

Research Wisdom

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NurseCMU
Faculty of Nursing, Chiang Mai University

Empowering
* Future
Nurses
* with **Pride** *
Professionalism

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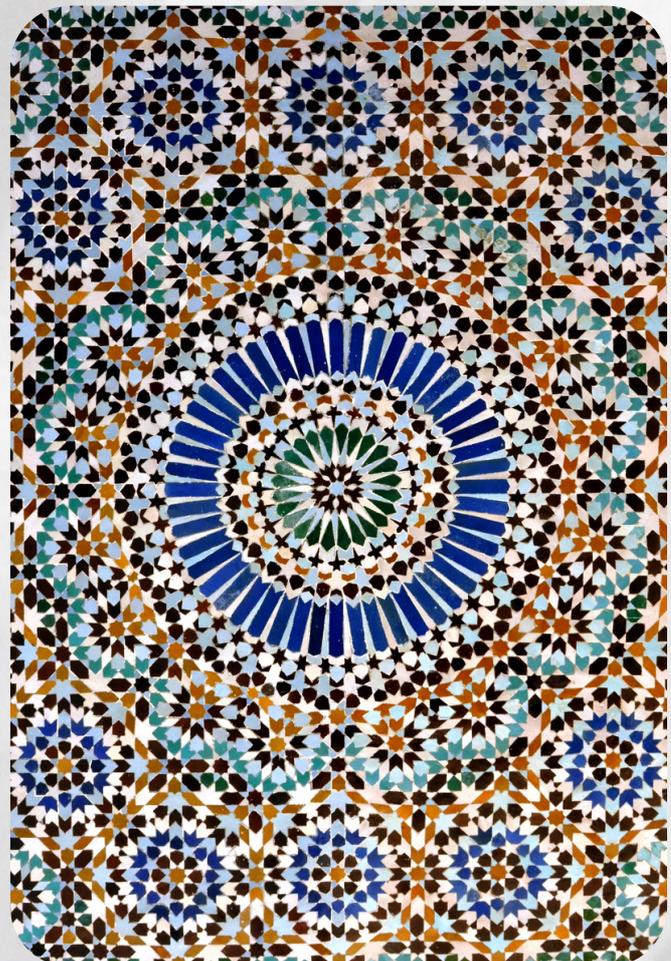
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Message

from the Dean

As we wind down another calendar year, on behalf of NurseCMU I would like to most sincerely wish our Research Wisdom readership a happy, healthy, and prosperous new year in 2024.

2023 has certainly been an extraordinary year for us, in broad terms, such as being part of the global transition to a post-pandemic new normal, and also in more personal terms, with NurseCMU achieving successful ACEN accreditation, initiating the preparations for our 2024 international conference, and continuing to develop our research profile with an increase in high impact publications.

In this issue, we continue to highlight NurseCMU's hardworking, dedicated researchers while also visiting the collaboration undertaken by some of our faculty members and highlighting some of the cross-disciplinary research made possible by their networks with partner researchers and organizations. Topics featured include an investigation into the father's role in supporting exclusive breastfeeding by mothers and the relationship between nursing burnout and care quality, particularly post-pandemic.

I hope you all have a safe New Year holiday period, and I look forward to greeting you again in 2024 as NurseCMU prepares for our upcoming international conference at which we certainly hope to see you all this coming September.

Sincerely,



Thanee Kaewthummanukul, PhD, RN, APN
Assistant Professor and Dean, Faculty of Nursing
Chiang Mai University





NurseCMU

Success

Congratulations to

Asst. Prof. Dr. Phanida Juntasopeepun

Research Wisdom would like to extend sincere congratulations to NurseCMU faculty member Dr. Phanida Juntasopeepun who is currently undertaking a visiting scholarship position with the School of Nursing at the University of Minnesota, Twin Cities.

Dr. Phanida's success in obtaining the China Medical Board training grant, awarded yearly to our faculty, is testament to her hard work, determination, and preparation in her field.

She will be in Minnesota for one year, and will be doing research and writing manuscripts in the area of elderly care nursing. During her stay in the United States, she will be working with Dr. Donna Bliss, a professor at the University of Minnesota and School of Nursing Foundation Professor of Nursing Research.

