

2013 Global Health Exchange Program



Writer: Sandy Wei-Shan Tsai, 6th year medical student of
Tzu Chi University, Hualein, Taiwan, ROC

Visit location: Department of Family Medicine,
Robert Wood Johnson University Hospital, New Brunswick,
New Jersey, U.S.A.

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Robert Wood Johnson Medical School (RWJMS)

- One of the eight schools of University of Medicine and Dentistry of New Jersey (UMDNJ)
- Ranking top 100 medical research and primary care in U.S. news and reports
- Named after Robert Wood Johnson II, the president and chairman of the Johnson and Johnson
- Top 10 medical school in minority enrollment
- Offer MD/PhD program



Robert Wood Johnson University Hospital (RWJUH)

- America's best hospital x6yrs
By U.S. News and World Report
- Bristol-Myers Squibb Children's hospital
New Jersey's only children hospital ranked nationally
- Cancer research center
- Stem cell institute
- Principle teaching hospital of UMDNJ
- 600 inpatient beds



Department of Family Medicine of RWJUH

- Community health
 - Eric B. Chandler community health center
 - Parker, the nursing home
- Patient care and research
 - Estimated 550'000/yr patient centered translational research
- Education
 - 4 yrs of medical school
 - Residency training
 - Fellowship in geriatrics, sports medicine, women's health, health policy



Schedule of Global Health Exchange Program, integrated

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3/10 Arrival	3/11 Orientation Dr. Escobar Assoc. Dean of Global Health Dr. Lin FM clinics	3/12 Dr. Sadek Bariatric surgery Dr. Lin FM clinics	3/13 Dr. Morton Sports Medicine Dr. Ridker Atherosclerosis Dr. Lin FM clinics	3/14 Dr. Lin Home visit Dr. Lin Promise Clinics	3/15 Morning report Dr. Howarth Long-term living facility Dr. Wu EBM Reproductive health	3/16 Visit tour Boston Meeting with Hsuan Harvard MIT MGH Fenway Park
3/17 Visit tour Conneticut U. Conn Yale	3/18 Dr. Levine FM hospital service	3/19 Dr. Levine FM hospital service	3/20 Dr. Levine FM hospital service	3/21 TC activity Atlantic City dispensation	3/22 Dr. Levine FM hospital service Dr. McGarry Board review Dr. Heath Practice Mgmt Dr. Clark Pregnancy HTN	3/23 TC activity 紀 媽 咪 speech
3/24 Visit tour NYC Mamma mia!	3/25 Dr. Lin Rutgers Atheletic Center Dr. Gaur Pediatric ID Clinics	3/26 Dr. Gaur HIV multidisci plinary team meeting Dr. Lin FM clinics	3/27 Dr. Primiani MS3 orientation COPC Dr. Malhotra Pediatrics hospital roundings	3/28 Dr. Udasin Environmental and Occupational health clinics Visit tour Rutgers university	3/29 Good Friday!! Visit tour Liberty science center	3/30 Visit tour Philadelphia Meeting with Annie Art Museum Citizens Bank Park
3/31 Visit tour New hope and ivyland railroad, PA	4/1 Dr. Chen Cardiology office	4/2 Visit tour Adventure aquarium, NJ	4/3 Dr. Chen Cath lab, RWJ at Rahway Outlet Jersey Garden	4/4 Dr. Chen Hospital rounding, RWJ at Rahway Visit tour China town Central park	4/5 TC activity Food pantry	4/6 Visit tour Seven lakes Bear Mount. Newark

B. Features

The Outpatient Clinics

Alternative Medicine- especially acupuncture

Medical doctors could obtain license on acupuncture after receiving 300 hrs of training. There's a variety of diseases that acupuncture might play a role on them, in clinics, we have seen patients suffering from allergy, HTN, bell's palsy, chronic back pain, severe dizziness after lumber puncture... etc.

