



The 9th ASEAN and Japan High Level Official Meeting on
Caring Society

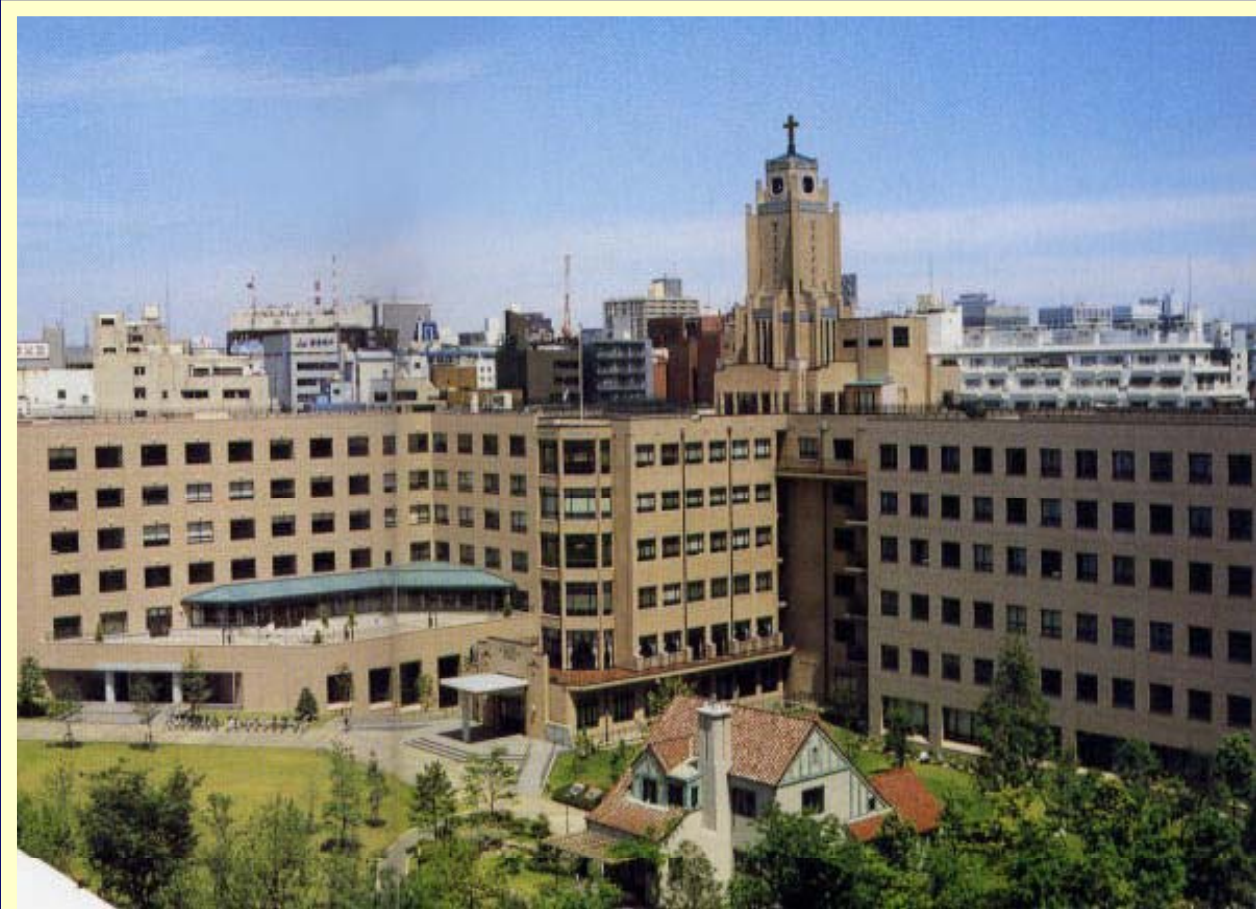


Human Resource Development for Caring Society- from Nursing Perspectives in Japan

Junko Tashiro, RN, PhD
St. Luke's College of Nursing, Tokyo, Japan

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Greetings from St. Luke's College of Nursing



Contents

- Introduction of health status, health care system and community nursing practice, and education.
- Current issues of health care in Japan
- Transition of health status, and nursing practice model
- Challenges and Opportunities in Nursing and Midwifery Development

Introduction

Country Profile of Japan

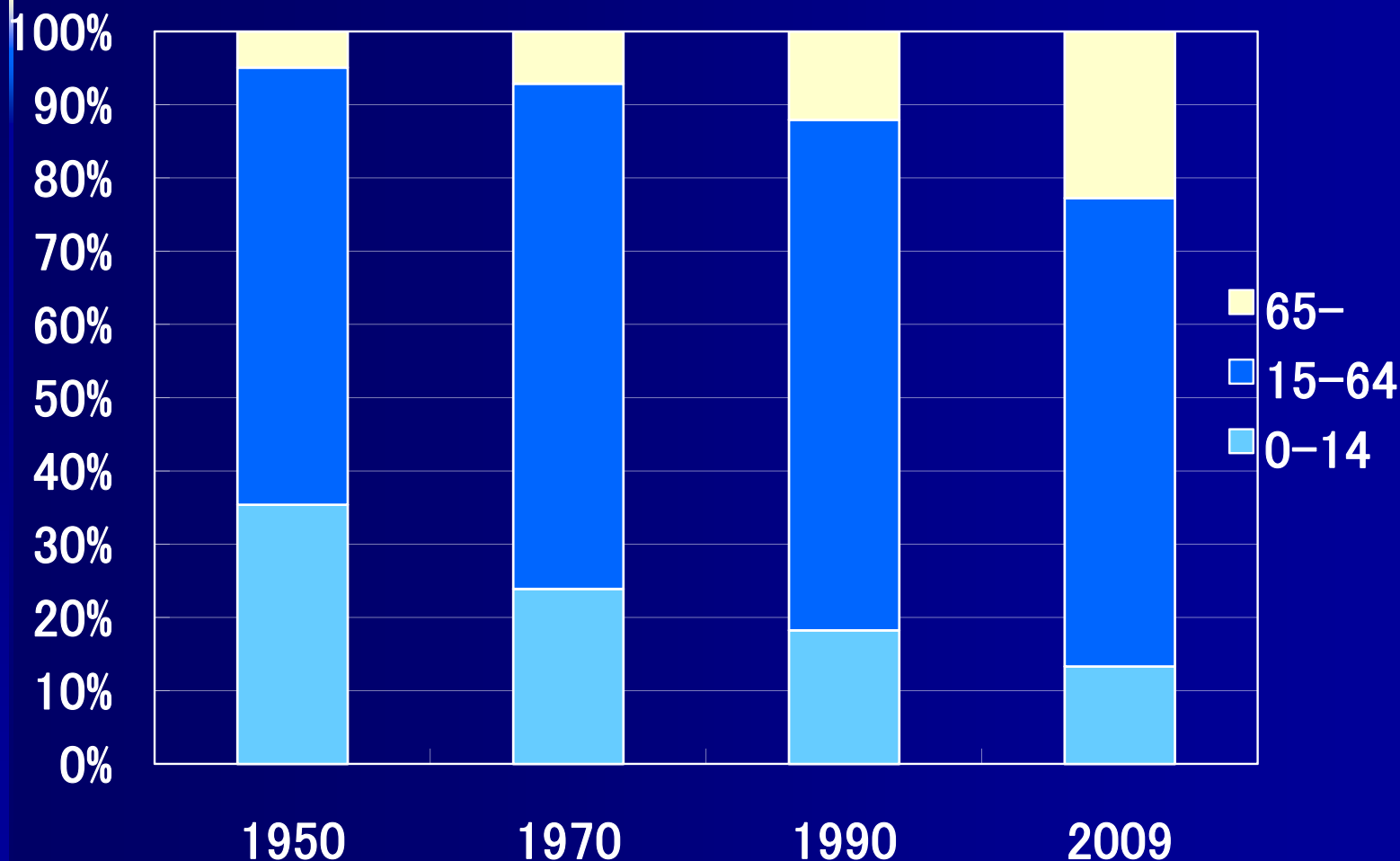
| | |
|--------------------|---|
| Govern-ments | The National Prefectural (47) Municipalities (1,821 and 18 ordinance-designed cities) |
| Educational System | A 6-3-3 system Compulsory: through the first 9 years 97.7% proceeded to the upper secondary 51.2% of the graduates went on to the higher educational institutions |
| GDP | US\$ 4,923,760 million (IMF 2008) |
| GNI/person | US\$ 38,559.11 (IMF 2008) |

