

RESEARCH WISDOM



CURRENT RESEARCH

2025

VOL. 12 QUARTER 3

INFECTION CONTROL USING
ORAL CARE SETS FOR ICU
PATIENTS

A STRUCTURAL EQUATION MODELING
APPROACH TO FACTORS AFFECTING
COGNITIVE DECLINE IN OLDER ADULTS

FROM NurseCMU TO GLOBAL
IMPACT: FON DOCTORAL
CANDIDATES ABROAD

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MESSAGE FROM THE DEAN



Suparat Wangsrikhun, PhD, RN

Dean and Assistant Professor
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A warm welcome to the 3rd quarter issue of our research newsletter for 2025. Due to the dynamic pace being set at the Faculty of Nursing, this quarter sees an abundance of research by FONCMU authors on the pages of some of the highest impact journals in our field.

Moreover, the wide range of FONCMU authors behind these publications allows *Research Wisdom* to highlight more completely, the broad spectrum of expertise and experience of our current faculty members.

This includes the continued work in infection control research of one of our professors, as well as the publication excellence demonstrated by other FONCMU researchers, from our most experienced and distinguished, to the young promising generation currently engaged in their doctoral journeys abroad.

The first feature highlights the continued striving of Professor Dr. Akeau Unahalekhaka to enhance infection control measures in ICUs through the development of evidence-based products which emphasize usability and safety. The second focuses on another prolific faculty member, Dr. Wachira Suriyawong, who presents his findings via a highly reliable SEM approach.

Finally, the third of our features allows us to single out four FONCMU faculty members currently completing their doctoral studies in the UK, USA, and Australia, and who are also presenting their research findings in some of the strongest Scopus Nursing publications.

Please take a few moments to leaf through our current issue, but be warned that you may find it hard to put this issue of *Research Wisdom* down, due to both the quantity and quality of the contents inside.

Warm regards,



Impact of single-use oral care sets on reducing ventilator-associated pneumonia among intensive care unit patients: A multi-centre study

Professor Dr. Akeau Unahalekhaka's consistent, high-impact research has been a mainstay in past issues of *Research Wisdom*, and she has again shown the importance of collaborating with other academic and business leaders to produce practical findings with a potential industry-level impact.

In this study, published in the Scopus Q1 *Journal of Hospital Infection*, Prof. Akeau sought to address the dangers of ventilator-associated pneumonia (VAP) for ICU patients by evaluating the use of oral care sets, one of her core projects since earlier in her career, in reducing VAP rates and lowering treatment costs. Also included in the methodology was a survey eliciting ICU nurses' perspectives on use of the sets.

Indeed, significant reductions in VAP incidence and the costs of antibiotic treatments were demonstrated, suggesting that use of the sets is effective in achieving the goals of improved ICU outcomes and reduced hospital costs. Nurses reported their convenience of use, as well as improvements in comfort for patients, at high rates.



published in
Journal of Hospital Infection

Although the suggestions for future research include employing more rigorous methods for future studies (e.g., randomized control trials) and conducting longer-term investigations on the sustainability of this type of care, the current results are still very positive. The authors shared multiple recommendations, including the continued use of these oral care sets, along with training and provision of resources. Other areas of impact can also be explored, including patient satisfaction, ICU lengths of stay, and mortality rates.

Prof. Akeau stresses the positives of including other professionals in her research work. She points out that nurses are often full of ideas, due to their working experience and the research that they engage in. Still, to achieve goals, they need to work with other professionals who can help them implement these ideas, for example, through development of products such as these single-use oral care sets.

It is through this type of a work ethic and culture of cooperation that new products can be introduced to the specific departments and contexts where they can be used most effectively to improve health outcomes and save lives.

To the extent that interventions such as the use of single-use oral care sets are driven through research, it is no surprise that publications such as these find their homes in journals that, while not specifically indexed in nursing, nevertheless contribute significantly to the improvement of nursing practice and patient outcomes.



Prof. Akeau's single-use oral care set

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Mild behavioral impairment as a mediator of the relationships among perceived stress, social support, physical activity, and cognitive function in older adults with transitional cognitive decline: A structural equation modelling analysis

published in *Canadian Journal on Aging*



Worldwide, aging populations present healthcare with one of its most significant challenges to date. Therefore, nursing researchers are at no loss for topics to explore related to aging. Dr. Wachira Suriyawong's interest in cognitive function in older adults has led him to publish several papers on this topic, most recently with this publication in the *Canadian Journal on Aging*, a Q1 Scopus Nursing journal.

Cooperating with a team of nursing and healthcare professionals from several universities in Thailand, and including two of his FONCMU colleagues, Dr. Wachira was interested in gaining a clearer understanding of how Mild Behavioral Impairment (MBI) mediated the relationship between a range of different factors and the decline of cognitive abilities in this population. However, it was the team's choice of statistical methods, namely Structural Equation Modeling (SEM), which underpinned the strong validity of the results.

