



A brief outline of the nursing activities at Gunma University

群馬大学のご案内



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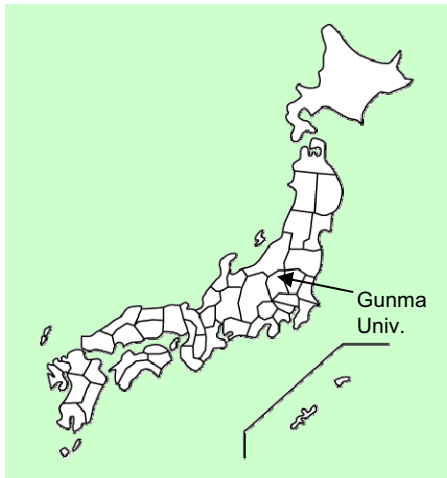
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Outline of Gunma University



1 . Gunma University

Gunma University was founded in 1949. It is located in the area in the central part of Japan, away from Tokyo by approximately 100 km to the north. The area is blessed with rich nature being surrounded by Jomo Sanzan (three mountains in the Jomo region). Currently it has three campuses (Aramaki, Showa and Kiryu) where situated are four faculties (Education, Social and Information Studies, Medicine and Engineering) and four graduate schools (Education, Social and Information Studies, Medical Sciences and Engineering). At present, each Department (a subject of special study) accommodates approximately 8,000 students. The Faculty of Education is provided with an elementary school, a junior high school, a special education school and a kindergarten. In addition to the above faculties and graduate schools, Gunma University has the Institute for Molecular and Cellular Regulation, Library and Information Technology Center, Organization for Higher

Education and Student Services, Organization for Promotion of University-Industry collaboration and High-Technology Research, Research Center for Heavy Ion Medicine, Gunma University Hospital and Secretariat. The staff is constituted of 1,800 persons.

2 . Faculty of Medicine

The Faculty of Medicine is comprised of the School of Medicine that aims to develop doctors and medical researchers and the School of Health that trains specialists in health and medicine. The latter consists of four departments; **Department of Nursing**, Department of Laboratory Science, Department of Physical Therapy and Department of Occupational Therapy.



School of Medicine



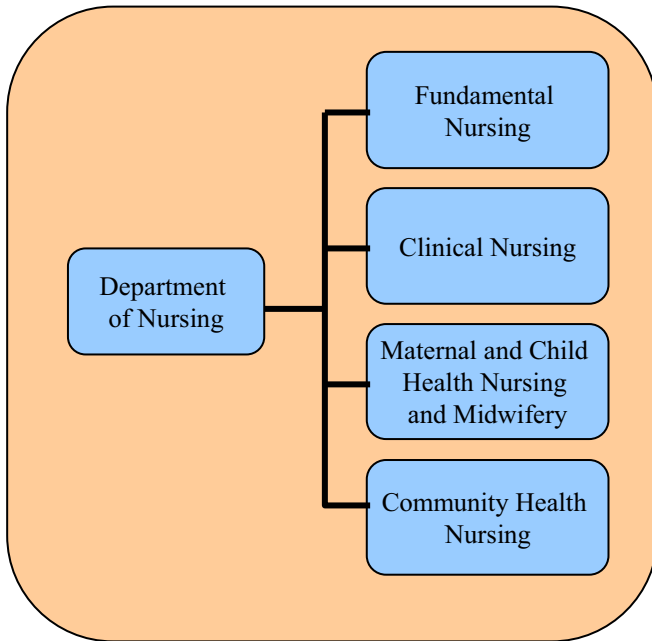
School of Health Sciences

3 . School of Health Sciences

The health science is a field in which a holistic approach is taken in medicine to understand a patient as a whole person including psychological and social aspects as well as physical aspect. It pursues the maintenance of health, the prevention of diseases, the treatment of and rehabilitation from disease and preventive nursing, based upon the holistic view of the person.

