

International and Cross-Cultural Nursing Newsletter

No. 5

Presented by International Research Institute in Cross-Cultural Nursing (IRC)
of Nagano College of Nursing (NCN)

Special Issue Covering from 2004 through 2007



Active Members of IRC in the Year 2007

Greetings

I feel so happy to bring this "International and Cross-Cultural Nursing Newsletter 5th Anniversary Special Edition" to you. This newsletter contains summarized entire back issues and reports on activities and events done in the school year of 2007. Tracing back through its history, IRC was originally established as an independent center of NCN in the year 2002. After that, we started with a new organization as one of the institutes, because NCN restructured existing two centers of that time including IRC into one single center. In 2003, which was the first year of the new organization, Asia-Pacific Regional Conference on Collaboration in Cross-Cultural Nursing titled "Windows on the World" was held. At the conference, many nursing leaders and researchers from the Asia-pacific regions assembled at NCN campus, and vigorous discussions on issues related to nursing were conducted. Five years have passed very quickly. Some research projects and exchanges evolved with this conference as a start and still continue to date. Student exchange programs with National University of Samoa, University of California San Francisco, and University of San Francisco have been held every year, and the relationship between NCN and these universities is getting closer and closer. Of course, we have achieved new relationships for the past five years. Looking back on the year of 2007, it was no exaggeration to say that it was a year of China. We had guests from China Medical University (CMU) in July and in November, and a guest researcher from Hong Kong Polytechnic University in July. In September, some of our BScN students visited CMU for about one week, and they had wonderful experiences with nursing and medical students at CMU. From May to June, ICN conference was held in Yokohama, Japan. Not a few faculty members and students took part in the conference, and many papers of NCN researchers were presented at the conference. Moreover, we planned NCN get-together there and many people associated with NCN sat around the table and enjoyed a pleasant lunch.

I hope such network will develop more than ever, and the activities of IRC will contribute to enhancement and deepening of our mutual understanding. If you flash an idea into your mind to realize that reading this newsletter, please feel free to contact us.

Jukai Maeda, Director of IRC

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I. IRC Activities from 2004 through 2007

1. Collaborative Study with the National University of Samoa (NUS)

Collaborative Study with NUS in 2004

The collaborative study between NCN and The National University of Samoa (NUS) was carried out as a JICA funded project in the form of two training courses for NUS teachers and the dispatch of experts. The first training course opened from 24 July 2004 to 7 August 2004 with NUS lecturers, Ma Fulu Aiolutepotea Fiu and Murray Faresa, as participants. IRC members, Tagaya, Maeda, Uchida, Matsuzaki, and Kuroyanagi, in cooperation with non-IRC members Profs. Akio Kitayama, and Hideshi Nawa, held workshops for the study of children's lifestyle and both quantitative and qualitative methods for nursing research. The second training course opened from 19 February 2005 to 4 March 2005 when Fulisia Pita-uo Aiavao, Dean of Faculty of Nursing and Lecturer Eseta Hope came through the Chubu International Airport just after it opened. A workshop for summarizing the study of children's lifestyle and that on fundamental statistics for nursing research were held by IRC members Tagaya, Uchida, Maeda, Tanaka, and Kuroyanagi in cooperation with a non-IRC member Prof. Kitayama. The plan for the future was also discussed. The dispatched experts were Tagaya, Uchida, and Tanaka. They visited NUS from 29 November 2004 and came back on 11 December 2004 and had a workshop on the interpretation and description of the results of the analyses of children's lifestyle data.

(Akira Tagaya)

Collaboration with NUS in 2005

a) Visiting Samoa in Cooperation with JICA

We (Tagaya and Mikoshihba) visited Samoa with two transfer students (Akiko Shibasaki and Masako Mizuguchi) who had worked as JICA volunteers and two other students (Yuhki Kubo and Tomoyo Kobayashi) as the volunteers dispatched by the JOCV Backup Program in the beginning of April, 2005, to investigate the possibility of further activities for cooperation. Accompanied by Mr. Kuramata of JICA KTC, we left Japan on April 2 to arrive in Apia in Upolu, on the same day beyond the dateline, and stayed four days in Samoa. We made a one day trip to the rural island of Savai'i on April 3, visited the Apia JICA Office and NUS on April 4, National Hospital on April 5, and two primary schools on April 6, and returned to Japan on April 8.

In Savai'i, we visited the Satupaiatea Day Center, which was in charge of as many as 9,000 inhabitants and was run by only one RN and two ENs. The RN, Maria, in the middle of her sixties, was working busy for home visit, health education, inoculation, health check of expectant mothers, medical examination, prescription, and even some sort of surgery. According to her, the frequency of DM and hypertension are very frequent, and child birth is mostly done at home by TBA there although they were recommending every expectant mother to give her first two births in the hospital.

The head nurse of the National Hospital, June, who had taken a training course in Keio University Hospital, was eager to send her selected nurses to Japan for training in disaster

and emergency nursing, infection control, and dialysis for staff development and also for making their profession more attractive.

Both of the primary schools we visited had in their neighborhood the people who were making their lives by selling junk food, which suggested the necessity of involving both the schools and the community for prevention of children's obesity.

(Akira Tagaya/Yuko Mikoshihba)

b) Presentation of the Results of the Collaborative Research at ICN Congress

In May, 2005, some findings of the collaborative research between NCN and NUS were presented at the Quadrennial Congress of ICN held in Taipei, under the title of "A comparative study on the health related lifestyle of Samoan and Japanese children: Suggestions from characteristics of BMI distributions," by Maeda J, coauthored by Hope E, Aiolutepotea MF, Uchida M, Tagaya A, Kuroyanagi Y, Maiava V, Lees T, Faresa M, Enoke MI, and Aiavao FP.

The collaborative research began after several informal mutual visits and the establishment of the relationship in the form of MOA for academic interchange signed in July 2001. Its focus has been the lifestyle of children in both countries since then. The paper featured the comparison of the distribution of children's BMI and the children's perceptions about their own and adult's figures between Japan and Samoa. Dean Fulisia Aiavao of the Faculty of Nursing, NUS, traveled all the way from Samoa to Taipei to join the NCN delegates for this presentation and confirmed the academic and human friendship between them.

(Jukai Maeda/Akira Tagaya)

Academic Exchange with NUS in 2006:

Collaborative research for prevention of lifestyle-related diseases of children

NCN and NUS have collaborated in this research since 2001. In this academic year, we collected the information about Samoan health care system and children's health problems in Samoa in order to make a plan for the new stage of our research.



[Project Meeting with Mr. Toshiaki Suzuki, second left in the front row]

In July 2006 we invited Ms Telesia Lafaele, the head nurse of the pediatric ward of the National Hospital of Samoa who was staying in Tokyo as a JICA trainee, and Ms Yoshiko Furukawa, who had been working in Ms Lafaele's ward as a JICA volunteer. In January 2007 we invited Mr. Toshiaki Suzuki who had been a JICA senior volunteer working as a

lecturer at the Faculty of Nursing and Health Sciences (FNHS) of NUS. They gave us recent valuable information about public health in Samoa and enabled us to discuss on the next step of our research.

In late August to early September, we visited NUS to have a research meeting with the teachers of FNHS and collected materials for the collaborative research. We also attended the 13th South Pacific Nurses Forum to present the findings of our collaborative research and exchanged information with nurses from different island countries of the South Pacific, which gave us valuable implications for our research.

(Akira Tagaya/Yuko Mikoshiba)

Collaboration with NUS in 2007

a) Project for Health Promotion in Samoa Funded by JICA

JICA decided to fund our three-year project from 2007 to 2009 entitled “comprehensive approach to prevent obesity and lifestyle-related diseases in Samoa.” The project includes the following two missions :

1) NCN send s professionals who collaborate with the National University of Samoa (NUS), the Ministry of Health, and the Ministry of Education of Samoa to develop a system for evaluating the baseline of, and monitoring the transition of, Samoan children’s health condition focused on obesity.

2) NCN accepts Samoan health professionals such as NUS teachers, community nurses, and school nurses as trainees who will learn knowledge and methodology for nursing and educational intervention in children to prevent obesity.

At present, we are preparing for accepting trainees from Samoa.

(Akira Tagaya/Yuko Mikoshiba)

b) Presentation of the Results of the Collaborative Research between NCN and NUS

We gave a poster presentation about the results of questionnaire surveys carried out on children in Komagane and Samoa entitled “a comparative study to describe the health related lifestyle of Samoan and Japanese children: Suggestions from characteristics of eating habits.” The conference participants seemed to be interested in the comparison of preference and dislike of food between Samoan and Japanese children.

(Akira Tagaya/Yuko Mikoshiba)

2. Health Promotion Project for Foreign Residents

Health Checkup Program for Foreign Residents in Nagano Prefecture in 2004

The second health checkup for foreign residents in Kamiina area was held at Ina Central Hospital on December 12, 2004. This health checkup program was given as a Nagano prefecture commissioned project in seven sites (Nakano, Matsumoto, Saku, Iida, Chino, Nagano-shi, and Kamiina) in Nagano and aimed to reduce the anxiety of foreign residents’ health. In academic year 2004, Health Promotion Project for Foreign Residents’ Health of IRC worked with members of “Ina International Fellowship Association” as a secretariat of the executive committee of health checkup for foreign residents in Kamiina. “The student executive committee of health checkup for foreign residents” was also launched, and

this program was supported by many people.

