

EXCHANGE STUDENT REPORT

CREATER

SIVAKORN JUNTANIKOM

INSTITUTION

**FACULTY OF NURSING
CHIANG MAI UNIVERSITY**

DETAIL

**EXCHANGE STUDENT PROGRAM
BETWEEN FACULTY OF NURSING,
CHIANG MAI UNIVERSITY AND
NURSING SCHOOL FACULTY OF
HEALTH SCIENCE, KOBE UNIVERSITY.**



DATE

10TH – 24TH JULY 2016

COURSE

Undergraduate



FACULTY OF NURSING CHIANG MAI UNIVERSITY

FACULTY OF NURSING, CHIANG MAI UNIVERSITY

IN THIS ISSUE

ABOUT FACULTY

by Sivakorn J.

Vision

The Faculty of Nursing will continue to be a leading nursing academic institution at the international level that produces quality graduates, research, and academic service, and embodies good governance and the sufficiency economy philosophy.

Mission

As a commitment to Chiang Mai University, the Faculty of Nursing has four principle functions: education, research, community service and cultural conservation

Philosophy

With our philosophy, we believe that nursing education is a process of personal development which will enhance a nurse's competency, responsibility, leadership, and moral and ethical consideration. Nurses must respond to the health needs of individuals, families, and communities which continuously change, therefore the nursing curriculum must have different levels that focus on self development, research, community service and cultural preservation. In addition, a good academic environment, collaboration, and continuous quality

improvement will ensure that the Faculty of Nursing is the center of academic excellence. The Faculty of Nursing is committed to the determination of Chiang Mai University in order to be the center of higher academic education and prestigious profession that can greatly benefit the local and national population at large.





10TH-24TH JULY 2016

EXCHANGE STUDENT PROGRAM WITH KOBE UNIVERSITY

This report is not describing about events in exchange student program, but also knowledges and experiences too. Throughout 14 days among Japanese people and culture, only 2 Thai students come to the warm hug of lecturers and students of Kobe University.

Just 14 days got
many experiences

Just 14 days got
many lecturers

Just 14 days got
many friends

Just 14 days got
many knowledges

And just 14 days
make me fall in love
'Kobe'

**FACULTY OF
NURSING
CHIANG MAI
UNIVERSITY
THAILAND**



11ST JULY 2016

EXCHANGE STUDENT [KOBE]

IN THIS ISSUE

DAY 1

by Sivakorn J.

This is the second day that I arrived Kobe city, Japan. First of all, I and my friend had to meet Associate Professor Dr. Yuko Uesugi (the director of International exchange student) to get a schedule for this program and explain about the scholarship. Also some changing detail in the plan.

9:00-11.50 o'clock

Associate Professor Dr. Yuko Uesugi prepared orientation of Faculty of Health Science (FOH), Kobe University. The university have many campuses. Faculty of Health Science are in clouded 4 departments such as nursing, medical technology, occupational therapy, and physical therapy. All of above departments are located in Myodani Campus. By the way, Bachelor's student in Nursing Department are about 320 people. Each grade is about 80 students included nursing 40 people, community nursing 35 people, and midwifery nursing 5 people.

Like in Thailand, when students are graduated (4 years' curriculum) they have to pass the national exam for get nursing license. Japan not just have only nursing curriculum, but also have others too like practical nurse and helper nurse. Once of the difference from Thailand, the nurse who graduated Bachelor's degree can continue to study in master degree immediately.



Dean

In the morning, we met the dean of Faculty of Health Science, Professor Dr. Yoshiaki Kido for participate together.



Building

This is the right side building in Myodani Campus. The building has two wings called 'F wing' and 'E wing'. There are instructor office, laboratory, and classroom.

12:00 o'clock

The International student club prepared a welcome party for us. We had participation and lunch together in the party. This is my first time that I got the party from Japanese student. I remembered that they let me choose Japanese food and I choose Udon. The taste was different from Thailand so much.

13:10-16:20 o'clock

We observed Physical Assessment Subject of the 3rd years nursing student. These assessment is in the Fundamental Nursing Subject. In Kobe University, the student will practice with a model all. They put technology with a model, so the lecturer can set model in normal or abnormal symptoms. Finally, student can learn and observe various symptoms.

