


Reflection Essay

Name	Doreen Devoy-Hulgan, MA, RN, PHN	
Home University	Minnesota State University, Mankato	
Faculty/School	College of Allied Health & Nursing, School of Nursing	
Program Dates	From 6/24/24 To 7/5/24	

1. Why did you choose OMPU for your international experience?

I have wanted to come to Japan for many years. The OMPU international experience was presented to students in the RN-BS bridge nursing program by the Glen Taylor Nursing Institute for Family & Society at my university, Minnesota State University, Mankato. I applied and was honored to have been selected to come to Japan with the inaugural cohort. This program is an exceptional opportunity because many non-traditional students such as ourselves never see opportunities like this. I hope the program continues and is fruitful for many years into the future.

2. What is your impression about OMPU, before and after the program?

Before I learned of the program, I did not know anything about OMPU. After applying, I learned that OMPU is a well renowned university. After attending the program, I am particularly impressed with the promising advances at the Kansai BNCT Medical Center. Also, I am impressed by the dedicated and generous students and faculty. The nursing profession is very well represented at OMPU!

3. What have you gained through this program?

Through this program, I have broadened my perspectives on the interconnectedness of society and culture in medicine, nursing, health and healthcare, and how values are reflected in policy and systems. I have gained an appreciation for foods, architecture, climate, religious practice and cultural values different to my own. I got to experience some significant historical and cultural sites in Japan. I have built insight and knowledge, but more importantly I have gained colleagues and friends on another continent. I hope we continue to work together to make the world a healthier place for all.

4. Any message to the faculty members, healthcare professionals and students from OMPU and University Hospital?

I am so grateful to have had this opportunity. I felt so welcomed by the faculty, the students, my colleagues, and the community. I appreciate all the hard work that went into having us here, including all the translating and interpreting and speaking in English so that we could all have a common language.

I feel solidarity with the nurses from Japan and Taiwan. There are many similarities in nursing in the three countries, despite the differences. We are all human, and nursing is very much a human profession. How our societies are structured and the way our healthcare is funded create some fundamental differences in how care is delivered. But I want to stress that differences are not all bad. I think we have the most to learn from each other where there is contrast. I also felt a bit sad because the health care challenges facing our societies seem overwhelming--but nurses are advocates and innovators and I am sure we will rise to the occasion together.


I appreciate the Japanese cultural values of keeping things clean and neat, protecting others, and not disturbing others. I was surprised to learn that there are fewer intergenerational families living together now in Japan, because I had in my mind that this was the regular arrangement.

I was inspired by our trip to Iwakura. I learned that it took 70 years for the community to really embrace the hospital there. This reminds me that change takes time, and not to quit too soon! I was also so impressed by the success of the Genki Kai exercise program. I really enjoyed

hearing from the participants about how the program has helped them. We have similar national programs in the US (for example, SAIL-Stay Active and Independent for Life), but many people do not know about these. I will contact the director of the Senior Center in my town and see how we can promote this activity because it has such a positive impact on the participants!



Reflection Essay

Name	Stephanie Corbin	
Home University	University of Minnesota Mankato	
Faculty/School	Osaka Medical and Pharmaceutical University	
Program Dates	From 06/24/2024 To 07/05/2024	

<p>1. Why did you choose OMPU for your international experience?</p> <p>There was an announcement posted on our online classroom platform about an opportunity for 4 RN to BS students to go to Japan to learn about the nursing program and health care system. I thought it was a great opportunity and I applied to go.</p>
<p>2. What is your impression about OMPU, before and after the program?</p> <p>My impression of OMPU prior to going to Japan was that it was a good university. I had looked around the university's website and was impressed with the programs offered. The university also has a good reputation in Japan from what I gathered through researching the school. After participating in the summer program my thoughts of the university were validated. I think the education provided to the nursing students is superb and thorough. I can see that thought and detail go into the education provided to the nursing students, providing a well-rounded educational experience.</p>
<p>3. What have you gained through this program?</p> <p>Through the experience at the university, I have gained a new sense of cultural competence. I learned a different sense of patience when it comes to having a language barrier, different ways of communicating with cultures different than mine, a new sense of healthcare globally, how other countries navigate the quickly aging baby boomer generation, and similarities as well as differences in our education.</p>
<p>4. Any message to the faculty members, healthcare professionals and students from OMPU and University Hospital?</p>

Thank you all for your kind hospitality. I appreciate all of you for rearranging your days to accommodate our visit and to show us around into your education and work life. There is no better way for me to learn than to literally be there in person and see things up close. We were able to participate in so many great experiences while we were there, more than I had ever imagined. This will be an experience that I will never forget and I am honoured to have been a part of an amazing collaboration.



