

Vietnam Study Tour Report

ベトナムスタディーツアーレポート

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要旨

12日間のベトナムスタディーツアーに参加した。参加者には看護学科1年生2名が含まれていた。看護は知識や技術の習得もさることながら、ヒューマンケアの原点となる哲学、人生観、世界観といったものを培いつつ、人間を理解することが大切で、それが看護観を育てていく。そして、看護の対象には国境は無い。今回の経験の中で上記を示唆するような体験を得られたため、特に医療に関連する3部門（2か所の病院施設・子ども障害支援センター・国際医療協力山口の会：IYMA車椅子贈呈式）の内容について報告する。

Key words : Nursing care, International cooperation, Disabled children, Defoliant chemicals, Human resources development,

Introduction

I participated in the Vietnam Study tour from 1st to 12th of September on 2015. Our visit was focused on the Northern and Central areas of Vietnam and included the capital city of Hanoi, and the cities of Da Nang and Hue. Vietnam has achieved significant economic development especially after the Vietnam War, but this has also increased the gap between the rich who benefited from this rapid economic development and poor who have become poorer because of the inequality. The many towns we passed through on our journey appeared to be very busy and the roads were full of a variety of two-wheeled vehicles such as motorcycles and mopeds and bicycles. The roads were packed with these vehicles especially in the big cities indicating that a major commitment was required on part of the pedestrians when attempting to cross the road to avoid traffic accident (Figure 1). It was also very noticeable that there were many the old historical French colonial-style buildings cities that still existed in the cities.

The Vietnam study tour was set up as a

preliminary step to examine the potential for developing relationships and collaborations with educational facilities so that our university students could be accepted for doing their internship in the Southeast Asian region as part of a global human resources development initiative of the Yamaguchi Prefectural University (YPU). There were 8 students who participated in this tour and this number included 2 first year nursing students from the YPU.

I have worked overseas in the past in a number of countries that included Liberia, UK and Ghana,



Figure 1

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but have not worked in South-East (SE) Asia. So it was my first time to visit Vietnam, a SE Asian country. The aim of this mission was to better understand the broader SE Asian context and we were accompanied by our students to also provide them with exposure to the nursing context in developing SE Asian countries starting with Vietnam. Also our University is actively focusing on global human resources development and in the process of introducing an International nursing component in the curriculum and for this the faculty needs to know the context in which nurse training and nursing services are carried out so this can be incorporated into our vision of global human resources development both in Japan and in participating countries in SE Asia.

Brief Introduction to Vietnam

Population: approximately 90,000,000 (2013)

Area: approximately 330,000 square kilometers (equivalent to Japan excluding Kyushu area)

Government: Socialist Republic,

Health indicators (2006) indicates that as a result of political stability and economic development, the health status indicators have been rapidly improving as follows:

Infant mortality: 15 per1000 live births

Average life expectancy 74 Years

Maternal mortality rate 75 per 100,000.

Leading causes of death:

1. Intracranial injury predominant cause of death in accident.
2. HIV/AIDS the cause of death and is an important public health issue in Viet Nam.

On the other hand there is increasing mortality resulting from non-communicable diseases such as Cerebrovascular Accidents (stroke) , Cardiac failure, Acute Myocardial Infarction, Non-communicable diseases dominate the mortality list. It shows that the epidemiological profile is changing from a developing country's infectious disease pattern to a chronic non-communicable disease pattern. (Vietnam Health Statistics Yearbook 7)

Main sites visited during the Study Tour

We visited 2 tertiary level hospitals and the medical university in Hanoi especially the Office of Genetic Counseling for Disabled Children in Hue, Central Vietnam and many other study sites but 3 major sites which are directly related with health and nursing aspects will be described in the following sections of this report

1. Visiting National E Hospital and Bach Mai hospital (tertiary level services)

● E Hospital

Dr. Vinh (Gastroenterologist) is Deputy Director of E Hospital. She has many years of experiences in this hospital first as a medical student and got her training and then came to Japan to become a medical doctor. During her studies in Japan she met with Dr. Iwamoto who is Chairperson of the Association of International Medical Cooperation Yamaguchi (IMAYA) . IMAYA has been supporting E Hospital by providing laboratory equipment and human resource development assistance among other types support. Dr.Vinh is very fond of Japan.

When we arrived at E Hospital, Dr.Vinh received and welcomed us and gave us an orientation to the hospital using an excellent Power Point presentation. There were 3 other senior doctors who were also on the E Hospital Reception Team. After her presentation we were given a tour of the hospital especially focusing on the maternity section, because professionally I am a nurse midwife and all many of our students were also in nursing with potential to be trained as midwives in the future. We observed the delivery room, the new born baby room, the counseling room, the maternity ward, staff room and maternity outpatient section.

There is a large number of deliveries conducted at the hospital every year and at the same time a large number of abortions are also carried out. The issue of abortion is a serious matter here. Therefore the doctors provide extensive training in family planning and contraception and sex education to young people in the community.

The staff also emphasized that these are the key factors to enable healthy life for nation. There were other medical equipment and facilities providing abdominal and vaginal ultrasound services, which we observed were in satisfactory and good condition and we also noted that their maintenance was excellent. There was a simple operating room for emergency Cesarean sections.

