

## School of Nursing

---

### Basic Nursing

---

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

Chieko Hanyu, *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

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.

## Nursing Administration

---

Midori Nagano, *Professor*

#### General Summary

Two studies have been performed: “Effective pressure ulcer measures in the hospital” and “Quality indicators of home care nursing for older persons.”

#### Research Activities

*Effective pressure ulcer measures in the hospital*

To elucidate structural indicators and effective pressure-ulcer measures related to the sense of influence among wound, ostomy, and continence nurses (WOCNs) and the inci-

dence of pressure ulcers, a questionnaire survey on systems of pressure-ulcer measures was administered to the WOCNs in charge of pressure-ulcer measures and nurse administrators, who were their direct superiors, at 425 hospitals.

Regarding interprofessional collaboration, “occupational therapists/physical therapists perform assessment for high-risk patients as necessary” was related to both the sense of influence and the incidence of pressure ulcers.

The results support the importance of the knowledge of ward nurses and their decision-making. A total of 11 roles and functions of WOCNs were suggested to be meaningful. A total of 14 roles and functions of administrators were suggested to be meaningful. The educational background of nurse administrators tended to be related to the incidence of pressure ulcers, and the study of and training in nurse administration were related to the sense of influence among WOCNs.

#### *Indicators of the quality of home care nursing for older persons*

We investigated home care for older patients with pressure ulcers with expert visiting nurses. We created several indicators of the quality of home care nursing for older patients with pressure ulcers.

#### **Publications**

**Nagano M, Ogata Y, Tokunaga K.** Quality indicators for pressure ulcer management systems at hospitals from the perspective of relationship to

incidence (in Japanese). *Nihon Kango Hyoka Gakkaishi*. 2012; **2**: 9-18.

## **Adult Nursing**

---

Shoko Fujino, *Professor*  
Hiroaki Murata, *Assistant Professor*

Naomi Takashima, *Professor*  
Ruka Seyama, *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 reflect upon these results and apply them to our education 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 Fujino calls “caring touch,” is used to strengthen the relationship between nurses and patients and to ease suffering.

Takashima investigated the stress experience of patients who were admitted to the intensive care unit and had used a respirator for 24 hours or more. She also reported on the correlation between physical activity and hospital anxiety and depression, health-related quality of life, and the life condition 2 months after gastric resection.

Murata described the experiences of patients with acute respiratory failure receiving ventilatory support and continued research for the development of a nursing support program. She also started research on patients with delirium.

Seyama described the experiences of patients who were treated for cancer and the suggestion for nursing. She also continued research for the development of a care model that includes families.

### Publications

**Takashima N, Murata H.** Quantitative and qualitative evaluation of the quality of life of patients with gastric cancer up to 2 months after gastrectomy (in Japanese). *Tokyo Jikeikai Ika Daigaku Zasshi*. 2013; **128**: 25-34.

**Takashima N, Murata H, Watanabe C, Nonaka M, Ozono M, Nakata K, Mitsumori Y, Kashiwagi H.** Correlation between Hospital anxiety and depression and QOL, life condition

after perioperative gastric resection (in Japanese). *Shokaki Shinshin Igaku*. 2012; **19**: 14-20.

### Reviews and Books

**Hayakawa K, Takano T, Takashima N, editors.** ICU CCU Nursing (in Japanese). Tokyo: Igaku Shoin; 2013.

## Gerontological Nursing

---

Miyoko Sakurai, *Professor*

Junko Kusachi, *Associate Professor*

### General Summary

We created the visual educational DVD, “Assessment of Cases for Nursing, Volume 5: Nursing Cases of Patients with Stroke,” to help nursing students understand the nursing care of patients with stroke, who are often placed in the care of nursing students as part of practical training. We hope that this educational material will help nursing students to form an image when learning about caring for the elderly, which has traditionally been conducted with the use of simulated “paper patients.” In addition, a large number of exercises with simulated patients have been incorporated into the curriculum to improve nursing techniques for patients with dysphagia and decubitus ulcers.