Reflection Essay

Name	Esmeralda Wolfswinkel			
Home University	Minnesota State University, Mankato			
Faculty/School	OMPU			
Program Dates	From	June 25 th , 2024	To	

1. Why did you choose OMPU for your international experience?

I decided to join OMPU because I wanted to learn more about Japanese culture, particularly how culture and cultural values impact the health care system in Japan.

2. What is your impression about OMPU, before and after the program?

At the beginning of the program, I was worried about adequately adjusting to the culture, language barrier (as I do not speak Japanese), homesickness, financial limitations, and adapting to a different educational system. However, upon our arrival, everyone was very welcoming and accommodating. Most of the students and staff working along with us speak English, which made the learning process much easier. Everything in Japan was much cheaper than we anticipated, making the trip very affordable.

I am very impressed with the trust and respect the community, family, students, staff, and leaders have for each other. Trust and communication are critical elements to successful relationships, and this shows in Japan. Great job, you all!

3. What have you gained through this program?


This summer seminar taught me to think more broadly, learn new skills, gain personal growth and confidence, and make lifelong connections.

4. Any message to the faculty members, healthcare professionals and students from OMPU and University Hospital?

I am very thankful for the opportunity to learn about wonderful, caring nurses, students, nurses, university staff, and leaders. Thank you for your patience and willingness to teach us international students.



Reflection Essay


Name	Agnes Lokonon	
Home University	Minnesota State University Mankato	
Faculty/School		
Program Dates	From _____ To _____	

1. Why did you choose OMPU for your international experience?

. Working precisely at Riverside gives me the opportunity to care for a very diverse patient population. working with a very diverse patient population, I still feel inadequate caring for patients and families of Asian origin. I want to learn more about the cultures and values that shape Asians. Morre precisely, I want to learn from within their context what constitutes relevant nursing care. This trip to Japan provides me with the unique opportunity to learn about the Japanese peoples and how relevant nursing care looks like within their context.

2. What is your impression about OMPU, before and after the program?
After the program, I was impressed about the healthcare system in JAPAN. The education, the culture,
3. What have you gained through this program?
I have gained a lot of knowelege during the 2 weeks exchange. I learned about Health care system in Japan, PICS ,
4. Any message to the faculty members, healthcare professionals and students from OMPU and University Hospital?
Thank you all for everything.

Reflection Essay

Name	Wan-Jung, CHENG	
Home University	Taipei Medical University	
Faculty/School	Nursing	
Program Dates	From June 24,2024 To July 5,2024	

1. Why did you choose OMPU for your international experience?
I have always been very interested in international healthcare. The school offers us many options, and my uncle is from Japan. After he fell ill, I became particularly interested in the Japanese healthcare system. I also reviewed the past courses offered by OMPU, which were very comprehensive and included many topics of interest to me. Therefore, I chose OMPU!
2. What is your impression about OMPU, before and after the program?
Before attending the course, I naturally felt that there were many aspects I didn't understand beyond the written materials. However, after participating in the course, I found that I really liked OMPU. All the teachers and students were very kind, offered us a lot of help, and were very welcoming and communicative with us. The school's facilities are also very modern, and the use of technology in teaching left a strong impression on me. Regarding the hospital, all the staff provided us with very detailed explanations, giving us a thorough understanding of the hospital's operations. The hospital also excels in ensuring patient safety and privacy!
3. What have you gained through this program?
This course was incredibly comprehensive, and I learned a lot about the educational systems, hospital environments, nursing policies, and community health in both Japan and the United States. In terms of education, the city of Takatsuki in Osaka has established an "Orange Team." This team focuses on educating the public about dementia, including its symptoms and how to interact with dementia patients. They have partnered with local restaurants and shops to provide assistance when needed. Besides adult education, they also give lectures to elementary school students, educating them on related knowledge and reducing their fear of dementia patients.

Regarding the hospital environment, Osaka Medical and Pharmaceutical University Hospital is very clean and well-organized, with many patient-friendly facilities. For instance, in the heart failure ward, where patients' fluid intake is strictly controlled, they have a water dispenser that dispenses 100ml per use, making it easier for patients to track their intake. Additionally, each ward has a blood pressure monitor. They encourage patients to measure their blood pressure daily, promoting the habit of self-monitoring at home. I am impressed by Japan's culture of trust, where patients are encouraged to manage their own care. After assessing the patients' abilities, they give them a full day's medication each morning, trusting them to take it on their own.

In terms of nursing policies, both Japan and the United States use a nursing assistant system. Families don't need to personally take care of patients or hire caregivers, as nurses and nursing assistants provide total care. Initially, I was surprised by the concept of "total care," thinking it would be very demanding for the nurses. However, I discovered that nursing assistants play a significant role, performing all tasks except medical procedures, and working seamlessly with nurses to enhance the quality of care.

