

2025 Akita University Faculty of Medicine Syllabus

Category	: 医療・社会・行動科学 III
Course Title	: Health and Welfare Policy
Eligible Students	: grade 3 Related Course
Code	: 71583007
Schedule	: week 18
Credits	: 1

1. Lead Instructor

Kyoko Nomura (Professor, Department of Environmental health science and Public Health, 6086)

2. Instructors

Kyoko Nomura (Professor, Department of Environmental health science and Public Health, 6086)
Masahito Fushimi (Professor, Health Center, 2287)
Katsutoshi Nakayama (Professor, Department of Respiratory Medicine, 6436)
Songee Jung (Assistant Professor, Department of Environmental health science and Public Health, 6088)
Teiichiro Yamazaki (Assistant Professor, Department of Environmental health science and Public Health, 3260)
Masahiro Iwakura (Assistant Professor, Department of Environmental health science and Public Health, 7032)
Mamiko Enoki (Part-time Lecturer, Medical Corporation Enoki Clinic)
Yuuko Takayama (Part-time Lecturer, Seirei Women's Junior College)
Takashi Mogi (Part-time Lecturer, Iwate Preventative Medicine Association)

3. Course Description Outline(Course Objectives)

【ねらい】

臨床現場で必要となる各疾患の病態を習得して診療を実践していくために、限られた医療資源の有効活用の視点を踏まえ、保健・医療・福祉・介護の制度の内容を学ぶ。

また、関連するプロフェッショナリズム、倫理、医療行動科学、医療安全、医療法（制度）、EBM 等について学ぶ。

3-3～7, 5-1～5

【授業の概要】

保健と福祉の制度の概要、発展過程を学習する。

関連するプロフェッショナリズム、医の倫理、医療安全、医療法（制度）、EBM について説明できる。

【Aim】

To learn about the content of health, medical care, welfare, and long-term care systems from the viewpoint of effective utilization of limited medical resources, in order to master the pathophysiology of each disease and practice medical treatment required in clinical practice.

In addition, students will learn about related topics such as professionalism, ethics, medical behavioral science, medical safety, medical law (system), EBM, etc.

3-3～7, 5-1～5

【Class Outline】

To learn an overview of health and welfare systems and development processes.

Students will be able to explain relevant professionalism, medical ethics, medical safety, medical law (system), and EBM.

4. Textbook/Reference Books

シンプル衛生公衆衛生学（南江堂、2023 年度版）

NEW 予防医学・公衆衛生学（南江堂、改訂版第 4 版 2018 年）

国民衛生の動向（厚生統計協会、2024/2025）

自殺対策白書（https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/hukushi_kaigo/seikatsuhogo/jisatsu/jisatsuhakusyo2024.html）

公衆衛生がみえる（MEDIC MEDIA、2024-2025）

5. Assessment

統一試験、形成評価（60%未達の場合は課題を課す）

Comprehensive examination, formative assessment (additional assignment will be given when a total score of 60% is not achieved)

6. Out of Class Study/Message

最後の講義時間に形成試験を行うので、配布資料・教科書等により予習・復習を行うこと。

Since the formative assessment is conducted during the final lecture period, preliminary studies and reviews should be conducted using textbooks and distributed materials.

