

# Present and Future Status of Nursing Care in Oita Prefecture

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November 28, 2023

Oita Prefecture Deputy Governor

Kazunari Yoshida



大分県応援団「鳥」  
めじろん

# Self-introduction

**Joined the Ministry of Health and Welfare in 1996**

**Director, Longevity and Social Affairs Office, Health and Welfare Department, Mie Prefecture, April 2007 to March 2009**

**2010 Assistant Director, Geriatric Division, Health Insurance Bureau, Assistant Director, General Affairs Division, Health Insurance Bureau**

**2012 Assistant Director, General Affairs Division, Minister's Secretariat**

**2013 Planning Officer, General Affairs Division, Minister's Secretariat (in charge of medical and long-term care coordination with the Health and Welfare Bureau for the Elderly)**

**Secretary to the Minister from September 2014 to July 2017  
(Yasuhisa Shiozaki, Minister of Health, Labour and Welfare in the 2nd reshuffled cabinet of the Abe administration)**

**2017 Director, Public Relations Office, General Affairs Division, Minister's Secretariat**

**2018 Director, Corporate Pension and Individual Pension Division, Pension Bureau**

**2021 Counsellor, Minister's Secretariat (in charge of new coronavirus response, etc.)**

**July 2022 Current position**



Myself supporting Minister Shiozaki

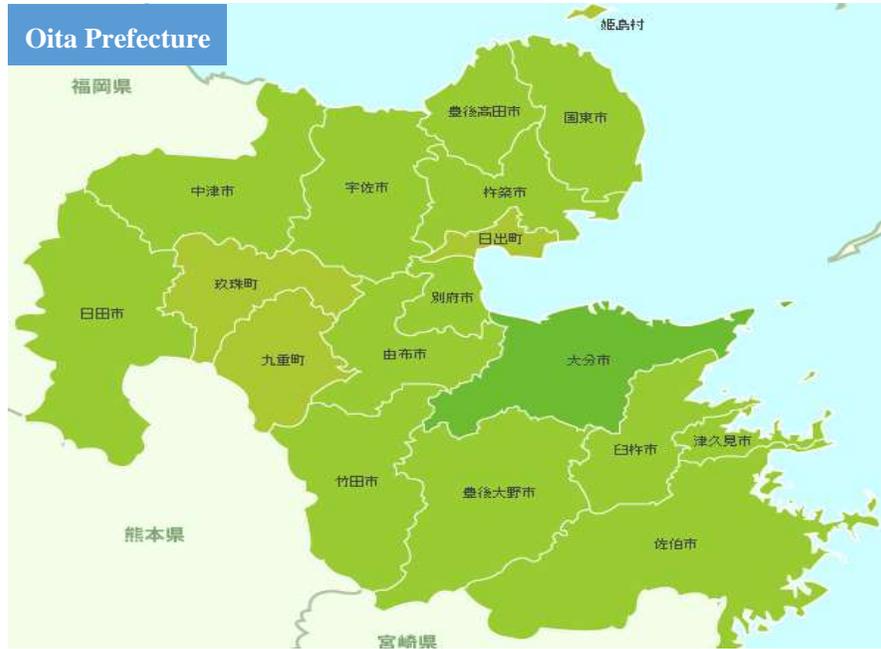


Myself supporting Prime Minister Abe

# 1. Current status of Oita Prefecture



# Outlook of Oita Prefecture



<b>1st position</b>	<b>Oita Prefecture</b>	<b>33.96% (10th position nationwide)</b>
<b>2nd position</b>	Nagasaki Prefecture	33.90% (12th position)
<b>3rd position</b>	Kagoshima Prefecture	33.461% (14th position)
<b>4th position</b>	Miyazaki Prefecture	33.460% (15th position)
<b>5th position</b>	Kumamoto Prefecture	32.1% (23rd position)
<b>6th position</b>	Saga Prefecture	31.3% (25th position)
<b>7th position</b>	Fukuoka Prefecture	28.3% (39th position)
<b>8th position</b>	Okinawa Prefecture	23.4% (46th position)

## ■ Number of municipalities 18

\*58 municipalities before the Heisei merger (11 cities, 36 towns, and 11 villages)

## ■ Total population **About 110.70,000 people** (34th position nationwide)

➤ Geriatric population **About 37.60,000 people**

➤ Aging rate **33.9%** | National average 29.1% |

➤ Number of people certified as requiring nursing care **About 70,000 people**

➤ Nursing care certification rate **18.6%** | National average 19.0% |

➤ 8th long-term care insurance premium **5,956 yen** | National average 6,014 yen |

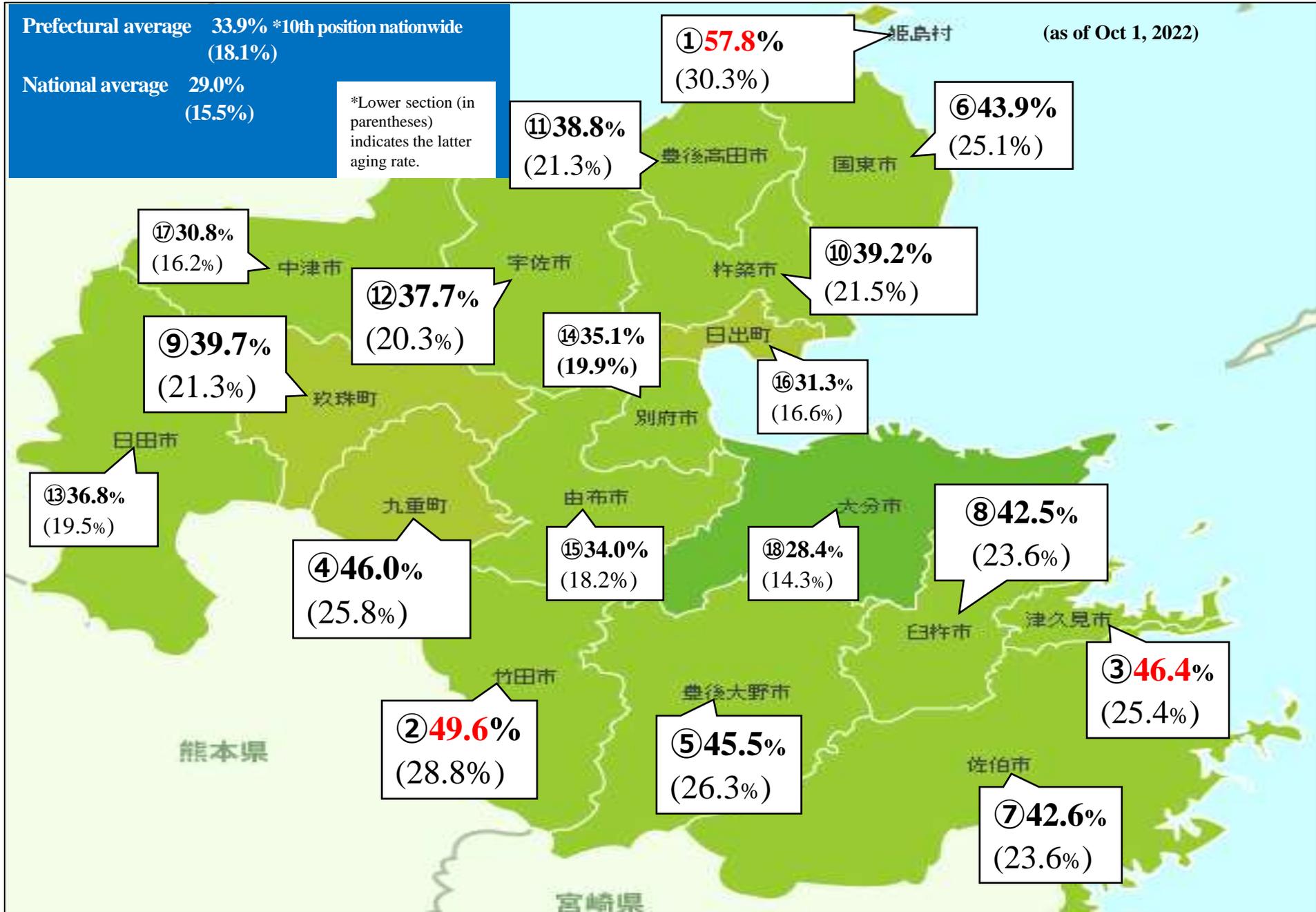
# Comparison of aging rates by municipalities (within the prefecture)

