

2024

**JAPANESE PEDIATRIC ORTHOPAEDIC  
ASSOCIATION**

**ASIAN TRAVELLING FELLOWSHIP AWARDS**

*Travelogue*

**LOIS DESIREE OBRA-ROCES**

(FROM: PHILIPPINES)



# ❖ Hospital Experience ❖

## MIYAGI CHILDREN'S HOSPITAL

The Pediatric Orthopedics Department at Miyagi Children's Hospital in Sendai, Japan provides multi-disciplinary specialized care for children with congenital musculoskeletal conditions.

The hospital is known for its advanced medical technology, child-friendly environment, and commitment to enhancing patient well-being. It also plays a vital role in research, education, and training.



# ❖ Hospital Experience ❖

## **MIYAGI CHILDREN'S HOSPITAL**

---

Led by Dr. Tatsuhiro Ochiai and Dr. Chika Mizuno, the department is staffed by expert orthopedic surgeons who use advanced diagnostic tools and treatment techniques. The staff is very approachable making the working environment very dynamic.

During my visit, I had the opportunity to observe the medical team as they assessed and treated various pediatric orthopedic patients. I was particularly impressed by the focus on patient-centered care, with the physicians taking the time to carefully explain diagnoses and treatment plans to both the children and their families. I also joined the daily ward rounds and some of the surgeries.



# Hospital Experience

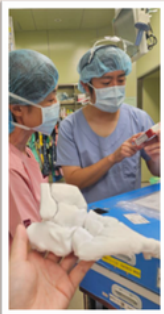
## MIYAGI CHILDREN'S HOSPITAL



### Day 1

From the moment I arrived at the hospital, I was struck by the level of organization and attention to detail. After a brief hospital tour and orientation, I joined the medical team on their daily ward rounds. It quickly became apparent that the doctors maintain excellent relationships with both the hospital staff and their young patients. The interactions with the patients were notably friendly and comforting

I was then able to join the surgeries scheduled for the day. Both cases were interesting and unique learning experiences.



### Day 2

After ward rounds and a short surgery, I was asked to give a brief lecture to the staff about my experience in treating severe Blount's Disease using gradual correction via the Ilizarov technique.

Shortly thereafter, the staff kindly prepared a welcome dinner. This allowed me to meet more people working at Miyagi Children's Hospital and get to know them better. It was a very enjoyable evening.



# ❖ Hospital Experience ❖

## MIYAGI CHILDREN'S HOSPITAL

---

### Days 3-4

---

The next two days were filled with observing and assisting with outpatient consultations. I was also able to assist in some outpatient procedures such as Ponseti casting for clubfoot and Botox injections. I was particularly impressed by the organized and efficient patient flow, as well as the meticulous documentation of each case.

### Day 5

---

My last day was for Orthotic consultations. I got a first-hand look at the process of prescribing and fitting pediatric orthoses, including ankle-foot orthoses, knee-ankle-foot orthoses, and spinal braces. I was very amazed at the variety of orthotics as well as the customizable options available.

Overall, my visit to Miyagi Children's Hospital was a very enriching experience.



# Leisure Time

## SENDAI, MIYAGI PREFECTURE

During my days off, I was free to explore the beautiful city of Sendai. It is the capital of Miyagi Prefecture and is located in the Tohoku region of northern Japan. The city is full of many cultural sites. The food scene is highlighted by its famous gyutan (beef tongue) and local seafood.

During my many walks throughout the city, I had the opportunity to explore some of Sendai's historical sites, including Sendai Castle, which offered a magnificent view of the surrounding area. I was also fortunate to catch the Christmas Market and the Pageant of Starlight during my stay. In addition, I met the "One-Eyed Dragon", Date Masamune. He was a feudal lord known for his visionary leadership that helped develop modern-day Sendai.

Dr. Chika Mizuno and her husband very kindly took me on a day trip to explore Matsushima Bay. This is considered as one of Japan's most scenic views. We also strolled along the grounds of Zuiganji Temple and enjoyed a traditional Japanese lunch. I found Sendai to be a very vibrant and relaxing city. I hope to visit again in the future!



# 35TH JPOA ANNUAL MEETING

## ❖ Fukuoka, Japan ❖

From Sendai, I traveled south to Fukuoka to attend the 2024 Japanese Pediatric Orthopedic Annual Meeting, an event that drew leading experts and practitioners from across Japan and beyond. During the meeting, it was inspiring to see the level of expertise and passion from prominent orthopedic surgeons in the nation. I was also able to give my presentation on my own research during the meeting.



# Thank You

どうもありがとうございます

Overall, my time at Miyagi Children's Hospital in Sendai and the Japanese Pediatric Orthopedic Annual Meeting in Fukuoka was excellent for professional development and cultural immersion. I feel deeply grateful for the people I met, the experiences I had, and the lessons I would carry with me throughout my career. I am also thankful to the Japanese Pediatric Orthopedic Society for this unforgettable experience, which I will treasure for many years to come.

