

## Daily Report: Experience as LP exchange student in Sweden 2011

*Noppawan Kanokkanjanarat\**

First of all, I would like to start my daily report with deeply appreciated the Linnaeus Palme grant we have got from Swedish Red Cross University College (RCUC) and great support from The Thai Red Cross College of Nursing. The Thai Red Cross College of Nursing (TRCN) has announced LP grant so I applied and passed the English interview. I had joined the LP grant program in Sweden for three months from 23 March to 18 June 2011. So in this daily report, I had submitted to Dr.Anchalee Chutitorn, Assistant Director for International Relations, TRCN during the whole 12 weeks to report my daily life, campus life, things I learned, things I have shared to Swedish friends, teachers, and people I met. Dr.Anchalee had supported us with important information, detailed process, and coordinate with the teachers at RCUC. So we could eventually come to Sweden with adequate preparation even though we had short period time in advance. I would like to elaborate my life experience as an exchange study

day by day, so please enjoy my daily life in Sweden.



**24/3/2011**

The plane landed around 6:00 am in Sweden. Ms.Kannika and I picked our luggages up and walked to find taxi driver who has been sent by RCUC. We found him in few minutes later and got in a car. It took long time to go to RCUC, Stockholm from the airport. We finally arrived Swedish Red Cross University College. The receptionist name was 'Elizabeth' who took us to a room in dormitory. We met our teachers,

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Dr.Tanyaluk and Dr.Duangkamol outside of the room. Teachers would move to the hotel today and we, students would replace in the room where our teachers have been living before. Our teachers decided to bring us walk in surrounding area outside the college while Elizabeth was cleaning the room. Teachers took us walked to many places nearby to get used to the site. We walked a lot passing convenient stores, drug stores, subway, supermarket, KTH University, Military school, and other places. Then we came back to RCUC and sat in cafeteria. In a while, we met Dr.Margret Niesll. She dropped by to say hello and had small talk with our teachers. Elizabeth gave me and Ms.Kannika an invitation ticket for dinner at City Hall for all national exchange students from all other universities that we should attend. Our teachers, Ms.Kannika and I had a rest in the room for few hours and then Elizabeth took us all to the hotel by taxi. After visiting the hotel, we walked back to RCUC with our teachers and sat in cafeteria. Moment ago, a lovely little girl with short

hair came to the tables we took place and introduced herself to us, Yes! she was one of our 3 buddies who would take care of us during the long time here. Her name was Helena. We went out again with Helena to look for the place to get traveling ticket.

### **25/3/2011**

Today, we went to visit Mr.Kennet to get some money to use for 2 weeks (2000 SEK). We would return to him to get money once in every 2 weeks. Anna, one of our 3 buddies came to get us to make the student cards that we needed to use for being available to buy a traveling ticket that covered both traveling by subway and bus. Afternoon, our teachers came to RCUC to go out with us but we hadn't bought a ticket so we went to subway to buy ticket. Then we went to T-Centralen by subway. We walked to a big supermarket where was well-known as the cheapest supermarket. We separated from teachers and arrived Tekniska Subway Station around 19.00 pm., the sky was dark already. While we were



walking on the streets to RCUC, I noticed that there was 'nobody' walked on the streets or even came out. The atmosphere was very cold and windy.

### **27/3/2011**

Today we had appointment with our teachers to go to museum at 8.30 am. Then Dr.Duangkamol and I would go to the City Hall and Ms.Kannika would go back to RCUC with Dr.Tanyaluk. But we both got up late. So I hurried to dress up with a dress that Dr.Tanyaluk lent me and quickly wore stockings but unfortunately, I made a hole at left shin but I didn't change it and hurried to get to hotel. We were late for an hour, so bad. Teachers told me to buy new stockings and change it. From this situation, I have learnt that time is very important, in the formal event we suppose to elegantly dress up, do not dress too casual. Finally, we met Dr.Duangkamol and while we were having dinner, so surprised that we had met a Thai boy from Faculty of Economics, Chulalongkorn University name Charlie who had been an exchange student for 2 months in Stockholm University. We participated with many international exchange students from other universities. After the party ended, we walked to travel around as far as we could and Mr.Charlie was leader. He has stayed for 2 months but he could know many places

around the city. We walked very long distance and went back to RCUC at the end.

