

(5) Securing Health and Medical Care Service Systems

The TMG has been striving in the improvement of emergency medical care and in-home medical care and establishment of local medical care system where residents can receive appropriate medical services for their symptoms and actively participate in their medical care, aiming at the realization of patient-oriented, safe and secure medical care that is available 365-days and 24-hours.

Current Status of Medical Facilities

In the Metropolitan Area, there are medical facilities of various sizes and capacities, ranging from the best university hospitals in Japan, which offer cutting-edge medical care, to community-based clinics providing close-to-home care.

Number of Medical Facilities (Oct. 1, 2015)

		(Actual numbers)			Rate(per 100,000 people)		
		Nationwide	Tokyo		Nationwide	Tokyo	
			Total	Wards		Total	Wards
Breakdown	Number of hospitals (locations)	8,480	648	425	6.7	4.8	4.6
	Number of hospital beds (beds)	1,565,968	128,166	79,718	1,232.1	948.3	859.7
	General beds (beds)	893,970	81,493	59,683	703.4	603.0	643.6
	Long term care beds (beds)	328,406	23,524	12,804	258.4	174.1	138.1
	Beds for mental patients (beds)	336,282	22,494	6,959	264.6	166.4	75.0
	Tuberculosis beds (beds)	5,496	510	173	4.3	3.8	1.9
	Infectious disease beds (beds)	1,814	145	99	1.4	1.1	1.1
	Number of general clinics (locations)	100,995	12,944	9,910	79.5	95.8	106.9
	Number of dental clinics (locations)	68,737	10,620	8,310	54.1	78.6	89.6
	Average number of outpatients per day (persons)	1,366,693	143,677	109,808	1,075.3	1,063.1	1,184.2
	Average number of in-patients per day (persons)	1,255,404	102,104	61,881	987.8	755.5	667.3
	Bed occupancy rate (%)	80.1	79.8	77.9			

Source: Ministry of Health, Labour and Welfare
"2015 Survey on Medical Institutions"
"2015 Report on Hospitals"

Tokyo Metropolitan Health and Medical Care Plan

The "Tokyo Metropolitan Health and Medical Care Plan" (revised in March 2013) (covering the period between 2013 and 2017), has been defined as a basic and integrated plan that clarifies TMG's plans regarding medical care.

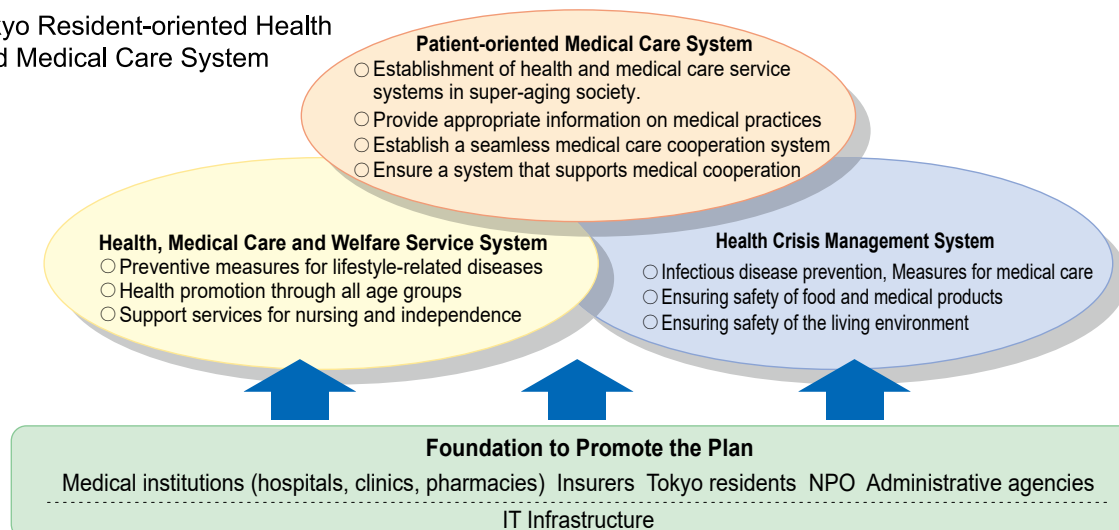
Basic Principles of the Plan

- With the aim of realizing a high quality, safe and secure health and medical care system, the TMG

will ensure seamless medical care services from the acute period to in-home medical care, while working toward provision of information on health and medical care from the perspective of Tokyo residents as well as patient-oriented medical care.

- In addition to supporting a patient-oriented medical care system, the TMG will enhance the system where two elements mutually support each other: the provision of consistent services in the areas of health, medical care and welfare, and the system to protect Tokyo residents from health crises.

Tokyo Resident-oriented Health and Medical Care System



■ Health Care Zones

In order to carry out effective health and medical care policies, the TMG has set up primary, secondary and tertiary health care zones as geographical units to allocate health and medical care resources appropriately.

Primary	Basic zones for providing community-based health and medical care services (=Municipalities) 【These zones have been set by the TMG】
Secondary	Units where comprehensive health and medical care services are provided to all Tokyo residents in which appropriate number of hospital beds are secured for medical care for inpatients other than those who require special medical care services (criteria for calculating the number of necessary hospital beds for inpatients requiring long-term treatment and for general inpatients). In these zones, a functional coordination among medical institutions and with expert health care service providers
Tertiary	Special medical care services in these zones. Health and medical services for all Tokyo residents are also secured (throughout the entire Tokyo area)

will be required in 2025. Furthermore, it includes the following four basic objectives to ensure that everyone can continue to receive high-quality medical care and enjoy life in Tokyo with peace of mind.

Agreements are being reached within regional medical planning and coordinating committees, who comprise regional medical institutions, medical organizations, parents and guardians and municipalities, etc., regarding the division of and collaboration over hospital bed functions, and collaboration regarding treatment at home

Provision of Medical Information

The TMG provides information about medical institutions and provide support in which active provision of information by medical institutions is promoted so that the residents (patients) have sufficient information to identify desired medical service. In addition to the services provided to date, in order to deal with the increase in non-Japanese travelers visiting the city, we are working on improving the services we offer in regard to medical information in other languages, and supporting the coordination of systems to ensure that non-Japanese patients can be treated in medical institutions, by, for example, offering training in supporting non-Japanese patients.

Tokyo Metropolitan Health and Medical Information Center

The Tokyo Metropolitan Health and Medical Information Center has been established as a general center to handle consultations on medical issues and provide information about medical institutions.

Tokyo Regional Medical Plan

As the baby-boomers approach the later stages of old age (which they will reach in 2025), the Tokyo Regional Medical Plan has been defined in July 2016, in order to be able to maintain and further develop a structure of medical provision in Tokyo. (This will be integrated with the Medical Care Plan at its next revision).

