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Final Report

TMDU Dental Training Program



Tokyo Medical and Dental University

October 6th-19th, 2016



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I. INTRODUCTION

TMDU Dental Training Program is an inter-university collaboration between Tokyo Medical and Dental University (TMDU), Chulalongkorn University (CU), Srinakharinwirot University (SWU), Universitas Indonesia (UI), and The University of Medicine and Pharmacy at Ho Chi Minh City (UMP) in developing students as a future caregiver, future researcher, future leader in the dental fields. TMDU Dental Training Program 2016 is the fifth inter-university collaboration that provide a lot of events for the students in each university. In this training program, there are several important points to the students. First, the students have been introduced to immeasurable new knowledges not just in the TMDU but other universities in dentistry through the, discussions, classes and training in the program. Second, relationship between the students is reinforcing the connection between the near future dentist in Asia through the Global Retreat. Third, this training program also raising young researchers through the Oral Presentation and Poster Presentation. Last but not least, the students have been forced to use English in their daily life to socialized, so they can compete not just in scale of Asia but extend to the world. This training program was held in 6th – 19th October 2016 in Tokyo Medical and Dental University.

Participants from the Faculty of Dentistry, Universitas Indonesia :

1. Albar Abshar Muhamad (4th year student)
2. Andre Kurniawan (4th year student)
3. Johan Adiyasa (4th year student)
4. Kirana Suciati (4th year student)
5. Nadia Safira Ninda (4th year student)
6. Rona Laras Narindra (4th year student)
7. Windy Najla Rubiati (4th year student)
8. Yohanes Bosko Ardy Winoto (4th year student)



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II. ACTIVITIES DURING THE PROGRAM

• Arrival In Tokyo

In Japan we landed in Narita Airport. We are from University of Indonesia, there were 8 students who went to Japan. Arriving in Narita Airport, we took wefie, luckily we met the stewardess in our plane, and she helped us to take photos. Nice Japanese girl !!

In Narita, we were welcomed by TMDU students who came to Indonesia. They were waiting us there. Really missed them, and we took wefie.



We talked for much for a few minutes, then we went to place to create a Pasma card (this is a multifunction card to ride train, we can use that if it had been inserted some money). After we made it, we went to Tokyo by riding train. In train, we talked much as our miss feeling after 1 month had not seen. It was quite long journey. After riding a train, we ride taxi to get our hotel, it is not too far. Arriving in Hotel, we met other TMDU friends who ever came to Indonesia, we talked much with them, and shared the fun. After check in, we were accompanied by them to walk



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around Hotel and went to TMDU to meet our Doctor from UI. fortunately, she had finished her lab on that day, and we were guided by her to look around TMDU and introduced cheap canteen around there. Because we had been hungry, we took a dinner together, maybe we felt different of the people habit there when take eating. We really liked that food, beside it was cheap, it also had nice taste. After having dinner, we separated with our teacher and we backed to our Hotel. We were accompanied by TMDU students, we were really looking forward tomorrow to meet them

• Opening Ceremony in TMDU

On second day in Tokyo, we attended opening ceremony of TMDU Dental Training Program. Before that, we had to assemble in front of building A TMDU. We were guided by TMDU students to go to the opening ceremony room. In the room, we had been welcomed by Professor Junji Tagami, Takehara Sensei, and other Sensei from TMDU, Vietnam, and Thailand. In the room, we met friends from Thailand and Vietnam too. From Thailand there were 6 students from Chulalongkorn University and 6 students from Srinakharinwirot University. From Vietnam there were 8 students from Ho Chi Minh City Medicine and Pharmacy University. There, we introduced ourselves each other, and in the room we separated and mixed in the chair.

After that, the opening was started, we heard an advice from Professor Junji Tagami, and in that opening we also learned culture of Japanese, and what should we do during in Japan.

. After that, we learned basic Japanese language, the teacher is one of TMDU teachers, we really enjoyed that, it was fun because the teacher is so funny. We thought that Japanese language was really helpful for us to communicate when we went to restaurant or other conversations during in Japan.



