

1. Public Health Activities in Japan

A historical overview of public health in Japan, including public health policies and systems in Japan, is presented through concrete examples of health care and medical care experiences in Japan and discussed in comparison with the situations in other countries.

2. Community Health Nursing Activities

The purposes of community health nursing are described, covering the moves of public health nurses who shoulder public health nursing activities in Japan, the characteristics of the environment around the works of public health nurses, and the roles and cooperative involvement of nurses in communities.

3. Historical Changes in Social Situations in Japan and Public Health Nurse Activities

The close relationship between the works of public health nurses and social situations is highlighted, and the roles of public health nurses are discussed through presentation of examples of the changes in the activities of public health nurses from the past to the present.

4. Disasters in Communities and Public Health Nurse Activities

The health care risk management in communities in Japan and the activities of public health nurses working in public settings are discussed through concrete examples. A consensus is confirmed regarding the understanding of practical activities for life saving and health management of disaster victims, and the fact that the works of nurses are common throughout the world.

5. Maternal and Child Health Activities in Communities

The historical changes in maternal and child health policies in Japan are described, covering social changes and statistics in maternal and child health. The present issues in community maternal and child health are discussed.

6. Measures for Community Maternal and Child Health

Concrete methodologies for public health projects based on laws and the issues of immunization are discussed.

7. Techniques for Community-based Public Health Nurse Activities and Nursing

In particular, nursing techniques of public health nurses are described and discussed through actual examples.

8. Field Works

Concrete orientation is given regarding the training conducted in hospitals and municipalities in the northern part of Hokkaido. We expect to see the reports of training achievements from the fields.

Details of 6 and 7 above are described in

Asahikawa Medical College Forum 5 (1) 65-75 and

Asahikawa Medical College Forum 7 (1) 35-49.

Primary Health Care and Public Health Nursing

Kumiko Kitamura

1. WHO and Primary Health Care

A consensus is confirmed regarding the concepts of "Health For All" and "Primary Health Care", the Declaration of Alma Ata, the two faces of PHC, etc.

2. Primary Health Care in Japan

The basic principles of PHC in Japan and the roles of nurses in PHC in Japan are described. It is reconfirmed that the everyday work of public health nurses are deeply involved a provider of PHC, and they describe that they bear the responsibility for performing works towards the HFA goal of PHC. The participants from Japan and trainees discuss the situations in different countries.

1. Legal System for Social Welfare

A definition of social welfare in Japan is given and the birth and present state of laws in the field of social welfare are described.

2. Organizations Implementing Social Welfare and Various Programs

These are discussed mainly focusing on child welfare, particularly in the field of maternal and child health.

3. Child Welfare and Maternal and Child Welfare

The present state and problems in each of these fields are discussed.

4. Trends of Public Health Nurse Activities in the Welfare Field

The deployment of public health nurses in the welfare field started with the recognition of the need for comprehensive promotion of community health measures, considering local characteristics and the need for cooperation with related measures such as those in social welfare. The deployment of public health nurses in the welfare field will continue to be expanded in the future.

5. Roles and Practice of Public Health Nurse Activities in the Welfare Field

The key is to provide support for independent living so that every person, with or without disabilities, can lead a fulfilling life in the community and at home. The fact that public health nurses are recently performing such works as health counseling for homeless people, visiting guidance, health management guidance, infection prevention, and community environment is discussed.

Trends of Nursing in Japan

Kumiko Kitamura

1. Trends of the Nursing Vocations in Japan: Trends of Nurses, Midwives, and Public Health Nurses

Recent trends are described.

2. Activities of Vocational Organizations of Nurses

The activities and future challenges of Japanese Nursing Association are described and discussed referring to the situations in the home countries of trainees.

Nursing Education Systems in Japan

Kumiko Kitamura

1. History of Laws and Regulations Related to Nursing

The past and the present of the Public Health Nurses, Midwives, and Nurses Law and nurse qualifications are described.

2. Statistics of Nurse Training in Japan

Public health nurses and midwives: the number of colleges and their capacities are increasing.
Nurses: the capacities of 2-year courses are decreasing, while the number of colleges and their capacities are increasing. Practical nurses: there are decreasing tendencies in the number of schools and their capacities.

