

3. Report of the Overseas Training Program 2018 at UCSD, Moores Cancer Center

¹⁾ 医学部5年, ²⁾ 語学・人文教育部門

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【目的】UCSDにおけるがん患者を中心とした多職種によるチームアプローチ及び全人的治療, 最先端のがん治療に関する見識を深める。

【方法】平成30年8月20日から8月30日にかけて, Patient and Family Support Services (PFSS) の協力のものと National Cancer Institute の一つである Moores Cancer Center (MCC) を中心に UCSD の医療関連施設において講義の聴講や実地見学を行った。

【結果】UCSD では最先端の設備や治療もさることながら, 我々は患者やその家族に対する全人的治療の重要性を学んだ。まず, UCSD における緩和ケアは末期患者に対し介入を始めるものではなく, 診断されると同時に介入されるものであった。緩和ケアの早期介入は患者の生活の質を高めるだけでなく, 研究結果として生存期間を2.7か月延長させることも証明されており, UCSD では確立した治療法という認識であった。

緩和ケアの介入方法の1つに Dignity Therapy がある。この治療法ではまず Interview Session で患者の生い立ちから, 誇り, 家族に伝えたい事などを聞き出し, 最後に Legacy Document として編集され患者に渡される。患者が人生を振り返り, 自身はもちろん家族も患者が最期を迎える上で最も望む姿を捉えることができるようになる。尊厳の喪失と希死念慮は相関するという統計に基づいた治療法であった。Dignity Therapy の発案者である Dr. Chochinov のプレゼンを聴講する機会にも恵まれた。

さらに, UCSD の関連施設である Rady Children's Hospital では Pediatric Psychology という分野や Child Life Specialist と呼ばれる職種があり重症疾患を患う患児のケア体制が充実していた。

また UCSD では医療従事者へのメンタルヘルスケアの提供にも注意が注がれていた。

【考察・結論】UCSD における患者に対する多職種による介入や全人的治療という点は, 日本に比べより先進的であると感じた。こうした点は今後日本でも取り入れられていくと考えるが, それは単なる輸入ではなく日本の社会環境, 文化に即した形に調整される必要がある。なぜなら, 精神的な痛みやスピリチュアルペインは患者の人生背景やそれを取り巻く社会環境, 文化に大きく依存するためである。

4. Lessons from the 6th Influenza Meeting

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Objective

In order to deepen our understanding of the presentations at the 6th Influenza Meeting we reviewed what we had learned at the convention.

Methods

Information obtained by attending the sessions of the 6th Influenza Meeting and through literature searches for the preparation of the poster "Influenza: Similarities and differences between Germany and Japan" was re-assessed based on discussions with other participants and additional literature retrieval.

Results

During the convention, influenza researchers from around the world presented their studies. The first speaker was Prof. Takeshi Noda of Kyoto University on the "Importance of the 1 + 7 configuration of ribonucleoprotein complexes for influenza A virus genome packaging". Prof. Noda did not only provide information on influenza research, but also encouraged the students to pursue their medical studies while looking at their tasks from a researcher's perspective, as this would also benefit them in the future as practicing clinicians.

"Genetic re-assortment and zoonotic influenza" attracted special interest as the researchers from Egypt and Germany discussed the influence of specific re-assortments of protein-encoding gene segments on the zoonotic potential of various avian influenza strains with regard to mammals in vitro and in vivo. If the mechanism of this process could be elucidated, it may be possible to prevent infection from birds to human beings, which might pave the way for an effective vaccine.

It became clear that different algorithms were used in Germany and Japan for the calculation of excess mortality. This is because the WHO could not yet convince its member countries to use the same method for excess mortality calculation.

Discussion

Influenza research has become a major focus in current medical research and more scientific research is required. The poster "Influenza: Similarities and differences between Germany and Japan" presented at the meeting focused on the differences and similarities between the German and Japanese approach towards coping with influenza viruses. It was found that despite differences in their respective health systems, the German and Japanese countermeasures are similarly based on the most recent state of the art.

While influenza imposes a threat to a country's citizens, the specific characteristics of the influenza virus at the same time bring along certain possibilities for researchers.

Noda et al. have generated an altered influenza virus, which is capable of incorporating cellular RNA fragments. This technology might be very useful for future treatment methods or location-specific drug-delivery.

Likewise, as interest in this scientific field is growing, new methods of visualizing influenza viruses and in vitro assays are being developed.

We found that Germany and Japan use different algorithms for the calculation of excess mortality, which made a reliable comparison between the data of the two countries difficult. We, therefore, suggest that the countries of the world should come to an agreement on a unified method that will make international comparisons possible.

Conclusion

An influenza epidemic can have a devastating effect on a country. Though it is rather difficult to objectively compare the degree of influenza epidemics among countries, exchange between international research groups has proven to be of great value. The 6th Influenza Meeting in Münster provided its participants with insights in state-of-the-art biomolecular research and helped understand long-term developments from a preventive and therapeutic perspective.