

## ACTIVITY REPORT

Duration: 1st October – 27th December 2013

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## Activity Report

During my staying for program of post graduate student exchange in the University Gadjah Mada of Yogyakarta, Indonesia from October 1<sup>st</sup> – December 27<sup>th</sup>, 2013, my activities is consisted of 8 parts: ⑤ Attending a seminar ⑥ Attending health education for community member ⑦ conducting research work ⑧ cultural activities.

- ① First, I met and discussed with Prof. Sunartini Hapsara (Sp.A(K), Ph.D), Dr. Elizabeth Siti Herini (Sp.A(K)), and was introduced many staff in Master of Nursing, Faculty of medicine by Ms. Elsi.
- ② Field Trip is included visiting Sardjito Hospital, Meeting with Ms. Novi (PT) and Visiting her private hospital to know physiotherapy culture, Visiting disaster area (Mt. Merapi Area), Visiting Puskesmas, Visiting Kindergarten for screening and the place for children with malnutrition with Dr. Niah, Visiting assessment centre for child development with Dr. Erni and Dr. Ippe, Visiting the physiotherapy clinic for pediatric :gria fisio bunda novy kadisoka with Ms. Elsi and Ms. Nina.
- ③ Attending lectures for undergraduate and postgraduate nursing program. Lecture for undergraduate program include: Japanese class (Block 4.1), English class (Block 1.2), and maternity nursing class (Block 2.3) with Ms. Elsi. Lecture in postgraduate nursing program that I attended include class for pediatric nursing and maternity nursing. And also attending a lecture of Bahasa Indonesia by Ms. Itsuna
- ④ Giving a lecture to master of nursing program with Ms. Fitri. The topic of: Nursing for children with chronic diseases.
- ⑤ Attending seminar of Development of Qualified Nursing Innovation and Community service .12<sup>th</sup> December 2013.
- ⑥ Attending health education for community member at children house, 13<sup>th</sup> December 2013
- ⑦ Conducting research work, Visiting city hall of Yogyakarta and Bantul to get permission and visiting a special school (SLB NEGERI 1 BANTUL) in bantul.
- ⑧ Cultural activities, Visiting many famous places in Yogyakarta.

**Person in Charge:** Prof. Sunartini Hapsara, Sp.A(K), Ph.D

**Members :** Dr. Elizabeth Siti Herini, Sp.A(K)  
Elsi Dwi Hapsari, S.Kp, M.S., D.S  
Wiwin Lismidiati, S.Kep, Ns., M.Kep, Sp.Kep.Mat  
Sri Hartini, S.Kep, Ns., M.Kes  
Anita Herawati, S.Sos

**Supervisors :** Prof. Sunartini Hapsara, Sp.A(K), Ph.D  
Elsi Dwi Hapsari, S.Kp, M.S., D.S

**The results and my impression regarding each activity is as follows:**

### 1. Preparation class

#### 1: Campus orientation

- Wednesday, 2<sup>th</sup> - 3<sup>rd</sup> October, 2013, (getting campus orientation by Ms. Sri Hartini)
- Wednesday, 23<sup>th</sup> October, 2013, (how to use Library and internet by Ms. Anita Herawati)

**Impression:** My first impression about UGM was how big it was if I compared with campus of health sciences in Kobe University. Ms. Sri Hartini showed me the place of Medical faculty and café in campus, and also showed several places I need dairy life around my hotel. Café in UGM was not like Japanese one. There were a lot of Indonesian foods and you can choose some in one plate. Price was too cheap. I could not eat a lot because some food was too much spicy but almost all food was delicious and I used the café every lunch. Ms. Anita took me to the library to show how to use it included with using Wi-Fi for internet. At the library, there are a lot books and journals and many students were studying there. I also used library sometimes for making some reports and looked for some journals when I had a time, I think it's nice environment for students to study.

