

**Tokyo Metropolitan University, Graduate School of Human**

**Health Sciences**

**Department of Nursing Sciences**

**Introduction to Our Research**



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.

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

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

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

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

### ○ **Community Nursing**

**Community Health Nursing and 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:** Comprehensive research on various ethical issues in practice.

**Nursing Management:** Comprehensive research on 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.

- ◆ Occupational stress experienced by Japanese midwives: BJM,22(11),801-806,2013.
- ◇ 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), Kaori Sato (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 support for women at each life stage, such as adolescence, maturity, menopause, and old age, and their family members. Students also learn research techniques to explore nursing support for lifelong health issues of women. Furthermore, we provide opportunities to receive comprehensive training to promote the health and well-being of women at the maternity stage and their family members. Through these research activities, researchers active in the field of mother and child health care and women's health come together and create an environment to build bonds. In addition, we will work to promote health care policies based on evidence from research findings that can improve the health of women receiving nursing practice or nursing care and their family members.

## The first semester of the doctoral program

Students learn the history, social background, and international progress concerning reproductive health and women's health, understand how to use theories, concepts and research findings about health issues of women and their family members, and gain a further understanding of health problems and reproductive health issues at each stage of a woman's life cycle.

In addition, by participating in promoting reproductive health and women's health at actual nursing practice sites, students will consider issues on support activities for women and family members before working on research projects.



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



**Support for breastfeeding**



## Recent research topics

- Community support activities for mothers and children using the Antenatal/Postnatal Promotional Guide
- Community support activities for mothers and children and service learning
- Health education for women with health problems in the perinatal period and child-rearing period
- Support for breastfeeding and health education
- Families in difficulty and support for family members in the perinatal period
- Sexuality and relationships education for primary school children and family members



# Pediatric Nursing

Michiyo Yamamoto / Keiko Taneyoshi

The field of pediatric nursing aims to enhance the quality of care for children and families.

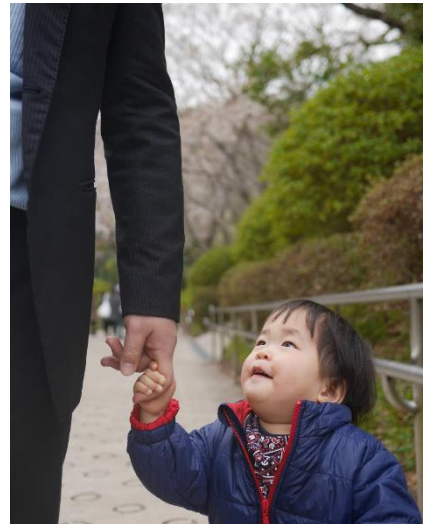
## Master of Pediatric Nursing Program

### < Certified Nurse Specialist Course >

Through lectures and seminars, students learn the knowledge required to be a certified nurse specialist in pediatric 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 pediatric nursing and they learn more practical knowledge and skills.

### < Thesis Course >

Students will come to understand important concepts and theories in pediatric 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 pediatric nursing and they will then work on research projects.



## Doctor of Pediatric Nursing Program

Students will analyze important concepts and theories in pediatric 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 pediatric 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 pediatric nursing

# Adult Nursing

Yumi Nishimura / Satomi Fukui

**In the field of adult 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 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
- The Meaning of Experiences of Nurses who Changed Workplace
- Long-term experience of a person living with type 2 diabetes: telling the illness 10 years later.
- A Study on Nursing Practice of Head Nurses at Hospital Wards
- Nursing practice for families of patients admitted to an emergency medical service center

# Geriatric Nursing

**Towako Katsuno / Junko Masuya**

The field of Geriatric Nursing has a Thesis Course in the first semester of the doctoral program, and aims to create a vigorous longevity society in a metropolis. We train 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 international exchange activities.

## ◇ **Recent research topics**

How to provide care to people with premature dementia and community care services development and evaluation, development of a disaster nursing education program, building a nursing support system for persons requiring assistance in a time of disaster, QOL of people with dementia and family members, reminiscence, the health of family caregivers for the elderly and people with dementia, burdens of care, international strategies for nursing education, research, and practice.

