

## 第四十九回大阪河崎リハビリテーション大学認知予備力研究センターセミナー

2024年7月17日(水)10時40分から12時40分、4階小講義室において第49回CRRCセミナーがハイブリッド形式で開催された。河崎病院、水間病院、水間が丘、本学などから、大学院生、留学生も含め講義室に28名の参加があり、講演を挿みエーザイ株式会社から情報提供が行われた。

### Mahidol University, Thailand からの研究報告



Division of Occupational Therapy, Mahidol University, Thailand の Assistant Professor, Peeradech Thichanpiang 先生に、” Occupational Therapists' Experience of Using Home Adaptation and Assistive Products as Interventions for Older Individuals and Persons with Disabilities in Thailand” と題してお話いただいた。

As Thailand becomes an aged society it is important to promote advancements in geriatric medicine to provide the best care for older individuals. The right assistive facilities and household mobility equipment are essential for everyday activities. The use of home adaptations and assistive products can maximize the quality of life for older individuals and make life more convenient for those with disabilities. This study aimed to investigate the experience of occupational therapists, using home adaptations and assistive products. An individual interview was conducted with eight occupational therapists who worked at regional hospitals and centers of excellence throughout Thailand using a qualitative study. The results were interpreted through thematic analysis. Five main themes emerged: (1) empowering independent living at home, (2) accident prevention and safety, (3) family financial constraints and barriers, (4) availability and accessibility of products, and (5) matching products with clients' capabilities and needs. Based on an occupational therapy approach, this study examines Thailand's needs for home adaptations and assistive products, as well as barriers to accessing those products and services. Through a contribution to knowledge and information based on occupational therapists' experience, the laws and regulations regarding home adaptations and assistive products for people with disabilities can be improved. Additionally, the interdisciplinary team and authorities involved in this issue should also collaborate to formulate guidelines for home adaptations and assistive products for older individuals and persons with disabilities in the future.

### 留学生からの寄稿

本学では、近年の高等教育のグローバル化、国際化の進展に鑑み、本年5月2日インドネシアの Hasanuddin 大学、7月16日にタイの Mahidol 大学、7月31日に同じくタイの Chiang Mai 大学とそれぞれ交流協定を交わし、今後、研究推進並びに学生の交流等を進めていくこととしました。また、7月16日から8月12日までの4週間、本学で初めてとなる留学生 (Pooh さんと Yu さん) を Mahidol 大学から2名受け入れ、本学学生との交流を深めました。



Satakhun Sivasan さん  
(Pooh さん)

As an exchange student from Thailand, my immersion in Japanese culture has been an inspiring journey. From the intricate tea ceremonies to the vibrant festivals, Japan's cultural tapestry has left an enduring mark on my soul. One aspect that deeply impressed me is the concept of "おもてなし omotenashi", the art of hospitality. From the moment I arrived, I was met with unwavering kindness and attention to detail. Whether the warm greetings at the airport or the attentive and careful service in restaurants, I felt genuinely welcomed and respected. Another captivating aspect is the reverence for tradition. Japan has a rich history and cultural heritage that is meticulously preserved. From the ancient temples to the traditional festivals, I witnessed firsthand the deep connection that Japanese people have with their past. Preserving these traditions not only fosters a sense of national identity but also provides a glimpse into the country's vibrant history. Finally, I was struck by the emphasis on aesthetics in Japanese culture. From the meticulously manicured gardens to the exquisite craftsmanship of their products, there is a pervasive appreciation for beauty and harmony.

This attention to detail extends to everyday life, where even the simplest tasks are performed with a sense of grace and elegance. My experience as an exchange student in Japan has been an unforgettable one. The country's unique and captivating culture has left an enduring impression on me. From the warmth of its people to the reverence for tradition and the pursuit of aesthetics, Japan has taught me the importance of embracing cultural diversity and the richness that it brings to our lives.



