

RESEARCH WISDOM

FACULTY OF NURSING, CHIANG MAI UNIVERSITY

**CURRENT
RESEARCH**

2026

VOL. 13 QUARTER 2

JOB SATISFACTION AMONG
THAI FEMALE HEALTH SCIENCE
ACADEMICS

PROMOTING CRITICAL THINKING
AND DIGITAL LITERACY IN
NURSING STUDENTS THROUGH
AI-POWERED PODCASTING

TRAUMA-INFORMED
AGE-APPROPRIATE CARE FOR
PARENTS WITH PRETERM BIRTH

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MESSAGE FROM THE DEAN

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



The first months of the rainy season are upon us here in Chiang Mai, but even heavy rains don't dampen the energy or the mood here at the Faculty of Nursing.

Quarter 2 of 2026 has seen NurseCMU authors publishing a substantial number of research papers, an impressive proportion of which appear in top quartile journals, both in Scopus Nursing and other health-related fields—a testament to our faculty members' remarkable scope in pursuing research that advances, not only nursing, but health sciences as a whole.

The breadth of our research is on display in this issue, and includes a qualitative study on female health science academics in Thailand, led by two of our leading researchers in Nursing Administration in collaboration with our former Dean: Professor Emeritus Wipada Kunaviktikul.

Two additional features include one on a study investigating the use of AI-powered podcasting to support critical thinking in nursing students and another highlighting the development of a care program for parents of preterm infants.

Be sure to keep up to date with the most recent visiting scholars to join us here in Chiang Mai this year, including Fulbright Scholar Dr. Karen Reed from the USA.

Suparat Wangsrikhun, PhD, RN

Dean and Assistant Professor
Faculty of Nursing, Chiang Mai University

RESEARCH FEATURES

Offering a deeper look into NurseCMU's most important recent publications

EXPERIENCE OF JOB SATISFACTION AMONG THAI FEMALE HEALTH SCIENCE ACADEMICS: A QUALITATIVE DESCRIPTIVE RESEARCH STUDY published in *Nursing & Health Sciences*

Traditionally, nursing is a field in which women are strongly represented. However, in health sciences more broadly, there has tended to be a persistent underrepresentation of women in top academic posts, demonstrated by global statistics which show lower proportions for women with full-time tenure, in leadership roles, or as professors.

This study, led by Assoc. Prof. Dr. Kulwadee Abhicharttibutra, and including Assoc. Prof. Dr. Apiradee Nantsupawat and former FONCMU Dean, Prof. Wipada Kunaviktikul, was part of a larger project on inequality involving multiple countries. However, the perceptions of female academics in Thailand presented a gap in the literature which this authorship team intended to address by asking the question: *What makes females stay in academia and experience job satisfaction?*

A descriptive qualitative study, thematic analysis was deemed to be the appropriate approach for capturing the lived experience of the 20 participants who represented female health science academics from a leading university in northern Thailand.

Contrary to many international studies showing low satisfaction among women, these Thai female academics reported being satisfied with their jobs, a finding more precisely understood through the five sources of satisfaction that emerged from the data, representing both intrinsic and extrinsic drivers.

In terms of the former, gaining respect from society, seeing positive student outcomes, and having meaningful work stood out as motivators.

Dr. Kulwadee explained how Thai cultural respect for academics amplifies the first theme. Moreover, witnessing student growth provided participants with deep intrinsic rewards, and the meaningful nature of their work could be felt through their teaching, research, social service, and decision-making involvement.



Regarding extrinsic support, the final two themes were: collegial and resource-based support at work and having work-life balance. Dr. Kulwadee discussed how Thai female academics, while experiencing large workloads, felt that colleagues' support and flexible scheduling allows them to care for families without leaving their careers. Work-life balance is particularly critical for women, who often bear disproportionate domestic responsibilities.

With nursing and health science shortages worsening globally (in some countries, dissatisfaction reaches 80%), retaining female academics is not optional. Although these findings in the Thai context were positive, being satisfied at work is not merely a "soft" outcome; it directly affects turnover intention, research productivity, institutional reputation, and the quality of future healthcare professionals.

Those in policy and administration can take action in a variety of ways to create pleasant, enriched jobs; improve work-life balance through flexible policies; ensure career advancement pathways; involve female academics in decision-making; and invest in their female faculty.

Incidentally, this study itself presents an example of a smooth, respectful transition of leadership and expertise in female academia. The team combined the fresh perspectives of current staff researchers with the institutional memory and strategic guidance of an experienced former Dean.

A main limitation was this study's focus on one university in northern Thailand, meaning that multi-site studies across Thailand, including both public and private institutions, would be warranted. In addition, intervention-based research may be undertaken, which tests whether targeted support programs actually improve retention.

