

はじめに

Douglas Paauw (ダグラス・パウ) 先生は、アメリカのワシントン大学医学部総合内科学講座の教授として、診療や研究で活躍されているとともに、医学部臨床教育プログラムのディレクターとして医学教育に長年携わってこられました。その医学教育や医学生のキャリア支援における功績は高く評価され、ワシントン大学医学部のベストティーチャー賞を何度も受賞されているほか、アメリカ医科大学協会 (AAMC) の最優秀教員賞を受賞されています。また、Paauw 先生は、日本語をはじめ4ヶ国語に翻訳され世界中の医学生に愛読されている *Internal Medicine Clerkship Guide* やエイズの治療に関する専門書の著者でもあります。

本書は、Paauw 先生がこれまで自らの経験をもとに書き留めてこられた珠玉のエッセーをもとに、日本で医療従事者を目指す皆さんの英語学習に役立つよう英語学習テキストとして編集したものです。Paauw 先生自身の患者、学生、同僚、家族との交流によって何を感じられ、そして何を学んでこられたのか、是非読み取ってみたいと思います。

本テキストが、皆さんの英語力の向上に役立つとともに、医療職というキャリアについて深く考え、患者、同僚、家族との信頼関係を築くきっかけとなれば嬉しく思います。

最後に、本書出版の意義をご理解いただき、出版に向けご尽力いただきました三修社三井るり子さん、本書編集作業に協力いただいた、櫻井七都恵さん、黒川実穂さんに、こころより感謝申し上げます。

編著者一同

各 Chapter の構成

1. Pre-reading Questions

エッセーに関連した英語の質問が2つ書かれています。エッセーを読む前に、それぞれに対する答えを考えてみましょう。またパートナーに質問をして、お互いの意見を交換しましょう。

2. Building Vocabulary

エッセーに出てくる重要な語彙をクイズ形式で確認してみましょう。Aでは一般的な用語を、Bでは医学用語を取り上げています。

3. Reading

Paauw 先生の手書かれたエッセーです。注を参考に、エッセーの背景、場面、Paauw 先生や登場人物の心情を考えながら読んでみましょう。

4. Comprehension Check

内容に関する True/False 形式の問題を解き、理解を確認しましょう。

5. Language Exercise

本文に出てきた語彙に関する選択形式の問題です。問題を解いて語彙力をつけましょう。

6. Useful Expressions

エッセーの中に出てくる重要な表現や構文をピックアップして解説しています。

7. Health-related Topics

エッセーに出てくる病気や症状についての解説です。専門的な内容を英語で理解してみましょう。

8. Topics for Discussion

エッセーに関連したトピックについてパートナーと、もしくはグループで意見を交換してみましょう。マインドマップを利用して自分の意見をまとめてみましょう。

Table of Contents

| | | |
|---|--|----|
| Chapter 1 | What matters most?..... | 7 |
| Chapter 2 | 'Being dependable' matters (Mrs. Liem's story)..... | 13 |
| Chapter 3 | 'Being optimistic' matters (Donna's story)..... | 19 |
| Chapter 4 | 'Reaching out' matters (Andy's story)..... | 25 |
| Chapter 5 | 'Being trustworthy' matters (Kimberly and Jill's story)..... | 31 |
| Chapter 6 | 'Showing commitment' matters (Shona's story)..... | 37 |
| Chapter 7 | 'Being responsive' matters (Patrick's story 1)..... | 43 |
| Chapter 8 | 'Being a good listener' matters (Patrick's story 2)..... | 49 |
| Chapter 9 | 'Communicating with a smile' matters (Mrs. Ngo's story)..... | 55 |
| Chapter 10 | 'Showing enthusiasm' matters (Dr. R's story 1)..... | 61 |
| Chapter 11 | 'Appreciating the moment' matters (Dr. R's story 2)..... | 67 |
| Chapter 12 | 'Being hopeful' matters (Scott's story 1)..... | 73 |
| Chapter 13 | 'Being active' matters (Scott's story 2)..... | 79 |
| Chapter 14 | 'Spending time together' matters (Scott's story 3)..... | 85 |
| Chapter 15 | What do all of these stories mean?..... | 91 |
| Appendix: Commencement Address by Dr. Paauw | | 94 |
| Vocabulary Building B の医療語彙リスト | | 98 |

