

School of Nursing

Basic Nursing

Sachiko Tanaka, *Professor*
Chieko Hanyu, *Assistant Professor*
Noriko Aoki, *Assistant Professor*

Mayumi Kikuchi, *Associate Professor*
Sumiko Satake, *Assistant Professor*

General Summary

Major study areas in basic nursing include: 1) education on physical assessment and supporting techniques, 2) supporting techniques in daily living, 3) the history of nursing, 4) supporting patients with progressive motor dysfunction, and 5) nursing diagnosis.

Research Activities

Sachiko Tanaka: Tanaka studied Job Satisfaction and the Work Environment of Certified Nurse Specialists Working in Hospitals. In addition she organized the 19th Research Conference of Japan Society of Nursing Economics and Policies.

Mayumi Kikuchi: To review the methods of nursing practice for patients with progressive motor dysfunction, Kikuchi qualitatively described how nurses working in a ward for patients with muscular dystrophy should handle clinical situations.

Chieko Hanyu: Hanyu performed a questionnaire survey of teachers to understand the current status of education on physical assessment accompanying the revision of the 2009 curriculum.

Sumiko Satake: Satake measured autonomic nerve activity in healthy persons to develop methods for increasing the comfort of patients with disturbances of consciousness. Satake also reported on the results of a review of the literature on positioning in nursing as an activity of the Japanese Society of Nursing Art and Science, Review Board of Technology Research Results.

Noriko Aoki: Aoki studied easing intra-abdominal pressure by changing the head elevation angle while the patient uses a bedpan.

Reviews and Books

Tanaka S. Nurse's life and work (in Japanese). In: Nihon Kango Rekishi Gakkai, editor. Nihon no

kango no ayumi. Tokyo: Nihonkangokyokai shuppankai; 2014. p. 27-42.

Nursing Administration

Midori Nagano, *Professor*

General Summary

Two studies have been performed: “The characteristics and care needs of ostomates” and “Health work environment in nursing practice”

Research Activities

The characteristics and care needs of ostomates

The aim of this study was to describe the characteristics and care needs of ostomates.

The medical records of outpatients with stomas undergoing twice-weekly stoma care at an 800-bed hospital were examined. Ostomates who had used outpatient stoma services after formation of a stoma for rectal cancer from January 2008 through July 2014 were surveyed regarding their treatment visit status.

The 101 ostomates were 69 men and 32 women aged 33 to 93 years with a median age of 64 years. Elderly patients and patients living in 1- or 2-person households require support and planned care, such as outpatient stoma services and home-visit nursing.

We must act to develop local home-visit nursing provision systems and outpatient nursing at hospitals in anticipation of an aging society and increases in single-person households and households that require elder-to-elder nursing care.

Health work environment in nursing practice

We examined earlier documents of the health work environment in nursing practice. Joint research with concerned parties to analyze and develop the health work environment in nursing practice in Japanese hospitals was performed with a questionnaire survey. We analyzed the inventory survey result and describe influence of stress and motivation on nursing administrators. We used the 6-item Kessler Psychological Distress Scale as an index of psychological distress and examined the health of the nursing administrator, difficult feelings, and feelings of worthwhile management. The importance of consultation with the chief manager became clear for an association to health between difficult feelings and feelings of worthwhile management of the nursing administrator and the chief manager.

Publications

Nagano M, Ogata Y, Tokunaga K, Ishikubo Y, Ishida Y. Effective pressure ulcer measures at hospital as determined from certified wound, ostomy, and continence nurses' perception of

influence on quality control and the incidence of pressure ulcers (in Japanese). *Nihon Sosho Ostomy Shikkin Kanri Gakkaishi*. 2014; **18**: 293-304.

