

學海築夢學生出國實習

心得報告

獲補助年度	106年度
薦送學校、系所、年級	中臺科技大學醫管及護理系四年級
中文姓名	傅雅昀
國外實習國家(含城市)	New Jersey,US
國外實習機構	Newark Beth Israel Medical Center(NBIMIC)、 Saint Clare's Denville Hospital
國外實習考評成績或評語	
短片時間及標題	
一、緣起 二、國外實習機構簡介 三、國外實習企業或機構之學習心得 四、國外實習之生活體驗 五、國外實習之具體效益(請條列式列舉) 六、感想與建議	

一、緣起

I know this plan from the school electronic bulletin board. Ask the team leader details and discussion with my parents then plan to join this program. I want to know the america's medical environment,identification technology equipment and medical equipment,and care systems.

二、國外實習機構簡介

Newark Beth Israel Medical Center(NBIMIC)：

Newark Beth Israel Medical Center, a regional care teaching hospital, provides comprehensive health care to its local communities and well beyond. This hospital is New Jersey's largest integrated health care delivery system, providing treatment and services to patients. Throughout RWJBarnabas Health, they are committed to providing the highest quality of patient care and health education to the community and region. Their greatest feature is the treatment of the Israelites. I practice in med surg geriatric,post cardica, surg telem,mother/baby.

Saint Clare's Denville Hospital：

I came to Denville Hospital. Its one of network of hospitals and healthcare facilities about Saint Clare's Hospital.I practice in four units, namely physical therapy, intensive care unit,maternal and infant health center and med surg.

三、國外實習企業或機構之學習心得

Although I have internship experience in Taiwan.But to the hospital,I still afraid to make mistakes. Think about it. I come here to learning,enrich themselves.Do not be afraid.My purpose is to know the america's medical environment,identification technology equipment and medical equipment,and care systems.

The safety and purity are the doctrine. So they do every care process "one by one", do one thing at a time. To avoid making mistakes. Sometimes I feel it's very inefficient.like administrative medicine often delayed.They very attention to patient rights.They can refused to take medicine,because the drug too big, unpalatable,can't with food. Respect for spiritual needs(ex. religion).

One day ,I observation how therapists to work.The skills are helpful for me to use.Take training walk for example.I learn why we use the weak/strong side for the first step.And what we should notice when we have different posture. Is amazing to Saw he can stand and walk by himself who have the side paralysis. Is the most impressed experience for me.

四、國外實習之生活體驗

Originally unfamiliar we worried about our self-care ability. In addition to learn, taking care of ourself is also part of what I need to grow. I learned that building good relationships does not just need to be inclusive, It is a key to express yourself. Every weekend we plan travel by ourself, this is our leisure time. I visit the Metropolitan Museum, Time Square, 911 Memorial Square, stroll in Central Park, through the Brooklyn Bridge, take photo with Statue of Liberty, etc. Before leaving the United States, also grasp the time to visit Princeton university. Experience the local culture.

五、國外實習之具體效益

1. Have a new experience and opinions for self-learning and education.
2. improve the opportunity to read English, try to make yourself used to reading English.
3. English listening ability is more sensitive than before.
4. Is more confident in speaking.
5. Do not think is difficult that stop to try to study.
6. Expand horizons.
7. Know where is similar? Why are different ?

六、感想與建議

Although go away from home, miss Taiwanese food and parent's care. But during the period, we work together to learn from each other. Not only for their own three meals a day, but also learn to be independent and group life. Every weekend we can plan our travel. Time flies, feeling pleasant, just time is not enough. Fortunately, do not expand vision, understanding American care environment.

實習活動照片



結業式



實習第一天



每床都有的床頭卡



便利的藥劑與儀器



與指導之RN合影



實習前教育訓練