

**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**  
**(10<sup>th</sup> January-18<sup>th</sup> February, 2017)**  
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Kobe university was original founded in 1902 as Kobe Higher Commercial school, and institution of higher education. Kobe university has 4 areas ( Rokkodai Campus, Fukae Campus, Kusunoki Campus and Myodani Campus) including 11 faculties and 14 graduate schools. Graduate school of health sciences got independent from the graduate School of medicine in April 2008. Now has master causes and doctoral causes including Nursing, Biophysics, Rehabilitation, Community health, and International health.



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 of the university. Each activity gave me a different taste of experiences. Some are very useful to imply into my master thesis and my career.

Japan is a country with super aging society. Japan has population aged 65 or over is 33.9 million in 2015, accounted for 26.7% of all population. People both male and female get more long life expectancy. Around Myodani campus can see many of elderly people walking around. In field visit, I have a chance to participation in health education for the elderly people who live in the community. This activity provide for support elderly people to go out and do some activity together, not stay in their house all the time. Because it can cause the depression or separate society. Many old people die in their house and no one notice about that. So this activity might help this kind of people have their social and know each other. Many volunteer come and help to prepare lunch for the participant. They have menu for each month and has the recipe. All food is good for aging people, not hard, softness, not much of sugar and salt. They also calculating the calories of food. In this time, 3 master students from Kobe University also gave health education about Alzheimer disease and did some activity with the participant for Alzheimer prevention.



Community-based nursing includes home health care nursing and public health nursing. Home health care nursing will be supporting patients to be discharge from the hospital and return to home. And also providing nursing care to the patient and their family at home. Public health nursing will be doing health promotion for whole population, identification of potential health risk in the community, preventive care for people at high risk and develop policies and health system. It focuses on health promotion and on environmental, psychosocial, economic, cultural and personal health factors that affect an individual's and family's health status.

Public health center has comprehensive functions providing more technical services in the community, such as response to diverse and complicated health issues, to research, to support municipalities and to plan and coordinate health policy. In Nishinomiya, public health center can be like office work and support group meeting of patients with chronic neurological disease and their family. The participant who join the meeting are the patient with Parkinson's disease and spinocerebellar degeneration (SCD). This meeting group provide for develop the relationship among patient and family as a self-help group through interaction among members. They have many topic of the meeting: oral care, nutrition, music therapy, tradition even and so on. I have a chance to participated in a music therapy class with 12 patients (2 SCD., 10 Alzheimer) and 2 family members. The schedule of 2 hrs. in the class concludes 1. Greeting and Group discussion, Nurse will join in the group and be the facilitator to stimulate patient to share idea of disease management, empowerment the patient who doing good to control the disease. 2. Sing a song, this will help the patient exercise the muscle around mouth, cheek and face. Singing can help about breathing or chest exercise. The music therapist will stimulate patient to exercise by using some equipment and move the body. 3 After class, all staff will discuss about patient, problem and the planning to help them. The music therapist said "the important thing of music therapy class is a song" she has to understand the profile of the patient then she can choose the song that suitable for them to make them enjoy and cooperate with the therapy.

The community health center in Nishinomiya also provides the health checkup for the baby after delivery. The checkup including 4 time (4-month old, 10-month old, 1.5 years old and 3 years old). The staff from the public health center will make the appointment to the mother to take the baby for checkup. The process of 4-month baby checkup begins with register point, in this area the staff will checking the baby health book and sign the name of participant. The 2<sup>nd</sup> point is for measure weight and high. The 3<sup>rd</sup> point is physical examination by Orthopedic doctor. The 4<sup>th</sup> point is health assessment and baby developing assessment by the pediatric. In this point mother can ask some question to the doctor about baby health. The 5<sup>th</sup> point is nutrition education, the nutritionist will teach mother about when and how to give some food to the baby. The appropriate time to begin giving food to baby is 10 AM. Because at that time, mother can assess how is the food reaction to baby. If baby get allergy with some food, so they can take the baby to the hospital in working hour. The last point is giving health education by nurse. Nurse will describe about baby health status and be a consultant for mother. Nurse also assess about depression in mother by using the depression assessment questionnaire. If mother identify of depression, nurse will refer to psychologist for more evaluate and problem solving.



Pictures of 4-month baby health checkup provide by community health center

I have a chance to participation in the community base program for mothers and children in Nishinomiya City. Nishinomiya City is located on the south-east of Hyogo Prefecture. It is located midway between Osaka and Kobe. It has been developed as an “Educational living district” by taking advantage of convenient location and rich natural environment. Many Population in this area move from the other prefecture. Almost people has a nuclear family and do not know other family. This program provides for helping mother and child to meet and play with other people. This place also has many toys, books, music instrument to stimulate child developmental. This place also has staffs that can help, take care, share the information, giving child care education and mother can talk and release their stress.



