

## The Eighth TOMODACHI J&J Disaster Nursing Training Program Cohorts

\*Japanese alphabetical order

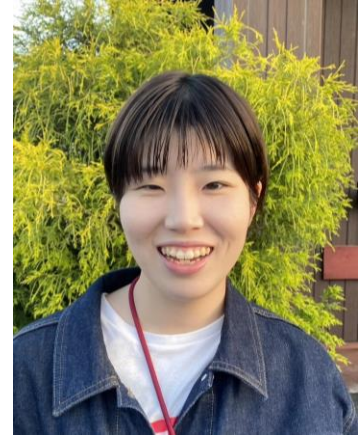
### **【Students】**

**Name:** Mao Ishizu

**Affiliation:** University of Kochi, Faculty of Nursing, Department of Nursing

**Hometown:** Mitoyo City, Kagawa Prefecture

I applied to this program because I wanted to acquire the ability to consider disaster medicine in Japan from a broad perspective by learning about disaster medicine in Japan, as well as overseas. As I worked on various activities related to disaster medical care, I realized the importance of not only local activities but also logistics and headquarters activities, and became interested in the disaster medical system. In order to fully understand disaster medical care systems, I deemed it necessary to think flexibly through learning about disaster medical care not only in Japan but also overseas. In this program, I hope to think anew about Japan's disaster medicine system through learning about disaster medical care in Japan and overseas alike and exchanging opinions with people who are aiming for the same field.



I was very happy when I received the offer letter from this program. I immediately reported the good news to my teachers, family and friends who had supported my participation. I have always had a strong desire to study disaster medicine not only in Japan but also overseas, however, learning about global disaster medicine seemed like a high hurdle because of the language barrier and not being able to find the opportunity to study. Then, I encountered this program and decided to apply. I am grateful for this precious opportunity and will do my best to work hard.

**Name:** Yurika Imai

**Affiliation:** Tohoku University, Faculty of Medicine, Department of Health Sciences, Nursing Major, Women's Health Perinatal Nursing Field

**Hometown:** Niigata City, Niigata Prefecture

Someone close to me gave birth in Miyagi in the chaotic situation immediately after the Great East Japan Earthquake, which sparked my interest in disaster nursing. I applied to this program because I was attracted to being able to broaden my horizons both domestically and internationally with nursing students from all over the country, acquire knowledge about cutting-edge disaster nursing, and enhance my



leadership skills through many opportunities for group work and presentations. In the world of medicine and nursing, discoveries and technological innovations are made at a rapid pace. I want to learn the skills needed by nurses and midwives in times of disaster. I have not decided how I will be involved in nursing in Japan in the future. One of my goals in this program is to deepen my thoughts on how to engage in disaster nursing by making the most of my strengths and to decide on my path. In addition, I belong to the women's health perinatal nursing field at university and conduct research activities on the health of women and pregnant women. I hope to apply what I learn through the program to my research.

When I received the offer notice, I was surprised and thought, "Is it really for me?" However, at the same time, I felt a great sense of joy and responsibility to be able to interact with nursing students from all over the country, travel to other prefectures and even overseas, and learn about disaster nursing through my own eyes and years. I hope to take full responsibility as a participant, learn as much as possible about how to be involved in disasters as a medical worker in the program, and apply what I learned to my daily university life and research. I hope to integrate the knowledge I have acquired through my courses, seminars, and practical training at university and connect it to what I learn about disaster nursing in the program. During my freshman and sophomore years at university, I experienced overseas training at the University of California, Riverside and the University of Malaysia. There, I learned about the importance of proactive communication in fostering good relationships, as well as the fun in expressing my opinions in English. Although I am still not fully comfortable having conversations in English, I hope to make use of my experiences and aim to be proactive.