### Research Activities

We focused on the topic of “Investigation of an exercise program to support the independent activities of the elderly who require nursing care: the state of lower limb edema and related factors in long-term wheelchair users,” which has been incorporated into the edu-

educational curriculum. This year, we conducted a survey among wheelchair-using residents of healthcare facilities for the elderly regarding the state of lower-limb edema. In the future, we intend to investigate an exercise program designed to improve lower-limb edema on the basis of the physical exercise capabilities of the subjects and the time frame in which edema increases.

## Mental Health and Psychiatric Nursing

---

Masashi Kawano, *Professor*

Junko Ishikawa, *Assistant Professor*

### General Summary

#### *Education and Research*

In education, we have continued revising collaborative lectures, laboratories, and practical training for 5 years.

For freshmen, we gave lectures about the concepts and current issues of mental health.

For sophomores, we gave lectures about working with psychiatrists, psychiatric diagnosis, and nursing care for patients with psychiatric illnesses. We invited guest speakers who were mentally ill persons from the Kagayaki-kai to help students understand the features of mental illness. For juniors, education mainly involved laboratories about communication skills, interpersonal relationships, and the nursing process using DVDs produced by our department, with Kichijoji Hospital used for the subsequent practical training. The final examination we gave was not paper test but a practical examination involving roleplay. For junior students we trained at Kichijoji Hospital and on Ward 11E at The Jikei University Hospital. For senior year comprehensive practical training, we redefined the goals and objectives for a deeper understanding of and the use of skills for patients with acute psychiatric illnesses and forensic psychiatry at Tokyo Musashino Hospital and National Center Hospital, National Center of Neurology and Psychiatry.

In research, we finished a study comparing psychiatric healthcare for patients in rural areas between Japan and Thailand and a study of child and adolescent psychiatric care in Shimo-Itabashi, Toshima, and Nerima Wards of Tokyo. We continued our research on communication skills needed for undergraduate and graduate education in nursing. Other studies examined the utilization of recovery clubs by alcoholics and analyzed persons recovering from depression.

#### *Evaluation*

The department is in the fifth year of redefining the contents of education. We have received feedback from students of each class, and practical training was achieved. Feedback led to some effective changes. We were able to revise the entire contents of education. Producing and using a DVD contributed to classroom teaching and practical training and strengthened the relation between the hospital and the School of Nursing. It is important to continue applying the evaluations from students to improve lectures, labo-

ratories, and practical training. Next year we will use simulated patients for the final examination of junior students to enhance their clinical skills.

Research activity is needed to maintain a psychiatric mental-health-oriented approach. Applying research results to education is essential.

## Child Nursing

---

Kiyo Hamanaka, *Professor*

Kinu Takahashi, *Associate Professor*

### General Summary

In the field of education, educational systems have been strengthened to improve intramural and extramural training programs with Associate Professor Takahashi.

In the field of research, it is necessary to appropriately use the results of research on the educational support for hospitalized children. Regarding research on demands and expectations of members of the Association of Parents of Children with Incurable Diseases, analysis will be continuously performed, and the results will be reported, while continuously examining topics to contribute to clinical practice with its outcomes. Regarding research on the status of nurses advocating “children’s rights”, the status of education to promote “nursing ethics” and “children’s rights” in basic nursing education programs will be further analyzed in relation to the status of nursing, while studies are continuously performed to promote “children’s rights.” In addition, we have been working with other researchers in related fields and faculty staff members of other universities to perform collaborative studies.

### Research Activities

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

Hamanaka made presentations at meetings of the Japanese Society of Child Health Nursing and Nihon Ikuryo Association based on the results of last year’s analysis.

#### *Demands and expectations of members of the Association of Parents of Children with Incurable Diseases regarding Research into Treatment for Specific Chronic Child Diseases*

Hamanaka also performed a questionnaire survey involving members of the Association of Parents of Children with Incurable Diseases to clarify their use, demands, expectations, and feelings regarding Research into Treatment for Specific Chronic Child Diseases and other systems and support services.

