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# NEWS FROM JACHN

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## Topics of Japanese Community Health Nursing

### 1. Current Status of Advanced Care Planning in Japan —Comparison with the UK—

**Miho Hamayoshi**

School of Health Sciences, Bukkyo University,  
Department of Nursing

Advanced Care Planning (ACP) is important in the future of medical care and nursing care.

Even in Japan, interest has been increasing little by little in the medical field.

ACP confirms the hope for future health care and is regarded as an important involvement in continuing care that respects the will of the individual: implementation has been promoted around the world mainly in Western countries.

Recognition of this necessity in Japan has been increasing in recent years, but the actual implementation is still in the trial-and-error stage, and research on ACP is underway. In the "survey of consciousness at the final stage of life" by the Ministry of Health, Labor and Welfare, it is also clear that the necessity of consciousness of ACP implementation is high among both medical professionals and the general public, but the number actually implementing is very low.

The most important viewpoint of ACP is to

respect the intention and decision-making of the person's own future medical care. In addition, people have to talk about their wishes concerning future care with health care professionals before their cognitive function is reduced.

In the UK, NPO organizations that support dissemination of ACP knowledge to citizens, such as information provision of ACP and educational activities about ACP, are active. As a result, ACP is gradually penetrating to the general public.

NHS also recommends ACP for people with dementia, and in addition to preparing guidelines on practical methods, they are making efforts to expand its implementation.

However, because various professionals are unable to share the contents of ACP implementation after the actual implementation of ACP, the care that they decided by the ACP is sometimes not selected at the actual moment of decision.

Care My Coordinate (CMC) is developed to deal with this problem. It is a system that shows hope for care of oneself in the cloud systems and can confirm this hope even when the person is transported to an emergency room or different hospital.

As ACP implementation will be progressing in Japan in the future, we think that development of such an information-sharing tool will be required.

There are laws concerning ACP in the UK, other parts of Europe and the United States, by which future hopes decided through discussion with care professionals must be respected. In Japan,

however, ACP is not yet accepted by law, and future wishes on decisions regarding ACP are still not protected by law.

In the future, study of the situation of ACP developed in other countries, including problems concerning legal development, and discussion of a framework of ACP implementation suitable to Japanese culture is required.

## **2. School Administration and Education Security in Times of Disaster at Public Health Nursing Educational Institutions**

**Yuko Toyama**

Faculty of Medicine, University of the Ryukyus

In the aftermath of the 2011 Great East Japan Earthquake and 2016 Kumamoto Earthquakes, disaster countermeasures as well as education security and support frameworks in times of disaster have been investigated by the Japan Association of Public Health Nurse Educational Institutions (JAPHNEI) and the Japan Association of Nursing Programs in Universities (JAPNU). This report presents a summary of school administration guidelines for school safety at educational institutions for public health nurses in times of disaster. The report was prepared by JAPHNEI's Project Committee with reference to personal narratives and records from faculty and staff with personal experience of disaster situations.

For educational institutions, the occurrence of a disaster entails the need to confirm student safety, to modify the academic year and class schedules, to inspect and repair teaching and research facilities, and to perform rapid response activities in parallel with support activities on behalf of students and local residents affected by the

disaster.

For public health nursing education programs in particular, a notable point is that we have to make necessary adjustments after checking the situation of disaster damage in municipalities within the prefecture and consider modifications to practical training locations, student placements, and curricular content. Moreover, it has become clear that the conditions surrounding insurance for practical training carried out in hospitals are different from those for practical training carried out at locations outside of universities or hospitals. Sometimes, coverage of insurance does not apply in the latter case. While simultaneously caring for their own homes and families, faculty and staff continue to remain engaged with measures to address school administration and education security during aftershocks, often in a state of sleep deprivation.

Potential preparations for education security in normal times include improving the facilities and systems of educational institutions, creating crisis management manuals for use during practical training, and arranging adequate insurance coverage.

Potential improvements to educational institutions' facilities and systems chiefly include establishing disaster prevention plans for the educational institution as a whole, improving teaching and research infrastructure (e.g., earthquake-proofing), improving crisis managements systems, formulating disaster prevention and crisis management manuals, collecting information on class hours and practical training arrangements in times of disaster, and maintaining stock inventory and requisite budgets.

