

YukiGuni Yamato Hospital Moegi Clinic Doctors on campus

A slide show on how to use the hospital
and information on related services

Prepared for Students of IUJ

On-Campus support: appointments

- Volunteer medical doctors 4 days a month
 - Provides ADVICE as a volunteer
 - Can help with advice on children, inoculations, etc.
- Mental Health doctor
 - M-F 9:30am – 6pm appointments available
 - 2 Saturday afternoons a month
- www.iuj.ac.jp/counseling for link to appointments
- Go direct to
<http://www.iuj.ac.jp/counseling3/counselingappointment/>

3 near-by medical facilities

Moegi Clinic

general issues for drop in times (morning and afternoon hours)

Consultations 3 days a month on campus

Morning and evenings OK

Kikan Hospital

for **REFERRAL** patients only

Not to be used for drop in appointments

Consultation 1 Monday a month on campus

Yamato Hospital

general issues (mostly internal medicine) for drop in times (mornings)

Go before 11am

Moegi-En Clinic



Operating Hours

Monday through Friday 8:30am-12noon, and 4:30pm-6pm
Saturday 8:30am-12noon

Whenever possible, please bring a Japanese speaking person to assist you. Always bring your Insurance Card, IUJ Student ID Card, and Resident's Card!

Note: Moegi Bus is for use for Moegi out-patient visitors ONLY.

- Located across from Urasa Elementary
- A Pharmacy is next door

Moegi: Where, When and Who

- Good when you know what is wrong or it is not serious: coughs, colds, headache
 - ***NOT to be used for*** pediatrics (baby issues), psychiatry, liver/heart ailments, broken bones, other specialist needs
- No appointment needed
- Take Japanese speaker with you, Plus Student ID, Insurance Card, Resident's Card
 - No Japanese speaker? At least take language facilitation sheets
 - Ask IUJ-E-JS "Edges" volunteers!
- **SEE FULL GUIDE IN OSS!!!!**

Yukiguni Hospital



- Located 10 minutes from campus, about 4K
- Operating days/hours
 - Varies by service
 - **Reception until 11am**
 - **CANNOT go after this time!**
- Closed 3rd Monday of each month

Entryway



- *First time visit:* Enter the hospital from the Main Entrance, and go RIGHT
- Go down the hall on the left (follow the arrows) to reception desk
- *First time visitors go to reception desk*
- *Bring IUJ ID, NHI, RC, Money, Language facilitation sheets*

Blue Machine



- Return visitors with an appointment, insert your Hospital Card into the Blue Machine
- Get your visit flow sheet and note your visitor number for the day
- Take sheet to reception desk near the doctor's meeting rooms

After Checking in . . .



- Check in a 2nd time with the 2nd reception window nurses.
- Wait in the area related to your needs.
- A nurse will ask you about your condition before you see a doctor (in most 1st visit cases)
- Your reception number is shown on the TV monitor. When it is at the top the doctor will see you soon in the room below the monitor

The doctor visit



- When you see your number, go to the designated meeting room.
- Most nurses, and many doctors do not speak English. Use the communication sheets to communicate
- Internal medicine doctor does speak English.
 - Takeuchi-sensei is pictured here with her assistant.

Consultations and Next Steps



- Your doctor will check your condition and advise on medications or next steps.
- The exam is over when they provide you a yellow folder.
 - If a return visit is necessary, they will provide you a Return Appointment schedule.
 - Carefully note the information on your personal calendar

At the end of the visit



- Submit the folder ***and your insurance card*** to the staff at the counter
- Take a seat

Waiting Lounge



- Sit in this area and wait for your number to be shown on the TV screen
- It will take about 10-15 minutes for them to prepare your bill

Paying your bill



- When your number is shown, approach the right-hand side of the counter
- NHI insurance is automatically deducted from your bill.
 - Pay the full balance as shown on the receipt
- For information on how to read the Bill, see your Hospital Guide Book

Filling your Prescription



- Take your prescription form to one of the 3 pharmacies near the hospital
 - Any one of them is fine!

