

Student Exchange Report
at Kobe University, Japan

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Student Exchange Report

Participating in the student exchange program is a great opportunities for me. I learn many things from participated in this program such as life, different culture, language, nursing study and also the health system services in Japan.

Orientation and welcome party

On the 2nd of October 2013, The next day after I arrived Japan, I went to the faculty at Myodani campus to participated in the orientation and welcome party. That was my first time to use subway. There is a different point of transportation in Japan and Thai. In Thai, we do not have a subway, so I tried to use it and it's good. In my opinion I think Japan have a good and comfortable transportation system, people can go anywhere easily. At first I think that taking subway to somewhere seems likely to be hard but it is not like that at all. It's easy and very comfortable. Moreover, Japanese people usually walk, they walk very much. When I stay in Japan, I have to change my lifestyle, walk more like Japanese people.

I had an orientation about the program's plan and my schedule plan in the morning, and in the late afternoon is welcome party. I had a special chance to make Japanese folding paper "Origami" and harvest potatoes at the faculty's garden. It was very excited. I had new friends and new experience about harvest potatoes.

At welcome party I met important persons of the faculty. For instance, the dean and teachers. We had a little talk, exchanged some experiences and enjoyed

BBQ party together. In this party I knew about Japanese snack name "Mochi". In Thai we have a snack named like this but it is different in ingredients, appearance and how to cook it.

Study visit at university hospital

Maternity ward

The first time I visited the university hospital, I visited at the maternity ward. In this ward, NICU, delivery room and perinatal care unit are located in the same area. It is easy for nurses to take care of their patients and provide nursing care to them. On Monday morning, all of the staff such as pediatric doctors, midwives and pharmacologist have mix conference together for discussion about treatment and care providing for patients. Moreover, in every morning, every nurses in this ward (3 unit) have mix conference together. They have to report about the patient's condition and nursing care that patients are needed. After that they separate to their own unit. In my university hospital, it is different because every nurses have a conference only at their own unit, no mix conference that included these three unit (NICU, Delivery room and perinatal care unit). In Thai, nurses and midwives are not separated. All nurses have to renew their license every five years. In Japan, even though nurses and midwives are separated, but they do not have to renew their license.

Operating Room

I observed the operation that provided by doctors such as liver operation, bladder operation and brain operation. Moreover I had a good opportunity to observe

the operation that done by robot. It called "operating robot". This robot helps doctor to operate patient. I was surprised and I think It is very high technology that I have never seen before.

In the operating room, there are two types of nurses that work here. First is scrub nurse who setting up the room before the operation, working with the doctor during surgery and preparing the patient for the move to the recovery room. Second is circulating nurse who responsible for managing the nursing care of the patient within the OR and coordinating the needs of the surgical team with other care provider necessary for completion of surgery. Circulating nurse observes the surgery and surgical team from broad perspective and must be able to anticipate the scrub nurse's needs and be able to open sterile packs, operate machinery and keep accurate records. In Thai, the roles of scrub nurse's and circulating nurse's are same like in Japan.

ICU, Brain Injury Unit and Orthopedic Ward

In ICU ward, ICU is separated into medical ICU, surgical ICU and emergency ICU. There is RST round every Monday afternoon. All of the staff round the ward by visiting the patients room by room and discussion about treatment for each patient to improve patients' clinical condition.

In brain injury unit, I saw an invention name "call mat". When stroke patients or brain injury patients who lost of conscious or unconscious step on it, it will alarm to the nurse station and then nurse can come to check for patient immediately. It help nurses take care of patients comfortably. Furthermore, In orthopedic ward, there is an automatic bath cube which is very helpful for patient who have injuries and cannot

move to take a bath. These are medical equipments that provided convenience to patients.

Community Nursing

"18 month old check-up" program and program for child-rearing mothers

I observed the "18 month old check-up" program at community health center in Nishinomiya city. This program is for assess the children's health condition such as intelligence and growth development. It is provided by public health nurse with cooperating of pediatric doctor, dentist, nutritionist and psychologist. Nurse assess children's health condition, growth development and provide health education . Pediatric doctors do the physical exam and dentists check the children's teeth. Nutritionist give advices to mothers about appropriate diet for children. In some case that children have a health problem or poor health condition, mothers will be upset about their children's health, the psychologist help mothers relief their stress by give advices and talk with mothers to make them feel better. I think this is a holistic health care for both mothers and children. Moreover there are another program for mother and children that provide by public health nurse which is the program for "child – rearing mothers". The purpose of this program is for mothers to make friends. After that they can exchange their experiences about child-rearing to other people and they don't feel alone anymore.

Awaji island

I participated in “ 100 years exercise” program with local elderly people in Awaji island. This program is also provided by public health nurse. Elderly people in Awaji pay attention to this program and participate the program twice a week. This program encourage elderly people to take care of their health by exercise and included nutritional diet intake. Public health nurse work with communities or specific population groups within the community to develop public policy and targeted health

promotion and disease prevention activities. They provide health education, care management and primary care to individuals, families and groups that are members of community especially who are members of vulnerable populations or high risk groups.

Nursing studies

Fundamental class

I participated in Fundamental class with second-year nursing students in the topic of dressing, wearing sterile gloves, bandage and injection. They have a lecture with watching live video of the demonstration that demonstrated by teacher. This style of learning help students concentrate to the lesson more than just have a lecture only. Furthermore, teachers use color technique by painting a different color on the different site of bandages and show how to bandage. This technique help students understand how to bandage easily with no confusion.

In the part of injection, In the laboratory, there are an innovation name "Hali sute box" which help taking the needles away without touching. I have never seen this innovation before, so I really surprised how this innovation is convenient for nurses.