Health Status of the People in Japan

| | |
|-------------------------|---|
| Life expectancy | 86.44 (female) ('09) 79.59 (male) |
| Infant mortality | 2.6 per 1000 ('08) |
| Leading causes of death | 1. Malignant neoplasms, 2. Heart disease, 3. Cerebrovascular disease 4. Pneumonia & bronchitis 5. Accidents 6. Suicide |

Current Health Issues: The Aging Society with Fewer Children of Japan

(Health and Welfare Statistic Association, 2010-11)



Current Health Care System: Long-term care Insurance

Community Health Law started in 1994

Reinforcement of 510 (prefectural) health centers,
and 2,726 municipal health centers (2008).

Long-term Care Insurance System started in 2000

Aims of the System

- 1) To aware all the people support long-term care
- 2) To obtain the understanding of the people
- 3) To enable user have comprehensive health,
medical , and welfare services
- 4) To provide the social security structure reform

After five years, reform of the system has started

Health Promotion Movement

“Healthy Japan 21” started in 2000

Basic directions

- 1) Focus on the primary prevention
- 2) Developing the environment to support health promotion
- 3) Setting objects and evaluating performance
- 4) Propelling effective movements with diversified but coordinated implementers

The health promotion law was enforced on May, 2003

The Health Promotion Law

The Health Promotion Law was enforced in 2003

The law provides guidelines for

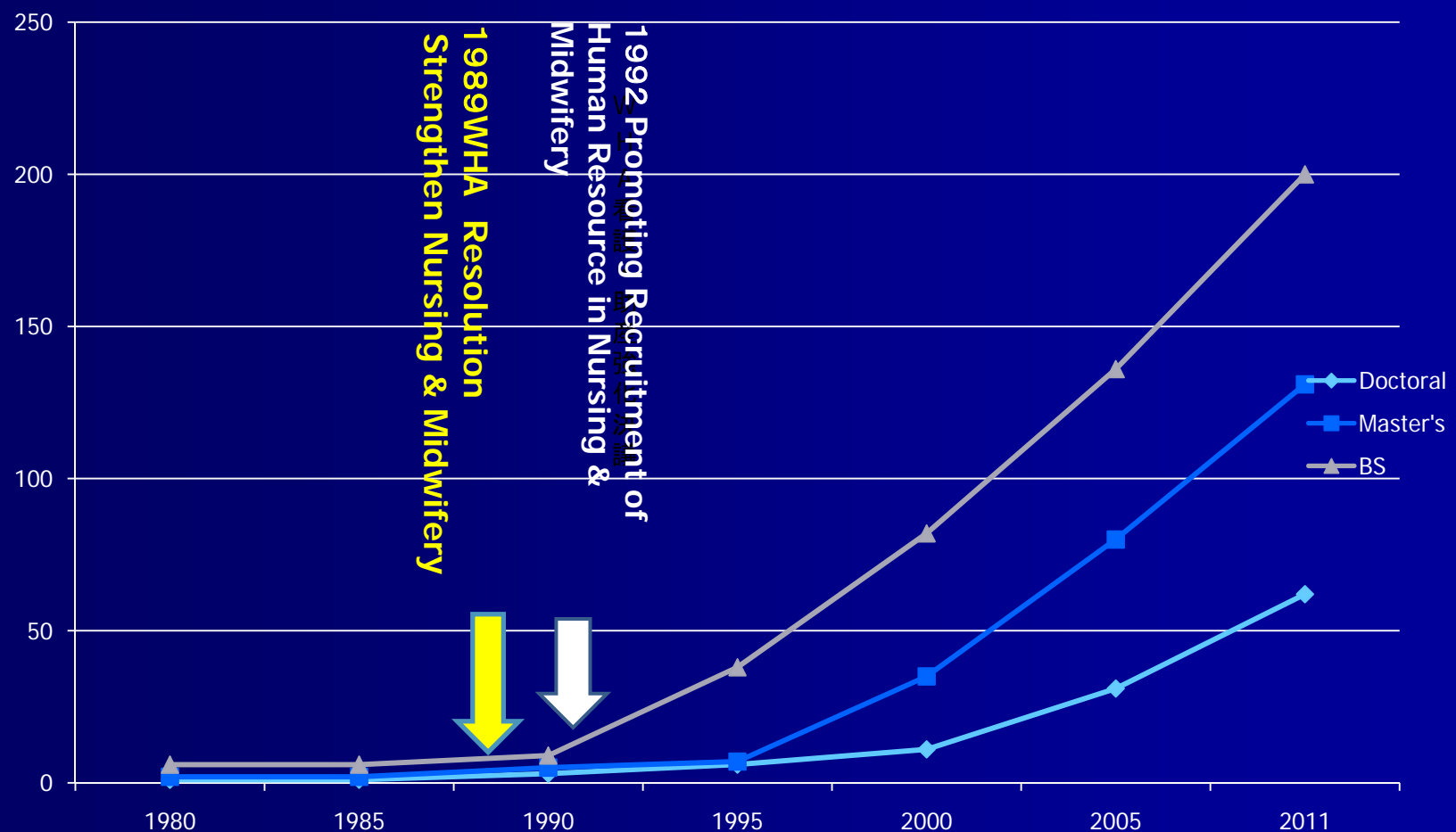
- 1) The national government formulate the basic policy for presenting the national objectives and basic directions for health enhancement
- 2) Local public organizations formulate health promotion plans to propel health enhancement to meet the local requirements, and common guidelines for health check

