



Medical Practice and Research in Primary Care with the Philosophy of Hinohara-ism and Oslerism

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ABSTRACT

In the 1960s, there was some dissatisfaction for the medical situation. They included increased depersonalization of medicine and fragmentation of care. Millis Report of 1966 was presented the recommendation for new medical system, which focuses not upon individual organs and systems but upon the whole man. After that, primary care medicine and family medicine were developed.

On the other hand, in Japan, we have had a most respectable and well-known physician, Dr. Shigeaki HINOHARA (1911-2017). He had been working in St. Luke's International Hospital, Tokyo, and been abroad in US. Then he came to know Sir Osler / Oslerism, and modern medicine at that time.

After coming back Japan, he has changed the medicine in Japan. He has firstly introduced and developed in Japan, such as primary care medicine, annual medical checkups, health education system for many people, problem-oriented system (POS) for medical chart, education system for nurse and co-medicals, life style related disease, music therapy, New Elderly Association (NEA) movement and so on. Consequently, he has been called "The Father of Primary Care" and "The Father of Music therapy". He lived up to 105 years with continuous activity, and his remarkable achievements have still lead many people.

The author has majored in primary care medicine, music therapy, psychosomatic medicine, sports medicine, life style related disease and developed these activities with Dr. Hinohara for long. Recently, we have broaden Oslerism and Hinohara-ism through NEA and other opportunities. The author has been 1) physician, 2) pianist, 3) athlete, 4) essayist with more than 40 books and 2000 publications. In the key note speech, a variety of contents would be presented such as primary care, music therapy, anti-aging medicine, low carbohydrate diet (LCD), sports activities and others for the beneficial and positive effects for healthier body/soul/mind/spirit.

BIOGRAPHY

Hiroshi Bando has his expertise in evaluation and passion in improving the health and wellbeing. His open and contextual evaluation model based on responsive constructivists creates new pathways for improving healthcare. He has built this model after years of experience in research, evaluation, teaching and administration both in hospital and education institutions. The foundation is based on fourth generation evaluation (Guba& Lincoln, 1989) which is a methodology that utilizes the previous generations of evaluation: measurement, description and judgment. It allows for value-pluralism. This approach is responsive to all stakeholders and has a different way of focusing.

PUBLICATION

1. Bando H, et al. (2019) Effective Music Therapy Session for Vocalization and Movement of Extremities. *Curr Res Complement Altern Med*. CRCAM-136.
2. Bando H (2018) Common Basal Concept in Primary Care Medicine and Psychosomatic Medicine. *Prim Health Care* 8: 318.
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5. Bando H (2018) Management for Medically Unexplained Symptoms (MUS) in Primary Care Medicine. *Prim Health Care* 8: 307.
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[2nd World Congress on Primary Healthcare and Medicare Summit](#) | Paris, France | February 19-20, 2020

Citation: Hiroshi Bando, Medical Practice and Research in Primary Care with the Philosophy of Hinohara-ism and Oslerism, *Primary Healthcare* 2020, Paris. February 19-20, 2020, 01