



UNIVERSITY OF
LEICESTER

Clinical Clerkship (21.Apr, 2016 ~ 12.Jun, 2016)

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UNIVERSITY OF
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Topic

- ① Before practice
- ② Clinical clerkship
- ③ What I think

経緯

- ① University College London → ×
- ② Minnesota University → ×
- ③ University of Leicester → ほぼ行けるかも？ (2016/03/22)
→ 2016/04/21 ~ 2016/06/12

書類

- ① なぜ、ミネソタ大学臨床留学へ行きたいか。(A4 1枚)
- ② 英文履歴書(CV)
- ③ TOEICなどの英語試験の成績証明書

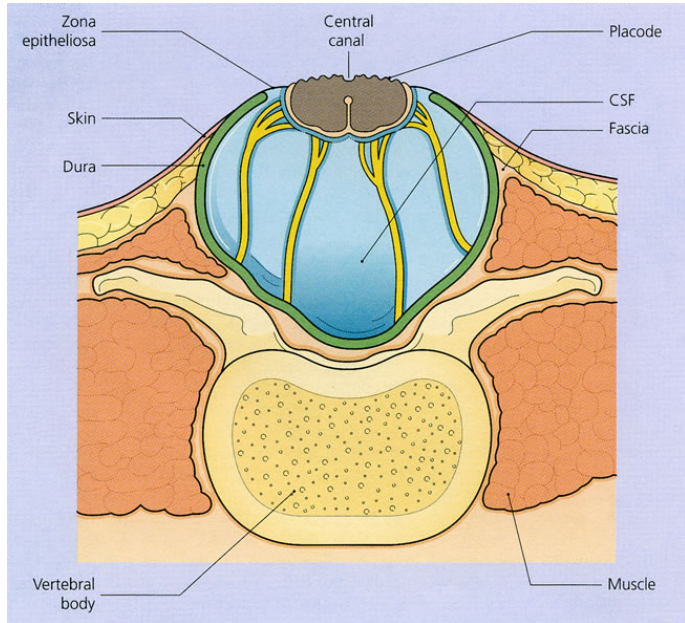
応募する前に不安だったこと

- 実習やっていけるかな？(病名言われてもなんもわからん)
- 下宿とかどうやって探したらいいんやろ？(自分で準備したことない)
- お金どれくらいかかる？

皆さん

ミネソタがいいのかレスターがいいのか？ → 最後に少し

脊髓髓膜瘤(Myelomeningocele)



【Concept】

A myelomeningocele is a defect of the backbone (spine) and spinal cord. Before birth, the baby's backbone, spinal cord and the structure they float in (spinal canal) do not form or close normally.

【Epidemiology】

About one to five babies in every 1,000 born in the United States have a myelomeningocele. In Japan, three to four babies in every 10,000 born have a myelomeningocele.

【Cause】

Doctors don't know exactly what causes myelomeningoceles. But there probably is a genetic component. If a woman has one child with a myelomeningocele, there is a 3% to 5% chance that other children she has will also have the condition.

【Prophylaxis】

Early in pregnancy, it is very important for women to get enough folic acid in their diets.

This vitamin helps the baby's neural tube develop properly.

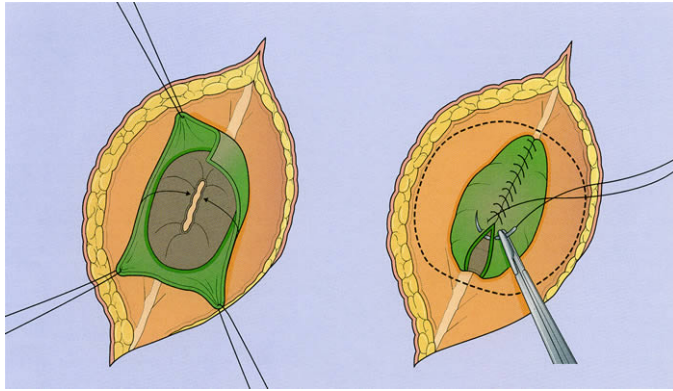
Symptoms

- Problems with physical movement
- Loss of sensation; for example, the baby can't sense hot or cold
- Loss of bowel and bladder control
- Twisted or abnormal legs and feet, for example, club foot
- Too much cerebrospinal fluid in the head (hydrocephalus)
- Problems with formation of the brain (Chiari 2 malformation)

Diagnosis

- If the blood test shows high levels of AFP, you may have tests to make sure of the diagnosis. These include: Ultrasound, Aminocentesis
- Doctors can also find a myelomeningocele after the baby is born. Your baby may have imaging tests that let doctors see the spine. They include: X-rays, Ultrasound, CT, MRI

Surgery



【Goal】

prevent infection and damage to a baby's spinal cord

【Method】

First, the neurosurgeon closes up the covering around the spinal cord (dura mater) so it is watertight. Then the neurosurgeon closes the muscles around the spinal cord. Finally, they close the skin over the open area.



