

カンボジア 工場労働者のための子宮頸がんを入口とした 女性のヘルスケア向上プロジェクト

Newsletter from SCGO-JSOG Project on Women's Health and Cervical Cancer

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カンボジア人医師日本で研修

カンボジアは子宮頸がんによる死亡者数が多く、全癌死亡者数に占める割合は 13.9%と第1位となっています。一方で子宮頸がんは検診を通じてがんになる前の段階でみつけ治療することが可能であるため、がん検診を普及させる事により子宮頸がんによる死亡者数を減らす事ができます。

そこで、9月23日から10月21日の間、厚生労働省医療技術等国際展開推進事業の資金を活用して、国立国際医療研究センターが日本での研修を実施しました。この研修は、日本の子宮頸がん検診制度、教育啓蒙活動から早期発見、治療まで、子宮頸がんの死亡率を減らすための対策と実践を包括的に学ぶことが目的でした。当プロジェクトの対象3病院の産婦人科医師7名が参加し、臨床の見学と講義を織り交ぜながら研修を行いました。このように、厚労省資金による日本での研修とJICA 草の根技術協力資金による現地での継続した指導を組み合わせ合わせたシームレスな相互補完的活動を通じて、カンボジアの医師たちの技能も向上し、相乗効果を上げています。

研修の概要は産婦人科医4名が先に来日し、前半2週間で主に大阪大学・大阪市立大学の協力を得て大阪にて研修を行いました。その後、産婦人科医3名が来日し、後半2週間は東京にて合計7名で研修を行いました。5名がそれぞれ慶応大学・慈恵医科大学の協力を得て研修を行い、2名は東京都予防医学協会・こころとからだの元気プラザの協力のもと病理細胞診のトレーニングを中心的に行いました。

大学での研修内容については、主にコルポスコピーの見学と手術見学、病理カンファレンスへの参加でした。それ以外にも講義や他施設の見学などの盛りだくさんの内容であり、子宮頸がんスクリーニングの方法にはじまり、歴史や日本での現状、カンボジアではどのような形で行うのが理想的でありかつ現実的であるかという事まで考えさせられる、充実した研修内容でした。

【感想】

私は、国立国際医療研究センターのレジデントとしてこの研修に参加しました。日本産科婦人科学会会員でもあるため、今回はオブザーバーとして参加させて頂きましたが、レジデントである自分にとって非常に勉強となる内容でした。そしてこのような機会を与えて頂き、ご指導いただいた多くの方に感謝したいと思います。

研修中の感想として、研修員達の熱心な態度に非常に感心しました。各講義、見学時に的確を射た質問が多く、熱心に話を聞く姿勢が感じられました。実臨床に基づいた質問もあり、本人達の意欲を強く感じられました。2週間の大阪研修のまとめを日本産科婦人科学会事務局で発表した際に、木村正先生から「よく勉強しており、成長が見られて嬉しい。我々も刺激になり、今後の糧にしていきたい」というコメントを頂いたのが印象的でした。

私自身もこの研修を通じて、研修生から良い刺激を受けることができたと思っております。そして今後の産婦人科研修ならびに医療協力局での活動の糧にしていきたいと思いました。

国立国際医療研究センター 産婦人科/国際医療協力局レジデント 赤羽宏基



(写真) カンボジア人研修員(7名)と当プロジェクトにかかわっているJSOGの日本人医師



(写真) 手術見学



(写真) 病理細胞診のトレーニング



(写真) 研修の修了証をもらい笑顔のカンボジア人研修員

研修に参加したカンボジア人医師の感想



Gynecology and Obstetrics Doctor at National Maternal and Child Health Center
Dr. Hang Sovanara

I had been training about cervical cancer screening in Japan for 15 days. It had been a great opportunity to see a medical field environment in developed country. In Japan, I could understand about the procedure of cervical cancer screening that happened in primary hospital and then the referred cases to upper level hospital in case of abnormal screening. I had a chance to see the management of high-grade cervical intra epithelial neoplasia by LEEP and cold knife conization and the biopsy fixation method. In Cambodia, there is a cervical cancer screening and management in cervical pre cancer lesion guideline but it is still a study project; it is not a national guideline yet. In the near future, we will develop a national guideline regarding the situation of Cambodian women by evaluation on this project guideline as an example. All Cambodian doctors will also try hard to have a close communication with cyto-pathologists to improve the quality of cervical cancer diagnosis and treatment. In the future, I hope there will be more projects and funds on medical field to strengthen the women and child health in Cambodia.



