojima, a colleague of Professor Obara, and Dr Mariko who is also a female urologist who I had shared and connected with. It was nice to see the likeness and differences in patient cases, and practice.



Sushi and Sake night

Left to right: Dr Kojima, Dr Moe, Me, and Dr Obara



Yakiniku night with Dr Mariko at Morioka City

My colleagues also made sure to tour me around Iwate and let me experience its beauty. My first weekend with Dr Ei, and Dr Mizuki consists of eating sushi from a conveyor belt in Aeon Mall, Morioka, and also coincidentally meeting Dr Maekawa's lovely family on a Sunday afternoon. We had a nice matcha and milk sundae and had onsen in hotel Shi-on. The hotel lobby have a nice over-looking place in front of Lake Goshu where we had our after-onsen iced kofi with milk. My 2nd Sunday was with Dr Moe and Ayato where we had a perfect hanami at Kitakami Tenshochi Sakura Festival and walked the 2km long row of 10,000 cherry blossom trees. We also had some grilled seafood snacks and mochi for dessert. On my 3rd weekend, I had the chance to meet my Dr Obara's lovely family. We had a sumptuous lunch and picture taking. All of the food were prepared carefully, and they even gave me a tea caddy, lovely, cute long necklace, chopsticks, and food for dinner. I gained a few pounds after

spending time with them. They made me feel like I am one with their family and that really warmed my heart and appreciate Japanese hospitality. When they knew I have never seen or experienced snow, they planned that we visit the snow wall in Hachimantai. Together with Dr Kanehira, Dr Ikarashi, and Dr Kawamura we had a short climb in hopes to see the famous Dragon eye, and they also gave me souvenirs for the said trip. He four of us bonded over the coldness of the place and had a great curry dish after the climb. I also saw the beautiful scenery of Iwate as we descended from the mountain. We ate at the famous gelato place near Koiwai farm and also also the solitary Sakura tree. I think I have gathered a lot of core memories with the team, and it is my pleasure knowing them. I am happy to be part of this family.



Photographed while inside the lobby of Hotel Shi-on overlooking Lake Goshō



After-Onsen Kōhi with milk with Dr Ei (left) and Dr Mizuki (Right)



Sushi conveyor belt for Lunch, we also had Takoyaki where I learned That I'm a Nekojita >.<



Picture with Dr Moe and Dr Ayato with the Sakura trees at Kitakami. The Sakura are in full bloom which made the trip more memorable



Appreciated the lively crowd, the families with their picnic baskets, other tourist going to the festival, the right breeze under the Sakura trees, the food stalls, and performances on each section at the park.



L-R: Dr Kawamura, Dr Kanehira, Dr Ikarashi and Me



L-R: Dr kawamura, Me, Dr Ikarashi, and Dr Kanehira

SAMU!!! DESU!!! But it didn't stop us to go on short hike to see the Dragon Eye. Sadly, it was still frozen. But the experienced gained is totally priceless.



We had the chance to see the solitary cherry blossom tree which is famous place to go and have a photograph to capture its timeless beauty.

Being a JUA Scholar, I was given a chance to see and experience what a first world country will do and how they cater their patients. It made me see what standard of care is, how oncologic treatments are given to patients thru proper insurance system which was lacking in my country. I also saw how dedicated, passionate, and hard working all the team members. All of them is kind and always ask if I needed anything and have gone above and beyond in ensuring that I will have a fruitful rotation. I will never forget the surgical dynamic I had with my team during our Open Adrenalectomy case, the trust the gave me, and have seen how proud and happy our chairman, Dr Obara. I will also never forget Dr Obara's kindness, support, and trust when he allowed me to do simple operation task like placing a surgical and a drain post Robotic assisted Radical Prostatectomy. Even with language barrier, they are kind enough to translate to me the cases discussed during conferences and ask for my opinion regarding the case. I feel like I gained a family in Iwate.



During my rotation as a JUA scholar, I had the privilege to attend the JUA Annual meeting that was held in Yokohama. I attended the English sessions which is like a buffet of international talks: AUA, SIU, and EAU. We also got a “Taste of Nigata” ranging from delicious Ramen, Soba, and even Sake drinking. Apart from the lectures/symposium, I attended the international party that was held at the Intercontinental hotel. The room was full of life, laughter and conversation from different nations that are present during the event. It was a social gathering that helped me built connection along with other residents/fellows who are also present and are currently undergoing rotation from another prefecture



Coming from a developing country, this JUA scholarship made me realize how big and wonderful the world of Urology is. Special thanks to JUA committee, Ms. Tanaka, Dr Tomita, and Dr Eto for giving me the opportunity to be a JUA scholar and for making this collaboration possible. I would also like to thank the Iwate Medical University, Department of Urology staff, under the tutelage of Dr Wataru Obara for making me part of their family. I will take my experience, fond memories, wherever I go. Till next time, Japan!

