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Report from Clinical Placement in Jyväskylä in April 2010

In addition to study requirements students on clinical placement abroad are to submit a report which is to contain the following items:

1. Introduction

Student: Marika Salusaar, Tartu Health Care College in Estonia

Clinical placement: JAMK University of Applied School of Health and Social Studies

Study period: 06.04.2010 to 30.04.2010

2. Description of clinical placement:

Practice placement was four:

Week 15 (06.04 -09.04.) Mathildakoti (private old peoples home)

Week 16 (12.04 -16.04.) Kyllö Health Center hospital, ward 6 (specialized in gerontology)

Week 17 -18 (19.04 -26.04; 28.04 – 29.04) Ruusa-koti, Mikeva OY (private old peoples home)

Week 18 (27.04) Palokka – Tikkakoski Home Care

Working time:

Mathilda home: 8:00 to 16:00.

Ruusahome and Kyllö Hospital 7.00 to 15.00.

The working hour includes two 15 minute breaks (“coffee breaks”) one in the morning and the other in the afternoon) and 30 minute lunch break.

3. Description of and reflection on learning situations

The initial aim of the exercise was to get a better knowledge of geriatric nursing and home care organization.

Each practice site was a mentor, who was either a nurse or a responsible guardian. Mathilda home and in hospital we were a short time. In these places of work longer limited to the practice of the organization of access and the process of monitoring the work. Autonomous work was relatively small, possibly could have done more, but lacked courage unfamiliar location to start, but with the participated supervisor trimming beds, to help of patient / client dress, hygiene care, feeding, raising, bed patient’s position issue and others.

Ruusahome, where I was two weeks had already been made for more independently. There to help everyday activities our clients, also. In addition, I tried to monitor, assess clients, using the maintenance department to assess the status of a person to monitor and care for interactive / RAI instrument and everyday activities (ADL) scale for the assessment of Katzi.

I must say that, overall, had a friendly working environment. Expressing an interest in who I am, why I am in Finland, which learn, learn who, if I have a family, where I live in Jyväskylä, how you do, etc.. Certainly, we brought excitement to our homes every day life, especially among residential customers had a lot of them, who apparently felt it did not even exchange.



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I think the remarks are generally satisfied with us. Mathilda at a later meeting, one employee at home, we were sent, to health. Ruusahome we were leaving the small gift and the card by employees and one customer Ruusanhome even bake bread.

4. Evaluation of clinical placement period

Information prior to departure

Sufficient information was before the race. Already in the month of November I received a very comprehensive information about the school, Jyväskylä, transport, accommodation and health checks needed. First be sent information on International Services, took me on the International Relations Coordinator Hanna Kontula, who in February has already informed the practice known in detail. Hanna was all very friendly and answered all the questions that arise in organizing travel.

• Reception

5 April, and my trip was to Jyväskylä arrival date. In Finland was second holiday the Easter holidays. Despite this, I was at the train station I met the student / tutor Siru Hartonen with his mother, who drive me to living place. Siru was a good girl, who had procured the key to the apartment and also the survival package. Otherwise, they can become the first business day. Agreements were signed in the first working day. Siru also informed me of how the first day supervisor will meet and how do I reach there. So, that was all arranged.

• Study environment

Mathildakoti

These homes, which is 29 per. Our customers include a majority of women (although it was also two men) with a diagnosis of dementia syndrome, but who are moving, Minimal test points 0-22. Customers are alone or just two of the rooms. Have separate dining and lounge. Rooms have either brought from home or the homes of their furniture. Well a lot has all kinds of fancy articles and photos, which are reminiscent of the family and home environment. Because of the dementia clients, the constraint is locked doors.

Kyllö Hospital Health Center, which is 39th beds 6th Ward Hospital Unit. Beds in the room of two to four, are adjustable, televisions wards. Dining room and living room are separate.

Ruusahome, Mikeva LTD (Private Old Peoples Home).

It is home for 19 clients. Person rooms, predominantly, which has been to take his one-personal belongings. A lot of photos and all kinds of real home reminding fancy the rooms. A rest room and dining room, in addition. The doors locked for security purposes, again,

Palokka-Tikkakoski Home Care Center. And there were virtually one of the rooms, where the sisters are together this morning. There, held meetings, distributed the medication, document their activities to computer, and other.

• Self evaluation

Overall, the practice of my goals met. My occupational exposure to older people and dementia before the law was virtually non-existent and it is not going well, I never imagined that I could



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drive home in.

Practice will exercise dementia interaction with the client. I learned some ergonomic techniques, caregiver how to care for the process would be physically easier to handle.

