



## Report on “Support High School Students in Tohoku”

Updated on 13<sup>th</sup> October, 2015

AMDA has been supporting high school students in Tohoku Region of Japan after having experienced a massive destruction from the earthquake and tsunami on March 11<sup>th</sup>, 2011. We would like to thank all the donors and supporters all around the world who have shown their compassion to High School students in the affected area by sending donation through Global Giving.

### **International Scholarship Program**

AMDA International Scholarship Program has started in March 2011 and so far 298 students from 8 schools have been receiving the scholarship (Please refer to the table 1).

*Table 1: Breakdown of Scholarship Recipients:*

Fiscal Year	The Number of students
2011	86
2012	101
2013	66
2014	28
2015	17
Total	298

In Japanese fiscal year 2015 (from 1 April 2015 to 31 March 2016), AMDA International Scholarship Program provides 25500 USD to 17 scholarship students in Tohoku Region (please see the table 2). Each student receives 15,000 yen (about 125 USD) per month until she/he graduates their school. Scholarship students aim to be a medical professional in the future.

*Table 2: Cost estimate of scholarship payment in JPY 2015*

Name	Prefecture	Cost estimate (JPY2015)	Amount (USD)
Kesennuma High School	Miyagi	125USD*12months*4 students	6000
Nursing School	Iwate	125USD*12months*1 student	1500
Otsuchi High School	Iwate	125USD*12months*3 students	4500
Shidugawa High School	Miyagi	125USD*12months*9 students	13500
		Total	25500

We would like to share the essay written by one of the recipients in Iwate prefecture with you.

私の将来の夢は看護師になつて終末期医療に携わることです。患者に残された命を尊重して充実した人生を最期まで送れるよう、心理的なケアをしたいです。

そのように思つたきっかけは、母です。母は看護師として、緩和病棟で終末期医療に携わつています。高齢の患者には、思い出しに何時間もじつと耳を傾け、死への恐怖を訴える患者には、ベッドの横で話をじっくりと聞くなど、患者の状態に合わせて対応しています。

そうすること人生に後悔のない生活ができるよう気を配つているそうです。

その話を聞いて私は、看護でも様々な分野や役割があることを知り、特に終末期医療に興味を持ちました。終末期の患者には、病気の状態によつて気持ちや表情が大きく変化する方がいます。どのような声のかけ方をするかによつて治療に対する姿勢が大きく影響すると思うので、心の状態に合わせて適切な声かけを行う看護をしたいと考えています。

(English Translation)

My dream is to become a nurse specializing in palliative care. Respecting time left for each patient, I would like to provide patients psychological support to fully enjoy their lives until the last moment.

I have set this goal because of my mother. She works at a palliative care unit as a nurse. She always listens to elderly patients talking about their good memories for many hours and also spends time in comforting patients who express their fear of death at their bedside.

My mother tells me that she pays special attention to her patients depending on their conditions and chooses suitable care for each patient so that they will have no regrets in their lives.

Having listened to her story, I got to know that the area of nursing varies and each area has different roles. Especially, I became interested in palliative care. Some terminal patients show completely different emotions and facial expressions according to their health condition. I believe how a nurse talks to patients influences their attitudes toward treatment. In the future, as a nurse, I would like to approach patients in a best way depending on their mental and health conditions.

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