

FACULTY OF NURSING, CHIANG MAI UNIVERSITY

RESEARCH WISDOM

A SYSTEMATIC REVIEW
AND META-ANALYSIS:
DYADIC INTERVENTIONS
AND CANCER PATIENTS

A SCOPING REVIEW: PREVENTION
AND REDUCTION OF HEALTHCARE
WORKER BURNOUT

NURSECMU SPOTLIGHT ON
INCOMING DEAN DR. SUPARAT
WANGSRIKHUN

VOL. 11
DECEMBER
2024



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MESSAGE FROM THE DEAN



Sincerely,

Suparat Wangsrikhun, PhD, RN

Dean and Assistant Professor
Faculty of Nursing, Chiang Mai University

Welcome to the final issue of Research Wisdom for 2024 which has been a notable year for the Faculty of Nursing, culminating in our hosting of the highly successful Global Recalibration international conference, and the continued dissemination of high-quality research by our impressive faculty members, their graduate students, and their research teams.

As this new administration team begins our tenure, we look to embrace the successes of NurseCMU's research program under former Dean Thanee Kaewthummanukul while continuing to support our researchers to attain the high goals that we set for ourselves at FON. Regarding this mission, I will work closely with incoming Associate Dean, Associate Professor Dr. Phanida Juntasopeepun, to ensure the continuity of our high standards and the continued prominence of our faculty's research output, both nationally and globally.

This current issue of Research Wisdom highlights the results of the hard work of two NurseCMU faculty members, Assistant Professor Dr. Kanjana Thana and Assistant Professor Dr. Patcharin Chaisurin, who have recently published in high impact journals.

Dr. Kanjana's systematic review, published in a top-tier oncology journal, highlights how strong relationships with colleagues result in sought-after research. Dr. Patcharin's scoping review addresses the ongoing concern of healthcare worker burnout, providing practical findings with national and international relevance in the post-pandemic era. Interestingly, both systematic and scoping reviews offer valuable opportunities for researchers, particularly early in their research careers, to engage with broader topics in depth while developing critical skills in evidence synthesis, literature analysis, and research methodology.

In closing, I wish all of our readers a satisfying holiday period, and I look forward to engaging with and promoting the Faculty of Nursing's research output as our institution looks to continue excelling in our important role as a leading center for nursing academia and research globally.

EFFECTS OF DYADIC INTERVENTIONS ON PSYCHOLOGICAL OUTCOMES AMONG CANCER PATIENTS WITH NON-ACTIVE TREATMENT: A SYSTEMATIC REVIEW AND META-ANALYSIS

PUBLISHED IN *JOURNAL OF CANCER SURVIVORSHIP: RESEARCH AND PRACTICE*



ASST. PROF. DR.
KANJIANA THANA



ASST. PROF. DR.
ROJANEE CHINTANAWAT

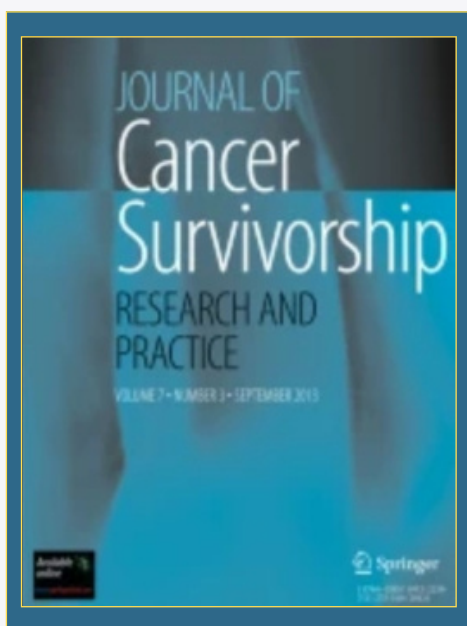
Considering the prevalence of cancer cases in hospitals worldwide, and the resulting need for care provision, often by the patient, themselves, and their caregivers (friends or family members), it is no surprise that dyadic interventions are beneficial. Aiming to support the needs of both parties in the cancer caregiving context, dyadic approaches are holistic, promoting mental well-being and quality of life for both sides in the caregiving relationship.

