

Development of a Tele-Consultation System between Clinics and Hospitals

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The authors reported in a previous work that a tele-consultation system had been developed which enabled general practitioners to consult with specialists by exchanging patient record data via networks. The system, however, has problems in its user interface and does not take into account administrative requirements when used in a hospital. In order to resolve these problems, the system was reconstructed. The new version of the system was developed by using Microsoft Visual Basic, a standard programming language on the Windows environment. This improved the user interface to a satisfactory level. In addition, the system incorporates two subsystems, one suitable for both general practitioners in the clinics and specialists in hospitals, and the other suitable for administration. The latter works as a gatekeeper of patient record data in a hospital. For example, one can make sure whether a specialist in the hospital has responded to a consultation received from a clinic. In this paper, the basic concept of this newly developed system and how it works in the clinic-hospital cooperation, is presented.

A Health Condition Monitoring System using the Internet

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A system has been developed which monitors the health condition of aged people who are living alone. In the former system, only the administrator in the center could monitor the aged people. Therefore, a new monitoring system has been developed using the Internet which enables a family that lives separately to monitor the health condition of the aged person living alone. The function of the new system has been expanded so that measurement results are written in the Web server and the family can refer to it using a special browser.

The Effect of Resistance Training on Body Composition and Resting Metabolic Rate in Young Women

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This study was designed to investigate the effects of resistance training on healthy young female subjects. Twelve subjects were randomly separated into two groups: resistance training group (RT, $n=7$) and no training group (NT, $n=5$), body composition, resting metabolic rate (RMR) and nutritional intake were measured before and after the resistance training period. After eight weeks, those in the RT showed an increase by 1.4 kg in body weight, no change in body fat mass and a significant increase by 1.4 kg in LBM ($p<0.001$). Those in the NT showed an increase by 1.4 kg in body weight, a slight increase by 0.5 kg in body fat mass and a small increase by 0.8 kg in LBM. Those in the RT showed no significant increase of RMR/day, no significant decrease of RMR/body weight and no change of RMR/LBM were evoked after training 8 weeks.

From the results, it is concluded that the resistance training resulted in no significant increase of RMR and a significant increase of LBM under the conditions in this study. Although there was no increase in body fat mass, there was an increase in energy intake. This is due to the resistance training.