Community health left the deepest impression on me, especially their strong national health awareness, which increases the motivation to participate in community health promotion activities. During this visit, we went to a local community to observe their senior vitality group, the Hijiri Masumasu Genki Club. This group is entirely voluntary, with no membership fees or system. Every morning at 6 AM, they gather in the park for exercises, which include oral exercises, vocal practice, stretching, and muscle training. The exercise session lasts about 25 minutes, followed by social interaction, promoting both physical and mental health. This group has been active for 12 years, with an average age of 65-75 years. The morning we visited, there were 72 seniors participating in the morning activity.

When we visited the activity center, we were astonished by the ages of many seniors. What impressed me the most was a member who had a stroke and partial paralysis; after continuous participation in the exercises, he can now raise both hands and exercise with everyone. Another remarkable member is a 90-year-old gentleman who moves freely and can even do squats. It's truly unbelievable. Several members have attended over 1,000 sessions. I believe that although these exercises are not long or difficult, they help maintain the seniors' swallowing and chewing abilities and muscle condition, thereby maintaining nutrition and enhancing health.

Over these two weeks, I have gained a wealth of knowledge, not only in caregiving but also in cultural exchange. I have made many friends from the United States and Japan. I hope to share what I have learned with more people in the future. Although changing the environment is challenging, I believe that by progressing step by step, we will eventually achieve our goals!


4. Any message to the faculty members, healthcare professionals and students from OMPU and University Hospital?

I am filled with gratitude. We are incredibly honored to have spent these two weeks with OMPU and all the hospital staff. I have learned so much from you all. Thank you very much for your hospitality, especially to the OMPU students who took us on a trip to Kyoto. These experiences were truly amazing! Your warmth and kindness will never be forgotten! Thank you once again!

You are always welcome to visit Taiwan, and I hope we can meet again someday!



Reflection Essay

Name	Hsiao, yen-yu	
Home University	Taipei medical university	
Faculty/School	Nursing	
Program Dates	From JUN 24th To JUL 5th	

1. Why did you choose OMPU for your international experience?

I'm interested in the health care system and nursing education in Japan, especially OMPU is a famous university in nursing education.

2. What is your impression about OMPU, before and after the program?

I used to think that OMPU was a strict and serious school. However, after spending two weeks there, I found it to be a warm and wonderful place.

3. What have you gained through this program?

I learned a lot about the Japanese health system and nursing education. The courses in this program are interesting and amazing. Cultural exchange with OMPU students and classmates from Minnesota State University has also been a wonderful experience for me.

4. Any message to the faculty members, healthcare professionals and students from OMPU and University Hospital?

Thanks for your guiding and treated me so friendly.

