

School of Nursing

Basic Nursing

Sawako Haga, *Professor*
Chieko Hanyu, *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) history of nursing, 4) support practice for patients with progressive motor dysfunction, and 5) nursing diagnosis.

Research Activities

Sawako Haga: Read and interpreted the medical views of Kanehiro Takaki based on *Home Hygiene and Treatment* (published in 1915). She also clarified the current status of education on physical assessment with a survey targeting teachers.

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 researched autonomic nerve activity when the elevation angle of the upper body is changed from the supine position as a bedpan is inserted, to determine which posture simplifies urination while the patient is in bed.

Publications

Satake S, Okubo N, Ushiyama K, Suzuki E, Koitabashi K. Discussion on the definition of positioning in nursing: results of a nursing report (in Japanese). *Nihon Kango Gijutsu Gakkaishi*. 2011; **10**(2): 47-56.

Okubo N, Ushiyama K, Suzuki E, Satake S, Koitabashi K. Discussion on the definition of positioning in nursing: results of a literature review

(in Japanese). *Nihon Kango Gijutsu Gakkaishi*. 2011; **10**(1): 121-30.

Ito M, Okubo N, Satake S, Sakyo Y, Ohashi K, Hachigasaki R, Hishinuma M. The usefulness of 'How to learn' teaching materials for reducing new nursing students' learning-related difficulties (in Japanese). *Seiroka Kango Gakkaishi*. 2011; **15**(2): 9-15.

Nursing Administration

Choko Sumiyoshi, *Professor*

Midori Nagano, *Professor*

General Summary

Two studies were performed: “Development of indicators for assessing the quality of pressure ulcer management systems at hospitals” and “The needs of stoma outpatient services.”

Research Activities

Development of indicators for assessing the quality of pressure-ulcer management systems at hospitals

We conducted a questionnaire survey of wound, ostomy, and continence (WOC) nurses and their supervising nurse administrators at 189 hospitals to analyze items affecting the incidence of pressure ulcers as quality indicators for pressure ulcer management systems. Structural requirements were “physicians have a sufficient knowledge of pressure ulcers,” “nurse managers have much education,” “WOC nurses have presentation skills, such as giving lectures,” and “staff nurses have awareness of prevention of compression wounds associated with bilevel positive airway pressure, tubes, etc.” These items were related to the incidence of pressure ulcers and were considered indicators of quality for personnel responsible for measures against pressure ulcers. In addition, “provision of facilities and benefits to WOC nurses by hospital directors” was thought to be an indicator of environmental maintenance for pressure ulcer management systems.

As process requirements, indicators were identified for the top managers, the responsible nurse administrators, WOC nurses, occupational and physical therapists, link nurses, and staff nurses.

Although 5 items on the Assessing Care of Vulnerable Elders Project Quality Index were found to be related to incidence, it was not reasonable to suppose that the 5 items would be used as targets and for evaluation, but they would be able to be used as minimum requirements for pressure ulcer management systems with WOC nurses belonging to hospitals.

As an outcome requirement, a sense of reward associated with work among WOC nurses was thought to be an indicator.

The needs of stoma outpatient services

The time between patient entry and exit from the examination room during outpatient ostomy care was measured, and patient identification and stoma type were recorded on a measurement form we developed. The clinic treated 346 patients a total of 1,797 times over a 600-day period. Initial treatments were longest, regardless of stoma type, whereas treatment times were significantly longer for ileostomies than for other types of stoma and displayed considerable variation. The present findings demonstrate that the

initial stoma examination and treatment took the most time, whereas the considerable variation in ileostomy treatment time suggests that a high percentage of patients have complicated care requirements. Because the national insurance system has only a single reimbursement rate for stoma care, introducing multiple reimbursement rates for stoma care may be necessary.

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 reported on the relationship between patients’ quality of life and activity after gastrointestinal surgery. She also prepared an instrument to investigate and measure the stress patients experience in intensive care units in Japan.

Murata defined the experience of patients with acute respiratory failure undergoing ventilatory therapy and continued gathering data and information to develop a nursing support program. He also started research on patients with delirium.

Seyama described the experiences of patients with cancer who were treated and who made suggestions about nursing. She continued preparing the groundwork to develop a care model that includes families.

