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JICA “Human Resources Development in Maternal and Child Health”
Course Training —Effectiveness of the fieldwork of community maternal
and child health activities in the North Hokkaido Area—
JICA「母子保健のための人材開発事業」研修 北北海道地域における地
域母子保健活動のフィールドワークの有効性

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JICA “Human Resources Development in Maternal and Child Health” Course Training
—Effectiveness of the fieldwork of community maternal and
child health activities in the North Hokkaido Area—

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I . Introduction

As part of its educational philosophy, our university strives for strengthening of ties with the international community and a contribution to the development thereof. For that reason, a proposal was made to the Ministry of Education, which was accepted, and from 2003, Human Resources Development in Maternal and Child Health training courses has been held on once-a-year basis with the cooperation and co-sponsorship of JICA Sapporo.

The participants were nursing staffs from developing countries. In 2003, there were ten participants (from Cambodia, Cameroon, Eritrea, Jamaica, Mozambique, Papua New Guinea, and Rwanda), and in 2004 nine of them (from Egypt, Georgia, Laos, Mongolia, Nigeria, and Tanzania).

At the planning stage, we decided that the training course would be held at Japan’s northernmost college so that participants could experience its unique regional character, and primary consideration was given to participants for being able to observe and learn from issues and measures taken in the actual administration of maternal and child health in a regional area. The training course consisted of two elements: 1) lectures and exercises and 2) fieldwork conducted jointly with cooperating institutions.

The lectures and seminars focused on: 1) regional healthcare and nursing activities in Japan and the history thereof, 2) knowledge and skills in nursing occupations, and 3) the actual internal developmental activities of such organizations. Participants saw many historical similarities with the situations of their own countries. Over the course of the debate, the point was emphasized that there were still many issues remaining concerning the quality of various nursing occupations, and the necessity of nursing education was recognized.

Emphasis was given to hands-on participation, and opinions and ideas were exchanged between participants and residents/public workers of the areas. Participants experienced and studied a broad range of topics, including the roles of and outstanding issues surrounding care facilities in secondary medical zones, the regional characteristics of municipalities and maternal and child health administration systems, maternal education classes, weaning classes, and early intervention systems.

In the fieldwork phase, cooperation was gained from public health nurses employed in five municipal administrations of northern Hokkaido who were supportive of the JICA training program’s purpose. Concerning medical treatment facilities, cooperation was sought from general hospitals in the areas that have implemented the referral and satellite systems.(Table1)

We, therefore, investigated and evaluated the results of the fieldwork and use that as the basis for the direction of future planning.

Table 1 Field work Plan for Observation of Community Health Nursing Activities

<p>Objective</p> <p>To understand specific medical systems and maternal and child health activities in local areas and think about appropriate medical, health and welfare administration to protect residents' health</p> <p>Specific goal</p> <ol style="list-style-type: none"> 1. To understand the current status of municipalities that are large in area and medically depopulated and to recognize the role of hospitals and medical practitioners in the secondary medical zone. 2. To understand problems related to maternal and child health and health measures implemented in northern Hokkaido. <ol style="list-style-type: none"> (1) To learn health-related problems existing in local areas and health promotion measures implemented in the prenatal period and in accordance with the growth stage and health conditions of children (primary, secondary and tertiary prevention of diseases, from the perspective of health promotion). (2) To understand changes in health problems related to maternal and child health and local governments' efforts to solve these problems. (3) To understand problems in current maternal and child health activities and future efforts to solve these problems. 3. To understand the roles of community health nurses, midwives and medical nurses of local municipalities in northern Hokkaido. <p>* The training program is to be developed by prioritizing hands-on training in consideration of trainees' need and by encouraging them to learn through active discussion with local public health nurses.</p> <p>Schedule - three nights, four days</p>			
Schedule	Content		Place to stay
	Morning	Evening	
June 28 (Mon.)	Visit to Nayoro Municipal General Hospital	Visit to Esashi Health and Welfare Center	Esashi
June 29 (Tues.)	Visit to Wakkanai Health and Welfare Center	Sightseeing in Wakkanai (free time)	Wakkanai
June 30 (Wed.)	Visit to Toyotomi Town Hall	Visit to Shosanbetsu Village Office	Haboro
July 1 (Thurs.)	Visit to Haboro Sukoyaka Health Center		

II. Research Method

1. **Subjects:** The nine trainee participants
2. **Research period:** After the field work, From 1st to 5th July 2004.
3. **Research methods:** We used the free-form questionnaires.