(Ministry of Health and Labour and Welfare, 2005)

Brief History of Modern Nursing & Education in Japan

- 1876 Midwifery Training School**
- 1885 A Two Year Nursing Training School**
- 1920 A Three Year Nursing School**
- 1927 Public Health Nursing Started**
- 1930 One year Public Health Nurse Training**
- 1935 Community Health Center**
- 1946 Demonstration School of Nursing**
- 1952 Four Year Nursing Program**
- 1980 Master Program in Nursing**
- 1988 Doctoral Program in Nursing Science**

Number of Higher Education in Nursing in Japan



Development of a Nursing Practice Model Using Primary Health Care Concepts in Japan

**Funded by the Ministry of Health & Labor in Japan
(1999-2001)**

**Hishinuma, M.; Tashiro, J.; Mori, A; Oshikawa, Y,; Sakai, K;
Naruse, K.**

St. Luke's College of Nursing, Tokyo, Japan

Development of a Nursing Practice Model Using Primary Health Care Concepts in Japan

Purpose

Identify nursing practice models have used by Japanese nurses, and to develop an appropriate nursing practice model for an ageing society facing nurses today.

Method

Historical Study Approach

Review of historical documents and texts

Conceptual Framework

Health Transition (Braiant, 1991)(Hirai, 1997)

Sample-Community in Tokyo

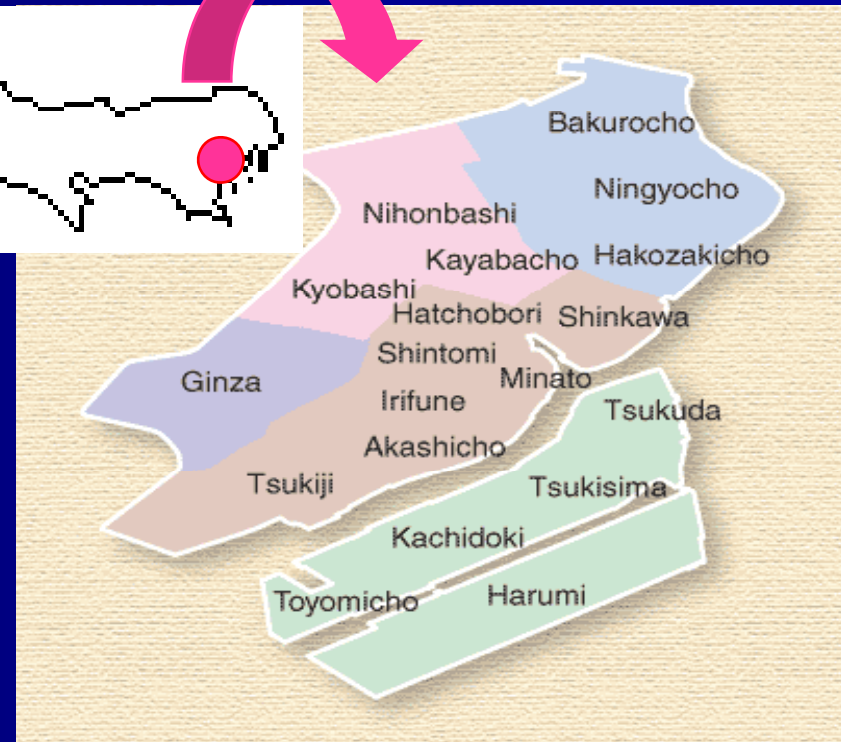
Japan



Tokyo



Chuo-ku



Transition of Health of the people in Japan

| Time Periods | Before War 1935-45 | After War 1946-54 | Economic Develop-ment 1955-74 | Ageing Trend 1975-88 | Preparation for Ageing Society 1989-99 | Ageing Society 2000- |
|------------------------|---|--|---|---|---|-------------------------|
| Main Health Issues | <ul style="list-style-type: none"> •Tuber-culosis •Acute Infections | <ul style="list-style-type: none"> •Tuber-culosis •Malnu-trition | <ul style="list-style-type: none"> •Chronic Disease: Hypertension C.V. Cancer | <ul style="list-style-type: none"> •Chronic Disease: Cancer •Emerging Infections : HIV/AIDS HepatitisB | <ul style="list-style-type: none"> •Chronic Disease: Lifestyle related Disease •Mental Health | |
| Infant Mortality | 90.5/ 1,000 (1935) | 31.9 (1952) | 20.6 (1961) | 13.0 (1976) | 4.4 (1989) | 3.0 (2003) |
| Life Expectancy M/F | 47/50 | 56/60 | 66/71 | 72/77 | 77/83 | 79/86 |
| Health transition | <i>Phase1</i> | | <i>Phase2</i> | | <i>Phase3</i> | |