The Plan is based on trends in medical care of patients, as well as population projections, and includes a prediction regarding the number of hospital beds that

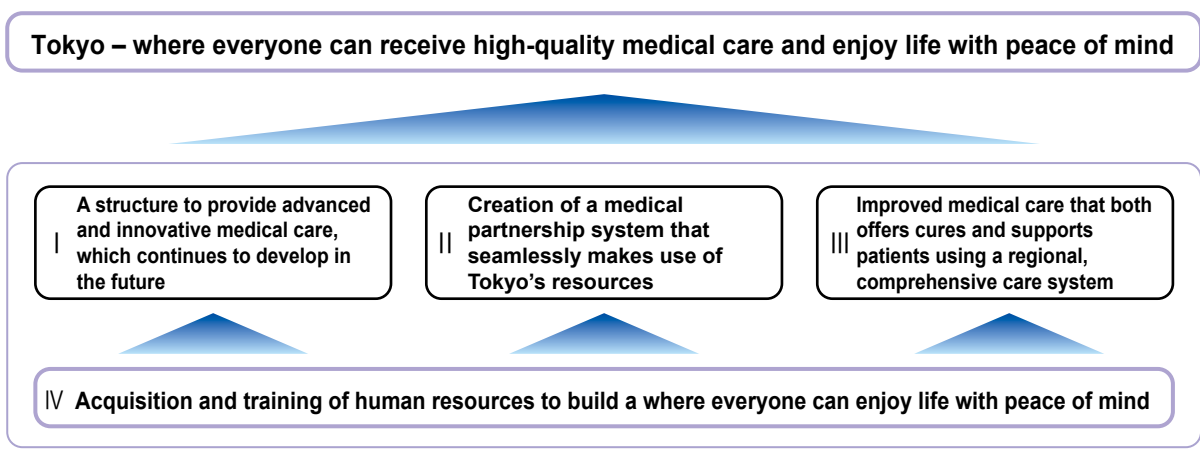
○ Counseling on Health, Medical Care and Welfare Affairs

Expert counselors offer advice to or consult with residents of Tokyo.

○ Tokyo Medical Institution Information Service “HIMAWARI”

In line with the Medical Practices Information Provision Program, the information received from medical institutions in Tokyo is disclosed on the Internet.

Medical institutions near your home or workplace



are searchable by specifying a location on this Website, along with a substantial amount of detailed information such as available departments, operation hours, access, available medical and diagnostic equipment, available tests, etc.

【Website】 <http://www.himawari.metro.tokyo.jp/>

【Mobile Site】 <http://www.himawari.metro.tokyo.jp/kt/>

○ Medical Information Service in Foreign Languages

(Available languages: English, Chinese, Korean, Thai and Spanish)

Counselors offer non-Japanese residents information on medical institutions where medical services in foreign languages are available.

【Tel】 03-5285-8181 (9 am to 8 pm everyday)

○ Medical Emergency Interpretation Service for Medical Institutions

(Available in English, Chinese, Korean, Thai and Spanish)

A telephone interpreting service is offered for medical institutions who have non-Japanese patients present in emergency conditions and cannot implement the appropriate treatment due to having insufficient Japanese skills.

Medical Information Navigation for Reassurance in Everyday Life

Information is provided through pamphlets and the website to ensure correct understanding on how to receive emergency care and consultation services, along with details on medical costs for hospitalization, and proper use of medical institutions.

Tokyo Children's Medical Care Guide

The Tokyo Children's Medical Care Guide is a website that provides basic knowledge on illnesses and how to treat injuries for children between ages 0 to 5.

Improvement of Health and Medical Care Service Systems in the Community

With the increasing and diversified demand for medical care services, the TMG has been addressing the establishment of a medical service provision system in communities by supplementing and maintaining medical services running short in local areas in quantity, quality and function.

Promotion of Medical Care Cooperation System by Disease

There are many life style related disease patients with high mortality, such as cancer and strokes, and they require detailed attention covering emergency medical care through to welfare services depending on the course of the symptoms.

○ Establishment of Medical Cooperation System for Stroke

The TMG aims to secure a system in which a patient who has a stroke is quickly and appropriately transported to a medical institution handling acute patients, and once the patient is out of the acute period,

to establish a system to provide seamless medical and nursing care services in the community from treatment, and recovery to home rehabilitation.

○ Establishment of Medical Cooperation System for Diabetes

The TMG aims to promote consistent measures against diabetes from prevention to treatment, and to prevent diabetes patients from becoming severe. It will also work toward prevention of complications and establish a coordinating system between community hospitals and clinics.

Rehabilitation System

The TMG supports the rehabilitation system in communities through training for care providers at regional rehabilitation support centers (designated in each secondary health care zone) as well as the establishment of Tokyo Metropolitan Rehabilitation Hospital, which plays a central role in rehabilitation provision. It will also support efforts to secure rehabilitation wards for convalescing patients.

Dental Health Care

The TMG has set up its own dental health objective to maintain the dental and oral health of all residents and to ensure a higher quality of life by extending their healthy life expectancy. To this end, support is provided to municipalities and related organizations, and it also established the Tokyo Metropolitan Center for Oral Health of Persons with Disabilities to provide dental examinations to children (persons) with mental or physical disabilities. Further, to promote in-home dental examinations, the TMG provides support for eating/swallowing disorders often seen among the elderly requiring long term care and subsidy for maintenance fees for medical equipment required in in-home dental exams.

Enhancing In-home Medical Assistance Systems

Designed to accommodate a rapidly aging society, these systems offer an in-home medical care environment ensuring that all people can live in their communities in safety and with peace of mind, even when they need medical and nursing care.

Ensuring an At-home Medical Care Environment in the Community

○ Establishing an In-home Medical Care Environment

To ensure a smooth transition from the hospital to in-home medical care and stable continuation of in-home medical care of the elderly requiring medical care, the TMG supports initiatives taken by municipalities to enhance collaboration between medical care and nursing care personnel, such as setting up "in-home medical care assistance offices" for the elderly.

○ Measures to Provide At-Home Medical Care for Young Children etc. New

With the aim of promoting at-home medical care for young children who need it, TMG will support

measures taken by municipalities in partnership with related organizations in line with local needs.

Training for Human Resources engaged in In-home Medical Care

The TMG conducts training for doctors who play a key role in in-home medical care in their community to enhance the collaboration among various professionals centering on the leaders based on the situation in each area.

Coordination of Infrastructure to Promote In-home Medical Care

The TMG develops a system of sharing patients' information between medical care and nursing care personnel by using ICT to support patients with medical care at home.

Strengthening the System for the Transition to In-home Medical Care

In order to develop an environment where inpatients can leave the hospital to in-home medical care with peace of mind, the TMG will train and secure personnel who assist and coordinate the discharge, and serve as a liaison between medical care and nursing care at small- to medium-sized hospitals in Tokyo.

In-home Medical Care Reciprocal Assistance System

The TMG helps home-care doctors collaborate with home-care nurse stations, or with each other in teams to create 24-hour diagnostic systems, and to ensure a supply of doctors forming the core of in-home medical care networks.

succumbs to cancer, the Metropolitan Government is implementing comprehensive cancer prevention strategies.

Tokyo Metropolitan Plan to Promote Cancer Control Programs

The "Tokyo Metropolitan Plan to Promote Cancer Control Programs", which is a comprehensive plan to counteract cancer, was formulated in March 2013 to cover the period FY2013 to FY2017. The plan forecasts that the accelerated aging of Tokyo residents will lead to increased numbers of cancer patients, and therefore calls for further enhancement and strengthening of cancer control measures. Furthermore, it addresses new challenges such as pediatric cancer and advice and support in regard to employment for cancer patients.