It is a matter of course to attain good results in treating diseases. At the same time, the need of maintaining health and preventing diseases has been growingly expanding. In order to decrease the number of people who require nursing care, the necessity of preventive nursing that employs rehabilitation techniques has been increasing. On the other hand, rising is the importance of psychological and social support to the person who suffers a disease or a disorder. In fact, there are many cases in which care, rather than medical treatment, is needed. Thus, the health science is a subject that seeks the maintenance and improvement of health from multidimensional viewpoints in response to a wide scope of needs in contemporary health and medicine. The purposes of the School of Health Sciences of Gunma University are fourfold: the first is to train specialists who will support the field of health and medicine that is in ever-increasing advancement and specialization. That is, the goal is to develop specialists who support holistic medicine from physical treatment to mental care. The second lies in the development of human resources that will practice and enhance team medicine and be able to take the initiative in managing and guiding medical activities. The third is the training of specialists in health and medicine equipped with a sense of internationalism through international exchanges. The fourth purpose lies in the development of educators and researchers who are able to contribute to the establishment and development of a system of the health science. According to these four purposes, Gunma University aims to train leaders, educators and researchers who are able to play an active part in the forefront of health and medicine.

Department of Nursing, School of Health Sciences,
Faculty of Medicine, Gunma University



Number of Courses: 4

Number of faculty staff : 36

Number of Undergraduate Students : 355

Number of Graduate students : 72

(Master's program, Doctoral program)

Activities :

Education

Research

Outpatient Nursing Service

through collaboration with

University Hospital

Collaboration with the community

International cooperation



Department of Nursing, Gunma University Hospital



Philosophy of Gunma University Hospital;
To provide patient-centered medical services
Basic principles/

1. To develop and practice an advanced level of medical treatment
2. To educate medical professionals who will be the driving force of the coming generations
3. To contribute to regional medicine

Philosophies of the Department of Nursing

1. To provide patient-centered nursing care services
2. To contribute to the development of nursing

As of April 1, 2007

- ✚ Number of beds . . . 715
- ✚ Number of departments . . . 30
- ✚ Size of the staff . . . 577 persons
- ✚ Sickbed availability ratio . . . 87.96%
- ✚ Average length of stay . . . 17.30 days (in the general hospital wing)
- ✚ Number of outpatients . . . 1778.82 persons per day on the average
- ✚ Number of inpatients . . . 621.52 per day on the average
- ✚ Number of operations . . . 6,371 cases
- ✚ Number of deliveries . . . 268 cases
- ✚ Gross budget . . . ¥270,480,190,000



Visiting conference by palliative care team

A scene of technical training prior to employment



A scene from the Outpatient Dept.

Conference in the hospital wing



- To destroy the fixed ideas: Nurse's uniform**
- ✚ The person who is always close to a patient and his/her family: Nurse
 - ✚ To eliminate all authoritarian practices
 - ✚ To wipe out the conventional images of the university hospital
 - ✚ Color and pattern that carry a friendly and easily accessible air
 - ✚ White as an accent – Bright, pleasant to eyes and easy to move
 - ✚ A designer in Tokyo who has introduced color therapy
 - ✚ Outstanding nursing care: the nurse comes forward and shows an attitude to take responsibilities
 - ✚ Comment of patient, “We felt that the nurse was always near to us.”



Mieko Maeda
Assistant President and Director of Nursing Department
<http://www.med.gunma-u.ac.jp/hospital/>

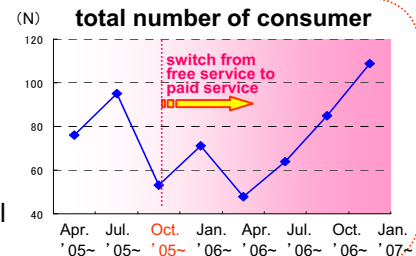
Center for Nursing Excellence
The nurse plays the central role in excellent nursing care; Warm and caring nursing services backed up by tenderness and science.