Contents of the health checkup:

This health checkup was provided with translators and health assessment sheets translated into 10 different languages. The fee was 1,500 yen for adults, and items of a health checkup were measurements of height/weight/blood pressure, blood and urine tests, X-ray, medical consultation (internal medicine, pediatrics and dentistry) and health consultation.

The total number of foreign clients was 476, which is greater number compared with last year. The number of foreign clients in South Nagano area was 270, and it was almost half of all foreign clients. It seemed that the need of health checkups for foreign residents in South Nagano area was high, because 270 foreign clients in South Nagano area were over the half the numbers of foreign clients in all cities.

669 volunteers participated in this health checkup program. The total of 141 volunteers supported health checkup in Kamiina, about the half of numbers was volunteers from NCN, including students, faculties and staff of NCN.



[Foreign clients waiting for taking their blood pressure]

The result of the health checkup:

The average age and length of their stay were 31.5 and 5.8. Of 476 foreign clients, one in five was a child. Half of foreign clients were Brazilian and others were foreign clients of 27 diverse nationalities. Three in four noticed some subjective symptoms such as headache, stiffness in the shoulder, backache, etc. One in two was suspected some disease and one in three was advised to medical consultation. Most of suspected diseases were hyperlipemia, hepatic function disorder hypertension, etc. The results showed that the health problem of foreign clients was mainly lifestyle-related diseases than infectious diseases as same as last year.

Toward the future:

This health checkup program provides a good opportunity not only to find their disease early, but also to have an interchange among people of different cultures in Kamiina area. We, the member of this project, would like to act to make our community a more comfortable place to live for foreign residents and Japanese.

(Yoshie Kuroyanagi)

Birth Preparation Class in Portuguese for Brazilian Mothers in 2004

The Foreign Mothers & Children Supporting Network in Kamiina District called to form a project team for preparing a Birth Preparation Class for Brazilian mothers as the first experiment in March, 2003. The members of the project committee consist of 3 Public Health Nurses from prefecture & municipal offices, 2 Portuguese interpreters, 2 Midwives from

a local hospital and 2 faculty members (1 from IRC) & 1 student (Midwife) from NCN. This project was planned based on the research findings from the study of “Health Behavior and Accessibility to Health Services of Brazilian Women in Perinatal period” by Tashiro.

The purposes of the Birth Preparation Class for Brazilian Mothers were 1) to provide information to those who plan to give a birth in Japan for the first time including both primi & multi-para Brazilian mothers, 2) “to introduce” Japanese ways of birth preparation methods and systems without imposing on the information to Brazilian mothers, and 3) to inform legal registration procedures related to newborn babies as foreigners. The class took place on November 8th, and we had 11 attendants including 2 men. The attendants expressed their great interests in the sessions and raised a long list of questions, so that we had to extend one hour from our planned schedule. The project team discusses to have the next class knowing the big demand in conducting such a class in Portuguese for Brazilian mothers.



[A midwife explaining Japanese custom of wearing “Sarashi (a long cotton cloth)” as an abdominal bandage during pregnancy]

(Marie Tashiro)

Health Checkup Program for Foreign Residents in Nagano Prefecture in 2005

Since 2003, IRC has been involved in the Health Checkup Program for Foreign Residents of Nagano in collaboration with an NGO, Hokushin International Health Information Center. It is a Nagano prefecture commissioned project operated in 7 cities. In 2005, IRC members, NCN students and a local NGO staff formed an executive committee and took charge of the Health Checkup for Foreign Residents program in Kamiina-region. On December 18, 2005, the program in Kamiina-region was conducted at Ina Central Hospital in Ina city.

Seventy-nine foreign residents from 7 countries visited the checkup. The checkup was operated by 138 volunteers (i.e. physicians, nurses, interpreters and attendants), including civilians, NCN faculty and students. One third of the 79 visitors were recommended for further investigation according to their medical test results.

The major health problems identified were hyperlipemia, hypertension, liver dysfunction, diabetes mellitus, and obesity. It is suspected that foreign residents are at the same risk of lifestyle-related diseases as the Japanese general population. Appropriate health follow-up measures for foreign residents should be considered.

(Marie Tashiro)

Birth Preparation Class in Portuguese for Brazilian Mothers in 2005

In 2004, classes took place two times. In 2005, we separated each class into two and conducted 4 sessions. In total, 21 Brazilian women and their partners (or grandmothers) attended classes. In 2005, new topics were introduced, “bathing baby practice” and “breathing and relaxing practice for delivery”, which were well appreciated by participants.

(Marie Tashiro)

The Nagano Health Checkup Program for Foreign Residents in 2006

In 2006, due to scarcity of human resources, IRC ceased to execute the program in Kamiina region. However, we continued to take charge of data processing and analysis of the health checkup results. Also, IRC members (Tanaka, Takashi, Toda, Kodaira & Tashiro) and 6 NCN students continued to participate in the program in different places within Nagano.

Details regarding attendees of the Nagano Health Checkup Program for Foreign Residents are shown in Table 1. The total number of attendees were 301, coming from 22 different countries. The majority was Brazilian, and other major groups were from China and the Philippines. Nagano’s foreign residents’ registration statistics reflected similar trends related to countries of origin of immigrants to Nagano. A third of the attendees (32.3%) were identified as “Further consultation required.” This percentage has not changed since 2003. It implies that foreign residents in Nagano prefecture still have many barriers in accessing public medical services, and such conditions around them have not improved.

DATE	10/8	10/29	U/5	11/5	11/12	11/12	
Country/Place	NAGANO	MATSUMOTO	UEDA	IIIDA	SAKU	SUWA	TOTAL
BRAZIL	18	21	24	37	2	48	150
CHINA	7	27	1	1	7	5	48
PHILIPPINES	3	12		2	13	1	31
THAI	17	3	1	1	7		29
KOREA	1			2	2		5
SRILANKA	4				1		5
PERU	5						5
OTHERS	1	9	6	1	6	5	28
TOTAL	56	72	32	44	38	59	301
Mrequired*	20	24	8	22	7	13	94
%ofMrequired	35.7	38.7	25	50	18.4	22.0	32.3
#ofcountries rep.	8	10	8	6	10	7	22

Table 1: The result of 2006 Nagano Health Checkup for Foreign Residents

In the coming fiscal year, the committee of this program plans to hold a forum to disseminate information of foreign residents’ health status and their issues among municipal health workers and to invite their further involvement.

(Marie Tashiro)

Birth Preparation Courses in Portuguese for Brazilian Mothers in 2006

Birth preparation courses were provided in two sessions, and two courses were given in 2006. Table 2 shows the numbers of attendees in the courses in 2006. In this year, we put our effort on improving healthy diet instructions for pregnant women. We recruited a Nutritionist and implemented a diet questionnaire survey among class attendees in order to learn more about their food habits. We plan to make classes more culturally sensitive to Brazilian women. Introduction of these

birth preparation courses to other municipalities is a new challenge for us in the next fiscal year.

n	DATE	Pregnant woman	Partner	Mother of P.woman	G Total
I	Session1 JUN11(SUN)	13	8	0	21
	Session2 JUL1(SAT)	11	9	0	20
II	Session1 NOV18(SAT)	9	2	2	13
	Session2 DEC9(SAT)	9	6	1	16
Gross total		42	25	3	70

Table2: Attendees in the Birth Preparation Course for Brazilian Mothers



[An exercise for relaxation & breathing control during labor]

(Marie Tashiro)

Birth Preparation Courses in Portuguese for Brazilian Mothers in 2007

Over 7,000 foreign residents are living in Kami-ina region in Nagano where Nagano College of Nursing located. Brazilians are the main ethnic sub-group among them. In 2007, in co-operation with local public health nurses and midwives, Tashiro (IRC Deputy Director), Kodaira (NCN school nurse) and Masuo (NCN research assistant) were involved in conducting Birth preparation courses in Portuguese for Brazilian mothers in Kami-ina region.

The dates of the courses and participants numbers are shown in Table 3.

	Session	DATE		Pregnant women (n)	Partners (n)	Mothers of pregnane women (n)	Total (N)
I	1	July21	Sat	16	5	0	21
	2	Aug11	Sat	14	10	0	24
II	1	Nov10	Sat	13	7	0	20
	2	Dec08	Sat	13	12	2	27

Table3: Attendees in the Birth Preparation Course for Brazilian Mothers in 2007

The contents of the courses are presented in Table 4 and the attached photos.

Session1	Session2
• Introducing Japanese governmental services for mother & child	• Delivery in Japan
• How to stay healthy during pregnancy	• Delivery in Brazil
• Why is weight control important if you want to deliver in	• Information on hospitals in Kami-ina region
• How to control your weight during pregnancy	• One month baby & mother's check-up
• Abnormal signs during pregnancy	• How to contact hospital when you want to admit to it
• Differences in values & customs regarding pregnancy between Brazil & Japan	• Demonstration & practice of breathing & relaxation during labor & delivery
• Healthy diet suggestions during Pregnancy	• Breastfeeding
• How to register your baby at municipal office	
• Demonstration & practice of baby bathing	

Table4: Contents of Birth Preparation Courses in Portuguese for Brazilian Mothers in 2007

The focus of this project is to provide reassurance for migrant Brazilian pregnant women by introducing Japanese prenatal medical & political systems and to facilitate their acculturation in prenatal processes in Japan. We emphasized in respecting Brazilians' cultural perspectives on pregnancy and delivery, so that the Brazilian participants will not feel imposed one-sidedly by the Japanese cultural values introduced in the courses. The plan for 2008 is to make this project replicable to the other areas within the region in order to improve accessibility for the beneficiaries.



