

China: Audiology Clinical Program Summer 2018

Beijing, China



Study Abroad Program Guide

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DESTINATION: CHINA

From Wikipedia, the free encyclopedia

China, officially the People's Republic of China (PRC), is a sovereign state located in East Asia. It is the world's most populous country, with a population of over 1.35 billion. The PRC is a single-party state governed by the Communist Party, with its seat of government in the capital city of Beijing. It exercises jurisdiction over 23 provinces, five autonomous regions, four direct-controlled municipalities (Beijing, Tianjin, Shanghai and Chongqing), and two mostly self-governing special administrative regions (Hong Kong and Macau).

Covering approximately 9.6 million square kilometers, China is the world's second-largest country by land area, and either the third or fourth-largest by total area, depending on the method of measurement. China's landscape is vast and diverse, ranging from forest steppes and the Gobi and Taklamakan deserts in the arid north to subtropical forests in the wetter south. The Himalaya, Karakoram, Pamir and Tian Shan mountain ranges separate China from South and Central Asia. The Yangtze and Yellow Rivers, the third- and sixth-longest in the world, run from the Tibetan Plateau to the densely populated eastern seaboard. China's coastline along the Pacific Ocean is 14,500 kilometres (9,000 mi) long, and is bounded by the Bohai, Yellow, East and South China Seas.

The history of China goes back to the ancient civilization – one of the world's earliest – that flourished in the fertile basin of the Yellow River in the North China Plain. For millennia, China's political system was based on hereditary monarchies, known as dynasties, beginning with the semi-mythological Xia of the Yellow River basin (c. 2000 BCE). Since 221 BCE, when the Qin Dynasty first conquered several states to form a Chinese empire, the country has expanded, fractured and been reformed numerous times. The Republic of China (ROC) overthrew the last dynasty in 1911, and ruled the Chinese mainland until 1949. After the surrender of the Empire of Japan in World War II, the Communist Party defeated the nationalist Kuomintang in mainland China and established the People's Republic of China in Beijing on 1 October 1949, while the Kuomintang relocated the ROC government to its present capital of Taipei.

China had the largest and most complex economy in the world for most of the past two thousand years, during which it has seen cycles of prosperity and decline. Since the introduction of economic reforms in 1978, China has become one of the world's fastest-growing major economies. As of 2013, it is the world's second-largest economy by both nominal total GDP and purchasing power parity (PPP), and is also the world's largest exporter and importer of goods. The PRC has been a United Nations member since 1971, when it replaced the ROC as a permanent member of the U.N. Security Council. China is also a member of numerous formal and informal multilateral organizations, including the WTO, APEC, BRICS, the Shanghai Cooperation Organization, the BCIM and the G-20. China is a great power and a major regional power within Asia, and has been characterized as a potential superpower by a number of commentators.

BEIJING AND THE CAPITAL REGION

From Wikipedia, the free encyclopedia

Beijing is the capital of the People's Republic of China and one of the most populous cities in the world. The population as of 2013 was 21,150,000. The city proper is the 3rd largest in the world. The metropolis, located in northern China, is governed as a direct-controlled municipality under the national government, with 14 urban and suburban districts and two rural counties. Beijing Municipality is surrounded by Hebei Province with the exception of neighboring Tianjin Municipality to the southeast.

Beijing is the second largest Chinese city by urban population after Shanghai and is the nation's political, cultural, and educational center. It is home to the headquarters of most of China's largest state-owned companies, and is a major hub for the national highway, expressway, railway, and high-speed rail networks. The Beijing Capital International Airport is the second busiest in the world by passenger traffic.

The city's history dates back three millennia. As the last of the Four Great Ancient Capitals of China, Beijing has been the political center of the country for much of the past eight centuries. The city is renowned for its opulent palaces, temples, parks and gardens, tombs, walls and gates, and its art treasures and universities have made it a center of culture and art in China. Encyclopedia Britannica notes that "few cities in the world have served for so long as the political headquarters and cultural centre of an area as immense as China." Beijing has seven UNESCO World Heritage Sites – the Forbidden City, Temple of Heaven, Summer Palace, Ming Tombs, Zhoukoudian, Great Wall, and the Grand Canal.