Outpatient Nursing Service Relaxation

What we did prior to the opening

The Office of the Outpatient Nursing Service – Relaxation was opened in May 2003 with the aim of providing the support to harmonize the body based upon the basic concepts of nursing. We began our preparation from conducting researches and evaluating the outcome of clinical cases and, then, offered the service on voluntary basis. Subsequently, the performance received positive comments. The service has been charged (as a discretionary medical service) since October 2005.



Staff

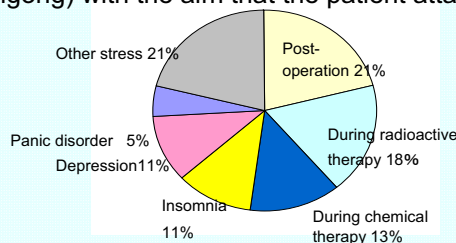
A physician will be responsible for diagnosis in the first visit. Subsequently, six nurses (two hospital employees and four university teaching staff members) provide nursing care services. It is managed through collaboration among the School of Health Science of Gunma University, the General Department of Gunma University Hospital and the Department of Nursing. Its staff members make efforts through participating in training and acquire credentials so that every member is able to keep and ensure the same level of skills.



NURSING STAFF: Koutabashi, Yanagi, Inoue, Hoshino, Kobayashi, Kaneko

Relaxation methods

We provide relaxation methods (breathing method, progressive muscle relaxation, autogenic training, imagery and medical qigong) with the aim that the patient attains physical and psychological harmony.



Outline of patients

Treatment by the above relaxation methods has been effective for producing physical and psychological relaxation responses. Furthermore, constant practice indicates that the methods have been useful for alleviating a sense of discomfort and enhancing physical and psychological harmony. We hear some patients say, "I am now more self-confident."

Relaxation massage

A nurse with professional knowledge and skills provides *shiatsu* and aroma-massage.



To a person who cannot sleep due to pain or anxiety

As part of palliative care, the massage has effectively worked in reducing the pain or anxiety and alleviating physical tensions.

To deal with lymphatic edema

In October 2005 we started care services for lymphatic edema which is one of the postoperative complications among cancer patients. At the same time, we also provide a "self-care class" primarily focusing upon prevention.



Applying bandage after drainage (Edema on the lower limbs of a patient after a cancer surgery)



Outpatient Nursing Service - Cancer Gunma University Hp

In Japan one out of two persons gets some type of cancers. The person and his/her family members go through intense anguish at a wide range of anxieties and concerns once a doctor has diagnosed the illness as cancer. Thus, we opened "Outpatient Nursing Service - Cancer" for the cancer patient and his/her family in April 2005 in order to meet their needs. We introduce here what we did in the past.

Purpose of nursing consultation

The purpose lies in providing consultation individually to the cancer patient and/or his/her family concerning anxieties and fears about medical treatment and questions about physical symptoms and side effects caused by medical treatment in order to ensure their well-being and quality of life during treatment in terms of physical, psychological and social issues.

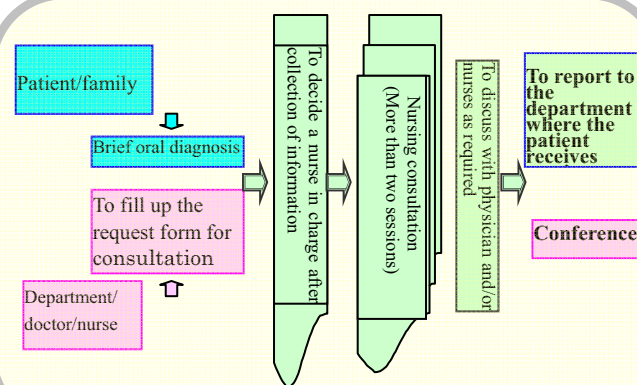
Content of nursing consultation

Day: Wednesday: 14:00~16:00

Conference - once a month

What we do:

- To address the worries and problems harbored by the patient and his/her family members based upon an objective understanding of the situation
- Management of symptoms
- Referral to and contact with other departments



