

Raisul Maarif (6 months international fellow)
Neurosurgery Resident, Universitas Airlangga, Indonesia
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Takeda Science Foundation



I am Raisul Maarif and my nickname is ライス in Japanese.

It was a very great opportunity for me as a second year of resident to be able to join the fellowship program in TWMU Adachi Medical Center. I am very thankful to have had Hidetoshi Kasuya sensei and Yuichi Kubota sensei for giving me a chance to be the first fellow in this Japan's newest hospital in 2022.

I learned a lot of things from all the staff and residents here, including clinical and research activities. Some of the activities I involved were morning report and rounds, imaging modalities presentation, emergency shift, emergency and elective surgeries, journal club and teleconference meeting, seminar, workshop and many more. Several common procedures were external ventricular drainage (EVD), burrhole drainage, evacuation of hematoma, cranioplasty, VP and LP shunt, tumor excision, fluorescence-guided resection, microvascular decompression (MVD), spine surgery, stereotactic epilepsy surgery, clipping surgery, stent-assisted coiling embolization, STA-MCA bypass, and so on. Besides, this hospital has many advanced technologies such as ROSA (*Robotic Stereotactic Assistance*) which is similar to GPS robotic device for the brain and Mitaka Hawksight 3D exoscope which allows to see 3D surgery field such as anastomosis procedure wearing special 3D glasses. It also affiliated with another hospital in Shinjuku where I gained a knowledge of Gamma Knife surgery.

TWMU Adachi Medical Center has great mentors and residents. They are people who sees more talent and ability within me, than I see in myself, and helps bring it out of me. Some of the special moments were when Kubota sensei, Mikhail sensei, and Mrs. Obara welcomed me very well when I arrived in the hospital. They enlightened me with new fun atmosphere of neurosurgery environment in Japan. I remember when Ohbuchi sensei and Kikuchi sensei invited me to participate in VP shunt surgery with programmable shunt for the first time. Hagiwara sensei taught me how to see important points on CT and MRI. Inazuka sensei also showed me spine surgery devices and techniques. Yokosako sensei educated me how to identify anatomical structures in neurovascular contact. Imazato sensei and Arai sensei taught me how to perform good suture on dural tenting in surgery ward and microsurgery workshops. Ebise sensei, Nishiyama sensei, and Ujiie sensei as residents also always supported me in any surgeries we joined together.

I really thank to Kubota sensei, Mikhail sensei, Hagiwara sensei, Ohbuchi sensei, Arai sensei, Imazato sensei, Yokosako sensei, Inazuka sensei, Kikuchi sensei, Ebise sensei, Nishiyama sensei, and Ujiie sensei. I wanted to say thank you for making this program very interesting and interactive. They are not only colleagues, but also family for me. And this is going to be a stepping stone for me to reach my dreams in the future. I owe them all a huge debt of gratitude, and it has been a great honour to be associated with such marvellous people like them. Even it seems a little thing for today, for one day I may look back and realize they were the big things.



And for the last, Japan is the most amazing place for me. It feels like my second hometown. The Japanese culture fascinates me including the food, the dress, the manners, and the traditions. I also learn japanese language here and I am going to master it. It's the longlife learning experience that has moved me the most. And it changed my life and how I see the world. And this year, 2023, I also would like to say happy 65th anniversary of Indonesia-Japan relationship.

日本インドネシア 65 周年おめでとうございます



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