

SHORT-TERM INTERNSHIP PROGRAM

INFORMATION ABOUT THE INTERNSHIP

Training name:	Short-term Visiting Trainee (特別訪問研修生)
Timeframe:	1 August 2018 – 26 August 2018 (3.5 weeks)
Responsible lab:	Department of Community Health
Responsible teachers:	Junko Omori sensei, Cindy Chiu sensei, Kumiko Nakano sensei

BASIC INFORMATION OF TRAINEE

Name:	Marcia Gulland
Nationality:	United States of America
University of enrollment:	Belhaven University
Course enrolled:	Bachelor of Science in Nursing (undergraduate 3 rd year)

ACTIVITIES AND DELIVERABLES

Internship Activities

- Attended Open Campus
- Attended a public health nursing class
- Shadowed a hospital staff for one day
- Volunteered/attended a two-day nursing conference
- Delivered a presentation at the Monthly Global Night about “Nursing in the US”

Other Activities

- Celebrated my 21st birthday
- Attended the Tanabata festival
- Visited the Tokyo Sky Tree
- Visited family and friends

Outputs/Deliverables

- Helped to finalize documents for a positive psychology intervention study for IRB submission
- Co-wrote a manuscript for submission to a Japanese journal

REFLECTIONS FROM THE INTERNSHIP

As a 4th year nursing student, I am considering what I want to do after I graduate. I have had different ideas, but nothing has really stood out. I am continuing to explore my options and I am very open and curious about different routes that I could take. I took this internship as an opportunity to expose myself to new experiences. I did not know quite what to expect, but my internship proved to be a fun time where I experienced life at Tohoku University, gained nursing knowledge, and revisited the Japanese culture that I grew up in.

My first day at Tohoku University happened to be on the day of open campus in which I could participate by attending the campus tour. In addition to this, I attended a graduate level class on public health. These were great ways for me to learn more about Tohoku University, what it is like on campus, and meet some students. I learned about nursing in Japan, through volunteering and attending a two-day nursing conference and spending a day at a hospital.

At the conference, I listened to several presentations, walked around booths exhibiting new technologies related to nursing, and generally experienced what a nursing conference was like since I had never attended one before. I am very grateful that I was able to observe at a hospital and compare it to the hospitals I have had clinicals at.

In addition to these activities, as an intern, I saw the research process being carried out. Although I took a nursing research class, it is not required of baccalaureate level students at my university to conduct a research project. So, it was interesting to see and be a part of the process. I worked with 4th year nursing students to help finalize some documents for submission to the ethics committee. I also co-wrote a manuscript which was submitted to a Japanese journal.

One of my favorite parts about my internship experience was meeting the other students. It was so nice of them to have lunch with me at the cafeteria during the first week that I was there. I went to two global nights which were very fun! At one of them, I shared a presentation on nursing in America. As we discussed, we got to compare our experiences as nursing students and found there were several differences in how nursing education is set up.

