

The 19th ICCRTS

040

“C2 Agility: Lessons Learned from Research and Operations.”

Title: Smart Healthcare Agility Management
~”Tojisha” doctrine by Self-synchronization~

Topic 1: Concepts, Theory, and Policy

Topic 2: Organizational Concepts and Approaches

Topic 7: Autonomy

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Abstract:

The aim of this study is to propose the new concept of smart healthcare agility management system (hereinafter called SHAM). This system will support a pre-patients who would have medical risks factors (hereinafter called PPF), by providing them with a unique personalized protocol and guideline together with each descriptive manuals.

The SHAM system features self-synchronized-care and shared situation awareness for PPF between healthcare support at home and medical institutional as of complex endeavors. Today, almost all Japanese enjoys the benefits of institutional healthcare insurance as a manner of obligation owing to fairly low payment system. In the case of PPF, however, they would not benefit from such health insurance nor be able to consult the doctors before becoming seriously ill. Translated from Japanese word, “Tojisha” meaning anyone (most likely a family member) who is related or concerned about a patient, the PPF face the facts that they could not enjoy the medical benefits in hospitals without consultation with the doctors. By following the “Tojisha doctrine” through the SHAM system, the PPF should be able to check the disease in time and agility.

In the long run, the most PPF through SHAM system should be able to consult their tailor-made treatment even at home without any issue of legal security and medical impediments, regardless of place with the mobile intelligent devices. PPF will be lead to manage his/her health conditions through choice of alternative life styles, appropriate exercise, stress-releasing or behavior/mind-set change along with non-intrusive community-care. Eventually, SHAM system could prevent PPF from exposure to serious condition.

The famous teaching of “zen” by Hakuin Ekaku (1686-1768) asks, “You know the sound of two hands clapping tell me, what is this sound of one hand?”. This “One Hand Clapping” tells us the inadequacy and the limits of logical reasoning and provokes us on further enlightenment on “Agility toward Smart Healthcare”.

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Chapter 1: What is the Smart Healthcare Agility Management?

The purpose of this study is to analyze of “the Health of the Community” which is to be considered one of the fundamental aspect of our life, and to propose smart life style in terms of the healthcare. In this study, we have defined the theory to realize this concept of "the Health of the Community" as the theory of Smart Healthcare Agility Management (hereinafter called SHAM). (Bauman.Z., 2001) Figure-1 visualizes how “the Health of Community” and the theory of SHAM are linked.

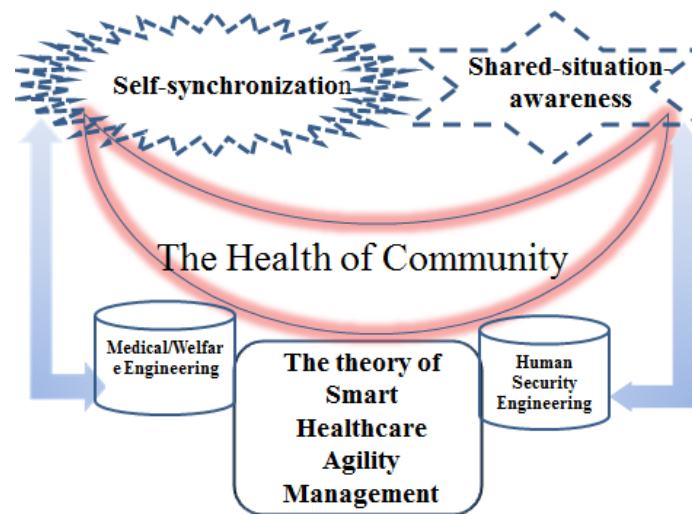


Figure 1: Linkage of Concepts in SHAM system

There is similar concept of "Community Health" which has been used in Health Sciences from the 20th century. In this study, we use the word “the Health of Community” to suggest a scenario to solve practical problems in the era of the Infostructure (Albert et al., 2003)

The concept of the "Health of Community" consists of five elements which is essential to human being who lives in the era of the Infostructure. First element of health is about the individual's physical health, which should be universally available. Second element is about the health of the economy and the social order. Third element is the health of the mind to support or help other people and treat them with dignity and respect. Fourth element is about the health of vigor for a person to sense the ownership towards the issue of energy, and coming up with the solution. Last but not least is element of health to rethink about the issue of sustainability, which is to understand the process of production, and consumption and disposal as one large cycle.