[A suggested balanced diet pattern for Brazilian pregnant women for a day]



[Demonstrating the relaxation & breathing control during labor & delivery]

(Marie Tashiro)

3. Exchange Program with University of California, San Francisco (UCSF) and University of San Francisco (USF)

The exchange program between UCSF, USF and NCN is now in its fifth year. The fourth visit was held from March 10th to 14th 2008, and participants consisted of three master students, one undergraduate student, and one faculty member. We visited clinics run by nurse practitioners and attended some class meetings at both universities.

Participants

2004

Leader: Emiko Konishi

Member: Toshiaki Aiba, Akiko Iwasaki, Yoshie Kuroyanagi,
Maki Kodama, Nami Todoriki, Michiko Yahiro

2005

Leader: Jukai Maeda

Member: Yuriko Owaki, Chikako Yajima, Mitsuhiro
Nakamura, Natsuko Hirota, Satoko Yoshida, Yuko Kuroda

2006

Leader: Jukai Maeda

Member: Kumiko Asano, Chizu Ota, Misao Kitazawa, Kimiko
Takeda, Misako Ogura, Yuriko Owaki, Mitsuhiro
Nakamura, Satoko Yoshida, Maki Kodama, Megumi
Nakamura

2007

Leader: Maki Tanaka

Member: Ikue Ito, Mariko Kurosaki, Harumi Soude, Misao
Kitazawa, Takamasa Tanaka

2008

Leader: Maki Tanaka

Member: Yumiko Aoki, Yuko Tasaka, Taiko Hoshi, Yuki
Kikuchi

(Maki Tanaka)

Exchange Program with UCSF and USF in 2005

Between 28 February and 4 March, NCN sent a delegation to UCSF and USF, which was conducted as part of our exchange program between NCN and those universities. This second delegation consisted of 7 participants: 5 MS-students and 2 faculty members.



[At USF : NCN participants with Dr. Patricia Lynch (USF)]

The important differences between the first visit (2004) and this second one are as follows: 1) The exchange program between NCN and the University of California, San Francisco, School of Nursing was officially established; 2) This program has been accepted as a course-subject in our MS-course curriculum. Before the actual implementation of this project, I, being in charge of program arrangements, visited Dr. Pat Lynch (my counterpart) at USF last September and discussed a future agreement of the exchange program and our possible visit in the coming March. Through our frequent exchange of e-mails, we arranged our detailed schedule of our overseas training in San Francisco.



[At Glide Health Clinic : NCN participants with Prof. JoAnne Saxe (UCSF) and Ms. Karen L. Hill (Nurse practitioner)]

Short as our visit was, every participant of the delegation gained valuable experience in this training. We not only came to know the present situation of nursing practice and education in the United States, but also thought it critically and, reflecting ourselves, had a good opportunity to re-think our problem and advantages.

(Jukai Maeda)

Exchange Program with UCSF and USF in 2006

University of California San Francisco (UCSF) and University of San Francisco (USF) visit for master students, which took place twice in the past two years, became a formal subject (one credit, elective). The third (the first as a formal course) visit was held from February 27th until March 3rd this year. Participants consisted of five first-year students, three second-year students, and three faculties. In addition to the regular contents such as class observation, skills lab. observation, and visiting clinics run by nurse practitioners, four of visitors had opportunities to do presentations of their master theses at each university. These presenters could fulfill their year-long dream of sharing their findings with our friends in San Francisco. Dr. Pat Lynch (USF) and Ms. Cathy Bain (UCSF) were kind enough to organize everything to realize our reckless offer. I am gratefully appreciating their arrangements. As a test case, some of participants visited other faculty than nursing; California Institute of Integral Studies (CIIS). Contents of SF visit program are as follows:

<27 February, USF>

7:30-7:40 AM Briefing (Pat Lynch)

7:40-10:25 AM

Nursing Therapeutics (complex medical Surgical Nursing)

Principles and Methods of Practice (Skills for medical surgical nursing)

Family Health (Pediatrics)

Family Health (Maternity)

11:30 AM-2:30 PM Nursing Research

2:30-3:30 PM Nursing Skills Lab. Tour

3:30-6:15 PM Nursing Research

<28 February, USF>

Clinical Lab. Tour (UCSF Medical Center Mt. Zion Hospital)

3:30-6:15 PM

Nursing Therapeutics 1 (beginning Medical Surgical Nursing)
Assessment (Health Assessment)

<1 March, UCSF>

7:45-8:00 AM Briefing (Cathy Bain)

8-10 AM Research Methods (Statistics)

10-11 AM Violence in Families

11-12 (Breakout Sessions)

Elder Abuse, Violence in the Workplace, Domestic Violence

12-1 PM Presentation

1) The DNR decision making process in Japan

12-1 PM Presentations

1) Japanese patients' perception and Expectations of the good nurse

2) The work based encounter group: experiences of nursing staff working in a hospital in Japan

1-3 PM Adult Primary Care Seminars

1-4 PM Introduction to Health Care Informatics

4-5 PM Presentation

1) Student's experiences of good student-teacher relationship at a clinical practicum of a Japanese four-year nursing college and its effect on their attitude towards nursing



[At UCSF : with Prof. Cathy Bain]

<2 March, UCSF>

Tour of Glide Clinic

12-1 PM Lunch with UCSF students from Japan

1-4 PM Data Management and Analysis

2-3 PM Meeting with Dr. Christine Kennedy

6 PM Meeting with Dr. Anne J. Davis



[Dinner with Profs. Anne J. Davis and Cathy Bain]

<3 March, CIIS>

12:00-12:10 PM Welcoming remarks by the President

12:10-12:30 PM Professor Don Johnson's mini-lecture: The history of Nursing in the United States with a focus on the transformation of nurses as medical servants to their role as healers, and exploring where Japan is in this process as well.

12:30-1:00 PM Discussion: With focus on Integrative Health and Healing

1:00-2:00 PM Lunch and continued informal discussion



[At CIIS : with President Joe Subbiondo]

(Jukai Maeda)

Exchange Program with UCSF and USF in 2007

The exchange program between UCSF, USF and NCN is now in its fourth year. The fourth visit was held from February 26th to March 1st 2007, and participants consisted of three freshmen, one sophomore, and two faculty members. We had opportunity to attend classes, skills lab, and to visit clinical settings and a clinic run by a nurse practitioners. Also this year, a sophomore presented her master thesis at USF. We received a very warm welcome from both universities. I wish to sincerely express my gratitude to Dr. Pat Lynch (USF) and Dr. Cathy Bain (UCSF).



[At USF : with Prof. Pat Lynch]

Monday, Feb.26

7:30-7:45 Briefing (Pat Lynch)

7:45-10:30

- Nursing Therapeutics 2 (Advanced Medical Surgical Nursing)

- Principles and Methods of Practice (Skills classes)

11:35-14:20 Nursing Research

15:30-18:15

- Nursing Therapeutics 1 (Beginning Medical Surgical Nursing)

- Assessment of Human Response (physical assessment)

- Nursing Research

Tuesday, Feb. 27

7:00-13:00 Clinical settings

9:00-12:00 Simulation lab in Pediatrics and Maternity

17:30-19:30 Lunar New Years Party

Wednesday, Feb.28

7:45-8:00 Briefing (Cathy Bain)

8:00-10:00 Research Methods

10:00-11:00 Health Promotion and Protection

13:00-16:00 Introduction to Health Care Informatics

13:00-15:00 Global Health & International Nursing

15:00-17:00 Adult Primary Care Clinical Residency

17:00-19:00 Ethical Issues in Nursing Practice



[At UCSF : with Prof. Cathy Bain]

Thursday, Mar.1

9:30-11:00 Valencia Family Health Care Clinic

13:00-16:00 Data management and analysis

19:00 Dinner with Japanese students



[Dinner with Japanese students who were studying at UCSF]

(Maki Tanaka)

4. Promotion of Academic Exchange with Chinese Universities

Exploring New Ties with Hong Kong

Between 6 and 8 March 2007 two officers of the IRC, Jukai Maeda and Hiroyuki Eto, visited the Hong Kong Polytechnic University. The main purpose of our visit was to discuss with our Hong Kong colleagues the possibilities of student and/or faculty exchange programs and academic collaborations of various research projects. Prof. Samantha Pang, Head of School of Nursing, and other faculty members and students welcomed us very warmly, and we were very impressed with their Chinese hospitality for which we were so grateful.



[With Dr. Samantha Pang (right) and Dr. E. Angela Chan (left)]

During our stay, we had a fruitful talk for our future programs as well as a good chance to see the school of nursing. We were fascinated not simply with its high-tech equipment and innovative learning and teaching strategies, but also with their respect for tradition. We became certain that we would be able to learn from their attitude and philosophy.



[training machines for pulse pressure diagnosis at integrative health care center]

We will have a visiting scholar at NCN from the Hong Kong Polytechnic University in the coming June, who will be staying and doing some research activities in Komagane for a few months. We do hope it will be a good beginning of our beautiful friendship.

For our wonderful stay in Hong Kong we would like to express our sincere gratitude to Dr. Anne J. Davis, our adviser, who bridged the two institutions and Ms. Michiko Yahiro, our former colleague at NCN and now a PhD student at the HK Polytech U. who organized our meeting.

