

School of Nursing

Basic Nursing

Sawako Haga, *Professor*
Mayumi Kikuchi, *Assistant Professor*

Machiko Hirao, *Associate Professor*
Chieko Hanyu, *Assistant Professor*

Research Activities

The research activities of the basic nursing group can be divided into the following 4 areas.

Haga has been investigating the effects of physical assessment by nurses, the evidence of nursing skill, and the history of nursing.

Hirao has been investigating the effects of nursing and Florence Nightingale's thoughts about nursing.

Kikuchi has been investigating the effects of nursing education, methods of teaching and nursing diagnosis, and a history of progressive muscular dystrophy wards.

Hanyu has been investigating the effects of physical assessment by nurses, the evidence of nursing skill, and stoma management.

Publications

Hirao M, Haga S, Kohiyama R (Tokyo Woman's Christian Univ). M.E. Reade: The pioneering educator of nurses in Meiji Japan. *Jikeikai Med J* 2010; **57**: 113-9.

Reviews and Books

Kikuchi M. A history of progressive muscular dystrophy wards: the trends in the study of the treatment in PMD wards. *Tokyo Jikeikai Ika Daigaku Zasshi* 2010; **125**: 143-52.

Adult Nursing

Shoko Fujino, *Professor*
Naomi Takashima, *Professor*

Ryuko Fujimura, *Professor*
Chie Watanabe, *Assistant Professor*

General Summary

We have studied what material students have learned about clinical practice in adult nursing. We have investigated what experiences graduates had during clinical practice while they were students. We then found how to develop the nursing process and how to communicate with patients. We plan to adopt these results and reflect to our curriculum.

Research Activities

Fujino investigated the effective touch techniques used by nurses for palliative care. She recorded interviews with 7 hospice nurses and 4 pain-control nurses about their touching of patients. The results were classified and described in 17 concepts and 11 categories. The nurses understood that touch was comforting and that they touch patients to comfort them. This touching, which I call “caring touch,” is used to strengthen the relationship between nurses and patients and to ease suffering.

Takashima clarified the present status of perioperative nursing for gastrointestinal surgery with the shortening of hospital stays. Also, we analyzed patients’ quality of life related to gastrointestinal surgery. The present study gathered concrete data that can be used to develop high-quality perioperative nursing that can be implemented in a short period of time in clinical settings.

Publications

Takashima N, Oe M, Gokita K, Watabe S. Longitudinal changes in the stress of nursing students during a clinical practice in adult nursing; based on assessment of psychological and physiological stress (in Japanese). *Nippon Kango Kenkyu Gakkai Zasshi* 2010; **33**: 115-21.

Takashima N, Murata H, Watanabe C. The present status of perioperative nursing in the gastroenterological surgery under hospital-days shortening: national survey for recognition among outpatient administrators (in Japanese). *Tokyo Jikeikai Ika Daigaku Zasshi* 2010; **125**: 231-8.

Murata H, Inoue T. Clinical judgment of nurses

to continue noninvasive positive-pressure ventilation (NPPV) in patients with acute respiratory failure(in Japanese). *Nippon Critical Care Kango Gakkaishi* 2011; **7**: 36-44.

Reviews and Books

Imamura Y, Yotsu R, Shimizu H, Matsumoto K, Kitano M, Ota M, Takashima N. The vasculocardiologic patient’s nursing (in Japanese). In: Kitajima M, Egawa K, editors. *Surgical nursing in detail*. 8th ed. Tokyo: Igaku Shoin; 2011. p. 142-71.

Gerontological Nursing

Miyoko Sakurai, *Professor*

Kumiko Date, *Associate Professor*

General Summary

The main research activities in our department have focused on the psychology of families of elderly persons with dementia and the relationship between health and lifestyle in elderly adults.

Research Activities

Sakurai studied the psychology of families of elderly persons with dementia. We have been investigating the psychological conflicts of family caregivers for elderly persons with dementia.

Date has been investigating the health status and various factors influencing it among

middle-aged and elderly adults for the primary and secondary prevention of lifestyle-related disease from a comprehensive perspective, including nutrition, exercises, and rest.

Reviews and Books

Sakurai M. The philosophy of gerontological nursing (in Japanese). *Kango to Joho* 2011; **18**: 15-20.

Mental Health and Psychiatric Nursing

Masashi Kawano, *Professor*

Junko Ishikawa, *Assistant Professor*

General Summary

We have revised contents and teaching-learning strategies for 4 years and finalized our revisions this year; in particular, we have tried to strengthen the relation between classes and practical training. By using role-playing teaching methods, which aim to realistically simulate patient situations, students can learn clinically applicable communication skills. We also used a video that made ourselves about practical clinical training in the hospital. It shows the role of nurses and the situation in psychiatric hospitals. The video also includes an important knowledge base. We have sought to carry out reality-based education, and we believe our program contents have been well developed.