Crisis management manuals for use during public health nurse practical training will require principles corresponding to seismic intensity and the formulation of flowcharts for communication systems and actions corresponding to the timing of

a disaster (e.g., while in transit to the site of practical training or during practical training itself). In practical training guidelines, it will also be necessary to list items to bring to practical training locations (e.g., drinking water and food), steps for confirming the safety of practical training facilities and travel routes before and after practical training, and actions to be taken when a disaster occurs.

In terms of insurance, as mentioned above, it will be necessary to arrange insurance coverage for students as well as faculty and staff that includes a natural hazard liability clause consistent with natural disasters and the characteristics of practical training locations other than schools or hospitals.

Based on the experience of repeated earthquake disasters in recent years, emphasis has been placed on reducing disaster risk and building resilience against disasters. Similarly, with school administration, the impossibility of completely preventing disasters means that it is necessary to prepare on a daily basis to maintain school safety following earthquakes and mitigate the impact of the damage on students and staff.

### **3. Dementia Care at Community Comprehensive Care Centers**

**Yukiko Kanaya**

Department of Home Health Nursing, Osaka City University

As the Japanese population is aging by leaps and bounds, dementia has become one of the most prevalent diseases in the country, and by 2025, about one out of every five adults aged 65 or older are expected to be suffering from dementia. Now, about seventy percent of such older adults with dementia are receiving long-term care by their

family members or services under the long-term care insurance program at home. In response to this rapid increase in the number of old adults with dementia, seven provisions (New Orange Plan) have been implemented since 2015, with the overall policy of “realizing society where persons with dementia have their intentions respected and live in a pleasant and familiarized environment in a way that they desire as long as possible.”

Introduced in this article are two of the seven measure provisions that are being addressed by community comprehensive care centers, which play the central role in community comprehensive care for the elderly.

The first such provision is “raising awareness and promoting understanding of dementia.” At community comprehensive care centers, they are working to raise awareness of dementia, promote educational activities on the disease, and train dementia supporters, in a bid to deepen understanding of dementia throughout their community.

For example, community comprehensive care centers organize dementia supporter training seminars for students through cooperation with local elementary and lower secondary schools. For elementary students, a DVD is used containing *My Grandma*, a story that tells the tale of a child whose grandmother succumbs to dementia, thus ensuring that they gain knowledge on dementia and know how to respond appropriately to old adults with dementia. This seminar is offered to the faculty members and caregivers, as well as children, with the content tailored to each group, in order to encourage them to discuss dementia at school and home.

The second provision is “creating age- and dementia-friendly community.” Activities here include support of daily life, establishment of a

comfortable living environment, and assurance of safety for persons with dementia. In one community, for example, community comprehensive care centers organize workshops for the residents and professionals involved in health and welfare services in each district to determine challenges that may prevent the residents from continuing to live in the district when they succumb to dementia so that they can be addressed and solved. In District A, they chose to deal with the challenge of not knowing where in the district they can send an SOS when something happens to a person with dementia and developed a community resource map that shows facilities, shops, and private houses from which they could seek help. In District B, they addressed the challenge of not knowing how they should treat and watch their family members or neighbors who may have succumbed to dementia and organized a workshop using role playing in their community.

Community comprehensive care centers are providing persons with dementia with care by creating a community where they may live peacefully, in addition to offering individual supports for them and their family members.

#### **4. The Current Situation in Japan of Family Caregivers Who also Work**

##### **Kaori Fukayama**

Graduate School of Nursing, Osaka Prefecture University

In Japan, "Zero turnover by caregiving" is cited as one of the driving forces of economic growth. Approximately 100 thousand people are leaving for reasons of caregiving (hereinafter referred to as employees leaving by caregiving), and since less than half of them can be reemployed once they get

away from work, the economic poverty associated with the separation from work is regarded as a problem. According to the Basic Survey of Employment Structure in 2017, there were approximately 3.66 million people who care for their families while working (hereinafter referred to as "working caregivers"), with the numbers of both men and women increasing after the age of 40 and peaking in the latter half of their 50s. There are many people in this situation in their 50s and early 60s. Working caregivers are in the generation that is the center of economic and career development, and the economic loss to Japan is great due to the turnover among caregivers.

In addition, employees leaving work in order to carry out caregiving tend to be alone in a situation of decreasing household income and increasing social isolation. Those with low economic status are strongly mentally distressed, physical health decreases early in their lifetime, and as their age becomes higher, the disparity expands. This situation is also said to be a trigger of abuse to the elderly and even a cause of caregiving murder. The results show that the effects of leaving work adversely affect the physical and mental health and life of caregivers.

