

**The Japanese Association of Rehabilitation Medicine (JARM)
Annual Report (2021 Winter)**

Topics in FY2021

●Traveling Fellowship Program supported by the Japanese Association of Rehabilitation Medicine (JARM)

Participation this year was a physician from Indonesia. Due to the pandemic situation, the one-year term of the current participant may be extended.

Information on applications for next fiscal year is posted on our website here.

https://www.jarm.or.jp/english/about/bylaws_traveling.html

●Reports of rehabilitation for COVID-19 in Japan

These are our rehabilitation reports about COVID-19 in Japan.

Balancing infection control and frailty prevention during and after the COVID-19 pandemic: Introduction of the National Center for Geriatrics and Gerontology Home Exercise Program for Older People Home Exercise Program for Older People 2020.	Osawa A., Maeshima S., Kondo I., Arai H.	Geriatr Gerontol Int. 2020 Sep; 20(9): 846-848.
Remote rehabilitation for patients with COVID-19.	Sakai T, Hoshino C, Yamaguchi R, Hirao M, Nakahara R, Okawa A.	J Rehabil Med. 2020 Sep 4; 52(9): jrm00095.
Rehabilitation Therapy for a COVID-19 Patient Who Received Mechanical Ventilation in Japan.	Saeki T, Ogawa F, Chiba R, Nonogaki M, Uesugi J, Takeuchi I, Nakamura T.	Am J Phys Med Rehabil. 2020 Oct; 99(10): 873-875.
Summary of respiratory rehabilitation and physical therapy guidelines for patients with COVID-19 based on recommendations of World Confederation for Physical Therapy and National Association of Physical Therapy.	Zhu Y, Wang Z, Zhou Y, Onoda K, Maruyama H, Hu C, Liu Z.	J Phys Ther Sci. 2020; 32(8): 545-549.
Remote cardiac rehabilitation is a good alternative of outpatient cardiac rehabilitation in the COVID-19 era	Nakayama A, Takayama N, Kobayashi M, Hyodo K, Maeshima N, Takayuki F, Morita H, Komuro I.	Environ Health Prev Med. 2020 Sep 5; 25(1):48.
Society of swallowing and dysphagia of Japan: Position statement on dysphagia management during the COVID-19 outbreak.	Kimura Y, Ueha R, Furukawa T, Oshima F, Fujitani J, Nakajima J, Kaneoka A, Aoyama H, Fujimoto Y, Umezaki T.	Auris Nasus Larynx. 2020 Oct; 47(5): 715-726.
Early rehabilitation with dedicated use of belt-type electrical muscle stimulation for severe COVID-19 patients	Nakamura K, Nakano H, Naraba H, Mochizuki M, Hashimoto H.	Crit Care. 2020 Jun 15; 24(1): 342.
Effect of the COVID-19 Epidemic on Physical Activity in Community-Dwelling Older Adults in Japan: A Cross-Sectional Online Survey	Yamada M, Kimura Y, Ishiyama D, Otobe Y, Suzuki M, Koyama S, Kikuchi T, Kusuhi H, Arai H	J Nutr Health Aging . 2020; 24(9): 948-950.