(Hiroyuki Eto)

Toward Synergy: Collaboration with CMU

From June 14 to 17, 2007, on behalf of IRC, En Takashi and Jukai Maeda visited China Medical University (CMU), which is located in the middle of Shenyang, Liaoning, the north-eastern area of China. The main purpose of this visit was to explore the possibilities of academic and people-to-people exchange between CMU and NCN. CMU has provided medical education for the students not only in their mother language but also in English and “Japanese” for a long time. The graduates from “foreign language course” go abroad to study, and most of them come back with various knowledge and technology to utilize in the mainland, but some graduates remain and put down permanent roots in the foreign country.

Prof. Takashi is an alumnus of the “Japanese course” of CMU and he served as a mediator between CMU and NCN for this time. At CMU, we took part in the Japanese course for the medical students. Actually the lecture was given in Japanese, and I could talk with students in Japanese. This was a new experience for me to witness not Japanese teaching but professional education in Japanese overseas. After the class visit, Prof. Takashi talked on “Education and Development of Human Resources in Nursing in Japan”, and I spoke on “Issues and Prospects for nursing human resources from Japanese, Asian, and Global Perspectives”.

CMU has also provided several courses for nursing. They had MSN course, but did not have PhD course for nurses yet. Nursing students gathered at the auditorium were so interested in, and asked many questions about higher nursing education in Japan. As a matter of fact, CMU has a plan to establish a new Japanese course for nursing students. If the plan would realize, there seems to be many things to collaborate in the area of not only research but also basic education. I hope the relationship between CMU and NCN will be fostered so that both schools can obtain synergy effect.

(Jukai Maeda)



[Discussion at CMU, (from left) Dr. Cai Yue, Dr. Jukai Maeda, Dr. Zhao Qun, Dr. En Takashi, Dr. Qiao Min, Dr. Xiaohan Li]

II . International Collaborative Activities at NCN from 2004 through 2007

1. Undergraduate and Graduate Education

2004

a) BSN: International Nursing Course (30 hours)

This course promotes the bachelor level students' global understanding as nursing professions in order to provide culturally sensitive care for those who have different cultural backgrounds and health needs, living both in Japan and overseas. Within Japan, the health and health service issues of migrant people from overseas are discussed. In overseas, the macro level community health issues in developing countries are introduced, and the effects of poverty on people's health are discussed.

In 2004, 27 students took this course. Since last year, students who take this course are given an opportunity to experience cross-cultural nursing as volunteers at the Nagano Foreign Health Checkups. At the end of the course, students enthusiastically presented their group work assignments on the topics such as the health issue of depleted uranium in Iraq, the effect of poverty on AIDS/HIV in South Africa and the AIDS epidemic due to blood selling in rural area of China.

(Marie Tashiro)

b) BSN Overseas' Nursing Clinical Practicum in Samoa (135 hours)

Based on the official exchange agreement between NUS and NCN concluded in 2001, three students from NCN were sent to NUS for two weeks in August, 2004. This was done as a nursing clinical practicum in International Nursing course and was the first overseas' student nursing practicum of NCN.

NCN students paired up with NUS nursing students, and provided nursing care to the same patients together. Nursing practicum took place in Samoa National Hospital and Savaii Island where students could learn Samoan nursing both in clinical and community. Going through the stress and conflict under the cross-cultural setting, students came to understand the dynamic cultural influences on people's health and nursing. They also had a valuable opportunity in evaluating their experiences of Japanese nursing and Japanese nursing studies compared to those in Samoa. In 2005, NCN will receive two nursing students from NUS, and they will experience Japanese nursing clinical practicum in Nagano together with NCN students.

(Marie Tashiro)

c) BSN Students' Graduation Thesis Focused on International and Cross-cultural Nursing

- Tomoko Suzuki, What are the Factors Influencing Condom Use for Preventing HIV/AIDS and STD?: Literature Review on the Cases from Brazil, Thai, Uganda and Japan.
- Rie Hirabayashi, Looking into Brazilian Child-care Centers: A Fieldwork Report on Immigrant Brazilian Child-care Center in Kamiina District, Nagano.

(Marie Tashiro)

d) MSN: International Nursing Course (30 hours)

This is an introductory course for master's level students, which provides a basic knowledge of international health and cross-cultural nursing. The contents of the course are, therefore, similar to the one in BSN. The main requirement of the course is that students present one international research paper relating to cultural nursing with one's critical comments. In order to give a presentation, students learn to read English papers thoroughly and understand both cultural nursing and research methods for academic critiquing. The Master's students of this course in 2004 also attended the Nagano Foreign Health Checkups with as volunteers and had a valuable experience to communicate with people from various cultural backgrounds as nursing professions.

(Marie Tashiro)

2005

a) BSN: International Nursing Course (30 hours)

In 2005, 24 students took this course. The students are expected to attend the Health Checkup Program for Foreign Residents of Nagano as volunteers. The students report that participating in this program is an eye-opening experience: their stereotype images of foreigners have been cast aside. Another course requirement is to give a group presentation. This year, student groups demonstrated lively skits of peoples' living situations in developing countries, which enhanced their understanding of the learning topics in each class.

(Marie Tashiro)

b) BSN Overseas Nursing Clinical Practicum (135 hours)

The student exchange program was initiated in 2004. Between NUS and NCN, 2-3 nursing students are exchanged each year alternatively. For NCN, this student exchange program is integrated into the formal curriculum as an option of the final clinical practicum course in the senior year.

In August 2005, NCN received two Samoan nursing students from NUS for two weeks. They paired up with two NCN students and visited a general hospital, a children hospital, and a nursing home, and learned about the Japanese medical system and Japanese ways of providing nursing care. The students discussed their observations from a trans-cultural nursing viewpoint. They deeply understood the influences of local culture on health and delivery of nursing care. We plan to send three NCN students to NUS in August 2006 and expect our students will have a similar cultural and professional experience through participating in a nursing clinical practicum with Samoan students.

(Marie Tashiro)

c) BSN Students' Graduation Thesis Focused on International and Cross-cultural Nursing

- Emi Takahashi, The Status of Health Literacy among Foreign pregnant women in Kamiina-region in Nagano
- Mie Yui, The Health Issues in Dietary Change among Japanese Brazilians in Kamiina-region in Nagano
- Mariko Kojima, Child Rearing Methods of Filipino Women in Kamiina-region Nagano – Focusing on the Feeding Habits of Early Childhood

(Marie Tashiro)

d) MSN: International Nursing Course (30 hours)

This is an introductory course for master's level students, which provides a basic knowledge of international health and cross-cultural nursing. The contents of the course are similar to the one in the BSN. Some students who took this course in 2005 had practiced experience in nursing for foreign patients in their past work. One student was from China and had also experienced a clinical nursing practicum in Japan. Because of the students rich background of cross-cultural experiences in their clinical practice, we had lively discussions in each class, and the students deepened their knowledge of transcultural nursing in a practical way. The students who took this course this year participated in the Health Checkup Program for Foreign Residents of Nagano as volunteers and learned about the checkup as an example of health promotion activity for local foreign residents.

(Marie Tashiro)

2006

a) BSN: International Nursing Course (30 hours)



[NCN students provided health education classes at a Brazilian school]

In 2006, 34 students took this course. The uniqueness of this course was the provision of a cross-cultural experience to the students. In 2006, a Brazilian private school in Ina city (Coléio Desafio) cooperated in conducting a mutual learning sessions for students of both the school and NCN. The NCN students were divided into 8 small groups, and each group visited the Brazilian school to teach health related classes for the Brazilian children and teachers. The Brazilian children also visited Nagano College of Nursing for a school tour and enjoyed sports activities with the students in the gymnasium. For most students, it was their first experience in being exposed to a different culture. They used this opportunity to apply cross-cultural communication knowledge and techniques learned in the classroom.

(Marie Tashiro)

b) BSN Overseas Nursing Clinical Practicum (135 hours)

Since 2004, there have been 8 students involved in this program, as of 2006. The NCN graduates have formed an alumni association known as "TEAM SAMOA" and support junior fellows and exchange students from Samoa.

Three NCN students (Kawazoe, Sago, Takeuchi) and a faculty member (Tashiro) visited Samoa and NUS in August 11 to 27, 2006. The NCN students were selected last February and prepared themselves in English, Samoan and Samoan cultural studies before the exchange program. The students had opportunities to observe Samoan nursing and provide

nursing care with Samoan nurses in hospitals and communities. On a remote island, the students followed Samoan nurses and learned leadership skills required to provide medical care for people both in hospitals and communities where there is no doctor. There was also time for students to discuss their own nursing views with Samoan new nurses. The students met JICA (Japanese ODA) volunteers and American Peace Coops members working in Samoa and heard directly from them their reflections about their cross-cultural experience in working in Samoa.



[Accompanying Samoan nurses working independently in rural communities]

(Marie Tashiro)

e) BSN Students' Graduation Thesis Focused on International and Cross-cultural Nursing

- Shoko Kawazoe, Perceptions of Japanese and Samoan Students about Nursing.

(Akira Tagaya)

- Megumi Takeuchi & Miki Tanaka. A Comparison study between Samoan and Japanese on Nursing Students' Knowledge, Perceptions and Attitudes Toward HIV/AIDS.

- Ayuki Yoshioka. Diet, Obesity and Caries among Three-year-old Brazilian Children in Kami-ina Region, Nagano.

