



TOKYO METROPOLITAN  
UNIVERSITY

**Tokyo Metropolitan University**  
**Graduate School of Human Health Sciences**  
**Department of Nursing Sciences**



Theme: The health of people living in a metropolis

Through research and education in nursing sciences, we aim to contribute to the health of individuals and groups, improve their quality of life, and create a vigorous longevity society

# Department of Nursing Sciences

## **Nursing: Creation of Knowledge and Art**

The Department of Nursing Sciences is engaged in research and education in nursing sciences under the theme of the health of people living in a metropolis. Considering issues arising from the declining birthrate and aging of the population and the rapid increase in the number of people with chronic diseases in recent years, we focus on the maintenance and promotion of health, with the aims of extending good health and longevity, prevention and treatment for diseases such as lifestyle-related diseases and dementia, and maintaining and promoting family functions. Our work also involves the terminal phase of life, ethics needed for health care practitioners, and so on. We conduct research on nursing care that can effectively and efficiently address and support these health issues so as to develop nursing care from an individual level to building a community care system model.

In the master program, we train certified nurse specialists (CNS) with advanced knowledge and skills in nursing, as well as educators and researchers. In the doctoral program, we develop human resources who will contribute to advancing the nursing sciences, and become leaders in the field of health care and welfare as researchers or educators.

### ○ **Women, Children and Family Nursing**

**Midwifery:** Comprehensive research on theories and methodologies in the field of midwifery.

**Reproductive Health Nursing:** Comprehensive research on theories and methodologies in the field of reproductive health nursing.

**Child Health Nursing:** Comprehensive research on theories and methodologies in the field of pediatric nursing.

### ○ **Adult and Gerontological Nursing**

**Adult Health Nursing:** Comprehensive research on health issues of adults and their family members.

**Gerontological Nursing:** Comprehensive research on health issues of the elderly and their family members.

### ○ **Community Nursing**

**Home Care Nursing:** Comprehensive research on in-home nursing and community care systems.

**Public Health Nursing:** Comprehensive research on public health nursing.

**Community Mental Health Nursing:** Comprehensive research on issues in community mental health.

**International Nursing and Medical Anthropology:**

International Nursing :International comparison of nursing education, foreign nurse

Medical Anthropology :Transcultural nursing /Multicultural medicine, Health behavior,

Traditional medical care, Medical system, International cooperation, International development assistance

### ○ **Nursing Ethics and Management**

**Nursing Ethics and Management:**

Comprehensive research on various ethical issues and in practice, and nursing delivery systems enabling quality assurance.

# Midwifery

(In order to further explore midwifery, the course name was changed from “Maternal Nursing” in 2014.)

## Kumiko Adachi / Yuri Hishinuma

- This is a research course on midwifery (it is not a course for obtaining qualification as a midwife).
- Students address a wide variety of health-related issues concerning women and their family members during the perinatal period and throughout a woman’s lifetime. They obtain various research questions through their experience as midwives, and work on research aiming to provide better midwifery care to women and their family members.
- Students interact with researchers and midwives overseas, including in Europe, North America, China, Nepal, Mongolia, Vietnam, and so on.

### Past students’ research topics

- Chinese women’s cognition of marital violence in Japan.
- Traveling while pregnant: Japanese pregnant women’s experiences.
- New identity formation in women who give birth in their teens.
- Parental social interaction among mothers who attend Kosodate-Hiroba.

### Publication of students’ research findings

We provide support for the publication of study results, particularly in English.

- ◆ Evaluation of infants’ exposure to environmental tobacco smoke using salivary cotinine measurements. *British Journal of Midwifery*, 25(6): 366-371, 2017.
- ◇ Factors associated with post-natal anxiety among primiparous mothers in Nepal: *International Nursing Review*, 61 (3): 427-34, 2014.
- ◆ Translation and validation of the Karitane Parenting Confidence Scale in Nepali language: *Midwifery*, 36, May, 86–91, 2016.