Students are separated in a group; each group are included 5-7 people. Just one student will be assessing a model, other people have to record the result of assessment and answer the question from lecturer. If student cannot answer or assess all items they will get a chance to find their problems and come back to figure out.

IN THIS ISSUE

**Classroom**

All of classroom have built in air conditioner, black board, projector, TV, desk, and chair.

**University's sign**

The university is far from Myodani station about 1 km. Take a time about 15 mins from the station.

DAY 2

by Sivakorn J.

In the morning of second day I and my friend went to meet Ms. Ayami Nishino the officer in International Student Division. She described about the scholarship and what we have to do during stay in Japan. We got a scholarship from JASSO (Japan Student Services Organization), a Japanese organization that support student to continue study in another country (under ministry of education).



We was observe home health care nursing practice with Ms. Yang Li, Associate Professor Dr. Masaru Kotera, and Associate Professor Dr. Yuko Uesugi.



I try to use the sensor that can use in wheelchair for detect the force at pelvis area.

16:20-18:00 o'clock

I and my friend observed home health care nursing practice with Ms. Yang Li, the nursing student in master degree from China. We got a warm welcome from Associate Professor Dr. Masaru Kotera, Associate Professor Dr. Yuko Uesugi, Phillips Company, and 2nd years nursing student.

This class is practice part in Nursing Community subject. The instructor separated to 3 stations for 3 classrooms and also separated 2nd years nursing student in 3 groups. The first station is about facility equipment's in community like ventilator, suction machine, or mask. Each facility equipment has many characteristic and usability. Moreover, they are easy to use because the company has focus on community customer and elderly people. The most important is the nurse who will be graduate and become to be a community nurse someday have to know about it. This station was demonstrated by the officer from Phillips Company because he knows the detail of all equipment.

The next station is about the equipment health project of Phillips. The talked about their facility equipment that can use in community. And the last station is a great innovation that can help rehabilitating patient such as water prove spray (use in bed sore patient), Tegaderm wound care in bed sore patient, and the sensor that detect gravity mass of patient.

NURSING HOME



Observing Ikiiki No Sato Nursing Home for elderly.



The environment in Ikiiki No Sato Nursing Home for elderly.

ELDERLY POPULATION IN 2016

35%

The elderly population in Japan will up to 35%

15%

The elderly population in Thailand will up to 15%

FOR MORE INFORMATION

Increasing of elderly people both Japan and Thailand result entering into aging society.

DAY₃



Conference about 'Long-Term Care Insurance System and Elderly Facilities' in the morning.

DAY 3

By Sivakorn J.

In the morning we have a class; Gerontology nursing by Professor Dr. Chieko Greiner, Assistant Professor Dr. Toyama Hirochika, and 3rd years nursing student. The first part we conference about 'Long-Term Care Insurance System and Elderly Facilities'. Almost elderly people in Japan are supported care services follow by their level (1-5). The government will support money about 90% and other 10% they have to pay by themselves. Each level of money from government has benefit limit standard start at 49,700 yen/month (depends on level).

The next topic was about 'Services of welfare Facility for the Elderly'. Professor Dr. Chieko Greiner told about the normal welfare for elderly in Japan and about the services that elderly will get.

After the conference we go to observe Ikiiki No Sato Nursing Home for elderly (take about 300 kilometers from Kobe University Myodani Campus). This is the place for elderly come to do an activity together and make group to join together. The nursing home have many facilities for them (almost are from the government). Each floor they have an accommodation too.

They have many type of room, normal room have 4 beds and personal area. The private room they have to pay more by them self because government do not have a policy to support. The nursing home offer an activity to elderly every day and have a physical therapy student come to practice too. They do not have a doctor in nursing home, just have 1 to 4 nurses and staff to take care their health.

In the evening we have a seminar of research exchange with Japanese student. This is a conference about the elderly health in now a day between Thailand and japan. The Japanese student will provide information then present to us. After that we exchange the data together. I can summarize that Japanese elderly have a long live more than Thai because not strong food, high education among elderly and young people, and policy from government is the most important. I think Thailand should more concern in this problem now.

DAY 4

by Sivakorn J.

