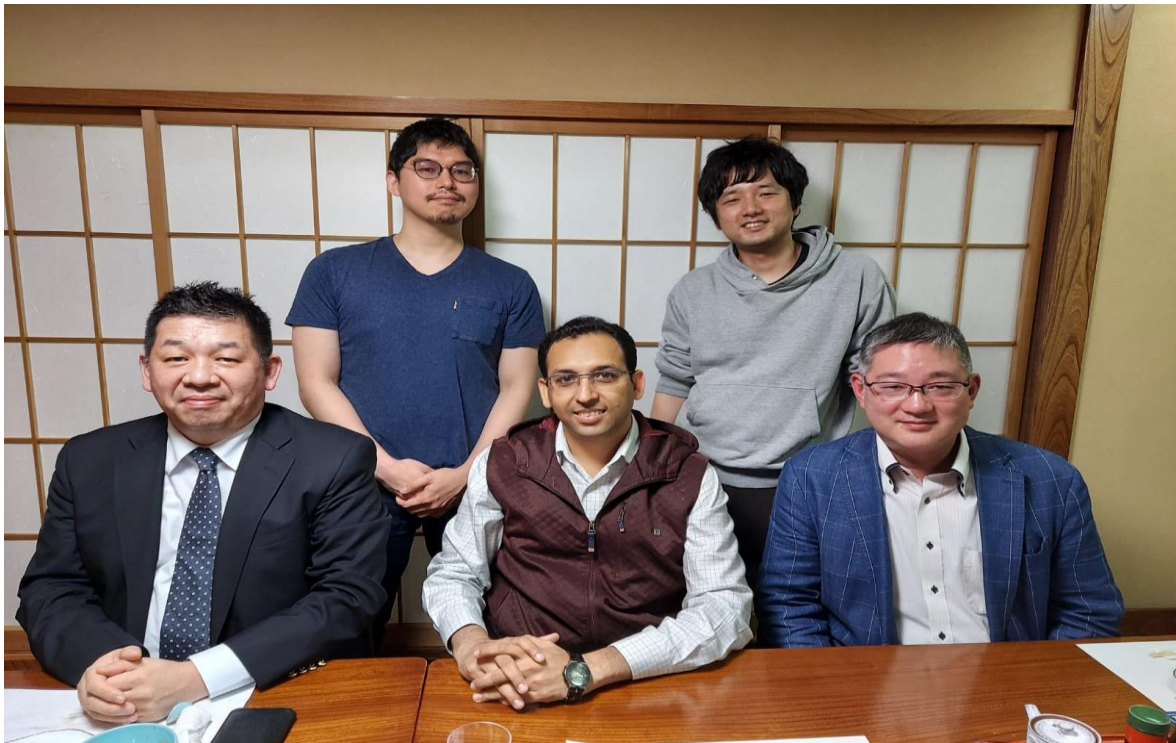


Observership to Japan 2022 (Dr. Vaibhav Varshney): what I experienced in Japan and what I will practice in my country

At the very outset, I would like to express my sincere gratitude to the Japanese Society of Hepato-Biliary-Pancreatic Surgery (JSHBPS) for selecting me for this ‘Observership program to Japan.’ Indeed, it was a golden opportunity for me to visit Japan, an entirely different world altogether, and gain knowledge & skills from the Japanese surgeons and experience their unique culture.

I pursued my observership in the Department of Hepatobiliary & Pancreatic (HBP) Surgery with Artificial Organs & Transplantation at the University of Tokyo Hospital under the mentorship of Prof. Kiyoshi Hasegawa. This center is well known for performing various complex HBP surgeries and providing various vital concepts in liver surgery by Prof. Makuuchi, which are still followed worldwide.



A Warm Welcome Party at the University of Tokyo Hospital with Prof. K. Hasegawa, Dr. J. Arita, Dr. T. Takeo, and Dr. Hayakawa

My entire stay at UTH was immensely enriching. The morning conferences were very educative & informative in which all detail about the patients was discussed systematically. All pre-operative investigations, including radiological imaging, were discussed thoroughly, and treatment plans were formulated. All the faculty members and post-graduate students were very kind, friendly, & hard-working. They were always open to discussion and put all effort

into resolving my queries in every possible way. Though the HBP textbooks were in Japanese, the hand-drawn diagrams and intra-operative pictures in the book were self-explanatory and helped to understand various vital points. Apart from this, the access to all the recent articles published in the Journal of HBP Sciences was beneficial and provided insight into recent advances in HBP surgery.



