

Nagano College of Nursing



長野県看護大学・大学院

Nagano College of Nursing

History and Overview

Nagano College of Nursing was established in 1995 by Nagano Prefecture for bachelor level four-year nursing education, and has grown to accommodate graduate programs for Master's and Doctor's degrees since 1999. Our aim is to contribute to promotion of health of people through outstanding education and research in nursing.

Nagano Prefecture is famous for its longevity of inhabitants and low medical expenses, and nurses have greatly contributed to these achievements. In our undergraduate program, all the students take community nursing practicum and, upon completion of the program, become qualified for applying for the National Examinations to obtain the license of Public Health Nurse in addition to that of Registered Nurse. Our graduates are taking important roles as staff nurses, Certified Nurse Specialists, nursing administrators, and professors in various institutions.



Our campus is located in Komagane City, a countryside small town in Ina Valley between the Central and Southern Japanese Alps at an altitude of 3000 meters. Students learn nursing and liberal arts enjoying the beauty of nature and the cool comfortable climate as well as the friendly atmosphere of the town.

Foundational Philosophy

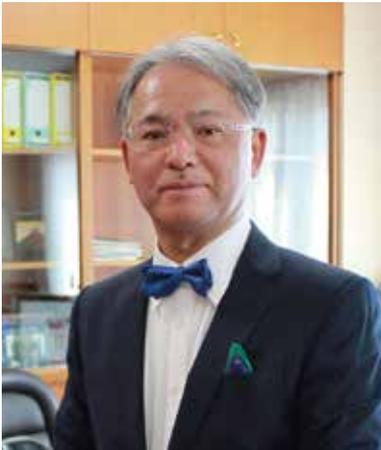
Our foundational philosophy is:

"The educational environment helps students discover and develop their own potential to their maximum extent. Each student is unique and therefore talents and potentials are different within any student group."

This philosophy was put forward by the first president Dr. Takako Mitoh who expressed it in our language that literally means: "so that each student's unique gifted potential evolves into full bloom."



Greetings from the President



I was formally inaugurated as president of Nagano College of Nursing on April 1, 2018.

NCN has marked 25 years since the establishment in 1995. By the end of September, 2019, NCN had turned out 1786 graduates with Bachelor's degree in Nursing and 177 graduates with Master's or Doctor's degree in Nursing.

The environment of human life is rapidly changing. The advance of technology has lowered the barriers such as time, distance, and even the difference of languages that had limited our life. On the other hand, the change may sometimes discord with biological, social, and spiritual nature of human beings. The nurses who care for those who suffer in the time of this great transition need to have a global view and deep understanding of humanity. This means that nurses need to pay attention on global aspects of the problem and how it affects humanity while applying the notion of caring and wisdom to their nursing practice and taking initiatives for desirable changes as well as keeping sound traditions in their work. We believe that students can cultivate such an attitude and behavior in NCN, by discovering and developing their own potential to their maximum extent just as our foundational philosophy tells.

In addition, I would love to make best efforts to change our college into "Magnet College" that draws people from inside and outside Japan while I promote and enrich its friendly atmosphere and academic environment and make NCN known to the world by its excellence and originality of education and research.

Join us to study the art and science of nursing. Thanks a lot.

January 1, 2020

Akio Kitayama, Ph.D.



Admission

Applicants for admission must meet the following requirements.

Undergraduate Program in Nursing (4-year program)

1. Completed Senior High School in Japan or equivalent education outside Japan.
2. Must pass one of the following entrance examinations. They are done in Japanese language and include an interview.
 - A) Entrance examination for applicants recommended by high schools in Nagano Prefecture
 - B) First entrance examination for applicants who took the National Center Test (in February)
 - C) Second entrance examination for applicants who took the National Center Test (in March)

Master's Program in Nursing (2-year program*)

1. Bachelor's degree or equivalent education.
2. Must pass an entrance examination including written tests and presentations of a research proposal (in October and January).
3. License for nursing practice is required for CNS (Certified Nurse Specialist) courses, which are offered in Child Health Nursing, Gerontological Nursing, and Psychiatric Nursing.