Adult Nursing

Naomi Takashima, *Professor*
Ruka Seyama, *Associate Professor*
Ako Terakado, *Assistant Professor*
Mai Hosokawa, *Assistant Professor*

Masami Sato, *Professor*
Hiroaki Murata, *Assistant Professor*
Mariko Nakano, *Assistant Professor*

General Summary

Undergraduate students were offered classroom coursework, including an introduction to clinical nursing and 4 areas of clinical nursing based on health level (chronic phase, perioperative period, cancer and acute phase). An educational evaluation was conducted with an emphasis on the process of learning practical nursing skills through the chronic phase and perioperative nursing practicum. As part of their research activities, each of the faculty members explored cancer nursing topics and nursing care for patients with acute or critical illnesses. Based on the educational evaluation of the past, the new curriculum was established in the 2012 fiscal year and was offered during the year of “adult nursing practice theory” for the purpose of building critical thinking competency. The course content and the deployment methods, for a group learning the convalescence by nursing of surgery patients during the acute phase, were the deployment of the nursing process while incorporating problem-based learning elements and exercise. As a result, in the class evaluation by students the scores were: teaching method, 3.73; course content, 3.40; group work, 3.75; their learning attitude, 3.33. In addition, a shared learning effect was achieved by holding a summarizing practicum conference on the final day. While student evaluations of nursing process development, which included information collection and nursing practice utilizing nursing plans, were largely positive for the overall adult nursing practicum, those of faculty members tended to be lower. In the practicum environment and organizational arrangements, cooperation with clinical practicum instructors was strengthened by setting up opportunities for students to review the work with their instructions. Students generally had positive evaluations of educational interventions by the faculty members, such as faculty being present at the clinical scene and providing advice and critique in a timely manner, providing clues on nursing process development based on records, conducting nursing practice together with the students, and ensuring safety. These are aspects that we hope to continue, and practicum training with appropriate interactions is also anticipated in the future by adjusting the division of roles of the parties involved.

Research Activities

Research on Cancer Nursing

1. Research on nursing care for patients with rectal cancer undergoing anterior resection
We have been developing methods of nursing to reduce the bowel disorders typical of anterior resection. The analyses and studies that examine utilizing nursing practice developed were confirmed this year to have a certain effect. In clinical practice, nursing assis-

tance can be expected to collaborate with physicians. Activities including collaboration with the wound, ostomy, and continence nurse based on and discuss with the physician, were introduced academic conference. That will create further improvements and verified the effects of the nursing support program.

2. Research on support for cancer patients undergoing outpatient radiation therapy and their family members

We are developing support for the psychosocial distress of patients who have cancer and are undergoing outpatient radiation therapy and for their family members. This year, we performed interviews with clinicians, were focused the direction of intervention for the patient and family together with the results of a literature review. As a result, it became possible to carry out interventions to populations for limiting the age and functional level.

3. Research on the chemotherapy-induced peripheral neuropathy

In joint research with other facilities, we have been developing an assessment tool for chemotherapy-induced peripheral neuropathy. This year, we have completed the investigation for scale development, which started from scratch last year for the number of samples met the 310 persons. In the future, we are planning to perform statistical processing to determine the scale for measuring the extent peripheral neuropathy factor. In addition, we are scheduled to begin a study support program.

Research on critical care

1. The development of the comfort and palliative care program for patients in the intensive care unit

We examined the stress experienced by patients who received ventilatory support for 24 hours or more in the intensive care unit (ICU). For adult patients without cognitive deficits who were admitted to the general ICU and received ventilatory support for 12 hours or more, the ICU Stressful Experiences Questionnaire was used, and relevant factors were collected from the medical record and analyzed. Data were obtained from 96 patients. Strong stress factors included “thirst of the throat,” the “difficulty of carrying on a conversation,” and “the displeasure of the endotracheal tube,” and relevant factors included the emergent admission and intubation time, a lack in previous diseases, and the total narcotic dose. We would like to propose a nursing support program for the comfort of patients in the ICU and for palliative care.