Gynecology and Obstetrics Doctor at Calmette Hospital
Dr. Meng Kalyan

It was a great opportunity for me that I could join the training in Japan. During this one month training, I have learned many things about pap smear, LEEP, Management of treatment at early stage of cervical cancer, colposcopy. I would like to say thank you very much to all Japanese professors and doctors for their kindness and for their sharing knowledge and experiences which are really useful for my career. Thank you to all organizers who have given me this great opportunity. One month staying in Japan doesn't only give me much knowledge about medical technical but also about culture, work system, daily life of local people. This is a great experience that will inspire me. I do admire the cleanness of the city, the friendliness of Japanese people. You are very polite and smiling.

I will surely share these knowledge and experiences to my colleagues and participate in the program of screening and treatment at early stage of cervical cancer in my country. Inspired by your work system, I will collaborate well with my colleagues in the services so that we could assure the quality of this program of screening and treatment at early stage of cervical cancer. I hope that my colleagues could have chance to join this training in Japan too so that our team could have updated knowledge and could make a strong team for this program.

Once again, thank you very much for your support.



Gynecology and Obstetrics Doctor at Calmette Hospital
Dr. Khan Sokchann

I'm very happy that I went to study in Japan. During one month there, I've learnt a lot of new things. Many activities have been well prepared for us such as observing OPD examination, seeing how medical system in Japan works, observing the operation and also join the operation. Many experiences that Japanese doctors share to us are so helpful and meaningful. Japanese people are so well organize and so kind through what I've observed. Moreover, Japan is so attractive with clean and natural environment, good security and with some part of special culture.

After coming back, I will share the knowledge and experiences that I got to my colleges and involve them to join with me to work together. Through the experiences I got from Japanese doctors, this makes me to know how the important it is to collaborate with other doctors in my service to develop more what we did not have such as installation of medical record for special disease to make the follow up more properly and efficient, etc.

In conclusion, I really appreciate what Japanese people prepared for us during staying there. Because we need a team workers so I hope next time my colleges could have the chance to study too so that we could have a lot of doctors to work together. At the end, I'd like to say thank to all the Japanese people that prepared everything for us.



Gynecology and Obstetrics Doctor at Khmer Soviet Friend ship Hospital
Dr. Kim Lumpiny

From 23 September to 21 October, I had attended “The training Course on Project for Cervical Cancer Early Diagnosis and Therapy” in Osaka and Tokyo.

From this training I have learned:

- Medical Situation in Japan, Healthcare level and what they do in each level.
- History and current situation of cervical cancer screening and Colposcopy in Japan,
- Follow up pre cancer
- Visit Primary cervical cancer Screening : Saito Clinic, Kameda Kobashi Clinic
- Visit Mobile Cervical cancer Screening : JATA
- Basic of cervical cytology and histology
- Collaboration between gynecologist , pathologist and oncologist
- Quality control of cervical cancer screening
- Communication between clinician and specialist
- Detection and treatment of pre invasive disease of the cervix with special reference to cytology colposcopy. Observing Leep, Conisation, vaporization cases
- Treatment Guideline and Cancer registry for cervical cancer in Japan
- Observing Trachelectomy , Abdominal Radical hysterectomy, Hysteroscopy radical hysterectomy cases
- Care for gynecological cancer patient
- Radiotherapy: external beam, brachytherapy

I was very happy to join this course because it is very useful, from this training I got more knowledge and help me to improve my work. After coming back I have a lot of plans but it is not easy to reach my goal. Some plans need support and agreement from my leader, CSOG, and the government such as Public cervical cancer, screening education, quality control of screening, Conference between gynecologist, pathologist, oncologist, feedback from national hospital to Primary hospital.....

Anyway, I can start from the simple thing that we could do.

