

International Meeting with Prof. Tom Fahey and colleagues in Ireland
Two Presentations by Japanese Physicians

July 6th, 2023 10:00 PM Japan Standard Time

Zoom Meeting

<https://us02web.zoom.us/j/86322928710?pwd=VVpBempQZFQ5NTdEaldRMTZ5NWl1UT09>

Meeting ID

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1st Presentation

Title: Unveiling Hidden Healthcare Challenges: A Study on the Medical Needs of Urban Workers – Insights from an Outpatient Clinic in Tokyo, Japan

By Morihito Takita, MD, PhD

Abstract Elderly patients residing in remote locations are often recognized as medically underserved due to their geographical distance from healthcare facilities, presenting significant accessibility challenges. However, in 2008, we hypothesized that urban workers could be another medically underserved demographic, but from a time perspective. The standard operating hours of healthcare institutions often coincide with their work schedules, making it challenging for them to seek medical care. To address this gap, Navitas Clinic was established in 2008 at Tachikawa Station in Tokyo, Japan, operating as an outpatient clinic providing consultations until 9 p.m. Subsequently, two more clinics were opened at Kawasaki Station in 2012 and Shinjuku Station in 2016. Our analysis of the patient records from 2017 to 2022, involving a total of 210,295 patients, revealed a median age of 32 years (interquartile range; 23-43 years), with women making up 57% of all consultations. Remarkably, 31% of all consultations were scheduled after 5 p.m. These findings stand in contrast to the 2020 patient survey conducted by Japan's Ministry of Health, Labour and Welfare, which showed that outpatient visits peaked among individuals aged 70-74 years. Our results highlight the medical needs of the younger generation and the demand for healthcare services outside conventional working hours in Tokyo. In the forthcoming presentation, I will present our clinical practice in Tokyo and discuss the pitfalls and

challenges faced in delivering healthcare under Japan's universal health coverage system.

Brief biography: In 2004, graduated from the Faculty of Medicine, Yamaguchi University (Yamaguchi, Japan). In 2012, obtained a PhD degree from the Graduate School of Medicine, The University of Tokyo. After training in internal medicine and hematology at Toranomon Hospital (Tokyo, Japan) and the Institute of Medical Science Hospital of the University of Tokyo, engaged in clinical research on pancreatic islet transplantation at Baylor Research Institute (Texas, USA). From 2015 to 2018, worked as the Medical Director of the Clinical Trials Management Office at the Kanagawa Cancer Center, supporting clinical trials and research. Currently, practicing internal medicine at Navitas Clinic Tachikawa (Tachikawa, Tokyo, Japan) and Tokiwa Hospital (Iwaki City, Fukushima, Japan).

Recent publications

- 1: Tani Y, Takita M, Kobashi Y, et al. Varying Cellular Immune Response against SARS-CoV-2 after the Booster Vaccination: A Cohort Study from Fukushima Vaccination Community Survey, Japan. *Vaccines* (Basel). 2023;11(5):920. doi: 10.3390/vaccines11050920.
- 2: Uchi Y, Yamashita E, Kami M, Takita M. Changes in the cause of death in Japan before and during the COVID-19 pandemic. *Arch Gerontol Geriatr*. 2023;111:104993. doi: 10.1016/j.archger.2023.104993.
- 3: Murata Y, Takita M, Kami M. Randomized Trial of a Bionic Pancreas in Type 1 Diabetes (Correspondence). *N Engl J Med*. 2023 Jan 26;388(4):380. doi: 10.1056/NEJMc2213988.

2nd Presentation

Title: Unveiling the use of online visits in the Japanese metropolitan area - the case of the Navitas Clinic.

By Makoto Kosaka, MD

Abstract The proliferation of the COVID-19 pandemic has sparked a global surge in the utilization of online healthcare services. In Japan, the regulatory restrictions on remote initial consultations were lifted, leading to a significant expansion in their usage. International studies have demonstrated variations in the adoption of virtual medical care based on factors such as ethnicity, age, gender, and geographic location. Navitas Clinics, strategically situated near major transportation hubs in the metropolitan areas of Shinjuku, Tachikawa, and Kawasaki, have observed a higher prevalence of usage among individuals of

working age when compared to conventional clinics. Having introduced online medical services in 2018, these clinics witnessed a remarkable surge, with 3,620 cases (2020 -2022), a tenfold increase from the 311 cases during the previous two-year period (2018-2020). The number of online visits exhibited a general upward trend that closely mirrored the escalation of the COVID-19 epidemic in Japan. Analyzing patient demographics, it was found that online clinics were accessed by 0.5% of patients aged 0-15 years, 1.5% of those aged 16-64 years, and 0.7% of individuals aged 65 years and older. Among patients with only online visits, each clinic registered the highest number of cases from individuals residing over a 10-kilometer radius (43.7% in Tachikawa, 47.8% in Shinjuku, and 72.5% in Kawasaki). Conversely, when considering patients with both online and in-person visits, the majority resided within a 2-kilometer radius in Tachikawa and Kawasaki (38.4% in Tachikawa and 48.4% in Kawasaki), whereas in Shinjuku, the primary cluster was situated beyond a 10-kilometer radius (35.6%). In conclusion, older patients were relatively less likely to use telemedicine. Also, patients living further away from the clinic were more likely to use telemedicine.

Brief biography: In 2022, graduated from the Faculty of Medicine, The University of Tokyo (Tokyo, Japan). Currently, undergoing clinical training as a resident at Imamura General Hospital.

Recent publications

1. Generic drug crisis in Japan and changes leading to the collapse of universal health insurance established in 1961: the case of Kobayashi Kako Co. Ltd. Kosaka M, Ozaki A, Kaneda Y, Saito H, Yamashita E, Murayama A, Mamada H, Tanimoto T, Jakovljevic M. *Cost Eff Resour Alloc.* 2023 May 31;21(1):35. doi: 10.1186/s12962-023-00441-z. PMID: 37259132
2. Challenges when going on excursions with children with medical complexity in Japan. Kosaka M, Murata N, Kaneda Y, Kotera Y, Sagara S, Masunaga H, Miyatake H, Nishikawa Y, Komori N, Ozaki A, Beniya H. *Pediatr Int.* 2023 Jan;65(1):e15403. doi: 10.1111/ped.15403. PMID: 36318269
3. Influenza vaccination uptake and attitudes among adult cancer patients in Japan: a web-based questionnaire survey before the 2020/2021 season. Kosaka M, Kotera Y, Tsuda K, Takahashi K, Hamaki T, Kusumi E, Kami M, Tanimoto T. *Hum Vaccin Immunother.* 2021 Dec 2;17(12):5509-5513. doi: 10.1080/21645515.2021.1977569. Epub 2021 Oct 6. PMID: 34613867