A physical therapist investigates it about the contribution to a foreign student possible

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【Purpose】
The number of foreign students living in Japan is increasing. It is important that the students learning environment is as conducive to learning as possible. A physical therapist can contribute to creating such a learning environment for foreign students.

【Methods】
Twenty foreign students took part in the study. Students were introduced to general Japanese health practices and injury prevention and basic first aid. A dietician also gave nutritional advice and introduced Japanese dishes by way of preparing and cooking them with the students. Students were involved in a group discussion with a physical therapist about the health care services of the student’s native countries. Lastly students were interviewed individually about their impression of the experience.

【Results】
All students responded positively to the experience. From the interviews, comments included: “It was useful to learn about Japanese health practices”, “It was a good opportunity to learn about the nutritional aspect of Japanese dishes”, “I hadn’t considered the importance of injury prevention before taking part in this study”, “The hands on nature of the first aid section really made it more meaningful and easy to remember”, “Having the opportunity to learn not only about Japanese health care services, but also other countries health care services was really interesting”, “I am glad I could share in this experience with other foreign people who shared similar concerns to myself”.

【Discussion】
Foreign students feel a sense of uneasiness in their lives in Japan, in particular a lack of knowledge about health care in Japan. After taking part in the study students reported a sense of feeling less concerned about this. Additionally, in cooperation with a dietician, students gained a better knowledge of Japanese dishes. In this way a physical therapist is able to alleviate the uneasiness experienced by foreign students living in Japan.