When asked why the team employed SEM, Dr. Wachira highlighted its capacity to enhance both the reliability and validity of results. He further explained that, unlike simpler statistical tests, SEM can account for potential bias inherent even in validated measurement tools.

For this study, 410 Thai older adults were recruited through convenience sampling from the respective clinics of hospitals in two Thai provinces—one northern and one central. Screening was done to ensure they fit the eligibility criteria and importantly, did not suffer from Alzheimer's disease or other advanced cognitive conditions.



Results found that higher stress and lower social support were linked to MBI, which had a negative effect on cognitive function. Conversely, moderate-to-vigorous physical activity directly improved cognition and reduced MBI. The negative impact of stress on behavior was stronger in those with chronic diseases.

These results are important in that they can inform interventions related to physical activity for adults in this population, and particularly in Thailand, with its aging population and the growing trend towards chronic diseases.

Regarding this study's methodological approach, Dr. Wachira explained that the choice of Structural Equation Modeling (SEM) was intentional, to strengthen the study's conclusions. "SEM can address bias from validated tools, increasing validity," he noted, adding that it improves the overall reliability of results by rigorously testing statistical assumptions often overlooked in other analyses. For early-career researchers who might find SEM intimidating, his advice was pragmatic: a strong grasp of regression is an essential first step, and applying SEM to re-analyze previous data can be a valuable and less intimidating way to build proficiency in this powerful analytical technique.

Dr. Wachira also noted that many studies fail to rigorously test their underlying assumptions, a pitfall that SEM helps to avoid. By choosing this robust method, the researchers were able to confidently model complex relationships—like the mediating role of MBI—providing a stronger, more nuanced evidence base for future interventions.



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From NurseCMU to global impact: FON doctoral candidates abroad



**MS. NATTAPORN ONTRAKRAI AT THE
UNIVERSITY OF BIRMINGHAM, UK**

Pursuing her PhD at the University of Birmingham, our Pediatric Nursing faculty member, Ms. Nattaporn Ontrakrai, is embracing life in the UK. While she admits to missing the familiar comforts of Thai cuisine, she is thriving academically, driven by a mission to shed light on a significant yet often overlooked area of healthcare: palliative care for children.

Nattaporn saw nursing as a rewarding career that would provide a strong foundation for a future in the broader healthcare field which was solidified during her time as a nurse at Maharaj Nakorn Chiang Mai Hospital, where a specific and challenging need captured her attention: families struggling with palliative care provision for their children. Her systematic review, therefore, focused on training programs for volunteers in communities providing pediatric palliative care.



She was drawn to pediatric palliative care because these young patients represent a vulnerable minority. Unlike adult palliative care, research and resources for children are scarce. Nattaporn is motivated by this clear research gap. She understands that children present a unique context, very different from that of adults; their psychological and emotional understanding of death and dying is complex. While every family's journey is different, children tend to derive the greatest comfort from the care provided by their own family members.

Speaking about how she pursued her doctoral research topic, she noted that, "One thing I've found helpful is starting with a clear research gap and making sure your study really speaks to it." While the literature on adult palliative care training offers a valuable foundation of knowledge, its principles cannot be directly transplanted to pediatrics. Therefore, in her study of pediatric palliative care training, she is exploring how to thoughtfully translate this existing research to fit the unique developmental, emotional, and spiritual needs of children, ensuring this gap can be begin to be addressed by future training interventions.

Nattaporn also has good words to say about her advisors at the University of Birmingham. In addition to helping her academically, she notes, "They have helped me grow not just as a researcher, but as a thinker." As a key aspect of any doctoral student's journey, advisors challenge while providing feedback and guidance, reminding us that we are not doing this alone, but have access to support which is not exclusively about academic or professional results. She remarks that, "Their support has helped make this journey not just about research, but about personal growth."



**MS. SIRINTHIP PHUWAYANON
AT THE QUEEN'S UNIVERSITY
OF BELFAST, UK**



Ms. Sirinthip Phuwayanon is also a member of the Pediatric Nursing department at FONCMU. Her own doctoral journey is unfolding at Queen's University Belfast, where she is exploring the profound benefits of Kangaroo Care. While she admits life in the UK is a blend of "exciting and challenging," her passion for nursing research shines through, recently culminating in a significant achievement: publication in the Scopus Q1 *Journal of Advanced Nursing*.

Sirinthip has appreciated the diversity of her adopted home, as well as the opportunities that have come her way for developing herself professionally. Yet her time in Northern Ireland has not been without its challenges, which include adjusting to a new climate, as well as less familiarity with the culture and other new things like cuisine. Yet, overall, Sirinthip has valued the new experiences and feels that these have enhanced her, both personally and professionally.

Her interest in Kangaroo Care is deeply personal, born from her time in neonatal units. "I saw firsthand how skin-to-skin contact not only helped stabilise infants but also strengthened parent-infant bonding and empowered mothers," she shares. This clinical experience inspired her to explore the practice academically, aiming to promote its adoption to enhance neonatal health and parental well-being.

