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論 文 題 目	Development of a Disaster Mental Health Risk Reduction Nursing Model for Caregiving Family Member of the Elderly
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論文内容の要旨

Background: Nurses are expected to provide care to reduce disaster mental health risks of caregiving family members of the elderly. However, few report disaster-related conditions that hinder and promote the mental health of the caregivers. Also, existing nursing care to work in the community that focuses on reducing disaster mental health risks for caregiving family members with the elderlies are less.

Purpose: The purpose of this study is to develop a model that guides nurses in the community on reducing disaster mental health risks among caregiving family members with the elderly.

Significance: The finding of this study is expected to help nurses to reduce disasters mental health risks for caregiving family members in the community.

Methods: This study aimed (1) to identify disaster-related conditions that hinder and promote the mental health of caregiving family members, (2) to identify perceived effective and feasible nursing interventions to improve the mental health status of the caregivers, and (3) to draft a nursing model for Disaster Mental Health Risk Reduction (DMHRR) for caregiving family members with the elderly. This study employed 1) In-depth interviews and a focus group discussion to identify disaster-related conditions that hinder and promote the mental health of the caregivers, and perceived and effective nursing interventions; 2) an expert panel discussion to determine the disaster-related conditions that can be addressed by nurses and to evaluate the effectiveness and feasibility of the nursing interventions in the model. This study took place in Sleman regency, located in Yogyakarta, and South Lampung regency in Lampung in Indonesia. Purpositive

sampling was used to recruit participants. Thematic analysis was used to analyze the data. Research ethical clearance was obtained from the Ethics Committee of University of Kochi in Japan and the Ethics Committee of Faculty of Nursing, Universitas Indonesia.

Results and Discussion: This study identified seven conditions of the disaster mental health risks: *lack of knowledge to forecast disaster impacts, limited ability for maintaining the health of the elderly, lack of information about separated family member's condition, lack of knowledge regarding the government's aid, fear of the risk of illness transmissions, when caregivers cannot meet the elderly's expectation, and when the elderly lose interest in the lives.* This study also identified eight conditions of resilience: *having support from spouse, having support from relatives, mutual help among family members, being capable of reducing stress, being forward-thinking, being capable of anticipating subsequent health burdens to disaster, being capable of "ikhlas" (spiritual acceptance in awe of God), and being capable of preventing relapse of diseases of the elderly.* Furthermore, this study extracted seven effective and feasible nursing interventions: *trust building, mental health assessment, disaster health education, stress reduction, health facility referral assistance, collaboration and coordination, and direct care for elderly members.* At last, the final draft of the nursing model was developed.

Conclusion: This study suggested disaster-related conditions that hinder and promote the mental health of caregiving family members of the elderly. This study also suggested disaster health education as a possibly effective and feasible nursing care. Based on this result, a final nursing model for disaster mental health risk reduction for caregiving family members with the elderly was generated. This study recommends further research to validate the final draft of the nursing model and to evaluate the efficacy of disaster-health education.

Keywords: Nurses, disaster mental health, risk reduction, caregivers, the elderly

審査結果の要旨

社会の高齢化に伴い、家族を介護する人口は増加しているが、高齢者を介護する家族の災害時メンタルヘルスリスクについての報告は少なく、対策としての看護ケアについてはこれまで十分考えられてこなかった。日本と同様に自然災害の脅威が深刻なインドネシアにおいては、家族を単位とするケア・ガイドラインは複数作成されているものの、高齢家族の介護者を対象としたケアに関して確立したものがない。

そこで Chandra 氏は、地域の看護師が、高齢者を介護する家族の災害時メンタルヘルスリスクを軽減するためのモデルを開発することを目的として本研究を実施した。介護者および被介護者（高齢者）を対象としたインタビュー、看護師を対象としたフォーカスグループ

プディスカッションズ、専門家を集めたパネルディスカッションの3種類の質的な調査を行うことによって、1) 災害時メンタルヘルスのリスクおよびレジリエンスを特定し、2) 介護者のメンタルヘルスを改善するための効果的かつ実行可能な看護介入を特定した。調査で得られた知見をもとに、段階を踏んでモデルの改訂を行い、最終的に高齢者の介護をする家族の災害によるメンタルヘルスリスクを低減するための看護モデルとして **The tentative model** を作成した。

Chandra 氏は、本研究実施の過程で、常に真摯に課題と向き合い、実行力、リーダーシップを発揮し、収集した情報について分析を忍耐強く行った。本研究によって提案される看護モデルは、独創性、新規性のみならず、頻発する自然災害や高齢化社会化に対応する社会的意義をもつ。今後は、実災害時や、より拡大した対象に対して量的に妥当性を検証することによってその実用化が期待できる。

以上より、5 大学共同災害看護学専攻の博士論文の審査方法及び審査基準に則って審査した結果、Yudi Ariesta Chandra 氏に博士（看護学）および **Disaster Nursing Global Leader** の学位を授与するに相応しいと認めた。