Climate

Between July and August, Beijing's summer can be scorching. Temperatures regularly top 30°C, and you should bring a hat, sunglasses and sunscreen. There are occasional short, sharp downpours, so an umbrella would be useful too.

<http://www.travelchinaguide.com/climate/beijing.htm>

Local transportation

By Bus

If you are very familiar with Beijing, it's a good choice to get around by bus. Otherwise, you will easily be confused by countless bus numbers and stations. Like many other metropolises, the city buses are packed especially at rush hour.

By Taxi

There are currently 75,000 taxis running around Beijing, to take a taxi and get around the city is convenient and comfortable. Taxi fare at daytime is: flag-down fare CNY13 for the first 3 km and CNY2.3 per extra km; after 15 km, CNY3 is charged for each additional km. For driving at a speed of lower than 12km/hr (including the taxi waiting for traffic lights or jam), you need to pay as much money as if it drove 2 km for every 5 minutes.

Between 23:00 and 05:00: the above charges apply, but the flag-down fare is CNY11. Besides you need to pay an additional fee of 20% of the total fare. For distance over 3 km, you need to pay fuel surcharge of CNY3 at the end of journey.

By Subway

Subway is undeniably the most economical way to get around Beijing. The subway covers most commercial districts and scenic spots in downtown Beijing and nearby counties. Beijing offers the cheapest subway ticket.

Food

Alcohol and wine

All participants will be of legal drinking age while in Beijing. Every participant must behave responsibly in choices involving alcohol, as the abuse of alcohol endangers not only the individual who does, but other participants in the program as well. Alcohol **abuse** is grounds for immediate dismissal from the program, at the discretion of the program director. Remember, alcohol consumption is never mandatory and students should feel no pressure or obligation whatsoever to participate in the consumption of alcohol.

USEFUL WEBSITES (IN ENGLISH)

- Official Tourist Office of China: <http://www.tourismchina.org/>
- Tourist Office of Beijing: <http://www.ebeijing.gov.cn/>

THE PROGRAM DIRECTOR

Dr. Wei Sun is Associate Professor of Communicative Disorders and Sciences (CDS) Department at UB, where he has been on the faculty since 2006. Dr. Sun studied electrical engineering in college and worked as a software engineer in the biomedical engineering department in General Hospital of PLA in Beijing for three years to design electrocardiogram analysis software to detect the ventricle late potential – which signal can be used to prospect the risk of sudden cardiac death. After he finished his master degree in Beijing, he came to Buffalo to work in the Center for Hearing and Deafness to study cochlear physiology affected by noise and ototoxic drugs. In 2002 he joined the Ph.D program and got his Ph.D degree and the audiology clinical training in 2006. On 2006, he become a faculty member in the CDS Department. Dr. Sun is an American Speech-Language Association (ASHA) certified audiologist and he also serves as the Director for Undergraduate Studies for the CDS department.



Dr. Sun is an active researcher in hearing science and clinical audiology. After become a faculty member, Dr. Sun started a new direction of research, i.e., to reveal the molecular and neurological mechanisms of developmental change in the central auditory system affected by early age hearing loss. This research not only has significant scientific merits, i.e., the molecular mechanisms of the central auditory system development is still not clear, it also has significant clinical application, i.e., otitis media induced hearing loss is the most common illness in children in United States. He found that early age noise exposure or conductive hearing loss, even did not cause a permanent hearing loss, can induce a detrimental consequence on the auditory system. Another line of his research is on neural mechanism study on tinnitus and hyperacusis. He hypothesizes that tinnitus is related with hyperexcitability of the central auditory system caused by dis-inhibition in the brain. His long term goal is to reveal to neural mechanisms of tinnitus in order to find solutions for tinnitus treatment.

