

Present and Future Status of Nursing Care in Oita Prefecture

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

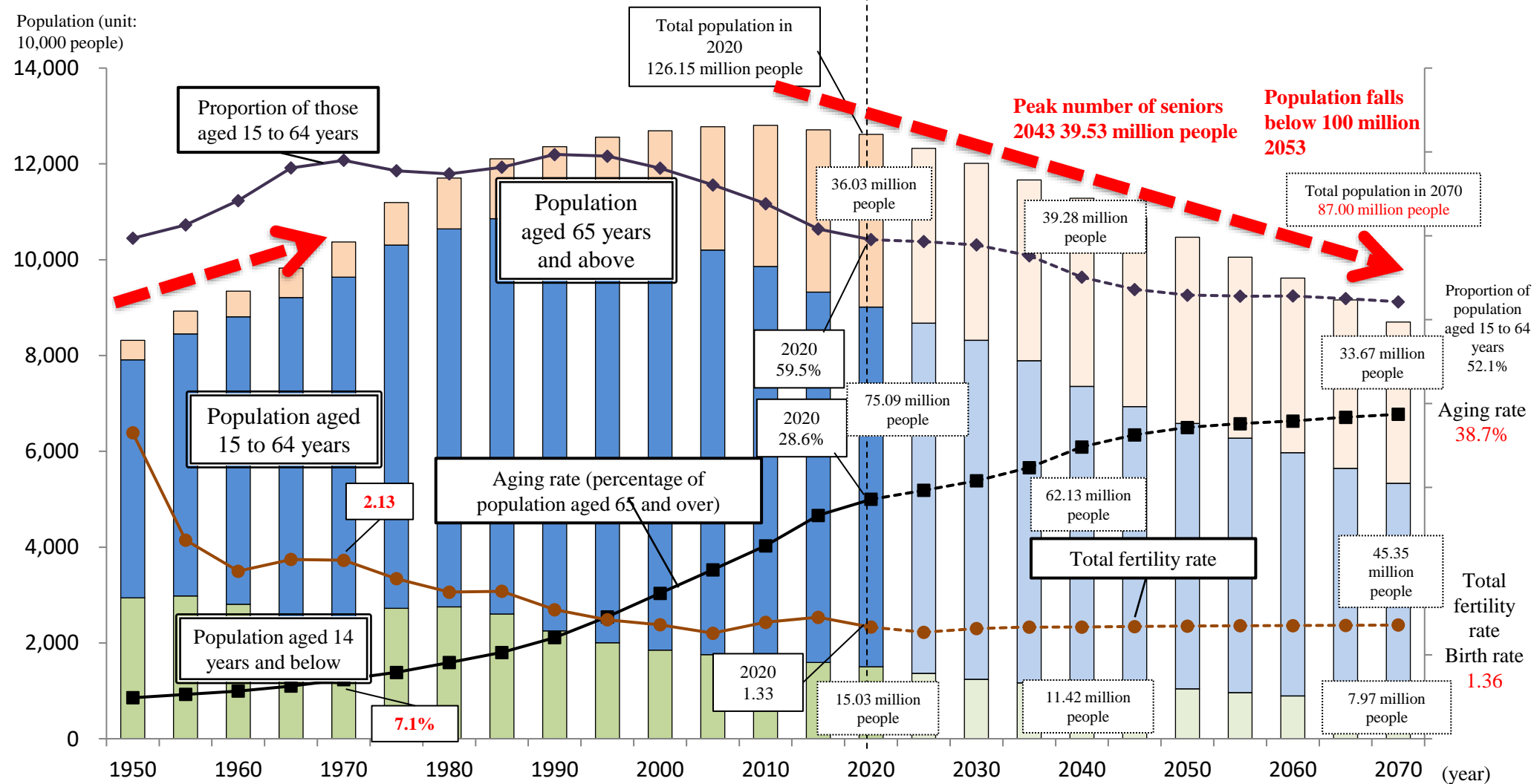


Myself supporting Prime Minister Abe

1. Current status of Oita Prefecture

Changes in the population of Japan

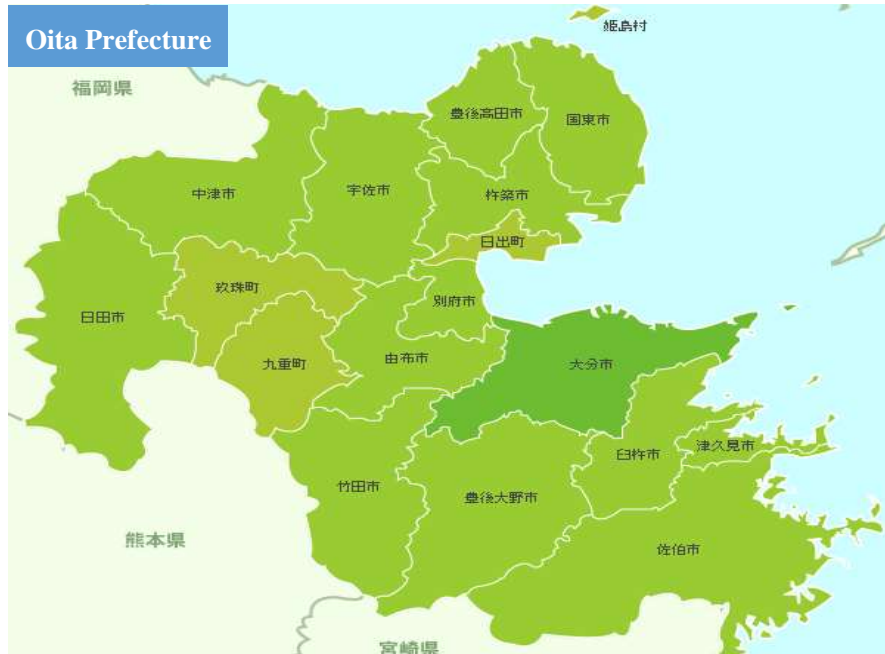
○ Japan's social security system was formed in the 1970s, with the achievement of universal health insurance and universal pension in 1961 and the start of the welfare system in 1973, but the demographic structure has changed significantly since then.



(Source) The population up to 2020 is based on the Ministry of Internal Affairs and Communications "National Census", while the total fertility rate is based on the Ministry of Health, Labour and Welfare's "Demographic Statistics"

Figures after 2025 are based on the National Institute of Population and Social Security Research's "Projected Future Population of Japan (2023 Estimate)" (mean birth (mean death) estimates)

Outlook of Oita Prefecture



1st position Oita Prefecture 33.96% (10th position nationwide)

2nd position	Nagasaki Prefecture	33.90% (12th position)
3rd position	Kagoshima Prefecture	33.461% (14th position)
4th position	Miyazaki Prefecture	33.460% (15th position)
5th position	Kumamoto Prefecture	32.1% (23rd position)
6th position	Saga Prefecture	31.3% (25th position)
7th position	Fukuoka Prefecture	28.3% (39th position)
8th position	Okinawa Prefecture	23.4% (46th position)

