

## School of Nursing

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### Basic Nursing

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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 healthy work environment of nurses who working in hospitals.

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.

## Nursing Administration

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Midori Nagano, *Professor*

#### General Summary

Two studies have been performed: “Risk factors of living with an ostomy owing to rectal cancer” and “Health work environment in nursing practice.”

## Research Activities

### *Risk factors of living with an ostomy owing to rectal cancer*

The aim of this study was to describe the characteristics of living with an ostomy based on the factors of independence in changing appliances and the presence of peristomal irritant dermatitis. Suggestions were made about how stoma clinics can better support the lives of ostomates.

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

Advanced age and diabetes reduced patients' ability in changing ostomy appliances. Ileostomy and chemotherapy increased the risk of peristomal irritant dermatitis. Most patients with rectal cancer and a stoma were at risk for both or either independence and dermatitis.

### *Health Work Environment in Nursing practice*

About "a follower ship and the leadership" and "possibility of the learning of the manager who utilized experience and the evaluation," I worked on the exchange meeting in the society as a member of the administration staff for the stocktaking for studies.

## Adult Nursing

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Naomi Takashima, *Professor*  
Ruka Seyama, *Assistant Professor*  
Yoko Murooka, *Assistant Professor*

Masami Sato, *Professor*  
Mai Hosokawa, *Assistant Professor*  
Hiromi Nakagawa, *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 emphasis on the process of learning practical nursing skills through 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 acute and critically ill patients.

Based on educational evaluation of the past, the new curriculum was established from the 2012 fiscal year and was offered during the second year of "adult nursing practice theory" for the purpose of critical thinking competency building. We develop class methods further in the first year for care plans for the discharge of surgical patients from the preoperative and postoperative recovery. Teaching methods include group studies based on the problem-based learning of interrelated ways and nursing plans to implement parts of the incorporated planning exercises. Furthermore, practical skills for advanced nursing plans,

collecting information using the video material, and designed thinking in realistic situations, made its own case information paper. Not only were students in a desk planning nursing, but they were deepening the learning in practice as an exercise, heading their agenda, and leading to clinical practice.

Although evaluations by students of nursing process development, which included information collection and nursing practice with nursing plans, were largely positive for the overall adult nursing practicum, evaluations by faculty members tended to be less positive. In the practicum environment and organizational arrangements, the students' cooperation with clinical practicum instructors was strengthened by opportunities for students to review their work with instructors. Students generally gave positive evaluations of educational interventions by faculty members, such as faculty being present at the clinical scene and providing advice and critiques in a timely manner, providing clues on nursing process development based on records, conducting nursing practice with 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 how roles are divided among the parties involved.

## **Research Activities**

### *Research on Cancer Nursing*

#### 1. Research of nursing care for rectal cancer undergoing anterior resection

We have been developing methods of nursing to reduce the bowel disorders typical of anterior resection. This year nurse support program can be obtained certain effects in a study last year that produced for distribution as brochures to more effectively utilize in practice. I product brochures with wound, ostomy, and continence nurse and colorectal surgery doctors, and gastrointestinal oncology nursing researcher. Future plans to study to evaluate the effect of nursing care using the pamphlet with the widely used patient brochures for distribution was created to advance.

#### 2. Research on chemotherapy-induced peripheral neuropathy

By research with other facilities, we have been developing applications for educating patients about chemotherapy-induced peripheral neuropathy. This year, we produced a video that will be delivered by the application. The video teaches patients about how peripheral neuropathy develops and how to deal with it. In addition, a patient assessment tool that was developed the previous year was added to the application so that the patient could use it for self-monitoring. We are now preparing research to evaluate the usefulness of this application.

#### 3. Research on a patient who has cancer and is human immunodeficiency virus-positive

For research with other facilities, we have examined the medical treatment of patients who have human immunodeficiency virus and are terminally ill with cancer. A report of such cases was published in the relevant journals. In addition, we have continued this study of human immunodeficiency virus-positive patients for their recognition by infection-control nurses.

*Research on a critical care*

1. The development of the comfort and palliative care program for patients of 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 and end-of-life care.

2. Analysis of the perioperative pressure ulcer development situation and related factors

We are collecting data to prevent the development of perioperative pressure ulcers in patients at high risk because of long-time surgery performed with the patient in a special posture. We are planning to analyze data regarding the pressure ulcer development situation and related factors.

## Gerontological Nursing

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Fumiko Kajii, *Professor*

Junko Kusachi, *Associate Professor*

### General Summary

The 4 studies performed in 2015 examined the following topics: (1) the development and evaluation of an application to detect falls and a support program to monitor methods to prevent falls for elderly persons, (2) the development of an educational program to train unemployed and retired nurses to support persons with dementia living in the community and their family caregivers, (3) the effect of seat cushion position on lower-limb edema and blood flow in wheelchair-bound elderly persons requiring seat position support, and (4) the structure of at-home nursing support for elderly persons with dementia, eating disorders, dysphagia, and malnutrition.

