

**BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY) COLLEGE OF NURSING, SANGLI**

Schedule for Exchange Programme of Post Graduate Midwifery Students and achievement

**(MALARDALEN HOGSKOLA: ESKILSTUNA VASTERAS) SWEDEN**

**Name of the Head of the Institute:** Dr. Nilima Rajan Bhore (PhD(N)), Dean, Faculty of Nursing/ Principal, BVDUCON, Sangli

**Name of the Post Graduate Midwifery Students:**

1. Ms. Sara Johanna Sandstroem
2. Ms. Jenny Sofia Kyllikki Arvidsson
3. Ms. Jenny Margareta Embrant
4. Ms. Norea Lantto Heldebro

**Name of the Mentors:**

1. Dr. Vijaya Rahul Kumbhar (PhD(N)), Associate Professor, BVDUCON, Sangli.
2. Dr. Aparna Kale (PhD(N)), Associate Professor, BVDUCON, Sangli.
3. Mrs. Archana Dhanwade (MSc(N)), Assistant professor, BVDUCON, Sangli.
4. Mrs. Seema B. Geddugol(MSc(N)),Clinical Instructor, BVDUCON, Sangli

**Subject: Nursing science**

**Course Syllabus: Maternity care, family Planning and Sexual Health- Clinical Studies**

**Week 1: 24/ 02 /2020 – 29/02/2020 - (Dr.Somshekhar Patil Maternity hospital and Research centre, Miraj , Bharati Hospital and Research centre Sangli)**

Date	Planned Major activities	Achievement
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<b>24/02/2020 (Monday)</b>	Welcome, reception Dean of Nursing, Medical, and Nursing faculty Orientation to the Institution and campus and hospital.	Orientation was given to the student oriented to the institution and teachers of BVDUCON, Sangli and Sangli medical campus  Solved the issues on accommodation like AC, Wi-Fi facility etc.
	Review and Discussion on the course content and Learning Objectives in Sangli and the schedule of 4 weeks experience at BVDUCON, Sangli	Reviewed and discussed their learning objectives and handed over the four weeks schedule to the students by Dr. Nilima R. Bhore Dean, Faculty of Nursing/ Principal.
<b>25/02/2020 (Tuesday)</b>	Posting to the labour room: Bharati Hospital and Research centre, Sangli : 02 students  and Dr. Somshekhar Maternity Hospital, Miraj: 02 students	<ul style="list-style-type: none"> <li>• Oriented to the Dr. Somshekhar Sir, Director of the Hospital, labour room of Somshekhar Hospital Bharati Hospital</li> <li>• Posted in labour room for observation, monitoring, analyze and document the pregnancy and childbirth process in labour room- Assessment of ANC mothers with FHS monitoring.</li> <li>• Discussion with the PNC mothers on breast feeding practices.</li> </ul>
<b>26/02/2020 (Wednesday)</b>	Posting to the labour room: Bharati Hospital and Research centre, Sangli : 02 students  and Dr. Somshekhar Maternity Hospital, Miraj: 02 students	<ul style="list-style-type: none"> <li>• Posted in labour room for observation, monitoring, analyze and document the pregnancy and childbirth process in labour room.</li> <li>• Post natal Ward for family planning counselling- Counselling done along with teacher.</li> <li>• Observed of Ultra sonography of ANC mothers.</li> </ul>
<b>27/02/2020 (Thursday)</b>	Posting to the labour room: Bharati Hospital and Research centre, Sangli : 02 students  and Dr. Somshekhar Maternity Hospital, Miraj: 02 students	<ul style="list-style-type: none"> <li>• Posted in labour room for observation, monitoring, analyze and document the pregnancy and childbirth process in labour room.</li> <li>• Post natal Ward for family planning counselling- Counselling done along with teacher.</li> <li>• Observed of Ultra sonography of ANC mothers.</li> </ul>