Prefectural average 33.9% \*10th position nationwide (18.1%)

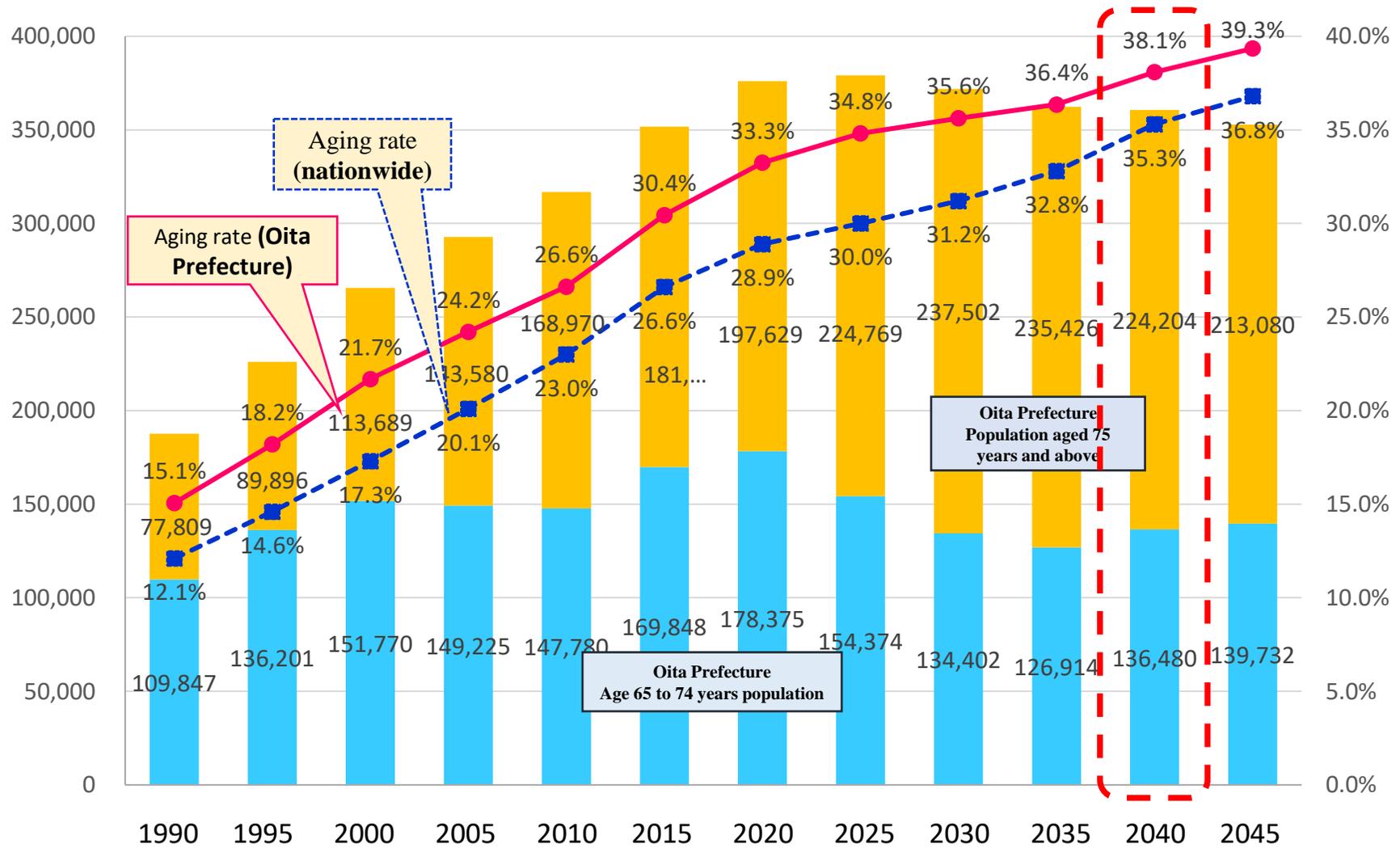
National average 29.0% (15.5%)

\*Lower section (in parentheses) indicates the latter aging rate.

(as of Oct 1, 2022)

