

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

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Clinical placement: Eskilstuna, Sweden/ Mälardalen University

Study period: 1-6/2014

2. Description of clinical placement

I did my practical training at Mälarsjukhuset-hospital in Eskilstuna. I worked in four different wards including surgical ward (Centraloperation), gynecological ward (Avedlning 61 Gynekologi), maternity ward (Avdelning 61 BB) and neonatal ward (Avdelning 62C Neonatal). I also worked in home care (Hemsjukvård) organized by community of Eskilstuna. Practical training belonged to study periods Professional Practice III and IV.

3. Description of and reflection on learning situations

During my practical training I learned so much about different fields of nursing and also improved my nursing identity by working in real life. According to my own feeling I improved my Swedish skills considerably. By doing my practical training for five months, especially at maternity ward (BB), I started to feel like a nurse instead of just a student. I realized that I have made an exactly right career choice. Now I feel eager to learn more and finish my midwife studies. I also learned a more relaxed way too see things. I understood that you can act in different situations in so many ways depending on your cultural background and own attitude. My host university was really interested in my studies and I was for example allowed to participate in lectures. I learned to know Swedish nursing education system and differences and similarities between our universities.

4. Evaluation of clinical placement period

(Information prior to departure, Reception, Study environment, Self evaluation, Housing conditions, Economy, Culture, Communication/transport, Teacher/tutor nurse feedback, Language, Student host organisation (if applicable))

Before my departure I got plenty of information about arrangements considering my practical training and living in Sweden, thanks to my international coordinators. It felt safe to leave Finland and move to Sweden. I'm really grateful and happy with all the help I got from my JAMK international coordinator Armi who managed to organize my exchange period on short notice and helped with paper work. Also my international coordinator in our Swedish partner school was a great help during the whole exchange period and he helped me f.e. with my arrival to Eskilstuna and housing arrangements. I had a great reception because a really nice Swedish teacher was waiting for me at the train station and helped me to get to know the campus and find my apartment. I'm really happy with the employee apartment I got which was organized by Landstingsservice. The apartment was located really near the hospital, it was pricable and there was plenty of room. There were introduction days organized by MDH which made it a lot easier to get to know other exchange students and learn practical information about school, practical arrangements and Swedish system. Settling in was quite easy because Sweden is so close to Finland, both in geological and cultural ways.

I really liked my life in Sweden. I worked a lot and during my free time I spent time with my new friends, did sports and studied. There was always something to do. I didn't have troubles in adjusting. I kept in touch with my family and friends back in Finland. My goal was to learn to better my Swedish skills and widen my nursing related vocabulary. In my opinion I reached my goal. There's still a lot to learn but I now feel comfortable to take care of my patients by using either Swedish or Finnish language. Both teachers at school and nurses in hospital were interested in my studies and well being. I got feedback about my strenghts and weeknesses and it helped to find things where I should focus in order to become a better nurse.

People asked all the time about cultural differences between Finland and Sweden. It's hard to explain for someone who hasn't been living in both countries. Most of the differences are small things, things in persons' ways to act and speak. I really liked the attitude of the Swedish people, their way to respect others. During my exchange period I started to think about moving to Sweden full time after finishing my studies and it was something I didn't expect to happen. I enjoyed my time Sweden and I'm really thankful for the opportunity to study abroad.

5. Good advice/suggestions for improvement

I really hope that Norplus keeps up with the good work and offers students the chance to travel and study abroad in future as well.



The Nordman Network

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