About the Author



Douglas S. Paauw, M.D., MACP

- Professor of Medicine, Division of General Internal Medicine, The University of Washington
- Director, Medicine Student Program, The University of Washington
- Rathmann Family Foundation Endowed Chair in Patient-centered Clinical Education

A message from Dr. Paauw to Japanese students

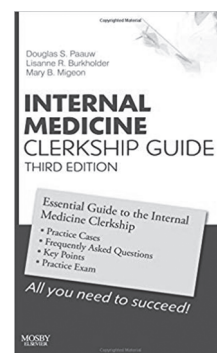
I hope that as you read these essays they help you learn and understand the English language. More importantly, I hope they inspire you in your role as a healer. As medical professionals, we help our patients with their health, hopes and to live the best life they can. Our patients do the same for us. They care deeply about us, and every day share with us how much we matter in their lives. I hope you learn that very important message as you read these stories about the patients, students, colleagues, and my family who have made a profound difference in my life.

Biography

Dr. Paauw graduated from the University of Michigan Medical School, completed a primary care/internal medicine residency at the University of Washington (UW) Hospital, and spent a year as chief resident at Harborview Medical Center. He is a general internist. He has been on the faculty at UW Medical Center since 1989. He is the director for student teaching at the Department of Medicine. He has long had an interest in the care of patients with HIV and has published broadly in this field. He sees patients in the HIV and general internal medicine clinics. He has a passion for working with medical students and helping them develop their careers.

Dr. Paauw was awarded the University of Washington's Distinguished Teaching Award in 1997 and the UW School of Medicine's Distinguished Teaching Award in 1993, 1994, 1995 and 1997. He was elected a Teacher Superior in Perpetuity in 1997. He received the Distinguished Teacher Award from the American Association of Medical Colleges (AAMC) in 2001, and, in 2002, received the University of Michigan Alumni Society Early Career Distinguished Achievement Award. In 2000, Dr. Paauw was named the Rathmann Family Foundation Chair in Patient-centered Clinical Education, and in April 2002, he was elected governor of the American College of Physicians (ACP), Washington State Chapter. He was elected to mastership in the ACP in 2009. He has been named one of the best doctors in America annually since 1996. He has served as councilor of the Alpha Omega Alpha (AOA) Honor Medical Society at the University of Washington since 1994. He now serves on the AOA's board of directors.

Dr. Paauw is the chief editor of *Internal Medicine Clerkship Guide*, an essential guide to the Internal Medicine Clerkship.



Publisher: Mosby
3rd edition
ISBN978-0323045582

Chapter 1

What matters most?



1. Pre-reading Questions

(1) What made you decide to become a medical professional?

(2) What worries you most as a student?

2. Building Vocabulary

A. Match the words with the definitions. (Verbs)



- | | | | |
|---------------|-----|----------------|-----|
| (1) overwhelm | () | (5) figure out | () |
| (2) qualify | () | (6) beat | () |
| (3) devote | () | (7) allow | () |
| (4) touch | () | (8) fulfill | () |

- a. cause someone to have too many things to deal with
- b. permit (someone) to have or do something
- c. discover, determine
- d. satisfy
- e. have an influence on
- f. win against
- g. commit by a solemn act
- h. give someone the necessary skill or knowledge to do a particular job or activity

B. Match the words with the Japanese equivalents. (Medical terms)



- | | | | |
|--------------------------|-----|----------------------------|-----|
| (1) medical professional | () | (6) physiotherapist | () |
| (2) symptom | () | (7) occupational therapist | () |
| (3) disease | () | (8) research | () |
| (4) treatment | () | (9) dose | () |
| (5) national examination | () | (10) quality of life | () |

- | | | | | |
|------|--------|-------|---------|-------------|
| ア．研究 | イ．病気 | ウ．症状 | エ．理学療法士 | オ．(薬の) 1 回分 |
| カ．治療 | キ．生活の質 | ク．医療職 | ケ．国家試験 | コ．作業療法士 |

Why did you decide to take the long journey to become a medical professional?