Assistant Professor Dr. Kanjana Thana drew on her experience as an oncology nurse specialist to initiate this systematic review and meta-analysis. Systematic reviews can be challenging and time-consuming undertakings. Therefore, when discussing her contributions to this study, Dr. Kanjana was quick to point out: “We needed a team”. During her doctoral study in the United States, she had been inspired by meeting Dr. Chuntana Reangsing, from Mae Fah Luang School of Nursing, and there was potential for collaboration. Moreover, her team included Asst. Prof. Dr. Rojanee Chintanawat who provided her expertise in her role as consultant, as well as a nursing colleague from Dr. Kanjana’s doctoral study, Dr. Megan Miller.



The main goal of this current systematic review and meta-analysis was to understand how helpful dyadic interventions are in reducing stress, depression, and anxiety in cancer patients while also exploring different factors that might explain why the effectiveness of these interventions varies.

Findings demonstrated that dyadic interventions had a moderate effect on reducing depression and a small effect on anxiety in people with cancer, with components such as self-care, stress management, and psychosocial support showing promise. However, further research is needed to identify which specific elements of these interventions are most effective and how they can be integrated into clinical practice, with shorter intervention durations and higher fidelity appearing to yield better outcomes.



Click [here](#) to read

Dr. Kanjana is optimistic about the potential for future research in this area and has plans to further scope the research to patients suffering from head and neck cancers and their caregivers. Moreover, she is keen to employ the latest technological innovations in the form of a mindfulness application currently undergoing piloting via the research of her colleague, Dr. Chuntana. Interventions such as these hold promise for mitigating the psychological effects on cancer patients and caregivers, promoting health and wellness in this population.

Finally, the publication of this article in a Q1-ranked journal in oncology continues to highlight NurseCMU researchers' ability to investigate high-impact topics across fields, with notable researchers, underlining the important role our faculty play in contributing to the advancement of research both in the field of nursing and across related disciplines.

MEASURES TO PREVENT AND REDUCE HEALTHCARE WORKER BURNOUT DURING THE COVID-19 PANDEMIC: A SCOPING REVIEW

PUBLISHED IN *SAGE OPEN NURSING*



ASST. PROF. DR.
PATCHARIN CHAISURIN



Our second feature this month highlights a scoping review of the literature on pandemic prevention measures to reduce healthcare worker burnout, led by Asst. Prof. Dr. Patcharin Chaisurin. Motivated by her deep interest in occupational health as well as her experience with systematic reviews during her doctoral study in Southampton UK, Dr. Patcharin decided that doing a scoping review of the literature on burnout prevention measures among healthcare workers during the pandemic was a crucial step in obtaining a better understanding and providing a guideline for further work in this area.

In healthcare professions, heavy workloads, long working hours, and stressful workplaces are typical. Burnout has become more recognized as a problem, as have the ways to treat it. Dr. Patcharin's review identified over 1000 studies, resulting in 21 papers that closely matched the research question which itself was informed using the PICOT framework while the use of the PRISMA guidelines to facilitate the reporting of data resulted in a stronger and more reliable study overall.



Analysis of these 21 studies resulted in five main themes, which were then grouped under two overarching topics: the effects of burnout on healthcare workers during the COVID-19 pandemic and the measures for prevention and reduction of this burnout. The review also found that the measures fell into one of three categories: individual/interpersonal, organizational, and work culture related.



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Supporting personal resilience was important for individuals while for organizations, it appeared that workers wanted more of a voice in addition to being safeguarded, well-prepared, and supported at their workplaces. In terms of work culture, workers felt they could be supported through the nurturing of blame-free environments and recognition of individual limitations while also being provided with a say in the management of workloads. However, gaps still remain in the literature, particularly in terms of the role of professionals in helping to address healthcare burnout.

