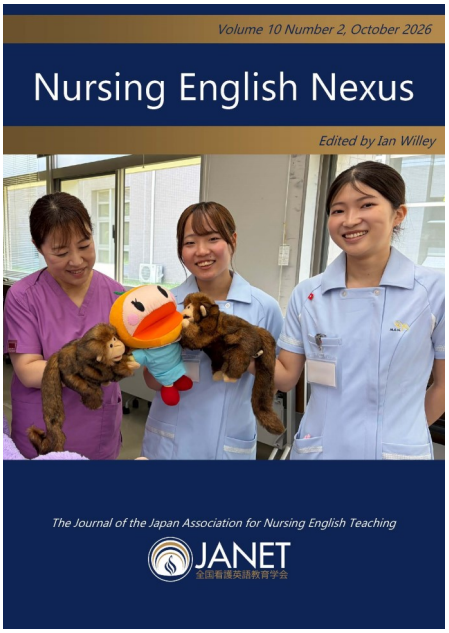
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Four Stress-Related Loanwords in the Disaster Nursing Section of a Fundamental Nursing Textbook

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Abstract: *The aim of this study was to clarify the meanings of four stress-related loanwords used in disaster nursing and to compile data for inclusion in a nursing loanword glossary. This small-scale, descriptive philological study was based on a comparative analysis of definitions in Japanese and international English dictionaries. The study examined four katakana loanwords: baanauto [burnout], buriifuingu [briefing], defyuujingu [defusing], and deburiifuingu [debriefing]. These terms are associated with Critical Incident Stress Management (CISM), a comprehensive approach to crisis intervention and disaster mental health. The findings indicate that the forms and meanings of these loanwords require careful interpretation when used in Japanese nursing contexts. Because directly equivalent Japanese expressions may not always be available, English-derived terms are often adopted into Japanese katakana form. However, using such terms without a clear understanding of their original meanings and professional contexts may lead to misunderstandings. Nursing students need to understand both the meanings of these loanwords and their appropriate use in English in order to develop accurate professional communication skills.*

Keywords: Critical Incident Stress Management, disaster nursing, English for nursing education, katakana loanwords, nursing terminology

About the Author: Motoko Sando, PhD, is an associate professor of English stylistics and philology at Wakayama Medical University and has been teaching English for 24 years. Her research interests include nursing loanwords as well as a lexicological study of American English.

This paper reports on a descriptive philological study based on a comparative analysis of definitions in Japanese and international English dictionaries, and represents part of an ongoing project to build a nursing loanword glossary (Sando, 2020, 2021, 2022, 2025). I extracted all katakana terms from the 2020–2025 National Nursing Licensure Examination to collect the basic data necessary for creating a glossary. However, due to the standardized nature of the examinations, the katakana terms used were limited and uniform in scope, indicating a need for a more detailed examination of individual nursing areas. Because of the enormous size of the vocabulary required to cover the entire field of nursing simultaneously, I chose to focus exclusively on a fundamental nursing textbook to provide this supplementary examination. Among eight textbooks for first-year nursing students at Wakayama Medical University, I selected Shigeno et al. (2020) for detailed analysis.

Natural disasters can occur anywhere and at any time. Chapter 7 of Shigeno et al. (2020) includes a section titled *Saigaiji ni okeru kango* [Disaster Nursing] which notes that disasters can have a profound effect on healthcare professionals who are likely to be overworked in unfamiliar and demanding environments. Because high-stress situations can lead to mental and physical health problems, there is also a growing need to provide care and support for healthcare professionals themselves.

In light of this context, the aim of this research was to focus on stress-related disaster nursing loanwords, categorize them into typical loanword types, and compile data for inclusion in a nursing loanword glossary.