**Name:** Tsubasa Eshima

**Affiliation:** St. Luke's International University

**Hometown:** Toyonaka City, Osaka Prefecture

After learning about the activities of Doctors Without Borders, I became interested in disaster nursing. Upon learning about the existence and role of nurses who are particularly needed in disaster-stricken and conflict-affected areas, I began to wonder, "When a disaster strikes, how can I contribute?" if there is anything I could do whe. Thus, I felt the importance of learning more about disaster nursing in order to be able to deal with the various problems faced by victims and medical staff during disasters, even when I am working as a nurse. I have two goals for participating in the program. The first is "mental care in the event of a disaster", and the second is "becoming someone who can demonstrate leadership in the medical field". I am very happy to be able to participate in this program since I had wanted to participate ever since my friend did. I hope to learn together with peers during a limited time and gain a lot of experience!



I was very happy to receive this offer since at my university, I was unable to learn about disaster nursing due to a lack of both basic education of disaster nursing and learning in the field. As

soon as I was selected as a participant, I thought about the meaning of being selected, and I thought that I should appraise what I can do and my role in the group before the orientation. Among the participants, I consider myself to have an interesting background, as I am in my second and final year of studying nursing, have working experience, and have already obtained a degree outside of medicine. I hope to implement my experiences and gain a lot of knowledge, thoughts, and passion from fellow participants. In addition, since I was selected, after completing the program, I hope to acquire knowledge about nursing in times of disaster and play an active role as a leader in the field of disaster nursing in Japan.

**Name:** Nao Kimura

**Affiliation:** Yokohama City University, Faculty of Medicine,  
Department of Nursing

**Hometown:** Yokohama City, Kanagawa Prefecture

When I was a middle and high school student, I visited the areas affected by the Great East Japan Earthquake twice, which made me very interested in disasters. When I was in middle and high school, I learned about the difficulty and necessity of understanding and supporting the feelings of disaster victims by thinking about their experiences and the impact of disasters on communities from the residents' perspective. As I am learning about the basics of medical care and nursing as a junior in the Department of Nursing, I decided to participate in this program because I wanted to learn about disasters from a nursing perspective. In addition to academic knowledge of disaster nursing, this program is also very attractive because it teaches me practical knowledge through a variety of experiential learning. Through the program, I hope to learn about the role of nurses in emergency support immediately after a disaster and continuous support during the recovery period. I hope to actively exchange opinions with peers who are also interested in disaster nursing and deepen my learning.



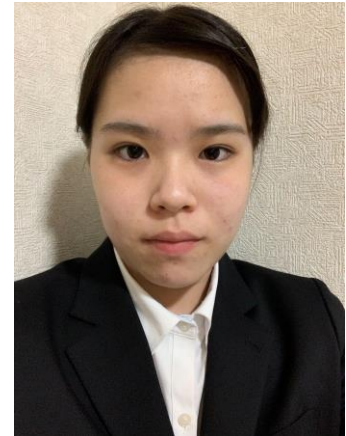
I jumped for joy the moment I checked the email notifying me of the offer. It was a program that I really wanted to participate in, so I checked my email many times, asking myself, "Am I really accepted as a member of this program?" For the first two years of university, my life was virtually online, however, starting this year, this program will also include face-to-face training in the United States. I am really looking forward to having the opportunity to interact with people in real life. I am excited about what kind of friends I will meet and what kind of learning I will get from now on. Since I was selected as a participant, I would like to share what I have learned in the program with as many people as possible, rather than keeping the knowledge and skills I have learned about disaster nursing for myself. To that end, I hope to actively exchange opinions with my peers and strive to gain deep knowledge.

**Name:** Mari Kumagai

**Affiliation:** Fukushima Medical University

**Hometown:** Chofu City, Tokyo Prefecture

Since I could not do anything when the Great East Japan Earthquake occurred, I have been studying disaster nursing at university and student organizations to help reduce the number of deaths in disasters. While listening to the stories of disaster victims and medical workers, I learned that disaster nursing is not "special nursing" and that it is necessary to respond flexibly according to the local community. I applied to this program because I wanted to study disaster nursing in various communities. Furthermore, I think that my perspective is narrow, so I found it very attractive to be able to think about disaster nursing together with not only nursing students with diverse backgrounds and ideas, but also medical professionals. In order to absorb as much as possible through this program, I hope to actively ask questions and make remarks without leaving any doubts, and convey my experiences to my university and activities so that I can contribute to the development of disaster nursing in the future.