Some myelomeningoceles require the help of plastic surgeons. First, the plastic surgeon creates a skin graft flap. Usually, they take skin for the graft from the baby's back or bottom.

They use the skin graft to close up the area of the myelomeningocele.

References: Seattle Children's Hospital
脳神経外科疾患情報ページ

役に立ったサイト・お得な情報？

【実習前】

- [skyscanner](#): 飛行機検索 ex)大韓航空 新潟空港 – ヒースロー空港(仁川経由) ¥102,620
- [Booking.com](#): ユースホステル・ホテル検索 ex) YHA London St Pancras (駅から徒歩数分)

【電車】早く予約する程安い

- 16-25 Railcard : £30で運賃約2/3に
- Oyster Card
- [Trainline](#): イギリス内でのみ
- [Nationalrail](#)

【イギリス】

The Cloud: 無料Wi-Fi

携帯会社: 3 (Three)



下宿は大学が用意(徒歩数分で大型スーパー(Morrisons)があり便利 / サッカー・ラグビースタジアムも近いためチケットが買える場合は観戦してみても?)

Cost

- Airplane : Korean Air (Niigata – Heathrow) ¥ 102,620
- Tube (Heathrow – St. Pancras) £ 3.10 x2 (Oyster Card)
- Train (St. Pancras - Leicester) £ 15.25 (First class)
- Train (Leicester – St. Pancras) £ 11.55
- Accomodation £ 597.80
- Bus (1 month) £ 58.00
- Bus (10 trip) £ 19.00
- Bus (Day saver) £ 4.20 x 数回
- Food, Laundrette, etc...
- Total ¥ 250,000



UNIVERSITY OF
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Practice in Leicester

South Leicester Academy



Leicester

レスターはイングランド・レスターシャー州の単一自治体。古代ローマ時代に建てられた、イングランドでも歴史のある都市である。(Wikipediaより)

