

Report
Exchange Program
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Discussion about general information and health function in Thailand with exchange program student



In this class we were discussion about general information and health function in Thailand with Japanese student in the exchange program. In the discussion we give an answer and share a lot of information about our country and also we got a lot of new information about Japanese culture and health system too. From this discussion I had learned many different between Japan and Thailand, for example in Japan parents can not punish their child by hitting if they do it will be child abuse but in Thailand parents can punish their child by hitting.

Participation in the practice on basic nursing skills with 2nd year students: skills for patient transfer



In this class we observe in the practice skills for patient transfer. It has many type of patient transfer, some type they use the same method in Thailand but some type was quite different from Thailand, for example in Japan nurse can beef up with patient for transfer them although nurse and patient are heterosexual, nurse still beef up transfer the patient but in Thailand nurse don't beef up with patient for transfer them, even they have a same gender Thai nurse always keep a distance with the patient. In this class I also saw instrument that I never seen before such as the roller board, the four leg walker which can move side by side like walking from right to left.





The roller board

This instrument's name is roller board. As we know most of nurse have low back pain form their work but the roller board can reduce this problem. It help nurse to transfer a patient form patient bed to transfer bed easier so nurse don't have to carry all of patient weight by their own self and by using this instrument use only two or three nurse so other nurse can take care other patient. This innovation is very helpful and easy to use in my opinion so I think this innovation can apply to use in Thailand too.

Study Visit: the Awaji Earthquake Memorial Park In Awaji Island



In the Awaji Earthquake Memorial Park I saw many picture of the big earthquake. The picture can tell the story very well I can feel the sadness and lost by looking the picture. And it has the models that explain the reason and show what happen in the real situation. In addition this memorial park keep a real place which affected by the big earthquake. To keep the memorial of earthquake is a great ideal to remind people to aware and prepare themselves for cope with the earthquake in the future. In Thailand we never have a big earthquake like Japan but we also have other disaster, how great it would be if we have a memorial park like this.

Study Visit in Community Health Nursing: participation in the community-based exercise program for the healthy elderly in Awaji Island



Japan is the countries which have a lot of elderly so Japanese government was support and give the important to elderly very much. Exercise program for the healthy elderly is one of the supporting program from the government and community nurse has responsibility for this program. This exercise program is the program for healthy elderly to improve their body function and muscle to be stronger and healthier for develop their daily life activity. Moreover this program makes the elderly have their own social network for support each other.

Participation in the lecture for graduate students: International Health Cooperation

I never study about the international health cooperation in Thailand before so I didn't know about the international health cooperation so much but this lecture make me know about the information of the international health cooperation. Japanese government give the important to the international health cooperation very much, they give money support and medical personnel support to developing and underdeveloped country. Thailand also join in the international health cooperation but most of Thai people don't know about it.

Study Visit in Community Health Nursing: participation in the community-based program for mothers and children in Nishinomiya City



The community-based program for mothers and children is the program that all of mother and their children in the community can join. In this program mothers and their children did activity together, they sing a song and play games together. All of this activity can help them to improve their relationship and also can help mothers to reduce their stress too. Moreover in this activity has group activity that the staff and community nurse was grouping mothers by the area which mother was living, the area of living can tell lifestyle and family economic. Member of the group share they daily life activity and the story about their children. In this program mothers make a new friends and make their own socialize to support and share the experience. In addition community nurse can assesses mother's health while doing activity and after

the program was finished, community nurse and staff would discuss about the problem that they had found.

Participation in the practice on newborn baby care with 3rd year students



The lecture and practice are about newborn baby care, the content is same in Thailand but in the practice I got a new technique in newborn assessment. And we also share our technique that we have learned from the teacher in Thailand to Japanese student too. In my opinion it was a good learning if we have practice when finish the lecture chapter by chapter, I think learning like this can make we get more understanding by doing after learning.

Study Visit: Private Maternity Home 'HINATA' in the community



Hinata is the private maternity home in the community. Mothers can choose the approaches of delivery by themselves so this private maternity home is the one of choice for mothers who want to have natural delivery. Mothers come here for antenatal care, nurses will check mother and fetal health including giving advice and health education to mothers. In the antenatal care room is very quiet and private, nurses can talk and ask information and also give advice and health education to mothers thoroughly. Delivery room is very comfortable when mothers deliver, fathers and families can stay with mothers until the delivery is finished. And this maternity home also takes care of the baby after delivery too so if there are no problems while delivery and after delivery, mothers and babies have a good condition, they don't have to go to the hospital, but if they have a bad condition, maternity home nurses will refer them to the nearest hospital.

Lecture of Gerontology Nursing: aging in Japan and Thailand

Japan is the elderly country, Japanese government give an important and support the elderly a lot. In Thailand the number of elderly is increase and the birthrate is decrease so in the future Thailand have a tendency to become an elderly country but we still don't have a good health system and supporting from the government like Japan. From the research, nurse in Japan want to take care the elderly more than nurse in Thailand but nurse in Thailand want to get the specialist license of elderly care more than Japan, I think the reason why Thai nurse want to get the specialist license of elderly care because if they get the specialist license of elderly care they will earn more money.

