

ACTIVITY REPORT

Duration: 1st October 2013 – 30th March 2014

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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 1st 2013 – March 30th 2014 my activities is consisted of 8 parts: ① Introduction about this exchange program from Gadjah Mada University ② Field trip ③ Attending some classes ④ Giving the lecture ⑤ Attending a seminar ⑥ Attending health education for community member ⑦ 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 as follows:
Visiting Sardjito Hospital, Meeting with Ms.Novi (PT) and visiting her private hospital to understand physiotherapy in Indonesia, visiting disaster area (Mt, Merapi Area) and temporary houses, 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 (Block4.1), English class (Block1.2), 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. My topic is “about physiotherapy in Japan”.
- ⑤ Attending a seminar in Sematera, 15th March 2014 and the 10th International Seminar on Disaster, 27th – 28th March 2014.
- ⑥ Attending health education for community member at children house, 13th December 2013.
- ⑦ 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 : Dr. Elizabeth Siti Herini, Sp.A(K)
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, 2th - 3rd October, 2013, (getting campus orientation by Ms.Sri Hartini)
- Wednesday, 23th 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

- Monday, 21th October, 2013, 9:00am-12:00pm, (Attending lecture of Bahasa Indonesia by Ms. Itsuna)
- Tuesday, 22th October, 2013, 13:00pm-15:00pm, (Attending lecture of Bahasa Indonesia by Ms. Itsuna)
- Wednesday, 8th October, 2013, 9:00am-12:00pm, (Attending lecture of Japanese Class for 4th grade students by Ms. Elsi)
- Friday, 11th October, 2013, 8:00am-10:00pm, (Attending lecture of Japanese Class for 4th grade students by Ms. Elsi)
- Thursday, 21th 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. Itsna 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). After that I continued to study bahasa Indonesia in private language school because I would like to communicate with friends from Indonesia. I hope I continue to study bahasa Indonesia in Japan.

3: Health problem in Indonesia

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

Impression: In Japan I worked as a physiotherapist. However I was a physiotherapist for elderly people in terminal phase, and thus, I haven't experienced 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 that 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, 17th October, 2013, 13:00pm-17:00pm, (Visiting Saljito hospital with Dr. Herini and observed her treatment for 3 inpatients at pediatric ward)

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, 4th October, 2013, 10:00am-12:00am, (Visiting Puskesmas with master students who has a practice about ICHS of WHO program)
- Monday, 21th October, 2013, 18:00am-18:30pm, (Visiting Puskesmas in Bantul with Ms. Elsi and Meeting a midwife and nurse)
- Wednesday, 14th November, 2013, 10:00-12:00, (Visiting Puskesmas in Bantul with Ms. Elsi and Meeting Dr and Pt and Nurse)
- Tuesday, 19th November, 2013, 15:00-16:00, (Visiting Assessment centre for child development with Dr. Elni and Dr. Ippe)
- Friday, 29th 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 2 puskesmas 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, 15th October, 2013, 9:00am-14:40pm, (Visiting Merapi Area with Ms. Elsi and Seeing one village had eruption)

- Saturday, 19th 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, 21st October, 2013, :00am-14:40pm, (Visiting Children's House With Ms.Elsi and Meeting with one of the staff)
- Wednesday, 20th 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, 6th December, 2013, 16:00-18:00, (Visiting Children's House With Ms.Elsi to Seeing the activity for children under 5 yrs old)
- Friday, 12th 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, 24th 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 cerebration 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 4 times 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.

3. Optional Program

1: Pediatric and Maternity nursing

- Monday, 12th November 2013 (Giving a lecture for master course students)
- Thursday, 5th December 2013, 10:00am-11:30 pm, (Observing the exam for master students of Maternity Nursing by Ms.Elsi)

Impression: On 12th November, I gave a presentation for master course students. It was the first time for me to give a lecture. I introduced my research in Japan. My English was not good enough to teach so that I think they couldn't understand my research well.

2: Rehabilitation care

- Thursday, 17th October, 2013, 8:00 am-12:00 pm, (Visiting Saljito hospital with Ms. Novy and observed her treatment at Rehabilitation care ward)
- Saturday, 19th October, 2013, 9:00 am-11:30 am (Visiting the physiotherapy clinic for pediatric :gria fisio bunda novy kadisoka)
- Monday, 2th December, 2013, 12:00 pm-15:00 pm (Visiting Academic school for physiotherapy [Akademi Fisioterap 'YAB' Jogjakarta] by Ms.Elsi)
- Thursday, 5th December, 2013, 12:00 am-14:30 pm (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 Saljito hospital. She made this clinic for children who can get a therapy easier in community. There are a lot of patient in Saljito 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, 6th October 2013 (Visiting the Beach Parangtritis and balon beach with Ms.Srihartini)
- Saturday, 12th – Sunday, 13th October, 2013(Climbing up Mt. Bromo)
- Sunday, 20th October 2013 (Visiting the Beach Pok Tunngal with undergraduate students)
- Saturday, 9th November, 2013 (Visiting plambanam temple by myself)
- Sunday, 10th November, 2013 (Visiting Solo by myself)
- Monday, 11th November, 2013 (Visiting Borobudur temple by myself)
- Saturday, 14th – 15th, December, 2013 (Visiting the beach named Pacitan with master course students)
- Friday, 14th February, 2014 (Eruption of Mt. Klud)

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