

Be an EBCOG-ENTOG  
*Ambassador*  
to JSOG

Join a clinical exchange to **Japan** 2024  
&  
Attend the JSOG Conference, Yokohama  
**April 19th - 21st 2024**

 X  **ENTOG**  
EUROPEAN NETWORK OF TRAINEES  
IN OBSTETRICS AND GYNECOLOGY

Send your **CV** and **motivation letter** to [executive@entog.eu](mailto:executive@entog.eu)  
**DEADLINE TUESDAY 30TH OCTOBER 2023**



Representing ENTOG:

Mei Yee Ng (Ireland), Veronika Vogrin (Slovenia) and Fabiana Interlandi (Italy)



# 18th April 2024 - Hospital Visit

- University of Tokyo Hospital and Japanese Red Cross Medical Centre

- After an introduction to the Japanese health system and the hospital, we were guided through the hospitals and instantly noticed the tranquil hospital settings.
- It appears that in anticipation of JSOG Congress, clinical activities throughout Japan O&G departments were reduced to allow as many to gather at one of the largest national conference (~10.,000 attendees!)



Joining the hospital visits are other International Workshop Junior Fellows from different parts of USA, Cambodia, Taiwan and Korea along with Japanese trainees/ young specialist from other parts of Japan - spot Tomohiro Mitoma who was part of the ENTOG Mini Exchange to Krakow in 2023...we also reunited with the other 2 ENTOG Mini Exchange participants; Mina Sakata and Miki Miyagi the very next day! We all took home the white coat as a hospital visit souvenir...!



# 18th April 2024 - Hospital Visit

- University of Tokyo Hospital and Japanese Red Cross Medical Centre



Clinic space are divided between each room with a curtain - keeping confidentiality does not seem to be an issue as the Japanese clinicians and patients speaks softly. This is only a space for non-invasive examination. If patient needs intimate exam, they will be move onto a different space.



Examination chair of the future! The automatic movement of the chair keeps patient comfortable and protect their dignity by positioning them automatically; avoiding unnecessary manoeuvring by clinicians. .



There is usually a curtain in between the patient and examining clinician so they do not meet each other's eyes during the examination to accommodate a (shy) patient's comfort with the intimate examination.



# 18th April 2024 - Hospital Visit

- University of Tokyo Hospital and Japanese Red Cross Medical Centre

- As every Japanese have maternity care covered by insurance, they tend to stay longer in hospital e.g., 1 week for routine Caesarean section, so they can get all the help they need from the hospital. Whether antenatal or postnatal, most patients have their own room.
- Doctors in Japan work 36-hour shifts - in some rural area, an O&G doctor also have to learn Obstetric anaesthesia to provide epidural for patients as there is a shortage of Anaesthetic doctors.



‘Tatami-styled’ area to provide a sense of home to women who are encouraged to mobilise around and sometimes labour on the ‘tatami’ which is made of water-proof material.



Family members are encouraged to be around during labour. This can include their parents and their kids, to encourage bonding with the labouring experience.



Theatre space is spacious here and there is often no need to compete with other specialty for resources.



# 18th April 2024 - Presidential Dinner



EBCOG Past-President (Prof Tarlatzis) and President (Prof Louwen) engaging in 'Kagami Biraki' with other esteemed guests - a ceremony which involves breaking open the lid of a sake barrel with a wooden mallet to signify unity and togetherness.