Nursing Education at Asahikawa Medical College

Kumiko Kitamura

1. Present State of Nursing Education in This College

The history from establishment of the College to the present and the present situations are described.

Trends in Health Statistics in Japan

Yoshikatu Mochizuki

Trends in Population of Japan

- Changes in population pyramid
- Trend in total population
- Trends in proportions of 3 age groups of population

Trend in Birth in Japan

- Live births and total fertility rates

Trends in Mortality in Japan

- Perinatal mortality
- Infant mortality
- Leading causes of deaths
- Age-adjusted death rates of cancers

Life Expectancy at Birth

Characteristics of Health Statistics in Japan

- Dramatic improvement
 - Decrease in general mortality
 - Sharp decline in infant mortality
 - Elongation of life expectancy at birth
- Aging society with fewer children
 - Increase in aged population
 - Decrease in live births
- Changes in diseases
 - Decrease in infectious diseases
 - Increase in lifestyle-related diseases

Health Administration System in Japan

Yoshikatu Mochizuki

The Constitution of Japan: Article 25

- All people shall have the right to maintain the minimum standards of wholesome and cultured living.
- In all spheres of life, the State shall use its endeavors for the promotion and extension of social welfare and security, and of public health.

Health Services for Each Life Stage in Japan

- Birth / Preschool / School / Working / Retired

Types of Health Administration System and Governmental Agencies

- General Health Administration: Ministry of Health, Labor and Welfare
- Occupational Health Administration: Ministry of Health, Labor and Welfare
- School Health Administration: Ministry of Education, Culture, Sports, Science and Technology
- Environmental Protection Administration: Ministry of the Environment

General Health Administration

- Government → Prefectures → Municipalities
- Government → Several Large Cities

Maternal & Child Health Services

<After Pregnancy>

- Report to the municipal office
- Maternal & Child Health Handbook

<After Birth>

For immature babies (2,500g or less):

- Health guidance and consultation by public health nurses

For newborn babies:

- Mass screening to detect congenital metabolic diseases (phenylketonuria, etc)
- Immunoglobulin and vaccination for Hepatitis B-positive

For very low birth weight babies who require intensive care:

- Health insurance coverage

For all babies:

- Infant checkup at 1.5 years and 3 years

Healthy Parents and Children 21 (National Health Promotion Movement for Parents and Children of the 21st Century in Japan)

Problems & Goals 2001-2010

- Reinforcement of Adolescent Health Services
 - Suicide mortality of teenagers
 - Artificial abortion of teenagers
 - STD incidence of teenagers
- Safety and amenity during perinatal period

- Maternal mortality
- Perinatal care network
- Consultation centers for sterility
- Maintaining and advancing high level of child health care
 - Neonatal mortality
 - Accidental mortality
 - Emergency medical service for children
- Healthy mental development of children and parental anxiety on child-rearing
 - Child abuse
 - Participation of father to child-rearing
 - Satisfaction to baby health check-up

Healthy Japan 21 (National Health Promotion Movement for Whole Nation of the 21st Century in Japan)

Target Issues

- Nutrition and Dietary Life
- Physical Activity and Exercise
- Rest and Mental Health
- Alcohol Drinking
- Smoking
- Dental Health
- Diabetes
- Circulatory Diseases (Heart, Brain)
- Cancers
- Accidents
- Parental & Child Health (Healthy Parents & Children 21)

Medical Service System in Japan

Yoshikatu Mochizuki

Characteristics of Medical Service System in Japan

- Universal coverage of medical insurance to whole nation
- “Doctor in Private Practise” System in accordance with the Medical Service Law

Benefits of Medical Service System in Japan

- All citizens have equal access to medical care services.
- A certain quality of medical care is available to all patients at a relatively low cost.
- Patients are free to choose hospitals and clinics.

Changes in Numbers of Medical Resources in Japan

- Medical staffs
- Medical treatment facilities

Medical Expenditure in Japan

- Trends in national medical expenditure
- International comparison of medical expenditure

Problems on Medical Expenditure in Japan

- Increasing medical expenditures (especially those for the elderly)
- Ratio to GDP = 7.3%
This is not so high when compared to OECD countries.
- The growth rate of the medical expenditure is now much faster than the speed of economic growth.
- This unbalance is expected to worsen the finance condition of medical insurance.