Dr. Kulwadee recommended that nurses who aspire to join academia be sure to clearly understand the specific role and responsibilities involved with being in this side of the field. Regardless of the inherent inequalities which may exist for female academics worldwide, it is also important for aspiring female academics to prepare themselves for the rigorous commitments that come with being an academic, both in nursing, and the wider health sciences.



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PROMOTING CRITICAL THINKING AND DIGITAL LITERACY IN NURSING STUDENTS THROUGH AI-POWERED PODCASTING: A MIXED-METHODS STUDY

published in *Nursing Reports*



Generation Z nursing students are digital natives, yet traditional nursing curricula often fail to develop the critical thinking and digital literacy skills essential for evidence-based practice—particularly in high-stakes areas like maternal–newborn care.

While students today are generally comfortable with technology, comfort does not equal competence; they may sometimes struggle to evaluate digital evidence, synthesize complex information, and transform clinical knowledge into accessible patient education. Passive AI use, where students simply accept generated outputs, risks cognitive offloading and superficial learning, whereas active engagement demands constant evaluation, verification, and contextualization—precisely the higher-order skills that nursing education aims to cultivate.

Assoc. Prof. Dr. Piyanut Xuto has been an early adopter of Generative AI integration with education via active learning approaches. Her research has been successful to the extent that multiple outside educators have visited her here at CMU to learn more about her and her team's work with Generative AI.

In this specific intervention, 48 third-year nursing students created educational podcasts for postpartum mothers using AI tools. The convergent mixed-methods design involved quantitative data collection via pre–post tests and qualitative data collection from three focus groups. The theoretical grounding involved constructivism and Vygotsky's Zone of Proximal Development. Statistically significant results included an increase in critical thinking scores (30.7%) and digital literacy scores (23.6%).

Four qualitative themes revealed how AI-assisted podcasting worked. Students moved from anxiety to empowerment, discovering that AI served as a scaffold, not a crutch—the human-in-the-loop model required constant verification, forcing them to assess Western-centric outputs against Thai postpartum contexts and eliciting genuine critical thinking. By requiring students to constantly verify AI-generated content against their clinical knowledge and local context, the process created a necessary tension that actively encouraged and stimulated higher-order thinking, rather than replacing it.

Students also learned distinct tool utilities and embraced future clinical applications, with the podcast bank model (QR-code-accessible episodes on postpartum wards) bridging innovation to patient care. This study responds directly to Thailand's national mandate embedding AI into curricula, demonstrating responsible integration with structured guidance and ethics instruction—contrasting sharply with passive AI use that may cause cognitive offloading and result in degradation of skills.



In this light, the study serves as a timely and practical model for implementing Thailand's national mandate to embed AI into higher education curricula. By demonstrating a responsible, ethics-first integration strategy, Dr. Piyanut and her team provide a clear pathway for other Thai institutions seeking to move beyond policy to effective, student-centered practice.

The three-phase transferable framework (evidence searching, AI synthesis, human refinement) offers concrete guidance: 6–8-week timelines, dedicated ethics workshops, cultural review, and institutional approval before patient distribution. This design offers an actionable framework for other educators: Phase 1 involves students using AI for evidence searching (e.g., with Sci Space); Phase 2 uses AI for synthesis and organization (e.g., with Notebook LM); and Phase 3 is the crucial human refinement and production phase.

The authors noted some key study limitations while also recommending future research to focus on multi-site controlled trials, validated general-purpose instruments, long-term follow-up to assess retention, and studies examining the framework's applicability across diverse nursing specialties and cultural contexts.

AI has arrived in nursing education, and educators need to be prepared. Dr. Piyanut encourages nurse educators to try integrating tools first, applying them in active learning situations where they can directly utilize their teaching contexts. Studies like this one—grounded in theory, tested with real students, and produced by collaborative teams that bridge generations of faculty leadership—offer a responsible, evidence-based path forward.



nursing reports

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A FEASIBILITY AND ACCEPTABILITY STUDY OF THE TRAUMA-INFORMED AGE-APPROPRIATE CARE PROGRAM FOR PARENTS

published in *Journal of Neonatal Nursing*

Every year, 13.4 million infants enter the world too soon. For the 10% born very preterm—before 32 weeks—the neonatal intensive care unit becomes a critical setting, while also introducing its own incidents of trauma. Among the other effects, the nurturing of the crucial bond between parent and child is disrupted.

This feasibility and acceptability study was led by Siriluk Srisawet, a doctoral candidate with the Faculty of Nursing, alongside her advisory team from the Department of Pediatric Nursing: Asst. Prof. Dr. Jutarat Mesukko, Asst. Prof. Dr. Srimana Niyomkar, and Asst. Prof. Dr. Nethong Namprom.

