



TRAINING AND DIALOGUE PROGRAMS

GENERAL INFORMATION ON

Cardiovascular Diseases

集団研修「循環器病対策」

JFY 2010

<Type: Trainers' Training/ 類型:人材育成普及型>

NO. J10-00664/ ID. 1080738

From Aug 2010 to March 2011

Phases in Japan: From Sep. 6, 2010 to Nov.20 , 2010

This information pertains to one of the Training and Dialogue Programs of the Japan International Cooperation Agency (JICA), which shall be implemented as part of the Official Development Assistance of the Government of Japan based on bilateral agreement between both Governments.

I. Concept

Background

Due to the change of life style, morbidity of cardiovascular diseases has become high not only in developed countries but also in developing countries.

It is an urgent issue to improve the quality of medical service in developing countries by cultivating highly specialized human resources.

For what?

This program aims to improve the quality of medical services on cardiovascular diseases in developing countries.

For whom?

This program is offered to medical institutions which provide medical services on cardiovascular diseases, which assume leading role to improve service quality in the country or the area.

How?

Participants shall have opportunities in Japan to observe medical care cases on cardiovascular diseases. Participants shall find some skill or knowledge which can be applied in their countries and make a plan to share the skill or knowledge from those cases.

Participating organizations will be required to have dissemination programs and report the result to JICA.

Participants shall also have opportunities to learn Japanese language and Japanese culture.

Important Notice: Participants are strictly prohibited to touch patients by Japanese law. The training will be delivered by observations and lectures only. Hands-on training will not be provided.

II. Description

1. Title (J-No.): Cardiovascular Diseases (J10-00664)

2. Period of program

Duration of whole program:	August 2010 to March 2011
Preliminary Phase: (in a participant's home country)	August 2010
Core Phase in Japan:	September 6, 2010 to November 20, 2010
Finalization Phase: (in a participant's home country)	November 2010 to March 2011

3. Target Regions or Countries

Albania(1), Argentina(1), China(1), Philippines(2), Iraq(2)

The number in the parentheses indicates the number of participants allotted to the country.

4. Eligible / Target Organization

Medical institutions which provide medical services on cardiovascular diseases, which assume leading role to improve service quality in the country or the area.

5. Total Number of Participants

7 participants

6. Language to be used in this program: English

7. Program Objective:

Japanese Case studies on cardiovascular diseases will be shared in participating organizations.

8. Overall Goal

The level of skills and knowledge on cardiovascular diseases in participating organizations will be improved.

9. Expected Module Output and Contents:

This program consists of the following components. Details on each component are given below:

(1) Preliminary Phase in a participant's home country (August 2010) <i>Participating organizations make required preparation for the Program in the respective country.</i>	
Expected Module Output	Activities
Country Report is formulated	Formulation and submission of Country Report.

(2) Core Phase in Japan (September 6, 2010 to November 20, 2010) <i>Participants dispatched by the organizations attend the Program implemented in Japan.</i>		
Expected Module Output	Subjects/Agendas	Methodology
At the end of the core phase, participants will be able to explain following matters. (1) Japan's present situation of diagnosis and treatment of cardiovascular and related diseases, (2) Emergency care and intensive care of cardiovascular and related diseases provided in Japan (3) Investigation and prevention of cardiovascular and related diseases implemented in Japan.	(1) NCVV Training Participants are separated to undertake technical training according to their specialties.	On-site observation Medical Literature research Attendance and discussion at conferences, symposiums, etc.
	(2) Extra-Institutional Training • Attendance as observers at academic meetings. • Study Tours of related facilities	Lecture Observation and Exercise
At the end of the core phase, dissemination plan will be formulated.	(1) To formulate a dissemination plan to share skills or knowledge gained in Japan.	Plan formulation

(4)Finalization Phase in a participant's home country <i>Participating organizations produce final outputs by making use of results brought back by participants. This phase marks the end of the Program.</i>	
Expected Module Output	Activities
To implement dissemination programs	Dissemination programs will be conducted by participating organization to share skills or knowledge gained in the core phase. Participating organizations are required to report the result by March 2011.

<Structure of the program>

1. Preliminary phase (activities in your home country): Preparation of Country Report.
2. Core Phase (activities in Japan):

(1) Training Subjects

Although this course is included as a Group Training Course within the JICA training programme, it provides the participants with individual training in one of the below departments of the National Cardiovascular Center. **It is very important for applicants to understand the unique nature of the course and for the selected participants to ensure adequate knowledge of the department allocated to them.** Applicants should select their preferred departments on the basis of the information in ANNEX II, according to their experience and knowledge.

