

## 2015年 マーサ大学からの交換留学生受入

2015年4月6日(月)から17日(金)の2週間、姉妹校の米国ジョージア州・マーサ大学医学部4年生のアトゥール・クマールさん、スザンナ・ハーモシュさん、ジョン・ヘバードさんが、マーサ大学医学部単位認定プログラムとして本学にて研修を行った。  
(国際交流センター長 赤井卓也記)

〈Report〉

## New Insight into My Life

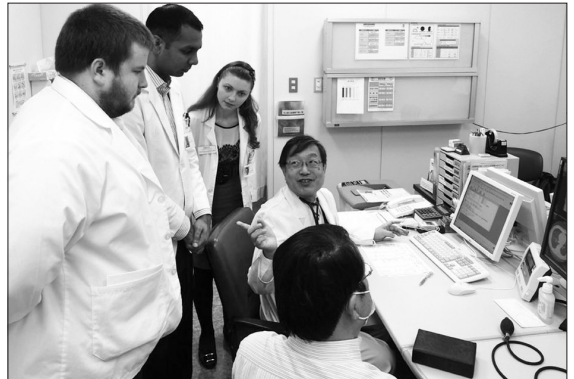
Atul Kumar

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The trip surpassed any expectations I had when I originally applied to the KMU exchange program. I had hoped to come to Japan to learn more about a national healthcare system that provides high level care to citizens at a low cost. I realized that the medicine taught to students is virtually the same, but the manner in which it practiced, is often very different.

Throughout the KMU program, I rotated around various departments observing clinics, surgeries, and educational conferences. Each day was different, allowing me to learn a lot about the Japanese medical system. Most days began with a morning conference for the respective departments. Some conferences covered unusual cases, some cases which residents had difficulty with and required further assistance from attendings. Others reviewed research articles like a journal club conference would in the US. The day then continued with rounding. This was often a different experience for me because of the large numbers, sometimes up to 30 people, would be on rounds. An entire department would round together, including multiple attendings, all residents, and numerous medical students. This was often followed by either time in an outpatient clinic, observing small procedures done in endoscopy suites, or observing and participating in surgeries in the OR.

During the last two days of the rotation, I visited a rural hospital in Anamizu. This was a memorable experience. In the morning, I toured the 100 bed hospital and found that even in a rural hospital, it still had high tech equipment such as a CT, MRI, and SPECT scanner. After the tour, I participated in home visits with the medical team. It was impressive to observe these home visits to elderly patients in rural Japan. Two out of our three patients were rural rice farmers who lived on a mountain. There was no cell signal in these locations. Roads were often closed in winter due to snow and ice, which made the roads impassable. It was impressive to see how these elderly patients and their families still tended to their fields and lived with such dignity even though they were sick. They showed warmth and compassion for us and seemed to truly value the care and



腎臓内科外来にて。左からジョン・ヘバードさん、筆者、スザンナ・ハーモシュさん、横山仁教授

opinion of the doctors. It was truly a heartwarming experience.

With these experiences from my time in Japan, I felt inspired as I was in China so many years ago. Prior to my rotation at KMU, I was stagnant in my medical career, even a little jaded. I had begun to view the medical system in the United States as fat and bloated. I often became frustrated with patients for not listening to physicians and thus not being compliant. I was upset with the ever rising cost of healthcare in America. It was shocking to continuously learn how affordable medical care was in Japan. How a procedure which costs \$10,000 – 15,000 in the United States, is done in Japan for less than \$400. But by visiting in Japan, I feel as if I have rediscovered my original motivations for going into medicine. Ten years ago, I desired to do anything possible to help patients. Somehow throughout the struggles of medical school, I had forgotten this. This trip has helped me once again understand why I went into medicine. By seeing Japanese physicians provide good care and work long hours for comparably little pay, I remembered that it is all about the patient. I learned how it is important for a physician to take ownership of their patient; to do everything in their power to help take care of their patient.

These insights prove to me how important it is to study abroad. I had two opportunities to study outside of the United States, and each time, I returned home with new insight into my life. I feel that by studying medicine in another country, one is provided new perspectives crucial to bring home and use in practice. I hope that I can keep a positive outlook and apply it to the everyday care of my patients. I hope to study abroad again!