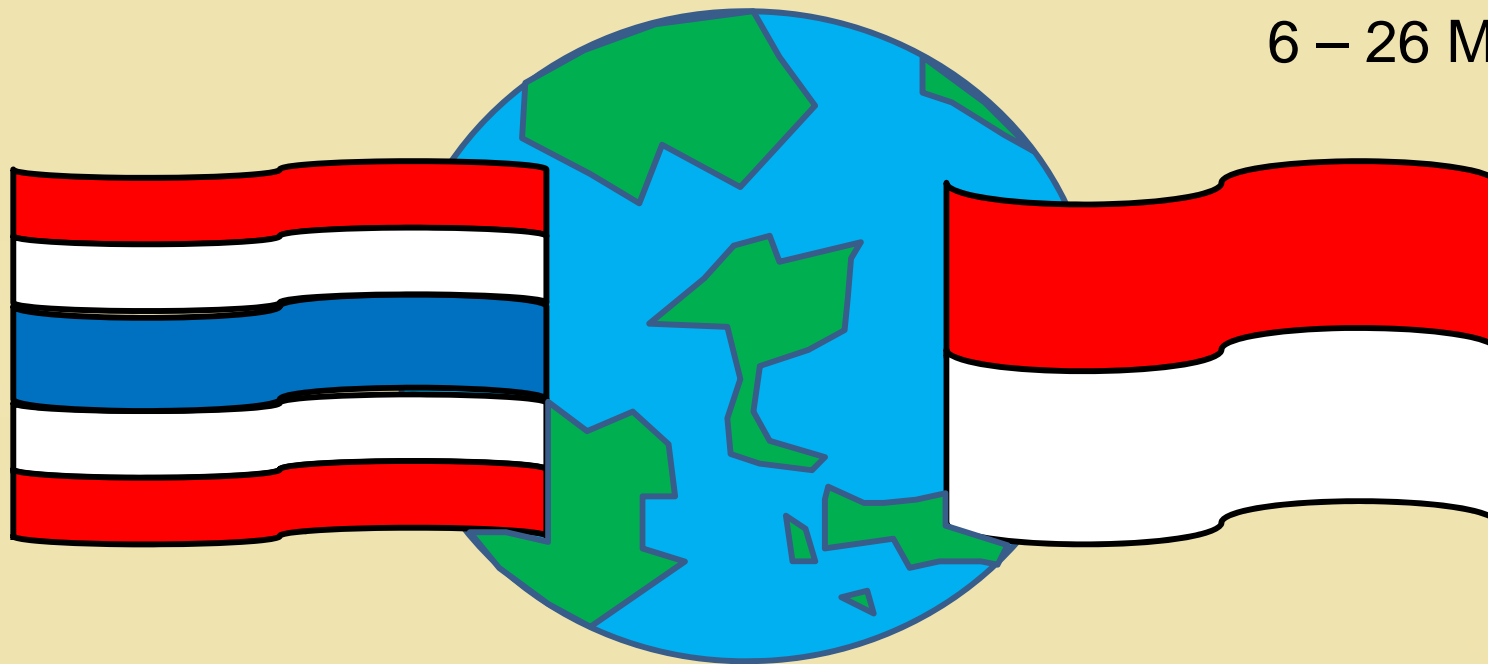




Sa Was Dee / Om Sawastiastu

Student/Faculty Exchange Training: Health and Cultural Immersion 2012

6 – 26 May 2012



Objectives of the presentation

1. to present the knowledge learned from the program.
2. to describe the Advantage and implication of the knowledge gained from the program.
3. to provide feedbacks and suggestions of the program.



What we learned?

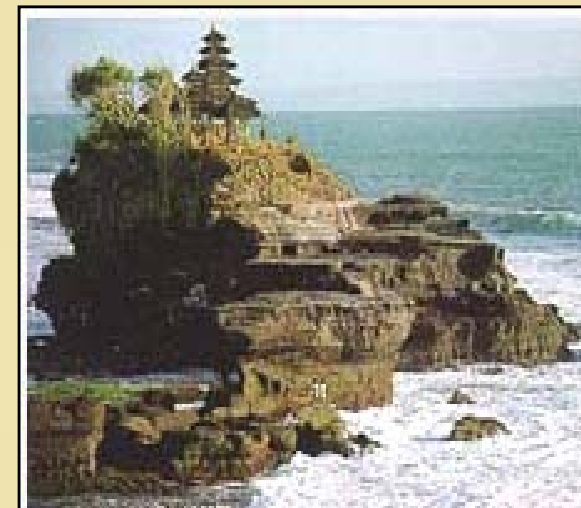
1. Health policy.
2. Traditional healing in Bali
 - USADA
 - Ayurveda
3. Institute of Health Science Bali (STIKES Bali)
4. Community health care project of STIKES Bali
 - at Kerambitan
 - at Pererenan
5. Culture of Bali