Participation in the lecture for occupational therapist course students: Higher Brain Dysfunction



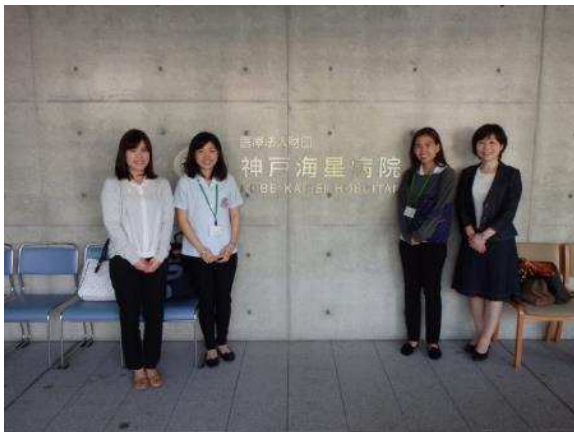
Before I join this class I know what the occupational therapist is but after I join this class I really know the meaning of occupational therapist. In this class I was saw the instruments which make for higher brain dysfunction patient to help them to do a daily life activity. The lecture was talking about meaning, type, pathology, sign and symptom and nursing care of the higher brain dysfunction patient. We was learning about condition and nursing care of the higher brain dysfunction patient from biopic video of one of famous jockey who got higher brain dysfunction. Learning like this make me understand about higher brain dysfunction clearly and this video has great moral values. From this lecture I had realize that one of the most important for recovering from higher brain dysfunction is the client must be commitment to the treatment also with the help of profession occupational therapist.

Study Visit in Community Health Nursing: Observation of infant health examination in the community health center in Nishinomiya City

The infant health examination, nurse and medical personnel such as doctor, nutritionist, psychologist, and dentist are working together in team. First, nurse will assess children development by ask them to tell the name of animal and thing in a picture. It rather same in Thailand but in Thailand we use the test which name "Denver 2". Then, nurse will check their body weight and high even the children were crying and didn't cooperate it isn't a problem for nurses, they can control the situation very well. After that, doctor and dentist will check the children body health and teeth and also give a health education and advice to mother. Then, nurse will ask mother for a more information about mother and their children and give a give a health education and advice to mother. If mother has need some help or need a specific advice, nurse can help them. If the children have a specific problem nurse will consult the nutritionist and psychologist. Finally, after finish the health examination the team will discussion about the problem that they met case by case. In Thailand we don't have the health examination like this but we have a health checkup in school and hospital with doctor when they go to hospital for taking vaccine.

Study Visit:

• Observation of in-patient ward at Kobe Kaisei Hospital

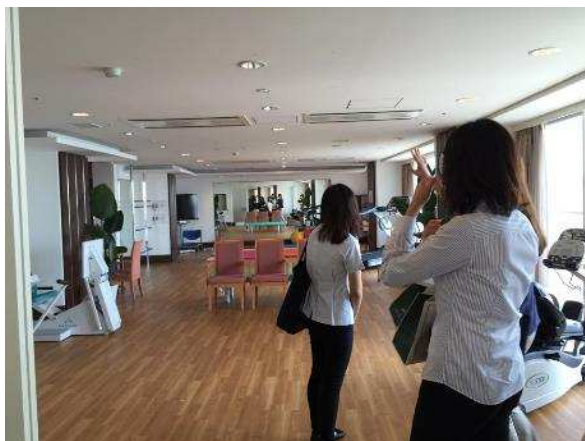


Kaisei hospital is a private hospital in Kobe city. Most of hospitals in Japan have “women volunteer “they are a group of foreign people who live in Japan and Japanese who are good in English, they work as a translator but for free. Kaisei hospital is the one of hospital which has women volunteer too so in here the different language isn’t a big problem. We were observation of in-patient ward. In this hospital they don’t use paper to collect the data, patient information, patient condition and everything about patient, they collect them in the notebook or tablet that can sent all of the data to the hospital internet system, nurse note and medical order also use the same way. It very good for reduce the global warming and nurse and medical personnel can be sure that they will didn’t lost the information of patient. In Thailand we also use online

system to collect the data too but most of the data have been collected in paper.

- **Observation of the private elderly nursing home**

'Confort Hills Rokko'



The Confort hills rokko is a private elderly home that is very expensive if the elderly want to stay in they have to pay a lot of money. In this elderly home nurses and staff who have been trained in the elderly care course will take care of the elderly in the way that they want, healthy elderly who can help themselves, nurses and staff will let them do activities by themselves but if they need some help they can call for help but the elderly who can't help themselves, nurses and staff will take care of them. The private rooms and the public rooms are very comfortable, modern, and high technology.

