

THE OFFICIAL FEATURE PUBLICATION OF  
THE FILIPINO NURSES ASSOCIATION IN THE NORDIC REGION

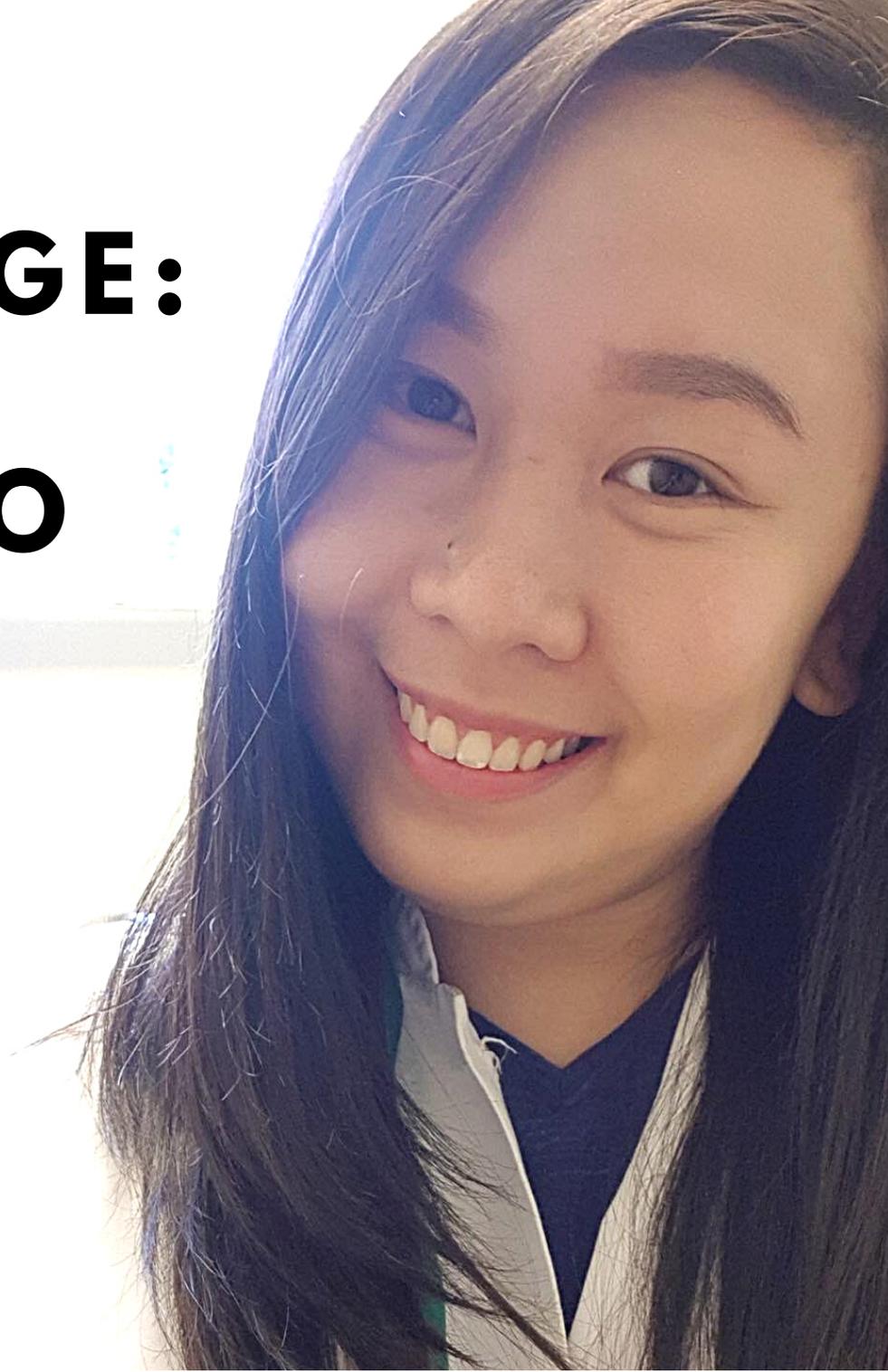
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# NORDIC PULS