(Marie Tashiro)

d) MSN: International Nursing Course (30 hours)

Taking seriously the situation of increasing numbers of immigrants in Japan, learning hours of related to cross-cultural nursing theory was increased in order to nurture Japanese nurses' cultural competencies. The text-book used was Galanti's "Caring for Patients from Different Cultures." Six mature students who took this course had already provided nursing care for foreign patients in their clinical work. Due to the students' rich background of cross-cultural experiences, lively discussions were held each time.

(Marie Tashiro)

e) Nursing 3209: Influencing Policy and Nursing Human Resource Planning: Local, National and International Perspectives

Nursing 3209 was a graduate seminar designed to provide students with opportunities to examine relationships between health, health related policy and health human resource planning. Theories of policy development and human resource planning were explored. Issues affecting the nursing workforce were examined from local, national and international perspectives with particular focus on the workplace environment, gender, and education. The students used their own experiences to explore ways in which hospital and governmental policies affected their work and outcomes for

their patients. Moving from a local to a global perspective, the worldwide shortage of nurses was examined in depth and two students chose the shortage of nursing teachers as the topic for their class presentation. The issue of nurse migration was also explored as it is considered by ICN to be a major issue at this time. A second group of students chose this topic for further study and shared their findings in their class presentation. Throughout the course students were encouraged to share their own perspectives as they identified their own roles and the roles of their nursing organizations in influencing health related public policy and health human resource planning.

(Grace Stanley)

2007

a) BSN: Transcultural Nursing (Compulsory: 30 hours) & Transcultural Nursing Exercise (Compulsory: 45 hours)

The two new courses on teaching Transcultural Nursing have started from 2007. The foreign resident population of Nagano is more than 40,000 in last seven years, which implies migrant families tend to settle down permanently in this area. As our community becomes multicultural, nursing professionals need to be knowledgeable about the culturally unique values and lifestyles of foreign residents in order to provide culturally sensitive nursing care.

Lecture	Exercise
• Why people migrate	• Assessment models of Transcultural nursing
• Dynamics of migrant population worldwide	• Leiningers' Sunrise model
• Distribution of foreign residents in Japan	• Listening to a Brazilian resident
• Background of foreign residents	• Listening to & assessing a Chinese resident
• Accessibility to health services for foreigners	• Listening to & assessing Filipino residents
• Health problems of migrants	• Group fieldwork :
• Understanding cultures in nursing Practice	Visiting Filipino churches, Chinese club, Japanese learning classes for foreign residents etc.

Table: The courses content of Transcultural Nursing

Establishing these courses, we, faculty members hope that students who graduate from NCN will become a bridge between Japanese healthcare workers and foreign patients in hospitals. Thus, the courses focus on nurturing students' cultural competency in nursing. The course contents are shown in the Table above. For most of the students, it was their first experience to interact personally with local foreign residents in their group fieldwork



[NCN Sophomore students visited a Japanese learning class for foreign residents in Komagane]

(Marie Tashiro)

b) BSN: International Nursing Course (Elective: 30 hours)

In 2007, twenty-one students took up this course. Continuing from the previous year, students visited a Brazilian private school in Ina city (Colégio Desafio) and conducted health education classes for the children and teachers in cooperation with the Brazilian school teachers. The contents of their classes were Healthy Diet, Hand washing and Practicing AED (Automated External Defibrillator) & CPR (Cardio Pulmonary Resuscitation). The students also learned about the difficulties of life in Japan that migrant Brazilian families faced by the lecture of the school principal Sr. Eduard Iijima.



[NCN Junior students listening to the lecture of the school principal Sr. Eduard Iijima]

(Marie Tashiro)

c) BSN Overseas Nursing Clinical Practicum in Samoa (135 hours)

The 2007 student exchange program between NUS and NCN continuously took place in a BSN course of International Nursing Practicum. The 2007 was the year that NCN received NUS students. In NCN, four student representatives who would do nursing practicum with Samoan students were selected in February and trained in English communication by Prof. Grace Stanley, a Canadian nursing professor at NCN for five months. The students were all seniors: Aya Ogiwara, Ayumi Kumagai, Izumi Sawada & Tomoka Fujita.

In August, two Samoan nursing students joined NCN for two weeks. Their names were Seipua Tutuila & Peteli Solo. The Samoan students and the NCN students made up two groups and exercised nursing practicum. Each group was assigned to one patient, and they together demonstrated "Cultural assessment" on the patients from the Samoan students' cultural perspectives.



[Welcoming Samoan students (Seipua & Peteli) at Narita International Airport]

For Samoans, it was very shock to learn that Japanese older people stayed in a long-term care facility separated from their families because caring elder people is heavily valued in Samoa. The Samoan students also studied that bathing (particularly soaking in a bathtub) was an indispensable practice for old Japanese people. For Japanese students, it was

a cultural experience to know what was unique in Japanese culture from the Samoan students' view points. The close interactions between Samoan and Japanese students created culture clash among them, which was also a valuable cross-cultural learning for them.

In 2008, this is the year of NCN students and Tashiro (IRC Deputy Director) to visit NUS. Four students have been selected in February 2008 as the NCN student representatives of the nursing students exchange program in 2008. The students' names are Hidemi Mochizuki, Izumi Kasai and Megumi Takahashi. They have started English trainings with Ms. Janie Ikegami. We look forward to join NUS for nursing practicum in Samoa in this coming August.



[2008 TEAM Samoa members (Mochizuki, Kasai, and Takahashi) & faculty members (Tashiro & Ikegami)]

(Marie Tashiro)

d) BSN Students' Graduation Thesis in International and Cross-cultural Nursing

- Reiko Konta & Kaori Takahashi. Children's Sexuality from Migrant Brazilian Mothers' Perspective in Japan.
- Ayako Matsumoto & Hidemi Maruyama. Lifestyle and Health Status of Migrant Brazilian Children in a Brazilian School in Nagano.

(Marie Tashiro)

e) MSN: International Nursing Course (30 hours)

This course focuses on building up nursing professionals' clinical cultural competency. Cultural theories in various healthcare settings were introduced and discussed by reading the textbook of Galanti's "Caring for Patients from Different Cultures." Seven mature students took up this course including one former JOCV volunteer who worked in Madagascar. Each student presented the critiques on Trans-cultural nursing research which written in English. Their selected research topics were "The Adaptation of Mothers of Children with Intellectual Disability in Lebanon," "Beliefs and Rituals in Traditional Birth Attendant Practice in Guatemala," "The Meaning of Family Caregiving in Japan and the United States" etc.

(Marie Tashiro)

2. NCN Hosted International Colleagues

Who came, and what they did at Nagano College of Nursing.

2004

Tonny Zuch, RN (Australia)

Director of Nursing, Manager Residential Service, Helping Hand Aged Care

Lecture on "End of Life Care of Aged Care in South of Australia: Philosophy and Approach" (May 22)

Lynne E. Young, RN, PhD (Canada)

Associate Professor University of Victoria

Lecture on "Action Research in Canada: Addressing Student Nurses Stress, Health & Quality of life" (August 25)

Grace Stanley, RN, MSN (Canada)

Laurention University

Lecture on "Crossing Boundaries: An Ethnography of Occupational Socialization of Post-Diploma Baccalaureate Nursing Students in Pakistan" (November 10)

Anne J. Davis, RN, PhD, FAAN (USA)

Professor Emerita, University of California, San Francisco and NCN

Lecture on "The Teaching of Nursing Ethics in Japan" (November 19)

2005

Carol E. Smith, RN, PhD (USA)

Professor, University of Kansas, School of Nursing

Lecture on "Technology Caregiving" (May 30)



[Prof. Carol E. Smith with her former PhD student, Prof. Chiemi Kochinda]

Grace Stanley, RN, PhD (Canada)

Professor, Nagano College of Nursing

Lecture on "Nursing Education from an International Perspective" (September 23)



[Prof. Grace Stanley with Prof. Hiroyuki Eto]

Emilia Mari Wako Sogumo, RN, MS (Brazil)

Occupational health nurse specialist

Lecture on "Nursing System in Brazil and Training Program in Japan" (November 22)



[Emilia Mari Wako Sogumo]

2006

Anne J. Davis, RN, PhD, FAAN (USA)

Professor Emerita, University of California, San Francisco and NCN

Colloquium with younger faculty members and researchers. (December 6)

2007

Jenny Arndt, RN (Sweden)

Susannah Johansson, RN (Sweden)

Therese Osterberg, RN (Sweden)

Psychiatric Nurse Specialist

Lecture on "Nursing Education at Sweden" (April 20)

Yue Cai, MD (China)

Director of The International Exchange Center, China Medical University

Information exchange about promoting academic exchange between CMU and NCN (July 5)

Moon Fai Chan, PhD (Hong Kong)

Assistant Professor, Hong Kong Polytechnic University, School of Nursing

Lecture on "The Application of Cluster Analysis in Nursing Research" (July 24)



[Dr. Moon Fai Chan (Tony)]

Seipua Tutuila (Samoa)

Peteli Solo (Samoa)

The National University of Samoa, Faculty of Nursing

Presentation and Discussion on the National University of Samoa (August 3)

Min Qiao, MD, MHPE (China)

Dean, School of Nursing, China Medical University

Xiaohan Li, RN (China)

Associate dean, School of Nursing, China medical University

Information exchange and discussion toward academic collaboration between CMU and NCN (November 22)



[after discussion with Profs from CMU]

3. IRC-Related Papers and Presentations

a) Research and Student Exchange Program with National University of Samoa

2005

(Paper)

Ozawa A., Fujioka Y., Yuki M., Tashiro M. Samoan Culture and Nursing : An Observation and Experience of Japanese Nursing Students. Bulletin/Nagano College of Nursing, 7, 21-30.