Research Activities

Kawano and Ishikawa have collaborated in performing research about community mental health for children in Tokyo's Itabashi, Nerima, and Toshima wards. We are also in studying communication skills in undergraduate and graduate students, and in discourse analysis. We are also deeply interested in Human Caring. Kawano is interviewing discharged psychiatric patients who live in rural areas of Japan and Thailand and are analyzing the results to determine the issues that make former inpatients create difficult situations while living in the community.

Reviews and Books

Kawano M. Education and training for community psychiatric mental health (in Japanese). *Seishinka* 2010; **17**: 291-4.

Child Nursing

Kiyo Hamanaka, *Professor*

Kayoko Cho, *Associate Professor*

General Summary

A summary of our first study was presented at a conference, which was of great importance to us. Since our second study was a large nationwide sample survey, the analyzed data should be presented so that the results can be put into practice. A summary of our third study was reported. I hope this will contribute to our future research.

Research Activities

Development and verification of an educational support program to continue working in child care

A summary of the development and verification of an educational support program performed before and after graduation was presented at a conference and published by a journal.

Cooperation of educational and medical staff to provide educational support for hospitalized children

Cooperation between medical and educational sites is particularly important to provide educational support for hospitalized children, including child with cancer. However, because few studies have examined this cooperation from a medical perspective, we began a national survey of chief nursing officers and nurse managers to investigate cooperation between medical and educational sites.

A study of establishing a nursing care unit and outpatient nursing practice performed as basic nursing education to promote children's health

A 4-year study and its outcomes were summarized.

Publications

Arakawa M. Nurses' thoughts on the death of pediatric patients: Based on nurses' experiences with terminal care (in Japanese). *Tokyo Jyoshi Ika Daigaku Kango Gakkaishi* 2010; **5**: 11-9.

tion of an educational support program to continue working in child care: Development and practice (in Japanese). *Shouni Kango* 2010; **33**: 289-97.

Reviews and Books

Hamanaka K, Hinuma C, Ohgi N, Nakamura Y, Ohya N, Kodama C. Development and verifica-

Hinuma C, Hamanaka K, Ohgi N, Nakamura Y, Ohya N, Kodama C. Development and verification of an educational support program to continue working in child care: Effect and problem (in Japanese). *Shouni Kango* 2010; **33**: 298-304.

Maternity Nursing

Kimiko Kayashima, *Professor*

Yasuko Hososaka, *Assistant Professor*

General Summary

Studies have been performed to examine the various health issues in each of the lifestyle stages of women and to explore how nursing assistance should be extended in maternal nursing.

Research Activities

Activities of midwives at youth clinics in Sweden and support for adolescents in Japan

In June 2009, we performed an on-site investigation of youth clinics in Sweden, which are public facilities that aim to prevent sexually transmitted diseases and unwanted pregnancies in adolescents, primarily through the activities of midwives and social workers. Midwives engage in such activities as providing sexual health education, testing for sexually transmitted diseases, distributing condoms, and prescribing emergency contraception. More than 220 youth clinics have been established, and midwives have a wide range of duties and play a leading role in protecting the sexual health of youths. These results were presented at the 29th Annual Meeting of the Japan Society of Adolescentology, the First Board Meeting of the Healthy Parents and Children 21 initiative, and the lecture meeting of the Japanese Foundation for Sexual Health Medicine. We propose that similar facilities employing midwives should be established in Japan to protect the sexual health of youths.

Current research on the sexual function of pregnant women and nursing mothers and its trends

Although we investigated trends in nursing research on sexuality in fiscal year 2009, because few studies have investigated the sexuality of pregnant women and nursing mothers, we performed a literature review of the sexual function of pregnant women and nursing mothers and discussed its characteristics as well as approaches for supporting the sexual health of these women.

Microbiological, immunological, and nutritional safety of breast milk

The microbiological and immunological safety of breast milk was investigated for various storage and thawing methods using breast milk obtained from 20 adult nursing mothers 1 month postpartum and 2 samples of artificial milk for neonates. Bacteria content in breast milk was the highest in milk stored at room temperature followed by those stored frozen and refrigerated, indicating that bacterial counts are influenced by the storage method. In the immunological investigation, analysis was performed using immunoglobulin A and lipase as indicators. Lipase levels were found to decrease significantly for all thawing methods. For nutritional investigation, analysis was performed using

glucose, total protein, total lipid, and total cholesterol. Total cholesterol levels were shown to decrease significantly following thawing in microwave ovens and hot water.

Establishment of a model for managing maternal body weight among pregnant women and underweight pregnant women to prevent infants from having low birth weights

We have been performing a large-scale investigation since January 2010 at 27 obstetric facilities nationwide to clarify the effects on neonatal birth weight of the intrauterine environment, in particular, increases in the mother's body weight between pre-pregnancy and delivery.