### Research grants that students have received:

- We support student applications for research grants —
- Grants-in-Aid for Scientific Research
- Pfizer Health Research Grants

### Faculty / staff members in the field of midwifery:

**Kumiko Adachi (Professor), Yuri Hishinuma (Associate professor), Chiaki Iwao (Assistant professor)**

# Reproductive Health Nursing

Chisato Kimura / Mami Sonobe

In this area, with reproductive health (sexual and reproductive health) as the fundamental concept, students learn theories, the latest findings, and skills related to health care for women at each life stage, such as adolescence, maturity, menopause, and old age, and their family members. Students also learn methodology to explore nursing care for lifelong women's health. Furthermore, we provide opportunities to receive comprehensive training to promote health and well-being of women at the maternity stage and their family members. Through these activities, researchers working in the field of maternal and child health care and women's health come together and create a community to foster productive networks. In addition, we will work to promote health care policies based on evidence from research findings that can improve health of women and their families.

## The first semester of the doctoral program

Students learn about history, social background, and international progress concerning reproductive health and women's health, understand how to apply theories, concepts and research findings about reproductive health to nursing practice, and gain an insight into nursing practice applicable for family problems specific to the child rearing stage. In addition, by participating in promoting reproductive health and women's health during actual nursing practice, students will consider issues of support for women and family members before working on research projects.



**Sexuality and relationships education for primary school children**



**Child rearing support room: Kangaroo Room**



**Support for childrearing families**



## Recent research topics

- Community care for mothers and children using the Antenatal/Postnatal Promotional Guide
- Trained observation of Parent-child interaction within childcare support systems to prevent abuse and exploitation
- Support for mothers and children in communities and service learning
- Evaluation of health care for child-rearing women with health problems
- Support for breastfeeding and health education
- Analysis of families with difficulties in the perinatal period
- Sexuality and relationships education for primary school children and family members



# Child Health Nursing

Michiyo Yamamoto / Keiko Taneyoshi

The nursing in the field of child health aims to enhance the quality of care for children and families.

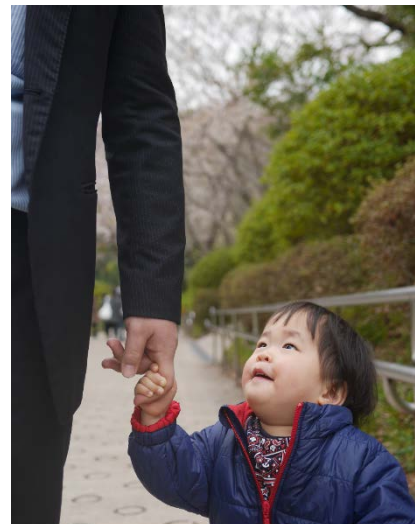
## Master of Child Health Nursing Program

### < Certified Nurse Specialist Course >

Through lectures and seminars, students learn the knowledge required to be a certified nurse specialist in child health nursing, including methods of assessing how children and families change as a result of the child having an illness or disability and methods of addressing problems with care revealed by that assessment. In addition, students actually undergo hands-on training under the direction of a certified nurse specialist in child health nursing and they learn more practical knowledge and skills.

### < Thesis Course >

Students will come to understand important concepts and theories in child health nursing. They will also learn skills and strategies to ascertain and assess issues related to a child's development and health and the effects of those issues (including their effects on the family). In addition, students will identify trends and topics in research on child health nursing and they will then work on research projects.



## Doctor of Child Health Nursing Program

Students will analyze important concepts and theories in child health nursing and they will devise new concepts and theories. Through reviews of the literature and fieldwork, students will identify trends in and important topics of research in child health nursing. Students will then work on research projects to enhance the quality of care for children and families and to improve nursing.



### Recent research topics

- Caring for families of children with disabilities
- Research on the growth of siblings of children with an illness or disability
- Research on issues that children with disabilities who are cared for at home face during a disaster and ways to resolve those issues
- Family support as part of child health nursing

# Adult Health Nursing

Yumi Nishimura / Satomi Fukui

In the field of adult health nursing (first semester and second semester), students review nursing practice methods for adults and their family members, and aim to create new perspectives and methods.

The field of adult health nursing focuses on understanding the experiences of people with a disease in order to implement better nursing practice.

People receive medical treatment in hospitals, facilities, and so on while continuing with everyday life. In this process, people who have experience with similar diseases come together to form patient associations or family associations, or to exchange wisdom for living as well. In graduate school classes and practical exercises, students examine ideas, theories, and methodologies to provide support by understanding such experiences and activities.

