

Report about an unforgettable clinical training at the Center for the Advancement of Pregnancy, Perinatal and Infant Care “CAPPIC”, Kanazawa, Japan

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There were several reasons why I choose Japan and particularly Kanazawa University Hospital for my clinical training in Obstetrics and Gynecology. First of all it was important for me to have the opportunity to meet medics who are directly involved in the Japanese Healthcare system. Second I wanted to be integrated in the routine work of the clinic and thus to enhance further my knowledge and practical skills.

Besides, being one of the largest University hospitals in Japan, The University Hospital of Kanazawa is considered to be one of the most important centers of academic research and medical practice in Japan, especially in the area of Obstetrics and Gynecology.

Last but not least, my decision to come to Japan was influenced by the absolutely fascinated reports of my brother, Miroslav Peev, who performed an exchange student elective for a month at the same hospital 2 years ago.

My clinical training began with an attendance at the 61. Annual Congress of The Japan Society of Obstetrics and Gynecology in Kyoto, which was friendly organised for me by Ass. Prof. Dr. Arai, Dr. Dohi and Eric Stewert. It was a great and unique opportunity not only for attending world class lectures, but also to participate in an international meeting for young fellows, discussing current topics as the relation between doctor and patient, the caesarian section rate in different countries, the new trends of tocolyses and etc.

My professional internship was assigned at the Center for the Advancement of Pregnancy, Perinatal and Infant Care “CAPPIC”. It is a center with the purpose to incorporate medical students in the daily routine of the Obstetrics and Gynecology. The students and residents who are CAPPIC-members have an access to world-famous internet sources like “Up to Date”, “New England Journal of Medicine”, “American Journal of Obstetrics and Gynecology”, to the great library equipped with names like TeLinde’s Operative Gynecology or Williams’ Obstetrics and many other resources needed for performing of presentations or just for an education by themselves.

Something very impressive was the “SIM CAPPIC” or the Simulation Center. Here the students can use several models to advance their medical skills- Ultrasound, Pelvic examination, Delivery model, Breast examination and Neonatal resuscitation. The Ultrasound-Simulator was the best way spending my free time between the operations I attended.

The first part of my training I spent at the Kanazawa University Hospital . I was involved in the routine work of the clinic and was integrated in the team from the first day. I had always a supervisor who was giving me a complete explanation about the different procedures or treatments.

Remarkable was the advanced technology in the operation rooms and also the modern ultrasounds beeing used for the daily routine. I was allowed to attend

several gynecological cancer operations under the lead of Dr. Qio and Dr. Tanaka. I observed also caesarian sections. The way the young residents have been taught by their attending was more than impressive for me. It was always the right time to ask your question, during the operations it was always enough time the right technique to be shown to the residents.

The last two days of the first part of the elective I spent in a private hospital with Dr. Murakami, where I attend his outpatient and a delivery. Every patient and every kind of therapy was explained to me, I was asked for my opinion about the treatment and thus was actively integrated.

The second part of my internship was performed in Keijo Hospital, in Nanao. Here I participated the OB/GYN outpatient under the lead of Dr. Kohama and Dr. Dohi. I was allowed to scan every pregnant woman in the outpatient, I also was taught by Dr. Kohama how to perform a 4-D ultrasound. Although the patient schedule of Dr. Kohama had more than 30 patients for a day, he took the time to explain everything I was interested in. Unfortunately without having a Japanese medical license I was not allowed to assist any operation in this hospital.

The absolutely highlight in my internship was the perinatal ultrasound training with Ass. Prof. Dr. Arai. I have been taught from the basics as fetometry to the special topics as fetal heart screening and fetal anomalies screening. Every single step was detailed explained and showed even many times if it was necessary. This kind of training was really interesting and more than successful.

Actually, I enjoyed every single day of my elective, working and be taught by great professionals. There was always a very friendly atmosphere, the most of the residents included me in many after-work activities. I was supported by my new friends in my great effort to learn Japanese.

There is only one word that can describe my experience here – unforgettable.

Thanks all of you!!!