Coordination of Structures to Deliver Cancer Treatment

In order to provide high-level cancer treatment to all residents, the TMG accredits hospitals with cancer treatment skills as high-level as the ones designated by the national government as "Cooperating Cancer Treatment Hospitals", as "Tokyo-designated Cancer Treatment Hospitals," and hospitals capable of cancer treatment for specific parts of the body at levels as high as the national hospital, designated as "Tokyo Cancer Treatment Cooperation Hospitals." This comprehensively addresses specialized treatment, palliative care, and consultation support to cancer patients and families.

The TMG is also training healthcare providers about palliative care to establish a system that provides seamless palliative care from the early stages of treatment to medical care at home.

Promotion of Cooperation in the Treatment of Pediatric Cancer

To improve the medical level at which patients with rare childhood cancers are treated, develop a

Measures against Cancer

With a view to supporting cancer patients living just the way they are and realizing a society where no one

Tokyo Cancer Prevention Plan

Overall Goal

1. Reducing the number of cancer deaths (Lower age-adjusted mortality rate for under 75-year olds by 20%)
2. Maintaining a higher standard of medical care in daily life and reducing the burden for all cancer patients and their families
3. Building a society where you can live like yourself even after developing cancer

Strategies by sector

Promoting cancer prevention, promoting early cancer detection, and promoting health education to prevent cancer

- Promote lower adult smoking rates and effective measures to prevent secondhand smoking
- Prevent cancer caused by virus or bacterial infection
- Promote efforts related to lifestyles to fend off cancer based on scientific evidence
- Promote measures to improve consultation rates for cancer screening
- Conduct cancer screening based on scientific evidence and improve its quality
- Promote higher awareness of health education and cancer prevention among children and adults

Comprehensive development of high-level medical care for cancer

- Promote a system to provide cancer treatment that is reassuring for patients and their families
- Provide seamless palliative care from the time the patient is diagnosed with cancer
- Build a comprehensive support system for pediatric cancer

Reducing the anxiety of patients and their families

- Enhance consultation support and information provision related to cancer
- Develop a consultation support system for pediatric cancer patients and their families

Promoting cancer registration and research

- Further promotion of cancer registry
- Promotion of cancer research

treatment network of medical institutions in Tokyo treating childhood cancer is being coordinated, in order to strengthen cooperation in treatment and improve consultation and support systems.

Raising Awareness about Cancer Patients and Work

The TMG supports cancer patients coping with both treatment and work by spreading correct understanding about cancer to businesses, and enhancing the consultation and support system of hospitals.

Promotion of Cancer Research

The Tokyo Metropolitan Institute of Medical Science promotes the development of diagnosis methods that enable early detection of various cancers and therapeutic evaluation by utilizing the substances in urine or applying/improving the multiple ultrasensitive simultaneous test.

Tokyo Metropolitan Portal Site of Cancer

“Tokyo Metropolitan Portal Site of Cancer” that provides various information on cancer has been launched.

Enhancement of Emergency Medical Care

We are striving to create an emergency medical care system from initial through to secondary and tertiary care, which provides appropriate medical care promptly at any time, anyplace, and for all patients who have been involved in an unforeseen accident or who experience an acute illness.

Primary Emergency Care: Treatment for patients who do not require hospital admission

Secondary Emergency Care: Treatment for moderately sick patients who require hospital admission

Tertiary Emergency Care: Treatment for patients in critical condition, whose life may be at stake

Emergency Medical Care

○ Weekend/Holiday/Night time Treatment Program

In order to be able to treat patients who require hospitalization (for both surgery and internal medicine) on a 24-hour, 365-day basis, we guarantee access to hospital beds for emergency admissions on holidays and at night.

○ Model Program to Improve Emergency Transportation and Patient Admission

In order to reduce the number of cases in which hospitals are unable to admit patients transported under emergency conditions, we have ensured that staff other than doctors and nurses are in place to handle coordination, and are improving our admissions systems.

○ Coordination of Transportation for Transfer between Hospitals New

When patients are transported from other hospitals, they often use hospital ambulances or private-sector

ambulances, depending on the level of care that they require. We promote the appropriate use of ambulances by partially subsidizing these costs. We have created a manual for cooperation between related facilities when handling emergency care at a home for the elderly, in order to ensure that transportation to a medical facility is handled smoothly.

Pediatric Emergency Medical Care

○ Tokyo Children's Emergency Center

There four facilities designated as Tokyo Children's Emergency Centers, including the Children's Medical Center, as centers that must always accept and provide prompt and appropriate lifesaving treatment, in case of a request to accept a severe emergency pediatric patient under the Children's Emergency Transportation System for patients that are difficult to continue receiving emergency treatment at other medical institutions. The Centers provides lifesaving treatment, while working as a base for medical care coordination and cooperate with other medical facilities to ensure smooth transfers between hospitals, and also conduct clinical education and training to support hospitals in the area.

○ (Pediatric) Nighttime and Holidays Medical Service Project

During afternoons on holidays and nighttime every day, the TMG ensures availability of emergency hospitals 365 days a year, mainly for emergency pediatric patients requiring hospital treatment. In addition, at hospitals experiencing a concentration of patients including those with mild symptoms, nurses who can conduct triage are assigned to distinguish patients with higher urgency.

○ Tokyo Pediatric Medical Care Committee

The TMG is securing and enhancing the pediatric emergency medical care system from initial to tertiary emergency care by establishing a committee comprised of medical institutions, related organizations, and municipalities.

○ Training Project for Emergency Medical Specialists (Pediatric)

The project will offer special training on pediatric emergency and life saving for doctors working at medical institutions handling pediatric emergency in Tokyo to raise the overall level of pediatric emergency care.

○ Regional Pediatric Care Training Project

The project conducts clinical training on pediatric care for clinic doctors in Tokyo to improve the regional medical level of pediatric care, and to secure personnel for emergency pediatric care in the region.

Tokyo Rules for Emergency Medical Care

To provide prompt and appropriate emergency medical attention, the TMG is promoting efforts under the “Tokyo Rules for Emergency Medical Care,” comprised of rules on “Prompt admittance of emergency patients,” “Conducting Triage” and “Tokyo Resident's Understanding and

Participation.”

○ Rule 1: Prompt Admittance of Emergency Patients

A system to promptly admit emergency patients will be developed through coordination with emergency hospitals and related organizations, by developing the “Regional Emergency Medical Care Centers” playing the key role of regional emergency care, and by assigning “Emergency Patient Coordinators” at the Tokyo Fire Department to coordinate the admittance of emergency patients across Tokyo.

Regional Emergency Medical Care Centers

These are medical institutions which coordinate admittance of emergency patients when an emergency medical team is not able to find a medical institution to admit in selection process based on the collaboration system among emergency medical institutions of the region along with the emergency medical team.

Emergency Patient Coordinators

When admittance is difficult in the region through the coordination of a regional emergency medical care center, they coordinate the admittance across Tokyo.

○ Rule 2: Conduct "Triage"

To protect the lives of patients who require immediate medical attention, “triage” to determine the necessity or order of clinical examination will be conducted in various situations in emergency care.

○ Rule 3: Residents’ Understanding and Participation

In order to protect the emergency medical care system that is an important social resource, the Tokyo residents will try to use the system appropriately.

Enhancement of Perinatal Medical Care

The TMG ensures comprehensive perinatal medical care system to provide efficient care in communities corresponding to various risks during pregnancy, labor and neonatal so that people can give birth to and raise children with peace of mind.