2. The development of the nursing support program for patients with undergoing ventilation

We studied the experience of patients receiving ventilatory support for acute respiratory failure and continued research for the development of a nursing support program. The present study clarified the experiences and coping of patients undergoing noninvasive positive-pressure ventilation. We are planning to evaluate the effect of the development program on intervention.

3. Process of nursing practical in physical restraint by experienced nurses in the critical field

We are searching for the structure of the development of the clinical “knowledge” of nursing students, novices, and expert nurses for the purpose of visualizing nurse clinical “knowledge” innermost feelings in nursing practice called physical restraint.

Characteristics observed in nursing practices by experienced nurses included their deep understanding of patients and their nursing policy that always aims to remove physical restraint. Although experienced nurses were driven by a firm conviction of saving patients' lives, they also felt a conflict in selecting safety or comfort for patients and protect from incidents.

Gerontological Nursing

Miyoko Sakurai, *Professor*

Junko Kusachi, *Associate Professor*

General Summary

We investigated strategies for acquiring the necessary knowledge from lectures and seminars that teach nursing techniques, particularly nursing skills for patients using wheelchairs and having pressure ulcers. Methods of training nursing students have changed in the revised 2012 curriculum; therefore, we explore new methods of teaching and evaluation.

Research Activities

Research activities in our field that we have been engaged in are as follows:

1. The results of a study entitled "The development of exercise programs that support the main activities of the elderly requiring care: The effect of stretching the lower limb triceps on lower limb edema relief" were presented at the 34th Academic Conference of the Japan Academy of Nursing Science. Furthermore, continuing our quest for broadening knowledge in related domains, we are working on a study entitled "Comparison of the effects of cushion selection on sitting posture, lower limb edema, and the blood stream during sitting posture assistance in the elderly."
2. The results of a study entitled "Investigation of basic nursing education content, 'the technology to promote bed sore prevention and healing'" were presented at the 40th annual meeting of the Japan Society of Nursing Research.

Mental Health and Psychiatric Nursing

Takeshi Katsuki, *Professor*

Junko Ishikawa, *Assistant Professor*

General Summary

The lecture is aimed to teach a medical system based on the Mental Health and Welfare Act and to utilize social resources in the area. The concrete purpose is to investigate

major methods of assessments to support patients with mental problems in the treatment process.

Research Activities

We have continued to investigate the mental effects of the Great East Japan Earthquake on the general population in Japan. Our research is supported by a Grant-in-Aid for Challenging Exploratory Research. We examined mental effects among the public throughout Japan 18 months after the Great East Japan Earthquake and attempted to clarify significant factors affecting mental outcomes. We examined outcomes of the Impact of Event Scale-Revised and the 30-item General Health Questionnaire. Multivariate logistic regression was used to calculate the odds ratios and 95% confidence intervals after controlling simultaneously for potential confounders. We have finished analyzing new data in 2014. Significant factors for mental health problems after the Great East Japan Earthquake were clarified as uneasy living in the area with a high risk for the next great earthquake and tsunami disaster, imaging a great deal of damage in the future, and age more than 60 years with a lack of physical ability.

Thus, we presented an interim report at the 16th Pacific Rim College of Psychiatrists Scientific Meeting 2014 on October 5, 2014.

Moreover, we are researching the human caring approach and have continued to perform discourse analysis.

Child Nursing

Kiyo Hamanaka, *Professor*

Kinu Takahashi, *Associate Professor*

General Summary

The following studies were performed. For the first study (Study I), it was significant that a paper was published in a medical journal and its results were shared among teaching staff in different colleges. Analytic results from the second study (Study II) were presented at an academic meeting and its conclusions were broadened by a lively discussion with participants. Further verification will be performed on the basis of the findings of the third study (Study III), and then an evaluation table will be prepared to strengthen the developed process.

