

Field report Clinical Placement Physiotherapy in Bad Zurzach

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RehaClinic Bad Zurzach, Schweiz

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Placement in Switzerland

The decision to do my practice in Switzerland was easy – I wanted experience doing practice abroad and Switzerland is known for very good medical treatment. I applied for exchange via my home university and everything was organized by the host university. I let them know what kind of practice I would like to do and they found me a place. It took quite a lot of time with all the documents, but everything worked out well.

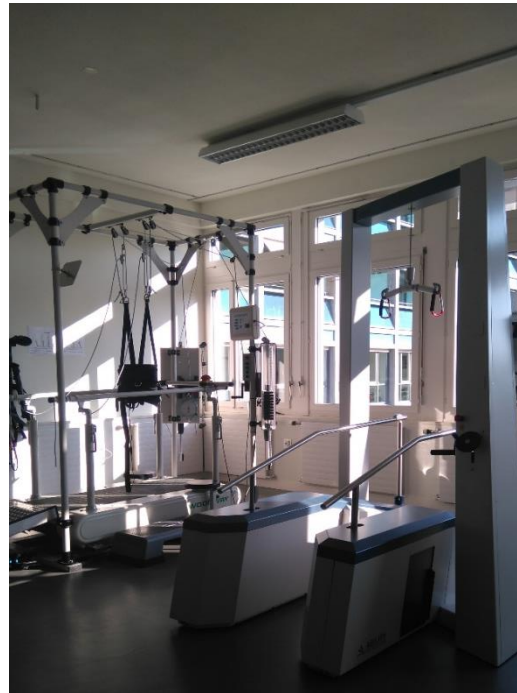


Music therapy

I have to say that working culture, working system and therapies are very different in Finland and in Switzerland. So I did not really know what to expect from my placement and how I should prepare. I decided to go with the flow, not to stress too much and do and learn as much as possible. As a result, I practiced and learned a lot and was able to take a lot information back to Finland with me. I noticed that I had to review the basics to improve and understand the treatments. I am very sure I will use what I learned in Switzerland in the future, it gave me a nice base to start from. In my opinion, placements in Switzerland are very organized – there is time to study independently and study sessions with other students, study sessions with guiding physiotherapists and tutors, but also sessions with the whole team are included to the normal weekly timetable. In Finland, there is less double and triple handlings and the work is more un-associated from other physiotherapists while in Switzerland double and triple handlings are common and teamwork more included.

I enjoyed that every day and week was different – different groups to guide (sit and stand, balance, gym, wheelchair, walking and hiking, swimming groups), different topics at study sessions (stroke, MS, Parkinson, Guillan-Barre syndrome, pusher and neglect, relaxation, Dreager therapy etc.) and therapy sessions with patients (indoor, outdoor, laying and standing, on the stairs etc.). Also, in Finland therapy sessions with neurological patients are 2x45min a day, but in Switzerland it was just 30 min. I think that for severe patients it is too short.

I did not grow as a person that much, because I already have quite a lot of experiences in living and working in various countries and with all kind of people. It was though interesting to see that even though patients and employees in Finland are multicultural, in Switzerland that is even more diverse.



Treadmill and Lyra walking robot

I recommend taking it a bit slower and giving more time for students from abroad, because to get used to the new system and country takes time. Also, I personally find working hours for a student from abroad should be about 80%. Working 100% (42h a week + 5h lunch breaks) is a lot and in the beginning everything is new. There is a lot to concentrate on and in the evenings, it would be nice to take time off, but it is also needed to study or review in the evenings to keep up.

To sum up, I really enjoyed this practice, even though it was demanding and the days were long. I came here to learn and I am happy to say that I learned a lot.

Practical Information

- *Visum, Impfungen, Versicherung*

Visa is not needed for EU-members.

RehaClinic did not ask any vaccinations.

I had travel insurance and additional insurance from my home university for practice.

- *Vertrag mit dem Praktikumsort*

The contract came by post, I had to sign it and send it back.

- *Supervision, Betreuung am Praktikumsort*

I had two tutors who guided, taught and helped me. There were multiple study sessions with other students, either in the team or independently.

- *Welche Unterkunft, Tipps Leben vor Ort, Schwierigkeiten*

There is possibility to book an accommodation straight from RehaClinic. The *Personalhaus* is close to the railway station and to RehaClinic.

It is possible to use the gym and Thermalbad.



Trip to Crans-Montana to find some snow