The background of the cover is a close-up of a person's hand in a white lab coat, reaching out to interact with a futuristic, glowing blue digital interface. The interface consists of various geometric shapes, lines, and icons, including a hand icon inside a circular frame. The overall aesthetic is high-tech and scientific.

VOLUME
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EVIDENCED-BASED PRACTICE:
UNDERGRADUATE
KNOWLEDGE NEEDS

EVIDENCED-BASED PRACTICE:
INFLUENCING FACTORS

VISITING PROFESSOR
SUE TURALE

RESEARCH WISDOM

FACULTY OF NURSING, CHIANG MAI UNIVERSITY

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Sincerely,

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

MESSAGE FROM THE DEAN

I am delighted to welcome our readers to this second issue of Research Wisdom for 2024. I certainly hope that you are all taking care, both of yourself and your loved ones, as our region experiences one of the strongest heat waves in recent years. Stay hydrated and keep cool!

In the June issue, I am proud to see our NurseCMU faculty members continuing with the trend of producing high-quality, topical research which is gaining traction in some of the field's highest-impact journals. This is, in no small part, down to NurseCMU researchers' history of creating and maintaining international partnerships through which our best efforts are encouraged and to which we also endeavor to contribute with our own unique knowledge and skills.

I encourage you to sit down with this issue and explore our faculty's most recent contributions to the literature on evidenced-based nursing practices, featuring a timely editorial by Professor Dr. Patraporn Bhatarasakoon, as well as an interesting look at the influencing factors for evidenced-based practices, by recent FON graduate, Dr. Hla Myo Nwe, and her advisory team led by Associate Professor Dr. Thitnut Akkadechanunt.

Moreover, a vivacious statement of appreciation is long overdue to one of our continued supporters and collaborators over the past two decades, Professor Dr. Sue Turale, who has recently agreed to continue her relationship with NurseCMU as one of our esteemed Visiting Professors. We look forward to nurturing existing research relationships as well as promoting some brand-new partnerships between Professor Sue and our faculty members.

NurseCMU faculty and staff are in the final steps of preparation for Global Health Recalibration, our international conference beginning on September 4th. In this last issue to be published before that conference commences, I must reiterate how excited I am to welcome some of the most important names in nursing to Chiang Mai, Thailand, along with all of the academics, students, and other members of our field who will join us.



Professor Dr. Patraporn Bhatarasakoon | published in *Nursing & Health Sciences*

UNDERGRADUATE KNOWLEDGE NEEDS: PEDAGOGY FOR EVIDENCE-BASED NURSING AND ALLIED HEALTH

As Professor Dr. Patraporn Bhatarasakoon notes, in a recent editorial for *Nursing & Health Sciences*, the nursing field has historically relied on tradition, anecdotal experience, and expert opinions to inform clinical practice. However, the proliferation in the modern age of empirical evidence underpinning so many of our disciplines underscores the need for a recalibration of teaching and learning in order to best prepare, not only our nursing undergraduates, but those across the allied health sciences, as well.

The integration of evidence-based practice (EBP) into under-graduate healthcare education is what Prof. Patraporn, Director of the JBI Thailand Center for Evidence-Based Health Care, and her co-authors propose in this call for a revision of the nursing and allied health curricula with evidenced-based principles providing the foundation. The present editorial was published along with Dr. Chantira Chiaranai and Dr. Craig Lockwood (Director of Implementation Science with JBI), and the authors have utilized their extensive experience supporting the integration of evidenced-based principles into practice and education.

Prof. Patraporn explained how evidence-based practice (EBP) in nursing is only a couple of decades old, and, in Thailand, is still at the stage where, although EBP is much discussed and spoken about, there has not yet been enough concrete action taken. Although the understanding of EBP has certainly advanced and is becoming widely accepted, there still exists a need for real-world implementation, beginning with EBP principles becoming embedded in curricula and strategic planning.

In this editorial, the authors looked at the standard transactional model of clinical placements, arguing that previous ways of managing this have not succeeded in bridging the gap between evidence and practice. Going forward, they advocate for increased partnerships between educational institutions and healthcare settings. Through stronger relationships, nursing and health science students would be facilitated to practice EBP more routinely, in addition to linking what is learned in the classroom with the real situations of health service delivery.