## 2: Bahasa Preparation

- Wednesday, 8<sup>th</sup> October, 2013, 9:00am-12:00pm, (Attending lecture of Japanese Class for 4th grade students by Ms. Elsi)
- Friday, 11<sup>th</sup> October, 2013, 8:00am-10:00pm, (Attending lecture of Japanese Class for 4th grade students by Ms. Elsi)
- Monday, 21<sup>th</sup> October, 2013, 9:00am-12:00pm, (Attending lecture of Bahasa Indonesia by Ms. Itsuna)
- Tuesday, 22<sup>th</sup> October, 2013, 13:00pm-15:00pm, (Attending lecture of Bahasa Indonesia by Ms. Itsuna)
- Thursday, 21<sup>th</sup> November, 2013, 15:00am-16:30pm, (Attending lecture of English Class for 1st grade students by Ms. Elsi)

**Impression:** It was great opportunities for me to learn Bahasa Indonesia. It was not so difficult to understand about its grammar and basement of Bahasa as Ms. Itsuna taught it very slowly, carefully and kindly. She also answered many questions I had about grammar. But I thought it was difficult for me to get used to it only 3 month because it is different way of speaking from English. Ms. Elsi took me to join Japanese class and English class, it helped me to study Bahasa Indonesia. And I made some friend there and had a chance to talk with Bahasa Indonesia, English and Japanese to them. So it was nice to learn Bahasa. Fortunately, I could use some words and sentences in daily- life (Greeting and introducing myself etc), But I still cannot understand almost all what they speak. I will try to continue to study Bahasa Indonesia to communicate with them and to know about culture after I go back to Japan.

## 3: Health problem in Indonesia

- Thursday, 17<sup>th</sup> October, 2013, 13:00am-17:00pm, (Attending a presentation of treatment of children with malnutrition with Dr. Herini)

**Impression:** Although I had worked as nurse for around 10 years at the pediatric ward, I have never seen children of malnutrition when I was a nurse in Japan. I have seen some children had gotten in serious condition about nutrition from disease or after operation, but I had no experience to see a child of malnutrition. But in Indonesia, there are a lot of children of it and I knew it is very serious problem. The presentation which I attended was for residents. And they discussed a lot about the treatment of children. I couldn't understand all because of my poor knowledge of Bahasa Indonesia, but I could

understand how serious problem it is in Indonesia. And I also learned the one cause of malnutrition was from a lack of knowledge by parents how to feed foods. I think it is one of the important for us to educate parents how to train their child.

## 2. Field trip

### 1: Field trip to hospital

- Thursday, 17<sup>th</sup> October, 2013, 13:00pm-17:00pm, (Visiting Saljito hospital with Dr. Herini and observed her treatment for 3 inpatients at pediatric ward)
- Friday, 27<sup>th</sup> December, 2013, 11:00am-13:00, (Visiting Academic hospital of UGM with Ms. Elsi)

**Impression:** We went to Saljito hospital with Dr. Herini. And she took me to the pediatric ward and introduced her 3 inpatients. Inpatients I saw were in different type of the rooms. First patient I saw was a private room but others was in room which can stay 3 or 4 family, but the size of the room looked smaller than Japanese one I have ever seen in Japan. The environmental of treatment was much different from Japan. Although the choice which room you want to stay was up to your income as same as Japan, it doesn't look good enough to keep the Standard Precautions for the infection control. First patient was a boy (6month) with Hydrocephalus, second was a girl (5yrs old) with unconsciousness by virus infection, third patient was also a girl (1month) with vitamin K deficiency disease. Each patient I saw at that time was said they were getting well now, and each parents looked fine. Dr, and Nurses looked like so kindly and answered for question they were worried.

### 2: Field trip to public health care

- Friday, 4<sup>th</sup> October, 2013, 10:00am-12:00am, (Visiting Puskesmas with Ms. Sri Hartini and master students who has a practice about ICHS of WHO program)
- Monday, 21<sup>th</sup> October, 2013, 18:00am-18:30pm, (Visiting Puskesmas in Bantul with Ms. Elsi and Meeting a midwife and nurse)
- Wednesday, 14<sup>th</sup> November, 2013, 10:00-12:00, (Visiting Puskesmas in Bantul with Ms. Elsi and Meeting a Dr and Pt and Nurse)
- Tuesday, 19<sup>th</sup> November, 2013, 15:00-16:00, (Visiting Assessment centre for child development with Dr. Elni and Dr. Ippe )
- Friday, 29<sup>th</sup> November, 2013, 15:00-17:00, (Visiting Assessment centre for child development with Dr. Elni and Dr. Ippe )

**Impression:** Puskesmas (Indonesian: Pusat Kesehatan Masyarakat) are government-mandated community health clinics located across Indonesia. They are overseen by the Indonesian Ministry of Health. I visited 2puskesmas during my staying Indonesia. Bantul has 27 puskesmas, and one of it I visited had 2 Doctors and 7 Nurses. There also had dentist, pharmacy and physiotherapy. The role of it was a quiet different from Japanese health care center. It is asked for of the separation from the pharmacy and clinic and every co-medical has a role strictly for efficiency of work in Japan. So it is interested in this clinic for me. If you think by patient's side, it might be not bad there has all of function of medical in same place and same staff who you trust.

