



Univerzita Palackého
v Olomouci



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Na skok do Anglie

Plymouth

Lucie Doležalová, Hana Mrnušíková



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Kam jsme vyjely?

- ENNE
- Výběrové řízení
- Týdenní studijní pobyt
- 21. 4. 2024 – 27. 4. 2024
- Plymouth, Anglie
- Zapojení studentů z mnoha zemí





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*The European
Network of Nursing in
Higher Education*

ENNE

European Network of Nursing in Higher Education

- Hlavním cílem ENNE je podporovat vzdělávání v ošetrovatelství a rozšiřovat obzory studentů na evropském poli
- Sdílení odborných znalostí a nabídka společných projektů jsou klíčovými strategiemi



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Program pobytu

- TASK 1** **Presentation of the country**
- TASK 2** **Personal and professional introduction**
- TASK 3** **The European Bachelor level Nurse (competencies)**
- TASK 4** **Nursing care plan in Europe Learning outcome**
- TASK 5** **Evaluation of the program**



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Program pobytu



ENNE 21.04.-27.04.2024
University of Plymouth

Generic Schedule

	Sunday 21.04.2024	Monday 22.04.2024	Tuesday 23.04.2024	Wednesday 24.04.2024	Thursday 25.04.2024	Friday 26.04.2024	Saturday 27.4.2024
7.30-8.30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8.30-9.00		Welcome & Introduction	Tutorial session (Task 3 -finalise poster)	Tutorial session (Task 4)	Tutorial session (Task 4 finalise care plan poster) <i>Parallel activity- clinical simulation suite tour</i>	Group session (Task 4 care plan poster presentation & verbal feedback)	
9.00-10.00		Tutorial session (Task 2)					
10.00-10.30		Coffee break	Coffee break		Coffee break	Coffee break	
10.30-11.00			Group session (Task 3 Poster Presentation & verbal feedback) Davy main hall (90)	10.00-13.00 Day out – details to follow	Tutorial session (Task 4 Finalise report) <i>Parallel activity- clinical simulation suite tour</i>	Tutorial session (Task 5 finalise group presentations)	
11.00-12.30		Tutorial session (Task 2)					
12.30-13.30		Lunch	Lunch	13.00-14.00 Lunch/travel	Lunch	Lunch	
13.30-14.00			Tutorial session (Task 3)		Tutorial session (Task 5 prepare group report & group presentation) <i>Parallel activity- clinical simulation suite tour</i>	Group session (Task 5 Group presentations(highlights))	
14.00-15.30	17.00-18.00 Preparation for country presentations Cophorne Hotel PL1 1AR	Tutorial session (Task 3)	Tutorial session (Task 4)	14.00-15.30 Harbour Cruise	Coffee Break	Evaluation	
15.30-16.00		Coffee break	Coffee break	15.30 onwards		Coffee Break	Departure
16.00-17.00		Tutorial session (Task 3)	Tutorial session (Task 4)	Free time			
17.00-18.00		Preparation for country presentation Cophorne Hotel	Review progress with Task 5 – group report		Free time	Closing ceremony Cophorne Hotel	
18.00-19.00	18.00-21.00 Start IP (Task 1) Country presentations and food tasting Cophorne Hotel	(Task 1) Country presentations and food tasting Cophorne Hotel	Dinner provided	Own arrangements for dinner	Own arrangements for dinner	Dinner – buffet at party	
			Free time	Free time	Free time	Farewell party at Cophorne Hotel PL1 1AR	



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TASK 4 Scenario 1 Mrs. Green

Mrs. Green (69) lives in a small rural village on the outskirts of a big town. There are few amenities in the village and it only has one shop that sells groceries and newspapers. The main shopping area, supermarket and post office are in the main town which is 8 miles from the village. The health centre / medical centre is also located in the nearby town. There is a limited bus service to the main town with buses running 2 hourly. Mrs. Green has lived in the same house for over 40 years. The living room and kitchen are downstairs and the 3 bedrooms and bathroom/ toilet are upstairs. The house holds lots of memories for her as it is the house that she lived in all her married life and brought up her children. Mrs. Green now lives alone in the house as she has been a widow for 3 years. Her son, Bruce lives and works overseas and her daughter Laura is married with 2 children and lives in a big city over 500 miles away.

