STRESS MANAGEMENT EDUCATION FOR FOREIGN NURSES AND CAREGIVERS CANDIDATE IN 6-MONTHS LANGUAGE TRAINING PERIOD BEFORE WORK AT JAPAN MEDICAL INSTITUTION: OUR 5-YEARS PREVENTIVE APPROACH

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Objective: The purpose of this presentation is to introduce our efforts on preventive intervention to forging nurses and caregivers candidate during language training period before work at hospital or care facility. As well known, progression of aging is a serious social problem in Japan in these years. Medical- or daily life- care staff for aged person is insufficient. So, it was decided that the Indonesian and Philippine nurses and caregiver had an opportunity to work in Japan based on the EPA (Economic Partnership Agreement) in 2008. Because variety of problems can be predicted among working in Japan, we started to support these forging nurses and caregivers as soon as possible. We decided to start the program of Preventive Stress Management Intervention (PSMI) during pre-occupation language training period of 6-months.

Methods: PSMI includes (1) stress check, (2) workshop, (3) individual counseling. We tried PSMI twice, at 1-month after and at the end of language training. Stress checklist is composed of 4 special scales, (1) stressor, (2) stress reactions, (3) psychosomatic symptoms, and (4) coping strategies. These scales were established through interview to the life support staffs in 2008.

Results: During 5-years of intervention using PSMI program, 813 nurses and caregivers candidates got a position in facility after graduating. But high hurdle is set for them to get Japan license of nurse and caregiver within 5-years on the basis of the EAP agreement. Unfortunately, examination pass rates were only 9.6% for nurses and 39.8% for caregivers in 2013. Variety of problems must be solved as soon as possible, because they can only 5-years to stay and work in Japan. There are significant differences between two countries, i.e., stressors, stress reactions, and psychosomatic symptoms are higher in Indonesia. This indicates it is needed that the viewpoint of lifestyle or cultural differences between two countries. In this symposium, we will focus on the skin trouble caused by using soap in the home country.

Keywords: PSMI (preventive stress management intervention), Indonesia, Philippine, skin trouble, soap, cultural difference