(2) Choice of Department

The applicants are requested to choose one department from the list below and to write down the number and name of the department in the Questionnaire/Country Report (ANNEX III), and submit it together with the Nomination Form. Since there is a limit to the number of participants that can be accepted by a department, the Questionnaire/Country Report will be used to identify the most suitable department when an applicant's preference cannot be met. Training curriculum will be limited to the activities of that department.

No.	Department	Division
1	Department of Medicine	Division of Cardiology and Angiology, and Coronary Care Unit (CCU)
2		Cerebrovascular Division and Stroke Care Unit (SCU)
3		Division of Hypertension and Renal Disease
4		Division of Arteriosclerosis, Metabolism and Clinical Nutrition
5	Department of Cardiovascular Surgery and Surgical Intensive Care Units (ICU)	
6	Department of Cerebrovascular Surgery and Neurosurgical Care Unit (NCU)	
7	Department of Anesthesiology	
8	Department of Pediatrics	
9	Department of Radiology and Nuclear Medicine	
10	Department of Preventive Medicine	
11	Department of Pathology	
12	Department of Perinatology	

(* Details of the Departments are given in Annex II)

- (3) An intensive series of lectures will be held on specified themes during the training course.
- (4) A final evaluation will be conducted during the training course.
 - Achievement of personal goals stated in the Country Report presentation
 - Action Reports detailing how training outcomes will be applied upon returning home
- (5) Number of participants allowed for acceptance in each field of specialty (All other departments will accept one participant each.)
 - a) Cardiology and angiology: 2
 - b) Cardiovascular surgery: 2
 - c) Hypertension and renal disease: 1
 - d) Anesthesiology: 1
 - e) Pediatrics: 2

NOTE: In the event that the number of applicants exceeds the allowed number in a specific field, acceptance may not be possible despite having satisfied the necessary prerequisites.

- **Please note that this course, in accordance with Japan's Medical Practitioners Law, does not provide participants hands-on training. It is strictly prohibited to touch patients without Japanese license of medical doctor.**

3. Finalization Phase (activities in home country)

Participating organizations are expected to conduct dissemination program and report on progress within six (4) months after the end of the phase in Japan.

10. Tentative Schedule (Core Phase in Japan)

September 6 Arrival in Japan

September 7 to September 17

Briefing, General Orientation, Intensive Japanese Language Training

September 21 to November 18

Technical Training

November 19 Closing Ceremony
November 20 Departure from Japan

III. Conditions and Procedures for Application

1. Expectations for the Participating Organizations:

- (1) This program is designed for medical institutions which provide medical care on cardiovascular diseases, and which play leading role to improve the quality of medical care in the country of the area.
- (2) Participating organizations are also expected to make the best use of the results achieved by their participants in Japan by carrying out the dissemination programs to share skills or knowledge.

2. Nominee Qualifications:

Applying Organizations are expected to select nominees who meet the following qualifications.

(1) Essential Qualifications

- 1) Current Duties: be a licensed physician or a surgeon authorized by their government,
- 2) Experience in the relevant field: have more than five (5) years' occupational experience in diagnosis and treatment of cardiovascular diseases
- 3) Language: have a competent command of spoken and written English which is equal to TOEFL CBT 250 or more. Please attach an official certificate for English ability such as TOEFL, TOEIC etc, if possible). **Since this program contains quite a few discussions in English, high communication ability in English is essential to participate in the training.**
- 4) Health: must be in good health, both physically and mentally, to participate in the Program in Japan
- 5) Must not be serving any form of military service.

(2) Recommendable Qualifications

- 1) Age: be under the age of forty (40)

3. Required Documents for Application

- (1) Application Form:** The Application Form is available at the respective country's JICA office or the Embassy of Japan.
- (2) Nominee's English Score Sheet:** to be submitted with the application form. If you have any official documentation of English ability (e.g., TOEFL, TOEIC, IELTS), please attach it (or a copy) to the application form.
- (3) Questionnaire/Country Report:** to be submitted with the application form. Fill in Attachment-3 of this General Information, and submit it along with the Nomination Form.

4. Procedure for Application and Selection :

(1) Submitting the Application Documents:

Closing date for application to the JICA Center in JAPAN: July 6, 2010

Note: Please confirm the closing date set by the respective country's JICA office or Embassy of Japan of your country to meet the final date in Japan.