Dr. Sun has broad collaborations with experts in different disciplines, including electrical engineering, toxicology and pharmacology, dental, as well as the clinicians the General Hospital of PLA in Beijing. He believes that the collaborations can synergize individual's expertise in order to solve important scientific and clinical questions. Since 2013, collaborating with Dr. Qiujun Wang, Director and Professor in the Otolaryngology Institute of PLA Hospital, Dr. Sun established this summer audiology clinic training program in Beijing. He believes this program will help to exchange knowledge in clinical treatment and to train audiologists in US and China.

Dr. Qiuju Wang is Director and Professor of Chinese PLA Institute of Otolaryngology, vice-chair of the Department of Otolaryngology of the General Hospital of PLA. Dr. Wang has over than twenty years of clinical experience on ear-nose diseases. Her clinical expertise is on treatment of sudden hearing loss and tinnitus. She was the first ENT doctor who started the Medical Otology as a new branch in Otolaryngology Head and Neck Department in China to treat non-surgical otology diseases, including sudden hearing loss, tinnitus and vertigo. She serves as the president for the Chinese Association of Physicians in Audiology and the International Association of Physicians in Audiology (<http://www.iapa-audiovestibularmedicine.com/presidents-address/>).



Dr. Wang is also a very productive and successful scientist. Her research expertise is on genetic research on deafness and hearing loss. She and her research team identified several novel genetic mutations related with auditory neuropathy in Chinese population. She organized a national wide new born deafness gene screening which involves a hundred thousand newborns. The goal of her research is to detect mutation as an early age in order to start the clinical intervention as the optimal developmental stage. She recently achieved a National Scientific Research Award, which is prestige award for scientists in China. Dr. Wang holds a title of Research Professor for of our Department in UB. Dr. Wang will be the organizer and coordinator for this program in Beijing.

ACADEMIC PROGRAM

- Patient round in the Otolaryngology Department of General Hospital of PLA
- Hearing evaluation using audiometry, auditory evoked potentials, auditory steady-state response (ASSR) in hospitalized and out-patients
- Case study and follow up on patients with sudden hearing loss, tinnitus
- Balance disease diagnosis and evaluation
- Cochlear implant mapping and evaluation
- Hearing fitting for out-patients
- Observing cochlear implant surgery and post-surgery evaluation
- Case studies on genetic screening of newborn infants, genetic mutations on hearing loss and auditory neuropathy
- Clinical research discussion with graduate student in the Otolaryngology Institute of the General Hospital of PLA

TYPICAL DAILY SCHEDULE

6:30 – 7:30 AM breakfast

7:45 – 9 AM Patient case report and discussion

9 – 10:00 AM Bedside case presentation and discussion

10 AM – 12 PM Hearing evaluation or observation

12 -2 PM lunch break

2 – 5:30 PM Hearing evaluation, observation, discussion (rotating in different patient ward (ward 4 for none surgery patients, ward 1 and 2 for ear surgery patients), outpatient area and research institute

5:30 – 7 PM dinner

TENTATIVE CALENDAR

Schedule (June 23rd – July 11th)

Date		Place	Content	Coordinators
Week 1	June 23– Saturday	Arrival	Settle down in hotel Welcome Dinner	Wei Sun, Ms. Yin, Picking up from airport
	June 24 Sunday	Tour to Forbidding City Summer Palace		Students
	June 25 - Monday	Outpatient's Dept.	Morning: Orientation Afternoon: Outpatient Dept.	Wang Qiuju et al.
	June 26 - Tuesday		Group 1: Hearing evaluation	Lan lan/Ji Fei et al.
	June 27 - Wednesday		Group 2: Vestibular test	Liu Xingjian et al.
	June 28 - Thursday		Group 3: Cochlear implant mapping	Wang Qian et al.
	June 29 - Friday	ENT Institute	Discussion research project/student presentations	Guo Wei et al.
	June 30 - Saturday	Great Wall	Tour	Graduate students