Reference: <http://nccam.nih.gov/>,

Patient- centered examination room

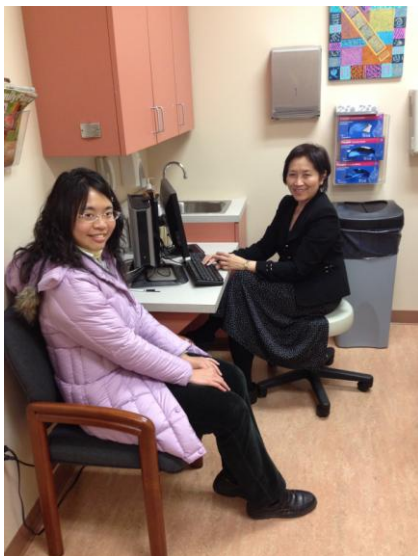
Doctors go and visit patients in different examination rooms.

Psychological consultation room

Care for those patients who are not willing to go to psychological department.

Teaching students and residents under supervision

Offer students opportunity to visit patients before attendings, and there's monitor system to record their conversation for communication skill improvement.



Lt: Sandy with Dr. Lin at examination room

Up: Michael with Dr. Lin at monitor room

The Inpatient Wards

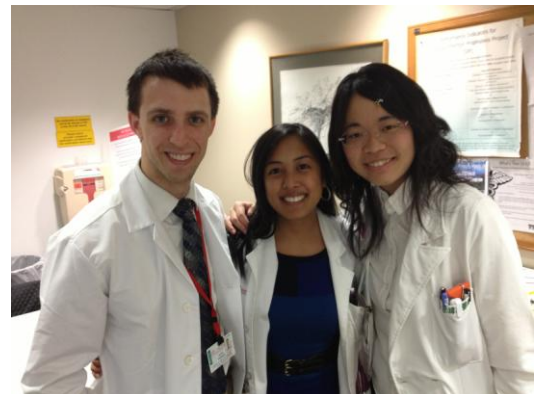
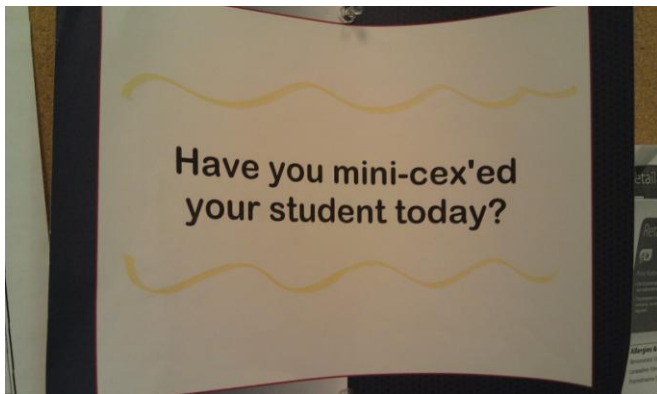
Goal of Dr. Levine's service

How to prevent patient from prolonged hospitalization, recurrent admission?

Morning meeting

It's just hard to image that we start morning meeting at 07:00 a.m. Night flow resident will help us run through all the hospitalized patients.

- ❑ **Family meeting**
It is very important to give a well explanation to nervous patients and their relatives, no matter how long it would take.
- ❑ **Teaching rounds**
Lasting for 2-3 hrs in the morning, see section C. education for medical students/ residents.
- ❑ **Consultations**
Require much patience to ask fellow in different specialties and the nurses for help.
- ❑ **Chart check**
In the afternoon, residents/ medical students will go chart checking for the results of consultation/ image/ lab.
- ❑ **Before signing out**
Review all the things that need to be done for every patient, including homework.



Lt: A note on the blackboard to remind teachers.