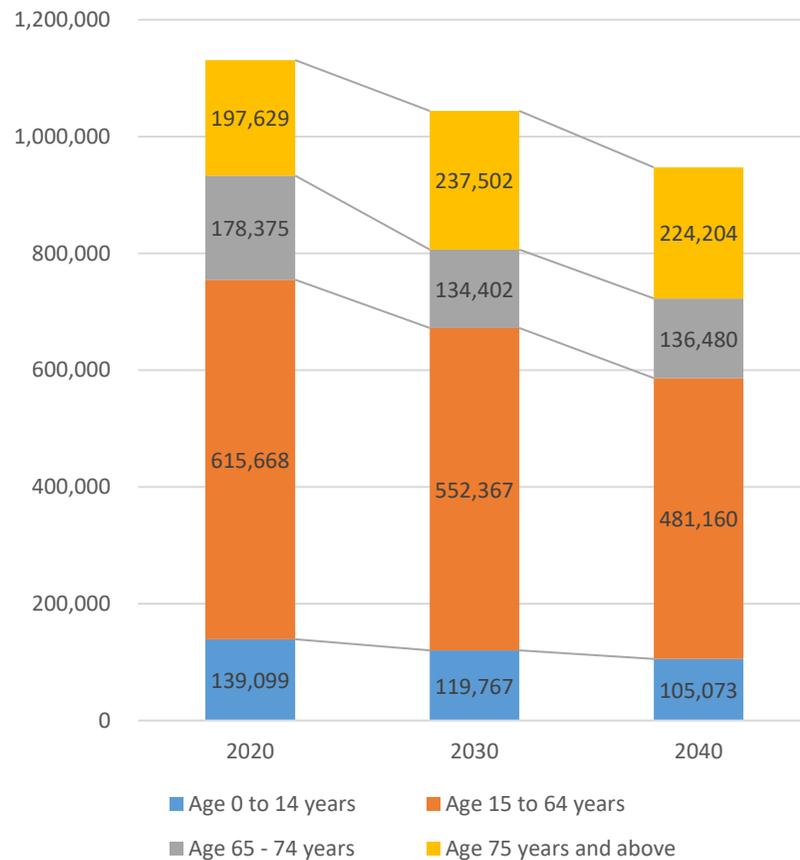


# Future estimate of elderly population in Oita Prefecture

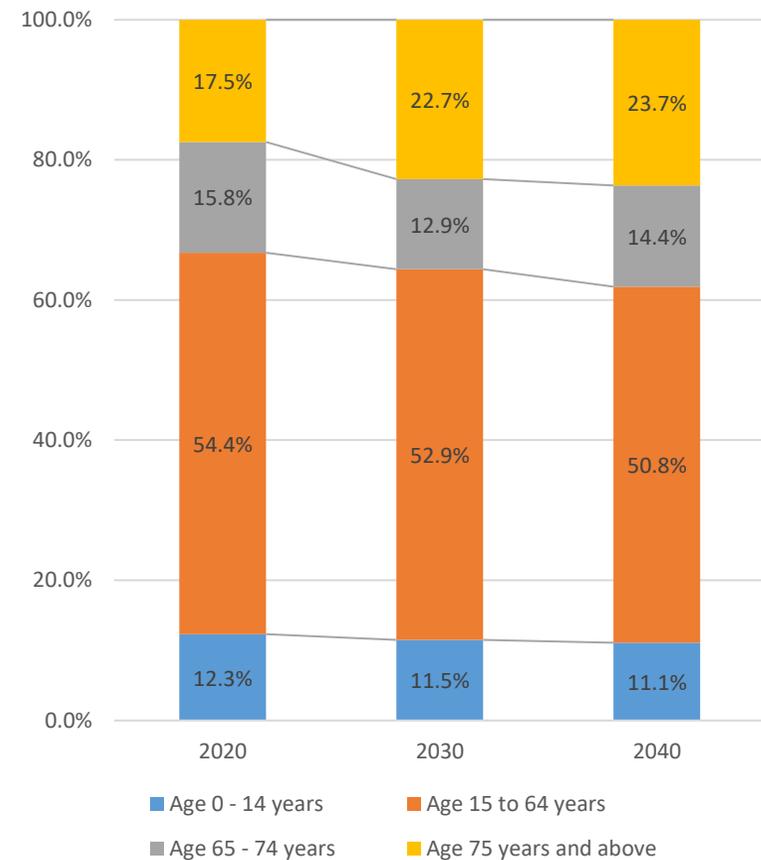


# Oita Prefecture's population by age group

## Population by age group (persons)



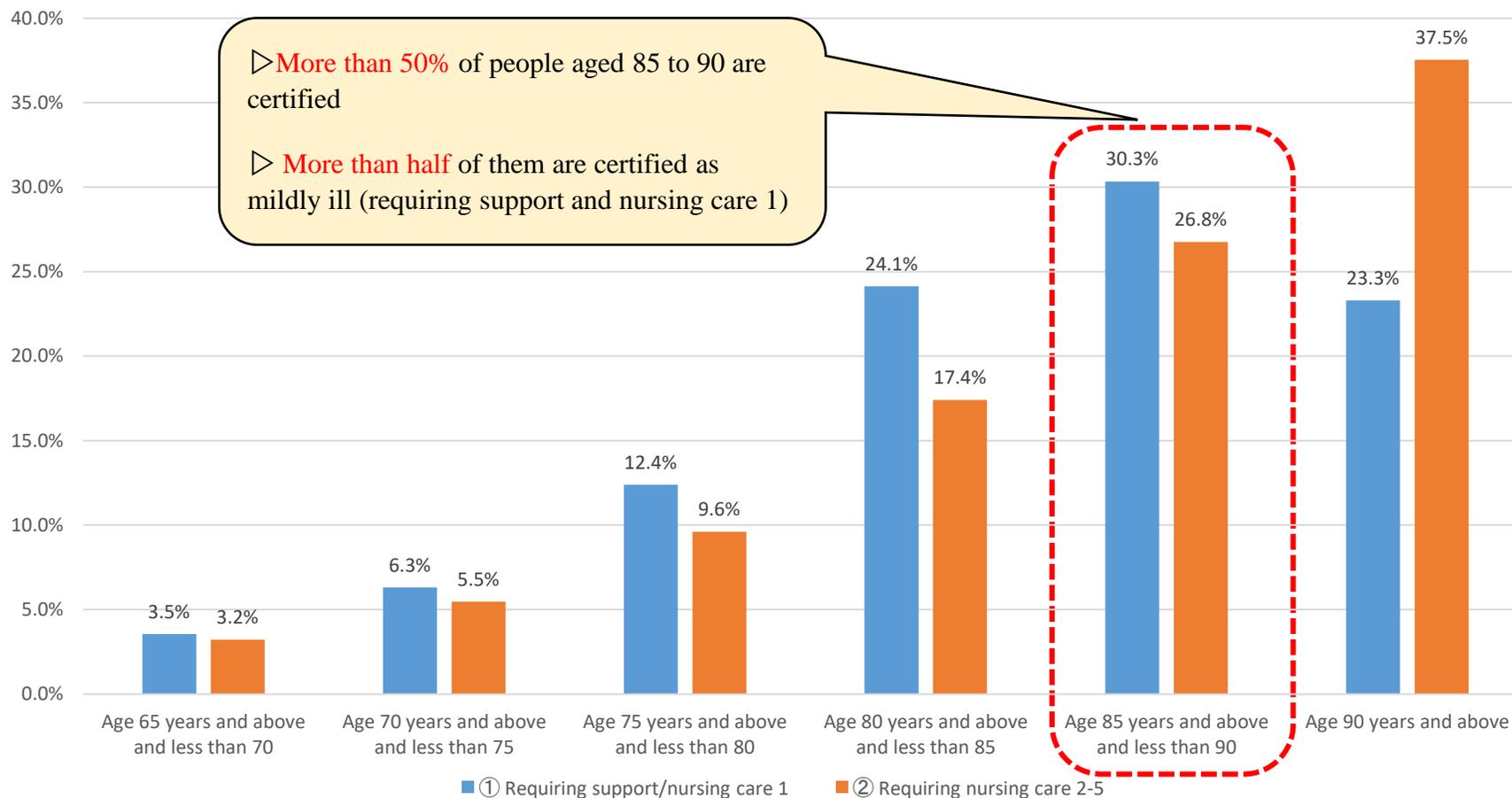
## Composition ratio (%)



• Decrease in proportion of working-age population  
 • Increase in proportion of elderly population in the latter stages of life

Source: Based on National Institute of Population and Social Security Research's "Projected Future Population of Japan by Region" (2018 estimates)

# Situation in Oita Prefecture (percentage certified as requiring support and nursing care by age)



Created based on the FY2018 Annual Nursing Care Insurance Business Status Report (excluding Category 2 insured persons)

## 2. Community-based integrated care promoted by Oita Prefecture

# Environment surrounding medical and nursing care

The declining birthrate, aging population, and declining population that Japan is facing are bringing about changes in medical and nursing care due to changes in disease patterns and the social environment

In the past, in a society with an average life expectancy of 60 years, the majority of patients were in the prime of their lives. Medical care aims to cure illness and rehabilitate society

"Healing Medicine" (Cure)

"Hospital-based medical care"

"Institution-based nursing care"

= Medical care provided by hospitals alone. If nursing care is required, the patient will be placed in a facility.