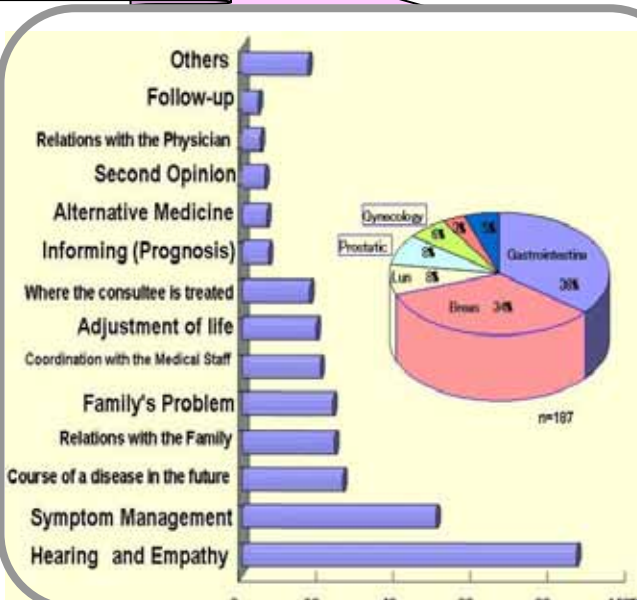
Content of consultation

- Number of consultation: 187 cases in the 2 years
- Many of them are patients under chemotherapy for gastrointestinal cancer or breast cancer and their family members.
- They are undergoing painful experiences and it is effective to carefully and patiently listen to their feelings.



STAFF of Nursing Consultation

Ishida • Horikoshi • Takei
Matsuoka • Kanda • Futawatari •
Sukawa



Issues: Referrals to medical professionals are rather limited. We will try to expand our public relations activities. It is also necessary to improve the system and strengthen ties with other departments so that the cancer patient and his/her family members are able to receive consultation whenever necessary.



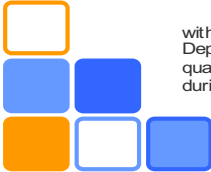
Outpatient Nursing Service-Motherhood

Consultation on pregnancy, child-birth and child rearing by midwives

Purpose of Consultation on Maternal Identity

We provide consultation on the physical, psychological and social problems of the women who visits the Obstetrics Department. For instance we support a woman who must make a decision on whether she will continue or terminate her pregnancy or who has a high risk in her process of forming a sense of maternal identity..

We, the School of Health Science, together with the staff of the Obstetrics and Gynecology Department, contribute to the improvement of the quality of life of a pregnant and puerperal woman during the perinatal period.



What we do

We listen to the woman's problems and anxiety about her uncertainty about having a baby in order to help sort out her worries.

That is, we support her decision through listening to her ambiguous feelings about pregnancy, delivery and child rearing.

As needed, we also provide consultation to the couple (family).

- Once a week.; About 60 minutes
- Fee: 1st ¥3,150, 2nd ¥2,625

Nurses in charge

Teaching staff of the School of Health Science, Gunma University
(Midwife: Yoko Tokiwa, Kyoko Kunikiyo, Kumiko Nakajima, Shinobu Sakamoto and Hiroko Arai)

Midwife from the Obstetrics and Gynecology Department
(Reiko Ueda, Kiyoe Higeta, Naoko Ito and Kimie Sato)

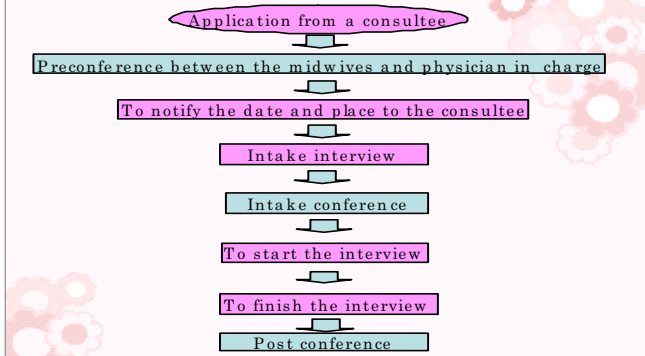


What we have done

We provided nursing consultation in 55 cases in aggregate involving nine patients for the last two years. There was a case in which the same patient came to our office concerning different problems or a case in which our consultation was carried over to the following fiscal year because of necessity.