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On that opening, we also learned about disaster drill to maintain ourselves when the disaster was happened. In the class, we were taught disaster management in theory. After that, we were also taught simulation when disaster is happened.

First the simulation, we were taught to keep ourselves when earthquake was happened, to keep our position strongly we have to hold all edges of the table. In the table there were 4 person who hold every edges. Simulation room is in vibrator truck. The truck would shock like the real earthquake, and it made us shock too. The earthquake simulation was happened around 3 minutes.





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Next simulation, we had to pass smokes area, this was simulation in a fire which is full of smoke. Here we would be taught to keep ourselves when is a fire. In the simulation room full of smokes, and we had to pass through the smokes with the as low as possible to keep breathing normally, because of more oxygen in lower position. In the room, there were obstacles that blocked us to find a way out. After doing activities in TMDU, we went walking around Tokyo, we were accompanied by our friends from TMDU. We went to Tokyo station, Shinjuku station, Shibuya station, and other place, and in some good places we got the chances to take photos.

We really enjoyed the view of Japan, and the weather also supported us to walk around Tokyo.

On the night, we had dinner in restaurant around Ochanomizu station, near from TMDU. We spent our nice day by enjoying environment in Japan, and we were accompanied by our friends from TMDU until we back to our hotel. Really nice day!!





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• Global Retreat

This year, TMDU has a special program called global retreat, on Saturday morning, we went to Chiba prefecture to go to the place where we had to stay for 3 days. When we arrive, it was raining, we had a really quick group photo, then the first lecture began. The speaker was Prof. Clive who was a professor from Sidney, Australia. It was an interesting lecture titled “population oral health insight on the future challenges for the dental professions”, mainly he talked about dentistry and the relation with the ageing process.



At the end of the lecture we got a bag full of dental kit stuff from the Professor, we got from tooth paste, CCP ACP candy even we got a disclosing solution (Thank you!). After that we had lunch. After lunch we have a little games where we have to draw our friends face and then the other group has to guess who's the person that we draw. Even though I can't draw, it was a fun game.

Then, we have country and university introduction, where Kirana and Laras have to presentate about Indonesia and Universitas Indonesia. And it was so exciting to know more about other universities, about their culture, how they study, and what's their universities look like.



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On the second day, after breakfast, we had a presentation about KJ method. KJ method is a method to help a group to brainstorm the ideas. Today we were assigned in one group and we were brainstorming about our opinion about an ideal dentist.

Then after lunch, we have to do the presentation about our ideas of being an ideal dentist. After that we had cultural night where we performed our culture, Indonesia students chose to perform a dance from Riau. The dance has a message to stop global warming, that's why our costumes are green, representing the tree. After we took so many photos with other students with their national costumes, we had dinner.





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On the last day after breakfast, we have a presentation from the international post-graduate students. It was a really nice presentation where they told us about the daily life of international students in TMDU, how they were struggling at first, but enjoying the study. It was fun and inspired me to continue my study in Japan. That is our last session in global retreat, so after that we packed our stuff and head back to Tokyo.

• Laboratory Visit and Lecture

DAY 1

In the morning, we were gathered at 9 am to be divided by the clinical lab that we had to visit and the students and staffs from TMDU was guided us to our destination. Each of us visited 2 different clinical labs, from 9.30 until 11.30 and from 13.00 until 15.00 after we had lunch. Some of us visited periodontics department of TMDU on the first clinical lab visit. At department periodontics, we were explained about the periodontics clinical cases that the professors had been worked on. The professor also explained about bone regeneration techniques that are used in TMDU dental hospital.



