

ACP Japan Chapter Meeting

June 22-23, 2024

Tokyo, Japan

Global Ambassador reflections provided by: Marion McCrary, MD, FACP, FAMWA

The Growth Mindset in Action: Connection and Collaboration at the Japan ACP Annual Chapter Meeting

It was an honor for me to attend the ACP Japan Annual Chapter Meeting as an ACP Global Ambassador and I left there with a renewed sense of how we can connect across cultures through our love of medicine and continue to collaborate on critical issues that have no borders.

Dr. Harumi Gomi, Governor of the Japan Chapter, intentionally invited me to speak both on well-being topics and career design. I have had a mentor relationship with the Japan Well-being champions and there was a recent change in Japan where workplace hours restrictions were enacted for physicians. My focus was to explore well-being and work-life integration in the context of Japanese values through the presentations: Physician Well-being 2.0 in 2024 and Intentional Career Design and Development.

The ACP Japan annual chapter meeting was held June 22-23, 2024, at the Tokyo Akasaka campus of the International University of Health and Welfare highlighting "I.M. PROUD: To Stay Updated and Current as a Lifelong Learner." The team of Dr. Yuka Kitano (Chairperson of Organizing Committee), Dr. Harumi Gomi, and Dr. Sughiro Hamaguchi (Trustee of Organizing Committee) created an experience I would love to replicate at my own chapter scientific session. Everyone was excited to return to an in-person format, the first since 2019. The meeting was directed to both generalists and subspecialists and offered resources and opportunities to remain updated and confident in practice. Medical students and residents presented posters, took part in a Doctor's Dilemma Competition, and presented crucial aspects of care for the Adolescent and Young Adult generation. Six skilled physicians presented live abstracts in the Kurokawa Prize competition in the clinical case and research categories. The top physician in each group received the coveted award, a chance to meet Dr. Kurokawa and funding for travel to Internal Medicine Meeting 2025.

Kiyoshi Kurokawa, MD, MACP, is the leader who sparked the regional initiative to establish the ACP Japan Chapter, which was the first international chapter outside of the Americas. He served two terms as the inaugural Governor. He has 14 years of clinical and teaching experience in the U.S. and has advocated for medical education reform in Japan and he is revered by the Japan ACP membership.

The meeting location was easily accessible and was a new, well-equipped facility. The main sessions were held in a large teaching auditorium and there were many classrooms available for concurrent sessions. The IT set up and support from a large event company was flawless and extremely professional. I was told over five hundred participants registered.

I was treated as an honored guest by all. I was invited to the welcome dinner at local restaurant and was able to meet and talk with the Governor's Council members, all the former ACP Japan Governors, and a keynote speaker: Dr. Haruko Akatsu, Vice President of the International University of Health and Welfare. It was here that the conversation started about some of the unique aspects of a medical career in Japan compared to the USA.

Dr. Gomi is a professor at the International University of Health and Welfare where they prepare medical students to practice medicine in both English and Japanese languages. The first two didactic years are taught in English then then they converse in Japanese with their patients in their clinical rotations. In other medical schools, the curriculum is all in Japanese. I sense that the students in the Japan ACP are members because they wanted expanded experience with the care of patients and professional opportunities in English speaking countries as well as Japan. Many want to pursue rotations in the US, Australia, Britain, and Europe. Some are interested in US residences. Some have previously lived in the United States and some students have come to study in Japan from other countries, like Malaysia.

I had the opportunity to spend a large amount of my time talking with these residents and students. I attended the student session and presentation on AYA (Adolescent and Young Adult) patients with cancer. This was a well-

coordinated English language multi-presenter session on the unique aspects of care for this population. I was thoroughly impressed with their professional presentation, their advocacy efforts, and their initiative on this topic. When asked to give my thoughts to the group at the end, I whole-heartedly expressed that this model was something I was taking back to my chapter as a best practice example for our medical student members to consider at our annual session.

Later that day, at the reception, I was approached by many of those same students who had questions about work-life integration and how it affected them at this stage in their career and might also later in training. Our conversations touched on perfectionism, expectations, how to use their strengths and values to decide how they wanted to design their careers, and what to do when feeling overwhelmed.

Additionally, ACP staff was available at an exhibit table with information and member resources. Being able to share this experience with Dana Acord, ACP Chapter Liaison for the Japan Chapter, was a special treat.

My growth mindset was fully active when visiting a part of the world where I had never been and didn't speak the language other than a few words. I tried food I had never tried before. I visited beautiful gardens and shrines and found historic treasures tucked away in the middle of a busy city. I was inspired to continue to explore and grow. I hope that my presentations and my conversations also inspired the physicians and students that I met to consider what will fulfill them, challenge their comfort zones, and encourage them to consider opportunities they have in their career and their lives.

Domo Arigatou Gozaimasu!



Dr. Gomi, Dr. McCrary, and Dr. Yuka Kitano



Dr. McCrary during her lecture





Dr. McCrary and Dr. Gomi with medical student committee members.