Topics and Contents of class, Course Objectives						
	Class Date	Period	Class Format	Topics and Contents of class, Course Objectives	Instructors	Class Room
1	9 / 8 (Mon)	1-2	Lecture	Theme: 産業保健総論 General Theory of Occupational Health 産業保健（労働基準法等の労働関係法規を含む）を概説できる。 Outline and rational of industrial health law system can be explained from the view of preventive medicine and environmental sciences.	Kyoko Nomura	医学系研究棟 4 階 6 講義室
2	9 / 8 (Mon)	3-8	Lecture	Theme: 産業保健各論 (1) (2) (3) Occupational Health (1) (2) (3) (1) 化学的職業性環境要因、(2) 物理的職業性環境要因、(3) 事務作業ならびに 健康管理上頻繁に問題となる環境要因を列挙し、健康障害の発症機序と予防対策の概略を説明できる。 Students will be able to list environmental factors, to explain their mechanism by which health disturbances occur, and to propose adequate preventive measures, relating to (1) chemical agents, (2) physical agents, and (3) other hazards present in workplaces.	Masahiro Iwakura	医学系研究棟 4 階 6 講義室
3	9 / 8 (Mon)	9-10	Lecture	Theme: 健康行動理論 Theory of health behavior ライフステージに応じた健康管理と環境・生活習慣改善（環境レベル、知識レベル、行動レベルと行動変容）を説明できる。 医療人類学や医療社会学等の行動科学・社会科学の基本的な視点・方法・理論を概説できる。 健康行動や行動変容を行う動機付けを概説できる。 Students will be able to explain health management and environmental and lifestyle improvement (environmental level, knowledge level, behavioral level, and behavioral change) according to life stage. The basic perspectives, methods, and theories of behavioral and social sciences such as medical anthropology and medical sociology can be outlined. The motivations for health behaviors and behavioural changes can be outlined.	Kyoko Nomura	医学系研究棟 4 階 6 講義室
4	9 / 9 (Tue)	1-2	Lecture	Theme: 精神保健 Mental health 精神保健及び精神障害者福祉に関する法律、精神障害者の社会復帰施策、保健所と精神保健福祉センターの違いを説明できる。 It is possible to explain the differences between the Act on Mental Health and Welfare for the Mentally Disabled, the social rehabilitation measures for the Person with Mental Disorder, and the Health Center and the Mental Health and Welfare Center.	Masahito Fushimi	医学系研究棟 4 階 6 講義室
5	9 / 9 (Tue)	3-4	Lecture	Theme: 医療保険制度 Medical insurance system 医療保険及び公費医療を説明できる。 Medical insurance and public expenditure medical care can be explained.	Teiichiro Yamazaki	医学系研究棟 4 階 6 講義室

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6	9 / 9 (Tue)	5-6	Lecture	Theme: 身体活動の疫学研究 Epidemiological research on physical activity 身体活動と生活習慣病（心血管疾患、がん、糖尿病）発症リスクとの関係について説明できる。 The association between physical activity and the risk of lifestyle-related (non-communicable) diseases such as cardiovascular disease, cancer, and type 2 diabetes can be explained.	Teiichiro Yamazaki	医学系研究棟 4 階 6 講義室
7	9 / 9 (Tue)	7-10	Lecture	Theme: 栄養と食品保健 Nutrition, Health, and Food Hygiene 栄養、食育、食生活を説明できる。 身体活動、運動を説明できる。 食品衛生法の概要と届出義務を説明できる。 Nutrition, dietary education, dietary life can be explained. Physical activity and exercise can be explained. The outline of the Food Sanitation Act and the notification obligation can be explained.	Yuuko Takayama	医学系研究棟 4 階 6 講義室
8	9 / 10 (Wed)	1-2	Lecture	Theme: 喫煙と疾病 Smoking and illness 喫煙（状況、有害性、受動喫煙防止、禁煙支援）を説明できる。 Students will be able to explain smoking (status, harm, prevention of secondhand smoke, support for quitting).	Katsutoshi Nakayama	医学系研究棟 4 階 6 講義室
9	9 / 10 (Wed)	3-4	Lecture	Theme: 高齢者保健 Health care for the elderly 地域包括ケアシステムの概念を理解し、地域における、保健（成人・高齢者保健、地域保健、精神保健）・医療・福祉・介護の分野間及び多職種間（行政を含む）の連携の必要性を説明できる。 高齢者の退院支援と介護保険制度を説明できる。 Students will be able to understand the concept of a community comprehensive care system and explain the need for linkage between health (adult and elderly health, community health, and mental health), medical care, welfare, and long-term care, as well as between different occupations (including government administration) in the community. It is possible to explain the support for the discharge of the elderly and the long-term care insurance system.	Kyoko Nomura	医学系研究棟 4 階 6 講義室
10	9 / 10 (Wed)	5-6	Lecture	Theme: 高齢者保健各論 Theory of Health Care for the Elderly 各ライフステージの健康問題（高齢者保健）を説明できる。 Health issues at each stage of life (health for the elderly) can be explained.	Kyoko Nomura	医学系研究棟 4 階 6 講義室