Today is 15th July 2016. We went to Awaji Island (near Kobe city) to participate in the community-based activity for the elderly in Awaji City. This project is in Community Health Nursing subject by Associate Professor Dr. Masaru Kotera and Miss Maeda, a doctoral student.

The first place we went to a little community to observe the elderly group activity. They will join their activity twice a week in community center for do some exercise (elderly exercise). There is one nurse in this community. The important role of community nurse is support and provide facility to them to join together. Almost activity the elderly will do by themselves. The youngest member in this group is 65 years and the oldest is 110 years. Almost member have a chronic disease such as diabetes mellitus, hypertension, gouty arthritis, and heart disease but they seem healthy.

In the afternoon went to visit The Awaji Earthquake Memorial Park in Awaji Island. Here have many high school students come to field trip because there are many interesting such as the lucky house that saved from earthquake, picture when earthquake is occur, and the earthquake simulation machine.

The last place that we went is Awaji garden. It is a beautiful side seeing in Awaji Island. There is a good view can see bay from Osaka to Kobe City and cool wind. This is the place for rest.

AWAJI ISLAND



The bridge

This is the rope bridge from Kobe City to Awaji Island. Seem like the Golden Gate Bridge.



Activity

The elderly will come to join together for exercise twice a week in the community center.



Earthquake Memorial

Simulation room show after the big earthquake occur about 21 years ago.

AWAJI ISLAND



The lucky house

They show the lucky house that saved from earthquake and the area around the house.



Awaji Garden

It is one of the most beautiful place in Awaji Island. There are many flower and tourism here.



Awaji Garden

Associated Professor Dr. Masaru Kotera and Miss Maeda

DAY 5

Today is Saturday we do not have a class. So Japanese student took us to go to Himeiji Castle in Himeiji City. We had to take the train from Kobe City to Himeiji Castle for 1 hour and 20 minutes. The Himeiji City is located in the south part from Kobe City.

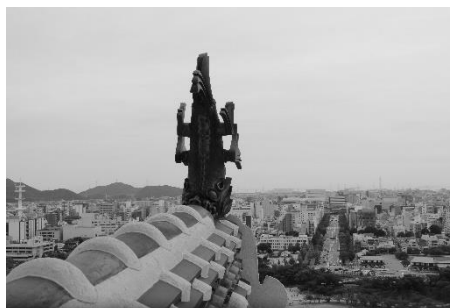
Himeiji Castle is a hilltop Japanese castle complex located in Himeiji, in Hyogo Prefecture, Japan. The castle is regarded as the finest surviving example of prototypical Japanese castle architecture, comprising a network of 83 buildings with advanced defensive systems from the feudal period. The castle is frequently known as Hakuro-jō or Shirasagi-jō ('White Egret Castle' or 'White Heron Castle') because of its brilliant white exterior and supposed resemblance to a bird taking flight.

There are a lot of people come to visit at Himeiji Castle every day especially increase in long-weekend.

Himeiji Castle is frequently known as Hakuro-jō or Shirasagi-jō ('White Egret Castle' or 'White Heron Castle') because of its brilliant white exterior and supposed resemblance to a bird taking flight. The castle has been featured extensively in foreign and Japanese films, including the James Bond movie 'You Only Live Twice' (1967), and Akira Kurosawa's Kagemusha (1980) and Ran (1985). In the television miniseries Shōgun (1980) it served as a stand-in for feudal-era Osaka castle, which has lost the surrounding fortifications. In the video game Civilization Revolution, Himeiji Castle is available to build as a world landmark.



HIMEIJI CASTLE



DAY 6

by Sivakorn J.

Today is a weekend. The International Exchange Club member took us to go to Kyoto City. There is a Gion-Matsuri Festival in the center of Kyoto City today. We got doctor Youdiil Ophinni, a doctoral degree student to be our guide too.

The Gion Festival takes place annually in Kyoto and is one of the most famous festivals in Japan. It goes for the entire month of July and is crowned by a parade, the Yamaboko Junkō on July 17 and July 24. It takes its name from Kyoto's Gion district.

