

PRESENTATION ABSTRACTS

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PART I

Current State of Integrative Medicine in the United States:

Challenges and Hopes

Traditional medicine is defined as the sum total of knowledge, skills, and practices which are indigenous to a culture and used to maintain health, prevent and improve physical and mental illness. In Japan, traditional medicine in the form of acupuncture, acupressure, and Kampo (Japanese herbal medicine) have been utilized to support health and wellbeing for thousands of years. Over the last decade, Integrative Medicine has taken healthcare beyond traditional medicine and provided a framework which combines the practices and methods of Complementary and Alternative Medicine (CAM) and conventional medicine. Although not fully supported in Japan, researchers in the United States began studying the impact of CAM in relation to the overall healthcare system over two decades ago. Eisenberg and colleagues (JAMA, 280: 1569-75, Nov. 11, 1998) published “Trends in alternative medicine use in the United States” which demonstrated a substantial increase in both prevalence and expenditures for CAM nationwide between 1990 and 1997. Even with such data, it can be viewed that the United States healthcare - including integrative healthcare - remains a “sick care system” with hospital and clinics operating from a business model that supports economic gain over patient care. This is due in part to the fundamental emphasis placed on “curing” rather than “healing”. Looking forward, as Nurses and healthcare professionals, the need to create change in support of “healing” in the healthcare system is more eminent than ever. Rogers (1962) through the Diffusion of Innovation theory substantiates that “the process by which an innovation is communicated through certain channels over time” is directly correlated to the rate of adoption. Nurses in Japan have an opportunity to set in motion an increased rate of diffusion and to generate a “tipping point” which will inspire change within the entire healthcare system.

【要旨】 日本で生まれ育ち、日本で看護の基礎教育を受け、アメリカの看護界で成長を続けた一人のホリスティックナースとしての独自の視点からみたアメリカにおける統合医療の現状を紹介するとともに、その有効性とチャレンジを定義することで、統合医療を超えた、今後のホリスティック健康の推進をはかる必要性を伝える。日本ではすでに鍼灸や漢方などの伝統医療が長い年月を経て根強く息づき、現存の補完代替医療（CAM）の基盤ともなっている。アメリカでは20年以上にわたり補完代替療法の研究が続けられ、過去10年には現代医療とCAMを統合した統合医療のコンセプトも生まれた。しかし、現存医療はヘルスケアではなく、シックケア（病気に焦点のおかれたシステム）としてビジネス化している現状がある。その背景には「癒す」ことより「治す」ことに重点をおく医療の価値観がある。そんな現状の中、人々は「癒し」を求め、看護独自の「癒し」への介入の期待も高まっている。また、ホリスティック健康の概念を地域を基盤として発展させていく段階で鍵となる“ティッピングポイント”の概念も紹介する。