Abundant labor force

Seniors living with their families

Currently, in a society where the average life expectancy is over 80 years old, the majority of patients are elderly people afflicted with multiple diseases who are receiving medical treatment due to chronic diseases. Aim to maintain and improve the quality of life while co-existing with illnesses

"Medical and nursing care to heal and support"

(Care)

"Medical and nursing care supported by the entire community"

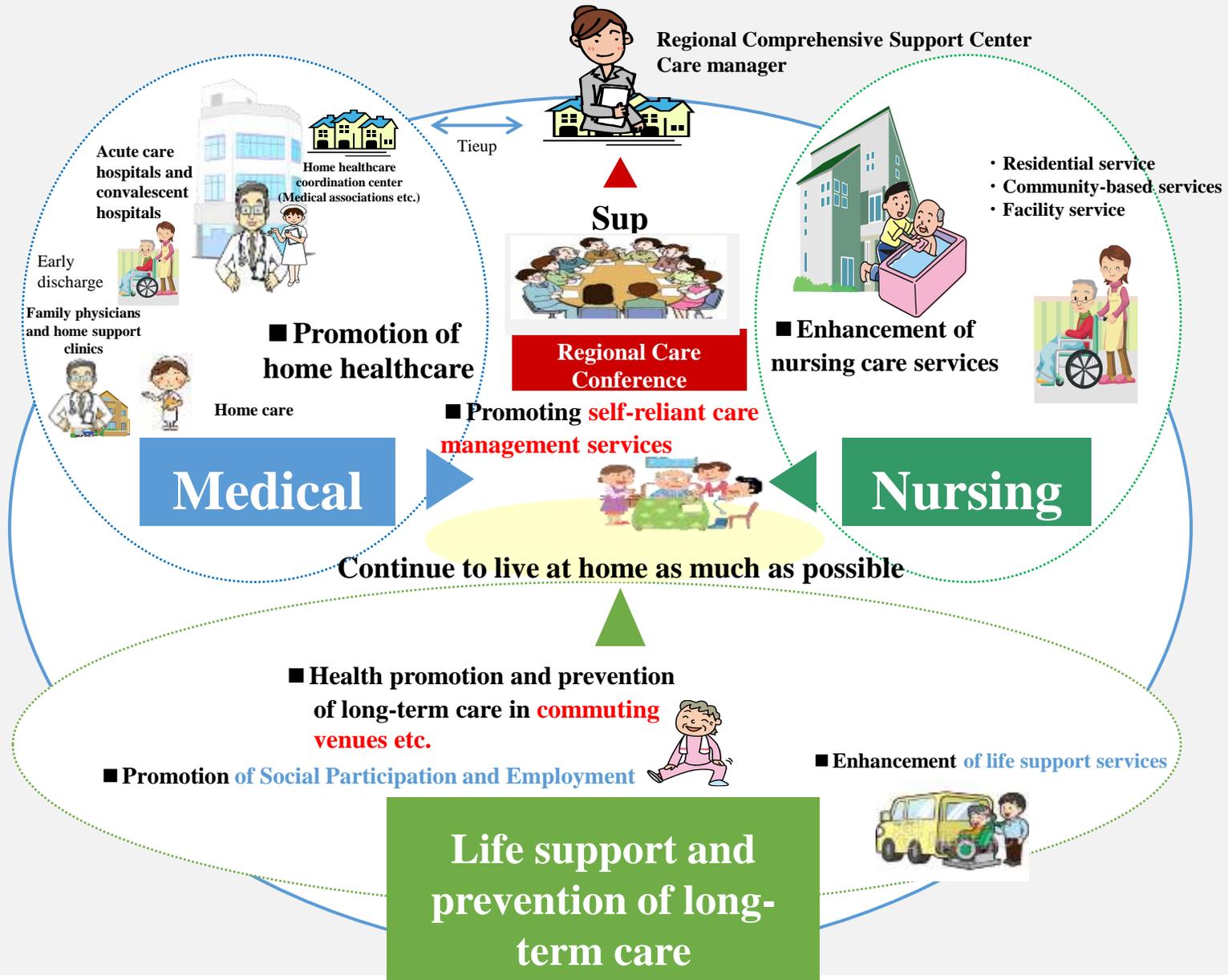
"Regional Network-based Medical and Nursing Care"

= Medical care and nursing care to support the lives of the elderly throughout the community, including hospitals and facilities

Decreasing labor force

Elderly people living alone

# Oita Prefecture's vision of community-based comprehensive care



# 3 initiatives that Oita Prefecture is particularly focusing on

Regional Care Conference

## Regional Care Conference: Considerations for Effective Service Delivery

City (insurer)  
Various professions  
Health care center



Regional Comprehensive Support Center

Creation of a plan that incorporates the perspectives of professionals



Nursing care support specialists, offices, etc.

Self-sustaining support services

## Self-reliant support services: Provision of programs aimed at improvement

Oral cavity functional improvement



Nutritional improvement



Motor function improvement



Exercise

Oral cavity

Nutrition

Improvement of ADL and IADL → Improvement of "activities"

Commuting space

## Promoting the prevention of long-term care led by residents (creation of local receiving communities and systems)



Expansion and enhancement of commuting venue through community development



Fostering and supporting activities of people who contribute to the prevention of long-term care

Creation of "Social Participation and Roles" QOL improvement

Vision

## Build a "Cycle of Self-Reliant Support" in local communities

Regional Care Conference

Consideration for effective service provision

Self-supporting Model Service

Provision of programs aimed at improvement

(After graduation)

(Use of service where necessary)

Commuting space

Creation of local receiver and systems

### Activities in region

- Employment activities
- Hobby activities
- Volunteer
- Multi-generational exchange



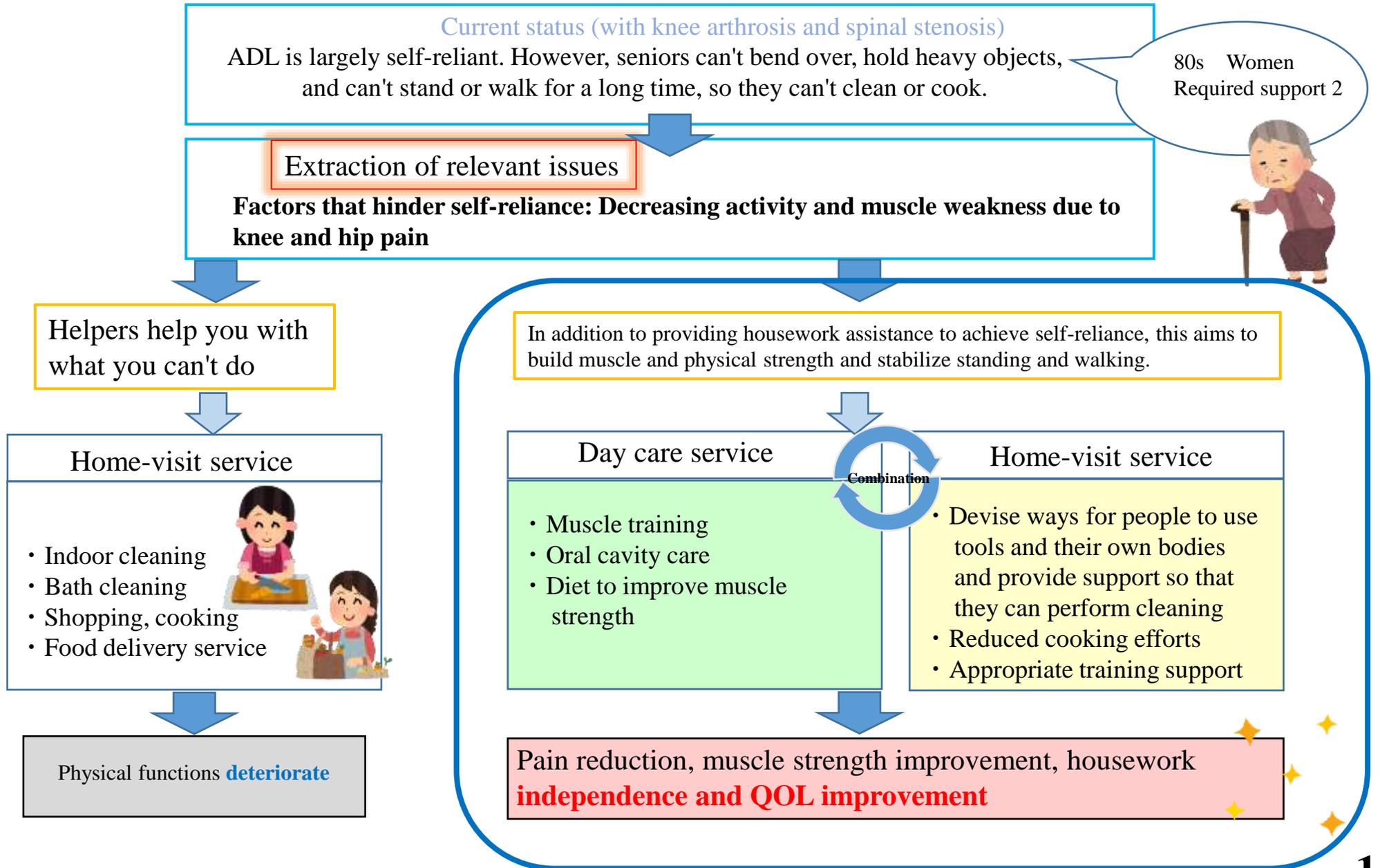
# Regional Care Conference - A place where professionals gather to exchange their wisdom -

