

追憶台灣取經行

一位曾來本院學習地中海型貧血治療的越南醫師來信

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去年，越南籍Dr.Nguyen Hoang Nam向本院兒童血液腫瘤科彭慶添教授表達希望前來本院受訓的心願。在彭教授的聯繫和安排之下，Dr. Nguyen Hoan Nam如願來台，並於2008年5月5日至7月4日在本院兒童血液腫瘤科接受兩個月的訓練，學習重點是地中海型貧血的全方位治療。返國後，他寫了一封信感謝彭教授與6B病房同仁。原信內容及翻譯如下：

Dear Prof Peng

It is about 4 months I returned home from Taiwan. I came back to my work and very busy so now I can write some things that I have experiences in Taiwan.

The first time I came to Taiwan that the third time I went to abroads. But I the feeling differences because I travel alone. Saw Taiwan from airplane at the night was difficult but I felt this country was better order of infrastructure compare with Vietnam. When I arrived to the Taoyuan International Airport, luckily I bought a bus ticket to go direct to Taichung City. About 2 hours Taichung city appear in my eyes. After some bus stop I got out the bus and took the a taxi to China Medical University Hospital. Because I saw the hospital picture before so that I was easy to recognized the hospital. The taxi brought me to in front door at Lifubuilding where a safeguard waiting me and took me to a hospital flat near there. He spoke English not well but I surprised that he can spoke some Vietnamese words. When I stay in the flat, it was nearly midnight and I felt a little fear. That night I slept not well and next morning I went to the hospital. In the morning I went to the hospital. Because my flat is very near hospital so that it takes about 2 minutes to approach the hospital and I think that the hospital I will have 2 months training was very big and modern. I asked for help from information desk. Staffs

in there were very enthusiastic but after about 30 minutes I stayed at 6B (hematology and oncology department). In there I met some staffs who were friendly and I waiting for Yi Lu and Yi Chen came. About 15 minutes later they came and give me meal ticket to eating at restaurant of hospital, my training schedule and I give them a my small portrait photo to do identify card. After they also help me to buy international phone card from seveneleven shop and I come back to my flat to get a rest. Next day I meet Prof Peng my supervisor and Dr Wu who is chief of 6B. They were very friendly. Prof Peng introduced me to every staffs in 6B and tell Dr Chen, a fellow, to help me buy some things that I need for my flat. Prof Peng let me more comfortable, he said that let think as your home here. After about 1 week I more familiar with living in Taiwan. Due to my schedule in the morning I leared in the ward (6B) and went to laboratory in the afternoon. I also have breakfast, lunch and dinner in the hospital's restaurant. The meal in restaurant is nearly similar with Vietnamese food so that I can eating it everyday. But only the meals for breakfast were a little boring so that sometime I have breakfast outside in some cake shops near my flat. Sometimes I also had lunch and dinner outside to get more experiences for Taiwanese foods. When I was in ward I could learn many things. I learned to treat patients after SCT, patients with SCT complication as GVHD, diabetes mellitus... I also get experiences about

treatment for Thalassemia, histiocytosis X, ITP, Hemophilia. Especially I learned a lot for management of Thalassemia in out patient with Prof Peng and Dr Wu. I think Thalassemia patients in Taiwan have nice healthcare so many of them are in good health. They had blood transfusion every 2 or 3 weeks. And they also had good iron chelation therapy with Kelfer and Desferal. The relationship between patients and doctors, nurses are very good. It is very important thing to help the thalassemia patients are more compliant to receive the treatment. I also spent time to learn some test in Blood bank. I visited donation blood centre, I think the blood centre worked very effectively. Centres can supply enough blood for hospital need. I visited adult oncology department in new building with the help of Dr Yeh. I also spend alot of time in molecular lab to do some test for diagnosis Thalassemia. The staff here were very friendly and help me a lot. Miss Lieu tell me and show me more detail about molecular diagnosis for Thalassemia and Mrs Shih help

me had a tour around hospital. It is very helpful to me to do prenatal diagnosis in Thalassemia in my hospital. I was very happy because I can attend to some activities with Taiwan Thalassemia Association in Taichung. These activities not only help the patients had better mind but also let the commutities known about Thalassemia diseases. Mr Lin and Mr President helped me a lot. The time I stayed in Taiwan I also visited many where. I visited Taipei, Tainan, Kaohsiung, Lukang, Sun Moon Lake so that I can have good experiences about foods and sightseeing in Taiwan. Without the help of Prof Peng I could not go many where like that. I also had the help of young student Boey. To conclusion, I had good times in Taiwan. I will have not forget good memory in Taiwan.