With the theory of SHAM, the term “Smart” is about practicing the above five elements in real life. The theory of SHAM will be effective and useful method once it integrates the mind, the body and the brain. In our study, we propose the method of Agility Balancing Coherence Exercise as one of the effective use of SHAM theory. Through Agility Balancing Coherency Exercise, workers at all sizes of the corporation, from Small-Medium Company to Huge complex endeavors enterprises, will be able to acquire the Agility Power which is absolutely necessary. (Blaxter, 2010)

Chapter 2: Why Agility Balancing Coherency Exercise can make a good way of thinking?

When utilizing the theory of SHAM (smart healthcare agility management) in everyday life, it is effective to take advantage of the Agility Balancing Coherency Exercise. The participants of Agility Balancing Coherency Exercise should understand as accurately as possible, the theory of SHAM before starting physical exercise. All participants will then imagine something impossible, followed by making commitment towards its realization with other participants. The core idea of this theory in realizing “the Health of Community”, is each of us becoming aware of necessary action in order to achieve the realization of the Health of Community and to discover and demonstrate the latent ability by using shared-situation-awareness in daily life. (See Figure 2)

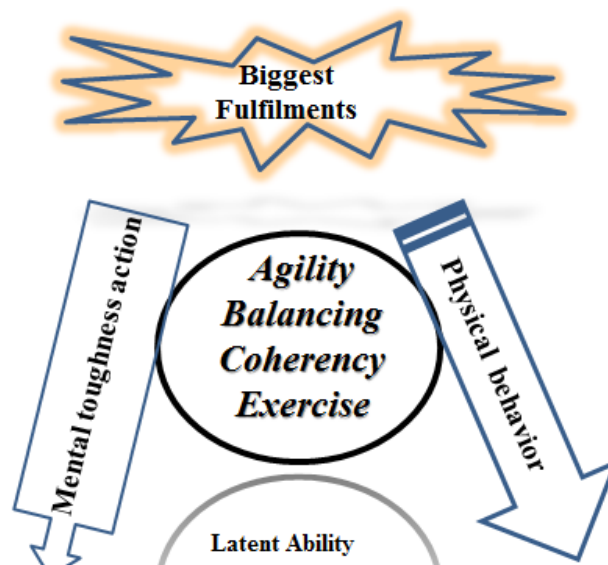


Figure 2: How Exercise motivates the individual action.

The theory of SHAM supports and accelerates the one’s motivations when he or she is tries to assist others and achieve large goal. The Health of Community is also one of components of the human society, where very average person challenging to achieve an impossible would stimulate the others and to follow him by the inner mechanism of self-synchronization. Our research will provide two cases of impossibility at our age. One is the technology of space elevator and another is the space-walk tourism which the project has existed since the mid-20th century but has been considered the unrealistic dream like the story of Don Quixote of La Mancha.

However, in the 21st century, the space elevator has become something realistic, through the innovative discovery of the nano-carbon tube and being able to calculate its possibility of realization. In regards to the technologies of space-walk tourism, increase of patents related to the technologies of Pulse Detention Engine worldwide is some evidence of realization of impossible. With this engine, energy efficient and high-speed transportation at low-cost will soon be available, and in the future, it will realize the commercial space travel. (Cebrowski et al., 1988)

Agility Balancing Coherency Exercise which we suggest in this study to nurture the agility power of individual is something applicable in in every aspect of life. Before starting physical action in the

Agility Balancing Coherency Exercise, it is very important that each participant will declare their mental toughness. The exercise will require one to share the large ambition or dream in front of others, which would seem impossible by him, through the function of shared-situation awareness. (See Figure 3) Naturally, people would often be embarrassed to be something new just as in this case of starting the Agility Balancing Coherency Exercise.

Main course happen to occur the confusion as puzzlement due to the fact that people could not recognize where he/she is now in any place on the earth. There might be little in everyday life for people who change a certain state. As people originally have the desire to be something competent, our study of Agility Balancing Coherency exercise regain the latent power of their own bird's-eye for the whole picture in a comprehensive manner.