(Presentation)

Maeda J., Hope E., Aiolutotea M.F., Uchida M., Tagaya A., Kuroyanagi Y., Maiava V., Lees T., Faresa M., Enoka M.I., Pita-Uo Aiavao F.: A comparative study on the health related lifestyle of Samoan and Japanese children. Suggestions from characteristics of BMI distributions. International Council of Nurses (ICN) 23rd Quadrennial Congress, 2005.5.25, Taipei.

2006

(Paper)

Uchida M., Tanisguchi E., Tagaya A., Maeda J., Kuroyanagi Y. The lifestyle of Japanese small town students of junior high school and upper grades of elementary schools. Bulletin/ Nagano College of Nursing, 8, 71-84.

(Presentation)

Ozawa A., Yuki M., Fujioka Y., Kubo Y., Shiozawa M., Tashiro M.: A Samoan-Japanese Nursing Education Exchange Program: earning Experiences of Japanese Students. The 13th South Pacific Nurses Forum, 2006.9.6, Apia, Samoa.

2007

(Presentation)

Mikoshiya Y., Hope E., Aiolutotea M.F., Uchida M., Tagaya A., Maeda J., Kuroyanagi Y., Maiava V., Lees T., Faresa M., Enoka M.I., Pita-Uo Aiavao F.: A comparative study to describe the health related lifestyle of Samoan and Japanese children: Suggestions from characteristics of eating habits. ICN Conference 2007, 2007.6.1, Yokohama.

b) Health Promotion Project for Foreign Residents' Health

2005

(Paper)

Tashiro M., Kuroyanagi Y. Health Status and Lifestyle of Foreign Attendants at the Medical Check-up for Foreigners in Nagano, 2003. Bulletin / Nagano College of Nursing, 7, 41-50.

(Presentation)

Tashiro M., Kuroyanagi Y., Uchisaka Y., Matsumura T.: Health Status and Lifestyle of Foreign Attendants at the Medical Check-up for Foreigners in Nagano in 2003 and 2004. The 20th Japan Association for International Health Conference, 2005.11.6. Tokyo.

2006

(Presentation)

Tashiro M., Kuroyanagi Y., Uchisaka Y., Matsumura T.: Transition of Health Status of Foreign Attendants at the Medical Check-up for Foreigners in Nagano from 2003 to 2005. The 21st Japan Association for International Health Conference, 2006.10.13. Nagasaki.

III. Miscellaneous International Activities of IRC Members from 2004 through 2007

2004

Activities of JMTDR for the Earthquake and Tsunami Disaster of the Republic of Indonesia

On December 26th 2004, a strong Earthquake with a magnitude of 9.0 on the Richter scale occurred in the Republic of Indonesia and Tsunami struck the southwest coast of Sumatra Island. The Government of Japan and the Japan International agency (JICA) dispatched the Japan Medical Team for Disaster Relief (JMTDR) in order to carry out relief activities for the people affected by the earthquake and tsunami after the request from the Indonesia government.

The mission of JMTDR is to provide support on the medical treatment including first aid and primary health care and the survey concerning to the public health issues for the people affected tsunami disaster.

The team consists of twenty-two members including four medical doctors, seven nurses and a pharmacist were trained for a disaster management before dispatched. It was the valuable and priceless experience for me to be engaged in the relief activities in the city of Banda Ache as a member of the JMTDR.



[The Contributor on duty in Banda Ache, by JICA]

The team started medical services in a field clinic set up in a football playground near the area stricken by tsunami disaster. The clinic was filled with sick and injured patients. The injuries were mainly superficial, but wounds were dirty. The major internal diseases were upper airway disease such as common cold, pharyngitis, and diarrhea. There were many patients who had nightmare, flashback, re-experiencing, even in children, Post Traumatic Stress Disorder was diagnosed.

During the period of 9 days, Team provided medical services to approximately 1,500 patients.

Completed hard mission, we returned safely home. I realize again that Nurse has an important role in those activities. I hope all the students to be more concerned with the problems of disaster and take an interest in Cross-Cultural Nursing and contribute to the world as an international specialist in the future.

Duration of activities was from December 30th, 2004 to January 11th, 2005. The city of Banda Ache was isolated since the roads and bridges were destroyed in the quake and tsunami wave. Debris blocking were scattered everywhere in the streets with possibly victims of the tsunami in those piles. Power and water supply were cut off and the telephone lines went out.

More than a month after the Tsunami devastated, the death toll continues to rise in Indonesia where more than 220,000 are now confirmed dead or missing. I would like to express my deepest condolences to relatives of the victims by tsunami disaster and appreciate for sincere supports provided by the native people in the city of Banda Ache.

(Takamasa Tanaka)

2005

Lecture by Dr. Carol Smith on "Technology Caregiving"

On May 30th 2005, the special lecture entitled "Technology Caregiving" was given by Dr. Carol E. Smith, Professor, University of Kansas School of Nursing, U.S.A.

Recently, care for those patients, who require advanced healthcare technology and advanced healthcare equipments, has been moved from hospitals to their home. There are varieties of complex in-home technology care, such as hemodialysis, mechanical ventilators, sleep apnea, electro-cardiograms (EKG) monitors, respiratory monitors, total parental nutrition (TPN).

Dr. Smith has been conducting research on this topic for 20 years in the United States, the country well known for home healthcare with advanced technology. She is one of the nationally recognized researchers and her research has been receiving continuous funding from the NIH (National Institutes of Health) for over 18 years.

In this special lecture, Dr. Smith shared her research and the findings with many interesting episodes of those patients and their families who are dependent on hi-tech homecare. Based on her Caregiving Effectiveness Model, Dr. Smith discussed about how the complex in-home technology care affects the patients and their families in terms of quality of lives (QOL), infection management and its effects on their economical status, as well as importance of nursing care on these issues, and telehealth (telenursing) using tele-communication such as TV phones and internet.



[Prof. Smith and Prof. Chiemi Kochinda, Smith's former PhD student]

There were over 80 people attended the lecture, including faculty and staff, nurses and other healthcare professionals, nursing students, and many people who are not in healthcare profession. The audience actively participated in the discussion during the question time following the lecture.

(Chiemi Kochinda)

Presentation at USF and UCSF

Three master students and I presented our master theses at USF (2 times) and UCSF during the period Feb27-Mar1. This was the first time that NCN students ever presented their own research papers during the NCN-USF and UCSF exchange

program.

The presentation was held in a nursing research class (freshers and sophomores) and was received positively by the students. The preparation of our work was so hard, because we were not used to speaking in English. Before the presentation, we did not sleep well because of excitement and ongoing preparation. We were very nervous, but presented smoothly. Following the presentations, there were many questions and comments which we were able to respond clearly. After classes, many students came and gave us suggestions and said they were pleased with our presentation. We worked hard and gained a great experience.



[A presentation at USF]

Presenting our research in English to students in a foreign country enhanced our confidence and presentation skills. It also offered an opportunity to disseminate our research findings outside of Japan. I would recommend that the NCN-USF and UCSF exchange program continue to provide these types of research presentation opportunities for future students. My heartfelt thanks to all those who were involved in this project.



[After giving presentations]

(Maki Kodama)

2006

Practice to Policy Conference in Canada

Two members of the IRC, Jukai Maeda and Grace Stanley, participated in the 5th international Practice to Policy conference October 25 to 27th, 2006 organized by the Nursing Health Services Research Unit of McMaster University and the University of Toronto. Keynote speakers included Mireille Kingma, RN PhD, Nursing consultant, ICN, and Jean Yan, PhD, Chief Scientist Nursing & Midwifery, WHO. The program included 100 papers and 50 poster presentations submitted from across Canada, Pakistan, Australia, Scotland and Japan. A major program theme focused on health human resource planning including nursing workforce profiling, work environments, late career, early retirement issues, job redesign, migration, diversity

within the nursing workforce and interprofessional practice models. A second theme focused on professional practice in long term care, mental health, the emergency room, NICU, and other specialty venues.

Jukai Maeda's presentation "Some Statistical Considerations in Designing a Nursing Human Resource Database in Japan" provided an overview of an exploratory survey of nurses in Nagano prefecture with results suggesting a need to develop a more accurate system of measuring the size of the nursing workforce in Japan. Grace Stanley's presentation "An Ethnography of Occupational Socialization of Post-diploma Baccalaureate Nursing Students in Pakistan" described how a group of students from public sector schools used individual and group strategies to negotiate an intercultural shift when they moved from a publicly administered nursing school into a private university setting. Ways of moving professional issues into the policy arena and how to address the current and future shortage of nursing personnel from local and global perspectives were highlighted during the discussion periods.



[A photo with Anita Fisher (right: a former faculty member of NCN, and a co-chair of planning and scientific review committee of the conference) at opening reception in the Hamilton Art Gallery]

(Grace Staley)

JANS 2006

During December 2nd through 3rd 2006, Japan Academy of Nursing Science (JANS) The 26th Annual Academic Conference was held at Kobe International Exhibition Hall and Kobe International Conference Center. Besides symposium, paper and poster presentation sessions, exchange meeting sessions were provided with a variety of themes, including "Human Resource Development in Nursing Through International Cooperation and Exchange."