On behalf of the NurseCMU community, we wish her an enjoyable and productive time in the Twin Cities.



Factors Affecting Thai Fathers' Self-Efficacy to Support Exclusive Breastfeeding (published in *Nursing Reports*)

In obstetrics nursing, support for new mothers to breastfeed is a crucial element, as this remains the ideal choice for feeding infants. Yet while there can be plenty of support for breastfeeding from healthcare practitioners, as well as from older, more experienced female family members, it is easy to forget about the father's potential to contribute in this area.

NurseCMU lecturer Dr. Preeyakamon Krikitrat felt that, with breastfeeding rates in Thailand still lower than optimal, and having seen new fathers trying to help support mothers, though sometimes unsuccessfully, this could be a suitable setting for an intervention.

Once the study was designed, participants were not difficult to find because fathers were often already present on clinic or hospital visits in the time frame around their child's birth.



**Dr. Preeyakamon
Krikitrat**



[Click here to read the article](#)

The results showed that the fathers in the study expressed confidence in supporting their partners' breastfeeding, with a mean Breastfeeding Self-Efficacy Scale (BSES) score similar to a previous study on Thai fathers. The similarity in BSES scores between the studies could be attributed to shared characteristics among participants, such as affluence, full-time employment, similar average age, and being first-time fathers.

The study also revealed a significant relationship between the expecting fathers' family type and their self-efficacy to support exclusive breastfeeding. Interestingly, living in extended families was negatively associated with paternal self-efficacy, contrary to the traditional Thai family context.

The hierarchical regression model indicated that sociodemographic variables explained only a portion of the variance in paternal self-efficacy, suggesting other unmeasured factors influence fathers' confidence. Positive attitudes toward exclusive breastfeeding, knowledge about breastfeeding, and being in a nuclear family were associated with higher paternal breastfeeding support self-efficacy.



The study findings suggest exploring ways to enhance fathers' involvement. Dr. Preeyakamon believes clinics both want and need to provide this support but, as of yet, there have been limited opportunities to involve dads more comprehensively. She recommends longitudinal research examining paternal self-efficacy in both the antenatal and postpartum periods. Additionally, exploring the lived experiences of Thai fathers could provide deeper insights into cultural nuances impacting breastfeeding support.



**Assoc. Prof.
Dr. Nantaporn
Sansiriphun**

**Asst. Prof.
Dr. Jirawan
Deeluea**

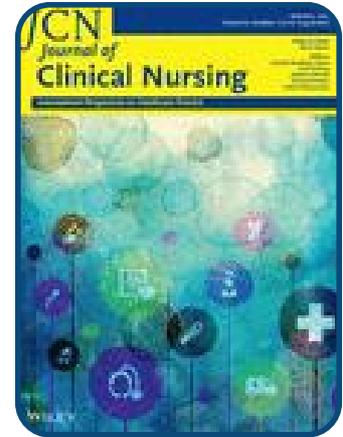


**Lect. Sirirat
Chaithaworn**



The relationship between nurse burnout, missed nursing care, and care quality following COVID-19 pandemic (published in *Journal of Clinical Nursing*)

Nurse burnout, as with most professions, is a concern for field leaders and managers, and arguably has more noticeable effects for societies on the whole than many other professions, due to the deeply social nature of nursing and nursing care. Burnout for nurses also constitutes a global not only a national concern so it comes as no surprise that this research study was done in collaboration across university and national borders.



Led by Associate Professor Dr. Apiradee Nantsupawat, she developed this research while on her visiting scholar appointment at Columbia University School of Nursing.

Co-authored with FON faculty members, Associate Professor Dr. Kulwadee Abhicharttibutra and Assistant Professor Dr. Orn-Anong Wichaikhum as well as internationally recognized Professor Lusine Poghosyan from Columbia School of Nursing, and



Assistant Professor Dr. Tina Sadarangani from the Rory Meyers College of Nursing at New York University, this study investigates the connection between nurse burnout, missed nursing care, and care quality post-COVID-19.