In another aspect, the program also focuses on how nursing practice is organized, which can be linked to exploring practical knowledge in nursing.

Nursing staff first attend to the conditions of their patients in their practice, so it may be difficult for them to realize or verbalize the extent of the practice and experience they have accumulated. In the field of adult nursing, students review their own points of view and how they practice nursing through discussions in class and practical exercises as well as literature reviews and studies, and then strive to create new perspectives and skills in nursing practice. Furthermore, students study methodologies to pass down their wisdom and skills.

Based on these examinations, students work on their research projects and try to improve their problem-solving skills, education, and leadership in nursing practice sites. They will also create new wisdom for adult nursing.



(Research topics of faculty members in the field of adult nursing)

- Phenomenological research on practical knowledge in acute nursing sites
- Applied research on psychosocial support for cancer survivors
- Experiences and interpretation of living with a numb body: A focus on convalescent patients with central nervous system damage
- A phenomenological description in *the everyday life* of people living with type 2 diabetes
- The meaning of urination disorder after surgery for gynecologic cancer
- Experience of Clinical Trial Subjects and Family: A Phenomenological Study

# Gerontological Nursing

Yukiko Orii / Junko Masuya

Elderly person nursing science is to analyze age-related illness and the influence that an obstacle gives in Quality of Life(QOL) of the elderly person scientifically, and the study field is a support method necessary for an elderly person to live like the person.

We hope to support proactive researchers and educators who strive to create new knowledge as leaders to support better health and lives for people and advance nursing sciences. Furthermore, we are actively working on simulation-based nursing education, research and international exchange for elderly people.

## Goals of the Master of Gerontological Nursing Program

1. Analyze factors influencing the provision of health care for older people nationally and globally
2. Discuss innovations relating to the care of older people in a range of health contexts and settings
3. Propose and develop strategies that address issues or are innovative, consistent with practice and relevant to the future health care of older people
4. Develop an implementation plan for a selected research strategy with ethical issues and responsibilities involved in nursing health care research.

## Goals of the PhD of Gerontological Nursing Program

Develop and demonstrate capabilities to explore and move forward the scientific evidences for practice and education in Gerontological nursing.

## Education and Research

- How to provide care to people with cancer and community care services development and evaluation
- How to provide nursing support to patients with cancer
- Development of a disaster nursing program for elderly people
- Building a nursing support system for persons requiring assistance in a time of disaster,
- QOL of people with dementia and family members, non-pharmaceutical therapy the health of family caregivers for the elderly and people with dementia
- International strategies for simulation based nursing education, research, and practice. studies on the development of human resources in Gerontological nursing, and so on.

A wide variety of research topics have been selected by graduate school students, including the following: The effect of music interventions on people with dementia; support for persons requiring assistance in a time of disaster and the role of caregivers; how to provide nursing support to people with dementia and family members; environmental interventions in the care of dementia;; support for self-care for elderly patients with diabetes; palliative care for elderly with cancer; and so on.

**Lectures** include expert knowledge such as nursing for the elderly and theories as well as community nursing, disaster nursing, health assessment of the elderly, and so on.

**In the practical exercises and hands-on training**, we try to use human simulator for health assessment, leadership skills and interprofessional teamwork.

# Home Care Nursing

Kayoko Kawahara / Megumi Shimada / Yuko Okamoto

In the field of home care nursing, students learn various ideas, theories, and research methods related to issues in the field of community care systems and home care nursing, explore problem-solving processes and related practice and evaluation methods, and develop the ability to compile the results as a study.

## ● First semester of the doctoral program

Students identify concepts (variables) for phenomena of interest, and learn the fundamentals of data collection and analysis methods. Next, students review the literature on trends, theories, major concepts, and study methods in Japanese and international studies related to the topic they will address in special research, and perform practical exercises involving field investigation.

## ● Second semester of the doctoral program

Students cultivate the ability to analyze issues in the field of community care systems and home care nursing and to develop a methodology for nursing interventions through fieldwork.