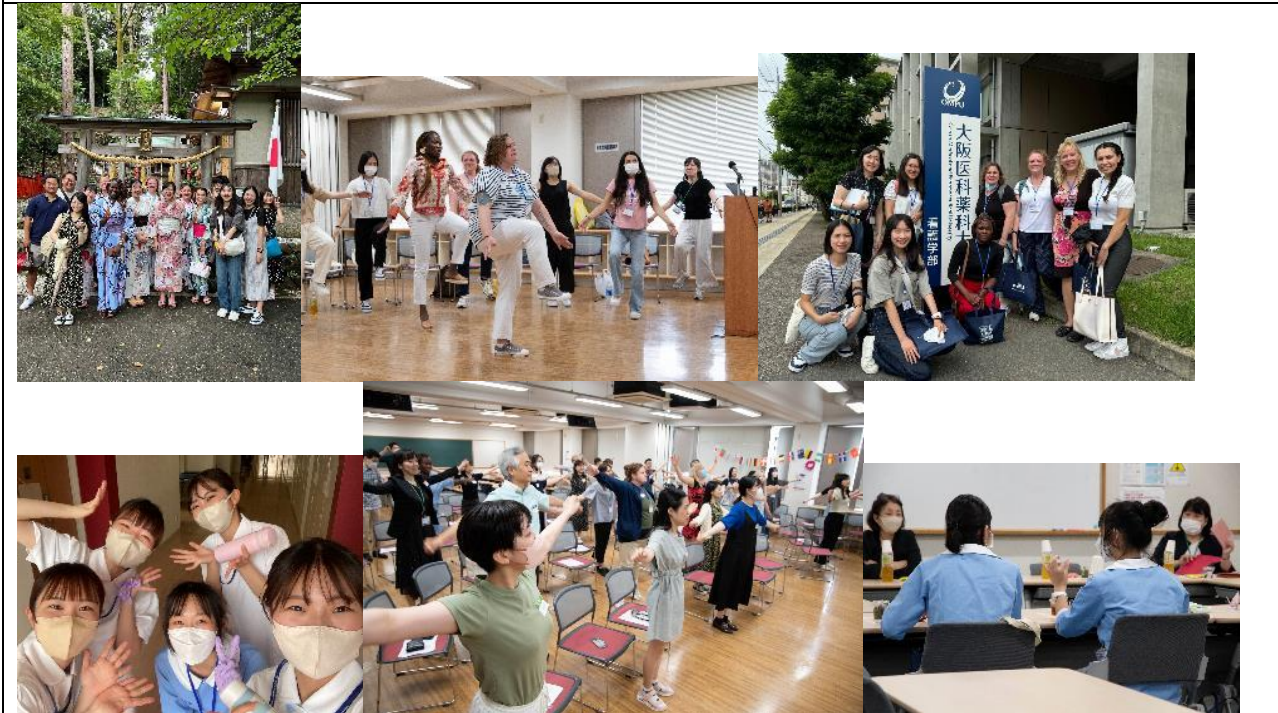
Reflection Essay

Name	Liu, Jia-Qi	
Home University	Taipei Medical University	
Faculty/School	Nursing	
Program Dates	From 06/24/2024 To 07/05/2024	
1. Why did you choose OMPU for your international experience?	Because this is the only school I only heard before.	
2. What is your impression about OMPU, before and after the program?	The school is very big and all the people are very kind. All the teachers and students are very nice.	
3. What have you gained through this program?		


I knew the difference between Taiwan and Japan in nursing, and Japan has a lot of situation in the elderly people. I think Taiwan can learn from Japan.

4. Any message to the faculty members, healthcare professionals and students from OMPU and University Hospital?

Thank you for treating us so kind and preparing so much things for us.



Reflection Essay

Name	Stacey Van Gelderen	
Home University	Minnesota State University, Mankato	
Faculty/School	Full Professor, Faculty, School of Nursing	
Program Dates	From 6/24/2024 To 7/5/2024	

5. Why did you choose OMPU for your international experience?

I am honored to have accompanied the Minnesota State University, Mankato (MSU) students for our first invitation to OMPU. I served as the faculty member to help bridge relationships between MSU and OMPU.

6. What is your impression about OMPU, before and after the program?

Before: We were guided well by the summer program committee on what to expect, how to dress, and prepare for each day that were there during the summer program. I found everything to well organized and supported for both faculty and students. Yoko was an amazing communicator each day both during email and on WhatsApp to give us directions and suggestions.

After: I hope that OMPU will consider asking MSU students to come back again next year as I see this as a great international exchange between MSU and OMPU nursing students. This is a wonderful cultural immersion experience to learn the different healthcare systems, cultures, and customs within families and healthcare industries from country to country. I also learned a lot from the Taiwanese nursing students during our conversations and discussions each day.

7. What have you gained through this program?

I have gained a deeper understanding of the Japanese healthcare structure and system. I have learned about new ways to approach health and care of people from different cultures. I see the value in international exchange for both faculty and students.

I also see this bringing faculty together from different countries to engage in scholarship and research which is highly valuable as well. Building relationships among one another offers opportunities for joint scholarship and publications.

I appreciated the research content and the opportunity to visit this clinical area on-site. For instance, learning about cancer-associated issues of co-morbidity and mortality in the Japanese population and then having the opportunity to visit the OMPU cancer center. This puts the research into a practice perspective which is very helpful for the students and myself.

I was also very impressed with the International day. That was a very interesting and enjoyable experience. My recommendation is to move that content to Friday when both faculty, staff, and students do not have to come in on the weekend to participate. I'd recommend that if this becomes an annual occurrence, you switch it to where you cancel classes on a Friday afternoon and have one of your cohort of OMPU nursing students attend the international day rather than going to class. I would have liked more participation from the OMPU Japanese students as they did not have as much opportunity in comparison to the Taiwanese and American students. This could even be broadened to other medical student professionals and create an interdisciplinary perspective.

8. Any message to the faculty members, healthcare professionals and students from OMPU and University Hospital?

I was very impressed with all of the faculty member, healthcare professionals, and students that were involved in the OMPU summer program. Everyone was very kind and hospitable. I thought the summer program was very valuable. It was well organized and structured. All areas of the program were well thought out.

The hospital staff were very intriguing and informative about each of their units and patients. I also enjoyed seeing the long-term care facility. That gives us a full-spectrum understanding of the Japanese healthcare system and how they care for their patients and residents.

I felt very special to be given the opportunity to go out for a meal at the Japanese restaurant with the OMPU faculty and staff. That was a very special day for me. I enjoyed the conversations and meal with everyone.

The students and I also really appreciated the opportunity to be given a tour of Kyoto by the OMPU students. This was definitely a highlight for us. We enjoyed learning more about Japanese customs and being able to wear the Yukatas. I appreciated that the faculty organized this outing with the students which made it such a special event for all of us. I would recommend continuing to do this special day for future summer programs.

