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Departments: Cardiology and Dermatology

I am very grateful to have had the opportunity to attend a 4-week clinical clerkship in the Departments of Cardiology and Dermatology at Nagoya University Graduate School of Medicine. The experience was truly memorable and rewarding, which provided me with clinical exposure and allowing me to learn from healthcare professionals in a different healthcare system.

I spent the first 2 weeks of the clinical clerkship with the Cardiology Department, where I spent most of the time with the Heart Failure team and the CAD/SHD team. Each day was unique where I was able to learn something new. I had the opportunity to observe the management of patients on mechanical cardiovascular support including ECMO and Impella. I also enjoyed attending general cardiology and LVAD outpatient clinics where I learnt more about the long-term management of patients with cardiovascular conditions. I have also observed many procedures including percutaneous coronary intervention, ballon pulmonary angioplasty and transcatheter aortic valve implantation. These experiences allowed me to appreciate the complexity and diversity in Cardiology.

I was based in the Dermatology Department for the final 2 weeks. I spent most of my time observing in dermatology outpatient clinics, where I encountered a variety of different dermatological conditions, including some that I have not yet come across before in my previous training. These included cutaneous T cell lymphomas, chemotherapy induced skin toxicity, mixed connective tissue disease and mycosis fungoides. I also had the opportunity to observe skin biopsies and needle punctures being performed in outpatient settings. In addition, I enjoyed my time in operating theatres where I was able to observe surgeries including removal of cancerous lesions. These diverse experiences have definitely broadened my understanding of dermatology.

Outside of medicine, I was also grateful for the opportunity to explore Japan and learn more about the Japanese culture during my free time and at the weekends. Nagoya offered a perfect combination of bustling city life and tranquillity. I enjoyed exploring around Nagoya and other nearby cities. Being able to explore Japan and experience the Japanese culture beyond the hospital environment have made the elective even more memorable.

Finally, I would like to thank everyone in making this special opportunity possible. Everyone that I have met within both departments and throughout the hospital was very friendly, welcoming and passionate. I am grateful for the time that they took to teach me and allowing me to observe and experience their clinical practice. I would also like to thank both departments and the Office of International Affairs for organising this clinical clerkship. I will carry the knowledge, insights and memories that I have gained from this elective and build up on what I have learnt throughout my future medical training.