Whatever your reasons are, I guess you are now spending busy days learning about body functions, symptoms, diseases, treatments and cures, feeling overwhelmed with the amount of what you have to learn before you become a medical professional. You also might be worried whether or not you could finish your course of study at school and successfully pass a national examination to be qualified for a medical professional.

overwhelmed
圧倒された

qualified 資格のある

It takes a long journey before you finally become a qualified medical professional. However, your real journey begins after you have successfully finished college or university and passed the national examination. Many of you will become a medical doctor, nurse, physiotherapist, occupational therapist or other type of healthcare practitioner in your communities, providing quality medical care from the smallest towns to the largest cities. Some of you will devote your life to research, making discoveries that will touch thousands of lives. Others will become teachers, joining the lineage of Hippocrates*, Galen* and Osler*. Whichever career path you take in the field of medicine, your job will always require you to contribute to advances in medical science by keeping up with up-to-date medical knowledge and skills. It is such a challenging journey that the job you are taking really needs to be worth it.

healthcare practitioner
医療関係者

devote A to B
AをBに捧げる
touch 影響を与える

lineage 一族、系統

keep up with ～～に遅れずについていく
up-to-date 最新の

What makes it worth it?

countless 無数の

residency (インターン終了後の) 臨床研修
make a difference
〔状況を〕改善する

prosperous 成功した

Having reviewed countless admissions essays for medical school and residency over the years, I found the most popular theme is, “I want to make a difference” or “I want to matter.” The oldest medical student who I have worked with graduated from medical school at the age of 48. He had a prosperous career as an engineer before he entered medical school at the age of 43. He enjoyed being an engineer, but he gave it up to pursue the dream of becoming a doctor because he wanted to make a difference. Knowing that he wants to make a difference has made it worth it.

So what matters to make it worth it?

1) Knowing that you are amazing!

When you start your career as a medical professional, many of you, if not all of you, might wonder when people will figure out that you are a fraud. “How can I be a medical professional?”, you might think.

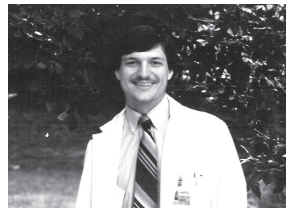
figure out 発見する

fraud 詐欺師

On my first day of residency, I remember I had trouble thinking of the correct dose of Tylenol. This feeling was not helped when, four hours into my internship, I lost the little notebook containing everything I had learned in medical school. I was sure that I wouldn't make it through my first call night, much less my intern year.

I made so many mistakes during the first year, but the good news was, each of those was a chance to learn. The even better news was that I had caring and experienced people around me who helped catch my goofs and make sure my patients were fine.

You know what? That feeling of "when will they figure out I shouldn't be here?" never really goes away. I'm just much more comfortable with it, now that I know almost all medical professionals have this feeling. We remember



First-year resident時代のPaauw教授

the few mistakes we make, and forget all the good things and right things we do. Those around us see all the good things and don't know of or aren't worried about the little bumps in the road. They will see you as an amazing, talented person. It is an accurate assessment. Knowing that you are amazing helps you make your journey worth it.

2) Embracing life

We hear the term 'quality of life' a lot. But what is it? Is it free time? Is it financial security? Is it always doing things that are fun and enjoyable? We all have our own definitions, but I think nothing can beat having a career that allows you to work in your cherished field; a career that makes you excited at the beginning and makes you fulfilled at the end of every day. There are excitement and fulfillment in all parts of your day. This is not only a gift to yourself, but to those around you. When you are happy and feel fulfilled, your relationships are so much more likely to be healthy. This is an especially important dynamic for children to see. They need to know that they can be content and fulfilled as they grow up.

