

## One-off sessions

---

Keynote Address / Invited Speakers | Education

### [1] Keynote Address

---

#### [1-01] Keynote Address

Tsuguya Fukui (President, St. Luke's International Hospital)

#### [1-02] Keynote Address

Paul Crawford (Professor of Health Humanities, School of Health Sciences, University of Nottingham)

---

Keynote Address / Invited Speakers | Education

### [2] Invited Speakers

---

#### [2-01] Invited Speaker

Steven C. Schlozman (Assistant Professor of Psychiatry, Harvard Medical School)

#### [2-02] Invited Speaker

Masayuki Satoh (Specially-Appointed Professor, Dementia and Neuropsychology Program, Advanced Institute of Industrial Technology)

#### [2-03] Invited Speaker

Akiko Yamanaka (Senior Diplomatic Fellow at Cambridge Central Asia Forum, Cambridge University  
Former member of the House of Representatives)

Keynote Address / Invited Speakers | Education

## [1] Keynote Address

---

### [1-01] Keynote Address

Tsuguya Fukui (President, St. Luke's International Hospital)

### [1-02] Keynote Address

Paul Crawford (Professor of Health Humanities, School of Health Sciences, University of Nottingham)

## [1-01] Keynote Address

Tsuguya Fukui (President, St. Luke's International Hospital)

In my keynote speech, I would like to talk about how I became interested in the medical and health humanities and discuss what the future holds in these areas.

It has been around 50 years since I started studying medicine. I trained as a clinical fellow in internal medicine in Boston, USA, whilst at the same time studying public health at Harvard University. After returning to Japan in the mid-1980s, I was involved in medical care, education, and research in the fields of internal medicine, clinical epidemiology, and Evidence-based medicine (EBM) for around 16 years as a professor at Saga Medical University and Kyoto University. Then, in 2005, I became the president of St. Luke's International Hospital and continue in this role to the present day.

In my role as president of St. Luke's, I have contributed to the introduction and development of new medical treatments and care. Recently, St. Luke's has played a leading role in Japan in the fields of postgraduate clinical training for doctors, measurement, disclosure, and improvement of quality indicators relating to medical care.

In 2017, I established a graduate school of public health at St. Luke's, an area in which Japan lags far behind other developed countries. I then felt that the next step in my career should be to gain a fuller understanding of the Health Humanities, which is an expansion of the already well-established Medical Humanities, and to promote the dissemination of research in this field throughout Japan, both academically and among the medical community.

Art, which is the culmination of creativity and imagination, and is something that only we human beings – homo sapiens – have, reminds all people of the significance of being born and brings them a deep sense of joy in living. In addition, works of art also provide an essential person-to-person connection to those around them. These interpersonal connections are essential for maintaining good health and overcoming illness. Therefore, the potential of the Health Humanities to contribute to and improve current thinking and practice in medical care and public health is enormous, and we aim to further its development.

Moreover, I would like to strive for the development of Health Humanities in Japan not only for those people who are sick, but also to ensure that people in Japan and other countries around the world may receive better medical care and health care to help them improve their health and lead meaningful lives.

---

## [1-02] Keynote Address

Paul Crawford (Professor of Health Humanities, School of Health Sciences, University of Nottingham)

### Creative Nursing and Health Humanities

Professor Crawford introduces the important role of health humanities through the lens of some of his highly funded research projects. He gives particular emphasis to the notions of 'creative public health' and 'creative nursing' against the backdrop of the Coronavirus pandemic. In this bicentenary year of the birth of Florence Nightingale, he fleshes out her astonishing creativity, not least in relation to the timely themes of health and contagion at home. This short overview is followed by discussion of the place of creative practice in advancing what Crawford has coined 'mutual recovery' among patients, healthcare staff and family

carers and exciting new work to foreground social and cultural assets as a key contribution to public health. This is underlined by illustrating how ‘mutual recovery’ and social and cultural assets can align in providing novel, egalitarian approaches, for example, in dementia care. Finally, he outlines his latest project working with the Academy-award winning film company Aardman (Wallace & Gromit, Chicken Run, Shaun the Sheep) to advance mental health literacy among young people as part of his innovative mission in creative public health—a much more generous vision of health provision, in which the concept of creative nursing could find a happy space.

