

### Message from ICOWHI President 2002-2004

As a president of ICOWHI, I have devoted myself to the promotion of women's health for Korean women as well as international women for last two years. And I'd like to say that I have devoted my utmost efforts at carrying out the women's health promotion program in the Korean community. I also attended the international conferences to raise woman's health issues and consistently made academic exchanges with international scholars. Some of my achievements are as follows:

#### I. *Community Services for Women's Health*

*Dongjak Community Health Center.* From the year of 2000, as director of the Korean Academic Society of Women's Health I cooperated with Dongjak Community Health Center to carry out the Women's Health Da-Ji-Ki program (Women's Health Da-Ji-Ki is the name of women's health promotion program). The program consists of four subjects: women's stress and sleep disturbance, women's cancer, women's urinary incontinence, and women's osteoporosis and is held once a week for 120 minutes, for 16 weeks, twice a year (March to June, September to December). The participants of the program are community dwelling middle-aged women and there are about 150 persons per a year.

This program is characterized by a multidisciplinary approach usually nursing and medicine, as well as women's study, psychology, athletics, and sociology. The Women's Health Da-Ji-Ki program, which started in Dongjak Community Health Center, has spread out to other community health centers in Seoul and other cities adjacent to Seoul.

*Songpa Community Health Center.* From the year 2003, as a director of Korean Academic Society of Women's Health, I cooperated with Songpa Community Health Center to carry the Women's Health promotion program. The program consists of four subjects: women's stress and sleep disturbance, women's cancer, women's urinary incontinence, and women's osteoporosis and is held once in a week for 120 minutes, for 16 weeks, twice a year (March to June, September to December). The participants of program are community dwelling middle-aged women and there are about 180 persons per a year.

*Yangcheon Community Health Center.* Starting in 2004, as director of the Korean Academic Society of Women's Health, I cooperated with Yangcheon Community Health Center to carry the Women's Health promotion program. The program consists of two subjects: women's obesity and elderly women's health and is held once in a week for 120 minutes, for four weeks for each subject. The participants of program are community dwelling middle aged and elderly women and about 80 persons per a year are served.

*Gwanak Community Health Center.* As director of the Korean Academic Society of Women's Health I cooperated with Gwanak Community Health Center to

carry the program of health education and health promotion for women. The program consists of two subjects: women's urinary incontinence (June and September in 2004), and women's osteoporosis (October in 2003, April and September in 2004) and is held once a week for 120 minutes, for four weeks for each subject.

*Dobong Community Health Center.* In my role as director of the Korean Academic Society of Women's Health I cooperated with Dobong Community Health Center to carry out a program of health education and health promotion for women. The program is on women's urinary incontinence (May and October in 2004), and women's osteoporosis (October in 2003, April and September in 2004) and is held once a week for 120 minutes, for four weeks.

*Kangbuk Community Health Center.* As director of the Korean Academic Society of Women's Health I cooperated with Kangbuk Community Health Center to carry out a program of health education and health promotion for women. The program is on women's osteoporosis (July and November in 2003) and is held once a week for 120 minutes, for four weeks.

*Gwacheon Elderly Welfare Center.* In March, 2004, I carried education and practice programs to the Gwacheon Elderly Welfare Center. The program was on women's urinary incontinence. The participants of program are community dwelling elderly women. About 50 women attended the program.

## 2. International Exchanges for Development of Women's Health

*U. S. A.* In August, 2004, I had meetings in Seattle on a NIH project on which I am PI. I also visited the university of Washington and exchanged views with Dr. M. Heitkemper and faculties in Nursing for interchange between Korea and U.S.A. and also for the development of international nursing.

*Japan.* For the interchange of international nursing between Korea and Japan, I participated in an International Nursing Seminar in Yamaguchi University in August, 2003. As well, I attended the fifth international Nursing Research Conference in Fukushima, in August, 2004 and we exchanged views for the interchange between Korean and Japanese nursing and also for the development of international nursing.

*Thailand.* In October, 2003, I had a meeting with women's health nursing research group with representatives from Burapha University, Khon Kaen University & Chiang Mai University, Thailand. And I made an oral presentation on "Gender Perspective in Nursing Research & Nursing Theory Construction." In October 2004, I attended the International Conference: Health Promotion in Chiang Mai. And I made an oral presentation on "The mind-body Connection and the promotion of Health."

