

# Report from Clinical Placement in Stockholm

Exchange period in Sweden, 6.3-31.5.2009

I went to Stockholm to do my three last practical training periods in spring 2009. When the decision finally came that I was going to Sweden to do my practical training, I started to arrange flying tickets and to train my Swedish language. Host school, Sophiahemmet högskola/University College, arranged a room for me and give me good information about student's life in Stockholm. I went to Stockholm to do three separate practices. First was in intensive care ward, second was in central operation ward and last was in children's home care. I did 40 hours / week, and totally 12 weeks of training. At the same time I finished my thesis.

- *Danderyds sjukhus, IVA, intensivvårdavdelning* during 4 weeks: (Critical nursing, practical training)

I was there on Intensive care ward and it was very interesting to see their way of working. It opened my eyes to see that there is many ways to do the same things.

- *Danderyds sjukhus, Centraloperation* during 4 weeks: (Perioperative nursing, practical training)

I was two weeks on anesthesia side and two weeks on operation side. In anesthesia side nurses are allowed to do some things that doctors do in Finland. That is so because we have differences in our education. It was also very interesting to be in operation as an assistant.

- *Karolinska sjukhuset, SABH – Sjukhusansluten Avancerad Barnsjukvård i Hemmet* during 4 weeks: (Critical and perioperative nursing)

Last practice place was children's home care unit. To me, this practise was the most useful. In Finland we don't have this kind of unit for children. It was very educating to do my practice there.

Before travelling I had to arrange my practical training place in Stockholm. I went to do my three last practical training periods. When the decision finally came that I was going to Sweden to do my practical training, I started to arrange flying tickets and to train my Swedish language. Host school, Sophiahemmet högskola, arranged a room for me and give me good information about student's life in Stockholm. They also gave me good directions from airport to school and there on to rooming house. From my first practical training place they also contacted to me before I came to Stockholm. I got my room via Sophiahemmet högskola and it cost me 300 Euros/month. I had own room in a rooming house and in the room I had own toilet and shower. I shared a kitchen with 12 other students. I lived there in student residential area, and it was right outside of city of Stockholm. In Stockholm I had to use public transport to get to hospital doing my practice and to get to the city. It cost 69 Euros per month. After being few days in Stockholm, I went to school and from there I got good introduction to school life of host school, including library card, IT-pass words.

It was quite easy to go to Stockholm and Sweden because it's very similar compared to Finland and other Nordic countries. Via host school I got a host student who was also studying nursing. Host student helps and guides exchange students. My host student and I went to have cafe some times and sometimes to movies and so on. It was nice to have this contact during my living there in Stockholm.

I was just doing my practice there and I didn't have any lectures in school so it was quite difficult to get to know other students. And most of my period I was the only exchange student in my host school. In the same rooming place there were other students and with them I spent my free time. I think that being abroad alone it is always an educational experience. Of course my Swedish got better and I had many experiences that I wouldn't have in Finland. I had also some new friends. During my exchange period I got to know myself better and learned to trust to my language skills. It was very easy to go exchange to Sweden because we have to study Swedish in school and in my opinion all the people are similar in both countries, in Sweden and in Finland.

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