### **2/4/2011-3/4/2011**

I spent my day with reading Ethnography and tried out discussion with Ms.Kannika as if we were in classroom for preparing the class discussion we will have on Monday 4<sup>th</sup> April 2011. Ms.Kannika and I have appointment with Rebecca and Helena tomorrow at 11.00 am at Gamla Stan. Today, Helena and Rebecca took us travel to many beautiful places. The weather was around 8 degree Celsius so it was not too cold to take distant walking today. We went to The Old Town. All of the houses there are conservative houses because they have been built up for many hundred years ago with Swedish own style. The identities of the old Town are narrow alleys and old rocky ground floor. Another symbol of Sweden was a Swedish style horse painted with many colors. We found a Thai massage spa located in The Old Town city. We walked pass Square Iron and went to The Royal Palace, Grave yard, Church and went to southern site of Stockholm. We dropped by to have a light meal at a coffee shop. We had a cup of coffee and tried Swedish native bakery. I also had a blueberry cheese pie. The taste was also delicious but strange if compare with Thai bakery. The blueberry



cheese pie in Sweden tastes like real sourness of blueberry and pour with condensed milk but in Thailand it tastes sweeter because of blueberry jam.

#### **4/4/2011**

Today I was a participant in such a fun and knowledgeable class with Swedish students and other foreign students. We finally had class of Ethnography with Katarina Falk as a lecturer. It started at 9.00 am. The activity for this class was group discussion. All students in the class had been divided for 7 groups included foreign students to do group discussion in English. Everybody would get a paper of questions written in Swedish and Swedish students in each group had to translate questions in English to be understandable for foreign students to participate discussion. I was in group 1 with Lotta, Etta, Christina who were Swedish

students and Lydia, an English student from Oxford. And this was the funniest part of discussion in my group. According to learning from good questions, the interesting points that I could catch, for example, I thought language and culture could control our thoughts much but language might be more effective because language was the easiest way to use in communication. Culture was important to learn too. Swedish people usually kept distant, they didn't get too close to each other but if we didn't know their culture and we said Hello! Too close, they might step back for a metre. In this part we mostly talked about cultures, how to manage yourself deal with different cultures, how to learn other cultures, etc.

After discussion we were back with Katarina Falk to mention about what was most interesting point of discussion of each group. At 12.00 before I had lunch, I went



to meet Mia with Ms.Kannika to talk about information in our clinical practice. She told us to contact our mentors, introduce ourselves and ask them for details. I did email to all mentors to introduce myself and to ask for information. Mia also told us how to get to those places for practice. I also met Margret Nisell, psychiatry lecturer. She told to send us about date and time of psychiatry class we would attend via email.

I had class again at 13.00 pm. It still kept focusing on Ethnography but in different presentation. We did lecture with Anne. The lecture mostly explained about definition of Ethnography, methods, how ethnographer work etc. I've learnt so much from today. I could make friends.

## 7/4/2011

I had attended class about psychiatry which Dr.Margret has assigned with us before. It took 2 hours started at 9 o'clock till 11 but main content was presentation in English from students. I was interested to listen also. Today I got email from DSK Rolando Pastoriza, mentor for my first place clinical practice at Carema Vårdcentral Gubbängen. He replied me back about time

and schedule. I would have to arrive there at 8 o'clock and ask for him and he would talk about schedule after that. Then I continued study and had some rest.

### **8/4/2011**

I spent time with reading, washing clothes, cleaning room and relax myself. While I was confusing with instruction of using drying machine; Rebecca, Spanish student came into the laundry and taught me how to choose the right function. She chose a good one and pressed down on button which suitable for my clothes, then the machine started working. I thanked her so much to get me known more about instruction of drying machine. We had some talk about Swedish machines in laundry room and she told me whether I could knock her door for any question. Before going out, she also mentioned to the luncheon tomorrow and invited me and Kannika to join them. I accepted the invitation and thanked her and also said good bye to her in Spanish, "Adios".