The results of Dr. Patcharin's study pose practical significance in terms of guidance for organizations and workplaces in undertaking their own burnout mitigation programs. In this sense, her findings hold the possibility as a preventative intervention, especially in light of potential future pandemics and the ensuing burnout problems for healthcare workers.

Finally, she also provided some sound advice for newer or younger researchers on the topic of using literature review approaches, encouraging them to analyze other examples of strong scoping or systematic review approaches while also positing that her own current publication also demonstrates a clear and concise guideline of how to carry out a successful scoping review.

NURSECMU SPOTLIGHT ON THE INCOMING DEAN: DR. SUPARAT WANGSRIKHUN

On October 27th 2024, Dr. Suparat Wangsrikhun began her tenure as Dean of the Faculty of Nursing at Chiang Mai University. Although this past month has been incredibly busy for her, we were happy to invite her to answer a few questions as a way of highlighting her new role and hearing about her plans.

Research Wisdom: Dean Suparat, can you share a little about your background and what drew you to this role as Dean?



“Our education remains at the forefront of developments in the nursing field”

I’m deeply honored to serve as the Dean of Chiang Mai University’s Faculty of Nursing. With a background in clinical nursing and administration, I’ve dedicated my career to enhancing healthcare delivery and fostering excellence in nursing education. My passion lies in empowering the next generation of nurses to meet local and global health challenges with compassion, innovation, and skills.

RW: As an experienced nursing faculty member and administrator, what do you see as FON’s greatest strengths, and how do you plan to build on those strengths?

Our Faculty is renowned for its comprehensive programs, led by a dedicated team of experienced faculty who continuously advance their knowledge and practices. This ensures that our education remains at the forefront of developments in the nursing field. Our diverse and talented students exemplify clinical excellence and the ability to contribute to the field through impactful research addressing real-world challenges.

Additionally, the Faculty has a strong foundation in international networking and professionalism in management, which enables us to build meaningful global partnerships and maintain organizational excellence. Moving forward, I plan to build on these strengths by fostering greater collaboration both nationally and internationally and promoting interdisciplinary partnerships that drive innovation and enhance health outcomes worldwide.

RW: Our faculty is recognized among the top in the country and ranks high, globally. What are your initial thoughts on how we can continue to grow and elevate our research even further?

To continue growing and elevating our research, we must build upon the strong foundation established over decades. We must level up our homegrown expertise while deepening collaborations with international partners to foster mutually beneficial relationships. By combining our strengths with global perspectives, we can generate innovative research that not only advances the nursing field but also contributes to healthcare development and improved global outcomes.

“Together, we will
continue to lead the
way, shaping the
future of nursing”



RW: Collaboration and partnerships are essential for advancing research. How do you envision fostering stronger collaborations both within the faculty and with external partners?

Within the Faculty, I aim to cultivate a supportive environment that encourages innovation and teamwork, empowering our faculty members to grow, share knowledge, and enhance their professional skills. Externally, we are fortunate to have a strong network of partners with whom we conduct a variety of impactful research activities. These collaborations have proven highly effective, and I believe Thailand—and FONCMU in particular—offers unique opportunities for researchers to benefit from our expertise, extensive experience, and access to robust research settings.

RW: Finally, what message would you like to share with our faculty members and students as you embark on this new chapter in your leadership?

As I embark on this new chapter, I'm truly excited to work alongside our dedicated faculty and talented students to build upon our legacy of excellence. Together, we will continue to lead the way, shaping the future of nursing, advancing health equity, and driving meaningful changes in our communities and beyond.

