Understanding Eastern and Western Healthcare in China
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Objectives
- Chinese cultural immersion: participate in a number of outings to museums, historical sites, and Chengdu Panda Breeding Facility while engaging with our Chinese medical student peers and eating local foods
- Participation in hospital rotations in various specialties with medical students from around the world
- Improvement in knowledge of Chinese healthcare system and Traditional Chinese Medicine (TCM)

International Medical Student Camp
- **Week 1:** opening ceremony, ice breakers, sports day, State Lab, Chengdu Museum, Panda Breeding Facility, Dujiangyan Irrigation System
- **Week 2:** Shadowing in emergency department, Traditional Chinese Medicine, cardiology, pediatrics, OB-gyn, physical medicine and rehabilitation (PMR)

Traditional Chinese Medicine (TCM)
TCM is based on the idea that when patients are sick, it is due to imbalances in the flow of their Qi through channels in the body called meridians. This imbalance is caused by the opposing influences of Qi within the body and the “six pathogenic factors” outside the body thus leading to disease.

Common procedures observed: acupuncture, cupping therapy, moxibustion, herbal medicine prescription, TCM diagnosis, infrared healing

Beijing – Peking University
Cases observed: Back pain, ankle pain, shoulder pain, infertility, hepatitis

Shanghai – Tongji University
Cases observed: post-stroke and post-concussion conditions, facial paralysis, muscle weakness, spinal injury rehab, weight management, Herpes Zoster virus

Chengdu – West China Hospital
Cases observed: acute pancreatitis, ileus, appendicitis, Budd-Chiari syndrome, COPD, bronchitis

Surgery/Anesthesiology
Beijing – Peking University
Cases observed: biliary cancer, laparoscopic gallstone removal, inguinal hernia surgery

Chengdu – West China Hospital
Cases observed: laparoscopic liver resection, pancreatic cancer, mitral valve replacement, polydactyly, herniated cervical disk

Emergency Medicine
Chengdu – West China Hospital
Procedures observed: lumbar puncture, pleural effusion drainage, ascites drainage, wound stitching and debridement

Cases observed: snake bite, ascites, MRSA, septic shock/bacterial meningitis, tuberculosis, car accidents

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