What is a "Community Care Conference"?

- **Sponsored by insured municipalities**
- In addition to medical and nursing care professionals, life support coordinators and other professionals in the community general support centers etc. gather in one place to clarify the issues faced by individual elderly people, and **study a wide range of effective support methods (self-reliant care management services).**
- **Regional issues are discovered through the accumulation of individual issues**, which is also expected to lead to the formation of policies in the municipalities.



# Examples of self-reliant supportive care management



# Laundry drying (the first time)



# Laundry drying (after 3 months)



# Cooking and washing (the first time)



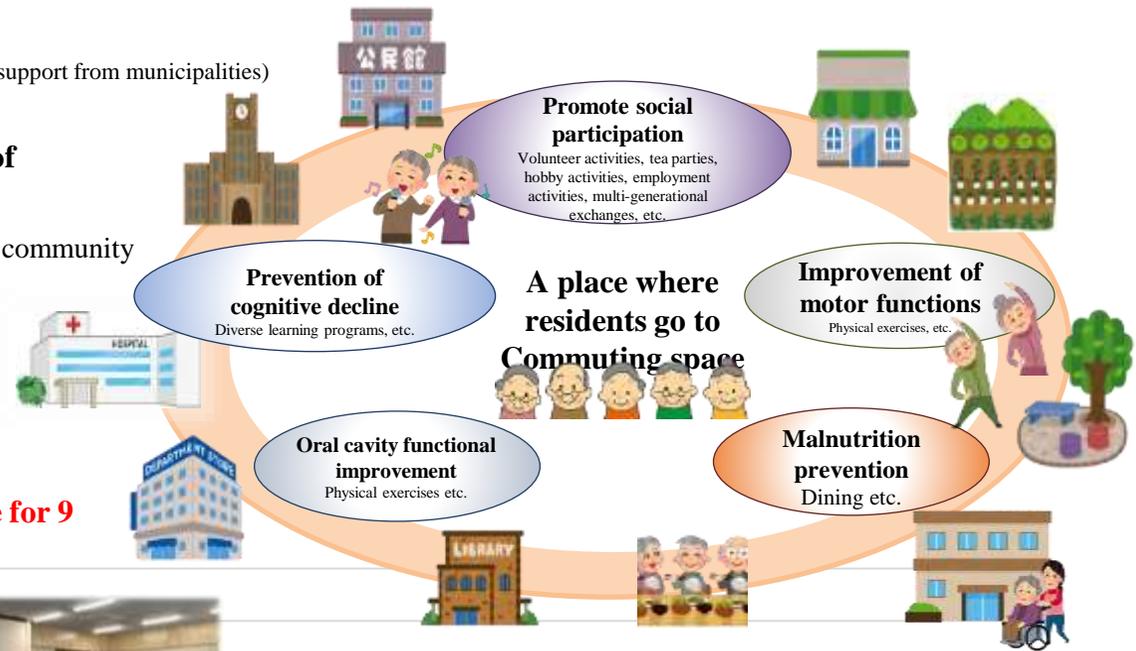
# Cooking and washing (after 3 months)



# Commuting space

## 1 What is commuting space

- Administered mainly by residents (with or without financial support from municipalities)
- Gymnastics, tea parties, hobby activities, etc.  
**Conduct activities that contribute to the prevention of long-term care at least once a month**
- Activities in places that are easy to commute to, such as local community centers and gathering places



## 2 Situation in Oita Prefecture(2021)

2,877 locations under the whole prefecture  
 Participation rate 14.7% [No. 1 position nationwide for 9 consecutive years]



[Source] Ministry of Health, Labour and Welfare's survey on the implementation status of the comprehensive long-term care prevention and daily life support project in 2021

# An example of a mutual aid system sprouting from a "commuting venue"

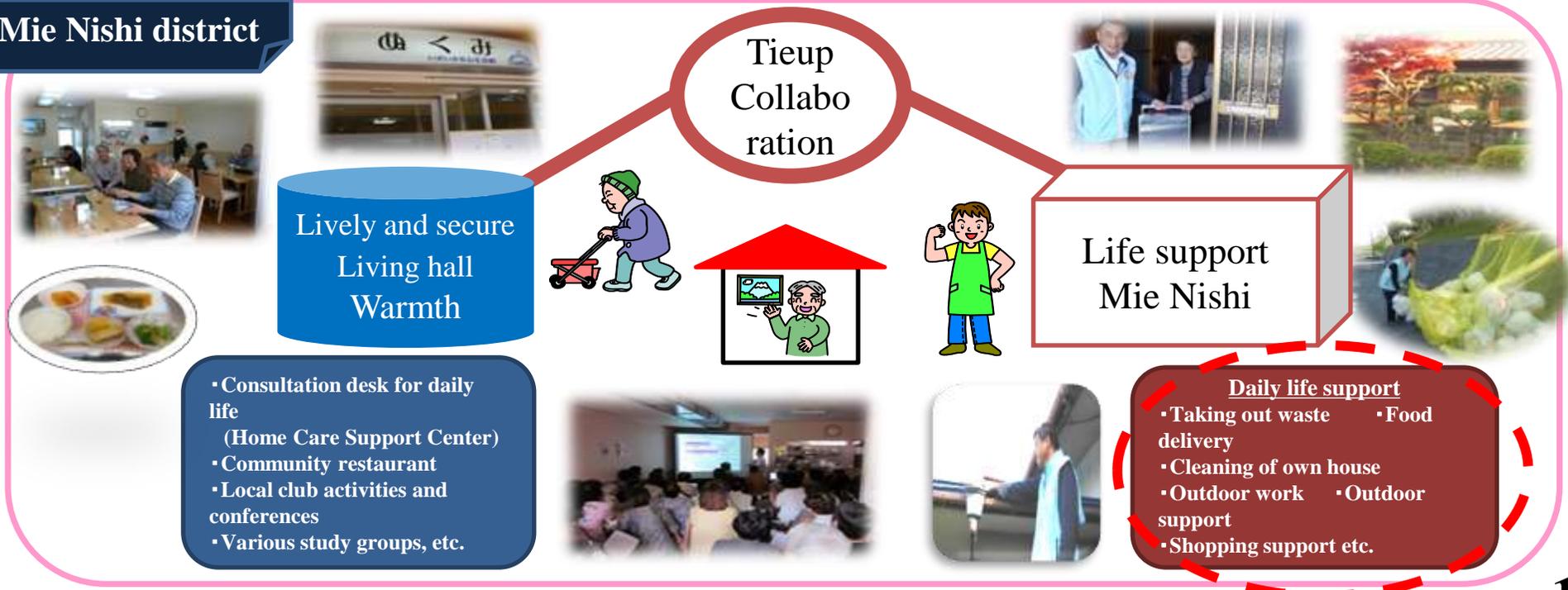
Practical examples in the region: "Life Support Mie Nishi" (Yokkaichi City, Mie Prefecture)

Since April 2012, the "Social Welfare Corporation Seizanrikai" has been using vacant stores along a shopping street in the center of a large housing complex as an "isolation prevention base (= commuting venue)" that serves a combination of functions including (1) general consultation, (2) ensuring food security, and (3) a gathering place for local residents. About 20 local residents use the service every day.