Changes of Nursing Practice Model in Chuo-ku, Tokyo

Transition: Phase I

Phase II

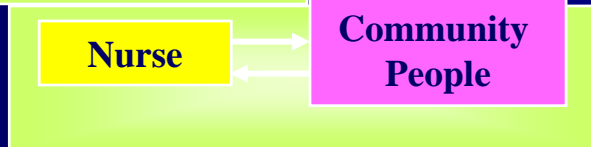
Phase III

Top-down

Service Providing



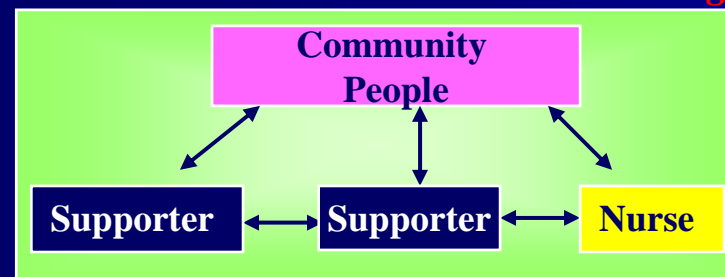
Health Counseling



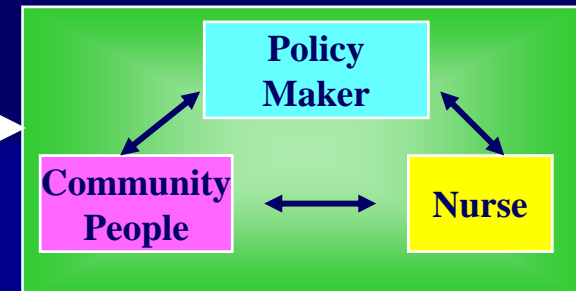
Participating



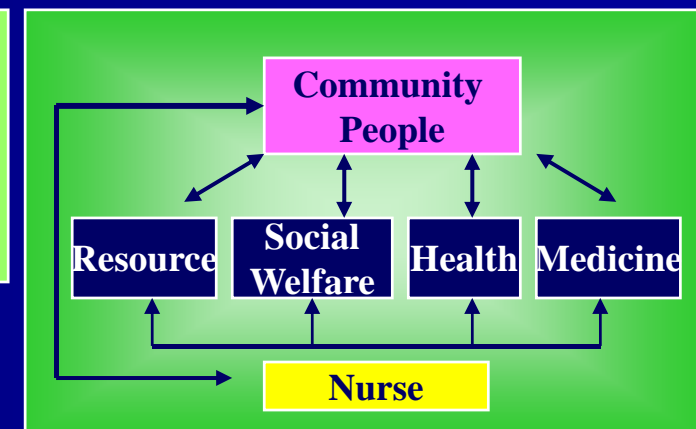
Coordinating



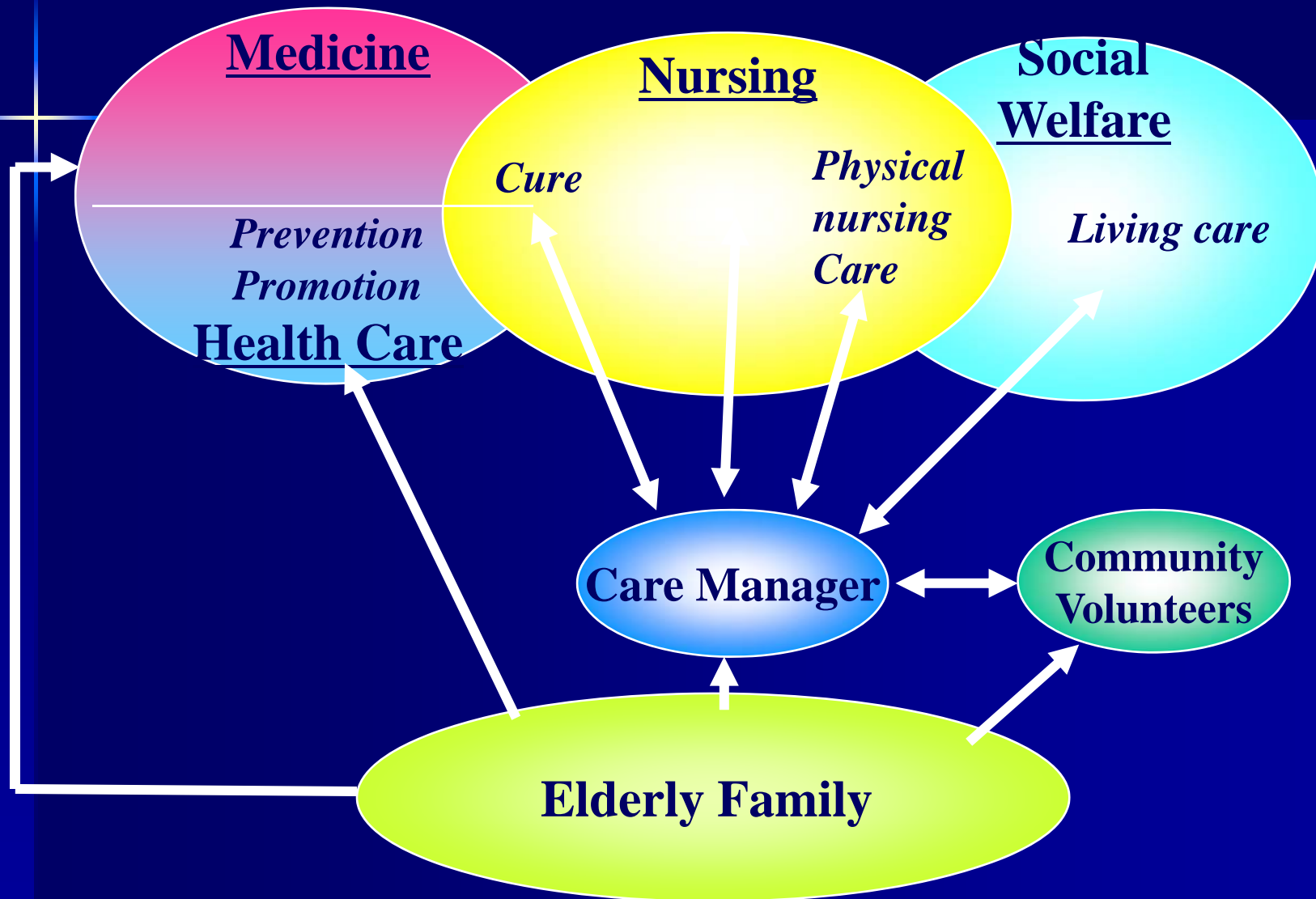
Triangle