Students with the professor of periodontics department of TMDU



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After visited periodontics department, some of us visited the clinic of oral diagnosis and general dentistry. At oral diagnosis and general dentistry clinic, the professor showed us the diagnosis clinic at TMDU dental hospital as well as the general dentistry clinic for the undergraduate students and trainees. He also showed us the skills lab room for TMDU student to practice their skills. In the skills lab room, there was a 3D simulation machine that could allow us to practice our skills in preparing the cavity for class II restoration, or for preparing the tooth for the full crown treatment. There also a dental unit with a phantom head that allowed us to practice our skills in tooth preparation with an artificial tooth that were given by TMDU. After that, we were having a discussions about the difference in the system of dental education and training between Indonesia, Thailand, Vietnam, and Japan. From the discussions, we can conclude that the awareness of oral health in Japanese is higher than Indonesia, Thailand and Vietnam that was shown by the number of patients that were going to TMDU dental hospital to check their teeth. Apart from the difference of oral health awareness, Japan also had higher number of elder people than Indonesia, Thailand and Vietnam.



Student trying the 3D simulation machine in the skills lab room



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DAY 2

On the second day of clinical lab visit and lecture, we were having a short lecture at 9.00 until 9.45 about the clinical roles and researches of removable partial dentures. After that, each of us visited 2 different clinical labs, from 10.00 until 12.00 and from 13.30 until 15.30 after we had lunch. First, some of us visited maxillofacial prosthetics clinic that provides a prosthetic treatment for patients with defects in oral and maxillofacial regions and provides an appliances for the treatment, for examples, appliances for radiotherapy or speech. At this clinic, we were explained by the professor and the research student about some cases and the physiological care for the patients that were needing the prosthetic treatment and appliances.



Appliances that were used for the patients that were having a cleft palate to help them swallow.

After visited the maxillofacial prosthetic clinic, we visited oral health promotion. We were explained and showed about the fresh breath clinic. We also experienced the measurement of oral odor as well as the diagnosis and the treatment for oral malodor. Our oral odor was analyzed by the machines, and gave informations about the number of H₂S, CH₃SH and (CH₃)₂S. If the number of H₂S is higher than normal, tongue coating maybe onr of the possible reason for the oral malodor.



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If the number of H₂S is higher than normal, tongue coating maybe one of the possible reason for the oral malodor. If the number of CH₃SH is higher than normal, periodontitis maybe one of the possible reason for the oral malodor. If the number of (CH₃)₂S is higher than normal, stress and body disease maybe one of the possible reason for the oral malodor. The professor and oral health promotions department staffs also thought us how to brush our tongue to remove all the tongue coating using tongue brush that we must do only 1 times a day.

DAY 3

The 8th day of the whole program is the 3rd day of dental laboratory visit. We think that this session are the core of this program in transferring knowledge about dentistry world. In this session all the students from Thailand, Indonesia, and Vietnam are divided into groups going to different laboratory and classes. One of the most interesting on this day is going to clinic for operative dentistry and endodontics. In this laboratory visit we go to the clini, seeing the patients that being treated by the Japanese student and also the dentist. We also get information about sophisticated tools such as dental microscope to do endodontics treatment. After that we go to the laboratory of the operative dentistry and endodontics to get a lecture about endodontics treatment. After the lecture we try by ourselves to do the endodontiv treatment using phantom. The professor and all the teacher were very welcome and give all the best to give information about everything as much as they can.

We think this kind of activities can be an important thing for all the student, to gain more knowledge and also try to dig all the information from the professor about the endodontics world in Japan. We hope this activities will continue as this activities are the core of the inter-university program held in Tokyo Medical and Dental University (TMDU).



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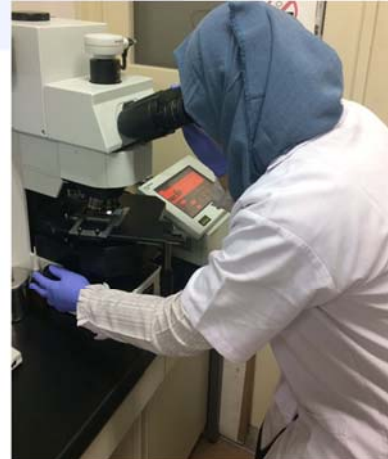


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DAY 4

Getting more knowledge about implantology field was a big achievement for all the student of this inter-university program. Beside getting only information from the lecturer, we also go to the implantology clinic and see the implant procedure directly from the patient in that clinic. This kind of opportunity were very good for all the students coming to this clinic. Not only information that we get, but also see how the dentist handle the patient in the implant procedure.