Research Activities

Study I: Interrelation between advocacy of children's rights and experience of ethics education in nursing

In this study, a questionnaire survey was conducted with 295 pediatric nurses in 8 health-care facilities located in the Kanto region, including university hospitals, specialized chil-

dren's hospitals, and general hospitals, to clarify the present status of children's rights advocacy in nursing in connection with nurses' experience with ethics education. The results revealed that 70% of the nurses surveyed had undergone ethics education. However, half of these nurses felt that the content of the education was not well defined. Furthermore, 40% of the nurses who had undergone ethics training reported regularly advocating for children's rights, while 60% practiced such advocacy only some of the time. Concerning actions taken when children's rights were being violated, nurses with less experience in pediatric nursing were less likely to employ ethical measures in such situations. There was a tendency for nurses in general hospitals to be less active in advocating for children's rights than were nurses in university hospitals or specialized children's hospitals. In addition, a qualitative analysis was performed in this study. The reasons for not applying ethics in practice given by less experienced pediatric nurses were considered an issue, both in basic ethics education and on-the-job training. These nurses frequently attributed their behavior to their being new nurses, to a specific problem in the children's wards in university and general hospitals, and to being due to the influence of Japanese culture.

Study II: Current situation of nursing ethics and advocacy of children's rights in basic nursing education

Self-administered questionnaires were given to the teaching staff of 214 educational institutions across the country to clarify the current situation of nursing ethics and advocacy of children's rights in basic nursing education.

Results showed that nursing ethics education was offered in 90% of the educational institutions. In 48% of the institutions, 1 or 2 lectures in "Introduction to Nursing Science" courses covered this topic, and in 12% of the institutions, there was a teaching unit on nursing ethics. Furthermore, 44% and 41% of the respondents considered that the current provision of nursing ethics education was adequate and inadequate, respectively. All institutions provided education on the advocacy of children's rights as a separate part of courses, such as "Introduction to Pediatric Nursing," "Methods in Pediatric Nursing," and "Practice in Pediatric Nursing." However, the contents of the "Methods and Practice" courses were found to be inferior to those of the "Introduction" courses. Education on children's rights tended to be perceived as satisfactory in colleges and junior colleges but not in nursing schools. In the future, education methods will be further investigated.

Study III: The process of pediatric nurses to implement practices that advocate children's rights

This inductive qualitative study aimed to clarify the processes necessary for pediatric nurses to implement practices that advocate children's rights. The participants were 14 nurses with more than 5 years of pediatric nursing experience, from 3 facilities at university hospitals located in the Kanto region in Japan.

The findings revealed that the core category in this process is "being able to consider children centrally." This category comprised 4 levels, in the following order: "one can act as instructed but cannot consider things independently," "one obeys tacit knowledge," "one can consider children centrally and can move forward," and "one carries out practice

involving everyone which takes into consideration the standpoint of the children.” Furthermore, 3 abilities were found to affect the intensity of this developed process: “confirmation of children’s power,” “contrivance to convey children’s power,” and “attractive emotion to children.” This process can help to accelerate the practice of pediatric nurses to advocate children’s rights in clinical settings involving children, basic nursing education, on-the-job training, and research in colleges.

Study IV: Support and demand for correspondence, surroundings, medical treatment, and care in a hospital as envisioned by parents of children with mild developmental disabilities

An interview survey aimed to clarify demands for correspondence, surroundings, medical treatment, and hospital care, as envisioned by parents of children with mild developmental disabilities. The participants are parents who have experienced the hospitalization of a child. This study is now in progress.

Publications

Takahashi K, Hamanaka K. Interrelation between advocacy of children’s rights and experi-

ence of ethics education in nursing (in Japanese). *Herusaiensu Kenkyu*. 2014; **18**: 21–31.