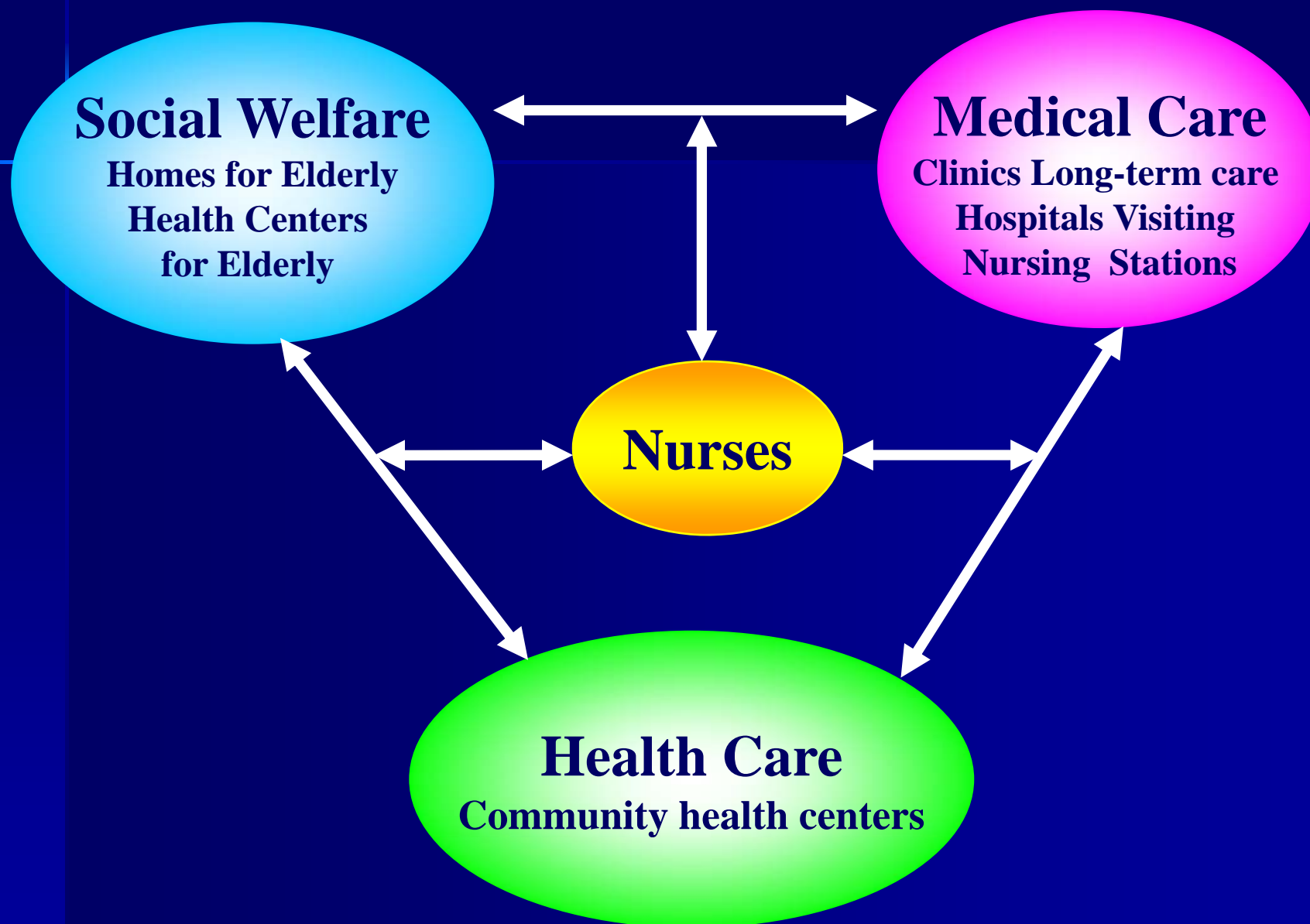
Networking & Collaboration



Current Care System for the Elderly



Comprehensive Care System for the Elderly



Nursing for People-centered Initiatives in Health Care and Health Promotion: People-centered Care

**St. Luke's College of Nursing 21st Century COE Program
(FY2003 - 2007)**

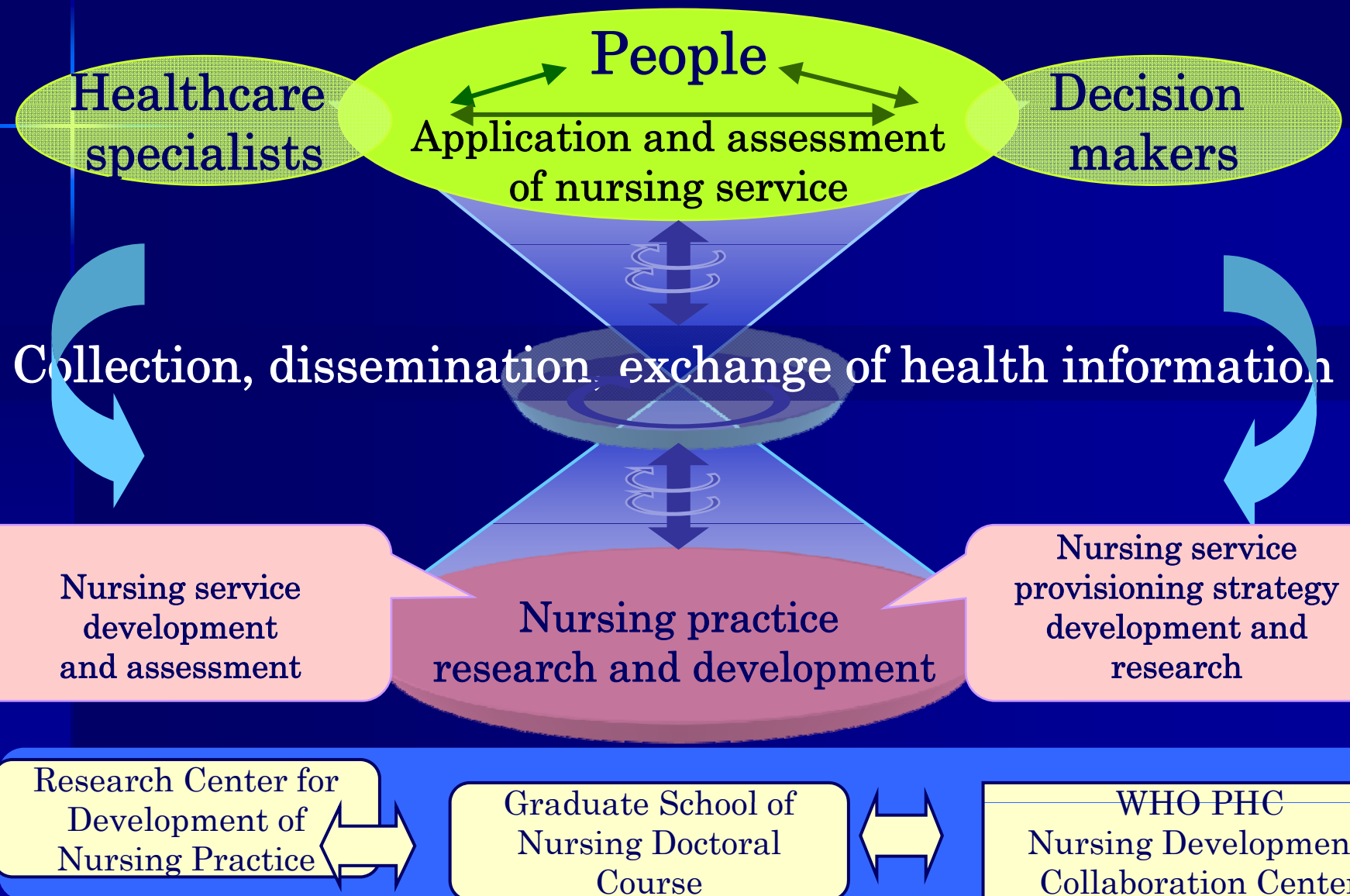
Komatsu, H; Ibe, T; Horiuchi, S; Hishinuma, M;