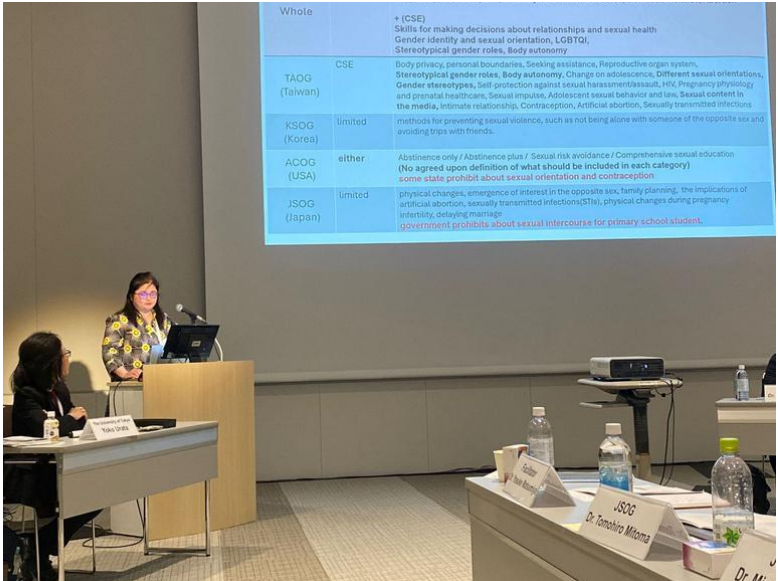
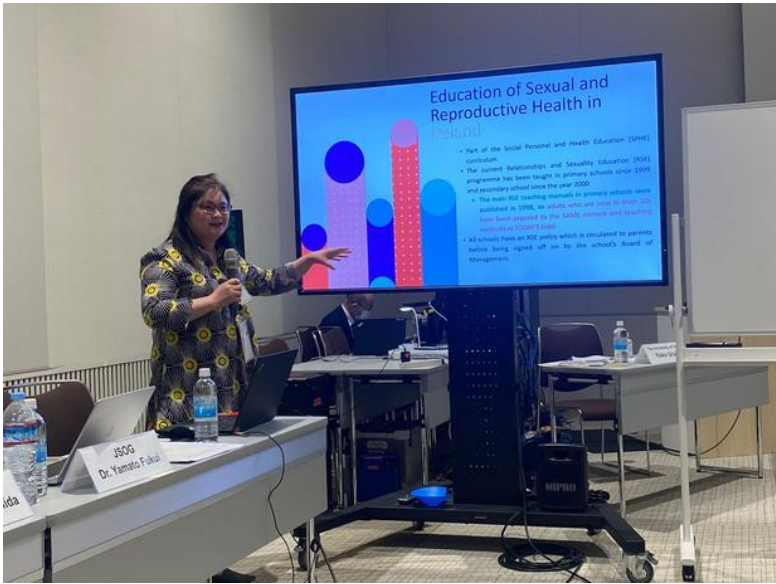


...while the ENTOG trainees absorb the sheer scale of the dinner and its delicious Japanese fine cuisine with a French twist and engage with the Japanese delegates at our table..!





# 19th April 2024 - International Workshop for Junior Fellows at JSOG Congress



A wonderfully organised roundtable session that yielded the most engaging discussion surrounding Global Perspective of Sexual and Reproductive Health Rights (Access to Abortion and Sex Education) on Table 1 (represented by Mei Yee Ng and Veronika Vogrin) and Current Status and Issues in Prenatal Screening Tests and Diagnostics (Non-invasive prenatal tests, Screening and diagnosis of congenital anomalies by fetal imaging) on Table 1 (represented by Fabiana Interlandi). We had a great audience witnessing our debate and discussion - and we discovered some shocking facts about other countries and how we all might just move to Slovenia for their progressive policies! Indeed, it was the most enjoyable roundtable discussion we have ever been part of despite how strict they kept to the timekeeping!



# 19th April 2024 - Nobuyuki Tsujii piano recital and our first group karaoke



Evening activities on this day included the opening dinner followed by our first group karaoke in Japan - spectacular performances were displayed especially by our Taiwanese and UK colleagues!

We had front row seats to a piano recital by a world-renowned pianist that touched our hearts and moved our souls. Born blind in 1988 due to microphthalmia to a father who is an Obstetrician, he honoured the O&G community with his remarkable personal composition and skillful play of Chopin's pieces and reminded us how meaningful our speciality is.



# 20th April 2024 - Exhibition Hall at Japan Society of Obstetrics & Gynaecology Congress



Visiting the booth for points was like game where we get to win some yummy cookies once we trade those points which I celebrated with a cut-out cardboard of the friendly JSOG President; Prof Yutaka Osuga.



The huge exhibition hall had every imaginable industry exhibitor - from the familiar products to newer experience of a recliner chair for CTG monitoring , the Japanese robotic surgery ‘Hinotori’ and HIFEM chair!

After an ‘izakaya’ dinner with the rest of the Japanese and IWJF trainees, some of us proceeded to immerse more in-depth into Japanese culture by testing our karaoke skills and visiting the ‘onsen’, wearing the ‘yukata’ while bonding over deep conversations about life and work.



# 21st April 2024 - Tokyo Sightseeing...and Farewell!



While the JSOG Congress continued on its final day with Japanese-only session, international delegates were brought from Yokohama to Tokyo for some sightseeing at the Tokyo National Museum to discover Japan's long history and illustrious arts and to bustling Asakusa - where the oldest Buddhist temple in Tokyo is sited, for a taste of Japanese culture and religion. Alas, because of the rain, the tour ended before we could make our last stop at the Imperial Palace...!



We bid farewell to the rest after a most memorable 'kaiseki' lunch at a traditional Japanese restaurant where we sat on 'tatami' and served by kimono-clad waitresses.