To address parent-child care in this environment, Ms. Siriluk and her team developed the Trauma-Informed Age-Appropriate Care Program (TIAACP) which was then tested with three parent-infant dyads in a Thai NICU over four weeks. The intervention combined tailored education, social support through the LINE application, and a partnership checklist that tracked parents' completion of 22 care activities—from creating a healing environment to managing pain, protecting sleep, and performing daily care like feeding and positioning.



When asked about her motivation, Ms. Siriluk points to a singular conviction: the first month of life for a very preterm infant is a "golden period" for catch-up growth—one that too often unfolds inside an isolating NICU. Her own nursing experience taught her that quality of care in those weeks can alter a life's entire trajectory.

She credits her whole advisory team, not only for rigorous feedback and encouragement to publish the pilot, but for teaching her to trust the process when others doubted. Her advice to graduate students is simple: trust your advisors, but pair their expertise with your own relentless effort.

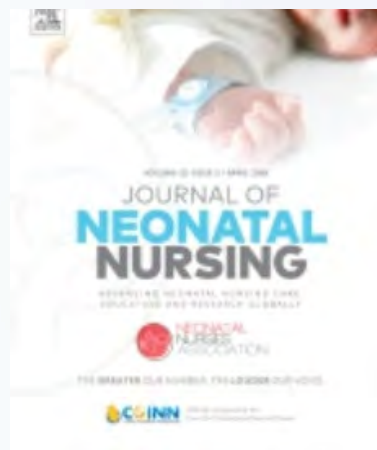




As Ms. Siriluk's main advisor, Dr. Jutarat brought decades of experience, both in clinical terms, and as our recent Associate Dean for Research. Dr. Jutarat emphasized the importance of listening carefully to one's advisee and being ready to establish a positive relationship rooted in trust and rapport.

It is an advisor's "expertise, experience, and confidence" which allows them to act as a guide for graduate students throughout their research journey. Dr. Jutarat also recommended potential advisees to focus on a strong topic which will be publishable or in-demand in the current research context.

The TIAACP demonstrates that trauma-informed, age-appropriate care is both feasible and acceptable for parents of very preterm infants—provided the program considers the clinical reality rather than demanding that reality match the program. The high completion rates and positive acceptability scores offer preliminary evidence for a practical intervention, while the documented barriers can inform improvements for future trials. For both the advisory team and the first author, this study may prove to be a very impactful paper.



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BEYOND THE PUBLICATIONS

Exploring the people behind NurseCMU's strongest research

NURSECMU LECTURER KEDSARAPORN UDKUNTA

Lecturer Kedsaraporn Udkunta, a PhD candidate at the University of Birmingham UK, was motivated by a growing crisis unfolding across Thailand's healthcare landscape. As a country with an aging population, Ms. Kedsaraporn has seen, how existing long-term care facilities struggle to meet the complex needs of their residents—a gap that demands urgent attention.

Since beginning her doctoral journey in 2023, her research has focused on developing a person-centered care model specifically tailored for older adults in Thai long-term care settings. Now, nearing completion, Ms. Kedsaraporn notes how her skillset has developed during this journey, from time management to research design and presentation.

Along the way, she has attained significant milestones, including a Q1 publication (See RESEARCH SNAPSHOTS, p. 25), while contributing presentations at international conferences. Among these achievements, delivering an oral presentation at the EAPC 2026 conference stands as a transformative moment that taught her to speak with confidence, refine her mindset, and embrace the rigor of thorough preparation.

Her commitment to this research is rooted in years of professional practice as a nursing administration lecturer, where her work consistently revolves around quality improvement—both in standards of care and in patients' lived experiences. She has witnessed firsthand how the healthcare system's current structures fall short of adequately serving Thailand's aging population, and recognized that meaningful change would require evidence-based solutions developed through rigorous inquiry.

"This topic matters to me deeply," she explains, "because I believe that addressing this issue can strengthen the healthcare system for long-term care facilities and improve older people's quality of life, helping to support the growing aging population in the future." Professionally, her work aims to build a stronger healthcare infrastructure; personally, it aligns with her core values around continuous quality improvement and compassionate, dignified care for all.

For those considering a similar path, her guidance is both practical and heartfelt: choose a research topic that genuinely inspires you, because the doctoral journey demands perseverance, resilience, and self-discipline. She emphasises the critical importance of cultivating strong relationships with supervisors early on—individuals who provide guidance, encouragement, and perspective during moments of doubt. "Even on days when it feels like no one else believes in my ability," she shared, "my supervisors' trust and belief in me can be enough to help me push through the challenge."

***"Keep making progress,
little by little,
every single day."***

She also offers a pragmatic strategy for sustaining momentum through the inevitable difficulties: set small, achievable goals each day and maintain forward movement, however incremental. On the most exhausting days, she advises, "keep making progress, little by little, every single day."

