

Report

Workshop held in cooperation between Aino Hospital staff and faculty members from the Faculty of Nursing and Rehabilitation of Aino University

— An activity report on 2 years of “care workshop” —

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Abstract

We established a care workshop in 2016 and have worked together with the staff of Aino Hospital and other facilities in order to promote mutual understanding through providing learning opportunities. The workshop has taken root over 2 years of activities.

A participatory workshop, taking properties of adult learners into consideration, could provide good opportunities for well-experienced learners to look objectively at their experiences and a support participants to learn, and so the workshop is now become held on continuous basis.

Through our efforts, we recognized that the workshop should be operated by taking participants' life stages into consideration.

Key words: workshop in cooperation, promote mutual understanding, Andragogy, support participants to learn

I. Introduction

Nurses, as medical professionals, should make efforts to develop, sustain, and improve their abilities (Japanese Nursing Association, 2000). One of the 5 core competences of practical nursing is the abilities represents “basic ability to continue to intensively study as professionals,” indicating that nurses should continue to learn throughout life in order to assure the high quality of professional nursing.

Aiming at maintaining and improving nursing

specialty, facilities to which nurses belong formulate a long-term study plan provide career depending on the developmental stage of nurses to conduct their ongoing education and carrier formation support. In addition to such organizational consideration, intrinsic motivation is emphasized from the viewpoint of continuous learning continuation to maintain the motivation of adult learners (Funashima et al., 2000 ; Cranton, 2005). Specifically, support for continuous learning may need to promote longitudinal collective learning depending on the developmental stage of

nurses as well as a learning environment that stimulates learners' intrinsic motivation through focusing on individual nurses' "theme in which they are currently most interested in."

Our care workshop was launched in January 2016 as an opportunity for collaborative learning among staff, the main training facility of Aino University, and faculty members from the Faculty of Nursing and Rehabilitation of Aino University (faculty members). Since the beginning, the workshop has been conducted on a voluntary participation basis and in accordance with the learning needs of participants for 2 years. The workshop has developed into a venue of information exchange among participants through inviting various internal and external lecturers as information providers, leading to a workshop with discussions of various topics. In the present article, we describe the history of the workshop.

II. Objective of workshop

This workshop was launched in order to promote mutual understanding through providing opportunities for learning with the staff of Aino Hospital and other training facilities.

III. Basic policies of the workshop

1. Cooperation with Aino Hospital

To respect the autonomy of individuals, the hospital's Department of Nursing simply distributed invitations for participation (to the entire workforce of Aino Hospital and Aino Hanazono Hospital).

2. Participants

Anyone can participate regardless of types of job.

3. Venue and schedule

The workshop is held at the university once every 2 months, as a rule.

4. Planning and management of workshop

Management of the workshop was carried out by core members composed of volunteers from Aino Hospital which is the main practice facility and Department of Nursing Faculty of Health Science, Aino University, and theme selection could be made at any time.

5. Others

Initially, many participants were very nervous and hesitated to speak. Since then, we have tried to create a relaxing atmosphere by offering some drinks and snacks. For group work, we arranged participants so that they were evenly assigned to groups with regard to their work place and type of job without any hierarchical considerations.

IV. Ethical considerations

We anonymously processed information so that individual participants could not be identified.

V. Results

In 2016

In 2016, we held a total of 5 sessions of the workshop. Table 1 summarizes these sessions, followed by a detailed description. (Table 1)

The number of participants is shown as long as there is a record.

[1st session]

Date : Mon. May 16

Results: We invited panels from 2 general community support centers, a nursing home for the elderly, and special nursing home for the elderly to exchange opinions with the staff and faculty members. Although we, from health service facilities, and panels, from nursing care insurance facilities, were different, this workshop was a good opportunity to understanding the characteristics of respective facilities through the exchange of opinions.