(2) Selection:

After receiving the document(s) through due administrative procedures in the respective government, the respective country's JICA office (or Japanese Embassy) shall conduct screenings, and send the documents to the JICA Center in charge in Japan, which organizes this project. Selection shall be made by the JICA Center in consultation with the organizations concerned in Japan based on submitted documents according to qualifications. *The organization with intention to utilize the opportunity of this program will be highly valued in the selection.*

(3) Notice of Acceptance

Notification of results shall be made by the respective country's JICA office (or Embassy of Japan) to the respective Government by **not later than August 6, 2010.**

5. Conditions for Attendance:

- (1) to observe the schedule of the program,
- (2) not to change the program subjects or extend the period of stay in Japan,
- (3) not to bring any members of their family,
- (4) to return to their home countries at the end of the program in Japan according to the travel schedule designated by JICA,
- (5) to refrain from engaging in political activities, or any form of employment for profit or gain,
- (6) to observe the rules and regulations of their place of accommodation and not to change the accommodation designated by JICA

IV. Administrative Arrangements

1. Organizer:

(1) **Name:** JICA Osaka

(2) **Contact:** Mr. HATTORI Ippei (jicaosic@jica.go.jp)

2. Implementing Partner:

(1) **Name:** National Cardiovascular Center (NCVC)

(2) **URL:** <http://www.ncvc.go.jp/english/indexe.html>

(3) **Remark:** Remarkable progress in modern medicine has left an indelible footprint in the field of medical treatment. Nevertheless, morbidity of cardiovascular diseases still remains at a high level, accounting for as much as 28%(2005) of deaths in Japan where the life style is subject to notable change and the aging population is on a steady increase. The National Cardiovascular Center is a sum total of medical achievements in prevention, diagnoses, treatments of the diseases concerned while it spearheads studies on their etiologies and pathogeneses as well as the training of specialists.

3. Travel to Japan:

(1) **Air Ticket:** The cost of a round-trip ticket between an international airport designated by JICA and Japan will be borne by JICA.

(2) **Travel Insurance:** Term of Insurance: From arrival to departure in Japan. The traveling time outside Japan shall not be covered.

4. Accommodation in Japan:

JICA will arrange the following accommodations for the participants in Japan:

JICA Osaka

Address: 25-1 Nishi-Toyokawa-cho, Ibaraki-shi, Osaka 567-0058, Japan

Tel: 81(*)-72 (**)-641-6900 Fax: 81(*)-72 (**)-641-6910

URL: <http://www.jica.go.jp/worldmap/english.html#osaka>

* If no room is available at JICA Osaka, JICA will arrange accommodations for participants at other appropriate places.

5. Expenses:

The following expenses will be provided for the participants by JICA:

(1) Allowances for accommodation, living expenses, outfit, and shipping

(2) Expenses for study tours (basically in the form of train tickets).

(3) Free medical care for participants who become ill after arriving in Japan (costs related to pre-existing illness, pregnancy, or dental treatment are not included)

(4) Expenses for program implementation, including materials

For more details, please see p. 9-16 of the brochure for participants titled

“KENSU-IN GUIDE BOOK,” which will be given to the selected participants

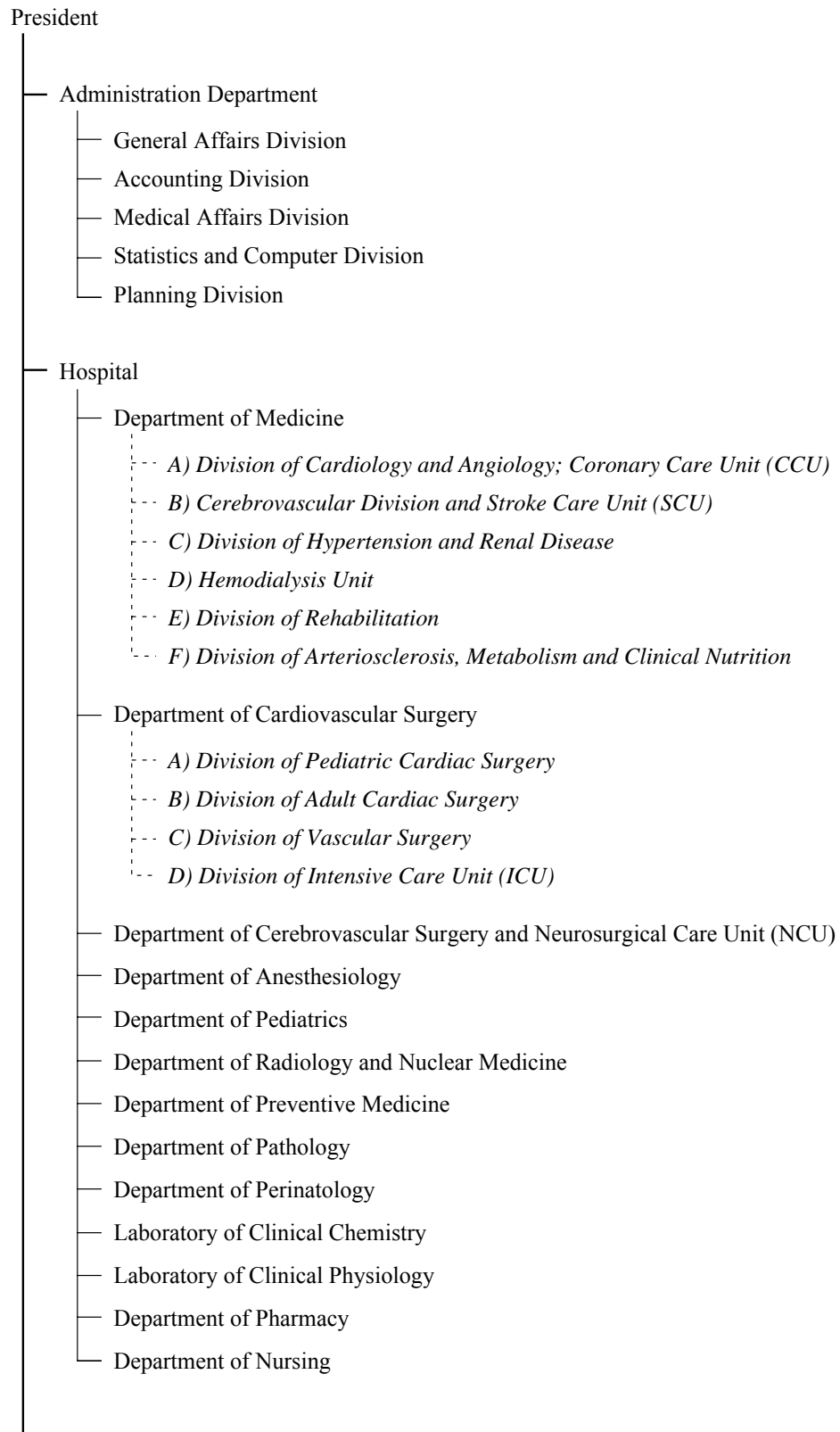
before (or at the time of) the pre-departure orientation.

