

Bharati Vidyapeeth Deemed University
College of Nursing, Pune

Teacher and Students Exchange programme
In
Collaboration with
Malardalen University, Sweden





A REPORT

(Duration: 03/11/2017 – 25/11/2017)

Name of Faculty Members and Students visited	Dr. Lily Sumanta Bera Associate Professor Dept. Of Obstetrics & Gynaecological Nursing College of Nursing Bharati Vidyapeeth Deemed University, Pune (India)	
	Dr. Suresh Kumar Ray Associate Professor & HOD Dept. Of Community Health Nursing College of Nursing, Bharati Vidyapeeth Deemed University, Pune (India)	
	Ms. Feba Anna 3 rd Year BSC Nursing student BVDU, College of Nursing, Pune (India)	
	Mr. Swapnil Thorat 3 rd Year BSC Nursing student BVDU, College of Nursing, Pune	

03/11/2017 (Friday)	<p>Departure from Mumbai to Sweden We had a Flight from Mumbai International Airport at 1.30am. It was Lufthansa flight from Mumbai (India) to Munich (Germany) and further to Arlanda (Sweden) at 9.30 am. We reached Munich at 5.30 am local time. It took 8 hours to reach to Munich. From there it took 02 hours to reach Arlanda at 11.30am. We started our journey on 02/11/2017 at 3.30pm (IST) and could reached to Mumbai airport around 8.30pm (IST)</p>	
Lodging & Boarding	<p>For Faculty Members: Hotel Vasteras was booked from 03/11/2017-24/11/2017 (02 single rooms) – 03 Weeks For students: 02 (2 BHK) apartments were booked at Raby, Vasteras from 03/11/2017 – 28/01/2018) – 03 Months (Both the accommodation places were located centrally and at walking distance to the University)</p>	

LP Scholarship	<p>Teacher & students exchange programme was funded through Linnaeus Palme Scholarship. They have given us the individual card loaded with scholarship amount for lodging & boarding expenses. This amount is enough to sustain the given duration of exchange programme. It works like ATM with Pin number.</p>	
Hospitality (From Arlanda Airport, Sweden to Accommodation place)	<ul style="list-style-type: none"> ✚ Warm reception at Arlanda airport by Mr. Ala. He drove us to the Hotel Vasteras and to the students' apartment safely in a spacious vehicle. While driving to Vasteras, he made a special effort to put Hindi songs and made us comfortable. ✚ It was a well coordinated effort between Mr. Ake, Mr. Ala & Dr. Katarina to settle us in the hotel and the apartment. ✚ Dr. Katarina took special effort to make us familiar with the shops and available facilities nearby hotel. She helped our students to get the local mobile number & bus pass. She has also mentioned about how to reach university. ✚ She has handed over the LP scholarship cards with proper orientation and explanation. 	

<p>04-05/11/2017 – Saturday & Sunday (Non Working day of the University)</p>	<ul style="list-style-type: none"> ✚ Accustomed with hotel routines ✚ Explore the nearby facilities ✚ Visited to student apartments to make them settled ✚ Help the students to buy grocery items to cook food. ✚ Visited the University campus to get us familiar with route and other transport facilities. ✚ Done the preparatory work to start the work from Monday onwards. ✚ Made the presentations and lectures ready to deliver. 	
<p>06/11/2017 (Monday) 1. Welcome and Reception. 2. Lunch meeting with Colleagues 3. Nursing programme at MDU</p>	<ul style="list-style-type: none"> ✚ Mr. Ake & Dr. Mariane cordially welcomed us at MDH. They have made the arrangements of university registration. ✚ Office staff had given timely cooperation in providing university cards, Office key & User ID & Passwords for computer use. We were amazed to note the background work done by the university to make us comfortable from the very first day. ✚ We were made familiar to university environment by Mr. Ake, Dr. Mariane & Dr. Cylilia with nice orientation programme. ✚ We were looked after well during lunch and coffee session. We were asked the preference for the food and beverages. ✚ We felt a homely environment at university campus. 	

