Palliative care is an area I am passionate about. Taking care of the patients and families who are suffering from serious diseases is a difficult responsibility, and an important one. As a palliative care physician, I faced difficulties in dealing with spirituality. To understand spirituality, knowing the culture is one of the clues. I wish to broaden my knowledge on managing symptoms and understand the cultural differences in your country.

I work as a pediatrician in Tokyo. Because I suffered from asthma as a child, I had to visit hospitals frequently. I wanted to become a doctor who saves lives as they did to me, so I decided to pursue medical school. While working as a pediatrician, I encountered many lives that could not be saved. As doctors, we strive to save people’s lives, but we must remember there are patients with incurable diseases.

At Tokyo University of Medicine, I acquired an understanding of the fundamentals of medicine, passed the National Medical License Exam, and became a resident at Red Cross Hospital. I completed the pediatric residency course and the five-year palliative care fellowship programme. I am now a Board Certified Member of the Japan Pediatric Society and a Board Certified Member of Japanese Society of Palliative Medicine.

I work as a palliative care physician at Tokyo Hospital, which has 1,000 beds and is one of the biggest hospitals in Japan. I see both inpatients and outpatients. I am also in charge of educating residents, and of negotiations between us and hospitals overseas.

I have many attributes to contribute to Pediatrics. First, through difficult serious conversations with the family members, I developed communication skills. In 2023, I earned “the best doctor” award --an annual award given to doctors who demonstrate excellent communication with medical professionals and patients. Secondly, I have gained the important skills to work as a leader in the interprofessional team. Third, I conduct the international research.

I hope to share my experiences and knowledge with others through this observership, and actively participate in discussions and raise thoughtful questions. I look forward to learning not only from the professors but also from the patients.

Through this observership, I believe I can improve the situation of palliative care in Japan. I plan to provide palliative care to pediatricians.