This kind of capability building to regain the bird's-eye for the whole picture needs two dimensions such as mental toughness and physical strength through Agility Balancing Coherency exercise. Before stage of chicks, they might manage to break the shell due to almost nothing of nutrients in the egg which would have a latent power by them as nature of power. It would be understandable example that the power to latent for baby in a mother's womb might aware with grown-up brain when the timing of breathing with terrestrial oxygen is now. In this study, the above examples show the rousing of Resilient Agility.

One of the finding from this research hypothesis is that, participants would actually enjoy the sense of toughness during the process of realization of bigger ambition. (Gibson, 1950) In the next Chapter 3, the performance of Agility Balancing Coherency Exercise will be described in three parts.

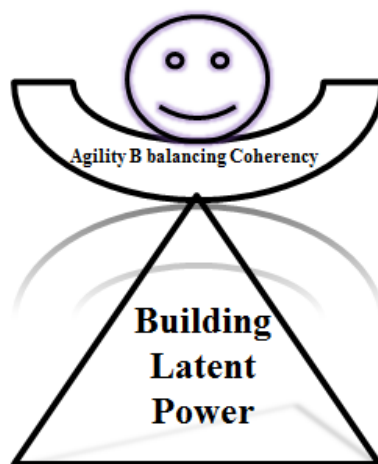


Figure 3: Sharing the Latent Power

Chapter 3: Generic Guideline for Agility Balancing Coherency Exercise

This paper proposes the basic concept of the scientific method for Agility Balancing Coherency Exercise. For five participants as one team, this exercise will be establish the sense of ownership as “Tojisha doctrine” (called TJD) among the participants. This methodology is also applicable, not only for the PPF, but for any persons who work at office, factory, school, governmental institution, or any other place. The basic function of Agility Balancing Coherence Exercise on SHAM theory is that the PPF would sympathetic to TJD: “Tojisha doctrine” the sense of ownership. TJD is an approach on how to help or assist others when the necessary event occurs.

Following fundamental elements state the necessity of TJD in the field of medical: TJD consist at first patient’s own parties. The basic rule of TJD is that there is unlimited way of thinking and never put the constrain nor restrictions for the positive action which should be coming by now.

The main portion of members consisting TJD around 10 groups that make up the complex endeavors as follows: The member of TJD as complex endeavors should need to accept unknown events using the functions of Shared-Situation-Awareness mutually.

While the processing the acceptance toward new unexpected issues, they should act their actions items according to method of Resilient Agility which would be applied comprehensive hands-on learning by Agility Balancing Coherence Exercise. In the long run, all member of TJD could act in orchestra concert covering the way of Self-synchronizations as social behaviors in scientific manners.

TJD consist at first patient’s own parties. Also TJD complex endeavors TJD include (1) Family of the patient,(2) Patients’ friend who wish to recovery the patient illness,(3) medical staffs who treat remedy with best remedy, (4) healthcare public servants, (5) private factor volunteer’s,(6) industries of medicines, (7) public communications including contents suppliers through internet/web technologies,(8)Pharmaceutical manufacturers group to understand the pathology of the patient,(9) Mass communicator to understand the social uniqueness of the specific patient (10) Educational institutions system group to which the patient will be involved.

For better understanding the image of TJD, this paper propose the cubic diagram of TJD as a three dimension views by descriptive the Figure 4.