This dedication led to her recent Q1 publication, a process she describes as a "long journey" requiring persistence. Her pro-tip for aspiring researchers? "Start early, be persistent, and don't be afraid of rejection. Choose a topic you are truly passionate about." She emphasizes the importance of meticulous revision and being open to critique, a strategy that has clearly paid off for her.

While she thrives on the professional growth and international opportunities in the UK, her heart remains connected to Chiang Mai. She misses "the warmth of Thai culture, the kindness of the people, the richness of the food, and the slower pace of life." It is this very blend of professional resilience and personal warmth that defines her approach to nursing. Initially drawn to the field for its unique privilege to care for people in their most vulnerable moments, she now carries this value into her research and her role as an instructor. "I feel deeply proud," she says, "when I see my students grow into competent nurses."

For Mr. Apichat Kardosod, from the Surgical Nursing department, pursuing a PhD in Australia has been a journey of both academic discovery and personal balance. He describes life there as a "unique and enriching experience," praising the relaxed lifestyle, friendly people, and clean, green environment. This new setting has provided him with a broader perspective on global health systems, all while he investigates a topic close to his heart: the immense challenges faced by family caregivers of patients with advanced cancer.

His research focus was born from clinical observation. "I often saw how family caregivers struggled silently," he recalls. "They carry a huge burden, physically, emotionally, and financially." Driven by a desire to give voice to their experiences, his work aims to find practical ways the nursing community can offer better support, reflecting the advocacy role that drew him to nursing in the first place.

This dedication recently culminated in a significant professional milestone: publication in a Scopus Q1 journal. He describes the process as "rigorous but rewarding," emphasizing the importance of a timely topic, meticulous revision, and collaborating closely with supervisors. "Responding to peer review comments in a detailed and respectful way was key," he notes.

His advice for budding researchers is both practical and sincere: "Start early and don't be afraid to write! Choose a topic that truly motivates you." He strongly advocates for seeking mentorship and reminds students: "Publishing is not just about adding lines to your CV, it's about contributing knowledge that could help someone, somewhere."

While Apichat thrives in his academic pursuits abroad, his thoughts often wander back to Chiang Mai. He deeply misses the authentic flavors of *khao soi* and *pad kha pao*, the warmth of the Thai people, and the close-knit community of the Faculty of Nursing. It is this blend of professional ambition and genuine connection that informs his role as a dedicated nurse-researcher building a global skill set to make a meaningful impact, all while carrying the spirit of home in his heart.



**MR. APICHAT KARDOSOD
AT GRIFFITH UNIVERSITY, AUSTRALIA**





MS. PATAPORN BAWORNTHIP AT DEAKIN UNIVERSITY, AUSTRALIA

Finally, Ms. Pataporn Bawornthip is making waves in the international research community while completing her PhD at Deakin University in Australia (one of the top 15 nursing programs according to the most recent QS ranking). With the publication of two research articles in Scopus Q1 Nursing journals, her work underscores the growing international impact of our faculty members.

An alumnus of FONCMU, Pataporn obtained both her BA and MA degrees in Nursing here. As a faculty member in Public Health Nursing, her research focus originated from a desire to address a critical public health need. "Preventing high blood pressure is crucial—not only to reduce the number of affected individuals but also to lower treatment costs," she explains.

Having researched this at-risk population during her master's degree at FONCMU, she continued her investigation with her PhD. First, her systematic review looks into the effectiveness of health promotion programs in managing blood pressure among hypertensive and pre-hypertensive individuals in Southeast Asian populations. Her second publication focuses on health literacy and uptake of healthy diets and exercise among individuals with prehypertension in Thailand.

"Why focus on Southeast Asia rather than the entire world?" she asked. "Because Thailand, located in SEA, shares many similarities in religion, culture, and geography with other countries in the region. It serves as an ideal starting point." Her work aims not only to improve health outcomes but also to reduce the significant financial burden of treatment, a key concern for developing nations.

Reflecting on the rigorous publication process, she highlights methodology and journal selection as critical. "Firstly, a strong methodology is crucial," she notes, adding that carefully aligning a paper with a journal's aims and scope is equally important. For fellow researchers and graduate students aspiring to similar heights, she offers hard-won advice forged through experience. "Collaborating with those who have published in international journals can provide valuable insights on how to write and structure your paper." She also champions resilience, having learned from four journal rejections herself. "Start now and don't be discouraged by setbacks. If your paper is rejected, it's important to accept it and move on. Each experience has been a learning opportunity."

While she enjoys life in multicultural Australia, her heart remains connected to Thailand. "I miss my family, especially my children, as well as Thai food," she shares. Her journey from Chiang Mai to international academic recognition is a powerful testament to dedication, skill, and the unwavering spirit of our faculty members, making a tangible difference in the world from wherever they are.