Kyoto's downtown area is reserved for pedestrian traffic on the three nights leading up to the massive parade. These nights are known as yoiyama on July 16 and July 23, yoiyoyama on July 15 and July 22, and yoiyoiyoyama on July 14 and July 21. The streets are lined with night stalls selling food such as yakitori (barbecued chicken skewers), taiyaki, takoyaki, okonomiyaki, traditional Japanese sweets, and many other culinary delights. Many girls dressed in yukata (summer kimono) walk around the area, carrying with them traditional purses and paper fans.

During the yoiyama evenings leading up to the parade, some private houses in the old kimono merchant district open their entryways to the public, exhibiting valuable family heirlooms, in a custom known as the Byōbu Matsuri, or Folding Screen Festival. This is a precious opportunity to visit and observe

traditional Japanese residences of Kyoto.

The next place is Arashiyama Bamboo forest. If you've been planning a trip to Kyoto, you've probably seen pictures of the Arashiyama Bamboo Grove – along with the torii tunnels of Fushimi-Inari-Taisha Shrine and Kinkaku-ji Temple, it's one of the most photographed sights in the city. But no picture can capture the feeling of standing in the midst of this sprawling bamboo grove – the whole thing has a palpable sense of otherness that is quite unlike that of any normal forest we know of.

KYOTO



Gion-Matsuri

We were looking forward to seeing the parade.



Bamboo Forest

Visiting Bamboo Forest for fresh air and pray the god for my life.



18TH JULY 2016

EXCHANGE STUDENT [KOBE]

IN THIS ISSUE

DAY 7

by Sivakorn J.

18th July is the National holiday in Japan. In the morning and afternoon, I took a rest in my dormitory. In the evening Nowsung took us to go to Rokko Mountain. It is not far away from our dormitory just take a bus about 30 minutes.

Mount Rokko (931 meters) is the highest peak in the Rokko mountain range, which provides the pleasant green backdrop to the city of Kobe. Panoramic views of the heavily urbanized Hanshin region (Kobe and Osaka) can be enjoyed from the mountain and are particularly spectacular around sunset.

Various small tourist attractions can be found on Mount Rokko, including a botanical garden, a music box museum, a pasture with flowers and sheep, Japan's first golf course and Rokko Garden Terrace, a tourist complex with a few restaurants, shops and an observation deck.

A circular bus line (running in clockwise direction only) connects the various attractions with the top stations of both the Rokko Cablecar (going to central Kobe) and the Rokko Arima Ropeway (going to Arima Onsen).



DAY 8

by Sivakorn J.

We have a class in morning about 10:30-12:00. Assistance Professor Hirokazu Fujimoto taught us in Psychiatric Nursing in Japan. Almost psychiatric patient in Japan is elderly. The most common disease is dementia. Japanese government is concerned about this problem very much because more than 20% of Japanese people are elderly group. In addition, depression and suicide are the most problem in adult. It results from stress in working and competitive in society. In older children is stress too because of studying. Child abuse can be found in younger children too and almost are from their parents. Now a day, the number of psychiatric patients are likely to increase.

In the afternoon, we had to learn about Infection control in Japan by Assistant Professor Dr. Yamamoto, a researcher in department of Nursing Faculty of Health Science. He spoke English so clearly.

First of all, he talked about generally infection control in Japan. The statistic of infection in there are lower than Thailand so much and their government have a strong policy to support their citizen. Then, he had focus on Tuberculosis(Tb). In Japan are very rare to find tuberculosis but usually found in chronic disease patient such as AIDS or respiratory pulmonary disease. The treatment of tuberculosis is like in Thailand because we use the same protocol all the world.

Finally, he presents his project when he studied doctoral degree. His project was presented in Optimizing Healthcare Quality Conference 2016 at Faculty of Nursing, Chiang Mai University too. In my opinion, his project can develop and helpful in disability person.



KOBE UNIVERSITY HOSPITAL



Dining room

This is a dining room in Gynae Word. The hospital provides an area for their family to join and relax together.



The nurse

The head nurse of Respiratory Word takes us round on the floor.



The Malaysian student

The group from Malaysia came to join and round in the hospital. They are including by nursing teacher and students.



Caption 2 style is used to add picture captions. Captions are in text boxes for easy placement relative to images.

DAY 9

by Sivakorn J.