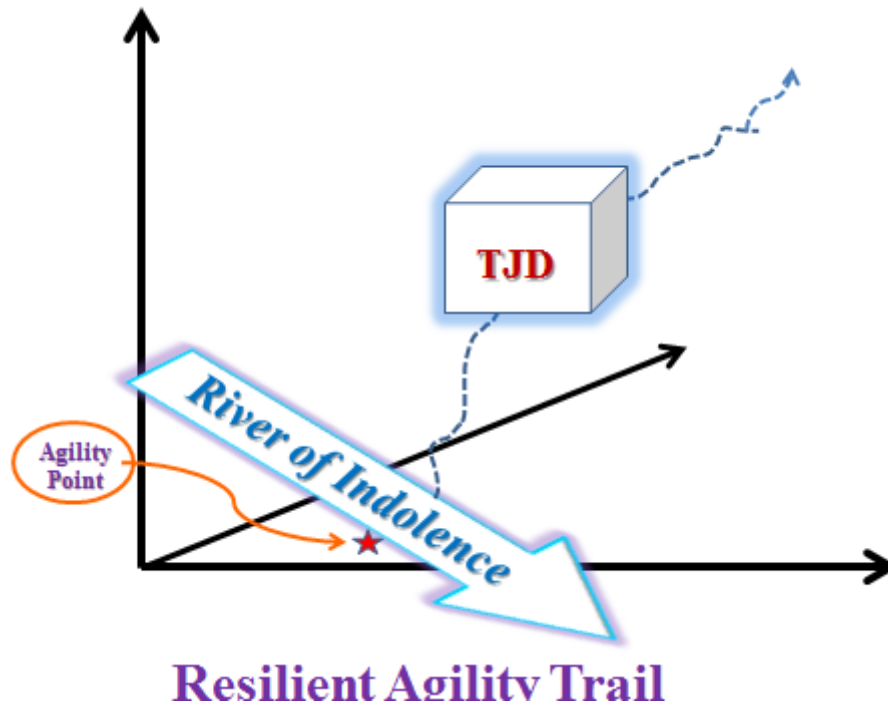


Fig-4-

And then PPF will be able to routinize and enjoy the fruits of the collective achievement of the Agility Balancing Coherency Exercise in everyday life as habit. (Mindel.,2002.)

The following outline of Protocol tactfully suggests that the PPF could acquire the skill quickly according the Agility Balancing Coherence Exercise based on the theory SHAM in everyday life.

The characteristic of Agility Balancing Coherence Exercise of this research is enabling it to practice the TDJ :“Tojisha doctrine” the sense of ownership as practice to the human security engineering which can perform the relief and safety in a life space, making the rhythm of a daily life into affluent community-care. Yutaka and together with cooperating with its surrounding human love they neighbor as thyself. Agility Balancing Coherence Exercise is also not a competition nor to be present to learn morality but resides that one person may raise to improve the power of the ability.

Agility Balancing Coherence Exercise is not a tool which activates the some community-area by carrying out a festival, either. Agility Balancing Coherence Exercise is science as social behavioral medicine, and there is some reference cases such as "open agility" and "closed agility" is immersed in training specifically in sports science which is actually utilizing Agility. PPF is a member of TJD: “Tojisha doctrine” the sense of ownership and also is co-practitioners of the Agility Balancing Coherence Exercise. Co-practitioners of the Agility Balancing Coherence Exercise as TJD :“Tojisha doctrine” the sense of ownership is also the colleague who can be sharing the date base in a manner of shared-situation awareness in consultation with healthcare specialists such as doctors, nurse, nutrition, pharmacist among the community of PPF. Before starting the Agility Balancing Coherence Exercise , PPF pay keen attention of important items of their family healthcare specialists in relatives and PPF himself/ herself when they consulatate with healthcare professionals consultants.

(Dubos R, 1965)

Although it is training for Agility Balancing Coherence Exercise making use of the result of sports medicine, brain science, cooperation psychology, human security engineering, and healthy engineering, and in the AFL training for raising agility capability, Agility Balancing Coherence Exercise is never training for defeating the game with other human beings.

In addition, every game is to play to become winner in the race of a competition with other people but this point is quite different Agility Balancing Coherence Exercise which could be to improve the ability Agility Team of TJD :“Tojisha doctrine” the sense of ownership and PPF uniting one set in five peoples not for fighting but for making collaboration from the beginning aims Personalized Data-Base can be built to the predominant function of Agility Balancing Coherence Exercise, PPF as TJD :“Tojisha doctrine” the sense of ownership is capable of permanently keep a record of the day-to-day management of health.