Kawagoe, H; Tashiro, J; Oikawa, I; Nakayama, K;

Ito, K; Kamei, T; Mori, A; Tonosaki, A; Kikuta, F; Arimori, N; Hayashi, N,



Schematic Diagram of People-centered Care



Conceptual Framework of People-centered Care

A society based on a sense of security and good health

individuals/families

communities

People-centered
Care System

active participation
in the decision
making process

wise use of health
information

A system of
collaborative
solution

based on
partnership

(Collaborative
Solutions)

resourceful community

health-promoting
community

Community-based Participatory Research



1. Nursing Care Service Development & Evaluation

- Children and Family Centered Care
- Women-centered Care
- Japanese Genetic Nursing
- Japanese Cancer Nursing
- Japanese Geriatric Nursing
- Community-based Palliative Care

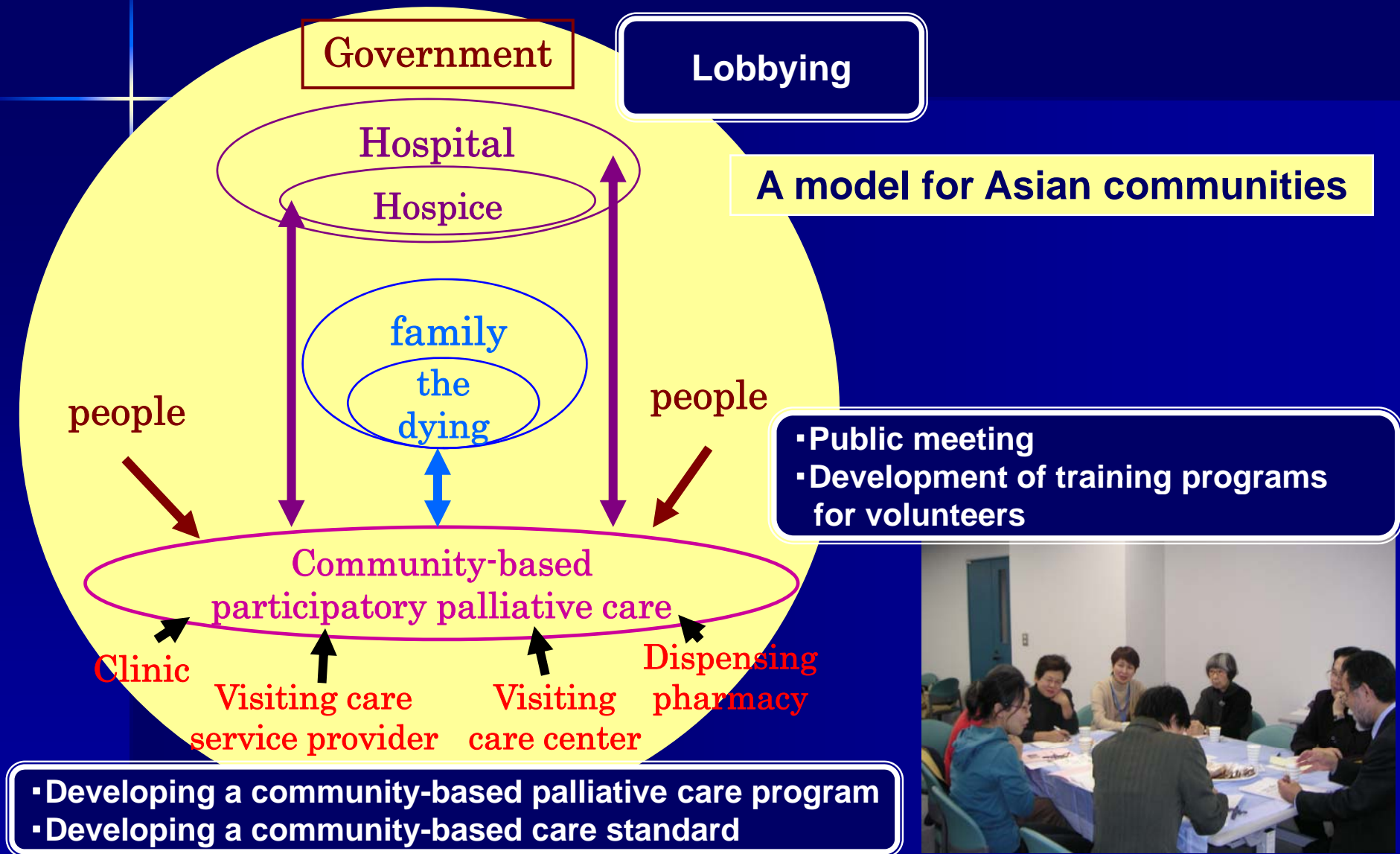
2. Health Promotion Service & Strategy Development and Evaluation

- Program Development for Healthy Families
- Nursing Practice Development for International Collaboration
- *Know Your Body* Program for Preschoolers & Families

3. Health information system: "Kango-net"

<http://www.kango-net.jp>

⑤ **Community-based Palliative Care:**
“building a community to provide a better care of the dying ”
-an example of “Community Health Station”-



市民と看護職を結びコミュニティサイト

看護ネット

このサイトについて

- ・03.09 **「エイズを見直す」** HIV感染が増える背景に潜む、リスクの高い無防備な性行動
- ・03.09 **「人気のコンゼンザンQ10」** ニセ薬が出現
- ・03.09 **「続報」** 国内初となる新変異型クロイツフェルト・ヤコブ病
感染経路は「英国滞在時の感染の可能性が有力」と結論

MedWave ニュース更新：2005年3月9日12:9

「Med Wave」より提供された、市民と看護職に役立つニュースをピックアップしています。

看護コミュニティ

★ 今月の看護師

毎月、看護師が看護について身近なエッセイを綴ってゆきます。

「自分にあるものを選ぶ時代」

助産師 江崎 亜美

★ ワンクリックアンケート

自分が赤ちゃんだったら、どこで生まれましたか？

- ☐ 病院
- ☐ クリニック
- ☐ 助産所
- ☐ 自宅

投票

★ あなたの声を生かす

アンケートにご協力ください

★ 在宅看護について

★ よくあるメール・随時相談

メールで相談してみませんか、専門家が答えします。

★ 在宅高齢者看護相談

★ 夫・パートナーからの暴力

★ 寝たきり看護相談

★ よくある掲示板

テーマについて語る場です。さまざまな方と意見交換しませんか。

★ いのちをさえる

★ 乳がんについて語ろう

★ がんサバイバー（治療後）

★ 家族で介護の掲示板

★ どんな看護がいち看護？

★ 寝たきり看護の最前線

看護の知識

看護とは

看護の定義

看護としての看護学

看護の歴史

看護の仕事

看護としての看護学（看護研究）

インターネット上の保健医療情報の見方

質の高い情報を得る

複数の情報を比較する

自分の責任で選択する

トラブルに合った時は

トピックス

● 過去のトピックスへ

▶ 2005年3月7日 キルト贈呈式レポート (2005/3/9)