### **11/4/2011**

Today, Ms. Kannika and I arrived Carema vardcentral Gubbangen, the first place of our clinical practice at 7.30 to visit Mr.Rolando Pastoriza, our Philipino staff who graduated from RCUC. He gave us

warm welcome. We visited him around 8 o'clock. He took us to meet each of our mentors who we will shadow with. We will swap our mentors to another one after first week finishes. This week I shadow with Pelle and next week I'll be with Lina. After we had talked to our mentors, I separated to work with my mentor, he gave me a timetable and let me have a coffee break. I would start working at 7 o'clock and finish around 17.00 or less as timetable written. Pelle and I started to visit many patients to give home care. I observed Pelle giving several doses of insulin injection to 4 patients who had Diabetes Mellitus. My activities today were observing my mentor giving injection, dressing wound, applying bandages. We totally visited 7 patients today. I learnt from observation that Swedish nurses had to phone their patients before visiting to give home care in order to make sure that patients were home and ready for the visit. At 12 o'clock. I had lunch that I provided from dormitory and ate together with nursing staff. I had chance to know new friend. She was nursing student from Philippines practicing here as exchange student also. After lunch, I practiced with my mentor. We visited many patients today in community and Carema Primary health care. All staff could have tea break and relax on their own demands. That was one reason why they

worked with less stress and tension and they could easily get rid of stress. Pelle used his own car to go around community. He told me that actually there were 2 cars of organization available for work but it was his choice to use his own. It's necessary for medical staff to record their tasks on computer and update it as soon as possible for ongoing data and It's the way to get salary. I wrote my activities and more details on my clinical nursing log and finished with my mentor's signature.

### 12/4/2011

I had exam at 8.00 till 9.30. I arrived Carema at 10.30 and waited for Pelle to come back from community care. He came back at 11.10 for writing his nursing activities. He had visited 10 patients, same cases with yesterday to check and follow up and to

give medication. Nurses will record about patient's development, special signs and symptoms and nursing care that nurses have done for patients. After lunch, I went to community as Pelle's assistant. There were some patients who needed doctor to visit them in case if they had any suspected conditions or to follow up any illnesses. Today I observed Pelle giving medication such as injection, medicine. He also did skin swab to make sample for laboratory examination. Pelle met each patient for few minutes so I didn't have time to talk with patients even if I'd like to talk with them. I thought at least they needed someone to listen and talk to them as friend and patients would feel better if they could express their feelings or talk about stuff to someone because all patients I've met lived alone.





### 13/4/2011

I, Kannika and 2 students from Philipines were at KTC to practice together. KTC was a part of hospital named "Sodersjukhuset (SOS)". At first we were welcome by Birgitta Cronborn who informed us about all rooms in practicing area and equipments and other stuff. I found that some equipments were different but most of models and practicing areas were pretty similar with LRC clinical practice center of TRCN. We were there and practiced on our own until 15.30 then we left afterward.

### 14/4/2011

Today Pelle let me give insulin injection in different doses for 2 patients with 2 kinds of insulin pens. I hardly pushed on puncture because it was like spiral and puncture didn't go in straight way. It spirally rounded itself when we pushed on. The method of insulin

injection was done at patient's abdominal area. After giving medication, I went to visit many patients and did nursing care as the same such as providing oral medicine for patients. It's necessary for nurse to help patient taking medicine as indicated, otherwise; they might forget to take it and diseases or symptoms would not be cured or slowly resolved. I visited around 10 patients. I felt happy to talk to them and they felt good to talk to me too. It's normal for human to need loves, hugs and cares. I've listened their stories, talked a lot of things, asked how they were and hug them as they needed. I felt sad when I gave them talks and hugs because it made me felt like they had been in those needs for a long time and I was just one who gave them because they lived lonely life. Some of patients asked Pelle if I could come to take care of them at home everyday or stay longer with them so far



although this was just first time I've met them. I could see how much they needed spiritual care. There was one who lived happily with her husband and lived happily with her lonely life due to good social cares. It's obvious that not many patients who looked happy in all of patients I've visited.