The questionnaire contained about the training method, the training results and impressions or opinions about training.

III. Results

1. Target group (Table2)

Table2 Target group

	sex(age)	Country	Occupation
A	f(45)	Egypt	Lecture in Community health Nursing Dept., Faculty of Nursing
B	f(27)	Georgia	Nurse, National Surgilcal Center
C	f(40)	Laos	Head of Duty, Obstetric Gynecology Ward, Hospital, Ministry of Health
D	f(34)	Mongolia	Head Nurse/Training Resource, Health Care Center
E	m(40)	Niger	General Supervisor, National School for Public Health
F	f(45)	Tanzania	Nusing Officer in Charge, District Hospital
G	f(45)	Tanzania	Nusing Officer in Charge, District Hospital
H	f(45)	Tanzania	Senior Nursing Officer, National Hospital
I	f(42)	Tanzania	Academic Officer, College of health Sciences, Ministry of Health and Social Welfare

2. The training method

Concerning this question nearly all participants were satisfied.

1) What did you think of the four-day trip (Table3)

Table3 Term

	Number of responses
Too long	0
Just right	8
Too short	1
total	9

2) How well were you able to communicate with people (Table 4)

Table 4 Communication

	Number of responses
Very well	6
well	3
Not very well	0
Not at all	0
total	9

3) Impressions of the training (Table 5)

Table 5 Impression

	Number of responses
Very satisfied	8
satisfied	1
Slightly unsatisfied	0
Very unsatisfied	0
total	9

3. The training results—what they learned most from the training

The results were categorized according to the KJ Method.

The answers to question were divided into 3 categories.

First is ①Significance of community maternal and child health policy, second is ②Specialization of public health nurses, third is ③Actual care of the elderly.

Category ① were divided 3 sub-categories, “Early intervention systems” , “Actual health education”, “Maternal and child health administration system” . Category ② were divided 2 sub-categories. “Cooperative efforts with the Mayor, people of other occupations and residents” and “Knowledge, skills and attitudes of public health nurses” . Category ③ has one sub-category, “day service system” . (table 6)

Table 6: Categories: Most educational

Category	sub-category
Significance of community maternal and child health policy	Early intervention system
	Actual health education
	Maternal and child health administration system
Specialization of public health nurses	Cooperative efforts with the Mayor, people of other occupations and residents
	Knowledge, skills and attitudes of public health nurses
Actual care of the elderly	Day service system

Free description content example

«Significance of community maternal and child health policy»

Early intervention system

- I learn mostly the koala-club, that it is very effective to help the children to be healthy in their growth and development according to their age group.
- There are clubs which are organized with clear aims and definition of activity. It's helpful to children's growth and development education and how to spend their free time.
- Public health nurse make different way of learning to the child woken she / he is almost 3yrs old and this is all center we visited.
- How the family (mother) involved in teaching and caring. the child with growth/mental retardation or delay in performing some of activities in speaking by having a special class conducted by public health nurse,

Actual health education

- Maternity classes and child care classes is very impressing.
- The parental class is very important for both the parents and their child.
- How to teach the prim gravid the process of labor by using a hand prepared doll.

Maternal and child health administration system

- In this field I learn a lot about maternal and child health programs and organization in the community is very good.
- Community field program is very useful on the field of maternal child health as it give participant to observe the real situation on what we have length in the theory especially in a cultural aspect.