Securing the Functions of Perinatal Medical Care Center

The TMG will support the management of the perinatal medical care centers that have NICU (neonatal intensive care unit) and ability to respond appropriately in emergency situations for the pregnant women or women in labor with high risk and newborn babies and will strengthen its function.

Subsidy for Maintenance Expenses of Perinatal Medical Facilities

The TMG will support the maintenance of facilities and equipment of perinatal medical care centers to enhance the perinatal medical care system.

Operation of Comprehensive Perinatal Medical Center for Mother

The TMG designates the “Comprehensive Perinatal Medical Center for Mother (so-called “Super Comprehensive Perinatal Center”)” at perinatal medical centers, which cooperates with doctors in emergency department and provides life-saving measures and always accepts the transfer request for pregnant women in severe condition.

Coordinator for the Transfer of Perinatal Patients

The TMG allocates coordinators who mainly make adjustments for the transfer of patients between communities under the jurisdiction of the Comprehensive Perinatal Medical Center to facilitate a prompt transfer of mother and child who require immediate medical attention.

Securing of Cooperating Perinatal Hospital (Operating on Weekends, Holidays and Night Hours)

The TMG designates “Cooperating Perinatal Hospitals” as an emergency medical institution that can address pregnant women or women in labor with medium risks while also supporting facility improvements to ensure emergency medical care for pregnant women or women in labor on weekends, holidays and night hours.

It also supports establishment of NICU at Cooperating Perinatal Hospitals.

Establishment of Perinatal Network Group

By establishing perinatal network groups which consist of initial, secondary, and tertiary perinatal medical institutions centering on Perinatal Mother-Child Medical Centers, the TMG strengthens the cooperation system and role-sharing function of perinatal medical care facilities and creates a framework to provide medical care according to the types of risks of pregnant women (fetuses) and infants.

Securing Cooperating Neonatal Hospital in Tama

In the Tama area with less perinatal medical care centers compared to other areas, the “Tama Cooperating Neonatal Hospital” will be secured for high-risk newborn babies, to strengthen the admittance system of newborns in Tama.

Training for Transition to In-home Care for Pediatric Patients

To ensure a smooth transition from Perinatal Mother-Child Medical Centers, etc. to home care, this project provides training for different types of jobs, including doctors, nurses, physical therapists, MSW and nurses.

Program to Provide Hospital Beds that Support Discharge to Home Care

For children hospitalized for long periods at NICU, interim beds will be set up before transferring to long-term home care in order to support and to promote a smooth discharge from NICU to home, while also improving the situation of beds being fully occupied at NICU and other facilities.

Support for Transfer to Home Care of Pediatric Patients in NICU, etc. New

Costs borne by Perinatal Mother-Child Medical Centers and visiting nurse stations etc. in offering training for overnight home visits and coordination between institutions are subsidized, in order to support a smooth transition by pediatric patients in NICU, etc. to home-based care.

Support for Training of Neonatal Doctors New

Subsidies are provided for trainee doctors, with the aim of training doctors who will work in NICU and other neonatal medical care in the future.

Enhancement of Disaster Medical Care

Bracing ourselves for a massive earthquake, the TMG has established a system in which accurate information is gathered and swift and appropriate medical relief actions are taken.

Medical Relief Actions and Medical Products Stocks In Case of Disaster

In the “Tokyo Metropolitan Disaster Prevention Program,” various emergency measures in case of disaster are stipulated, such as the collection and centralization of medical information, primary medical care systems, patient transportation system for injured persons, etc. Municipal governments are responsible for the dispatch of relief parties to emergency shelters

and stocking medical supplies. TMG is responsible for the dispatch of Tokyo DMAT and Tokyo medical relief teams, as well as the provision of medical equipment to be supplied to backup medical facilities.

Improvement of Disaster Control Base Hospitals

The TMG maintains “Metropolitan Disaster Control Base Hospitals” to accept mainly severely injured patients in case of a disaster and organize medical relief parties. It also prepares medical supplies and equipment.

Promotion of Earthquake-Resistant Medical Facilities

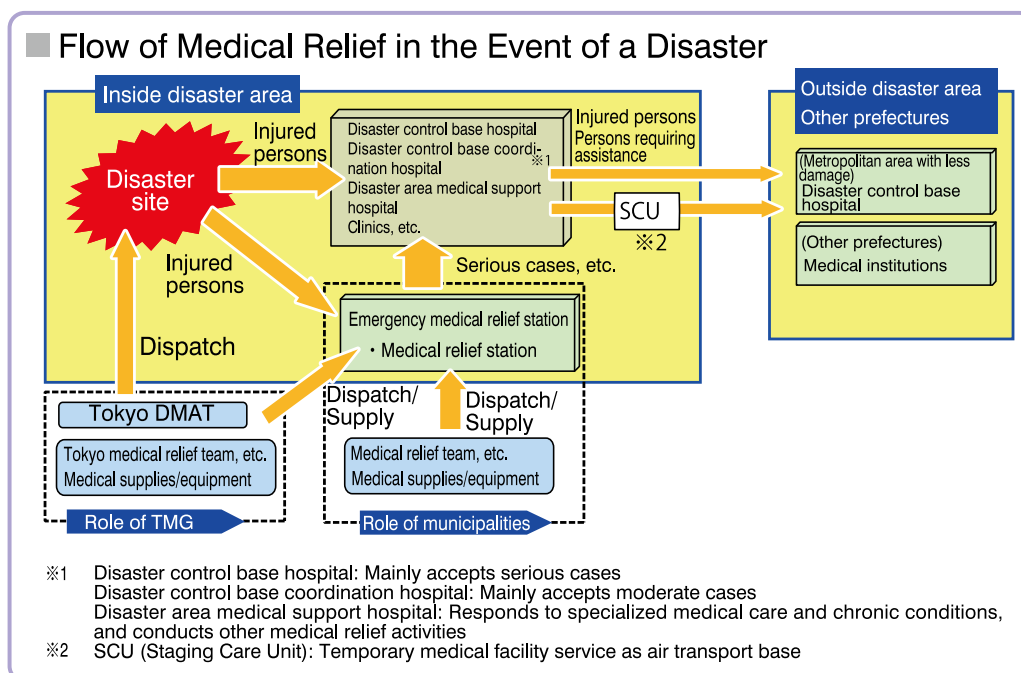
The TMG provides financial assistance for hospitals in Tokyo to evaluate seismic capacity, newly construct/reconstruct, and conduct anti-seismic reinforcement constructions, aiming to further facilitate the earthquake-resistance repair of medical facilities to ensure medical practice in times of disaster.

Enhancing the Work of Tokyo DMAT (Disaster Medical Assistance Team)

This project offers specialized training for doctors and nurses, enabling them to provide emergency rescue services in times of metropolitan area disasters such as large-scale traffic accidents.

In order to enhance and strengthen the system for initial medical response, since the program’s launch in August 2004, certain hospitals, mainly those with Emergency Critical Care Centers, have been designated part of Tokyo DMAT.

In addition, based on the experience of the victims of the Great East Japan Earthquake, vehicles loaded with foodstuffs, daily foods, communications equipment, etc., are stationed at all Tokyo DMAT-designated hospitals so that projects can be self-sustaining in the long term.



Disaster Area Medical Associations

Relevant parties collaborate over the period spanning the immediate aftermath of a disaster over the medium to long term. This project defines associations comprised of medical-related parties, the police, firefighters, the Self-Defense forces, and the municipalities, to create a disaster-response medical system where relevant parties can collaborate effectively.

