

EXPERIENCE REPORT

Li Muzi

Peking University Health Science Center, China,

Lab: Community Healthcare and Geriatrics

During the exchange trip to the Nagoya University School of Medicine in July, the rich tapestry of activities meticulously arranged by the organizers was a tapestry of learning, growth, and cultural exchange that far exceeded our expectations and left an indelible mark on our hearts and minds. It was a journey that not only broadened our medical knowledge but also deepened our understanding of the global healthcare landscape.

As the event commenced, we were divided into groups and were given the opportunity to choose the laboratories that intrigued us the most. I selected Community Healthcare and Geriatrics as my focus. The professor's insightful introduction to Japan's aging society and its comprehensive care policies for the elderly was a revelation. The contrast between Japan's approach and that of China highlighted the areas where we, as aspiring healthcare professionals, could learn and improve. The lecture was not just informative; it was a wake-up call to the challenges we would face in the future. That night, an exchange party was organized, and the enthusiasm of the Japanese students was palpable. We exchanged contact information and, in the spirit of camaraderie, arranged to have dinner together, thus establishing a friendship that would transcend the boundaries of our exchange trip.

The following day, Dr. Larson's approach to teaching geriatrics through vivid case teachings was nothing short of revolutionary. Her method of engaging us in group discussions not only provided us with a deeper understanding of the complexities of geriatric medicine but also reinforced our medical knowledge. The interactive nature of the sessions was particularly impressive, as it allowed us to apply our theoretical understanding to practical scenarios, thereby enhancing our critical thinking skills.

On the third and fourth days, we ventured to Kagayaki Clinic for a unique experience of home visits. I was particularly fortunate to be in Dr. Ichihashi's group. His detailed introductions to each patient's background were not just informative but also deeply moving. Dr. Ichihashi's care for his patients went beyond the confines of medical treatment; he was deeply concerned about their quality of life and the well-being of their families. His dedication to ensuring that each patient spent their later years in peace and happiness was profoundly inspiring. This philosophy resonated with me, and I resolved to incorporate it into my future medical practice.

In Mino, during one of our afternoon breaks, my friends and I stumbled upon a cozy bakery. The owner's warm welcome and her encouragement for us to study hard, coupled with the small bread he gave us, warmed our hearts and reminded us of the universal values of kindness and hospitality.

The last day of the event was a culmination of our experiences. We engaged in group presentations and in-depth analyses of various cases, which not only helped us understand the differences in common diseases among the three countries but also honed our teamwork skills. It was a day of reflection, learning, and appreciation.

In conclusion, I sincerely thank the organizers for their meticulous planning and execution of the trip. This exchange trip was more than just an opportunity to learn about medicine; it was a chance to forge friendships, gain a deeper understanding of different cultures, and grow as individuals. It will undoubtedly remain an unforgettable memory in my medical career, one that will continue to shape my approach to healthcare and my dedication to the well-being of my future patients.



