

Global Health – Beijing, China Student Clerkship Description

Title of Clerkship: Global Health – China Student Clerkship

Clerkship Site: People’s Hospital Peking University, Beijing China

Rotation Type:

- Emergency Medicine/Critical Care
- Traditional Chinese Medicine
- Additional rotations may be available upon request

Length of Rotation: 4 weeks with longer rotations possible. Ideal months; October, November, March, April. Not available in February.

Department(s): Emergency Medicine

Number/type of students: 2 would be ideal and possibly may be able to take 4 with enough preparation/advanced notice.

UT Faculty: Kris Brickman, M.D.

International Faculty: Yuansheng Liu, MD, Director of Emergency Department
Jianbo Yu, MD Assistant Medical Director
Weiwei Zheng, MD, Student Liaison
Kexin Xu, MD, (cavinx@hotmail.com) International Affairs Coordinator

Housing: Housing area for the rotation at People’s Hospital will be in a staff building called the Staff Dormitory that is next to the hospital. This is, in fact, an apartment facility of 1-2 bedroom units that house visiting dignitaries, visiting professors and prominent visitors to the hospital. This is clearly a much better facility than the typical student facility that is adjacent to this complex. The dormitory has 24-hour security staffing and the doors are locked at 11:00pm but all students will have a key to get into the facility. Each unit will have one or two separate bedrooms from a central living room area with a kitchen, bathroom, shower and television. A prepaid dining card will be used for eating in the hospital cafeteria. There are 3 separate cafeterias throughout the campus where students can use with this dining card. The food served in these cafeterias is superior to most hospital food that you are accustomed to. In addition, there are also nearby restaurants within **walking** distance of your dorm in the hospital. On weekdays during the work week, please try to adhere to a 10:00pm curfew.

Transportation: Driving and/or riding bicycles on the roads of Beijing simply will not be permissible. This would be a death wish for any students who clearly are not prepared for the driving “rules” of Beijing or any other part of China for that matter. The best way that I can describe the traffic in any of the large cities in China is essentially “demolition derby” only more dangerous. Traffic lights are rarely adhered to at any time. There is no such thing as pedestrian or bicycle right of way for vehicle or other moving objects on the streets of Beijing, Shanghai, or Chengdu. Transportation in and around Beijing

as well as any of the other cities in China will need to be by taxi or a local metro unless you have arranged transportation by the hospital/university officials.

The metro system in Beijing works quite efficiently. It is clean and safe and extremely cheap. You can virtually get anywhere you want in and around Beijing for about 25¢. Due to the extremely heavy traffic of Beijing, often you can get from one place to the next much quicker with the Metro than you could by taking a taxi. Taxis are also quite inexpensive; typically ranging anywhere from \$1.50 - \$4.00 anywhere you want to go throughout the greater Beijing area. It is never a problem finding taxis available in Beijing. The Metro though typically closes at around 11:00pm every evening. Since you should be back in your dorm by that time, this should not be a problem if you are taking the Metro.

Airport arrival and departure through Beijing should be uneventful. The new Beijing Airport is only a year old and rarely is crowded. You should have no problems transiting from your airplane through customs and luggage pickup. After you have cleared the customs area, representatives from the hospital/university will be there to meet you and take you to your facility. The airport is approximately 45-50 minutes from your hospital. Departures also should be no problem with again a hospital representative transporting you to the airport. Check-ins rarely result in any significant delays since the lines are quite limited for international travel. This brand new facility works extremely efficiently; better than virtually any airport you are accustomed to in the U.S. Security check-in also is quite efficient and smooth. Just remember, all the same rules and regulations of what you can and can't bring on a flight apply in China as well. Although, it has never taken me more than 30 minutes to get through check-in to my departure gate, you still must allow 2 hours prior to planes departure.

Language/Communications: There should be very limited difficulties communicating throughout the hospital system. Most of the attending staff speak reasonably good English and virtually all of the students and residents speak English. Just remember, you need to talk slow so that they can process what you are saying. Most of the patients on the other hand will not speak English and you will need to be with another student, resident or staff member to communicate with patients for your clinical evaluations.