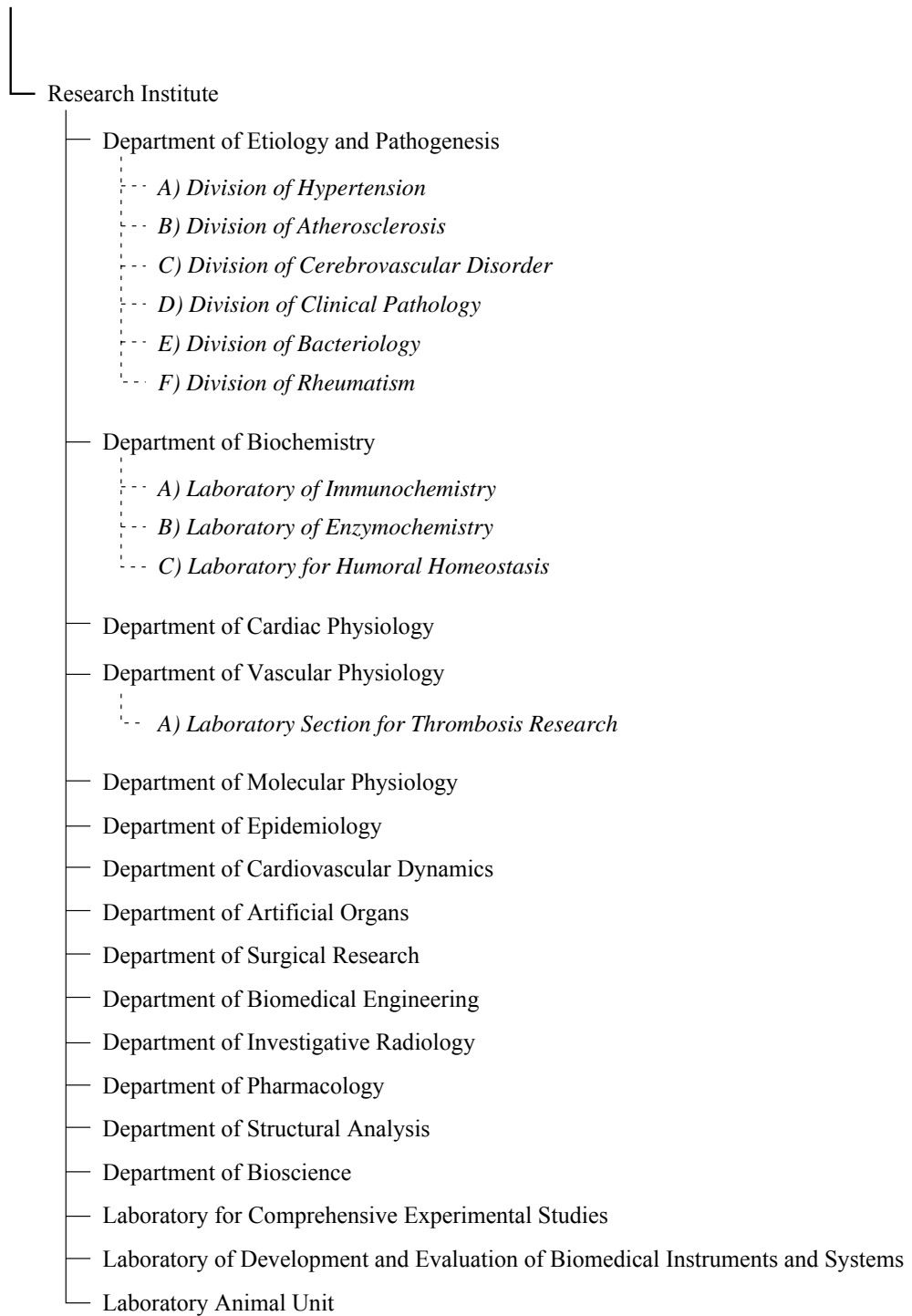
6. Pre-departure Orientation:

