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The needs for nurse on sports fields in Japan

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Athletic Trainer license is not governmental certification in Japan. Therefore, health care professional, such as physical therapist, acupuncturist, bonesetter and others often work as athletic trainer. This study is to show nurse is appropriate professional to work as athletic trainer by examine the questionnaire from athletes asking about health management and performance deterioration factors. Total of 558 athletes participated on this research by answering questionnaire. 93.3% of the athletes self-manage their health in daily basics. The highest health deterioration factor was injury 28.8%, followed by illness 22.2% and sleeping problem 15.2%. To maintain quality of health status, the highest factor was sleeping 71.7% followed by icing 65.5% and washing hands 63.4%. Receiving preventive injection rated 54.1% which was second lowest of the question. This study showed that Athletes believed injury influence their health than illness. The questionnaire found that athletes believe performance deterioration represent health failure. On the other hand, former study showed that upper respiratory infection 6 weeks prior to the match will decrease their performance. Other study showed high intensity training decrease salivary secretory immunoglobulin A. Based on former studies, there are needs for athletes to learn about appropriate infection protection protocol and a profession who is able to provide prompt and adequate medical intervention. By nurse acting as athletic trainer, athletes are able to receive appropriate knowledge and medical intervention onsite in daily basis.

Biography

Mochizuki has completed her MS in Athletic Training at the age 26 years from Indiana State University. She involved as athletic trainer for college through Japan national team such as women basketball, men and women rugby, Judo, rowing, and short track speed skating over 20 years. On year 2014, She involved as head athletic trainer for Japan Short Track Speed Skating team and participate Sochi Olympic. She finished nursing school on year 2019 and received permit as registered nurse by passing governmental exam. She now working at Heart specialized Hospital as ICU nurse well as athletic trainer for rowing team

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