

Report from Clinical Placement in Jyväskylä, April 2010

1. Introduction

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Clinical placements: Mathilda-koti; Kyllö Health Centre Hospital of Jyväskylä; Ruusakoti Mikewa Oy

Study period: 05.04.-30.04.2010

2. Description of clinical placement

- 6th -11th of April I was in Mathilda-koti. It is a private old people`s home, especially for demented people. There were 18 patients with Alzheimer`s disease. The criteria of being there was that the patients have to be able to walk and eat.
- 12th-18th of April I was in Kyllö, Health Centre Hospital of Jyväskylä in ward no 6, which specializes in geriatric nursing. There were 39 patients with different diagnosis, mostly paralyzed patients after brain stroke attacks. They were using several therapy methods (physiotherapy, speech therapy), medical treatment. The aim of this ward is to motivate, to educate and treat the patient so that they could go home in as good condition as possible. Before leaving the hospital they evaluate patients` everyday living activities, and decide if patients need home care or nursing home.
- 19th-30th of April I was in Ruusakoti private old people`s home. There were patients with disability, they need help in everyday living activities. They could live there as long as they want.
- On the 27th April I was in the Home-Nursing Center in Jyväskylä. We visited three patients at home. It was difficult because the nurse had to get the permission for that. I asked many questions about the home nursing system in Jyväskylä.

3. Description of and reflection on learning situations

My job was mainly to take care of patients, to help them in everyday activities like washing, eating, getting dressed, and moving, administering medicine. I observed what the nurses and caregivers were doing, how they used the electronic program about patients` condition and nursing plan. I asked a lot of questions about managing and social network.

4. Evaluation of clinical placement period

• Information prior to departure

In the beginning of my specialist studies I was interested in having a practical training in a foreign country. When Tartu Health Care Collage got a permission to send students to Finland, we made an application to JAMK University of Applied Sciences. After that we sent with Kaja Solom an application to the Nordman Network to have travel and living support. We got a lot of information from JAMK about travelling, about living, maps, health care requirements, practical places, etc. We had also contact with a student tutor and teacher tutor. We got really a lot of good information. Before departure we had already communicated a lot. Everything was clear.



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• Reception they call

Our student tutor was waiting for us when we arrived by train. She had already taken our flat keys and Survival Kit with her and we went by car to our student house. Together we filling a lot of papers about our accommodation, she showed me a map of Jyväskylä. The next day we visited the offices of KOAS (Central Finland Student Housing Foundation) and JAMK. We met our teacher tutor and international student tutor. The tutor service was very supportive.

• Study environment

There was good study environment. We got working clothes, we had cafe breaks and lunch time. In each practice place was a nursing room, rooms for medicines, computer and other rooms for equipment and a shower or sauna.

The patients had their own rooms with toilet and shower, their furniture, pictures and a TV in nursing homes. They had a private life but nurses helped them in everyday living activities. It was important to remember that we must keep the doors locked in Mathilda-koti all the time to avoid the patients getting lost. There were rooms with 4 patients and one toilet and sauna in Kyllö Hospital.

The nurses and supervisors were very kind and supportive in all places. They explained and taught how they are working. We discussed about our practical aims and they took into consideration these. Sometimes was difficult to communicate because of my bad Finnish skills. That's way I could speak only with these nurses who could speak in English. But fortunately most of them had good English skills. Some of patients were happy if they spoke with me in English, too.

In one side it was really interesting to see different places, but end of the practical week I felt that finally everything was clear: I knew the stuff, I knew the patients and then I had to leave and had to be ready to go new place.

• Self evaluation

I learned how to communicate with demented people and give them pills. I learned to evaluate problems of demented people and to help patients in moving, ergonomically, using special equipment. I observed the nursing documentation in each place. In all places were used electronical documents which had good programs. I wonder that teamwork is so good between doctors, nurses and other specialists. At the beginning I was confused how different is work of nurses and practical nurses compared to Estonia.

In practice time I realized how important is to provide patient with privacy in simple and common way. I saw if the medical stuff is calm and peaceful, the patients are also more relaxed. All of nurses, practical nurses were kind and careful with patients and they listened patients` problems carefully. I observed it's important that caregivers (practical nurses) have to be well educated.

I got a lot of information from home nursing even in one day. The aim of home nurses work is to avoid patients` hospitalization. The practical nurses and nurses worked together to follow nursing



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plan. Many things are different from Estonia and now I know how the home nursing work should function.

I achieved my general and individual practical aims. I got good English experience, too.

• Housing conditions

We lived in Roninmäki student house. We had our own room and kitchen for 3 people, toilet and shower. We had possibility to borrow "Survival Kit" which included a pillow, blanket, kitchenware, towels, and linen. There were laundry room, sauna in our student house.

• Economy

I got a scholarship of **530** Euros, which covered a trip from Tallinn to Jyväskylä and back, which also included the ship and train tickets of. ISIC Card was valid in buses but unfortunately not in railway. At first I had to buy a ticket with full price. Before coming back I made a card of Finland student, so I got cheaper ticket back home.

• Culture

I think that Finnish people are friendly, smiling and polite. I had good relations with them. A lot of people have good English skills.

• Communication/transport

I used Network of JAMK. Mostly I used Skype. Sometimes I made important phone calls with own mobile phone. We went by bus or on foot to practice places. We met also two nurses who spoke Estonian as well in two practice places.

• Teacher/tutor nurse feedback

Teacher tutor introduced me all practical places on the first practice day where we went together. She was interested in my practical goals and we discussed these in practice place. Once a week she came to see us and we talked about what we have done and learned.

• Language

I communicated mostly in English with nurses. I asked a lot of questions about their working habits and tried to learn from them. I learned the main phrases in Finnish and spoke a little with patients.

• Student host organization

Student host organization was KOAS (Central Finland Student Housing Foundation), which offer apartments for students.

5. Good advice/suggestions for improvement

I think that it's important to make clear practical aims precisely before choosing the practice training. Individually I wanted to have more time in home nursing centre.