

REPORT OF THE JAPAN FELLOWSHIP PROGRAM

I am CHOR Vannaroth, male, was born in May, 1990, a neurosurgeon at Traumato-Neurosugery Department of Khmer-Soviet friendship hospital, Phnom Penh, Cambodia.

First, I would like to sincerely thank to Prof. Masatoshi Sumi, Prof. Hiroshi Ozawa and JCSS (Japanese Cervical Spine Surgeon) to give me the opportunity for 2 months fellowship training in Japan.

I arrived in Narita airport on Oct 14, 2019. That was my first time to travel abroad alone. I had to take an expressed train from the airport to the Yamagata city, which is around 400 kilometers far away, by myself. I have remembered when I arrived in Japan, a serious typhoon, that hit some of cities, just gone away. The direct line to Yamagata was suspended so I have to move to Sendai city. Luckily, I was pick up to go to dormitory by car. Next day, Prof. Tanaka and his staffs were held a warm welcome party for me in a barbeque restaurant. My dormitory is located near by the hospital. it is 5 minutes by walking. At there, I met 2 doctors and a nurse from Myanmar. They were so friendly, easy-going and generous. We worked and enjoyed a great moment together.

My program was divided in 2 sessions. First, I had spent in Tohoku Central hospital for 6 weeks and last 2 weeks in 4 different hospitals in Sendai city. In Tohoku Central hospital, every workday I had to arrive in hospital at 8 am and left at 5 pm, except on Tuesday and Wednesday at 7 am. Tuesday was a special day because they discussed the pre- and post-operative cases. Each week they operated at least 10 cases. Most of case was a degenerative disease. I was permitted to scrub in verities of cases. Because in my hospital didn't have any air or electronic drill so I haven't never seen the procedure like the fenestration, PLIF, XLIP, LLIP and scoliosis correction before. I am pretty love it.

Beside daily work, Myanmar doctors and I spent our time to go out on the weekend. We have been to some attraction place, for example Yamagata castle, Yamadera temple, and Zao Osen. In addition, we have spent an intensive short trip in Tokyo city. Tokyo Disney's land is my fascinated place because I can enjoy with many attraction rides. Indeed, it is my absolutely great experience to travel with foreign guy like this.

6 weeks in Yamagata had passed so quickly, then I had to move to Sendai City where is my second destination for my 2 weeks training. I was rested in a hotel which Prof. Hiroshi Ozawa arranged. Due to a short stay and there were many procedures I want to learnt, so I have to swap from one hospital each day. I have been to Tohoku Medical and Pharmaceutics hospital, Tohoku University hospital, JCHO Sendai Hospital and Sendai Orthopedic Hospital. Among of these hospitals, I can see different type of operations. Mini-invasive endoscopic surgery, in Sendai Orthopedic hospital, is my preferred kind of procedure. I was allowed to scrub in for 4 cases which are discectomy and bilateral decompression in lumbar canal stenosis.

On the other side, Japanese food is desire things to do in Japan. However, there are number of Japanese restaurants in country but I like udon noodle, sushi, shabu-shabu, and Gyu-tan etc, in Japan very much because I have tested an original flavor once.

To sum up, I have got so much experiences for this program related to a living abroad alone, spine procedure for elder patients and general knowledge about Japanese lifestyle. Without your opportunity, I may not able to have this great moment. I hope I can have the chance to work with all of you again in the near future.

Sincerely,
Dr.CHOR Vannaroth



