	<ul style="list-style-type: none"> ✚ Concerned faculty members are very polite and humble in their approach. ✚ We were escorted and facilitated with necessary information and help during visit in Vasteras and to Enkoping, Eskilstuna and Stockholm. 	
<p>07/11/2017 (Tuesday) 1. MRSA Test 2. Lunch Meeting with Midwifery Lecturers 3. Round table discussion on Midwifery education in Sweden and India 4. Client care at home in India 5. Work Place Meetings (2 x20 Minutes Presentations)</p>	<p>1. The day started with MRSA medical examination at Vasteras Hospital. We were Accompanied by Mr. Ake. He drove us to hospital and back to University. Culture swabs were taken from nose, throat and groin region.</p> <p>2. We had an introductory lunch meeting with Midwifery lectures (Magdalena, Margareta & Marianne) followed by discussion on Midwifery education in Sweden and in India.</p> <p>3. Later in the afternoon, Dr. Suresh Kumar Ray had taken a session on Client care at Home in India for 6th Semester students of Caring science and social welfare students.</p> <p>4. Followed to the session, we had work place meeting with Faculty members, Cecilia Rydlo, Lillemor striebek & Head of the division: <i>Dr. Lily Sumanta Bera has presented Socio-cultural issues affecting women's Health In India & Dr. Suresh Ray has presented Public Partnership model & efficacy in health care delivery system.(20 Minutes each)</i></p>	

<p>08/11/2017 (Wednesday) Historical Sightseeing to Eskilstuna, Torshalla & Starngnas</p>	<p>We reached to Eskilstuna City by Train and there Mr. Ake was there to welcome us. First we have visited another campus of Malardalen university. He took us around the city and showed the places of historical importance and then he drove us to Torshalla and strangnas for sightseeing. We could observe Lutheran Cathedral and some places with historical importance. The Sightseeing was very good and we could identify the historical development of Sweden.</p>	
<p>09/11/2017 (Thursday) 1.Round table Seminar 2. Seminar</p>  <p>Meeting with the upcoming students to India at 3.00pm</p>	<p>1. In first part of the day, Dr. Suresh Kumar Ray has taken a detailed session on Socio-Cultural issues affecting Public Health Nursing, Trends, issues and challenges in Public Health Nursing and National Health Programme in India for Faculty member specialist Nurse, Midwifery Teachers and students (Emmie, Maria, Marianne, Magdalena & Margareta)</p> <p>2. In the second half of the day, Dr. Lily Sumanta Bera has taken session on theory in Midwifery Thesis examples from India for Midwifery teachers and students.</p> <p>Both the sessions, we were able to give valuable input and clarify their doubts. Sessions were very appreciated by the teachers and students.</p>	

<p>10/11/2017 (Friday) Study Visit at Vasteras Youth Clinic</p>  <p>Attended the PhD open defence of Thai student pursuing PhD from this University in Eskilstuna city Campus in the afternoon.</p>	<p>Youth Clinic Visit was there on schedule. Dr. Marianne accompanied us for the visit to youth Clinic. A unique initiative was observed by Swedish government. This clinic was run by a midwife and a counsellor.</p> <p>The main objective of this clinic was to help the adolescents to clarify their doubts regarding sexuality and related diseases and disorders.</p> <p>It was brought into our knowledge that, here in Sweden adolescents are allowed to do sex at the age of 15. They have all the freedom to select the sex partners. Parents can't interfere in their decision making process in relation to sexuality.</p> <p>The Visit was very information, as we could identify the difference in culture of Sweden and India (Where we are so much protective about adolescent age group children).</p> 	
--	---	--

11-12/11/2017
Saturday & Sunday
Visit to Stockholm

It was a planned visit to Stockholm for this weekend. We went to Stockholm by Train. Mr. Ake and Dr. Marianne have accompanied us to historical Places like Town hall (Where Nobel Prizes are awarded), Royal Palace, Metro Railways (Underground), Old cathedrals and old Stockholm city.

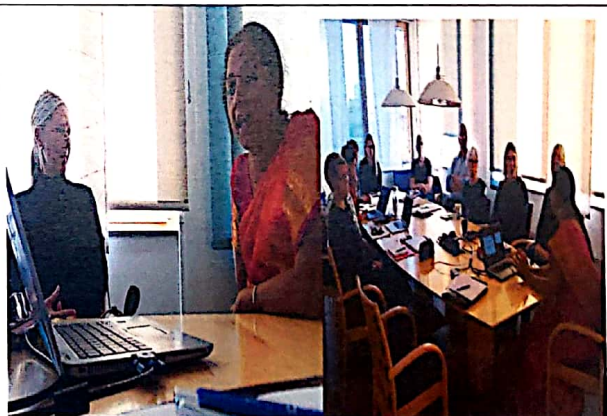


13/11/2017
Monday
1. Work Place Meeting
2. Round Table Discussion.