The History and Current Status of Childbirth in Japan

Midori Kuroda

1. Midwife Activities as an Occupation

- Some names of Japanese midwives (torriage baba, in addition to many other names)
- An appearance of an occupation midwife in the middle of the Edo period
- The midwives supported by the populace

2. Recognition as a Specialist Occupation

- Relation between a doctor and a midwife
- “Essential Knowledge for Midwives” were written by doctor

3. The Start of Midwife Training

- The required qualifications for midwives
- Three requirements by the government order on the “Isei”
 - 1) Age
 - 2) Knowledge about obstetrics/gynecology and pediatrics
 - 3) To have obtained a midwifery license

4. Midwifery Regulations

- The first independent midwifery law
 - 1) The midwife qualifications
 - 2) Midwife exams
 - 3) Registration in the midwife register
 - 4) The scope of the profession
 - 5) Violations

5. Nurse, Midwives and Health Visitors Act, and Midwife Activities after the Second World War

Characteristics of the Nurse, Midwives and Health Visitors Act

- 1) To acquire a set of ideas as “nursing duties”, with the same objective as the three professions of health visitors, midwives, and nurses.
- 2) To position midwives as obstetric nurses based on GHQ ideas. (A condition of which is the possession of nursing qualifications.)
- 3) To make sure the qualification exams are uniform throughout the country.
- 4) To make sure the licenses last a lifetime, etc.

6. Changing Midwife Activities

- 1) Change of a delivery place (changeover from home delivery to hospital delivery)
- 2) Midwives, who had assisted clinical birth in medical facilities.
- 3) Activity based on the Maternal and Child Health Law
- 4) Maternal and Child Health Handbook

7. Japanese Midwife Training

1. Characteristics of Japanese Midwife Training

- 1) Training has a history ever since its establishment in the “Isei” (Medical System) of 1874.
- 2) Currently, there are numerous midwifery educational institution.
- 3) Based on full nursing training.
- 4) No period of study after graduation.
- 5) Other

Maternity Nursing Training

Midori Kuroda

1. The Status of Maternity Nursing in University Education
 - 1) As basic nursing training
 - 2) As a basic component of maternity nursing education
2. Purpose of Maternity Nursing Training
 - 1) To build practical experience using fundamental nursing skills
 - 2) To provide practical experience in assisting patients with needs that are unique to the field of maternity nursing
3. Training Overview
4. Actualities of In-Ward Training
5. The Instructors
6. Practice Evaluation

Pediatric Nursing Science

(History and Current Condition of Pediatric Nursing in Japan)

Yoko Okada

Presentation of the historical changes of pediatric nursing in Japan and discussion about the current status and issues in Japan

1. Historical changes of pediatric nursing in Japan
 - 1) Changes of the structure of childhood illness
 - a. Change from high rates to low rates of birth and infant mortality
 - b. Change from contagious diseases, communicable diseases and malnutrition to lifestyle-related diseases and stress
 - 2) Change from total dependence on pediatrics to independence
 - 3) Changes of the environment for children in hospital
 - a. Hospital stay with a family member who takes care of everything including meals
 - b. Standard nursing care by professional nurses in a pediatric ward independent from other wards for adults
 - c. Rooming-in system in a pediatric ward that mothers and children need
2. Movements and issues of child health in Japan
 - 1) Birth rate
 - 2) Children's health issues from the perspective of a mortality rate
 - 3) Causes of death in different stages of childhood
 - 4) Infant mortality rate
 - 5) Perinatal mortality rate
 - 6) Causes of accidental death
3. Health problems that do not cause death but children have in the process of growing and development
 - 1) Candidates for lifestyle-related diseases
 - a. Obesity
 - b. Diabetes
 - c. Hyperlipemia
 - d. Myopia
 - e. Cavities
 - f. Physical weakness due to inactivity

