

## **Learning from Overseas - What Kind of Medical Care Can Be Provided to Those Located Overseas? - Bringing the Australian Way to Yamazoe**

### 1. Motivation behind Research Paper

I have been interested in medical care but when students presented in a class, I learned the phrase "remote medical care" for the first time. So, I wanted to research about this. Also, while researching medical care in remote areas, I learned that there are a lot of areas with no doctors in Japan, and even within Nara Prefecture there are areas without doctors. Based on this, if areas with no doctors decreased, medication will develop. Also, I think there will be an increase in the amount of people we can help.

### 2. Introduction

The aim of this research paper is to raise awareness about what can be done to reduce the number of doctorless areas by introducing medical institutions and improving the medical system.

Currently, there are 43 prefectures in Japan that have no doctor in some small towns. Among them, Nara has the 22nd largest number of doctors in remote areas. The age structure of doctors in remote areas is 34.1% for those aged 65 or older, 56.8% for those aged 50 to 64, and 62.6% for those aged 50 or older on average, with few young people in remote areas. There are currently nine doctorless areas in

Nara Prefecture, most of which are located in the Nanwa region. In addition, serious emergency patients in the no-doctor areas are transported to major hospitals by helicopter. Currently, Yamazoe Village has only three clinics, each with one doctor, but it was found that two of the clinics are run by the same doctor. Another problem is that there is no major hospital nearby, so transport is delayed.

GENEPRO, a business started by Manabu Saito, is a project that has set up a system that allows students to receive online remote instruction while gaining actual experience on remote islands and in remote areas of Japan. After completion of the training program, students are offered "elective training" of up to three months. During this period, students may choose to further their studies in a hospital in Japan, or they may choose to use the clinical and language skills they have developed during their year of training at hospitals in Australia or elsewhere in the world.

### 3. Results and Analysis

At least seven clinics and eight doctors are to be placed in Yamazoe village using the projects of the Remote Islands and Remote Areas Programme and the Dad's Back project. It will take about 3 to 4 years for the 7 clinics to be built. The eight doctors will participate in a 15 month training programme. If two doctors are recruited every 6 months, it will take 2 years and 9 months, which means that it will take a minimum of 4 years for all the clinics to be operational. However, if there is no change in the number of doctors after this time, the current situation will remain unchanged. So, doctors will be recruited from mainly large hospitals in the prefecture

and asked to take up their positions at each clinic after utilising the GENEPRO project.

In this way, if we can expand the use of projects like this across the country, in collaboration with Australian doctors who are at the forefront of the field of medicine (including remote island and remote area medicine) and whose system is being used as a model by many countries, we believe that healthcare will be more developed and more lives will be saved in Japan as a whole.

#### 4. Conclusion and Future Problems

I have been researching the assumption that the introduction of medical facilities in doctorless areas would increase the number of lives saved. I was not able to put my own ideas into practice. However, I have the conclusion that if I could implement the ideas I have come up with, medical care in Japan would develop better than it is now.

One of the challenges for the future is to improve the declining number of medical personnel in Japan. Another issue is how to install medical equipment at clinics in remote areas and how to fund such equipment.

#### 5. Reflection

Before this research theme, I had never even heard of the word "remote area medicine," but now I find myself doing a lot of research on my own about areas that are doctorless. I have renewed my determination to find out what I can do in this

world where depopulated areas are becoming more and more common due to the declining birthrate and ageing population.

## 6. Work Cited

GENEPRO. "Remote medical care", "Dad's back project", "Substitute Doctor System"

<https://genepro.org/aboutu>

Medical Problems in Remote Areas as Seen by Clinic Doctors

<https://www.jichi.ac.jp/toshokan/jmu-kiyo/32/32pdf-link/p29-41.pdf>

Remote Area Medicine-Nara

<https://www.pref.nara.jp/secure/191235/05-08hekichi.pdf>