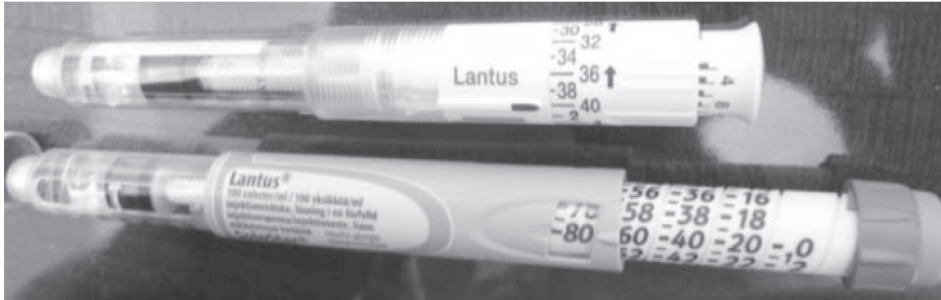
### **20/4/2011**

I spent my day so wonderful today. I had clinical practice as the same and in addition, Rolando brought me, Kannika, Denzell and Lina travel to see many things during the journey. Actually, I didn't know that today would be the last day of practicing because I just knew that Friday would be only the day off for everyone. Rolando made us get everything done in our tasks and he would like today to be a light day of students. We also visited the place called Globe. It's a hemispherical white dome shaped where includes many entertaining activities and sports. Then we went to the ex-work places of Rolando and Lina. It was residence for elderly. There were many little houses

provided for clients but they have to pay so expensive to the company for living. If some of clients die at the place, they have to give all their own properties to the company as commitment. We came back to continue working at the station. I had chance to observe the nurses dressing wound and giving nursing care for patient with urinary catheter. The nursing methods here have many things different from our methods as I explained in Impact on learning.

### **26/4/2011**

Today, I went to find Thai massaging center in Stockholm where I contacted to introduce myself and made appointment with, It was Samruai Thai massage located in The Old Town. This is where I have ever been once before. We finally arrived so fast to another branch of Samruai Thai massage. The center surprised my eyesight with beautiful decoration in Thai style. A girl brought me to visit the business owner and many workers. All of them were Thai people. The owner was having free time so she let me to talk and



interview about Thai massage in Sweden with her. I took not so long time and finally finished. At last, I thanked the owner and her workers so much for giving time and opportunity to question and have a look inside the center. Then I came back to write and edit my works and report.

## 27/4/2011

Kannika told that she got email from Mia Kraft to let us go and study at Karolinska sjukhuset at 13.00. We took a bus number 73 to reach there and we met Mia at KTC clinical practicing center of Karolinska sjukhuset where is bigger than KTC in Södersjukhuset (SOS) that we've been on the first week of clinical practice. Then she assigned us to separate for study in different rooms. I was in the room of 1<sup>st</sup> year students with Kerstin as a teacher. At the room, 1<sup>st</sup> year students were practicing with model about taking blood sample which we will study in the 4<sup>th</sup> year at TRCN. At first I observed them taking blood sample. The

equipments are almost different from what we use to practice in Thailand but It's easier to use. Syringe with puncture is not necessary, they have vacuum tube for many types to take blood sample. I could learn the procedures by observing Swedish students taking blood sample.

In addition, I had opportunity to attend Kerstin and Mia teaching about wound care methods. They use sterile plastic set for dressing wound and It's disposable so we don't have to clean it after that. The plastic set is including sterile plastic forceps and tray.

This study in practicing gave me a good opportunity to see more procedures in Swedish way of nursing. I could recognize about the nursing procedures that I have observed such as taking blood sample and dressing wound and I could learn more in details here from studying. As I have seen from the nurses giving home care for patients during 2 weeks of my first place clinical practice, that was the first time I saw it and today is like a second time that I had chance to get closer in some Swedish nursing procedures.



### **28/4/2011**

I went down stairs to the main kitchen at 7.00 pm. because I wanted to see when they made pizza. I could see the big dough made from pasta flour and procedures they made pizza since before baking until finish and cut as pieces for everyone. It tasted very delicious for me, most delicious pizza I ever tried. I usually put much ketchup when I eat pizza in Thailand but now Their pizza made me able to eat only pizza. I had totally 4 pieces, not so full but I was afraid of being fat If I ate more. They made a lot of pieces and at last, It was given to everyone for eating tomorrow. I looked at the clock while I was having dinner together with all exchange students. It was around 9 PM at that moment but the sky wasn't dark yet. It made me felt like having dinner at 6 o'clock. Time went so fast. After dinner finished, I came back to my room to continue working.

### **30/04/2011**

Today is Helena's birthday. I and Kannika joined her birthday party as her invitation. This is a great opportunity to be a part of European birthday party in Swedish style. The atmosphere was really good in European way I like. I had chance to try many kinds of food that Helena's boyfriend cooked it for the party. I could learn the way of their party with mostly talks, get known each other, share many experiences, practice my speaking and listening skill as well and know how they celebrate for birthday party in the Swedish way.

