

『Title』

Kobe University Graduate School of Health Sciences

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### 1. Introduction

I have been dispatched to the Department of Nursing at Chiang Mai University in Thailand for 2 months due to this program. The Department of Nursing at Chiang Mai University is located in the northern part of Thailand and is a famous university. Business expansion and people who spend time after they retire the job (Longstayer) is increasing. So my purpose of participation in program is clarify the health problems of people living in Thailand. It can be said that it is one of the problems that will become very important in the future. I got the opportunity to learn many things about the differences between in Japan and in Thailand that I have seen in the actual living in the last 2 months and it was a very meaningful for me.

### 2. Program summary

Term : 2016/10/10-2016/12/11

Destination : Department of Nursing at Chiang Mai University

Phanida Juntasopeepun

Rangsiya Narin

### 3. Contents

At first I interviewed and take the questionnaire for the health problem to Japanese. Moreover, I was able to understand Thailand through from Japanese people and discuss different cultures. Below, I will describe the difference of Thailand and how it affects to Japanese of 2 months that I stayed.

#### 1) Weather

It is warm. The temperature is high because it is close to the equator than Japan. During the period of October to December when I was there is the end of the rainy season and gradually became a cold season throughout Thailand's year. I spent the daytime in the short sleeve and at night it was cold so I put on the long sleeve. Many Japanese mentioned about the climate between the differences with Japan. It is not necessary to change clothes every season. It is easy to do without many clothes. However, no many seasons in Thailand, some people were lonely that there was no match with clothes and season. For example "I went to the mountain wearing that coat". In my impression, aged people likely to have a warm climate, but young generation said many things get lazy

due to the hot weather. The way of feeling of the climate changes depending on age.

Some Japanese said hypertension was cured in Thailand. In Japan, it was said that improvement in blood pressure was seen even if a person who needs the medication control due to high blood pressure did not take medicine by staying in Thailand. They think about their own health by coming to Thailand because they had to do management by themselves in Thailand. I told that some began to self-manage such as measuring blood pressure themselves and recording it.

Many Japanese said "Smoke hazard" in February is terrible. There is a tradition that it is necessary to burn a field to cultivate crops well. In addition, people in mountain believed that good crops cannot be acquired unless burning the field. Bad air pollution will occur due to burning in February to March. The Thai government banned to burn but it seems that it is still done as a tradition. It seems that there are also many people returning to Japan at that time, and some people have no choice to return back to Japan because they have respiratory illness.

## 2) Food and eating habits

In recent years Japanese restaurants is increasing in Thailand. There are Japanese food boom so it is easy to get Japanese food. When I was walking in the city, I can see Japanese written everywhere and Japanese restaurants many where. In the big shopping center have Japanese restaurant. It is getting easy enough to get and eat only Japanese food while staying in Thailand. Therefore, many said meal was not big problem for them to live in Thai.

Many people were careful when they make something. As a culture of Thailand, eating out is common. They do not cook much at home. Often they buy outside and bring back to home. Every food shop has plastic bags and tappers ready to take out.

Food materials are getting rot easy because it is in a hot environment. Many people had experiences of be wrong with their digestive organs. Management of ingredients is very difficult. However, in Thailand the food shop were devised opening times short. And it is becoming good sanitation management of shops has improved.

## 3) Medical

When you receive medical care with using insurance. There were people who felt annoying because insurance applications had to be done at each consultation. It was not the first option to rely on drugs and hospitals, such as doing natural remedies.

Almost the people said that medicine's effect was very strong. Some people had stopped symptoms of diarrhea with just taking one tablet. The amount of medicine prescribed for

children was same as the amount of medicine prescribed to parents before. In such a case they give just half.

#### 4) Language

The thing that I surprised is many people can speak English in Thailand. Especially I speak only English, but I didn't have any problem. People around me absolutely helped when I was in trouble. Many people said that pronunciation is difficult for Thai language. Even if I talk in the same way like Thai people do not make sense because of the difference in pronunciation. Some people who can speak Thai language feel irritability and frustration by not being able to tell firmly. Just because Thai can speak does not mean everything will work.

#### 5) Steps in their life

There were many steps in Thailand. Such places were seen in many places. Even though they said it is not easy to walk outside like Japan. However, some people felt maintaining and improving muscle strength.

#### 6) Traffic condition

Many people often use bikes and cars in their transportation. Furthermore, there are many injured people by accident every year. Japanese also used bikes and cars. However, when looking at people using that, many people do not wear helmets. Also, some people do not care about it because it is a short distance. Furthermore, there is no upper limit speed. Driving a motorcycle is common. Many people use cars and bikes because they can easily to use, licenses can be obtain easily.

#### 7) Problem of residence in Thailand

The aging Japanese residing is one of the problems. It is becoming not enough to consider living by pension alone. As a result, people who choose to spend in Thailand than in Japan are getting more and more. Therefore, about 50% of Japanese who are registered at Consulate General of Chiang Mai are over 65 years old. For this reason, it is becoming clear that there are nursing care issues for Japanese elderly. There are many Japanese who come from various circumstances, but it seems that people who have no enough money to go back to Japan and forced to live in Thailand, solitary death is becoming a problem.

However, many were trying to do regular medical checkups and cared about healthy meals.