Conducted across 12 Thai hospitals from August to October 2022, the cross-sectional correlational study surveyed nearly 400 nurses with results indicating that approximately 36% experienced burnout, contributing to higher levels of missed nursing care among this group. Many reported symptoms such as anxiety, fatigue, and concentration issues. Logistic regression revealed that greater emotional exhaustion correlated with increased odds of missed care and poor quality.



The study emphasizes the impact of burnout on patient care quality, recommending strategic investment to reduce nurse burnout for improved patient quality. Notably, the study contributes valuable insights into post-pandemic burnout's association with care quality, highlighting the need for supportive policies and practices in healthcare settings.

The study emphasizes the impact of burnout on patient care quality, recommending strategic investment to reduce nurse burnout for improved patient safety and care quality. Notably, the study contributes valuable insights into post-pandemic burnout's association with care quality, highlighting the need for supportive policies and practices in healthcare settings.

Click [here](#) to read the article



Assoc. Prof.
Dr. Apiradee Nantsupawat



Assoc. Prof.
Dr. Kulwadee
Abhicharttibutra



Asst. Prof.
Dr. Orn-Anong
Wichaikhum



The Mosaic of Insight: Nursing Researchers Contributing Across Disciplines

Research is an integral aspect of any academic's work with many experienced researchers producing studies in their own areas while also branching out to work with colleagues from other fields. Cross-disciplinary research often results due to the multi-faceted and interconnected nature of today's healthcare challenges, the access to diverse expertise necessary for handling global health challenges, or simply the opportunities for career growth and satisfaction.



Professor
Dr. Nongyao
Kasatpibal



Faculty of Nursing researchers are no exception, and recent publications demonstrate how some of our researchers are striving to engage in cross-disciplinary research which can encompass nursing, while also branching out into other related fields.

Professor Nongyao Kasatpibal was recently invited to contribute to a study entitled *The current state of antimicrobial and urine culture stewardship in Thailand: Results from a national survey*. This paper stands as an exemplary model of research transcending disciplinary boundaries. The American Journal of Infection Control is, itself, a Q1 journal in three disciplines, proving its importance across the field. The research explores the landscape of antimicrobial stewardship in Thai hospitals, propelled by a national strategic plan to combat antimicrobial resistance. The study not only assesses the composition and reach of antimicrobial stewardship programs but also delves into the intricate realm of urine culture stewardship. This multidisciplinary collaboration, involved medical doctors and while Dr. Nongyao provided nursing expertise demonstrates the vital role of diverse backgrounds in addressing complex healthcare challenges.

Another Faculty of Nursing Professor, Dr. Akeau Unahalekhaka, also enjoys bringing her expertise to research projects which draw on multiple areas of expertise. The paper *Glass particulate adulterated in single dose ampoules: A patient safety concern*, conducted collaboratively with a specialist scientist, Khun Pornpot Nuthong, from the Office of Scientific Instruments and Testing at the Prince of Songkla University, investigated glass particulate contamination in ampoules. By combining scientific methods with nursing insights, the study helped to identify issues affecting patient safety in medication administration. The findings highlighted the need for nursing awareness and proposed practical solutions, showcasing how nurses can actively contribute to research addressing critical healthcare challenges across scientific and clinical domains.



**Professor
Dr. Akeau
Unahalekhaka**

Building networks with others is imperative. But also important is remembering that interdisciplinary collaboration requires flexibility, adaptability, and a willingness to learn from others. By following these guidelines, a motivated nursing researcher can contribute to a successful collaborative research project that draws on the strengths of multiple disciplines.



Research Snapshots

Factors predicting job performance of nurses: A descriptive predictive study



This study, led by doctoral student Wai Wai Aung Po, aimed to investigate job performance among nurses in Myanmar, taking into account factors such as job demands, job resources, personal resources, work engagement, job crafting, and transformational leadership of nurse managers. With participants including 474 nurses from tertiary-level general hospitals, the study found a high overall level of job performance. Significant predictors included job demands, personal resources, work engagement, and job crafting, explaining 63.3% of the variance. While personal resources were a key factor positively influencing job performance, transformational leadership did not significantly predict it. The findings suggest that addressing job demands, fostering work engagement, and nurturing job-crafting capabilities could enhance nurses' job performance. The study highlights the importance of resource management and leadership in healthcare settings, of particular significance in light of the COVID-19 pandemic in Myanmar. *International Nursing Review*