Table 1 Outline of the workshop in 2016

Date	Theme	Lecturers
Mon. May 16	Hope to learn the state of patients after discharge — necessities during home assistance and before discharge	The chief of a community general support center.
Mon. Jul. 25.	Discharge assistance can change care!	The chief of a visiting nurse station
Tue. Oct. 4.	Discharge assistance in Aino Hospital	Three nursing staffs from Aino Hospital
Tue. Nov. 21.	Preventing low back pain	The Faculty members
Tue. Feb. 13.	Promoting end-of-life care	Vice director of a special nursing home for the aged

[2nd session]

Date : Mon. Jul. 25

Results : The chief of a visiting nursing station, one of our related facilities, gave a lecture on practical cooperation between a hospital and home care as well as actual home life after discharge. Then, participants discussed their efforts and issues in their facilities. Participants had something to learn from each other through hearing about different efforts made in one facility and discharge assistance in other facilities.

[3rd session]

Date : Tue. Oct. 4

Results : Based on the previous sessions, 3 staff members, who belong to different wards, gave lectures on discharge assistance practices in Aino Hospital for the purpose of providing topics, followed by group work. This session was planned by staff members of Aino Hospital who managed it including status reports and group work. The session was exciting covering many internal circumstances and confidential talks.

[4th session]

Date : Mon. Nov. 21

Results : The workshop was conducted in a training room, different from the usual lecture room. A participant in the previous sessions had a consultation about low back pain. We held a practical session and the lecturer presented basics and practices of body mechanics as measures to prevent low back pain as well as goods for preventing low back pain. However, there were less than 10 participants, which being the lowest ever number. This session was popular among participants who could learn about body mechanics to prevent low back pain and ready-to-use goods.

[5th session]

Date : Mon. Feb. 13

Results : We received many inquiries beforehand, suggesting that our workshop is attracting marked interest. Several participants were from visiting nursing stations and health care facilities for the elderly and other facilities. There were a total of about 30 participants, the largest number

Table 2 Feedback of and requests for the workshop in 2016

[Feedback of care workshop]	
Good experiences	It was the first time for me to take part in the workshop.
	I enjoyed it as if I were a student.
	It was a good experience to converse with various participants from different professions who work at different occasions.
	I am grateful to the lecturers from not only hospitals but also other facilities for their valuable lectures. Group work was a good experience for me.
"I learned a lot"	I learned a lot from exchange with participants from other facilities.
	I learned a lot from participants from other facilities because I am solely engaged in daily practices in hospital.
	I could receive plain explanations that I can apply to daily practices.
Gratitude	I am grateful for this workshop.
	I have participated in every session, and I will continue to do so in the future.
	This is the first time for me to participate. I would like to participate in future interesting workshops.
[Requests for future sessions]	
Exchange with others of various professions	I hope for lecturers other than nurses.
	I want to talk with others of various professions.
Case presentation	I want to hear many others' experiences.
	I want to know various cases and topics.
Care in elderly facilities	I want to go on a facility observation tour.
	I want to know about the involvement with users and family members at facilities.
Palliative care and deathwatch	I want to hear various opinions regarding my long-unresolved distress as a nurse.
	It may be a good idea to discuss deathwatch in hospital.

Table 3 Outline of workshop in 2017

Date	Theme	Lecturer
Tue. May 23	Practices of grief and bereavement care	The manager of a visiting nursing station
Tue. Jul. 18	After deathwatch in hospital: Learn from a funeral service provider	Embalmer, a Funeral service provider
Tue. Oct. 17	That can be done because it is a nurse	The manager of a nursing small-scale multifunctional in-home care (NSMFIC) provider
Tue. Nov. 28	Special event: Elderly facility observation tour	The staff of elderly facilities
Mon. Mar. 19	Self treatment for your body	Yoga instructor

of participants that year. The lecturer spoke on practical deathwatch in a special nursing home for the aged, a welfare facility, indicating a good opportunity for participants to review deathwatch in their respective facilities. (Table 2)

2017

In 2017, we held continuously workshop a total of 5 sessions of the workshop. On the request of participants in the previous, we selected lecturers and topics that consistent with the needs of participants, if possible. Table 3 shows themes and lecturers and a summary of the sessions is provide. (Table 3)

[1st workshop]

Date : Tue. May 23.