Not only implantology session that were really fun but there are also experiences got in the oral and maxillofacial operation room. In this session we have opportunity to see operation directly in the operation room. It gives so much knowledge how the operation were done. We also have opportunity to talk directly to the professor about the operation or anything related to oral and maxillofacial surgery field.





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• Japanese Culture Experience

DAY 1

Fuji Q Experience

On Saturday, Andre, Bosko, Johan, and Windy went to Fuji Q Highland, we spent much times to go there, we had to ride train, and do transit of train. We had to get Shinjuku station by riding train from Ochanomizu station, then we would go to Otsuki station from Shinjuku, and we transferred to Fujikyū line, and we dropped in Fujikyū Highland Station. The way is very long, and it made us quite tired throughout in train. Arriving in Fujikyū station, we were served by nice sight of Fujikyū, it is amazing view. Then, we booked tickets directly, because at the Halloween time, we saw many decoration of Halloween.





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Then we went to first vehicle, that was Eejanaika, we found really long line, we spent 2 hours to get to play Eejanaika. Eejanaika is the world record most inversion roller coaster. In Eejanaika we were rotated up and down, we never knew when we were up and when we were down, it was really dizziness. I was like shock therapy for us to lay more in Fuji Q Highland. Afterthat we got hungry, we looked for a snack. Then, we went to Fujiyama vehicle, this is also world record as the highest roller coaster. To get playing Fujiyama it spent around 2 hours too. When we played it we felt as high as Fuji mountain. It made our heart beating fast, and it is also has the longer track than Eejanaika, we felt more sensation of this one.

After playing Fujiyama, we split into 2 group, Andre went to normal vehicles because he couldn't play more extreme vehicle, while Bosko, Johan and Windy went to Takabisha. Takabisha is the world record steepest roller coaster. When riding Takabisha it brought us like walking straight into sky. Then, we were dropped very fast in steepest track, seemed to make us freefall. To get playing Takabisha it spent 3 hours in line, longer times was needed it than Eejanaika and Fujiyama. While Andre went to normal games, such as rainbow wheel, hamtaro, and other. On 6.00 pm we met again, we took a snack. Then, Johan, Windy, and Bosko still played another vehicle, it was Tentekomai, while Andre didn't join to play it. It is extreme vehicle too. Then, around 7.30 pm we backed to Tokyo ride train, and we arrived in Ochanomizu around 12.00 pm. It was amazing experiences for us, we took a dinner before back to our hotel.





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Tokyo DisneySea Super Fun Trip!

Nadia, Laras, Kirana, Albar, and Ayane (TMDU's student) went to Tokyo Disney Sea because we were too afraid to ride the scary roller coaster in Fuji-Q Highland, where the others were going. But we sure did a really fun times with the Disney characters.



We also enjoy the rides which are not scary;)



We ate Minnie and Mickey ice cream.



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We took pictures for our
instagram;)



Picture with Albar's favorite
Disney's character

We really enjoy and having fun in Disney Sea, definitely one of the happiest place in the world!

DAY 2

First Group: Ueno Park, Mosque and Japanese Foods

This day, we splited into two groups, Nadia, Laras, Albar, Johan, Windy as the first group and Bosko, Andre, Kirana accompanied with Ayane as second group. On the morning, the first group went to Ueno park, it was big and beautiful, we took a lot of pictures.

After that we went to a store in Ueno to buy Japanese snacks for our family and friends back home. We decided to buy more than 100 senbai for our friends (class of 2013) in UI. Then we brought the snacks back in the hotel before going to other place.



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On the afternoon, we went to the mosque in Tokyo called Tokyo Camii. It was so beautiful, it has turkey architecture style. There, we met Indonesian moeslim students that just finished their praying.

After we had lunch, we went to Ginza for shopping. Then at night, we went to Shinjuku to buy souvenirs in Daiso and to eat the famous Zaku-zaku, it was a famous puff pastry, and it was extremely delicious, we could eat more and more;) For dinner, we eat Japanese authentic food, okonomiyaki, which is so original and really delicious!