In accordance with man's athletic ability and mental toughness reinforcement capability which are the results of health engineering, Agility Balancing Coherence Exercise performs to suit the training of how awareness of cooperation with the others and their own as a result of brain science. PPF cultivates healthy mental toughness and Agility Balancing Coherence Exercise is training of improvement in Agility capability. (Figure 5)

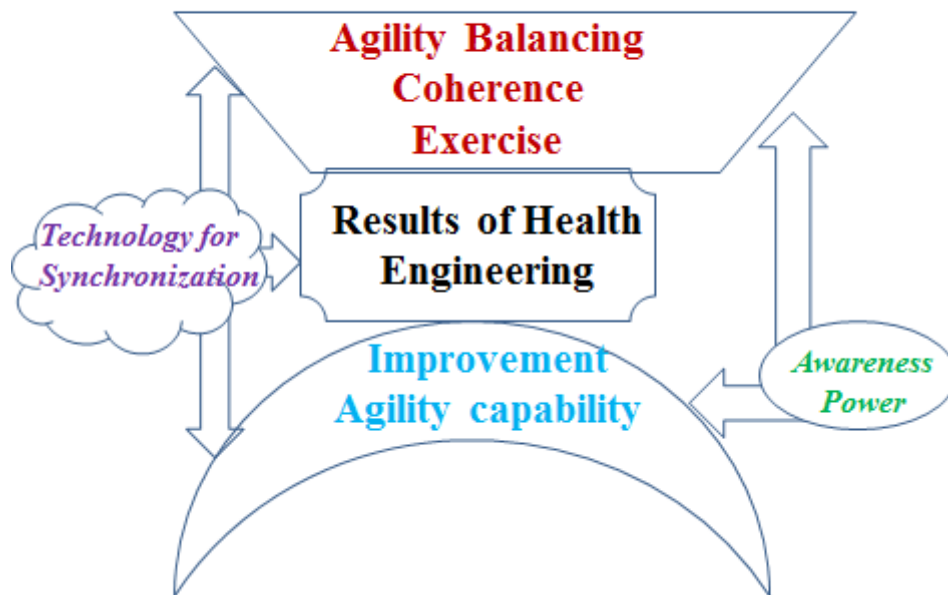


Figure 5: Processing Agility Balancing Coherence Exercise

The improvement capability in Agility is that PPF will be able to challenge toward unexperienced events or issues with the manner of taking his/her own risks; that is to say the reasons why the mental toughness by Agility Balancing Coherence Exercise absolutely necessary. (McKeown, 1988)

Human memory fades away over time. However, PPF who enjoys to be part of trained in the program in Agility Balancing Coherence Exercise, the personalized program have been created to help people even emergency so that it may become less troublesome. Through the study of human being history of philosophy, it might often be discussing the terminology of program have been which man/woman wants to rescue others with no receiving the due remuneration of his/her deeds. However, at our present day, it is not routinely used terminology Sublime-noble-minded nature or virtue in daily. (Figure 6)

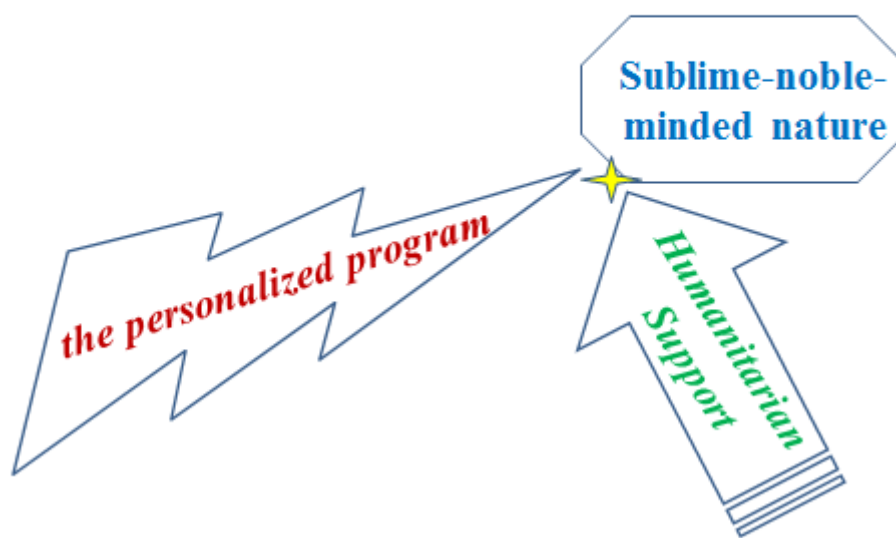


Figure 6: Sublime noble minded nature

There are Tying Agility Flowing Program to encourage PPF to the behavior of virtue among method of the Agility Balancing Coherence Exercise. (Illich, I., 1977)The Tying Agility Flowing Program is one of a workaround for the Agility Balancing Coherence Exercise to be proceeding even when PPF might be weariness during the training. (Figure 7)

