

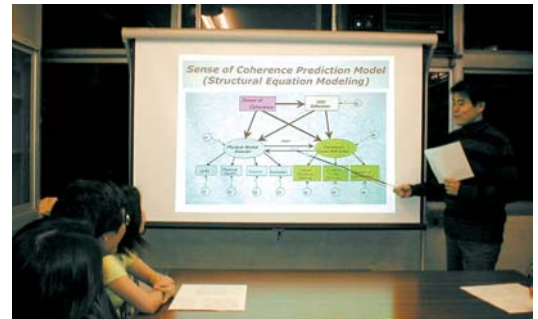
# Health Sciences and Nursing

## Health Sociology

<http://www.hlthsoc.m.u-tokyo.ac.jp/index.htm>

**Our department studies social and psychological factors related to health problems and health care systems, through developing and applying theories, concepts and methods, which have been developed in sociology and social psychology. We carry out studies in interdisciplinary academic fields, involving health, medicine and nursing as well as the field of sociology.**

- Studies on Antonovsky's Salutogenesis and Sense of Coherence (SOC)
- Study on medically infected HIV subjects
- Studies on the current situation and theories of changing professional-patient relationship and patient autonomy
- Studies on the effects of changes in industrial society on "Ways of Working and Living" and fatigue / stress among workers
- Studies on social differences and inequalities in health
- Development of health sociological researches and theories for people living with illness/stress



*An example of a visual presentation on research results*

## Mental Health / Psychiatric Nursing

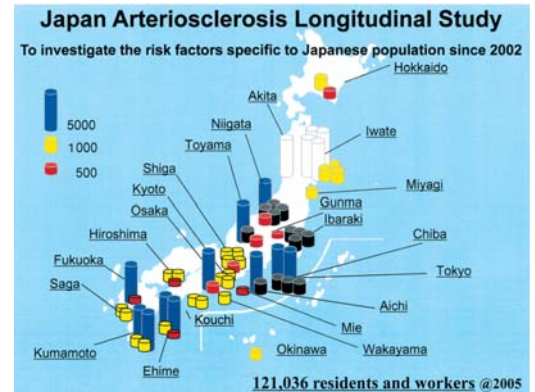
**Our departments conduct research on mental health and psychosocial stress and provide education/training of professionals in related fields from global perspectives.**

- Mental Health
  - Mental health epidemiology
  - Occupational mental health/Occupational health psychology
  - Psychoeducation/Stress management
  - Evaluation of school counseling
  - Practice and Evaluation of Psychotherapy
  - Early detection and therapeutic education of PDD
- Psychiatric Nursing
  - Supporting people living with mental health problems
  - Practice and evaluation of home visiting psychiatric nursing
  - Illness self-management in mental health
  - Recovery for people with mental illness
  - Patients' satisfaction with psychiatric services



Biostatistics and epidemiology provide the methodological basis for health sciences. We are conducting basic methodological research of biostatistics and theoretical epidemiology as well as consultation works and collaborative projects with basic/clinical researchers. The NPO "Japan Clinical Research Support Unit" established by the staff of the department is supporting investigator-initiated clinical trials and large-scale epidemiological studies in respect of data management, statistics and quality assurance.

- Methodological research
  - Design of clinical trials
  - Analysis of correlated data and longitudinal data such as QOL data, multiple recurrence (events) data
  - Causal inference
- Collaborative projects
  - Japan Arteriosclerosis Longitudinal Study
  - Comprehensive Support Project for Oncology Research- Breast Cancer
  - Comprehensive Support Project for Adequate Treatment of Osteoporosis
  - Investigator-initiated clinical trials of cell therapies



## Social Gerontology

The three major research areas of this department include social gerontology, psychosocial oncology and biomedical ethics. The faculty and graduate students are multidisciplinary and include those whose primary training is in nursing, medicine, psychology, anthropology and health sciences. Using the theories and research methods of those disciplines, we aim to suggest practical ways to deal with a wide variety of public health problems.

- Exchange of social support and subjective well-being among the elderly
- Psychological well-being among the elderly who have experienced relocation
- Measurement of active life expectancy
- Sexuality and body image issues related to cancer treatments
- Treatment decision-making process among cancer survivors
- Self-help group activities for chronic, life-threatening illnesses
- Psychosocial issues related to infertility treatments
- Multi-disciplinary collaboration in the clinical setting



Class meeting of the department

## Health Promotion Sciences

The main research activities of the Department of Health Promotion Sciences are experimental and survey research concerning health behavior and life-style related diseases. Our research results contribute to the proposals of health care systems, and health policy concerning health promotion in the community and the workplace.