		<ul style="list-style-type: none"> <li>• Conducted ANC palpation and improved skill of hearing the foetal heart sound with Pinnard fetoscope and Doppler in labour room and OPD.</li> </ul>
<b>28/02/2020</b> <b>(Friday)</b>	Posting to the labour room: Bharati Hospital and Research centre, Sangli : 02 students  and Dr. Somshekhar Maternity Hospital, Miraj: 02 students	<ul style="list-style-type: none"> <li>• Posted in labour room for observation, monitoring, analyze and document the pregnancy and childbirth process in labour room.</li> <li>• Post natal Ward for family planning counselling- two PNC mothers were counselled for family planning along with teacher.</li> <li>• Observed of Ultra sonography of ANC mothers.</li> <li>• Conducted ANC palpation and improved skill of hearing the foetal heart sound with Pinnard fetoscope.</li> <li>• Gynaecology Examination were observed- Per vaginal per speculum for the patient with dysmenorrhoea.</li> <li>• Discussed regarding the IUCD insertion with the supervisor.</li> <li>• Discussed regarding cultural and spiritual practice on maternity care in Sweden and India.</li> </ul>
<b>29/02/2020</b> <b>(Saturday) and</b> <b>01 /03/2020 Sunday</b>	<b>WEEKLY OFF</b>	

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**Week 2: 02 /03 /2020 –07/03 /2020 - (Dr.Somshekhar Patil Maternity hospital and Research centre, Miraj , Bharati Hospital and Research centre Sangli, Kavatemahankal Rural Hospital, Kavatemahankal, Anganwadi Sangli Dr. Patki infertility Hospital, Kolhapur.)**

<b>Date</b>	<b>Planned Major activities</b>	<b>Achievement</b>
<b>02/03/2020 (Monday)</b>	<ul style="list-style-type: none"><li>• Observe of Ultra sonography of ANC mothers.</li><li>• Identify physiological, psychological aspects of different cases and complicated cases</li></ul>	<ul style="list-style-type: none"><li>• Post natal Ward for family planning counselling- two PNC mothers were counselled for importance of spacing.</li><li>• Observed of Ultra sonography of ANC mothers.</li><li>• Conducted ANC palpation for three mothers and improved skill of hearing the foetal heart sound with Pinnard</li></ul>

		<p>fetoscope.</p> <ul style="list-style-type: none"> <li>Discussed regarding complicated cases on pre-eclampsia, twin pregnancy, oligo-hydraminous and its treatment India.</li> </ul>
<b>03/03/2020</b> <b>(Tuesday)</b>	Visit to Anganwadi no.194 to provide information to women during pregnancy and family planning counselling to the PNC mothers.	<ul style="list-style-type: none"> <li>Participated in Panjikaran celebration for the ANC mothers of 7 months.</li> <li>Distributed healthy foods to the ANC mothers as the ANC diet.</li> <li>Spent the time to the ANC and PNC mothers during family planning counselling with use of AV aids.</li> <li>ANC palpation and heard foetal heart sound with Pinnard fetoscope.</li> </ul>
<b>04/03/2020</b> <b>(Wednesday)</b>	Visit to kavatemankal government hospital along with PG students:12	<ul style="list-style-type: none"> <li>Orientation of to labour room.</li> <li>Observation of dilatation and curettage in operation theatre.</li> <li>Taught the IUCD procedure in operation theatre.</li> <li>Conducted 10 antenatal palpations in ANC OPD and improved skill of hearing the foetal heart sound with Pinnard fetoscope.</li> </ul>
<b>05/03/2020</b> <b>(Thursday)</b>	Visit to the Dr. Pathaki hospital, infertility and test tube baby centre, Kolhapur No. of students: 12	<ul style="list-style-type: none"> <li>Observed the all the procedures like, IUI, IVF, and ECSI, and laboratory procedure.</li> <li>Interactive session with Dr. Satish Pathaki about embryology development and diagnostic procedure like gynaecology cell sampling and various investigation like hysterosalpingoscopy, vaginal sonography etc.</li> <li>Witnessed the case for IUI procedure, dilation and curettage with explanation by Dr. Satish Pathaki.</li> <li>Discussion regarding factors of infertility in male and in female.</li> </ul>