- 2) Maladaptation issues in the process of socialization
 - a. Decreased capacity to adapt to the school (communal) life
 - b. Domestic violence
 - c. Anorexia in adolescence
 - d. Bullying
 - e. Juvenile delinquency
 - f. Younger children involved in atrocious crimes

4. Child health and related laws and regulations

- 1) Child Welfare Law and the key points of its amendment
- 2) Maternal and Child Health Law and the key points of its amendment
- 3) School Health Law
- 4) Convention on the Rights of the Child

5. Immunization

- 1) Changes of immunization (from group immunization to recommended immunization)
- 2) Current method of periodical immunization
- 3) Tuberculosis Control Law

6. Pediatric nursing and ethics

Independence, good deed, justice, honesty and loyalty

Pediatric Nursing Clinical Practicum

Yoko Okada

1. Structure of pediatric nursing

- | | |
|--|---------------------|
| 1) Lecture: Pediatric Nursing | 2 units: 30 hours |
| 2) Exercise: Practical Techniques of Pediatric Nursing | 0.5 units: 20 hours |
| 3) Practice: Pediatric Nursing Clinical Practicum I | 1 unit: 30 hours |
| 4) Practice: Pediatric Nursing Clinical Practicum II | 2 units: 60 hours |

2. Pediatric nursing clinical practicum

1) Pediatric Nursing Training I

Timing: 3rd year

Place for training: Nursery

Time period: 30 hours (4 days)

2) Pediatric Nursing Training II

Timing: 4th year

Place for training: Asahikawa Medical College Hospital (Pediatric ward and pediatric outpatient clinic)

Time period: 60 hours (10 days)

3. Pediatric Nursing Training I

1) Background reasons today's students need training at a nursery

When we teachers were nursing students, we did not need training at a nursery because we had brothers and sisters and learned how to take care of children through experience at home.

Today's young people have grown up without experience of contacting or taking care of small children.

2) Purpose of training at a nursery

- To understand characteristics, growth, development and developmental issues of children
- To understand roles that family members (society) take in the process of children's socialization
- To learn the reality of growth and development of children, basic knowledge required for child-care, techniques and attitude

4. Pediatric Nursing Training II

1) Background reasons training at an outpatient ward is important

- a. Increasing number of children need long-term medical care.
- b. On the other hand, efforts to protect children from the negative effect of long stay in hospital in childhood through short stay in hospital are being established.
- c. As a result, roles and functions of outpatient nursing is increasingly important.

2) Purposes of outpatient nursing

- a. To participate in the treatment of ordinary diseases and understand characteristics of support for children
- b. To understand assistance to children who come to hospital for a long-time medical treatment for a chronic disease and other reasons
- c. To participate in health enhancement activities for healthy children and understand characteristics of support for children

3) Purposes of Pediatric Nursing Training II

- a. To understand health problems children and their families have, using basic knowledge about healthy children and children who have health problems
- b. To plan, practice and evaluate necessary nursing care for daily life, growth and development and learn the current condition of pediatric nursing to protect, enhance and recover the health of children and their families

<Necessary measures for pediatric nursing>

Communication skill

Stress coping

Nursing process

Nursing techniques

Status of child-rearing

Safe and comfortable

Infection control

Play for children and families

Education for children and families

And others

<Structure of training in a clinical setting>

Trainers and responsibilities

Responsibilities for patients' care: Staff nurses, clinical trainers, senior staff and head nurse

Responsibilities for training of students: Nursing teachers

Education in the Field of Basic Nursing

Yumiko Masuda

I. Flow of lectures, exercise and practice

- Explanation about the schedule and relationships among the classes in the basic nursing area such as Basic Nursing I, Basic Nursing II, Basic Nursing Technique I, Basic Nursing Technique II, Basic Nursing Practice and Nursing Process Training

II. Overview of the classes

- Explanation of the purposes and contents of Basic Nursing I (1st semester in the 1st year) and Basic Nursing II (both semesters in the 2nd year)

III. Overview of the exercises

- Explanation of the purposes and contents of Basic Nursing Technique I (both semesters in the 1st year) and Basic Nursing Technique II (1st semester in the 2nd year)
- Explanation of educational consideration points
- Display and explanation of practice models and nursing technique textbooks used for learning nursing techniques

