

RESEARCH WISDOM

FACULTY OF NURSING, CHIANG MAI UNIVERSITY

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SCOPING REVIEW: LIFE SKILLS
TRAINING FOR INDIVIDUALS WITH
SCHIZOPHRENIA

INFECTION PREVENTION
BEHAVIOR AMONG PUBLIC
SCHOOL CHILDREN

A QUALITATIVE ANALYSIS OF
NURSING WORKFORCE POLICY IN
THE MALDIVES

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Dr. Noppamas Sripetchwandee, PhD, RN
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Associate Dean for Research and
Global Affairs

GRAPHICS AND PHOTOGRAPHY

Parinya Kisakul
Tharika Soisuwan

WRITER

Michael Cote, MA AL/TESOL

SUPPORT STAFF

Saranya Chaisang, MPA;
Ampika Suwannabut, MPA;
Pimpavee Chuaphoon, MPA;
Prachayaporn Chareonpakdee, MPA;
Chalermpon Chianglong;
Tanawat Wongjai;
Supapan Chaiwan

MESSAGE FROM THE DEAN

A WORD FROM OUR DEAN, ASST. PROF. DR. SUPARAT WANGSRIKHUN



Suparat Wangsrikhun, PhD, RN

Dean and Assistant Professor
Faculty of Nursing, Chiang Mai University

Welcome to 2026 and I sincerely hope that the new year has started off the way you've intended! Last year was certainly productive; and this year, the Faculty of Nursing is keeping up a busy pace as we welcome more of our international partners to Chiang Mai University.

Firstly, I would like to offer congratulations to NurseCMU researchers and staff who won FONCMU research awards for last year: Prof. Dr. Patraporn Bhatarasakoon (who claimed two accolades!), Assoc. Prof. Dr. Wanicha Pungchompoo, Dr. Hunsu Sethabouppha, and Mr. Grid Sriteerajit.

In this issue, you will also read about recent publications from two of our faculty members who are currently studying abroad—one at **King's College** in London and one at **Taipei Medical University**. We have also added an extra research feature for this quarter, highlighting the excellent work done by one of our recent graduates, Dr. Asiya Ibrahim, on the nursing workforce in The Maldives.

In addition, there are already some more new faces around the faculty in 2026! As previously mentioned, we are hosting some of our internationally based colleagues to Chiang Mai as part of a university-wide grant project to drive international cooperation in research. Keep an eye on *Research Wisdom* to stay updated.

As the Faculty of Nursing at Chiang Mai University moves forward into 2026, please continue to keep abreast with the hard work coming from all of our dedicated researchers—veteran faculty members and doctoral candidates alike!

RESEARCH FEATURES

RESEARCH FEATURES offer a deeper look into NurseCMU's most important recent publications

Scoping review mapping the implementation and adaptation of life skills training programmes for individuals with schizophrenia spectrum disorder:

Contexts, frameworks, interventions and outcomes

published in BMJ Open

Affecting millions worldwide, schizophrenia is one of the most challenging mental health conditions to manage. For nursing researchers, that challenge is amplified in settings where resources are scarce. NurseCMU lecturer Sirirat Nitayawan's goal was to culturally adapt a life skills manual integrating Buddhist values and family-centered caregiving, ready for feasibility testing for individuals with schizophrenia in Thailand. Her first step? Conducting a comprehensive mapping of the existing research on how such programs are implemented around the world.



Published in BMJ Open and co-authored with members of her doctoral advisory team at King's College London, as well as our own Professor Patraporn Bhatarasakoon, the review's findings were strengthened by the use of the Template for Intervention Description and Replication (TIDieR) checklist for data extraction and Kirkpatrick's four-level model for outcome evaluation, and by following a well-known scoping review methodology (Arksey and O'Malley) and PRISMA-ScR reporting guidelines.

Ms. Sirirat had observed that her review was necessitated by an absence of detailed information on life skills programs, which two previous reviews had not explicitly addressed. These types of programs are important as they seek to move patients towards functional recovery, not simply treatment of symptoms.

The results of this present review map global Life Skills Training (LST) programs, highlighting their grounding in social learning, cognitive-behavioural, and social-cognitive theories. Core components were consistent across contexts while implementation barriers included cognitive deficits and resource constraints, and facilitators involved structured formats and family engagement. The review underscores the need for more research in low-income settings, standardized outcomes, and innovative delivery models to bridge the treatment gap and inform scalable, culturally adapted interventions.



