

I had the opportunity to participate in a two-week medical training program in New York, where I gained deep insights into medical communication in English, practical clinical techniques, and the differences between Japanese and American healthcare systems. This training program went beyond mere knowledge acquisition, enabling me to develop practical skills and cross-cultural understanding necessary for international medical practice.

English Medical Communication Training

During the first three days of the program, I studied the fundamentals of medical interview techniques in English at PACE University. I was able to advance my learning under the careful guidance of Professor Tony. What was particularly striking was learning the importance of "conveying information to others," rather than simply improving language skills.

In classes taught by Professor Yoshimizu, who works as a Broadway actor, I realized that the reserved attitude typical of Japanese people is not appropriate in American medical settings. I came to understand that clear and proactive communication is essential for building trust relationships with patients, and I made efforts to improve my expressiveness. Additionally, during an exchange meeting with individuals working as ALTs (Assistant Language Teachers) in Japanese elementary and middle schools, I gained tremendous motivation for learning through conversations with people actually living in New York.

Acquiring International Standard Emergency Resuscitation Techniques

During the two-day ACLS training at the Phelps Hospital Training Center, I experienced specialized medical training in English for the first time. Thanks to preliminary study, being able to understand the lecture content in English gave me great confidence. The environment, which differed from Japan with features such as bone marrow aspiration practice kits and push-type medication administration systems, was fascinating.

Through practical simulation training, I experienced firsthand the difficulty and importance of applying knowledge learned in lectures to actual situations. Ultimately, everyone passed the written and practical examinations, acquiring international standard emergency resuscitation techniques. Through interactions with local residents, I also learned the importance of human connections that transcend specialized knowledge.

Practical Medical Interviews with Standardized Patients

During the middle three days of the program, I engaged in practical medical interviews with professional standardized patients. The most important learning from this experience was understanding the significance of "showing empathy." I was deeply impressed by how much American medical education emphasizes understanding patients' suffering and actively communicating that understanding. As case complexity increased day by day, my ability to conduct clinical reasoning while maintaining psychological composure improved. Through immediate feedback from standardized patients, I was able to recognize the importance of non-verbal communication aspects such as pronunciation and posture. I understood that the attitude of making eye contact and actively conveying empathy represents the essence of medical communication that transcends language barriers.

Differences in Japanese and American Healthcare Systems Observed During Clinical Training

During pediatric surgery shadowing at Mount Sinai Hospital, I witnessed striking differences between Japanese and American healthcare systems. Most impressive was the ward management system operated by nurse practitioners. The advanced specialization of nurses reduced physicians' workload burden, enabling more efficient healthcare delivery. Additionally, the Zoom conference system utilizing hospital iPhones was a groundbreaking initiative that allowed procedures and meetings to proceed simultaneously. Such proactive utilization of digital technology would be highly valuable for Japanese medical settings. Including differences in surgical techniques and equipment used, I was able to experience the international diversity of medicine.

During training at a specialized obstetrics and gynecology clinic, I observed even more advanced examples of medical DX (Digital Transformation). The practice format emphasizing efficiency, including AI-powered automatic ultrasound image analysis systems, telephone-based test result explanations, and online prescription systems, represented a vision of future medicine. I understood that clear role division between technicians and physicians through specialization is an effective method for achieving both medical quality and efficiency.

Visit to Basic Medical Research Laboratory

Through visiting Professor Morishita's research laboratory at Mount Sinai Medical School, I was able to learn about the realities of international basic research environments. I heard practical discussions rarely encountered in Japan, such as

strategies for research funding acquisition and approaches to collaborative research. The efficient research environment design within limited space, including research student desks adjacent to laboratory benches and animal experiment facilities on the immediately adjacent floor, was highly instructive from the perspective of effective resource utilization.

Dr. Kawatake's first-hand account of overseas study experiences as a PhD student provided valuable insights for future career choices. Learning about the specific career path of overseas study from the doctoral level made the route toward international research activities clearer.

Comprehensive Learning Through Cultural Experiences

Cultural experiences during the training period held significance equal to medical learning. Visits to the Natural History Museum and watching Aladdin on Broadway not only deepened my understanding of American culture but also clarified challenges in my English listening abilities. At Yankees Stadium watching baseball, I experienced natural interactions with local people and discovered the joy of communication that transcends language.

Future Impact and Prospects

This two-week training program became an experience that significantly broadened my perspective as an international healthcare professional, extending beyond improvements in medical knowledge and techniques. I was able to develop comprehensive abilities required in increasingly globalized medical settings, including improved medical communication skills in English, understanding of different healthcare systems, and adaptability to cultural diversity.

In particular, the American-style medical communication that actively demonstrates empathy toward patients will likely have a significant impact on my future clinical practice. Additionally, I would like to utilize efficient healthcare delivery systems incorporating digital technology as hints for improving Japanese medical settings. Based on the knowledge and experience gained through this training, I aim to achieve further growth as an international healthcare professional while also clarifying pathways for future overseas learning and research activities. With gratitude to all those who provided this valuable opportunity, I have renewed my determination to make even greater efforts in future professional development.

