

EXPERIENCE REPORT

"With true friends, even the farthest corners of the earth seem close at hand."

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Lab: Orthopaedics/Rheumatology

This summer program has left me with unforgettable memories. I will always cherish the meticulously prepared courses and cultural experiences by our teachers, the intellectual exchanges among students from diverse nations on healthcare systems and the future direction of medicine, and most importantly, the invaluable friendships forged throughout this journey.

One of the highlights was the lab tour that led me through the Orthopaedics/Rheumatology wards. There, under the guidance of the physician, I was enlightened about the miraculous bone expanding surgery. The physician took me bedside to meet children who had benefited from this procedure, and witnessing the joy on their faces as they overcame the challenges of congenital conditions and grew taller, filled me with profound gratitude and a renewed sense of purpose as a future healer. In those fleeting moments, the essence of saving lives and alleviating suffering as a physician resonated deeply within me.

Yet, it was my time at Kagayaki Clinic that stands out as the most memorable. For the first time, I grasped the profound benefits of home visit healthcare. Here, patients resided in the comfort of their own homes, surrounded by familiarity and the love of their families. Their mental well-being flourished in this serene environment, complemented by the necessary medical amenities. Some homes even boasted specialized beds, and doctors provided invaluable guidance to families, fostering a sense of camaraderie that transcended the conventional doctor-patient relationship. Through prolonged follow-ups, intimate friendships blossomed, fostering trust that is indeed rare and commendable.

Our cohort, a blend of students from China, the United States, and Japan, engaged in numerous discussions exploring healthcare systems, the current medical landscape, and personal development paths for physicians across nations. We distilled the strengths and shortcomings of each system, comparing and contrasting them, ultimately contributing our perspectives towards envisioning the future of healthcare. Notably, as the sole developing country among us, China faces challenges such as limited medical insurance coverage, inadequate rural healthcare, and underdeveloped community medicine. However, these insights have ignited a flame of optimism within me, assuring me that drawing from the successes of other nations, China can forge a more inclusive and equitable healthcare system. My resolve to serve patients as a physician has been further solidified.

Lastly, my heartfelt gratitude extends to the teachers and peers who selflessly contributed to the success of this summer program. To the teachers at Nagoya University, thank you for meticulously crafting this enriching experience and providing us with a comprehensive student manual. Your constant support throughout the journey was invaluable. To the entire Kagayaki Clinic's staffs, your hospitality made our Gifu trip unforgettable. Your clinic, a warm and inviting space, and the compassionate care you extend to patients, left a profound impression. Despite

language barriers, some of your staff diligently employed translators to share patient cases with us, demonstrating a commitment to education that is truly inspiring. Special mention goes to Dr. Ryoichi Ichihashi for granting us this opportunity and the unforgettable excursions to Ukai and Mino, where we immersed ourselves in the rich Japanese cultural heritage. To my fellow students from the US and Japan, the brevity of seven days feels all the more poignant as we forged deep bonds through discussions and exchanges. I will forever cherish your kindness and passion for medicine, reminded of the ancient Chinese saying, "With true friends, even the farthest corners of the earth seem close at hand." May our paths cross again someday, and may each of you achieve your aspirations.

