

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: Anna Nuora

Clinical placement: Ryggkirurgiska klinik and Mälarsjukhuset

Study period: 27.8.-14.11.2013

2. Description of clinical placement

One day at the Ryggkirurgiska kliniken in Strängnäs, two days with the ambulance in Eskilstuna, 4 weeks in the operation ward in Mälarsjukhuset, and 4 weeks in the emergency room in Mälarsjukhuset

3. Description of and reflection on learning situations

In the practical placements I made all the basic things that nurses do. In the operation wards those basic things were things like observing the vital signs during the operation, inserting venous catheter, ventilating, and preparing medication. In the emergency room the basic things were things like measuring the vital signs and inserting venous catheter.

4. Evaluation of clinical placement period

• Information prior to departure

I think I had enough information about the departure but I could have had earlier and more information about the practical placement. We also met the teachers from the school only couple of days before the start of the practice.

• Reception

The local teacher was waiting us at the train station and showed us our apartment. He also gave us some useful information and some maps.

• Study environment

The hospital was older than what we have in Jyväskylä so all the things were not as modern or new what we have been used to. I think the hospital was overall a good learning environment since there was all the equipment needed.

- **Self evaluation**

I think practice went well and the language problems decreased all the time and in the end we spoke only Swedish at the practice placement. It was quite hard to communicate with the patients but I tried my best. I also got to do lots of different things and I tried to be as active as I could so that I was able to see and do as much different things as possible

- **Housing conditions**

The apartment was really small but the location was very good because it was near the train station and the city centre. The apartment was on the other side of the city compared to the hospital.

- **Economy**

We had to spend quite a lot of money in train tickets because we wanted to spend time with other exchange students. All the other exchange students lived in Västerås, 40km from Eskilstuna, and the only possible time to go there was during weekends when the free school bus didn't go. Food and all the other things were the same price than in Finland. The rent of the apartment was very cheap so we didn't have to spend much money on rent.

- **Culture**

The culture in Sweden is very similar to Finland so I didn't have any cultural shock when I went to Sweden. Swedish people are a little bit more friendly in some situations and you could ask help from anyone and they were happy to help. In the hospital people were really interested in the Finnish nurse education and how it differs to the Swedish one.

- **Communication/transport**

We walked to the hospital and it took about 30mins. There were buses going to the hospital but we wanted to save money and walked. The city wasn't very big so it was easy to walk everywhere.

- **Teacher/tutor nurse feedback**

In the hospital I got very good feedback from my tutor nurse during my entire practice. I got very good tips how to do some things even better and that was very nice. I didn't see the teacher during my practice even though the teacher said that he is going to see me in the practice placement.

- **Language**

In the beginning I spoke mainly English and my tutor nurse spoke English and Swedish since I could understand Swedish better than I could speak. In the end of my practices I spoke Swedish with my tutor nurse. During the whole practice time I tried to speak Swedish as much as I could and with patients' I spoke Swedish and couple of times even Finnish.

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

The university was very good and the facilities were modern and new. The teachers were very friendly. I had one course at the university and the teachers were really good.

5. Good advice/suggestions for improvement

The coordinator in the host university should give the student's e-mail address as early as possible to the teachers who are responsible for the clinical practice so that the student would be able to get the information about the clinical placement early enough.

Scope of report: Typed max. 2500 words

Date of submission: One week after arrival back home

To be submitted to: Network Coordinator Marjo Palovaara: marjo.palovaara@jamk.fi