### 3: Field trip to Merapi Area

- Tuesday, 15<sup>th</sup> October, 2013, 9:00am-14:40pm, (Visiting Merapi Area with Ms. Elsi and Seeing one village had eruption)
- Saturday, 19<sup>th</sup> October, 2013, 11:00am-14:40pm, (Visiting Merapi museum with undergraduate students of UGM)

**Impression:** We went to the place had a big damage by eruption of Mt. Merapi 2010. We visited permanent house for the refugees and visited surrounding areas. And also I went to the museum, and saw the history of eruption. I have never seen and had experience about eruption so that it is difficult to image of it when I saw around area. But by the museum, I understood how big disaster it was and felt so scary. And it is really important thing if you think about the communities' life, you must know what kind of the character the area has. And you must know and make a system to avoid heavy damage.

### 4: Field trip to Children's House (Pusat Pengembangan Potensi Anak)

- Monday, 21<sup>st</sup> October, 2013, :00am-14:40pm, (Visiting Children's House With Ms. Elsi and Meeting with one of the staff)
- Wednesday, 20<sup>th</sup> November, 2013, 16:00-18:00, (Visiting Children's House With Dr. Elni and Dr. Ippe Seeing the activity for children under 5 yrs old )
- Friday, 6<sup>th</sup> December, 2013, 16:00-18:00, (Visiting Children's House With Ms. Elsi to Seeing the activity for children under 5 yrs old )
- Friday, 12<sup>th</sup> December, 2013, 16:00-18:00, (Visiting Children's House With Ms. Elsi to Seeing the activity for children under 5 yrs old and seeing the education to parents by master student of UGM )
- Tuesday, 24<sup>th</sup> December, 2013, 16:00-18:00, (Visiting Children's House With Ms. Elsi and Prof. Takada to Seeing the activity for children under 5 yrs old for cerebation ceremony )

**Impression:** Children house is established in 2007 by Indonesia government and Kobe University. It is the place that is for children can get education and activities for growth and development before elementary school. The activities are held twice per week and it is not for typically children but also children with developmental disability. In addition, that has one physiotherapist so that children with disability have a therapy twice per week. I saw the activities for typically children 4times during my staying. And I learned their mothers have a lot of simple question about growth and development and how to treat them. I think that it is very important to have a place mother can have a conversation like this. They can share about worries and also it helps their children's development too.

### 5: Field trip to My Research

- Thursday, 7<sup>th</sup> November, 2013, 10:30-15:00, (Visiting Yogyakarta city hall with Ms. Elsi to get permission)
- Tuesday, 12<sup>th</sup> November, 2013, 10:30-15:00, (Visiting Bantul office with Ms. Elsi to get permission)
- Thursday, 14<sup>th</sup> November, 2013, 8:30-11:00, (Visiting Bantul SLB1 with Ms. Wiwin to explain my

research)

- Monday, 9<sup>th</sup> December, 2013, 9:00-14:00, (Visiting Bantul SLB1 with Ms. Eni and Ms. Era to get questionnaire and distribute another one)
- Tuesday, 17<sup>th</sup> December, 2013, 11:00-11:30 (Visiting Bantul 1 with Ms. Elsi to get questionnaire)
- Thursday, 26<sup>th</sup> December, 2013, 8:30-13:00 (Visiting Bantul 1 with Ms. Eni and Ms. Wina to get questionnaire)

**Impression:** To making a proposal was difficult and it took a long time to get permission for my study. We had to visit many places to get permission. It was so difficult to start to my research. I could not start it in only 1 school. But teachers who took a part in my study were so kindly and they gave me many samples. It is still on the way to collect data, but I will keep doing my best.