A characteristic feature of the working caregivers is that because of the high level of care required of the elderly, and the continuously increasing difficulty of continuing such a heavy burden of home care, there is a tendency to cut back on work by shortening hours or changing the workplace. Meanwhile, it has also been shown that continuing to work provides some time to escape from nursing care, and it has the added significance of maintaining good relationships with care recipients, self-existence, and mental stability.

Considering these circumstances, it is necessary to support the decision-making and working

caregivers with diverse lifestyles and values to make choices about living with care recipients with due consideration for their own health and life. It is important to consider that nurses have a viewpoint of care management considering the life and living of their families, which leads to compatibility between work and caregiving. For care recipients, because of the time spent alone during the caregiver's working hours, it is necessary to utilize their strengths while securing safety and support towards autonomy.

Meanwhile, for working caregivers, it is difficult for nurses to meet directly or talk with them, and it is difficult to grasp exactly what kind of tasks the working caregivers actually have to carry out. Therefore, it is necessary to infer the appearance of life from the environment of the home and to assess the working caregiving in collaboration with care managers and others. It is also necessary not only to improve service coordination but to reduce the burden of direct nursing care of working caregivers, and at the same time to extend as much support as possible, especially for mental stabilization so that they can continue working.

## **The 22nd East Asian Forum of Nursing Scholars 2019 in Singapore**

### **1. Overview**

The 22<sup>nd</sup> East Asian Forum of Nursing Scholars 2019  
Singapore on 17-18 January 2019.

#### **Ayumi Kono**

Department of Home Health Care Nursing, Osaka City University

The 22nd East Asian Forum of Nursing

Scholars 2019 was conducted in Singapore on 17-18 January 2019. The main theme of the annual conference was "Preparing a New Decade of Doctoral Education and Research: Innovation, Transformation and New Dynamism" and nursing scholars and doctoral students from East Asia shared ideas and academic insights and exchanged scientific knowledge and the latest research findings. Many nursing scholars from Japan, including members of the Japan Academy of Community Health Nursing, participated in the conference. One highlight of the scientific program of the conference was the research methods symposium dedicated to the development and innovation in research methodology of scientific inquiry and the workshops for publication and meta-regression. It also included a plenary session addressing geriatric, palliative care and women's health research and challenges. There were more than 620 poster presentations and 65 oral presentations covering a wide spectrum of nursing and health-related topics including community health nursing and various other areas of specific nursing expertise, including approximately 400 presentations from Japanese participants. Participants exchanged and shared their experiences and research results on all aspects of the transformation or innovation of nursing and healthcare practice and the dynamism of doctoral education.

### **2. Brief Reports of Participants**

#### **Yuko Fujimoto**

Kobe City College of Nursing

I participated in EAFONS, held in Singapore for two days on 17-18 January 2019. There were presentations from an extremely wide range of fields, including public health nursing, home-visit

nursing and disaster nursing. There were many presentations from Japanese researchers, and I appreciated the strenuous efforts made by Japanese researchers on nursing research in Asia. My presentation was entitled "Differences in the knowledge and skills recognized as necessary by mothers and grandmothers for raising grandchildren in Japan". "Raising grandchildren" is strongly influenced by the social background of Japan, so I was worried that my presentation would not draw the interest of anyone but Japanese researchers, but many researchers viewed my poster with interest. I was able to glean valuable suggestions through discussions with researchers from countries with different cultural and social backgrounds to Japan, which I would not have been able to gain in conferences held in Japan. The time spent in lively exchange of opinions with researchers from various Asian countries was a truly significant time for me as a researcher. Participating in this EAFONS has widened my view of research. I also felt the need to have a global view of research. This was my first presentation at an international conference, but I learnt a great deal, including during my preparation for participating in the conference. I would like to use this as an opportunity to participate more proactively in future



international conferences.

Singapore is an amazing country. The food was delicious and I enjoyed walking around in the evenings taking in the fantastic night view. Of course, I also visited the Merlion. It was a brilliant two days.

