

# PAPRSB, Institute of Health Sciences, UBD - Kagawa University International Summer Medical School Programme

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## INTRODUCTION

The International Summer Medical School Programme (ISMS) is an annual exchange and collaborative programme between Pengiran Anak Puteri Rashidah Sa'adatol Bolkiah (PAPRSB) Institute of Health Sciences (IHS), Universiti Brunei Darussalam and Faculty of Medicine, Kagawa University, Japan. This programme has been running since 2006.

The mission of the programme is to 'Develop the Society through Cultivation of Intellect and Culture through Collaborative Activities'. This programme signifies the special friendship and collaborative relationships between both institutions in the areas of medicine, health, academic activities, student exchanges and research projects.

The partnership started back in 2005 when the then Dean of Kagawa University, Professor Seiji Shibata visited UBD to initiate talks for an exchange programme. The following year, the first batch of Kagawa Students participated in the inaugural annual International Summer Medical Programme in UBD. In exchange medical students from UBD attended the annual Winter Medical Programme at Kagawa University the next year, 2007. The participants are fully engaged in the programme for five weeks and are exposed to an array

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of activities not just academically, but in other aspects of social and cultural perspectives. Academically, this programme intends to make it possible for students from Kagawa University to experience life as a medical student in PAPRSB IHS. They are able to experience it through a variety of academic activities such as lectures, Problem Based Learning (PBL), clinical and communication skills (CCS), large group sessions as well as tutorials. PBL is a style of active learning. It helps students to cultivate their problem-solving skills, encourage self-directed learning, drive motivation, encourage group work, enhance leadership, team work and presentation skills.

Students are also able to gain clinical knowledge through hospital visits to Raja Isteri Pengiran Anak Saleha (RIPAS) Hospital, clinical visits and clinical skills sessions provided in the UBD. With these, they are able to attain hands-on experience and witness the different settings of Brunei's Health Care System as compared to their country.

English Proficiency skill is also an additional skill that the Kagawa student can improve through this programme. Moreover, to further pro-

mote the use of English, students are subjected to deliver an oral presentation about their experiences and write a daily diary throughout the programme in English. Assessment such as written exams and Objective Structured Clinical Examination (OSCE) will help polish their verbal and writing skills with English language.

In the course of the programme, friendship between the Brunei students in UBD and Kagawa students are foster. Each student are assigned to respective buddies so that their buddies can assist them in the programme; both academic or non-academic activities. Through this manner, students from both universities share cultures and tradition between Japan and Brunei Darussalam.

On top of that, the Kagawa students can experience and learn more about the rich Brunei culture via participation in homestay in a house of a Bruneian Family. Each student are assigned to a host family and spend the weekend with them, entertained with different activities experienced by a typical Bruneian family, including Hari Raya festivities. This give them a valuable insight of family life in Brunei Darussalam.

Aside from that, exciting recreational activities had been made essential to the programme, to enrich the experience of the students and present them to the beautiful Brunei nature. One of the sightseeing activities lined-up included a visit to the remote area of Temburong District to highlight Brunei's exotic flora and fauna. Other sightseeing activities included visits to Kampong Ayer, one of the well-preserved Bruneian Heritage, The Royal Regalia Museum and the Oil and Gas Discovery Centre in Kuala Belait.

This year, eight Kagawa students comprising of year two, three, and four participated the programme from July 18<sup>th</sup> to August 24<sup>th</sup>, 2015 namely An Shintani, Kanako Chujo, Megumi Akiyama, Tsumugu Harada, Hajime Nakaya, Kozo Muruyama, Sena Tsukamoto and Yoshiki Sakai.

The theme for this year's programme was on tuberculosis (TB) and colorectal cancer. The topics for TB that were covered were the differential diagnosis of pyrexia of unknown origin and principles and diagnosis of management of TB. Other topics covered included genetics of colorectal malignancies and complication of surgery.

As for CCS, the students were taught on Respiratory Examination and Abdominal Examination and they were also given a brief practical demonstration on First Aid and Clinical Stimulation which are essential to learn as a medical student.

This year, the students also visited the National Tuberculosis Coordinating Centre (NTCC) in Kiarong, The Brunei Cancer Centre (TBCC) in Jerudong Park Medical Centre, Sungai Assam Clinic, Health Promotion Centre and the Internal Medicine in RIPAS Hospital. These visitations were arranged based on the theme every year.

From this programme, student was particularly pleased to experience PBL because they found the teaching method was different from their university and they found it interesting, motivating and challenging to study with PBL. Most of them were able to gain first-hand exposure to OSCE as they were only taught during their fifth year. In addition, they got to experience the different aspects of the Brunei culture such as Hari Raya Celebration, food and festivals. They are especially captivated with the Muslim religion as some of them are new to the religion and learnt that the lifestyle in Brunei are somewhat unique compared to Japanese lifestyle.

Besides that, they gained new knowledge from lectures and visitations and not to forget new friendships. They were thankful to be given a chance to experience Brunei's exotic flora and fauna, see the sights of Kampong Ayer and the mangrove forest of the Brunei River.

To sum up, I would like to grab this opportunity to thank PAPRSB IHS, UBD and Kagawa Uni-

versity, Japan for continuing to host this wonderful programme and to give me an opportunity to be a part of the whole programme this year. This programme has not only benefitted the universities to continue their partnership on research and education, it has also given students the opportunity to acquire worthwhile experience and life-long friend-

ship. I hope that this programme will continue and the forged friendships and collaborations will yield the fruits.

**NOTE:** Doreen is a third year medical student at the PAPRSB HIS and was the lead for the PAPRSB IHS team in this year's programme.