Mrs. Green is very fond of animals and has a Labrador dog (Ben) that she and her husband used to take for long walks. However in the last 2 years she has been experiencing pain in her hips and knees and is finding it increasing more difficult to take Ben for long walks. She is now only able to take Ben for short slow walks however a neighbour is very supportive and sometimes takes Ben out for longer walks.

To help alleviate the chronic pain in her hips and knees Mrs. Green takes pain killers (Diclofenac) every day and also applies Diclofenac gel to her knees. Some days her knees and hips are so painful that Mrs Green can hardly move and some nights she can hardly sleep. On days when she is in great pain, she is frightened to move so sits in her chair all day listening to the radio. Recently she told her daughter that her stomach has also been sore, and with all the pain that she is experiencing she would be "better off dead".

Today the sun was shining and it was a lovely morning. Mrs. Green felt good today and walked to the local shop for her paper and some groceries. On the way home a car suddenly crashed in to a sign and to avoid the car a cyclist mounted the pavement and knocked Mrs. Green over. The cyclist got away with some bruises and calls the emergency services. Mrs. Green is lying on the ground and her right arm is extremely painful and she is unable to get up. A few minutes later the ambulance arrives.

After discharge from hospital Mrs. Green still has her right arm immobilized and the bandage is not allowed to get wet so there are a lot of things, such as administer diclofenac gel, wash up the dishes and shower, she cannot manage herself. Therefore she gets in touch with the community based healthcare service.

TASK 4 Scenario 2 Mr. John Thomason

John Thomason is 40 years of age and lives with his wife Liza and his two sons David 10 years and William 14 years in a central flat in the city.

John has enjoyed a successful career as a soccer player with significant media profile. However, two years ago his career finished due to hip problems. He has since moved into coaching however he has found it difficult to become motivated, lost fitness and gained a substantial amount of weight.

His income has dropped significantly since he stopped playing soccer. His current coaching contract is due for review however, due to poor results and complaints from colleagues regarding John's performance; it is unlikely to be renewed.

His lethargy has also impacted on his relationships with his wife and children. He had always valued time spent with the boy's particularly playing and watching sport. Often the boys would bring their friends to the house to meet and spend time with John who was somewhat of a local celebrity.

John would often join them in a soccer game or debate over team selections. However, the pain in his hips has prevented his participation in even the shortest of games. The boys no longer wish to bring their friends around stating they are embarrassed that their father has become so unfit and no longer fun to be with.

Liza has complained that their sex life has deteriorated, that John has lost interest in his physical appearance and that he has become withdrawn. John relates sex is painful due to the problems in his hips. Motivation for sex has been challenged by the high number of pain killers he is taking.

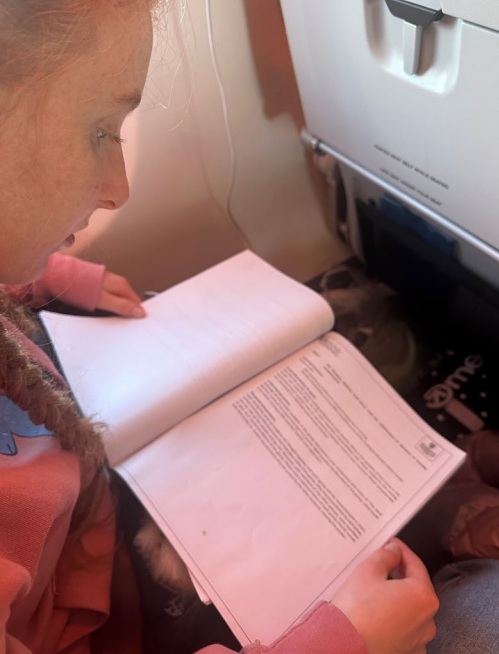
Two months ago John's close friend Alex was killed in a car accident. Alex and John had known each other since childhood and had always spent a lot of time together. They felt they could talk openly and share anything. Before he died, Alex had related that he was concerned that John had become more solitary spending more time in front of the computer and television drinking beer and eating junk food rather than meeting with his friends. Today John is visiting you at the health centre. He relates that the pain is keeping him awake at night and sleep is limited and irregular. The pain killers are impacting on his health. He says he feels fat, tired, lethargic and sad about his current situation. He says he had read about the pain killers he takes in the Internet and found out that they can create addiction and be lethal.



