

Fellowship Summary Report: APAO Clinical Observership at Department of Ophthalmology, University of Osaka Graduate School of Medicine, Japan

Fellow: Dr Sha Zhu

Host Institution: Department of Ophthalmology, University of Osaka Graduate School of Medicine, Japan

Period: July 2025 – September 2025

Supervisor: Dr. So Goto

It has been a profound honor to be awarded the Asia-Pacific Academy of Ophthalmology (APAO) Residency Fellowship. From July to September 2025, I had the privilege of undergoing clinical observership at the Department of Ophthalmology, University of Osaka Graduate School of Medicine.

The observership was meticulously structured. The three-month duration was organized into weekly rotations that allowed me to immerse myself in various subspecialties. The outpatient clinics at Osaka University Hospital are a model of efficiency and patient-centered care. Each expert took the time to discuss the pathophysiology and management rationale for every patient with us. During surgical rotations, I observed a wide array of procedures.

My observership experience was well-organized by my supervisor, Dr So Goto. As a specialist in cataract and vitreoretinal surgery, Dr So Goto represents high level of professionalism. And I am deeply impressed by his study on keratoconus-related cataract and new-generation intraocular lens power calculation formulas. Beyond his clinical skill, he personally coordinated my curriculum, ensuring that every week offered new learning opportunities tailored to my interests. Personally, I am deeply moved by the hospitality of Dr So Goto and his family. I also would like to thank Dr. Susumu Hara, Dr. Shizuka Koh, Dr Kenji Matsushita, Dr. Takatoshi Maeno and Dr Satoko Fujimoto, their kindness made me feel welcome in a foreign country.

I was also fortunate to share this observership with Dr.Muna Kharel from Nepal. Having a peer like Muna—who is not only a highly competent professional but also a kind-hearted individual—enriched my experience. Our daily discussions, mutual support, and shared learning curve made the three months in Japan a journey of friendship as much as a journey of medicine.

This observership is not an end, but a beginning. The friendships and professional connections established during these three months have laid a solid foundation for future international cooperation. I am eager to explore potential collaborative research projects.

The 2025 APAO clinical observership at Osaka University Hospital has been a transformative experience. It has provided me with a global perspective on ophthalmology, refined my clinical judgment, and introduced me to a community of mentors and friends.



The university of Osaka Hospital



Left to right: Dr. Shizuka Koh, me, Dr. Muna Kharel and Dr. So Goto