Western and Traditional Medicine in China
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International Medical Student Camp

Week 1: Inpatient Pediatric Neurology, Gastroenterology, Renal and Respiratory Wards at West China Hospital in Chengdu, China
- Majority of cases seen: Encephalitis, Meningitis, HBV, Nephrotic Syndrome
- Interesting cases seen: Cushing syndrome, Shingles and mushroom poisoning
- Procedures observed: bone marrow biopsy, lumbar puncture and bronchoscopy

Week 2: Tour of pathology department and museum, Panda Breeding & Research Base visit and camp group performances
- Interesting specimens: Intestinal obstruction with Ascaris and conjoined twin fetuses
- Performed: Choreographed dance to High School Musical song, improv drama and sang a traditional Chinese song

Traditional Chinese Medicine (TCM)

Week 3: Inpatient TCM Department at West China Hospital in Chengdu, China
- This department is well-known in China for their successful TCM treatment of acute pancreatitis
- Treatment of acute pancreatitis includes:
  - Herbal drink administered 3x day to improve GI functioning.
  - IV herbal solution administered to improve Qi and blood circulation
- Other TCM treatments:

Week 4: Outpatient TCM Department at West China Hospital
- Traditional Chinese Medicine is based on 5 internal and environmental influences including heat, dampness, dryness, wind, and coldness
- To alleviate symptoms or cure the illness, TCM doctors can use acupuncture (with or without heat or electric pulses), acupressure, cupping and massage along specific points on invisible meridians that are like highways for Qi.

Family Medicine and Orthopedics in Shanghai

Week 5: Family Medicine and Orthopedics Department in East and South Hospital (affiliated with Tongji University) in Shanghai, China
- The Family Medicine Department was established 2 years ago, but has not officially opened as there are a set of physicians training specifically for Family Medicine
- The current Family Medicine Department mainly cares for the geriatric population in an inpatient setting handling medical conditions such as end-stage cancers, coronary heart disease and diabetes
- Orthopedists handle emergency surgery in-take and can see upward to 100 patients a day (no need for appointment) with conditions such as back pain, vehicle accidents, post-injury inflammation and any other aches or pains the patient may be experiencing.
- Procedures observed: Liver bacterial abscess drainage, thoracentesis, naso-gastric tube placement and repair of distal clavicle fracture

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Figure 1: Examining patient with lymphadenopathy
Figure 2: Morning rounding with the medical team in a pediatric renal/respiratory ward
Figure 3: Listening to Rales in a pediatric patient with pneumonia

Figure 4: My performance team with West China Medical School students and one other international medical student from the University of Edinburgh
Figure 5: Panda enjoying bamboo at Panda Base

Figure 6-8: Herbal paste applied to stomach and covered with green leaves and cloth (to keep in moisture) to help promote gastrointestinal movement
Figure 9: Temporary Electric Nerve Stimulation is used to treat respiratory conditions such as COPD and asthma
Figure 10: Acupuncture with electrical stimulation is used to treat paralysis due to stroke. Patient's family noticed improved symptoms after one week

Figure 11: Massage after cupping therapy
Figure 12: Colorful effects after cupping therapy
Figure 13: Acupuncture with electric pulses and herbal incense to add heat

Figure 14: Medical team leading the development of the Family Medicine Department at East Hospital in Shanghai

Figures 15 and 16: X-ray of clavicle fracture and subsequent repair