What was really memorable was a team job. Remained in the hospital with the patient may have initially, or behind, in the sense that it was cerebral palsy / new cases of the disease. This was the action of a multidisciplinary team as a doctor, nurse, caregiver, occupational, social worker. The patient's family was involved in the debate. Before leaving the hospital was a plan that more patients can be, and if that patient goes home from the hospital, you will be informed as soon home care team.

And, of course, I learned from the Finnish language. In conclusion, I can say now that I think that older customers are pretty nice to work and regarded the work as a nursing home conditions in order to live like living in parallel with the customers and assist them if necessary (not all do), it is the best option.

• Housing conditions

I got the accommodations of Central Finland Student Housing Foundation (KOAS) through a lease rooms inhabited by Roninmäe, M Hall. The majority of tenants are foreign students from different countries. Three room apartment, where I had my room, kitchen and washrooms along and I shared the two neighbours. Overall living conditions are very normal. Initially, it was necessary to clean up public spaces (such as empty containers and smoke fags in the pantry) and it was all very well. Obviously, student life! Lighting in the room is very bad, so it is essential to obtain desk lamp. Furnished room means that there is a bed mattress, a bookshelf, a desk and a chair.

The house has a space in which to wash clothes and dry them quickly. Very good it is, that if any problem should arise, such as room keys and forget to close the door, then it is possible if you can call or message number, number, support, and day-to-round. Aid should, of course, for a small fee (20 €).

• Economy

Overall, I must say that food prices are quite similar to those of Estonia. Dairy products, prepared foods and industrial goods are more expensive. Money has been used as in euros. Initially accepted all the time, how much one or the other thing it still pays. No ignored longer. I got a Scholarship from the Nordman Network of € 530. It took a deposit for accommodation for around € 250 + € 30 bank transfer. Survival pack for the rental was paid € 70, half of which you can return if things return to healthy and clean. Survival Pack includes the rucksack, blanket cover, blanket, pillowcase, pillow, big towel, sheet, small towel, saucepan, fork, plate, knife, mug, spoon, teaspoon.

The lunch was the most expensive 3.30 in the Ruusanhome. But it was also a well tasty. Overall, in the morning and evening, ate some great accommodation.



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• Communication/transport

I went Tallinn to Helsinki, and after by boat from Helsinki to Tallinn, tickets costing around 60 €. Helsinki - Jyväskylä train ticket costing - 53 €. I came back to the bus Jyväskylä Helsinki - 50 €. It would have been able to buy a bus ticket and half the price but, if so, I would have done themselves JAMK student. This preparation would be spent € 5 and since I had not been accompanied by a passport picture, you might have to pay them have already gone to € 16. Jyväskylä used to navigate the bus and went between the two of the practise place I went to the foot. Many students ride a bike. Bus monthly ticket pays 40€. Monthly ticket I initially did not buy because I thought that I go on foot. Finally, it took against the city traffic is still less than 70 €. To my great surprise, not in International Student travel fares remission.

• Teacher/tutor nurse feedback

Tutor teachers is Anneli Yabal and in his absence, Suonpää-Leena Lehtonen. Anneli met the first day of practice. The teacher knew the practice places on the targets of interest. We were two people in Estonia. Anneli sent us always, and introduced the practice of places, including us and our goals. He also went to see the practise places, once in weeks, and we felt the interest in how we're going. Apparently we were instructors for the still relatively 'simple' foreign students (in a relatively self-sufficient, probably because we are already an adult).

• Language

Relations with the Finnish language, I used because it was easier for me. Overall, in each team the nurses, who speak English. There are also customers who would like to speak English. However, especially with in patient/client to communicate the benefit skills of the Finnish language

5. Good advice/suggestions for improvement:

In fact, I was a law-related activities in more than 160 hours. If a deduction here, two days of travel, which took less than 16 hours, then I would have become law, accounting, however, only got 144 hours of 131.5 hours. The question arises as to the rest of the time I dealt with? I had to sign a lease, the Internet and Survival Kit contract. It was necessary to meet his teacher and the coordinator of international work. Was also necessary for Survival Kit the package and the keys returned to. Before meeting with them was going to change clothes, wait for a bus and drive it and so on. This time there was spent. All this was done during the work. My suggestion is that the international students, the administration time could be considered among the practise. In fact, after all, this is also studying how to deal with a foreign country.

Another proposal is that the practice places might be known already, who are apprentices. Practice objectives are obviously a little different carers and sister, who is a specialist in training practice. Obviously, it would be better to choose practice places.