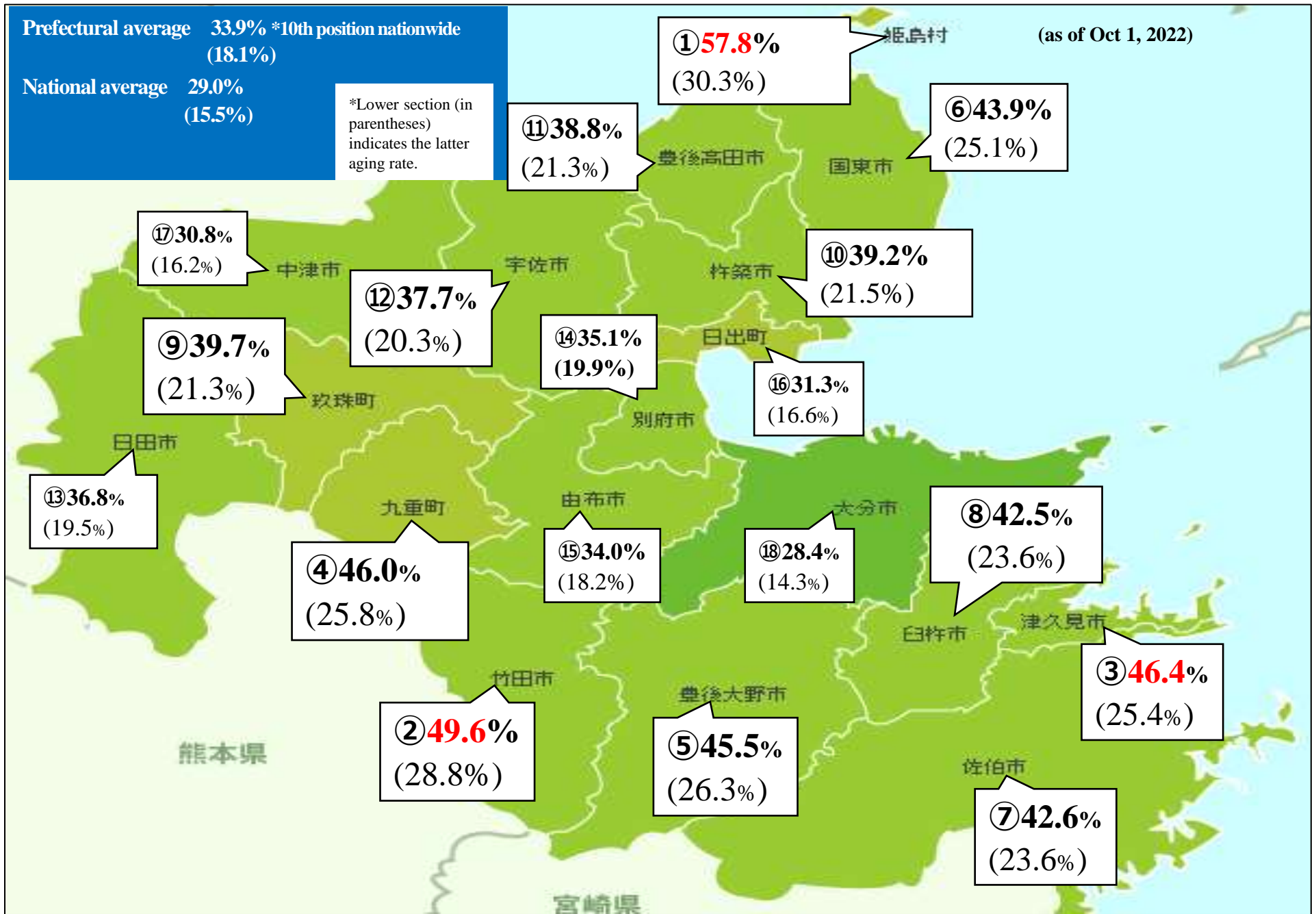
■ Number of municipalities 18

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

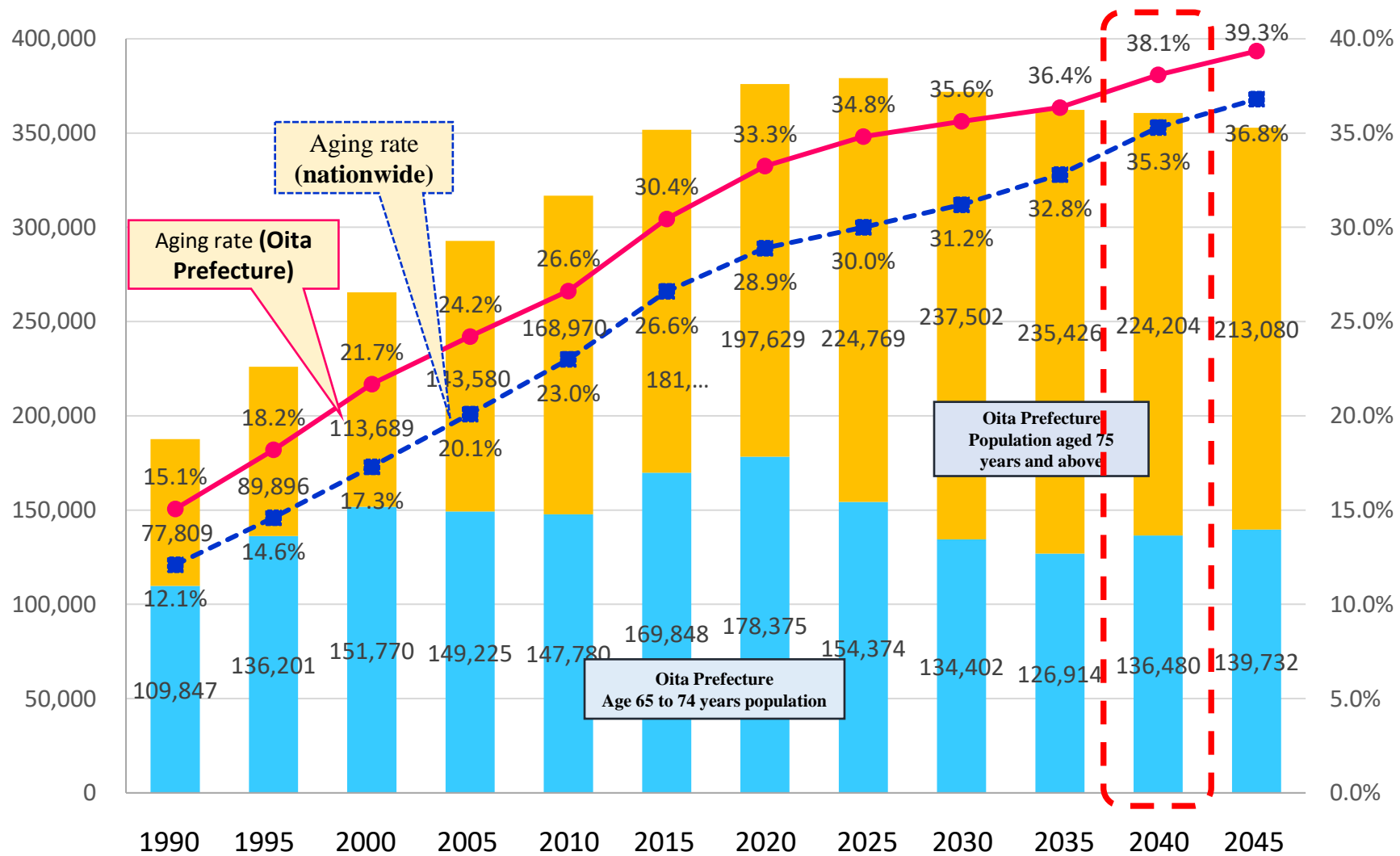
■ Total population About 110.70,000 people (34th position nationwide)

- 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)