人口

レスター 292,600

新潟市 804,193

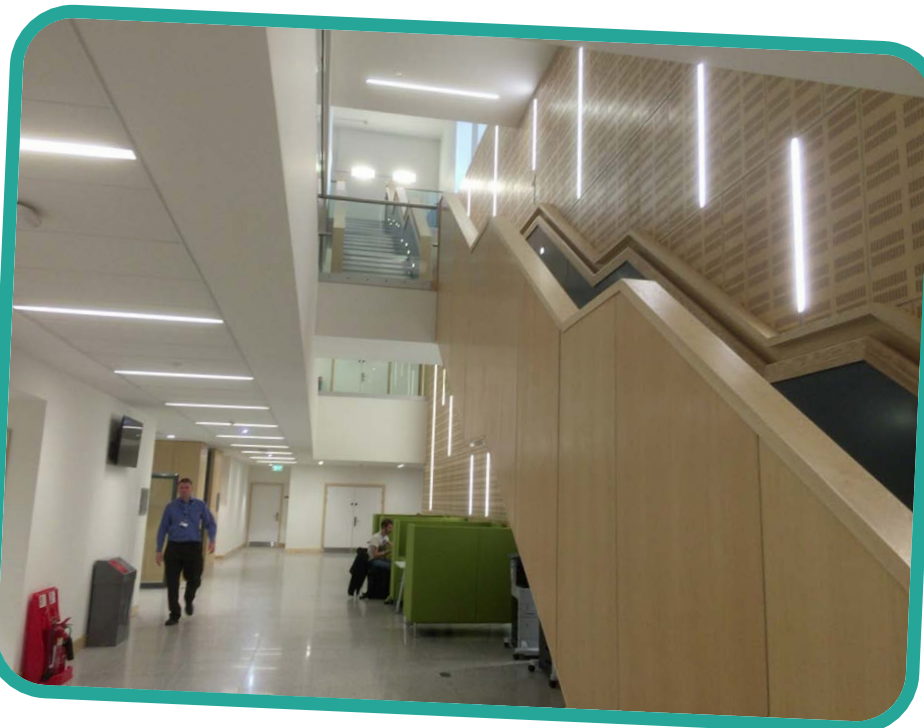




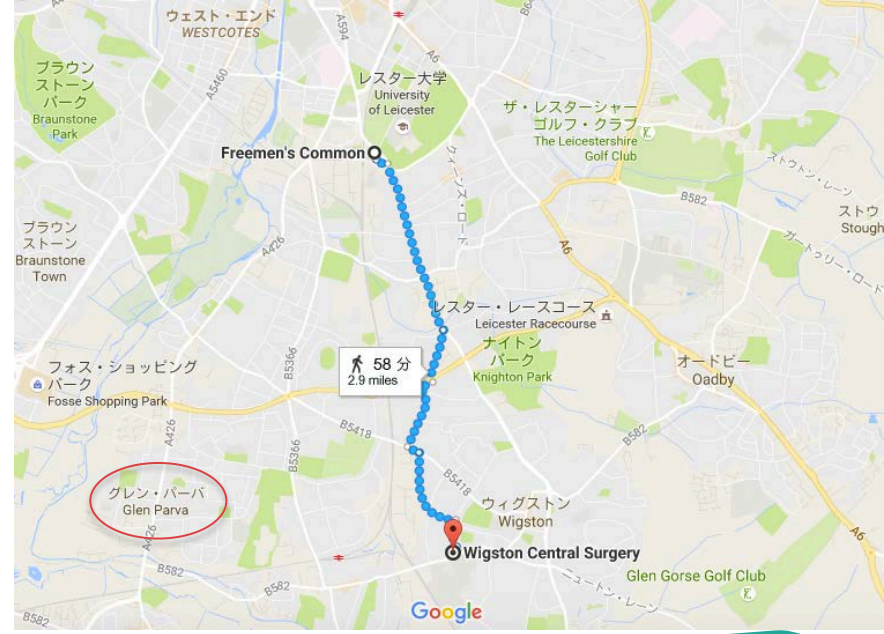
高子さま 秋から
英大学院に留学へ

イギリス レスター大学大学院に
秋から留学へ

レスター



University of Leicester



Practice

Surgery = Clinic?

- Booked Surgery

Bushloe Surgery (Nakamura, Sato)

- Booked & Open Surgery

Long Street Surgery (Ikeda)

- Open Surgery

Wigston Central Surgery (Ikeda)



Time table (You are the boss!!)

	Mon	Tue	Wed	Thu	Fri
Week 1	Introduction	GP (R)	GP (D)	Seminor	Paediatric
	GP (S)	Tutorial	Tutorial	Private	Private
Week 2	May day	GP (D)	GP (D)	Seminor	Dermatology
	Bank Holiday	Tutorial	Video reviews	SP	Private
	GP (R)	Nurse Prac	GP (D)	Seminor	Paediatric
	Nurse Prac	Tutorial	Video reviews	GP (D)	Private
	Nurse Prac	GP (R)	GP (D)	Seminor	GP (R)
	GP (R)	Tutorial	Video reviews	SP	Prison
	Reception	GP (R)	GP (D)	Seminor	GP (R)
	GP (D)	Tutorial	Video reviews	GP (D)	Private
	Spring Bank	GP (S)	GP (D)	Seminor	GP (S)
	Holiday	Tutorial	Video reviews	SP	Private
Week 7	Presc Nurse	GP (D)	Nick London		
	GP (R)	GP (R)	GP (S) extra		

GP (S): Dr. Shaffu, GP (D): Dr. Desor, GP (R): Dr. Ravat
 Nurse Prac: Nurse Practitioner
 Prisc Nurse: Prescription Nurse

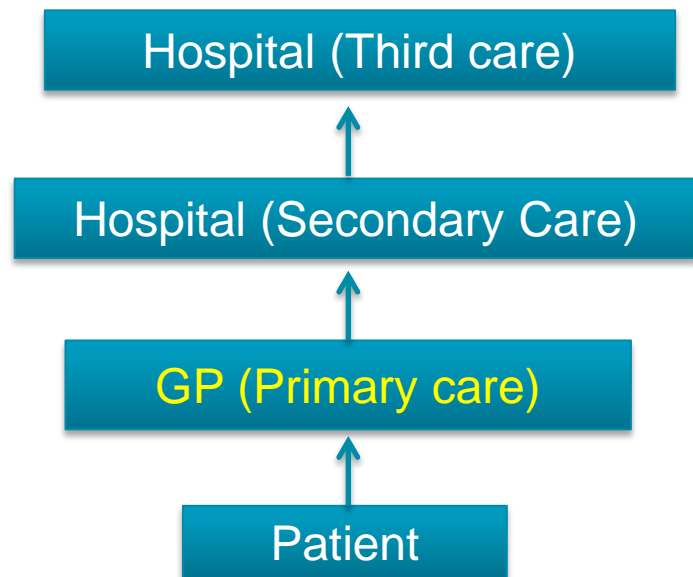
1日の流れ(一例)