Maternity Nursing

Kimiko Kayashima, *Professor*

Yasuko Hososaka, *Associate Professor*

General Summary

Studies have been performed to examine 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

Factors influencing women’s resumption of sexual intercourse 4 to 5 months postpartum

This study elucidates the factors influencing the recovery of female sexual function in the puerperal period. It also obtains new insights for postpartum sex education to make specific recommendations that are designed to aid a postpartum woman and her partner to comfortably resume sexual relations. The study gathered responses from 166 women (38.2% return rate), of whom 152 gave valid responses (91.6% effective response rate). The mean age was 32.25 ± 4.67 years. Sexual intercourse was resumed by 82 respondents (53.9%) and was not resumed by 70 (46.1%). The mean time for resumption of sexual intercourse was 10.26 ± 5.09 weeks. Women who resumed sex 4 to 5 months after giving birth were likely to be young, to have resumed menstruation, and to have had more frequent sexual intercourse before and during pregnancy.

A descriptive study of the boundary between discipline and abuse

This study aims to identify and describe what sort of childrearing behaviors that mothers who raise preschool children regard as being fair discipline or abuse, to shed light on childrearing behaviors that cause anxiety about raising children, to make them widely known, and to gain insights for assisting such mothers. The study consists of 2 parts. Part 1, "Childcare experiences as related by mothers raising preschool children," is now in progress. We conducted semistructured interviews with 26 mothers, and, from 3 different perspectives, identified 7, 12, and 6 categories, respectively. The findings are presently being analyzed with the Modified Grounded Theory Approach.

Establishment of neonatal cleanliness care: From the smell of neonates and a bacteriological survey

The purpose of this study was to use stratified randomization, on the basis of sex and body weight, on neonates from 1 day after birth to compare and study objective indices, such as changes in the neonates' body temperature, changes in the number of bacteria, the smell index, and changes in body weight, to investigate the type of cleanliness care of neonates that is regarded as optimal. The subjects of this study were 27 neonates who were born at full term, had no abnormalities at the time of birth, and weighed more than 2,500 g at birth. The neonates were divided into 2 groups: 13 who were bathed in water since the day following birth, and 14 who underwent a dry cleansing from the day after birth. In these neonates, no significant differences were seen in objective indices regardless of whether they had bathed in water or had been given a dry cleansing starting the day after birth.

Issues surrounding the placement of maternal transport coordinators and the development of educational programs

Maternal transport coordinators have been established in 14 prefectures in Japan. A survey of coordinators, ambulance crews, and obstetricians was conducted in these regions. The information considered most important for emergency maternal transport differed among the different professions. However, problems related to pregnant women without antenatal care were cited by all the professions as factors making perinatal transport difficult and as issues to be addressed. Roles and capabilities required of coordinators included knowledge of perinatal medicine, the ability to make prediction-based decisions, liaison communication skills, and negotiation skills. This survey findings indicated the need for training and learning opportunities in these fields.

Publications

Hososaka Y. Construction of a weight control model for normal weight and underweight pregnant women for the prevention of low birth weight infants (in Japanese). *Bosei Eisei*. 2014; **55**: 360-8.

Reviews and Books

Kayashima K. Support of postpartum sexual health (in Japanese). In: Saito M, editor. Guidebook for sexual health and consultation. Tokyo: Chuo Hoki; 2014. p. 152-3.

Community Health Nursing

Junko Shimasawa, *Professor*
Nobuyo Ueda, *Assistant Professor*

Yoshiko Kubo, *Assistant Professor*

General Summary

The faculty's research has been focused on: 1) visiting nursing care to promote continued community life by mentally ill patients living at home, 2) research on educational evaluation, 3) exploring career anchors among occupational health nurses, and 4) reflection among newly appointed public health nurses in community nursing.

Research Activities

Visiting nursing care for mentally ill patients living at home

The purpose of this study was to clarify the features of assistance provided by visiting nursing care to promote continued community life by mentally ill persons living at home. In this study, such assistance was considered to be support that promoted continued life in the community of a mentally ill individual in a manner suitable for that individual.

Exploring career anchor among occupational health nurses

The concept of "career anchor" is defined as the single element in a person's self-concept that he or she will not give up, even in the face of difficult choices (Schein, 1990). This qualitative interview study aimed to explore the characteristics of career anchors among occupational health nurses in Japan.