«Specialization of public health nurses»

Cooperative efforts with the Mayor, people of other occupations and residents

- Good collaboration between public health nurses and the mayor and his staff.
- Public health nurse like the job, and happy to be at that place, so co-operative new comer mothers, and

children.

- My strongest impression is the way Japanese people were ready to share experience with other people and they are very helpful and kind to people.

Knowledge, skills and attitudes of public health nurses

- How the public health nurse work in the community, help people on welfare/health, also they are knowledgeable and skills and confident on working.
- how they receive guests very excellent, charming and give orientation of their infrastructure, work plans and activities done, through observing and practical involving
- I learn that all public health nurses have a very good attitude toward people in the community and they are very important resource person in the community on the issues relating to health.
- The training results give the opportunity to see exactly how the public health nurse perform their duties in the community and the most things I learn are.

《Actual care of the elderly》

Day service system

- Rehabilitation of the old people after cerebral stroke

The participants were able to gain knowledge of the regional characteristics of Northern Hokkaido with its sparse medical resources spreading out over a wide area, and were able to learn about the preventive facets of a public health nurse's job in addition to methods for cooperative efforts. They particularly enjoyed a deep learning experience through participating hands-on in the "early intervention" sessions, communicating with mothers and children. Although public health nurses were at the focus of the program, the participation of the Mayor, dietitians and people of other occupations, enabled participants to learn about the necessity of cooperative efforts. Active participation in health services allowed the participants to have communication with residents and opinion exchange with public workers was particularly effective as means of learning.

4. Their opinions about training methods.

Free description content example

- Many congratulations for these who plan, organizing this field trip, it was so useful for learning and also relaxation. It is to give the make is 100%.
- It's good to continue with this field trip during the course.
- If it's possible, it is good to include home visiting program for at least one village
- The time we used to stay at one city/town it was not enough, not only for us but for the public health nurses of those areas
- If it's possible, please host again this group two years later to share our achievement in our country after this study

IV. Discussion

This training provided participants with an opportunity to learn the importance of preventive activities with regards to maternal and child health and the necessity of the activities of public health nurses, allowing us to experience at first hand the vastness of the area, climate, and level of inconvenience by traveling the spacious northern Hokkaido by bus. During the training the participants participated in some maternal and child health activities. Among them they were especially impressed the most by a treatment and early intervention system, and found that not only taking lectures but actually participating and having interchange are important because they lead to concrete understanding. The explanation on the regional management system of maternal and child health was effective as a basic lecture in understanding the entire structure of maternal and child health activities and the meaning of health activity, and in preparing for participation in health activity. In addition, the distribution of English translation materials for health statistics and an overview of hospitals and regions per town prior to the fieldwork were useful in making the training effective. However, it is necessary to organize the contents of the lectures because some of the explanations that were presented by each municipal administration overlapped.

Furthermore, they were able to learn that various occupations as well as public health nurses are involved in health medical treatment welfare administration. Although the training was planned mainly by public health nurses, considering the participation of individuals in various types of occupations including the mayor as well as discussion with participants, public health nurses, individuals in other occupations, and hospital staff members based on lectures and health business experiences, it can be said that we were able to reach a deeper understanding of the importance of working as a team. Moreover, mutual understanding has been deepened by exchanging information on the approaches in not only Japan, but also in each country. Through the training, we found that creating an atmosphere wherein participants can all learn from each other is more important than a one-sided approach to teaching.

Although the role of public health nurses was thoroughly understood, the understanding of the roles of regional midwives and general nurses was not satisfactory. The fact that there was not enough time in one place because of the short stay in one place within a short schedule is something to be solved in the future. Aiming at future projects, we shall make efforts to create opportunities to participate in more activities such as newborn baby home visits and programs in which we can learn from precedent through conversations with frontier public health nurses who were involved in the improvement process of mother and child health level, as well as to increase the opportunities to conduct discussion with residents and public workers.

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