

## Global Health – Shanghai, China Student Clerkship Description

**Title of Clerkship:** Global Health – Chinese Healthcare System Practice and Management Elective Clerkship

**Clerkship Site:** First People's Hospital Shanghai, China

**Rotation Type:**

- Emergency Medicine/Critical Care
- Traditional Chinese Medicine
- Public Health Education & Development
- General Surgery & Surgical Subspecialties
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**Length of Rotation:** 4 weeks with longer rotations possible. Ideal months are October November, March, April. Not available in February.

**Department(s):** Emergency Medicine

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

**Faculty:** Kris Brickman, M.D.

**International Faculty:** Dr. Gao Zhen ([gaozhen79@msn.com](mailto:gaozhen79@msn.com)) International Clerkship Coordinator, Shanghai First People's Hospital, Ph: 021-63079785  
Dr. Rui-Lan Wang ([wangyusun@hotmail.com](mailto:wangyusun@hotmail.com)) Assistant Director of Emergency Department/Assistant Clerkship Coordinator  
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**Housing:** There is an excellent apartment-type facility (less than a 5-minute walk) next to the hospital where all international students stay during any clerkship rotations. Keep in mind most of the students are in this facility for two to three years as part of their medical education training. The apartments are multiple bedrooms, either 2 or 3 bedroom apartments with a central living area with a couch, tables and television. There are individual bathrooms in each of the rooms, although there are no kitchen facilities in the apartments. There are laundry facilities in the complex.

**Food:** Students will receive a meal card and can get meals from the hospital which obviously is just a short walk from this apartment complex. I have eaten in this cafeteria a couple of times. I can assure you the food is excellent, but basic Chinese food. Keep in mind you are going to be required to learn to use chop sticks if you don't already know how. I have asked them not to allow you to use any silverware or other utensils for dining.

**Transportation:** Shanghai has an excellent transportation system. Obviously with the apartment complex next to the hospital, you will be walking to your clerkship rotations and back. There is a metro system that is approximately a 10 to 15 minute walk from your apartment. Shanghai's metro system is clearly one of the best in the world that I have seen. It is relatively new, spotless, and inexpensive and all signs and directions are in English, so therefore extremely easy to use. I have in fact used the system at least four different times with no problems whatsoever. The trains are frequent, efficient, and again quite clean. There are a total of 8 metro lines that cover the downtown and greater Shanghai area. Costs on the metro are extremely reasonable.

The hospital campus and housing complex is located approximately 30 miles southwest of downtown Shanghai. You can get yourself downtown in approximately 30 minutes from the hospital and for about 50¢ you can get anywhere you want to go in the greater Shanghai area. You can also take taxis which are literally everywhere in Shanghai. These are also inexpensive; approximately \$1.50 will take you anywhere around downtown Shanghai but it will cost you around \$10 to \$12 to get from the apartment/hospital to downtown Shanghai by taxi. This actually might even take longer than the metro since traffic is often backed up and difficult to negotiate in Shanghai. Airport transfers including pickup and delivery will be by the First People's Hospital administrative office.

Driving and/or riding bicycles on the roads of Shanghai simply will not be permissible. This would be a death wish for any students who clearly are not prepared for the driving "rules" of Shanghai 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 Shanghai 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.

**Language/Communications:** Shanghai is one of the most cosmopolitan cities in the world. English is spoken pretty much universally in and around Shanghai. All of the medical school classes, lectures and educational sessions are taught and presented in English. The medical staff and most of the ancillary staff speak excellent English and will be available to assist with patient translations in clinical care management. Therefore, I do not anticipate any significant communication issues at First People's Hospital in Shanghai.

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 appreciated by Chinese people for your attempt to communicate in their language. Since we mentioned 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](http://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:** Room and board will be approximately \$800. The flight cost to Shanghai range from \$1000 to \$1200 typically. For overall program costs of around \$1800 to \$2000 for the one-month rotation.

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. The 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 Shanghai 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 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. 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 this time.

**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 Activities:** Shanghai pretty much is a city of unlimited activities, although Beijing and Chengdu will give you more of a cultural and historical experience. Shanghai has the glitz and glamour of one of the most cosmopolitan cities in the world. If you search behind the facade of all of the glitzy shops in downtown Shanghai you will find the real China.

**Cultural Activities:**

- Shengshang Mountain – First Catholic Church in China
- Yu Gardens
- Science & Technology Museum
- Pudong – Financial District
- Observation Tower Planetarium
- Chinese Opera

### **Recreational Activities:**

- Professional & Recreational Basketball
- Formula-1 Auto Racing
- Tennis/Golf/Soccer
- Many parks and botanical gardens
- Indoor skiing
- Thames Village
- Jin Mao Tower
- Amusement Parks
- Shopping – all different levels – more than you could ever do in one month.

### **Discussion - First People's Hospital Shanghai China:**

Shanghai is one of the most rapidly developing and evolving cities of the world. With a population of 17,000,000 it is also one of the largest cities in the world and is clearly the fashion capital of Southeast Asia. What Beijing represents in culture and historical significance, Shanghai matches this with glitz and glamour. The best way to describe this city of contrast is "Vegas meets China". In downtown Shanghai there is neon everywhere with three of the largest buildings of the world, upscale shops, clubs, restaurants, and bars, anything that you would look for in the entertainment capital of China.

Behind all of the fancy storefronts that you will find in downtown China is alley after alley of small, tiny apartments where the population of Shanghai live. As a city Shanghai is very safe to walk around in, even at night. The alleyways that take you to the "real China" should be explored but do this during the daylight hours, not so much for safety reasons but you will not be able to see anything at night since there is no lighting off of the main streets. I would not recommend it.