Pictures of participated in the community base program for mothers and children in Nishinomiya City

Japanese has developing of policy and health care system for promoting maternal and child health. In the pass japan has high rate of Infant mortality and crude birth but now a day Japan has the national campaign “Sukoyaka Family 21”. This campaign aims to create a society in which people can live happy and in good health in an aging society with a declining birth rate. Because they are many risk factor of an expectant mother (teenager pregnancy, unwanted pregnancy, late of notification of pregnancy etc.). When the women notice about pregnancy, the community health will service for well-being during pregnancy and child birth by giving the maternal and child health handbook and give the health check ticket. Then, the pregnancy women required to checkup. Since notice of pregnancy until 24 weeks has to check up at least once a month, 25 weeks until 35 weeks has to checkup at least twice a month, and after 36 weeks has to check up once a week. The community health service also provides parent’s classes, home visit service, consulting service and etc.

Private maternity Home Center in the community “HINATA” is one of health care for maternal. This center basic activities are concluding natural childbirth with family support, breast feeding support, community child care support, midwife/nurse training support. They are providing a safe, comfortable, and peaceful environment for pregnancy, childbirth and parenting. This center has 6 staff nurse; they all have the certificate of midwife. The nurse’s work time separate to 3 shift, 2-3 nurse in day shift and 1 nurse in night shift (1 nurse stand by for emergency delivery at night). Nurse who work in the night shift have to take care the patient and prepare the breakfast. Before the end of the shift nurse have to tell the detail of case to the nurse who going to work next to them. In the day, Cook will prepare lunch and dinner for mother. About OPD case, when pregnancy come for checkup the nurse will ask them to collecting urine for sugar and pH test. After that nurse will talk and ask about discomfort symptom during the pregnancy and give health education, problem solving and prepare pregnancy ready to be mother. The nurse will measure blood pressure, high of fundus, pitting edema and fetal heart sound. In pregnancy with over 36 weeks the nurse will monitor ECG. and will do the ultrasound in pregnancy with 28 and 37 weeks just for measure size of baby. During the delivery time, 2 nurse will take care of pregnancy and after delivery one nurse will take care of infant. In case of emergency they have the equipment such as Intravenous solution, suction, some medicine and can use the ambulance to refer mother and/or newborn baby to the hospital.



Pictures of Private Maternity Home Center in the community “HINATA”

At YOYO club (Support program for low birth weight infants and the family) supported by Kobe City. The staff include Pediatric, Midwife, Preschool teacher, nursery teacher and psychologist. This center is support for the Mother and child with low birth weight (lower than 1,500 gram) the activity conclude...

1. Let Childs and Mather play and relaxing together.
2. Greeting by sing a song
3. Physical exercise by play and do some activity, run, crawl.



4. Mother make a group discussion with the professional health and teacher about their child by using the diary that they are recorded. This center is very good for mother to join because almost family in japan is nucleuse family. So, no one support about take care of children and be a consultant. This center is where can give the information to them about how to take care of their child. The problem that mothers are concerned and discussed today is about viral infection and causing vomiting and diarrhea of their child, some child scream after they are get angry, the skull at forehead not closed after 1.5 year.

5. After finish, all staffs and volunteers had a meeting and discuss about each child. I think this center is very good for help the parent and baby who faced to low birth weight problem.

At Myodani Campus, Yuko Uesugi teacher presented about Nursing education in Kobe university and showed the nursing practice room that use for teach the student to care patient, bed bath, use the sterilize technique to open the sterilize set. The equipment and process are similar to Chiangmai university nursing faculty but Kobe university has more supply and more new.

Mio Hosona teacher presented about health assessment by used the patient models. the student can learn how to measure blood pressure, EKG, pupil reaction, bowel sound, heart sound and breath sound by used the patient model. It is very useful and the sound was very clear and easy to understand.



Pictures of health assessment by used the patient models

The visiting nursing system provides nursing service at home for individuals requiring assistance because of disease or disability. This system managed under Long Term Care Insurant system and/or the national health insurance. This system begins since prepare patient discharge from the hospital. The physician is who decided about treatment plan. Also the care manager will be planning of home care visit.

Nursing services at home provide by visiting nursing station. The nurse who work in visiting nursing station has the same certificate and same nursing care similar with working in the hospital. But the different things are the area. In home visit will use “User” to call instead of “patient”. 20 years before, home visit focus on long term care and preventing but now a day nursing service include End of life care, rehabilitation, nursing care for individual with dementia, information support to family member, bed sore and wound care, management of catheters, administration of medicine and etc. I have a chance to participated in home visit for 2 days and I had learned about Japanese home visit system. In my opinion this system is different from Thailand but It is fit with Japanese society. The nurse known about profile of user. They give the high quality of nursing care to the user and caregiver. In home visit’s bag has many things that will help the nurse to provide the good quality of nursing care.