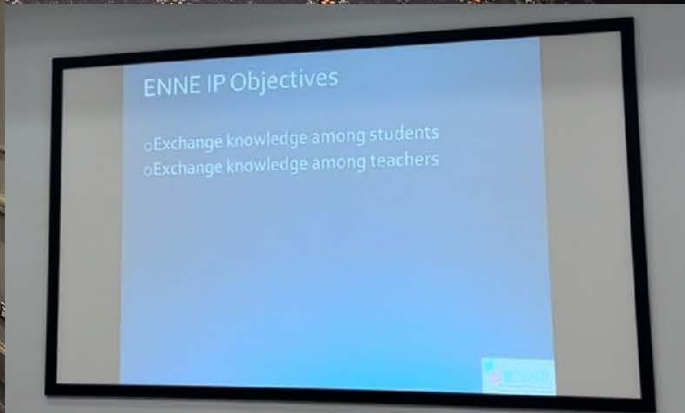
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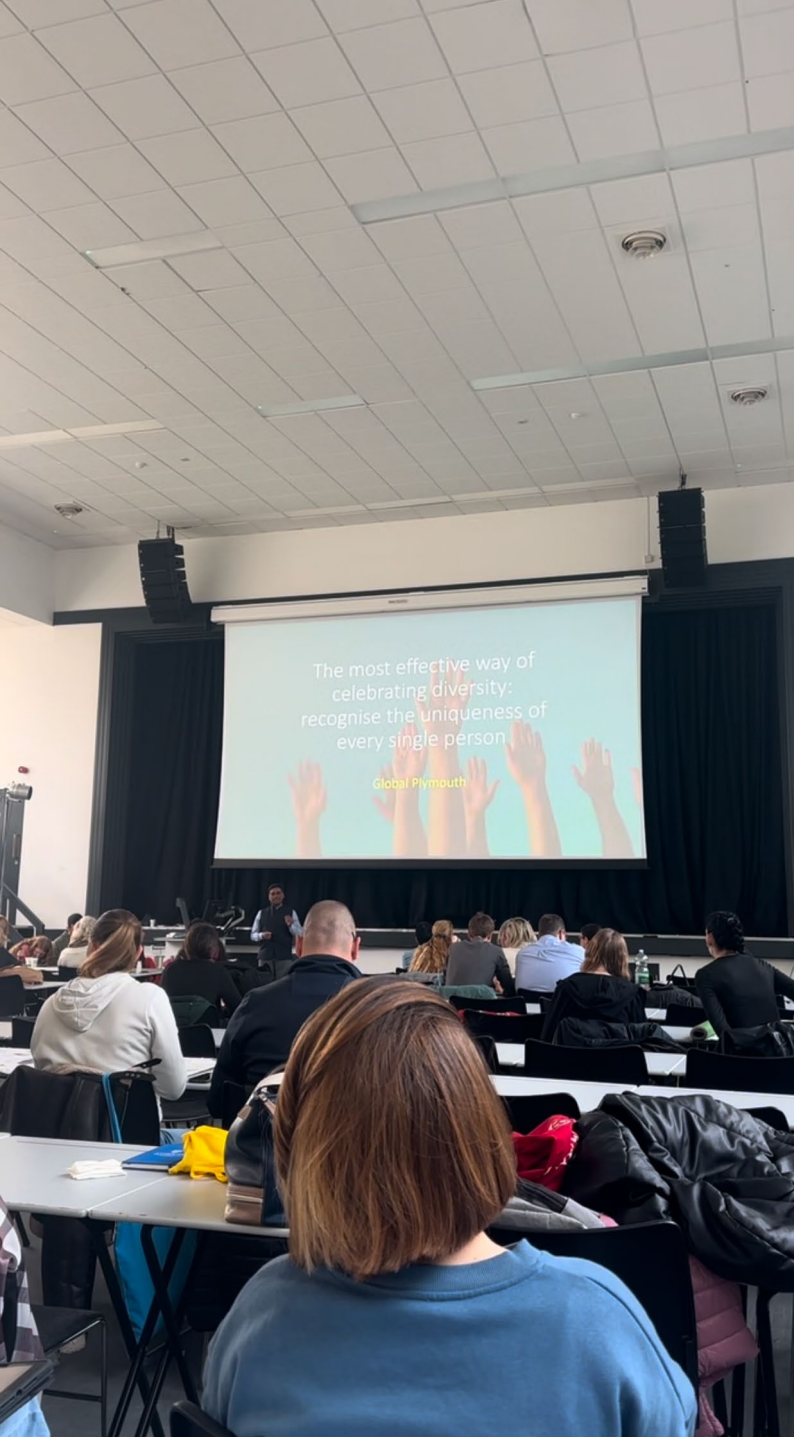
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