[Discussion]

The International Research Institute in Cross-Cultural Nursing has been involved in and taking a leading role in many projects, such as international research forums, the exchange programs with the sister universities abroad,

international research projects, the health checkup program for foreign residents in Nagano prefecture, and so forth. For this exchange meeting session, we (Kochinda and Tanaka) presented "Human Resource Development through International Exchange in Local Regions and Abroad" focusing on 3 selected topics: volunteer activities in the health checkup program for foreign residents in Nagano prefecture, the exchange program with National Samoa University (NUS), and the exchange program with University of California San Francisco (UCSF) and University of San Francisco (USF).

The other presenters were Oita University of Nursing and Health Sciences, Ishikawa Prefectural Nursing University, and Niigata University who presented "Nursing Education improvement project in Republic of Uzbekistan," "Maternal and Child Health Support Project in Republic of Tajikistan," and "Project for Development of Cross-Cultural Nursing Practitioners," respectively. There were many interesting questions and comments which led to a good discussion period following the presentations.

(Chiemi Kochinda/Maki Tanaka)

Cold Weather and Warm Hearts in San Francisco

Exceeding my expectations, it was a wonderful experience for me to participate in the exchange program at USF and UCSF.

I attended several classes and observed clinical practice and I was deeply impressed by the students. They were highly motivated to learn and were inspired by teachers at USF and UCSF. All students were nice and kind and tried to understand my poor English when I joined them in there group work.



[With Dr. Anna Kwong at St. Mary's Medical Center]

We talked to a Japanese nurse who worked in a hospital and she told us about some differences in nursing between the USA and Japan. We met two master course students who were Japanese and studying hard at UCSF. I believe that we learned many important things in a short period of time in San Francisco, that we could never have learned in Japan. In spite of cold weather and many days when it rained all day



[With Prof. Winter Quarter at UCSF]

in San Francisco, it was a lot of fun to ride the world famous cable car and see the golden gate bridge from Fisherman's Wharf.

I truly appreciate to all who helped and warmly greeted us in San Francisco, and I hope that some day we may full-heartedly welcome the students and teachers of USF and UCSF to the Nagano College of Nursing.

(Takamasa Tanaka)

International Study: Relationships Among Joint Flexibility, Fall Prevention Self-Efficacy, and Quality of Life in Japanese and Canadian Older Adults

An international study exploring relationships among joint flexibility, fall prevention self-efficacy (FPSE), and quality of life (QOL) in Japanese and Canadian older adults has recently been completed by NCN faculty members. As conditions affecting the joints are increasingly contributing to the global burden of disease, it is timely to focus on how nurses can promote joint health. The participants included 100 women and men aged 70 to 79 living in the South Ina area of Nagano Prefecture, Japan, and South Central Ontario, Canada. Significant relationships were found to exist within both the Japanese and Canadian groups among components of each of the three variables. These findings suggest that if joint health and flexibility is promoted within a cultural group there may be accompanying positive effects in the enhancement of self-confidence to carry out activities of daily living and more positive perceptions of quality of life. In comparisons between the two groups, the Japanese group scored significantly higher on knee and ankle joint flexibility suggesting that there are elements within the Japanese lifestyle and culture that promote the maintenance of joint flexibility better than the Canadian lifestyle and culture does. The Canadian group scored significantly higher on fall prevention self-efficacy and several components of QOL suggesting there may be elements within the Canadian culture and lifestyle that promote these positive perceptions. The next step is to design research with larger randomly selected samples that would explicate and precisely describe the elements that contributed to within-group relationships and between-group differences.



[Research members]

The research team will present their findings on May 31, 2007 at the ICN conference in Yokohama and will develop a journal article at a later date. Results may be used by nurses and other health care providers who are designing health promotion programs related to the maintenance of joint health and flexibility, FPSE and QOL across the lifespan in Japan, Canada and elsewhere.

(Grace Stanley)

2007

NCN get-together returns, and will return soon

The second assembly named "NCN get-together" was held on May 31, 2007 at Italian restaurant during ICN Yokohama. We had 20 people related to NCN, and sat around the lunch table exchanging the latest news about ourselves. The next "NCN get-together" is scheduled to be held in the ICN Congress at Durban, Republic of South Africa. Further information will be announced through the next newsletter or e-mail. Save your money, and see you there. (Jukui Maeda)



[NCN get-together at ICN Yokohama]

Honor Society of Nursing, the 39th Biennial Convention

From November 3rd through 7th 2007, Sigma Theta Tau International 39th Biennial Convention was held at Baltimore Convention Center, Maryland, USA. This year's theme was "Vision to action: Global Health through Collaboration", and the program included nearly 650 oral and poster presentations submitted from across America and various countries including Japan.



[At Baltimore Convention Center]

Chiemi Kochinda and Satoko Yoshida, members of IRC, participated in the convention. We presented our research "Japanese Nurses' Perception of Their Own Caring and Uncaring Behaviors: From a Perspective of Motivation to Help Theory." After the presentation, we had good discussion, some interesting questions and comments from the participants.



[At The Johns Hopkins Hospital]

During the period of this convention, we also had good

opportunities to attend the tour to visit skills lab and clinical settings at University of Maryland School of Nursing, Johns Hopkins University School of Nursing and Hospital. Through these programs, we had various experiences which gave us valuable hints to our nursing education and research. (Satoko Yoshida/Chiemi Kochinda)

2004-2007

Between 2004 and 2007 NCN welcomed a delegation of young professionals of public health services from Papua New Guinea (2004) and Indonesia (2005-2007) supported by JICA. Their primary concern was curriculum, international and regional activities of Japanese nursing colleges. Members of IRC organized the necessary arrangements and hosted our guests.

In the presentation and discussion session, NCN president Tomoyo Miyama made warm welcoming remarks, which were followed by a few presentations regarding the structure of curriculum of NCN, our cross-cultural collaboration, collaborative projects of local government such as health check-ups for foreign residents, and working with community.



[Delegation from Papua New Guinea in 2004]

Thereafter, they had a short campus travel and see our facilities. During the campus tour, they had a chance to enjoy a cup of Japanese tea at a traditional tea ceremony hosted by our students.

(Hiroyuki Eto)

2005-2007

Caring in Nursing

My 3-year research project, "Caring in Nursing, From a Perspective of Motivation to Help Theory (PI: Chiemi Kochinda)" has been funded by the NCN. The purpose of this study was to examine the concept of caring and uncaring among patients and their family, nurses, and nursing students in Japan, and to compare cross-cultural differences with that of nurses and nursing students in Taiwan. Unfortunately, the research process in Taiwan has not been in progress as I expected; however, in the future, I hope to continue the collaborative project with nursing researchers and educators in Taiwan.

I originally started the research on "Caring" as my doctoral dissertation in U.S.A. so that the original questionnaire was developed in English. Therefore, to explore this project in Japan and in Taiwan, the questionnaire needed to be translated into the target languages (Japanese and Chinese).

In 2005, I began the translation process of the questionnaire using forward- and back-translation methods. Then, the

translation equivalence was established. This process involved 4 translators excluding me. In 2006, data from patients, patients' family, nurses, and nursing students was collected and began to be analyzed. In the mean time, the translation of the questionnaire into Chinese has taken place with 3 translators. However, due to some difficulties, data collection process has been put on hold at this moment. In 2007, more data from nursing students (time 2 data) was collected and analyzed.



[Getting together with Japanese nurse researchers at Midwest Nursing Research Society Conference in Omaha, NE, USA]



[Meeting with nurse researchers from South Africa and the USA at International Nursing Research Congress in Vienna, Austria]

During the year 2006 and 2007, my co-investigators and I were able to disseminate the findings from this project at various conferences within Japan, as well as in overseas. Presenting the research findings at conferences brings opportunities not only to explore further discussion with nurse researchers and educators, but also to interact with nursing colleagues from all over the world.



[Discussing with nurse researchers from all over the world at Sigma Theta Tau International 39th Biennial Convention in Baltimore, USA]

During or after the conference, I often make some schedule to visit universities and hospitals to see nursing education in other countries. I believe that these experiences further help to develop collaborative relationships with nurses internationally.



[Nursing students in skills lab at John Hopkins University]



[Students document in portable computer chart as a part of skills lab learning at John Hopkins University]



[University of Maryland Medical Center]

In addition, I was reunited with Dr. Carol E. Smith, my dissertation advisor at the University of Kansas, in 2005 here in Komagane. Dr. Smith visited Komagane after attending ICN conference in Taipei and following her keynote presentation at an international conference in Nagoya. During her visit, Dr. Smith give a special lecture entitled "Technology Caregiving" on May 30th 2005, and I was very fortunate to serve as her interpreter at this event, sponsored by IRC and Department of adult health nursing.



[Prof. Smith and Prof. Chiemi Kochinda, Smith's former PhD student Dinner with Smith family at Japanese restaurant]

IRC also hosted a dinner at Kachou, a Japanese restaurant in town. Dr. Smith and her family enjoyed Japanese foods, some of which were their very first experience, such as Sazae Tsuboyaki.

(Chiemi Kochinda)

Words, words, words.

