



NEPAL

INTERNATIONAL COMMUNITY HEALTH PLACEMENT
WESTERN SYDNEY UNIVERSITY

INFORMATION BRIEF

JANUARY 2020



nineteendegrees

cambodia | india | laos | nepal | thailand | vietnam

WESTERN SYDNEY
UNIVERSITY



Nineteen Degrees & Western Sydney University

[About Nineteen Degrees](#)

Nineteen Degrees in collaboration with Sonam Sangpo (Nepal) work with hospitals, clinics, rehabilitation centres, community organisations, universities and schools on projects to build the capacity of staff and communities.

We work in partnership to provide Australian universities with worthwhile international placements and with communities and organisations in Asia on projects to improve access to health care, education and services.

We have mutually agreed goals of achieving strong learning outcomes for Australian students whilst working to build the capacity of communities and local organisations.

We take the safety and security of student groups extremely seriously and have independently managed risk of such placements for over 15 years.

Nineteen Degrees are proud to work with Western Sydney University as their third-party provider to manage the operations and logistics of the Nepal Health placement (Summer Elective – 400958 A Field Study: Comparative Studies in Health Care Delivery*). This will be Western Sydney University's first year working with us in Nepal. Nineteen Degrees staff have been running this placement for over ten years which shows our commitment to sustainability in the region.

* Please note eligible midwifery students will enroll in a different Unit to the one stated above.

The Nepal Project

The Nepal Health Placement (Summer Elective – 400958 A Field Study: Comparative Studies in Health Care Delivery) collaborates with Fishtail Private Hospital in Pokhara, Pokhara University, the Lions Club of Nepal and a number of non-governmental organisations. The 17-day placement provides Western Sydney University undergraduate students from the School of Nursing and Midwifery (SN&M) the opportunity to shadow, assist and learn from their Nepali counterparts on hospital wards, in the classroom, in community based organisations and out in the field.

Nineteen Degrees partner with a very experienced individual, Sonam Sangpo and his team. Sonam departed Tibet in the 1950s and now resides with his family in a Tibetan settlement in Pokhara. He is actively involved in social work activities in India and Nepal, working closely with the Lions Club. Nineteen Degrees staff have been working with Sonam for over ten years, and we value his knowledge, advice, and experience in working with students. With over sixty years of living in Pokhara, Sonam has developed strong relationships with many schools, hospitals and clinics. His programs are in place to assist in the long-term development of these centres, and in some cases also fund local initiatives. We are extremely proud to be partnering with him.

The Western Sydney University Nursing and Midwifery Placement in Nepal

The challenge for the Nepal government to provide adequate healthcare to the whole population is huge. Fishtail Hospital was formed by a group of social workers and medical workers working collaboratively with civil society to make private health services accessible to all in the western region of Nepal. As a multi-disciplinary 100 bed care hospital providing comprehensive health care in Pokhara they provide the following services:

- Internal Medicine and Intensive Care

- General Surgery, Orthopaedic Surgery and Neurosurgery
- Gynaecology and Obstetrics, Maternity and Child Care
- Oncology
- ENT
- Ophthalmology
- Neuro Psychiatry
- Dermatology
- Paediatrics and Neonatal Care
- Dentistry
- Physiotherapy

Fishtail Hospital also work closely with the Lions Club of Pokhara to provide a free health service to remote communities.

Morning rounds at Fishtail Hospital & Gandaki Hospital allow nursing and midwifery students



opportunity to provide patient assessment and care under supervision. Afternoons focus on exchange workshops with Pokhara University or community based organisations such as Children Nepal, the HIV Rehabilitation Centre and Gandaki Maternity Hospital. Small groups of students will work together on each ward at any one time, rotating through the wards and departments during their placement

at the discretion of the Western Sydney University supervisors.

The group, accompanied by Fishtail Hospital and Lions Club staff will also operate a mega health camp during their placement outside of Pokhara where everyday access to healthcare

is challenging. This provides the student group the opportunity to compare health systems and be fully immersed in a varied culture whilst providing a much-needed service.

[Harriet Inwood, Edith Cowan University Nursing Student Blog 2018](#)

Our first day started in the cultural centre of Kathmandu which was filled with colourful prayer flags, temples and all the delicious momo's that we would end up living on throughout the entire trip. Kathmandu was filled with Hindu and Buddhist stupas, diverse culture and local traditions.

From there we set out on a six-hour bus journey to Pokhara, Nepal. On arrival, I was mesmerised by the Annapurna mountain ranges and Phewa Lake which surrounded the town. Beautiful snow-capped mountains, traveller's ready to set out on the hike of a life-time and local shops advertising endless adventures.