- 04:00 起床
- 07:50 バスに乗る(行き48, 帰り47, 他に49も)
- 08:10 クリニック到着
- 08:15~10:30 Wigston Central Surgery 外来
- 10:30~12:00 Longstreet Surgery 外来 or 自習
- 15:30~18:00 Wigston Central Surgery 外来
- 19:00 帰宅→買い物・食事後就寝

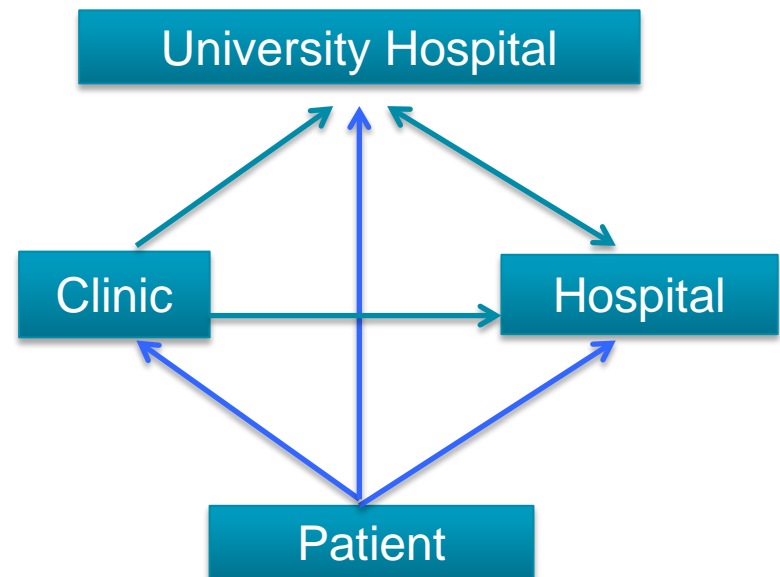


Difference

UK



Japan





Accomodation



Morrisons



Meal



Holiday

Before you go to Leicester

Population & Medical Bills

UK

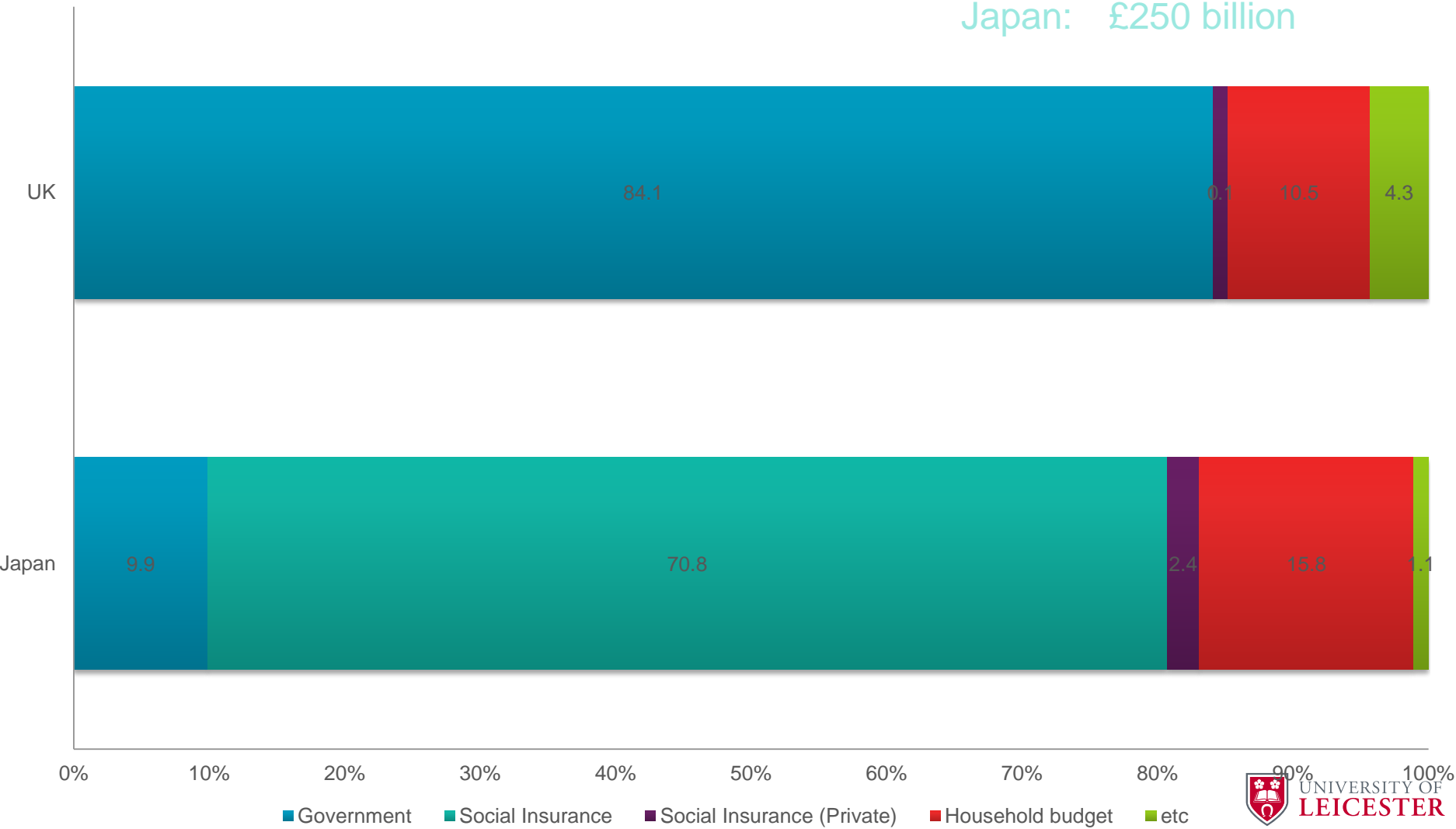
- Population: 63 million
- Aging rate: 17% (2010) (17)
23% (2040)