Asst. Prof.
Dr. Orn-Anong
Wichaikhum

<https://cmu.to/clnv2>



Assoc. Prof.
Dr. Kulwadee
Abhicharttibutra



Assoc. Prof.
Dr. Weeraporn
Suthakorn

Effectiveness of the breastfeeding self-efficacy and family support enhancement program among first-time postpartum mothers: A randomized controlled trial

The research team in this study sought to address the lack of effective breastfeeding techniques among first-time mothers in Thailand. The Breastfeeding Self-Efficacy and Family Support Enhancement Program (BSFSEP) significantly improved effective breastfeeding and perceived sufficient milk among participants. This program, based on Social Cognitive Theory, involved four sessions, focusing on family support and breastfeeding self-efficacy. Results showed increased scores for both effective breastfeeding and perceived sufficient milk after the program compared for the experimental group. Family members also received education on breastfeeding support, and the findings emphasize the importance of involving family in antenatal education to boost confidence in supporting breastfeeding. The BSFSEP's success suggests its integration into routine nursing care, particularly in postpartum units, to enhance first-time mothers' confidence in breastfeeding. Further research is recommended to explore more diverse samples and extended assessment periods. *Pacific Rim International Journal of Nursing Research*



<https://cmu.to/LdrT7>



Assoc. Prof.
Dr. Nantaporn
Sansiriphun



Dr. Nonglak Chaloumsuk



Asst. Prof.
Dr. Jirawan
Deeluea

Research Snapshots

Challenges of avoiding congenital disorders: Experiences of pregnant women in Northeastern Thailand

Northeast Thailand was the setting for this exploration of the challenges faced by pregnant women regarding beliefs and practices related to avoiding congenital disorders. Traditional beliefs, transmitted from parents and ancestors, include taboos on eating certain foods, potentially leading to negative outcomes. Participants faced challenges due to unclear explanations of these beliefs. Contemporary beliefs, derived from current information, sometimes conflicted with professional views on congenital disorders. Mothers' daily activities involved selectiveness in eating, attainment of mother-child healthiness, and harm avoidance. Challenges included misinformation, lack of formal health education, and difficulties accessing accurate information. The study suggests integrating CD prevention into existing health promotion and education during pregnancy, employing culturally appropriate approaches, clarifying traditional beliefs, and addressing challenging topics for better understanding and application. *Pacific Rim International Journal of Nursing Research*

<https://cmu.to/sKLkf>



Assoc. Prof.
Dr. Kasara
Sripichyakan

Effects of the family empowerment program on medication adherence and treatment success among adults with pulmonary tuberculosis: A randomized controlled trial

Pulmonary tuberculosis (PTB) is a significant global health issue, affecting around 9.9 million people worldwide, with 143,000 cases reported in Thailand. The PTB incidence in Thailand is a concern, with a treatment success rate of 84%, falling short of the 90% target, and attributed to poor medication adherence which is crucial for effective PTB treatment. Newly diagnosed PTB adults in Thailand, comprising 11-60%, often lack knowledge about the disease and its treatment, leading to non-adherence. Family support plays a pivotal role in treatment success, but many adults lack this support, hindering their ability to manage PTB effectively. To address these issues, a Family Empowerment Program (FEP) was developed, leading to improved medication adherence and treatment success, achieving a 100% success rate in the experimental group compared to 90.62% in the control group. The FEP follows a process of discovering reality, critical reflection, taking charge, and holding on, empowering families to more effectively support patients. The study suggests the need for nurse training in empowerment strategies to enhance family support for PTB patients. *Pacific Rim International Journal of Nursing Research*

<https://cmu.to/Og4MH>



Asst. Prof.
Dr. Sumalee
Lirtmunlikaporn



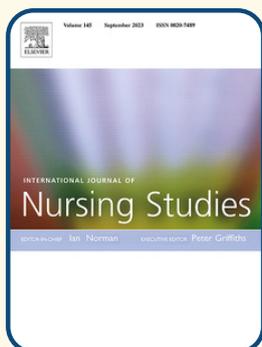
Professor Dr. Akeau
Unahalekhaka



Asst. Prof.
Dr. Orn-Anong
Wichaikhum

Research Snapshots

Evaluating the efficacy of the Thai Health Improvement Profile intervention for preventing weight gain in people with early stage psychosis: A randomized controlled trial