[3. Dr. Vittaya Jiraanankul, Phramongkutklao Hospital, Bangkok, Thailand]

JUA Asian Scholarship Program to Nagoya University Hospital (May-June 2024)

I am extremely thankful to the Japanese Urological Association (JUA) and the Urology Department of Nagoya University Hospital for selecting me for their Asian Scholarship Program 2024. Even before my arrival, communication with Yuki Tanaka, Professor Shusuke Akamatsu, and Associate Professor Yoshihisa Matsukawa made me feel welcome and prepared. Their support boosted my confidence and excitement for the 2-month journey from May to June 2024. Upon arriving, the urology team warmly welcomed me and took me to the hospital, making me feel comfortable and excited to begin my visit.

The daily schedule was planned for a comprehensive learning experience. Each morning, I attended a conference to review the previous day's surgeries and the day's scheduled cases. On Tuesday evenings, Professor Akamatsu visited the inpatient ward, followed by a major conference discussing treatment plans, pathology results, and inter-departmental conference between urology, oncology, and radiology. Occasionally, staff or residents presented their research study.

At Nagoya University Hospital's Urology Department, I observed various diseases, mainly involving all of the genito-urinary cancer. The multidisciplinary team of urologists, oncologists, and radiologists provided comprehensive cancer care, including robotic surgery, low-dose brachytherapy, chemotherapy, novel hormone therapies, and targeted treatments, ensuring coordinated care in one location.

Most surgical cases used the robotic surgery such as radical prostatectomy, partial nephrectomy, radical nephro-ureterectomy and radical cystectomy, allowing me to observe detailed anatomical dissections and skilled techniques. I also observed endourology procedures such as percutaneous nephrolithotomy (PCNL), flexible and rigid ureteroscopy (URS-L/TUL), and water vaporization of prostate. In functional urology, I observed urodynamic studies, artificial urinary sphincter insertions, and sacral neuromodulation implantations, gaining valuable insights into their anatomy and techniques.

Professor Akamatsu arranged for me to visit affiliated hospitals for additional learning experiences. At Meitetsu Hospital, I observed a laparoscopic sacrocolpopexy for pelvic organ prolapse in women, performed by Dr. Masahiro Narushima and Dr. Hidemori Araki. At Kasugai Hospital, I observed a robotic prostate surgery using the Hugo RAS system with Professor Akamatsu. I even got to try the simulation training on this robotic platform.



The urology team at Nagoya University Hospital warmly welcomed me by taking me to a delightful outdoor barbecue restaurant (Yakiniku). The hospital's convenient location next to Tsuruma Park provided a relaxing environment, and easy access to transportation made exploring Nagoya city simple.

This JUA Asian Scholarship Program was an extremely valuable experience. It provided me with important knowledge and skills that I can use to improve urological care. I am thankful for this amazing opportunity and the kind welcome I received. I look forward to continuing to work together and develop friendships with the respected faculty and staff at Nagoya University Hospital.



[4. Dr. Akmad Mustafa Adenan, Hasan Sadikin Hospital, Bandung, Indonesia]

Clinical Observation Report: Kidney Transplant at Kobe University Hospital

Observation Period: 3rd May 2024 - 21st June 2024

Location: Kobe University Hospital, Kobe, Japan

Introduction

The Japan Urological Association (JUA) scholarship provided me with the exceptional opportunity to observe and learn about kidney transplantation at Kobe University Hospital from May 3, 2024, to June 21, 2024. This period was an invaluable experience that deepened my understanding of the intricacies involved in kidney transplantation, from patient evaluation to post-operative care. This report outlines my observations, key learnings, and reflections from this enriching experience.

Hospital Overview

Kobe University Hospital is an institution renowned for its excellence in medical care and research. The kidney transplant unit is equipped with state-of-the-art facilities and staffed by a multidisciplinary team of experts. The hospital's commitment to patient care, education, and research made it an ideal environment for my clinical observation, supported by the JUA scholarship. My mentor, dr Yoji Hyodo, is a particularly excellent transplant physician. He manage the patient since pre-transplant screening, the surgery and post transplant care, so I can see kidney transplantation not only from surgical perspective but also medical perspective.