Results: The manager of a visiting nursing station, who experienced deathwatch at home, gave a lecture and set group work during a workshop. There were 21 participants, including nurses from Aino Hospital, care workers, visiting nurses from a facility related to practical training, and occupational therapists. In response to learning needs arising during sessions in the previous year, this session, focusing on deathwatch at home, could provide a presentation on the practical handing over of home care, and breakthrough measures as well as new knowledge and findings to overcome problems encountered during daily nursing practice.

[2nd workshop]

Date : Tue. Jul. 18.

Results: In response to participants' opinions and on the request for deeper knowledge of and techniques for terminal care, we focused on after death care in this session, where a lecturer with professional skills gave a lecture: "After deathwatch in hospital: Learn from a funeral service provider" that member after death makeup, after death care, and embalming, and a bereaved family shared their experiences after the funeral. There

were 12 participants in this session. Participants could improve their knowledge and abilities after professional skills were presented for making up the body for whom after death makeup is difficult because of jaundice or chronic anemia.

[3rd workshop]

Date : Tue. Oct. 17.

Results: As a presentation of a social resource "discharge assistance," a desired theme, we highlighted NSMFIC facilities in this session where a manager of a visiting nursing station gave a lecture and set group work. There were 19 participants, similar to previous sessions including, multiple professionals such as nurses, care workers, visiting nurses, and occupational therapists from Aino Hospital and other facilities. Participants had extensive knowledge of NSMFIC, a service covered by nursing care insurance, but public knowledge of it is limited. There were many participants with accompanying children; therefore, we arranged a system whereby more people can participate while participants help each other with child-care.

[4th workshop]

Date : Tue. Nov. 28.

Results: This session was conducted as a special program. Differing from the previous sessions, a facility observation tour was conducted as an activity outside the university. Aiming at promoting knowing of community social resources, we carried out an observation tour of a health services facility for the aged and special nursing home for the aged. While the previous sessions were held in the evening, the observation tour of facilities was carried out during the day, considering the nature of the tour. There were 12 participants including nurses and care workers from Aino Hospital and other training facilities and care managers. Participants visited these two facilities, using public transport, in the morning and afternoon. Different from the previous

sessions, participants could learn deeply by making full use of the five senses in order to fully understand social resources in local communities through visiting sites and seeing facilities and activities performed there. Furthermore, the staff of the facilities that we visited said “we also learned a lot” and “your visit was very encouraging and gave us a good opportunity to review our practices,” suggesting that an observation tour may provide a new opportunity for exchange among various professions.

[5th workshop]

Date : Mon. Mar. 19.

Results : A lecturer, a yoga instructor, and lymph massage therapist showed mainly practical skills. Self-maintenance techniques were first taught rather than care for others because participants tend to over exert themselves physically. There were 10 participants. (Table 4)

VI. Discussion

We established a care workshop in 2016 and have worked together with the staff of Aino Hospital and other facilities in order to promote mutual understanding through providing learning opportunities. There have been more than 100 participants in the 2 years of our activities. Some staff members from training facilities have participated in every session, suggesting that the workshop has taken root. In order to nurture a better practical training environment, it may be necessary to continue to provide such learning opportunities in the future.

Workshop sessions adopted on the themes that were always based on the requests of participants. This may enable us to operate the workshop to directly meet participants' learning needs, stimulating their spontaneous motivation. Therefore, the workshop could provide continuous learning opportunities. In addition, it was considered that the workshop promoted the image of like long learning in nursing, guaranteeing the quality of nursing activities as the workshop directly meets learner's needs in a timely fashion.