The contents of consultation cover a wide variety of problems: anxiety about pregnancy while the woman has complications; nervous breakdown or nervous crisis related to child rearing; anxiety about the loss of femininity caused by infertility treatment over an extended period and psychological depression after the loss of a child. We carefully listen in each case and try to find an answer together while giving support to the feelings of each person. The consultees are mainly women who are receiving outpatient services from the Obstetrics Department. We give an interview to her family if necessary. Thus, we offer support to the woman who is undergoing a serious crisis which may greatly control her future life.

Flow of consultation on motherhood



Concerning pregnancy and child-birth

- * "I sort of understand after talks with a doctor but I want someone who listens to my floating anxiety."
- * "The child-birth was indeed painful. I am unable to develop genuine love to my baby. I feel anxious about whether I will be able to look after the baby with this ambiguous feeling."
- * A doctor explained about congenital anomaly, chromosomal aberration and prenatal diagnosis, but I don't know what to do.
- * I cannot get myself together after the death of my child."

Issues in the future

We will enhance and enrich the project of nursing consultation service on maternal identity and improve the counseling skills of the consultation staff. At the same time, as part of such efforts, we will try to improve the post-case conference.

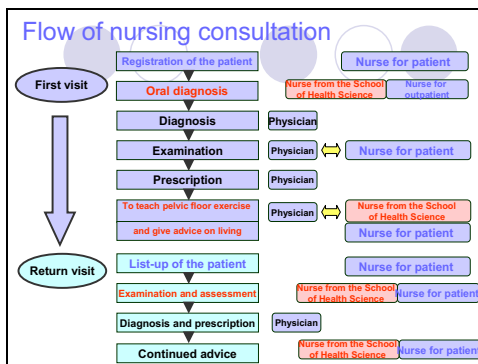
Outpatient Nursing Services - Urinary Incontinence

It is reported that approximately 30% of women have experienced urinary incontinence. They often feel disheartened or ashamed and tend to avoid going out. They frequently keep the problem to themselves. On the other hand, in recent years, an increasing number of special outpatient departments have been opened in order to address this problem in parallel with the progress of diagnosis and treatment techniques of urinary incontinence.

Activities of nursing consultation on urinary incontinence

We address the issue of urinary incontinence among women. In the first visit a nurse gives an oral diagnosis before the physician's diagnosis. The nurse also observes symptoms and assesses impact upon her life and psychology.

A behavior therapy, pharmacological treatment or surgical treatment is selected after informed consent. The nurse gives guidance on pelvic floor exercise, medication and daily living. To write a diary on urination is useful for the diagnosis and treatment of urinary incontinence and also self-assessment by the patient. How does the patient accept her painful feeling and in what situations does she suffer most? What does she want to do when it has improved? Thus, we think together and give advice depending upon her wishes.



The followings are a few comments from patients. "A nurse listens to and sums up my problems in our primary discussion before the physician's diagnosis." "I can talk about my day-to-day problems." "It is easier for me to talk with a female nurse."

Overall picture of the target patients (n=67)

Age	Mean age	Person (%)	Mean ± SD
			62.7 ± 13.3
Distribution of ages	Below 40	2 (3.0)	
	40-49	11 (16.4)	
	50-59	10 (14.9)	
	60-69	17 (25.4)	
	70-79	14 (20.9)	
	80 and over	9 (13.4)	
Type of incontinence	Stress incontinence	32 (47.8)	
	Urge incontinence	16 (23.9)	
	Mixed incontinence	14 (20.9)	
	Others	5 (7.5)	
	Complication of functional incontinence	10 (14.9)	

Intervention by nursing consultation (n=67 including multiple cases)