I was not able to convey my thoughts well during the interview, therefore, when I received the offer, an overwhelming feeling of joy transformed into a determination to fulfill my part as a selected participant. Since I grew up in Tokyo, I have not lost any family or friends to disasters. However, precisely because I do not have this experience, I believe it is necessary for me to proactively learn about disasters; therefore, although I am grateful to be chosen as a participant in this program, I aim to learn with responsibility. I hope to continue studying disaster nursing during and even after the program so that when I become a healthcare worker in the future, I can perform disaster nursing with confidence. Furthermore, I hope to be able to ponder on my own research topics to connect this program to the development of disaster nursing.

**Name:** Haruka Nawano

**Affiliation:** St. Luke's International University

**Hometown:** Saitama City, Saitama Prefecture

From experiencing the Great East Japan Earthquake as an elementary student, and from attending high school in New Jersey and hearing from my teacher that the smoke rising from buildings when the 9/11 terrorist attacks happened could be seen from school, I learned that disasters remain deeply in people's hearts even after many years have passed. In this program, I was intrigued by the opportunity to learn about not only disasters in Miyagi and Hyogo prefectures in Japan, but also about disasters in the United States. Disasters can be broadly categorized into natural disasters and man-made disasters, however, I was attracted to the idea of learning about a variety of disasters through this program. By comparing



and contrasting disasters and disaster prevention in Japan and the United States, I thought I could learn more about how to make use of disaster prevention in the future. Furthermore, I felt that the anger and sadness of victims of natural disasters and man-made disasters differ, so visiting the affected areas would be a valuable opportunity to listen to the feelings of the victims. Because I want to connect the sentiments of the survivors to future activities, I definitely want to participate in this program.

I have been interested in disaster nursing for a long time, and upon attending seminars on disaster nursing and listening to the stories of people who were actually affected by disasters in my university lectures, I wanted to learn more deeply. There, I received information about this program from the university, and when I saw that it covered many things that I wanted to learn, I decided that I would definitely want to participate in this program, so I applied. I was very happy when I was actually selected as a participant, and I wanted to fulfill the six months of learning. I am a little nervous that I will be busy not only with school life but also with pre-learning and field visits, but it will be a valuable opportunity to interact with various people such as nursing students selected from all over Japan and people I meet during visits to disaster areas. Therefore, I would like to continue my activities while appreciating the encounters with each and every one of them. In addition, I would like to learn about the differences in disaster countermeasures between Japan and the United States, which is my motivation for participating in this program, and how the feelings of victims of natural and man-made disasters change over time.

**Name:** Chinatsu Fujii

**Affiliation:** Iryo Sosei University, Faculty of Global Nursing,  
Department of Nursing

**Hometown:** Wako City, Saitama Prefecture



I am studying nursing from an international perspective at the Faculty of Global Nursing at Iryo Sosei University. While learning about nursing care for patients of different races, religions, cultures, and even languages, I realized the importance of understanding cultural differences. I believe the same is true in the event of a disaster. After the Great East Japan Earthquake, I became interested in disaster nursing through continuing volunteer activities. Disasters that can occur anywhere in the world give people fear. Disasters are unpredictable. However, I strongly desire to be a nurse, physically and mentally sound, who can save the lives of those that can be saved at any time. For that reason, I want to broaden my global perspective by gaining specialized knowledge and skills of disaster nursing, learning about mental health initiatives, and actually experiencing overseas medical care and relief. Furthermore, by communicating and exchanging opinions with members who have the same aspirations as me, I hope to learn about the differences in education at other universities.

I was overwhelmed with joy when I received an offer to participate in this program. I remember immediately contacting my teachers, parents, and friends, wanting to inform the people around me as soon as possible. Being able to participate in this program is an honor and also a responsibility for my own growth, therefore, I was both happy and anxious. During the training, I will be grateful for the opportunity to learn about disaster nursing and do my best. Furthermore, I hope to apply the knowledge and experiences I acquire in this program to my own growth. When I return to my university, I hope to share and give back what I learned during the training not only with my students in my grade but also with students in other grades.

