

Activities at the Nihon University Medical Association

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Introduction

The Nihon University Medical Association (NUMA) was established in October 1958 and has a history of more than half a century. Its membership comprises physicians who belong to Nihon University School of Medicine and physicians who graduated from Nihon University School of Medicine and hope to join NUMA. The present membership size of NUMA is 827, the second largest after the University of Tokyo Medical Association, from among the twelve university medical associations in Tokyo.

NUMA aims at developing and disseminating physicians' activities, medical science and health care technologies among not only its members, but also physicians in general, from a broad perspective.

Activities

NUMA's main activities include 1) lifelong education for physicians, 2) implementation of activities that contribute to the development of medical science, 3) acquisition and instruction of public health knowledge, 4) dissemination and instruction of health care, 5) research and study on medical hygiene, and 6) liaison between medical associations, exchange of health care information, and other activities necessary for achieving the purposes of NUMA.

In the above activity fields, NUMA undertakes the following activities on an annual basis:

- (1) Selection and recognition of medical encouragement prizes,
- (2) Holding of the occupational physicians seminar,
- (3) Holding of the medical education summer

seminars,

- (4) Holding of the open classes for citizens,
- (5) Co-hosting or supporting of lifelong education classes and study meetings held in differing specialties of the School of Medicine,
- (6) Co-hosting of collaborative cancer seminars in the areas surrounding the university hospital,
- (7) Co-hosting of classes for developing clinical training instructors,
- (8) Provision of a call service for general practitioners, hospital physicians and alumni in differing departments, and more.

An overview of NUMA's activities is presented below, with a focus on the activities held by NUMA in 2009.

Occupational physicians seminar

NUMA held an occupational physicians seminar for public health improvement and instruction. The seminar was held over two days on a weekend in March. This seminar is targeted at supporting the acquisition and retention of the National Qualification of Occupational Physician. NUMA invited participants from across the nation, and physicians attended not only from Tokyo and the Kanto region, but also from as far north as Hokkaido and as far south as Kyushu. Classes on Day 1 covered recent trends in occupational health, trends in in-house mental disorder cases and the interview process, sleep disorders and shift work, sleep apnea syndrome, and diet guidance as specified health instruction. The program for Day 2 included specified health checks from the viewpoint of occupational physicians, measures at workplaces against hypertension among middle-aged people, imported infections and health at workplaces, occupational health and

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safety from legal perspectives, OA equipment and eye strain at workplaces, occupations and motor disorders, and counter-flu measures at workplaces. The seminar was highly successful and meaningful thanks to the enthusiastic instructors, with 300 participants on Day 1 and 299 participants on Day 2.

Open classes for citizens

NUMA held public classes for the dissemination and instruction of health care. These classes were held for the general public at the auditorium of the School of Medicine. On Day 1, 284 participants listened to the classes titled “Ear diseases—hearing loss and dizziness” and “Diagnosis and treatment of anemia and leukemia.” On Day 2, 261 participants listened to “Hazardous headaches and non-hazardous headaches” and “Depression and sleep.” The audience asked many questions, and the classes helped members of the public to gain medical knowledge.

Call service

NUMA provides a call service throughout the year for general practitioners, hospital physicians and alumni. Designated physicians in differing departments answer academic and clinical questions and provide useful information for the callers’ practice, over the phone during weekday mornings. In the previous fiscal year, 132 calls were received in total. The call service committee meets at the end of each fiscal year and considers necessary improvements for the future service.

Lifelong learning

The Medical Association and the School of Medicine Alumni co-hosted summer medical classes to support the lifelong learning of physicians. These classes have continued intermittently for about 40 years, since 1946. The classes are provided to general practitioners, hospital physicians, alumni, graduate school students and trainee physicians, over four days in mid-July at the auditorium of the School of Medicine, from 18:30 to 20:30, after office hours. Under the theme “Progress in imaging diagnosis in differing departments,” the classes this year were titled “Progress in imaging diagnosis for lung cancer” and “Progress in imaging diagnosis for ischemic heart disease” for Day 1, “Imaging diagnosis for gastrointestinal diseases” and “Roles of ultrasonic testing in the diagnosis of liver tumor” for

Day 2, “Imaging diagnosis for nervous systems” and “Imaging diagnosis in orthopedics—spine and spinal cord” for Day 3, and “Imaging diagnosis in obstetrics” and “Progress and requirements in imaging diagnosis in vascular surgery” for Day 4. About 30 physicians participated, most of whom were general practitioners. Because classes on weekday nights after office hours were difficult to attend for some participants, the schedule will be shifted to two days over a weekend, starting next year.

Medical encouragement prizes

NUMA selected and recognized medical encouragement prizes for the promotion of medical science. Four members who made substantial achievements in the previous year were selected and recognized, and they gave commemorative speeches at the clinical auditorium of the School of Medicine. The respective speeches were titled “Can Epstein-B virus be the cause of rheumatoid arthritis?,” “Diagnosis and treatment of carpal tunnel syndrome,” “Autoinflammatory syndrome—about its concept,” and “Faculty development at Nihon University School of Medicine.”

Lectures and seminars

NUMA co-hosted 19 lectures held by the respective classes for continuing medical education.

NUMA also co-hosted classes for developing clinical training instructors. These classes were held as training workshops for physicians who instruct clinical trainees, jointly with the School of Medicine Post-graduate Education Committee. The workshops were provided in three sessions, each over two days on a weekend.

NUMA also co-hosted the Lecture for the Internationalization Project of the School of Medicine. The Fourth Lecture for the Internationalization Project of Nihon University School of Medicine was co-hosted with the Medical Training Center. The lecture titled “An Overview of the Basics and Current Management of Congestive Heart Failure” was delivered by Dr. Kimberly Ann Parks, D.O., Assistant in Medicine, Division of Massachusetts General Hospital, Clinical Instructor, Harvard Medical School.

NUMA subsidized study meetings in differing fields, as an activity to support research and study on medical hygiene. Subsidies were provided to medical staff and students in 18 fields that invited lecturers from outside and held study meetings.

As a liaison activity for medical associations, NUMA representatives attended the Tokyo Liaison Meeting for University Medical Associations. The meeting and a friendship party were held in Tokyo. NUMA President and a member attended the meeting, and twelve executive officers of NUMA joined the party.

The above lists major activities undertaken in the previous year, providing an overview of NUMA.

Closing Remarks

The NUMA Office used to have a desk for clerical affairs in the office department of the library. Since September 2009, NUMA has an office room in the university library, in which dedicated clerks serve on a regular basis.

NUMA will continue to work actively for its members and promote medical and health care knowledge for its members and local residents, in collaboration with other university medical associations.



Nihon University School of Medicine