

# Community and Public Health in Khon Khan, Thailand

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## City/Country

- **Thailand:** population of 68,000,000; Universal healthcare system; life expectancy of 79 for females and 72 for males
- **Khon Khan:** city located in Isan province in Northeast, Thailand; population of 113,000

## Other Important Background

- Khon Khan is in a more rural part of the country that is not known for being a tourist destination. For this trip, that aspect was nice because we were better able to learn how typical Thai families live without the major influence of tourists.



## Experience

### Information

While in Thailand we completed a variety of tasks including touring various hospital systems, completing case studies on patients, assessing the needs of both communities as a whole and an individual within the community to improve the treatment plan for a person with multiple comorbidities.

### Purpose of Trip:

On this study abroad experience I was able to receive course credit for Community Health Nursing, N456.

### Outcomes

Through this project we were able to advise a person on how to better manage his chronic conditions at home in the outpatient setting. Additionally, we performed a community windshield survey of the resources within the community where we had the opportunity to live with a homestay.

### Skills Utilized/Developed

Cross-cultural communication by living with Thai roommates for the duration of our stay, problem solving skills in order to create solutions that may not be obvious at first, and increased flexibility.

### Classroom Connections

I have previously taken Perspectives in Global Health (N420) and that course first peaked my interest in global health. Prior to leaving for this course my classmates took the lecture component of Community Health Nursing and performed some clinical hours at Meals on Wheels which creates an interesting comparison to community health nursing in the United States.

### Lessons Learned

It is amazing how much more others are able to do with less. This experience emphasized the importance of effectively utilizing the resources we have. It's so valuable to remind yourself that everyone you meet knows something you don't.



## Career Connections

- As I am interested in the business of healthcare, getting this opportunity to explore how healthcare systems function in other regions of the world is incredibly valuable. This experience has also helped develop humility in that there isn't just one right way to do a task in healthcare.

## Advice

- Go for it! Take advantage of any opportunity now because there is no better time to do it. Push yourself to try new things and get out of your comfort zone.

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