RESEARCH SNAPSHOTS

FACTORS ASSOCIATED WITH PSYCHOLOGICAL DISTRESS, FEAR, AND COPING STRATEGIES DURING THE COVID-19 PANDEMIC IN THAILAND: A CROSS-SECTIONAL STUDY



PROF. DR.
PATRAPORN
BHATARASAKOON



ASST. PROF. DR.
SUWIT INTHONG



LECT. SIRIRAT NITAYAWAN



ASST. PROF. DR.
CHAYAPHA SANLUANG



Professor Dr. Patraporn Bhatarasakoon led this cross-sectional descriptive study which employed an online survey along with a versatile and comprehensive set of scales to explore distress and fear, and how well people coped with these, in light of the widest-scale pandemic to affect the globe in recent history—COVID-19. Healthcare workers made up a majority of respondents, and data collection was done in 2020–2021 during the 1st and 3rd COVID waves. A robust sample size and the use of reliable scales ensured the research team could provide a meaningful analysis of respondents' emotional responses and the relationship of these with resilience. Factors including employment or financial status changes, comorbidities, and various COVID-19-related factors were associated with increased distress levels. At the same time, respondents who were nurses along with those who perceived better mental health status appeared to demonstrate more effective coping strategies. *SAGE Open Nursing*

<https://cmu.to/5ZVXM>

RESEARCH SNAPSHOTS

EXPERIENCES OF EMPATHY OF CAREGIVERS CARING FOR PERSONS WITH DEMENTIA: A QUALITATIVE SYSTEMATIC REVIEW PROTOCOL



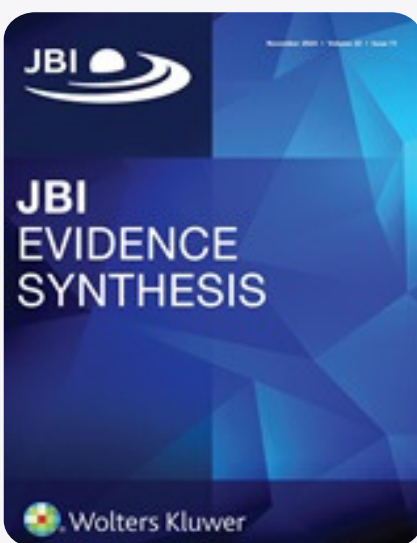
LECT. DR.
HUNSA SETHABOUPPHA



LECT. DR.
NONLAK CHALOUMSUK



PROF. DR.
PATRAPORN
BHATARASAKOON



<https://cmu.to/nX31E>

Empathy is an important construct of this systematic review protocol led by doctoral candidate Meiling Han and focused on reviewing published qualitative research which use, among other, phenomenological, grounded theory, ethnographic, and action research approaches. These types of designs allow for deep explorations of rich contexts, particularly appropriate in the case of dementia caregivers. Moreover, in line with languages spoken by the author team, published and unpublished literature in English, Thai, and Chinese will be searched. Following a comprehensive search, selection, and critical analysis process, the protocol outlines that qualitative data extraction will focus on specific details concerning populations, context, culture, geographical location, study methods, and the phenomena of interest. The findings will then be rated in terms of credibility, at one of three levels: unequivocal, credible, or not supported. Only unequivocal and credible findings will be included, after which each synthesized finding from the review will then be presented, along with the research type underpinning it, the dependability and credibility scores, and the overall ConQual score. *JBI Evidence Synthesis*

RESEARCH SNAPSHOTS

FACTORS PREDICTING SELF-COMPASSION AMONG PATIENTS WITH BREAST CANCER UNDERGOING CHEMOTHERAPY IN THAILAND: A CROSS-SECTIONAL STUDY

NurseCMU doctoral candidate Nisa Krutchan's interest in Buddhist perspectives in nursing led to this cross-sectional investigation into self-compassion and its related factors in terms of the psychological wellbeing of breast cancer patients undergoing chemotherapy. Self-compassion, necessary for coping with suffering, was analyzed, as well as the predictive ability of factors including self-critical judgment, body image, stress, attachment style, social support, hope, and self-reassuring on self-compassion in this population. Data were collected from over 200 Thai women using validated instruments. Analysis showed moderate self-compassion levels while self-critical judgment and hope were able to predict self-compassion in these patients, explaining 40.1% of the variance. These findings indicate that addressing self-critical judgment and fostering hope in this group could enhance their self-compassion. Nursing interventions may aim to develop self-compassion by addressing these two factors for cancer patients while nurses may also consider counseling as a way to cultivate a more positive outlook. *Belitung Nursing Journal*