A pre-departure orientation will be held at the respective country's JICA office (or Japanese Embassy), to provide participants with details on travel to Japan, conditions of the workshop, and other matters.

ANNEX I

Organization Chart of National Cardiovascular Center





ANNEX II

Description of Activities at the National Cardiovascular Center

Department	Division	Activities (Note: Not all activities will necessarily be covered during the training course.)	Schedule
Medicine	1. Cardiology and Angiology, and Coronary Care Unit (CCU)	a. Diagnostic procedures 1) Electrocardiography including treadmill exercise test 2) Echocardiography 3) Non-invasive diagnosis of vascular disease 4) Pulmonary function test including spirometry, mass spectrometry and blood gas analysis 5) Cardiac catheterization and angiocardiology 6) Electrophysiology by electrode catheter b. Diagnosis and intensive care of acute myocardial infarction (CCU) c. Diagnosis and treatment of ischemic heart disease, acquired valvular disease, idiopathic cardiomyopathy, cardiopulmonary disease, aortic and peripheral vessel diseases	Depends on each trainee's ability and experience
	2. Cerebrovascular Division and Stroke Care Unit (SCU)	a. Clinical diagnosis and treatment of acute stroke in SCU b. Diagnostic procedures 1) Monitoring system of vital signs in SCU 2) Brain imaging a) Computed tomography b) Magnetic resonance imaging 3) Cerebral angiography (conventional & digital subtraction methods) 4) Noninvasive vascular examinations; a) Duplex carotid scan b) Transcranial Doppler c) 3-dimensional CT angiography d) Magnetic resonance angiography 5) Cerebral blood flow and metabolism a) Single photon emission tomography b) Positron emission tomography 6) Electrophysiological examinations a) Conventional electroencephalogram b) Power spectrum analysis c) Various evoked potentials c. Rehabilitation of acute and subacute stroke patients 1) Physical and occupational therapy 2) Speech therapy 3) Neurophysiological examinations	Depends on each trainee's ability and experience

Department	Division	Activities (Note: Not all activities will necessarily be covered during the training course.)	Schedule
Medicine	3-1) Hypertension	<ul style="list-style-type: none"> a. Blood pressure measurement <ul style="list-style-type: none"> 1) Ambulatory BP monitoring, finger arterial pressure measurement 2) Home BP measurement b. Diagnosis and pathophysiological evaluation of hypertension <ul style="list-style-type: none"> 1) Essential hypertension 2) Secondary hypertension 3) Hypertensive organ damage c. Assessment of autonomic nervous function d. Treatment <ul style="list-style-type: none"> 1) Nonpharmacological treatment 2) Pharmacological treatment 3) Percutaneous transluminal renal angioplasty 4) Evaluation of efficacy of antihypertensive treatment 	Depends on each trainee's ability and experience
	3-2) Renal disease	<ul style="list-style-type: none"> a. Classification and differential diagnosis of renal diseases <ul style="list-style-type: none"> 1) Renal function test 2) Histopathological diagnosis of glomerulonephritis 3) Treatment with and indications of corticosteroids and immunosuppressants b. Acute and chronic renal failure <ul style="list-style-type: none"> 1) Pathophysiology of renal failure and differential diagnosis 2) Risk factors of progression of chronic renal failure 3) Renoprotective antihypertensive therapy 4) Effect of protein restriction on renal failure c. Treatment of uremic patients with renal replacement therapy <ul style="list-style-type: none"> 1) Hemodialysis 2) Continuous arteriovenous hemofiltration 3) Continuous ambulatory peritoneal dialysis d. Disorders of fluid and electrolyte metabolism <ul style="list-style-type: none"> 1) Edematous disorders and dehydration 2) Sodium and potassium loss and excess 	Depends on each trainee's ability and experience

