

Report from Clinical Placement Abroad

1. Introduction

Student: Marge Kulev, Tartu Health Care College in Estonia

Clinical placement: Feviktun`s Nursing Home in Grimstad commune in Norway

Study period: 18.05.09 – 12.06.09

2. Description of the clinical placement

Feviktun`s Nursing Home is mostly for demented people and for people who need palliative care. Most of them are elderly people. There are two departments of palliative care and four departments for demented people. In that nursing home nearly 60 people lived who needed everyday care. I was practicing with demented people.

3. Description of and reflection on learning situations

My main job was to take care of demented patients – to wash, to take care of patients` intimate hygiene and skin, to dress him/her, to feed or help with eating, to administer medicine. I learned to use a lift to help the patients move. I observed how nurses communicate with patients and I also talked to patients about their families and lives as much as I could in Norwegian. I tried to make patients more active by playing softball. I observed how nurses used the electronic system Gerica to write about a patient`s condition.

We met three times with the teacher Hans Inge Sæveraid from Agder University. He introduced us Aaron Antonovsky`s health promotion theory and salutogenic treatment, and gave also a review of care of the elderly in Norway.

For one day we went with teacher Grethe Vabo to Kristiansand`s hospital to see the psychogeriatric ward, where we were introduced to nurses` work with elderly patients.

4. Evaluation of the clinical placement period

• Information prior to departure

In February I got information from our teacher Kaja Solom about where this practice will take place. She sent me a letter with information about the Nordman program and Feviktun Nursing Home (internet link in Norwegian). I also got my general practice aims from the teacher. We had also a meeting with a teacher who talked about what kind of patients live in Feviktun`s Nursing home and what nurses generally do there. She sent us some practical information about housing and the rent. I think I lacked information about how far the practice place is from our living place and how much it costs to get there. I also lacked information about how much the food generally costs and how much money I need for it.



The Nordman Network

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• **Reception**

When we arrived at Grimstad, we met Pål Grandal from Agder University. He drove us to our living place and gave the keys of our rooms. The next day we met Grethe Vabo from Agder University and she showed us the university book shop, where we could get information about housing. Then she drove us to Fevikun and we met with nurses who work there and are responsible for teaching students. They introduced us Fevikun`s Nursing Home. We also met the nurses` team leaders.

• **Study environment**

The study environment was a mix of hospital and home for elderly people. In departments of demented people there lived about 6-7 patients in each department. Each patient had his/her own room and bathroom with his/her own furniture, clothes and photos. In each department there was a living room and a dining room for patients. There were also rooms for medicines, laundry, disinfection, and the nurses` room. In each living room there was a computer where nurses filled in documentation.

I liked the psychological department, because nurses were calm and interested in me. They explained what they are doing and let me also practice. Many of the nurses knew English, so we could communicate.

• **Self evaluation**

I think I learned most about how to take into account a patient`s individuality and how to communicate with demented people. I also learned how to help maintain a demented patient`s memory by using photos, albums and the calendar.

I think I also benefitted from meetings with Hans Inge Sæveraid and Aaron Antonovsky`s ideas.

The third important thing is that I had to manage in a different cultural environment and I think I could do it and it gave me some valuable experiences.

• **Housing conditions**

We lived in Groos`s student home, about 10 km from Fevikun. Each of us had their own room and a kitchen for 5 people, where we could cook. We got dishes from Grethe Vabo. I think housing conditions were good.

• **Economy**

I got a scholarship from the Nordman Network of 530 € This covered my flight tickets from Tallinn to Oslo and to Kristiansand and also the rent in the student home. The food I had to buy myself was expensive. I also paid for local transport, which was also expensive. Fortunately, I was provided with a university student card, and with that I could get cheaper tickets on the bus.

• **Culture**

I think Norwegian people are friendly and helpful. Many of them could speak English. We had an inside look into Norwegians` lives and this was interesting for me. I appreciate that some of them invited us to their home or on a boat trip.

- **Communication/transport**

We could communicate using the internet in the University of Grimstad and also phone using mobile phones. Unfortunately, we got the internet access only in the second week, when we were given our student cards.

To our practice place I went by bus.

- **Teacher/tutor nurse feedback**

I got feedback from the nurse Ruth Karlsen with whom I practiced the most. Unfortunately, she and the other nurses' didn't know we had also our individual goals, so someone from the practice place could discuss them with us. I think we should let them know it at the start of the practice. I think it would be nice to have another meeting with nurses at the end of the practice.

- **Language**

Mostly we talked to nurses in English, but I also tried to use some Norwegian with patients. Prior to the practice I took a Norwegian course for some months.

- **Student host organisation (if applicable)**

Our student host organisation was Sia Bolig. We could get information about living from the bookstore in university.

- **Good advice/suggestions for improvement**

I think it is better to get more information about the practice place and living costs.

I also think the practice place should have clear information about the trainees – are they first year nursing students or nurse-specialist students.

I also suggest meeting with students in the practice place twice– one time at the start and one time at the end of the practice; and that this would be clear who gives a student a feedback.

I think the time to get a student card should be shorter (less than one week) and also that the student is introduced to the internet using possibility with the student card.