The Faculty of Nursing is incredibly proud to have all of our faculty members representing us on the international stage, demonstrating that impactful research is driven by genuine compassion and unwavering dedication. Please read more about each of their recently published studies in the RESEARCH SNAPSHOTS section below!

Nursing Open

Q1

Nursing
(miscellaneous)

best quartile

SJR 2024

0.86

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Health Promotion International

Q1

Health (social
science)

best quartile

SJR 2024

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RESEARCH SNAPSHOTS

Effectiveness of health promotion programs on blood pressure in people with hypertension and prehypertension in Southeast Asian populations: Systematic review and meta-analysis

In this study, Deakin University doctoral candidate and NurseCMU faculty member Pataporn Bawornthip aimed to assess health promotion programs designed for people with prehypertension or hypertension in the Southeast Asian region. Registering the protocol in PROSPERO and following PRISMA guidelines for reporting ensured that her systematic review and meta-analysis would be replicable and reliable. After the systematic search of English-language studies across five databases, 26 studies were selected for analysis, of which 11 demonstrated the statistically significant effects of these types of health promotion programs on patients' blood pressure. The programs used in the studies could be classified under dietary, endurance exercise, combined diet and exercise with intensive coaching, and health education interventions. Ms. Pataporn's findings show that programs helping to reduce blood pressure are viable in this context. They can inform dietary modification, exercise following established guidelines, and health education, provided by trained, experience nurses and healthcare practitioners. *Nursing Open*

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Health literacy and uptake of healthy diet and exercise amongst individuals with prehypertension in Thailand

Globally, the need for increased health literacy is apparent, and Thailand is no different. This cross-sectional study by NurseCMU Lecturer Pataporn Bawornthip looks at prehypertensive Thai adults living in rural Chiang Mai, and how they participate in healthy behavior. The sample, made up of 244 participants covering seven villages, was surveyed, and their responses were analyzed via different quantitative tools to illuminate relationships between the individuals' characteristics and their health illiteracy, and subsequently, their health behaviors. The influences of participants' health literacy levels on health behaviors were assessed via one-way ANOVA and the Tukey HSD technique. Most of the Thai adults in the study had good or very good health literacy levels. However, using self-reports, lower numbers participated in regular exercise and maintained healthy diets, highlighting the gap between acceptable health literacy levels and substantial changes in lifestyle. The initiation of public health programs is recommended and additional areas for exploration include obstacles to healthy living presented by living in rural areas as well as access to better food choices and safe exercise areas. *Health Promotion International*

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RESEARCH SNAPSHOTS

Patient-reported emotional responses and coping mechanisms in cancer recurrence: A systematic review of qualitative evidence

In this qualitative systematic review, co-authored by Asst. Prof. Dr. Benjamas Suksatit, the researchers explored the literature on cancer recurrence patients, digging into their emotional experiences and strategies for coping. The angles of inquiry driving this review included how patients experience and cope with cancer recurrence and what factors influence their emotional and coping responses. The team's search of multiple databases resulted in eight qualitative and mixed-methods studies for thematic analysis, the results of which were assessed using the GRADE-CERQual framework. Six emotional experience themes were presented, including shock and disbelief; fear and anxiety; sadness and grief; anger and frustration; isolation and loneliness; and hope and resilience. Moreover, the ways in which patients were found to cope were varied and the researchers highlighted that different personal and contextual factors also affected coping. Overall, the complexity of the relationships offer fresh opportunities for healthcare providers to reassess how they develop interventions to enhance care for this patient group. *Supportive Care in Cancer*

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Developing the “Internet Plus Newborn Care” model and its efficacy on newborn outcomes and family satisfaction of newborns care in remote mountainous areas

Asst. Prof. Dr. Nethong Namprom leveraged her knowledge and expertise in pediatric nursing to contribute to this study which aimed to utilize ICT to develop the “Internet Plus Newborn Care” model and to assess the program's effectiveness in addressing infant and family outcomes in a remote area of China. Participatory action research (PAR) underpinned the model's development and assessment which was collaborated on by 19 professionals, whose involvement was related to model development, and 70 newborn caregivers, who evaluated the model's efficacy. Results of the comparisons between an intervention group receiving the model program and a control group identified higher exclusive breastfeeding rates, lower rates of umbilical cord stump infection, and higher family satisfaction for the intervention group, albeit with the latter finding showing no statistical significance. Although results do imply the usefulness of this model in remote mountainous areas, long term follow-up and the evaluation of additional outcomes is warranted. *Journal of Neonatal Nursing*

