

## Work exchange experience in Norway 19/03/2017-01/04/2017

During this period we have been working in Kanterellen go-og Rehabiliteringeringsseter Nursing Home.

We arrived to Oslo, Norway on the 19<sup>th</sup> of March 2017 and we have been accommodated in Holmil. We traveled to work for 1 week to Kanterellen go-og Rehabiliteringeringsseter.

The institute is 3 floors building with 96 residents. We worked on the first floor where dement patients got cared. We could get sight in their care. There are 4 corridors on each level where 8 residents live.

The rooms are bright and spacious with patient lift, electric patient bed and bath what is suitable for wheelchair patients too. The residents decorate their rooms with their own things, furniture. For better environment the rooms has curtains and colorful walls.

The institutes are fully equipped with modern wheelchairs and rollators which have hydraulic and electric system for easier use. Visiting different classes we could see different equipments for nursing and also what made the work easier for careers such as: electric bathing chair with tilted back and other helpful functions.



The weighing is a lot easier for everyone as the scale is suitable for wheelchair patients as well.

The corridors are wide and bright, and each of them has a canteen for the residents well equipped for the good atmosphere.



Regarding the staff there is 1 nurse for 8 patients and they have a flexible Rota. Their task is to look for the needs of the patients and do the best care possible. This means the residents wake up and eat when they want, there are no regulations. This is totally different from what we have on Hungary where the residents has to follow rules.

The medication is made by the senior care in the specialized room. There is a doctor on Wednesdays and checking the medications. If there is any changes needs to be done they administrate in the computer system.

There are lots of voluntaries in Norway and this helps in the mental activities what they cover. They talk to the elders and read them, take them out on the fresh air, singing and listening to music... a therapy dog visiting the institute what has a very good reflect on the patients.

We really liked the institute and gained lots of experience. We are really appreciated for the warm welcome and kindness from the staff and the landlord!

On the second week we joined to the study tour group and visited different institutes.

- VOFO/NAAL
- Nasjonalforeningen for Folkehelsen
- PTO Center Ski
- Special nursing home where the therapy is about memory activities.
- Staner Eldenester
- Alma's Hause
- Nostehagen Elder Home
- KS Rehabilitation Centre

We saw many different techniques and I hope I can use at least some of the experience I learned. It was nice to see in Norway how the elder being cared.

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