Before you leave, you should make some attempt to speak some Chinese. Some key words/phrases such as; yes, no, hello, goodbye, thank you, how much does this cost, where is the Metro, where is the toilet, will not only help you get around more efficiently but will be greatly appreciative by Chinese people for your attempt to communicate in their language. Since we are on to toilets, keep in mind that not all toilets in China have a seat. Some of these are only a hole in the floor so depending on your method of elimination, you might need to just keep checking more stalls, eventually you should come across one with a seat to accommodate your cultural habits. Also, realize toilet paper can be hard to find in some bathrooms in China so you might want to consider bringing some along if you are out for the day. There are public toilets everywhere and most restaurants, malls and shopping areas have multiple toilets readily available.

Foreign Medical and Travel Insurance: You will need to have medical insurance prior to leaving for your foreign destination. This medical insurance will be arranged through CMI (www.culturalinsurance.com) or ISI (<http://www.internationalstudentinsurance.com>) and you will need to complete an application for this. The cost for a four week rotation will be approximately \$50. This insurance will cover any acute medical care, transportation costs and repatriation back to the U.S. Keep in mind that most of these experiences will be in academic medical centers that can clearly provide any minor care that would not warrant the use of this medical insurance. Needless to say, in the event of any illness, you must notify the Office of Global Health immediately so that we can provide any assistance necessary in managing any medical issues. In the event that you have insurance through your parents that covers any and all of these international activities, it will be required for you to provide proof of this insurance to preclude accessing the above mentioned insurance policy.

No separate liability insurance will be required for your rotation abroad. Your medical student liability coverage will be sufficient to cover your academic responsibilities.

Program Costs: The cost of this rotation is primarily your flight over and back which ranges from \$700-\$1000 ordinarily. Food and housing will cost anywhere from \$700-\$850. The housing cost includes your room and all linens for beds in the room but does not include any daily service. There are also laundry services available in the dorm that are also quite inexpensive.

While we are talking about money, the monetary system of China is Yuan also known as RMB. The current exchange rate is approximately 7 RMB to 1 U.S. dollar. You should plan on exchanging some of this money at the airport in China before you leave so you have some money to spend in the local area when you arrive at your dorm. These money exchange machines can be found in the luggage pickup area of the airport. It is quite easy to exchange money at many locations throughout Beijing including the banks, but your most efficient way to exchange money is through the ATM machines virtually everywhere throughout the city. Make sure that you bring your debit card or your card with you to access these ATM's. One nice thing is that they do not charge you that stupid \$3 fee every time you make a withdrawal in China as opposed the U.S.

Pre Trip Requirements: Vaccinations are not required to travel to China. You must have a VISA to enter China and this will need to be arranged in advance, typically at least a month ahead of time but this can be rushed on short notice if necessary, although this will cost you some extra money. You will also be required to take your white coat and stethoscope and any pocket reference guides that you rely on for any other clinical rotations. Pre-trip insurance must be arranged in advance. Also, I would encourage you to have a supply of medications on hand for any acute emergencies particularly GI issues. Imodium and Cipro are the two most common medications that come to mind at.

Student risk/potential problems: Travel to any foreign country has its inherent risks that must be considered prior to leaving the US. On these elective rotations, as opposed to traveling with a missionary group, you will not have faculty escorts on this

academic adventure. Prior to your departure, safety and security concerns have been addressed to the best of our ability but you will still be functioning independently and anytime you venture outside of the academic and hospital environment, you must be aware of risks that may be compounded by a language barrier. This in no way should detour you from exploring the cultural and recreational activities that each foreign location provides for you but you simply must be cautious and somewhat strategic in how you explore and participate in this foreign landscape.

Specifically, although crime such as theft, sexual assault, etc. has not been a problem in any of our academic locations, students should take appropriate precautions. Women particularly should not venture outside of the campus/housing area alone after dark. Groups of 2 or more regardless of gender should be safe in this environment. I would strongly encourage all students to not invite problems such as spending late nights in local bars, wearing provocative clothing, engaging in excessive alcohol consumption or more significantly any illegal drug use. These activities will invite problems and I will assure you that you will find it, and there will be little that we can do to assist you particularly if you break their laws. Drug laws especially in foreign countries can be much more problematic than the US and not only could jeopardize your medical career but very likely will jeopardize your own freedom.