**Name:** Maho Furukawa

**Affiliation:** Tokyo Medical and Dental University Hospital, Graduate School of Health Sciences, Nursing Advanced Science Major, Department of Disaster and Critical Care Nursing

**Hometown:** Inagi City, Tokyo Prefecture

My dream is to create a world where people who truly need medical care can receive the medical care they need. Through classes and practical training, I learned about issues such as the rapid increase in medical and nursing care needs associated with the aging population and the difficulty of accepting ambulances due to the tightness of medical facilities. In order to resolve these issues and ensure that all people in need of medical care receive it, I believe that the current Japanese medical system is not sufficient, and that new systems and structures need to be created. Therefore, I would like to participate in this program to learn about the US medical system, which is at the forefront of telemedicine and home care, and the role of US nurses, who have introduced nurse practitioners. Also, when I think of "people who are truly in need of medical care," the first things that come to mind are disaster areas and emergency centers. Through this training, I hope to learn about disaster nursing and critical care nursing, and acquire the knowledge and skills to help "people who truly need medical care" as a single nurse.



When I received the offer notice, I was very happy that I was accepted to participate in this amazing program that allowed me to actually go to the United States for training and immediately reported the news to my classmates who had supported my participation. My classmates told me, "As expected, I'm rooting for you!" and "I want to work hard too". When I was a high school student, I decided to apply for a university because I wanted to study abroad and take advantage of my proactive nature to participate in various activities and lead a fulfilling university life. However, due to the spread of the new coronavirus infection, I was not able to live the university life I had envisioned because I was only taking online classes instead of studying abroad. Now that I finally have the opportunity to go to the long-awaited overseas training, I am full of motivation to work hard and learn more than anyone else.

**Name:** Daisuke Homon

**Affiliation:** Takarazuka University, Faculty of Nursing

**Hometown:** Takarazuka City, Hyogo Prefecture

I attended a disaster nursing seminar at university this year and learned about this training program there. I became interested in disaster nursing because in the future, when I am in a position to help survivors as a nurse, I thought that learning about disaster care will lead to the rescue of as many victims as possible. We touched on disaster nursing in my courses at university, however, I felt that the knowledge I gained at that time was not enough. Through this training, I hope to learn more about disaster nursing and be able to take initiative when a disaster actually occurs, attending to not only victims, but medical personnel as well.



While I am grateful to be able to gain valuable experience through this program, I am also worried, considering that my knowledge about disaster nursing is shallower than that of others. However, I will take advantage of this opportunity to keep up with other students and deepen my understanding.

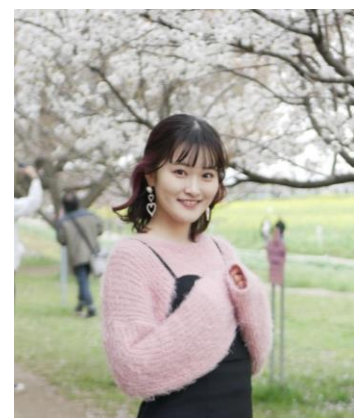
When I received the news that the participants had been chosen, I was so surprised that I read it over and over again. Simultaneously, I was determined to try my best. To be honest, I was surprised when I received the news that I had passed the screening. Since only 10 people from all over the country can participate, I thought it would be difficult to get selected. Naturally, there are many people who want to participate in this kind of training, and I assume that a considerable number of people applied. Among them, there are many who are better than me, such as those with superior academic backgrounds and those who know more about disaster nursing than I do. However, as much as I was surprised that I passed the initial document screening, took the interview test, and was accepted as a participant instead of those people, I thought I should work hard not to fall behind them.

**Name:** Mayu Yoneyama

**Affiliation:** Tokyo Medical University, Faculty of Medicine,  
Department of Health Sciences, Nursing Major

**Hometown:** Paris, France

First, I found it attractive that I could learn about disaster medicine in the United States. I believe that there are many disasters in the United States, including terrorism, that are unfamiliar to Japan, so I hope to acquire flexible skills to respond to various disasters. In addition, by learning about disaster medicine in the United States and acquiring a wide range of knowledge and a multifaceted perspective, I want to consider what Japan's issues in disaster



medicine are, and what nurses can do to solve them and strengthen the foundations of disaster medicine.