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### 〈Faculty member's thesis topics〉

Kayoko Kawahara, PhD, Professor

- 1) Development of an "Autonomic Nervous System Balance Adjustment Model" using Breathing Exercises
- 2) Development of a Foot Care Program Incorporating a Cognitive Approach for Middle-aged to Elderly People

Megumi Shimada, PhD, Associate Professor

- 1) Reconstitution of Outpatient Nursing Standard for People Living with HIV/AIDS in Japan Grant-in-Aid for Scientific Research (C)
- 2) Practices of Highly Specialized Nurses for People Living with HIV/AIDS in Japan

Yuko Okamoto, PhD, Associate Professor

- 1) Clinical Availability of Clinical-Nurse-Specialist-led Integrated Nursing Community Cancer Care Program for Patients with End-Stage Cancer and Their Family
- 2) Quality Measurements of Long-term Care for Elderly

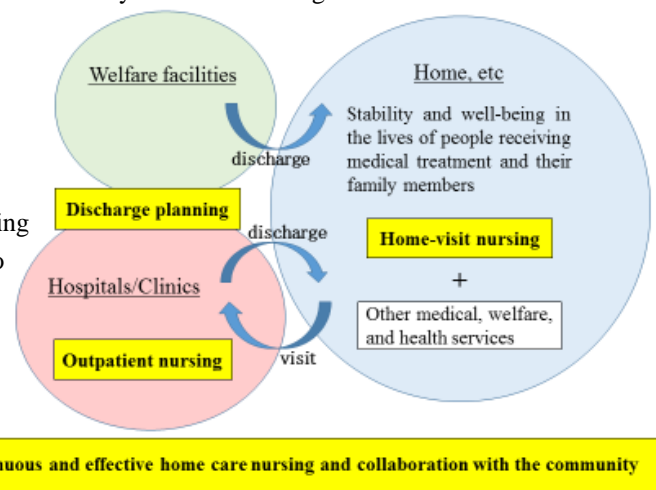
### 〈Dissertation and thesis topics〉

Doctoral dissertations

- "Visiting Nurses' Interactions with Recipients of Foot Lesion Care"
- "Nursing Care by Visiting Nurses for Self-Motivated Community-Dwelling People: Development of a Program that Combines Education Appealing to Cognition and Physical Health Intervention as a Nursing Care Technique"
- "The Structure of Strategies Necessary for Commercialization by Public Health Nurses"
- "Development of a Social Activity Scale for Elderly Women Requiring Assistance"

Master's theses

- "The Mild Hemophilia Patient's Thoughts towards Living with the Illness"
- "Home-Visiting Nurses Implements for the Collaboration with Hospital Nurses and the Impact of Home Care of Recurrent Cancer Patients on Outpatient Chemotherapy"
- "The Reality of Defecation Assistance of Older People who Excrete in Bed, and Relevant Factors Leading to the Determination of Sustainable Defecation Habits: A Comparison of Cases where Scheduled Glycerine Enemas and Disimpaction were and were not Performed in the Home Care Setting"
- "Research on the Judgment of Mothers Facing Changes in a Child's Health Requiring Medical Care for the First Time"
- "Practices of Highly Specialized Outpatient Nurses who Provide Continuous Support for Outpatients in Managing their Lives and Treatment"
- "Features of decision-making about lifestyle at the end of life in the residents of one community"
- "How do HIV/AIDS patients recognize support for continued consultation visits by outpatient nurses of a specialized HIV/AIDS care? -Through interviews with HIV/AIDS patients who have a history of discontinuing consultation visits-





## Purposes of our field

This field is related to the practice of public health nurses, so there are students with various kinds of practical experience at administrative agencies such as public health centers and healthcare centers, companies, community general support centers, and hospitals in our field. We hope to support proactive research activities by nurses who want to improve their daily practice with a theme to explore.

## Education

Public health nursing is a practical science, which contributes to improving the quality of health and life of individuals, family members, and the community. It addresses people living in the community, and people who are connected in many different ways.

### 1. Goals of the Master Program

- 1) Critique of theory, practice and health care research in public health nursing.
- 2) Implement a research study in public health nursing.
- 3) Evaluate the evidence-based practice of public health nursing among diverse populations.
- 4) Articulate ethical issues and responsibilities involved in health care research.
- 5) Develop leadership approaches for improvement of health care.

### 2. Goals of the PhD Program

Develop competencies to explore and move forward the scientific evidences for practice and education in public health nursing.