When you have become a medical professional, embrace each minute, recognize and enjoy the perfect moments of your life. (761 words)

Tylenol タイレノール
(解熱鎮痛薬の名称)
internship インターン
シップ (卒後研修病院
で1年間受ける臨床研
修制度)

much less ~
まして~でない

intern
インターン (研修医)

goof 失態、へま

now that ~
今や~だから

bump へこみ

talented 才能のある
accurate 正確な
assessment 評価

embrace ~を受け入れ
る

financial 金銭上の
security 安全、保証
definition 定義

beat ~に勝る

allow 人 to ~ 人に~
することを許可する

cherished 大切な

fulfilled 満たされた

fulfillment 充実感

dynamic 原動力



***Hippocrates**: 《人》ヒポクラテス。ギリシャの医師。それまでの呪術的医療と異なり、健康・病気を自然の現象と考え、科学に基づく医学の基礎を作ったことから、今日「医学の父」と言われている。

***Galen**: 《人》ガレン。ギリシャの解剖学者。ルネッサンス期までのヨーロッパにおける薬学の基礎となる理論を提唱した。

***Osler**: 《人》オスラー。米国の医学教育の基礎をつくり、日本の医学教育にも多大な影響を与えた医師。

4. / **Comprehension Check: True or False Questions**

- (1) (T / F) It doesn't take a long time to become a medical professional.
- (2) (T / F) One of the most popular admission essay themes that Dr. Paauw has reviewed is "I want to make a difference."
- (3) (T / F) The oldest medical student Dr. Paauw worked with entered medical school at the age of 48.
- (4) (T / F) On the first day of residency, Dr. Paauw lost his notebook containing everything he had learned in medical school.
- (5) (T / F) According to Dr. Paauw, we tend to remember the good things we have done but we easily forget the mistakes we have made.
- (6) (T / F) According to Dr. Paauw, it is very important for children to feel happy and fulfilled as they grow up.

5. / **Language Exercise: Fill in the blanks with an appropriate word from the list**

minute / relationships / goofs / discoveries / dose

- (1) Some of you will devote your life to research, making () that will touch thousands of lives.
- (2) On my first day of residency, I remember I had trouble thinking of the correct () of Tylenol.
- (3) People around me helped catch my () and make sure my patients were fine.
- (4) When you are happy and feel fulfilled, your () are so much more likely to be healthy.
- (5) When you have become a medical professional, embrace each (), recognize and enjoy the perfect moments of your life.

6. / **Useful Expressions**

❶ 分詞構文 (～しながら、そして～する)

- (a) Many of you will become a medical doctor, nurse, physiotherapist, occupational therapist or other type of practitioner in your communities, **providing** quality medical care from the smallest towns to the largest cities.
- (b) Others will become teachers, **joining** the lineage of Hippocrates, Galen and Osler.

❷ **Some..., others** ~ (…する人もあれば、～する人もいる)

Some of you will devote your life to research, making discoveries that will touch thousands of lives. **Others** will become teachers, joining the lineage of Hippocrates, Galen and Osler.

7. Health-related Topics

What Is Quality of Life?

Quality of life (QOL) is a broad multidimensional concept that usually includes subjective evaluations of both positive and negative aspects of life. What makes it challenging to measure is that, although the term “quality of life” has meaning for nearly everyone and every academic discipline, individuals and groups can define it differently. Although health is one of the important domains of overall quality of life, there are other domains as well—for instance, jobs, housing, schools, the neighborhood. Aspects of culture, values, and spirituality are also key domains of overall quality of life that add to the complexity of its measurement. Nevertheless, researchers have developed useful techniques that have helped to conceptualize and measure these multiple domains and how they relate to each other.

Cited from CDC (<http://www.cdc.gov/hrqol/concept.htm>)

8. Topics for Discussion

What difficulties are you facing as a student? How do you think you can overcome them?

