

Report from Clinical Placement Abroad

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Clinical placement: Fevikun`s Nursing Home in Grimstad community in Norway

Study period: 18 May – 12 June 2009

The clinical placement

The place of the practice was the Fevikun`s Teaching Nursing Home in Grimstad commune in Norway.

Elderly patients are offered following services: terminal care for dying people, a daycare center, and general care for patients with mental problems and physically sick patients. I spent my practice in the mental health department. The department is divided into four parts, the patients are divided into different departments due to their health condition. I was able to visit all four departments during my practice.

In each department, there are seven patients. Every patient has their own room with a bathroom. They can own personal items. For example, furniture, carpets, paintings, commemorative items. It helps to create a comfortable environment. Nurses` assignments are helping, communicating and administering drugs. Communicating is especially important for elderly patients. The nurse leads the conversation and helps the elderly patient to remember past events. The main problem with patients is dementia. The nurses help all the time.

Length of a practice week was 4 days from Monday to Thursday. Friday was meant for learning. The workday lasted from 8.00- 15.00. The learning process was divided into several practical activities and learning activities. We participated in a lecture which was very interesting. It introduced health care philosophy and the Norwegian health care system. The lecturer was from the University of Adger. During the learning process we were students of the University of Adger and it gave us opportunities to use the library and the computer class. During the course of practice I learned about caring for a dementia patient. It is very useful to know Norwegian when communicating with a patient.

I also practiced communicating in English during the practice.

Evaluation of clinical placement period

Norway is a very hospitable country and I enjoyed staying there. I was very grateful for the person who came to meet us at the bus station and introduced us to the town. Everyone had their own room and the possibility to use a kitchen. A Norwegian gave us some dishes and another one gave us a bicycle. The cost of living in Norway is very different from Estonia. In comparison to Estonia the restaurants are very expensive. The student home had a little washing room and we could use it. The practice base was 10 km away from the student home. We could get there by bus, by bicycle or on foot. In our free time we had supper in a Norwegian home and after that we had a lecture. We also had a picnic and a boat ride. And we had a party in the daycare center. And we also visited some small Norwegian towns.

Good advice for improvement.

The more information, the better.

- Trainees could send a small letter to the receivers, to better explain themselves. It should contain information about work experience, study experience and aspirations. Pre-existing information is useful because trainees have different backgrounds. Trainees could be students and experienced nurses.
- Practice base should describe working and learning opportunities. For example, is it an observation of different clinical places or learning. It enables students to decide if they want the practice at all and to avoid double learning.
- There could be some family people in the ranks of trainees. A month is too long for some of them to stay away from their families. A practice with a length of 2-3 weeks gives them enough experience.
- It is important to know about the expenses before going abroad. For example, food, transport and the cost of a hotel room. Then you have time for preparations.