Objectives of Observation

The primary objectives of my clinical observation were to:

1. Understand the pre-transplant evaluation and selection process for kidney transplant recipients and donors.
2. Observe the surgical techniques and perioperative management of kidney transplant patients.
3. Gain insights into post-transplant care, including immunosuppressive therapy and management of complications.
4. Gain knowledge about transplant immunology, rejection and how to manage acute and chronic rejection.

During my first week at the hospital, I was given a tour around the wards, the office and operating theater, by dr. Hyodo, dr. Endo and dr. Sakino. These people working together in dr. Hyodo team in the ward, outpatient and operating room. After that, they arrange a welcome party in a Yakiniku

restaurant. The head of department, prof. Miyake, gave me a different welcoming party with doctor Hyodo in an omakase restaurant. what a great moment!

During working hours, they made sure that I understood what was happening in a patient's case. My program as a clinical observer went very smoothly because of how my colleagues made me at ease and guided me through things and language barrier. During my stay in Kobe University hospital, I was able to identify key factors in determining patient selection and how to determine the risk of rejection in transplant patients.

Monday and Tuesday is scientific meeting day, followed by morning round and surgery observation. Wednesday is transplant outpatient clinic. In outpatient, dr Hyodo shared his vast experience about kidney transplant. I learn the key points in patients screening, how to determine transplant risk and also how to identify rejection in post transplant patients. Thursday is transplant surgery day, I got to see quite different cases, from simple kidney transplant in low risk patient to difficult pediatric transplant case. In the end of the surgery, Hyodo sensei always open for discussion about the case.

Overall, I had a great experience in Kobe University Hospital and gain so much knowledge that will very useful for me to start kidney transplant in my hospital. Above all I would like to express my gratitude to Professor Hideaki Miyake and Assoc. Prof. Yuzo Nakano for all the arrangements and schedules he had done for me. I am very grateful to have dr. Yoji Hyodo as my mentor and dr. Endo and dr. Sakino who always guide me in the hospital. Also the other staff, dr. Chiba, dr. Terakawa, dr. Nakamura and dr. Yuri who were very friendly towards me and gave me a very pleasant experience in the hospital. I would definitely recommend my fellow urologist to have similar observership with JUA. I would also like to put a special thanks to Yuki Tanaka of International Committee of JUA.





【5. Dr. Yadong Lu, Singapore General Hospital, Singapore】

My JUA Scholarship Experience at Nagoya City University Hospital

Introduction

I am delighted to share my experiences and insights gained during my 5 weeks as a Japan Urological Association (JUA) scholar at Nagoya City University Hospital (NCUH). This invaluable opportunity allowed me to immerse myself in a new medical environment, broaden my knowledge in urology, and foster professional relationships. This report will detail my learning experience, the aspects I loved most about this experience and the key takeaways.

Learning Experience

Clinical Observations and Practices

During my time at Nagoya City University Hospital, I observed a wide range of urological procedures. The hospital's advanced facilities and the use of cutting-edge technology in surgeries were particularly impressive.

Robotic-assisted surgeries: The hospital's extensive use of robotic systems in urological surgeries, not only for oncological cases, but also for benign conditions such as ureteral strictures and PUJO, was enlightening. There are 2 Da Vinci Xi robots and 1 Hinotori Japanese robot in NCUH, hence the opportunity for robot cases is enormous. In fact, I did not observe any major open procedure during my time here as the department advocate a robotic approach for all cases whenever possible. This exposure deepened my understanding of the precision and efficacy of minimally invasive techniques.

Endourological procedures: I gained insights into advanced techniques in endourology, especially endoscopic combined intra-renal surgery (ECIRS). When we are still debating prone vs supine PCNL, NCUH has shifted to all complex stone cases to be ECIRS. And their preferred supine ECIRS has various advantages compared to conventional stand-alone PCNL. The 2 main advantage that I observed are immediate stone free rate, and stone clearance efficiency, thanks to combining antegrade and retrograde access and using 2 energy sources. This practise shift is highly relevant to my practice.

Collaborative team-based approach: The collaborative environment, where senior urologists worked closely with junior urologists, and residents, highlighted the importance of a rich teaching environment.

Research and Innovation

I was privileged to observe some of the ongoing research projects at the hospital. The focus on innovative treatments and clinical trials was inspiring.