Publications

Kitada Y, Seyama R, Takai Y, Takei A, Kanda K. Family nursing for end-of-life cancer patients in the general Japanese hospital ward (in Japanese). *Kitakanto Medical Journal*. 2011; **61**: 489-98.

Hara S, Takei A, Seyama R, Takei Y, Tsunoda A. Feelings of hope told by elderly cancer patients undertaking treatment: a qualitative study (in Japanese). *Kitakanto Medical Journal*. 2011; **61**: 509-14.

Takei A, Seyama R, Ishida J, Kanda K. Difficulties and coping behavior in a life of the cancer patient who experienced the oxaliplatin-induced peripheral neuropathy (in Japanese). *Kitakanto Medical Journal*. 2011; **61**: 145-52.

Reviews and Books

Takashima N. Acute Nursing. In: *Clinical Nursing Generalities*. Tokyo: Igakushoin; 2012. p. 70-85.

Gerontological Nursing

Miyoko Sakurai, *Professor*

Junko Kusachi, *Associate Professor*

General Summary

In the field of gerontological nursing, we have studied effective education methods, such as lectures and clinical training, from the perspective of the quality of life of elderly persons.

Research Activities

The main research activities in our department have focused on edema in the lower limbs of elderly persons.

Sakurai has been investigating the psychological conflicts of sons caring for elderly parents with dementia.

Kusachi has been investigating the attitudes in difficult situations caused a psychological conflict for caregivers in facilities for the elderly.

Mental Health and Psychiatric Nursing

Masashi Kawano, *Professor*

Junko Ishikawa, *Assistant Professor*

General Summary

Education and Research

In education, we continued revising collaborative lectures, laboratory activities, and practical training for the fourth year. For freshmen, we gave lectures about the concepts and current issues of mental health. For sophomores, we gave lectures about working with psychiatrists and about psychiatric diagnosis and nursing care for patients with psychiatric illnesses. We invited guest speakers who were mentally ill persons from Kagayakikai to help students understand the features of mental illness. For juniors, education involved mainly 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 a

paper test but a practical examination involving role play. 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 deeper understanding of and use of skills for patients with acute psychiatric illnesses at Tokyo Musashino Hospital.

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

Evaluation

The department is in the fourth year of redefining the contents of education. We have received feedback from students of each class and practical training session. This feedback indicated that the goals of classes and practical training were achieved. Feedbacks made some effective change. We will need one more year 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, laboratories, 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.

Publications

Kawano M, Katayama N, Ishikawa J. To discuss one case utilizing wellness approach toward recovery of the client (in Japanese). *Nihon Psychotherapy Gakkai Zasshi*. 2011; **12**: 69-76.

Ando M, Kawano M. Analysis by strengthen model toward job training psychiatric patient's psychology and needed support (in Japanese). *Seimaria Gakuin Daigaku Kiyo*. 2012; **3**: 55-62.

Child Nursing

Kiyo Hamanaka, *Professor*

Kinu Takahashi, *Associate Professor*

General Summary

The results of the research mentioned in "Cooperation of educational and medical staff to provide educational support for hospitalized children" have been publicized, which we consider a significant achievement. We have also been conducting further studies the result of which, we hope, will be applied to clinical practice. The publication of a litera-

ture review on “nursing ethics” education in nursing science universities over the last 5 years, which was mentioned in ““Nursing ethics” education in nursing science related universities: literature review over the last 5 years” is considered significant for continuing research related to ethical education.

We have greatly revised a textbook of pediatric nursing in which we have been involved, although this was not research. The revisions, which were made on the basis of current social circumstances, were considered to be of marked significance. We would like to make further revisions in response to the use of the textbook and the assessment of teachers and students.

Research Activities

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

As in the previous year, we focused on cooperation between medicine and education and analyzed the results of a national survey regarding cooperation between medicine and education involving head and charge nurses. Some findings were presented at the chairman’s talk of the Nihon Ikuryo Association, and other findings were presented in a speech as a medical worker for the Japanese Society of Child Health Nursing. This year, we also conducted an interview survey involving school teachers who have been engaged in special needs education in the Kanto area and analyzed comments collected from educational workers.

“Nursing ethics” education in nursing science related universities: literature review over the last 5 years

We performed a literature review on nursing ethics education in nursing colleges for the past 5 years, and identified future issues. This review was published in an academic journal.

Reviews and Books

Hamanaka K. Cooperation of educational and medical staff to provide educational support for hospitalized children (in Japanese). *Ikuryo*. 2011; **52**: 19-23.