In addition, in conjunction with these efforts, local residents and self-governing bodies have taken the lead in launching a membership organization called "Life Support Mie Nishi" with the aim of supporting community-based daily life.

Since March 2013, the organization has been providing low-cost daily life support services by local residents to the elderly aged 65 and over etc.

## Mie Nishi district



# Life Support Mie Nishi Business Overview

## Purpose of project



### 1) Protect the home-based lives of elderly households on their own

In order to continue living at home for as long as possible in towns where they are accustomed to living, residents are prepared to protect the lives of elderly households on their own.

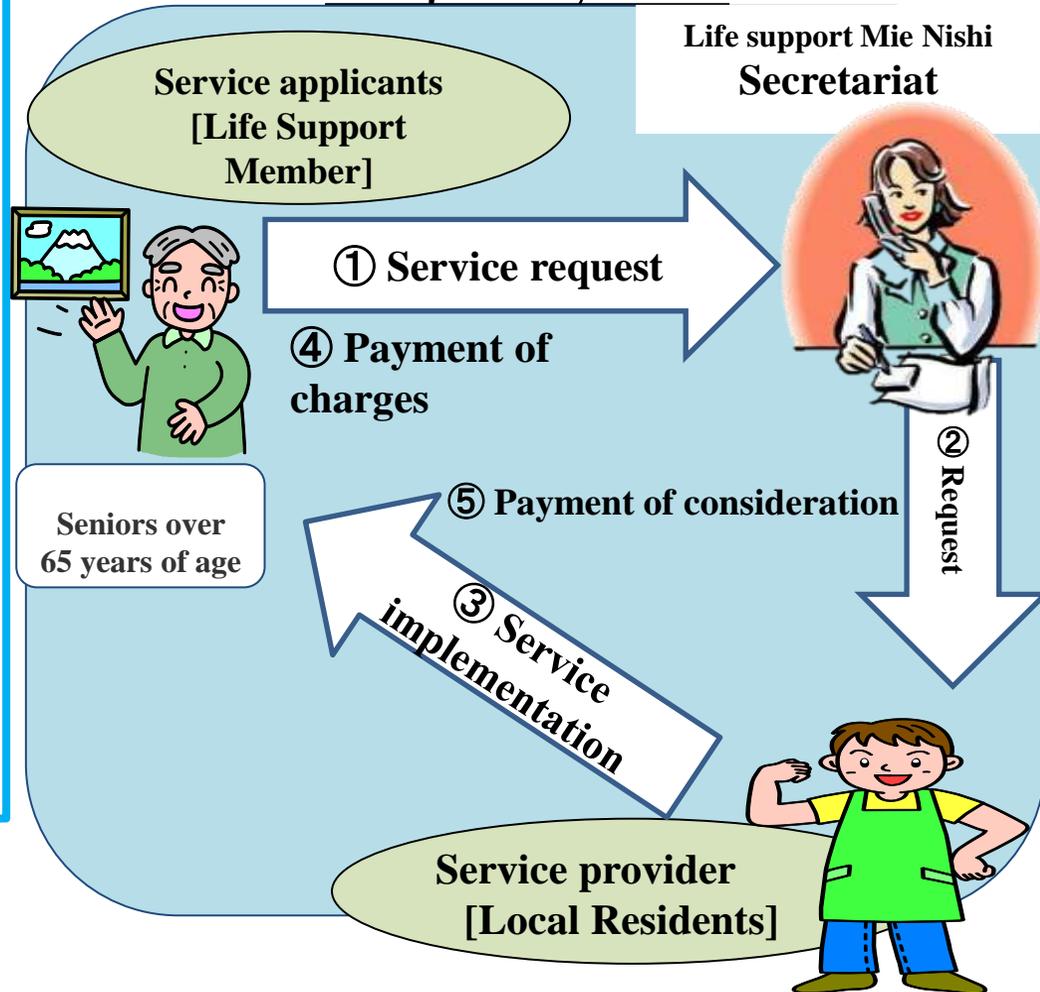
### 2) Implementation of community-based support for daily living by the residents, for the residents, and of the residents

Build a town where residents can continue to live with peace of mind through the life support where residents can help out one another.

The above-mentioned "Purpose of Project" was also created by the local residents.

Member households 200 households

## Project system



**Materials provided by social welfare corporation Seizanrikai**

Shopping accompaniment



Taking out garbage



Home repair



Food delivery



Assembling accessories box



Cleaning of yard



- Service contents**
- Taking out garbage
  - Cleaning of own house
  - **Food delivery**
  - Outdoor work
  - **Shopping assistance**
  - Accompaniment to medical examination
  - **Confirmation of safety of elderly people living alone**
  - **Men-only movie viewing party**
  - Friendship tour etc.

In the event of an accident or emergency by a service user, the Resident Center will also be contacted to pay a visit and provide consultation services.