Health

- *In Bali.* Concept of health in Hindu is called '*Tri Hita Karana*'. It means that health is the balance or harmony among these 3 dimensions. We need to maintain harmony among these components.

- Pawongan = Human
- Palemahan = Environment
- Parhyangan = God



- *In Thailand.* There are several ways to maintain and promote health; hence various concepts of health can be observed. Those concepts seem to be greatly influenced by Buddhist religion such as ‘*the middle way*’, and other cultural norms and beliefs.






Health Policy

Bali : Clean and Green

3R

- Reduce
- Reuse
- Recycle

Ticket

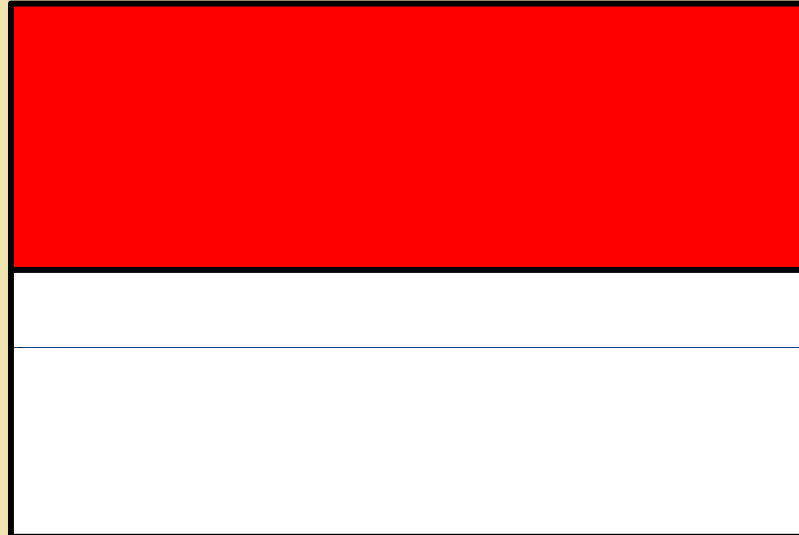
- Green Culture
 - Green Economy
 - Clean and Green
- 