In the work place meeting, Dr. Lily Sumanta Bera has discussed about status of anaemia among parturient women and its consequences on Maternal and neonatal outcome. Through this she has presented her research work to Specialist Midwife Nurses.

In the second part of the day, Dr. Lily Sumanta Bera presented her Doctoral thesis work on Effectiveness of video assisted child birth programme on knowledge, intra partum behaviour, Maternal and fetal outcome.

Both the sessions, we were able to give valuable input and clarify their doubts. Sessions were very appreciated by the teachers and students.

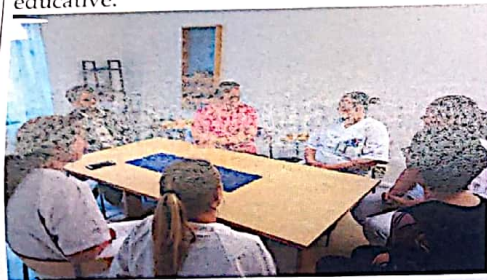


14/11/2017
 Tuesday
 Clinical Visit at
 Medical Unit of
 Koping Hospital

We have visited the Koping hospital at Enkoping city of Sweden. We have interacted with the students who were posted there for their clinical experience. It was 80 bedded hospital, run under Swedish government with all possible modern equipments and technology. Hospital was spacious and well constructed considering the need of the clients and health care professionals.

They have the concept of Supreme supervisors who supervise the students in hospital. University teachers work in coordination with these supreme supervisors. University teacher comes for the visit once in a week to get the feedback of the students' performance.

We were accompanied by Dr. Katarina. She drove us from Vasteras to Enkoping city for the visit. The visit was very informative and educative.



15/11/2017
 (Wednesday)
 Dialogue on Nursing
 collaboration, Half
 Time Evaluation
 Lunch meeting
 dialogue

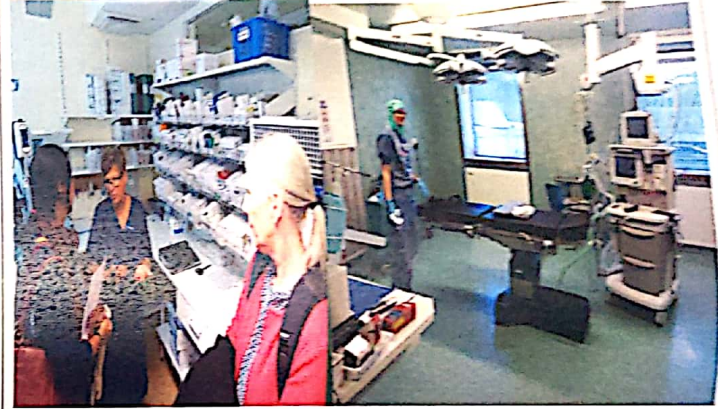
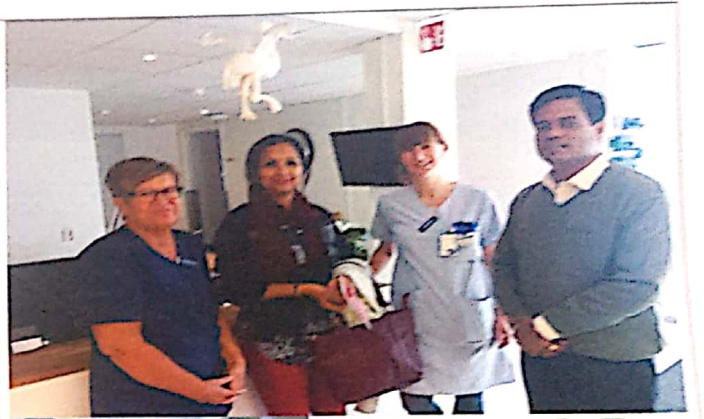
- We (Dr. Lily & Dr. Suresh), Dr. Cecilia and Mr. Ake had a detailed discussion on collaboration, what is scope of improvement in that and whether we are satisfied with this schedule.
- We have given feedback till 14/11/2017 in both written and through verbal discussions. We have suggested them to increase the scope of collaboration from nursing to other domains also.
- We were also able to make them understand about sending their students to India PG in Nursing. We have also emphasized on more collaborative projects between Malardalen University and BVDU.
- Few topics were discussed like satisfaction of midwifery nurses in India & Sweden, Health care delivery comparison between Sweden and India, students learning outcomes
- We had this dialogue with Dr. Cecilia, Dr. Katarina and Mr. Ake regarding feedback on the Malardalen visit, tomorrows schedule visit to Vasteras hospital and feedback on accommodation. We had enjoyed delicious Swedish food.