<https://cmu.to/baLnT>



ASSOC. PROF. DR.
SOMBAT SKULPHAN



ASSOC. PROF. DR.
PETSUNEE THUNGJAROENKUL



FACTORS RELATED TO EVIDENCE-BASED PRACTICES AMONG MENTAL HEALTH NURSES IN THAILAND: A CROSS-SECTIONAL STUDY

Mental health nursing continues to develop in its use of evidence-based practices (EBP). This correlational descriptive study recruited a broad sample, including 255 mental health nurses from psychiatric departments across Thailand's four regions, and aimed to explore a range of factors and their relationships as related to the use of EBP. Employing a range of data collection tools, including the Evidence-Based Practice Questionnaire, the Organizational Culture & Readiness for System-wide Integration of Evidence-Based Practice, and the Evidence-Based Practice Mentorship Scale, allowed for a comprehensive picture of the individual, organizational, and systemic factors that influence EBP. Factors which were shown to positively correlate with EBPs among the sample were attitude, knowledge/skills, organizational culture, and mentorship while positively correlated demographic factors included educational level and work experience in psychiatric and mental health nursing. Therefore, EBP knowledge and skills require ongoing enhancement throughout the course of nursing study, including continuing education post-graduation, while organizational culture and mentorship can also be promoted for strengthening the use of EBP in Thailand. *Nursing Reports*

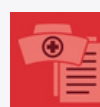
<https://cmu.to/TcgqT>



ASST. PROF. DR.
KWAUNPANOMPORN
THUMMATHAI



PROF. DR.
PATRAPORN BHATARASAKOON



nursing reports

RESEARCH SNAPSHOTS

DEVELOPING A COVID-19 HEALTH RISK BEHAVIOR ASSESSMENT WEB APPLICATION AND ONLINE HEALTH EDUCATION TO PROMOTE A HEALTHY UNIVERSITY

Associate Professor Dr. Wanicha Pungchompoo initiated this descriptive survey research study with the ultimate goals of developing online education as well as a database, both of which can support the continued growth of Chiang Mai University (CMU) as a healthy university. As part of the research, a web application was created for use by 1,266 CMU staff and students with the purpose of assessing COVID-19 risk behavior. The study found differences in risk scores related to COVID-19 travel histories, as well as in health risk behaviors and prevention practices between students and staff. Additionally, both groups exhibited variations in potentially risky behaviors, such as sleep deprivation. At the completion of the study, it was shown that the web application could assess and explain risk behaviors related to COVID-19 among this population. Moreover, these behaviors could be mitigated through the constructs of enhanced participation, awareness-building, and improvement of participants' health literacy. However, it was noted that students may require increased online health education. *Journal of Health Research*

<https://cmu.to/RDCdn>



ASSOC. PROF. DR.
WANICHA
PUNGCHOMPOO



ASST. PROF. DR.
WARAWAN
UDOMKHWAMSUK



ASST. PROF. DR.
SIRIRAT PANUTHAI



ASST. PROF. DR.
ROJANEE CHINTANAWAT



ASST. PROF. DR.
NATTAYA SUWANKRUHASN



EFFECTS OF COLLABORATIVE LEARNING-BASED FOOD LITERACY PROGRAM ON HEALTHY EATING BEHAVIOR AND HEMOGLOBIN A1C AMONG OLDER ADULTS WITH UNCONTROLLED TYPE 2 DIABETES: A RANDOMIZED CONTROLLED TRIAL STUDY IN THAILAND

Healthy eating behavior is especially necessary for sufferers of diseases, such as uncontrolled type 2 diabetes mellitus. Therefore, NurseCMU doctoral student, Bumnet Saengrut, was motivated to design a food literacy program—the Collaborative Learning-Based Food Literacy Enhancement Program (CLFLEP)—which was intended to help patients learn knowledge, attitudes, and skills in food literacy through collaborative learning by nurses. Intended outcomes included examining the effects of the intervention on HEB and hemoglobin A1c (HbA1c) levels among older adults with uncontrolled T2DM. A two-group, experimental/control group design saw 80 older adults randomly assigned to either group with the experimental group receiving the intervention. The results showed that the CLFLEP was effective in promoting food literacy, HEB, and blood sugar control. Findings indicate that nurses can effectively use this program to collaboratively educate older T2DM adults while nursing administrators should develop effective policy for developing nurses' competencies in this area. *Belitung Nursing Journal*