Investigation of the degree of university instructor satisfaction and related factors

Preparations are being made to perform a study of the degree of satisfaction among university instructors engaged in practical training for maternity nursing, as well as relevant factors. The study will focus on maternity nursing instructors at 4-year universities in Japan, and preparations are being made to employ nursing university teachers' self-efficacy for nursing practice education, along with a simple questionnaire on occupational stress.

Publications

Hososaka Y, Nukita H, Kayashima K. The relationships between menstrual symptoms of female adolescents and causative physical and psychological factors. *Shishunkigaku* 2010; **28**: 227-38.

familiar region: Introduction of the Swedish Youth Clinic. *Shishunkigaku* 2011; **29**: 33-7.

Kayashima K. Protect the sexual health: through the activity of the midwives. In: For Healthcare worker & school nurse: Young person, sexual health and sex education. Tokyo: Sei no Kenko Igaku Zaidan; 2011. p. 5-12.

Reviews and Books

Kayashima K. Protect the sexual health in a

Community Health Nursing

Noriko Okuyama, *Professor*
Ikuko Takahashi, *Assistant Professor*

Junko Shimasawa, *Associate Professor*

General Summary

The faculty's research has been focused on: 1) public health nursing care to promote continued community life by mentally ill patients living at home and 2) infection control in the community.

Research Activities

Public health nursing care for mentally ill patients living at home

The purpose of this study was to clarify the features of assistance provided by public

health nursing care to promote continued community life by individuals with mentally ill patients living at home. In this study, such assistance was considered to be support that promoted continued life in the community of the mentally disabled individual in a manner suitable for that individual.

Infection control in the community

We do research on hand hygiene among care staff in care facilities for the aged. Hand hygiene is a basic measure to prevent infections. The purpose of this study was to obtain suggestions for the improvement of hand hygiene.

Home Care Nursing

Motoko Kita, *Professor*
Hiroko Toyama, *Assistant Professor*

Reiko Yoshida, *Assistant Professor*

General Summary

The subjects of educational research performed by the Department of Home Care Nursing included the use of mobile learning systems to help students effectively learn in home nursing training, methods to improve the effects of exercise-based home nursing classes, and other topics of interest to teachers.

Research Activities

A study of the use of mobile learning systems in clinical training

The Department of Home Care Nursing has effectively used an e-learning system for its clinical training in home nursing since 2006 because it is difficult for teachers to accompany students all the time to instruct and advise them. However, the insufficiency of educational materials and references for self-learning in training facilities has been an obstacle to effective learning by students during the training period. To address this problem, mobile computers have been installed in all of the facilities to allow anyone anywhere to obtain necessary information at any time. We developed a method based on mobile learning to respond to questions from students in real time and examined its effectiveness.

A study of the methods to improve the effects of exercise-based lessons in home nursing

Conventional exercise-based classes in home nursing have centered on role-playing using case examples to encourage students to develop their practical skills. In response to the recent revision of the curriculum and a marked increase in the time for home nursing lessons, we assessed the composition of lessons, case examples used in class, and approaches to learning taken by students to improve the quality of exercise-based home nursing classes.

Awareness of the right of nurses to prescribe drugs and problems among home-visit nurses and physicians involved in home nursing care

We performed interviews with home-visit nurses and physicians involved in home nursing to examine their awareness of the right of nurses to prescribe drugs and the status of their involvement in drug prescription in the home care setting. To grant nurses the right to prescribe drugs, both nurses and physicians are required to have clinical experience and expertise. The results show that granting of the right would provide advantages to both users and physicians.

Development of an index for assessing the stability of the life of families with elderly in need of nursing care

We are developing a scale to determine the stability of the life of families with elderly in need of nursing care on a continuing basis, as an index for assessing the outcomes of support provided for families. This study was performed to examine the applicability of the scale to care support provided for families.

The effects of a narrative intervention approach on anticipatory grief felt by family members who provide care until a terminally ill patient dies

People who provide nursing care at home for a family member sometimes suffer from a feeling of anticipatory grief. We performed a study of the families of terminally ill patients expected to die within 6 months to examine the effects of a narrative approach (an intervention) on anticipatory grief, including changes in its levels and characteristics.

Publications

Toyoyama H, Shimanouchi S. Grief care for bereaved families of deceased home-cared elderly in Japanese (in Japanese). *Kazoku Kandogaku Kenkyu* 2010; **15**: 18-29.

Reviews and Books

Hara M, Munemura Y, Kita M. The trend and issues of aromatherapy research in a nursing (in Japanese). *Kango Jissen no Kagaku* 2010; **35**:

58-65.

Kita M, Ito K, Noguchi M, Akiyama M, Ogane H. Case study for clinical practice; Case study as a research (in Japanese). *Kango Jissen no Kagaku* 2011; **36**: 64-7.

Kita M. Nursing for a family caring for a frail elderly person (in Japanese). In: Kawashima M, editor. *Gerontological nursing*. Tokyo: Kango no Kagakusha; 2010. p. 269-92.