

Exchange Program Report

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Learning through this program

〈University Hospital〉

I visited Obstetric & Gynecological Ward, Postpartum Ward, Surgical Ward, and ICU. The structure of Ward is different from that of Japan. The number of beds in 1 room is 7-8, the curtain isn't used except in treatment and so on. At first, I thought some points had to be changed. For example, I thought the room wasn't comfortable in terms of privacy. But there were some merits in this structure. The merits are that it is easy for patients to have some chance to interest and exchange each other, and that it is easy for nurses to observe and care patients. In Thailand, the structure of Ward is convenient for nurses because of the shortage of nurses. And there is the culture that patients exchange each other. It isn't enough only to find the differences between two countries. It is important to think the thought and culture of the country which affect the Health Care System.

In Thailand, towels and disinfectants aren't disposable. This is because the source of funds in medicine in Thailand is less than that of Japan. So some goods such as towels are reused. And there are some posters to educate people to wash hands. But the infection control depends on wards, and there are difference in each wards. I think it is more effective to control infection as a whole hospital.

〈Mother and Baby Health〉

I visited antenatal clinic, labor room, postpartum ward, and lactation clinic. I knew thalassemia for the first time. In Thailand many parents decide abortion if their baby has thalassemia. But I heard Buddhism bans people from killing life. So I think this decision in this policy affects parents' mental deeply. Nurses have to care the mental. And in this tendency that many people decide abortion, there can be discrimination to the family who decides to raise thalassemia baby, and the difficulty to live for the family. It is necessary to build up the social support.

In postpartum, the period in hospital is 2-3 days. It is shorter than that of Japan. But, in Thailand, mother and baby can be took care of from many kinds of people. For example, other mothers, father, grandmother, grandfather, and health volunteers. The structure of ward is easy to interact each other, and in Thailand family tends to cooperate on child

care. In addition, health volunteers visit her home after discharge. I learned the period in hospital were affected by not only shortage of medical professions but also the culture and thought such as the bonds of family and community.

〈Community Health〉

I visited Alternative Medicine Center, district hospital, sub-district hospital, elementary school, junior high school, and high school.

In Thailand, there is shortage of medical professions, so non-medical professions work for community health. Nursing students do health education in community and do health examination in schools. And health volunteers visit the old and postpartum mother and baby, and interview them for health screening. In Thailand, nursing students and health volunteers have an important role to improve the community health and to support the patients and mothers after discharge.

On the other hand, as a medical profession for community health, there are nurses in community hospital. They usually work in hospital, and sometime go to community. But the nurse isn't always in school for school health, and there isn't nurses who work in administration. In this program, I knew the diseases that arise from life style such as cavity, lice, and obesity are problem in children. And non-communicable disease that also arise from lifestyle are becoming the main health problem in Thailand. In addition, the health disparities between the poor and the rich is also a big problem. I think the nurse who specialize to prevent disease is necessary. In Thailand, people can get medical care in 30 bahts, but I think it is important to teach all people the healthy lifestyle before they need medical care. And the health problems have social background such as hygienic environment and poverty, so nurses who work at administration are also necessary to cooperate with other fields.

Conclusion

In this program, I could have many experiences, meet many people, and learn many things.

Thank you very much for supports from everyone during my visit.