

Research Internship in Bach Mai Hospital, Hanoi Medical University

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【About My Research】

From September 11, 2016 until September 23, I studied about the present condition of rehabilitation of Vietnam in Bach Mai Hospital, located in Hanoi, the capital of Vietnam. This survey uses a questionnaire mainly. I distributed the questionnaire to the staff who worked in the rehabilitation center in the Mai Bach Hospital (doctor, nurse, physio therapist, orthoptist). As for the first of investigation contents, the way of working, the second fixed the education in the training school, the third for a method of the physiotherapy occupational therapy. In addition, I did the training in the occupational therapy room t from 8:00 to 17:00 and interviewed physio therapist in charge of occupational therapy and did it with supplement of the questioner survey.

【About Rehabilitation Center in Bach Mai Hospital】

The Mai Bach Hospital is the northern part having 2,000 beds of Vietnam's greatest general hospital, and there are a rehabilitation center, various research facilities such as the attached nursing school or tropical disease, a drugstore, a geriatric hospital to treat dementia , internal medicine, surgery, the pediatrics, psychiatry, an obstetrics and gynecology department ward. The rehabilitation center was a 3-story circular building was more than 50 years old. There were a hospitalization ward, outpatient department, a physiotherapy room, a cognitive therapy room, an occupational therapy room, a speech therapy room, an orthotics room and one elevator. The hospitalization ward is divided into spinal cord injury and a stroke. Therefore the person who received the physio therapy and occupational therapy in this center was a patient of spinal cord injury or the stroke. The family who stayed together in a sickroom took an inpatient to and from each therapy room.



Picture1. Entrance of Rehabilitation center



Picture2. Rehabilitation center



Picture3. Speech and language therapy



Picture4. Display of the welfare apparatus

【About Occupational Therapy】

• About Occupational Therapy Room

Day1-3, I observed the facilities of the occupational therapy room, a patient and a physical therapist, a student of physio therapy. The area of the occupational therapy room is approximately 5 meters of frontages, approximately 10 meters in depth. The rehabilitation starts from 8 to 11:00 in the morning and then from half past 13 to half past 16 in the afternoon. A physical therapist was four people, but, as for the staff of the occupational therapy room, two physical therapists were absent in the training soon for two weeks when I stayed. Therefore there was really only two staff in the occupational therapy room and was in charge of the patient of 40 one in a day. Other members are 8 students from nursing school and northern medical technical university.



Picture5. With rehabilitation staff



Picture6. Entrance of upper and hand therapy room (occupational therapy room)

• About Occupational Therapy Program

The time of the occupational therapy per patient was one hour, but it was really only 15 minutes of those that the staff performed occupational therapy, and a student went for remaining 45 minutes. The occupational therapy contents were ROMex. And hand control training, electric therapy basically. There were various tools on the shelf than I thought, but noticed it if there were not a hand dynamometer and an examination of sense tool. (Picture7, 8, 9) They do not the vital check at the time of the occupational therapy start. In addition, in this center, a message paper from a doctor was handed to a therapist, and training began just after that, and there was not an initial occupational therapy evaluation. I felt that time to plan occupational therapy might not be enough.



Picture7. Tools in OT room①



Picture7. Tools in OT room②



Picture8. Opening training tool of the plastic bottle cap



Picture10. Shirt with buttons



Picture11. Electric Therapy

• About Clinical Practice

I was really in charge of occupational therapy of a patient for the understaffing by a student having completed training after the fourth day. So many patients was not able to speak English, I took the communication with a patient and simple Vietnamese and a gesture hand gesture. On a day in charge for the first time, I felt uneasiness in direct words not going, but after being conscious of what I made an expression clear and was concerned with, smiles increased. In addition, when perform the training (ex. drinking the water of the plastic bottle) along the daily living activity that does not usually perform very much in an occupational therapy room; "I'm able to drink water by myself". It makes me glad. It was really the very substantial time when I could associate with a patient.

【About Our Presentation】

In the afternoon of the fifth day, I had medical staff of the rehabilitation center gather and performed presentation to introduce about Japanese occupational therapy in English. The presentation introduces a flow of the occupational therapy, a case about a place of working of the occupational therapist, occupational therapy in the team medical care, a training school and finally, our college life. The beginning was afraid whether could introduce occupational therapy clearly, but then medical staff in a discussion after the presentation. "It was good presentation". "Can you get an announcement document?" "I want to study the occupational therapy." I was relieved and was glad. Because it was the first thing to have announced in English, I felt that I got such an experience when it was for very future bread.



Picture12. After Our Presentation

【About Visiting Hanoi Rehabilitation Hospital】

On the last day I had the medic who has taken care of us takes to the Hanoi rehabilitation hospital of approximately 15 minutes by car from Bach Mai Hospital. This hospital is mainly the child rehabilitation, and developmentally disabled children from 6 years old to 18 years old received physio therapy and occupational therapy. As for me, facilities and an article are substantial; had an impression. A director teacher answered a question kindly.



Picture13. Entrance



Picture14.Occupational Therapy Room

【Others】

- About meal

Generally, The Vietnamese meal is white rice and two or three kinds of side dishes and soup. They always hold spoons on left hand and the chopsticks on the right. Because rice was staple food, there were many dishes which is easy to be familiar with, and we enjoyed the meal. The price of food is more cheaply than Japan. Lunch at the hospital in the photograph, 150 yen, noodle of the downtown were about 100-200 yen. Tap water is life water, and it is common to buy the mineral water in a shop. For example, 500 ml mineral water was about 30 yen.



Picture15. Lunch at Hospital



Picture16. Pho (local noodle)

• traffic

It is the much traffic to have been surprised most in downtown. There was not the end with the opposite lane, and a car and many motorcycles filled up the road. In Vietnam, the motorcycle is a foot of the life, and the three or four-passenger is natural and becomes indispensable to commuting and picking children up. However, it was about these days that helmet wearing was made mandatory and heard that there were many accidents still more I felt that the maintenance of traffic rules, the much traffic would be problems of Vietnam in future.

【Conclusion】

In this program, I sensed the culture that was different from Japan and got a valuable opportunity to think about occupational therapy of the patient who lived in various culture. And I realized it how it was important to imagine a living before and after the hospitalization of a patient concretely. In addition, in Vietnam where an insurance regime was insufficient than Japan, I felt it when it was important to perform effective rehabilitation in a limited short time that length of stay was very short. I felt must make use of knowledge that I learned in this program.