## Research themes of graduates

### 1. Master's theses

- The predictive factors in housing outcomes of homeless individuals
- Factors related to lifestyle for the health promotion of mothers with childcare
- Factors associated with nurses' experiences of being verbally and physically harassed by patients and stress among nurses in Tuberculosis wards
- Relationships between self-efficacy and continuation of smoking cessation among outpatients visiting a clinic for smoking cessation
- Characteristics of male employees lifestyle diagnosed with fatty liver disease through abdominal ultrasonography during a periodic medical examination.
- Factors related to care burden among parents of adults with developmental disabilities

### 2. Doctor's theses

- Factors associated with health service use by the elderly from the viewpoint of ethnic diversity: Focus on war-displaced Japanese returning from China and Korean residents of Japan
- Development of the scale to evaluation of nursing for the child maltreatment prevention at maternity hospitals
- Development of the evaluation scale of supports for child abuse prevention by public health nurse's home visitation
- Development and effectiveness of the sex education program to improve of health literacy for female university students
- Factors associated with watching for social isolation among elderly people by nurses of the community general support center

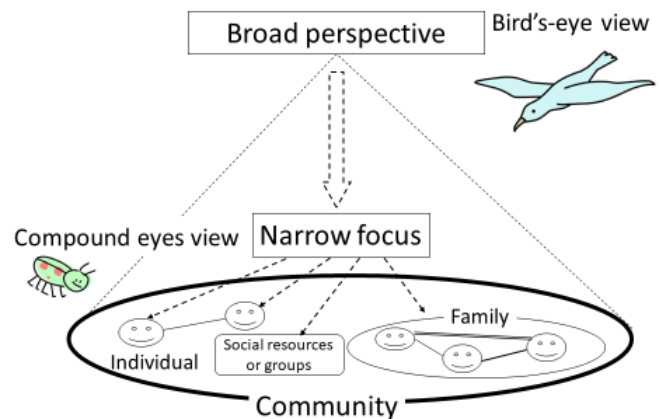


Figure. Perspective of the community: bird's eye view and compound eyes view

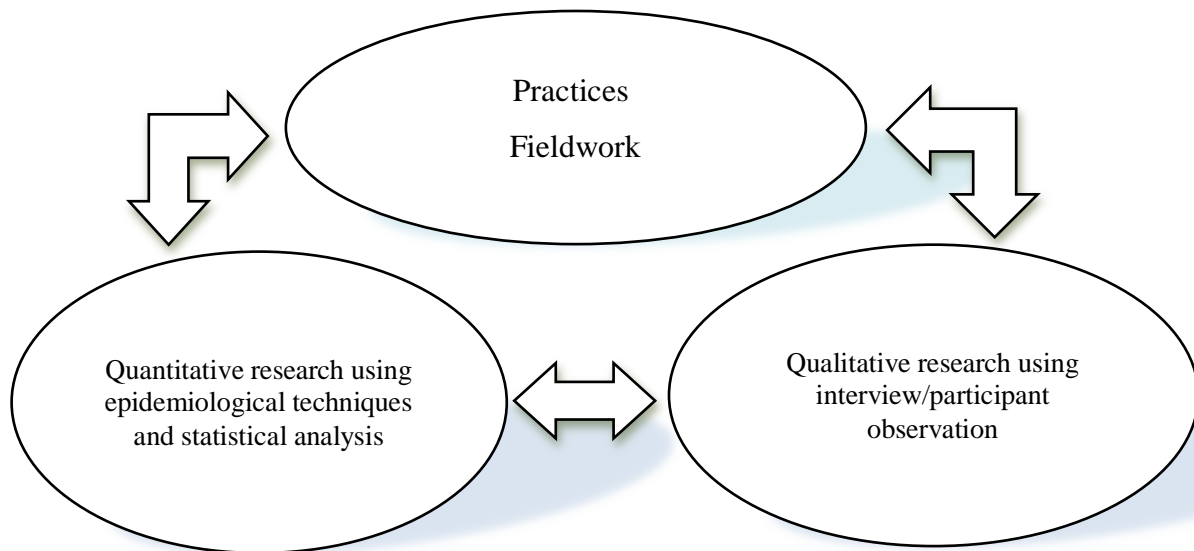
The Public Health Nursing Website  
<http://weber.hs.tmu.ac.jp/phn/index.html>

# Community Mental Health Nursing

Seiko Hirokawa / Mika Kawazoe

The defining characteristics of mental health nursing lie in the fact that it deals with a wide range of people, across all stages of the life cycle, and living situations, whether or not a mental disorder is present.