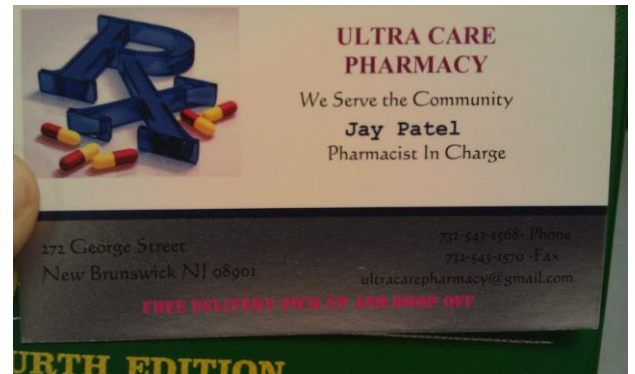
Rt: Medical student David and Kristina

The Community Medicine

- ❑ **The Promise Clinic at Eric B. Chandler Health Center**
A great opportunity for junior medical students to practice taking history and PE, for seniors to provide medical care for medicaid patients. Here they also encounter several challenges. E.g. They need someone to translate between English and Spanish. They have to supply sufficient evidence to persuade the attending to order some test. They are forced to think twice on the price before they decide to do a blood test or send a prescription to the pharmacy. They need to find out the charity that could offer the money for medication. Luckily, they have passionate teachers Dr. Lin and Dr. Udasin to supervise their performance.



Lt: Eric B. Chandler Health Center.



Rt: Pharmacy that is willing to support the medicare.

□ The Nursing Home at Parker

Founded by Mr. Parker, with the aid of General Robert Wood Johnson, it is a very lovely place for elders to live in. It provides long-term care services for elders to feel at home. There are individualized settings. Family doctors have visits regularly, nurse care on a ratio of 1:16. Due to its mission on provide care to those suffer from chronic illness and poverty, payment is much cheaper from \$50-500/ month. DNR and advanced direct care are put in the charts.

Reference: <http://www.franciseparker.com/Home.aspx>



Lt: Front door of Parker nursing home.



Rt: Sample room on website..

The Co-operate Activities with Tzu-Chi Foundation

✧ Taxes avenue elementary school dispensation

I saw how the Tzu-Chi people taught the children to let the love pass to next one who is in need by encouraging them to save a penny. Although there are still dark corner in the society, but let us believe in virtue of kindness, and let the light brighten the dark sites.



Lt: Preparing for the ceremony.



Rt: Students are lining up for their new uniforms.

The Pediatrics Infection Department

✧ HIV multidisciplinary team meeting

There are many children born with HIV due to vertical transmission in U.S., and the most difficult thing for caring these patients is not the medical treatment, but the many factors surrounding the medical compliance. E.g. Their parents are not willing to take them to the doctors. They do not like to take so many medications, and some might affect their appearance (lipodystrophy). As they grow up, they might move to other states thus loss follow up. They might face peer pressure due to their disease. They might transmit the disease to their partners. So, the HIV multidisciplinary team needs different specialist to help those children such as psychiatrists, nurses, social workers and the attendings.



Lt: Scene in the children hospital..



Rt: Scene in the children hospital..

The Cardiologic Department

✧ The cardiac rehabilitation

Eligible patients (CHF, post-cardiac surgery) could be referred to cardiac rehabilitation, and it is paid by their insurance. Patients come 3 times/week, each time they work on different exercise equipments for 1 hr under monitor. Set by Dr. Chen with the wish that patients could recovery by good habit of exercise than taking medicine.

✧ The paramedics

It is a kind of ambulance but specific for heart attack patients. It takes care of nearly all the residents in New Jersey. When any MI occurs, it could take the patients to the nearest hospital which has the catherization lab. Set by Dr. Chen with the wish to promote community health.

✧ The EECP (Enhanced external counterpulsation)

Stimulate the opening or formation of small branches of collateral blood vessels to create a natural bypass around the blocked arteries. For patients with angina but not suitable for surgery.



Lt: Dr. Chen and two nurses with us at cardiac rehabilitation.



Rt: The worker in paramedics with us.