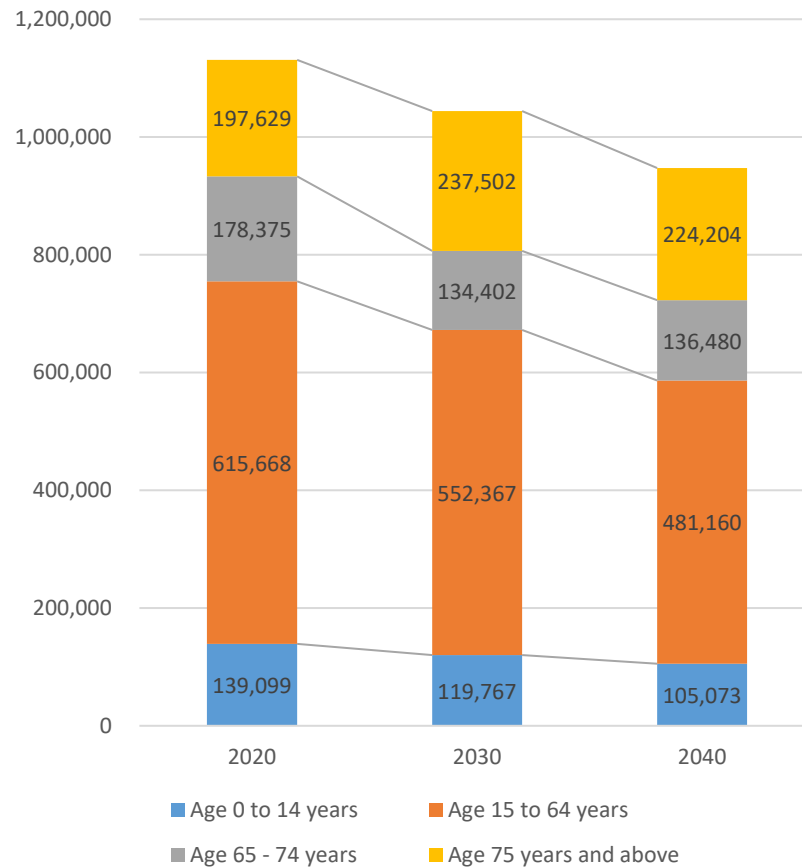


Future estimate of elderly population in Oita Prefecture

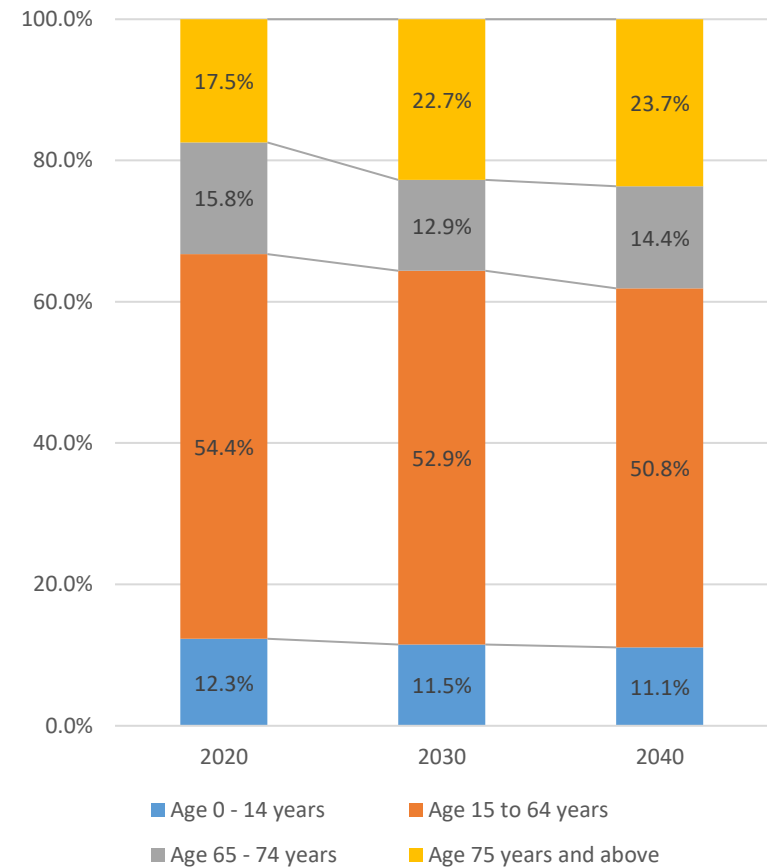


Oita Prefecture's population by age group

Population by age group (persons)



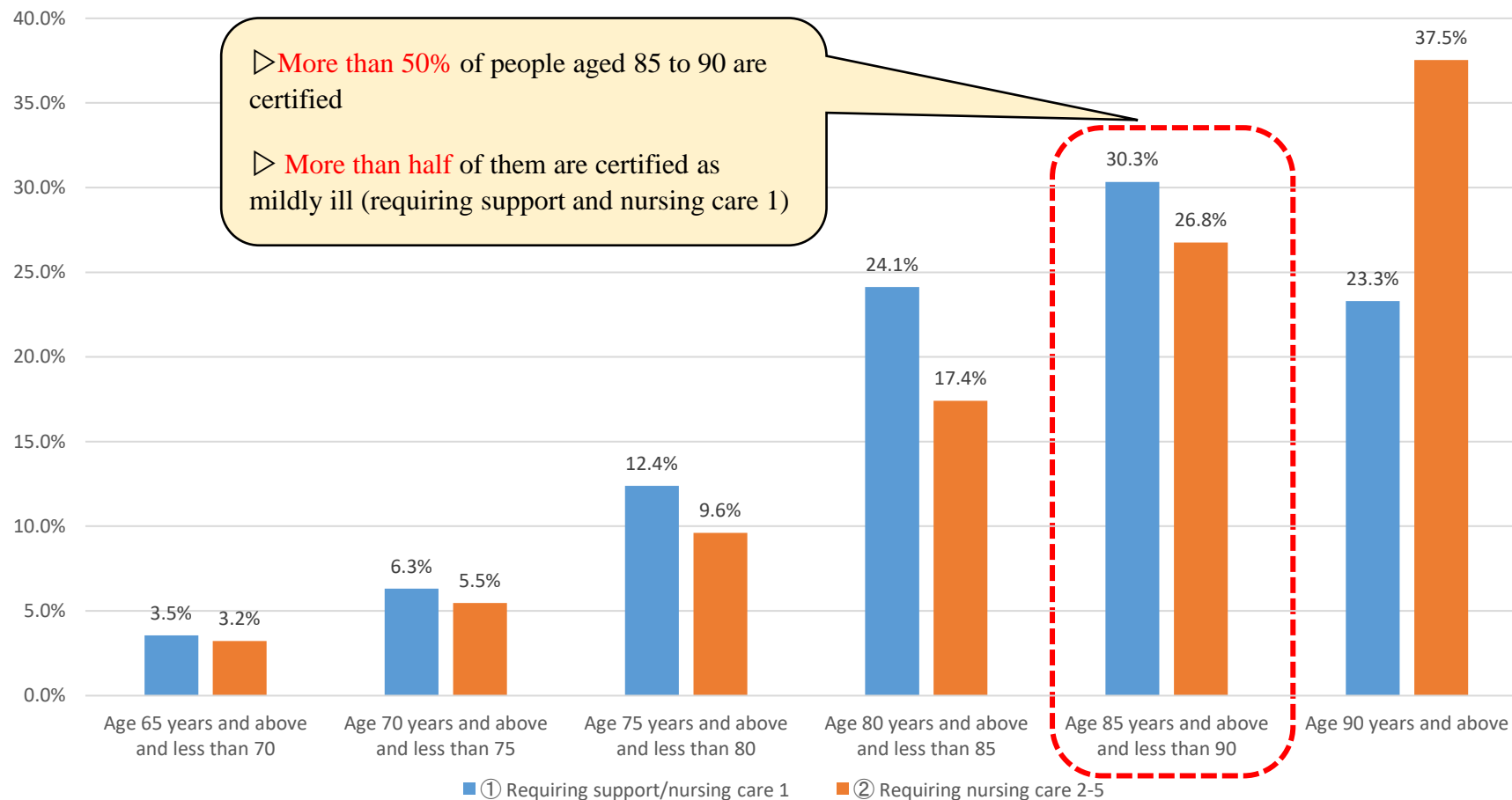
Composition ratio (%)



▪ 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"