Doctor's Program in Nursing (3-year program*)

1. Master's degree.
2. Must pass an entrance examination including written tests and presentations of a research proposal (in October and January).

* An optional extended-period program at the same amount of total tuition may be granted for students with any unavoidable reason (working, child rearing, home caregiving, etc.) requiring a longer period for completing the program. This option can be requested only at the application for admission. Students granted this option can still complete the program earlier than scheduled and obtain the degree by so requesting in advance of their defense (i.e. before the winter closure) and paying off the total tuition.

For further information or application forms, please email to the following address.

<irc@nagano-nurs.ac.jp>



Degree Programs

Undergraduate Program and Courses

The undergraduate program includes various courses in nursing and liberal arts.

All the students are required to take Public Health Nursing courses in addition to Registered Nurse courses.

The degree of Bachelor of Science in Nursing (BSN) is awarded upon successful completion of all the required courses and the required number of elective courses.

Midwifery courses are taken by a limited number of selected students in addition to usual courses.

All the BSN graduates are qualified to take the national examinations for the licenses of Registered Nurse and Public Health Nurse.

The BSN graduates who successfully completed the midwifery courses are qualified to take the national examination for Midwife's license in addition to those of Registered Nurse and Public Health Nurse.

Current enrollment includes 341 undergraduate students. NCN granted 1543 bachelor's degrees by the end of the academic year 2015.



Graduate Programs and Courses

NCN Graduate School offers Master's and Doctor's degree programs.

The Master's program includes CNS courses in Gerontological Nursing, Child Health Nursing, and Psychiatric Nursing, in addition to the thesis courses.

An overseas training course is offered for students to broaden their horizons of nursing. It consists of a training of academic communication and a study visit to universities in San Francisco.

A well-developed tele-teaching system using the internet helps students living in remote areas attend distant classes.

Graduate students who have any unavoidable reason (e.g. working, child rearing, and home caregiving) to require a longer period for completing the program may be granted an extended period (of up to double the normal length) at the same amount of total tuition. This option can be requested only at the application for admission. Students granted this option can still complete the program earlier than scheduled and obtain the degree by so requesting in advance of their defense (i.e. before the winter closure) and paying off the total tuition.

Current enrollment includes 28 graduate students.

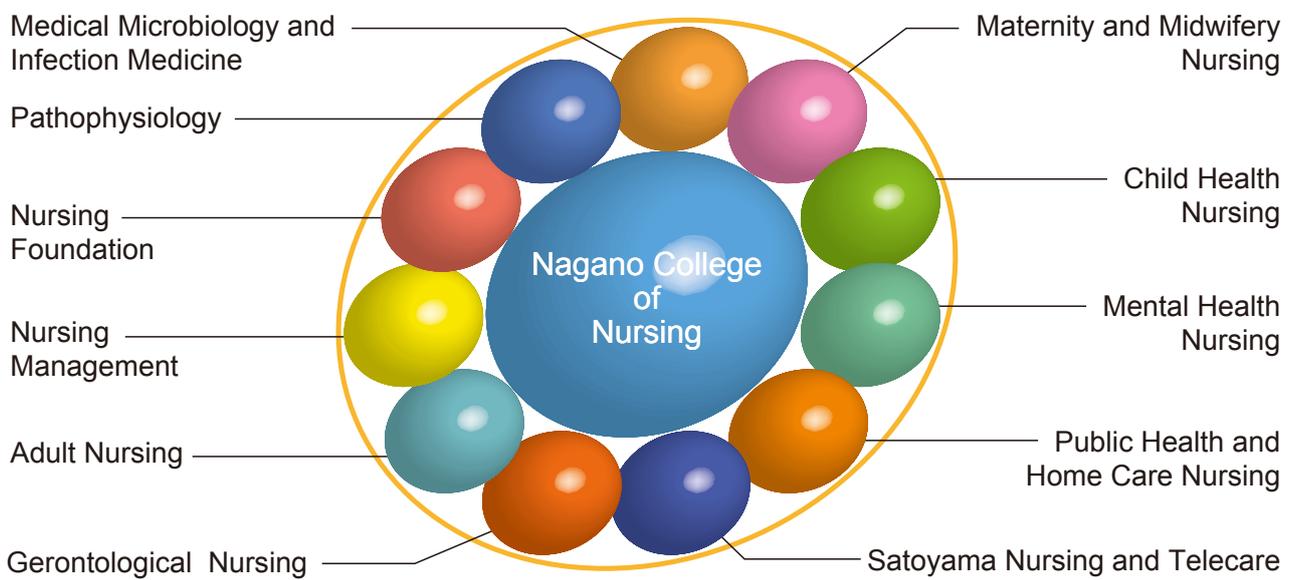
NCN granted 145 master's degrees and 18 doctor's degrees by the end of the academic year 2015.