**Warmth Neighborhood Welfare Consultation Room**



**Tieup Collaboration**

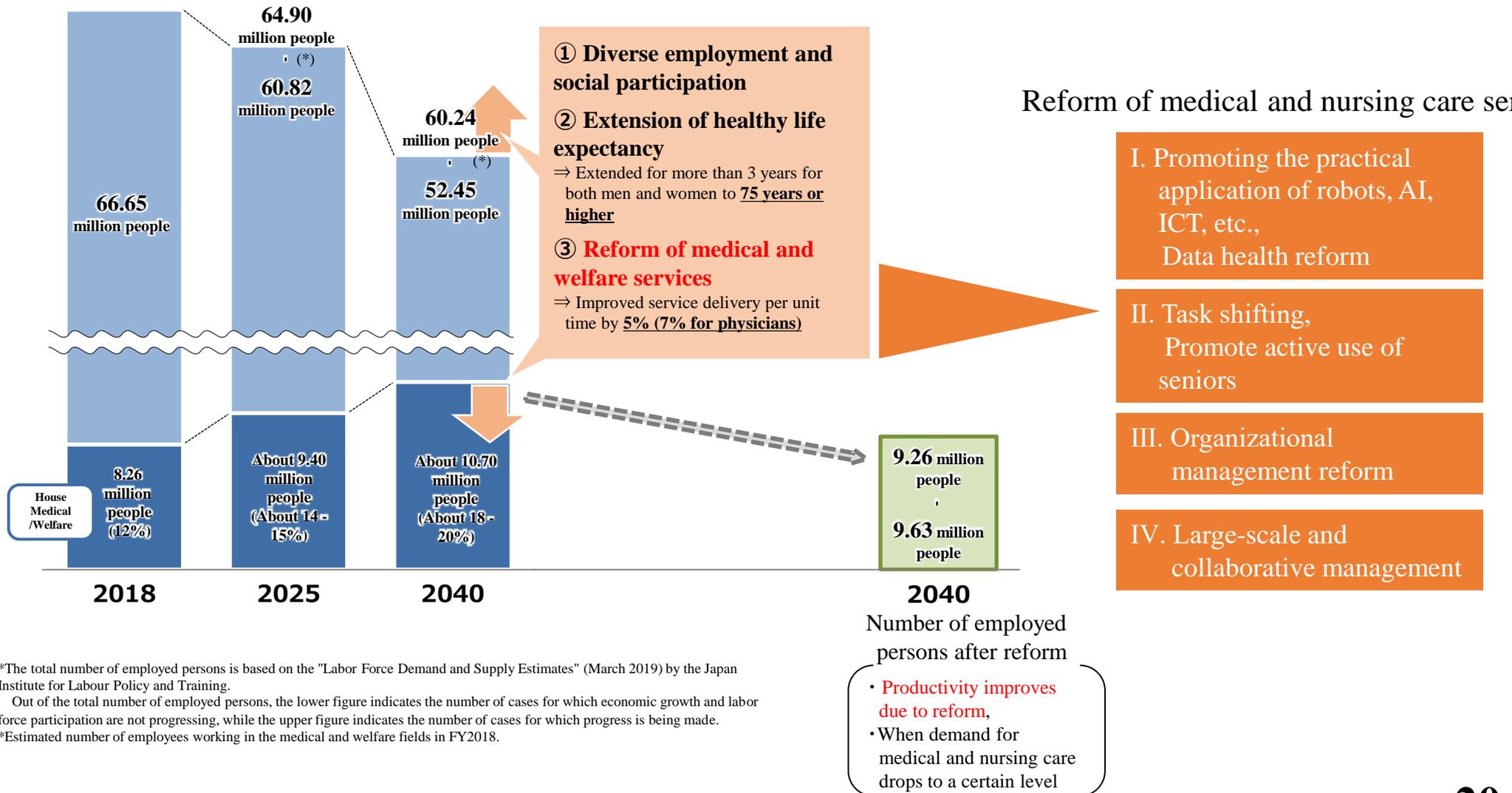
Red text is a collaborative project with Seizanrikai

### 3. Nursing care in the near future

- Overcoming Japan's labor shortage problem Use of digital technologies -

# Manpower simulation for 2040

Changes in the number of workers employed in the medical and welfare fields estimated from the demand side



\*The total number of employed persons is based on the "Labor Force Demand and Supply Estimates" (March 2019) by the Japan Institute for Labour Policy and Training.

Out of the total number of employed persons, the lower figure indicates the number of cases for which economic growth and labor force participation are not progressing, while the upper figure indicates the number of cases for which progress is being made.

\*Estimated number of employees working in the medical and welfare fields in FY2018.

*Do it now!*

*Efforts to improve productivity in nursing care sites in response to the shortage in human resources*

We know we don't have enough people. So, we have to make it possible for one person to do what two people can do.

If things stay the way they are now, we won't be able to do what we have to do. Otherwise, we'll have to work overtime. Quality of nursing care drops.

Active use of welfare equipment/ICT/IT and reform of mindset on working style

**“Labor productivity improvement”  
“High-quality nursing care with a small number of people”**

- Improvement of working environment
- Improvement of living environment
- Ensuring the quality of nursing care
- Standardizing the quality of nursing care
- Preventing user accidents
- Measures to prevent back pain among staff
- Reduction of overtime work
- Comfortable work environment
- Solving the shortage of human resources
- Creation of jobs for young people

**Taisyokai practice(theoretical nursing care)**

<p>No lifting care</p> <p><b>Lifting zero</b></p> <ul style="list-style-type: none"> <li>• Expansion of work that can be done by one person</li> <li>• Reduction of physical burden</li> <li>• Highly effective in preventing back pain</li> <li>• Safety improvement</li> <li>• Prevention of contractures in users</li> </ul>	<p>Out of bed &amp; biometric sensors</p> <p><b>Nighttime patrol zero</b></p> <ul style="list-style-type: none"> <li>• Monitoring out-of-bed and biometric information in real time</li> <li>• Eliminate unnecessary visits to the room and reduce the burden of night shift work</li> <li>• Improving the quality of sleep of users</li> </ul>	<p>Voice recording anytime, anywhere</p> <p><b>Recorded overtime zero</b></p> <ul style="list-style-type: none"> <li>• Realtime records</li> <li>• Optimization of recording work</li> <li>• Sharing information in real time</li> </ul>	<p>Online consent app</p> <p><b>Non-confronting/non-contact Non-visiting</b></p> <ul style="list-style-type: none"> <li>• Work optimization by cloud data management</li> <li>• Reducing difficult home visits and improving work efficiency</li> <li>• Sharing of data with other offices with cloud services</li> </ul>	<p>Income</p> <p><b>Action loss zero</b></p> <ul style="list-style-type: none"> <li>• Prompt transmission of information</li> <li>• Prompt sharing of information</li> <li>• Eliminate and optimize duplicate work</li> </ul>
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**Future initiatives of Taisyokai**

AI Development

**Hazard prediction by behavior analysis**

Human movements are turned into data by video analysis, and behavioral patterns are studied by AI. System to predict the next action and communicate required information to employees.



Bio silver's aams used

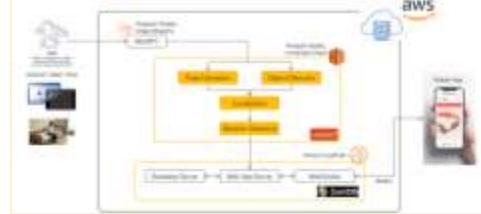
Verify behavioral predictions by AI in the future!

Care Connect Japan Inc. Carekarte and Hanasuto used

Verify automatic input using AI in the future!

HumaniX Inc. InfoSent used

Care Connect Japan Inc. Hanasuto used



Supervised by Professor Hajime Asama, the University of Tokyo

KAIGO SWITCH

**Taisyokai's no-lifting care**





## **Chairman's thoughts on no-lifting care**

KAIGO SWITCH

**Thoughts of staff**



*Do it now!*

*Efforts to improve productivity in nursing care sites in response to the shortage in human resources*

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Out of bed & biometric sensors

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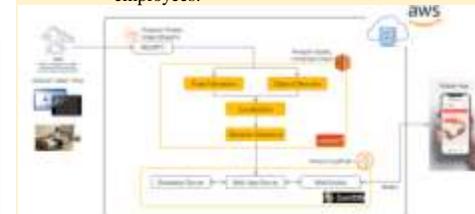
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Care Connect Japan Inc. Hanasuto used



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Realization of zero night patrols!