Regional Disaster Medical Collaboration Council

Under this project, a Regional Disaster Medical Collaboration Council is put together by medical-affiliated parties and the municipalities, in every Secondary Health Maintenance Medical block. The Council meets to consider specific policies in times of disaster, in accordance with the specific regional characteristics including specific medical care circumstances.

Positioning of Disaster Area Medical Care Coordinator

In order to ensure that necessary medical care is carried out quickly and appropriately in times of disaster, the Metropolitan Government has set up its own Disaster Medical Care Coordinator units, which are located in the Metropolitan Area and the Secondary Health Maintenance Blocks, to ensure smooth implementation and coordination of medical care throughout the Area.



The Rescue operation (The training)

Improvement of Measures regarding Medical Care in Remote Areas

This project implements medical care in remote areas such as isolated islands and mountain villages.

Support to Secure Healthcare Professionals

The TMG works toward ensuring a stable supply of doctors and other medical staff by dispatching doctors graduating from Jichi Medical University and doctors or dentists belonging to university hospitals and other hospitals cooperating in programs, based on the request of municipalities in remote areas, and by also providing a subsidy to municipalities in remote areas for expenses required to hire doctors and other medical staff.

The TMG has also established a facility to offer free job placement services for various medical professions and to dispatch substitute doctors, in order to support municipalities in remote areas that face difficulties in securing healthcare professionals.

Development of a System to Provide Medical Care

The TMG makes adjustments to secure medical specialists and provides a subsidy for specialized treatment, such as for the eyes, ear, nose and throat, conducted at municipalities in remote areas.

Further, in order for medical institutions in remote areas to secure a foundation for treatment, the TMG subsidizes the expenses required for maintenance of clinics and purchase of medical equipment.

Support for Medical Treatment

If an emergency patient, who cannot be treated at a medical institution at an island location, presents for treatment, the TMG has a system in place 24 hours a day/365 days a year to transport said patients to an advanced medical institution, with Tokyo Metropolitan Hiroo Hospital serving as the base hospital for the island areas, using the Tokyo Fire Department or Maritime Self-Defense Force helicopter, or other method. In addition, the patient transport system is enhanced by entering into cooperative agreements with private and national hospitals with rooftop heliports, who will also accept patients.

Furthermore, an electronic image transmission system is being built linking medical institutions in island locations and Tokyo Metropolitan Hiroo Hospital to exchange information such as X-ray and CT images and allow island hospitals to receive advice from medical specialists while remaining in situ.

Tokyo Metropolitan Support Organization for Medical Care in Remote Areas

To ensure smooth and efficient implementation of the medical measures for remote areas, the Tokyo Metropolitan Support Organization for Medical Care in Remote Areas has been established to plan and make adjustments in programs. In addition, the Tokyo Remote Areas Health and Medical Care Affairs Committee, comprised of municipalities in remote areas, relevant medical institutions, academic experts, and other members, is set up within the organization to facilitate general exchange of opinions and coordinate medical care in remote areas.



Transport of an emergency patient

Securing and Improvement of Medical Human Resources

This project seeks to ensure a steady flow and improvements in quality of medical care professionals—individuals capable of providing quality services, from the perspective of patients (Metropolitan area residents).

Measures for Securing Doctors

○ Tokyo Regional Health and Medical Care Affairs Committee

This committee, which is comprised of medical personnel and Tokyo residents, considers how to secure stable medical care human resources such as doctors.

○ Tokyo Regional Health Care Support Center

Based on the policy to secure doctors decided by the Tokyo Regional Health and Medical Care Affairs Committee, the Center will promote measures to secure doctors based on the characteristics of Tokyo, such as support to secure doctors at medical institutions, support for career development of persons who gained scholarship loan, understanding of the actual situation of securing doctors, and information dissemination on measures to secure doctors.

○ Tokyo Metropolitan Scholarship System for Regional Health Care Doctors

The TMG will secure adequate number of doctors to work for pediatrics, perinatology, emergency or remote area medical care through scholarship loans to medical students in Tokyo and providing educational assistance in cooperation with universities.

○ Tokyo Metropolitan Project for Doctors Supporting Regional Health Care

The TMG will secure health care systems in the Tama area and island areas through employment of doctors as TMG employees to be dispatched to facilities and hospitals in remote areas.

○ Support for Work Environment Improvement for Doctors and Reemployment of Female Doctors

To reduce the burden of long working hours, the TMG encourages the improvement of the working environment and the reemployment of female doctors.

Measures to Ensure Sufficient Nursing Staff

○ Tokyo Nursing School

The TMG owns seven nursing schools to train nurses to work for medical institutions in Tokyo. In 2016, the seven schools had 562 graduates, which account for 10% of the total number of graduates from nursing schools within Tokyo.

○ Subsidy for Costs of Operating Nursing Schools

TMG subsidizes the costs required to operate nursing schools or training centers, in order to improve the quality of education provided and recruit nurses to make up the current shortfall in the metropolitan area.

○ Tokyo Nurse Plaza

To secure and improve the quality and retention rates

in Tokyo, the TMG offers employment consultations, job placement, and reemployment training for public health nurses, midwives, nurses and licensed practical nurses.

○ Loan for Costs Relating to Nursing Training

Student resident within Tokyo, who are training as health workers, midwives, nurses or auxiliary nurses and who plan to work in nursing in Tokyo in the future, may access loans for the cost of their studies. This program aims to improve the retention and the quality of nurses in Tokyo.

○ Patrol and Visit Program to Promote Retention of Nurses

By supporting efforts to secure nurses by assigning employment assistants to patrol and visit small- and medium-sized hospitals to establish a training system and improve the working environment, the TMG aims to build a structure in which nurses can continue working free from care.

○ Maintenance of Training System for Newly-employed Nurses

To prevent early resignation of newly-employed nurses, the TMG encourages the enhancement of clinical training at hospitals.

○ Community Support to Secure Nurses in Regional Health Care

In order to promote reemployment of nurses who are out of jobs, the TMG offers training and consultation at hospitals in communities.

○ Second Career Support Project

In order to support the reemployment of nurses who retired, the TMG holds training sessions for those retired nurses to learn the characteristics of different facilities and required knowledge.

○ Promotion of Opening and Training of Outpatient Nursing Consultations

To enhance home medical care and to improve the qualifications of the nursing staff, through coordination with doctors, the TMG supports the development of facilities and training for outpatient nursing consultations, which provides patients with guidance and care.

○ Training for Opening of Midwifery Centers/ Outpatient Midwifery Clinics in Hospitals

Training is offered for managers within medical facilities and midwives, in order to promote the opening of midwifery centers and outpatient midwifery clinics within hospitals, with the aim of ensuring a high quality of service is provided to metropolitan residents (patients), and retaining medical staff.

○ Promotion of Retention of Nurses in Island Areas

By making trips to island areas for training and dispatching short-term substitute nurses, improve the work environment and promote the retention of nurses working in island areas.

○ **Project to Secure Healthcare Providers in Island Areas**

In order to secure and retain nurses, the TMG supports the efforts by towns and villages of the island areas to organize on-site tours for nurses.