Robotic PCNL access ANT-X: Since Dr. Taguchi's randomised controlled study demonstrated superiority of ANT-X system over conventional ultrasound guided renal access, the team at NCUH continued to use ANT-X in ECIRS and enrich their data.

ECIRS database: NCUH has a standard template for all ECIRS cases which captures key parameters of peri-operative data of each patient. This prospectively managed data registry saves a lot of time, and aids in valuable clinical stone research and multi-institutional collaboration.

Basic and translational studies: several young urologists in the department are engaged in dedicated research year to hone their skills as an academic urologist. Their interests range from chemotherapy drug delivery and efficacy, AI model to predict stone risk, innovative treatment solutions for bladder cancer etc.

Educational Activities

The hospital provided a stimulating educational environment. This happened a lot in the OR where the residents are constantly given opportunity to perform and given guidance and instructions along the way. They are also encouraged to write reports and attend regional conferences. I understand there are regular case discussions and journal clubs, although most of which are carried out in Japanese.

Highlights of the Experience

Advanced Technology

One of the most striking aspects of my visit was the integration of advanced technology in everyday practice. By bringing robotic surgery to everyone comes through NCUH, it raises the standard of care to the highest level. Patients benefit from it with less bleeding, less pain, shorter recovery time, and faster return to normal activities.

Professional Expertise and Mentorship

The mentorship provided by the senior urologists was invaluable. Their expertise, coupled with their willingness to share knowledge, greatly enhanced my learning experience. The collaborative and supportive atmosphere made the hospital a conducive environment for professional growth.

Cultural Exchange

Beyond the professional aspects, the cultural immersion was enriching. Understanding the Japanese healthcare system and experiencing the local culture provided a holistic view of the

medical practice in Japan. The discipline, dedication, and meticulous nature of the Japanese medical professionals were particularly inspiring.

Key Takeaways

Enhanced Surgical Skills

The exposure to advanced surgical techniques, particularly in endourology and robotic surgeries, has significantly enhanced my surgical skills. I have gained new perspectives on patient positioning, instrument handling, and intraoperative decision-making. It's always enlightening to see how experts do it and why they do it that way. The variation in practise sparks imagination, and this thought-provoking process will stay with me to Singapore.

Importance of Collaboration and Education

The experience reinforced the importance of collaboration and education within the department. I see senior urologist assisting junior urologist in robotic cases, and giving them the opportunity to learn and practise. I also see residents getting ample hands-on in procedures appropriate for their training level. Collaborative case discussions are always ongoing in OR throughout the case.

Research and Continuous Learning

The emphasis on research and continuous learning at Nagoya City University Hospital underscored the need for ongoing education and innovation in medical practice. Staying updated with the latest research and integrating new knowledge into practice is essential for improving patient outcomes. I aim to foster a stronger research culture within our department and hopefully inspire new research projects and collaborations. It will be exciting to plan international collaborations between NCUH and SGH in the future.

Conclusion

My 5 weeks experience as a JUA scholar at Nagoya City University Hospital has been profoundly enriching. The advanced clinical practices, innovative research, and collaborative culture have provided me with valuable insights that I am eager to bring back to Singapore General Hospital. This experience has not only broadened my professional horizons but also reinforced my commitment to excellence in urological care. I want to particularly thank Professor Yasui, Associate Professor Taguchi, and Assistant Professor Unno for making my stay and learning experience seamless and easy. To everyone at NCUH who has been nothing but welcoming, kind, friendly and warm. It's a great Japanese spring to be in Nagoya! Thank you so much.



Thanks so much to Prof Yasui and your incredible team at NCU!



Special thanks to Dr. Shimizu who helped me settling in and the scrumptious lunch on my first day.
Thank you so much for having me!

[6. Dr. Yu-Chuan Lu, National Taiwan University College of Medicine, Taipei City, Taiwan]

I am honored to have been elected for the JUA scholarship and to have had the opportunity to join Kagawa University Hospital. My experience there was exceptional, and I am grateful for the warm hospitality extended by Prof. Sugimoto, all the doctors, and colleagues at the hospital. I hope that the friendships I have made will last a lifetime.