Dr. Preeyakamon Krikitrat

The objective of this randomized controlled trial was evaluating the effectiveness of the Thai Health Improvement Profile (THIP) intervention with its goal of mitigating weight gain for early-stage psychosis patients. Participants were gathered from patient lists of psychiatric nurses in Thai communities and randomly allocated to receive the intervention or standard treatment. Outcome assessors were blind to group allocation whereas participants were not. One aspect of THIP was its ability to elicit the collaboration of family members and carers. With nurse support, participants in the experimental group worked on changing their behavior while the control group received standard medication and psychosocial support. Weight gain, the principal outcome, was stipulated as an increase greater or equal to 7% compared with baseline within 1 year. The control group was found to have a greater chance of weight gain, indicating that the THIP intervention was effective (though attrition was relatively high). Healthcare workers should strive to use more holistic methods and institute more frequent check-ups, as well as integrating relatives and caregivers more effectively into the care context. *International Journal of Nursing Studies*

<https://cmu.to/oH2du>

Recreational cannabis policy reform—What mental health nurses need to know about minimising harm and contributing to the reform debate

Two Faculty of Nursing researchers were invited by corresponding author and FON visiting professor Dr. Daniel Bressington to contribute to this paper which aimed to provide mental health nurses with a summary of the existing evidence on cannabis policy reform so that they may use this knowledge to contribute to mental health promotion and engagement in policy reform discussions. The changing legal status of cannabis worldwide has sparked an extensive conversation on how to minimize potential harms. This article argues that mental health nurses should play a crucial role in encouraging safe and responsible use of recreational cannabis, drawing on current evidence. We explore the reasons behind legalization, highlight the proven medicinal benefits of cannabis, and assess the documented mental health risks associated with its use. The discussion extends to research findings on the potential negative mental health effects of legalizing recreational cannabis, along with strategies to reduce these harms. Using Thailand as an example, we emphasize the importance of tailoring harm minimization measures to specific contexts. Lastly, we outline key health promotion messages that mental health nurses can share with individuals using or considering recreational cannabis. *Journal of Psychiatric and Mental Health Nursing*



Dr. Preeyakamon Krikitrat



<https://cmu.to/LA97p>

Assoc. Prof.
Dr. Wanchai Lertwattanasawat



Research Snapshots

A qualitative descriptive study of Thai fathers' experiences in supporting their partners' breastfeeding

This study delves into the experiences of Thai fathers in supporting their partners in breastfeeding. Conducted between December 2018 and February 2020, with 19 purposefully selected fathers, the qualitative study identified four themes: facing barriers to support, believing in the value of breast milk, seeking ways to increase milk supply, and making efforts to sustain breastfeeding. The findings highlight the eagerness of Thai fathers to actively support breastfeeding, emphasizing the crucial role of healthcare providers in educating and empowering them. Despite cultural norms, initiatives in Thailand, such as "Parents' School" and "Family Love Bonding," aim to involve fathers in breastfeeding activities. The study underscores the need for tailored support, recognizing fathers as vulnerable individuals with unique needs. The qualitative design and thematic analysis provide a comprehensive understanding of fathers' perspectives, contributing valuable insights for healthcare professionals to enhance breastfeeding support and increase success rates in Thailand. *Belitung Nursing Journal*

<https://cmu.to/wz7xJ>



Assoc. Prof.
Dr. Nantaporn
Sansiriphun



Dr. Nonglak Chaloumsuk

Living in harmony with the community's nature and socio-culture: An ethnography of healthy older people in a Northeastern Thai rural community



