

EXPERIENCE REPORT

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Lab: Endocrinology and diabetes

As a Chinese student participating in Nagoya University's summer program, this eight-day summer program has provided me with a wonderful experience and a profound understanding of Japan's healthcare system. Through this exchange, I have broadened my horizons and deepened my understanding of the medical profession and future healthcare developments.

At Nagoya University School of Medicine, we gained a comprehensive understanding of Japan's medical education system. From campus and hospital tours to specialized lectures and exchange activities, I was impressed by the tradition and innovation of Japanese medical education. The lecture on Japan's healthcare system and insurance scheme offered me insights into how Japan ensures public health through policy.

My visit to the endocrinology laboratory in Japan was a profoundly enriching experience. I was impressed by the multidisciplinary discussions that integrated various perspectives and expertise. The collaborative environment fostered a deep sense of innovation and comprehensive understanding of complex medical issues. Additionally, observing the use of continuous glucose monitoring (CGM) enabled me to experience the development of endocrinology.

A highlight of the program was experiencing community healthcare. During our two-day visit to Gifu Prefecture, we observed consultations between doctors and patients and engaged in discussions with community family doctors. This made me realize the crucial role of community healthcare in primary care and feel the value of home visit. It offered me a unique perspective on patient care beyond the clinical setting, highlighting the importance of interaction and care between patients and doctors.

In addition to traditional medical education and community healthcare experiences, we encountered various advanced medical technologies. At the xR Center, we experienced virtual reality applications in medical education. Lectures on medical information technology underscored the importance of big data and AI in healthcare management and decision-making, illustrating the potential for innovation in medical practices.

The program included multiple exchange activities with medical students from various countries and Nagoya University students. These interactions enriched my understanding of global healthcare

systems and emphasized the importance of international cooperation in medical development. This unforgettable learning journey has not only expanded my vision but also strengthened my resolve to pursue a career in medicine. I am grateful to Nagoya University School of Medicine for this valuable opportunity, which will serve as a significant milestone in my medical journey.

