



**Faculty of Medicine Siriraj Hospital,  
Mahidol University**  
**Siriraj Resident Exchange Program**

To Wakayama Medical University, Japan

From 10/01/19 to 10/31/19



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Study Year: Physical medicine and rehabilitation 3<sup>rd</sup> Year resident

## **Overseas Clinical Elective Rotation Final Report**

I had an opportunity to do the observership at rehabilitation department in Wakayama medical university for one month (October 2019). My goals in going overseas this time were to see Japanese health care system, how the rehabilitation filed in Japan were like and to broaden my perspective. Due to Japan is experiencing a "super-aging" society and Thailand will be entering to aging society too. So I think that the Japan rehabilitation system will be adapted to Thai rehabilitation care in the future. In addition to work and study aspects, I believed that this opportunity would be beneficial to me especially in getting to know more people and learning to adapt myself in different culture environment.

Wakayama medical university has 2 campuses which Kimiidera campus, the main hospital and Mikazura campus. In the Kimiidera campus, there are 27 departments with 800 beds. There are 2 reasons of choosing this university; firstly Wakayama medical university has MOU with Mahidol University and secondly my adviser known with professor work in Wakayama medical university hospital. My main supervisor is Asst.prof. Yukio Mikami, He is not only physiatrist but also orthopedist and surgeon.

First of all I explain about Japanese health care system. The medical care system is co-paid system depend on their income. This system has 3 phases, acute, subacute and chronic phases. Acute phase is focus on definite diagnosis and treatment. Subacute phase is focus on rehabilitation to recovery the patient function and return them back to community. Chronic phase is providing for disable patient and their family. My schedule there was divided into 2 main parts, Wakayama medical university hospital and affiliated hospitals observation.

In Wakayama medical university hospital, the cases have a wide variety of disorders such as brain disease including cerebral palsy, stroke and traumatic brain injury, spinal cord disease, peripheral nerve and muscle disease, rheumatoid arthritis, neuromuscular disease, respiratory and cardiovascular disease, and swallowing difficulty. In the university hospital, the main focus is acute phase rehabilitation. In this phase has only 2 weeks stay in hospital after that the patients were sent to affiliated hospitals. In affiliated hospitals, I shadowed the physiatrists to learn community subacute phase and chronic phase rehabilitation. This hospital

received patient from Wakayama medical university hospital and another acute phase hospital. There are inpatient department for especially rehabilitation and home visit team. Both setting there is the good rehabilitation team includes physiatrist, physical therapist, occupational therapist, speech therapist, nurse, and social worker. All team members have a good interprofessional collaboration. The main concept for rehabilitation is focus on improve function and quality of life, in my opinion the Japanese rehabilitation system can achieve this goal.

At the siriraj hospital, I think we have a lot of tools and patients for residents to learn form but we still lack of interprofessional collaboration skill. Nowadays, Thailand is developing the intermediate care system I think it is nearly Japanese health care system. After I graduate I will get this elective experience to develop my home town rehabilitation system.

Finally when I stayed in Japan, I received very nice hospitality from Wakayama medical university hospital staff. They made I feel like I was a part of their team. I learnt not only rehabilitation knowledge but also Japanese culture and language. I got a lot of new Japanese friends.



Siriraj hospital presentation



My welcome party