### Research Activities

*Development and evaluation of an application to detect falls and a support program to monitor methods to prevent falls for elderly persons*

We performed 4 experiments in this study. First, using a sensor, we estimated the rates of true and false detections of falls during routine activities. Second, we inspected the movement characteristics of transmission and reception between the sensor terminal and server. Third, we assessed whether elderly persons (n = 3) are able to operate smartphones with a

fall-detection application. Finally, we determined if the fall-detection application was able to precisely detect a fall. This work was supported by a Grant-in-Aid for Scientific Research (B).

*Development of an educational program to train unemployed and retired nurses to support persons with dementia living in the community and their family caregivers*

We performed a mail survey to identify unemployed and retired nurses in a community who were able to benefit from training. We prepared a survey questionnaire to assess the interest in nursing support, the perceived need for nursing support for persons with dementia and their family, and the support activities required to help maintain a work-life balance for nurses. This work was supported by a Grant-in-Aid for Challenging Exploratory Research.

*Effect of seat-cushion position on lower-limb edema and blood flow in wheelchair-bound elderly persons requiring seat-position support*

We compared the effects of different wheelchair cushions on lower-limb edema and blood flow in elderly subjects with hemiplegia. This work was supported by the Nursing School Research Expenses.

*Development of at-home nursing support program for elderly persons with dementia and with eating disorders, dysphagia, and malnutrition*

We performed an interview-based study to develop a program for home-visiting nurses to support elderly persons with dementia and with eating disorders, dysphagia, and malnutrition. This work was supported by the Nursing School Research Expenses.

## Reviews and Books

**Hooper L, Abdelhamid A, Attreed NJ, Cambell WW, Channell AM, Chassagne P, Culp KR, Fletcher SJ, Fortes MB, Fuller N, Gaspar PM, Gilbert DJ, Heathcote AC, Kafri MW, Kajii F, Lindner G, Mack GW, Mentis JC, Merlani P, Needham RA, Olde Rikkert MGM, Perren A, Powers J, Ranson SC, Ritz P, Rowat AM,**

**Sjöstrand F, Smith AC, Stookey JJD, Stotts NA, Thomas DR, Vivanti A, Wakefield BJ, Waldreus N, Walsh NP, Ward S, Potter JF, Hunter P.** Clinical symptoms, signs and tests for identification of impending and current water-loss dehydration in older people (Review). *Cochran Database of Systematic Reviews*. Epub 2015 April 30.

## Mental Health and Psychiatric Nursing

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Takeshi Katsuki, *Professor*

Junko Ishikawa, *Assistant Professor*

### General Summary

We give lectures to teach students about medical systems and social resources based on mental health and welfare acts. In addition, we give lectures to teach students methods to

assess patients with mental problems on the treatment process.

### **Research Activities**

We have continued to investigate the mental effects of the Great East Japan Earthquake of 2011 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 2015. 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, imagining a great deal of damage in the future, and age greater than 65 years with a lack of physical ability.

We presented an interim report at the International Academic Consortium 2016 in Yokohama, Japan.

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

## **Child Nursing**

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Kiyo Hamanaka, *Pofessor*

Kinu Takahashi, *Assosiate Professor*

### **General Summary**

The lectures given to undergraduates included an introduction, methodology and practice, and educational evaluation. This lectures promoted the learning of practical abilities in pediatrics, through training in the inpatient ward, outpatient ward, and the neonatal intensive care unit of The Jikei University and Child Development Center. These educational methods were used to enhance the advocacy of children's rights in clinical situations and to deal with, practice, and learn nursing skills. The students then experienced the nursing of children with disease at an acute stage and learned nursing roles in a multidisciplinary team on the practical training for pediatric nursing.

### **Research Activities**

*Current situation of nursing ethics and advocacy of children's rights in basic nursing education*

Self-administered questionnaires were administered to the teaching staff of 214 educational institutions in Japan. These questionnaires were used to clarify the current situation

of nursing ethics and the advocacy of children's rights in basic nursing education. This article was published in the *Japanese Journal of Health Science* (2015; 19(1): 25-30.).

*The process of pediatric nurses to achieve practice that advocates for children's rights*

This inductive qualitative study aimed to clarify the processes necessary for pediatric nurses to achieve practice that advocates children's rights. Findings revealed that the core category in this process is "being able to consider children centrally." This category comprised the following 4 grades, in the following order: "One can act as instructed but cannot consider things independently," "one obeys the 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."

*The power needed to develop "The Process of Pediatric Nurses to Implement Practice That Advocates Children's Rights"*

A strategy was developed to strengthen the ability needed to develop "The Process of Pediatric Nurses to Implement Practice That Advocates Children's Rights."

Three categories affected the intensity of this developed process: "confirmation of children's power," "contrivance to convey children's power," and "attractive emotion to children." There were 6 ways in which the ability to consider children centrally may have been strengthened: "accumulation of experience with children," "accumulation of experience by constantly watching children," "acquisition of knowledge about relationships with children," "accumulation of experience about the relationship with children, with the cooperation of staff," "accumulation of experience on raising consciousness when taking charge of a child," and "fixation and attendance within a location of strength, which facilitates one's ability to consider children centrally." This study was presented at the 11th congress of the Tokyo Women's Medical University Nursing Society in 2015.