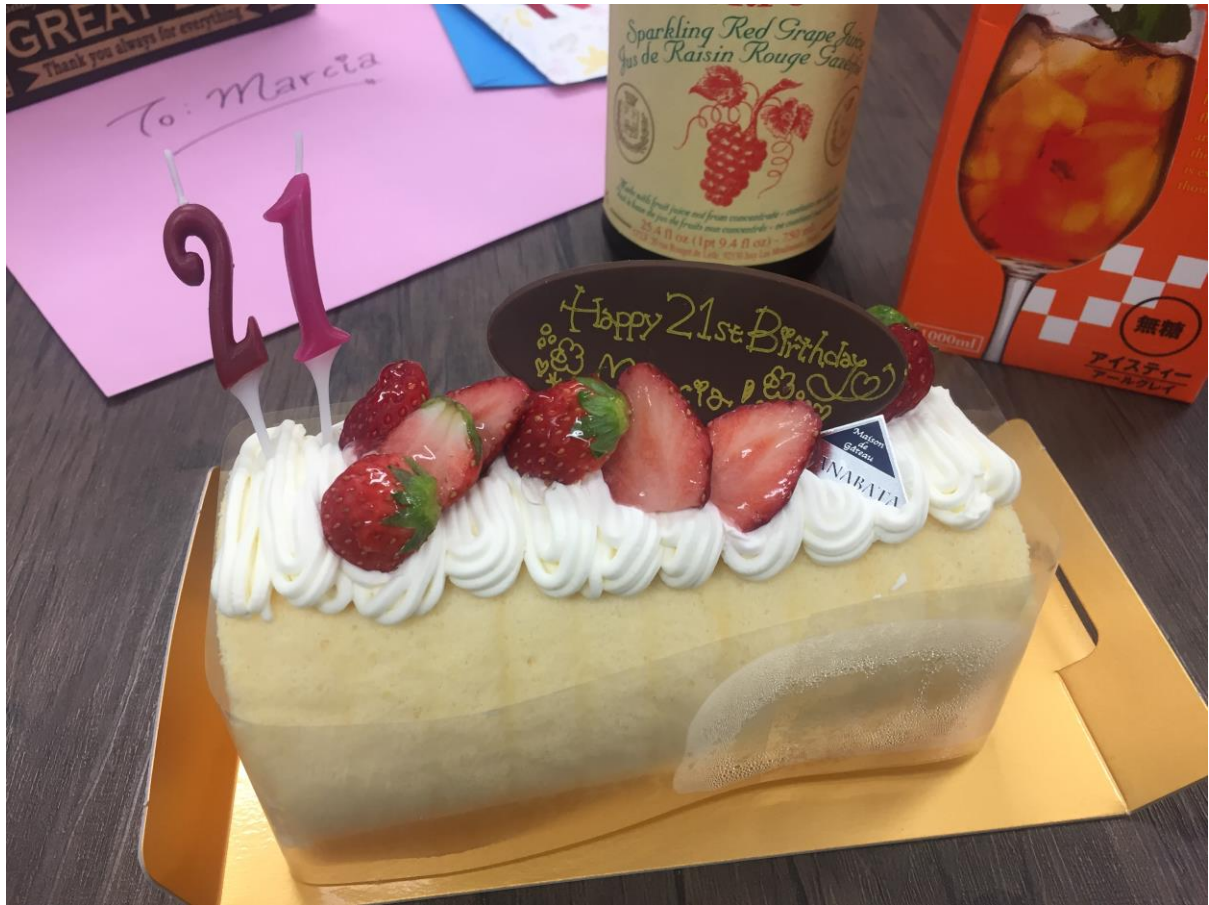
Coming to Japan was also a time for me to revisit the culture that I grew up in. I was reminded how beautiful Japan is while looking out the window of the bullet train! I enjoyed Tanabata festival and got to travel to Tokyo and visit Tokyo Sky Tree. Throughout the month, I visited several friends I had not seen in years, as well as visited places that I spent my childhood. I learned more about myself since the Japanese culture has had a significant influence on who I am as a person and I appreciate the differences between the cultures of Japan and America.

If I could change anything about this experience, it would be to make the time frame longer, allowing me more time to work on projects and spend more time with the students. I felt that the time went too fast, and since I was here during the month of August, many of the students left on holiday. I would have also enjoyed a few more days of hospital observation. However, I am so grateful for the time I could spend during my internship.

As I continue to learn more about myself, my interests, and the wonderful opportunities the nursing profession offers me, I know that my internship experience has had a lasting impression on me. I understand and appreciate how research can impact so many people, I made connections with people whom I would never have met without this internship, and my interest in global health was strengthened. I am excited for where the future will take me and have no doubt that what I learned from my internship will be invaluable for me. I hope to visit Tohoku University again!



With my mugcake at the first Monthly Global Night.



My 21st birthday cake!



My 21st birthday party at one of the Monthly Global Night.



Nakano sensei, me, and Cindy sensei at our lab.