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Impact of the coronavirus disease 2019 outbreak on activity and exercise levels among older adults.	Kawamura K, Kamiya S, Suzumura S, Maki K, Ueda I, Itoh N, Osawa A, Maeshima S, Arai H, Kondo I.	J Nutr Health Aging. 2021; 25: 921-925.
Utilization of transfer support equipment for meeting with family members in a nursing home during the COVID-19 pandemic: A case report.	Yoshimi T, Kato K, Aimoto K, Sato K, Itoh N, Kondo I.	Geriatr Gerontol Int. 2021; 741-742.
Clinical Manifestation, Evaluation, and Rehabilitative Strategy of Dysphagia Associated With COVID-19.	Aoyagi Y, Inamoto Y, Shibata S, Kagaya H, Otaka Y, Saitoh E.	Am J Phys Med Rehabil. 2021 May 1;100(5):424-431.
An Affordable, User-friendly Telerehabilitation System Assembled Using Existing Technologies for Individuals Isolated With COVID-19: Development and Feasibility Study.	Mukaino M, Tatamoto T, Kumazawa N, Tanabe S, Katoh M, Saitoh E, Otaka Y.	JMIR Rehabil Assist Technol. 2020 Dec 10; 7(2): e24960.
Oropharyngeal Dysphagia and Aspiration Pneumonia Following Coronavirus Disease 2019: A Case Report.	Aoyagi Y, Ohashi M, Funahashi R, Otaka Y, Saitoh E.	Dysphagia. 2020 Aug;35(4):545-548.
Staying Active in Isolation: Telerehabilitation for Individuals with the Severe Acute Respiratory Syndrome Coronavirus 2 Infection.	Mukaino M, Tatamoto T, Kumazawa N, Tanabe S, Katoh M, Saitoh E, Otaka Y.	Am J Phys Med Rehabil. 2020 Jun;99(6):478-479.

●Academic Conferences of the Japanese Association of Rehabilitation Medicine

The 58th Annual Meeting of the Japanese Association of Rehabilitation Medicine was held in a hybrid combination of physical and virtual at the Kyoto International Conference Center from June 10th to 13th, 2021. The number of participants in this conference was about 5,200 (Onsite 2,000, Web 3,200). The total number of online distribution was about 70,000. Many people have participated in this event despite the pandemic. This academic conference was designed to doctors, therapists, nurses and various medical experts working in rehabilitation medicine to have open discussions. With the development of life science, people's hopes for extending healthy life expectancy have never been so high. Based on this fact, the theme of this meeting was "Rehabilitation Medicine for Promoting Activities in Wakayama, Gen-Ki-no-Kuni". Ki-no-Kuni was a province in the western part of Japan that is Wakayama Prefecture now, which is in the south of Osaka. Putting together the words "Gen-ki," meaning cheerful and healthy, and "Kuni," meaning country, the message of encouraging healthy life activities was emphasized.

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The 5th Academic Conference of the Japanese Association of Rehabilitation Medicine was also held in a hybrid format at the Nagoya Congress Center from November 12th to 14th, 2021. The number of participants in this conference was about 3,000 (Onsite over 900, Web 3000). The theme of this meeting was “Rehabilitation Medicine for Supporting Longevity.” As the front runner of the aging society, we have to work on some new issues, such as BPSD in dementia which rapidly increases caregivers’ burden, frailty and falls which frequently cause long-term care, and further terminal care like Advance Care Planning. To support elderly people, we have been promoting preventive exercises and digital technology like robots and ICT, and rehabilitation medicine is expected to be involved much more in the future.

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● “Tips for Preventing Heat Stroke in Para Athletes” was compiled by JPSA and JARM, which contributed to smooth management of the 2020 Tokyo Paralympic Games.

The 2020 Tokyo Paralympic Games was held during the period from August 24th to September 5th. It was held in 22 competitions including the new competition of badminton and taekwondo. The term "Paralympic" was first used during the 1964 Tokyo Games, and it was the first time of history that the Summer Paralympic Games were held twice in the same city.

The competitions of the 2020 Tokyo Olympic & Paralympic Games were carried out in the hottest months of the year, when the risk of heat stroke is extremely high. Therefore, collaborating with JPSA (Japanese Para Sports Association), JARM's Paralympic and Para Sports Committee has supervised in creating the pamphlet: “Tips for Preventing Heat Stroke in Para Athletes (Q & A).” To enjoy para-athletics safely without anxiety, cautions for the hours, locations, and physical conditions are summarized in this booklet. Essential information on preventing heat stroke for all para athletes and supporters are put together in a FAQ format, which is freely available on this website:

<https://nechusho-yobo.com/>