Hamanaka K. Introduction: Studying pediatric nursing, Chapter1: Characteristics of children, Chapter2: What is pediatric nursing (in Japanese). In: Matsuo N, Hamanaka K, editors. *Shintaikei kangogaku zensho: shoni kangogaku gairon/shoni hoken*. 4th ed. Tokyo: Medical Friend; 2012. p. 1-6, 7-28, 29-54.

Hamanaka K. Chapter6-2: Health problems

associated with a chronic course, Disability and nursing, Chapter7-1: Children who undergo treatment and examination, and their families, 7-3: Children who require activity restrictions and their families, 7-5: Children with pain and their families, 7-10: Children with chronic diseases who have been treated at home and their families (in Japanese). In: Matsuo N, Hamanaka K, editors. *Shintaikei kangogaku zensho: Kenko shogai wo motsu shoni no kango*. 4th ed. Tokyo: Medical Friend; 2012. p. 426-36, 448-53, 466-73, 482-9, 536-43.

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

Sexual health problems during pregnancy, the postpartum period, and child-rearing

A literature review was performed regarding sexual function during pregnancy, the postpartum period, and child-rearing. Decreased sexual desire was widely reported due to morning sickness and worries about miscarriage and discomfort during pregnancy and due to episiotomy pain and fatigue during the postpartum period and child-rearing. Strategies are needed to manage sexual problems arising during these periods.

The effects of pessary use on daily living in patients with genital prolapse

Factors, such as chief complaints on the first medical examination and symptoms arising during pessary use, were investigated in 91 patients who were using pessaries because of genital prolapse. Pessary use reduced the rate of the sensation of uterine descensus from 78% to 16%; however, symptoms, including leucorrhea, hemorrhage, rubefaction, adhesion and erosion of the vaginal wall, dysuria, and sexual difficulties, were also reported after pessary use, indicating the need for guidance, such as self-care methods.

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 1 month postpartum from 20 adult nursing mothers and 2 samples of artificial milk for neonates. Bacterial count is affected by the storage method. In the immunological investigation, analysis was performed with immunoglobulin A and lipase as indicators, and lipase levels were found to decrease significantly with all thawing methods.

Construction of a weight-control model for pregnant women and underweight pregnant women for the prevention of low birth weight

We performed a large-scale study at 27 obstetric facilities nationwide to investigate the effects on neonatal birth weight of the intrauterine environment, in particular, increases in the mother's body weight between prepregnancy and delivery. Pregnant women's body-mass index and weight gain during pregnancy were negatively correlated with neonatal birth weight. Underweight pregnant women maternal weight gain during pregnancy is important for fetal development.

Methods of cleaning neonates younger than 7 days at childbirth facilities in the Tokyo Metropolitan Area

A questionnaire survey of 186 childbirth facilities in the Tokyo Metropolitan Area was performed regarding methods of cleaning neonates younger than 7 days. Responses obtained from 88 facilities revealed the most common cleaning methods to be “none” at 0 days old and “tub bathing” at 1 day old. Cleaning methods, such as sponge baths, were reconsidered, and tub bathing was avoided immediately after birth because of possible heat loss and skin damage. However, bathing was performed as a matter of course from 1 day old.

Reviews and Books

Kayashima K, Hososaka Y, Murotsu F, Nishi K. Visit to the university of perinatal facilities and training midwives in the UK. Part 2: Midwife training college (in Japanese). *Josan Zasshi*. 2011; **65**: 1010-6.

Kayashima K, Hososaka Y, Murotsu F, Nishi K. Visit to the university of perinatal facilities and training midwives in the UK Part 1: Perinatal facility

(in Japanese). *Josan Zasshi*. 2011; **65**: 920-4.
Ishii T, Kayashima K, Kouno Y, Noguchi K¹ (¹*Iwate Pref Univ*, ²*Shukutoku Univ*). Observation of the pregnant woman (in Japanese). In: Maehara S, editor. New key point series of nursing observation maternity 1. Tokyo: Chuo Hoki; 2011. p. 2-37, 80-161.

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 participation in community life by mentally ill patients living at home, 2) infection control in the community, 3) specific medical checkup and health guidance by occupational and public health nurses.

