

## Department of Internal Medicine

### Division of General Medicine

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#### General Summary

1. Management of a database of our medical examinations and treatments.
2. Planning a post-graduate training program to acquire skills for the general practice required in the community.

#### 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. The frequent consultation reason was abdominal pain, cough and pyrexia. Then, frequent initial diagnosis was 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 is a strong desire of change in medical education, from hospital-based specialty care to first-line health care, including community health care. Thus, we are now planning the post-graduate and continuing professional development of physicians to acquire skills for the general practice required in the community.

##### *Division of General Medicine, The Jikei University Katsushika Medical Center*

We experienced three valuable cases. We discovered that a parasite was the cause of the disease in a case of eosinophilic meningitis. In a case of beriberi with leg edema, pleural effusion and anemia, we clarified that vitamin B1 deficiency was observed and should be taken care of at present. We presented the method of diagnosis and the therapy in a case report of fibromyalgia in Japan.

We also started a basic research about gas biomarkers from skin and expiration from lung. We are going to examine about the metabolic and inflammatory changes in the patients with obesity, collagen disease and vitamin B1 deficiency.

##### *Division of General Medicine, The Jikei University Daisan Hospital*

1. Study of polymyalgia rheumatic (PMR)

We found that bursitis on US is detected only 50% patients. We can cure about 50% cases, and the other cases need to treat continuously.

## 2. Study about DNAR

We discussed about DNAR(Do not attempt resuscitation) and POLST(Physician Orders for Life-sustaining Treatment) in university hospital. Almost all doctors and nurses know DNAR, but about 60% were confused in actual cases. Only 2% know POLST.

### *Division of General Medicine, The Jikei University Kashiwa Hospital*

Our research in The Jikei University Kashiwa Hospital consists of 3 parts. The first is to develop inter-professional work in Kashiwa area. We conducted the open seminar related to general medicine and clinical ethics 3-4 times in a year.

The second part is to develop educational tasks for teaching medical students and junior physicians. We developed the education system using WEB (called e-Portfolio) and now running.

The third part is concerning the management of Hospital Ethics Committee and Clinical Ethics Consultation in The Jikei University Kashiwa Hospital. There were 9 consultations last year and now these cases were under reconsideration for presentation and publication. We are running a research concerning POLST Japanese version in Japanese hospital setting.

### *Other activities*

#### 1. Fibromyalgia

We constructed the chronic water abuse and filled bag muscle theory as new pathophysiologic theorem of fibromyalgia. We started to plan basic and clinical researches and new series of treatment for various fibromyalgia patients.

#### 2. Development of e-Portfolio for junior resident education

We are developing e-Portfolio system continuously to enforce efficacy and effectiveness. The systems are on the stage of stable and new development among Kashiwa, Katsushika and Daisan hospitals.

#### 3. Theoretic construction of the General Medical

We constructed a theorem of General Medicine as a new academic discipline. That is mainly aimed to elucidate disease structures of unsystemized disease structures and to construct integrated symptom based diagnosis.

## **Publications**

**Tsutsui K, Nemoto M.** A case of beriberi with leg edema, pleural effusion, and anemia. *Annals of Clinical Case Reports*. 2016; **1**: 1067.

**Tsutsui K, Nemoto M.** A case report of fibromyalgia. *Annals of Clinical Case Reports*. Epub 2016 Nov 3.