Keynote Address / Invited Speakers | Education

## [2] Invited Speakers

---

### [2-01] Invited Speaker

Steven C. Schlozman (Assistant Professor of Psychiatry, Harvard Medical School)

### [2-02] Invited Speaker

Masayuki Satoh (Specially-Appointed Professor, Dementia and Neuropsychology Program,  
Advanced Institute of Industrial Technology)

### [2-03] Invited Speaker

Akiko Yamanaka (Senior Diplomatic Fellow at Cambridge Central Asia Forum, Cambridge University  
Former member of the House of Representatives)

## [2-01] Invited Speaker

Steven C. Schlozman (Assistant Professor of Psychiatry, Harvard Medical School)

There's a Film for Each of Us: The Role of Film and Television in Preserving Mental Health and Fostering Resilience

Film and other forms of on-screen entertainment bolster mental health, foster resiliency, and, ultimately contribute to our general well-being. We might take this statement for granted, but these assertions beg a number of important questions. How does film accomplish this impressive task? What gives film the potency to readily provoke thoughts, feelings, and even physical experiences? This talk seeks to answer these questions by examining the ubiquity of content that film offers as it caters to the endlessly individual needs of the audience. We will survey neurobiological, psychological and media data to understand these processes, and we will pay special attention to the role of film and other forms on-screen entertainment in helping all of us during the trials of the ongoing global pandemic.

---

## [2-02] Invited Speaker

Masayuki Satoh (Specially-Appointed Professor, Dementia and Neuropsychology Program, Advanced Institute of Industrial Technology)

Music in Medical Settings:  
Applications for Dementia and Aphasia

Masayuki Satoh, M.M./Ph.D.

Department of Dementia and Neuropsychology  
Tokyo Metropolitan Public University Corporation  
Advanced Institute of Industrial Technology

Recently, the cognitive processing of music has been elucidated, and, based on these findings, music is going to be used for the rehabilitation and treatment of diseases. In neurology, the effectiveness of music therapy has been reported in following diseases/symptoms: dementia, aphasia, paresis and psychological symptoms due to stroke, gait disturbance of Parkinson's disease, and unilateral spatial neglect. In this lecture, I explain the present evidences of the former two symptoms, and introduce our studies about physical exercise with music to cognitively normal elderly people or patients with mild to moderate dementia, and the melodic intonation therapy (MIT) to patients with motor aphasia.

The symptoms of dementia are divided into two factors: the central symptoms which mean cognitive impairment, and behavioral and psychological symptoms of dementia (BPSD) such as delirium, wandering, hallucination, and so on. The evidence of the effectiveness of music therapy to the BPSD has been established. As for the non-pharmacological interventions to central symptoms, only the physical exercise reveals the significant effectiveness. Our team clarified that the physical exercise with music accompaniment is more effective than physical exercise alone (The Mihama-Kiho project).

It is well known that the patient with global aphasia often be able to utter lyrics when he/she sings familiar songs. The melodic intonation therapy (MIT) utilizes the musical factors to improve speaking of aphasic patients. We applied the Japanese version of MIT (MIT-J) to stroke patients with chronic aphasia, and performed functional MRI while naming before and after the intensive training of MIT-J for serial 9 days.

## [2-03] Invited Speaker

Ensuring Social Resilience: From Humans to Medical and Health Science

Akiko Yamanaka (Senior Diplomatic Fellow at Cambridge Central Asia Forum, Cambridge University  
Former member of the House of Representatives)

Political instability as well as various endemic and regional problems can shake the world community at any time and at any place, especially in the post-COVID-19 world. Therefore, renewed attention and urgency must be given to the concept of Preventive Diplomacy, which can be applied not only with regards to war and conflict but also natural disasters and pandemics. In this regard, we need to consider where we are in the tide of history and how to secure non-traditional aspects of security, such as water, food, health, energy, and environmental security. We must also consider how to deal with our aging society, and we must do so from various perspectives, because all developed nations are facing this issue. In order to realize a new world order which produces happy people by respecting humans in harmony with highly advanced medicine, I would like to propose three key phrases: 1. Ensuring Social Resilience, 2. Addressing Common Interests, and 3. Establishing an Age of Balance. In this talk I will also introduce the Japanese concepts of 一病息災 (ichibyou sokusai: “A creaking gate hangs long.” ) and 医食同源 (ishokudougen), both of which are consistent with the principles of a health normal diet and medical treatment, and which should be introduced widely in order to create a better world community.