<https://cmu.to/B0nql>

RESEARCH SNAPSHOTS

EFFECTIVENESS OF AN ENDOTRACHEAL TUBE ADJUSTABLE STABILIZING SET TO PREVENT UNPLANNED EXTUBATION IN PRETERM INFANTS: A QUASI-EXPERIMENTAL STUDY

In another graduate student publication, this quasi-experimental study by graduate student Aungsumalin Sangngam aimed to compare the incidence of unplanned extubation, vital signs stability, and oxygen saturation in preterm infants (born before 34 weeks) receiving routine care versus those using the Endotracheal Tube Adjustable Stabilizing Set (ETASS) developed by the researchers. The experimental group received routine care along with the ETASS, which includes an endotracheal tube-holding cap, head-locked pillows, and an oxygen meter. Results indicated that the experimental group had significantly lower unplanned extubation rates (4.17%) compared to the control group (33.33%). The experimental group also demonstrated more stable vital signs and oxygen saturation. The study suggests that the ETASS effectively reduces unplanned extubation and improves neonatal care outcomes, though further research with larger sample sizes and more controlled conditions is needed to confirm these findings. *Pacific Rim International Journal of Nursing Research*

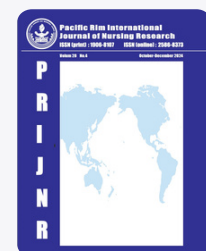
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ASSOC. PROF. DR.
JUTAMASS CHOTIBANG



ASSOC. PROF. DR.
PATCHAREE WORAGIDPOONPOL



FACTORS PREDICTING THE QUALITY OF CARE AMONG NURSES IN TERTIARY HOSPITALS IN FIJI: A CROSS-SECTIONAL STUDY

Nursing shortages, increased workloads, and poor working conditions affect quality of care, globally and nationally, as seen in the Republic of Fiji Islands. PhD candidate Elina Waqaitamana Veitamana endeavored to explore this situation of quality of care and its predictors in her home country by utilizing a descriptive-predictive, cross-sectional design and the Quality Health Outcome Model. Findings were positive, as nearly three quarters of 744 participants (RNs from three tertiary hospitals) perceived the overall quality of care as ranging from good to excellent. Moreover, two main factors had a strong effect on this perception of quality of care, namely, relational coordination and job satisfaction. These are significant findings which can be used for continuous improvement, including development of a comprehensive model to probe more deeply on the factors predicting Fiji's quality of care. The researcher calls for government support in the areas of medical equipment, nurse recruitment and retention, and promotion of care standards while also highlighting the need for sustained research in the Fijian nursing context moving forward. *Pacific Rim International Journal of Nursing Research*

<https://cmu.to/8ley3>



ASSOC. PROF. DR.
APIRADEE NANTSUPAWAT



ASST. PROF. DR.
ORN-ANONG WICHAIKHUM



ASSOC. PROF. DR.
KULWADEE ABHICHARTTIBUTRA

RESEARCH SNAPSHOTS

PREVALENCE AND FACTORS ASSOCIATED WITH POSTPARTUM DEPRESSION AMONG BHUTANESE MOTHERS: A CROSS-SECTIONAL STUDY

Assistant Professor Dr. Chalinee Suvanayos co-authored this cross-sectional study, conducted in Bhutan from August to November 2023, which examined the prevalence of postpartum depression (PPD) and its associated factors among 314 mothers attending postnatal care. The prevalence of PPD was found to be 14.97%. Significant risk factors for PPD included perceived changes in body image, heightened stress after delivery, poor relationships with in-laws, and negative birth experiences. Conversely, higher monthly family income and advanced gestational age were associated with lower risks of PPD. Logistic regression analysis identified these factors as significant predictors of PPD. The study highlights the need for targeted interventions and screening for mothers experiencing these risk factors to mitigate PPD's prevalence and impact. These findings provide valuable insights for future research and healthcare strategies in Bhutan. *Korean Journal of Women Health Nursing*