To help such an extensive group of clients, we use a holistic approach, referring to advanced science such as neuroscience on the one hand, while, on the other hand, we get a lot of information from daily interactions among people. While applying such knowledge as much as possible, we aim to create skills and ways of thinking that offer assistance to individuals and the community. We also seek to investigate the meaning of nursing not only for recipients, but also for providers.



## *Recent research topics (including dissertation and thesis themes)*

- The role of governmental support programs for the persons who have attempted suicide.
- Practices of psychiatric nurses for prevention of suicide attempts.
- Development of a support program for suicide prevention utilizing home-visit nursing service.
- Consciousness of employment of the persons with schizophrenia living in the community.
- Nurses' practices of care with concern for patients' lives after discharge from an acute psychiatric ward.
- Survey of alcohol use disorders and factors related to its severity in small and medium workplaces in Japan.
- Experiences of pregnancy and childbirth of women with schizophrenia.
- Research on peer support for people whose parents have mental disorders.
- Experiences of siblings of persons with mental disorders.
- Visiting nurses' support and awareness of support for children living with parents with mental illness.

※ Our seminars will welcome ad hoc participants. Please contact us in advance.

# International Nursing / Medical Anthropology

Ayumi Nomura



Position of medical anthropology in nursing

1. There are universities offering "Medical anthropology" as an elective subject of general education at undergraduate departments of nursing colleges, but this university is the first university where nursing teachers teach "Medical anthropology" in graduate school education.
2. "Medical anthropology" is a multidisciplinary study of "human", "health", "illness/disease/sickness" and "medical science" in the target countries and people. Therefore, medical anthropology has strong affinity with "international nursing".

We think about how diseases and treatment behaviors of people of different cultures are related with their cultural / social background.

And we ask ourselves the following question. What are health problems they have? Why are not their health conditions improved? What kind of involvement is necessary for improvement of their health conditions and life? What is the problem among them?

3. We think that people who want to learn "Medical anthropology" are mostly those who are experienced in international volunteers or nurses who are interested in overseas medicine.

People who have never learned "cultural anthropology" would find it difficult to learn "medical anthropology." However, both medical anthropology and nursing have a common target such as that the both academic disciplines explore the questions; "What is Man?"

4. In this course, we will learn basic knowledge of international nursing and medical anthropology and understand medical and health problems not only in Japan, but also in developing countries.

Then, you will cooperate with the local people through field work and consider the efforts to improve their health condition.



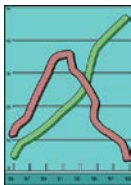
# Nursing Ethics and Management

Akihiro Shuda / Yoko Ishikawa

## Nursing Ethics

Nursing is a practical science targeting people, and respecting people and being respectful of human rights are important ideals that form the foundation of nursing as caregiving. With this philosophy, the research laboratory of Nursing Ethics has probed a true picture of various ethical issues in medical practice (such as issues of informed consent in highly advanced medical treatment), issues of physical restraint that has been used on the pretext of protecting the safety of patients, conflicts for home-visit nurses arising with the shift in treatment environments from medical facilities to the home, and so forth, while exploring how nursing staff should respond to them. Currently, we mainly conduct research on organ transplantation, and particularly living donor transplantation, in which patients receive organs from healthy donors, and ethical conflicts for nursing staff dealing with organ transplants from brain dead donors from the perspective of nursing.

## Nursing Management



Nursing Management is a discipline that systematizes the effective and efficient management of human, physical, and financial resources in the field of health and welfare. Such management skills are required not only by managers, but also by all nursing staff. In addition, as the role of nursing is greatly influenced by health care systems and policies, it will be necessary for us to make evidence-based policy proposals on the nursing and health care services required to maintain and improve the health of patients and people in the community.

