

A preliminary essay on rehabilitation

Questioning the meaning of living

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In this thesis, the rehabilitation nursing that I have practiced over forty years is reviewed based on my experience with four handicapped patients. The aim of rehabilitation nursing is to support the patients so that they can reconstruct their lives through training their daily activities and overcoming psychological difficulties. It is to “snuggle” up to the patients who are engaged in rehabilitation training desperately while holding their agony.

Rehabilitation is also called the revival of human rights and mental recovery, and for the patients to reclaim these, the presence of family members is crucial. It is their presence that draws a power to live, and provides psychological support. Therefore, those family members as well as the patients themselves are required to find a new way of living.

Through reflection on my practice, it is realized that mutual support and a healing relationship are established between care givers and the care takers. In such a relationship, sometimes patients use very existential words questioning the fundamental meaning of life, and through those words, the nurses themselves were forced to question their own ways of living.

Through my encounter with various ways of living, aging, illness and death, I reached the state of mind in which "death is a moment when we are liberated from suffering" and began to pray to the Buddha statue. It is concluded that prayer is an endeavor to regain oneself once again, to realize a new life. .