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## Simulation training with abdominal simulators in traditional Japanese (Kampo) medicine

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In 2001, traditional Japanese (Kampo) medicine was included in the Japanese medical schools' model core curriculum. The original concepts of Kampo medicine for the treatment of various diseases involve the use of history taking and unique physical examinations including abdominal diagnosis. Recently, simulators of abdominal diagnosis (hereafter referred to as "abdominal simulators") were developed and have been incorporated in Kampo medicine training. This study aimed to assess the influence of hands-on training with lectures using abdominal simulators on Kampo medicine education in medical students. Fifty-one medical students (grade; 1st to 6th; mean age, 23.1 years; male: 33; female: 18) underwent training. First, they palpated 7 types of abdominal simulators and answered a test after receiving basic lectures on abdominal diagnosis. Then, they palpated same simulators and answered the test again after receiving detailed lectures on abdominal diagnosis. The correct answer rates in the tests taken after basic and detailed lectures were compared. The total correct answer rates for abdominal signs with the simulators significantly increased after the detailed lecture (78.2% vs. 94.4%,  $p < 0.001$ ). The total correct answer rates for formulae related to the abdominal signs also increased after the detailed lecture (21.8% vs. 59.7%,  $p < 0.001$ ). Lectures with abdominal simulator training can promote students' understanding of Kampo medicine. Lectures using abdominal simulators can promote students' understanding of abdominal diagnosis. Kampo formulae are selected on the basis of physical examinations; therefore, simulation training will be useful in education of medical students.

### Biography

Natsumi Saito graduated from Yokohama City University, School of Medicine in 2009. She is a Board Certified Member of the Japanese Society of Internal Medicine. She has completed her Doctor Course at Graduate School of Tohoku University, Department of Education and Support for Regional Medicine, Department of Kampo Medicine. She is the Resident Doctor of General Medicine and of Kampo Medicine in Japanese Red-Cross Sendai Hospital.

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