IV. Overview of the practical training

1. Purposes of clinical nursing training (2006 Clinical Nursing Training Guideline)
 - Explanation of purposes of clinical nursing training for each year
2. Overview of the practical training
 - Explanation of the purposes, goals and method of Basic Nursing Training (2nd semester of the 1st year) and Nursing Process Training (2nd semester of the 2nd year)

Synopsis: Study Visits for Trainees of 2007 JICA Human Resources Development
in the Field of Maternity and Child Health
Observing Nursing Students' Practice in the Ward

June 10, 2007

Planning: Kumiko Kitamura, Program Manager from Nursing Course

1. Purpose

To understand the roles of teachers and instructors through the learning activities of 4th-year nursing students and the educational activities of teachers and clinical practice instructors in the setting of clinical practice.

2. Goals

- 1) Trainees observe the movements of students, teachers, and instructors, and understand the learning and teaching activities performed by them.
- 2) If possible, trainees receive explanation of the characteristics of each ward, and understand practice environment.
- 3) Trainees participate in the practice situations according to the characteristics of each ward, and gain a deeper understanding of how learning and teaching are performed.
- 4) Trainees participate in the practice in the hospital or the practice in the school according to practice subjects, and gain a deeper understanding of how learning and teaching are performed.

3. Clinical Practice Situations

Maternity Practice, Pediatric Practice, Adult Care Practice I, and Adult Care Practice II.

4. Development of Training Program

- 1) The Program Manager obtains information from the teachers in charge of Maternity, Pediatric, Adult Care I, and Adult Care II practice regarding the situation in the last year, the contents of learning (training) and teaching in this year, the time available for study visits, the number of persons allocated, etc.
- 2) Ms. Suzuki from JICE grasps the wishes of trainees regarding the contents of training, and accordingly prepares the table of group allocation and rotation (the Schedule Table).
- 3) Based on the information in 1) and 2) above, the contents of training and the Schedule Table (draft) are prepared. These are shown to the teachers in charge of practice for the purpose of making necessary adjustment and obtaining cooperation.
- 4) After final adjustment, the plan is determined and distributed to trainees, the teachers in charge of practice, and the Nursing Department.

5. Visit Schedule

Monday, June 18: Maternity Practice, Adult Care Practice I, Adult Care Practice II

Tuesday, June 19: Maternity Practice, Adult Care Practice I

Friday, June 20: Maternity Practice, Pediatric Practice, Adult Care Practice I, Adult Care Practice II

6. Contents of Training and Schedule Table

Shown in a separate document (to be distributed later).

7. Other

Ms. Suzuki serves as the interpreter. The other __ persons will be determined later.

Education Program on Infection Control in Nursing Course
at Asahikawa Medical College, 2005-2006

- What we are teaching to our students. -

Dept. Microbiology and Immunochemistry

Itsuro Yoshida

1. Overview

Semesters of 1st year-4th year students, and lectures related to the “History, Theory, and Technique of Infection control” received during those semesters, were introduced.

2. Syllabus of “Infection and Immunity”

Lecture program of “Infection and Immunity”, which has been constructed and propagated by us to the 2nd year students, was introduced.

3 Example : General Bacteriology “Bacterial Infection”

An example of one hour lecture in “Infection and Immunity” on 2006 was introduced.

4. Examination and Students Grading

A sample sheet of questions, which was used for examination at the end of the semester, and a result of students grading, were introduced.

5. Practice of “Bacterial Culture”

The same practice as the students propagated in the classroom of “Infection and Immunity”, was experienced by the participants. (After over-night cultivation of their own specimens such as swab, finger print, hair, and etc., Gram’s staining and microscopic observations of those samples, were carried out.)

Infection control

Respiratory Medicine, Infection Control
Yoshinobu Ohsaki

Infection control in Asahikawa Medical College Hospital

Presentation about experiences in control of pseudo-out break after renovation work, and control of MRSA spread in the Asahikawa Medical College Hospital.