Inside the Pharmacy



- Present the documents you received from the hospital and your insurance card to the staff at the counter.
- Wait in the lobby for them to call your name.
 - Free tea service and massage chairs are usually available

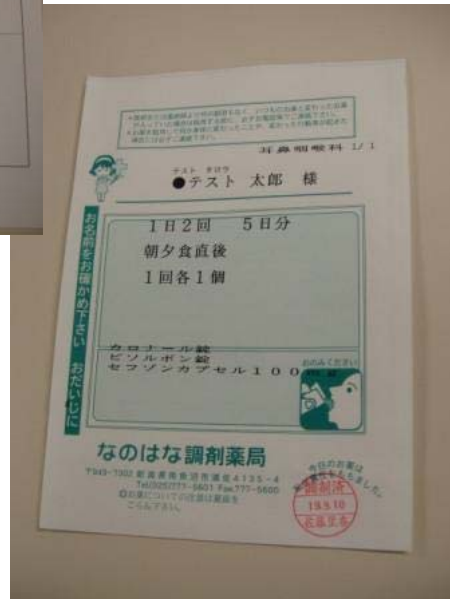
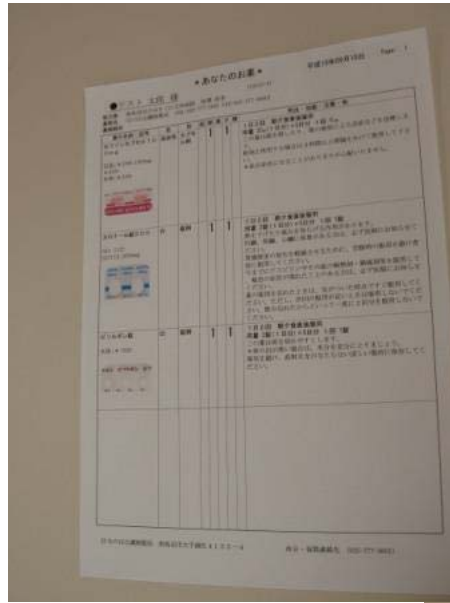
Scenes are for NanoHana Pharmacy

Receiving and Paying for medication



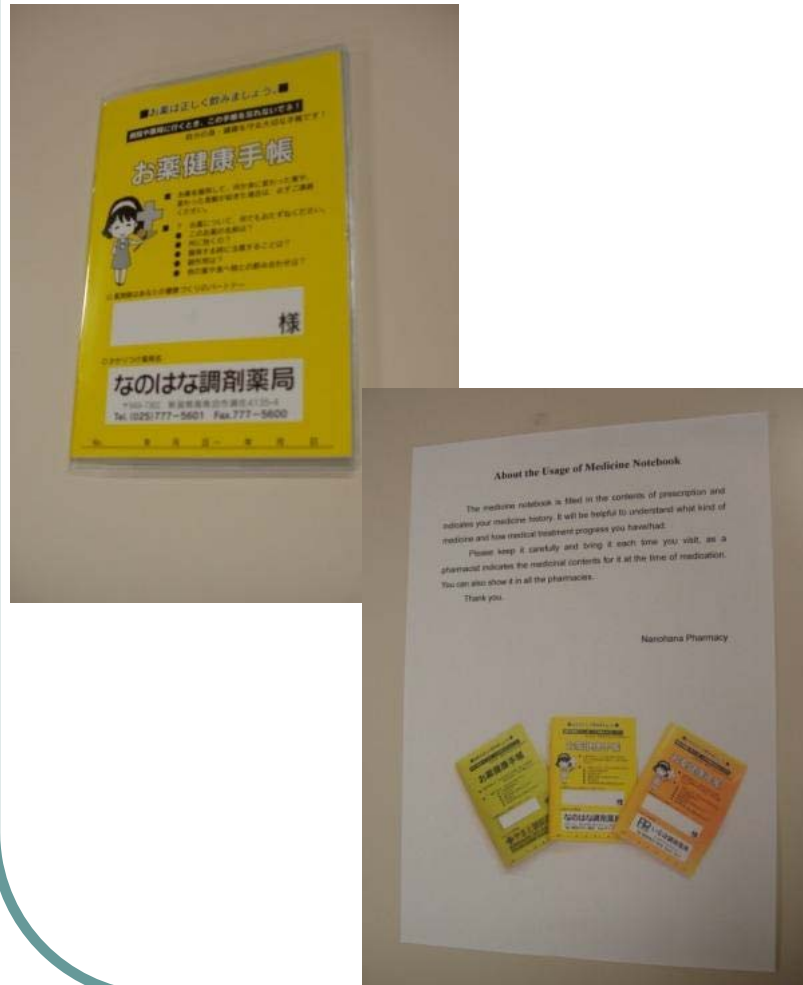
- When they call your name, go to the counter
- Receive your medication and an explanation of how to take it!
 - Be sure you understand when and how to take the medication!
- Then pay your bill. NHI Insurance deductions will be automatically made.

Understanding your Medicine



- An explanation sheet will come with your medication – in Japanese
- Your medicine is in a bag with information on when and how to take it printed on the outside.
 - For help reading this bag, see the Hospital Guide Book

Medication Record book



- The Pharmacy will provide you a medication record book, and an explanation sheet
- Keep all medication notifications (stickers) in this book and show it to doctors and pharmacists when you receive medications
 - They can ensure there is no dangerous medicine combinations

Questions?