Pictures of visiting nursing station

Awaji city is a big area for the elderly people to stay. It has population aged 65 or over 32.6% (2013) and has population with long term care needs 21.3% (2011). For preventing accidents and disease which require long term care and created local communities where people support each other. So the government provide Iki Iki 100 sai Taisou (an exercise for being active until 100 years old) to this city. Elderly people who live in the community and do not need long-term care are the target of this program. This program was developed by the national institute on aging in the USA. It consists of warm up exercise, doing seven movements using weights and stretching exercise. The aim of this program is to preventing accidents, Prevention of dementia and prevention of retreating.

After an exercise, elderly people will enjoy with tea and talking. One person in the group said that she like this part of program because she like to talk and meet the other people. Even if this program starts at 9:00 am. But she wakes up early and get dress up for join the program. She Does not want to missed this program.

One person in the group said that before she joins the program she has back pain problem. Now she getting better after exercise.



Pictures of Iki Iki 100 sai Taisou in Awaji city

Every people in this group very kind and welcome me to join the program. At first meet they are very shyness but after we spent time together they are feel free, more relaxing and confident to talk and ask the question. I think this program provide both benefit of physical and mental. I can see the result of this program from the people who joined the program. They have good health, good emotional and good society.

I also have a chance to visited Kobe University Hospital. The important role of this hospital is educating medical doctors as well as advancing medical standards through its activities. The Hospital is also responsible for providing preventive medicine, sanitation education, and advisory service on medical procedures in the University and other general hospitals in the Kobe area. This Hospital consists of 35 clinical divisions with 920 beds. I visited Intensive Care Unit, Emergency Room, Operating Room and Special Clinic. The nurse is very professional with providing nursing care. The patient in ICU. need many of caring and nurse can do very well to take care of them. It is my first time to see Artificial heart machine and robot for operating. That is very excited. Kobe University Hospital has a good system and high technology to provide a good caring for patient.

This Hospital has many kinds of special clinic. The nurse who work in the special clinic also very professional. One of nurses who specialist in colostomy field explained about the system of health education given in the clinic and IPD. We also discussed about the patient with depression because they cannot accept about colostomy. It was a good time for me to have an opinion exchange.



Moreover, Kobe University Hospital has a distinguished feature that it is playing an important role as a base hospital for disaster and emergency medicine. DAMT. (Disaster Medical Assistance Team) is a group of professional and para-professional medical personnel. DMAT designed to be a rapid-response element to supplement local medical care until other Federal or contract resources can be mobilized, or the situation is resolved. They will be the leader of work and management when disaster occur. In my opinion, I think this team is very importance and useful to provide medical care during a disaster or other event.

In Kobe university, I'm joined in the paper meeting for 2 times. The first time is about Alcohol's involvement in recurrent child abuse and neglect cases. The second time is about Null association between workplace social capital and body mass index results from a four-wave panel survey among employees in Japan (J-HOPE study) and Community Health Workers as Agents of Health Promotion: Analyzing Thailand's Village Health Volunteer Program. The Students will study and translate the articles before joined the meeting. They will present what they had learned to the other students and teachers. After that is the step of comment and knowledge exchange.



Pictures of paper meeting class and presentation

I had 3 presentations during study in Kobe University, 2 times of Health care system in Thailand and 1 time about my topic research "Effects of Self-Management Promoting Program by Family Participation on Health Behaviors and Blood Pressure among Persons with Uncontrolled Hypertension". It is a good opportunity for me to learn and participated in this program.

I'm also have a chance of travel to Osaka, Kyoto, Tokyo and Chirakawa-go. I had many good Japanese friends. I learn many things about Japanese culture and history. Japan is a very good country, good of technology, transportation and economic. Japanese people has very long life span. I think "health" is the one that Japanese people concerned and realized the importance.



Pictures of life experience and travel in Japan

After I join this program I got many knowledge and life experience. I have a chance to participated in nurse home visit, child health checkup, elderly health education, midwife and child care. All of that is very useful for me because I can integrate and use the good things for my own country. In addition, I'm able to find my own idea of problem solving. I can share my opinion and have a chance to discuss about health care system with many expert people. I can understand and accommodate people who has different culture and background. I have a cross cultural experience. I have knowledge of Japan country, culture, social, behavior, food and health care system. Many teachers in Kobe university teaches me about healthcare in Japan and they are very kind to me. Thank you so much for provided a good program and for every good things in Japan. It will be my impression of Japan forever.