Degree Programs

Areas of Study in Graduate Programs

The Master's and Doctor's degree programs are organized according to the following ten areas. Students are required to major in one of these areas. The examples in the description of each area are studies carried out by the researchers there and are not intended to indicate any limitation. Applicants for admission to NCN Graduate School are strongly recommended to make contact, in advance of application, with the faculty member(s) below the description of the areas of their interest for more information about potential studies for degree candidates.





Degree Programs

Areas of Study in Graduate Programs

Pathophysiology (Master's Program)

The area covers studies for understanding the functional status and mechanisms of the human body in illness required for improving nursing care and treatment. The examples of studies are development of a practical method for assessment of subcutaneous circulation and development of a pathological model of pressure ulcer for examining the effect of application of stem cells.

En TAKASHI, MD, Ph.D. in Medicine, Professor
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The area also covers chemical and biological studies. The examples are studies on the prevention of bubble formation in drip transfusions and the effect of water exercise on elderly people.

Katsuya OTA, Ph.D. in Medicine, Professor
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Medical Microbiology and Infection Medicine (Master's Program)

This subject area is for medical microbiology and infectious diseases. Students will learn the medical knowledge and the scientific rational thinking needed for evidence-based nursing, through our program organized with interactive lectures, meetings and their advanced research. The following studies are currently performed; development of practical immunological methods for diagnosis of staphylococcal infections, regulatory system of peptidoglycan-turnover involved in the bacterial proliferation, and protective role of the antibody to soluble lytic transglycosylase homologue or iron-uptake system component in *Staphylococcus aureus* infection.

Noriaki SAKATA, Ph.D. in Medicine, Professor
email: n2sakata@nagano-nurs.ac.jp



Degree Programs

Areas of Study in Graduate Programs

Fundamental Nursing

The area covers studies on concepts, knowledge, skills, theories, and ethics for nursing practice, and education. The examples are studies on the patient-nurse empathy, the corporeality in patient-nurse interaction, qualitative analyses of basic nursing techniques, nursing process and practice in palliative care.

Yukiko ITO, Ph.D. in Nursing, Professor (Nursing Foundation)
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International and disaster nursing courses are also offered in nursing graduate program. The examples are studies on the cross-cultural nursing and the effects of overseas aid in nursing and the human security of rescue personnel in a disaster.

Noriko MOCHIZUKI, Ph.D. in Nursing, Professor (International and Disaster Nursing)
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Nursing Administration

The area covers studies on concepts, knowledge, skills, theories, and ethics for nursing practice, education, and management. The examples are studies on the competency of nursing administrators, stress management of nurses and administrators, and safety management and care service quality in long-term care facilities.