<b>06/03/2020</b>  <b>(Friday)</b>	<ul style="list-style-type: none"> <li>• Posting to the labour room:</li> <li>• Posting to identify the risk factors during pregnancy</li> </ul> <p>Bharati Hospital and Research centre, Sangli : 04 students</p>	<ul style="list-style-type: none"> <li>• Discussion regarding cultural practices in Indian scenario regarding midwifery care.</li> <li>• Observed the LSCS delivery in the maternity OT.</li> <li>• Discussion regarding the indication of LSCS in pre-labour room.</li> </ul>
<b>07/03/2020</b> <b>(Saturday)</b>  <b>and 08/03/2020</b> <b>Sunday</b>	<b>WEEKLY OFF</b>	

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**Week 3: 09/03/2020 – 14 / 03 /2020 - (Bharati Hospital and Research centre: (NICU) Sangli, Kavatemahankal Rural Hospital, Kavatemahankal, Wanlesswadi High-school, Wanlesswadi.)**

<b>Date</b>	<b>Planned Major activities</b>	<b>Achievement</b>
<b>09/03/2020</b>  <b>(Monday)</b>	Posting to the labour room for IUCD hand on practice: <ul style="list-style-type: none"> <li>• kavatemankal government hospital, Kavatemahankal : 02 students</li> </ul> <p>Bharati Hospital and Research centre, Sangli :</p>	<ul style="list-style-type: none"> <li>• Observed and Hand on practice of postpartum IUCD (PPIUCD) insertion in labour room.</li> <li>• Oriented to the Neonatal Intensive care unit.</li> <li>• Posted in high and low dependency unit of NICU.</li> <li>• Explained the various complicated cases of NICU babies like</li> </ul>

	<ul style="list-style-type: none"> <li>NICU 02 students</li> </ul>	<p>left ventricular haemorrhage, aspiration pneumonia, low birth weight babies and babies on ventilator.</p> <ul style="list-style-type: none"> <li>Discussed regarding the care of low birth weight babies.</li> <li>Discussed regarding the surfactant therapy to the baby.</li> <li>Explained the x-ray findings and various positions to be given to the babies with aspiration pneumonia</li> <li>Observed and discussed about the tracheal aspiration procedure.</li> <li>Assisted the mothers for KMC and nesting the baby</li> </ul>
<b>10/03/2020</b> <b>(Tuesday)</b>	<p>Posting to the labour room for IUCD hand on practice:</p> <ul style="list-style-type: none"> <li>kavatemankal government hospital, Kavatemahankal : 02 students</li> </ul> <p>Bharati Hospital and Research centre, Sangli :</p> <ul style="list-style-type: none"> <li>NICU 02 students</li> </ul>	<ul style="list-style-type: none"> <li>Observed and Hand on practice of postpartum IUCD (PPIUCD) insertion in labour room.</li> <li>Oriented to the Neonatal Intensive care unit.</li> <li>Posted in high and low dependency unit of NICU.</li> <li>Observed and discussed about the ABG collection and interpretation of the findings of ABG analysis.</li> <li>Discussed regarding the grading of low birth weight babies and estimation of weight as per gestational week based on percentile.</li> <li>Assisted the mothers for KMC and nesting the baby.</li> <li>Assisted tucking position during venipuncture.</li> <li>Hand on practice regarding the reflexes of the baby.</li> </ul>
<b>11/03/2020</b> <b>(Wednesday)</b>	<p>Visit to Anganwadi no.194 to provide information to women during pregnancy and family planning counselling to the PNC mothers.</p>	<ul style="list-style-type: none"> <li>Participated in Panjikaran celebration for the ANC mothers of 7 months.</li> <li>Distributed healthy foods to the ANC mothers as the ANC diet.</li> <li>Spent the time to the ANC and PNC mothers during family planning counselling with use of AV aids.</li> </ul>