16/11/2017
(Thursday)

Visit to Vasteras Hospital

- In the first half of the day, we have visited Women's Clinic, Maternity Ward, antenatal clinic, delivery ward and postpartum ward. Dr. Marianne had accompanied us during this visit.
- Paivi Karmakar had given the orientation about all the above mentioned area of the hospital. This hospital caters 3 lacs population and having 3000 delivery/year.
- The entire set up of this women's clinic was made, considering the need of the mother and their immediate relatives during the entire process of childbirth.
- The exclusive features of this clinic were like; run by midwives, computerized patient data, visiting lounge, kitchen with all facilities, relative staying arrangements, use of N₂O as pain relief measure and no involvement of doctors until and unless if there is any case of high risk pregnancy.
- The intervention of episiotomy is not at all performed, not even for a Primigravida mother.
- After delivery of the newborn, the father is generally asked to cut the cord of the baby instead of midwives.
- Here in this setting, father is equally involved in childbirth process.
- After the delivery, the newborn is put on

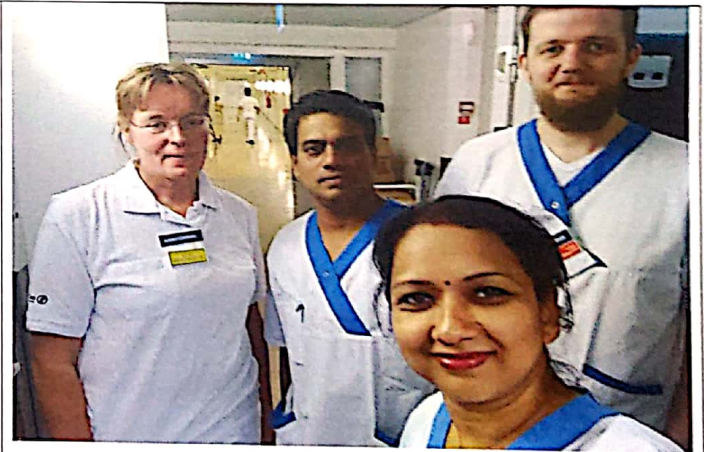


breast crawl to initiate early breast feeding, which is not common in India.

- In the later part of the day, we have visited and posted in Intensive Care Unit along with their staff members.
- The ICU was technologically very advanced and it was a great experience working with their staff.



Dinner Meeting with Midwifery Teachers on Midwifery Practices in Sweden



17/11/2017
(Friday)

Field visit at
Vasteras
Municipality for
Home Health care



- Today we have visited Vasteras Municipality to have an understanding about home health care in Sweden.
- It was amazing to the system they have adopted for Home Health care.
- It is group of 45 professionals (Family doctors, Nurses, Physiotherapist and Nursing assistant) working to achieve the common goal of patient care.
- All the professionals have been provided with Car, Laptop and Mobiles.
- They have to log in and log out while doing home visiting.
- Every 30 minutes, they do self alcohol test before start driving car.
- They have their specific uniform, Community Sac to carry equipments and articles. Some of the articles, they keep in the car only.
- Shoe cover, gloves and apron are mandatory while doing home visits.
- Records and reports are maintained in the digital form. Less paper work was observed.
- It is well coordinated work they performed.
- They have fixed period of working every day.
- Here, Most of the patients having their own medical kit and drugs. Home health nurse also carries his/her community health kit.