Sayuri KANEKO, Ph.D. in Medicine, Professor (Nursing Administration)

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Degree Programs

Maternity and Midwifery Nursing

The area covers studies on women's health based on reproductive health/rights. The examples are studies on nursing care for women receiving fertility treatment, women's health promotion in accordance with different life stages, and midwives' career development and occupational identity. The area also covers historical studies on midwifery, child-rearing, and sexuality.

Satoko FUJIHARA, Ph.D. in Medicine, Professor
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Child Health Nursing

The area covers studies of nursing support for children and their families with perspective of their development and respect of their human rights. The examples are studies on nursing care for child cancer and QOL of hospitalized children. The area also covers the terminal and grief care for dying children and their siblings and parents.

Sachie TAKEUCHI, MSN, Associate Professor
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Degree Programs

Adult Nursing

The area covers studies of nursing care for adult patients requiring medical treatment or self-management and their families. The examples are studies on self-management of chronic and acute patients with cancers, psychological and social factors in QOL of chronic and acute patients as well as their families.

[under construction]



Gerontological Nursing

The area covers studies of nursing care and health promotion for elderly people in facilities and at home as well as their families. The examples are studies on the terminal care for patients with dementia, respect of patient's will in end-of-life care, and stress management and QOL of home caregivers.

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Mayumi CHIBA, MSN, Associate Professor
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Degree Programs

Mental Health Nursing

The area covers studies of nursing care for people with mental problems living in facilities and at home as well as their family and community members. The examples are studies on the patient's violence to nurses and the communication skills for improving nurse-patient relationships.

The area also covers the factors related to school avoidance among high school students.

Mieko ARUGA, Ph.D. in Nursing, Associate Professor
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Public Health and Home Care Nursing

The area covers studies on the prevention of illness and health promotion of people in the community. The examples are studies on home-care recipients and their family caregivers and the public health nurses' role in a community health crisis.

Kieko YASUDA, Ph.D. in Nursing, Professor
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Degree Programs

