The Ninth TOMODACHI J&J Disaster Nursing Training Program Cohorts

*Japanese alphabetical order

【Students】

Name：Nao ENDO

Affiliation：Fukushima Medical University, Faculty of Nursing, Department of Nursing

Hometown：Yonezawa City, Yamagata Prefecture

Having experienced the Great East Japan Earthquake, I developed an interest in other disasters and the crucial role of healthcare workers. This motivated me to pursue a career as a healthcare professional with a focus on disaster medicine and disaster nursing. Since last year, I have been actively involved in the disaster nursing circle and a student organization. However, as I participated in these activities, I became acutely aware of my limited knowledge and narrow perspectives, which led me to seek ways to improve myself. During this time, my professor recommended this program, which prompted me to apply. Through this program, I aim to gain various insights from its content, group work, and opinions of other participants. I also hope to objectively evaluate my abilities and how effectively they can be applied during a disaster. I aspire to spend the six months understanding the differing approaches and strategies between Japan and the United States regarding disaster response, and to experience significant personal growth.

Name: Moe OIZUMI

Affiliation: University of Hyogo, Faculty of Nursing

Hometown: Kobe, Hyogo Prefecture

I applied to this program with the aim of learning about disaster nursing and applying this knowledge to my future activities and nursing career. Having been born and raised in Kobe, I have always had a keen interest in disasters, influenced by my early education and continuous reflection on earthquakes. At university, I learned about disaster nursing through a training program that welcomed nursing students from Australia, Malaysia, and other countries. Learning about disaster nursing alongside these

international students deepened my interest in the field. As my motivation to engage in disaster nursing grew, I became acutely aware of my lack of knowledge about my own country's disaster medicine and the need to learn more about it. I am confident that this program will provide me with a comprehensive knowledge and approach to disaster medicine as it allows me to study the topic not only in Kobe and the Tohoku region but also to learn about cutting-edge disaster nursing practices in the United States. I am also looking forward to studying and sharing diverse perspectives with peers who share the same passion.

I will actively engage in the program, gain as much knowledge as possible, and participate enthusiastically in all activities!

Name: Mao OGAWA
Affiliation: Japanese Red Cross Kyushu International College of Nursing, Department of Nursing
Hometown: Iwamizawa, Hokkaido

I am studying nursing with the desire to alleviate suffering from all perspectives for people of various nationalities, cultures, and religions. During disasters, foreign residents are more likely to become vulnerable due to communication gaps and other barriers compared to others. I aspire to deepen my understanding of the medical support and information necessary to maintain the physical and mental wellbeing of these individuals in their communities during disasters.

My decision to participate in this program has been prompted by my desire to learn what challenges exist in Japan for ensuring safe evacuation of foreign nationals and assistance to providing services necessary in the daily lives after a disaster. Furthermore, I aim to expand my perspectives and explore the necessary measures to prepare for the needs of those in distress and those from different cultural and linguistic backgrounds.
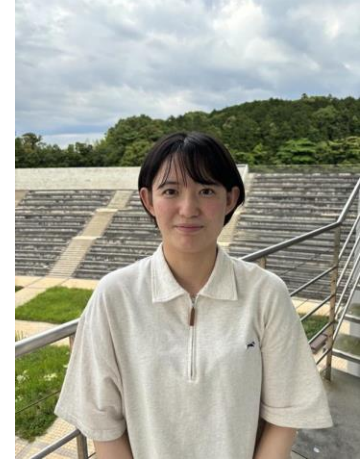
Name: Yui TAKADA

Affiliation: Japanese Red Cross Kyushu International College of Nursing, Department of Nursing

Hometown: Minamishimabara, Nagasaki Prefecture

I developed an interest in disaster nursing when I visited the areas affected by the Great East Japan Earthquake during my middle school years. Specifically, I am interested in nursing activities that aim to prevent disaster-related deaths. It is unacceptable for lives saved during evacuation to be lost due to deteriorating health or even suicide caused by poor shelter conditions or insufficient nursing care. To prevent such avoidable deaths, I believe it is essential to intervene from the acute phase of a disaster. Through this program, I aim to learn how advanced countries provide medical and nursing care during the acute phase of disasters and gain specialized knowledge on these fields by visiting facilities and organizations. I am eager to learn as much as possible through this program that provides unique and valuable learning opportunities.

Name: Ramu TAKEDA

Affiliation: Tohoku University, Faculty of Medicine, Department of Health Sciences

Hometown: Osaki, Miyagi Prefecture

I aspire to become a midwife who provides safe and secure childbirth under any circumstances and supports pregnant women and their families by addressing their concerns, thereby contributing to an establishment of society that protects women's rights. When I experienced the Great East Japan Earthquake at eight years old, I faced shortages of supplies and a lack of privacy in evacuation centers, which made me realize that disasters often put women, especially pregnant women, in vulnerable situations. Such experience taught me the importance of midwives with specialized knowledge and training in maternal and child health in actively providing psychological care to pregnant women and assistance in improving shelter conditions to protect women's rights even during disasters. Over the six months, I aim to fully engage with disaster nursing to learn practical skills such as triage

and Psychological First Aid (PFA). Additionally, I hope to develop confidence and initiative in actively supporting women's rights during disasters.

Name: Amana MASHIHO
Affiliation: Okinawa Prefectural College of Nursing, Department of Nursing
Hometown: Urasoe, Okinawa Prefecture

Japan is a disaster-prone country, experiencing earthquakes, heavy rains, and so on in recent years with a major earthquake predicted to occur in the near future. Therefore, I believe there is a significant need in studying disaster nursing and would like to delve deeper into the subject through this program. Additionally, I aspire to learn about the international medical care as well as cutting-edge healthcare systems in the United States in pursuit of my interest in studying nurse practitioners and medical support for foreign residents in Japan. The opportunity to visit disaster-affected areas and the U.S. to study disaster medicine, along with the chance to exchange opinions and learn together with students from various regions, greatly attracted me to apply for this program. Through this program, I hope to gain specialized knowledge and skills in disaster nursing to provide high-quality nursing care in the future as a professional.

