

## Summary for Overseas Travel WENDI 2018-2019

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Grade	2 <sup>nd</sup>
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Travel period	2019/2/24-2019/3/24
UN agencies / International organization visited	WHO China representative
Theme of overseas travel	WHO and hospital visiting

### Outline of the activities (4 pages including photos, figures, etc.)

#### (1) Global leadership

Interdisciplinary has become more and more popular since the globalization. Spotting such trend should be necessary for the future leaders. We should not only be familiar with our own field and research, we still need something else, e.g., strategic perspective, teamwork skills, and communication. I tried to practice these skills during this winter, I visited hospital in Xinjiang and WHO China representative. For the hospital, I got more understanding of hypertension and rural medical condition. I noticed that the epidemiology of hypertension is high in China. I shouldn't treat it just as a disease rather than a social issue. I visited the best doctors and researchers there, their deep knowledge really impressed me.



Figure1. Xinjiang Uigher Municipal People's Hospital & Hypertension Research Centre.

I went Peking for WHO China visit in March. I prepared a long list of questions for the interview. Although I browsed the official website many times before, limited message I got. After the visit, I know what kind of health-related topics do WHO care and run. Why could WHO be the global health leader in the world, it comes to the deep knowledge, expertise, nice connection among the whole countries, their wide perspective, rich human resource, strong finance support, and perfect communication skills. Those abilities are all necessary for a global leader. As a young man at the world stage, I will focus on these important points to achieve my goal.



Figure 2. WHO China office & Guidebooks from WHO

## (2) Scientific significance

Hypertension is a very common disease which can be classified as either essential hypertension and secondary hypertension. Secondary hypertension is a kind of disease with clear causes or symptoms while essential hypertension do not have it. At present, around 10% of total cases are secondary hypertension. Comparing to the essential hypertension, some researches have shown that secondary hypertension can lead to some serious organs damages if left untreated. Therefore, early detection and proper treatment of secondary hypertension are extremely significant topic. This research aims at using machine learning methods to build a medical decision support system for secondary hypertension based on clinical medical records. There's the epidemiology of hypertension in China.



Figure 3. Interview in Xinjiang



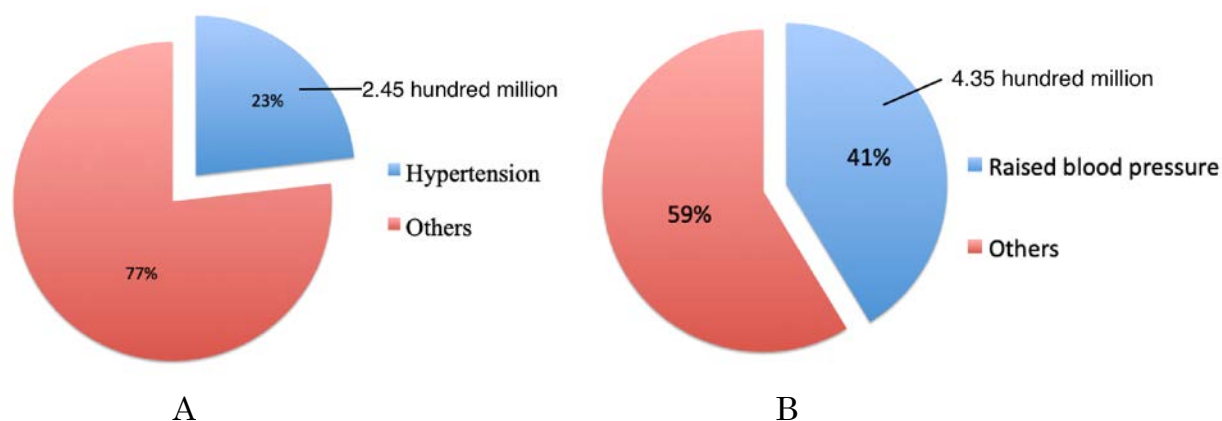


Figure 4A. Prevalence of hypertension among Chinese adults  $\geq 18$  years of age. Data from Circulation.

Figure 4B. Prevalence of Raised blood pressure among Chinese adults  $\geq 18$  years of age. Data from Circulation

### (3) Originality/Universality

I visited Xinjiang Hospital for the management of hypertension, and I visited WHO China for the management of autism spectrum disorder. Both of the two diseases are very common around the world. Hypertension already affects one billion people worldwide, leading to heart attacks and strokes. Researchers have estimated that raised blood pressure currently kills nine million people every year (WHO, 2017). According to the WHO report, around 1 in 160 children has an autism spectrum disorder (ASD). It begins in childhood and tend to persist into adolescence and adulthood. Although some people with high functional ASD can live independently, others have severe disabilities and require life-long care and support (WHO, 2017).



Figure 5. High blood pressure institute in Xinjiang Uygur autonomous region.

### (4) Reasons and motivations for visiting UN agencies / International organizations

1. International organizations appeal me, because they're top of the leaders in the world. Throughout my working and research experience, I am always motivating to improve the life quality of disabled children. I learned basic knowledge from school, I learned some new skills for patients from hospital, and I am doing fundamental research now. As you can see, I only can focus one direction at each period. But the international organization such as WHO can help me to explore deeper and wider in my field.
2. I have the motivation to work or do internship in international organization, but I am confused

about the details. I don't know what's the most important skills should I own for it, I want to know how do they recruit staff and why, and I want to know how can I be closer to the dream place. There're a lot of confusions. I browsed the website many times, but it'll be much better if I can visit them.

global mental health

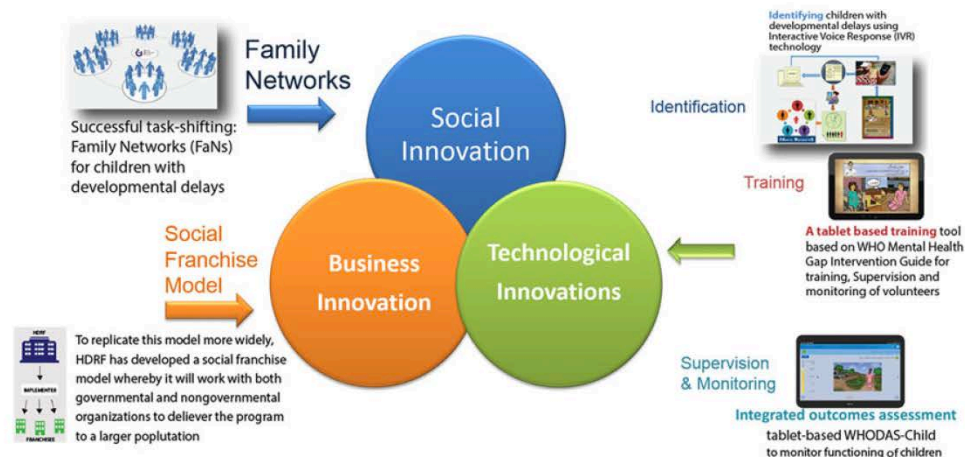


Figure 6. Integrated model of service delivery. Reference; S. U. Hamdani<sup>1</sup>, P. Akhtar., 2017.

3. I find a fantastic programme run by WHO. I could get more details related to this programme by visiting. I can know what can I do for it and who should I contact with. These details will help me to catch the opportunity.