**LECTURER SIRIRAT NITAYAWAN
IN 'KALEIDOSCOPIC' LONDON**

Discussing some of the local challenges, she explained that in Thailand, as in many other contexts, mental health is not always prioritized beyond initial treatment and management, meaning the burden is often quickly pushed onto families or communities, for example, in the form of Village Health Volunteers.

While physical disability receives comparatively strong support, mental illness tends to lag behind. To help mitigate this, she aims to design and implement effective interventions building on the strong foundations of this scoping review.

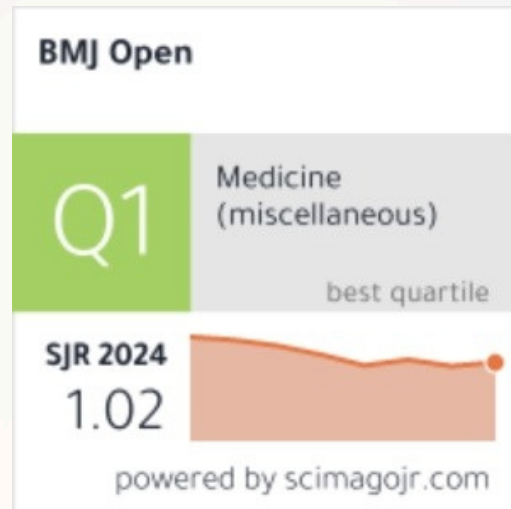
Although presently back in Thailand collecting data, Ms. Sirirat will return to London later this year.

When asked for one word which best describes London for her, she says, "Kaleidoscopic", meaning that London feels less like a single city and more like thousands of different neighborhoods.

"Every time you turn a corner or get off at a different Tube station, the architecture, the food, and the accents change." Living there is a constant reminder that history and modernity "sit right next to each other", she said.

BMJ Open

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And what will she bring back to London from Thailand?

"Self-regulation!" Now halfway through her PhD journey, she has a clear plan for when she will finish. To do this, she needs her discipline and focus, attributes she's honed while being in Thailand.

"It's all about knowing when to put the phone away and hit the library, and when to take a break so I don't burn out before the finish line."

Finally, when we asked her to share some advice for younger lecturers planning to study abroad, Ms. Sirirat offered an astute synopsis:

"Get comfortable being the 'new kid' again. Don't worry about having all the answers on day one. It's okay to stumble over the local slang or get lost on your way to a seminar. Those "Oops!" moments are actually the best way to bond with your new colleagues and students. Just be real, be curious, and don't take yourself too seriously, it makes the transition way more fun."

Factors explaining respiratory infection prevention behavior among late school-age children in public schools: A cross-sectional study

published in *Pacific Rim International Journal of Nursing Research*

NurseCMU lecturer Ramida Subpaiboonkit maintains a range of research interests as a faculty member in the Department of Public Health Nursing. One of these came to the fore during the post-COVID-19 period, when she developed an interest in how attitudes, social influences, and intentions shaped public school children's respiratory infection prevention behaviors.

Discussions with her research team—which included Assoc. Prof. Dr. Wanchai Lertwattananawilat and Assoc. Prof. Dr. Pimpaporn Klunklin—resulted in the selection of the Theory of Reasoned Action as a framework for helping to unpack what drives children's decisions to practice (or ignore) respiratory infection prevention habits.

Ms. Ramida's study was initiated as a mechanism for understanding why respiratory infection prevention behaviors—like handwashing and mask-wearing—are still not practiced consistently by late school-age children, even after the heightened awareness of the COVID-19 era. Through the lens of the Theory of Reasoned Action, the researchers looked at the factors which determine these children's actual preventive actions.

Among those examined, behavioral intention emerged as the strongest predictor, accounting for nearly half the variance in children's preventive behaviors and underscoring how simply knowing the correct actions isn't adequate; children, especially in this age group, require motivation and social support to follow through.

When asked if there were any surprising results, Ms. Ramida noted that, on the contrary, the results were in alignment with the theory, therefore confirming that children's preventive behaviors are indeed driven by intention, with personal attitudes and subjective norms influencing behavior through intention.