	4. Arteriosclerosis, Metabolism and Clinical Nutrition	<ul style="list-style-type: none"> a. Diagnosis and pathophysiological evaluation of endocrine and metabolic diseases (diabetes mellitus, hyperlipidemia, obesity, thyroid and other metabolic diseases) <ul style="list-style-type: none"> 1) Secretion and action of insulin (SSPG and insulin-clamp method) 2) Glucose and lipid disorder in man and lipoprotein analyses 3) Evaluation of early and generalized atherosclerosis and platelet function 4) Autonomic nerve and hormonal derangement in cardiovascular diseases b. Treatment <ul style="list-style-type: none"> 1) Diet, drug and hormone replacement therapy 2) Plasmapheresis for hyperlipidemia 3) Exercise training and patient education 	Depends on each trainee's ability and experience
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Department	Division	Activities (Note: Not all activities will necessarily be covered during the training course.)	Schedule
5. Department of Cardiovascular Surgery and Surgical Intensive Care Unit (ICU)		<ul style="list-style-type: none"> a. Assisted circulation and myocardial protection b. Cardiac surgery <ul style="list-style-type: none"> 1) Congenital anomaly 2) Valvular disease 3) Ischemic heart disease c. Vascular surgery <ul style="list-style-type: none"> 1) Aortic disease d. Postoperative management in ICU 	Depends on each trainee's ability and experience
6. Department of Cerebrovascular Surgery and Neurosurgical Care Unit (NCU)		<ul style="list-style-type: none"> a. Diagnostic Procedures (Same as b. in Cerebrovascular Division, Department of Medicine) b. Intravascular Surgery c. Surgical treatment of cerebral aneurysms and AUM d. Surgical treatment of ischemic stroke e. Perioperative management in NCU 	Depends on each trainee's ability and experience
7. Department of Anesthesiology		<ul style="list-style-type: none"> a. Anesthesia for cardiac surgery b. Anesthesia for vascular surgery c. Anesthesia for neurosurgery d. Anesthesia for diagnostic procedures (cardiac catheterization, angiography) 	Depends on each trainee's ability and experience

<p>8. Department of Pediatrics</p>	<ul style="list-style-type: none"> a. Physical examination of infants and children with heart disease b. Electrocardiography in infants and children c. Chest roentgenography in infants and children with heart disease d. Echocardiography in infants and children e. Phonocardiography in infants and children f. Exercise testing g. Nuclear cardiology in children h. Cardiac CT in children i. Cardiac catheterization and angiocardiology <ul style="list-style-type: none"> 1) Congenital cardiac malformations 2) Acquired heart disease 3) Critically ill neonates 	<p>Depends on each trainee's ability and experience</p>
<p>9. Department of Radiology and Nuclear Medicine</p>	<ul style="list-style-type: none"> a. Diagnostic Radiology <ul style="list-style-type: none"> 1) general diagnosis 2) CT, CTA 3) MRI, MRA 4) angiocardiology (incl. DSA) 5) peripheral angiography (incl. DSA) b. Interventional radiology (PTA, PTR, embolization, endovascular stent implantation, directional atherectomy, plug closure of PDA, etc.) c. Nuclear Medicine <ul style="list-style-type: none"> 1) cardiovascular scintigraphy 2) cerebrovascular scintigraphy 3) PET scan 	<p>Depends on each trainee's ability and experience</p>

Department	Division	Activities (Note: Not all activities will necessarily be covered during the training course.)	Schedule
10. Department of Preventive Medicine		a. Cardiovascular surveillance and public health activities in urban areas 1) Regional registration of cardiovascular events 2) Periodical health checkups and health education in a cohort population	Depends on each trainee's ability and experience
11. Department of Pathology		a. 100 autopsies per year b. Biopsy Endomyocardial biopsy, resected cardiac valves, aneurysm wall, etc. c. Cytology Body fluid gynecological and respiratory specimen d. Electron-microscopic examination e. Immunohistochemical examination f. Experimental pathology	Depends on each trainee's ability and experience
12. Department of Perinatology		a. High risk pregnancy with heart disease b. Hypertensive pregnancy c. Evaluation of fetal heart disease 1) Fetal echocardiography 2) Fetal colour flow mapping d. Measurement of fetal circulation 1) Fetal blood flow measurement 2) Fetal heart rate monitoring 3) Fetal blood sampling e. Drug therapy for fetal circulatory failure f. Intensive care for very low birth weight babies 1) Computerized monitoring system 2) Colour flow mapping for neonate	Depends on each trainee's ability and experience

ANNEX III

Questionnaire / Country Report

1. Questionnaire

- 1) Please give the name and number of the **one** (1) department in which you wish to study at the National Cardiovascular Center. (Choose from ANNEX II)
- 2) Please explain briefly your experience and knowledge in the field listed above.
(Approximately 50 words)
- 3) Please list, in detail, your special interests and needs regarding the field listed above.
(Approximately 50 words)
- 4) Please give a list of any papers you have published related to the field mentioned above.
- 5) An intensive series of lectures is scheduled for the training course. As regards this, please list in detail the topics and areas you would like to see dealt with on the grounds of your own work and/or field of study.

