

My name is Masahiro Enomoto, and I am a resident working at Kanazawa University Hospital. I had the opportunity to participate in a variety of programs during my two-week training in New York City. I would like to reflect on some of the most memorable experiences from each program.

**Medical English:** I learned basic English used in medical interviews from Tony. Tony works in a profession of “Narrative Mindworks”, specializing in eliciting the stories of patients' experiences with illness. He taught us the importance of drawing out a patient's personal narrative about their illness. Although the concept of "narrative" is not yet spread in Japanese healthcare, I believe it will be helpful in my future practice.

**Minami Yusui's Workshop:** I participated in a workshop led by Minami Yusui, who has a remarkable background in Broadway. I was deeply inspired by her perseverance in creating her own path in the highly competitive world of Broadway, where there were no precedents. Her strength and continued passion for challenges made me want to carve out my own path as well.

**Medical Interview Training:** I experienced mock medical interviews with actors to simulate communicating with patients. After each intense 12-minute session, I received detailed feedback on grammar, pronunciation, and nuances in English. The pronunciation feedback was fascinating as I could practice correcting subtle mistakes that is not noticed in Japan. Over the course of three days of training, I felt tangible progress in my pronunciation after each session.

**ACLS Training at Phelps Hospital:** In Tarrytown, a suburb of New York, I underwent a two-day ACLS training in a hospital surrounded by peaceful nature. The training was comprehensive, and during lunch breaks, I had the opportunity to converse with residents specializing in family medicine, which made me feel a sense of camaraderie and was very rewarding.

**Shadowing in the Bronx:** I observed the medical practice of Dr. Kanahara, who works at the Community Healthcare Network in Bronx. Bronx is an area where many transgender individuals and low-income residents in New York gather. Many patients came in with issues such as HIV, sexually transmitted infections, unintended pregnancies, cancer screenings, and obesity. Watching Dr. Kanahara tailoring her suggestions to each patients with vastly different backgrounds gave me a deep appreciation for the complexity and fascination of community

healthcare.

Shadowing at Hartsdale Mt. Sinai Clinic: I also had the chance to shadow Dr. Kimura at a clinic in Hartsdale, an area with a large Japanese population. Dr. Kimura who is a fan of Japanese comedy, conducted highly entertaining consultations, and I could see much joy took place in her practice. During lunch, I had the opportunity to speak with the Japanese staff at the clinic, which allowed me to hear their honest thoughts about living in the U.S. (though I can't write all the details here...).

Tour of Mt. Sinai Medical School Hospital: Max and Alex, two medical students, gave me a tour of a private university hospital in New York. One particularly interesting aspect was that in the student study room, there were vending machines that offered free kits for measuring drug levels in the body and naloxone, a drug that counteracts opioids. I was also able to visit anatomy rooms, study rooms, and student dorms, discovering many commonalities between medical students in New York and Japan.

Lab Tour: I visited Dr. Morishita's lab, where research on "critical periods" is being conducted. I was impressed by studies suggesting that various mental disorders are influenced not only by genetics but also by environmental factors in early life. I was also intrigued to learn that psychedelics like ketamine are being highlighted as potential tools to temporarily reset critical periods. As I am interested in social prescribing in the future, this was a highly fascinating topic for me.

I had many more experiences that I cannot fully capture here. During my time there, I interacted with people of various races, social classes, and ideologies, which allowed me to objectively understand my own position. I could capture the world is much vaster than I had imagined.

Once again, I would like to express my gratitude to Andrew, the Clinical Training Center for organizing this training, and everyone I met in New York.

I am certain that whenever I face difficulties in my future, I will think back on this NYC memory. It was such a dense, inspiring, and impactful experience that confidence me.