◇ Other research topics: How to provide nursing support to cancer patients, studies on the development of human resources in geriatric nursing, and so on.

◇ 2015 – Grants-in-Aid for Scientific Research (C) Development of nursing skills involved in health support for family caregivers of people with premature dementia

A wide variety of research topics have been selected by graduate school students, including the following: Physiological and subjective responses to auditory stimulation related to treatment environments; 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; a validation study of Parse's theory of nursing; support for self-care for elderly patients with diabetes; terminal care for elderly cancer patients; terminal nursing care; and so on. Lectures include expert knowledge such as nursing for the elderly and theories and skills in the care of dementia, as well as community nursing, disaster nursing, health assessment of the elderly, and so on. In the practical exercises and hands-on training, we aim to develop sophisticated practical skills, including health assessment, and leadership skills.

# Community Health Nursing and Home Care Nursing

Kayoko Kawahara / Megumi Shimada

In the field of community health nursing and 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.

### < Dissertation and thesis topics >

#### Doctoral dissertations

“The Structure of Strategies Necessary for Commercialization by Public Health Nurses”

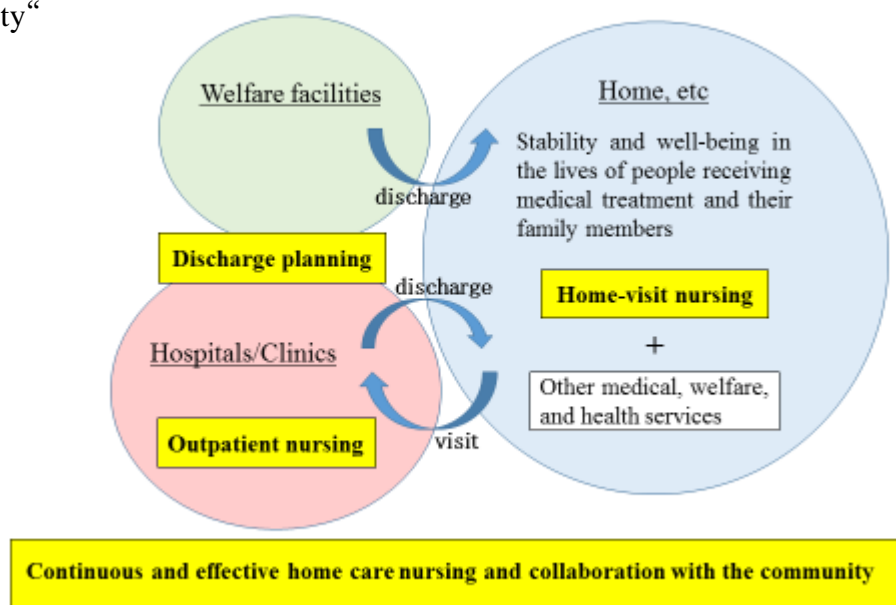
“Development of a Social Activity Scale for Elderly Women Requiring Assistance”

#### Master's theses

“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”



The field of home care nursing provides a Thesis Course and CNS Course in the first semester of the doctoral program, and the CNS Course has been certified as a curriculum for Certified Nurse Specialists in Home Care Nursing\* by the Japan Association of Nursing Programs in Universities. In FY2015, three students were certified as nurse specialists in the field of home care nursing. We have trained outpatient nurses who are active as CNSs in home care nursing.

● The major course for Certified Nurse Specialists in Home Care Nursing (26-credit curriculum) incorporates hands-on training in which students take the role of a specialist to enhance six abilities (excellent practice, education, consultation, coordination of collaboration, research, and coordination of ethical issues) required as a certified nurse specialist in home care nursing.

(\*1: Prescribed procedures are required after completing the graduate school in order to be a certified nurse specialist. \*2: We will implement this program from FY2016 after obtaining approval for our application for the continuation of the 26-credit curriculum for CNSs in home care nursing.



# Public Health Nursing

Emiko Saito / Kumi Yoshiba

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.