Measures to Retain Medical Staff

○ **Tokyo Metropolitan Center to Support Improvement in Medical Work Environment**

The Tokyo Metropolitan Center to Support Improvement in Medical Work Environment has been established as a base to promote better work environments for healthcare professionals. The center has built a consultation system by a team of experts on labor management and health service management, and supports initiatives by medical institutions to improve work environments.

○ **Improvement of the Quality of Medical Staff Members**

Various workshops and lectures are conducted to address the advancing and diversifying health and medical services and improve the quality of medical staff members.

○ **Designation and Guidance for Training Schools**

Based on the national laws and regulations of training schools for medical care providers, the TMG provides approvals for designation or partial changes, and guidance. It also works as an intermediary with the national government, and provides requests for designation or partial changes for some training.

Ensuring Medical Safety

Medical safety measures are promoted by the TMG so that the quality of medical services is improved and all residents are provided with safe, secure and satisfying medical care.

Authorization, Inspection and Supervision of Medical Institutions

Based on the Medical Service Law, the TMG has the right to authorize founding of hospitals and medical corporations. It also conducts on-site inspections to check whether the institution meets predefined criteria set by the Medical Service Law, such as number of medical employees and adequate facilities.

Medical Safety Support Center Project

The TMG supports the five Public Health Centers in Tama region, cities with health centers and Medical Safety Support Centers located in Special wards as well as consulting with residents regarding medical issues at “Patients’ Voice Consultation Counter.”

Postmortem Examination and Autopsy

The Tokyo Metropolitan Medical Examiner’s Office in each ward conducts postmortem examinations and autopsies according to the Postmortem Examination and Corpse Preservation Act, to find out the cause in cases of unusual death, so as to improve maintenance of social order, prevention of disease, and promotion of public hygiene.

The operation is commissioned to doctors’ associations and universities, etc., in the Tama and Island areas.

(6) Promotion of Health Policies

TMG has emphasized the implementation of comprehensive regional health services from the viewpoint of a Tokyo resident, such as “Proactive health improvement for each Tokyo resident,” “Cancer prevention measures,” “Support for patients with intractable disease and atomic bomb survivors,” and “Comprehensive measures against suicide.”

TMG also supports the sound management of the National Health Insurance System that serves as the foundation for the universal health insurance system and the Medical Care System for the Elderly Aged 75 and Older.

Public Health Centers/Municipal Health Centers

Public Health Centers are established for the purpose of contributing to the maintenance and improvement of residents’ health. Each Public Health Center engages in wide-ranging, technical and professional operations to improve the health of the community, while Municipal Health Centers provide health consultations and examinations to the residents of the area.

Operation of Tokyo Public Health Centers

Tokyo Public Health Centers are engaged in wide-ranging project adjustment of secondary health care zones under its jurisdiction, support for municipalities, as well as development of a health crisis management system.

Contents	Main Duties and Services
Support for Municipalities	Guidance, project cooperation, training and support for proactive efforts of municipalities
Planning	Formation, promotion, and evaluation of medical care promotion plans in communities, and planning of innovative project
Health Emergency Control	Maintaining health emergency control system, measures for pandemic influenza, etc.
Hygiene Education	PR, promotion, lectures, etc.
Statistical Research	Statistical research, Community diagnosis, etc.
Health Care	Promotion of cooperation among local, medical security support centers (patients voice consultation counters), application of medical license
Dental Health care	Diffusion and education of dental health care and consultation on dental care for disabled persons
Pharmaceutical Sanitation	Preventive measures for drug abuse, permission and guidance for opening pharmacies
Environmental Sanitation	Health related measures for indoor environment, business permits, monitoring and supervision for barbers, beauty salons, dry cleaners and water examination
Food Product Sanitation	Business permits, monitoring and supervision for restaurants or food manufactures,, countermeasures against food poisoning
Health Nutrition	Nutrition surveys, supervision for special food dispersing facilities, rollout of vegetable-based menus, monitoring and guidance, etc., including nutritional composition disclosure
Adult Health Care	Preventive measures for lifestyle-related diseases
Environmental Health	Lectures on allergies, health-related measures for aerial pollution, and measures for hay fevers
Medical Benefit and Subsidies	Provision of medical care benefit and subsidies for the cost of tuberculosis treatment
Measures against Infection Disease	Submission and reception of report of incidence of infectious diseases, etc.
Measures against HIV	Test, counseling and diffusion of knowledge about prevention
Measures against TB (tuberculosis)	Promotion of health checkups for patient, families and those who had contact with the patients, and DOTS (Direct Observation Treatment, Short Course)
Maternal and Child Health Care for Disabled	Consultation and guidance on medical care and child-rearing of disabled children
Mental Health Care and Welfare	Consultation on mental health and welfare, home guidance, and promotion project for social rehabilitation
Measures against Intractable Diseases	Home guidance and support, medical equipment rental for persons with intractable diseases living at home, bone narrow registration, etc.

Promotion of Comprehensive Measures against Suicides

The issue of suicide shall not be considered as a personal problem, but as a social problem which is caused by various social factors and is preventable with the adequate support of society. The TMG, by encouraging society as a whole to work on the issue, promotes Comprehensive Measures against Suicide

to realize a city where everyone values life and where everyone can live with ease.

“Kokonabi” is a website which collates information relating to anti-suicide measures within the Tokyo Metropolitan area.

Tokyo Conference for Comprehensive Measures against Suicide

The Conference will study comprehensive measures

to prevent suicide by understanding the current situation of suicides in Tokyo while promoting cooperation with related organizations. In addition, it is working to develop measures to prevent suicide.

Regional Centers for Promoting Measures against Suicide New

Regional Centers for Promoting Measures against Suicide have been established with the aim of effectively promoting comprehensive measures to prevent suicide in line with the situation in various municipalities, and support for municipalities has been strengthened in this area.

Prevent Suicide! Tokyo Campaign

The campaign aimed to prevent suicides has been conducted in September and March to promote understanding about the status of suicides and to raise awareness of suicide issues and the need for the society as a whole to take measures.

“Kokoro-to-Inochi no Hotline (Minds and Lives Hotline)”

The TMG has set up a dedicated counseling hotline to provide counseling to suicidal persons, while coordinating with professional counseling organizations in various fields, and actively supports those in need of counseling.

Tokyo Metropolitan “Kokoro-to-Inochi no Support Net (Minds and Lives Support Network)”

The TMG has set up a consultation desk to prevent survivors of suicide attempts from attempting suicide again, by connecting survivors, who are transported to emergency medical institutions, or consultation and support organizations in the community, and who can continuously provide support.

Tokyo Network of Counseling and Support

Due to the various issues behind suicide, the TMG will build a network composed of related institutes and organizations to provide suicidal persons with appropriate consultation and support.

It has also provided information by setting up consultation desks, etc. to support the families of suicide victims.

Health Promotion

To realize a society where you can live healthily throughout your life, society as a whole will support and comprehensively promote health improvements that each Tokyo resident can adopt on their own initiative.



Promotion of “Tokyo Metropolitan Health Promotion Plan 21 (Phase 2)”

The “Tokyo Metropolitan Health Promotion Plan 21 (Phase 2)” was formulated in March 2013, with overall goals to “Extend healthy life expectancy” and “Reduce health disparities.” Goals were also outlined for 14

fields, including “Cancer,” “Diabetes and Metabolic Syndrome,” and “Mental health” as priority fields. In order to prevent the development and progression of lifestyle-related diseases and to improve lifestyles, TMG will promote higher awareness in a wider area, support the initiatives taken by municipalities, service providers and medical insurers, and strengthen their collaboration to promote better health for Tokyo residents,

Prevention of Lifestyle Diseases

Through education on a healthy diet and physical activity (activity in daily life, exercise), using “Japanese Food Guide Spinning Top” and “2013 Physical Activity Standards and Guidelines for Better Health (Active Guide),” and development of human resources on health promotion, the TMG promotes the prevention of lifestyle diseases such as diabetes.