Nursing and Health Sciences

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Nursing
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A holistic and integrative approach to EBP education is suggested, which involves clarifying learning objectives, seamlessly integrating EBP principles, and using interactive instructional methods, all while making use of the most up-to-date technology and fostering collaborative learning environments. This approach aims to develop healthcare professionals who are adept in clinical practice and committed to lifelong learning and improvement in patient care. The ultimate goal is to cultivate a workforce that is proficient in EBP, capable of making informed clinical decisions, and dedicated to advancing evidence-based healthcare practices.

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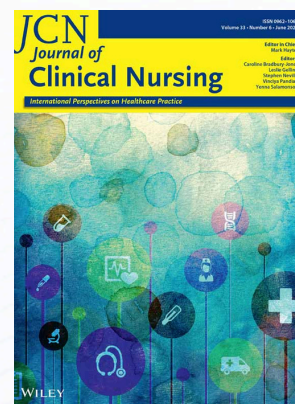
INDIVIDUAL AND SOCIAL SYSTEM FACTORS INFLUENCING EVIDENCE-BASED PRACTICES AMONG NURSES IN GENERAL HOSPITALS: A CROSS-SECTIONAL MULTI-INSTITUTIONAL STUDY

PUBLISHED IN *JOURNAL OF CLINICAL NURSING*

Our second feature for Research Wisdom's June issue highlights another study in the area of Evidenced-based Practice (EBP) with the context moving from Thailand just across the border to Myanmar. Recent doctoral graduate, Dr. Hla Myo Nwe, led this investigation of the factors which influence EBP for Myanmar nurses.

Research Wisdom: Where did your motivation come from for this topic?

Dr. Hla Myo Nwe: My motivation originated from my academic background, particularly my training in systematic review during my master's degree at Mahidol University. This served as the driving force behind my doctoral study at Chiang Mai University. Additionally, observing the healthcare system in Myanmar, I became curious about the extent to which evidence-based practices are embraced among our nurses. Ultimately, I embarked on this research to contribute to advancing nursing practice in our context.



RW: What is one thing you found to be easy about doing this research?

One aspect that I found relatively easy about conducting this research was the access to relevant literature and resources. Thanks to my academic background and the support from Chiang Mai University, I had access to a wide range of scholarly databases and research materials. This facilitated the literature review process and enabled me to gather comprehensive information to inform my study. Additionally, my mentors who provided valuable insights and guidance, made the research more manageable.



RW: Can you comment on your mentors in your advisory team?

My advisory team played a crucial role in guiding and supporting me throughout my journey. My advisor (Associate Professor Dr. Thitinut Akkadechanunt) has been incredibly helpful and supportive, providing valuable expertise, mentorship, and constructive feedback at every stage. Her wealth of knowledge

and experience not only enriched the quality of my study but also helped me navigate various challenges effectively. Additionally, my co-advisors (Associate Professor Dr. Kulwadee Abhicharttibutra and Assistant Professor Dr. Acharaporn Sripusanapan) contributed significantly to my research endeavor, offering diverse perspectives and insights that complemented those of my major advisor.



**Assoc. Prof. Dr. Thitinut
Akkadechanunt**



**Assoc. Prof. Dr. Kulwadee
Abhicharttibutra**



**Asst. Prof. Dr. Acharaporn
Sripusanapan**

RW: What is one thing you found difficult?

One challenge I encountered was navigating the complexities of data collection, especially in a context like Myanmar where access to certain resources and information can be limited. Securing cooperation and participation from nurses in the study settings posed logistical hurdles, requiring careful planning and communication strategies. Additionally, ensuring the reliability and validity of the data collected amidst varying levels of familiarity with research protocols among participants proved to be a significant challenge.

RW: Finally, what is your idea for your next research study?

I plan to extend my research on evidence-based practices (EBPs) among nurses by exploring this topic in different contexts using a more rigorous research design. Specifically, I aim to employ a longitudinal design to examine the levels of EBPs among nurses over multiple time periods. To enhance the utilization of EBPs among nurses in my context, I will also experiment with different research designs, such as action research methodology, randomized control trial, and quasi-experimental methodology. This will allow me to actively engage with the nursing community to implement and evaluate strategies for improving EBP utilization.

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PROFESSOR DR. SUE TURALE: FON'S LONG-TERM PARTNER IN NURSING

As the June Volume 11 issue arrives, we are proud to announce the continuation of our long-term cooperation with Professor Dr. Sue Turale, an international partner with a long history of working alongside NurseCMU faculty to help develop and promote our research output. To recognize this, we asked Sue to share some of her insights with our readers.