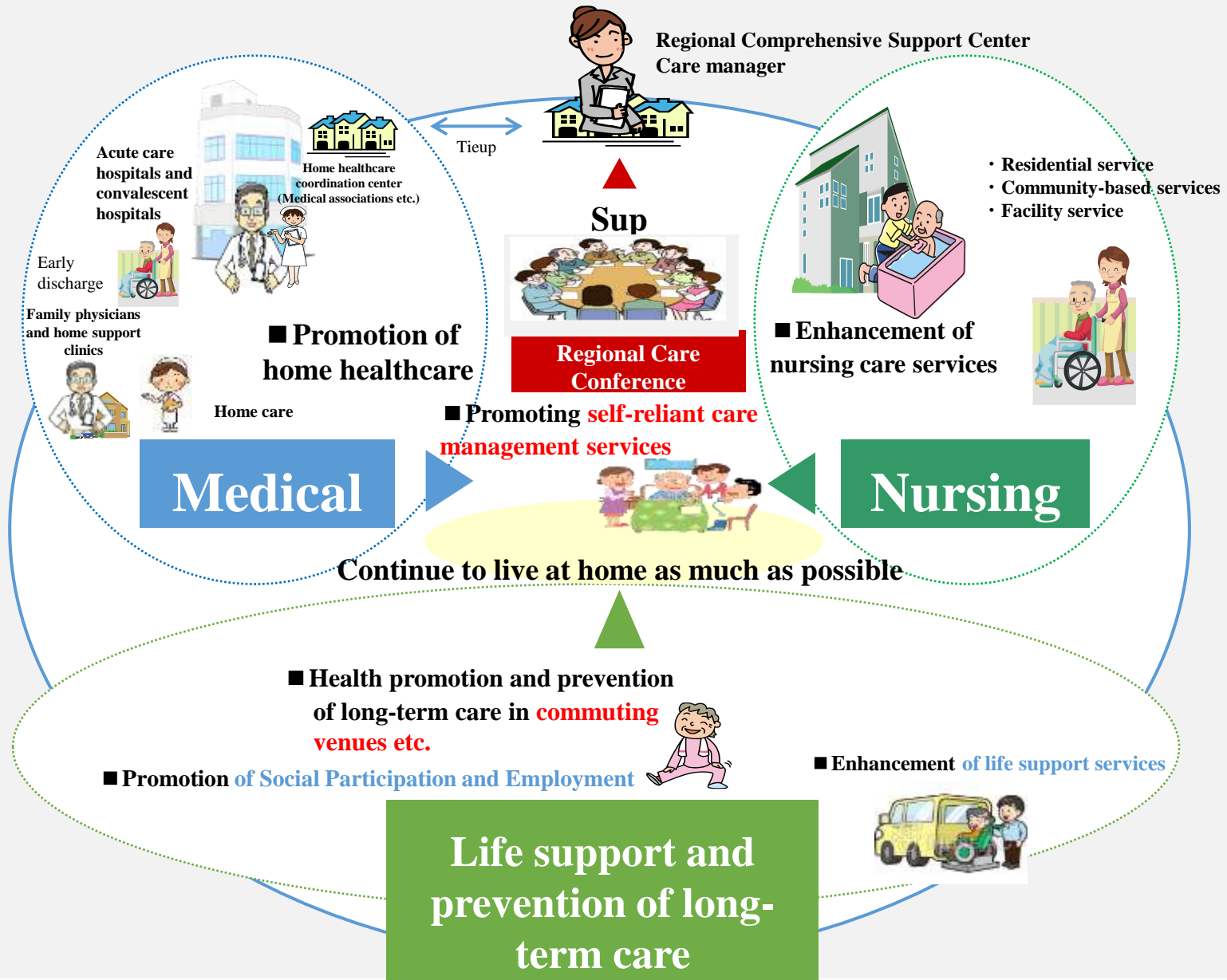
"Regional Network-based Medical and Nursing Care"

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

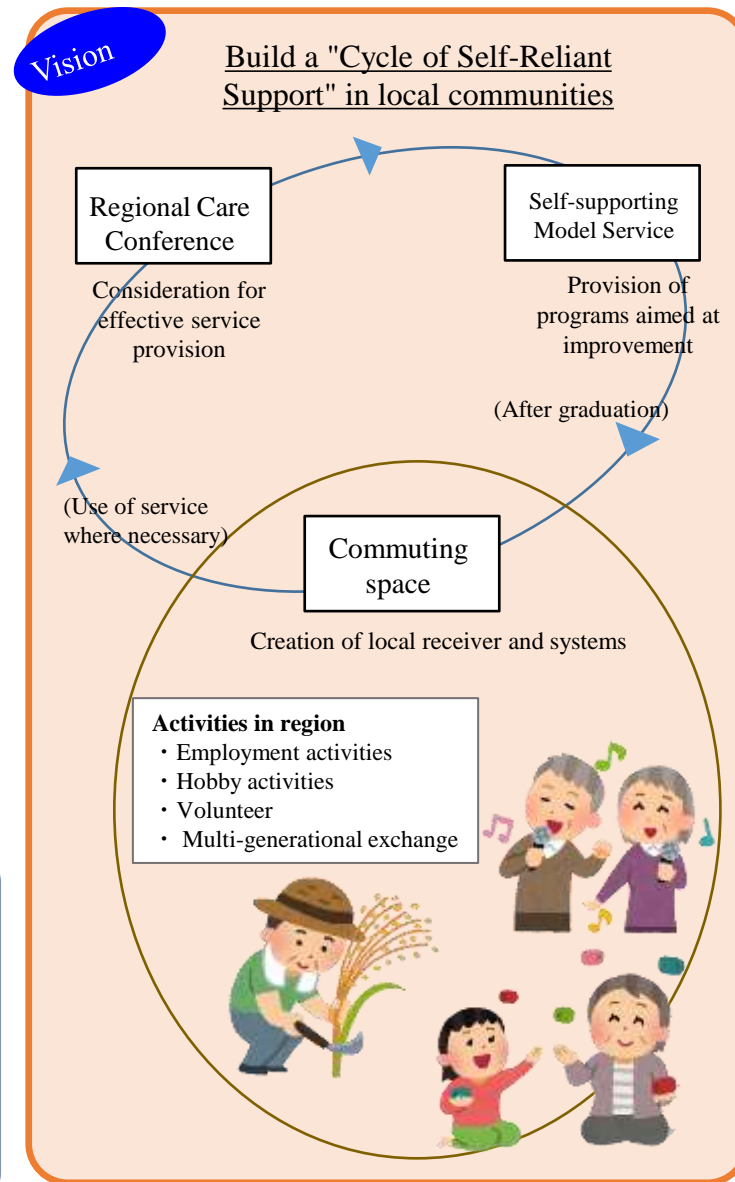
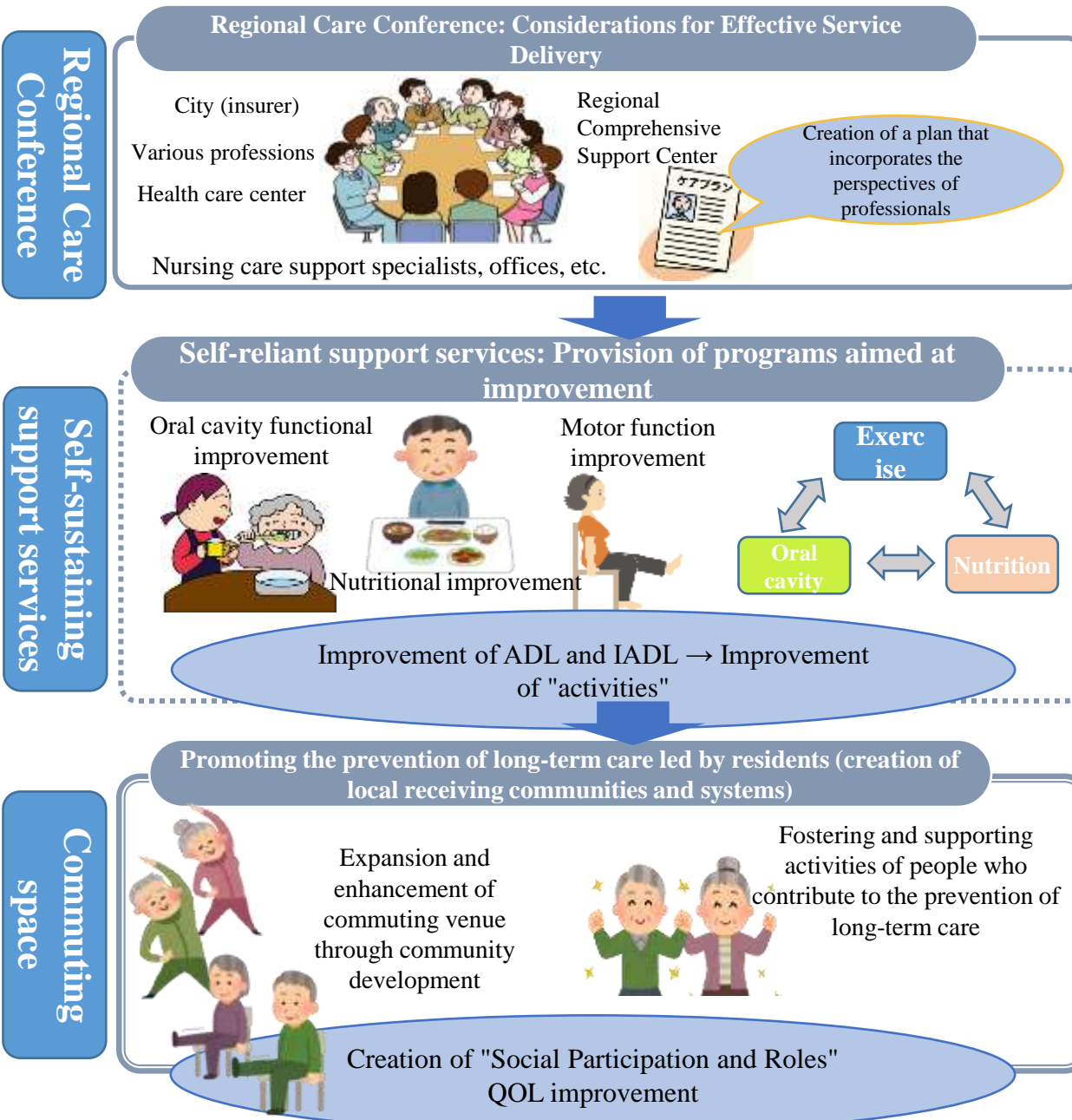
Decreasing labor force