There have been various participants such as nurses, care workers, physical therapists, occupational therapists, and care managers from health care facilities including hospitals as well as nursing care insurance businesses such as nursing homes for the elderly and visiting nursing stations. Because they participated as adult learners, the workshop provided not only lectures

in which participants just audit but also group works. Such participatory workshops will provide good opportunities for learners with extensive experience to objectively review their experience, which may aid participants' learning.

An inter-professional exchange emerged among participants from various facilities, from which participants have obtained much information in addition to the knowledge obtained from lectures. Both in 2016 and 2017, many participants gave feedback that it was a good opportunity for exchange among participants from various facilities, which might encourage more participants to attend the workshop. The workshop also served as an information platform that fostered mutual understanding, promoting face-to-face cooperation among various facilities.

Meanwhile, regarding participants' life stages, many have families and children and inevitably have to balance work with family-life in order to the workshop. In the middle of the course of the workshop, we noticed the need for childcare and announced that participants could attend with their children. We prepared a system for childcare to encourage more people to participate. This might allow staff members to more easily participate with their children. Given that potential learners are adults, a childcare system should be prepared despite various limitations. In addition, workshop sessions held in the evening could have excluded potential participants because sessions may finish late, as noted in participants' feedback. We should have allowed participants come and leave at any time so that more learners could participate.

VII. Conclusion

The workshop, held by those interested among staff and faculty members, has been held continuously for 2 years with themes meeting participants' needs. Every session has served as a useful place to exchange information due to participation by various staff members from Aino Hospital's training facilities. Holding the workshop sessions suggested the necessity of providing opportunities for learning for adult learners, taking characteristics and issues of such learners into consideration. We hope to continuously hold sessions in the future.

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Table 4 Feedbacks of and requests for the workshop in 2017

[Feedback of care workshop]	
Deeded knowledge	It serves as a reference for future care. It was motivating.
	I learned a lot from various cases.
	My uncertain knowledge become a to clear understanding.
	It was great help to know actual grief care and was helpful to address my worries about how to address family members.
	It was a good to know actual grief care and cases.
	I knew only the team "grief care." I am glad to have participated in today's session.
	It was interesting to hear about new things. I thought a lot.
	It was good to know about embalming. I learned a lot.
	I realized the importance of after death makeup.
	I have been told to go and observe NSMFIC. It was good to hear about it.
	I just knew about NSMFIC. It was good to know, for the first time, how staff members address users.
	I learned a lot about in-home care.
	It was good to hear a lot of things.
	The lecture was very clear for me to know about actual services. The topic was timely for me and changed my impression of NSMFIC.
Exchange among	It was good to know about other stations.
	I was pleased to talk with staff members from hospital wards.
	I undertake death conferences to improve the quality of deathwatch on the ward. I was pleased to talk with many people.
participants from different facilities and sectors	I could conduct information sharing about in-home deathwatch and grief care.
	During opinion-exchanging WG, it was good to know about the actual status of hospital nurses and hospitals.
	I have only worked in the hospital. It was good to know about other facilities.
	I have no opportunity to talk with visiting nursing staff. Cooperation between wards and visiting nursing may lead really to end-of-life care in the local community.
Others	I am grateful to other participants for keeping an eye on my child.
	I enjoyed learning.
	I was encouraged when I heard a good lecture. Thank you.
	I learned a lot.
	It was clear for me to understand. Thank you.
	Please reexamine the time. Those who have to do housework may have difficulty in participating in a session that will end at 19 : 30.
[Requests for future sessions]	
Nursing techniques	Dietics, Recipes for easy-to-prepare food such as thickened food.
	Positioning
	State-of-the-art nursing techniques
	Emergency measures (care and interventions)
Community cooperation	Death conference, Social resources
	What is terminal care by nurses and care attendants on wards?
	Home care nursing (visiting and relation between hospital and home)
	Discharge assistance
	Problems in facilities
	Discharge assistance Psychological emotional control
	Cooperative system for community-based integrated care
Activities of and facts on deathwatchers	
Cases	Cases of dementia

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