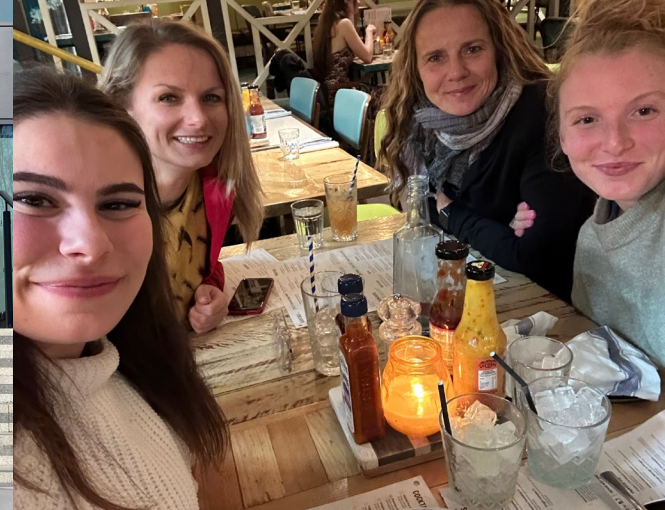
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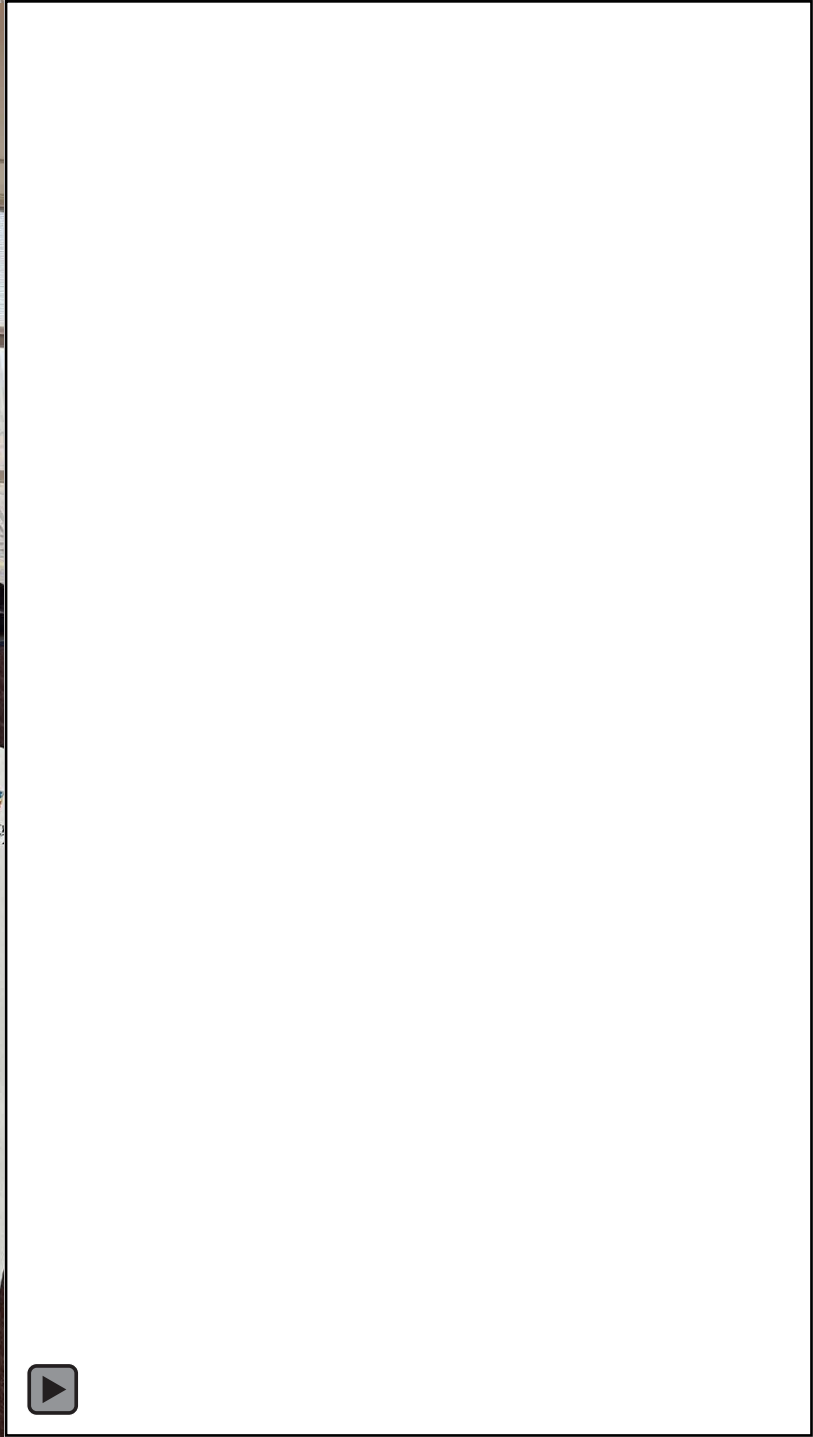