Methods

I extracted a total of 107 katakana terms from the 20-page disaster nursing section of the textbook (Shigeno et al., 2020) through a page-by-page

examination, and identified 63 katakana terms that had not appeared in the National Nursing Licensure Examination during the previous six years. Seven of the 63 terms were listed as academic terms in disaster nursing by the Japan Society of Disaster Nursing (n.d.), and three—*baanauto*, *buriifuingu*, and *defyuujingu*—were stress-related. Since *deburiifuingu* seemed to be closely related to these three terms, I decided to focus on all four stress-related terms.

First, I examined the definitions of the four terms in several Japanese dictionaries (Expert Nurse Editorial Department, 2016; Ibe and Minowa, 2017; Iida, 2015; Mito et al., 2011; Wada et al., 2010). I also examined the definitions of the corresponding English terms in several major international English dictionaries (McFerran, 2021; Merriam-Webster, n.d.; O'Toole, 2017; Taylor, 2019; Venes, 2025). In addition, I consulted a disaster-related glossary (Everly, 2025) and other references as necessary. Next, I compared the definitions given in the chosen sources and determined working definitions for the four terms for the glossary. Finally, I categorized the terms and compiled the findings into a table. Based on my earlier studies, nursing katakana terms can be broadly categorized into the following loanword types: Type I, terms borrowed from languages other than English; Type II, English-derived terms adopted into Japanese without abbreviation or semantic modification; Type III, terms coined in Japan using existing foreign-language elements; Type IV, terms used in Japanese with meanings that differ from those of the corresponding source-language terms; and Type V, abbreviated or shortened forms of source-language terms (Sando, 2021, 2022, 2025).

Results

Baanauto [Burnout]

Two Japanese dictionaries include *baanauto* [burnout] (Expert Nurse Editorial Department, 2016; Iida, 2015). Three others include *moetsuki-shokogun* [burnout syndrome] (Ibe & Minowa, 2017; Mito et al., 2011; Wada et al., 2010). Four international English dictionaries include burnout (McFerran, 2021; O'Toole, 2017; Taylor, 2019; Venes, 2025). After Freudenberger (1974) introduced the concept of burnout to the healthcare field, the term burnout became widely used in interpersonal and helping professions. The World Health Organization (2025) classifies burnout as an occupational phenomenon and defines it as "a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed."

In summary, *baanauto* [burnout] can be categorized as a Type II loanword and defined by the author of this paper as mental or physical exhaustion, often in relation to prolonged occupational stress. In a medical context, burnout also has a dental meaning related to casting, defined as "in dentistry eliminating by heat to prepare the mold to receive casting metal" (Stedman, 2013, Definition 1), while, in a more general sense, it has been defined as "rendering unserviceable by excessive heat" (Venes, 2025, Definition 1). Table 1 shows the multiple meanings of *baanauto*, as well as the meanings of the other three loanwords discussed in the following subsections.

Buriifuingu [Briefing]

No Japanese dictionaries include *buriifuingu* [briefing] and only Venes (2025) defines briefing, as "a short session of instruction or preparation for a person, crew, or staff on how to accomplish an upcoming operation." Everly (2025, p.22) lists crisis management briefing as "an information-based group crisis intervention, the goal of which is to provide a forum and formulaic structure for the provision of information."

Based on these definitions, buriifuingu was categorized as Type II and defined by the author as an information-based session that provides instructions or preparation before an upcoming

mission or operation.

Defyuujingu [Defusing]

Among the Japanese and international English dictionaries examined, only Venes (2025c) lists critical incident stress defusing, defining it as "communication after a stressful care episode such as the death of a partner or patient, a serious injury to a child, a mass casualty incident, or other disaster." Everly (2025, p.25) defines defusing as "a 3-phase, 20–30-minute small group interactional crisis intervention for emergency services personnel" consisting of introduction, exploration, and information.

In summary, *defyuujingu* [defusing] was characterized as Type II and defined here as "a brief, structured intervention conducted shortly after a stressful or critical incident to address immediate reactions and provide information and support" (Everly, 2025, p.25).