Today have a plan to observe at Kobe University Hospital. Like in Thailand, observing or practicing in the hospital have to get up early, for us too. The first time that I arrive Kobe university I think it look like a private hospital in Thailand because it is so clean nice and tidy. Then I and my friend have to change the nursing student uniform before round hospital. For that day, we got a warm welcome form Associated Professor Dr. Yuko Uesugi and Assistant Professor Yamaguchi to plan and take us. We rounded Gynae Word, Respiratory Word, Out Patient Department, Operating Room, Intensive Unit Care of Medical and Surgery and Emergency Room.

First of all, the provided an orientation about Kobe Hospital. In this opportunity, there were teachers and students from Indonesia come to join too. This hospital is not large, have about 950 beds but it is a tertiary hospital. Maharaj Nakorn Chiang Mai Hospital have 2,267 beds and is a tertiary hospital too. Their hospital is under The Ministry of Public Health.

Then, we were round the hospital start at Out Patient Unit(OPD). They separate OPD by organ system like Gastrointestinal OPD or Respiratory OPD. It is look like the private hospital OPD in Thailand. After that we were round Respiratory and Gynae Word. In the word are so clean and have a lot of space. The nurse station is in the center and they have many type of room such as 4 people or private room. We had an opportunity to send one of the female patient go to Operating Room(OR) on 3rd floor. This is my first time that I see OR. It is a big room, so clear and bright, and have a lot of equipment.

In the afternoon, we got an opportunity to round Intensive Care Unit(ICU) Medical and Surgery. This word have full of power rate of health person. They separate the bed form together and each bedside are abundant by equipment for patient. Each ICU Word has about 20 beds. After that we was round in Emergency Room(ER). ER is not large like in Thailand. They have just 6 beds, 2 for trauma case, 2 for observe case, 1 for neuro case, and 1 for give a treatment immediately.

DAY 10



SEMINAR

EXCHANGE STUDENT

We have a seminar in topics about health issue in Thailand and Japan. Then we are discuss together. And the last is presentation by Thai student about exchange student program.

DAY 11

by Sivakorn J.

In the morning about 9:00-12:10 a.m. We went to joint master class in topic 'Transcultural Family Nursing' by Dr. Junko Honda. She is a professionally transcultural nursing and graduated doctoral degree from University of North Carolina, United State of America. We are discussed in cultural family between Thai and Japanese because both nation is having various religions. Thus, this is one of the important subject that nurse have to study and try to understand. In this class have 3 master student join too. One is the nurse who working in Kobe city. Another is the nurse from China.

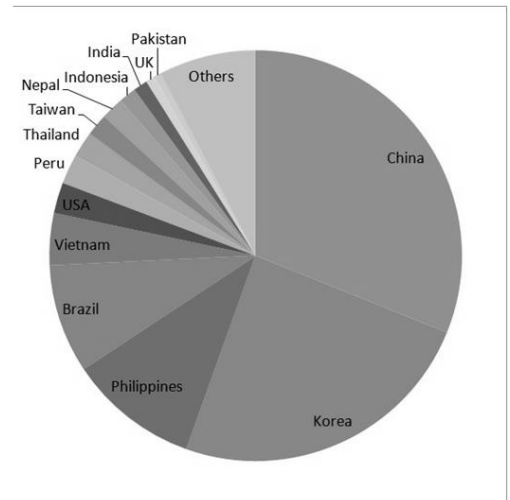
The detail in transcultural family nursing both in Thailand and Japan are likely to difference but the concept can be used. Some problem in studying in master course is the words. They use technical terms and formal terms. However, Dr. Honda was translating to us.

There are 3 Levels of culture (Hall, 1984)

- Tertiary level—Explicit or manifest culture is the public facade that is visible to outsiders such as rituals, dress, cuisine, festivals.
- Secondary level—Underlying rules and assumptions known to members of the group but rarely shared with outsiders.
- Primary level—Deepest level of culture comprising implicit rules known and followed by members of the group but seldom stated.

Farwell party was arranging in the evening by master and doctoral student. This time we are so nervous because they are older than me and I have to concern about using words. Nevertheless, the party had pass without trouble. We got a warm welcome and good take care from them. I never forgot!

TRANSCULTURAL FAMILY NURSING



Foreign Resident in Japan

As of 2014 June, 2,086,603 of foreign residents live in Japan. More than half of them are Chinese and Korean