18-19/11/2017 –
Saturday & Sunday
(Non Working day
of the University)

20/11/2017
(Monday)

1. Video Recording of the session
2. Meeting about future collaboration regarding research
3. Meeting about future collaboration in Nursing programme

- Updated the Sweden Visit report
- Updated the Later half evaluation report for Malardalen University
- Prepared for the live recording at CeSam Lab on Challenges of Public Health Nursing in India and National Health Programme
- Also preparation for the Research group meeting at Eskilstuna Malardalen Campus on Tuesday (21/11/2017)
- The day started with video recording of the sessions at CeSam Lab, Malardalen University. The sessions were on the following topics:
 1. Trends and Challenges in Public Health Nursing & National Health Programme in India – Dr. Suresh Kumar Ray
 2. Leadership in Midwifery Practices in India – Dr. Lily Sumanta Bera
- In the first part of the afternoon, we had a meeting with Agneta Bray (Vice Dean, School of caring Science) & Margareta Asp regarding doctoral programme in Malardalen University and its future scope for collaboration with Nursing in India with Bharati Vidyapeeth Deemed University. In this meeting, they have briefed us about the university & the nursing programme especially.
- In the latter half of the afternoon we had a detailed discussion with Cecilia Rydlo regarding future collaboration with Bharati Vidyapeeth Deemed University in nursing programme with LP scholarship. In this meeting we discussed about collaborative



	<p>research projects about feedback/evaluation of this exchange programme till date. We had also asked for a copy of agreement between both the universities and feedback of this current visit in exit meeting.</p>	
<p>21/11/2017 (Tuesday)</p> <ol style="list-style-type: none"> 1. Shifting to the Eskilstuna Campus of MDH 2. Research group meeting 3. Visit to Geriatric Nursing Care centre 4. Meeting on research project on elderly 	<ul style="list-style-type: none"> ➤ We had shifted to Eskilstuna as there was 100 years anniversary celebration in Vasteras. ➤ In the morning hours we had research group meeting with Marianne Velandia, Ildiko Asztalos and their colleagues. We had our students with us also for this meeting and to the visit to the Geriatric nursing care centre as they didn't have any academic session in the morning hours. ➤ We presented the scope of public health nursing and midwifery research in collaboration between India & Sweden ➤ After this meeting we visited Marielund, the Geriatric Care centre at Eskilstuna 	

	<p>Municipality. There we observed the ideal and homely geriatric care set up to make the elderly comfortable till their last day of life. We interacted with the Geriatric Nurse and asked her experience regarding working with elderly.</p> <ul style="list-style-type: none"> ➤ In the post lunch schedule we had a meeting with Professors from dept of sociology and HVV regarding ongoing research project on elderly between BVDU, Nursing and Caring Science. We could also explore the other thrust areas of research in social science & health (domestic violence and living experience of nomadic people). 	 
		 

22/11/2017
(Wednesday)

1. Visit to Primary Health Care Centre
2. Visit to Assistive Technology Centre

✚ In the first half of the day we have visited primary health care centre at Vasteras which caters to 13,000 populations. It is one of the biggest PHC at Vasteras. Ann Kristin accompanied us for this visit. We took our students also with for the same. The centre was well equipped in terms of manpower, resources and material. It provides basic health care services with special focus on care of elderly and minor surgeries.

✚ Post lunch visit was equally interesting where we could observe various modern assistive technologies which help elderly and persons with disability of all age group. These advanced assistive technology devices are made free for the citizens except few. The aim of developing these devices is to promote independence among the people of Sweden specially elderly and disabled.




23/11/2017
(Thursday)

1. Visit to Social Psychiatry Centre Eskilstuna Municipality
2. Exit Lunch Meeting

✚ In the morning hours, we had visited social psychiatry unit of Eskilstuna Municipality, Andbergsgatan 8a. There Mr. Patrich Och (Behavioural Therapist) and Mette (Psychiatric Nurse) have given us the overall view and activities of the centre. Here we could learn about the common mental illness from which residents of Eskilstuna city was suffering. The common problems were substance abuse, personality disorders and anxiety. There are cases of schizophrenia and suicidal attempt too. They have more apartments like system and not like mental hospitals. Here they treat the clients in a kind of homely environment. Patients were financially supported after by society of welfare. We had discussed the situation in comparison to India, where we have them a picture about common mental illness and their related causes back in India. Treatment part of this illness were also been focused from both the counterparts.