○ Diabetes Prevention Measures

The TMG will support initiatives by utilizing web-based advertising to raise awareness and educate the metropolitan population about prevention. It will also widely promote the need to improve lifestyle habits, and the importance of early and continued treatment.

○ Health Promotion through Facilities for Food Services and Restaurants

The TMG provides guidance and support regarding nutrition management and support for nutrition education to food service providers, thus promoting residents’ health. It also encourages restaurants to promote dishes made with plenty of vegetables (restaurants with vegetable-based menus).

○ Personnel Development to Encourage Health Promotion

In order to promote the health-building plan for Tokyo residents, the TMG will foster personnel that can take on the role of promoting health improvements within municipalities and medical insurers.

○ Education of Health Promotion in Daily Life

In order to facilitate residents in autonomously improving their lifestyle habits towards a healthier way of life, through, for example, consuming a larger quantity of vegetables, or walking further each day, the TMG has partnered with related organizations to collate walking maps of various metropolitan areas, and improved its web portal. These measures aim to improve the environment for education and practical application of measures that can be taken simply to make daily life healthier.

【Website】 <http://www.fukushihoken.metro.tokyo.jp/walkmap/en/index.html>

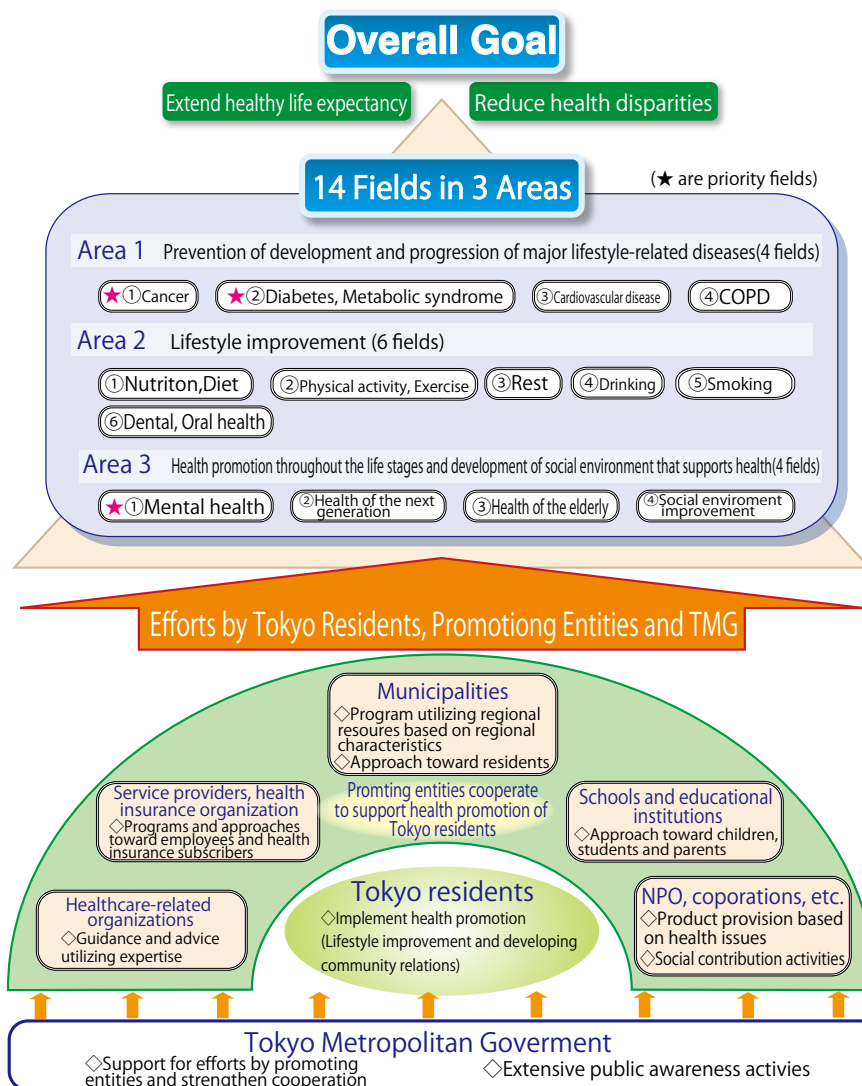


TOKYO WALKING MAP
Travel Tokyo On Foot and Meet a Whole New City!

○ Health Promotion in Private Companies

The TMG will support health promotion in private companies by cooperating with industrial associations

Conceptual Diagram of Tokyo Metropolitan Health promotion Plan 21(Phase 2)



and promoting efforts by companies to improve work environment according to their working styles.

○ Program to Support Health Promotion at Work New

This program promotes measures to encourage businesses to educate their employees at work in regards to health promotion and cancer prevention, in cooperation with economic organizations.

Prevention and Early Detection of Cancer

The “Tokyo Metropolitan Plan to Promote Cancer Control Programs (Phase 1 revision)” (period: FY2013-FY2017) was formulated in March 2013 as the comprehensive plan that covers from cancer prevention, treatment to higher quality of recuperation. Together with the “Tokyo Metropolitan Health Promotion Plan 21 (Phase 2),” the TMG will step up measures to prevent cancer.

○ Program to Raise Cancer Screening Rate and Accuracy Control in the Community

The TMG strives to boost the rate of scientifically-based cancer screenings conducted by municipalities, while enhancing the precision control and grasping the

detailed examination results of patients who require a detailed examination, and making sure those who have not undergone detailed examinations do so. Lectures on accuracy control are also conducted for organizations commissioned for cancer screening.

○ Program to Support Cancer Screening in Private Companies

The TMG promotes the development of a system to conduct screenings and raise awareness as cancer measures in private companies, by cooperating with insurers of employees’ medical insurances and industrial associations.

○ Cancer Screening Campaign

To achieve early detection of cancer, the TMG, in cooperation with media and relevant organizations, promotes the campaign to increase the rate of residents receiving screening for highly-mortal cancers such as breast cancer or large intestine cancer.



(Image) Be good to yourself. Take a cancer screening test.

○ Development of Support System for Cancer Screening

The TMG will develop a support system for cancer screening by providing technical training for physicians and others engaged in giving breast cancer screenings via mammography and stomach cancer screening via gastrofiberscopy.

Measures against Harmful Health Effects of Tobacco/Cigarette

○ Education regarding the Effects of Smoking on Health

Educational measures for the underage will be promoted in order to prevent smoking, such as inviting poster designs on smoking prevention for underage people, and distributing leaflets to junior high school students.

○ Measures to Prevent Passive Smoking

Measures to prevent passive smoking will be pursued, based on educational measures to educate people regarding the danger to health of passive smoking, as well as coordination of surveys and national laws regarding this issue within restaurants and bars at a national level.