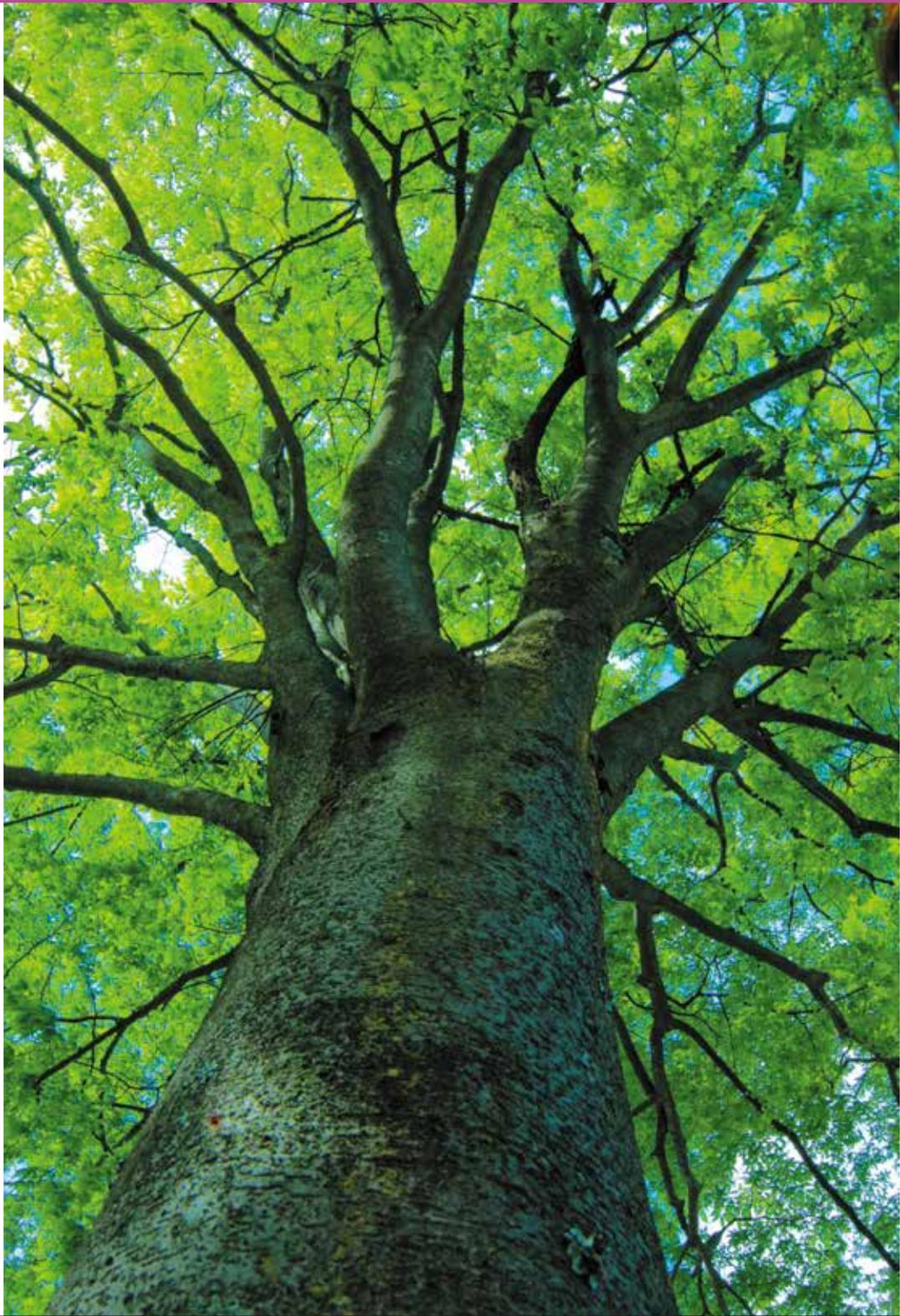
Satoyama Nursing and Telecare

The area covers studies on health problems and health promotion of the people living in rural areas focusing on their relationship with "Satoyama" as an integrated social, cultural, and natural environmental entity formed and structured through history. The examples are studies on the Satoyama capital, development of Satoyama health resources, and development of a telecare system.

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International Research Center in Cross-Cultural and Disaster Nursing (IRC): International Cooperation and Development

Since the foundation of NCN, we have developed and fostered the special relationship with international institutions in order to focus on the international and multi-cultural nursing.

In March 2002, we established “International Research Center in Cross-Cultural Nursing (IRC)” as its foothold.

In 2016, disaster nursing was newly added to the original activity of IRC, and then, the name was changed into “International Research Center in Cross-Cultural and Disaster Nursing (IRC)”.

Now, we have five projects:

1. Academic Exchange Project with University of San Francisco and Samuel Merritt University
2. Academic Exchange Project with National University of Samoa
3. Academic Exchange Project with China (China Medical University, Yangzhou University, etc.)
4. South-East Asian Countries Exchange Projects (Cambodia, etc.)
5. Interaction with Pokhara city, Nepal through Komagane Citizen’s Association



MOU with the National Univ of Samoa



MOU with Yangzhou Univ



Visit in Pokhara, Nepal



Visitors from Pokhara



Student Life

April

The entrance ceremony is held in the main hall in the beginning of April with distinguished guests from the prefectural and local governments, hospitals, care facilities, the community, and other people contributing to students' education.

June

First clinical practicum starts in June, when all the new students get known to each other and ready to work together.

September

Suzukaze-sai is the college festival held in September, when the breeze begins to become cooler and comfortable. Students and visitors enjoy various events and activities.



December

Students organize and enjoy a seasonal party around Christmas time.

February

Some students take a one-week international nursing training program in Cambodia.

March

The graduation ceremony is held in the main hall around the second week of March with invited people who have contributed to students' education. Many students wear colorful traditional costumes. A collective photo is taken with the symbol tower in their back and the mountains still covered with snow in the distance.



Contact Us

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