●Bach Mai Hospital (Bach Mai Hospital)

Bach Mai hospital is a government funded public hospital in Hanoi. Dr. Nguyen Thanh Binh provided us with a tour of the hospital. He had been trained in Japan at the Kanazawa University and University of Tokyo as a consultant cardiologist under the IMAYA scholarship scheme. We met 2 other doctors during this hospital tour, one who had studied in Gifu University in the Nephrology department and another one who studied in Tokyo Medical and Dental University and Kyoto University in the Gastroenterology specialty. They seemed as very kind and intelligent physicians.

2. Visit to the Office of Genetic Counseling for Disabled Children (OGCD) , Hue

The Hue Faculty of Medicine and Pharmacy was founded in March 1957 as a branch of the University of Hue. This was a medical training center which was assigned the task of training and providing doctors for the 15 provinces in Central Vietnam and the Central Highlands. This is the region where there are many social problems because the people have suffered very much the effects of the severe battles that were fought in this area during the Vietnam War. The people are still suffering from the physical and mental disabilities because of the after-effects and fallout of the defoliant chemicals that were extensively used during the war. The current Hue University of Medicine and Pharmacy offers training in OGCD which provides vital assistance to sick and disabled children and their families in Central Vietnam and the Central Highlands. We visited the special school (mental handicap) and the occupational therapy and hearing impairment

clinics, and a small shop operated by the physically and mentally disabled people. Those are supported by OGCD.

Buddhism is the main religion in Vietnam. Despite all their suffering the people who I met there appeared so clam and patient and had warm and nice smiles.

3. Association of International Medical Cooperation Yamaguchi (IMAYA: International Medical Aid of Yamaguchi) Activities in Vietnam

IMAYA is based on Kudamatu city in Yamaguchi Prefecture. The IMAYA organization has been helping healthcare professionals and service delivery through activities such as the donation of wheelchairs, hearing aids, medical equipment to health facilities in Vietnam and also providing scholarships to Vietnamese doctors and nurses to get training in Japan.

We participated in the ceremony for the donation for wheelchairs to The Disable Health Community Center in Dong Hoi city, Quang Binh province. Dr.Iwamoto represented IMAYA as the Chairperson at this ceremony. Those wheel chairs were made using a special modified design based on the ordinary wheelchairs, because the person who were going to use that wheel chairs do not have functional limbs which is a well-known genetic effect on the victim of the defoliant that was used in the Vietnam War. Dr.Iwamoto said, “The numbers of special type of wheel chairs are not sufficient to cover all people who



Figure 2

need these, but I will do my best to support this effort as long as I am able to continue this activity, little by little.” This time, 25 wheel chairs were donated and each wheelchair had the national flag of Vietnam and Japan painted on them by the students from Yamaguchi Prefectural University. This was a profound experience for the students (Figure 2) .

We also attended the ceremony for the donation of hearing aids and provision of medical student scholarship at the Medical Pharmacy College.

Additional activities

The Study tour was also a very useful opportunity to get to know the local people and their culture. Sometime we could have close connection with local people to get a better understanding of each other and start a good friendship. These opportunities also greatly contribute to avoiding future misunderstandings and reduce chances of having strong prejudice of various kinds.

Some of the students who participated in the tour had the opportunity to observe an orphanage, where older children smiled warmly and voluntarily took care of the newborn baby. This action provided a warm feeling that was a fresh surprise for the visiting students. The students could feel the strength of the children to overcome their hardship through their beautiful smiles. Other students felt that the war should never be happen again, especially after seeing people who were still suffering including the next and second generation. Some students have found that they were capable of communicating with people who had hearing impairments, if you have strong feelings, and because we are all human beings it makes it easier and possible to understand each other. These experiences made the students become more humble and they felt strongly motivated to want to do something to contribute to the betterment of their fellow human beings.

In these days the number of foreigners who are living in Japan have been increasing and at the

same time their families are coming to the hospital for pregnancy checkup and deliveries and other health care services. As nurses and midwives we need to understand the different cultures so we can provide high-quality nursing care to all who come and not just to those who are like us. This is because health care, maternal and child health and care during childbirth is provided differently, in other countries, because of the cultural diversity especially when it comes to giving advice and instructions regarding labor and contractions, cesarean sections, removal and disposal of the placenta and we have to learn to respond in a variety of ways. We need to be respectful and well-mannered in the way we relate to these different people respecting their culture, customs traditions, just as we could like our culture and traditions respected when we are in a different country than our own. Therefore, we should provide support and respect in our efforts to assist healing and recovery. This way of behaving can only come from experience of working and caring for people for different backgrounds in other countries and not just from books and lectures only.

Also, with regards to the EPA (Economic partnership agreements) there are already nurses from foreign countries really working in the hospitals in Japan, so developing a global perspective in nursing education is indispensable and can no longer be postponed to the future.

We have learned many valuable lessons and gained new and stimulating experiences during the Vietnam study tour. I would like to encourage our young people to go abroad to understand the world better not merely as tourists but to get to know the people, the way they live, the suffering and experiences that have had in their lives and communities and their wishes and aspirations for better and healthy and safe lives with economic and social security they we take for granted in Japan.

Thanks to all the people who helped me to take this opportunity.

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