	July 1 - Sunday	Temple of Heaven /Acrobat Show	Tour	Wei Sun
Week 2	July 2 - Monday	Ward 1/Operation Room	Watch Surgery	Yang Shi-ming et al
	July 3 - Tuesday	Ward 4	Patient rounds/case discussion	Zhao Lidong et al.
	July 4 - Wednesday	Ward 4	Patient rounds/case discussion	Wang Qiuju et al.
	July 5 - Thursday	Ward 4	Student presentation	
	July 6 - Friday	Ward 4	Program in Beijing ends/ceremony for graduation	Wang Qiu-ju et al.
	July 7 - Saturday	Leave to airport to Zhuhai	Check in hotel in Zhuhai	Xiong Binbin et al.
Week 3	July 8 - Sunday		Local Tour	Xiong Binbin et al.
	July 9 – Monday	Zhuhai	Visiting Outpatient Dept. for Tinnitus/vestibular evaluation	Xiong Binbin et al.
	July 11 – Tuesday	Zhuhai	Presentation and Discussion	Xiong Binbin et al.
	July 11 - Wednesday	Program finish		

ARRIVAL & DEPARTURE INFORMATION

In order to arrive in Beijing on June 23rd, please plan to leave the US or Canada on June 22nd.

It is recommended to take a direct flight to Beijing from Toronto (Canadian Airline or Hainan Airline).

After you arrive in Beijing, please wait in the airport. We will arrange transportation from the airport to the hotel.

ACCOMMODATIONS

Participants will be provided with a hotel room in walking distant to the hospital. A room will be shared by two students. The program includes housing from Saturday, June 23rd through the morning of Monday, July 11th.

The hotel has free internet access and WIFI. There are no kitchen facilities in the hotel. From Monday to Friday, three meals per day are available in the hospital. Many of the weekend meals will be included in the excursions. You should also budget extra money to enjoy occasional meals out in the City.

There is laundry service in the hotel. The service is not free and will not be covered by the program.

WATER

Unlike in most western countries, the tap water in China is undrinkable before it is boiled.

→ Drinking Water in Hotels

Hotel rooms often feature a water dispenser which delivers both cool and hot potable water. However, some hotels have no water dispenser but are instead equipped with a water heater or thermos. You can use the heater to boil water or use the water directly from the thermos. If the water in the thermos has run out, you can ask a waiter to refill it. In some cases, four- or five-star hotels may supply high-quality mineral water for free or for a minimal charge. The tap water in the hotels can be used to brush teeth.

→ Drinking Water in Restaurants

In most Chinese restaurants, water is served for free before the meal, although some will offer tea or noodle soup instead. Always, the drink offered has been boiled, and you can drink it without worry. Most restaurants also have bottled water or other beverages on their menu. However, you must pay for them and the price is higher than that found at the supermarket. Note that some of the restaurants may sell cold drinks, but without ice.

→ Drinking Water Outside

Although the tap water is not drinkable, you won't have to worry about finding water when you go out as it is quite easy to buy bottled water in shops everywhere in China. Foreign brands are available in the supermarkets of big cities, while in small cities or rural areas only local brands are sold.

Several popular brands of bottled water, such as Wa Ha Ha, Nestle and Nongfu Spring, are available for purchase, while bottled tea and juice are also popular. Ordinary bottled mineral water and various beverages are commonly sold in many street shops, supermarkets, restaurants and hotel stores for about CNY2 per bottle.

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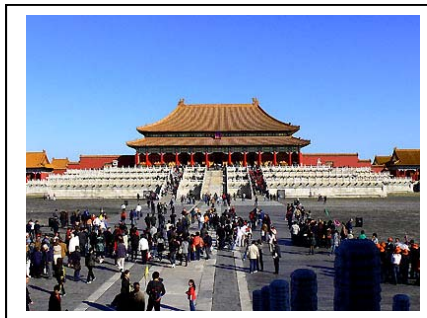
EXCURSIONS

Several excursions are planned, primarily as recreation, tourism, and exposure to Chinese culture and activities. NOTE: The excursion schedule and activities are subject to change and may not exactly match what is shown below.

a) Weekend:

We plan to go to the Forbidden City in Beijing. The Forbidden City locates at the center of Tiananmen Square. Subway is very convenient to go from the 301 Hospital to the Forbidden City. After the tour of Forbidden City, we will go to Summer Palace or Nanlouguxiang, a well-preserved ancient town in Beijing with traditional Chinese architecture and food. Summer Palace which is about 10 km from the Hospital.