What are some of the pitfalls of being a novice researcher? What words of wisdom/motivation would you share?

From my own research journey, I know that novice researchers often feel overwhelmed about starting and finishing. The process can seem complex. I've been there, and I know it's not easy. But remember, starting out is hard work, and it's okay to feel this way.

In my early days in academia, I was well aware that I didn't have the expertise to do this alone and didn't have the confidence to clarify the research problem or how I could get better informed because the literature seemed overwhelming. Forty years ago, in Australia, there were few nursing scholars, and I often had to go outside the discipline for advice.

Nursing scholarship has grown tremendously worldwide since that time, but knowing this doesn't necessarily console the new researcher. Confusion for the novice researcher still abounds: **Where do I start? How do I find the time?**

I have learned that being a good researcher is a lifelong journey and I never stop learning. Getting the education and training in research is a vital first step, even after graduating, you are still a relatively novice researcher.

Collaborating and communicating with others is critical. Work hard to find a trusted mentor who can help you in the research process and involve people from different disciplines. Nurses cannot afford to focus on nursing alone if we want to make an impact on reforming health and health care.

In my experience, novice researchers must avoid undertaking large projects which may challenge their motivation and skills to finish. It is much better to begin with smaller relevant projects with a good chance of completion, then progress to more complex research questions and designs as your expertise grows.



What are some key things to remember for prospective authors who want to publish in international journals?

There are many challenges for would-be international authors, but a few stand out in my 20+ years as a journal editor. The first relates to the struggles that authors have with scientific writing. If editors or reviewers do not understand what you are trying to convey, then you have a problem. There is no substitute for drafting, redrafting, and redrafting, and getting feedback from others before submitting to a journal. Check how articles within a journal have been presented. Many fail to get published because they do not follow the journal's guidelines. My advice here is simple: Check and recheck that you have complied with the journal's requirements before you submit a manuscript.



Another point for all researchers to remember is that no study is perfect, even those undertaken by experienced scholars. Too often, novice researchers and authors don't write about their studies' weaknesses. Understanding and writing about your study's limitations and how these can be addressed are positive steps in getting published. Writing for publication in a language other than your first language is challenging for many. However, having excellent English does not equate to being a good author. Writing for publication for those wanting to publish seems to be the same the world over! There is no substitute for success, and so often, I have witnessed the thrill of countless novice researchers getting their work published. Work hard! You can do it too!

When was your last trip to FON and when will we see you here again?

It seems a long time since 2020 when I last visited before COVID-19 brought rapid changes to our lives and ability to travel internationally. Since then, my work has been online with many nursing faculty and students. However, I am excited to return to see everyone again in a couple of months for the international conference. Looking forward to connecting with you all and experiencing once again the rich culture, hospitality and friendliness of Chiang Mai!

RESEARCH SNAPSHOTS

Factors predicting proactive work behaviors among nurses: A descriptive predictive study

This article on nurses' proactive work behaviors in Myanmar, led by recent graduate Mrs. Hsu Yee Htet and co-authored with Assoc. Prof. Dr. Kulwadee Abhicharttibutra and Asst. Prof. Dr. Orn-Anong Wichaikhum, has previously appeared in Research Wisdom, and the original snapshot is still available in the Volume 10 September issue. However, this updated snapshot corresponds to the revising of the article's citation details, and it also offers an opportunity to highlight the growing number of Scopus Q1 publications being connected to NurseCMU in recent months. International Nursing Review has continued to rate as a Scopus Nursing Q1 journal for over 10 years, exemplifying the topical nature of Hsu Yee Htet's research and the interest generated for the world of nursing research. *International Nursing Review*

<https://cmu.to/WExf2>



**Assoc. Prof. Dr. Kulwadee
Abhicharttibutra**



RESEARCH SNAPSHOTS

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

Professor Dr. Nongyao Kasatpibal contributed her experience and expertise to this multi-national and multi-disciplinary study which assessed the structure and coverage of antimicrobial stewardship programs (ASPs) and urine culture stewardship in hospitals in Thailand. This study reported on the major progress in this area driven by a national strategic plan. An electronic survey of 100 hospitals from February to August 2021, representing all regions of Thailand, revealed that 86% had ASPs, typically involving multidisciplinary teams including infectious disease-trained professionals. In about half of all hospitals surveyed, urine culture stewardship protocols were present. The findings helped demonstrate how the national plan has, indeed, facilitated the development of robust ASPs. Further research of these programs is recommended in order to enhance their effectiveness and expand their reach into additional healthcare settings. *American Journal of Infection Control*