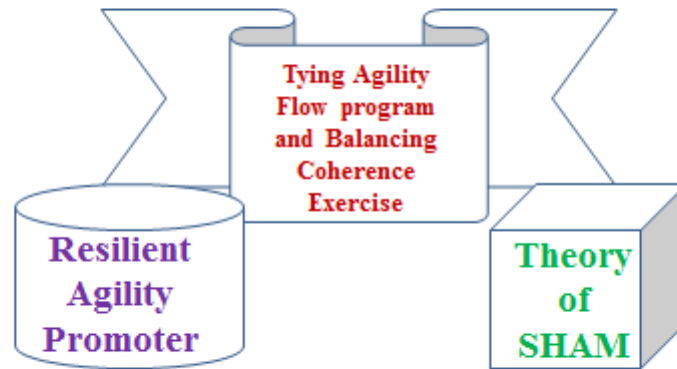


Figure 7: Tying with Agility Flowing and Balancing Coherence Exercise

Once PPF have trained well in the Agility Balancing Coherence Exercise which is based on the theory of SHAM, it is to be targeted that he/she might find peoples who wish to have support in case they are in troubles in front of PPF, PPF might have a feeling which could be enabled to achieve minimum efficacy from those slight troubles. (Polanyi, M., 1967) In day-to-day, the act of human being to rescue others is not seen much in town or country. This study has a hypothesis that once PPF receive Agility Balancing Coherence Exercise, training well, he/she feels the urge to want help peoples of the something to do.

In order for PPF to perform Agility Balancing Coherence Exercise training with happy and continuously, Resilient Agility Promoter who is some kind of coacher of Agility Balancing Coherence Exercise or more play an important role before and after even during the training by PPF.

Chapter 4: Social Performance Conviviality for the Agility Balancing Coherence Exercise

As mentioned before chapter repeatedly, the main purpose of this paper is that how to improve and nurture the mind on Resilient Agility for individuals in everyday life calmly. A resilient agility capabilities is required by almost all corporation or organization which should cope with the rapidly changing the needs from society

Diversified drastic social change is also demands competent human resources and their feeling of management for balancing both resilience and agility. Our research goal would be the innovative targets for any TJD :“Tojisha doctrine” the sense of ownership persons among any size of organizations or enterprises who could change their mind and attitude toward the changing various changes in the societies according to the method of Agility Balancing Coherence Exercise and its

preparation for the training. (Valentina B, 1980), Through the scientific analysis of social psychology study says in general that it might be impossible to change the lifestyle by themselves among any type of corporation or even huge enterprise or complex endeavors.

Once the use of the method by Agility Balancing Coherence Exercise together with your partners or friends, it would be possible take advantage of functionalizing Self-synchronization. The Agility Balancing Coherency Exercise training is designed so that a way of better communications via Shared-Situation-Awareness functionalities with partners which this Agility Balancing Coherency Exercise is perming.

In the industrial age, the organization is made considerable solid which was almost nothing discretion on the edge surely is still evidence of absolute obedience as unquestioning policy. In the era of Infostructure, it is necessary for the person who is working at organization to meet for requirement of quick decision-making with flexibility. Method of Agility Balancing coherence exercise is a training method that aims to mind and body match. (Alberts, et al., 2003)

In addition to the famous and reliable method of the profile of mode state which covering evaluation items of tension-anxiety, depression, anger-hostility, vigor-activity, fatigue, confusion-bewilderment, Agility Balancing Coherence Exercise will be added the evaluation items such as power of courage, fortitude, power of moral regeneration, power of decisiveness, and power of concentration with mental toughness.

