

International Relay Symposium: Collaboration between the public and nursing professionals

Collaboration between the public and nursing professionals is indispensable for people-centered care to be accepted by the community, to be realistically helpful, and to be established as a community necessity. To this end, the COE program has been partnering with the people of the community since its research planning stage, to work together in selecting research themes which match social needs, applying research strategies and results to practical nursing services, and the evaluating the outcomes. The regularly held COE International relay Symposiums provided the forum for exchanging and discussing views on important themes and topics of interest related to people-centered care, which were found through the research and hands-on cooperative activities (Table 1).

Details of past symposia are as follows:

First: “Building a Community for Spending One’s Last Days at Home”

Symposiasts: Allan Kelleher, Director of Palliative Care Unit, La Trobe University; Kyoko Maniwa, community nursing specialist, city council member of Hiroshima city; Kazuo Hara, nursing-care helper of volunteer group Pallium

The goal of this symposium was to discuss with the public “how to build a community for spending one’s last days at home.” To be able to spend our last days in a familiar environment that is one’s home was something wished for by most participants. The process of changing the place of care giving and receiving requires providing meticulous palliative care to the patient in a manner that is seamless, systematic and on-going. Crucial to this process is establishing a system that supports the family who would be there during the last moments of the patient’s life. During this symposium, the need to establish the foundations and organizations for mutual support were discussed with hospice volunteers, whose work involves providing daily support and emotional care to such families. Prior to this symposium, an exchange of views with the public was attempted on the Internet, and related questions and topics to be reviewed on the day of the symposium were discussed. The results of the symposium suggested deep interest by the community regarding this aspect, as well as the importance of people-centered discussions and the establishment of systems based on their needs.

Second: “Let’s Talk about Healthcare! Patients are Part of the Team”

Symposiasts: Mary E. Foley, Associate Director, Center for Research and Nursing Innovation, University of California San Francisco; Kyoko Takai, St. Luke’s International Hospital; Yasuhiko Ota, Editorialist of Nihon Keizai Shinbun

In the symposium, we discussed efforts in building systems for the public to cooperate, as main players or navigators, with nursing professionals to ensure quality medical and nursing services. The symposium served as a venue for providing specifics of nursing services for consumers, discussing with them whether nursing services can actually be used effectively as tangible services, and determining the challenges in using them. As a result, tasks for consumers to be involved in care as part of the team were

identified. The complexity of technical medical terms and inconsistencies met in communication were pointed out. The needs for consumer-friendly medical information and mechanisms were reviewed.

Third: “For Living a Life of Your Own Choice”

Symposiasts: Anette O’Connor, Ottawa Health Research Institute; Ran Kawai, Childbirth Medicine Writer; two patient representatives.

With the overflow of complicated medical information available, participants pointed out the difficulties and seriousness involved in making decisions that required consideration of ‘how we should live our lives’ and ‘what is the ideal family’. In this seminar, discussions revolved around how to overcome such problems, and how convincing and satisfactory decisions were reached by the participants. It also served as an opportunity for medical caregivers to learn from the experience of the public regarding “support for decision-making in the medical field” as well as for the public and medical professionals to share related attempts made abroad. Details of the seminar are introduced on the Internet and our journal of nursing, Nursing Today vol. 20 No3 2005. They are also disclosed internationally at the website of one of the intended speakers Annetee O’Connor from the University of Ottawa <http://www.ohri.ca/profiles/o’connor.asp>.

Fourth: “Toward the Era of My Choice: Patient-Centered, Team-Based Breast Cancer Care”

Symposiasts: Naoto Ueno, medical oncologist of M. D. Anderson Cancer Center; Yoko Hatano, participant of St. Luke’s “Support Program for Women with Breast Cancer”; Seigo Nakamura, general manager of mammary gland division of St. Luke’s International Hospital, manager of Breast Center; Kumi Suzuki, St. Luke’s College of Nursing

Cancer care is showing remarkable progress thanks to cutting edge medical technologies, offering cancer patients the chance to live longer for many years. One of the factors making this possible is the relentless efforts by many patients to continue therapies, which are accompanied by different types of pain, over a long period of time. Symposium participants discussed the tasks that need to be challenged for patients to receive effective care from professionals, with the patients positioned at the center of cancer care. Exchange of opinions with women, who have experienced breast cancer brought to light that cancer care is carried out mainly through isolated relationships with the physician in charge. A problem is that patients do not know how other cancer specialists play a role in cancer care, and how their help can be utilized. Discussions were carried out about the need for patient-centered systematic care and the specific tasks involved for accurate decisions to be made, guided by patients with breast cancer, on the cancer treatment process, self-care, and how to lead satisfactory lives.

