

FACULTY OF FOOD SCIENCE AND NUTRITION, UNIVERSITI MALAYSIA SABAH

INDUSTRIAL TRAINING ATTACHMENT AT UNIVERSITY OF KOCHI, JAPAN

LIN TAN YEN SZE
FOOD SCIENCE AND NUTRITION PROGRAMME

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INTRODUCTION

As part of the Memorandum of Understanding (MoU) between Universiti Malaysia Sabah (UMS), and University of Kochi (UoK), Japan, I was given the opportunity to undergo an industrial attachment at University of Kochi for 4 weeks from 6th to 31st July 2015. It was indeed an unforgettable experience and a dream come true as I longed to experience student exchange program to Japan since I was 16.

I rated my chance to have my application approved as slim. I never attended any Japanese language course but have been watching

Japanese dramas and animes since year 2008. To my surprise, I passed the interview conducted by the faculty.

I got in touch via email with Ms Horie Manami and Ms Ito Chihiro, the visiting students from UoK that came to UMS in March 2015 and we became pen pals. I am grateful to have them to clear my doubts and to practice my Japanese language before my departure to Japan besides the warm hospitality served during my stay in Kochi. We had a lot of joyful moments together.



My first try for Sado. Although my feet was numb throughout the session as I was not used to seiza, it was nevertheless a great experience. I appreciate the guidance and help from Sado Club and my friends. (Writer seated at middle front; Sado - Japanese tea ceremony; seiza - Japanese formal way of sitting.)

IMPRESSIONS:

I learnt and gained a lot of experience throughout the one month industrial training placement at University of Kochi. The knowledge and memories I gained there were priceless.

UNIVERSITY OF KOCHI



Experiment carried out in Food Hygiene course to determine the nitrite concentration in food samples.

During my attachment at University of Kochi, I attended the lectures for 2 weeks with 1st year, 2nd year or 3rd year students according to the schedule. The lectures were all conducted in Japanese except for Community Health lectures. Prof. Wada explained the Community Health lectures in English even though the materials

were in Japanese. Besides, I was given the opportunity to join the Cookery lab with 1st year students; Food Hygiene experiment of 2nd year; Community Nutrition practicum, Nutrition Education practicum and Food Service Management practicum of 3rd year students. I appreciate the explanations by the students to clarify my doubts.

KOCHI HEALTH SCIENCES CENTER

I was placed at the Department of Nutrition, Kochi Health Sciences Center for 5 days. Throughout this period, I was given briefing on the systems, facilities and work flow of the dietitians and food service management company. I even had the chance to observe discussion of the Nutrition Support Team (NST), Nutrition Counselling sessions for outpatients, Food Service Management and Group Nutrition Education session for patients with heart disease besides following dietitians on their work routine to have a better understanding on responsibilities of a dietitian.



Nutrition Support Team (NST) consists of doctor, pharmacist, nurses and dietitian. They will access the profile of the patients under NST care and have discussion to improve the health and nutrition condition of the patients.

I followed some of the dietitians to visit patients and interviewed them for their diet preferences and diet restrictions. Then, the dietitians will update the information on the patients' profile. They will make Nutrition Care Plan based on the risk and the health condition of each patient under their care and then propose to the doctor in charge for any dietary changes of the patients.

Every Friday, the dietitians will have an internal journal reading session which I found it really interesting and inspiring. They will appoint two dietitians to find and study any journals with nutrition related topics to share with the other dietitians. They will have discussions if needed. Despite the heavy work load, they still manage to study and update themselves with the latest knowledge and information of their field. Their effort motivates me towards improvement.

“LEARNING IS A NEVER ENDING PROCESS.”

- LIU KAI

TOSA NO SATO – NURSING HOME FOR ELDERLY



Preparation of soft diet for the elderly with dysphagia (difficulty swallowing).

Aging process causes most of the elderly to have dysphagia and thus they need special care for their daily activities and nutrition. Tosa no Sato is a nursing home for approximately 100 elderly people in Tosa city of Kochi Prefecture. There are physiotherapists, nurses, social workers and dietitians (Komatsu sensei and Inoue sensei) to take care of the elderly.

Komatsu sensei introduced the facilities in Tosa no Sato and the different forms of food provided to the elderly. Whereas Inoue sensei explained on the menu planning procedures and basic patterns of meal. The meals

prepared will be the same for all elderly but in different forms such as normal, sliced, blended and soft based on the condition of the elderly. During my attachment at

Tosa no Sato for 2 days, I was given the opportunity to help in meal preparation including soft diet. I also joined the conference of Tosa no Sato.



The conference of Tosa no Sato is attended by the physiotherapists, nurses, dietitians and social workers to discuss on the condition of the elderly and to make plans to improve their nutritional status.



Group photo with Shimada sensei (front left in first picture), Numata sensei (front right in first picture) from University of Kochi and the team of dietitians of Department of Nutrition, Kochi Health Sciences Center



With the staffs from Nissin Healthcare Food Service Co., Ltd, Department of Nutrition, Kochi Health Sciences Center

Inoue sensei (left) and Komatsu sensei (right) from Tosa no Sato

CONCLUSION

Throughout this industrial training attachment, I learnt, experienced and enjoyed each and every moment. It was a valuable opportunity to learn Japanese, to practice speaking Japanese and to experience Japanese culture. This will indeed be one of the fruitful and unforgettable moments in my life.



Group photo with Prof. Yasuhiko Wada (front, far left), Aramaki sensei (2nd row, far right) and the students of Faculty of Nutrition, University of Kochi

Hereby, I would like to take this opportunity to express my utmost gratitude to Prof. Yasuhiko Wada (Dean, Faculty of Nutrition, UoK), Shimada sensei, Numata sensei, Tanaka sensei, Aramaki sensei and everyone that was involved in my industrial training attachment at University of Kochi for the heartwarming hospitality. Special thanks to Mr Bunno who arranged my accom-

modation and transportation throughout my stay at the University of Kochi.

Besides, I also wish to thank Kochi Health Sciences Center and Tosa no Sato for giving me the chance to learn and study by observation. I really appreciate the guidance from all of the dietitians, doctors and physiologists that I've met.

Last but not least, I would like to expand my sincerest gratitude to the Centre for Industry Relations, UMS for providing the allowance and to those who supported this placement including the faculty members especially Assoc. Prof. Dr Sharifudin Md. Shaarani (Dean, Faculty of Food Science and Nutrition, UMS), my family members and friends.