### **03/05/2011**

Today, I have been in a class for all day long since 9 o'clock and finished a bit late from 15.00 with Katarina Falk as lecturer. The morning class was about presentations in field practice of some Swedish



students who have practiced in many different places. They had 15 minutes for each person to present. In the presentations of their field practices, they presented about Aim, Background, Results, Conclusion, Problems, Reflection and what they have learnt from this practicing. Petra and Anna also did presenting about their experiences in field practice in Thailand and I felt glad to hear from them. Everyone presented in what they have seen.

The way Swedish students do presentation in classroom is different from the way we are used to presentation in Thailand. They briefly put only important issues in their presentations, and not so many contents included. That makes the presentation sounds more interesting and relevant. We can easily perceive the main point of what they say. Everyone is also relaxing. They feel free to present and question between students and teacher. That is a good way to learn from each other. Afternoon, we were back to classroom. Katarina assigned

students to be separated in 7 groups, all had to include at least 1 Erasmus (exchange students from European countries). We were separated into 7 rooms by groups with one and half hour to discuss. The discussion has been so fine and fun for me. I had opportunity to listen and talk with other students who experienced from different places in field practice. We shared experiences together to find similarities and differences in our practicing. Well, I discussed with the students who practiced in different places such as Ambulance, Psychiatric ward, Ghana, Kidney department of Karolinska Solna, Germany and Primary health care (mine). What I found from discussion was, the differences do exist in everywhere, and nurses have to go to many places to take care with many patients and many ways to do nursing procedures. So you can see it's nothing really certain, everything is ongoing in nursing science, so if we cannot make that stable, we can make it adjustable by giving individual care to patient in your focus or we can say so about holistic



nursing care. Discussion makes me know that we can learn many things from other people that we might never have known before. Discussion with Swedish students here in RCUC is what the real group discussion feels like. Nobody hesitates or shames to express their thoughts. Even if someone are not good at English but at least they try. It can be ashamed for them if not speak it out, no tension, no stress, no shame at all. Nobody forces you to speak actually but you can feel it by yourself like “yes, It’s your turn to speak and share!”

### **05/05/2011**

Today, I had appointment with Anna (Charlotta) Olsson that we would go to Karolinska hospital, Solna with her at 15.40 Anna works there in a position of student staff as her spare job and today she was going to let us have seen around the areas of KTC. We had many activities there by her

support. Anna prepared equipments for foreign students to do suture the wounds together, there were Spanish students and I who never practiced about this before but we could get through the procedures by the nice helps from everyone. Although my first suture practicing was not as easy as it seemed but at least I had a good opportunity to watch instruction media in several ways of suture practicing.

### **09/05/2011**

Today, I attended Psychiatry lessons lectured by Maria Åling at 10.00 to 15.00. It was the new group of students, not the same group which I ever attended with before. The lessons were about Schizophrenia in morning class. We watched some learning media and discuss about it afterward. I had discussion with new friends and they chose to sit in location that exposed to sunlight but here we felt good from the cold wind

that always blew through so It was not bad anyway. We discussed about Swedish and Thai psychiatric nursing. After lunch, teacher talked about system, laws and some relevant ethics in psychiatric nursing and environment of psychiatric care centers (including hospital) in Stockholm. She lectured in good and important issues in addition to psychiatric disorders. It was like a key for nursing care in psychiatric patients

### **10/05/2011**

After I finished the big cleaning, I checked email and I found the reply from SSK Christoph Feldkamp. It's good to get his reply early before the week of practice. I will be in supervision of Christoph in the week of psychiatric practicing at Karolinska, Huddinge. He gave me all details about what I've mentioned in my self-introducing email.

Now, my responsibility is preparing myself in reading about Dementia which requires some knowledge in practicing at Katrumpstullen (residence for elderly) and some about Schizophrenia and other forms of psychosis to use in psychiatric ward at Karolinska hospital, my 3<sup>rd</sup> place.

Finally I had done my LP exchange program for three months. I have fulfilled with precious experience in clinical practice, active learning classroom, and European culture. This is the most wonderful time in my life that I could be as a representative of the Thai Red Cross College of Nursing in the first group of LP exchange students. Furthermore, I would encourage all nursing students to have continually improved their language skills in order to be well prepared as a global nurse that we could provide great nursing care service and understand all international clients.