During my stay, I observed numerous surgeries, including robotic-assisted prostatectomy, partial nephrectomy, SpaceOAR Hydrogel insertion, and VISICOIL placement. I was particularly impressed by the skill and precision of Japanese surgeons, especially in bladder neck and neurovascular bundle preservation during robotic-assisted prostatectomies. The meticulous approach to urethrovesical anastomosis, which involved both inner and outer layers and was referred to as “**Total Anatomical Reconstruction**” was especially noteworthy

I also observed that the operators meticulously checked each device and surgical instrument step by step. Additionally, the use of various adhesives and hemostatic agents provided new insights and ideas for my own practice in partial nephrectomy.

The SpaceOAR Hydrogel insertion is becoming increasingly popular worldwide, but it is still in its early stages in Taiwan. I was fortunate to witness this procedure firsthand and benefit from the tips and details shared by the doctors. I am eager to apply what I have learned and implement this procedure in my practice.

Lastly, I will always cherish my experience with the local cuisine, particularly the delicious udon noodles. My time in Kagawa City has been truly enjoyable.

I would like to express my sincere gratitude to Prof. Sugimoto, the team at Kagawa University Hospital, and the JUA for this invaluable opportunity.

[7. Dr. Aditya Prakash Sharma, Postgraduate Institute of Medical Education and Research, Chandigarh, India]

Introduction

I had the privilege of visiting the Department of Urology at Yamaguchi University Hospital in Ube, Japan as a part of JUA Asian Scholarship. This report outlines my experiences, observations, and interactions during this enlightening visit. My stay was marked by a warm reception, extensive learning opportunities, and delightful cultural experiences.

Arrival and Accommodation

Upon arrival at the airport, I was warmly greeted by Dr. Hitaka who later brought me to the department of Urology. The warm hospitality of my mentor Prof Shiraishi, Dr Isoyama, Dr Hirata, Ms Junko (International Relations) was the perfect introduction to my stay in Japan. I was then taken to a charming hostel, which was fully furnished and provided a comfortable and homely atmosphere.



Clinical Observations

My time in the Urology Department was incredibly enriching. I had the opportunity to observe a range of major urological procedures, including:

- **Infertility Procedures**

Under the guidance of Prof. Koji Shiraishi, the esteemed chairperson of the department, I was able to participate in various microsurgical procedures for male infertility. These included:



- **Microsurgical Inguinal Varicocelelectomy:** As I was tuned to do sub-inguinal varicocelelectomy this new approach gave me fresh perspective into the benefits of opting the inguinal approach such as lesser veins encountered and a quicker procedure.
- **Micro-Testicular Sperm Extraction (mTESE):** I witnessed bilateral mTESE demonstration in patient of NOA and learnt to distinguish the normal seminiferous tubules from the abnormal ones.
- **Vasoepididymal Anastomosis (VEA):** This is a procedure close to my heart and very few centres and surgeons are doing this procedure. This provided me newer insights into the procedure and shall help me improve the technique.
- **Robotic-Assisted Radical Prostatectomy (RARP) and its variation:** I was able to observe the intricacy of the anterior approach and was able to relearn nuances of this procedure including the retzius sparing approach. A novelty for me was use of Da Vinci Xi model as I am used to using the Si model of surgical robot. The department has excellent recording facility so I was also able to revisit the earlier done procedures as well.
- **Retroperitoneoscopic Partial and Radical Nephrectomies:** In my centre the retroperitoneoscopy is rarely performed, which is a norm in Yamaguchi University hospital. I really liked the approach and might incorporate into my practice.
- **Paediatric Urological Procedures:** I observed complex procedures such as ureteric reimplantation, bilateral orchiopexy which are not performed in my department in children.
- **Renal Transplant and Allied Procedures:** Witnessing renal transplants and the creation of arteriovenous (AV) fistulas and grafts provided valuable insights into these critical procedures.

Interactions and Seminars

One of the highlights of my visit was the opportunity to interact with the medical students, residents and staff of the department. Their enthusiasm and dedication were inspiring, and the collaborative environment greatly facilitated my learning. I would like to acknowledge the contributions of key faculty members besides Prof. Shiraishi. This included Prof Shimabukuro, Dr. Hiroshi Hirata, Dr. Isoyama, Dr. Oka, Dr. Hiroyoshi, Dr. Hitaka, Dr. Fujii, Dr. Nakamura, Dr. Kobayashi and Dr. Shimizu. Their expertise and support greatly enhanced my learning experience and provided me with a comprehensive view of the department's work. The enthusiastic residents who helped me daily included Dr. Ban, Dr. Ogawa, Dr. Hiyoshi, Dr. Tokunaga, Dr. Yamaguchi, Dr. Satoshi, Dr Utsumi and Ms Maeda. Their insights and camaraderie enriched my experience. Of course a big thanks to Ms Yuki Tanaka for being the guiding spirit at each and every step.

