Evaluation internship Brno.

The internship was in general a great and unforgettable experience. The hospital staff was very friendly and well educated. My mentor was good in explaining the know-how of the intensive care unit and could explain everything very well. The group was very supportive towards me and tried their best to explain everything to me. Sometimes the language was a bit of a barrier, however with help of others and a translator we were able to communicate.

I felt really welcome. At first people had trouble speaking to me. Some because they were afraid for making mistakes, others because they didn’t know much English. So in the beginning there were some difficulties there, but from effort of both sides this barrier faded away. I was able to “talk” to everyone on the unit and we got along great. It was really nice to see the evolution in trusting each other to help and learn to understand one another. A great help in this was my mentor. He was able to speak from experience about his fear of making mistakes. He helped translate and helped me learn Czech. His knowledge and patience helped all of us a lot.

The tasks we had to preform are similar to the hospitals here in Belgium. The nurses in the ICU are also in charge of the patients hygiene, medicine and therapy. The principles on how these tasks are preformed is the also the same. The first thing is the safety and comfort of the patient. Every nurse is very concerned about the wellbeing of the patient they are responsible for. They put a lot of attention to hygiene and cleanliness. They taught me how to prepare myself before making contact with the patient, the best way to work safe and a couple of handy hints to use when you have to move a heavy patient without a steel nurse. The experience of the staff gave me information I couldn’t find in books. These things are of priceless value to me. I am very thankful for the time and effort they put in to my education.

The doctors were nice and also tried to take their time to explain the patient’s condition and his personal health plan. The nice thing was that they tried to do it all in English. They also asked me questions about the healthcare in Belgium and what I thought of the healthcare in Czech republic. It is very enriching to talk about the differences in the view on this matter. The general principles are the same, however some details are different. The one I think is most noticeable is the visiting hours on the ICU. In Belgium it is only 30 min per day and preferably no visitors. I think this isn’t a good policy and it was nice to see that in this ICU family was encouraged to come and visit if possible.

Working with patients with whom I cannot communicate efficiently was difficult at first. I was depending on my mentor for everything. I had to ask him about everything the patient said or asked. This made me feel a bit insecure. I was afraid that I was a burden because I couldn’t work independently. Fortunate for me I had a great mentor who liked to take his time for me and helped me understand the basics of the language. After some time I was able to do some tasks independently and I was able to be a constructive part of the team. I am really happy that is had this opportunity here.

For me this was an experience that helped me understand the way different countries view good healthcare. It helped me develop a wider perspective and I gained more confidence in my skills as a nurse and also as a person. I was always afraid of how people looked at me. I learned here that it’s ok to have your own personality and that you can be yourself. You have your friends and colleagues to help you and support you when times are difficult. The new environment was scary and overwhelming, but because of the support I got from my mentor and the team on the ICU I got to flourish and experience something wonderful.
Sometimes the team had its tensions. With happens everywhere. They still got to work along each other and provided the best care they could for the patient. They are professionals and the preform there tasks with that in mind. It is great to see this.

To end my report I would like to say something about the way my mentor helped me to explore the city and all its places. He took his free time and spend it with me. We went to museums and went out for tea, dinner and drinks. I really enjoyed the way he guided me throughout my internship. He gave me so much friendship and knowledge. He’s a very kind and warm person.

To everyone a big and warm thank you and especially to my mentor Juraj.