Human Resources Development Course in the Field of Maternal and Child Health

Director, Division of Neonatology Center
for Maternity and Infant care
Tokitsugi Hayashi,

Strategy for growth and development of premature baby in our NICU

- Concept of NICU
 - 1) Explanation that this is a place for child-rearing as well as critical care

- Details of physical examinations and treatment results of NICU
 - 1) Mothers' active involvement in child-rearing, provision and results of developmental care and kangaroo care

- Baby Friendly Hospital
 - 1) Presentation of "Baby Friendly Hospital", the UNICEF certification given to our hospital
 - 2) Explanation of the importance of breast-feeding for immature babies

Japan International Cooperation Agency (JICA)
 2007 Group Training
 “Human Resources Development Course in the Field of Maternal and Child Health”
 Schedule for Training at Asahikawa Medical College

May 28, 2007
 Nursing Department

Date	Time	Program	Place	Trainer
Mon, June 11	9:30 – 9:45	Hospital training orientation	Hospital Conference Room	Ito, Nursing Dept. Deputy Head
	9:45 – 10:45	Organizational operation of Nursing Dept.	Hospital Conference Room	Ueda, Nursing Dept. Head
	11:00 – 12:00	Hospital facilities tour (1 month checkup, Outpatient Department of Obstetrics and Gynecology etc.)	Hospital	Osanai, Head Nurse, and Moriwaki, Midwife
	12:00 – 13:00	Lunch break	Hospital Conference Room	
	13:30 – 14:30	Training about the hospital	Hospital Conference Room	Ito, Deputy Director of Nursing Dept.
	14:45 – 15:30	Hospital facilities tour	Hospital	Ito, Nursing Dept. Deputy Head, Kitagawa, Head Nurse, and Kana Sakamoto, Nurse
Tue, June 12	9:30 – 9:55	Social gathering	Multi-purpose Room	Nursing Dept. staff
	10:00 – 11:00	Observation of class for the 2 nd year students in School of Medicine (Introduction of Japanese culture)	Lecture Room 1 in School of Medicine	Dr. Sharon
	11:15 – 12:00	Introduction of Center for Maternity and Infant Care	Multi-purpose Room	Kubo, Head Nurse
	12:00 – 13:30	Lunch break	Multi-purpose Room	
	13:30 – 14:15	Observation of 1 week checkup at Midwife Clinic	Outpatient ward	Osanai, Head Nurse, and Kazuko Okuyama, Midwife
	14:30 – 15:30	Visit to ICU in Surgical Operational Dept.	Surgical Operational Dept.	Otsuki, Head Nurse, and Ogata, Head Nurse

2007 Group Training

“Human Resources Development Course in the Field of Maternal and Child Health”

Date: Wed, June 13, 2007 14:00 – 16:30

Venue: Asahikawa Red Cross Hospital

Training Program

1. Overview of Asahikawa Red Cross Hospital

Lecturer: Fujisawa, Director of Hospital Affairs Dept. 10 min

- 1) History and overview of the hospital
 - a. History of the facilities
 - b. Philosophies and basic policies of the hospital
 - c. Overview of the facilities – number of staff, number of beds, departments, specialties etc.

2. Overview of Asahikawa Red Cross Hospital Nursing Department

- 1) Philosophies and 2007 Goals of Nursing Department
- 2) Number of staff, work system and nursing methods
- 3) Functions of Nursing Department – major conferences and committees
- 4) Education after graduation from Nursing Department
 - Education system – education inside/outside hospital and self development
 - Career development – career development ladder for nurses, contents of 2007 group training
 - New nurse training system – preceptor system etc.
 - Training of Red Cross nurses as rescue crew - training to cultivate human resources who can carry out rescue activities based on the Red Cross mission

3. Red Cross activities in Asahikawa Red Cross Hospital

- 1) Red Cross Activities
 - International activities, disaster relief, medical services, nurse training, blood program, lecture class, Red Cross Volunteer Team etc.
- 2) Red Cross activities of the nurses at Asahikawa Red Cross Hospital
 - Relief activities in Japan
 - International activities – international relief, development cooperation
 - Safety services
- 3) Reality of relief activities in Japan
 - Relief activities in Japan – reality of relief activities at the time of Niigata-Chuetsu Earthquake
 - International relief – reality of relief activities for the victims of Pakistan Earthquake, Sumatra Earthquake and tsunami etc.