I also attended several departmental conferences and meetings. These sessions were highly informative and contributed significantly to my knowledge. The department's practice of recording all surgeries and creating extensive learning materials was particularly impressive and beneficial for continued learning which I feel I shall implement in my practice. Even I was provided the opportunity to present my work during the morning meeting which was really thoughtful.



Cultural Experience

During the weekends, I explored some of Japan's most iconic cities:

- **Kyoto:** Known for its beautiful temples and traditional tea houses, Kyoto offered a glimpse into Japan's rich cultural heritage.
- **Osaka:** I enjoyed the vibrant atmosphere of Osaka, with its bustling street markets and renowned culinary scene which included enjoying the Takoyaki and Kushikatsu.
- **Hiroshima and Miyajima:** The visit to Hiroshima was both moving and educational, especially the Peace Memorial Park and Museum, which provided profound insights into the city's history and the aftermath of the second world war.



Conclusion

My visit to Yamaguchi University of Medical Sciences was an exceptional experience. The professional exposure, educational interactions, and cultural exploration made it a memorable and rewarding trip. I am deeply grateful to Japanese Urological Association for providing me this once in a lifetime opportunity. I am indebted to Prof. Koji Shiraishi, and the entire Urology Department for their hospitality and for providing me the opportunity to learn from their expertise. I hope to carry this knowledge back to my institute and use it to improve patient care at my centre and propagate it further through the next generation of students.

I have made lasting friendships and I am going to maintain them by means of various collaborations including research, conferences and periodic interactions. I hereby take this opportunity to invite the members from Japanese delegation to visit our Premier institute in India, PGIMER, Chandigarh and I shall be happy to host. I strongly wish to help out in strengthening this relation further. I would like to express my heartfelt thanks: "Arigatou gozaimasu" (ありがとうございます) for the invaluable experience and the warm hospitality.

受け入れた施設からの声

<受け入れてよかった点>

- ・ 教室員が英語に触れる機会が増え、国際交流に繋がった。
- ・ フィリピンと日本の医療制度等の違いを認識することができた。
- ・ 若手医局員も含めて国際交流ができたこと。
- ・ 留学生自身が自国ではできない経験を色々と積めたこと。
- ・ 名古屋大学泌尿器科が国際交流を推進するということに関連病院の医局員も含めて感じられた。
- ・ 留学生本人、当院にとってお互いの刺激になったこと。
- ・ 海外の状況を理解できたこと。
- ・ 今後継続して意見交換の場を設けることができたこと。
- ・ 診療科内に活気が増えた。
- ・ シンガポールの診療事情・研究活動事情を知ることができた。
- ・ 海外にいつてみたいという教室員があらわれた。
- ・ 親日の台湾の先生だったため、気持ちよく過ごせました。
- ・ 当科には中国人の助教がいるため、ホテルや交通の手配がスムーズでした。
- ・ 臨床実習の学生とも交流ができて、学生にとっても刺激になったようです。
- ・ 医局員が英語に触れる機会ができた。
- ・ インドのウロの状況も把握でき自分たちの状況が客観視できた。
- ・ 男性不妊のマイクロ手術をインドで広められそう

<困った点>

- ・ 入国前の VISA 申請に時間を要し、追加の書類を作成する必要があった。
- ・ 手術に興味があり手術日は時間を持て余すことはなかったが、手術日以外の対応にやや困った。
- ・ カンファレンスの一部がどうしても英語だと時間がかかり成立しないためその部分においては完全にお世話できなかったこと。
- ・ 全員が英語を喋ることができるわけではないこと。
- ・ とても優秀な Dr で、自立もされており、困ったことはありません。
- ・ 手術見学を希望していましたが、大学病院では手術日が決まっているため、それ以外の日の activity について事前相談が必要だったかもしれません。
- ・ オペがない日の過ごし方：こちらから提案できなかった
- ・ 宗教的に肉や魚が食べられず食事に困った
- ・ 宿舎は学内にあったが、布団など生活物品の準備

<期間についてご意見>

- ・ 5~6 週が適当。

<その他>

是非また受け入れたい。ロボット腹腔鏡手技はこの国でもほぼ均等に行われていますが、男性不妊については日本発で広められるチャンスと思いました。