Their answers to the questions of the Likert scale, focusing on problems and challenging issues regarding the above-mentioned research plan and children with Incurable Diseases, as well as difficulties when using such systems and support services and expectations for

them, were quantitatively analyzed after descriptive statistical procedures were implemented. Descriptive data obtained in this survey will be qualitatively analyzed.

*Experience of receiving ethics education among nurses engaged in ethics education and the status of nurses advocating “children’s rights,” with a focus on nurses involved in pediatric nursing*

Takahashi performed a questionnaire survey involving pediatric nurses from 6 pediatric, university, or general hospitals in the Kanto region to investigate the experience of receiving ethics education among nurses engaged in ethics education and the status of nurses advocating “children’s rights.”

The results of quantitative analysis obtained in this survey were reported at the 32nd Academic Conference of the Japan Academy of Nursing Science. The results of descriptive analysis will be reported at a meeting of the Japanese Society of Child Health Nursing.

*Status of education to promote “nursing ethics” and “children’s rights” in basic nursing education programs*

Following last year’s study, a questionnaire survey was performed involving nursing universities, colleges, and 3-year vocational schools throughout Japan to examine the status of education to promote “nursing ethics” and “children’s rights” in basic nursing education programs. The data obtained in this survey are being analyzed.

## Maternity Nursing

---

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

*Comparison of Internet use and sexual health problems among adolescents in Japan and China*

We analyzed Internet use and sexual health problems among adolescents from online newspaper articles published from 2006 through 2008 in Japan and China. Child-related issues concerning access to dating Websites, installation of content-filtering software, and creation of rules for cell-phone use are seen as problematic in Japan, whereas Internet addiction is seen as a problematic mental illness in China. The need for parents and guardians to take interest in their child’s computer use has been reported. Although a trend towards monitoring and limiting Internet use by adolescents can be seen in both

countries, media literacy education is still necessary.

*The relationship between health actions and knowledge of women in their first pregnancy and health guidance from their healthcare provider*

We analyzed the relationship between health actions and knowledge of women in their first pregnancy with a focus on the first half of pregnancy and guidance from their healthcare practitioner. We found that health behaviors and knowledge scores increased along with satisfaction ratings in health guidance but decreased when the score for negative support from the guidance provider increased. Therefore, to link health guidance to behavior modification in pregnant women, it is important to increase satisfaction in health guidance and promote an approach conveying a receptive attitude.

*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. The bacterial count was affected by the storage method. In the immunological investigation, analysis was performed using immunoglobulin A and lipase as indicators, and lipase levels were found to decrease significantly for all thawing methods.

*Survey of current newborn cleaning care using a mixed-methods approach*

A mixed-methods approach was used to survey current methods of newborn cleaning care at 256 maternity clinics across Japan. In this approach, questionnaires were administered about methods of newborn cleaning care in the early neonatal period, and interviews were conducted with 5 midwives on their thoughts about the provision of cleaning care. Responses showed that clinics usually did not perform any particular cleaning care on the day of birth. The most common method of cleaning care used was regular bathing from day 2 onwards. The selection of a newborn cleaning care method was not affected by the number of deliveries or staff members. Dry bathing was significantly more common in the Kanto region, and regular bathing was significantly more common in Kyushu. The following 5 categories were extracted from the interviews: cleaning care that focuses on the burden to the newborn, care that conveys the importance of the newborn to the health practitioner, evaluation of traditional bathing from both good and bad sides, a dry technique that reduces the burden to the newborn and gives the health practitioners more leeway, and fluctuations in cleaning care for newborns.

## Publications

**Fujihara S<sup>1</sup>, Kayashima K, Shimizu Y<sup>1</sup>, Nishino J<sup>1</sup> (<sup>1</sup>Nagano Coll Nurs).** Comparison of problems related to Internet use and sexuality among adolescents in Japan and China: Based on online newspaper articles in Japan and China between 2006 and 2008 (in Japanese). *Nihon Seikagaku-kai Zasshi*. 2012; **30**: 51-62.