Letters from Members

Congratulations to the International Research Institute in Cross Cultural Nursing at Nagano College of Nursing on its 5th anniversary. It is of vital importance that Japanese nurses provide culturally sensitive care to patients with different cultural backgrounds now living in Japan. As Japan continues to become more culturally diverse and as Japanese nurses continue to



work abroad, this knowledge will not only influence clinical care but policy decisions as well. Nagano and all of Japan can be proud of the leadership that this institute has provided in this development. I am sure that the next five years will be as productive and important for the institute as the last five years have been. *Anne J. Davis*

Congratulations for the fifth anniversary of the Research Institute in Cross-Cultural Nursing, NCN !! How lovely to hear from NCN. My dearest memory is always with you all. Particularly, the memory of the IRC (shortened name for the Institute) still lives in my heart. I was the first head of the IRC but I believe that its real founders were Professor Anne Davis, then Dean Takako Mitoh, and many other faculty members who shared the spirit 'Think Globally, Act Locally'. Also, we must acknowledge the JICA Komagane Office for assisting IRC's cross-cultural nursing activities. The IRC was my 'work-fun, and fun-fun'. Among the many IRC activities that I worked-fun, the regional conference 'Windows on the World 2003' was most outstanding. Indeed, the Asia-Pacific ethicist group launched a research project 'The GoodNurse' at this conference. The research received grants from Japan Society of Promotion of Science, Korea Science & Engineering Foundation, The Hong Kong Polytechnic University, and Taiwan National Science Council. The researchers of these four regions worked together to generate rich and important data. We presented at international conferences in many places such as Taipei, Beijing, Yokohama and Hong Kong. Now this GoodNurse research is internationally acknowledged and scholars from other parts of the world such as Belgium, UK, and USA have joined in this research. Communication net-work has been formed and the East-West dialogue on nursing ethics is continuing. Dr Anne Davis is always in the core of the dialogue. We meet in Yale University this July. As the principal investigator of the Japan GoodNurse team, I feel so proud that the root of this important research is in the IRC. I am very pleased from the IRC News letter that many programs are on-going at the IRC. In April 2008, I come back to Nagano as the professor of Saku University. It would be wonderful if some joint program could be developed between NCN and Saku in the near future. Once again, congratulations for the IRC 5th anniversary!! *Emiko Konishi*

How do you do? My name is Eiko Suzuki, and I have an English name, too, Evelyn S. Knight, which was given to me by my father, named Jack O. Knight. He was a psychological professor and counselor commencement of practice. I majored in psychology in the beginning University. My specialty is psychiatry nursing now. I started study of assertiveness in the behavior therapy with my father. I want to clarify a difference of the cross-cultural assertiveness in future. *Eiko Suzuki*

20 years ago, in the spring of my third-year university student, I had international exposure for the first time in my life. When I reached Days Inn near Newark Airport, I wanted to walk around the hotel, and I said at the front desk, "May I have a map around here?" The clerk thought for a moment, then he went to the back of the front desk, and he came back with a "mop" in his hand. In fact, my pronunciation might be bad at that time. However, I was so surprised because the clerk's response was something unexpected. I recognized people in US were faithful to what I was saying, thinking I was a tourist, not a janitor. It would have never

happened under the same conditions in Japan, because Japanese clerks would judge what I may need contextually. 20 years later, I become director of an institution which is promoting cross-cultural understanding among people all over the world. This has roots in such an intense experience. *Jukai Maeda*

Time flies like an arrow. It really does. Since I came here to NCN to teach English, eight years have passed so fast that I could have never imagined. Now I find myself very satisfied that I still remember with vivid clarity and great pleasure a lot of activities and conversations I had with my IRC colleagues. I am not a nursing scholar, much less a nurse. I should have to confess, however, that thanks to collaborations with many of my colleagues I have learned so much as to not simply what nursing is, but as well what science should be like. As a result I was able to widen my scope of knowledge and enjoy different perspectives of learning, for which reason I sincerely thank all concerned for everything they have done to me and I have acquired from them. It is a pity that I am leaving this institute at the end of this school year. As Billy Joel says in his song Say Good-by to Hollywood, "so many faces in and out of my life, some will last, some will be just now and then. Life is a series of hellos and good-bys. I'm afraid it's time for good-by again." I wish you a great success in the future.

Hiroyuki Eto

Before joining NCN, I had been away from Japan for study and work in several countries including USA, UK, Bangladesh, Thailand, etc. as a nursing professional. With such experiences, it has been my pleasure to serve as a faculty member of NCN to teach International Nursing and Transcultural Nursing and to conduct researches and activities as a deputy director of IRC. As Japan has become a multicultural society, my hope is that NCN students will be equipped to function as a bridge between local healthcare staff and foreign clients in the communities they work.

Marie Tashiro

I, Chiemi Kochinda, joined the IRC in 2005 as I joined the faculty at NCN. I am from Okinawa, a southern tropical island of Japan, where the climate is so much different from Nagano. Although I miss the ocean and beach with white sand in my hometown, I do really enjoy the beautiful mountains in Komagane. Besides the mountains, I also enjoy the nature in Nagano in all seasons. That is, the cherry blossoms in spring, the cooler and comfortable summer, leaves turning red in fall, and white snows in winter. They are all spectacular! *Chiemi Kochinda*

It's a great opportunity that I visited Samoa by Back-Up Program Team of JICA in April 2005. I participated in a research project to prevent obesity and lifestyle-related diseases in Samoa, so I joined in IRC. When I attended the academic conference last autumn, I met by chance a Korean researcher who conducted intervention study to prevent children's obese. Obesity is now one of the serious problems not only in Samoa but also all around the world countries including both Korea and Japan. I hope to discuss the prevention of children's obese with many researchers around the world in the near future. *Yuko Mikoshiba*

I had over 18 years of experience working in the clinical settings as a registered nurse. I am currently interested in "humor" related in positive effects on both a person's psychology and physiology. In spite of worldwide interest, research on humor in clinical setting has been rarely studied in Japan. *Takamasa Tanaka*

I was able to obtain a great deal of experience by having participated in IRC. I would like to make the best use of this experience for my future work. *Maki Tanaka*

I have been interested in international exchange through nursing education and research such as IRC activities, so I joined it two years ago. I would like to help the IRC activities to grow more. *Satoko Yoshida*

Officers and Members of IRC (stand 2007)

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Deputy Directors:

Akira Tagaya, DSc, Professor, NCN

Hiroyuki Eto, PhD, DLitt, Associate Professor, NCN

Marie Tashiro, RN, MSc, PhD cand. Assistant Professor, NCN

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Chikako Toda, RN, BSN, Clinical Faculty, NCN

Satoko Yoshida, RN, MSN, Clinical Faculty, NCN

Koichi Hida, DSc, Research Associate, NCN

Natsuko Kodaira, RN, BSN, NCN

Ex-members (Then Position):

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Sachihiko Yamada, MD, PhD, (Professor, NCN)

Grace Stankey, RN, PhD, (Professor, NCN)

Yoshie Kuroyanagi, RN, MSN, (Clinical Faculty, NCN)

Takashi Yamada, BA, (Deputy Executive Director)

About IRC

Background Recently Japanese nursing education has been developing in colleges and universities that include BSN, Masters, and Doctoral programs. In order to prepare Japanese nurses to participate in international and cross cultural nursing and health activities, it is necessary for them to obtain knowledge of health problems, health and nursing systems, cultural differences in world view definitions of health and illness, and access to health care issues for different groups of people. This knowledge base also includes selected major concepts as communicable diseases (AIDS, SARS and TB), women's health, migrants and refugees, environmental factors and life styles (smoking) that effect health and illness.

Japan has a history of international aid to developing countries in the Asian-Pacific region and in other parts of the world. This aid includes health related projects such as primary health care that is in nursing domain. In addition, JICA has sent nurse volunteers to many countries such as Bangladesh and Vietnam. The more knowledge that these nurses have about international public health nursing, the more they can accomplish in the work they undertake. The specialty, International Research in Cross-Cultural Nursing (IRC), of Nagano College of Nursing is one place where nurses can gain such knowledge.

Given Japan's world economic status, Japanese nursing should be prepared to contribute even more to world nursing and health.

Purpose The purpose of the International Research institute in Cross-Cultural Nursing (IRC) at Nagano College of Nursing is to develop and disseminate knowledge in international and cross cultural nursing and health. It has two foci:

1. International activity which is mainly an Asia-Pacific regional focus.
2. Cross cultural activity which is within Nagano prefecture.

History In late 2001, the faculty of Nagano College of Nursing (NCN) formed a project team to establish a center that specializes in international and cross-cultural nursing and health. On December 18, 2001, the project team met and discussed the name, purpose and aims of the center. Thereafter the team met several times. On March 19, 2002, the team named the center as the International Research Center in Cross-Cultural Nursing, IRC, and announced the statement "Background, Philosophy, and Purpose" of the Center, see below. In late 2002, due to the NCN Center structural change, the IRC changed its name into: The International Research Institute in Cross-Cultural Nursing (IRC).

Aims In order to attain the goals the IRC members:

1. educate nurses to work overseas and with different cultural groups in Nagano;
2. bring regional and international nursing colleagues to NCN to enrich the teaching-learning process;
3. develop nursing research projects focused on cultural groups in Nagano;
4. develop Asia-Pacific regional collaborative nursing research projects;
5. develop exchange programs in Asia-Pacific Region;
6. sponsor international seminars and forums;
7. present papers at international and regional conferences;
8. work with organizations such as WHO and ICN;
9. publish in international and regional peer reviewed nursing journals;
10. develop mechanisms for NCN faculty to provide requested assistance to countries in the region; and
11. obtain funds to carry out the aims listed above

Official Website of IRC

<http://www.nagano-nurs.ac.jp/irc/irc.html>

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