

Nursing & Primary Care

Observations of a Public Health Nurse in the Erasmus Programme at the Finland/ Turku

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ABSTRACT

In this paper, impressions and experiences gained during the Erasmus internship programme from October 26, 2015 to December 25, 2015. In this program the host institution was Turku University of Applied Science, Turku and the home institution was Gazi University, Turkey.

Keywords

Public health, public health nursing, Erasmus Programme, Finland.

The name of internship place was Geriatric Rehabilitation Ward (Hospital), today was first day about for internship. I was so excited. Because I was curiosity about Finland hospital especially nursinghome, geriatric hospital. Because in Turkey, we have a few geriatric polyclinic that they are new also we haven't any geriatric hospital. This hospital's majority of neurology and orthopedics and generally, they look geriatric people. So the hospital about 5 years. In hospital, there are practical nurse, upper degree nurse. So one nurse can working max 38 hour. And one patient come to hospital, they speak with the other profession. The team very important for them. There are 35 patient. Also, one nurse look four patient for the their care or etc. The patient can stay about from two week to two month. The nurses working time, 07:00- 15:00 am / 13:00-21:00 pm / 21:00-07.00. The patient's visited 11:00-07:00 pm. Patient room and hospital clean once a day.

The name of internship place was study visit to VireHome, this study very nice for me. Because I did tai chi with elderly people. They liked it. So this Virehome very new and very nice. But they haven't any exercise room. Because so new. But I like their opinion about for elderly people. For example the dog come once a week for the elderly people for like. So I and one elderly people did tai chi together and the other old people too.

The name of internship place was Health Care Center, this health care centre consists of usually 8 doctors and 6 nurses and about 4 practical nurse doing office work and answering the telephones when patients call to book an appointment to see the doctor or the nurse. Nurses also answer the phones for a short duration but usually continue with clinical work. The practical nurses have training for symptom assessment during the telephone conversation but they do not involved in clinical work. Their major goals are preventive care and patient treatment continuity which helps in establishing along lasting good relationship with the patient that enhances and brings stability his/her illnessess. Their patients are of different ages, some have chronic illnessess, some suffer from acute illnessess. The ones with chronic illnessess are provided with the treatment continuity by having doctors or nurses checkups regularly. Usually every three to six months depending on the sickness. Nurses work involves; giving injection, wound treatment, diet and exercise programmes for diabetics and weight loss patient, asthma controls, INR testing, Writing sick leave during flu and gastroenteritis seasons, basic dermatological infections/ skin rashes assessment and treatment that does not need more advanced treatment, assisting the doctor in small surgical procedures that only need local anesthesia just to name a few. They also have a dermatological unit in their health care centre. This unit treats all the dermatological illnessess in the whole of Turku Division.

The name of internship place was Elderly people's home, this

visit very nice and interesting for me because this elderly people's home very different and so big than Turkey's elderly people's home. There are sauna, so big and nice exercise room, kitchen and big rooms. They have 1 nurse and 8 primary nurse for the demands floor. In the night, there are only one nurses. If there are any emergency situation she or he call ambulance. Also the elderly people's program: Bingo, they go to church, sometime they go to concert and go to outside for walking. Also there are karaoke once a month for them.

The name of internship place was Geriatric polyclinic, this hospital is the first hospital in Finland. In the geriatric outpatient clinic, there are geriatrician, specializing doctor, head nurse, 6 nurses (3-3,5 year), 1 practical nurse (2 year), 2 care managers, 1 physiotherapist, 1 secretary and half time pharmacist but in geriatric assessment unit, there are geriatrician, head nurse, 7 nurses, 2 practical nurses, 1 secretary, half time pharmacist, social worker. In this clinic, the patient is evaluated by a multi-professional team comprising of a geriatrician, a nurse, a physiotherapist, a care manager and a pharmacist. They are for urgent, not emergency, care and they certainly don't wish to impair or cause unnecessary delays in the care of the elderly. Their clinic started out on the 2nd of May 2013. Also they treat eleven patients at the clinic daily. And their patient come from 74% home, 26% nursing home etc. So they go 40% back home, 3% The University Hospital of Turku.

The name of internship place was Surgical Hospital, in this hospital, there are usually 2 nurses, 1 practical nurses and 1 head nurses. In the night there are 1 registrade nurses. So there are back operation, pain patient, X-ray. The patient can stay one day or five day in hospital. Little operation: about two day,

Big operation: about 5-7 day. The nurses working 7:00 am-15:00 pm. The nurses have 20 minutes for the lunch time. They work 38 hours in a week. This hospital not private, it is for public.

The name of internship place was University Hospital, (A&E Simulation center) and Simulation Center, we went to Simulation

laboratory. They have very nice simulation doll. Their name is Simman. They said us, this laboratory is new. It will be better in the future. I think hospital rules are very nice because, for example medical student have only theoretical two year then they do exercise with the simulation so they do with real patient.

In this way they learn team worker that is very important, they do better exercise and they learn patient safety. Also she said us one simulation exercise has about 30 minute or one hour. I think in our school's simulation laboratory (Turku University of Applied Science) very nice and big than there. And also very different thing for me, I saw small bicycle for the stuff and hospital's car for the patient. It is very interesting.

This visits were very nice and so beneficial for me. I learned and saw lots of thing about Turku hospital, nursinghome and system. I saw a lot of different hospital that is especially about my field. And there are very different thing than Turkey. For example Turku hospital and nursinghome very nice and so big. They have a lot of activity. So in the hospital there are a lot of bulletin for the outpatient and there are color paint, paper for the kids. And in the hospital's corridor, there are coffee, tea, some biscuit and paper for the outpatient. Also, in hospital, for example the patient come there, they give her/him new clothes and if they come back to their home they give it to the hospital. This aim, she said me for the hygiene. In my opinion is very very important.

In the nursinghome, elderly people have very nice, lovely and safety room especially their bath. There are a lot of handle for their safety. I think they are lucky. And they have lots of activity (karaoke, sauna etc.) They have beautiful furniture and peaceful environment (as in green garden in the corridor). In Turku hospital and nursinghome like as a hotel or like as home. Furthermore, Turku hospital and nursinghome not crowded.

Finally, I learned a professional nursing behaviour from internship place, their nursing and nursing school and one most important thing, how these are put into our practice.