## Maternity Nursing

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Kimiko Kayashima, *Professor*

Yasuko Hososaka, *Associate 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

*The use of a pessary among patients with pelvic organ prolapse and its effects on daily life and sex life*

Pelvic organ prolapse (POP) becomes more common in women after childbirth and with

aging and is often treated conservatively with a pessary. This study examined patients with POP for whom a pessary was indicated, their symptoms before and after a pessary was installed, and the effects of the pessary on daily life and sex life. The subjects were 91 patients with POP who were outpatients of the hospital affiliated with University A. Medical records were examined to collect data on the characteristics and symptoms of POP before and after pessary installation. Seven of the patients were interviewed, with their consent, about their daily life and sex life after pessary installation. The 7 patients, whose mean age was 75.8 years, first had POP at a mean age of 68 years. Symptoms before pessary installation included a feeling of pelvic pressure (83.5%), urinary problems (26.4%), and increased vaginal discharge (7.7%). Symptom after pessary installation included increased vaginal discharge (28.6%), urinary problems (24.2%), and bleeding (23.1%). All 7 patients stopped having sexual intercourse after pessary installation because they were concerned that their symptoms would worsen. An effect of POP on the patients' daily life was that at the time of bowel movement they wore thin gloves and pressed against the vagina to keep the pelvic organ inside and that they tried to sit down slowly.

#### *The boundary between discipline and abuse by mothers raising preschool children*

This study aimed to analyze and clarify, based on an analysis of narratives regarding parenting behaviors, the boundary between discipline and abuse by mothers raising preschool children. A total of 26 mothers raising preschool children underwent semistructured interviews focusing on the experiences they considered to reflect the boundary between discipline and abuse. Interview transcripts were qualitatively analyzed with a modified grounded theory approach. The 2 categories identified as reflecting aspects related to the boundary between discipline and abuse were "subconscious power of the mother over the child" and "differences in discipline depending on the attributes of the child." Additional categories included "superiority of other people's appraisal of discipline," "maternal idealized image and exhaustion lowering the threshold for discipline," and "external forces and maternal capabilities affecting discipline." Appraisal support from others, provision of knowledge, and instrumental support were found to be important forms of parenting support for mothers.

#### *Comparison of changes in physical indexes of neonatal bathing and dry cleaning care*

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.

## Community Health Nursing

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

Yoshiko Kubo, *Assistant Professor*  
Yumiko Shimizu, *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) exploring career anchors among occupational health nurses, (3) reflection among newly-appointed public health nurses in community nursing, (4) health and welfare in patients undergoing hemodialysis who live in the community, and (5) nursing care for Directly Observed Treatment, Short-Course.

### 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 person in a suitable manner.

#### *Exploring career anchor among occupational health nurses*

This study examined career anchor characteristics possessed by Japanese occupational health nurses. The data showed the following 5 categories: practices concerning relationships and positions, development of occupational health practices, management skills for effective work, practices approved inside and outside the organization, and considerations of work and private life.

#### *Reflections among newly appointed public health nurses in community nursing*

The purpose of this study was to clarify the characteristics to promote reflections among newly appointed public health nurses in community nursing and to thereby obtain suggestions for methods of promoting reflections that enhance their expertise.

#### *Health and welfare in patients who undergo hemodialysis and live in a community*

The aim of this study was to examine the problems of health and welfare in patients undergoing hemodialysis who live in a community. This year, we investigated family caregivers and care managers to assess patient's care management.

#### *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.

## Home Care Nursing

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Motoko Kita, *Professor*

Hiroko Toyama, *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

*Effectiveness of the flipped classroom in home nursing studies: To ensure knowledge acquisition*

We use the flipped classroom to help students develop appropriate assessment viewpoints specific to home nursing. With a view to ensuring knowledge acquisition, we instructed students to review their knowledge with a worksheet after watching movies. As a future approach, it may be necessary to effectively use this method and develop further strategies to learn the theory of home-nursing support.

*Processes of discharge support for elderly patients with dementia in acute care hospitals*

To develop a discharge-support model for patients with dementia in consideration of difficulties specific to the disease, this study aimed to clarify the details of nurses' process of providing such support for elderly patients with dementia in acute care hospitals. The person who should receive support for making treatment decisions for inpatients varied between scheduled and emergency admissions: for scheduled admissions, support for patients was important, and for emergency admissions, support for other family members was important. The development of 2 versions of support, for scheduled and emergency admissions, was also found to be essential for establishing a more practical model for discharge support.

*Status of information sharing by visiting nurses from the viewpoint of family caregivers*

In home-based care settings, sharing information with family members is important to provide patients with appropriate care. Family members giving care sought information, in the absence of other family members, about the condition of the person receiving care. Caregivers needed to be informed of the results of assessment, focusing on medical aspects, even if only slight changes are revealed.

*Inspection/evaluation*

Home Care Nursing has proactively introduced active learning into the class, but further class improvements must be made. We will continue our educational assessment to offer

education that is more effective.

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.