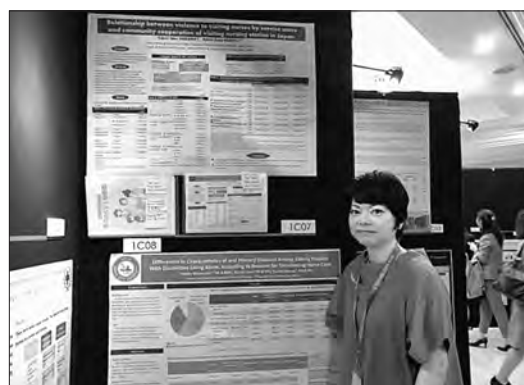
Next year's EAFONS will be held in Thailand. All you young researchers should consider attending this conference as your first foray into the world of international conferences.

#### **Mika Hoki**

Graduate School of Health Care Sciences, Tokyo Medical and Dentist University

The 22nd East Asian Forum of Nursing Scholars 2019 was conducted in Singapore, on 17-18 January 2019. The main theme of the conference was "Preparing a New Decade of Doctoral Education and Research - Innovation, Transformation, New Dynamism". Professor Ann Kurth, USA, gave a lecture on doctoral education and research as the keynote address. She noted that the number of people who got DNP (Doctor of Nursing Practice) is increasing in the US than Ph.D. (Doctor of Philosophy). DNP is primarily a US degree, and there is little published about development and existence of DNP programs across the globe. As individuals and families diversify, there are not enough Doctor of Nursing Practice degree holders to provide high quality care. Developing nursing through doctoral education and research can transform nursing and healthcare practice and policy.

In student-led roundtable discussion, participants discussed academic development and research leadership. There were positive discussions on how people felt about the talks before them. The panel discussion on mentorship announced representatives



of Hong Kong, Japan, South Korea, Taiwan, Thailand. The cultural differences were very interesting.

The research methods symposium included a lecture on mixed methods study and qualitative methods. It was made easy to understand by the use of mixed fruit salad photographs. Scholars actively called on participants to deepen their understanding of this area.

There were about 60 oral presentations and the number of posters exceeded 600. There was a good exchange of opinions among researchers.

Through the presentations, I learned about the cultures and situation of various countries. This raised my morale as fellow researcher, feeling for the accomplishing research. It was a valuable experience to meet people who I could not meet in my usual life. I would like to make use of what I have learned in my research and nursing.

I am grateful to all the people who organized the conference. I really appreciated having wonderful encounters and participating in the academic conference in safe, clean and IT-evolving city Singapore.

#### **Yukari Take**

Department of Nursing, Kansai Medical University School

The 22nd EAFONS sponsored by National



University of Singapore was held on January 17-18, 2019. EAFONS is an international forum for graduate students and young researchers of nursing universities in East Asia. In addition to Japan, there were participants from Korea, China, Thailand and other Asian countries. The research areas were also diverse, including topics such as Community Health, Women's Health, Oncology & Palliative Care and Education Research.

I made a poster presentation on the theme "Relationship between violence to visiting nurses by service users and community cooperation of visiting nursing station in Japan." Because the time in front of the poster is limited, we prepared handouts for participants to take home. When some people came to get these handouts, they found none left. After returning Japan, I was able to

interact with researchers who I could not meet directly at the EAFONS, and this method was very good.

In Particular, I am impressed is that it was easy to participate as a place of international exchange, because there was a warm and welcoming atmosphere even for presentations by researchers unfamiliar with English. There are

many points that can be referred to from the aspect of ethnicity and culture in the research of the Asian region, and I felt that such opportunities for international exchange are very important.

The buffet style lunch, Chinese and Indian food was very delicious. Singapore was a hot and humid season in summer, but I had a pleasant and meaningful time.

## The 22nd Annual Research Conference of JACHN

**Theme :** Healthy City Based on Reciprocity; The Role of Nurses in Aiming for Community Empowerment

**Date :** August 17-18, 2019 (Saturday-Sunday)

**Venue :** PACIFICO Yokohama Conference Center (Yokohama city)

**Chair :** Masako Kaneko (Professor, Faculty of Nursing And Medical Care,  
Graduate School of Health Management, Keio University)

**Program :**

- ◆Chairperson's speech: Masako Kaneko  
Community Organization Activities by Public Health Nurses Aiming at Community Empowerment
- ◆Special lecture: Satoshi Kojima (Professor, Faculty of Sustainability Studies, Graduate School of Public Policy and Social Governance, Hosei University)
- ◆Educational lecture ◆Symposium ◆Appointed workshop ◆Poster session ◆Workshop ◆Open lecture
- ◆Reception

**Website :** <http://jachn22.yupia.net/>

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