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RESEARCH SNAPSHOTS

Demoralization: A concept analysis through a scoping review methodology

Demoralization can vary in terms of definition in nursing practice and research. This paper, by doctoral candidate Ms. Rongyu Hua and NurseCMU Professor Patraporn Bhatarasakoon, followed JBI guidelines to conduct a scoping review of the literature on demoralization, across multiple databases and sources, resulting in 106 related articles. This data was then plotted using Walker and Avant's eight-step concept analysis framework, to clarify demoralization via its antecedents (medical illness, symptom burden, low social support, coping difficulties), attributes (dysphoria, disheartenment, helplessness, hopelessness, loss of meaning and purpose, sense of failure), and consequences (poor quality of life, depression, anxiety, suicidal ideation, desire to die). The concept was also demonstrated via model cases. These findings are important in terms of bringing clarity to our understanding of demoralization, allowing nurses and other experts to distinguish it from other similar conditions, improving their ability to perform prompt and reliable mental health assessments. *International Journal of Nursing Studies Advances*

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Prevalence and associated factors of falls in community-living older adults in a middle-income country

Assoc. Prof. Dr. Phanida Juntasopeepun recently published her findings from a 2021 national survey in Thailand, which found a 7% prevalence of falls among older adults. This is a relatively low total when compared with global averages, but marks an increase from previous national averages. Employing the WHO's model on multidimensional risk factors, this study identified some key characteristics associated with a higher likelihood of falling, some of which included being female, unmarried, or having poor health. Sensory impairments, limited independence in daily activities, and environmental factors (for example, relying on an outdoor toilet) were also significant contributors. The study underscores how, in low- and middle-income countries, the risk of falling is shaped by a complex interplay of socioeconomic and environmental conditions, alongside biological and behavioral factors. Conclusions included the idea that effective fall prevention requires comprehensive, tailored interventions that address the dynamic nature of these factors. *Geriatric Nursing*

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RESEARCH SNAPSHOTS

Post-pandemic COVID-19 vaccination intention among unvaccinated older adults

COVID-19 vaccination is still an important aspect of national healthcare plans post-pandemic, particularly for vulnerable groups. In another study led by Assoc. Prof. Phanida Juntasopeepun, a cross-sectional approach was used to explore vaccination intention among 360 Thai older adults, selected by convenience sampling, who had received no COVID-19 vaccine at all since being recruited. The findings identified factors related to a higher intention to vaccinate while also demonstrating the need for healthcare policymakers and leaders to develop clear communication strategies that consider the specific perceptions and experiences in this population, including common misconceptions. Doing so can improve vaccination intention levels among Thai older adults. Interestingly, although members of this sample group were most severely affected by COVID-19, nearly a quarter had no intention to vaccinate. *Journal of Applied Gerontology: The Official Journal of the Southern Gerontological Society*

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Determinants of caregiver burden among primary family caregivers of bedridden older adults living at home

The lack of research on the burden of individuals who provide care for bedridden older adults or on factors related to this burden prompted this study. This cross-sectional study, led by Assoc. Prof. Dr. Phanida Juntasopeepun and co-authored with Asst. Prof. Dr. Kanjana Thana, focused on 120 participant couples including the caregiver and their older adult. Reliable and validated tools, including the Zarit Burden Interview, the Multidimensional Scale of Perceived Social Support, and the Perceived Stress Scale, were used to collect data from both care receivers and caregivers, and data were analyzed using bivariate and multivariate tests. Average caregiving duration was nearly 7 hours per day with caregivers reporting mild-to-moderate burden levels. Significant associations were demonstrated between elevated burden and higher perceived stress levels, being a caregiving spouse, and perceiving less social support. Interventions concerning the strengthening of social support, support for spouses and married caregivers, and reduction of caregiver stress are recommended. *Western Journal of Nursing Research*

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RESEARCH SNAPSHOTS

Experiences, coping and caregiver well-being for caregiving Thai family members with metastatic spinal cancer for palliative home care: A descriptive qualitative study

In another study focusing on caregivers, Griffith University PhD candidate Apichat Kardosod looked into the well-being of home caregivers of persons with metastatic spinal cancer (PwMSC) whose efforts often go unaccounted for. A qualitative inquiry using face-to-face, individual, and semi-structured interviews was conducted with home caregivers from this population in Northern Thailand. Themes emerging from the analysis involved the experiences, coping, and well-being of twelve caregivers who participated. These themes were further broken down into nine different categories. Factors related to culture and context affect palliative home care. In particular, nutrition and dietary management were found to be pivotal. It was also demonstrated that professional support and preparation for caregivers, particularly in dietary and symptom management, were important for the effectiveness of home care practices. Moreover, It is important for healthcare workers to understand caregivers' experiences, coping strategies, and well-being as an impetus for improving palliative home care for PwMSC. *European Journal of Oncology Nursing*

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Exploring Thai fathers' confidence in supporting exclusive breastfeeding: A qualitative descriptive study