		<ul style="list-style-type: none"> <li>ANC palpation and heard foetal heart sound with Pinnard fetoscope.</li> </ul>
<b>12/03/2020</b> <b>(Thursday)</b>	School Health programme- To give information and support regarding sexual and reproductive health, in different age groups: Sex and cohabitation education and information at youth reception	<ul style="list-style-type: none"> <li>Female youth at the age group of 14 and 15 years interactive session were conducted of 15 students of three groups and educated them regarding anatomy and physiology of female reproductive a system, menstruation and perineal and personal hygiene, sexual health by WHO, sexual rights of youth and sexually transmitted infections and its prevention by use of contraception's and consults the doctors for the further information whenever necessary and as the age progress.</li> </ul>
<b>13/03/2020</b> <b>(Friday)</b>	<b>Reflection Meeting:</b> whole experience, report presentation & Feedback	
<b>14/03/2020</b> <b>(Saturday)</b>  <b>and 08/03/2020</b> <b>Sunday</b>	<b>WEEKLY OFF</b>	

### **Overall: SWOT analysis of the four weeks of exchange programme**

#### **Strengths:**

- First time our institute is handled the student exchange programme so it was challenging to achieve their goals.
- Proper guidance and support by the dean Dr. Nilima Bhore during the student exchange programme.
- Mentors were deeply involved in programme and achieved the learning objectives of the students within the provided time span by exposing them to the various areas.



- We react to each opportunity and offer by our university and institution with Wi-Fi facility in the institute and hostel.
- Maintained the proper communication channels between the students and mentors.
- Mentor showed patience while handling the international students.
- Hand on practice to achieve the goal of IUCD insertion, skill to improve the hearing FSH within time span.
- Maintained team spirit and achieved the goals within three weeks as scheduled.
- During the stay our campus has turned to the most attractive to the students. Hostel rooms were renovated completely with A.C.

### **Weakness:**

- Students have to discuss their learning goals with the mentors frequently as their learning goals; strategy and achievement will be communicated to the mentors before preparation of their schedule.
- Midwifery practices in India and Sweden is totally different so the students should not expect the same practices as in Sweden and observe the thing patiently and suggest the changes as per their view.
- During learning phase students learnt their education in Swedish so faced difficulty in explaining the procedure during hand on experience in identifying of the instruments etc. But still we were tried to educate them the best things.

### **Opportunity:**

- It was good opportunity to be mentors of the international students.
- It was interesting to know about the midwifery practices of Sweden and new trends to improve the midwifery practices in India.
- It was eye opener for the midwives to fight for the rights, making changes in government policy to work independently and look into the ethical and legal issues as health care team members.
- The strong international collaboration and good relationships with our partner universities should be maintained and developed also in future and if possible extend a frame of such cooperation.

### **Threat:**

- There were bad debt and cash flow problems of the students under the student exchange programme as their scholarship were less so the future students will not be continue with the students exchange programme.

### PHOTO-GALLERY:

#### Anganwadi Visit: ANC palpation and Family planning counselling to the ANC and PNC mothers





**Kavatemahankal Rural Hospital: family Planning counselling with demonstration of IUCD insertion to the PNC mothers**



**School Health Programme:**

**Educating to the teenagers regarding anatomy and physiology of reproductive system, menstruation and personal hygiene, rights of sexual health and STI's and its prevention**



**Visit to Dr.Pataki Hospital, Kolhapur regarding information on gynaecological cell sampling and infertility management**



**Clinical Experience in Neonatology Intensive care unit:**



Reflection meeting with the Dr. Nilima Bhore

