

## **My Reflection on APAO Observership at the University of Osaka Graduate School of Medicine**

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*APAO IFP (3 Months – Observership Medical Retina)*

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I had the privilege of completing a three-month APAO IFP fellowship observership at the University of Osaka Graduate School of Medicine in Osaka, Japan, under the Department of Ophthalmology. This program provided me with rich clinical exposure, valuable surgical observations, and meaningful academic interactions in the field of medical retina and comprehensive ophthalmology.

During my observership, I attended both the clinics and operating rooms regularly and observed a wide spectrum of retinal diseases and surgeries - including cataract, vitreoretinal, corneal and glaucoma procedures. This exposure broadened my understanding of both medical management and surgical techniques practiced in advanced tertiary center.

A significant highlight of my fellowship was the opportunity to observe management of numerous age-related macular degeneration (AMD) cases with Dr. Chikako Hara. Her structured clinical approach, meticulous evaluation and decision making allowed me to deepen my understanding of AMD pathophysiology, diagnosis and individualized treatment planning. I gained valuable insights into Anti-VEGF therapy protocols, selection criteria and follow up strategies, which will greatly enhance my practice in medical retina and help me make appropriate clinical decisions for my patients in Nepal.



In the retina clinic of Department of Ophthalmology with Dr. Chikako Hara (on the right)



With Dr. So Goto (on the left)

I am also deeply grateful to Dr. So Goto, whose guidance in refractive cataract surgery was exceptionally helpful. He thoroughly explained the nuances of IOL power calculation, biometry interpretation and modern refractive cataract surgery planning. His teaching has significantly strengthened my confidence in managing complex cataract cases.



With Dr. Satoko Fujimoto (on the left) - enjoying traditional Japanese cuisine after a busy day at her clinic.

Dr. Satoko Fujimoto was another remarkable mentor whose clinical skills and explanations helped reinforce many key concepts. Despite a short interaction, Dr. Kazuichi Maruyama was highly inspiring and left a strong impact through her clarity and precision. I would also like to thank Prof. Dr Takatoshi Maeno for his insightful teaching about the retinal cases.

I would also like to extend my heartfelt appreciation to Dr. Shizuka Koh, who generously helped me understand various corneal cases and surgical management approaches.



Receiving Observership Completion Certificate from Prof. Dr. Kohji Nishida, Head of Department of Ophthalmology, University of Osaka Graduate School of Medicine

This three-month observership has been a transformative experience, both professionally and personally. I gained valuable clinical insights, enhanced my understanding of medical retina and strengthened my commitment to delivering high quality ophthalmic care to my patients. I am sincerely thankful to Prof. Dr. Nishida, APAO IFP and the University of Osaka Graduate School of Medicine for this remarkable opportunity.