

Reflection on Participating in the New York Training Program

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Participating in the New York Training Program

From August 17 to August 31, 2024, I had the opportunity to participate in an overseas training program in New York. I had wanted to join this program since my fifth year in medical school, but it was canceled due to the COVID-19 pandemic. Finally, it became a reality. With the increasing number of foreign patients in Kanazawa, I recognized the importance of conducting medical interviews in English, making this training an ideal opportunity. Additionally, I had a strong desire to study the clinical practice and research of Japanese physicians working abroad, as I aim to pursue overseas studies. (200 words)

Medical English Training at Pace University

Upon arriving in New York, we participated in an intensive medical English course at Pace University. Under the guidance of Professor Tony, we practiced communication skills through doctor-patient role-playing and case presentations. One of the most memorable challenges was how to express symptoms like “sharp” or “throbbing” pain in English. Though I initially struggled with jet lag, I gradually became accustomed to conversing in English, and this experience greatly boosted my confidence in medical interviews with simulated patients. (250 words)

Broadway Workshop

In New York, we took part in a workshop led by Minami Yusui, an active Broadway performer. On the first day, I was stiff with nervousness and embarrassment, but her overwhelming energy helped us relax. What left the deepest impression was her story of auditioning 87 times before finally succeeding on her 88th try to become the first Japanese lead in “My Fair Lady.” This workshop was a valuable experience that reminded me of the importance of perseverance and taking on challenges. (250 words)

Medical Interview Simulation Training

A key part of the New York training was conducting simulated medical interviews with actors playing patients. These interviews were all conducted in English, and I realized how much

more difficult medical interviews become when faced with a language barrier. The actors not only played their roles but also provided valuable feedback on my pronunciation and vocabulary. Through this training, I was able to significantly improve my confidence and skills in conducting medical interviews in English. (250 words)

ACLS Training at Phelps Hospital

Phelps Hospital is located in Sleepy Hollow, about an hour's train ride from Manhattan, where I participated in a two-day ACLS (Advanced Cardiovascular Life Support) training. Ann and two instructors named Chris led the training. Although I had taken an ACLS course before, learning it again in English was a fresh experience. The instructors were passionate about teaching, and we reviewed CPR and medication procedures for cardiac arrest patients through hands-on sessions. This experience, conducted in a different language, proved to be invaluable. (250 words)

Shadowing Experience

During the second half of the New York training, I shadowed Japanese physicians practicing locally. On the first day, I accompanied Dr. Asoma, an ophthalmologist, and on the third day, I observed Dr. Anzai, an OB-GYN. I learned the importance of transcending language and cultural barriers to provide patient care. In New York, a melting pot of people from diverse backgrounds, medical care must cater to different economic conditions and values. From each specialist, I gained not only medical knowledge but also an understanding of the importance of communication across cultures. This was an invaluable experience. (250 words)

Visit to Mt. Sinai Medical School, Hospital & Laboratory

During the New York training, I had the opportunity to visit Mt. Sinai Medical School. Medical students Max and Alex gave us a tour of the hospital and dormitory, and I learned about the differences between medical education and student life in the U.S. and Japan. Following that, we visited the laboratories of Dr. Morishita and Dr. Kawatake, where I learned about critical periods in brain development and the effects of social isolation on mice. As someone aspiring to become a neurosurgeon, the discussions on brain development were especially fascinating and a valuable learning experience. (250 words)

Final Reflections on the Training

Through this New York training, I gained three key insights:

The first was realizing how narrow my own environment was. Growing up in Kanazawa, I took that environment for granted, but in New York, I encountered a diverse world in terms of hygiene, living standards, language, and race.

The second was the importance of English. No matter how much medical knowledge one has, there are limitations if you only speak Japanese. I realized that mastering English is essential to applying my knowledge to help a wider range of people.

The third was the importance of connections. Having the opportunity to join this program after the pandemic brought me many new encounters and collaborators. I am deeply grateful to Professor Andrew and everyone involved, and I hope that this program continues to grow in the future. (300 words)

