

New York Training Program

At first, I decided to apply for New York training program simply because I had the opportunity to go, and thus I headed to New York. I have been to Australia and Europe before, but never been to the United States, and I felt a bit anxious about a gun culture. After a 13-hour flight, before landing at John F. Kennedy Airport, I could see the cityscape of New York from the airplane window. I will never forget the excitement I felt when the skyscrapers of Manhattan appeared. I truly felt that I came to New York and imagined my new life.

My life in New York began. The first activity was English lessons at Pace University. There were many things I didn't understand, such as how to express symptoms in English and how to conduct a medical interview. I felt a high language barrier. The most valuable experience was the examination of standardized patients. They were professionals who have experience in that role, and their performances were so realistic as if I were examining real patients. After completing the medical interview, physical examination, differential diagnosis, and plan for tests, I received feedback from them. One thing I was told was the pronunciation of "L." No matter how careful I was, it was difficult to pronounce it correctly. I also realized the importance of showing empathy toward patients. When something bad happens to a patient, telling words of empathy helps build trust and leads to a good doctor-patient relationship.

Next, we had a lecture by Yusui Minami, a Broadway actor from Kanazawa. Her way of life pursuing a career on Broadway inspired me. What impressed me most was her phrase, "Step out of your comfort zone." It means stepping away from a familiar and comfortable environment. If you stay only in your comfort zone, you experience little change or growth and stop challenging yourself. Coming to New York itself was an act of stepping out of my comfort zone. I want to continue taking on such challenges in the future.

Then, we had a casual gathering with ALT (Assistant Language Teacher) in Japan. We had a great time despite the language barrier. Although I sometimes felt frustrated when I couldn't express what I wanted to say in English, I learned that if I tried to communicate slowly, the other person would listen and understand. I realized the importance of simply trying to speak.

Next, we went to Phelps Hospital. It took an hour by train from Manhattan along the Hudson River and beautiful nature. We participated in ACLS training. Although ACLS in English was difficult, it was a very valuable experience.

During the shadowing program, I trained under Dr. Sawai, an obstetrician and gynecologist at a clinic, and Dr. Naito, a pediatrician at The Children's Hospital at Montefiore. At the Dr. Sawai's clinic, I observed prenatal checkups and gynecological examinations. There were many differences of consultations between in Japan and in the U.S.. The conversations between doctors and patients were more casual, and I felt that their relationships were closer. That evening, I was also allowed to observe a delivery at an affiliated hospital. The

atmosphere was different from that in Japan. I was impressed by the energy and passion of the obstetricians speaking to the mother. I was able to observe a delivery safely.

Dr. Naito graduated from Kanazawa University. I observed pediatric outpatient. The children were innocent and cute, and I realized that children's innocence is universal across the world. In the afternoon, there was a pediatric rheumatology conference. I went to a house near the hospital which was used as the pediatric rheumatology department's office. I was amazed by the scale and environment in the United States.

Later, we visited Mount Sinai Hospital. We talked with Dr. Morishita and Dr. Kawatake. What impressed me most was Dr. Kawatake's presentation about the critical period for the development of social skills. It is from early childhood to adolescence. The experiences during that period greatly influence one's social development. I found this topic very interesting and felt inspired to find my own field of research to pursue in the future.

Through this program, I had the opportunity to meet many professionals working in New York and was deeply inspired by them. I used to think that working abroad was something far for me. Through this training program in New York, I felt close to it. Even for those who think they are not interested in going abroad, I highly recommend joining this program. There are things you can only see by actually coming here. Please step out of your comfort zone.

I enjoy running, and during my stay in New York, I explored various running courses. Here are some of my recommendations:

- Central Park : A park with a running course about 10 km around. Many New Yorkers enjoy running and cycling there. You can run surrounded by rich nature while viewing Manhattan's skyline.
- West Side of Manhattan : There is a well-maintained running course along the Hudson River while looking at the river and the state of New Jersey on the opposite shore.
- Brooklyn Bridge : If you go early in the morning, there are few people. You can run across the 1.8 km-long bridge. The view of Manhattan's skyscrapers from the bridge is spectacular.

I would like to express my gratitude to Andrew, the staff at the Clinical Training Center in Kanazawa University, and to all the instructors in New York.