### 3. Optional Program

#### 1: Pediatric and Maternity nursing

- Thursday, 10<sup>th</sup> October, 2013, 10:00am-11:40am, (Attending the lecture and give a presentation : [children with chronic disease in pediatric])
- Tuesday, 29<sup>th</sup> October, 2013, 13:00am-14:40pm, (Attending the lecture of Pediatric Innovation by Dr )
- Monday, 2<sup>nd</sup> December, 2013, 10:00am-12:00pm, (Attending the lecture of Pediatric Innovation by Ms. Fitri : [innovation health system for pediatric by master students of UGM])
- Monday, 2<sup>nd</sup> December, 2013, 15:00am-16:30pm, (Attending the lecture of Maternity Innovation by Ms. Elsi: [innovation health system for pediatric by master students of UGM])
- Tuesday, 3<sup>rd</sup> December, 2013, 10:00am-12:00pm, (Attending the lecture of Maternity Nursing by Ms. Elsi)
- Thursday, 5<sup>th</sup> December, 2013, 10:00am-11:30pm, (Observing the exam for master students of Maternity Nursing by Ms. Elsi)
- Thursday, 12<sup>th</sup> December, 2013, 9:00am-12:30pm, (Attending the seminar of Development of Qualified Nursing Innovation and Community Service with Ms. Elsi)
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**Impression:** On 10<sup>th</sup> October, I gave a presentation for master students. It was the first time for me to give a lecture for student with speaking all English. My topic was “Nursing for children with chronic disease” and I introduced nursing of major disease in pediatric ward, Japan. I also explained about the instruction about school life for children with disease and also taught how to improve environment including the way of preparation, and how to support to them and their parents. My English was not good enough to teach, but students told me they could understand and they were interested in my talking, I hope they could get something new by my lecture. On 29<sup>th</sup> October and 2<sup>nd</sup> December, I also attended the class for master students. The topic was about innovation of health system. In Indonesia, they are on the way to improve system of medical. Some systems which they didn't have were already available in Japan. I was very interested in it. Almost of students looked so excited to make a good system, and I can see their strong passion for it. I hope they can make a good one for this country

though many system of advanced countries.

## 2: Rehabilitation care

- Thursday, 17<sup>th</sup> October, 2013, 8:00am-12:00pm, (Visiting Sardjito hospital with Ms. Novy and observed her treatment at Rehabilitation care ward)
- Saturday, 19<sup>th</sup> October, 2013, 9:00am-11:30am (Visiting the physiotherapy clinic for pediatric :gria fisio bunda novy kadisoka)
- Monday, 2<sup>th</sup> December, 2013, 12:00pm-15:00pm (Visiting Academic school for physiotherapy [Akademi Fisioterap 'YAB' Jogjakarta] by Ms. Elsi)
- Thursday, 5<sup>th</sup> December, 2013, 12:00am-14:30pm (Visiting Academic school for physiotherapy [Akademi Fisioterap 'YAB' Jogjakarta] by Ms. Neni)

**Impression:** The private clinic by Ms. Novy has about 20 children visiting per a day to get physiotherapy. There are 7 physiotherapists there and the owner Ms. Novy is who works in Sardjito hospital. She made this clinic for children who can get a therapy easier in community. There are a lot of patient in Sardjito Hospital. And sometimes it is very difficult to get a therapy continuously. But also it is very important to get it for child development. So she made the clinic and she works there every evening time and weekend. I was very impressed about her activities and I hope the number of the clinic like hers would be increased. In Indonesia, there is a problem about lack of physiotherapist. And the school is few also. One of the academic schools where I visited was a private one and it was only 1 in Jogjakarta for studying physiotherapy. It was first time for me to know about the curriculum about physiotherapy.

## 4. Cultural Activities

- Sunday, 6<sup>th</sup> October, 2013 (Visiting the Beach Parangtritis and balon beach with Ms. Srihartini)
- Sunday, 13<sup>th</sup> October, 2013 (Visiting Marioboro street with Ms. Elsi)
- Monday, 14<sup>th</sup> October, 2013 (Visiting Waterhall and of east jawa, solo city with master students)
- Sunday, 20<sup>th</sup> October, 2013 (Visiting the Beach Pok Tunngal with undergraduate students)
- Friday, 8<sup>th</sup> –Monday 11<sup>th</sup> November, 2013 (Visiting West java by myself to see Sudanese people)
- Saturday, 7<sup>th</sup> December, 2013 (Visiting plambanam temple by myself)
- Wednesday, 25<sup>th</sup> December, 2013 (Visiting Candy Boco with Prof. Takada, Ms. Elsi)

**Impression:** I really enjoyed the visit and could learn about the culture of Yogyakarta and Indonesia.