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 health centers, companies, regional support centers, and hospitals in the graduate school. We hope to support proactive research activities by nursing staff who want to improve their daily practice with a theme to explore.

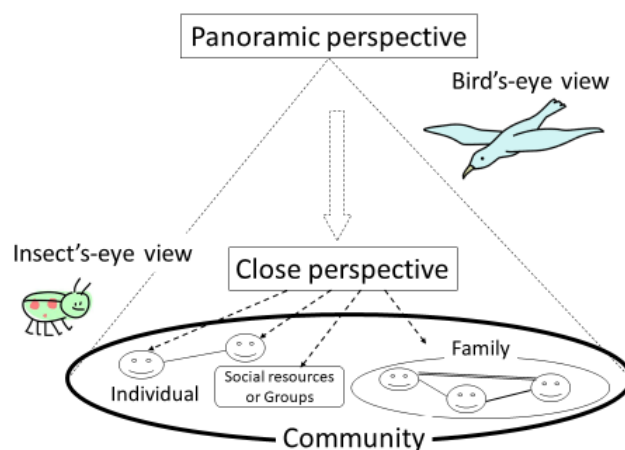


Figure. Perspectives on community

## Goals of the Master of Public Health Nursing Program

1. Evaluate the current state of knowledge in public health nursing as it informs theory, practice and health care research.
2. Develop and implement a research study in public health nursing knowledge.
3. Evaluate the application of evidence-based practice of public health nursing among diverse and multicultural populations.
4. Articulate ethical issues and responsibilities involved in health care research.
5. Develop and utilize leadership approaches that foster improvement of health care.

## Goals of the PhD of Public Health Nursing Program

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

## Fields of research

Public health nursing practice, Community assessment, Preventive long-term care for community-dwelling elderly

## Education and Research

Predictors of certification for long-term care need in community-dwelling older adults  
Social support as predictors of health status among older adults living alone in Japan

\* Please refer to the following website for more information about education and research activities, including dissertation and thesis topics.

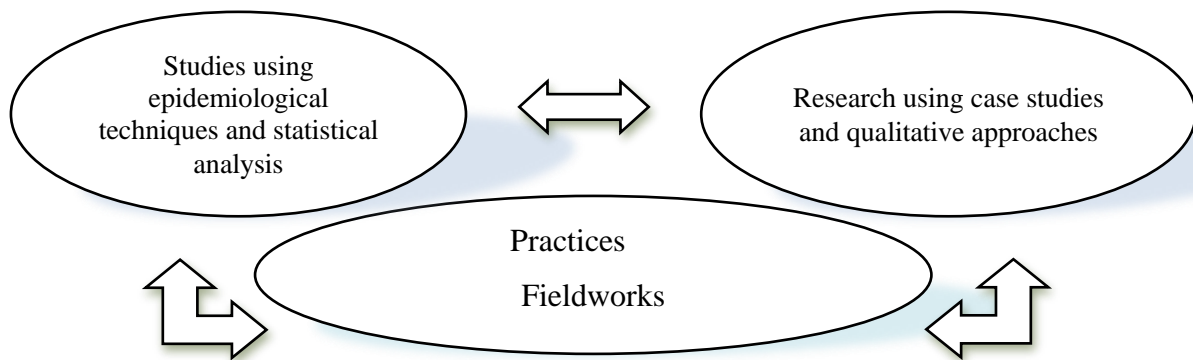
The public health nursing website: <http://weber.hs.tmu.ac.jp/phn/index.html>

# Community Mental Health Nursing

Motoe Yamamura\* / Seiko Hirokawa

\* = Professors can not accept new Students.

The characteristics of the role of mental health nursing in society or nursing science lie in the fact that mental health nursing uses a holistic approach, regardless of the stage in the life cycle, location of treatment, and whether or not a mental disorder is present. In dealing with such extensive targets, on the one hand, we adopt an advanced approach such as neuroscience, while on the other hand, our field of reference extends to daily interactions among people, and the materials to be used are also dispersed over a wide range. While applying such information as much as possible, our research laboratory aims to present information and thoughts, specific wisdom for living, and methods of offering a helping hand that are useful for people with mental disabilities and related people, and nursing staff as aid providers.