**Hososaka Y, Nukita H, Ito F, Ishii Y, Onishi A,**

**Isonishi S.** Effects of different thawing methods on the immune and nutritional contents of expressed breast milk (in Japanese). *Tokyo Jikeikai Medical Journal*. 2012; **127**: 105-12.

## Reviews and Books

**Kayashima K.** Sexual Health and Nursing (in

Japanese). *Nihon Seikagakukai Zasshi*. 2012; **30**: 3-10.

**Kayashima K.** Nursing of the adult woman (in

Japanese). In: Horiuchi S, editor. *Midwifery Lecture 5: Midwifery diagnosis & skill 1*. 5th ed. Tokyo: Igaku Shoin; 2013. p. 217-44.

## Community Health Nursing

---

Junko Shimasawa, *Associate Professor*  
Yoshiko Kubo, *Assistant Professor*

Ikuko Takahashi, *Assistant Professor*

### General Summary

The faculty's research has been focused on: 1) public health nursing care to promote continued community life by patients with mental illnesses living at home, 2) infection control in the community, 3) development of a mental healthcare scale for occupational health nurses, and 4) research on educational evaluation.

### Research Activities

#### *Public health nursing care for mentally ill patients living at home*

The purpose of this study was to elucidate the features of assistance provided by public health nursing care to promote the continued community life by patients with mental illnesses living at home. In this study, such assistance was considered to be support that promoted continued life in the community by a patient with a mental illness in a manner suitable for that patient.

#### *Infection control in the community*

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

#### *Development of a mental healthcare scale for occupational health nurses*

Occupational health nurses (OHNs), who perform mental healthcare at workplaces, require extensive knowledge, experience, and expertise. In addition, OHNs must develop problem-solving ability. The development of OHNs, however, often depends on individual effort because few workplaces in Japan provide organizational job-training programs. Compared with educational systems for public health nurses, systems for OHNs in each company are more difficult to establish. Hence, to maintain the quality of mental healthcare among workplaces, the purpose of this study was to develop a mental healthcare scale that can be provided to OHNs.

#### *Evaluation of Community Health Nursing Practicum*

This study aimed to evaluate how the improved Community Health Nursing Practicum II has influenced learning by nursing students at the university. The law regarding nursing,

public health nursing, and maternity nursing schools in Japan was revised in 2008 and 2011. As a result the community nursing course in the education programs for nurses and public health nurses in this department were also changed to 6 subjects, 10 units, and 180 hours and 3 practicums, 4 units, and 180 hours, respectively (i.e., Community Health Nursing Practicum I, II, and III). Community Health Nursing Practicum II, which was introduced in 2011, provides opportunities to learn about the roles of public/occupational/school health nursing through visits to political offices, companies, health insurance associations, elementary schools, and junior high schools.

### Reviews and Books

**Kubo Y.** Basis occupational health nursing theory: Patricia Benner (in Japanese). *Sangyo Kango*. 2012; **4**: 399-404.

## Home Care Nursing

---

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

Reiko Yoshida, *Assistant Professor*

### General Summary

In Home Care Nursing, the lecture-based “Introduction to Home Care Nursing” and practice-based “Methodology of Home Care Nursing” and “Clinical Practice in Home Care Nursing” have been provided since 2011 to effectively help students develop practical nursing care skills step by step with due consideration of the characteristics of home care nursing. This year, we researched course evaluations in accordance with each instructor’s area of interest.

