International Global Health Observership Experience

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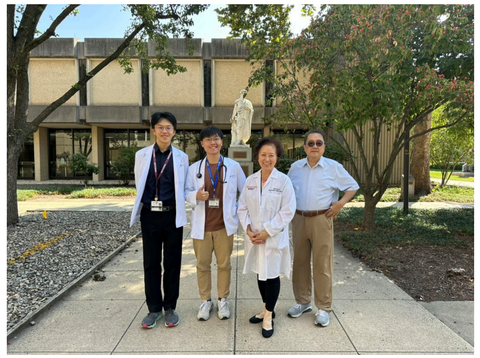
Family Medicine

We gained a broader understanding of the role of family medicine physicians in U.S. medical centers.

We joined first-year medical students in the *Patient-Centered Medicine & Health Equity* class, where they learned to measure blood pressure and perform physical examinations. This early exposure to clinical skills inspired us to consider implementing similar training at our university.

At Dr. Lin's clinic, we practiced taking patient histories and writing H&Ps. A case of plantar fasciitis reminded us to look beyond symptoms and consider factors such as weight gain and lifestyle habits. We also learned how acupuncture and evidence-based complementary medicine can support chronic pain management.

Additionally, we attended a family medicine resident research meeting and a dermatology lecture, which deepened our appreciation of evidence-based practice and common dermatologic conditions in primary care.





Endocrinology

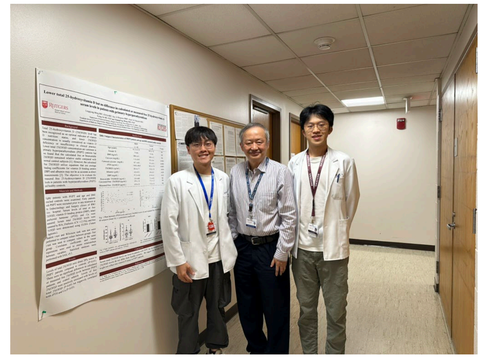
We gained valuable clinical experience in endocrinology through both outpatient clinics and inpatient care, observing how various subspecialists manage a wide range of endocrine disorders.

In diabetes clinics, we learned about individualized therapy using newer agents such as GLP-1 receptor agonists and SGLT2 inhibitors. We also discussed differences in practice between the U.S. and Taiwan, particularly regarding access and insurance coverage.

We observed thyroid and osteoporosis clinics, learning to interpret DXA scans and evaluate thyroid nodules using ultrasound-guided biopsy criteria.

Through discussions with Dr. Wang, we explored research topics including air pollution, liver abscess, and DKA, gaining insight into how scientific investigation can inform better clinical care. This rotation highlighted how endocrinology integrates modern therapeutics, research, and long-term patient relationships.





Cardiac Surgery

We followed Dr. Ikegami in the cardiac surgery department and observed various procedures, gaining insights not only into surgical techniques but also teamwork and communication.

In the operating room, we witnessed seamless collaboration among surgeons, anesthesiologists, perfusionists, and nurses during complex procedures such as CABG. This experience emphasized that successful surgery depends on the precision and coordination of every team member.

Beyond the OR, we joined ward rounds and outpatient clinics, where Dr. Ikegami demonstrated exceptional communication skills. He spent ample time explaining procedures to patients using diagrams, ensuring understanding and trust before surgery. His compassion showed us that effective communication transcends language fluency and relies on empathy and clarity.





Global Health Activities

We engaged in various global health activities. In the upper-right picture, we were introduced to how the HIPHOP Promise Clinic operates. It is a student-run clinic that provides care for uninsured patients by managing their chronic conditions and even offering VeggieRx prescriptions for fresh fruits and vegetables at the New Brunswick Farmers' Market. We were truly impressed by this initiative. In the lower-right picture, Dr. Haigentz, a pulmonary oncologist, and Dr. Karen Lin, a family medicine physician, delivered a public lecture on cancer prevention and screening to Chinese American residents of New Brunswick. It was meaningful to learn about the healthcare resources available in a place where medical expenses are so high. Other memorable global health experiences included participating in body check-ups at a fitness center, a community flu vaccination event at A.C. Redshaw Elementary School, and the 7th Annual Stroke and Neurocritical Care Symposium. We truly appreciated the opportunity to broaden our clinical and academic horizons.