Elderly people living alone

Oita Prefecture's vision of community-based comprehensive care



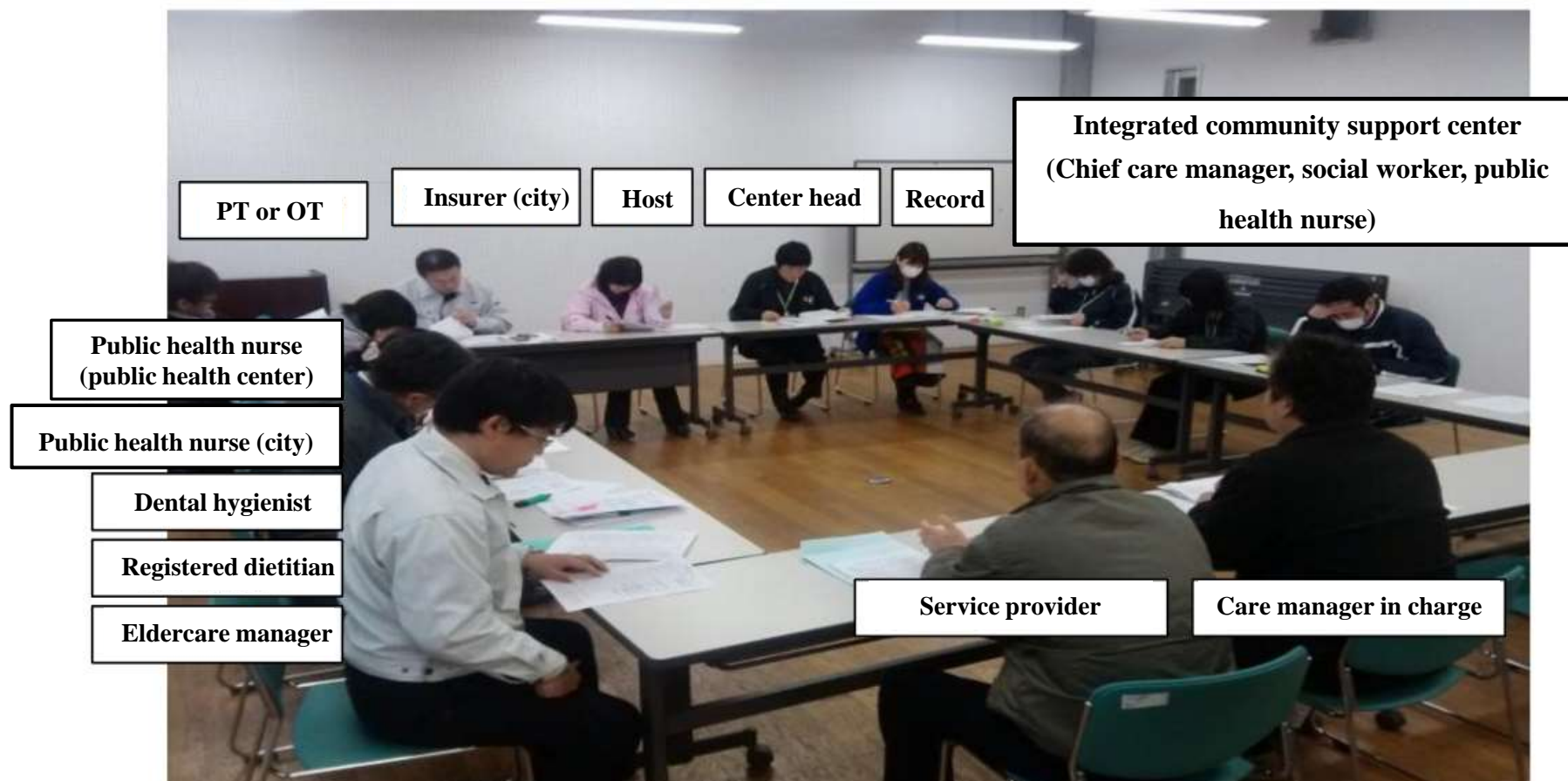
3 initiatives that Oita Prefecture is particularly focusing on



Regional Care Conference - 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

Current status (with knee arthrosis and spinal stenosis)
ADL is largely self-reliant. However, seniors can't bend over, hold heavy objects, and can't stand or walk for a long time, so they can't clean or cook.

80s Women
Required support 2



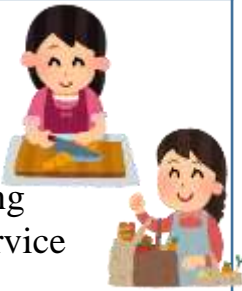
Extraction of relevant issues

Factors that hinder self-reliance: Decreasing activity and muscle weakness due to knee and hip pain

Helpers help you with what you can't do

Home-visit service

- Indoor cleaning
- Bath cleaning
- Shopping, cooking
- Food delivery service



Physical functions **deteriorate**

In addition to providing housework assistance to achieve self-reliance, this aims to build muscle and physical strength and stabilize standing and walking.