キルトが完成し、贈呈式がおこなわれました。

▶ 2005年3月4日 呼吸器生き生き読本シリーズ (2005/3/4)

呼吸器系の自己管理のポイントを紹介する、「呼吸器生き生き読本」が出版されました。

▶ 2005年2月19日 キルトの会レポート (2005/2/22)

聖路加看護大学2号館で、キルトの会がおこなわれました。

▶ 「いのち看護を受けるための豆知識」オープン (2005/2/21)

「いのち看護」を受けるために、看護を知りほしむ。第一回は「病院選び編」です。

▶ 中央区立明石小学校で開催された「いのちの教室」のレポート (2005/2/15)

2月2日に中央区立明石小学校で行われた助産師たちの授業をレポートしました。

▶ 毎週金曜日 ルカ母子乳育児相談室 (2005/2/10)

母乳に関するご相談や育児相談等、助産師があなをサポートします。

▶ 2005年3月26日 NPO法人ミシガンネット レジデント教育公開セミナー (2005/1/19)

「チームアプローチ」の観点から米国ミシガン大学におけるレジデント教育の歴史・現状・課題を話していた公開セミナーです。

▶ 市民の健康に役立つ北米大学のコンテンツ集を公開しました (2004/12/13)

ホームページから市民に情報提供・交流を行う保健医療看護系北米大学を内覧別に紹介しています。

研究発表の広場

聖路加看護大学がOEEプロジェクトですめる研究を公開しています。

▶ 日本型遠征看護

▶ 日本型がん看護 日本型がん集学的アプローチのためのケア提供システムの開発

▶ 日本型がん看護 がんサバイバーの身体的活力的回復をめざすプログラムの開発

▶ 日本型高齢者ケア

▶ Women-Centered Care 性暴力被害者ケア

▶ Women-Centered Care 不妊ケア

▶ 在宅ホスピス（地域緩和ケア）

▶ 子どもと家族中心のケア

▶ 健康教育実践プログラム開発

▶ 国際看護コラボレーション実践開発

▶ 健康資源コンテンツデジタル化とe-learning開発

▶ 看護サービスの活用評価

▶ 日常生活援助のための看護技術

▶ こころのケア

医療キーワード

研究に含まれる、身近なキーワードです。

＜全業＞

がん看護 がん治療後 生活習慣病 心のケア 看護サービス

＜高齢者＞

在宅医療 在宅ケア 介護 介護施設 介護サービス 在宅医療 在宅ケア

イベント情報

一般向け

▶ 毎週金曜日 ルカ母子乳育児相談室

▶ 2005/2/10 読書の会

▶ 2005/2/19 シンボルキルト作成会 初心者の方も大歓迎です！

▶ 2005/3/9 お話の天使ババママの会：天使の保護者ルカの会

▶ 2005/4/9 乳がんサポートプログラム

▶ 2005/4/16 赤ちゃんがやってくる

医療従事者向け

Know Our Body: **Child Learning Program**

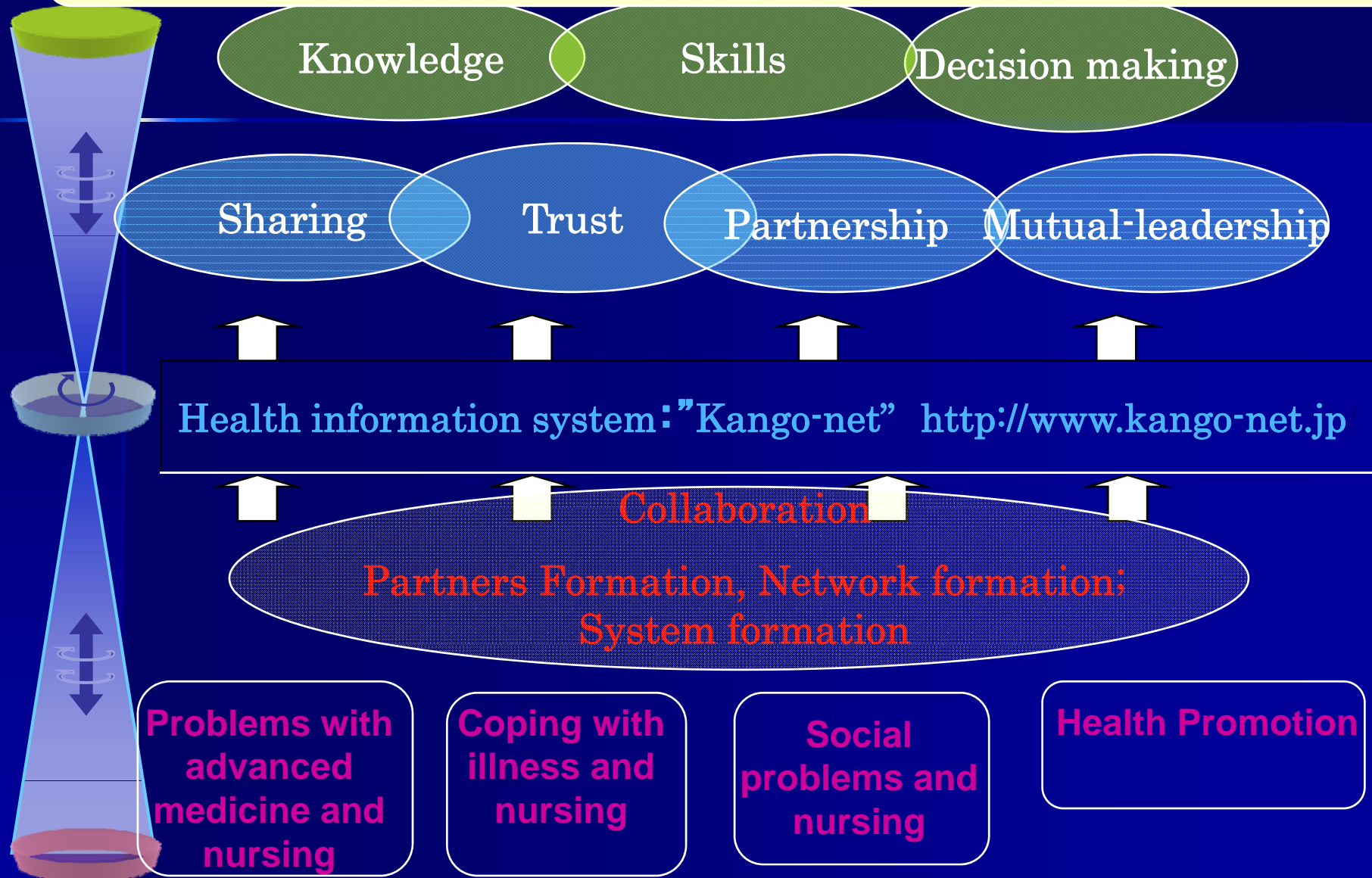
Program aim: Children aged five to six should learn correct knowledge according to the body-systems used in medical organizations, with parents, in order to be aware of the importance of the body's function and life itself.