Characteristic reflections of new public health nurses in their second to fourth year of employment

The purpose of this study was to identify the reflections characteristic of new public health nurses in their second to fourth years of employment. The characteristic reflections were found to be the novel directions of support, realizations, and results of repeatedly thinking over the events and accompanying emotions that had troubled them in their nursing practice.

Nursing Care for Directly Observed Treatment, Short-Course

The purpose of this study was to clarify the features of assistance provided by nursing care to patients with tuberculosis who received Directly Observed Treatment, Short-Course, in a hospital.

Publications

Kubo Y, Shimasawa J, Kita M, Takashima N, Takahashi K, Satake S, Hamanaka K, Sakurai M. How is portfolio method effective on supporting

active learning attitude among nursing students? (in Japanese) *Tokyo Jikeikai Ika Daigaku Zasshi*. 2014; **129**: 119-27.

Home Care Nursing

Motoko Kita, *Professor*

Hiroko Toyama, *Assistant Professor*

Reiko Yoshida, *Assistant Professor*

General Summary

Since 2011, our undergraduate course, Home Care Nursing, has focused on the acquisition of the ability to develop the nursing process based on the characteristics of home care nursing, in the process of studying home care nursing skills and home care nursing practice, which cover the theory to practical training. This year, we conducted an educational assessment of this course based on educational issues of each instructor.

Research Activities

Evaluation of the flipped classroom in home care nursing

To help students develop assessment skills unique to home care nursing, preclass learning with e-learning was conducted regarding the mechanisms of diseases and symptoms which were conventionally taught during lectures, and the flipped classroom, in which assessment techniques are mainly taught during lectures, was introduced. An examination of the effects of the flipped classroom observed no difference based on students' level of understanding of assessment techniques, which is a class objective. However, student learning during the class was increased and showed that preclass learning with animation contents was beneficial for acquiring basic knowledge. Furthermore, more and more people use their smartphones as a tool to play animation contents, suggesting that they are an effective means to study within a limited time regardless of the place and computer accessibility.

Establishment of the discharge planning process for elderly patients with dementia in acute care hospitals

Recently, a growing number of elderly patients with dementia are being transferred to acute care hospitals for the treatment of other diseases; however, their discharge planning involves difficulties. For the first stage to develop a discharge planning model that can deal with the difficulties of people with dementia, we have been conducting research to identify the discharge planning process for elderly patients with dementia in which nurses of acute care hospitals are involved. We launched a survey this year and conducted an interview involving nurses working in acute care hospitals.

The status of information-sharing with family caregivers perceived by visiting nurses

In home-based care settings, sharing information with family members is important to provide patients with appropriate care. We performed research to clarify patients' information that visiting nurses wish to collect from family members and to clarify the current status of information sharing. The results revealed that patients' information was more

likely to be provided by only nurses. For visiting nurses, understanding patients' health status when nurses are not at their home is extremely important for assessing patients correctly and for predicting health changes that may occur in the future; this finding suggests that a system should be developed to share information with family members with regard to their cohabitation status (living together or separately).

Learning needs of the staff of a comprehensive community support center who provide care for the elderly with mild depression

We conducted a literature review to summarize and identify learning needs to empower the staff of a comprehensive community support center who are involved in the care of the elderly with mild depression, as a part of a care prevention program conducted by the center. To develop an effective learning program, we are planning to conduct questionnaire surveys and interviews involving the staff in the future.

Inspection/evaluation

Home Care Nursing has proactively introduced active learning into the class. As a part of the continuous assessment of education, the flipped classroom was evaluated regarding its efficacy in this study. The results suggest that further class improvements are needed. We will continue our educational assessment to offer more effective education.

Because all research performed by our instructors involves important subjects in the field of home care nursing, we must support each other and exert our utmost efforts to develop the course.