Item	No. of cases	Specific contents of intervention	No. of cases
Behavior therapy	54	To introduce, continue and evaluate pelvic floor exercise	48
		Bladder training	6
Pharmacological treatment	37	Medication method and how to deal with side effects (dry mouth and constipation)	37
Surgical treatment	5	Observation of the progress after TVT	5
Advice on living	49	To teach how to keep a diary on urination	15
		To introduce urine absorbing aids	12
		Body weight control	11
		Guidance on water intake	4
Psychological support	7	Support for psychological burdens caused by incontinence	7

Issue

We intend to develop our consultation project in which nursing skills can be effectively used in behavior therapy, advice on living and psychological support. Since our hospital is a university hospital, there are some serious cases; a case caused by multiple complications, a case in which the patient is old and faces problems in daily living and a case in which mental issues are involved. Thus, we will try to hold a case conference and refer some patients to other departments.

<Nursing activity for supporting the aged>



< Academy's training course where people gathered from a wide scope of occupations >



< Study course on art therapy >



<Development of a bathing mat for >



<Residents with dementia also participate in events>

1 Gunma Dementia Academy (Dec. 2005) – Purposes of its establishment: It is essential to eliminate prejudice against the age-associated cognitive loss or decline and build a mechanism to provide proper medical and rehabilitation care based upon accurate understanding. Thus, the purposes lie in promoting closer professional collaboration concerning medicine and rehabilitation care on dementia in Gunma Prefecture, elevating the level of techniques, enhancing researches on its prevention and support, and contributing to the promotion of medicine and welfare in Gunma Prefecture.

Activity concerning prevention of and support to the cognitive decline:

- ① To hold a research workshop
- ② To hold a training course
- ③ Other necessary projects to achieve the purposes of the Academy

Contents in specifics: Workshops and training courses were held on the following subjects:

- ① Research method and appraisal method
- ② Dementia care mapping method
- ③ Reminisce method
- ④ Academic meeting to report case studies

2 Studies in the field of geriatric nursing at Gunma University

1) To develop care devices jointly with the community

The School of Health Science develops devices to be used in the care given to old people living in the community. At present, we are developing, jointly with a local company and homecare providers in Gunma Pref., a bathing mat for people who receive the visiting bath service.

2) Appraisal of and research on dementia

We have been developing the appraisal method of care of dementia in cooperation with regional medical organizations and homecare providers. In specifics, we are developing the care outcome voucher for persons with dementia.

The Graduate School of Gunma University has a course for the Certified Nurse Specialist (CNS) in geriatric nursing care. Thus, our University endeavors in developing persons with a high level of techniques in providing care.

3) Participation in events for care and prevention

The students of the School of Health Science as well as graduate students participated in planning an event hosted by the Government of Gunma Prefecture and participated in the event to directly talk to residents to pass on their professional knowledge in care and prevention (care to prevent an old person from falling down; foot care, oral care, care of urinary incontinence, art therapy and games).



.....Nursing care in support to homecare and treatment.....

Support to the individuals with incurable disease and his/her family

- ◆ In Gunma Prefecture there are “Gathering of individuals with curable diseases,” “Consultation on incurable diseases” and “ALS General Meetings.” Public health nurses, visiting nurses, the Support and Consultation Center for Incurable Diseases, a society of ALS patients, professors and student volunteers jointly support the persons with incurable disease and their families.

(A scene from the ALS General Meeting) →



Support activity for the capacity building of nurses

- ◆ The School of Health Science holds a study meeting to learn more about incurable diseases. In order to improve the quality of support for nursing care given to at-home patients with incurable disease or who heavily depends upon medical treatment, nurses in the region (visiting nurses, public health nurses and care managers) and the University faculty get together for case studies.

(Case study in the Society for Incurable Diseases) →



Activity to strengthen collaboration between hospital nurses and home visiting nurses

- ◆ Nurses from University Hospital and nurses from visiting nursing stations get together to study how a terminal cancer patient and a person/child who heavily depends upon medical treatment can be smoothly transferred to a situation of safe and reliable homecare.