These findings also highlight the difficulties, but also the imperative, of being able to translate findings into assessable interventions which solve problems. Because sustained behavior change is difficult to achieve, the research team's recommendations involved engaging both attitudes (by emphasizing benefits) and subjective norms (by being proactive about involving those who influence children in this age group, such as parents and teachers). This approach can provide a practical roadmap for planning interventions; however, the authors also advised in favor of comprehensive assessment and evaluation of these interventions before they can be adopted for widespread use.





This paper, recently published in *Pacific Rim International Journal of Nursing Research*, adds to the literature on health behavior, while also speaking to the real-world need for research which results in actionable solutions, particularly for school-age children and the wider school communities. As Ms. Ramida's first publication as First Author, it also acts as a perfect preparation for her doctoral studies.

This study was actually conceived and initiated before she left Chiang Mai to pursue her doctoral studies at Taipei Medical University. Although she is presently back in Chiang Mai for data collection related to her PhD study, she will return to Taiwan soon to continue work on her dissertation.

She has found Taipei to be extremely friendly, and she also values the student group and professors involved in her doctoral study. She remarked how they have a close connection and how everyone is always ready to help each other out. She also loves the food in Taipei which is high praise coming from a Chiang Mai resident!

Following her impressive publication, the NurseCMU family will undoubtedly be looking forward to her next investigation, which focuses on interventions to support people living with uncontrolled diabetes, another of her areas of interest as a Public Health Nursing Nurse Practitioner.



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Analysis of a nursing workforce policy on the career ladder and pay structure of public sector nurses in the Maldives: A qualitative study

published in *BMC Nursing*

NurseCMU alumni continue to impress with their high-impact publications, most recently with a paper by Dr. Asiya Ibrahim in *BMC Nursing*.

Dr. Asiya brought a wealth of experience with her when she arrived at the Faculty of Nursing at Chiang Mai University to begin her PHD journey. At the time, she was the Dean of the School of Nursing at the Maldives National University. Not only was she in this demanding role, but the COVID-19 pandemic also began, limiting travel and preventing the extended stay in Thailand she had initially planned. However, the shorter, more focused visits that she could make helped her concentrate—she knew they had to be intense and productive.

As for Chiang Mai, she enjoyed her time here. Although it was a busy period, she personally found time to stay healthy—walking often and eating fresh fruits and vegetables from the abundant local markets.

Dr. Asiya's position as Dean at the School of Nursing drew her towards policy analysis, an area for which she already had a passion. She realized that she was one of the few NurseCMU doctoral students who had ventured into this area of study. In 2018, the Job Family Standard for Nursing introduced a career ladder and pay structure for public sector nurses in the Maldives. Her study examined the context, process, actors, and content that shaped this policy.

Her findings showed that contextual factors—particularly public administration reform, political shifts surrounding the 2018 election, and health system challenges—significantly influenced the policy development. The process unfolded in three distinct phases: formulation, implementation, and modification. Government elites, particularly finance and civil service authorities, wielded substantial power over content and approval—with budget negotiations intensifying before the election.



**DR. ASIYA IBRAHIM:
THE MALDIVES NATIONAL UNIVERSITY**

Notably, while the Maldives Nurses Association and senior nurses demanded salary increases, they perceived their input as largely overlooked—reflecting a global pattern of nursing exclusion from policy decisions. The final policy established clear career pathways, specialization tracks, and pay structures tied to educational qualifications.

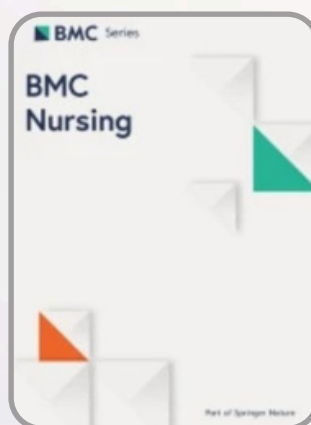


DR. ASIYA: NEWLY GRADUATED!

Speaking to colleagues and junior nurses, Dr. Asiya noted that doing her PhD study in Thailand was a rigorous experience — one which increased her confidence. However, for those studying while working, it is imperative to be organized and to plan carefully. Moreover, PhD students should assess the workload before them and consider taking leave if necessary to ensure they have the time and energy to finish.