The father's role in a mother's successful breastfeeding is sometimes less understood; yet, their support can have a significant positive impact. Asst. Prof. Dr. Preeyakamon Krikirat led this qualitative descriptive study, along with Assoc. Prof. Dr. Nantaporn Sansiriphun and colleagues from two US institutions, aiming to investigate the confidence of 30 Thai fathers to support their partners' exclusive breastfeeding. Data collection was done in Chiang Mai province, utilizing videoconferencing and semi-structured interviews with open-ended questions informed by breastfeeding self-efficacy theory. Themes emerging from the content analysis of responses included deference to partners; confidence, knowledge, and support; and institutional constructs, such as paternity leave and education. Understanding these factors can inform interventions, which result in positive impacts of Thai fathers' involvement in support for breastfeeding. Moreover, healthcare can consider provision of education and resources, as well as other hospital roles in facilitating fathers' breastfeeding support. *Pacific Rim International Journal of Nursing Research*

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RESEARCH SNAPSHOTS

Fathers' experience in supporting the mother and infant during the postpartum period: A qualitative systematic review

This study, led by doctoral candidate Qing Li, sought to explain the current findings related to fathers' experiences supporting mothers and infants during the postpartum period. A complete search of qualitative studies in both English and Chinese was conducted, underpinned by the Joanna Briggs Institute (JBI) SUMARI approach. Meta-aggregation was employed for data synthesis, and the JBI ConQual approach was used to assess the evidence. The 24 studies covered 14 countries and a wide range of income levels. The supported findings (127 in total) were aggregated into eighteen categories and further synthesized down into five findings which included fathers' willingness to provide support; the types of support provided; bittersweet experiences; challenges and coping strategies; and healthcare service experiences. Experiences were found to be diverse, and emphasize the importance of bringing fathers into the fold regarding postpartum education programs and services, in order to increase their health literacy regarding postpartum care. *Midwifery*

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Caregiving experience of family caregivers for people with colorectal cancer: A qualitative systematic review protocol

Caregiver experiences are an overarching theme of multiple FONCMU studies this quarter, and this review, by PhD candidate Meng Liu, aimed to evaluate the strongest evidence to date on the experiences of family caregivers' who care for people with colorectal cancer, which introduces significant burdens of both a physical and a psychological nature. Through this search protocol (registered in PROSPERO), a clearer comprehension of these experiences can be obtained, which in turn, will be crucial for the development of meaningful and practical support systems for persons in this population. A range of qualitative designs are addressed, including those underpinned by phenomenology, grounded theory, ethnography, action research, and feminism, and also including descriptive qualitative studies, mixed-method studies, and program evaluations which include qualitative data. The JBI methodology for qualitative systematic reviews was followed, and a wide range of databases and alternative literature sources are included. The protocol stipulates two reviewers to independently select and appraise the methodological quality of the research before pooling the findings using the meta-aggregation approach or, alternatively, presenting them in narrative format. Finally, findings are evaluated according to the ConQual approach. *JBI Evidence Synthesis*

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RESEARCH SNAPSHOTS

Palliative care training programmes for community volunteers working with children and their families: A scoping review

NurseCMU lecturer Ms. Nattaporn Ontrakrai, currently a doctoral candidate at the University of Birmingham UK, recently published this scoping review of the literature on palliative care training programs for volunteers, but with a focus on children patients, as these courses are generally not specific to this group. Following Arksey and O'Malley and Levac et al.'s frameworks, a comprehensive search was conducted across multiple databases, resulting in 590 articles of which 16 were selected for review. The research team found four main themes, and although no articles analyzed were specific to pediatric palliative care training for community volunteers, other findings in adult care contexts suggest that the responsibilities unique to caring for children, in addition to local needs and cultural factors, require consideration. Participants can be best-trained through blended learning approaches which included community engagement. Volunteer carers require confidence and support throughout their preparation for pediatric palliative care provision. Gaps for original research specific to this population were identified. *Frontiers in Public Health*

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Diverse parental experiences of kangaroo care in neonatal units across healthcare systems: A meta-synthesis

Kangaroo Care (KC) has a history of benefits as a feasible practice for infants, particularly preterm newborns, in reducing infant death and improving newborns' health. NurseCMU Lecturer Ms. Sirinthip Phuwayanon sought to enhance the understanding of parents involved with Kangaroo Care across a range of contexts. A protocol (registered with PROSPERO) was developed to evaluate qualitative approaches via meta-synthesis of research found in seven databases. Qualitative studies published in English over a 15-year period were chosen and appraised using the CASP Qualitative Checklist, while the ENTREQ guideline was used for reporting. Four themes were identified across 25 studies which covered parental fulfillment, hardship in practice, obstacles to adoption, and building bridges to encourage its adoption. These themes illustrated the different aspects related to parents' experiences, highlighting positives, negatives, barriers, and facilitators, the deeper understanding of which can fortify healthcare approaches to KC adoption and implementation by better supporting the parents who engage with it. The impact of KC in lower-middle- and low-income countries is nothing less than life-saving, reinforcing the importance of addressing challenges and obstacles to its practice. *Journal of Advanced Nursing*

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RESEARCH SNAPSHOTS

Factors related to dementia preventive self-management behaviors among community-dwelling older adults with type 2 diabetes: A cross-sectional study