C. Comparison

Medical Education

- ✧ **Many grand rounds**, with tasty meal~
There are many boards showing information of grand rounds in different specialties, and they welcome physicians, residents and students to come, have a delicious breakfast and enjoy the speech taught by doctors who are professional in this area. E.g.
 1. IM Dr. Ridker's speech on atherosclerosis and Reynold risk score.
 2. GS Dr. Sadek's speech on bariatric surgery
 3. CME in RWJUH at Rahway
- ✧ **Interactive case discussion**
A physician or a resident and even an intern, will prepare one to several cases on PPT, start with chief complaint, and the audience will shoot many questions in order to do differential diagnosis. (Always don't forget about cancers ^_^).
- ✧ **Patient care medicine (PCM)**
Since medical students stay shortly in a department, and might not have the holistic view of a patient, they are asked to follow up 2-3 patients through their medical school years.
- ✧ **The teaching rounds**
Medical students and residents are the first one to start the conversation during hospital rounding. The attending could evaluate their history taking and physical examination ability, and supervise their conversation with the assessment and plan.
- ✧ **Patient education and disease explanation**
Doctors spend lots of time on educating the patients to change their behavior, help them set a goal on controlling BP, blood glucose, body weight, and quitting of smoke, alcohol.
- ✧ **The admission**
Whenever there's a new admission from ER, residents will lead medical students to the bedside to approach patients.
- ✧ **Call room**
There are bedrooms for residents in different departments to rest. Here they use night flow system for night call service.

Family Medicine in U.S.A.

✧ **Primary care physician (PCP)**

It is the governmental policy that patients have to see their primary care physicians, mostly trained in family medicine, before they are referred to specialties. In Ta

✧ **The versatile working content**

FM doctors do lots of works, they have to have comprehensive knowledge on all specialties and take care of a variety of patients from adults to children, from men to women.

✧ **Prevention medicine**

American doctors do more than just cancer screening. There is a website for reference- USPSTF (United States Preventive Services Task Force), recommended screening including cancers, CV, respiratory, infectious, endocrine diseases.

The Electronic Medical Record System

✧ Selection of ROS and PE

It would save much time for writing the assessment and plan.

The Medical Practice Environment

✧ Medicare and Medicaid

The U.S. government provides insurance to those who are not able to afford private insurance "Medicaid", and those who are older than 65 yo "Mediare". The price for health insurance (called premium) depends on the level one purchases, the age, the health condition and the place one lives, average \$250/month.

✧ Subacute ward

After acute period, patients might not need so many invasive machines such as respiratory machines, but before they return to their home or long-term care facility, they still need antibiotics or IV nutrition that could only be reached in the hospital, thus subacute ward could offer them temporary stay and save those expensive equipments for those who needs indeed.

✧ Appointment with a doctor

According to the residents there, patients have to wait for a long time for an appointment with a doctor, for doing an examination, for a report, for a referral, and every specialties often focus on their own part thus might neglect some abnormality. Physicians are ranked on the internet for their performance.

D. Improvement

What we can do

- ✧ Encourage general physician
- ✧ Limit numbers of reservations in out-patient clinics
- ✧ Establish prevention medicine screening reminders
- ✧ Separate service rounds and the teaching rounds
- ✧ Pre-clinical rotation education- earlier patient visit experience
- ✧ Balance the primary care, research and education
- ✧ A more comfortable nursing home
- ✧ Better on-call schedule
- ✧ WiFi system in the hospital
- ✧ A more convenient EMR system
- ✧ Educate our people to treasure the National Health Insurance

What I as a 6th y medical student would like to do

- ✧ Health Promotion Camp
Integrate the help from clinical physicians/ local family medicine doctors, residents who know about aboriginal language and Mandarin, medical students who are willing to learn practicing medicine, we might be able to provide an easier accessible health care to the aboriginal people.
- ✧ Presentation
If I am the presenter, try to present a case in a more interactive way, and lead the discussion of differential diagnosis.
- ✧ End-life care
While taking care of old patients or end-state-of-disease patients, remind them of DNR and advanced direct care.
- ✧ Patient center medicine
If I am interested in the patient I take care of, I would ask them whether I can memorize their ID and keep follow up their medical record after I leave this department.
- ✧ In-patient care
Actively ask the residents to follow them to approach patients in ER or bedside. When writing A/P, always think of the discharge plan.
- ✧ EBM and prevention screening
Read medical journal such as NEJM, try to appraisal and apply to clinical decision discussion with the attendings.
- ✧ Respect different professionalism
No matter which specialties I am going to be in, always be broad-minded and

respect different professionalism such as alternative medicine, provide any possible therapeutic choice to my patients.