- If you need help understanding your medication, bill, etc. see the IUJ OSS staff
 - Anazawa-san
 - Wada-san

USE your guides and aids

<Language Assistance Sheet>

Please use this format when you need the help of an interpreter before going to the hospital.
Bring it the OSS or other Japanese speaker. Tell them your condition.
Then take this sheet to the hospital for treatment.

<留学生のための病院宛伝言用紙>

病院名: _____ 様 宛	日時: _____
Name of the Hospital: _____	Date: _____
ご参考までに、下記学生から直接確認した病状等を記入いたしました。尚、電話通訳をご希望の場合には、平日 8:30AM から 17:00PM まで、Tel:025-779-1467 又は 1103 まで電話をお願いします。 Please call OSS of IUJ for the telephone interpreter service at 025-779-1103 or 1467 during IUJ office hour weekdays.	
<患者さんの詳細>	
(1) 留学生名 Name of the patient: _____	
(2) 住所 Address: _____ 〒949-7277 新潟県南魚沼市国際町 777 番地 国際大学学生寮 Dorm Room No: _____	
(3) 直通電話番号 Tel No.: 025-779-1 携帯 Mobile Phone No: _____	
(4) 国保の有無 NHI*: あり Yes or なし No (旅行保険有 / 全額自己負担) (* National Health Insurance)	
(5) 本人が訴えている病状 Details of the Symptoms	

INTERNAL MEDICINE

内科問診票

Check (✓) all corresponding answers. year 年 month 月 day 日

Name 名前 _____	<input type="checkbox"/> Male 男	<input type="checkbox"/> Female 女
Date of birth: 生年月日 _____ year 年 _____ month 月 _____ day 日		
Address 住所 _____	Phone 電話 _____	
Do you have health insurance? 健康保険を持っていますか? <input type="checkbox"/> No 無 <input type="checkbox"/> Yes 有		
Nationality 国籍 _____	Language 言葉 _____	

What is wrong with you? どうしましたか

<input type="checkbox"/> fever (_____ °C) 熱がある	<input type="checkbox"/> sore throat 喉が痛い
<input type="checkbox"/> cough 咳	<input type="checkbox"/> headache 頭痛
<input type="checkbox"/> rash 発疹	<input type="checkbox"/> palpitation 動悸
<input type="checkbox"/> swelling むくみ	<input type="checkbox"/> dizziness めまい
<input type="checkbox"/> abdominal pain 腹痛	<input type="checkbox"/> stomachache 胃痛
<input type="checkbox"/> numbness しびれ	<input type="checkbox"/> excessive thirst 口渇
<input type="checkbox"/> abdomen feels swollen 腹が張っている感じ	<input type="checkbox"/> high blood pressure 高血圧
<input type="checkbox"/> vomiting 嘔吐	<input type="checkbox"/> nausea 吐き気
<input type="checkbox"/> bloody stool 血便	<input type="checkbox"/> feel heavy だるい
<input type="checkbox"/> others その他	<input type="checkbox"/> weight loss 体重の減少
	<input type="checkbox"/> lose appetite 食欲不振
	<input type="checkbox"/> diarrhea 下痢
	<input type="checkbox"/> tire easily 疲れやすい

* How long have you had problems? それはいつごろからですか
Since _____ year 年 _____ month 月 _____ day 日から

Have you ever been allergic to medication or food? 薬や食物等でアレルギーを生じたことがありますか
 No 無 Yes 有 → medication 薬 food 食物 others その他

Are you presently taking medication? 現在飲んでいる薬はありますか
 No 無
 Yes 有 → If you have any with you now, please show them to me. 持っていれば見せてください

Questions for women: 女性の方への質問です
* Are you pregnant or do you have a possibility of pregnancy?
妊娠していますか、またその可能性はありますか
 No いいえ Yes はい → _____ months ヶ月
* Are you presently breastfeeding? 授乳中ですか

Calling an Ambulance

- 119

- 0+119 from dorm room

- For EMERGENCIES
 - Not a hospital taxi service
- No cost
- BEST to call in Japanese
- Best to call hospital too telling them you are coming and what is wrong

Need help from IUJ at night

- Dorm Director, Ken is available 4pm – 8:30am at
 - Includes weekends and holidays
 - Yokoyama-san or Taka-san when Ken is on his days off

X555

Kikan Hospital Guide

- See Hospital Guide for basics
- Attend 9/29 late afternoon orientation for their presentation

Stay Healthy
Get early support