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

Infection control in the community

We are investigating the hand hygiene among care staff in care facilities for the elderly. Hand hygiene is a basic measure to prevent infections. The purpose of this

study was to obtain suggestions for improving hand hygiene.

Characterizing competencies for specific medical checkup and health guidance among occupational and public-health nurses

This study used qualitative interviews to characterize competencies regarding specific medical checkup and health guidance among occupational and public health nurses.

Quality management system for specific health guidance

This study was performed to support the implementation of a quality management system in a local government without adopting specific health guidance. Thus, the purpose of this study was to examine public health nurses' perception change for quality management system.

Publications

Yamashita K, Hatono Y, Maeno Y, Kubo Y. A Study of the significance of the introducing a quality management system to specific health guidance in a local government: perception change public health nurses and its implications (in Japanese). *Fukuoka Kenritsu Daigaku Kangogaku Kenkyu Kiyō*. 2012; **9**: 33-42.

Hara (Kubo) Y, Nakatani J, Kamegaya R, Ino N, Mori K, Ishihara I. Competences of specific medical checkup and health guidance for public and occupational health nurses (in Japanese). *Nihon Kango Gakkai Ronbunshu Chiki Kango*. 2011; **41**: 231-4.

Home Care Nursing

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

Reiko Yoshida, *Assistant Professor*

General Summary

The subjects of educational research conducted by the Department of Home 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 themes of interest to teachers.

Research Activities

Basic study II regarding the utilization of a mobile learning system in practical training

As reported last year, we have used mobile learning to create better learning environments for the practical training of students. This year, we provided portable computers to individual students so that they could collect necessary information at any time and created environments to promote computer use during training. As a result, the students were able collect necessary information at any time through access to the Internet and to prepare records, facilitating the effective use of training time. These results suggest the

usefulness of mobile learning. In the future, contents should be developed regarding specialized matters about which sufficient information cannot be obtained on the Internet.

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.

Along with an increase in lesson hours for home nursing related to the curriculum revision last year, we continuously assessed lessons with respect to lesson construction, cases, and students' learning methods to review more effective practical lessons on home nursing. The results of students' assessment of practical lessons on home nursing were favorable through the 2-year lesson assessment; although practical lessons using cases were considered difficult, the desire to accomplish these lessons was realized, and subjective learning was achieved. Concrete suggestions to conduct practical lessons using cases in the future could be obtained.

Investigation of the usefulness of family support using the family life stability scale

In this study, we investigated whether the Family Life Stability Scale (FLSS), a instrument for measure life stability in families continuing home nursing, could be used to evaluate the outcome of support for the families of elderly persons requiring nursing. The correlation between the families' FLSS scores and interview-based qualitative data was favorable. The results from the FLSS inferior scale scores regarding families' strong and weak points and support required were consistent with those of the comparison of the contents of nurses' assessment. Therefore, the FLSS may be useful for evaluating the family's actual state and examining the validity of support.

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

Family members who provide nursing care at home for a dying patient sometimes have a feeling of anticipatory grief. We studied 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 severity and characteristics. This study was continued from last year and is still in progress.

Inspection and evaluation

More effective educational methods and environments must be continuously developed to improve students' nursing ability. All studies by each teacher involve important themes in the field of home nursing. These studies should be continued, supported by colleagues of this field.

Reviews and Books

Kita M. Case study for clinical practice; Research design and the constructional element (in Japanese). *Kango Jissen no Kagaku*. 2011; **36**(4): 58-61.

Kita M. Case study for clinical practice; Role of the theory and quality assessment for the research design (in Japanese). *Kango Jissen no Kagaku*. 2011; **36**(5): 60-3.

Kita M. Case study for clinical practice; 4 types of the case study design (in Japanese). *Kango Jissen no Kagaku*. 2011; **36**(6): 54-8.

Kita M. Case study for clinical practice; Preparation for case study research (in Japanese). *Kango Jissen no Kagaku*. 2011; **36**(8): 62-5.

Kita M, Ito K, Noguchi M, Akiyama M, Ogane H. Reporting case study (in Japanese). *Kango*

Jissen no Kagaku. 2012; **37**(1): 54-9.

Kita M. Aging change of the mental, neural, and psychological functions (in Japanese). In: Mizutani N, Mizuno T, Takayama S, Takasaki K, editors. *Gerontological Nursing*. revised ed. Tokyo: Nippon Kango Kyokai Syuppankai; 2011. p. 84-9.