In Nursing Management course, we conduct research that can contribute to solving existing issues and examining future nursing services. In the practical exercises, jointly conducted with Nursing Ethics course, students learn about the broad role of nursing at the Ministry of Health, Labor and Welfare, the Japanese Nursing Association, and so on.





| Department of Nursing Sciences: Master's Course |  |                     |                  |  |
|---|--|---------------------|------------------|--|
| Category  |  | Guidance teacher    |                  |  |
| Woman,Children and Family Nursing               | Midwifery                                      | Professor           | Kumiko Adachi    | direct 03-3819-7248<br>mwadachi@tmu.ac.jp    |
|   |  | Associate Professor | Yuri Hishinuma   | direct 03-3819-7250<br>yuri_hs@tmu.ac.jp     |
|   | Reproductive Health Nursing                    | Associate Professor | Chisato Kimura   | direct 03-3819-7403<br>ckimura@tmu.ac.jp     |
|   |  | Associate Professor | Mami Sonobe      | direct 03-3819-7197<br>sonobe@tmu.ac.jp      |
|   | Child Health Nursing                           | Professor           | Michiyo Yamamoto | direct 03-3819-7390<br>ymichiyo@tmu.ac.jp    |
|   |  | Associate Professor | Keiko Taneyoshi  | direct 03-3819-7410<br>taneyosi@tmu.ac.jp    |
| Adult and Gerontological Nursing                | Adult Nursing                                  | Professor           | Yumi Nishimura   | direct 03-3819-7255<br>yumin@tmu.ac.jp       |
|   |  | Associate Professor | Satomi Fukui     | direct 03-3819-7256<br>satomif@tmu.ac.jp     |
|   | Gerontological Nursing                         | Professor           | Yukiko Orii      | direct 03-3819-7406<br>ykorii@tmu.ac.jp      |
|   |  | Associate Professor | Junko Masuya     | direct 03-3819-7342<br>masuya@tmu.ac.jp      |
| Community Nursing                               | Community Health Nursing and Home Care Nursing | Professor           | Kayoko Kawahara  | direct 03-3819-7404<br>hu_yuan@tmu.ac.jp     |
|   |  | Associate Professor | Megumi Shimada   | direct 03-3819-7204<br>megumi@tmu.ac.jp      |
|   |  | Associate Professor | Yuko Okamoto     | direct 03-3819-7269<br>yokamoto-hs@tmu.ac.jp |
|   | Public Health Nursing                          | Professor           | Emiko Saito      | direct 03-3819-7418<br>saito@tmu.ac.jp       |
|   | Community Mental Health Nursing                | Associate Professor | Seiko Hirokawa   | direct 03-3819-7240<br>hiro-s@tmu.ac.jp      |
|   | International Nursing / Medical Anthropology   | Associate Professor | Ayumi Nomura     | direct 03-3819-7241<br>ayumin@tmu.ac.jp      |
| Nursing Ethics Nursing Management               | Nursing Ethics and Management                  | Professor           | Akihiro Shuda    | direct 03-3819-7394<br>shuda@tmu.ac.jp       |
|   |  | Associate Professor | Yoko Ishikawa    | direct 03-3819-7185<br>ishikawa@tmu.ac.jp    |

| Department of Nursing Sciences: Doctoral Course |  |                     |                    |   |
|---|--|---------------------|--------------------|---|
| Category  |  | Guidance teacher    |                    |   |
| Woman,Children and Family Nursing               | Midwifery                                      | Professor           | Kumiko Adachi      | direct 03-3819-7248<br>mwadachi@tmu.ac.jp |
|   | Child Health Nursing                           | Professor           | Michiyo Yamamoto   | direct 03-3819-7390<br>ymichiyo@tmu.ac.jp |
| Adult and Gerontological Nursing                | Adult Nursing                                  | Professor           | Yumi Nishimura     | direct 03-3819-7255<br>yumin@tmu.ac.jp    |
|   | Gerontological Nursing                         | Professor           | *1 Yukiko Orii     | direct 03-3819-7406<br>ykorii@tmu.ac.jp   |
| Community Nursing                               | Community Health Nursing and Home Care Nursing | Professor           | *1 Kayoko Kawahara | direct 03-3819-7404<br>hu_yuan@tmu.ac.jp  |
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|   | Community Mental Health Nursing                | Associate Professor | Seiko Hirokawa     | direct 03-3819-7240<br>hiro-s@tmu.ac.jp   |
| Nursing Ethics Nursing Management               | Nursing Ethics and Management                  | Professor           | Akihiro Shuda      | direct 03-3819-7394<br>shuda@tmu.ac.jp    |

\*1 Scheduled to retire on March 31, 2024