

APSR Short-Term Research & Training Scholarship

Post-training Report

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Malaysia

Training: Advanced Respiratory Endoscopy

Host Institute: Respiratory Endoscopy Division, Department of Endoscopy, National Cancer Center Hospital, Tokyo, Japan

Host Supervisor: Dr. Yuji Matsumoto, Chief Medical Staff, Respiratory Endoscopy Division, Department of Endoscopy, National Cancer Center Hospital, Tokyo, Japan

I extend my sincere gratitude to the Asian Pacific Society of Respirology (APSR) for the invaluable opportunity to participate in the fellowship program at the National Cancer Center Hospital in Tokyo, Japan. Although initially awarded in 2019, the fellowship program was unfortunately delayed due to the unprecedented challenges posed by the COVID-19 pandemic. Four years later, I am thrilled to have the chance to now complete and conclude this fellowship.

The National Cancer Center (NCC) Hospital holds a special place in the history of respiratory endoscopy, being the birthplace of flexible bronchoscopy. Shigeto Ikeda *sensei* showcased the first flexible bronchofiberscope to the world in 1967. Since then, NCC has consistently been at the forefront of respiratory endoscopy, particularly in advanced diagnostic modalities such as endobronchial ultrasound (EBUS). As a young interventional pulmonologist from Malaysia who has extensively delved into scientific publications from NCC, my journey to NCC fulfills a quest for knowledge in respiratory endoscopy—both professionally and spiritually.

During the fellowship period, I had the privilege of exceeding my expectations by being exposed to various respiratory endoscopy techniques, including thin and ultrathin bronchoscopy-guided radial EBUS, convex probe EBUS-guided intra-nodal forceps and cryobiopsy, virtual fluoroscopy, and transbronchial cryobiopsy, among others. What left a lasting impression on me was the remarkable work ethic and culture of the Japanese doctors and supporting staffs at NCC. For example, their proficiency in approaching small 8-10 mm lung nodules with routine precision and conducting every

procedure swiftly and elegantly, all under conscious sedation, was truly awe-inspiring. Additionally, I had the opportunity to learn about pulmonologist-led rapid onsite examination and its significant impact on aiding daily procedures.

Beyond diagnostic respiratory endoscopy, I observed various therapeutic procedures, including airway stenting, tumor debulking, and photodynamic therapy for central tumors. The enriched research environment at NCC, where every case is meticulously captured in a prospective registry, was a valuable experience as well. I am particularly proud to have been involved in the first randomized controlled trial for transbronchial cryobiopsy of lung nodules, a collaboration with NCC that I look forward to continuing in my home unit.