2. Country Report

Each applicant should prepare a Country Report to include the following content.

- 1) A description of your work and the activities of your organization.
- 2) An explanation of the circumstances of medicine in general together with supporting statistics and indices.
- 3) Relating specifically to cardiovascular patients, describe issues in the medical field, problems faced by the medical facility where you work, and efforts being undertaken to resolve these problems.
- 4) Describe, in point form, which issues/problems you would like to work toward resolving during the approximate 2.0-month duration of this training course.

Note:(i) Please prepare slides and photographs supporting the content of the Country Report.

(ii) Wherever possible, visual materials should be adapted for use in PowerPoint or OHP presentations of the Country Report.

NOTE: The QUESTIONNAIRE/COUNTRY REPORT will be used for screening of applicants and organizing the training course in respective departments.

NOTE: The QUESTIONNAIRE/COUNTRY REPORT should be typewritten, contained on CD-ROM, and submitted by July 6, 2010, along with the Application Form.

Welcome to JICA Osaka

Osaka International Centre of Japan International Cooperation Agency (JICA Osaka) extends a hearty welcome to all JICA participants.

1. Location of the centre in the Kansai region

JICA Osaka is located in Ibaraki City, Osaka prefecture, in the heart of the Kansai region. Ibaraki lies close to the ancient cultural centers of Kyoto and Nara, and to the commercial, industrial and economic center of Osaka, and the city of Kobe.

2. Orientation Programme & Japanese Language Course

(1) The four days after arrival at JICA Osaka are dedicated to an orientation programme, during which participants are introduced to JICA Osaka and its facilities, attend lectures on Japan's economy, society and culture, and participate in an international exchange programme with local communities.

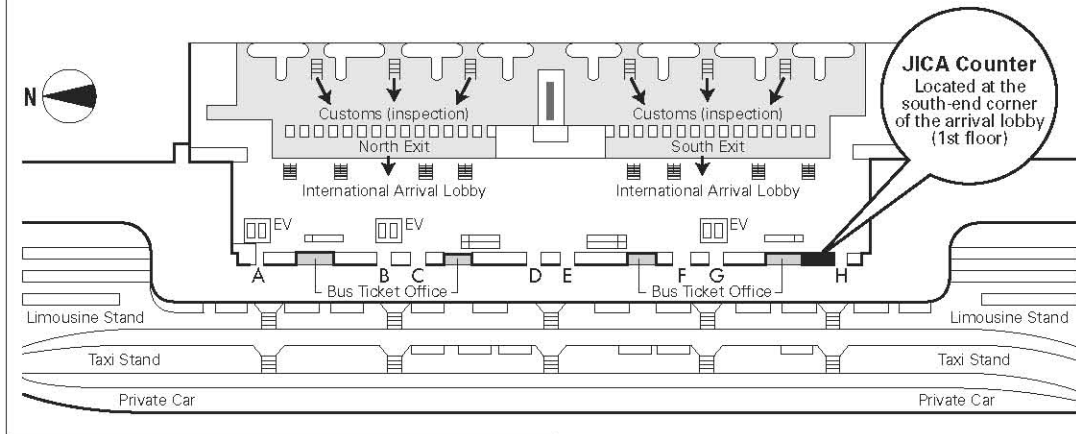
(2) It is desirable that participants acquire basic Japanese daily conversation for use in communication with training institution personnel and in other situations outside the scope of their technical training. JICA Osaka therefore offers:

- 1 an intensive Japanese language course as an integral part of the training programme in designated courses
- 2 an optional Japanese language course held in the evenings

3. Weekend Recreational Programme

Occasionally, at the weekends, JICA Osaka, in concert with community groups, organizes a programme of recreational activities and exchange events, including introductions to flower arrangement, tea ceremony, kimono wearing, handicrafts, and folk dancing, and visits to Japanese homes.