Thank you very much for Prof Peng and your colleagues to help me a lot in Taiwan.

Nguyen Hoang Nam

親愛的彭教授：

我從台灣回到家大概4個月了，已經回到忙碌的工作崗位上。所以現在就讓我來寫些在台灣體驗到的事物吧。

這是我第3次出國，來台灣是第1次。也許是獨自旅行，另有一番感受。在飛機上俯瞰夜晚的台灣，台灣的建設相當有秩序，與

越南是不同的。抵達桃園機場後，幸運地，我搭上了往台中市的直達車。約兩個小時後，台中市漸漸映入眼簾。下了公車，我坐上計程車前往中國醫藥大學附設醫院，由於之前曾看過醫院的照片，所以很容易就認得目標。司機載我到立夫醫療大樓前門下車，有位接待人員正等著我，帶我到附近的醫院宿舍休息，他的英文講的不算好，但他竟然會講幾句越南話，令我相當驚訝。

在宿舍的第一晚，有點不安，所以睡得不好。隔天早上，我前往醫院，宿舍離醫院很近，兩分鐘就到了。看到未來兩個月將受訓的醫院，規模很大又很新。我向熱情的服務人員問路，大約過了半小時，便到達血液腫瘤科的6B護理站，護士小姐們十分友善。我等候逸茹和依蓁，大概等了15分鐘，他們出現了，給了我醫院餐廳的餐卷和受訓行程表，我也繳交了製作識別證的大頭照。之後，他們去便利商店買了國際電話卡給我，我就回到宿舍休息。

第二天，我跟我的訓練指導醫師彭教授與6B病房主任巫醫師見了面。親切的彭教授向我介紹6B護理站的工作同仁，並且交代陳醫師幫我買一些生活必需品。彭教授要我把這兒當作自己家一樣，讓我覺得很貼心。一週後，我逐漸習慣在台灣的生活，每天按表操課，早上在病房學習，下午則待在實驗室裡。醫院餐廳的菜色與越南食物頗為相似，所以我三餐幾乎都是在醫院餐廳解決。不過，早餐的菜色是有點無味，因此有時候我會在附近的麵包店買早餐，有時也會到外面餐廳體驗台灣食物的美味。

在病房裡，我學習到很多事物。像是接受幹細胞移植的病人，我可以處理他們的併發症，例如移植後的排斥反應或糖尿病。我也獲得關於治療地中海型貧血、組織細胞增多症、免疫性血小板缺乏紫斑症和血友病的豐富經驗。尤其是在我跟彭教授和巫醫師的門診時，學到了不少治療地中海型貧血的方法。

我想，台灣因為有很好的健康照護，所以大多數地中海型貧血病人都很健康。他們通常每2至3週會輸血，並且用Kelfer和Desferal來做鐵的解毒治療。病人、醫師與護士之間的氣氛也非常融洽。幫助地中海型貧血病人接受治療是很重要的事，我花時間在血庫裡學習一些檢驗，也去參觀了捐血中心，覺得他們工作有效率，可以提供足夠的血液來供應醫院所需。

在葉醫師幫助下，我參觀了新大樓的成人腫瘤科，也去分子實驗室做了一些關於地中海型貧血的檢驗。這邊的人員相當親切，幫了我很大的忙，劉素卿小姐更詳細地告訴我關於地中海型貧血的分子診斷，施宏彰先生也帶我在醫院逛了一下，林先生與住院醫師也幫了我很多忙。在我們的醫院，做地中海型貧血的產前診斷是很有幫助的，我很高興可以參加台灣地中海貧血協會在台中所舉辦的一些活動，這些活動不但幫助病患對地中海貧血有更深入的了解，也使病患更加安心。

在彭教授及年輕醫學生的協助下，在台期間，我曾到台北、台南、高雄、鹿港、日月潭等多處參觀與品嚐各種小吃。在台灣的光陰是如此美好，這段美好回憶，永難忘懷。

最後，非常感謝彭教授及您的工作同仁在台灣給我的許多幫助！

Nguyen Hoang Nam