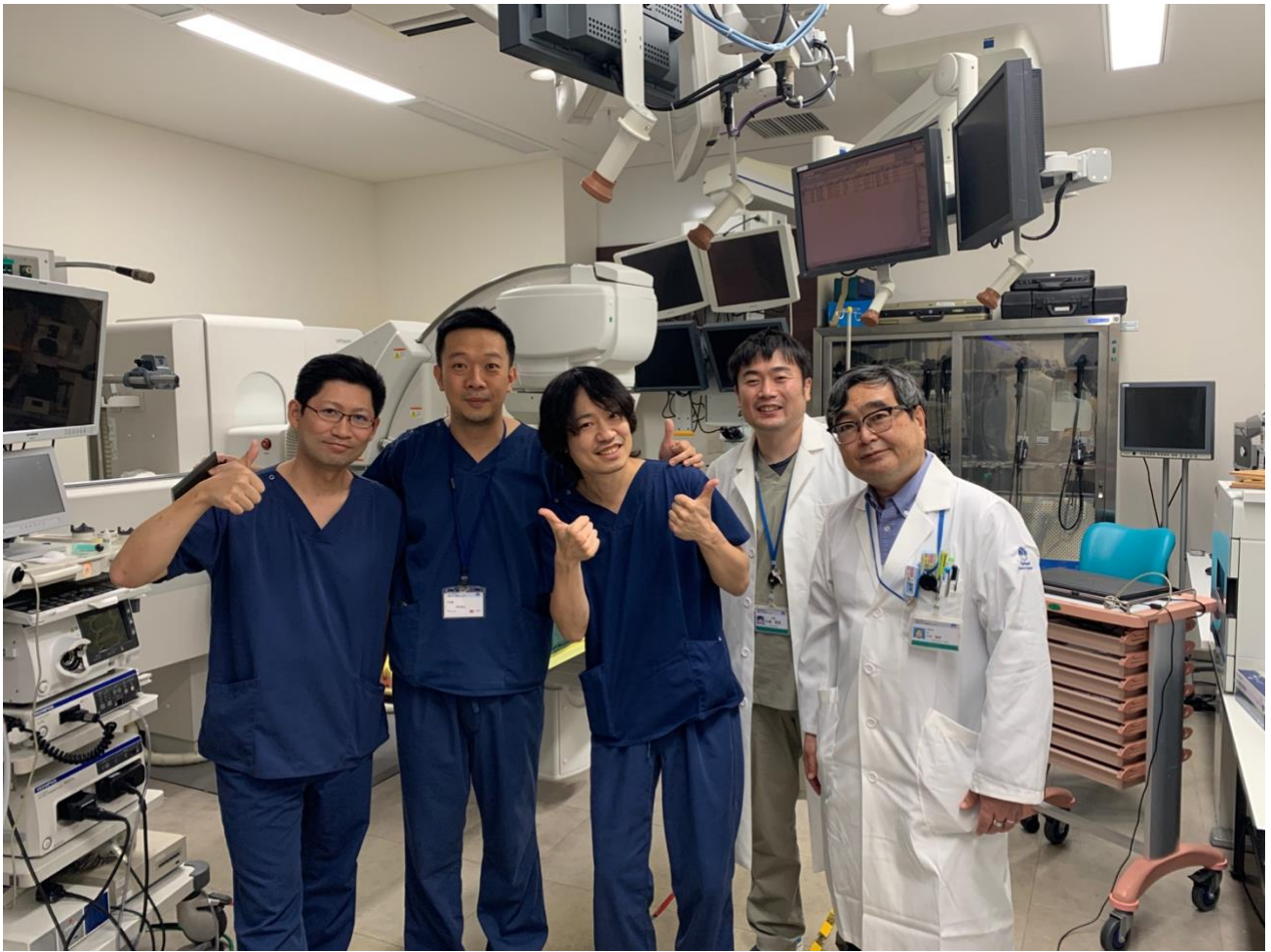
My heartfelt thanks go to all the doctors at NCC, especially my supervisor, Dr. Yuji Matsumoto, for their unwavering support. Despite my limited proficiency in the Japanese language, they ensured that all case conferences were conducted in English, making me feel at home. Their tireless guidance through each procedure has left a lasting impact, for which I am eternally grateful.

Being in Japan during the autumn period added an extra layer of enchantment to my experience. The serene scenery adorned with autumn foliage and the delightful culinary experiences made my time in Japan truly wonderful. As I prepare to return to my home institution, I am eager to apply the knowledge gained here. This fellowship marks not the end but the beginning of a promising future collaboration. Once again, I express my gratitude to APSR and everyone from the NCC respiratory endoscopy division for making this transformative experience possible.

Lastly, 永遠に感謝します.



From left to right: Dr. Yuji Matsumoto, Dr. Hideaki Furuse, Dr. Kho Sze Shyang, Dr. Hayato Nanami, and Dr. Tsuchida Takaaki - captured after our final bronchoscopy session. A small yet incredibly impressive functional team.



With Dr. Toshiyuki Nakai (*center*) from Osaka Metropolitan University Graduate School of Medicine, who conducted several cases of non-intubated transbronchial cryobiopsy of lung nodules at NCC during my fellowship attachment.



The dedicated team at NCC Tokyo always ensures I am well-fed with knowledge in respiratory endoscopy and my appetite with delicious, on-season Japanese food, *arigato gozaimasu!*