

Student Elective Report

Name	Maria Lazarou
Medical School	Cardiff University School of Medicine
Email (optional)	mclazarou@gmail.com

Country visited	Japan
City or town	Tokyo
Hospital/unit/clinic	Plastic and Reconstructive Surgery Department Juntendo University Hospital
Dates visited	27/02/17 - 24/03/17
Supervising doctor	Professor Hiroshi Mizuno
Contact details of your host:	Juntendo University International Centre (JUIC) Century Tower (Building 11) 2-1-1 Hongo, Bunkyo-ku, Tokyo juic@juntendo.ac.jp

Please give an overview of what you saw / did (200 words max)	<p>I observed major and minor plastic and reconstructive surgeries, attended ward rounds, outpatient clinics, weekly departmental meetings and was shown around the research laboratory; where I learned about stem cell research.</p> <p>I attended major surgery twice a week with other international observers. The cases were complex; however, the surgeons would take time to explain each patient's case, and during the surgery would explain the procedure as they went along. I saw many interesting cases such as the creation of a perforator-based superthin skin flap for hand and finger reconstruction using microsurgery and total facial paralysis reconstruction using the temporalis muscle.</p> <p>The ward rounds were impressive. There was a large team, who would see many patients. The patient cases were varied, and there would always be a member of the team who could answer my questions about the patients.</p> <p>Alongside the clinical placement, the international centre at the hospital organised weekly Japanese language and culture lessons and international student healthcare seminars. These sessions were great</p>
--	--

Student Elective Report

	<p>as I met a lot of international students, learned basic Japanese and gained a good understanding of other healthcare systems from around the world.</p>
<p>What were the best things about the visit? (120 words max)</p>	<p>I found many of the cases fascinating, and I learned a lot from the surgeons in this department. I was often handed or directed to a recent scientific paper, and could see the surgeons carrying out these novel procedures.</p> <p>There is a lot of technology in the hospital that I have not seen in the UK, including robots who greet patients at the entrance of the hospital.</p> <p>There was a big group of international students at the hospital, and the international centre organised sessions where we could get together. It was a great opportunity to make new friends.</p> <p>Moreover, I really enjoyed living in Tokyo. There is so much to do and see.</p>
<p>What problems did you encounter? (120 words max)</p>	<p>The main disadvantage was the language barrier. Doctor-patient interactions and the departmental meetings were carried out in Japanese, however this wasn't too much of a problem as many of the team spoke English and were happy to translate. There were also pre- and post- surgery photographs, and hand-drawn diagrams to illustrate the procedures.</p> <p>Another disadvantage is that the hospital only offered an observership, therefore I was not able to scrub in.</p>
<p>What accommodation was provided?</p>	<p>I was offered the hospital dormitory. The international department are very organised, and have a detailed document with all the information you need to know about the whole program, including accommodation.</p> <p>Dormitory places are limited, so it would be advisable to arrange the hospital accommodation in advance. It is significantly cheaper than other places to stay in Tokyo.</p>
<p>Would you recommend this to someone else? (explain if necessary)</p>	<p>I would definitely recommend this experience to anyone who was interested in plastic and reconstructive surgery. It is a busy department with many interesting and complex cases. I learned a lot.</p> <p>Tokyo is a fantastic city with so much to offer.</p>