Health Care System





Health Situation



Health situation in Bali

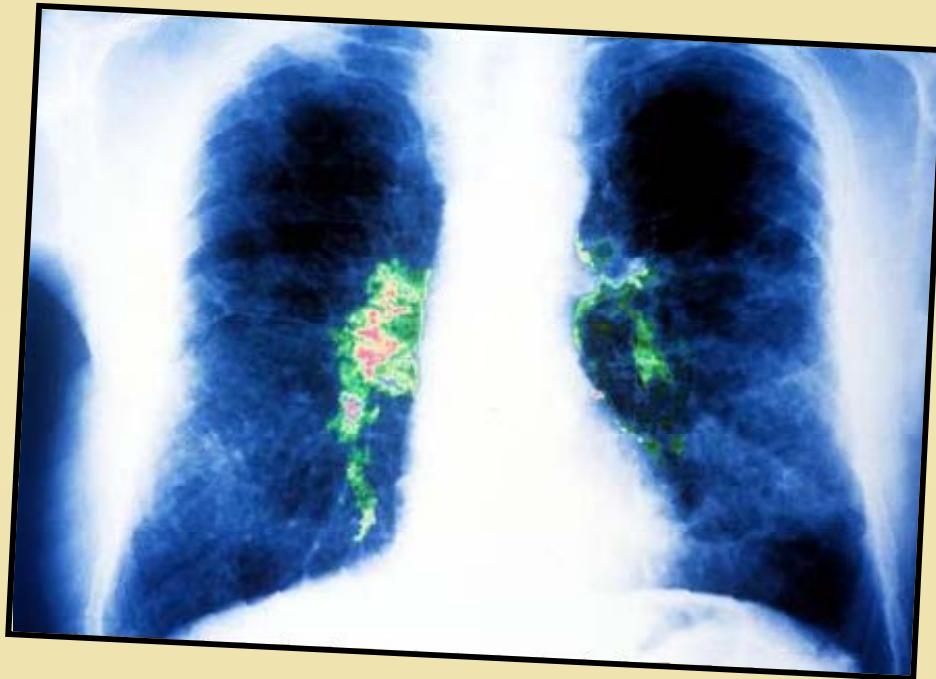
First 5 prioritized diseases of Bali

- Upper Respiratory Tract Infection.
- Diarrhea
- Rheumatic arthritis
- Hypertension
- Other infection diseases

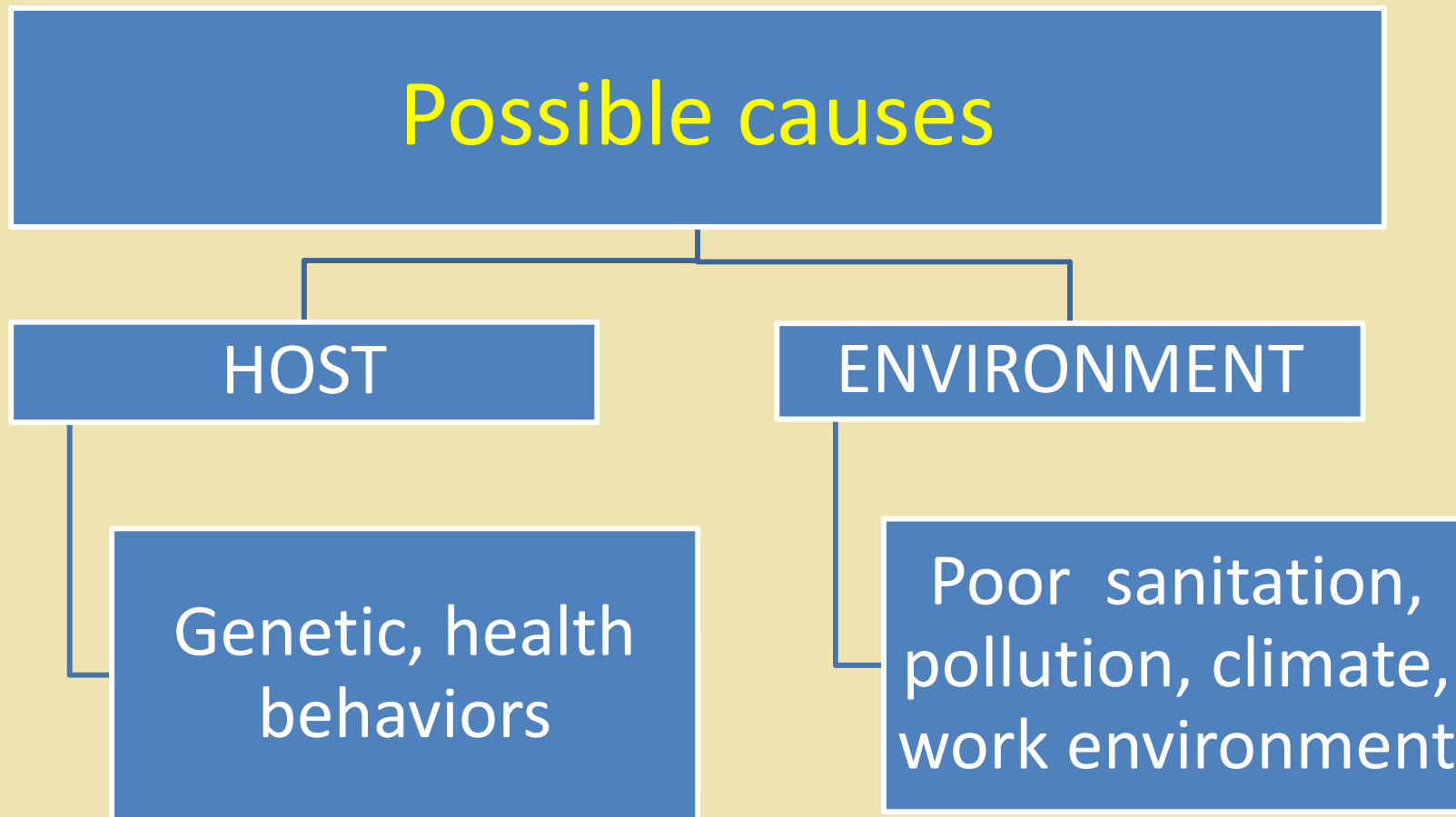


Concerned Health Problems:

- 1) AIDS (5903 cases)
- 2) TB
- 3) Rabies



Causes Analysis





Health situation in Thailand

First 5 prioritized diseases of Thailand

- Metabolic disease.
- Hypertension & Blood circulation
- Immune system
- Garvidarum complication
- Other infection diseases



Conclusion

1. High prevalence of URI and diarrhea in Bali
2. High NCD in Thailand
3. Health behaviors as cause of illness
4. Understanding of nature and causes of illness for effective control
5. Need collaborative work
6. Improving accessibility and equality to health services





Traditional healing

Spirit of Bali is base on Hindu, Balinese traditional medicine (Ayurveda) involves Hindi belief. The adoption of Ayurveda is for two main purposes: health maintain and curative purpose. It is a belief that life is not only to live, but also to be happy.



- Balinese traditional medicine is developed by 3 ways
 1. Learning by self
 2. Supra natural power
 3. Gift from god without natural power none of them belongs to only 1 type (Mixed)





Terminology



Bali	Thailand
Lontar usada	Kampee bai Lan
Paica	Kreang Rang Kong Klang (amulet)
Katakson	Sai ya sart
Objek Wisata	Nuad Pan Thai
Usada	Sa mun Prai



Difference

Bali	Thailand
Make Usada only for treatmeant	Use herbs for cooking and treatment.
Imbalance of 3 life elelments Fire, Cold, Water	Imbalance of 4 elelments Fire, Wind, Water, Soil
Massage for relaxation	Massage for health promotion, treatment, rehabilitation and relaxation
Usada is on research for developing.	Traditional medicine is accepted by the ministry of public health



What we learn:

We can use Usada and Ayurveda to provide in nursing. Because in nursing care not just only physical but involve to mental. Some people are don't want to healing by medicine especially who believed in Usada because Usada can cure and support mental health.



According from field trip :

Some people in a village are using Usada for healing patient at home and some are expecting for only Katakson healing after went to see a doctor at the hospital already. But some tried to cure from Katakson first then tried for Usada but take long time for success finally they decide to see a doctor in the hospital.



Community Activities



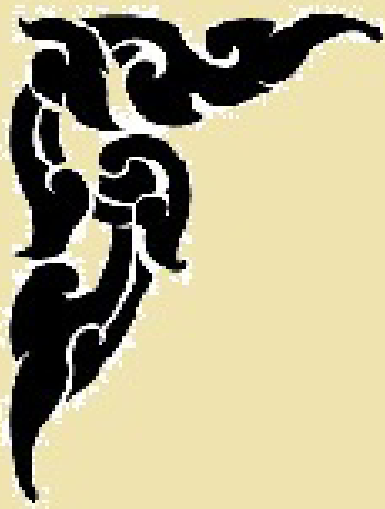
Kerambitan Village

- Health Education
 - TB, Dengue fever
 - CA Breast, Hygiene
- Physical check up for elderly
- Home visit for elderly
- Exercise for elderly
- Dental health education and evaluation

Student/Faculty Exchange Training Program
Health and Cultural Immersion 2011-2012



Student/Faculty Exchange Training Program
Health and Cultural Immersion 2011-2012



Dental health education and evaluation



Pererenan Village

- Primary health care
- Exercise for elderly



Primary health care



Exercise for Elderly





Cultural in Bali

Demographics

Bali population with an estimated 3.9 million peoples in 2012. About 93% of Bali's population adheres to Balinese Hindu religion. Minority religions include Islam, Christian, and Buddhism.



Language

Balinese language is another language entirely with completely different vocabulary and grammar with Indonesian language. The most common spoken language around the touristic areas in Bali are “*Bahasa Indonesia*”.



Traditional Balinese House

Traditional Balinese concept adopts
Hinduism, Chinese and Buddhism.







