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Raising awareness about cultural communities among medical students in Japan through behavioral science lectures in English

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Behavioral science education helps medical students understand others by understanding human psychology. Presently, we live in a multicultural world. Japanese students are educated in an island country with an education that is very authentic to Japan and deeply rooted in Japanese culture. Therefore, Japanese medical students need to be more aware of individual perspectives and accept cultural diversity as Japan becomes more global and the influx of foreign patients in Japanese hospitals rises. Acquiring this competency will make Japanese students more international-minded and help build positive attitudes toward better healthcare for future professionals. As part of the Behavioral Science curriculum course, hour-long, group discussion-based, active learning lectures on “Cultural Community” was designed to help students understand and respect others from different cultures. Due to Covid-19 restrictions, introductory courses are now held online, followed by 20-minute breakout room discussions. Students are evaluated by attendance, class participation, and individual post-lecture reflection. Details of student discussions regarding the importance of awareness of cultural communities among healthcare professionals in Japan will be discussed in the presentation.

Recent Publications

1. Nurturing the Art of Professionalism in Japanese Medical Students at Okayama University Medical School. International Journal of School and Cognitive Psychology · Jan 1, 2015.
2. Extracurricular activities to promote English skills at Okayama University Medical School J Med Eng Educ · Oct 1, 2015
3. Can communication skills training improve empathy? A six-year longitudinal study of medical students in Japan Medical Teacher · Jan 1, 2018
4. Exploring the Differences and Similarities Between International Baccalaureate Education And Japanese High School Education Advances in Social Sciences Research Journal · Aug 1, 2020

Biography

Sabina Mahmood Professionally, is a medical doctor with a Ph.D. in Hepatology. Presently she is working as an Associate Professor at Okayama University, Okayama, Japan. Following my post-graduation from Okayama University Medical School, she worked as an Immuno-therapist for Liver Cancer Patients. She switched to medical education in 2011. As an Associate Professor, I teach behavioral science courses in English, such as Emotional Intelligence, Self-Exploration, Wellness, Social Emotional and Ethical Learning, and Identity Construction. Earlier my research was mainly clinical, regarding Hepatitis Viruses, Interferon Therapy, and Liver Cancer. Presently it is academia. A part of my research also involves “Japanese Higher Educational Reform” concerning International Baccalaureate (IB) Education” as she is also the Director of the IB Program at Okayama University.

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