

# Education of Global Medical and Health Science Leaders in the Coming Generation in Cooperation and Collaboration with ASEAN Countries

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## 1. Introduction

I stayed in Chiang Mai for 4 weeks (2015/09/07~2015/10/02) by this program.

I studied about nursing by practice at the Chiang Mai University Hospital and the village. I joined some classes and discussed about some topics with Thai students.

I had such great opportunities to learn about the health care, cultures and life in Thailand.

## 2. Report of the program

### 1) Chiang Mai University Hospital

(Maharaj Nakorn Chiang Mai Hospital)

In this hospital, I visited the Medical ward, OB&Gyn ward, Surgical ICU and Orthopedic ward.

Sometimes, I observed practices of Thai students. In these wards, each room have 6~10 beds for patients. The curtains of beds are not closed. So, nurses can find changes of patients easily. Many of the equipment such as the towels to wipe a hand are not disposable. So, after sterilization, we can use them again. These experiences make me discover that not-disposable equipment is better for Eco and reduction of the cost than disposable equipment.

I saw many families taking care of their patients. In some of the rooms, the patients are taken care mainly by their families not by nurses. It is different from Japanese hospitals that I have ever visited. This is related to the culture of Thailand that everyone has a responsibility to take care of their family members.

The most impressive thing to me was the caring of teachers and students for the patient who was in terminal period. The patient had a grade IV bed sore at his sacrum region. As it was my first time to see such a serious wound by bed sore, I was shocked a little. The teacher and students removed pus from wound and covered it with gauze so carefully because there were no drssing. I learned that we can provide maximum care even if we don't have sufficient instruments.



picture1. at the hospital

About OB-Gyn learning, I visited labor and delivery room, postpartum unit, lactation clinic and outpatient department.

In this postpartum unit, rooming-in system is major. So, most of the babies stayed with mothers in 1 bed. There are some lectures for parents and I saw many fathers join this on week day. I think it is based on a Thai culture that parents take care of their child together.

In the lactation clinic, many mothers used milkers as talking each other. I think this opportunity is useful for mothers to exchange their ideas and experiences about raising children.



Picture.2 at labor and delivery room

## 2) Yang Nueng, Saraphi district

About public health nursing, I visited Yang Nueng in Saraphi district. I learned about home visiting, health education, occupational health and school health.

When I visited the home in the village, I felt there was no wall between the residents and me. Chiang Mai people have a culture that they treat everyone with warm welcome like they are family. And, the houses are not completely separated to inside and outside. So, it easier for nurses to build relationships with residents than in the apartments in Japan.

In this village, health volunteers who are a member of residents take important rolls about health care of residents. The volunteers understand about health conditions of residents. It is effective to support them because the volunteers are familiar about the residents and village.

In the health education at this village, the students gave education to residents by some effective ways such as cooking and interactive talking.





Picture.3 health education 1



Picture.4 health education 2

About occupational health, I visited the ceramic factory. We learned how they maintain the worker's health. There were some instructions for reduction of back pain, how to use instrument and prevention from dust.

In Japan, mental problems of workers became more and more serious. Thai workers have less mental problems. But, it also may important for Thai workers to be supported by mental side.

About school health, I visited the primary school and observed the school health service. The nursing students gave health education about teeth care to the students by suitable way for children and checked their health condition. And, we learned about that the roles of nurses are important especially in rural areas because the number of doctors is small. I learned about that the regional differences of medication in Thailand are serious problem.

Visiting village was important opportunity for me to understand not only about healthcare but also about Thai culture, Thai people and their lives.



Picture.5 at the ceramic factory



Picture.6 the poster about stretches

### 3) Nursing education

As I participated in the practices and classes with Thai students, I was able to understand the nursing education in Thailand. The most impressive thing to me was that 20% of all classes are given by English. I had some opportunities to join the classes, but discussing about medicine and nursing with English was hard for me.

Such nursing education helps students to have more opportunities to play an important role globally in the future.

### 4) Daily life

In Chiang Mai, I stayed at nursing dormitory. I had some opportunities to meet teachers and students in daily life. As mentioned earlier, the Chiang Mai people have culture that they treat everyone with warm welcome like they are family. I found this culture in many occasions. They were very helpful about everything.

As I joined some ceremonies in university, I was able to know about traditional foods (such as Khan Toke Dinner) and music. On holidays, the students took me to some sightseeing spots such as temples, markets and zoo. They told me about the histories and cultures and customs and so on. So, that was valuable for me to understand more about Chiang Mai.



Picture.7 Khan Toke Dinner



Picture.8 Wat Chedi Luang

### 5) Conclusion

Through this program, I learned most about importance of understanding the cultures and people, life to understand the medicine and nursing in the country.

And I learned it is important to express my opinion even if I don't have confidence.

We have various problems in countries each other. So, it is important to exchange our experiences and knowledges to solve the problems. For this reason, English skill is important.



Picture.9 at the welcome party

Finally, this precious experience in Chiang Mai made my horizon broader. I will make use of this experience to grow up as a health professional.  
Thanks everyone for giving me such a great opportunity.