First People's Hospital of Shanghai is a new hospital facility approximately one year old in a suburb approximately 25 to 30 miles southwest of downtown Shanghai. The hospital is located in the Songjian district. On the hospital campus the International student housing facility is a short walk from the hospital along with a state-of-the-art

conference center. Across from the hospital campus is Jiao Tong University School of Medicine. First People's Hospital represents the primary training site for this medical school including student and residency programs in virtually all specialties. In addition to all medical and surgical specialties represented at First People's Hospital, they also have an active Traditional Chinese Medicine program run by Dr. Wei.

On this clerkship you will be expected to gain historical education on the development of medicine in China. You will be expected to simulate the development of Western Medicine with Traditional Chinese Medicine. The rotations will be approximately 80% clinical and 20% academic/educational. There is significant flexibility on the individual clinical focus for the University of Toledo medical students. With sufficient notice, virtually any specialty rotation can be arranged through First People's Hospital.

Students will be under the direction and supervision of Dr. Zhu and Dr. Gao. They will be responsible for virtually all program management and development as well as facilitating student transportation, orientation, student evaluations and liaison responsibilities. The rotation is essentially 5 days a week with weekends off to explore other cultural activities in and around Shanghai. You will be expected to maintain a 10:00 PM weekly curfew but weekends its' curfew may be extended but all requests for side trip activities will need to be approved by to Dr. Gao. Dr. Chen will be responsible for didactic education in Public Health and the historical development of health care in China. He will address the transition of Chinese Medicine as it has evolved over the past 50 years and outline the current significance of Traditional Chinese Medicine in the Chinese culture.

As far as recreational activities, finding things to do in and around Shanghai should never be a problem. Although it does not have as many cultural opportunities as Chengdu and Beijing, there are an unlimited number of places to engage in recreational activities, sports activities, shopping and site seeing. Near by the hospital campus is Shengshang Mountain where the first Catholic Church in China was built and still operates today with weekly services. Next to this is a planetarium and this is a pleasant 20 minutes up the largest mountain in and around Shanghai (this is similar to a mountain in Toledo) to reach both the church and the planetarium. Also near the campus is a local shopping area approximately a 10 to 15 minute walk, with many restaurants, movie theaters and fitness facilities.

Thames Village is a relatively new development that simulates a British Village. This is only a 5 minute bus ride from the main campus outside of your apartments. You simply have to wait at the bus stop; take bus #18 and it will drop you off at Thames Village where there are numerous shops, bars, restaurants, a lake and other recreational activities. This is a great way to spend a day or simply just an evening exploring this area at leisure. The #18 bus will then take you back and drop you off right in front of your housing facility. The local metro system is also only a 15 to 20 minute walk from your apartments that can literally take you anywhere in and around Shanghai.

Downtown Shanghai is approximately 30 to 45 minutes from the campus. This time variable is primarily based on traffic if you were taking a taxi, but often it can be reached quicker by taking the metro system, although there is a short stretch where you need to

change trains and take a cab or short walk from one station to the next to get all the way to downtown Shanghai on the Metro. In downtown Shanghai you have the Pudong District that is primarily the financial district that is across the river from the main shopping area and contains three of the tallest ten buildings in the world. Obviously the view is amazing from the top of these towers and this should not be missed at some point during your rotation.

Shopping opportunities on the other hand are literally everywhere including Mega Malls in the Pudong district or upscale shopping along the length of Nanjing Road. On Nanjing Road you will likely not be able to walk more than 20 feet before someone is trying to sell you a Rolex watch, a Gucci purse, a Dior jacket or other “specialty” items that China has to offer. 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 the people of Shanghai. 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 Shanghai along with the fake merchandise, there are also many stores with the real thing and prices to match.

Shanghai has numerous sports activities including professional and recreational basketball that you will see kids and adults playing everywhere. There also is a Formula 1 racing track in northern Shanghai and an indoor skiing facility that is approximately 15 to 20 minutes from your housing area by taxi. I actually went to this indoor skiing facility and it is quite an interesting treat. You pay essentially \$12 for one hour of skiing and they supply you everything including your coats, gloves, skis, boots, poles etc. Please do not set your expectations high and you will have a lot of fun. By the way the Chinese suck at skiing.

Also there are numerous parks and botanical gardens where you can go for a leisurely stroll both nearby the hospital campus facility as well as downtown Shanghai. If you want the ultimate in relaxation you can opt for a traditional Chinese massage. These are incredibly cheap and for \$10 to \$15 you can get a 1 to 2 hour massage (and no this does not involve any other extracurricular activities). There are also many places where you can get a traditional Chinese foot massage that also lasts for an hour and you will find surprisingly relaxing.

Shanghai is the international dining capital of China. Literally any kind of food can be found here but I would encourage all of you to be adventurous and pursue food of the local culture. Like many locations that I have identified you will find your ubiquitous Starbucks, Kentucky Fried Chicken, McDonalds, Dairy Queen and TacoBell. Personally I do not see how any one would resort to one of these dining choices with the local options that are available.

Keep in mind that during your weekdays you are expected to adhere to a 10:00 PM curfew so that the personnel at First People’s Hospital know where you are in the evenings. During the weekends you can be somewhat flexible. If you have any

excursions in which you will not be coming back that evening, these all need to be cleared through Dr. Gao. Also like Beijing there is an active market in fake items including jewelry, watches, purses, clothes etc. One thing that is somewhat different than Beijing is that they have a lot of winter jackets here including North Face, Spyder and Columbia.

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