KAIGO SWITCH

**Hooray, Taisyokai! Realization of zero night patrols**



Breathing

Pulse

Body motion

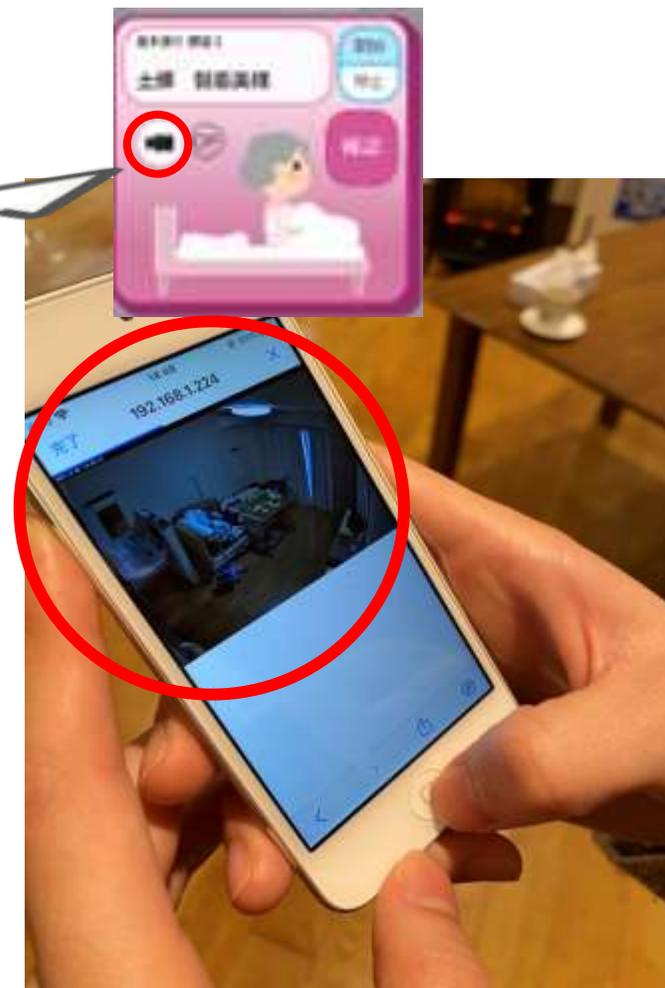
Sleep stage

Red: Alert

Pale blue: [Light sleep]

Yellow: [Awake]

Dark blue [Deep sleep]



**An informed approach. Eliminate unnecessary room visits!**

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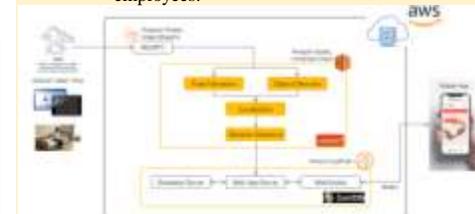
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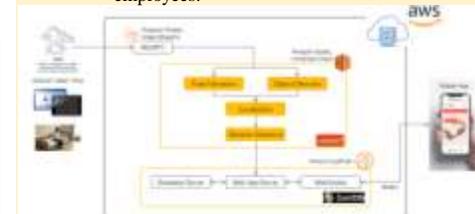
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**From paper consent to  
electronic consent**

Towards an era of electronic consent  
- Pathway towards Productivity Improvement -



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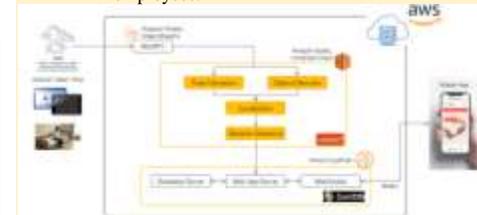
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3-4. Case video (e.g. lying position - long sitting position - upright sitting position)

Joint development with Professor Hajime Asama, the University of Tokyo

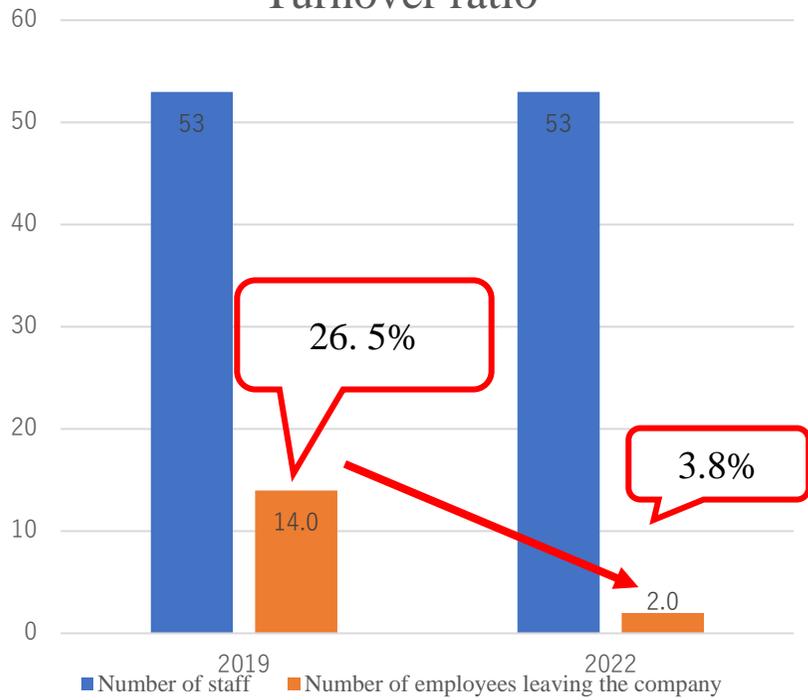




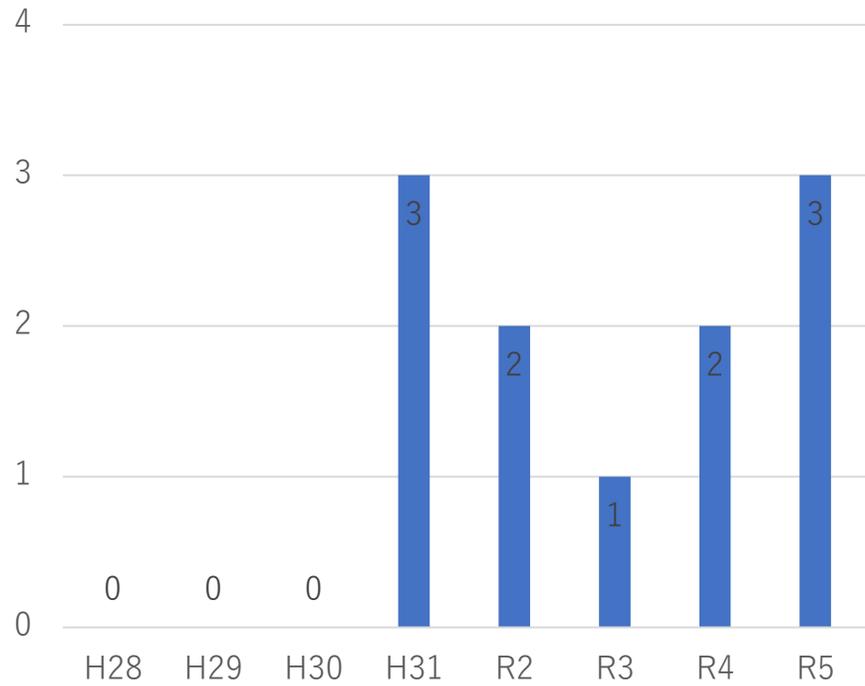
Vice-Minister Oshima

Office of the Permanent Secretary of the Ministry of Health, Labour and Welfare  
Dialogue with Vice-Minister Kazuhiro Oshima on theoretical nursing care

### Turnover ratio



### Number of new graduate hires



# Nursing care in the near future

A photograph of a nurse in a white uniform using a mechanical hoist to lift an elderly patient. The patient is wearing a dark blue mesh garment and is suspended by yellow straps. The nurse is standing to the left of the patient, and the hoist is positioned over the patient. The background shows a hospital room with a bed, a framed picture on the wall, and a window with curtains.

- Back pain occurrence **Zero**
- Night patrol **Zero**
- Recorded overtime **Zero**
- **Reduction** in turnover
- Employment creation effect **Increase**



*We make the future!*

Thank you for your attention.



おんせん県おおいた

# The 21<sup>st</sup> ASEAN & Japan High-Level Officials Meeting on Caring Societies

Towards building a society where everyone can live lively as being oneself in communities  
– focusing on maintaining and strengthening physical and mental capacities to optimize one's full potential –

28 - 30 November, 2023  
Oita, Japan

Ministry of Health, Labour and Welfare  
(MHLW)