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Second Group: Solamachi, Yukata and Karaoke

Bosko, Andre, Kirana and Ayane spent our time walking around Tokyo. First, we went to Tokyo Solamachi, or Tokyo Skytree; we looked for souvenirs for our friends and family in Indonesia. Kirana found a good souvenirs for her teachers in Indonesia, she bought cute wallet to her teacher. Meanwhile Bosko, looked for souvenirs too for her friends, and her teachers. Andre too, he looked for souvenirs for his house friends and his teachers. During we surrounded Tokyo Solamachi we found a lot of good souvenirs, unfortunately, the cost is quite expensive for us.

Then we went to Asakusa to buy another souvenirs, and Andre found shirts for his family, while Bosko found a yukata for his girlfriend as a gift in her birthday some days later. To find a yukata for Bosko's girlfriend spent quite much times, we had to explore along ways of Asakusa. Finally, he could find it too.

After we were tired, we took a dinner. Near from Ochanomizu station, we went to Karaoke to enjoy the night in Tokyo, we took turns singing each other. Ayane sang Japanese song, it was cute, and her voice is very nice.

After we finished Karaoke, we backed to our hotel, and Ayane accompanied us to back to Hotel. Then, she backed to her house. It was a tired but fun day.





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• IT Simulation

In Monday morning of the next week, we were given an opportunity to try the IT Simulation Program in TMDU. It is a very interesting kind of learning method because it gives us a series of dental cases and problems to solve. In every case, there are multiple choices of answers given and we have to choose the proper one to solve each problem. What makes it interesting is that it also gives the reasoning behind every answers so the students would understand. Afterwards, the students are expected not to choose the wrong decision when they are faced with the real cases in practices. We do believe that it is a good example of learning process that makes TMDU strives and stands as the 6th best dental school globally.

• GC Company Visit

In the afternoon, we also got a chance to visit GC company Headquarters. GC company is one of the leading dental manufacturers in the world. It is well known for producing high quality products for dentists. There, we were allowed to try a sample product of GC shading tints for creating dentogenic restorations. It is essential for aesthetic dentistry.



GC Shading tints for restoration kit



GC prosthesis material



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There are so many GC products that are displayed in the showroom and we were allowed to try each of them and take as many pictures as we like. Truly, it was an eye-opening experience because GC company is beyond what we are thinking of before. Before the visit, we thought that GC is only a manufacturer of impression materials and restorative materials as we used to use those products in Indonesia. But then, it turned out that GC company also produce laboratory products, preventive materials, child dental care products, and even dental chairs and large laboratory equipments.



Colorful GC toothbrushes



GC Laboratory Products



**Students trying GC
Endodontic Microscope**



**Student applying the GC
Rusticello CPP-ACP**



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Student Walking Around the Gallery



Students Trying GC Protective Mask

At the end of the visit, we walked in a newly built café next to the building, called as Kamulier, which is owned by GC company too. It specializes in cooking healthy food for geriatric people. So the food can be chewed and swallowed easily and it is not added with chemical preservatives and relatively low in sugar.



Cakes in Kamulier Cafe



• Research Day and International Symposium

This event was held in Akio Suzuki Memorial Hall, M&D Tower on Tuesday, 18th October 2016. In the morning we were given lectures from Professor Tagami about “Creating a future dentistry with adhesive dentistry” and Professor Kawaguchi about “Global perspective of promoting oral health”. The lectures were really interesting and enjoyable as we got to learn more about each country’s oral health situation.



After the lectures ended, representatives of each country were given a chance to present their research in the oral presentation and poster presentation competition. Poster competition was held in 26th floor, faculty lounge and the owner of the poster was standing in their respective place so everyone could ask them if they want to know more about their research. For oral presentation 32 participants consist of 2 representatives from Universitas Indonesia, Chulalongkorn University, Srinakharinwirot University, and University of Medicine and Pharmacy Ho Chi Minh City as well as other students of TMDU was given 8 minutes to present their research and 4 minutes to answer the questions from evaluators. Each student have



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a different and interesting themes for their research in dentistry and that was a great opportunity for everyone to gain more knowledge and learn from each other.