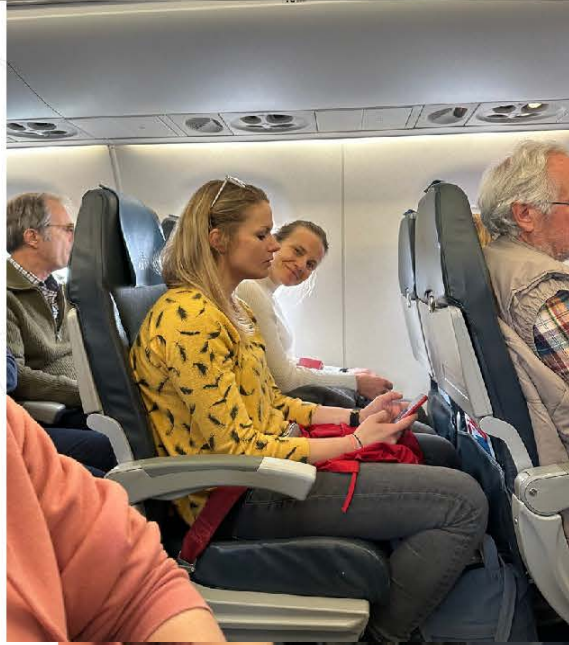
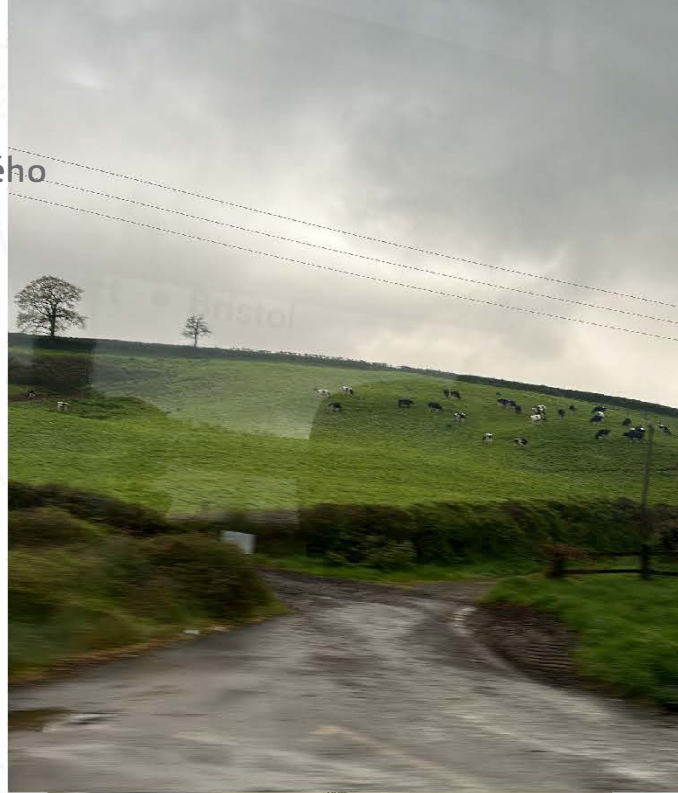








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Závěr

Co jsme si odvezly

- Kontakty
- Zkušenosti
- Pohled na zdravotnictví v jiných zemích
- Zážitky