4. Q&A

Q: About training to develop human resources for relief activities

A: Red Cross relief nurse training is conducted for relief activities in Japan. Language lessons for international relief activities provided in the headquarters of Japanese Red Cross Society, training for international relief and other training courses were explained.

2007 JICA Training “Human Resources Development in the Field of Maternal and Child Health”

June 13, 2007

Asahikawa City Public Health Center

Reality of immunization at Asahikawa City Public Health Center (study visit)

9:00 - Speech by the director

9:05 - [Study visit] 4 months old infant checkup (37 infants)

↓

Medical examination by a pediatric doctor (to check physical and mental development of the infants)

↓

BCG vaccination (given to 34 infants, at the same time as 4 months checkup)

10:30 - Q&A and break

[Major questions]

- Where on the body BCG vaccination is given
- Type of tongue depressors and its disinfection method
- How to use a digital scale and its price

11:00 End of training

FY 2007 JICA Human Resources Development in the Field of Maternal and Child Health
Summary of Community health nursing Activities Practical Experience Field Trip

Objective

To participate in healthcare activities for mothers and children under specific regional medical systems and think about appropriate medical, health and welfare administration to protect the health of residents.

Specific Goals

1. To understand the current status of large municipalities with scarce medical resources and facilities 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 care measures implemented in northern Hokkaido.
 - (1) To learn existing health-related issues in the community 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 maternal and child health care problems and local governments' efforts to solve them.
 - (3) To understand issues in current maternal and child healthcare and future efforts to solve these problems.
3. To understand the roles of regional healthcare nurses, midwives and medical nurses of local municipalities in northern Hokkaido.

Methods

1. Through lectures, exercises and participation of various health activities, as well as advice and instruction from staff of each cooperating organization.
2. Primarily through experience-based training and plans prepared flexibly in consideration of the requirements of each trainee.
3. Through active discussion with regional public health nurses.

Schedule - 3 nights, 4 days

Schedule	Content		Accommodations
	Morning	Evening	
June 25(Mon.)	10:30-12:00 Nayoro Visit to Nayoro City General Hospital Roles and challenges of medical institutions in the secondary medical zone	15:00-17:00 Esashi Visit to Esashi Health and Welfare Center Explanation of maternal and child health management systems	Hotel New Korin (Esashi)
June 26(Tue.)	9:30-12:00 Esashi Hands-on experience with health promotion projects (home visits, etc.)	13:00-15:00 Esashi Discussion on local mother and child health promotion activities	Wakkanai
June 27 (Wed.)	9:30-12:00 Wakkanai Visit to Wakkanai Health and Welfare Center Regional overview, explanation on mother and child health promotion systems	13:00-14:00 Wakkanai Lecture by a pioneering public health nurse / Discussion	Shosanbetsu
June 28 (Thu.)	9:30-12:00 Haboro Visit to Haboro Sukoyaka Health Center General information about and experience with rehabilitation systems	13:00-14:00 Haboro Explanation of local health promotion activities for mothers and children / Discussion	

Nayoro City General Hospital

Date	Program
<p>Mon, June 25 10:30 - 12:00</p> <p>Opening speech</p> <p>Self introduction 10 min</p> <p>Lecture 30 min</p> <p>Discussion 20 min</p> <p>Study visit at outpatient dept. and hospital wards 30 min</p> <p>Words of appreciation</p>	<p>Speech by Mr. Sako, Director</p> <p>1. Roles of Nayoro City General Hospital Nursing system, postgraduation training program</p> <p>2. Local circumstances and issues of maternal and child health Secondary medical care zone, wide area, insufficient medical care, typical problems in winter</p> <p>3. Midwives' activities Checkup, health guidance system Cooperation with local communities and doctors Concrete cases and consultation</p> <p>Questions from trainees Opinion exchange</p> <p>Study visit at the outpatient dept. and hospital wards</p> <p>Comments and words of appreciation from trainees</p>