Great Wall is about 100 km from the city. We may take train to go to the Great Wall.



b) Friday afternoon: There are other historical places worth to see, including The Temple for Heaven, Olympic Stadium, etc. There are also several famous shopping places, including Wang Fu Qing and Qian Men. These places are easy to go by taking subway.



ADVICE ON MONEY, COMPUTERS, AND PHONES

Money

Chinese Yuan (also known as Renminbi, RMB for short) is the official and legal currency in circulation. Use of foreign currencies is generally not allowed. ATMs are available in many parts of Beijing - ensure you inform your bank before travelling abroad, and be aware you may be charged for cash withdrawals. It is advisable to exchange some cash before arriving in Beijing.

<http://www.exchangerate.com/currency-exchange-rate-cities/beijing.html>

Note, in a lot of stores, our credit cards may not be used (in China they use different type of credit card). Cash is more convenient.

Electronics

Before you use an American appliance in China, you'll need a voltage converter or transformer. Most North American countries use 110V electricity, while China uses 220V electricity, and if you try to plug an appliance in using just a plug adapter, you'll ruin your appliance and might destroy the socket and cause an electrical short. Voltage converters and voltage transformers "step down" electricity to 110V, so your appliances will run properly.

Most travelers to China will probably need only a voltage converter, a small box that uses a plug adapter to plug into the socket. A voltage converter is useful for small appliances like a hair dryer, electric toothbrush or an alarm clock.

China has three types of plug. The most common type of plug is similar to an American two-pronged plug, but the Chinese plug has shorter prongs without the holes found in American plugs, so you'll still need to use an adapter because the American plugs will be too large for the sockets.

You might want the security of knowing you have everything you need before you leave, but it will be cheaper to buy plug adapters in China.

Time

<http://www.timeanddate.com/worldclock/difference.html?p1=33>

SUGGESTED PACKING LIST

Guiding Principles:

Keep in mind that the summer weather in China is hot and humid. Average high temperatures for May, June and July are 77°, 84°, 86° F, respectively, and highs can reach 101° F. Overnight lows in May, June and July average 60°, 68°, 73° F, respectively. Average rainfall for May, June and July in Beijing is 1.2", 2.5", 6.7", respectively, compared with 2.68", 3.08", and 3.00" in the Buffalo area. You should plan for these environmental conditions when you are packing. In Southern China, July is the hottest time of the year. Shorts and light colors are highly recommended.

Additional Observations:

Do not forget to pack any medicine that you have been prescribed.

- Aspirin, Pepto Bismol
- Sunscreen – SPF 30 or stronger
- Sunglasses and/or hat
- Soap/toiletries
- Toothbrush/toothpaste/floss
- Towel(s)
- Antibacterial hand gel
- Travel tissues (most public restrooms do not have toilet paper or soap)
- Camera with batteries.
- Headphones and iPod/MP3 player/personal stereo with batteries
- Earplugs
- Any required power adapters (voltage converter and plug adapter)
- Chinese/English dictionary
- Smaller backpack/travel case for weekend trips.

Suggested Clothing List:

- shorts
- tshirts
- jeans
- light sweatshirt
- comfortable walking shoes
- an outfit of professional attire

Please prepare working clothes for working. The hospital has dressing requirement for clinicians when they work with patients. Black shoes (no open-toes) are required working in the hospital. No shorts. No strong makeups.

IMPORTANT CONTACT INFORMATION

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Emergency (in China): 120 (ambulance), 119 (fire), 110 (police) and 122 (traffic accident)

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