Dr. Asiya notes a wide range of implications from the findings emerging from her study. Policymakers, she emphasizes, must recognize how administrative reforms and political dynamics shape workforce policy. Successful implementation requires strategic dialogue and skilled budget negotiation. Importantly, nursing leaders must proactively engage with powerful actors, and nurses themselves need education and empowerment if they are to participate meaningfully in policy formulation. These findings offer lessons for similar contexts seeking to develop equitable career and pay structures for public sector nurses.

Asked about the potential impact of her findings beyond the Maldives, she noted that her work has already been cited by authors in the Asia region. Policy themes such as pay structure and career pathways are universal, she explained, and different contexts can still benefit from lessons learned elsewhere.



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BEYOND THE PUBLICATIONS

BEYOND THE PUBLICATIONS

explores the people behind NurseCMU's strongest research

The Faculty of Nursing at Chiang Mai University will have a strong focus on international collaboration in 2026 through a key project to promote the faculty's research output in line with international standards.

One of the goals of this project is to increase opportunities for NurseCMU researchers to explore joint projects with scholars from international institutions, with the ultimate goal of strengthening and sustaining the faculty's international research collaboration networks.

One of the first visitors to Chiang Mai under this program was Associate Professor Dr. Craig Lockwood.

Currently an Associate Professor in the Faculty of Health Sciences at The University of Adelaide in Australia, Dr. Lockwood is also the Director of Implementation Science for the Joanna Briggs Institute (JBI).

Arriving this February for his second trip to Chiang Mai, Dr. Lockwood remarked how much he loves the Northern Thai capital.

As his first trip was over a decade ago, he feels the city's development has been noticeable while still maintaining the feel of a 'small' place. The fact that the university is so centrally located – the medical campus actually reaches right up to the city moat – means that academia is perfectly positioned to exert a real-world impact on the surrounding communities.

At this point in his career, Dr. Lockwood feels his work is most useful in the context of Implementation Science which is increasingly important as an approach for identifying, not simply *what* intervention needs to be done in a given situation, but *how* to do it effectively.

While at the faculty last month, he also provided several lectures on topics in this area, including one on Implementation Ethics as well as a follow-up on Sampling in Implementation.

