

Study Report for a Lab Tour of the National Institutes of Health

Introduction

The purpose of this report is explain what I did and learned through the visiting at National Institutes of Health (NIH). This opportunity I had with NIH was a great chance to meet many professionals who led the latest research in the world.

Description of the visiting

I had a lab tour at the National Heart, Lung, and Blood Institute (NHLBI), the National Cancer Institute (NCI) and the National Human Genome Research Institute (NHGRI) which are a part of the National Institutes of Health (NIH). Everything that I saw at the NIH was magnificent and it was all beyond my imagination. NIH is the one of the most large scale and world top institutes for research so the laboratory itself was large. There are so many rooms for each specific experimental equipment and researchers do not need to wait until the equipment is available because of in use. What I was surprised the most was the open atmosphere which enable to make all researchers communicate smoothly and fell free to share their idea with the other professionals of various field's. I think this seamless environment is one of the tips to have in mind a new idea that not only one person can do and make it happen sooner.

The influence on future career plans

This opportunity to visit the NIH and meet people who works there definitely great impact on my future plan. One of my main goals is to improve and develop skills for my research. Another goal is studying abroad and also improve my English.

Conclusion

My experience at the NIH was the one that I will never forget. The chance to visit there and meet professional researchers provide me an opportunity to know the world highest peak and it is a great inspiration to me.

Study Report for a Shadowing at MedStar St. Mary's Hospital

Introduction

The reason I choose to shadow at MedStar St. Mary's Hospital is because

I wanted to know the role of pharmacist and the hospital function and organization in the US and benefit from the experience. I expected that it would be a new challenge to learn and improve skills and knowledge during my stay in the US.

Description of the visiting

I had a chance to pharmacist shadowing and hospital tour. I could learn how the health care providers work in the hospital and what is the similarities and differences between those of Japan and the US through the opportunity. Technicians and pharmacists are working at the pharmacy department in the hospital. Technicians are responsible for dispensing medicines under the supervision of pharmacists. 1 Pharmacist is assigned to the central pharmacy and 3 pharmacists are assigned to the each floor and they are responsible for preparing medications, providing a pharmaceutical information and monitoring patient's medication. Medication is becoming more mechanized in the US. There are medical equipment called Pyxis MedStation which is automated medication dispensing system at each floor. Up to 80% of patient medications for inpatient will be dispensed from the Pyxis Medstation by nurse who is in each floor most often. The system helps accurately dispense medication for safety and efficiency. What I thought it was similar to Japan is to prevent them from picking wrong medicine "look alike and sound alike drugs" list and seal was on the wall and shelf. In addition, it's needed to be confirmed by at least 2 person to make sure it is right each time they deal with medicine and keep the record as proof.

The influence on future career plans

I realize pharmacists are required to acquire skills to think quickly and accurately based on evidence to give patient appropriate medication. To achieve the goal I should focus on a patients needs and what I am able to do for them.

Conclusion

I felt I could see a vision of future. Dispensing will be more mechanized in the future and medicine will become more complicated in its function and regimen. Pharmacists need not only the basic skills and knowledge for a common case but also for a rare case or for so called tailor-made-medication which means targeting individually and providing the most appropriate medication.