Our classes include lectures and practical training and students are required to understand the methods of planning, implementation and evaluation of the health promotion programs in the community and the workplace.

Specific research topics include:

- Development of effective health promotion programs
- Assessment of the supportive environments in the community and the workplace
- Evaluation of the supporting methods for health behaviors
- Short- and long-term effects of behavior change
- Influence of behavior change on medical costs, and cost effectiveness analysis
- Social and physical environmental determinants of the adherence of behavior change



A scene as part of a community health promotion program

## Biomedical Ethics

<http://www.ethps.m.u-tokyo.ac.jp/>

The Department of Biomedical Ethics conducts both theoretical and empirical studies in the fields of biomedical ethics, research ethics and clinical ethics. Research topics include ethical theories, informed consent, ethics committees and organ transplantation. The Center for Biomedical Ethics and Law (CBEL) was recently set up as an adjunct to the Department of Biomedical Ethics.

(<http://www.cbhel.jp/>)

- Study of the functions and responsibilities of ethics committees in Japan
- Study of the methods for the formation of social consensus related to advanced medical technology
- Comparative study of clinical ethics in the Asian region
- Publication of a medical ethics case book for Japan
- Acceptability of advance directives in Japan
- Development of evaluation methods for biomedical ethics education
- Psychosocial and ethical aspects of living related organ transplantation



Outreach Program: CBEL provides training courses for ethics committee members. Participants include physicians, nurses and medical pharmaceutical representatives.

## Nursing Administration / Advanced Clinical Nursing

<http://nurs-adm.umin.jp/>

Our research programs aim to support clinical nurses in providing high quality care for their patients in efficient way. Under a nation-wide healthcare reform, improving the efficiency of healthcare delivery systems becomes essential. For nursing care, assessing the efficacy and the putting in place of quality assurance systems are required. Applying management theories to nursing administration, we focus on nursing quality improvement, nurse staffing, patient classification systems, budgetary management, staff development and continuing education.

- Evaluation and improvement of quality of nursing care
- Benchmarking of nursing quality indicators
- Outcome management for nursing practice
- Risk management
- Human resources management
- Nursing case management and critical pathways
- Effect of care environment on patients
- International comparison of nursing quality indicators
- Nursing policy and economics



Promoting quality nursing care

## Family Nursing

<http://www.hn.m.u-tokyo.ac.jp/dept/famn/indexj.htm>

Hand-in-hand with the changes occurring in society, the formation and the function of the family is also changing. Current Japanese society expects not only client-centered perspective but also family-centered perspective from nursing research. We are especially focusing on the childrearing and childbearing family nursing research issues.

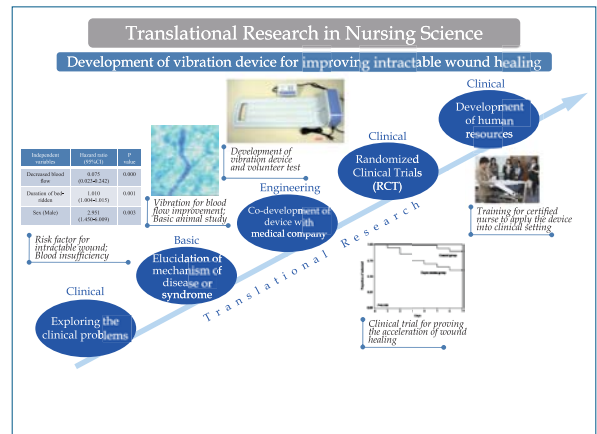
- Late effects of treatment and posttraumatic stress disorder in children with cancer
- Psychological preparation for children undergoing minor surgery
- Prevention of child abuse and neglect
- Care of dying children and their families
- Childbearing family formation process
- Postnatal depression and difficulties in childrearing





The goal of our department is to achieve “Evidence-based practice and development of gerontological nursing and wound care management”, where we are striving to develop new techniques, instruments, and assessment skills in accordance of nursing science and engineering and clinical nursing. Especially, translational research is our focus in which the basic science will be translated into clinical science. We are featuring the development of evidence-based skin care for improving skin function in the elderly.

- Development and evaluation of wound management technology and devices
  - Elucidation of pathophysiology and its diagnosis technology of wound
  - Development of technology and devices for wound management and prevention
  - Evaluation of new technology and devices
- Development and evaluation of evidence-based skin care methodology
  - Investigation of bioengineering aspect of elderly skin
  - Exploring of objective parameter of skin status
  - Development of intervention methodology for improving skin function



Example of translation research in our department