✚ In the exit lunch meeting with Cecilia R, Ake L, Marianne V and Merhdad, we had a discussion on the overall schedule, feedback of the exchange programme and most importantly collaborative research projects on Domestic Violence and living experience of Nomadic Women's



	<ul style="list-style-type: none"> ✦ At the end of the exit meeting, we have conveyed the regards of officials from BVDU, Pune and BVDU College of Nursing, Pune with token of love, appreciation and remembrance. 	
Infrastructure & Learning resources	<ul style="list-style-type: none"> ➤ The university buildings are well constructed and have all the Modern amenities to facilitate teaching-learning, students & teachers welfare. ➤ Has sound and advanced technological support to carry out the activities without any hassles. ➤ Observed well equipped classrooms, labs, library and auditorium. ➤ Teachers are facilitated with latest computers and internet connection with free Wi-Fi support. Internet connection is also made available for all the students. ➤ Amazed to see the study lounge at every corner of the university to make student friendly environment. ➤ The different campuses are connected with free luxurious bus service with Wi-Fi support. ➤ It was brought into our knowledge that education is free of cost for the students in Sweden, which is one of the unique thing we have learnt. 	

Noteworthy Features of Sweden	<ol style="list-style-type: none"> 1. Education and health care services are borne by the government of sweden from taxes paid by the citizens. 2. Infrastrucure is creative and assisted with advance techonological support 3. The different course are run in the university premises only. There is no seperate infrastructure are built for different courses 4. Students and faculty members were given smart cards by the university to access all the facility inside the university premises. 5. All the Computers can be accessed by anyone by using the ID/Password provided by the university. 6. Free Wi-Fi Fcaility everywhere like station, bus, train, taxi, university, restaurents and even on the streets for all. 7. Here the students are movtivated to do more of self study and reflections rather than traditional classroom teachings. 8. Stationary, Fruits and Coffee/ Tea are made available free of cost all the time for the students as well as teachers. 9. There is only one kind of water supply to every facucets/outlets. No concept of Water purifiers in every corners of the infrastructure. 10. There is no distrubance observed in electricity supply in cities of sweden 11. Roads are clean, well constructed and free traffic mishaps. 12. SweBus Facility for students and teachers to go different campuses and airport/ station is free of cost. 13. Pollution free environment. 14. Prpoer disposal of waste and it is strictly followed by the citizens. 15. All the health care services are well organized and techonologically supported 16. Midwives are independent and strgthened to take decisions and recommend changes in Policy draft formulation. 17. People here in sweden belives in living independently rather than dependent on anyone, not even on the family members. 18. The geriatric population is on the higher level in sweden and so the care is of top class with all assistive devices to make the elderly inpedent. 19. Every citizen is having a unique identification number reflecting their gender, date of birth, city and identification number 20. Students, Faculty members and common are very humble, loving and helpful in Nature.
--------------------------------------	---

Overall feedback	<ol style="list-style-type: none"> 1. Excellent hospitality 2. Well Planned schedule of the programme 3. We could get all the experience as per the planned schedule and on some occasion more than that. 4. Well supported by Faculty members of Caring science and social welfare. 5. Lunch meetings were phenomenal. 6. Sessions and Presentations were appreciated by the students and faculty members of Malaradalen University, Sweden. 7. We could discuss and find many opportunity to start with collaboartive research projects. 8. The visits were very informative and we could learn the difference in health care sytem and midwiferey practices in India and Sweden. 9. The LP scholarship amout was enough to sustain three weeks in sweden. 10. The sightseeing to Stockholm and Eskilstuna were amazing and fabulous.
------------------	---


 Dr. Suresh Kumar Ray
 Associate Professor & HOD
 Community Health Nursing
 BVDU, College of Nursing, Pune




MÄLARDALEN UNIVERSITY
SWEDEN

School of Health, Care and Social Welfare

Ale Hermans

Ale Hermans
 Lecturer
 Program International
 Contact


 Dr. Lily Sumanta Bera
 Associate Professor
 Obstetrics and Gynaecology
 BVDU, College of Nursing, Pune

BVDU, College of Nursing, Pune