CLINICAL EXPERIENCES

A solo career in Brunei Darussalam
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Abstract

Working as a nurse in another country is very interesting as many healthcare systems need to be learned. A few patients have a specific disease requiring innovative approaches to reduce negative outcomes. In this article, we explained our experience being nurses in Brunei Darussalam.

Keywords: healthcare; innovation in health; caring in the human being; chronic care; career

Introduction

The perspective of a project on technology and healthcare system collaborating multiple disciplines are needed at times (Landers et al., 2016). Designing home care providers for caregivers in the home environment would be a promising strategy to optimize the health system (Gaspar et al., 2020). Brunei Darussalam is a small country having so much attention to the development of home care services (Al Munawar, Wint, Low, & Anshari, 2012). Due to this, several nurses abroad work there for getting a fresher experience along with establish an innovative way for patients care. This article described our experience as solo nurses working in the healthcare setting in that country.

I worked in Elfera Health and Nursing care located in Brunei Darussalam. One of the private companies that provide services in the health sector, especially the care of the sick, both at home and in the hospital. I came to Brunei Darussalam in October 2019 and returned to Indonesia in January 2021. When I first came to Brunei, my first obstacle was of course the language, because people in Brunei use Malay and English. For the first time I came, I did not understand Malay and medical English. But over time I started to understand the language. The first time I worked, I got a baby patient who was 8 months old with a medical diagnosis of charge syndrome. It was a challenge for me because I have never cared for a baby with a complex illness. It needs extra care. Because when the baby cries, it will have difficulty breathing and cause cyanosis and then faint, so the nurse in charge must always be ready to provide oxygen assistance to petrify his breathing and return to consciousness. I have learned many things from caring for this baby from feeding through G-Tube, using a feeding pump, collaborating with several physiotherapists from Brunei to Malaysia.

Then I got the next patients such as accidents that caused limb weakness, craniotomy, total bed rest and others. Some of the patients I take care at the patient’s house and some who are taken care of in the hospital. There are several interesting things while I was working in Brunei Darussalam when I looked after patients with lower extremity weakness at home. I encountered a device to move patients called a patient hoist, I rarely found this tool used in Indonesia, especially when treating patients at home. The hoisting tool that I encountered at that time was a manual one using a hydraulic system instead of an electric one, I think this is a new experience because moving a patient from the bed to the bathroom is very difficult when alone, but using this tool only one person is very easy to follow me to take the patient from the bed to the bathroom without having to use strong force and the patient also feels more comfortable. The tool is very helpful to use to move the patient, for example from the bed to the bathroom, or from the bed to the wheelchair. Another interesting thing is that the health care system in Brunei is interconnected and all of them are internet-based to make reports. An example of a connected service is all patients who are still in follow-up care, such as those with stroke or with a craniotomy who require feeding through the NG and a tracheotomy.
All patients will be visited every month by the home base, such as checking vital signs, glucose, urine catheter or NG tube replacement, all patient needs such as under pet, urine bag, suctioned tube, intrasite gel, NaCl and others taken at the home base office for free. There is one of my patients who has TB, even to give TB medicine, the Brunei health side is paying attention, they will come every day and give the TB medicine for that one day, so every day they will come and monitor the administration of the TB medicine. All health services for the people of Brunei are all free and borne by the kingdom of Brunei Darussalam, even though the treatment reaches the country, everything will be covered/free. Maybe that’s my experience regarding the practice of health services in Brunei that I know little about while working in the State of Brunei Darussalam.

Discussion

The development of home healthcare innovations should put on patients, their experiences, and the condition of the healthcare system. Since healthcare professionals and caregivers are the major users of the innovations, Brunei must well prepare for the possibility of sustained community in the health system (Wong et al., 2020). A significant public communications strategy should be more established along with the transparency of the government’s role. Recommendation for engaging all levels of society is important particularly in communication (Danielsen, Sand, Rosland, & Førland, 2018). In addition, leadership in the healthcare area must be optimized and responsive to the complaints. Finally, both traditional and non-traditional media should serve in tandem in providing comprehensive information to patients.

References