Hyogo Medical University Global Health Rotation

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Introduction

Hyogo Medical University is a prestigious institution established in 1972 located just outside of Osaka

Dates: June 16th, 2025 – July 11th, 2025

Program Overview: To complete two two-week rotations in different surgical units, gaining exposure to the Japanese healthcare system and learning about various physiologic systems applied in the OR

Orthopedic Surgery Rotation

Berk

Weeks 1-2: Orthopedic Surgery

I shadowed various orthopedic surgeons in both the OR and outpatient clinics and was able to apply my knowledge to real world cases. These included:

- Carpal tunnel syndrome
- Vertebral body fracture
- Arthoscopic rotator cuff tear
- Osteotomy
- Total knee arthroplasty

Lower GI Rotation

Nivedita

Weeks 1-2: Lower GI

I shadowed various colorectal surgeons in the OR and observed a variety of procedures, both laparoscopic and open surgery. I was able to practice my imaging analysis along with the surgical team, who discussed the CT/MRI for the patients prior to the surgery. The surgeries I observed were lengthy and complex, often involving multiple procedures. For example, a total pelvic exenteration combined with partial resection of the right pubic and ischial bones, followed by an ileal conduit diversion, a surgery that lasted 14 hours.

ENT Rotation

Berk and Nivedita

Weeks 3-4: Otorhinolaryngology

We shadowed multiple ENT specialties, including head and neck surgery, rhinology, and neurotology in both the OR and outpatient clinics. We also had the opportunity to practice suturing on model kits and learn how to use the endoscopic machinery for ESS. The surgeries we shadowed included:

- Endoscopic sinus surgery (ESS)
- Tonsillectomy
- Thyroid gland cancer

Travel and Cuisine

During our stay, we were able to experience Japanese culture in various locations in Japan.

- Tokyo: Met up with other RWJMS exchange students and explored the bustling city together! Rode the Shinkansen bullet train
- Kyoto: Fushimi-inari temple, Zen rock garden, traditional matcha tasting, day trip to Amanohashidate island
- Nara: Fed bowing deer at Nara park
- Kobe: Tried Kobe beef, relaxed at an onsen (hot spring)
- Osaka: Tried Okonomiyaki, Takoyaki, and other delicious street food

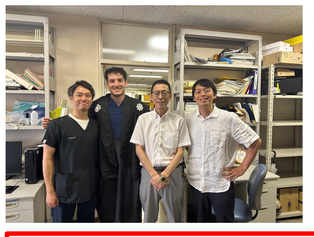




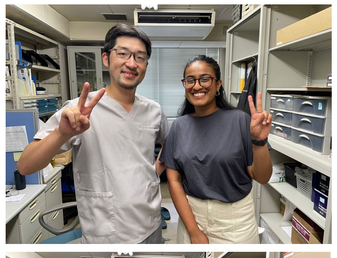












Acknowledgement

Supported by: RWJMS Global Health Department
Funding source: Sukumar and Anne Nagendran International Medical Study Scholarship
Host Institution: Hyogo Medical University, Japan