Name: Yuina MATSUMOTO
Affiliation: Tokyo Medical and Dental University, School of Health Care Sciences
Hometown: Adachi, Tokyo

I was drawn to the opportunity to learn specialized content in the field of disaster nursing through fieldwork both domestically and internationally in this program as there are not many classes focused solely on this field at my university. My interest in disaster nursing developed when I participated in the volunteer work in the areas affected by the Great East Japan Earthquake during my first year of high school. Before participating, my image of disaster medicine centered around triage and on-site

treatment. However, interacting with the victims, learning about their complex feelings, and understanding the impact of disaster on children's growth sparked my interest in mid- to long-term support. This program will be one of my first experiences studying abroad and interacting with students from other universities. While I feel slightly nervous, I am determined to actively engage in this training to make it a fruitful step toward a future career in disaster nursing.

Name: Rin YASUDA
Affiliation: Tokyo Medical and Dental University, Department of Health Sciences
Hometown: Fussa City, Tokyo

I developed an interest in disaster nursing and measures in regional nursing and health professions through my experience of evacuation during typhoons when I was a second-year high school student, and through group work on regional disaster support at university.
I decided to apply for this program as I learned from the 8th cohort at the final reports event about the practical training opportunities and the chance to learn about the healthcare system and disaster nursing in the United States. Through this program, I aim to acquire knowledge and skills that will help me achieve my career goal of providing effective disaster support to communities. Furthermore, I want to actively consider my role within the group and take initiatives to complete the program alongside the nursing students with various backgrounds and perspectives.

Name: Miina YAMAZAKI
Affiliation: Okayama University, Medical School Faculty of Health Sciences Department of Nursing
Hometown: Osaka City, Osaka Prefecture

There are three main reasons for my participation in the program. First, I want to gain an international perspective on disaster nursing. Second, I aspire to become a person who can observe, think about, and act on the

realities and challenges of disaster nursing in both Japan and the United States. Third, I aim to become a leader in the field of disaster nursing. With these three pillars in mind, I desire to engage in the program's "preliminary training," "training in the U.S.," and "post-training." Despite the accelerating globalization in various fields of studies, I feel that there are still few international learning opportunities focused on the field of nursing in Japan. On the other hand, this program offers a valuable learning opportunity in the field of disaster nursing for nursing students across the country through a public-private partnership. It also offers the best educational opportunity to learn about disasters both in Japan and the U.S.. Through this program, I aim to take proactive actions based on my findings through comparing and analyzing disasters in both countries and through identifying necessary preparation for future disasters.

Name: Mikita YOSHIMATSU
Affiliation: Kansai Medical University, Faculty of Nursing
Hometown: Otsu City, Shiga Prefecture

What struck me the most when volunteering in the Noto disaster area was that people there thrived to maintain their daily lives despite the destruction of roads and homes. Such firsthand experience strengthened my desire to support people to live their lives as they are through nursing. At the same time, I aspire to become a nurse whose presence brings a sense of security and safety to those around me. To become such a nurse, I must gain knowledge about various solutions and support methods for different problems and needs. Furthermore, visiting Noto made me realize the importance of gaining first hand experience. Over the six months, I will have the direct learning opportunity about disaster measures not only in Japan but also worldwide, alongside members from across the country. By participating in this program, I aim to contribute to disaster mitigation and prevention in my future community and become the ideal nurse I envision.

【Mentors】

Name: Kanako YAMAMOTO

Affiliation: Kansai Medical University, Faculty of Nursing

Hometown: Maizuru City, Kyoto Prefecture

Looking back, the first time I set foot in a disaster area was at the end of April in 2011 in Ishinomaki and Rikuzentakata after being severely affected by the Great East Japan Earthquake. Since then, over the past 13 years, I have visited various disaster areas annually and engaged in support activity, essentially learning disaster relief on the job. Through interaction with people from various professions and different support experiences, I constantly think about what disaster relief and disaster nursing truly entail. I feel that this is a question that has yet to be answered. I am currently a university faculty member with a full time job, and I am making do with the time I have to support disaster relief efforts. As long as I have time, I would like to visit the disaster areas. I would be very happy if my experience, which I have gained a little more than you, can lead to the future development of the field of disaster nursing. I hope that I can be of some assistance to you all as you forge your own paths ahead.

Name: Ayaka UCHIDA

Affiliation: University of Occupational and Environmental Health, Graduate School of Medicine

Hometown: Kyoto City, Kyoto Prefecture

Disasters occur unexpectedly and suddenly, and disaster responders must respond quickly and appropriately. In order to be able to respond in such a manner, it is important to provide education about disasters and training to turn the unexpected into the expected. Disaster nursing education is one way to provide students and nurses with the knowledge, skills, and preparedness necessary to respond to disasters. I would like to be involved in this educational program so that nurses can provide the best possible care for disaster victims. I also believe that by sharing the latest knowledge about disaster nursing, we can contribute to the development of nurses who can play a role in saving the lives of disaster victims and supporting their healthy lives. As I am involved in disaster response both in Japan

and abroad, I continue to explore what disaster nursing is and what the role of the nursing profession is. Through this program, I would like to clarify the differences between the concepts of disaster nursing in Japan and the U.S. and the strengths of disaster nursing as Japan, and to work globally.