Fifth: “Sharing Wisdom, Courage, and Experience: Women Supporting Each Other in Society”

Symposiasts: Michiko Oguro, doctoral student at St. Luke’s College of Nursing; Keiko Ishii, manager of Kanto branch, With the Angels In the Sky; Judy Chonan, director of World Nook Shonai (NPO); Barbara Perfitt, professor of Glasgow Caledonian University, director of Nursing & Midwifery Development

Cooperation Center Global Network (WHO)

In this symposium, views were exchanged on how women can share their experiences, learn from each other, and grow together regarding health issues faced, among female leaders from Japan who have lost young children, foreign female leaders living in Japan, Japanese midwives for female workers in Myanmar, and English nursing professionals working for women in Central Asia. It was found that there are problems whose nature is difficult to understand unless seen from the standpoint of the person experiencing them, and the faults of the medical system which hinder this understanding. It was suggested that latent resources in the community can sometimes be found through clashes in relations and repeated efforts, and thus continuing relations based on persevering trust in the community is important.

Sixth: “Create Safe and Comfortable Communities for People with Dementia: Let’s Begin With What You Can— Care for Dementia in Urban Areas”

Symposists: Ruth Campbell, former social work director of Turner Geriatric Clinic, University of Michigan Health System Geriatrics Center; Chitose Nakano; Satoshi Hirahara, [director of Home-care Support Center, Tokyo Fureai Health Co-operation Kajiwara Clinic](#); Keichi Bekku, Himawari Home-care Support center; Kaya Ogura, chief, care insurance division of Chuo-ku, and others

In the planning stage of the symposium to be held jointly with the public, 10 persons were selected to comprise the symposium citizen planning committee. They were from: last year’s participants of the exercise class for preventing fractures from falls, the mayor of neighborhood association, shop owners, welfare commissioners, and ward residents. During the planning session, committee members discussed specific topics for the symposium agenda such as medical knowledge for dementia, introduction of actual support and pioneering case studies, facts of nursing, and efforts of the government. To encourage participation of caregivers who have few chances of making trips outside their homes, programs including interchange booth, visiting volunteers, and day services were provided. To assist participants in gathering information, booklets on caring for dementia and informative newsletters were handed out, nursing goods exhibited, consultation on nursing provided by eight nursing professionals from five areas of specialties, physical fitness test trials performed, symbol quilt project, and a lounge area provided. The symbol quilt was made in collaboration with welfare commissioners. Of the participants, 60% were female residents, and 30% were caregivers. Questionnaire surveys revealed comments such as “it was a significant symposium,” “I was very touched by the words of the keynote speaker that I am worthy of praise,” “I was very happy to have been able to consult someone,” and opinions from the professionals participating included “it was an enjoyable event,” while those from volunteers were “had an enjoyable time talking with elderly persons,” indicating that the symposium successfully conveyed the intent of the planning committee to the participants. It also helped enhance the sense of togetherness between the project members and residents of the Chuo ward.

Seventh (10/28/2006): “Together with your children, let’s learn how your body works: How much do you know about your body?”

Symposiasts: Akemi Takamatsu, resident of Chuo-ku, mother with three children; Kazuyo Takahashi, Akashi Kindergarten in Chuo-ku; Noel J. Chrisman, Professor of Psychosocial and Community Health University of Washington USA.

The symposiasts were invited representing various viewpoints: parents, teachers, researchers, children and their mothers. Parents and children participated in an event called, ‘to learn about our bodies’, a program using picture books and a musical and dance performance called “Karada Fushigi” (Wonders of Our Bodies) by children. It was unanimously agreed by all participants that health education for our children, leaders of future generations, is something what everyone in the community wants, and the difficulties of making use of appropriate resources and medical knowledge by parents and in the family in reality were discussed.

Also discussed was the need for the community to give consideration to the health of children as an organization, and the importance of supportive care extending over multiple generations to realize this.

Thus, in the process of holding the international relay symposium regularly, our people’s health consultation service (Luke-Navi) and nurse clinic were able to successfully filter into the lives of the residents of the Chuo ward through teamwork with community resource persons led by our research center, thereby sharply enhancing the quality of our consultation training. Many needs about fostering citizen health volunteers were also voiced in the above activities, which led to the launch of the Citizen Health Volunteer Course as a program of the Research Center for Development of Nursing Practice, which can be called the secondary effects of the symposium.

Table 1 St. Luke’s College of Nursing 21st Century COE Program: International Relay Symposia

First (7/17/2004):	“Building a Community for Spending One’s Last Days at Home” “Let’s Talk about Healthcare! Patients are Part of the Team”
Second (10/3/2004):	“For Living a Life of Your Own Choice”
Third (11/21/2004):	“Toward the Era of My Choice: Patient-Centered, Team-Based Breast
Fourth (10/29/2005):	Cancer Care” “Sharing Wisdom, Courage, and Experience: Women Supporting Each
Fifth (11/27/2005):	Other in Society” “Create Safe and Comfortable Communities for People with Dementia:
Sixth (9/30/2006):	Let’s Begin With What You Can— Care for Dementia in Urban Areas” “Together with your children, let’s learn how your body works!: How
Seventh (10/28/2006):	much do you know about your body?”