Day care service

- Muscle training
- Oral cavity care
- Diet to improve muscle strength

Home-visit service

- Devise ways for people to use tools and their own bodies and provide support so that they can perform cleaning
- Reduced cooking efforts
- Appropriate training support



Pain reduction, muscle strength improvement, housework **independence and QOL improvement**

Laundry drying (the first time)



Laundry drying (after 3 months)



Cooking and washing (the first time)



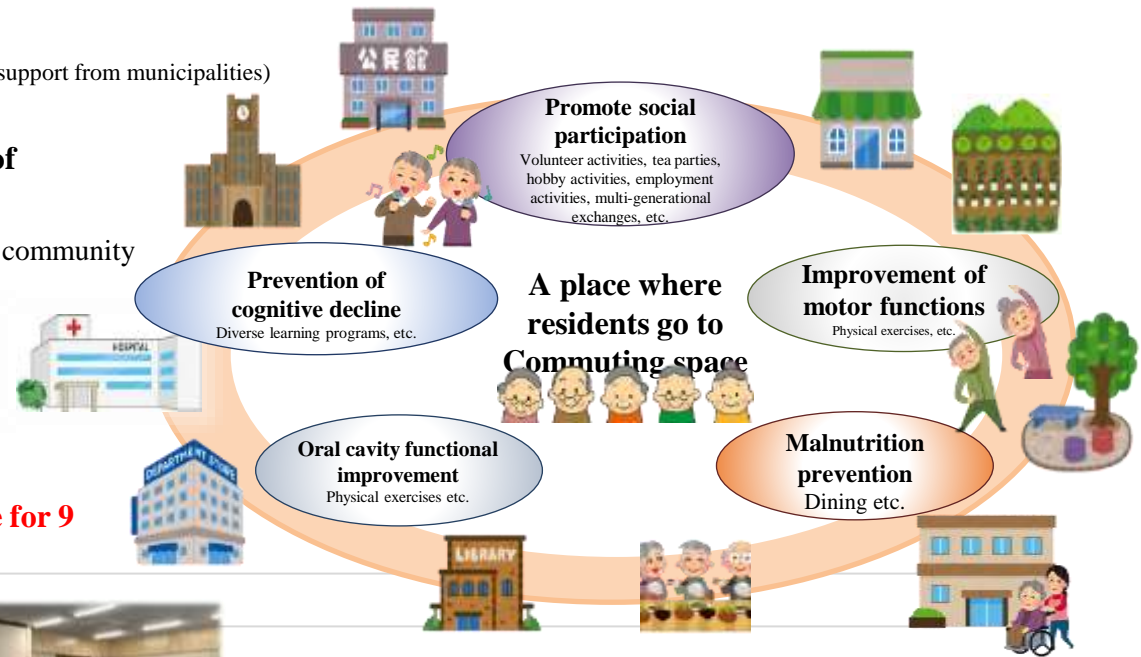
Cooking and washing (after 3 months)



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]**



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

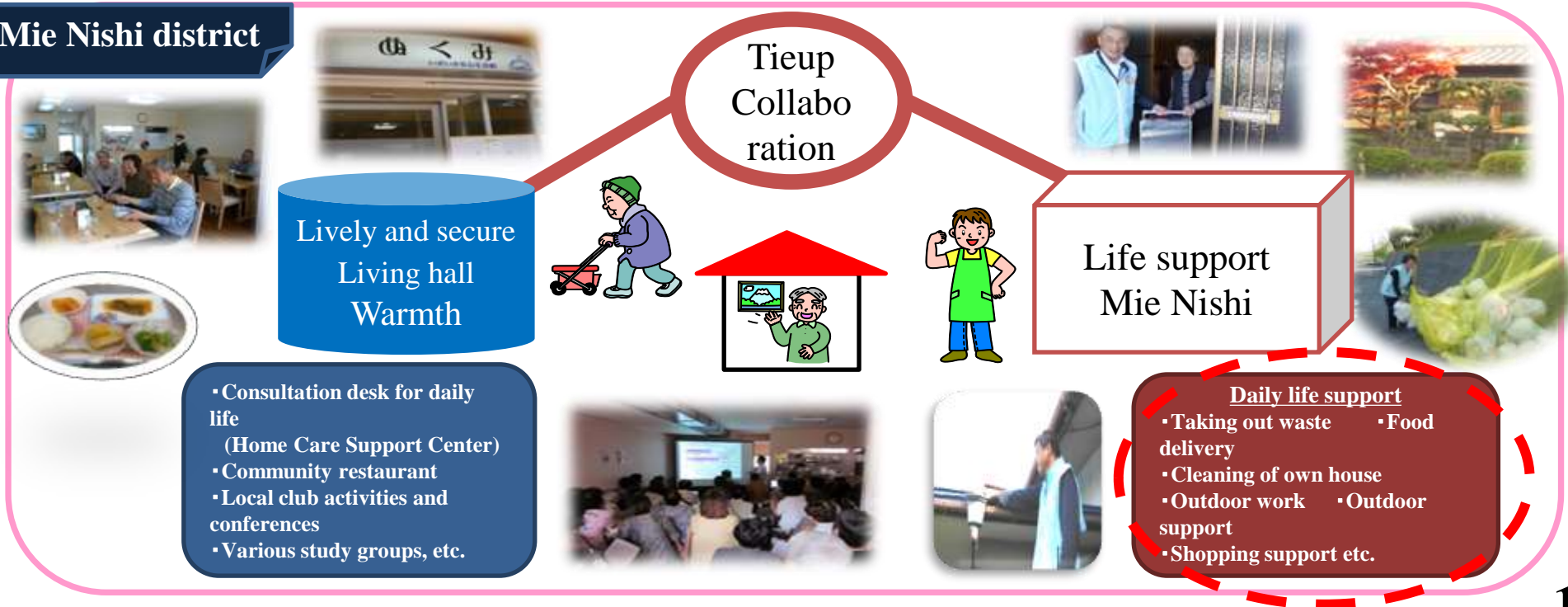
Practical examples in the region: "Life Support Mie Nishi" (Yokkaichi City, Mie Prefecture)

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.

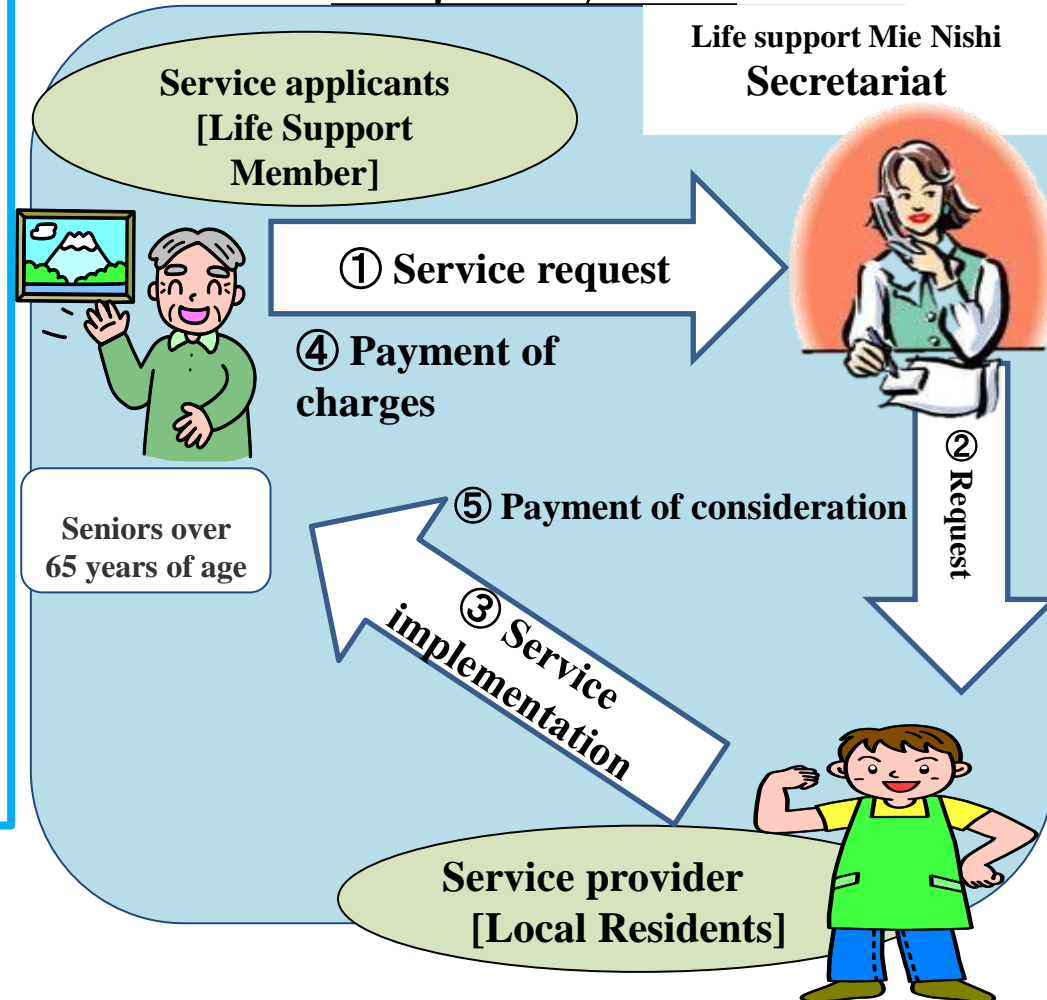
2) Implementation of community-based support for daily living by the residents, for the residents, and of the residents