Deburiifuingu [Debriefing]

Expert Nurse Editorial Department (2016) agrees with Mito et al. (2011) who state that *deburiifuingu* [debriefing] has its origin in the military and refers to "a report after the mission as one of the crisis intervention methods in a group session." Moreover, Venes (2025c) includes critical incident stress debriefing (CISD) and gives the same definition as that for critical incident stress defusing. According to Everly (2025, p.23), CISD is "a 7-phase psychological crisis intervention conducted in small interactional groups after some highly stressful event," consisting of introduction, fact, thought, reactions, physical symptoms, teaching and summary.

In summary, *deburiifuingu* [debriefing] can be categorized as Type V and defined here as "a structured, multi-phase group intervention conducted after a highly stressful or critical incident to review participants' experiences and reactions and provide information and support." *Deburiifuingu* was categorized as Type V because debriefing is used here as a shortened form of critical incident stress debriefing (Everly, 2025, p.23).

Discussion

Healthcare professionals need to recognize their limits and protect their own lives while carrying out rescue missions. Everly (2022) recommends using a system called Critical Incident Stress Management (CISM), a combined approach to emotional crisis and disaster mental health intervention. CISM includes briefing, defusing, and debriefing as interventions intended to manage healthcare professionals' stress and reduce the risk of burnout.

As with many disaster nursing loanwords, numerous healthcare concepts and techniques originated outside Japan and were subsequently introduced into Japanese healthcare contexts. It is

Headword	Japanese meaning	English equivalent	Type*	Part of Speech	Definition & Usage Example
ﾊﾞｰﾝｱｳﾄ (*baanauto*)	1. 燃え尽き症候群 2. 焼却 3. -	burnout	II	noun	1. Mental or physical exhaustion, often in relation to prolonged occupational stress e.g., Healthcare professionals may be at increased risk of burnout following prolonged exposure to stressful working conditions. 2. In dentistry, elimination by heat to prepare a mold to receive casting metal. 3. Rendering something unserviceable by excessive heat.
ﾌﾞﾘｰﾌｨﾝｸﾞ (*buriifuingu*)	打ち合わせ	briefing	II	noun	An information-based session that provides instructions or preparation before an upcoming mission or operation. e.g., Healthcare professionals may attend a briefing before providing care in a disaster-affected area.
ﾃﾞﾌｭｰｼﾞﾝｸﾞ (*defyuujingu*)	息抜き[1]	(critical incident stress) defusing	II	noun	A brief, structured intervention conducted shortly after a stressful or critical incident to address immediate reactions and provide information and support. e.g., A defusing session may be conducted shortly after a critical incident.
ﾃﾞﾌﾞﾘｰﾌｨﾝｸﾞ (*deburiifuingu*)	振り返り[2]	critical incident stress debriefing (CISD)	V	compound noun	A structured, multi-phase group intervention conducted after a highly stressful or critical incident to review participants' experiences and reactions and provide information and support. e.g., Healthcare professionals may participate in a debriefing session following a critical incident.

often difficult to translate these terms into Japanese, especially when there are not any directly equivalent Japanese expressions. Therefore, the four terms examined in this report may be adopted into Japanese in borrowed or shortened forms. However, using such terms without fully understanding their origins, meanings, and professional contexts may cause misunderstandings. Nursing students, as future healthcare professionals, need to understand how these terms are used in English.

Conclusion

This report has focused on stress-related loanwords and found that three of the four terms can be categorized as Type II and one as Type V, and that *baanauto* [burnout] has multiple meanings. Although katakana terms may be convenient for Japanese speakers, they can create ambiguity when the corresponding source-language words have multiple meanings. To improve their English proficiency and professional communication skills, nursing students need to understand the meanings of these loanwords and learn how to use the corresponding terms accurately in English.

Because of space limitations, this report dealt with only four terms, while many other terms are used in the fundamental nursing textbook. As part of the adult nursing curriculum, Wakayama Medical University offers a required class called *Saigai kangoron* [Disaster Nursing Theory] for second-year nursing students. From the perspective of English for nursing education, I plan to examine other katakana nursing terms across a broader range of nursing fields and eventually develop a nursing loanword glossary.

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