FEATURING STORIES OF FILIPINO NURSES IN THE NORDIC REGION

# ARTIC COURAGE: I AM A FILIPINO NURSE



Abegail Anne Soriano, 30 years old, currently living and working as a Registered Nurse in Iceland. She moved to Iceland five years ago with high hopes and humblest ambition to find a stable career in nursing. Despite the language barrier, she was able to hurdle all the obstacles and practice her profession as a recognized Registered Nurse in Iceland. Learning the Icelandic language is an investment that most Internationally Educated Nurses in Iceland need to enter into job markets in the country.

# IGNITE THE FIRE: FIRST NURSING EXPERIENCE

Abegail started to work as a Medical-Surgical Nurse in the Philippines at the Chinese General Hospital and Medical Center. As a Junior Nurse, she was able to experience various types of patients from stable to acutely-ill of diverse medical backgrounds across the lifespan. Taking good care of cancer patients was also something fascinating to her knowing that she got to prepare cytotoxic medications. For almost two years, Abegail thought it was one of the memorable nursing experience she had in her nursing career.

*"After 6 months I thrive more. I decided to try the Medical and Surgical ward. There, I was able to be more in-depth with my patients. I get to be with them longer than expected, sometimes a week sometimes maybe a month, or more. In the medical ward, I experienced literally serving as a nurse. There were different encounters with patients and most especially with their loved ones. One time I had a patient who had Guillain – Barre Syndrome who stayed with us for like a month or two."*

***In the medical ward, I experienced literally serving as a nurse.***



# MOVING UP: MATERNITY NURSING

***"For me, everything that we do does a purpose and everything that comes in our life serves something for us. My nursing experience in the Philippines is truly unforgettable and will never be replaced. "***

After almost two years working at the Medical-Surgical Unit, Abigail decided to venture skills in the field of maternity nursing. She got to scrub almost every day at the theatre rooms helping mothers deliver babies. She was completely overwhelmed with what labour and delivery nurses do. For her, the most fulfilling part is helping new mothers deliver babies the safest possible way.

Her nursing experience in the Philippines has let her witness the importance of life and death. Her experience in taking good care of a patient with Guillain - Barre Syndrome has inspired the patient's grandchild to be a Nurse someday.

*"The most memorable part was that 6 months after he died, his grandchild searched me through Facebook and messaged me. She said that she is studying her first year in nursing all because of me. She said what I did for her grandfather is truly one of a kind and she would wanted to be like me in the future."*



# ROAD TO NURSING IN ICELAND

*"I started my career here in Iceland by learning their language which is Icelandic. It was and will always be a hard language. I always remember even the Icelandics are saying that their language is really difficult. I think the best way that I learned the language is by talking to the elderly in my department. They are the ones who are best at teaching the language. It is always good to practice it and use it. I learned first the language at the University of Iceland. They taught us the language and the grammar for about 10 months before leaving it all to us."*

Abegail started her journey to become an Icelandic Nurse by investing in the Icelandic language. It is one of the most difficult languages in the world and even Icelandic people would not contest her. For her, the most challenging part as an Internationally Educated Nurse (IEN) is studying the Icelandic Language. According to Abegail, communicating with patients would be extremely challenging without knowing the Icelandic language.

For Abegail's case, some Icelandic people find it rude when she speaks in English. This is one of the challenges she has to encounter. Seminars and workshops too are done in the Icelandic language and are expensive. She is hoping that in the future more programmes will be offered in the English language which will improve the IENs' integration period while working and living in Iceland.





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*"My advice to our fellow Filipino Nurses who wish to work here in Iceland is that do not hesitate or be afraid. Try all the risks because you will never find your true purpose if you are not willing to take a leap. Always pray, do the works, and believe in Him."*