Assoc. Prof. Dr. Noppamas Pipatpiboon led this cross-sectional observational study aiming to understand self-management behaviors for preventing dementia and their relationship with contextual and process dimensions as informed by Individual and Family Self-Management Theory (IFSMT). Older adults (444) with T2DM selected from six hospitals in communities around Chiang Mai responded to validated questionnaires as part of data collection. Bivariate correlation, partial correlation, and multivariate linear regression with the stepwise method were used for data analysis, which showed that a majority of the participants engaged in individual and family self-management processes and dementia-preventive self-management behaviors at a high level. There was also a significant association between the scores on the two instruments, with self-efficacy being the strongest predictor of dementia preventive behaviors, along with several other factors which were also significant predictors. These key predictors are valuable as possible drivers of interventions to promote dementia preventive self-management behaviors in older adults in this group. *Journal of Nursing Scholarship*

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Experiences of help-seeking among adolescents with depression: A qualitative systematic review protocol

NurseCMU doctoral student Li Qin led this systematic review protocol (registered with PROSPERO), written with Prof. Patraporn Bhatarasakoon, the objective of which is to investigate the facilitators and barriers for adolescents with depression in seeking help for their condition. Adolescents aged 10 to 19 years who are depressed, or have experience with depression, are the focus population. Types of studies to be considered include those that explore experiences of help-seeking and encourage a wide range of healthcare settings, including hospitals and care centers, as well as schools and homes. Eight databases will be searched by two separate researchers who will both participate in selection, data extraction, and critical assessment of methodology. Finally, meta-aggregation will be used for data synthesis, and the ConQual approach will be followed to ensure the rigor of the review and confidence in the findings. PROSPERO registration further strengthens this study by ensuring transparency from the beginning while preventing duplication of effort, minimizing reporting bias, and increasing the credibility and reliability of eventual findings. *JBIM Evidence Synthesis*

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RESEARCH SNAPSHOTS

Examining the relationship among social cognitive theory-based constructs, physical activity, and blood pressure in young- and middle-aged adults living with hypertension

This study, driven by Dr. Wachira Suriyawong, explored how mental and social factors impact physical activity and blood pressure in young- and middle-aged Thai adults with relatively new hypertension. Guided by Social Cognitive Theory, factors investigated included stress, confidence (self-efficacy), and social support. A person's confidence in their ability to exercise was found to be a key driver for actual engagement in moderate-to-vigorous physical activity. Furthermore, having practical support from others was directly linked to lower systolic blood pressure. Importantly, physical activity acted as a bridge, connecting self-efficacy and social support to improved blood pressure outcomes. The length of time since diagnosis also influenced these relationships. For nurses and clinicians, these results highlight a practical strategy: boosting patient confidence and mobilizing their social networks can promote physical activity, offering a powerful way to improve hypertension management. *Western Journal of Nursing Research*

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Experiences of perinatal depression screening in women during perinatal period: A qualitative systematic review protocol

In another doctoral student-led systematic review protocol, this article outlines a plan to synthesize qualitative evidence on women's experiences of being screened for perinatal depression (PND). Despite screening being a common tool to identify this serious condition, we know very little about how women themselves feel about the process. The team will systematically search multiple databases and gray literature, then use the rigorous JBI methodology for critical appraisal, data extraction, and synthesis. For researchers, especially graduate students looking at patient-centered outcomes, this highlights a valuable and often overlooked angle, as this protocol allows the researcher to move beyond the ability of screening to function properly, to delving into how it is experienced. As another review protocol published by our faculty, this shows how systematic reviews can investigate not just clinical effectiveness, but also the qualitative human experience of healthcare interventions, which is crucial for implementing them successfully. *JBI Evidence Synthesis*

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RESEARCH SNAPSHOTS

Factors influencing medication adherence among Chinese older adults with physical multimorbidity and polypharmacy: A cross-sectional study

Lack of adherence to prescribed medication is a frequent worry, especially in older adult groups with multimorbidity and polypharmacy. Doctoral candidate Xuewei Wang led this cross-sectional study which investigated the factors around non-adherence for a sample of 240 older adults in northeast Chinese communities. Structured interviews were used to collect data. Multiple linear regression was utilized to analyze data, with medication adherence as the outcome variable. Functional social support, medicine beliefs, illness representation, medication literacy, depression, experience of medication-related side effects, number of medications taken daily, and patient-provider relationship were other independent variables. For this group, medication was found to be moderate, while lower adherence was associated with low levels of medication literacy, high illness levels, lower social support perceptions, depression, and strong beliefs in Traditional Chinese Medicine. These findings identify the factors which can be targeted by nurses in developing interventions to approve adherence in this group, thereby enhancing health outcomes. *Nursing & Health Sciences*

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Factors influencing care-seeking behavior among Chinese older adults with knee osteoarthritis: A mixed methods study