- **Observation of the public elderly nursing home
'Uminohoshi'**



Uminohoshi is the public elderly home. Elderly live together, they have friends and their community in this elderly home. The Uminohoshi wants the elderly to feel like they are staying in their own house when they are living here so the elderly can decorate their room by themselves. In addition, this elderly home has a home service that nurses or staff will go to the elderly's house and help them to do daily life activities such as taking a bath, eating, and cleaning up, also with health care too. In Thailand, we don't have the system like this; if the elderly stay at home, the members of the family have to take care of them.

Lecture of Psychiatric Nursing: overview of mental health care services and welfare of the person with mental disorder in Japan

Japan has a high number of the person with mental disorder. They study psychiatric in number and statistic that can show the main reason of the mental health disorder so the psychologist and nurse can resolve the mental help problem by resolve the main cause. In the past the statistic show that the elderly and teenage have a high number of suicide, in elderly a big reason is stress from a health problem but in teenage a big reason is stress from family, work and study . Now the number of suicide in elderly is decrease because the government was support and give an important to elderly health more than the part. In Thailand we study psychiatric in number and statistic too but it not up to date and it was quite difficult, in Thailand to do a statistic because most of the person with mental disorder didn't unaware that they have mental disorder. From the lecture I think the mental disorder can't be treated in the hospital only but also need community and family support in the long term. In Japan has a home care to take care the person with mental disorder, in Thailand also has too but not so much popular.

Study Visit: Disaster Reduction and Human Renovation institution



The disaster reduction and human renovation institution is the place that aggregator the memory of disaster that was happen in Japan such as earthquake and tsunami. In the disaster reduction and human renovation institution has many pictures, things, and message from disaster victims in Japan that can tell the story very well. Moreover it has a simulated the real situation before when and after earthquake. And it also has a non-fiction video in 3D about a big tsunami in Japan. In addition they are giving the education about earthquake and tsunami and the way to keep up and escape from them. In Thailand we don't have the disaster education or the disaster memorial like this even a big earthquake was never happen in Thailand but we should to learn about it before it happen.

Study Visit of Kobe University Hospital:



We observed in in-patient ward, out-patient clinic for patients with diabetes, a companying the palliative care team activity, ICU and operating room. The in-patient ward in Kobe University Hospital are very good living, it isn't congested like most of university hospital in Thailand. They collect the patient data in online system so in in-patient ward they don't use a paper, every nurses were have the tablet for entering the patient data. The out-patient clinic for patients with diabetes has a separate room for ask patient condition and giving the health education about diabetes by nurse who are specialize in diabetes, in Thailand some hospital also has the out-patient diabetes department too. The palliative care team is quite same with health care team in Thailand. Doctor, nurse and other medical personnel working together to take care the patient in team.

Experience in Japan



I got many new experiences and had learned many things from Japan. This trip is my first time to go to abroad but I didn't worry about my living because teacher and student of Kobe University were take care and support me very well. The student always try to speak English with me and they also teach me a Japanese language too. Studying in Japan make me saw the different of education system and health system between Japan and Thailand. Japan is a developed country that have a good health system and high health science technology, it was be great for me to get a chance to visit, observe, and join the activity in hospital, elderly home, maternity home and community care. I had learned many things that can apply to use in Thailand. In addition I went to the memorial park and the disaster reduction and human renovation institution, I never seen something like this before it very excitement, interesting, and sadness in the same time. Thailand don't have much terrible disaster

and never have a big earthquake so most of Thai people never have the experience and don't know how to handle with earthquake.

Number one of disaster which is a big problem for Thailand is flooding but we don't have flooding memorial park for keep a memory or giving an education about flooding. In my opinion it would be good if Thailand have it. For me Japanese people are really kind and really nice. I went to many places in Kobe and Kansai area. Every place that I went are very beautiful and clean. In Thailand also have a beautiful tourist attraction but it isn't clean as same as Japan. I had learned a lot of Japanese culture. I want to learn Japanese language to be my third language so I was good for me to come to Japan. I met many people that are very kind and helpful. And Japanese food is very delicious





Program Contents

The program contents are really good. It was include the interesting subject description and study visit place. I got many new experience and got a lot of knowledge from the lecture, practicing, and study visit that I think I can apply to use for the benefit when I went back to Thailand. In this program I didn't learned only the lesson in the class but I also had learned Japanese culture and language too. This program has a lot of activity that make me got a new friends and give me an opportunity to exchange the culture and nursing care knowledge.



Influence of the career stage

This exchange program make me want to work at a nurse because when I study in Thailand I have to practice in the hospital, in the hospital is very crowded and nurse have to do a hard work and one nurse have to take care a lot of patient but in Japan health system is very good and hospital and other health care are very clean and nice foe living and working also.

Other contents

I want to join in the undergraduate class more than Master or Doctor Degree