<https://cmu.to/9JDQD>



ASST. PROF. DR.
CHALINEE SUVANAYOS



Official Journal of
Korean Society of Women
Health Nursing



INTERNATIONAL PUBLICATIONS

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THAI PUBLICATIONS

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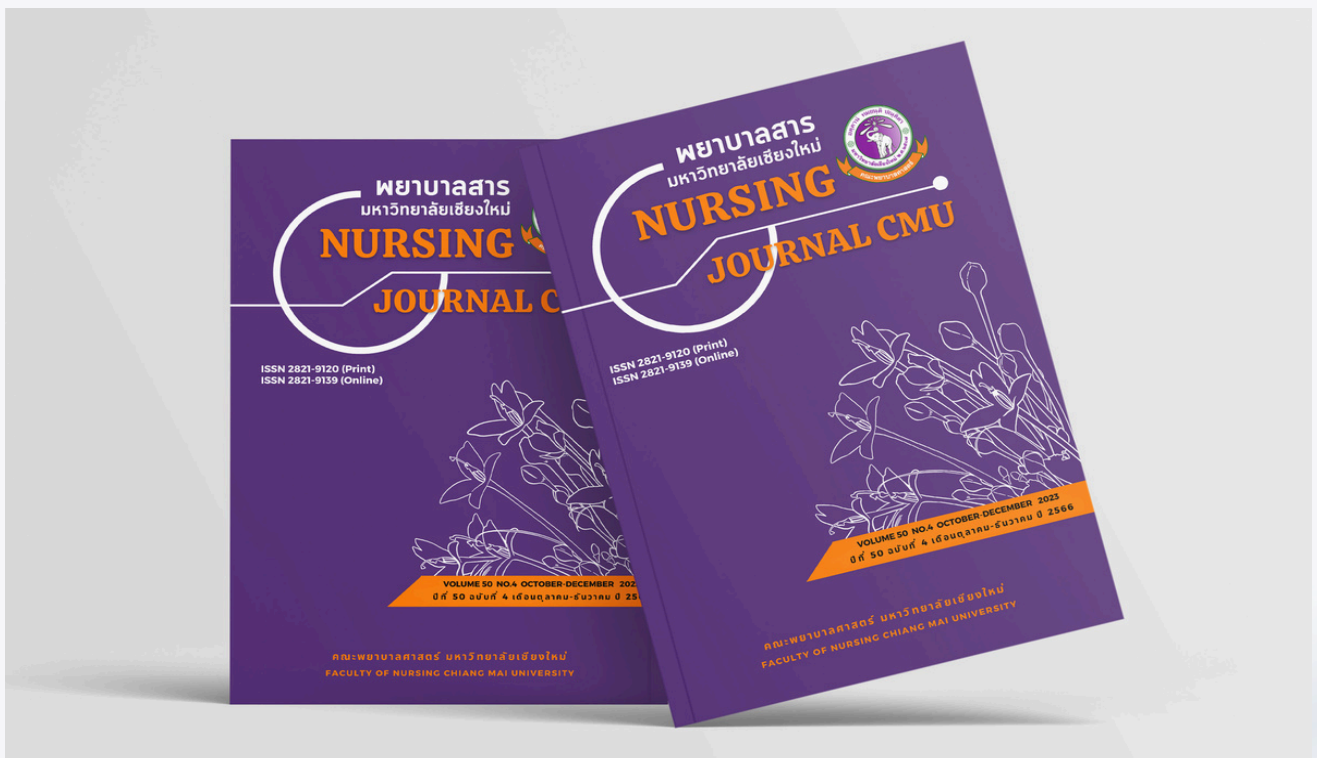
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