Measures to Counteract COPD (Chronic Obstructive Pulmonary Disease)

A booth allowing people to test themselves and find their own “pulmonary age” will be installed at various events etc. in order to educate people about COPD (Chronic Obstructive Pulmonary Disease), as well as the need to raise awareness, prevent onset, encourage early detection and ensure early treatment, and to develop an awareness of the further need to inform family members.

Local and National Cancer Registry

The TMG is registering information related to cancer patients in order to make estimates of the cancer incidence rate and survival rate. This enables the TMG to determine the actual state of affairs concerning cancer in Tokyo in the aim of evaluating and promoting cancer countermeasures.

Promotion of Mental Health

Adequate rest and coping with stress are important in maintaining mental health. Promotion and education on how to cope with stress, and creation of communities and workplaces where people can easily seek consultation are called for.

Support for Patients with Intractable Disease and Atomic bomb Survivors

Since there is currently no effective cure established for intractable diseases, they require long-term treatment. The TMG supports, in cooperation with the Japanese government, patients with intractable diseases in the search for cures and the recuperation of the patients. It also provides support for atomic-bomb survivors and measures for viral hepatitis.

Subsidization of Medical Expenses

As subsidy for the medical expenses of intractable diseases, the TMG subsidizes a part of the self-pay burden of medical expenses and costs of long-term insurance services (only partial subsidization is available) for nationally designated diseases and other TMG designated diseases.

Subsidy for medical expenses is also provided to patients with renal insufficiency and require undergoing dialysis, such as patients with congenital blood coagulation factor disorder.

Temporarily Hospital Admission of Intractable Disease Patients living at Home

The TMG has beds at hospitals in Tokyo for patients with intractable disease normally living at home, in case the care provider, such as a family member, becomes temporarily unavailable to provide nursing care due to illness or accident.

Home-visiting Nursing Care for Intractable Disease Patients Living at Home

A medical team comprised of expert physicians and home doctors offers consultations at the homes of patients who are bed-ridden or have difficulties receiving treatment.

Home-visiting Nursing Care for Intractable Disease Patients on an Artificial Respirator Living at Home

The TMG offers home-visiting nursing care outside the limit of the medical service fee for the patients living at home using artificial respirator.

Project to Install Emergency Power Sources for Intractable Disease Patients on an Artificial Respirator

To prepare for power shortages in case of a disaster, the TMG offers support to medical institutions using ventilator therapy, to secure emergency power systems that can be loaned without charge to intractable disease patients who live at home and use an artificial respirator.

Consultation on Home Care for Intractable Disease Patients

Public health nurses at public health centers make home visits, telephone, or meet patients at the health center to provide consultations about home care, so that patients can live comfortably at home.

Medical Network for Intractable Diseases

Partially New

In order to secure a stable appropriate environment for patients with intractable diseases and their families, related organizations such as local hospitals, cooperating hospitals and public health centers etc. are working together to build a Medical Network for Intractable Diseases.

Tokyo Metropolitan Intractable Disease Consultation/Support Center

The TMG offers support and consultation for intractable disease patients in communities and also

promotes community exchange activities.

Program to Support Patients with Intractable Diseases Find Employment New

Patients with intractable diseases and their families are able to meet in certain locations to interact with supporting agencies, who offer advice on employment and living with their treatment, and where necessary introductions to other related supporting agencies.

Support for Atomic bomb Survivors

The TMG provides health checkups for atomic bomb survivors and their children, medical subsidization and health management benefits for atomic bomb survivors, and health guidance and medical expenses subsidization for the children of atomic bomb survivors.

Measures for Viral Hepatitis

The TMG subsidizes activities on the dissemination/education of correct information about viral hepatitis, while also supporting a system to conduct viral hepatitis screenings at Tokyo public health offices, municipalities and workplaces, and promoting the screenings.

The TMG is also improving the hepatitis treatment network, which links home doctors with medical institutions specializing in hepatology, and offers subsidies for medical expenses for interferon treatment, nucleic acid analog preparation treatment, and interferon-free treatment (treatment involving medication but without using interferon). It also offers subsidies for the costs of detailed examinations for those whose hepatitis virus inspection was positive and for patients being treated for chronic hepatitis and other diseases.

In addition, certain hospitals are designated as “Cooperating Hepatitis Treatment Hospitals,” and the Hepatitis Patient Counseling Center provides counseling to hepatitis patients.

Improvement of Measures for Issues of Blood Supply and Organ Transplantation

Blood Supply programs are conducted to secure a stable supply of the necessary medical blood products. The TMG encourages residents’ understanding of organ transplantations and bone-marrow registrations.

Securing Safe Blood Supply

The TMG adopts educational activities and blood donor registration systems focused on people in their teens and twenties.

Appropriate Use of Blood Supply

The TMG formulates assessment guidelines for medical institutions to conduct self-assessments as well as offering lectures for relevant parties.

Measures for Organ /Bone-marrow Transplantation

The TMG distributes leaflets with donor cards to Tokyo residents, and stations Tokyo Organ

Transplantation Coordinators at medical institutions engaged in organ transplantation for the purpose of dissemination of information and education regarding organ transplantation. It also handles bone-marrow donor registrations, including those used in peripheral stem cell transplantation, at five public health centers in Tokyo, especially during “bone-marrow donation promotion month,” to secure potential donors.

Medical Insurance

Medical insurance systems provide the necessary benefits for residents when they are ill or injured, so that everyone can maintain their own health and quality of life. There are three types of insurance in this system; Employees’ Health Insurance (EHI), offered to employees of companies and for their dependents, the National Health Insurance (NHI), offered to self-employed workers, residents, and their families, and the medical system for the elderly aged 75 and over, offered for people aged 75 and older (including people aged from 65 to under 75 with a permanent disability). All Japanese citizens are expected to join one of these systems.

A health insurance certificate is issued to all members. One can receive medical care at a reduced cost by presenting the certificate to a medical institution.

National Health Insurance

As Japan has a universal healthcare system, everyone must join the NHI unless they are insured by health insurance offered at their workplace.

The NHI insurer is either the municipal government or a national health insurance society organized by those who are engaged in the same business or profession. The amount of the insurance premiums (taxes) depends on the insurer.

※ Category 2 Individuals Insured under Long-Term Care Insurance must pay a Long-Term Care Insurance premium (tax), in addition to a premium (tax) for medical care and for support for the elderly.

※ Please ask your municipality’s NHI management division or national health insurance society about the application and other procedures.

Employees’ Health Insurance

This type is mainly divided into two parts; Public-corporation-run health insurance, managed for employees of small and medium-sized businesses (operated by Japan Health Insurance Association, also known as “Kyokai Kenpo”) and Society-managed, employment-based health insurance, operated by associations of large companies or by unions of companies within the same profession. Premiums are determined multiplying monthly standard remuneration and the standard bonus (based on one’s salary) by the insurance rate, and are equally shared by the business owner and the insured person (depending on the association).

Insurance benefit is provided for illness, injury, childbirth and death of the policyholder (for insured

persons and their dependents).

Medical Care System for the Elderly Aged 75 and Over

This type is a system for persons aged 75 and older and for persons aged from 65 to under 75 with a permanent disability.

Tokyo Metropolitan Association of Medical Care Services for Older Senior Citizens (Tokyo Koki Koreisha Iryo Koiki Rengo), organized by all municipalities in Tokyo, is responsible for the management of determining the premium rate and of the medical benefit, whereas the municipalities are in charge of delivering health insurance certificates, collecting premiums, and receiving various notifications.

