School of Health Sciences
Department of Nursing
About TOKAI University

Tokai University is a private university established by Dr. Shigeyoshi Matsumae in 1942. The word “Tokai” of “Tokai University” refers to the sea to the east of Asia, namely the Pacific Ocean, and symbolizes the desire to foster big hearts, rich spirits, and broad perspectives symbolized by the expanse of an ocean. The white cross of the school flag symbolizes “Love” and “Justice” and expresses the presence of “Truth” where love and justice meet. The Tokai University Educational System is one of the largest general education and research institutions in Japan today.

Dr. Shigeyoshi Matsumae and the Founding Spirit of the School

Dr. Shigeyoshi Matsumae (1901–1991) founded the university based on his passion for and ideal of education. This is the “founding spirit of the university” and it is our responsibility to pass on this spirit to following generations and fulfill our ideal of “creating a well-balanced civilized society” by cultivating people with a strong sense of mission to take responsibility for future history and with rich sense of humanity.

Cultivate your thoughts in your early days
Nature your body in your early days
Develop your intellect in your early days
Aim your hopes towards the stars in your early days

The 75th anniversary of Tokai University in 2017

The year 2017 will mark the 75th anniversary of the university. We regard this anniversary as the turning point leading to the centennial anniversary and also the beginning of a new challenging phase. We will take this important opportunity to reflect on the spirit of Dr. Matsumae and to think about how we can improve the quality of education and research as we head toward our centennial anniversary.

Tokai University Data

- **Tokai University**
  - Full-time Student: International student
  - Undergraduate Students: 29,008 (475)
  - Teachers: 1,894
  - Schools: 18
  - Departments: 68

- **School of Health Sciences**
  - Undergraduate Students: 736
  - Ratio of Male & Female: 1:2 (approximately)
  - Teachers: 51

Tokai Network

School of Health Sciences
The School of Health Sciences, which is adjacent to the University Hospital, develops specialists in public health, medical care and welfare services.
- Department of Nursing Qualifications: Nurse, public health nurse, school nurse
- Department of Social Work Qualifications: Social worker, care worker, psychiatric social worker
Basic Nursing Education in Japan

To become a certified nurse in Japan, candidates must receive specialized education after completing high-school-level education and pass the national examination. To become a qualified public health nurse and a qualified midwife, candidates must receive specialized education for at least one year.

The Department of Nursing of the Tokai University School of Health Sciences offers a four-year specialized education during which students can be qualified to receive the national nursing examination and national public health nurse examination, and can become a licensed school nurse. There is also a graduate school (master’s program) to develop certified nurse specialists (CNSs) and researchers.

### Basic nursing education courses in Japan

[Diagram of nursing education courses]

- Midwifery Course
- Graduate School Doctor Course
- Certified Nurse Specialist
- Certified Nurse
- Public Health Nurse
- Midwifery Course
- Graduate School Master Course
- Institute for Graduate Nursing
- National PIN Examination
- National Nursing Examination
- University / College of Nursing
- Junior College of Nursing
- Nursing School Diploma Program
- Graduate from High School

Tokai University, School of Health Sciences

[Diagram of Tokai University, School of Health Sciences]

### Healthcare System in Japan

The Japanese healthcare system is roughly divided into two: healthcare provided by medical facilities to those who need treatment and care, and health support provided by healthcare organizations to prevent health disorders and promote health. These combined efforts support the health of the entire nation.

Medical facilities are roughly divided into hospitals providing advanced treatment and hospitals supporting regional medical services according to disease severity. Patients may be transferred to home care or a healthcare facility. These facilities and services support people’s daily life. At medical facilities, certified nurse specialists (CNSs) and certified nurses (CNs) are stationed according to facilities’ specialized characteristics. Healthcare organizations are available according to target user and age group, including regional healthcare organizations specifically for local residents. At each of these organizations, nurses, including municipal health nurses, occupational health nurses and school nurses, are stationed. They play an important role in promoting health in various settings.
Department of Nursing

The objective of the Department of Nursing is to develop nurses who can help patients maintain their personal lifestyle and live a healthy life, based on the founding spirit of Tokai University. To fulfill this objective, its curriculum is designed to develop the following three abilities:

1. Ability to work in cooperation with patients and other healthcare professionals and develop constructive relationships with other people.
2. Ability to assess the health condition of individuals, families, and communities and identify methods to maintain and improve their health.
3. Ability to assess daily life issues caused by health problems and help patients recover their health and maintain their personal lifestyle.

More specifically, our curriculum includes liberal arts subjects to help students recognize each human being as a physically, mentally and socially integrated existence and understand health in terms of its interactions with nature, history and cultural environment; as well as subjects related to human relationships and health science subjects to further deepen students’ understanding of a rich sense of humanity and their own health. Students are provided with opportunities to study the science of nursing according to specialized fields. In classes, students discuss case studies and nursing-related issues in small groups and present discussion results to other members. Through these experiences, they develop scientific and rational thinking. In nursing practice classes according to specialized fields, students learn how to cooperate and adjust with other healthcare professionals while providing nursing care to patients using specialized nursing skills.