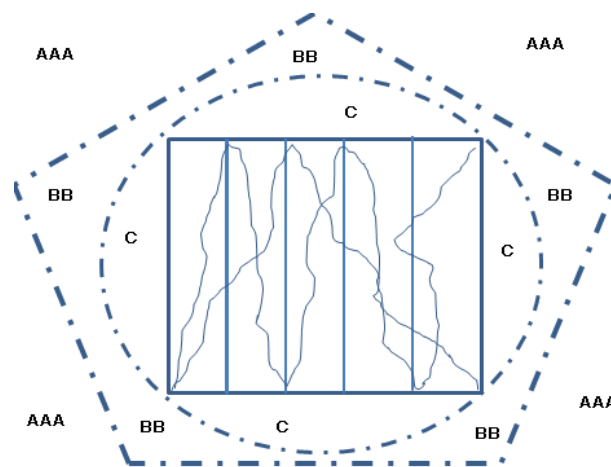


Figure 8 Map of field of Training

As Figure 8 shows, before starting this training, each participant as 5 member of the team should discuss and raise motivation of awareness for achieving successful results in the space of AAA. In the area of BB, each participants as 5 persons of the Team should decide how to succeed this training and then starting. Also in shown figure-8- in the area of C it tells us the meaning of performance area where five participants moves while pressing each other to balance that ball size about one meter or less in diameter.

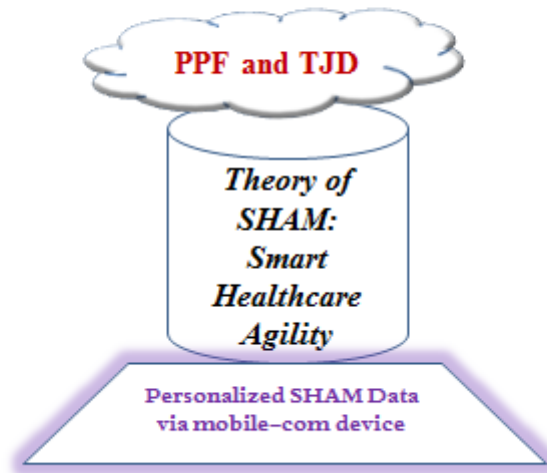


Figure 9: Overall View of SHAM and TJD

Figure 9 show us the drawing of SHAM theory and relationship on Agility Balancing Coherence Exercise of the in overall view of it.

It is the main characteristic of protocol of–Agility Balancing Coherence Exercise–that action by TJD :“Tojisha doctrine” the sense of ownership can be made to encourage practice PPF in a manner by agility action. Mission of Agility Balancing Coherence Exercise is to make the custom of PPF being able to start TJD :“Tojisha doctrine” the sense of ownership to begin Self-Synchronization first. Agility Balancing Coherence Exercise is social behavioral medicine and it is the main purposes that PPF is in charge of medical treatment as TJD: “Tojisha doctrine” the sense of ownership. (Singh et al., 2011)

PPF will be able to become a practitioner of the “human security engineering” which needs agility action through effective experience of Agility Balancing Coherence Exercise It is the fundamental principles of SHAM theory for PPF that will behave practical use of the “health engineering” and will become a man/woman of actions of “human security engineering”.

Resilient Agility Efficacy Tutor at the beginning for each phase will provide the useful knowledge and theory on practice method of self-synchronization together with shared-situation awareness which TJD the sense of ownership as “Tojisha doctrine uses.

Resilient Agility Efficacy Tutor will present to PPF the beginners program of Agility Balancing Coherence Exercise through interview which PPF would be feasible him/herself as the realistic desire of feeling of self-efficacy manner.

Furthermore, Resilient Agility Efficacy Tutor should take digital record of Visual method to PPF

personalized data base system for each contents during practice of Agility Balancing Coherence Exercise according to each specific different grade of beginners course, middle class course, advanced course and Expert instructors course which will perform to step by step methodology. (Sallis et al., 1999) Resilient Agility Efficacy Tutor records the data of the present condition of weight required for analysis of healthy engineering, body temperature, dietary therapy, an exercise cure, and a stress treatment with interview by PPF.

