

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 illnesses. Their patients are of different ages, some have chronic illnesses, some suffer from acute illnesses. The ones with chronic illnesses 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 illnesses in the whole of Turku Division.

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