In this study conducted in a rural community in northeastern Thailand, the researchers employed a snowball technique to select 15 key informants, complemented by general informants for community knowledge validation. Key informants included family members, health volunteers, folk healers, and a headman, offering diverse perspectives. The primary investigator, a seasoned nurse and community nursing teacher, engaged with the community from December 2017 to July 2019. Thematic analysis revealed that healthiness for older individuals involved physical strength, self-reliance, a peaceful mind, and a happy life. Living in harmony with nature and socio-culture, the older people demonstrated modest physical activities, consumed natural/Isan food, and relied on folk and modern health remedies. The study emphasized the community's transition, termed "conservation in conversion," blending preserved nature with modern infrastructure. Trustworthiness was established through credibility, transferability, and confirmability. Overall, the findings provide insights into the holistic factors contributing to the health and well-being of older individuals in this rural context. *Pacific Rim International Journal of Nursing Research*

<https://cmu.to/mfm2W>



Assoc. Prof.
Dr. Kasara
Sripichyakan



Asst. Prof.
Dr. Rojane
Chintanawat

Research Snapshots



The current state of antimicrobial and urine culture stewardship in Thailand: Results from a national survey

The study evaluates the state of antimicrobial stewardship programs (ASPs) in Thai hospitals, spurred by a national plan to combat antimicrobial resistance. A survey conducted between February and August 2021, covering 100 hospitals from five regions, found that 86% had ASPs, often with multidisciplinary teams. Larger hospitals, those affiliated with medical schools, and those with certified infection preventionists more commonly had ASPs. The ASPs frequently included infectious disease-trained professionals. Diagnostic stewardship practices, especially in blood and urine culturing, were prevalent, showcasing the impact of ASPs. Despite limitations, the study underscores the success of ASPs in Thailand, suggesting the need for further research to gauge their effectiveness and expansion into diverse medical settings. *American Journal of Infection Control*



Professor Dr. Nongyao Kasatpibal

<https://cmu.to/7U1Z1>

The effect of a web-based occupational noise-induced hearing loss prevention program on hearing protection device behavior among Thai navy officers: A quasi-experimental study

The study addresses the risk of hearing loss among Thai navy officers on coastal guard vessels, emphasizing the importance of hearing protection device usage. A web-based hearing loss prevention program was developed and implemented for 152 navy personnel, with the experimental group (76 participants) receiving the program over four weeks. Results revealed a significant increase in the use of hearing protection devices within the experimental group, both immediately and eight weeks post-program. Despite the experimental group showing better scores, no significant differences were observed between the experimental and control groups. Challenges during implementation, such as the COVID-19 pandemic and an oil spill incident, may have impacted results. Despite limitations, the study suggests nurses can adopt such protective interventions to mitigate occupational noise-induced hearing loss among navy officers, calling for future studies considering contextual challenges and participation methods. *Pacific Rim International Journal of Nursing Research*



Assoc. Prof. Dr. Pratum Soivong

<https://cmu.to/GKA4R>



Assoc. Prof. Dr. Weeraporn Suthakorn



Assoc. Prof. Dr. Petsunee Thungjaroenkul

Research Snapshots



An application of Organismic Integration Theory to enhance basic psychological needs satisfaction and motivation for rehabilitation in older stroke survivors: A randomized controlled trial study

This randomized controlled trial investigated an Organismic Integration Theory (OIT)-based program's effectiveness in enhancing psychological needs satisfaction and motivation for rehabilitation in older stroke survivors. The study included 38 participants, randomly assigned to experimental (OIT-based program) or control (standard care) groups. Results showed significantly higher psychological needs satisfaction and rehabilitation motivation in the experimental group. Motivation, as per OIT, arises when basic psychological needs (autonomy, competence, relatedness) are met. The program aimed to internalize motivation, crucial for post-stroke rehabilitation. The study highlights the importance of sustaining motivation, often lacking in home-based rehabilitation. Findings support the program's efficacy, yet limitations include a short follow-up period and a relatively healthy participant sample. Overall, enhancing basic psychological needs positively impacts stroke survivors' motivation for rehabilitation. *Geriatric Nursing*



Asst. Prof.
Dr. Rojane
Chintanawat

<https://cmu.to/RqvDd>

Effectiveness of preventive nursing program for multidrug-resistant organism transmission: A quasi-experimental study