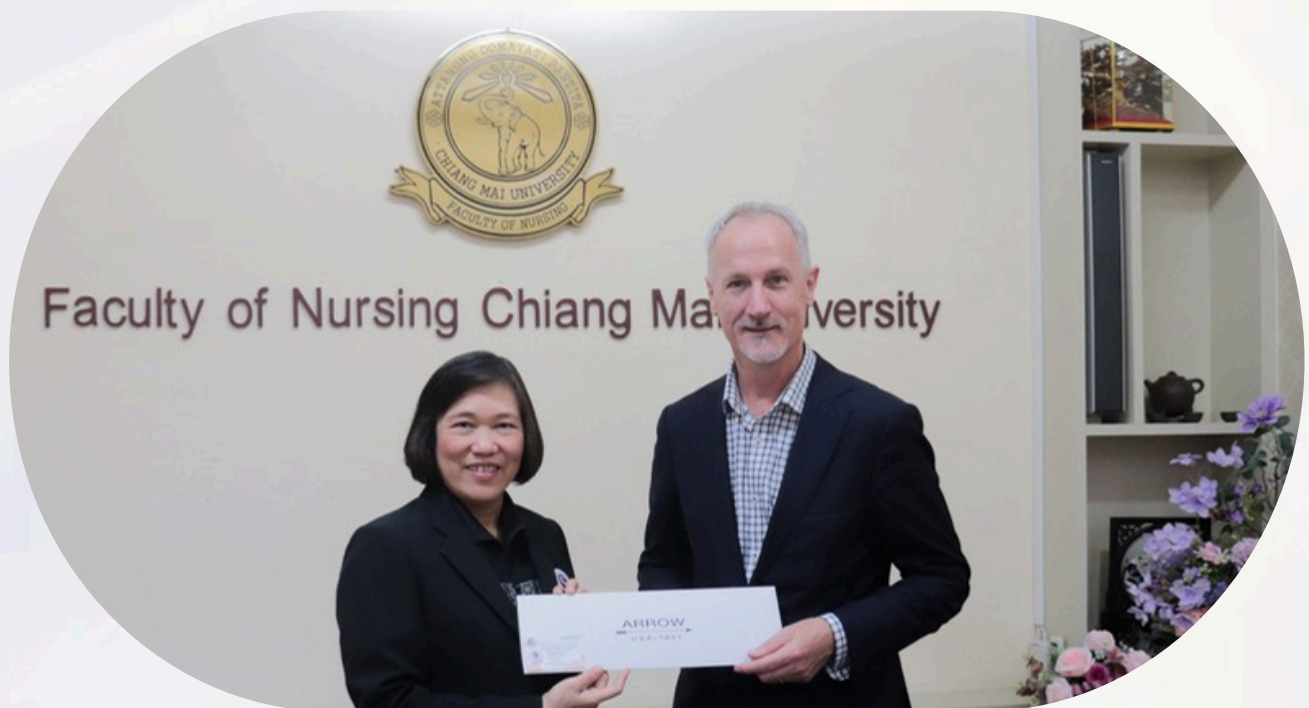


ASSOC. PROF. DR. CRAIG LOCKWOOD

BEYOND THE PUBLICATIONS

A close colleague of NurseCMU Professor Patraporn Bhatarasakoon, Dr. Lockwood and she have collaborated on several publications in recent years, including a qualitative systematic review protocol published in JBI Evidence Synthesis. For the current project which ties in with his visit to FONCMU, Dr. Lockwood is working together with Prof. Patraporn as they aim to develop a protocol for how nurse-led practices can assist with mental health patients in hospital systems, such as our own Maharaj Chiang Mai Hospital, for example.

Their work addresses a critical gap for hospital systems—where mental health patients often face delays in assessment and care—by designing nurse-led protocols to streamline system processes to ensure vulnerable patients are not left unattended. The protocol is currently nearing completion after which they plan to submit it for peer review and then publication.



DEAN SUPARAT WITH DR. LOCKWOOD

Asked about his advice for the next generation of aspiring nursing academics, Dr. Lockwood recommended nursing students—whether bachelor’s, post- graduates, or even prospective students—to educate themselves, not only about learning content, but about how research informs the wider operations of the faculty. For example, who your lecturers are and what they research.

Be inquisitive and curious, as this will provide a starting point for learning more about the wider context around a faculty and how research is important in contributing to the base of evidence, an understanding which will allow for a more comprehensive approach to one’s education, and result in much more than just a nursing degree, but will build towards a lifelong learning trajectory in your field.

RESEARCH SNAPSHOTS

RESEARCH SNAPSHOTS highlight NurseCMU's most recent international publications. Click on the links to read more!

Evolving perspectives on quality of life in schizophrenia: A decade of research mapped through comprehensive scoping review

Quality of life (QoL) is a crucial outcome connected with long-term recovery for schizophrenia patients. Prof. Dr. Patraporn Bhatarasakoon led this systematic scoping review using the JBI approach. Eight independent readers focused on measurement approaches, influencing factors, evidence-based interventions, and emerging trends, selecting 180 studies (from 2394) which were then examined through bibliometric analysis using VOSviewer. Sociodemographic, clinical, psychological, behavioral/functional, and environmental factors were identified consistently across domains while physical exercise, music therapy, and psychoeducation were examples of interventions shown to have benefits. On the other hand, cognitive behavioral therapy demonstrated no significant effect while treatment approaches showed a recent shift towards specialized interventions. However, continued inconsistencies in measurement present an obstacle to the development of clinical guidance. Standardized assessment protocols, longitudinal studies, and effective implementation strategies are strongly recommended. *International Journal of Mental Health Nursing*

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Determinants of personal recovery in people with schizophrenia in Asia: A systematic review and meta-analysis report

In this study, Prof. Patraporn Bhatarasakoon and NurseCMU alumnus Dr. Ratre Thongyu reviewed the literature on schizophrenia recovery in Asian contexts, following JBI methodology for etiology and risk and registering with PROSPERO. Searching six databases and gray literature, the two researchers independently selected, assessed, and chose the data for meta-analysis, performed using MedCalc. From a total of 2,285 results, 11 studies were chosen of which five were treated with meta-analysis; structural self-stigma and personal recovery were shown to have a significant moderate negative correlation. The remaining six studies underwent narrative synthesis which revealed that clinical factors consistently presented obstacles to recovery. Psychological resources aided recovery: hope demonstrated the highest protective effects, with social support aiding recovery. Findings revealed how personal recovery for schizophrenia patients requires intervention across several domains, providing an evidence base for recovery. Future longitudinal interventions are warranted. *Pacific Rim International Journal of Nursing Research*