In essence, all students must use common sense at all times. Resources that you are normally accustomed to in the US may not be readily available. There will be an international coordinator/liaison who will always be available 24/7 for you to contact if you have any problems. For any problems that might occur, you are to immediately notify the Global Health Office here at the University of Toledo. Be sure to [register with the U.S. Embassy or Consulate on-line](#), by phone, email, fax or in person. Registration helps consular staff contact you if necessary and allows you to receive situation updates.

As far as illness and injury, I would expect most of these issues to be handled at least initially at the hospital where you are completing your rotations. You need to immediately notify the international coordinator on site there as well as the Office of Global Health of any healthcare issues that arise and further ongoing management including potential transportation back to the US will be coordinated through the University of Toledo and the international institution.

- Cultural/Recreational:**
- Forbidden City/Tiananmen Square
 - Summer Palace/Temple of Heaven
 - Great Wall of China
 - Capital Museum
 - Explore Hutongs
 - Ming tombs
 - Shopping opportunities
 - Pearl Market (Hong Qiao)
 - Silk Market
 - Ya Xie
 - Wangfujing Street
 - Tanjayuan Antique Market (weekends only)
 - Olympic Facilities

In and around your apartment and the hospital, there are many restaurants, coffee shops, and small bars/cafes that are frequently populated by students. I would encourage you to find other medical students both international and Chinese that you can go out and interact with in some of these places after work. Keep in mind that any inappropriate behavior will not be tolerated and I will be checking on you every week to make sure that there has been no disruptions while you are there such as intoxication, unruly behavior, or other misconducts that could result in cutting your international experience short. I clearly do not expect this to ever be a problem but it still needs to be mentioned. Please take advantage of this opportunity to engage in a cultural exchange with students who share many of the same aspirations as you, but many times come from a world far different than yours'. It is actually these associations and friendships that you develop that will be far more valuable in this international experience than the actual academic knowledge I anticipate you will gain from your clinical clerkship.

In the outline, I have listed a number of those cultural and recreational activities that I would expect all of you to strongly consider participating in. During your orientation prior to your rotation we will outline some of these cultural activities that you would be required to do during your time abroad. Keep in mind you have your weekends free to yourself and this is a time for you to develop a knowledge of the culture and history of this country. Each of these activities is nearby and can be easily reached with local transportation, i.e. Metro, taxi, or possibly a group tour can be arranged with the help of the international office.

Please feel free to spend time visiting other cultural sights in and around Beijing, but I will leave these as the requirements.

Recreational activities as mentioned above include restaurants, cafes and bars where you can grab something to eat if you were tired of cafeteria food or you can simply sit down and talk with other students. For those that like to shop, the opportunities are well, unlimited. They have everything from street markets to mega malls and everything else in between. Beijing is the king of fake jewelry, fake watches, fake Gucci, Dior, and Prada, coats, leather goods, fake iPods, etc.. There are places such as the Silk Market and the Pearl Market where you will find hundreds of these stores within one building.

Keep in mind, the sellers can be quite aggressive and you are never to pay the listed price or the first price that you are given on any item “ever”. In fact, as a general rule of thumb, you should almost never pay any more than 20% of what they initially quote you as a price on any item. That includes the special American price that you will be given, because you are such good friends to China. On the other hand, you will be truly amazed at how inexpensive many of the items are, but also be weary of the quality of the merchandise as well. In Beijing along with the fake merchandise, there are also many stores with the real thing and prices to match.

Another interesting place that I expect you to visit is Wangfujing. This is only a few blocks from the Forbidden City but is open in the evenings until 10:00pm. This is an outdoor pedestrian walking mall that is one of the largest in the world. In addition to this, they have an outdoor food market where there is over 50 stalls of inexpensive food items for you to try out. For extra credit on your rotation, I expect to see a picture of you eating some unidentified object off of one of these street vendors. This is where you will find deep fried grasshoppers, snake, tarantulas, scorpions, chicken feet, duck tongue, etc. As a suggestion, your safest bet is to try something that has just been cooked since this should minimize any chance of GI turmoil later.