Educational tools:

- (1) Picture books of seven organ systems (digestive, circulatory, respiratory, urinary, bone and muscle, nervous, reproductive)**
- (2) Picture-card show**
- (3) Body-organ t-shirt**



Overview of People-centered Care Initiatives

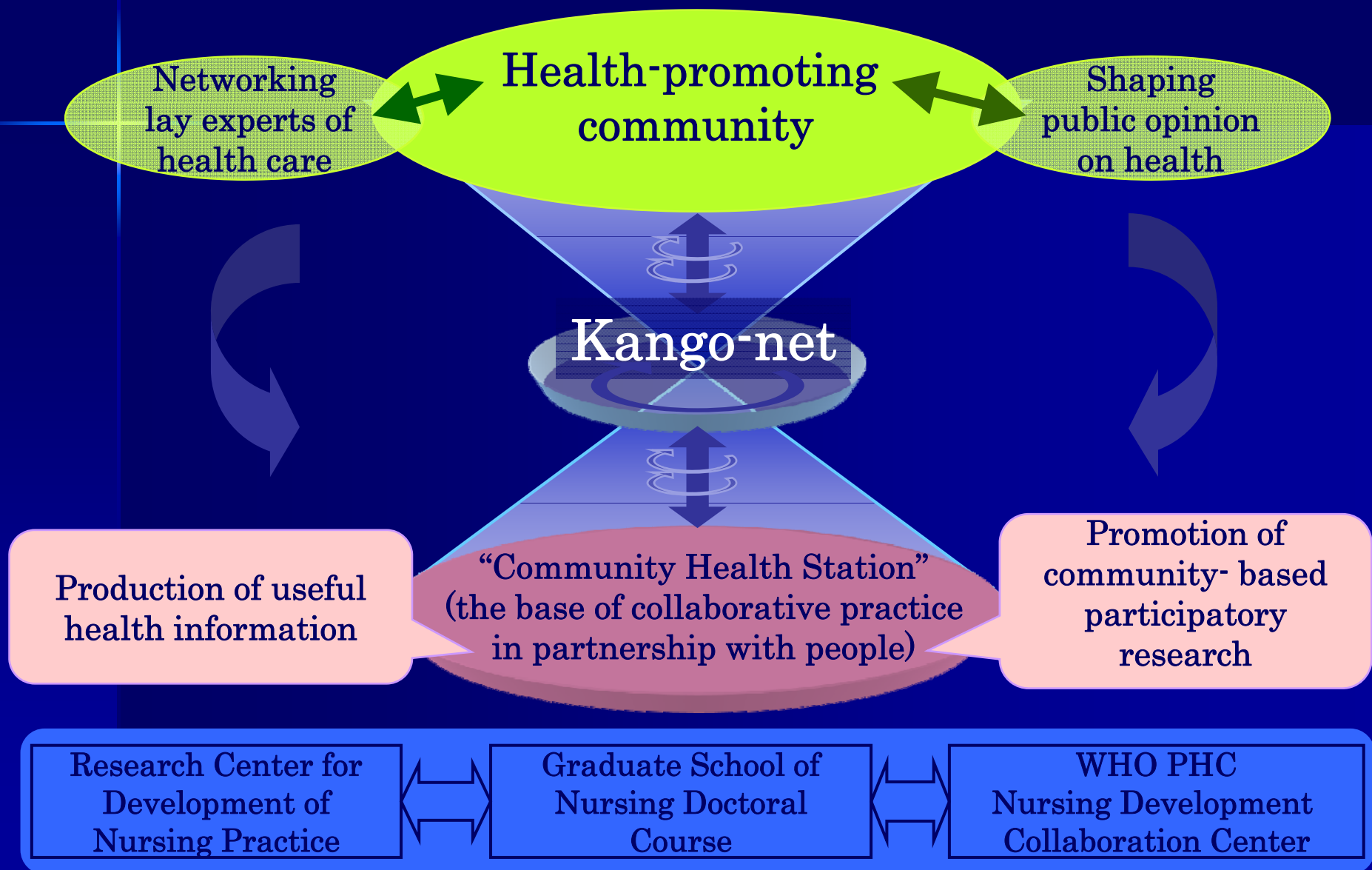


Outcomes:

Institutional Benefits in PCC

- **Increased variety of care projects & partners**
- **Web-site of Health and Nursing Information is accessed by community people**
- **Active study - activities of People-centered care**
- **Expansion and innovation of educational for undergraduate as well as graduate**
- **Increase motivation to further contribute to global health for health equity**

Schematic Diagram of People-centered Care Future Outlook



Challenges of Nurses

- Nurses should be good health communicators for vulnerable People
- Nurses should be collaborators of “Health Equity”
- Nurses should be health advocates and evidence-based policy makers for Caring Society.
- Nurses should have competency for providing PHC for the society.

Revised regulation of education of PHN in Japan

- Community Nursing (12 Credit Hours)
 - * Introduction (2)
 - * Life support of individuals, families, and aggregates or communities
 - * Community nursing process
 - * Community nursing administration (10)
- Epidemiology (2)
- Health Statistics (2)
- Health & Welfare Policy (3)
- Practicum (Total of 4 credit hours)
 - * Community Nursing process and administration at health centers (2)
 - * Home visiting Care for Individual/Family/aggregate(2)

Challenges in Education of PHN in Japan

- Providing competent PHNs after retiring numbers of competent PHNs.
- How we educate PHN students competent in regards of team approach and EBP?
- How we revise curriculum of PHN training in BSN program.
- How we ask Health Care Center to accept PHN students ?
- How we develop carrier radar for PHN from the entry level to advanced level in Master and Doctoral program?

Thank you
for your attention