### Research Activities

*Evaluation of practice-based classes focusing on the home care nursing process according to course evaluations by students*

In the practice-based “Methodology of Home Care Nursing” course held in the first semester of the third year, patient cases are introduced so that students can assess them, identify issues, develop nursing care plans, and perform roleplaying to improve their practical skills. To examine and improve the practice-based home care nursing course, we continuously evaluated the course. The students generally assessed the practice-based home care nursing course positively with regard to the adequacy of the number of classes and teaching materials, students’ learning effort, understanding of home care patients, planning, roleplaying, and the involvement of the teaching staff. As issues requiring attention, we observed the following: 1) support for group work, 2) improving the lesson structure and training system for roleplaying, and 3) improving the planning support in accordance with the characteristics of each group.

*Evaluation of practice-based classes focusing on the home care nursing process: Effect on the students' level of goal attainment in "Clinical Practice in Home Care Nursing"*

In this study, students' self-assessments after practice-based classes and after the subsequent practical training in "Clinical Practice in Home Care Nursing" were compared to assess the effect of the students' self-assessment after the classes on their level of goal attainment when completing in "Clinical Practice in Home Care Nursing." We observed correlations between the degree of understanding of the nursing process and a higher level of goal attainment in "Clinical Practice in Home Care Nursing," suggesting the effectiveness of the current series of learning processes for home care nursing.

*A study on the development of the process to support elderly patients with dementia to return home following a stay in acute care hospitals*

Recently, an increasing number of elderly patients with dementia are being admitted to acute-care hospitals for the treatment of other diseases. However, it is difficult to effectively support their subsequent discharge to home. As the first step to develop a model to resolve the difficulty in supporting elderly patients with dementia to return home after discharge from an acute-care hospital, we investigated the process involving nurses in charge of providing such support. This year, as a preparatory step, we examined the literature related to the research framework and translated documents on related theories.

*Basic research (Vol. 1) for creating an information-sharing system for team-based home care*

We performed basic research to extract information required for effective mutual cooperation between home care team members, including the patients' families, and sharing of information with other team members in remote areas. First, we identified information to be shared between the home care nurses and other team members and recognized that the information needs to be shared not only with family members and physicians, but also with other related professionals.

*The effect of intervention with narrative approaches on the anticipatory grief of patients' families providing terminal care at home*

To examine the effect of intervention with narrative approaches on the anticipatory grief of patients' families providing terminal care at home, we performed continuous research with narrative approaches involving the families of patients with 6 months or less to live.

*Basic research on network development concerning the preventive long-term care support network*

We believe that developing a network to identify patients in need of preventive long-term care through an effective use of regional resources in cooperation with regional groups, local volunteers, and various professionals is a new key to help solve issues concerning preventive long-term care. As basic research, we conducted interviews with subjects belonging to different groups (such as association officials, volunteers who provide telephone counseling services, district welfare officers, and the staff of the community general support centers) to assess the information, needs, and resources of regional groups

with regard to preventive long-term care and categorize the data and examine issues in accordance with regional characteristics.

### *Inspection/evaluation*

From the course evaluation performed this year, we observed the effectiveness of the existing series of learning processes for practice-based classes focusing on the home care nursing process. On the other hand, we have also observed issues, such as that the number of patient cases introduced in the practice-based classes and the class system may require reassessment because of the increasing number of students and that the lecture-based classes suffer because of the poor comprehension of students. To resolve these issues, it is necessary to further improve the classes and continue course evaluation.

The research performed by the teaching staff covers important issues in home care nursing. We hope to facilitate mutual support in the field and further develop the research.

### **Publications**

**Yatsu H (Jpn Red Cross Coll Nurs), Kita M.** Issues of the generalization in qualitative research (in Japanese). *Nihon Kango Kenkyu Gakkai Zasshi*. 2012; **35**: 53-4.

**Kita M.** Introduction to synthesis of the qualitative research evidence and the interpretive

approach in systematic review (in Japanese). *Kango Kenkyu*. 2012; **45**: 253-9.

**Yatsu H (Jpn Red Cross Coll Nurs), Kita M.** Can't be the findings of qualitative research generalized? : generalizability in qualitative research (in Japanese). *Kango Kenkyu*. 2012; **45**: 414-20.