In this quasi-experimental study conducted in a South Thailand tertiary hospital, the effectiveness of a nursing program in preventing multidrug-resistant organism (MDRO) transmission was investigated. The study involved 60 registered nurses from internal medicine wards, with an experimental group undergoing a 4-week program and a control group following standard practices. The nurses' practices were assessed at 4 and 12 weeks post-program using a preventive practice observation form. Results indicated a significant improvement in correct practices, including hand hygiene and the use of personal protective equipment, in the experimental group compared to the control group. The program, rooted in the Theory of Planned Behavior, effectively enhanced nurses' attitudes, subjective norms, and perceived behavioral control toward MDRO prevention. The study suggests the program's applicability to promote preventive practices among nurses, emphasizing the need for long-term follow-ups and evaluation in diverse settings before widespread implementation. *Pacific Rim International Journal of Nursing Research*



Assoc. Prof.
Dr. Nongkran Visekul

<https://cmu.to/Y1F62>

Professor Dr. Nongyao
Kasatpibal



Professor Dr. Akeau
Unahalekhaka



Research Snapshots

Technological machines and artificial intelligence in nursing practice

This theoretical discourse explores the intersection of technology, artificial intelligence (AI), and nursing, emphasizing their impact on healthcare practice. As technological efficiency positively influences nursing care time, the article examines the implications of AI and robotics in healthcare, particularly in the contexts of Industry 5.0, Society 5.0, and Life 3.0. Industry 5.0 represents human-machine collaboration, Society 5.0 envisions a cyber-physical culture with AI, and Life 3.0 explores the impact of technological growth on human life. The article discusses challenges and opportunities for nursing practice, highlighting the evolving role of nurses in a technology-dependent environment. It addresses the potential displacement of human labor by AI, emphasizing the need for nurses to adapt to technological advancements while maintaining a focus on patient-centered care. Ultimately, the article underscores the importance of nurses embracing technological changes to enhance healthcare quality and patient outcomes in a rapidly advancing era. *Nursing & Health Sciences*



<https://cmu.to/vVgSk>



Asst. Prof.
Dr. Phanida
Juntasopeepun



International Publications

Aung Po, W. W., Wichaikhum, O. A., Abhicharttibutra, K., & Suthakorn, W. (2023) Factors predicting job performance of nurses: A descriptive predictive study. *International Nursing Review*, 00, 1-8.

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International Publications

Murta, J. C. D., Easpaig, B. N. G., Hazell-Raine, K., Byrne, M. K., Lertwatthanawilat, W., Kritkitrat, P., & Bressington, D. (2023). Recreational cannabis policy reform—What mental health nurses need to know about minimising harm and contributing to the reform debate. *Journal of Psychiatric and Mental Health Nursing*, 00, 1-13.

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International Publications

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Aunruan, K., Thungjaroenkul, P., & Nantsupawat, A. (2023). Perceived organizational support and quality of work life of nurses in tertiary hospitals in the northern part of Thailand. *Nursing Journal CMU*, 50(3), 58-70.

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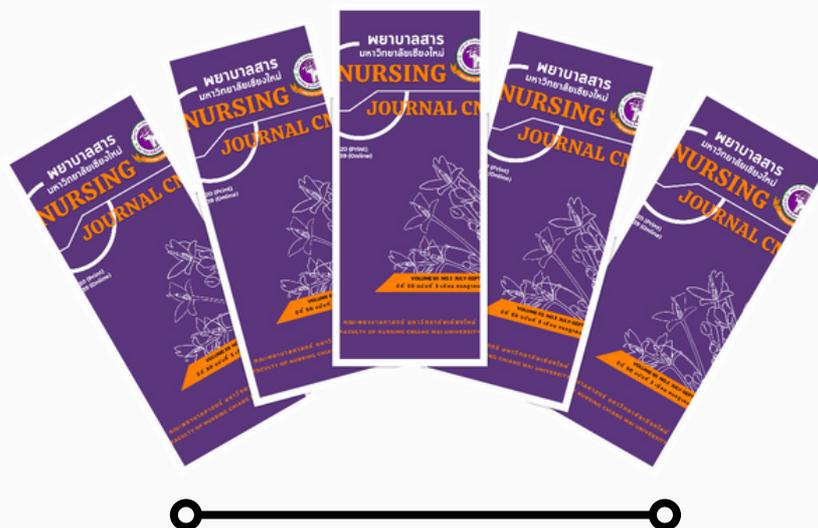
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