

## Report from Clinical Placement Abroad

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:** Jenni Jääskeläinen, JAMK University of Applied Sciences

**Clinical placement:** Ryggkirurgiska kliniken, Strängnäs and Mälarsjukhuset, Eskilstuna

**Study period:** 27.8.-14.11.2013

### 2. Description of clinical placement

4.9.2013 Ryggkirurgiska kliniken, Strängnäs

12.9.-13.9.2013 Ambulanssjukvård, Mälarsjukhuset

17.9.-10.10.2013 Akutmottagning, Mälarsjukhuset

15.10.-8.11.2013 Avd 18GOR, Mälarsjukhuset

5.11.-6.11.2013 Centraloperation, Mälarsjukhuset

### 3. Description of and reflection on learning situations

The main thing was to get to know nurses work in Sweden in every day working environment in different settings. In each placement I was given a mentor nurse, who I worked with during my practice. The tasks included different things in different placements, but in all placement I got to do nurses daily works that were typical for that placement.

In Ryggkirurgiska kliniken I visited only for one morning, and got to see the recovery room work and one back surgery. The hospital was a private clinic. In this placement I was more observing than actually taking part in nursing interventions.

In Ambulance department I got to follow team of two nurses for two days. I was only observing their work when they received a call and carried out their work.

In Akutmottagning (emergency department) I worked with my mentor nurse, doing all the daily different tasks an emergency room nurse faces in Mälarsjukhuset. It included taking different vitals, tests, helping the doctor and other various things.

Avd 18GOR is a geriatric orthopaedic rehabilitation ward, where all patients were over 65 years' old and medical patients. There with my mentor nurse I did the every day tasks of a nurse; taking tests, dealing and giving medications, helping patients with their ADL.

In centraloperation I followed an anaesthesia nurse for two days in different operations. With her help I prepared and gave i.v. medications, monitored the patient and did other things anaesthesia nurses do.

#### **4. Evaluation of clinical placement period**

- **Information prior to departure**

Before going to Sweden we received an offer about accommodation and information on how to get to Eskilstuna. We also got to know our placements in Mälarsjukhuset, and the date we should arrive in order to participate in the introduction days.

- **Reception**

At the train station in Eskilstuna, we met a teacher who had arranged our exchange and practical things. He gave us our keys and some information about campus busses and maps. Later on he also arranged our visits to Ryggkirurgiska clinic and Ambulance department.

- **Study environment**

All the placements were good environments to students; as a student I got to do many things and train my practical skills. All the nurses were very helpful and nice.

- **Self evaluation**

I reached my learning objectives during my placements and learned many things. Also I was able to improve my practical skills.

- **Housing conditions**

We lived in a small apartment owned by the school. The apartment was very small, but cheap and near to city centre, train station and a small walk away from the hospital.

- **Economy**

We received a grant from Nordplus and also got the normal student aids from Finnish Social Insurance Institution. Our accommodation was very cheap, but otherwise everything else was about the same price level than in Finland.

- **Culture**

The Swedish culture is almost the same as Finnish culture; there are no big differences, so it was easy to adjust to Swedish culture.

- **Communication/transport**

The hospital was walking distance away from our apartment. Also all needed services like shops were very close. The train connections from Eskilstuna are good, and there are trains departing to Stockholm and other cities regularly. Also during school days there are free campus busses going between the campuses in Eskilstuna and Västerås.

- **Teacher/tutor nurse feedback**

Our clinical placement's teachers met us before our placements, but we didn't meet them again. The teacher who had organized our exchange helped us with many things and checked up on us regularly that everything was going fine. Tutor nurses at the placements were really nice, they were helpful and interested about my learning.

- **Language**

In Eskilstuna you could get services in English pretty much everywhere. In one of my placements my tutor nurse spoke Finnish, but in other placements we spoke English. Most nurses spoke really good English, and I was also able to understand Swedish and say some basic things. Some patients were able to speak English or Finnish, but with many elderly patients I tried to communicate in Swedish. If there were any language barriers between me and the patients, the nurses were always ready to help me and translate.

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

### **5. Good advice/suggestions for improvement**

During our exchange we didn't meet any Swedish nursing students nor had any tutor students. All the international things were organized in Västerås, so travelling there was sometimes difficult, because during weekends we had to travel by train.

**Scope of report: Typed max. 2500 words**

**Date of submission: One week after arrival back home**

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