

NY RESIDENT REPORT

Kanazawa University 2nd-year resident Haruo Oka

• Training at PACE University

I completed a six-day training program divided into two sessions at Pace University in Lower Manhattan.

The first half involved classroom instruction from Instructor Tony on set phrases used in medical interviews and physical examinations. The interview phrase “Do you use cannabis or any other drugs?” stood out to me, highlighting cultural differences.

The latter half involved practicing actual medical interviews with the help of simulated patients. My pronunciation of L and R was poor, and I received feedback about this in every session. In Japan, proper guidance on English pronunciation is rarely provided, and I hadn't even realized my pronunciation was bad, so this was an extremely valuable experience.

• Workshop with Minami Yusui

We learned English and the mindset for studying in New York while moving our bodies alongside Minami, who moved from Kanazawa to New York at age 18 and now performs on Broadway. We were reminded not just through her words, but through her actions, that positive energy is crucial for communication.

• ACLS Training at Phelps Hospital

Over two days, we learned ACLS from Instructor Anne. Her wealth of knowledge and enthusiasm made the training highly productive. The simulation involving the use of drills to administer drugs intramedullary to patients with difficult IV access was particularly instructive. She patiently answered challenging questions like, “Are there drugs that cannot be administered intramedullary?” with explanations like, “Generally, drugs that can be administered intravenously can be given this way, but I personally find adenosine difficult. Its half-life is short, so it dissipates before reaching the heart.” She taught us meticulously, drawing on her extensive knowledge. ACLS knowledge and skills will undoubtedly be essential

in my future work as a physician. Having become a resident and recognized this necessity, I approached the ACLS training with genuine interest.

- **Shadowing Dr. Makoto Iwahara at his clinic**

I had the opportunity to visit the clinic of Dr Iwahara, who moved to New York as an elementary school student and now works as a physician, having taken over the clinic his father established. Located in Manhattan, the clinic saw Japanese patients from various professions who relied on Dr Iwahara. Some even traveled all the way from neighboring New Jersey. Witnessing firsthand the human drama of Japanese people working far from Japan in New York and the doctors treating them was an unforgettable experience.

- **Observing Dr. Morishita's Lab**

We observed the lab of Dr. Hirofumi Morishita, a professor of psychiatry at Mount Sinai School of Medicine. Dr. Morishita is the researcher who discovered the Lynx gene, which acts as a brake on brain plasticity. He was very approachable, carefully answering our questions as medical students and residents while understanding our intentions. While it's wonderful to achieve research success after moving to New York, learning about the challenges of securing research funding behind the scenes was also extremely interesting.

- **Dinner with an ALT OB**

I had dinner with an alumnus who had previously worked as an ALT in Japan. We were essentially joining an American conversation, so the fast pace and frequent slang made it challenging to follow. It really made me realize how much the English I'd heard before had been slowed down and simplified for Japanese listeners. American football is my hobby, and I had a great conversation with one of the alumni about last year's playoff games – a wonderful memory. It's truly rewarding to connect with people overseas over shared hobbies.

- **Finally**

I am truly grateful for the opportunity to participate in this New York training program. Once you start working as a professional, it's easy to become focused solely on your job and your own interests, narrowing your visible world. This can lead to a false sense of knowing everything about the world and a loss of humility. I think I myself had fallen into that trap a bit. Seeing the art at the Metropolitan Museum in New York, watching a Broadway musical, and countless other moments made me realize how much of the world remains unknown to me. While appreciating art or musicals is certainly enjoyable, I felt a pang of regret thinking

how much more fascinating they would be if I understood their historical context and key points. In short, New York made me acutely aware of my own ignorance.

Throughout our stay in New York, I constantly felt Andrew's protective presence, ensuring our safety. I cannot thank him enough for warning us about dangerous areas and advising us to travel in pairs at night. Finally, I would like to express my deepest gratitude to Andrew, our instructor, and to everyone at the Comprehensive Education Center for Resident and Specialist Training who planned this program.