Dancing style and postures

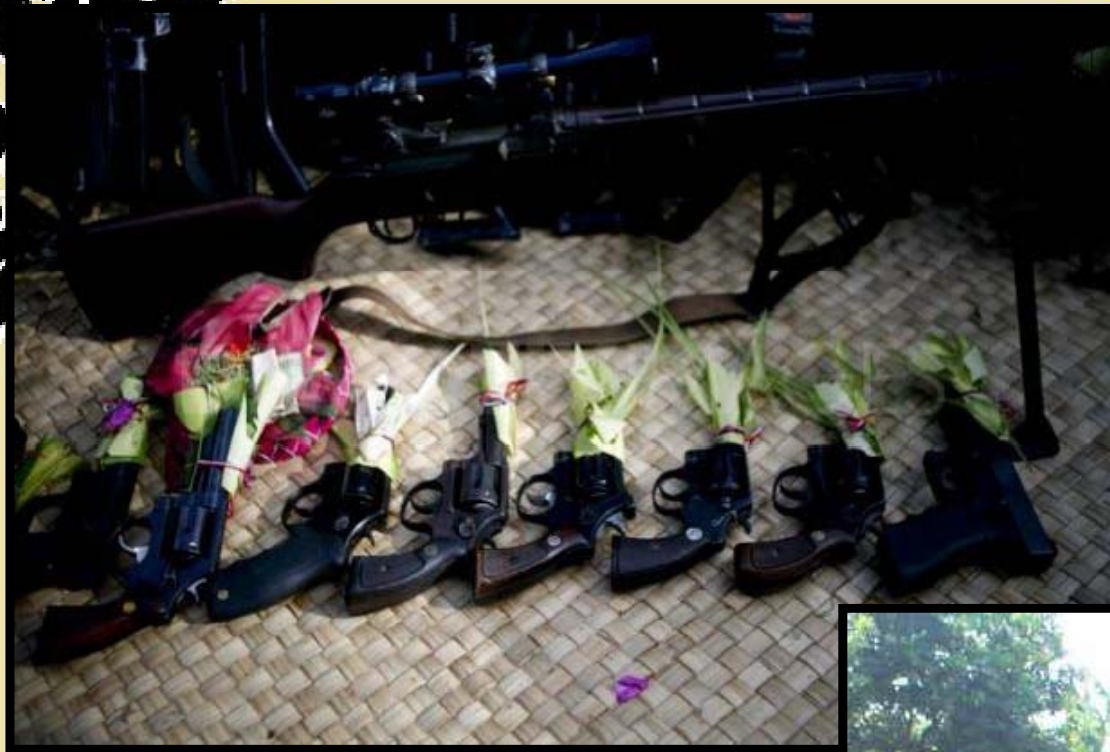


Barong



Ceremonies in Bali





Daily ceremonies

Canang



Saiban





Advantage

Gain new knowledge

- Health problems in Bali
- Health system in Bali
- Nursing education in Indonesia
- Traditional healing



Learn new culture

- Language
- Tradition
- Custom
- Food
- religion



Self-development

- Living outside the country
- Management skill
- Human relationship/social skills
- Team work
- Communication



Self-development

- English competence
- Self-discipline
- Critical thinking
- Leadership
- Presentation skill



Suggestions of Stikes Bali





Program/schedule

- Appropriate of the program.
- Should add the other schedule
example: Day care and Well baby clinic.





Field study

- Appropriate of the field study .
- Should add more activity in ward
example: observe in the labour room.





Community project

- Appropriate of the community project.
- Should add more information of the community project specific for the village.





Place

- Appropriate of the place.





Refreshment

- Appropriate of the refreshment.
- Should add the traditional desert.





Facilities

- Appropriate of the facilities.
- Should add the dormitory's WIFI (bed room).
- Should add the place for laundry.
- Should add the orientation for the student before stay in the dormitory.



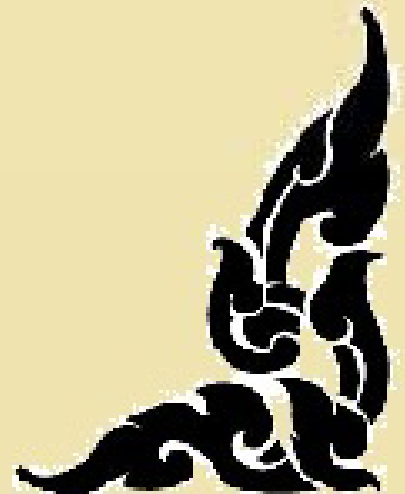


Buddy

- Appropriate of the buddy 1:1.

Tourist attractions

- Appropriate of the tourist attractions.



Besakih





THANK YOU