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



Service contents

Food delivery



Assembling accessories box



Cleaning of yard



Tieup
Collaboration

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



- 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.

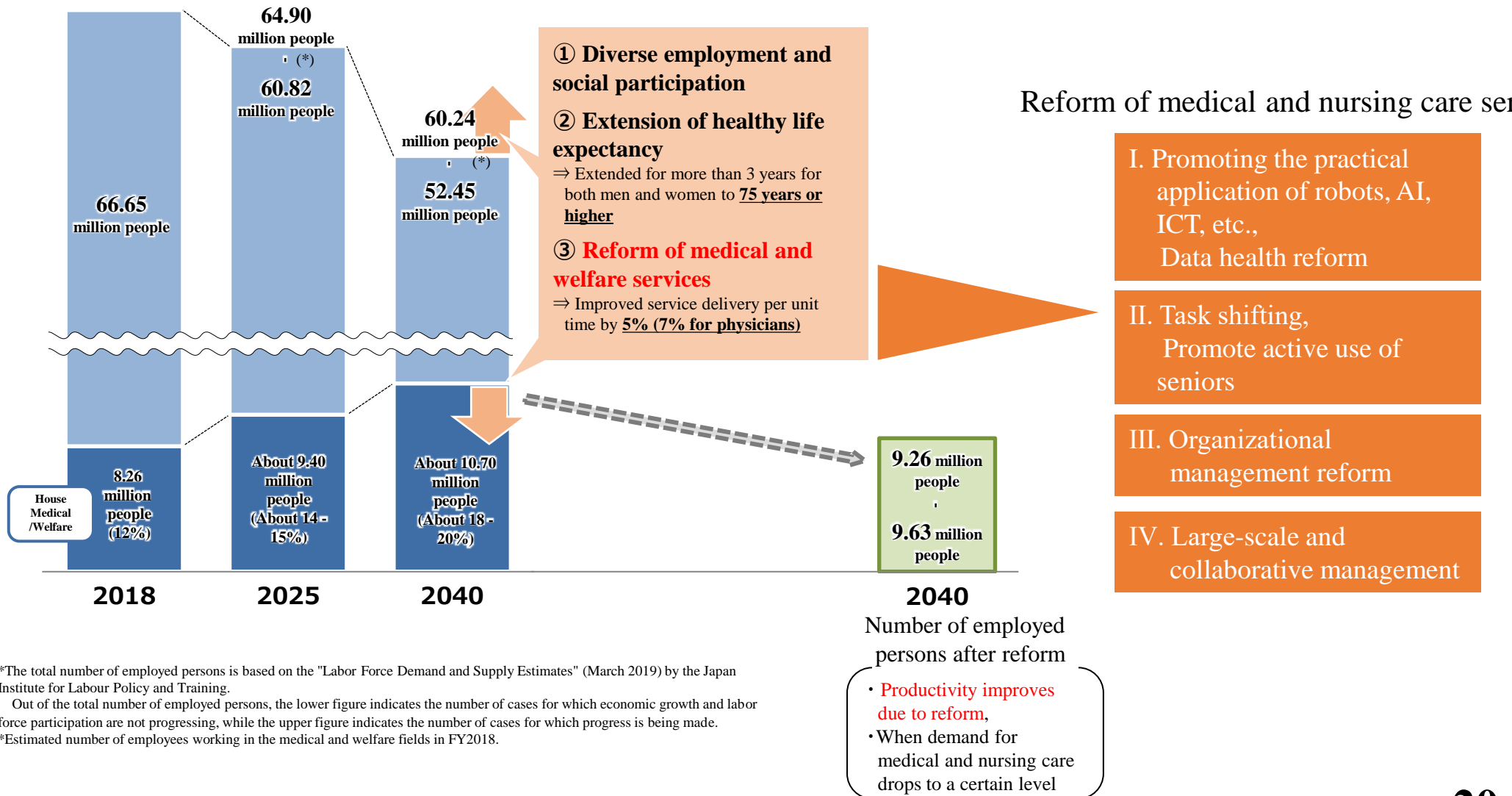
Red text is a collaborative project with Seizanrikai

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



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)

No lifting care

Lifting zero

- Expansion of work that can be done by one person
- Reduction of physical burden
- Highly effective in preventing back pain
- Safety improvement
- Prevention of contractures in users

Out of bed & biometric sensors

Nighttime patrol zero

- Monitoring out-of-bed and biometric information in real time
- Eliminate unnecessary visits to the room and reduce the burden of night shift work
- Improving the quality of sleep of users

Voice recording anytime, anywhere

Recorded overtime zero

- Realtime records
- Optimization of recording work
- Sharing information in real time

Online consent app

Non-confronting/non-contact Non-visiting

- Work optimization by cloud data management
- Reducing difficult home visits and improving work efficiency
- Sharing of data with other offices with cloud services

Income

Action loss zero

- Prompt transmission of information
- Prompt sharing of information
- Eliminate and optimize duplicate work

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

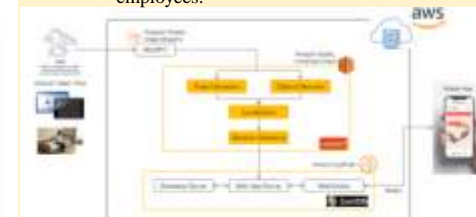
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KAIGO SWITCH

Taisyokai's no-lifting care





Chairman's thoughts on no-lifting care

KAIGO SWITCH

Thoughts of staff



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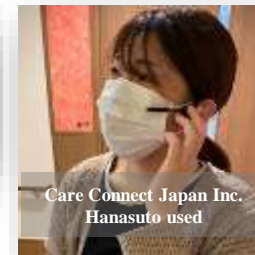


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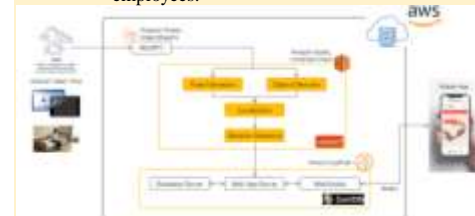
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Realization of zero night patrols!

