

Development of Women-Centered Care Models for Infertile Women

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【Goal】

To develop an environment in the community in which women with infertility problems can appreciate themselves and their lives, deal with stress and make choices accompanying infertility treatment with appropriate information and support, including the enhancement of the quality of nursing professionals.

【Plan and Implementation Process】

- Step 1. Attempting support for maintaining QOL and reducing the stress of infertile women
(Stress management programs of women currently undergoing infertility treatment and individual consultations by e-mail)
- Step 2. Development of partnerships with self-help groups and nursing professionals
(Forums/seminars)
- Step 3. Education for enhancing infertility nursing expertise through tie-ups with related professional societies (Practical infertility nursing seminar)
- Step 4. Identifying problems and challenges in the community regarding infertility through partnerships and practice, followed by drafting, implementing, and evaluating care models (production of booklets, outreach models)

【Goal Attainment】

1. Research activities
 - 1) Individual approach for infertile women to reduce stress and make choices
 - A. Implementation and evaluation of stress management program for women undergoing fertility treatment
A randomized controlled cluster study was conducted to investigate women under 35 years of age who started general infertility treatment for less than two years. Two types of stress management programs were provided for the duration of three months. Results found that QOL improved or decreased less in women using a combination of guidebook and homework notebook according to health related QOL summary and two subscale scores, compared to subjects using only a guidebook.
 - B. Individual consultation using e-mail
The number of consultations has been steadily growing year by year, mainly seeking specific advice and information due to concerns and a sense of not knowing what to do regarding diagnosis and treatments.
 - C. Joint production with a self-help group of two booklets that help understand concerns accompanying infertility and treatment and to support choices of women with infertility problems.
 - 2) Information to women with infertility and to nursing professionals
 - A. Holding forums and seminars for women with infertility through joint planning with a self-help group (Table 1.)
 - B. Holding seminars for nursing professionals through joint planning with related professional societies (Table 1.)
 - 3) Development of “community empowerment in relation to infertility issues” model

A. Construction of outreach model (Table 2)

Identification of challenges, and proposal of design for the “Development of an Environment to Support Choice for Affected Parties: Community Empowerment in Relation to Infertility Issues”

B. Implementation and evaluation of outreach models

With the assistance of eight local municipalities in Japan, lectures and interchange meetings were jointly planned and held with the self-help group, The Friends of Finrrage. Responses suggested that specialists, local administrations, and women with infertility succeeded to approach goals. Significant opinions were also exchanged.

2. Education of novice researchers

During most of the research period, there were no graduate students undertaking infertility as a research theme, but graduate students with research themes related to infertility treatment (care for women pregnant with twins) received consultation from nurses involved in pioneering activities in the UK. Undergraduate school students interested in this project participated in volunteer work during seminars, etc.

3. International collaborative research

Though research did not extend to joint research, information on partnerships between reproduction nurses and women with infertility problems and on continuing education for reproductive nurses was collected from leaders of the UK Royal College of Nursing, Fertility Nurse Group (FNG) and members of self-help groups in the UK. Opinions were exchanged with both groups as well.

4. Future directions

Through individual approaches and intensive group approaches, the project promoted the building of environments for supporting choices made by women with fertility problems, and created outreach models through partnerships between nursing professionals and self-help groups as new models for community empowerment related to infertility. In the future, we are planning to improve the model, summarize, and announce the results. We will also propose measures, gather funds for continuing this research and review our organization.

Table1. Seminars for Women with Infertility Problems and for Nursing Professionals

Date held	Plan	Theme	No. of participants
1.17. 2004	People’s Forum	Infertility Treatment Today and in the Future, From St. Luke’s International Hospital’s Practice [Tokyo]	92
9.4. 2004	Practical Nursing Seminar on Infertility	The Beginning and the End of Infertility Treatment [Tokyo]	70
5.28. 2005	People’s Seminar	Importance of Informed Choice of Infertility Treatment [Tokyo]	70

8.6. 2005	Practical Nursing Seminar on Infertility	Nursing for Infertile Couple with Male Factor [Kobe City]	50
10.9. 2006	Practical Nursing Seminar on Infertility	Listening to People with Fertility Problems [Tokyo]	90
9.8. 2007	Practical Nursing Seminar on Infertility	How to Support Life of the Child [Fukuoka City]	74

Table 2. Development of an Environment to Support Choice for Affected Parties: Community Empowerment in Relation to Infertility Issues
DESIGNING TARGETS AND STRATEGIES