Short-term overseas training programs are also available to help students develop global mindsets.

Credits Required for Graduation

<table>
<thead>
<tr>
<th>Subject category</th>
<th>Class subject</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Modern civilization</td>
<td>Modern Civilization</td>
<td>4</td>
</tr>
<tr>
<td>Modern liberal arts</td>
<td>Interdisciplinary subjects</td>
<td>6</td>
</tr>
<tr>
<td>English</td>
<td>Physical education</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>English communication</td>
<td>8</td>
</tr>
<tr>
<td>Major subjects</td>
<td>Required subjects</td>
<td>98</td>
</tr>
<tr>
<td></td>
<td>Elective subjects</td>
<td>6</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>124</td>
</tr>
</tbody>
</table>

Credits required for graduation are 124 credits, students will learn the foundation courses and specialized courses in the 8 semesters.

Graduate School of Health Science, Nursing Major

The Nursing Major was established at the Graduate School of Health Science in April 1999. Required subjects include nursing theories and research methodology so that students can learn the basics that are necessary to perform research in the broad field of nursing. In addition, students are offered a wide range of elective subjects, including specialized subjects in 10 majors and international nursing-related subjects unique to Tokai University. They can also take classes on subjects other than nursing major subjects in line with their research theme.

The following are the characteristics of the education provided in the Nursing Major:

1. Basic nursing theories and research methodology (introductory knowledge, qualitative, quantitative)
2. A variety of elective subjects in the nursing field to enhance expertise in 10 majors
3. Experience of international nursing in overseas training programs, etc.
4. A variety of elective subjects available that take advantage of the wide variety of courses provided by Tokai University
The following are the characteristics of the education. Major and international nursing-related subjects are necessary to perform research in the broad field of methodology so that students can learn the basics. These subjects include nursing theories and research methodology.

School of Health Science in April 1999. Required credits for graduation are 124 credits, and students will learn the foundation courses and specialized courses in the 8 semesters.

### Educational Curriculum

<table>
<thead>
<tr>
<th>1st semester</th>
<th>2nd semester</th>
<th>3rd semester</th>
<th>4th semester</th>
<th>5th semester</th>
<th>6th semester</th>
<th>7th semester</th>
<th>8th semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Health Science</td>
<td>• Nursing Process and Health Assessment</td>
<td>• Infection &amp; Host Defense</td>
<td>• Health Disorders &amp; Nutrition</td>
<td>• Adult Nursing Practice</td>
<td>• Nursing Research</td>
<td>• Nursing Seminar</td>
<td></td>
</tr>
<tr>
<td>• Communication</td>
<td>• Basic Nursing Skills &amp; Practice</td>
<td>• Clinical Pathophysiology</td>
<td>• Pharmacology</td>
<td>• Geriatrics Nursing</td>
<td>• Chronic Nursing Care</td>
<td>• Integrated Nursing Practice</td>
<td></td>
</tr>
<tr>
<td>• Basic skills in Expressions</td>
<td>• Mental Health Nursing</td>
<td>• Legal Aspects of Nursing</td>
<td>• Public Health Science</td>
<td>• Geriatrics Nursing</td>
<td>• Critical Care Nursing</td>
<td>• Nursing Management</td>
<td></td>
</tr>
<tr>
<td>• Theories &amp; Practice of Interpersonal Relations</td>
<td></td>
<td>• Health Care System</td>
<td>• Rehabilitation Nursing</td>
<td>• Care of Maternal &amp; Child</td>
<td>• Home Care Nursing</td>
<td>• End of Life Care</td>
<td></td>
</tr>
<tr>
<td>• Basic Science of Nursing</td>
<td></td>
<td>• Social Security</td>
<td>• Child and Family</td>
<td>• Home Care Nursing</td>
<td></td>
<td>• Training program at Mayo Clinic</td>
<td></td>
</tr>
<tr>
<td>• Structure and Function in Man-1</td>
<td></td>
<td>• Life Development</td>
<td>Health Nursing</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Nutrition &amp; Metabolism</td>
<td></td>
<td>• Health Assessment</td>
<td>• Mental Health Nursing</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Statistical Analysis for Health Care-1</td>
<td></td>
<td>• Clinical Nursing Skills</td>
<td>• Nursing Seminar</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Basic Concepts &amp; Principles of Nursing</td>
<td></td>
<td>• Public Health Nursing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Training program in Hawaii</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Overseas Educational Cruise</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Training program in Hawaii</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Well-rounded Certified Nurse Specialist (CNS) Educational Curriculum

In the Nursing Major of Tokai University Graduate School, CNS courses are included in five curricula for critical care, family nursing, geriatric nursing, oncology nursing and genetic nursing. Many students who have completed the CNS course now play the leading role as an advanced nursing practitioner at hospitals and other facilities throughout Japan.
Nursing practice classes are designed and provided in such a way as to be related to lecture subjects so that nursing knowledge and skills are integrated across the curriculum. Nursing practice classes are held at the Tokai University Hospital and other medical facilities throughout Kanagawa and Tokyo.

