

Department of Internal Medicine

Division of General Medicine

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Research Activities

Division of General Medicine, The Jikei University Hospital

We are attempting to compile a database of our medical examinations and treatments during primary care in outpatient units. The data and information of every outpatient are collected from forms of our own design after being filled out by physicians. The data and information include reason for visiting, symptoms and complains, whether the patient had consulted other physicians, the primary diagnosis, examinations, and care. This year, the most frequent reasons for consultation were abdominal pain, cough, and pyrexia. The most frequent initial diagnoses were upper respiratory tract infection, infectious gastroenteritis, and headache. The data we compile, especially from initial visits, are expected to be useful for analyzing trends in primary care at large general hospitals. Recently, there has been a strong desire for a change of focus in medical education, from hospital-based specialty care to primary health care, including community health care. Thus, we are now planning postgraduate and life-long training programs for physicians to acquire skills for the general practice required in the community.

Division of General Medicine, The Jikei University Katsushika Medical Center

We presented case reports associated with endocrine diseases: pituitary disease, adrenal disease, thyroid disease, and electrolyte abnormality.

We planned a study of thiamine (vitamin B1) metabolism. We measured serum thiamine levels in many outpatients and inpatients with pretibial pitting edema and sensory disturbance of the lower limbs. Patients were divided into 2 groups on the basis of the serum thiamine level. We are going to compare the 2 groups in terms of insulin secretion and peripheral neuropathy leading to paralysis, weakness, lower limb paresthesia, and wasting of muscle.

Division of General Medicine, The Jikei University Daisan Hospital

1. Study of nutritional support in elderly patients

We studied nutritional support in elderly patients. We found that the intake of fewer calories and less fluid improves prognoses and reduces the pain of elderly patients. The prevention of catabolism due to inflammation is more important than sufficient administration of nutrition.

2. Study of polymyalgia rheumatica

We found that patients with low levels of C-reactive protein and matrix metalloproteinase 3 require lower doses of prednisolone. We can guide remission by the same dose of

prednisolone in cases of recurrence.

3. Study of hyponatremia in elderly patients

Hyponatremia is a common electrolyte disorder in elderly patients. The syndrome of inappropriate secretion of antidiuretic hormone caused by minor stress due to inflammation is the main cause of hyponatremia in elderly patients.

4. Study of sepsis

Changes in the white blood cell count and levels of procalcitonin and C-reactive protein have limitations as markers for the early diagnosis of sepsis. New markers are needed for the early diagnosis of sepsis.

Division of General Medicine, The Jikei University Kashiwa Hospital

Our research in The Jikei Kashiwa Hospital consists of 4 parts. The first part is to investigate the role of general medicine on environmental health achievement in the region, especially in Kashiwa City; we also participated again in this year in the development of a local health care system in Kashiwa as part of a committee on local governance. The second part is to develop educational tasks for teaching medical students and junior physicians. The third part is to establish the core competency of the hospitalists in Japan, especially in university hospitals. The fourth part is to establish a system for a Hospital Ethics Committee and Clinical Ethics Consultation in The Jikei University Kashiwa Hospital.