Furthermore, in the future, I hope to travel to developing countries as a Japan Overseas Cooperation Volunteer. Since the destination and work content would vary, I believe that it is important to accumulate copious experiences from now on so that I can respond to various kinds of work. Thus, through this program, I hope to actively engage with local medical professionals and learn how to collaborate across borders.

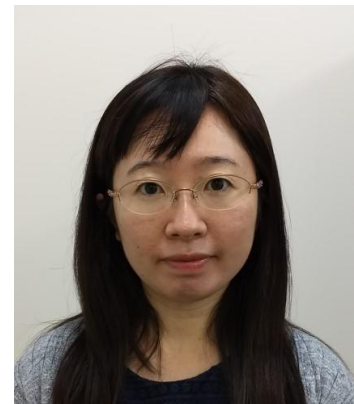
I was very happy to be selected because there were several people applying from the same university and I was worried that I would be rejected. Also, I spent a lot of time writing the documents with advice from my seniors, so I was relieved that my efforts paid off. I felt very excited to go to Miyagi, Hyogo, and the United States to learn about disaster nursing while interacting with local people. Now, I am very much looking forward to building relationships with fellow peers who I will be studying with. Since I was selected as one of the 10 people, I hope to take initiative and accumulate a lot of experience, and while accumulating knowledge, I hope to absorb more and more of what I thought was good around me. Thank you.

### **【Mentors】**

**Name:** Megumu Iwamoto

**Hometown:** Yamaguchi City, Yamagata Prefecture

Due to my experience as a public health nurse in support after the Great East Japan Earthquake, I strongly feel the importance of learning disaster nursing. I was fascinated by the philosophy of the TOMODACHI J&J Disaster Nursing Training Program, which aims to “develop leaders who will lead the field of disaster nursing in the future and strengthen the foundation of disaster nursing as a whole” and decided to apply in hopes that there is something I could do to help. Since I am still in the process of learning about disaster nursing myself, there will be some things I lack, however, I hope to learn along with everyone and ask for continued support. My wish is to be of help as much as possible so that by the end of this program, I can see everyone thrive as a result of their fulfilling experiences. Therefore, please do not hesitate to talk to me and contact me.



When I received the offer to work as a mentor, the first that came to my mind was, to be honest, not joy, but worry about whether I could adequately fulfill the role of a mentor and whether a different mentor would have been better suited to support the participants. Although these sentiments still remain, now that I have taken the offer, my worries are transforming to positive feelings of “I’ll do my best.” Since I am still in the process of learning about disaster nursing, I hope to learn along with the participants, have fun and sometimes worry together throughout this training program.



**Name:** Yuki Maenaka

**Hometown:** Takarazuka City, Hyogo Prefecture

This training is not a one-time training but consists of 3 parts over about half a year, where you acquire the skills and knowledge necessary to become a leader in the field of disaster nursing in the future, such as expanding your learning in various places. I was impressed with how wonderful the program was. Two years ago, I applied for the TOMODACHI J&J Disaster Nursing Training Program 2021 and participated as a mentor. At that time, I remember being very surprised to see the high aspirations of the students who participated in this training for disaster nursing. However, in 2021, I regret that since all the training was online, I was not able to meet such highly motivated students in person. The training in the United States has resumed from this year, and I can meet the students directly. I am very much looking forward to talking with everyone about disasters, even though it is a limited period of time.



When I participated as a mentor two years ago, I had regrets as aforementioned. In addition, there were various difficulties adapting to the online setting, as it differed from in-person training. Nevertheless, as this training program, which was carefully planned out, progressed, I myself became a fan of this training, as I was reminded of the depth and fun of disaster nursing. Since last year, the restrictions on COVID-19 have gradually been eased, such as gradual face-to-face training, and as a result, I became more interested in what would happen if the training was held face-to-face and applied as a mentor last year. Unfortunately, I wasn't selected, however, I didn't give up and applied again this year. Rather than just having fun, I would like to do my best to support students so that they can learn what they need to learn and finish the training with a sense of satisfaction.