Through the discussions with PPF, Resilient Agility Efficacy Tutor should be recorded what kind of wishes of humanitarian support or assistance in the study field of “health risk management” of human security engineering science. There are “Closed Agility Course and Open Agility Course” which Agility Balancing Coherence Exercise perform to each of five steps, PPF can be training with fun according to the manner of conviviality. (Figure 10)

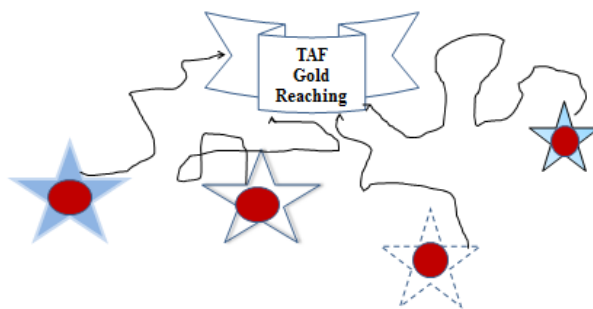


Figure 10: Image of open agility performance

In the first introduction course of Agility Balancing Coherence Exercise, PPF should check his/her current physical strength and fitness basic health data in the event of 20 meter shuttle running and Resilient Agility Efficacy Tutor will take a record with Video motion picture during the exercise which each stage of Agility Balancing Coherence Exercise will be followed in the same manner of taking a video picture as records.

Resilient Agility Efficacy Tutor will consult PPF regarding the format of each grand/phase of Agility Balancing Coherency Exercise on the date and time or weather, a place, temperature, humidity, feeling by PPF etc. as each specific training are indicated.

One of the unique training method of Agility Balancing Coherence Exercise is the performance which consist 5 PPF/TJD as a team in each grade or phase while not drop the one medicine ball 50 cm diameter in size at the back of each person to walk or run like shuttle Running between two lines 20 meter distance.

In order to succeed in perfect performance that PPF/TJD as team of 5 persons could move straight line on the rule of closed agility which they never drop the Balance ball during this action. Resilient Agility Efficacy Tutor should look after the team with tender, happily coaching with fun toward the last the successful and satisfied results on medicine ball back moving by PPF/TJD. When PPF/

TJD will be able to succeed in the manner of closed agility performance and the team should try to precede the advanced open agility performance which is more important for the Team strength for reaching final completion. Various performance of “Open Agility of Agility Balancing Coherence Exercise” would be possible. While PPF/TJD will have tactful enough consultation with Resilient Agility Efficacy Tutor, they might reach their original open agility of Agility Balancing Coherence Exercise in corporation the cultural background of their own until the completion. (Delanty. 2003)

By aiming for gradual improvement of the Agility Balancing Coherence Exercise like using closed agility performance and then open agility performance, it would be assumed that the practice of SHAM theory which can effect improvement of self-synchronization ability and shared-situation awareness characteristic capability. (Blaxter,2010)

Conclusion: Possibilities of extraterritoriality on the theory of SHAM

There might be assuming the methodology which the theory of SHAM should spread internationally as opposed to use only country in future has the “system of extraterritoriality Healthcare.” Owing to the useful results of "health engineering", "human security engineering" and "sports medicine", this study has introduced new concept of theory of SHAM and its training method of Agility Balancing Coherence Exercise by PPF/TJD.

The truth that all illnesses are cured is developing modern medicine. (Panton et al 1998) Through recent medical report on several success of pluripotent cell has encouraged TJD with incurable diseases round the world. This success will also bring a useful result to social behavioral medicine conjoining the theory of SHAM by Agility Balancing Coherence Exercise .

It should be more populated the use of Agility Balancing Coherence exercise by PPF/TJD in future and eventually. The theory of SHAM theory can contribute to the development of the health of Community as society behavioral medicine. "A team of doctors without the border" has contributing to humanitarian support medical treatment all over the present world.

In near future, our study will contribute the experimental model of contribution of social healthcare to spread internationally by the Agility Balancing Coherence through the theory of SHAM like the mission of Doctors without Borders. Once he/she could aware the good timings to solve for dramatically changing on social complex endeavors owing to their latent power of justice, they surely enjoy to help or assist for others' events or troubles. Man's justice is supporting others by the capability by which he can do it now. The action for helping others simulate the process of finding potential latent own power The purpose of researching Resilient Agility is to develop the ability of man's intuitive capability and power of potential comprehension. (End)

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