International symposium was held at 16.30 and in this event students from each country got a chance to present their report on their experience during the inter-university exchange program about what they learned and what they thought of it. The first group was from TMDU students that went to Dental Training Program in Australia and the other group of TMDU students that went to Dental Training Program in Universitas Indonesia. After that, students from Chulalongkorn University, Universitas Indonesia, University of Medicine and Pharmacy at Ho Chi Min City, and Srinakharinwirot University also present their experience in TMDU Dental Training Program. Every country have one thing in common in which we thought that this program have given us many great, useful, and wonderful experiences and how each of us enjoy this program very much. This program have given us not only more knowledge but also new friends from different country and we hope that we can maintain this relationship in the future as well.

In the evening award presentation was held in 26th floor, faculty lounge MD tower. The committee announces 2 top students of oral presentation competition. Both of them are TMDU students that have given an outstanding performance and deserve those awards. We were very happy for them and we also believe all the other participant also did a great job for each of their amazing research. For the closing ceremony and reception, every representative from each university was called and given the certificate of attendance from Professor Tagami as Executive director and vice president of education and international student exchange TMDU and Professor Moriyama as the dean of faculty of Dentistry TMDU. After that we celebrate the end of the program with dinner and drinks, not only student but also



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all the committee and professor were blending together, everyone have a blast together and enjoy the party. We felt so happy and sad at the same time because that was the last night of the program and we have to go home to our country the following day, but then we decided to forget about our separation and just enjoy the time we had left together to the fullest.



• Departure

Wednesday, 19th October 2016 mark as our last day to stay in Tokyo before the departure to our country, Indonesia. Our flight board in the evening so we decided to bought some presents in the morning. Luckily we saw Vietnamese students before they left to the airport and some of the committee of TMDU Dental Training program and bid farewell to them in the morning before we went to Tokyo Sky Tree to buy some presents. Johan and Laras went separately because they have something different in mind. We decided to meet in front of our hotel at 13.30 o'clock and wait for our travel bus to arrive. We went to the airport at 14.00 o'clock accompanied by Ayane who kindly spared her time for us. We were so sad because we can't say our farewell to the other TMDU students ourselves and we are so



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grateful to Ayane, Haruka, Eri and Nanami that come to see us before we left. In the airport we coincidentally met with students from Srinakharinwirot University and fortunately we got to say goodbye to each other before we went to our respective flight. Our flight board at 18.20 o'clock and we arrived in Jakarta at 00:10 Thursday morning.



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III. CONCLUSION

In this TMDU Dental Training Program, we gained immeasurable experience that really improving our skills either in knowledge and communication. We got a lot of knowledges from another students from Japan, Thailand, and Vietnam through the discussions and other positive agendas that have been organized. We formed a positive bond toward each other, we learn another culture from other country through global retreat. This training program is very positive in preparing our mind and body to face international affairs in dental field, because it provide a very good environment to all of the students to communicate about anything to each other. This training program was also introduce us to the future technology in the dental field. We also feel very lucky and very honored to participate in this TMDU Dental Training Program.

Not only knowledge and skills in dental fields, we have been alarmed the importance of establishing new connection in the scale of international. We already know that ASEAN Free Trade Area (AFTA) will effecting our profession, and the era of AFTA is coming very soon. This training program also give us a lot of options about which dentist that we want to be in the near future, and each of it have a great influenced maybe towards dentistry in our city, our nation, or maybe in our world. But, one of the most important thing is that we have been inspired to develop our nation's paradigm of dental health and dental knowledge to our people.

The continuance of this TMDU Dental Training Program is very important to our opinion. Maybe, in the near future a lot of universities can join this beautiful program. It can provide more and more connection to develop our dental health in the world. We know that TMDU Dental Training Program 2016 is the last inter-university collaboration. But, we strongly hope this training program can be continued, not only for the better dental health in Indonesia, but for the better dental health in the world.



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