KAIGO SWITCH

Hooray, Taisyokai! Realization of zero night patrols



Breathing

Pulse

Body
motion

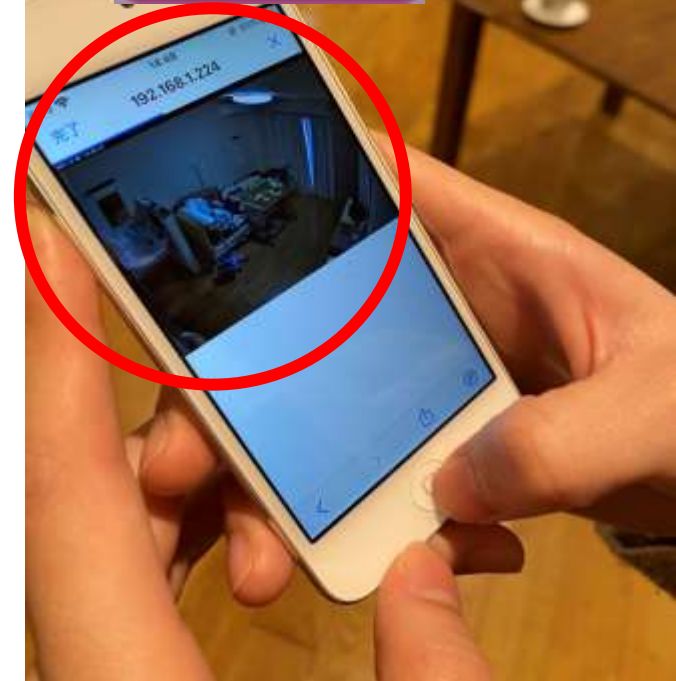
Sleep
stage

Red: Alert

Pale blue: [Light sleep]

Yellow: [Awake]

Dark blue [Deep sleep]



An informed approach. Eliminate unnecessary room visits!

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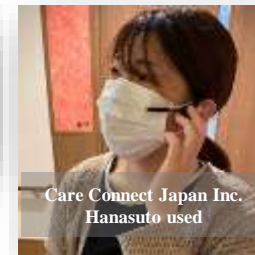


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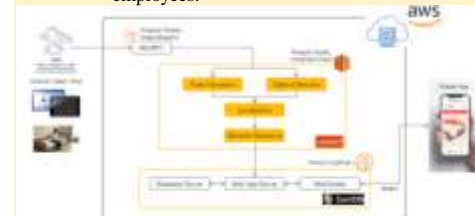
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Taisyokai records zero overtime!





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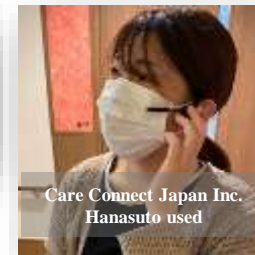


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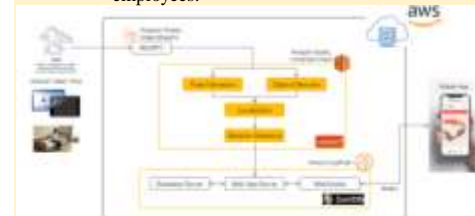
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From paper consent to electronic consent

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



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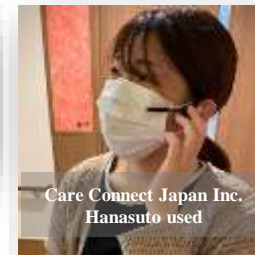


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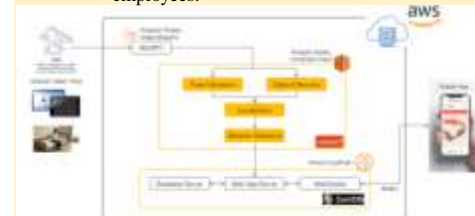
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3-4. Case video (e.g. lying position - long sitting position - upright sitting position)

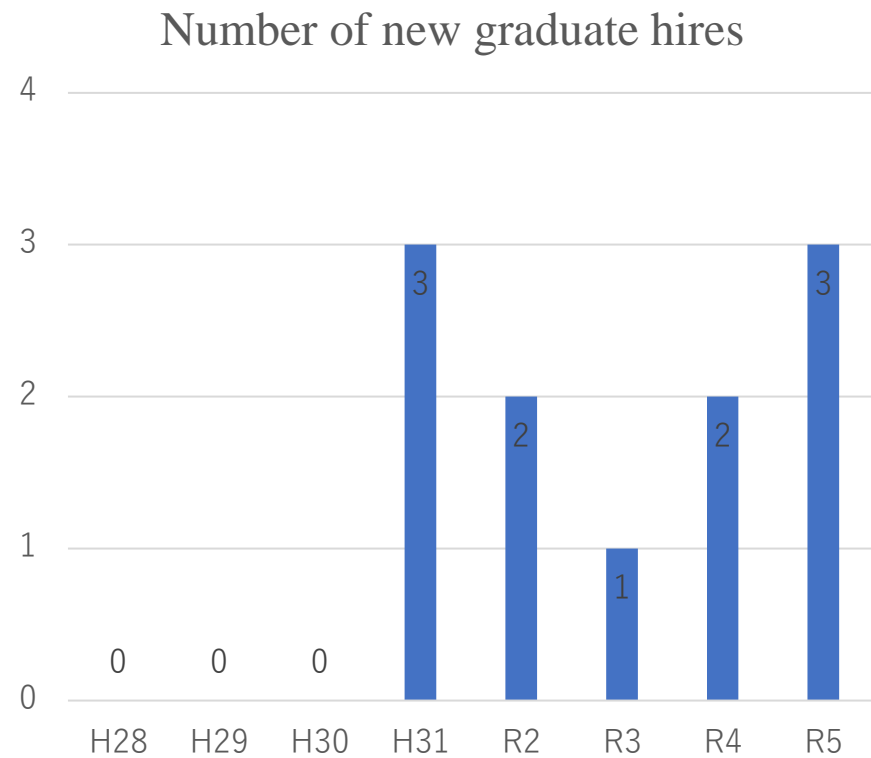
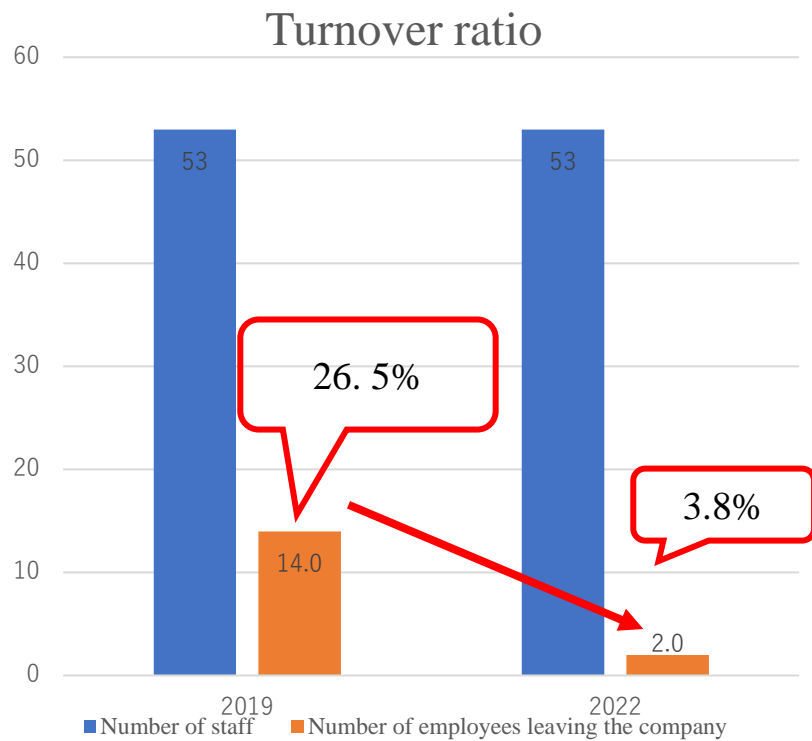
Joint development with Professor Hajime Asama, the University of Tokyo





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



Nursing care in the near future

- 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 21st 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)