Discussion - People’s Hospital Peking University, Beijing China

Beijing is the second largest city of China. Population: 17.4 million in the greater Beijing area. Beijing has grown dramatically over the past 10 years and has developed into a vibrant cosmopolitan city but remains the cultural center of China. Beijing, as well as the other major cities in China, is a city on steroids. Everything is bigger here and no matter where you go; the hotels are bigger, the office buildings are bigger, and the apartment buildings are bigger. Growth has happened very quickly here which is one of the advantages of having a Communist Government. If China decides they want to do something, they just do it. There clearly is no lack of people or resources here. 25% of the world’s population lives in China, but they have only recently developed into a powerful economic force that is also rapidly advancing in science and technology, business, education and energy resources.

The health care system in China is quite diverse. The major cities have state-of-the-art medical care that is supported and funded by the Federal Government for all citizens of China, but rural China where the majority of the population lives still has very primitive and limited medical care available to them. A major distinction between the U.S. medical system and China is the lack of any primary care network throughout China. Virtually, all patients receive their medical care in hospitals that provide virtually all outpatients as well as inpatient services to the population of China. There are no community clinics, outpatient offices, or private practices that see patients like our family practitioners. Therefore, the hospitals in China and particularly in the major cities are extremely large and have very large patient volumes. In Beijing alone, there are over 20 hospitals with over 1,000 inpatient beds. These hospitals are, needless to say, extremely busy and crowded with patients occupying virtually all there inpatient beds, and commonly overwhelming there outpatient clinics and emergency department.

People's Hospital, Peking University: People's Hospital is the major affiliate site for Peking University Medical Education Programs at the Peking University Health Science Campus. People's Hospital has 1443 inpatient beds and has over 3 million outpatient visits per year. The emergency department sees over 130,000 patients per year. People's Hospital serves as the primary teaching sight for Peking University Health Science Campus School of Medicine.

People's Hospital Emergency Department: The emergency department volume as outlined above is 130,000 patient visits per year with 30 full time staff attending and over 150 nurses working in the ED. Each month, there are 40 medical students and residents rotating through the emergency department. The program at People's Hospital currently has 30 Emergency Medicine residents completing a 5-year training program for Emergency Medicine. There are 88 beds in the Emergency Department covering areas ranging from the Emergency Critical Care Unit to observation areas along with the Emergency Department beds.

International Programs: There are many international programs for medical students at People's Hospital, but most of these are from different areas throughout Southeast Asia. There is one program from the Unites States, Mary Queen's Hospital in New York City that sends residents for 1-month clerkships to People's Hospital in various specialties but primarily focused on traditional Chinese medicine.

Rotations Available: Initially rotations will focus on Emergency Medicine for 2009-2010 with plan for 2-4 students over the next year at People's Hospital. Based on evolution of this program the initial rotation will be available in numerous surgical and medical subspecialties and also including Traditional Chinese Medicine. Emergency department staff is highly motivated under the direction of Dr. Liu and will facilitate an excellent clinical experience for our medical students. Dr. Yuansheng Liu, who is the Medical Director of the Emergency Department, will serve as supervisor and has an assistant supervisor, Dr. Yu who will manage any and all academic details that are required for this rotation. Dr. Zheng will serve as a medical liaison for the students of the University of Toledo Office of Global Health. Weekly communications through email will monitor ongoing student performance and any issues or problems that may arise throughout the rotation.

The Emergency Department currently is actively involved in teaching for approximately 30 Emergency Medicine residents training at People's Hospital in a 5-year training program. There are typically over 40 medical students who either rotate through the Emergency Department or affiliated with other services that commonly work in the Emergency Department and/or Critical Care/ICU settings. This rotation for medical students will provide an experience where they can evaluate patients in acute care emergency department setting but also can monitor them for their initial hospitalization since in China; they commonly remain in the emergency department for several days as inpatients. Also, there will be an opportunity to provide critical care medicine within emergency departments in larger hospitals throughout China, maintaining their own emergency ICU for patients with a variety of life threatening illnesses primarily involving pulmonary problems, infectious disease, and renal complications in this unit. The Emergency Department and the ICU areas are equipped with the state-of-the-art

monitoring equipment. A typical rotation pattern would involve attending physicians as well as residents and students working in different areas within the emergency department for a particular shift.

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