Kanpaphak  
Archewakulmas さん  
(Yu さん)

In my view, the essence of occupational therapy lies in a client's motivation to engage in activities they need to do, want to do, or wish to do. When the disabilities hinder these activities, assistive technology becomes crucial in enabling them to pursue their goals. Therefore, developing assistive technology is important in order to reduce the dependence.

As a student in the Occupational Therapy division, I've encountered various useful assistive technologies in Thailand. However, many of them are inadequate for supporting patients' independent living or too expensive for all but the wealthiest individuals. This is the first reason why I chose to participate in this student exchange program at Osaka Kawasaki Rehabilitation University in Japan, because Japan is well known for its innovations, and I wanted to learn from their advancements. So, I would like to discuss the inspiration I gained from studying occupational therapy in Japan, focusing on innovative assistive technologies and rehabilitation tools that significantly help patient interventions and support independent living for people with disabilities.

Professor Furui from Osaka Kawasaki Rehabilitation University shared the story of a person with cerebral palsy who, despite severe mobility limitations, leads an independent life with the help of assistive technologies. She, not only manages her daily activities independently whether it is in her own home or other places in community or even aboard, but also encourages and mentors others with disabilities on using assistive technologies to enhance their independence.

Additionally, during my observations at several hospitals in Japan, I was impressed by the advanced assistive and rehabilitative technologies which are all so helpful and make the patients live more independently or make the rehabilitation more effective. Studying here has made me proud to be an occupational therapy student and has inspired me to advocate for improved assistive technologies in Thailand.

## 特別講演



大阪大学キャンパスライフ健康支援・相談センター教授 金山大祐先生より、「心の病気になるにつらくなるには」と題してご講演いただいた。

心の健康や精神疾患に関する社会的影響や関心が年々高まり続けている状況のなか、産業保健や学校保健に携わる立場から最も多く遭遇する適応障害を題材として、病気予防について個人レベルで備えておくべき知識などを紹介した。

講義では「心」の指すものや一般的な精神疾患の発症要因を概説し、適応障害の発症機序の理解の元になるストレス反応とコーピング、防衛規制について症例を交えつつ紹介した。次に、ストレス体験による精神疾患の発症に抵抗する精神的な要素について、アントノフスキーがユダヤ人女性の強制収容経験が更年期の精神的不調にどのように影響したかを調べた研究から発見した SOC (Sense of Coherence) の概念を紹介した。SOC とは自分の人生が首尾一貫しており「こんな感じで生きていて大丈夫」と感じられる感覚のことであり、その構成要素として把握可能感、処理可能感、有意味感の3つがある。この感覚は健康生

成論という発想に基づき汎抵抗性資源（生育環境や人生経験などから得られる思考、所有、繋がりなど）から育まれ、ストレス対応がうまく行かず病的反応に至る過程には SOC の要素が不十分であったことで説明できる可能性があることを症例をもとに紹介した。またこの SOC は不適切な精神作用物質の利用や短絡的な快楽追求行動などによって不安定化するのではないかと紹介した。

適応障害の発症機序の説明のなかでストレス反応の失敗から発病に至る流れについて触れた一方、そもそもストレス反応自体を減弱させる方向での心の準備としてマインドフルネスも紹介した。マインドフルネスの手法を用いれば自分の反応を発見、把握し客体化するということを練習することになり、気付く能力の向上と脱中心化によって客観視する態度が獲得され、それによってストレス反応の渦中から意識を切り離し振り回されなくなることで発症機序を辿ってしまうことを予防できるのではないかと紹介した。

## 次回 CRRC セミナーのお知らせ

第50回 CRRC セミナーは、2024年9月18日(水曜日)10:40-12:40に開催予定です。講演者として、関西医療大学保健医療学部はり灸・スポーツトレーナー学科谷万喜子教授、本学理学療法専攻今井良太講師（ともに講演題未定）及び論文紹介を予定しています。会場でもネットでも参加できますが、会場にご参集の方はお弁当準備の都合がありますので、事前に本学事務庶務係 <soumu@kawasakigakuen.ac.jp> にお申し込みください。