Tokai University Hospital (Isehara Campus)

Tokai University Hospital has continuously focused its efforts, since its founding in 1975, on clinical practice, education and research in order to provide the best possible medical services to patients to remove their anxiety as quickly as possible and to treat them with high quality medical care. The hospital provides patients with various kinds of advanced treatments and also serves as a place to provide education and training to students of the School of Medicine and the School of Health Sciences, which are adjacent to the hospital. The hospital plays a role as a core medical institution providing acute medical care and operates an emergency medical service helicopter. It also serves as a regional hub hospital for cancer treatment and is engaged in clinical practice specializing in treating malignant tumors.
Tokai University established the European Center in Denmark in 1970 as the center for international exchange. Hawaii Tokai International College (HTIC) in the State of Hawaii in the United States serves as an overseas educational institution and is used by many of the University's departments for training purposes.

The Department of Nursing offers three training programs, which are designed to be in line with the progress of students’ learning in all academic years. In addition to programs at educational institutions, there are also an on-site training program at the Mayo Clinic in Minnesota in the United States and Overseas Educational Cruise programs that are available to students in all faculties.

### Overseas Training Programs

<table>
<thead>
<tr>
<th>Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Training program in Hawaii</strong>: Learn nursing and medical English in lectures at HTIC and through interaction with programs at the University of Hawaii.</td>
</tr>
<tr>
<td><strong>Training program in Denmark</strong>: A joint program among the Faculty of Medicine, Department of Nursing and Department of Social Work. Learn about the current public health, medical care and welfare systems by visiting local facilities for elderly people and through lectures provided by local healthcare professionals.</td>
</tr>
<tr>
<td><strong>Training program at the Mayo Clinic</strong>: Nursing training at medical institutions in the United States. Observe nursing practice in actual clinical settings to experience advanced medicine.</td>
</tr>
<tr>
<td><strong>Overseas Educational Cruise</strong>: Programs available to students in all faculties and departments. Visit foreign countries during a six-week cruise on the “Bosei-maru,” Tokai University’s ocean survey vessel.</td>
</tr>
</tbody>
</table>

### Messages from Students

- **Training program in Hawaii**
  - Kazuma Yoshida
  - Third year in the Department of Nursing, participated in 2013
  - I am interested in working as a nurse abroad and participated in the program when I was in my first year. Although I had difficulty in communicating in English at first, I gradually became able to understand the language through my experiences at the University of Hawaii and general hospital visits. I hope to be involved in health administration in developing countries as a health nurse in the future.

- **Training program in Denmark**
  - Shizuka Kawaguchi
  - Tokai University Hospital, participated in 2009
  - I participated in the program when I was in my second year. In Denmark, there is close cooperation among healthcare professionals in different healthcare practices, which allows users to maintain their personal lifestyle at any time. I am currently engaged in providing nursing care to patients of a wide range of ages with a wide variety of diseases at the general internal medicine ward, and am trying to put what I have learned about close cooperation with other healthcare professionals into daily practice.

- **Training program at the Mayo Clinic**
  - Kaori Takemura
  - Ebina Medical Support Center, participated in 2002
  - I participated in the program in my second year at the Graduate School. I participated in patient conferences where I could truly appreciate Mayo Clinic’s passion to “provide the best possible care in the world.” It was a valuable opportunity for me to become aware of the excellence of the compassionate and considerate nursing care provided in Japan through comparison of nursing services available in the United States.
School nurses, are stationed. They play an important role in promoting health in various settings.

Available according to target user and age group, including regional healthcare organizations specifically for local examination, and can become a licensed school nurse. There is also a graduate school (master's program) to develop during which students can be qualified to receive the national nursing examination and national public health nurse.

The Department of Nursing of the Tokai University School of Health Sciences offers a four-year specialized education in clinical nursing. Graduates could get license & qualification to sit examination for CNS, Specialist Certified Nurse & Nurse Teacher license & qualification for PHN School, Junior college, school (1 year or more). Graduates could get Master's Degree & qualification to sit examination for CNS, Graduate Nursing National MW Institute for Nursing School.

Medical facilities are roughly divided into hospitals providing advanced treatment and hospitals supporting regional community healthcare. These combined efforts support the health of the entire nation.

During treatment and care, health support provided by healthcare organizations to prevent health disorders and maintain health. The role of comprehensive healthcare is indispensable.

Healthcare facilities account for about one third of the total number of local public facilities in the city of Tokyo. Its population is about 100,000. Mountain forests and fields are pleasant places to relax.

Tokai University is a private university established by Dr. Shigeyoshi Matsumae (1901–1991) founded the university based on his passion and compassionate healthcare professionals.

On the Isehara Campus, there is Tokai University Hospital, which is trusted as the core hospital in the region. Students of the School of Medicine, School of Health Sciences, and School of Engineering (Department of Biomedical Engineering) receive specialized education in clinical settings at this hospital where cutting-edge treatment systems are available, to become humane and compassionate healthcare professionals.