

Global Experience at Hyogo College of Medicine

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Introduction

Hyogo College of Medicine
Location: 1-1 Mukogawacho, Nishinomiya,
Hyogo 663-8131, Japan

Summary of Rotational Program

Program dates: June 26, 2023 - July 14, 2023
Week 1: Department of Respiratory Medicine
Week 2: Department of Cardiovascular
Medicine
Week 3: Department of Emergency, Disaster,
and Critical Care
- Rotated alongside attendings, residents, junior
residents, and medical students
- Observed patient-doctor interactions,
procedures, medical rounding and teaching

Japan Background Information

Total population: 125.7 million
Capital: Tokyo, population 37 million
Languages spoken: Japanese (99.1%)
Korean, Chinese, English, Tagalog (<1%)
Average income: 41,509 USD
Religion: Buddhists (66.8%), Christians
(1.5%), Shinto (79.2%)

COVID19 (data from 1/3/20-11/2/23)

- Confirmed cases: 33,803,572
- Deaths: 74,694

Demographic Data:

Life Expectancy: 84.6 years
Median age: 48.6 years
Population under 20 years: 16.1%
Birth rate: 6.6%
Death rate: 11.7%
Infant mortality rate:
- 1.74 deaths per 1,000 live births
Under 5 mortality rate:
- 2.30 deaths per 1,000 live births

Goals for Study Abroad

- Broaden my perspective as a future healthcare provider
- Learn about a country different from my own
- Further develop and practice cultural humility
- Compare and contrast medical education systems
- Build new friendships and relationships
- Experience and absorb as much of Japan's unique customs, traditions, cultural practices, and food as possible



Food!

Okonomiyaki: savory pancake
Takoyaki: ball-shaped snack filled with octopus
Omakase: "leave it up to you"
Katsudon: bowl of rice, breaded pork cutlet, egg
Natto: fermented whole soybeans
Onigiri: triangular rice balls wrapped in nori
Soba: thin noodle made from buckwheat
Leave



Travel Highlights:

Nishinomiya:

- Baseball game at Koshien Stadium
- 7/11, vending machines
- Takoyaki making with ER doctors

Osaka:

- National Museum of Art
- Osaka Umeda Station
- Hedgehog and pig cafes
- Team Labs

Kyoto:

- Kinkaku-ji (golden pavilion)
- Arashiyama (bamboo forest)

Okinawa:

- Okinawa soba, chirashi, sushi
- Scuba diving
- Okinawa Churaumi Aquarium

Tokyo:

- Shibuya Crossing
- Hachiko statue
- Meiji Shrine



Summary

- Received warm welcome and enjoyed many meals and memories with new friends
- Procedures observed: TAVI, catheter ablation, TEE, CT angiography, PCI, thoracentesis, bronchoscopy

Conclusions

- Many structural differences in the medical education system between Japan and the US
- Cultural differences dictate doctor-patient encounters (e.g. formality, history taking)
- Japan's aging population and healthcare system present unique challenges
- Infrastructure observed vastly more advanced
- As someone who loves to cook, learned new techniques, ingredients, and dishes

Contact Info for the Program:

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