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RESEARCH SNAPSHOTS

Model of factors explaining human papillomavirus vaccination intention of men who have sex with men in Thailand: A cross-sectional study

Vaccination intention for human papillomavirus (HPV) was the broader focus of this study undertaken by doctoral candidate Ms. Chotravee Injumpa. Multi-stage random sampling was used to select 331 men who have sex with men, selected from four provinces representing four regions of Thailand. This descriptive, cross-sectional study developed and tested the Model of Factors explaining human papillomavirus vaccination intention using the extended Theory of Planned Behavior, which included attitude, subjective norms, perceived behavioral control, sexual risk behaviors, and human papillomavirus knowledge. A range of online questionnaires were used in data collection with analysis done via Pearson's product-moment correlation, and structural equation modeling. Findings demonstrated high levels of HPV vaccination intention with attitudes, subjective norms, and perceived behavioral control combining to explain intention. Neither risky sexual behavior nor HPV knowledge showed a significant effect on intent to vaccinate. Programs which support positive attitudes towards vaccination, peer groups, and perceived behavioral control vaccination are recommended, in light of intervention testing to confirm suitability for use.

Pacific Rim International Journal of Nursing Research

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The effectiveness of a mindfulness-based stress reduction (MBSR) programme for parents of children with attention deficit hyperactivity disorder (ADHD): A pilot randomized controlled trial

This study, co-authored by NurseCMU Visiting Professor Daniel Bressington, explored parents of children with attention deficit hyperactivity disorder (ADHD), who often experience high levels of parental stress, a situation that worsened during the COVID-19 pandemic. This study aimed to examine the effectiveness of a mindfulness-based stress reduction (MBSR) program in reducing parental stress compared with usual care. This pilot study used a randomized controlled trial with single-blind repeated measures, including 36 parents of ADHD-diagnosed children. Following 100% attendance to the program, 66% of participants who underwent the intervention were satisfied and felt it was helpful in reducing stress. In this Chinese context, the piloted MBSR intervention was found to be both acceptable and feasible for this sample group, helping to lower parents' stress levels and improve their mental well-being, with statistically significant improvements in stress reduction reported. ***BMC Psychology***

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RESEARCH SNAPSHOTS

Machine learning-based classification of COVID-19 preventive behaviors among university staff and students in Chiang Mai, Thailand

The COVID-19 pandemic underscored the urgency of rapid risk assessment and resource allocation in public health. Using a machine learning model, this research team, which included NurseCMU Assoc. Prof. Dr. Wanicha Pungchompoo, aimed to explore why students at Chiang Mai University appeared to be at a higher risk during the COVID-19 situation than other university groups using an innovative approach in analyzing risk assessment data from 1,266 members of the CMU community. To determine whether this higher risk stemmed from distinct risk profiles or consistent patterns within each group, machine learning models were trained to classify participants as students or faculty. Achieving 95% accuracy, the models confirmed that risk profiles were largely homogeneous within each group. These findings suggest that public health planning could rely on data from small samples to guide resource allocation for broader societal groups, streamlining decision-making in outbreak responses. ***Journal of Internet Technology***

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Evaluating the impact of evidence-based nursing interventions on pain management during eye examinations in Thai preterm infants: A quasi-experimental study

Retinopathy of prematurity screening is essential for protecting high-risk infants before discharge. However, it can cause significant discomfort for preterm babies. Co-authored by Assoc. Prof. Dr. Patcharee Woragidpoonpol, this study examined whether a structured, evidence-based nursing approach could help manage pain during this procedure. Forty preterm infants participated, with half receiving standard care and half receiving the new nursing intervention. The care bundle included five simple but important elements: adjusting the environment for infant comfort, careful positioning and swaddling, ensuring adequate oxygen levels, gentle handling, and personalized attention throughout the procedure. Researchers measured pain levels using a standardized scale designed for preterm newborns. Results showed that infants receiving the special nursing care experienced noticeably less discomfort during and after the eye examination, suggesting that specific adjustments to nursing interventions can make a meaningful difference for these infants. The study supports integrating such evidence-based comfort measures into routine neonatal care to improve patient experience and outcomes. ***Journal of Neonatal Nursing***

