

# Nara Medical Association Activities: Working to gain more confidence of Nara residents

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Keiji TAKEMURA\*<sup>1</sup>

Nara will celebrate the 1,300th anniversary of its establishment in 2010, an ancient capital of Japan named Heijokyo. Prior to the Nara period, the capital had been in Fujiwarakyo and Asuka. The antiquity of Nara Prefecture is one of its great strengths.

### Recent Activities

An open lecture of the nursing school of the Nara Medical Association (NaMA) or “Mahoroba History and Culture Lectures” began in 2006.

The first lecture, in October 2006, was “Tales of Reincarnated Children: Reading the Records from the Edo period.” In his lecture, Chief Priest Okamoto of Kasuga Shrine discussed anecdotes from Kasuga Shrine archives of dying and being reborn. Similar texts are found in Europe, and they include the teaching that we should live our lives honestly because the way we live today is related to our future lives.

The second lecture, in November 2006, was “The Power of Song.” Ms. Atsuko Arai, who established musical therapy in Nara City, spoke of experiences in which music and song generated emotional contact with physically handicapped and dementia patients. During the 90-minute lecture, everyone sang and some were moved to tears.

The third lecture, in April 2007, was “Women Visitors to Hase Temple: Discovering the Spirit of Japan in the Yamato Pilgrimage” by Professor Minoru Senda of the International Research Center for Japanese Studies.

The fourth lecture, in June 2007, was “Yama-



taikoku: Two Queens and Yamato” by Professor Hironobu Ishino of Tokushima Bunri University.

The lectures are widely publicized to prefectural residents through posters displayed at medical institutions with association members as well as leaflets available in waiting rooms. Attendees also become familiar with the auditorium on the third floor of the NaMA Office, where the lectures are held.

A general assembly of the NaMA and Nara Association of Medical Sciences is held annually in early July at which NaMA academic scholarships are awarded to three young medical researchers. These activities serve to encourage hospital-based doctors and help to give them good opportunities to learn about the medical association.

### Overnight Seminars

We hold these seminars over Saturday and Sunday, with an overnight stay after a small dinner on the first day. The objective of the seminar is to promote the exchange of opinions among lecturers and attendees. Clinic doctors were also asked to take on an instructor. The seminar has been held

\*1 Board Member, Nara Medical Association, Nara, Japan (kouhou@nara.med.or.jp).

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once in a year since 1995. However, those members who joined the seminar since the 5th occasion turned to be the fixed ones and the number of those who stayed overnight began to decrease. There is little prospect of increasing the number of participants in the seminar. Some of the reasons for this may be that an increasing number of members prefer to spend their daily life with their families or they have become busier with business arising from long-term care insurance. As the board member in charge of the program, it has given me great pleasure to meet the many doctors from Nara Prefecture and other areas who participate in the seminars and share a wide range of knowledge.

### **Developing Instructors for the Nursing Care Manager Training Course**

I was sent from the NaMA to take the three-day training course to develop instructors as nursing care managers in Kanagawa Prefecture and Tokyo in 1998. As the pass rate of the examination for the qualified nursing care manager has fallen annually since then through March 2007, we have been supervising those who have successfully passed the exams. This includes collecting the opinions of the attending doctors and doctors involved in nursing care. We are also stressing the importance of close cooperation with those of other professionals, especially the doctors involved.

This training course has been continuing for ten years including a model project. I am interested in how physicians, including myself, that provided these activities are evaluated by those who take the course and the social welfare council of the prefecture. I hope that the care managers will be rewarded with suitable remuneration for their efforts. The ratio of personnel expenditure is high in health care and nursing care work and the evaluation should not be measured merely on the cost/benefit scale.

### **Training Course for Advanced Cardiac Life Support (ACLS)**

With guidance from Osaka Medical Association, we attended a training course of ACLS in July 2003. It was good training for doctors working there among emergency medical technicians and nurses. I think we should attend this kind of

training once every a year or so. Two computer-controlled training dolls are already in use for the ACLS training in our prefecture with its financial support.

### **Workshop for Preceptors in Postgraduate Training**

The NaMA held the first postgraduate clinical training workshop on November 27 and 28, 2004. On the previous day, Dr. Nobuya Hashimoto, in charge of the program, and other doctors such as Dr. Sakurai, Dr. Fukui, Dr. Matsuoka, and the staff from the JMA CME Section helped arrange the workshop at the hotel venue.

The second workshop was held at the NaMA Office on August 6 and 7, 2005 organized by Dr. Shintaro Ban.

We employed the KJ method in the workshop several times to identify problems arising from the discussion there.

### **Other Workshops**

A workshop to consider the future activities of the NaMA was held on January 15, 2004. This workshop was organized mainly by Dr. Junko Murakami, former lecturer of Nihon University and professor of the Seibo College of Nursing. The workshop was attended by 12 members of the Committee for Future Designing and six nursing school instructors.

A workshop to consider the problems about the secretariat of the NaMA that was held on January 28, 2007 was set up by the author as a main planner. The participants were 15 secretariat staff and vigorous discussion took place.

### **Telephone Counseling for Pediatric Emergency**

This telephone counseling service is available from 6:00 p.m. to 11:00 p.m. every holiday, including Saturdays. The author has also been engaged in this service as a doctor who sees internal medicine and pediatric patients. This program has now been operating for three years and the average number of calls per night is from 8 to 9.

The above is an outline of the programs in which I have been involved in as an officer of the NaMA and in which I have taken part as a member.