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

- Research on a rating scale for self-stigma of people with mental illness.
- Investigation of prescribed medication compliance and adherence in people with mental illness.
- Examination of methodologies to support mothers and children including the prevention of abuse in the community.
- The relationship between measures to cope with various mental issues of high school students and the tendencies of their own help-seeking behavior.
- Study on changes in attitudes toward mental disabilities during clinical training.
- Research on self-involvement in people with mental illness using a service.
- Examination of predictors of recurrence and elevation in severity captured by home-visit psychiatric nurses.
- Investigation of medication-taking behaviors and attitudes of schizophrenic patients living in the community.

# 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.



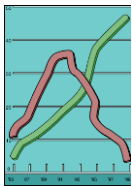
# Nursing Ethics and Management

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 mwadachi[at]tmu.ac.jp
		Associate Professor	Yuri Hishinuma	direct 03-3819-7250 yuri_hs[at]tmu.ac.jp
	Reproductive Health Nursing	Associate Professor	Chisato Kimura	direct 03-3819-7403 ckimura[at]tmu.ac.jp
	Pediatric Nursing	Professor	Michiyo Yamamoto	direct 03-3819-7390 ymichiyo[at]tmu.ac.jp
		Associate Professor	Keiko Taneyoshi	direct 03-3819-7410 taneyosi[at]tmu.ac.jp
	Adult and Gerontological Nursing	Adult Nursing	Professor	Yumi Nishimura
Associate Professor			Satomi Fukui	direct 03-3819-7256 satomif[at]tmu.ac.jp
Gerontological Nursing		Associate Professor	Junko Masuya	direct 03-3819-7209 masuya[at]tmu.ac.jp
Community Nursing	Community Health Nursing and Home Care Nursing	Professor	Kayoko Kawahara	direct 03-3819-7404 hu_yuan[at]tmu.ac.jp
		Associate Professor	Megumi Shimada	direct 03-3819-7204 megumi[at]tmu.ac.jp
	Public Health Nursing	Professor	Emiko Saito	direct 03-3819-7418 saito[at]tmu.ac.jp
	Community Mental Health Nursing	Professor	*1 Motoe Yamamura	direct 03-3819-7217 yamamura[at]tmu.ac.jp
		Associate Professor	Seiko Hirokawa	direct 03-3819-7240 hiro-s[at]tmu.ac.jp
	International Nursing / Medical Anthropology	Associate Professor	Ayumi Nomura	direct 03-3819-7241 ayumin[at]tmu.ac.jp
Nursing Ethics Nursing Management	Nursing Ethics and Management	Professor	Akihiro Shuda	direct 03-3819-7394 shuda[at]tmu.ac.jp
		Associate Professor	Yoko Ishikawa	direct 03-3819-7185 ishikawa[at]tmu.ac.jp

\*1 There will be no student recruitment in 2018.

Department of Nursing Sciences: Doctoral Course				
Category		Guidance teacher		
Woman, Children and Family Nursing	Midwifery	Professor	Kumiko Adachi	direct 03-3819-7248 mwadachi[at]tmu.ac.jp
	Pediatric Nursing	Professor	Michiyo Yamamoto	direct 03-3819-7390 ymichiyo[at]tmu.ac.jp
Adult and Gerontological Nursing	Adult Nursing	Professor	Yumi Nishimura	direct 03-3819-7255 yumin[at]tmu.ac.jp
Community Nursing	Community Health Nursing and Home Care Nursing	Professor	Kayoko Kawahara	direct 03-3819-7404 hu_yuan[at]tmu.ac.jp
	Public Health Nursing	Professor	Emiko Saito	direct 03-3819-7418 saito[at]tmu.ac.jp
	Community Mental Health Nursing	Professor	*2 Motoe Yamamura	direct 03-3819-7217 yamamura[at]tmu.ac.jp
Nursing Ethics Nursing Management	Nursing Ethics and Management	Professor	Akihiro Shuda	direct 03-3819-7394 shuda[at]tmu.ac.jp

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