

NYC report

2nd year resident Keshin Cho

Nowadays, we often meet foreign patients in hospital, so I was very glad that I had this chance to experience medical English and medicine in New York.

We studied medical interview and also visited labs and clinics in NY. The doctors in NY are very active and they do all things very speedy. One impressive thing was when I visited the clinic of Dr. Anzai. At first, we just did ordinary shadowing like watching his American style medical examination and so on, but when he asked me about which clinical department I was interested in, which was psychiatry at that time, he told me to visit Dr. Matsui who was psychiatry in NY 2 days later. Unfortunately, Dr. Matsui wasn't able to but I met him after the shadowing. I was a little surprised at what a man of action Dr. Anzai was and I'm going to follow his example.

Also, I became a more friendly person though I was already friendly. That is because Minami, who was a Broadway actress, gave us the homework to talk to at least one stranger. It was a little difficult at the beginning but after I did this homework, it became easier and easier for me to talk to strangers. At the end of the trip, I realized I was willing to talk to people. Now I like to talk to people I don't know also in Japan.

These are the two big changes I feel in myself and I really appreciate it.

The activities we did are as follows.

<English class>

The first activity we did when we arrived was the English class with Janis. Janis was so nice that I could enjoy the class very much. However, I wish I had studied medical English before so I could do it better.

We also worked with each other. Everyone was so good at not only English but also presentation. I'm so bad at doing the presentation all the time so I observed how others do it carefully. It was very helpful for me.

<Activities with Minami>

Her class is about communication and how to keep your mental stability.

We did several games like gesture games to experience you can express a lot of things even you don't use the languages. I was surprised to see how much we can communicate without speaking.

She also told us about her story of how she reached today's achievement, the Broadway actress. It was a very dream-come-true story and it made me more positive about my future.

<Simulation center>

We practiced medical interview in English. It was a little difficult for me because I couldn't express myself well. But after three days training, I learned more expressions and could do better, and also knew what I have to study when I go back to Japan.

We did 5 cases each day, the first day and the second day medical interview, the third day physical examinations. Although I still need more practice, I think I can do easy interview right away.

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<Lab visit>

I didn't do research when I was in med school, but the lab of Dr. Morishita was so fascinating. Dr. Morishita does research on critical period. The nerve cells of your brain have the critical period to protect themselves from damage, that means they don't change after the critical period. But if you can open the critical period of the nerve cells of your brain, you can change the nerve cells which have already grown up. In this way you can treat some brain diseases by acting to nerve cells. His idea was so interesting that it was taken by NHK. We were also liked this idea and kept asking him questions.

His office also looked so stylish that it looked like a company rather than a lab.

<Shadowing>

First, it was a very precious experience to do shadowing in New York. I visited two gynecology clinics, the office of Dr. Anzai and Dr. Rebarber. I could experience the circumstances of pregnancy and delivery in New York. It's unique but also common as a developed country. In New York, the age of woman who'll give birth is higher and they were different from each other. Their job is different and they also have various culture backgrounds. I learned many things that you don't know if you don't see it by yourself, like some people likely to have children at the very young age because they believe in specific religion.

I hope more people can do the shadowing in New York and feel the local medicine like me.

We went to NY as a group, six 5th year students and four 2nd year residents. I rarely have chance to talk with 5th year students at the hospital but I'm very happy that I made six new friends during this trip. I also got along better with 3 other residents. They are all very kind and easy to talk to and I learned lots of things from them. I'm very happy that I could travel with them and this is also why I liked this trip. So I want to thanks to Mr. Schneider and Kanazawa University for having me in this trip and gave me this unforgettable summer.