

Travel to the land of Traditions — Katalin Orlovacz

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First of all, I would like to thank you for this amazing opportunity and also thank you for having me here. It is a great honour and privilege to be writing about my experiences during my 4 weeks at Saitama Medical University Hospital.

Firstly, I would like to write about my medical clerkship. I spent the first two weeks at the Department of Cardiovascular Surgery at Hidaka Campus. I have to admit, the first few days seemed to be a little bit hard because of the jetlag and the long operations. However, it turned out to be amazing. I enjoyed every minute of that practice. Everyday we had the chance to observe a different type of operation which was extremely useful and interesting for me. For example, we observed a TAVI operation, an aortic arch replacement and a ventricular assist device insertion too. The doctors were extremely nice to us. They taught us how to do the sutures properly, organized an amazing welcome party for us and explained to us almost every detail about the operations. In addition, fortunately we met a really nice anaesthetist who was with us almost everyday and taught us a lot about her speciality too.

My second rotation was at the Department of Plastic Surgery in Moroyama. In this department, I had the chance to observe the operations every Monday and Friday. Moreover, it was nice to be part of the outpatient's clinic days as well. I have to admit that I've never imagined that the specialisation of plastic surgery was so "multicoloured". I had the opportunity to observe various types of operations such as skin grafting, decubitus reconstruction, laser therapy, etc. In this case too, they were trying to explain to me as many medical details as they could.

Secondly, I would like to write about my weekends and spare time.

During my first weekend as you know, we went to the Kawaguchiko Seminar together. It was nice to get to know everybody properly by the introductory games organised by Chad. Also, that was the first time visiting an Onsen, which in the beginning was a little bit frightening, but turned out to be amazing. Besides, I think, I can't express properly how wonderful the hiking at the Mt. Fuji was. Besides these programmes, I

think it was a great opportunity to get to know about the Japanese health care system and the differential diagnosis.

During my second weekend, “Team Hungary” visited Kyoto and Nara. Fortunately, we had a local tour guide who introduced us to the history of Nara, the stories of the monuments, the magic of the Japanese gardens and the meaning of the religious ceremonies. After the day in Nara, we spent two more days in Kyoto. We visited the most famous monument and we had the opportunity to compare the modern and the traditional parts of the city. Nevertheless, it was nice to travel with the Shinkansen for the first time too.

Third weekend, we visited Mária (Hungarian pathologist) in Tokyo. She showed us the various quarters of Tokyo, we tried the traditional tea ceremony and experienced a trip by a night cruise. Moreover, we saw one of the types of the famous ASIMO robots which was extraordinary.

In the last part of my report, I would like to write about the Japanese health care system. My time in Saitama Medical University has been a great experience for me. On one hand, Japan, along with its medical system, is completely different from the Hungarian system. Japanese doctors work more hours than the Hungarian doctors, also they have to work on every Saturday. In Japan silence is appreciated very much, and along with their hands-off training, Japanese students are always standing in the back, mostly just listening and writing down whatever they hear. They are generally disciplined, hard working students.

For me, it was extraordinary to see the well-developed Japanese technology. In Hungary, we usually do not use robots in the wards or in the operating theatre. Also, it was nice to see how well-equipped are the hospitals.

Finally, I would like to thank you for having me in the Saitama Medical University, in Japan. This was one of the most amazing months of my life. I cannot express how grateful I am for this opportunity to get to know you and get to know the Japanese health care system. In my opinion, this month gave us lots of new friendships and medical experiences, besides it gave us the motivation to work for our goals and I am not afraid to fight for them.

I especially would like to thank Fujimaki sensei, Masako and Chad, and also for all of the Japanese students.

I hope that I meet you in the future.