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RESEARCH SNAPSHOTS

Effect of a transformative learning program on cultural competence of Chinese nurses in a tertiary hospital: A randomized controlled trial study

Cultural competence is increasingly important as a foundation for effective nursing care in a diverse, interconnected world. Addressing the limited research on the use of transformative learning approaches to enhance cultural competency in the Chinese tertiary hospital context, NurseCMU doctoral candidate Lingzhi Zhang sought to investigate this topic through the use of a randomized controlled trial. Using a parallel group randomized controlled trial with 70 participants per group, a nine-week intervention which had been designed based on Leininger's Culture Care Theory and Mezirow's Transformative Learning Theory, was employed with the experimental group while those in the control group received the standard program. Cultural competence was measured with the Chinese Cultural Competence Inventory for Nurses at three time points across the course of the study: baseline, directly following the intervention, and again 12 weeks afterwards. Significant differences were seen in the experimental groups competence skills while enhanced outcomes were also seen in knowledge, skills, respect, and understanding, effectively improving dimensions of cultural competence, in support of transformative learning for nurses. ***Nurse Education in Practice***

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INTERNATIONAL PUBLICATIONS

NurseCMU researchers' international publications for Quarter 1, 2026

Bhatarasakoon, P., Han, M., Yu, X., Tao, X., Wang, L., Yodang, Y., Feng, X., & Hua, R. (2025). Evolving perspectives on quality of life in schizophrenia: A decade of research mapped through comprehensive scoping review. *International Journal of Mental Health Nursing*, 34(6), e70199. <https://doi.org/10.1111/inm.70199>

Bhatarasakoon, P., & Thongyu, R. (2025). Determinants of personal recovery in people with schizophrenia in Asia: A systematic review and meta-analysis report. *Pacific Rim International Journal of Nursing Research*, 30(1), 111–134. <https://doi.org/10.60099/prijnr.2026.275639>

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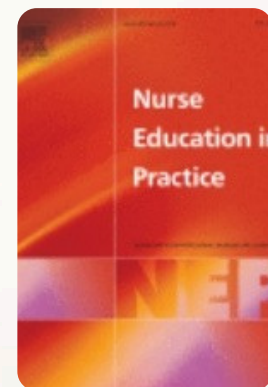
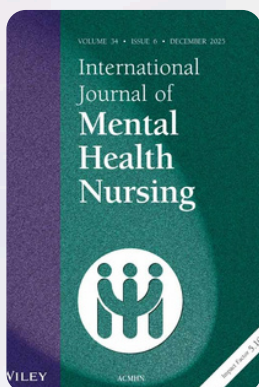
INTERNATIONAL PUBLICATIONS

NurseCMU researchers' international publications for Quarter 1, 2026

Subpaiboonkit, R., Lertwatthanawilat, W., & Klunklin, P. (2025). Factors explaining respiratory infection prevention behavior among late school-age children in public schools: A cross-sectional study. *Pacific Rim International Journal of Nursing Research*, 30(1), 75–89. <https://doi.org/10.60099/prijnr.2026.276014>

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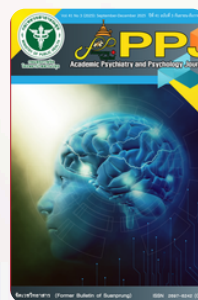
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CONGRATULATIONS!

NurseCMU faculty and staff who won FONCMU research awards for 2025:



Assoc. Prof. Dr.
Wanicha
Pungchompoo

Prof. Dr.
Patraporn
Bhatarasakoon

Lect. Dr.
Hunsa
Sethabouppha

Mr. Grid
Sriteerajit



IN OUR NEXT ISSUE

Keep up to date with the most recent visits from our 2026 visiting professors: **Professor Dr. Lusine Poghosyan from Columbia University School of Nursing** and **Professor Dr. Allison P Squires, Rory Meyers College of Nursing, New York University**



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