- First I get to share what I have learned to my colleagues
- Now we are starting to do electronic registration for cervical cancer and pre-cancer
- Education cervical cancer screening to out patient and her family
- More detail in pathologique request sheet with drawing picture
- Participate project cervical cancer screening and treatment in factory



Gynecology and Obstetrics Doctor at Khmer Soviet Friend ship Hospital
Dr. Koun Linka

“Advance stage of cervical cancer”. In Khmer-Soviet Friendship Hospital, where I work, this is what we see almost every day. Most Cervical cancer cases are found in advance stages only when the symptoms appear. This might be the result of lack of screening program, lack of awareness of the disease and social economic situation.

I have an opportunity to participate “The training course on project for cervical cancer early diagnosis and therapy” in japan to make the contribution to the improve woman health. During my training, I have learned more details technique of cervical cancer screening methods such as cytology, colposcopy, biopsy, conization and quality controls. I was introduced to many screening centers and university hospitals for understanding of health care system, not only technical knowledge but also cooperation between departments, the referral and follow up system in Japan.

I have found out how important the registration system is. I will start registration system input to computer. I will share my knowledge to my colleague and together we will improve quality of diagnosis and treatment. I will encourage starting the meeting with oncologist and pathologist. I will contribute in factory screening and education to raise the awareness of health checkup and improve quality of life.



Gynecology and Obstetrics Doctor at Khmer Soviet Friendship Hospital
Dr. Leang Sophat

Thank for your mail to ask me about my training in Japan.

First of all I would like to say thanks so much to Japanese people ,JSOG , professor , Doctor , staff member in Japan and in Cambodia that give me the opportunity to train in Japan .

I have time to train in cytology for cervical cancer screening from 05-22- October -2016 supported by National center for global health and medicine (NCGM).

As you know the cervical cancer is the high prevalence in my country where ,the country is a low income , National income per capital of USD 1090 in 2014 and population of 15 million and the incidence of cervical cancer are high in South Asia (1512 new cases/ 795 death annually) by WHO report .

Objective of learning

- Decrease the incidence and the mortality
- Improve the knowledge and technology how to detecte for treatment the endocervical and endometrium cancer at the early stage.
- update and follow up the Bethesda system.
- training how to make the good stain and the good interpretation for accuracy and complete diagnosis possible.
- Decrease the fault positive and the fault negative.

I had training at the Genki plaza medical center for health care and Tokyo health service association by the collecting and fixation method from endocervix and endometrium of the Uterus. I also read the slide glass from cervical and endometrium smear.

How to Applying the learning to the Cambodia societies of OBGY

- contribute on activities of Cambodia societies for cervical screening program
- help and promote some parts in laboratory for staining and sampling
- try to do the new method for collection and fixation from endometrium of the uterus.
- make a group discussion for some difficult cases.

Out of training, I also have occasion to visit some part of Tokyo city and could understand social and cultural background of Japan during my staying in Japan.

At the end I would like to say thanks again for the organization of this training.



Gynecology and Obstetrics Doctor National Maternal and Child Health Center
Dr. Pen Soryan

First of all, I would like to say thank to NCGM for invite me to join “The training course for development of human resource and system for cervical cancer early diagnosis and treatment in Cambodia”. Thank for your warm welcome and share something new about cytology to me I feel glade that I can learn something new from the Professor, Doctor, Cytopathologist and I will appreciate. And My action plan when i come back from japan I will Contribution on activities of Cambodian societies for cervical screening program help and update some parts in laboratory for staining and sampling .Try to do the new method for collecting and fixation from the endometrium of the uterine. Discussion some difficult cases with OBGY doctor and help to completed diagnosis through my cytological skill. In my hospital, I will negotiate the hospital to get one more cytology technician, Change the method of fixation, Start the service for endometrial cancer screening, start meeting among the gyne OPD doctors to discuss about the normal cytology cases.

プロジェクトを取り巻く動き

9/23-10/6 :カンボジア人医師 4 名日本で研修 (大阪)
10/7-10/21 :カンボジア人医師 7 名日本で研修 (東京)
10/6 :SCGO 理事会