- Medical Bills: 9.6% of GDP
(2010) (13)
- Cost: \$ 3,433 per person
(2010) (15)

Japan

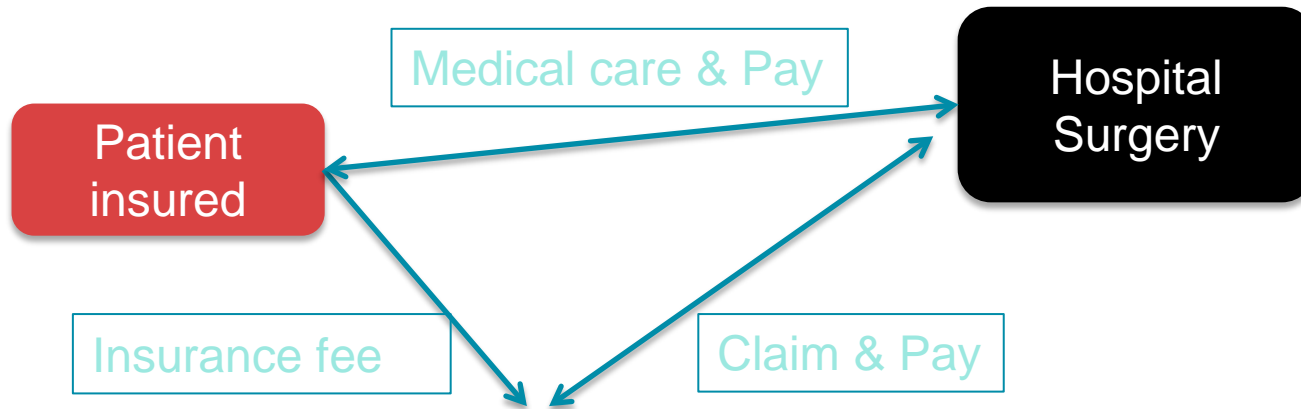
- Population: 127 million
- Aging rate: 23% (2010) (1)
34% (2040)
- Medical Bills: 9.5% of GDP
(2009) (16)
- Cost: \$ 3,035 per person
(2009) (19)

Medical Bills

UK £140 billion
Japan: £250 billion



Structure of Medical Service



System

- National Health Insurance
- National Health Insurance Association
- Health Insurance Society
- Mutual Aid association