(Exchange between University Hospital and visiting nursing care stations) →



Multicultural Society

—Support for the health of children who attend international schools in Japan—

[Background of the activity]

The number of persons with foreigner registration has been increasing year by year in Gunma Prefecture. In fact, the ratio to the Japanese population is high in comparison to other prefectures.

In Japan, the law mandates all schools, from kindergarten to university, to manage the health of students, primarily through medical check-ups. However, the law is not applied to “international schools in Japan.” Hence, their students are not given an opportunity to have medical check-ups.

Foreigner registration in Gunma Pref. (2004)

	Municipality	Percentage in general population
1 st	Oizumi-machi	15.7%
2 nd	Ota-shi	4.9%
3 rd	Isezaki-shi	4.5%
Gunma Pref. (No. of registered persons : 46,242)		2.3%
Nationwide (No. of registered persons : 1,973,747)		1.6%

[Outline of the project]

Gunma University has been providing support concerning the education, health, medical care and disaster preparedness for children of foreign people living in Japan as the “Multicultural Society Research Project” since fiscal 2002. As part of the project, we have been conducting medical checkups and provide health consultation to children who attend international schools. During the period of 5 years from FY2002, 2,010 children in aggregate received our care service

Outline of the medical check-up and consultation

Item	Content
Implementation time	Students of Peruvian & Brazilian Schools in Japan ▶ Medical check in February ▶ Medical consultation in March
Medical check	Physical measurements, urine exam., eyesight, hearing and diagnosis
Medical consultation	▶ Explanation on the results of the medical check-up and guidance on health ▶ Health consultation, Medical consultation, nutritional consultation and dental consultation
Staff	▶ Doctors, nurses and volunteer students of Gunma U. ▶ Public health nurse, nutritionist & dental hygienist ▶ Interpreter ▶ Teaching staff of international schools

[Some scenes of our health support activities]



It's a medical check-up!



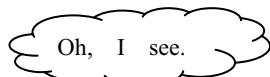
Signboards written in their language



How much have I grown?♪



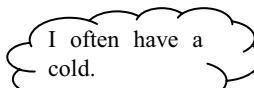
Well, let me see.



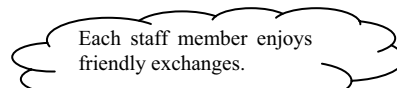
The balance of meal means



Did you brush your teeth clean?



Do you have any concerns?



International cooperation and exchanges in nursing

The Faculty of Medicine of Gunma University opened the Center for International Health and Medical Cooperation in 2003 through which it gets actively involved in cooperation activities in international health and medicine together with the University Hospital. One of its targets lies in educating students so that they will be willing to participate in international cooperation. Also, it also tries to deepen friendship with universities in other countries through exchanges by the teaching staff and students.

Cooperation for developing countries	<p>Acceptance of overseas trainees: We offer training to the teaching staff in nursing and nurses. Since 2006 we have accepted nurses for training from Nicaragua under the grassroots technical cooperation “Improvement of infection control.”</p>	 
	  	<p>Dispatch of professors and students with nurse certificate: We dispatch them for technical guidance and disaster relief.</p>
	<p>Training of persons to be dispatched to overseas countries: We provide training to nurses as members of Japan Overseas Cooperation Volunteers prior to their departure or nurses who want to participate in international cooperation activities in the future. (The photo on the left is one of JICA’s training center – taken from JICA’s homepage.)</p>	 <p style="text-align: center;">Nihonmatsu Training Center</p>  <p style="text-align: center;">Volunteer in China</p>
Education and Research for International understanding and international cooperation	  	<p>Exchanges with universities: Professors and students reciprocate visits to universities in the U.S.A. and Nicaragua to learn culture and nursing practice mutually.</p>
	<p>Exchange with overseas trainees: We deepen mutual knowledge and understanding of different cultures through exchanges with trainees who come to Japan.</p>	 
	  	<p>Education and research concerning international cooperation: Every student in the Department of Nursing studies the subject of international nursing. At our discretion, we also organize lectures by foreign guest speakers related to nursing.</p>



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