My self and the other nursing students arrived at our hotel and settled in for the night. The next morning, we arose to a spectacular sunrise over the mountains before we set off to Fishtail Private Hospital for the orientation with our amazing Nepalese hosts.

Orientation was a day to remember. Myself and the other nursing students meet the hospital staff members, local doctors and nurses through a welcoming ceremony. We were greeted with garlands, traditional/symbolic scarves and we enjoyed a hot cup of masala milk tea.

Throughout the next week, we spent time rotating around the hospital which was an experience that I will never forget throughout my nursing career. From watching my first delivery of a newborn baby, feeding premature babies, observing surgeries such as a nephrectomy and following the patient into the post-operative ward to assess their recovery. In addition, we meet with Nepalese nursing students, presented a lecture and visited the government maternity hospital. These were experiences that will always stay present in my

mind, allowing reflection on the important work nurses provide in Nepal and how to provide culturally appropriate care.

Once the hospital rotation finished. We jumped into a 4WD and started our journey to a rural area called Chitre Village. During this homestay, we would provide primary health care in the context of a mega health camp. We set out our stethoscopes, blood pressure cuffs, oxygen saturation machine and various other observation equipment and started! During the health camp, we spoke basic Nepalese. This was achievable as a result of attending a Nepalese language class during our stay in Pokhara. This opportunity was fantastic as it enabled us to utilise these skills to greet and converse with the locals whilst attending to their healthcare needs. In less than five hours, we attended to over 300 local people. This was a tremendous achievement.

The trip to Nepal organised by my university and Nineteen Degrees was an experience that enabled nursing students to integrate themselves into the rich culture that Nepal had to offer, provide culturally sensitive healthcare in areas that we had not experienced in our home country Australia and establish friendships with our Nepalese hosts, staff and nursing students that will last a lifetime.



Nepal Placement Operations & Logistics

Dates

Friday 10 January 2020 - Monday 27 January 2020

Group number

20 students plus 2 supervisors

There has been a lot of interest in the study tour however we are only able to take 20 students. Only students who have Australian Citizenship are eligible for New Colombo Grant funding towards the cost of this field study trip.

Cost

\$5982.80

Each student will pay \$2982.80 if they are eligible for the New Colombo Plan \$3000 grant. Please see further details below. HECS-HELP/student fees for enrolment in 400958 (or equivalent midwifery Unit as applicable) this course – which **is additional** to the study tour cost.

Financial Support

\$3000 New Colombo Plan mobility grants are available to eligible and successful students. There will be an additional application process for NCP grants so please confirm eligibility prior to applying. These are only available to Australian domestic students and there are a limited number of grants available for students over 28 years of age. More details can be found on the DFAT New Colombo Plan website here: <https://dfat.gov.au/people-to-people/new-colombo-plan/mobility-program/Pages/mobility-program.aspx>

The Government may provide OS-HELP loans for this experience of approximately \$8149 for Commonwealth Supported students who meet certain eligibility requirements and are

completing a subject abroad. Please note to be eligible for an OS-HELP loan you must have completed eight units of study.

To find out if you are eligible, please visit:

- https://www.westernsydney.edu.au/currentstudents/current_students/fees/commonwealth_supported_students/hecs_help/os-help
- <https://www.studyassist.gov.au/>

Inclusions

- International Flights
- Accommodation
- Breakfast and Lunch on placement days
- Transport
- Orientation and sightseeing
- Placement fee for medications and clinic equipment for Health Camp
- Interpreters and ground support
- Supervision by Western Sydney University staff
- 24-hour support for students and next of kin in country and Australia
- On the ground advice and booking option for weekend excursions
- Pre-departure preparation program

Flights with Singapore Airlines

SQ 232 10 JAN SYD SIN 1215/1735

MI 414 10 JAN SIN KTM 1835/2110

MI 413 26 JAN KTM SIN 2155/0455 +1

SQ 241 27 JAN SIN SYD 0705/1755

Accommodation

Kathmandu and Pokhara: Thamel Eco Resort & Hotel Goodwill. Students in twin or triple rooms with fan/AC and ensuite western bathroom

Village for health camp: Communal Homestay - shared. Supervisors are provided with single or separate accommodation where possible

Transport

Private bus for the duration of the placement

Domestic flight Pokhara – Kathmandu

Meals

Breakfast & lunch on placement days

Other meals provided as per itinerary

Ground support

Sonam Sangpo as facilitator and three interpreters

Orientation details

- Nepali language lessons
- Placement briefing
- Acclimatisation of Pokhara and Kathmandu to purchase local sim cards, change money, access internet, source supermarket and local restaurants
- Sightseeing in Pokhara
- Role play practice with interpreters

Pre-departure preparation program

- Launch and Information Session for students
- Itinerary
- Online pre-departure preparation program
- Online pre-departure workshops covering cross-cultural communication, health, risk & safety
- Days for Girls course – Although not mandatory, we strongly encourage all students to enroll in the free Days for Girls teaching course. This will ensure you are well-prepared to provide this health education training. Further details will be provided.

