

2 Video Conference with University of North Carolina, Wilmington

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Principle 10: A commitment to promoting inter-cultural dialogue and understanding, and the “unlearning” of intolerance, through education

1. Outline of Activities

Global Nursing Seminar is an elective course for third-year students in the School of Nursing. The aims of the course are: (1) To identify health issues from an international perspective and to consider the role of the nursing profession, and (2) To deepen the understanding of multi-cultural nursing through group discussions and presentations.

An agreement with the University of North Carolina, Wilmington (UNCW) in the United States was signed in 2002. The exchange of lectures between the two institutions began in 2005. Since then, the two universities have continued to hold video conferences twice a year. Since 2009, this activity is part of the Global Nursing Seminar.

In class, students work in groups to select a topic related to health issues from an international perspective and prepare a presentation with an awareness of cross-cultural exchange. They translate the results of their research and discussion of the topic into English, prepare slides, and practice pronunciation with a native speaker.



Pronunciation Practice



Video Conference in AV hall

2. Presentation by Iwate Prefectural University students

Date: January 31, 2023

Number of participants: About 60

(1) To Protect Yourself from Earthquakes in Japan

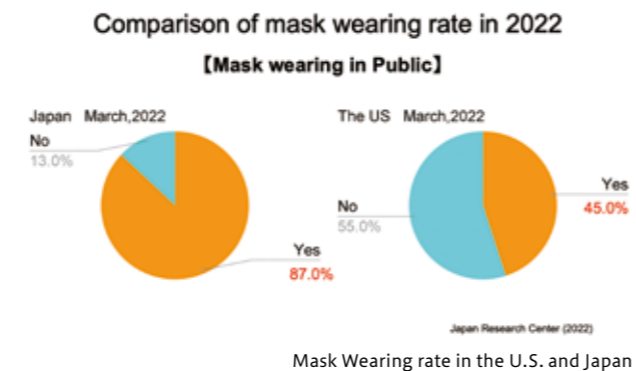
Based on the experience of the Great East Japan Earthquake and the Kumamoto Earthquake, support was introduced that focused on health risks increased by living in evacuation centers. As an example, the risk of deep vein thrombosis is increased due to reduced fluid intake in order to avoid frequent trips to temporary toilets and the inability to move

around in the confined spaces of evacuation centers. The presentation also included photos on how to help foreign residents in Japan obtain information and understand evacuation procedures when facing a disaster. In addition, a video of an evacuation drill was shown as part of disaster education in Japanese schools. The need for long-term psychological support for depression caused by disasters was also explained.



(2) Dealing with Covid-19 -Masks-

A comparison between Japan and the U.S. was presented regarding mask wearing, which has become a lifestyle habit since the COVID-19 pandemic as a measure to prevent infection. In 2021 and 2022, mask wearing rates in the two countries show almost no change in Japan, while the rate in the U.S. has decreased.



As background, there are cultural differences in which parts of the face are emphasized in communication. They showed the difference in the impact of covering the mouth with a mask because the mouth is more important in the U.S., while the eyes are more important in Japan. The slide also showed how emoticons used in SNS also reflect an awareness of the parts of the face that express emotion.



The differences of Emoticons in the U.S. and Japan

A student from UNCW asked, "As a medical professional, how do you ask people in Japan who are uncooperative to wear a mask?" There are few situations in Japan where it feels difficult to ask people to cooperate with mask wearing, however, the question also showed the difference in attitudes toward mask use between Japan and the U.S. The discussion was a good opportunity to realize the cultural difference between Japan and the U.S. in this regard.

3. Presentations by UNCW students

Date: November 7, 2023

Number of participants: About 60

(1) Effectiveness of Current Complementary Therapies on Pain in Labor and Delivery

A UNCW nursing student gave a presentation on the effectiveness of alternative therapies for pain in labor and delivery. She reported on a systematic review of non-pharmacologic therapies, although epidural anesthesia and opioid analgesics are the most common methods of pain relief in the U.S.



UNCW student's presentation

The most commonly used alternative therapies were massage and acupuncture, which significantly reduced labor pain. Since most of the papers were from Middle Eastern countries, the presenters would like to clarify what kind of alternative therapy are used worldwide and its effectiveness.

(2) Implementing Routine Postpartum Depression Screening and Referrals in the Outpatient Pediatric Clinic Setting

A family nurse practitioner (FNP) presented her research on an initiative to conduct screening using the Edinburgh Postpartum Depression Screening form (EPDS) administered to postpartum mothers in a pediatric outpatient setting.



Poster introduced in the presentation

EPDS screening has been conducted in Japan, but it is used in obstetrics and gynecology units and at newborn visits in the community. The results of the study showed that the EPDS is effective in early detection and management, such as a referral to a specialist, when conducted in pediatric outpatient clinics where postpartum mothers continuously visit for their children's checkups. This is an interesting report that can be practiced in Japan.

4. Comments from the students

- Many UNCW students asked, "What about Japan?" I learned that it is important to understand the facts of my own country first when explaining to foreign people.
- It was nice to have questions, because that means they are interested in what I presented. I would like to be able to speak up more actively like the American students.
- I learned about the differences in the way medical care is provided in Japan and the U.S.
- I practiced the pronunciation every day, thinking about how my English would be understood. I feel more confident.



The students giving the presentation