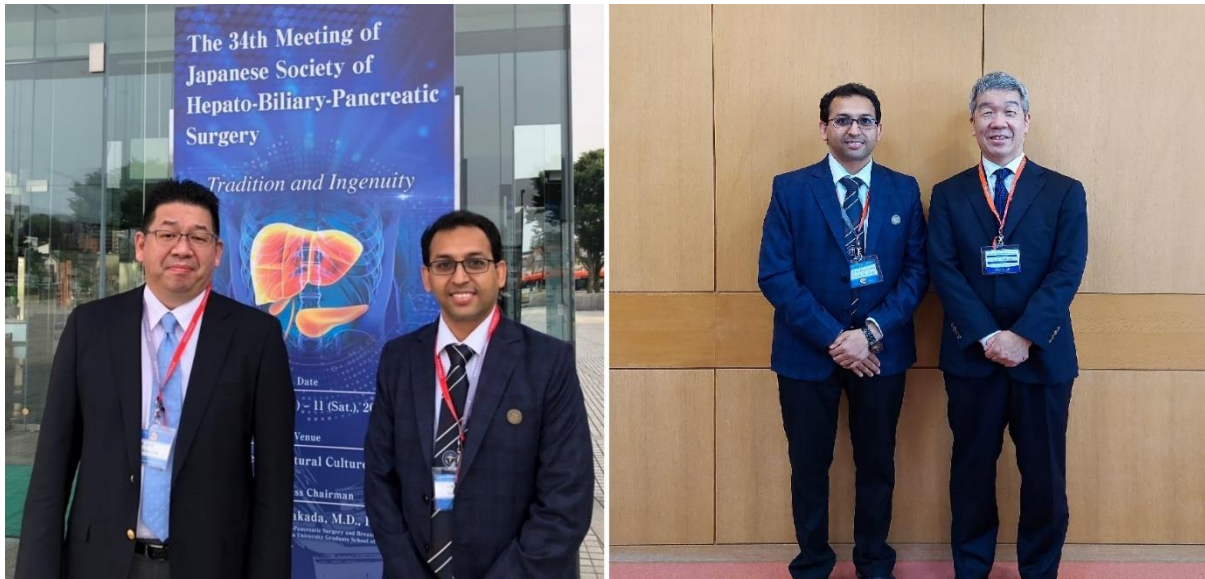
Team members at the University of Tokyo Hospital: Left picture with Dr. Toda Takeo and the right one with Dr. Hayashi, Dr. Miyata, and Dr. Shu Sasaki

Further, I noticed how a meticulous surgical technique could provide excellent postoperative outcomes. I have observed several surgeries, like hepatectomy for HCC & hilar cholangiocarcinoma, segmental anatomical & non-anatomical liver resection for colorectal liver metastasis, and Pancreatoduodenectomy by SMA first approach. Apart from this, I also experienced minimally invasive surgeries like robotic distal pancreatectomy and segmental liver resection. The liberal use of intraoperative ultrasound during liver surgery was awe-inspiring. I also learned various aspects of living donor liver transplants, especially vascular reconstruction techniques using cryopreserved homograft and the use of pringle maneuver during donor hepatectomy. I learned something new in every procedure, even in the same surgical procedures again. All team members' punctuality and promptness in executing every task during surgery were commendable.

Tokyo city is very well-organized and safe for any overseas students due to the kind and friendly people. This city is occupied with peculiar culture & customs and historical monuments, with everything in place having a meaning and purpose. During my leisure time, I have visited many beautiful places in Tokyo and nearby cities, namely Senso-ji Shrine, Meiji-Jingu Shrine, Mount Fuji with Lake Kawaguchiko, Tokyo Skytree & Tower, etc. The hospitality and helpfulness of Japanese citizens were beyond my imagination that helped me

feel comfortable and relaxed. Punctuality, self-discipline, and humility are the critical factors for this prosperous and developed nation.

Further, I would like to congratulate the organizing committee for the enlightening 34th meeting of JSHBPS that occurred from 10th to 11th June 2022 at Ehime Prefecture. It was a great learning experience to interact with the stalwarts of HBP surgery. All educational sessions were very elaborative & educative and improved my understanding of various HBP disorders.



Picture at the 34th meeting of JSHBPS with my mentor Prof. Kiyoshi Hasegawa and the President of the JSHBPS Prof. Itaru Endo.

All the knowledge and experience I have gained from this training will surely benefit me to progress in my practice in HBP Surgery. This includes improvement in peri-operative planning, particularly the evaluation of liver function by ICG clearance test, utilization of intra-operative ultrasound, liberal use of Pringle maneuver, and meticulous intraoperative dissection. I have noticed a few advanced surgical instruments being used during surgery and found them very helpful, and I would like to procure and use them for my patients in India.

In conclusion, this observership program was invaluable for me and will remain a delightful lifetime memory. I realized how good post-operative outcomes could be achieved by proper preoperative planning and precise surgical technique for any complex HPB ailments. Undoubtedly, this program is a boon for the budding HBP surgeons from the Asia Pacific region. Lastly, I am humbled by Japanese surgeons' simplicity and dedication to work, and I hope this short stay will underlay a long-standing friendship with them.