*China.* At the 6<sup>TH</sup> Nursing Academic International Congress, which was held in June, 2004, Seoul, Korea, I had meetings with 19 faculties in Nursing in Yan Bian University, Jilin China and others. We exchanged views for interchange between

Korean and Chinese nursing and also for the development of international nursing.

### 3. *Research and Academic Society Activities for Women's Health*

*Multidisciplinary Research for Women's Health.* For many years, I have emphasized the need of multidisciplinary efforts for women's health research, and I'm still doing research on women's health with domestic and foreign multidisciplinary researchers.

#### *(1) NIH Project*

In a project starting in September, 2003 and lasting until September, 2005, I'm doing experimental research on comparing the effect of acupuncture, hand-acupuncture and hand-moxibustion on the PMS, for the first research of women's health Complementary Alternative Therapy.

#### *(2) Successful Aging Project*

Beginning in March, 2003, I have been engaged in research on the construction of support systems for successful aging of elderly women, which is sponsored by the Korea Research Foundation with multidisciplinary approaches in Nursing, Social welfare, Architecture and Gerontology.

#### *2) Korean Academic Society of Women's Health*

The Korean Academic Society of Women's Health for which I serve as a director has made efforts on the promotion of women's health with multidisciplinary professions on educations, practices, and research. The academy has held a conference twice a year.

##### *(1) 9<sup>TH</sup> Conference of Korean Academic Society of Women's Health*

In December, 2003, the 9<sup>TH</sup> conference was held on the subject of Elderly care and long term care. P. L. Blanchette, S, Izutsu, E, U, Rhee (University of Hawaii) and five domestic lecturers gave keynote speeches on Elderly Care and Long Term Facilities.

##### *(2) 10<sup>TH</sup> Conference of Korean Academic Society of Women's Health*

In July, 2004, The Korean Academic Society of Women's Health co-sponsored the 6th Nursing Academic International Congress: Mind & Body with Ewha Womans University. In the congress, diverse aspects of health in Mind & Body, were discussed, and deep academic exchanges on the women's health took place.

##### *(3) 11<sup>TH</sup> Conference of Korean Academic Society of Women's Health*

In December, 2004, I planned the 11<sup>th</sup> conference on the subject of women's health and wellbeing in which scholars inside and outside of the country are interested.

##### *(4) 12<sup>TH</sup> Conference of Korean Academic Society of Women's Health*

In July, 2005, The Korean Academic Society of Women's Health will co-sponsor the Women's Worlds 2005: 9<sup>th</sup> International Interdisciplinary Congress on

Women with Ewha Womans University. I have served as a coordinator of the women's health and sports section in the congress.

### 3) *Research supervision*

As a faculty of Nursing who is interested in women's health, I have supervised thesis of master and doctoral candidates.

#### (1) *Master of Science in Nursing Thesis Supervision*

Kim, Mi Hyun 2003 A study on the urinary incontinence status in urinary incontinence women after non surgical treatment

Cha, Chi Young 2003 A study of the influence of hand therapy on the obesity index of middle-age women

Han, Mi Jin 2003 The relational study between sleep and cognitive function, depression of elderly women

Lee, In Young 2003 A study on the relationships between pelvic muscle exercise knowledge, attitudes and self-efficacy of mid-aged & elderly women

Seo, Ju Youn 2003 The meaning of women's experience about old aging

Kang, Seok Eun 2004 The effect of pelvic floor muscle exercise for stress urinary incontinence of women

Park, Ean Jin 2004 A study on the effects of the hand therapy on clinical nurses; fatigue

Lee, Ran 2004 A study on the education for breast cancer patients

Lee, Eliza 2004 A study on quality of women's sleeping by their age group

Kim, Hyune Jung 2004 Relationship between body composition and bone mineral density in postmenopausal women

sung, Sun Ah 2004 The effect of exercise program on health related fitness and depression of low-income elderly women

#### (2) *Doctor of Nursing Science Dissertation Supervision*

Seo, In Soon 2003 The experiences of daughters-in-law who taking care of demented mother-in-law

Kim, Young Hye 2003 Exploring the health behavior of elderly women

Park, Sun Young 2004 Participatory Action Research for Promoting the Menopausal Women's Health

### 4) *Conference presentation*

I made an oral presentation "Development and management of behavioral modification program for community-dwelling women with urinary incontinence" in the 9th Conference of Korean Continence Society in October, 2004.