FONCMU doctoral student Xiaojie Xie selected a methodology which provided both breadth and depth via a concurrent mixed-methods approach to investigate care-seeking behavior among 239 older Chinese adults suffering from knee osteoarthritis. Informed by Andersen's Behavioral Model, her study explored the influence of a range of factors on care-seeking behavior. Questionnaires and in-depth interviews served as data collection tools. Quantitative data was examined via descriptive statistics, Pearson's correlation analysis, and hierarchical multiple regression analysis, and qualitative data was analyzed using content analysis, following which a side-by-side comparison approach was used to synthesize the two sets of findings. The quantitative lens identified robust social support and increased severity of pain as associated with seeking professional care while a stoic approach and no health insurance coverage decreased this behavior. Qualitative analysis identified prior negative experience as a barrier, while facilitators included obtaining more knee osteoarthritis knowledge, having co-morbid conditions, and expectations of healthy aging. Theoretically grounded results such as these can provide nurses with the knowledge and information to promote care-seeking behavior in sufferers of knee osteoarthritis. *Pacific Rim International Journal of Nursing Research*

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RESEARCH SNAPSHOTS

Developing clinical leadership through high-fidelity obstetric simulation: A multimethods study in Thai nursing students

Assoc. Prof. Dr. Piyanut Xuto led this diverse research team from across three international universities in this multi-method investigation of fourth-year nursing students. The research demonstrates that high-fidelity obstetric simulation significantly enhances clinical leadership competencies. Quantitative results showed statistically significant improvements in cognitive, interpersonal, and intrinsic competencies following two simulation scenarios. Qualitatively, students developed leadership resilience by practicing decision-making under pressure, building team trust, mastering delegation, and maintaining emotional composure. Guided by Kolb's Experiential Learning Theory, the simulation provided a realistic environment for bridging the gaps between theory and practice. The findings strongly support Simulation-Based Learning (SBL) as an effective pedagogical strategy for preparing nursing students to assume clinical leadership roles in high-stakes obstetric settings. *Clinical Simulation in Nursing*

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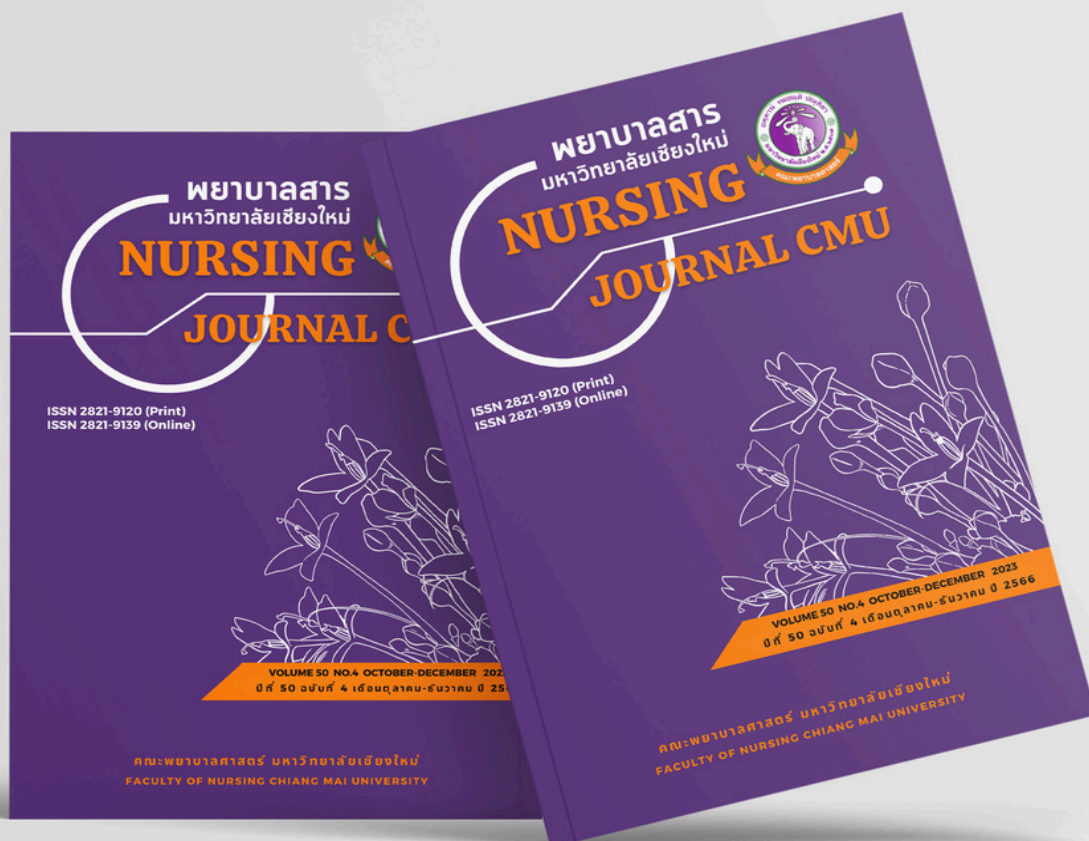
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