

David Hammer

## My Taiwan Experience

During our trip to Taiwan, we visited three universities with very different philosophies and practices. Our first stop was at China Medical University. While there, we spent our two weeks learning about Traditional Chinese Medicine (TCM) and the theory behind it. In the picture below, I am receiving treatment at the acupuncture point He-gu, which is used for fever, epistaxis, mumps, rubella, and medial and hemilateral headaches among other things. Over the course of our time at China Medical University, I learned the basic theory of meridians in acupuncture as well as some of the functions of commonly used acupuncture points. We were also able to practice our acupuncture technique with each other. We were also introduced to how and when moxibustion is used. In the second picture, we were learning about cupping. It was observed that there was a darker red mark left by the cupping on my right upper back as compared to elsewhere. In TCM, this indicates that my lungs are sick.

Our third week was spent at Tzu Chi University in Hualien. This university and hospital is part of the Tzu Chi foundation, an international Buddhist organization headquartered in Taiwan. This foundation, which has many divisions in the United States as well, participates in many disaster relief and charity efforts worldwide. Their hospital in Hualien is humanistically oriented. An example of this is seen in how body donation works for anatomy lab at the school. Each body that is donated is referred to as a silent mentor. After a ceremony at the beginning of the year, television above each anatomy lab table show the name, age, and cause of death of the mentor throughout the lab, as seen in the picture below. This, along with a photo of the silent mentor, is designed to inspire reverence for each body in the medical students. In addition, it is considered an honor to donate your body, because by doing so you have become a teacher. They do not have a shortage of body donations at Tzu Chi.

Our fourth and final week was spent at National Taiwan University in Taipei. This is a state of the art hospital at a highly respected academic institution. During our time at the university, we were able to use their Minimally Invasive Surgery Training Center. In one of the pictures below, I am practicing on one of the machines. In the last picture, I am using a virtual bronchoscopy machine. The virtual bronchoscope is threaded in through the dummy's mouth and the picture appears on the screen. The patient's vitals are shown, and they deteriorate if you continually hit the virtual patient's airway. It is designed for beginners to practice their skills before beginning on real patients.

The culture and practice of medicine is very different in Taiwan, and we were able to have experiences there which we could not have in the United States. While I only touch on a few of the things which we did on this trip, there are many memories from this trip which have left a lasting impression. I enjoyed the trip and the experience of seeing how medicine is practice outside the United States was invaluable to my growth as a medical student.





# 洪林宋老師

Silent Mentor Lin-Sung Hung



因顱內出血往生，享年49歲  
Spontaneous intracerebral hemorrhage, 49-yr-old

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