Subscribers

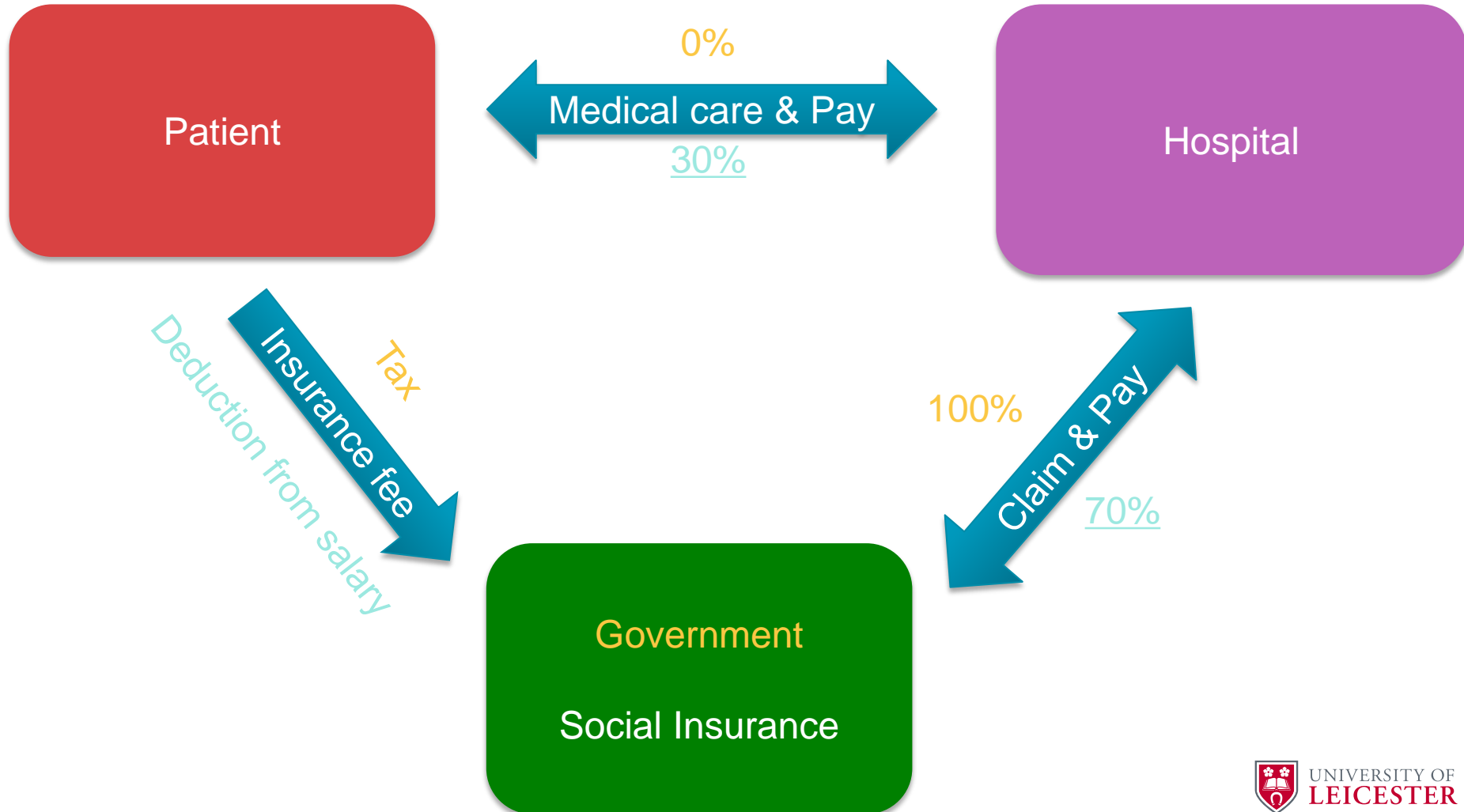
38 million
35 million
29 million
9 million

Administration

Age over 40

Medical system for elder senior citizens

Structure of Medical Service



Difference

	UK	Japan
• Hospital	free	30%
• Dental clinic	? (80~100%)	30%
• Medication	£ 8.40	30%

History taking

ex) Primary Headaches

Niigata

- Onset
- Palliative / Provocative
- Quality / Quantity
- Region / Radiation
- Symptom
- Time course

Leicester

- Sight
- Quality
- Intensity
- Timing
- Assessment
- Relieve
- Severity
- Previous

Who should go to Leicester ?

Yes

- Practice in English
- Co-medical staff
- Make friends
- History taking
- Medical system
- Travel (feel & learn)
- Matching

No

- Surgical Practice
- USMLE → Minnesota
- Image inspection
- Testing equipment

Any Questions ?

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