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11	9 / 10 (Wed)	7-10	Lecture	Theme: 学校保健 School health 地域保健における学校保健を概説できる。 1. 学校保健の基本的な考え方を説明できる。 2. 学校保健に係わる法令について概略を述べることができる。 3. 学校における健康診断について特徴と内容を説明できる。 An overview of school health in community health can be provided. 1. The basic concept of school health. 2. An outline of laws and regulations related to school health. 3. The characteristics and contents of health check-ups in schools.	Mamiko Enoki	医学系研究棟 4 階 6 講義室
12	9 / 11 (Thu)	1-2	Lecture	Theme: リプロダクティブヘルス Reproductive Health 各ライフステージの健康問題（母子保健、学校保健、産業保健、成人保健）を説明できる。文化・ジェンダーと医療の関係を考えることができる。キャリア開発能力を獲得する。 Students will be able to explain the health issues at each stage of life (maternal and child health, school health, industrial health, and adult health). The relationship between culture, gender and health care can be considered. Career development skills can be acquired.	Kyoko Nomura	医学系研究棟 4 階 6 講義室
13	9 / 11 (Thu)	3-4	Lecture	Theme: ストレスと行動科学 Stress and Behavioral Science ストレッサー、ストレス反応の考え方、社会的認知理論、自己効力感、行動変容のステージモデル、心身相関、コーピング、ストレスチェック、ストレスマネジメントについて概説できる。 Students can give an overview of stressors, the concept of stress reactions, social cognitive theory, self-efficacy, the stage model of behavioral change, the mind-body connection, coping, stress checks, and stress management.	Kyoko Nomura	医学系研究棟 4 階 6 講義室
14	9 / 11 (Thu)	5-8	Lecture	Theme: 学生による学生のためのメンタルヘルス対策 Mental Health Prevention for Students by Students 友人、知人など近くにいる人のメンタル不全状態にいち早く気づき、必要な対応をとることができるようになる。ゲートキーパー、自死念慮について概説できる。 Students can quickly recognize the mental ill-health of friends, acquaintances, and other people close to them, and take the necessary action. Students can give an overview of gatekeepers and suicidal ideation.	Kyoko Nomura	医学系研究棟 4 階 6 講義室
15	9 / 11 (Thu)	9-10	Self learning	Theme: 保健と福祉の制度 Health and Welfare Policy	Songee Jung Teiichiro Yamazaki Masahiro Iwakura	医学系研究棟 4 階 6 講義室

Topics and Contents of class, Course Objectives						
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16	9 / 12 (Fri)	1-2	Lecture	Theme: 医療従事者の健康管理 Health management of healthcare professionals 医療従事者の健康管理（予防接種を含む）の重要性を説明できる。 標準予防策 (standard precautions) の必要性を説明し、実行できる。 医療現場における労働環境の改善の必要性を説明できる。 Students will be able to explain the importance of health care (including immunization) for HCWs. The need for standard precautions can be explained and implemented. The necessity of improving the working environment in the medical field can be explained.	Kyoko Nomura	医学系研究棟 4 階 6 講義室
17	9 / 12 (Fri)	3-6	Lecture	Theme: 産業保健特論 Special theory of industrial health 各ライフステージの健康問題（産業保健、成人保健）を説明できる。 Health issues (industrial and adult health) at each stage of life can be explained.	Takashi Mogi	医学系研究棟 4 階 6 講義室
18	9 / 12 (Fri)	7-8	Self learning	Theme: 保健と福祉の制度 Health and Welfare Policy	Songee Jung Teiichiro Yamazaki Masahiro Iwakura Kyoko Nomura	医学系研究棟 4 階 6 講義室
19	9 / 12 (Fri)	9-10	Formative assesment	Theme: 終了時客観試験 Objective test at the end	Songee Jung Teiichiro Yamazaki Masahiro Iwakura	医学系研究棟 4 階 6 講義室