Town of Esashi

Date	Program
<p>Mon, June 25 (15:00 - 17:00)</p> <p>15:15 - 15:45</p> <p>15:45 - 16:15</p> <p>16:15 - 16:45</p> <p>16:45 - 17:00</p>	<p>1. Opening speech by the town mayor</p> <p>2. Presentation about maternal and child health services</p> <p>1) Maternal and child health management system in Town of Esashi (overall view) 30 min</p> <p>With PowerPoint slides</p> <p>2) Mothers' class 30 min</p> <p>With the mommy Ayako doll</p> <p>3) Baby food cooking and tasting 30 min</p> <p>Q&A about 1) to 3)</p> <p>3. Explanation about health services in the future</p>
<p>Tue, June 26</p> <p>9:00 - 9:30</p> <p>9:30 - 12:00</p>	<p>1. Experience of health services</p> <p>*Start with explanation about a home visit bag and maternal and child health management forms for infant health checkups</p> <p>1) Visit to families who have a newborn baby/infant 3-4 cases</p> <p>All 9 trainees to participate</p> <p>(2-3 trainees for each case) 2 interpreters</p> <p>2) Infant consultation</p> <p>Trainees who will not participate in the family visit will be given explanation as needed. Detailed explanation should be given as there will be no mothers actually having consultation.</p> <p>* Visit at Health Center</p> <p>Conduct a visit considering the time schedule</p>
<p>12:00 - 13:00</p>	<p>Lunch</p> <p>All participants will make sandwiches.</p>
<p>13:00 - 15:00</p>	<p>2. Discussion</p> <p>After experiencing health services in the town of Esashi</p> <p>Comments, questions, what trainees find useful, requests</p> <p>Opinion exchange, sharing experience</p> <p>Conclusion</p> <p>3. Words of appreciation from trainees</p>

○ Others

Social gathering (Mon, June 25, 18:00-)

Purpose: To have close communication and have interaction with trainees

Contents: Self introduction, games and dinner

City of Wakkanai

Date	Program
<p>Wed, June 27</p> <p>9:30 - 12:00</p>	<p>1. Opening speech</p> <p>2. Explanation about maternal and child health services</p> <p>1) Maternal and child health service system in the city of Wakkanai Overall maternal and child management system Efforts of the city of Wakkanai, including child-rearing support, adolescence network, fertilization treatment aid and abuse prevention</p> <p>2) Cooperation for maternal and child health in the city of Wakkanai Roles of Health Center Cooperation with Children Dept[J1]. and schools</p> <p>Q&A about 1) and 2)</p> <p>3. Visit at Health Center</p>
<p>12:00 - 13:00</p>	<p>Lunch</p> <p>There is a convenience store nearby.</p>
<p>13:00 - 14:00</p> <p>14:00 - 15:00</p>	<p>4. Lecture by a health nurse for pioneers</p> <p>- History of maternal and child health activities - Ms. Kazuko Sudo (former health nurse for pioneers) Issues of maternal and child health and activities of health nurses around 1945 to 1964 in Northern Hokkaido</p> <p>5. Discussion</p> <p>After explanation and lecture about health services Comments, questions, what trainees find useful, requests Opinion exchange, sharing experience Conclusion</p> <p>6. Words of appreciation from trainees</p> <p>*District inspection</p>

Town of Haboro

Date	Program
<p>Thu, June 28 9:20</p> <p>10:00 - 12:00</p>	<p>1. Greeting Courtesy call on the town mayor and greeting</p> <p>2. Participate in services of Day Service Center for Mothers and Children Overview of Central Rumoi District Child Development Support Center Explanation by a child care worker involved in the service Participate in group therapy (11:00 – 12:00)</p>
<p>12:00 - 13:00</p>	<p>Travel to Sukoyaka Health Center Lunch There are a convenience store and a new supermarket nearby.</p>
<p>13:00 - 15:00</p>	<p>3. Explanation about maternal and child health services Maternal and child health service system in the town of Haboro - With a special focus on therapy - Therapeutic system Issues of maternal and child health</p> <p>4. Discussion ○ After participation in health services and listening to the lecture Comments, questions, what trainees find useful, requests Opinion exchange, sharing experience ○ As the final wrap-up of the field work</p> <p>5. Words of appreciation from trainees</p>