✧ Translational medicine

Choose one from clinical care, research and education, but do make connection between primary care and research, and respect each one's professionalism.

What I want to tell the junior students

✧ We are good!

Every system has its own problem. Besides reproach, why don't we work together to improve it?

✧ Attitude is among all the things that matters

No matter where we are, either Taiwan or America, a heart full of love and the willing to do something would make the environment around us different.

✧ English ability certification

Always be prepared if you want to have the opportunity to go abroad for exchange program or further fellowship training.

✧ Be curious and open-minded

We will never know what we learned in the past, and who we know, will help us someday in the future, so be thankful to every people, every situation you encounter.

F. Acknowledgement

To my parents

✧ For the encouragement of stepping on the adventure journey.

✧ For your end-less love to accompany my growth.

Picture: the day before departure, bicycle touring in Shi-Jih



To Dr. Karen Lin

- ✧ For the passion to be the program director of global health exchange program
- ✧ For being our preceptor, giving us tremendous opportunities to practice taking history and physical examination, leading us to exposure in different aspect of family medicine in USA.

Pictures: in the monument square.



To Brain 大哥

- ✧ For the selfless support of accommodations and transportation.

Pictures: at Olive Garden, the Italian restaurant.



To 麗如師姑

- ✧ For taking care of our daily details.
- ✧ For showing us around in Princeton.

Pictures: in Princeton.



To 天元大哥

- ✧ For picking us up at the airport.
- ✧ For showing us around in Newark.

Pictures: at Seven Lakes



To 濟躬師伯，學明師姑，Jenny 師姑和 Roger 師伯

- ✧ For the warmhearted welcome party.
- ✧ For the treatment in many delicious restaurants.
- ✧ For taking us to attend the Atlantic Taxes Avenue Elementary School Dispensation Activity.

Pictures: at Korean To-Fo Casserole



To Lilian

- ✧ For showing us around in RWJUH.
- ✧ For telling us so many personal experience in US.

Pictures: at Outbeak Restaurant.



To Annie Hsieh

- ✧ For the wonderful talking sharing your experience in America.
- ✧ For the tour walking through University of Phellidelphia and your research lab.


Pictures: at Parc Restaurant



To Hsien and BeBe

- ✧ For showing us around in Massachuesette and Conneticut.



<p>To Michael Yong</p> <ul style="list-style-type: none"> ✧ For being the best partner to attend the program together. ✧ For being the best tour guide that take me to so many places such as NYC, liberty science museum and adventure aquarium. 	
<p>To 慈今師姑</p> <ul style="list-style-type: none"> ✧ For sharing with us your story about searching medical help. ✧ For taking us to attend food pantry activity. 	<p>To my department of medicine (Dr. 陳宗鷹 and 眉靜姊)</p> <ul style="list-style-type: none"> ✧ For the connection before the tour.
<p>To the office of international affair</p> <ul style="list-style-type: none"> ✧ For supporting me with the airplane tickets. 	<p>To Professor Hsu</p> <ul style="list-style-type: none"> ✧ For your warm concern and encouragement.
<p>To Dr. Levine</p> <ul style="list-style-type: none"> ✧ For letting us to join your adorable inpatient-care team. 	<p>To Dr. Chen</p> <ul style="list-style-type: none"> ✧ For sharing us the experience of being a doctor in US.
<p>To Dr. Gaur</p> <ul style="list-style-type: none"> ✧ For teaching us the principles of taking care of HIV-infected children. 	<p>To Dr. Malhotra</p> <ul style="list-style-type: none"> ✧ For letting us join the pediatric rounding in the hospital.
<p>To Dr. Howarth</p> <ul style="list-style-type: none"> ✧ For leading us to see the nursing home and long-term care facility. 	<p>To Dr. Udasin</p> <ul style="list-style-type: none"> ✧ For giving us the opportunities to follow your clinics.