Hyogo Medical University Global Health Experience

Sophia TumSuden and Kavya Atluri
Office of Global Health, Robert Wood Johnson Medical School, Piscataway, NJ 08854

Introduction

Hyogo Medical University is a prominent institution established in 1972 dedicated to medical education and research.

Location: Hyogo Medical University: 1-1 Mukogawacho, Nishinomiya, Hyogo 663-8131, Japan

Dates: June 21st 2024 – July 19th 2024

Goals:

- Compare differences in the US and Japanese medical systems
- Gain exposure to medical career paths
- Broaden perspectives through cultural immersion

Differences in Health Systems

	United States	Japan
Education System	4-year undergraduate degree followed by 4-year medical school	6-year undergraduate program
Insurance System	Mix of private insurance, employer sponsored plans, and government programs Significant differences in care accessibility based on insurance High healthcare costs	Universal healthcare system, mostly government regulated Patients typically pay 30% of medical costs More affordable
Cultural Attitudes	Individualism Preventative care often dependent on insurance status	Healthcare decisions often involve family consultation Regular preventative care visits Public health initiatives

Sophia's Rotations

Weeks 1-2: Anesthesia

I gained an appreciation for the complexity of procedures and great diversity of career choices in anesthesia.

Highlights:

- Observed a C-section
- Practiced landmark identification with ultrasound
- Observed a spinal cord stimulation device implantation

Weeks 3-4: Colorectal Surgery

I learned about the differences in surgical techniques and management of rectal cancer. For example, high tie (Japan) vs. low tie (USA) of the inferior mesenteric artery. Highlights:

- Participated in a suturing workshop
- Visualized a variety of cancer specimens



Dinner with two Hyogo Medical University medical students in Koshein!



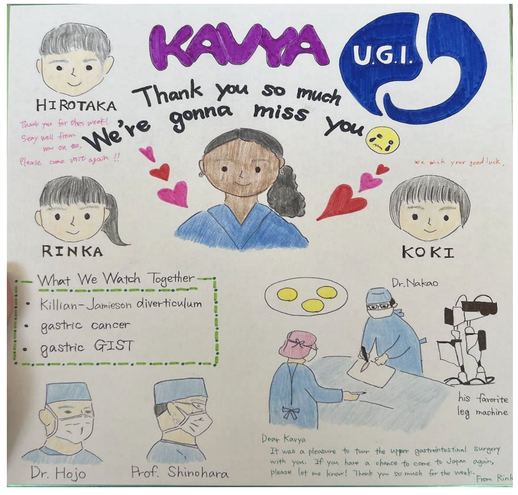
Day trip to Minoh Falls.



Kavya and the plastic surgery team.



Sorakuen: traditional Japanese garden in Kobe.



Farewell presented to Kavya from Hyogo Medical University, where students met on the Upper GI rotation.

Kavya's Rotations

Weeks 1-2: Upper Gastroenterology Surgery I observed removal of GISTs, esophagectomies, diverticulectomy for a Killian-Jamieson Diverticulum, and proximal/distal gastrectomy with Roux-en-Y and Billroth II reconstruction. I felt like I made strong connections with students and the surgeons!

Weeks 3-4: Plastic Surgery

I observed blepharoplasty for ptosis, checking of skin grafts/wound dressing,
breast implant removal and an above knee amputation. I also did 2 suture training
workshops. During my last week in Japan, the Plastic Surgery department was kind
enough to invite me to dinner as well!

Travel, Culture, and Cuisine

In addition to our clinical experiences, we had the opportunity to explore Osaka and other Japanese cities, immersing ourselves in Japanese culture and cuisine.

Travel

Cities explored: Osaka, Kobe, Kyoto, Minoo, Nara, Tokyo, and Naha (Okinawa). Very easy to travel with public transportation trains!

Culture

Todaiji Temple, Kyoto matcha tea ceremony, Sumiyoshi Shrine, Osaka Castle, Imperial palace.

Cuisine

Explored many food markets, including Nishiki Market (Kyoto), Tsukiji Fish Market (Tokyo), Kuromon Market (Osaka), and Tomari Iyumachi Fish Market (Naha).

Favorite dishes: okonomiyaki, ramen, yakitori, katsudon, takoyaki, revolving sushi, matcha soft serve ice cream, Kobe beef, and yakiniku



Top left: matcha tea from Nishiki Market; Top right: takoyaki from Dotombori; Bottom left: fresh fish from Tsukiji Fish Market in Tokyo; Bottom right: ramen and gyoza in Osaka.

Conclusion

We will never forget the medical and cultural knowledge we gained, the wonderful memories we made and the kind people we met on this journey!

Acknowledgment

Supported by: RWJMS Global Health Department
Funding source: Sukumar and Anne Nagendran International Medical Study Scholarship