

**Completion Report of Student Exchange Program “Education of Global Medical and Health Science Leaders in the Coming Generation in Cooperation and Collaboration with ASEAN Countries” at Kobe University Graduate School of Health Science  
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As a postgraduate student of Faculty of Nursing at Chiang Mai University, I had a good opportunity for participating in the Student Exchange Program at Kobe University Graduate School of Health Science. I had wonderful chances to participate in many activities, both inside and outside the university. Each activity gave me a different taste of experiences. Some are very useful to imply into my master thesis and my career.

In Myodani campus, I had chances to attend special English lectures that provided by Kobe University instructors. The contents of lectures were relevant to Community nursing, Psychiatric nursing, Family nursing and Gerontology nursing. From these lectures, I realized that an increasing of elderly population becomes a big problem in Japan as same as Thailand.

I had a chance to participate in an International teleconference research seminar on infectious disease and health promotion between Airlangga University, Chiang Mai University and Kobe University. On Friday evening every other week, I participated in Professor Dr. Hiroya Matsuo laboratory conference. In this conference, postgraduate students presented their research in many areas and after that we discussed about it and shared our opinions. In addition, I had the opportunity to present my master thesis, too.

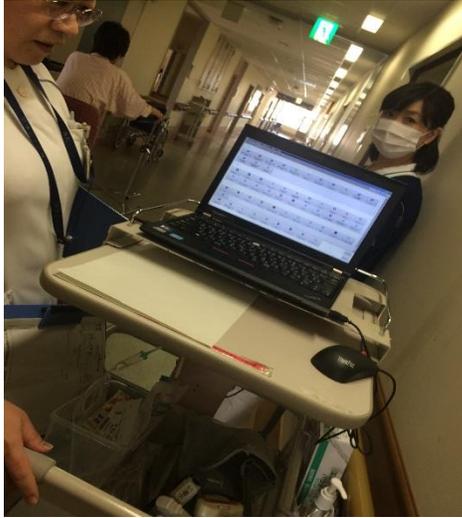




I visited 2 hospitals in Hyogo Prefecture; Kobe University hospital and Hyogo Prefectural Rehabilitation Chuobyoin and 1 Japanese community setting on Awaji Island.

At Kobe University hospital, I visited Department of Chronic Illness, Department of Acute Operation room, Intensive Care Unit and Cooperation of community department. I saw many things that different from the hospital that I worked before I became postgraduate student. In this hospital, technology such as personal computers and iPod were used to record patient information for example vital signs or every treatment that medical professionals done for patients. It's called paperless system. Many technologies were also used in safety and security system. They have television at nurses station that monitor patients in high risk condition. They use the mat inside or in front of neurological patient's room and it will be alarm when patients try to get out of bed or room and tread on it. For the patients' room, it has 4 beds in one room and use curtain to provide privacy of patients and their family. This hospital has referral system, in this system nurses or doctors have to send patient discharge request of the ward to Cooperation of community department via online system. The staff of this department will arrange follow to the checklist of suitable places for patients after discharge such rehabilitation hospital, another hospital or go back home.





At Hyogo Prefectural Rehabilitation Chuobyoin, I learn about stroke patients' care system from hospital to home. This hospital has a clinical pathway to care stroke patient. Nurses have a conference with the multidisciplinary care team for planning, treatment and rehabilitation to improve the patients' activity of daily living. They have a big conference for patients goal setting and assessment of the readiness to go back home. Before discharge the stroke patients, they have conference with family caregiver and care manager in community, and prepare patient to go back home such as training patient in activity of daily living and home visit to assess problem of patient's house. If it's not suitable for patient condition, it will need to renovate and recheck again after it's finished.



I went to Awaji City on Awaji Island to visit the place in community that held Iki 100 Taisou program (an exercise for being active until 100 years old). This program was provided by public health nurses and physical therapist. Elderly people who live in the community and do not need long-term care are the target of this program. The purposes of this program are to prevent of falling accident, dementia and retreating.

On that day, the exercise class was for training people in the community who would like to be exercise leader in their community. The participants were not only older people but young people were interested in this class, too. In my opinion, this program is good for older people to maintain or improve their health status. It also improved their socialization and created new networks among members.

I had a chance to visit Nojima Fault Preservation Museum or Hokudan Earthquake Museum. Inside this museum, a section of the Nojima Fault, responsible for the 1995 Great Hanshin earthquake is preserved. The museum memorializes the damage sustained from the famous 1995 Kobe earthquake and includes a preserved building broken in half, an earthquake simulator that we can ride, cracks in the ground and walls and other damage to help one appreciate the extent of the quake.



Outside the university, I got many experiences because Japan is different from Thailand. I learned many things about how to live in Japan for example, how to use the train that made me feel nervous before I went to Japan because it is not generally used in my country. I learn how to use an escalator in Kansai area that is not same in my country. I went to Kansai area sightseeing places including Kobe, Kyoto, Osaka and Nara with my Japanese friends. There are very attractive places to visit in both old and modern style.

