



## Hisayo Okayama

Faculty of Medicine

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Affiliation : Faculty of Medicine, Nursing Science and Engineering, Women's Health Nursing

Other Faculty Members : Yoshihiro Asano, Associate Professor

### Theme

- Nursing Science and Engineering
- Women's Health Nursing

**Keyword** Nursing Science and Engineering, Women's Health Nursing, Midwifery

### Highlight

#### Major Scientific Interests of the Group

In the current medical care system, evidence-based medical practice is considered as the standard. Evidence-based practice of nursing is also required in the area of nursing. Our research group aimed to evaluate nursing practice objectively and investigate its safety and evidence of such safety by conducting a research that integrated medicine, science and, engineering. Further, we developed new technology and equipment by focusing on clinical needs, heeding the medical staff's voices such as *we could provide better care if certain equipment was available*. Our research has been guided by a respect for the viewpoints of clients, particularly those of women and children.

#### Projects for Regular Students in Doctoral or Master's Programs

1. Verification of a pelvic floor muscle training for a female pelvis bottom functional disorder
2. Change of female hormone and the quantitative evaluation of a cerebral blood flow
3. Research on the mental health of a maternal period, and the women's health nursing
4. Relationship between nursing practice and intelligence activities

#### Study Programs for Short Stay Students (one week – one trimester)

1. Study of Nursing Science and Engineering
2. Study of mental health of a maternal period, and the women's health nursing

### Applications and Prospects

We challenge various researches, such as Mental Health of a Maternal Period, Women's Health Nursing, Health Care for Family and Children, and Nursing Science and Engineering.

### Literature, intellectual property, work

- Aoki, M, Suzuki, M, and Okayama, H.. Assessing n-back task performance of menstrual adult women: Comparison with and without premenstrual syndrome, *Journal of Nursing Science and Engineering*, 8, 47-57, 2020.
- Okayama H, Ninomiya S, Naito K, Endo Y, Morikawa S. Effects of wearing supportive underwear versus pelvic floor muscle training or no treatment in women with symptoms of stress urinary incontinence: an assessor-blinded randomized control trial. *Int Urogynecol J*. 2019 Jan 9. DOI: 10.1007/s00192-018-03855-z.
- Ninomiya S, Naito K, Nakanishi K, Okayama H: Prevalence and risk factors of urinary incontinence and overactive bladder in Japanese women. *Lower Urinary Tract Symptoms*, 2017 Aug 1. 1-7, DOI: 10.1111/luts.12185
- Ninomiya S, Saito I, Masaki K, Endo Y, Morikawa S, Okayama H: Single-Arm Pilot Study to Determine the Effectiveness of the Support Power of Underwear in Elevating the Bladder Neck and Reducing Symptoms of Stress Urinary Incontinence in Women. *Lower Urinary Tract Symptoms*, 6(2), 2014, 81–87, DOI: 10.1111/luts.12023.