- Facebook group page
- Ongoing advice and support

Extra inclusions

- 24-hour support for students and next of kin in country and Australia
- On the ground advice and booking option for free time excursions

Exclusions

- University travellers are advised to take their own personal cover to cover leisure time during their overseas placement. Additional cover can be obtained via the University's travel provider. Please refer to this link:
<https://uni.chubbtravelinsurance.com/en/?brokerCode=uws&logopos=hdr>.
- Vaccinations
- Nepal Visa
- Meals not included in itinerary
- Activities on free days
- Fundraising

Fundraising

Traditionally the University student groups actively fundraise prior to departure to support the following initiatives in Nepal. We hope this year's Western Sydney University group can collaborate as a team to raise funds to continue this support. All students will be strongly encouraged to fund raise (e.g. GoFundMe, raffle tickets etc) for donations to provide additional health services to the villagers as needed for example in 2018 some of the students used their donation money to fund a wheelchair for a child who could not walk and breast surgery for a woman with an operable breast lump. We will provide guidance and support letters to assist with the process. In the past, funding has been used to support:

- Pokhara University student scholarships
- Fishtail Nursing College student scholarships
- Tibetan student scholarships
- Donations and equipment to centres and institutions as part of the itinerary
- Gifts for the village hosting the health camp

- Days for Girls kits

Compulsory Workshops

There are 6 hours of compulsory workshops comprising of 1-2 workshops before the field study and one presentation evening after the field study. These are outlined below and are

MANDATORY for ALL students:

Topic	Date	Time	Location
Pre-Field Study Workshop	Thursday 5th December, 2019	12pm to 4pm	Parramatta Campus (Date /room TBC)
A Field Study presentation evening	Wednesday 12th February, 2020	4pm to 6pm	Parramatta Campus (Date/room TBC)

Assessments

There are 2 written assessments (this will vary for midwifery students) and one compulsory presentation (**this is mandatory for ALL nursing and midwifery students**) to the School of Nursing and Midwifery, your family and friends.

Assessment 1 (worth 50%)

Word limit: 1000 word case study

Due date: Due Monday 2nd December 2019

Discuss a particular healthcare issue that is found in the overseas country (Nepal) you will be visiting and that you have encountered on one of your clinical placements here in Australia. Then compare the similarities and differences in the delivery care of this issue.

Assessment 2 (worth 50%)

Word limit: 1000 word Field Study Report - based on your field placement, your reflection and experience.

Due date: Due Friday 14th February 2020

a) Field Study Report

During your field placement, when you are visiting healthcare facilities, you are required to keep a daily journal. In the journal, you will identify three aspects of the visits that differed

from the way healthcare is delivered on your previous clinical placements in Sydney, Australia. For each aspect identify the following:

- Describe what you saw.
- Describe how it was different.
- Explain why it was different.
- How did this experience challenge your own viewpoints?
- How does this aspect relate to your own nursing practice?

b) Developing themes

On your return to Australia, you will reflect on your journal entries and identify three major themes that have emerged from your experience. You will support your findings with at least 10 peer reviewed journal articles.

Assessment 3 – Presentation

(Satisfactory/Unsatisfactory)

Presentation date: Wednesday 12th February 2020

You may use Assessment 2 as a basis for your presentation or alternately present using a range a media including PowerPoint, photos, music or videos of your Field study placement experience. This may be undertaken as a group or individual activity and will be discussed further during the compulsory workshops.

Application Process

Students who wish to be considered for this Field Study Trip **must submit an Expression of Interest (that includes how you meet the eligibility criteria outlined below)** to Rebecca Stamopoulos R.Stamopoulos@westernsydney.edu.au and cc to the Unit Coordinator Dr Lyn Francis L.francis@westernsydney.edu.au **by 5:00pm August 30th, 2019.**

[Application to Western Sydney University](#)

Please watch the recorded launch presentations, prior to submission to ensure that you understand the nature of this placement. There has been a lot of interest in the study tour however we are only able to take 20 students. Only students who have Australian Citizenship are eligible for New Colombo Grant funding towards the cost of this field study trip.