Map of JICA Counter in Kansai International Airport (KIX)



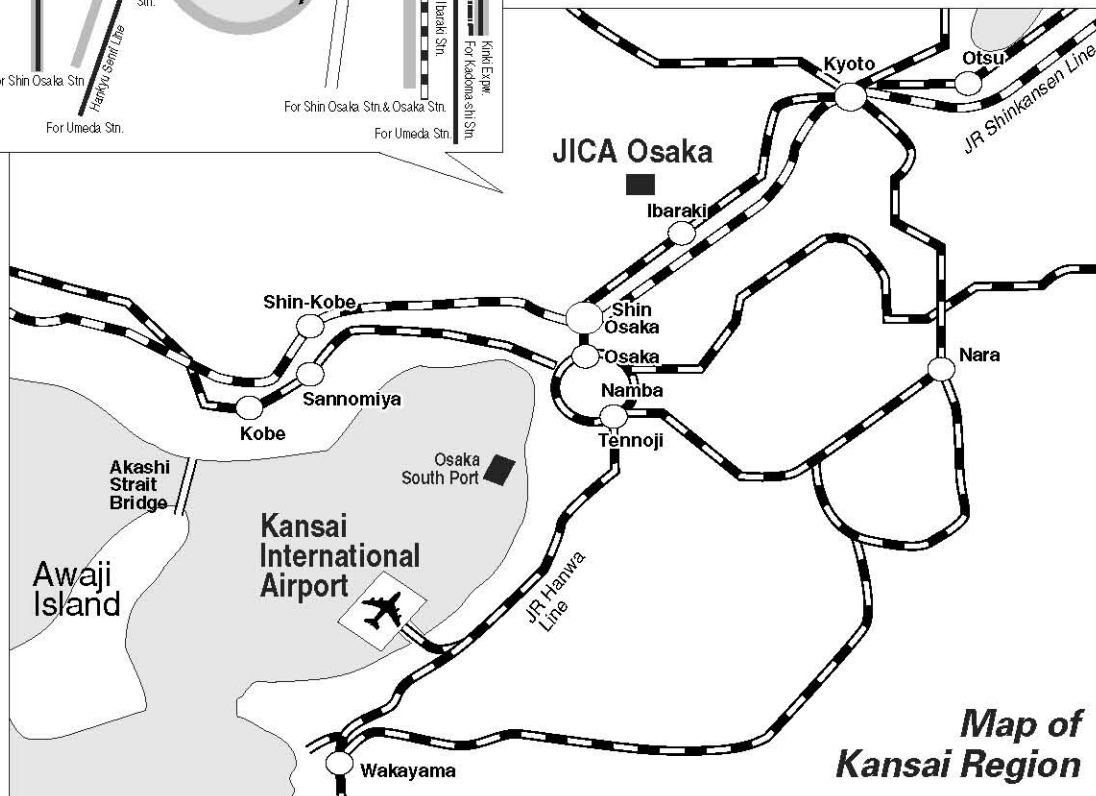
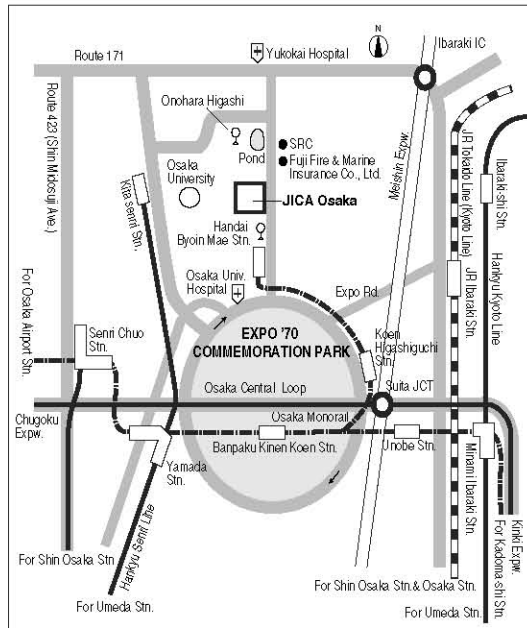
Upon arrival, participants should follow the procedure below:

1. Ride on Wing Shuttle (red elevated tram).
2. Pass through Immigration.
3. Collect baggage and pass through Customs Inspection.
4. Go to the JICA Counter located at the south-end corner of the arrival lobby (1st floor).

The staff at the JICA Counter will provide participants with a limousine bus ticket to Osaka Station (alight at Hotel New Hankyu).

At Osaka Station, a representative of the travel agency designated by JICA will meet the participant. The participant will be taken to JICA Osaka by taxi (with a taxi ticket), which takes approximately 30 minutes.

Map of the JICA Osaka Vicinity



Map of Kansai Region



CORRESPONDENCE

For enquiries and further information, please contact the JICA office or the Embassy of Japan. Further, address correspondence to:

JICA Osaka International Center (JICA Osaka)

Address: 25-1 Nishi-Toyokawa-cho, Ibaraki, Osaka 567-0058, Japan

TEL: +81-72-641-6903 FAX: +81-72-641-6910