<https://cmu.to/jYxAy>



Prof. Dr. Nongyao Kasatpibal



RESEARCH SNAPSHOTS

Body mass index and multimorbidity risk: A systematic review and dose-response meta-analysis

This meta-analysis explored the relationship between body mass index (BMI) and the risk of multimorbidity, including 43 studies with 969,130 participants. Results showed that compared to those with normal BMI, the risk of multimorbidity increased significantly in overweight and obese individuals, with a linear relationship observed: each 1 kg/m² increase in BMI raised multimorbidity risk by 6%, and each 5 kg/m² increase raised it by 35%. Interestingly, underweight individuals had a lower risk compared to those with normal BMI. These findings underscore the importance of maintaining a normal BMI to prevent multimorbidity. *Archives of Gerontology and Geriatrics*

<https://cmu.to/5K7qO>



**Asst. Prof. Dr. Sirirat
Panuthai**



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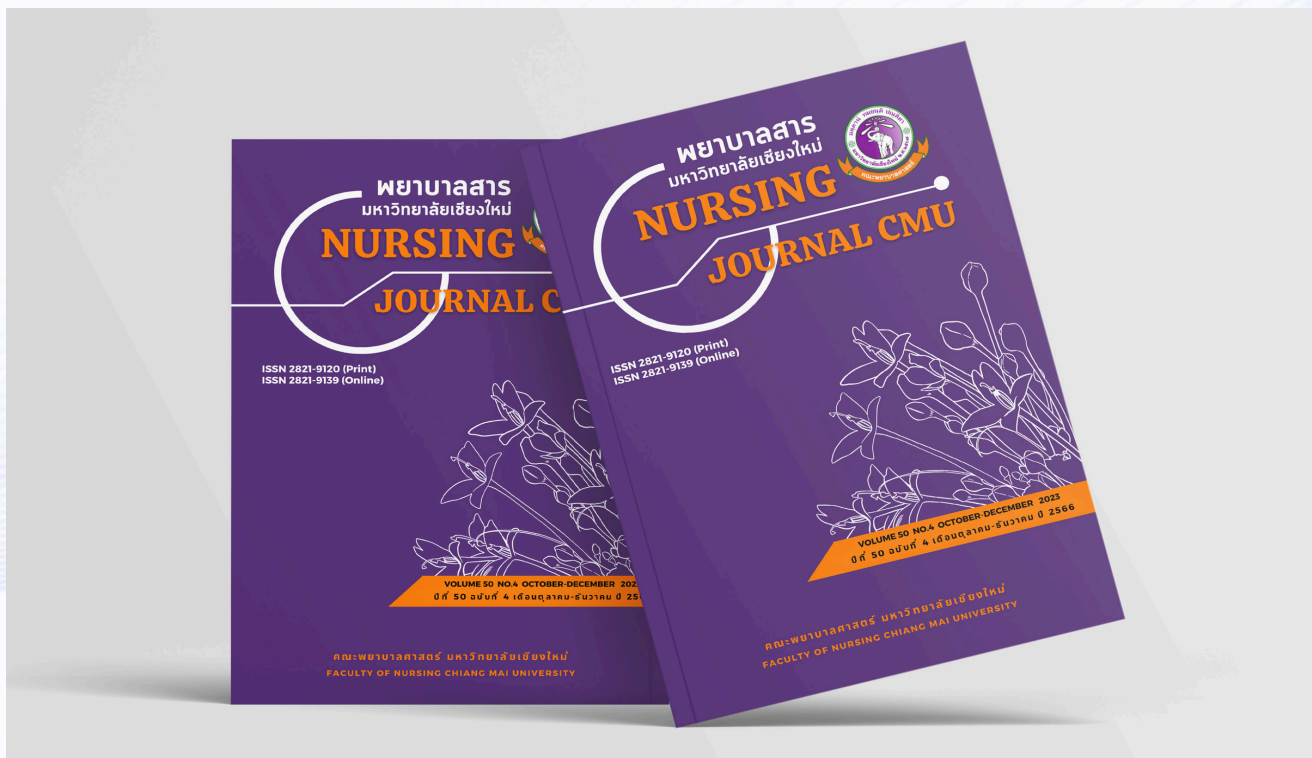
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