Launch presentations (Please watch both prior to submitting your EOI)

- Dr Lyn Francis <https://youtu.be/rtzK-glpTFY>
- Nineteen Degrees
https://zoom.us/recording/share/grNk3d0ZGYsmYK1tvFj6P8REfjPwPk5Sxvp6HpNiW_WwlumekTziMw

Students must adhere to all of the following*:

- a) Submit an Expression of Interest Form outlining how you meet the criteria below;
- b) Students must be enrolled in an Undergraduate Nursing Degree or Midwifery Degree;
- c) Students have successfully completed 80 credit points of study in their degree;
- d) Preferably students have an elective unit available. If not, students will still be able to enroll as they will be given up to 80 hours towards their clinical placement and still eligible for NCP funding. Although it is preferable students have not completed their one elective as they will need to pay additional HECs fees for enrolling in an additional elective; and
- e) Students must have their special requirements up-to-date.

Students who meet the criteria will then be invited to attend an interview.

*If you are unable to meet the requirements above you will not be approved to attend the Field Study Trip. However, students who are not approved to attend this study tour will be placed on a stand-by waiting list.

Should you have any questions about the actual placement or have any academic concerns please email:

- Dr Lyn Francis L.Francis@westernsydney.edu.au
- Rebecca Stamopoulos R.Stamopoulos@westernsydney.edu.au

If you need further information about preparation for travel or travel planning, please email Fiona Reeves at Nineteen Degrees fiona@nineteendegrees.com.au

Upon Confirmation

Once your place has been confirmed you will receive an email from Nineteen Degrees asking you to complete the following steps on their online Learning Management System Gate 19.

- Complete an online participation registration form
- Upload the following documents to Gate 19:
 - Passport with six months validity post return
 - Valid Blue Card
 - An up to date resume with relevant nursing (or midwifery as applicable) experience

Once the group is confirmed Nineteen Degrees will release a handbook with specific information about the placement and all preparation needed prior to departure. The handbook contains information on the Nepal visa application process plus urges students to visit a Travel Doctor to gain advice on vaccinations needed for Nepal.

Please save the following expression of interest into a new document and **RENAME** the document: **International placement NEPAL 2020_EOI_your name_ yourcampus**

Student Expression of Interest (EOI)

Nepal

10th January – 27th January 2020

Name: _____ **Campus:** _____

Student number: _____

Email: WSU _____ **Personal:** _____

Address: _____

Phone: Home: _____ Mobile: _____

Current passport status: Australian Other Expiry date Number

Please state the year of study you are currently in (Note: second year nursing students or third year students will be given priority).

Year of study: _____

Please state how many credit units/courses you have successfully completed and your grades:

Successfully completed credit units/courses	Grade result

Please respond to ALL of the following in a short-written application (600-800 words in total) that addresses each of these criteria:

Provide examples if you can (but no referencing required)

1. Why do I want to go on a study tour to Nepal?

2. What do I hope to achieve on this study tour?

3. What can I contribute to the trip to Nepal?

4. Are there any potential concerns regarding this study tour e.g. what health issues do I have? Smoker? Asthma? Diabetes? Allergies?

5. What self-care strategies will you have in place to manage any health care issues that may occur?

6. How will this trip benefit my future nursing (or midwifery as applicable) practice?

7. What mechanisms for self-care will you put into place if you are confronted with extreme poverty or in a situation where you may not personally agree with a health decision made by a patient and/or their family? For example you notice in one of the clinics you attend that a child is emaciated, has a high temperature and is covered in school sores (impetigo) and head lice. The mother refuses to attend the nearby clinic to see a doctor.

8. Please attach an up to date resume with relevant nursing (or midwifery as applicable) experience

Please note: The cost of this trip is partially funded by the Commonwealth Government New Colombo Plan – as part of the government requirements only Australian citizens are eligible for approved grant funding. Eligible students may also apply for OS HELP to pay for the field study trip. HECs/Student Fees are additional to the cost of attending the field study.

Students are required to read and sign a **Code of Conduct** before departing on the field trip to ensure that they understand the expectations of the University and their responsibilities to maintain appropriate conduct.

Other Information that will be discussed during the interview:

- Students must have an up to date passport that is not due to expiry within six months of the departure date.
- Students will need to have completed the NSW Health Special Requirements for clinical practicum attendance.
- Students are required to visit their travel doctor or GP before the second compulsory workshop and present evidence that they have had all necessary vaccinations for the field placement.
- All students must be aware that they may not be able share a room with a friend/friends. Students who have sleep problems including snoring will need to advise the Unit Coordinator during the interview.
- All students with an existing medical condition must present a letter about their treatment and emergency care as necessary to the Unit Coordinator – this will be discussed during the informal interview with the Course Coordinator and full information provided before departure.

Student signature _____

Course coordinator signature _____

Date _____