BEYOND THE PUBLICATIONS



NURSECMU LECTURER PIYAWAN SRITAWAN

NurseCMU faculty member Lecturer Piyawan Sritawan describes her doctoral experience as nothing less than “transformative”. From her career as a midwife to NurseCMU lecturer, she has always considered herself a proponent of family-centered care.

Now, she is proud to be contributing to the advancement of nursing and midwifery, publishing her PhD research findings in a current article in *Belitung Nursing Journal*, which she sees as an important outcome of her years of hard work and dedication.

Supported by an experienced authorship team, Ms. Piyawan commented how this effort developed her skills as a critical thinker, while also preparing her to manage challenges such as uncertainty, and to grow, both academically, and as a nurse.

And while she learned much through her research, she also notes that: “Research is not only about generating knowledge but also about understanding people’s experiences and giving voice to perspectives that are often overlooked.”

It was this mindset that informed her research focus: how first-time expectant fathers navigate their experiences while living with Couvade Syndrome. (See RESEARCH SNAPSHOTS, p. 24)

“During my professional experience, I noticed that while much attention is given to mothers during pregnancy, fathers’ experiences are often overlooked.”

“Fathers’ experiences are often overlooked.”

Therefore, considering her strong belief in family-centered care, it was clear to her that understanding fathers’ experiences during their wife’s pregnancy period would ultimately improve healthcare professionals’ capacities to provide more inclusive and holistic care, which is an important step towards improving the well-being of parents and their newborns.

For the next generation of master’s and doctoral researchers, Ms. Piyawan offers the following words of wisdom: *Choose a research topic that genuinely interests and inspires you. A PhD is a long and demanding journey that requires perseverance, resilience, and self-discipline. Passion for your research topic will help sustain your motivation during challenging times and make the journey both meaningful and rewarding.*

Finally she encourages younger researchers to remember that the PHD is not just a certificate, a qualification, or a document. Throughout your trip you will grow as a scholar and you are always giving back something of value to the wider nursing community.

BEYOND THE PUBLICATIONS



NURSECMU LECTURER RUKSANUDT BUDDA

Another NurseCMU faculty member who is nearing completion of her doctoral studies here at the Faculty of Nursing at CMU is Lecturer Ruksanudt Budda.

“As a community health nurse and educator, I am deeply interested in promoting healthy child development and supporting families in the digital era,” Ms. Ruksanudt says.

While the increased use of smartphones among children is common, the adults around them, whether parents or other caregivers, rely on their own judgement on usage behavior, lacking guidelines or rules informed by the existing evidence base.

Through exploring the caregiver-related factors which predict children’s overuse of smartphones, she explains how the resulting understanding can be used as evidence to inform interventions for this group.

Ms. Ruksanudt also acknowledges how her experience has been a basis for improving her research skills, as well as enhancing her critical thinking, calling her doctoral experiences both “challenging and rewarding”. The culmination in her recent publication, appearing in the latest issue of *Pacific Rim International Journal of Nursing Research* (See RESEARCH SNAPSHOTS, p. 20) is certainly due reward for her efforts.

“Remember that progress is more important than perfection.”

Nearing the end of her PhD journey, Ms. Ruksanudt is similarly well-positioned to share her insights with the next generation of doctoral aspirers. She champions curiosity and persistence while reminding PhD hopefuls that patience and resilience are also a requirement.

The opportunity to add to the body of knowledge in your chosen area represents your own contribution to the improvement of nursing practice and health outcomes.

She also advises all those who have begun their doctoral studies to make sure they surround themselves with supportive mentors and colleagues, something she has certainly not been lacking at FONCMU, with her advisory team including former Dean Dr. Thaneek Kaewthummanukul.

As a final note she says: “Remember that progress is more important than perfection,” a noteworthy observation which reminds us that the journey is of as much value as the final outcome.

BEYOND THE PUBLICATIONS



NURSECMU LECTURER WANNITA SONKONGDANG

Another current NurseCMU faculty member who has chosen to pursue her doctorate study through our PhD program is Lecturer Wannita Sonkongdang. In addition to what her academic journey has taught her about the knowledge and practice of research in her field, she has also refined invaluable skills: resilience, adaptability, and persistence.

As part of her journey, which she calls “both challenging and rewarding”, Ms. Wannita hit a milestone recently with the publication of a systematic review on mindfulness-based interventions for adolescents with cancer (See RESEARCH SNAPSHOTS p. 24).

Appearing in the latest issue of Pain Management Nursing—a Scopus Q1 Nursing journal—Ms. Wannita led a very experienced team of NurseCMU authors in this comprehensive look at the state of the literature on care for adolescent cancer patients.

As a pediatric oncology nurse, her experiences in this area were a strong motivation. Led by a personal belief that care is most effective when it responds to “the whole person, not only the disease”, her research also reminds her why she chose nursing: as a way to contribute to the improvement of the life of patients in this vulnerable demographic.

Ms. Wannita points out how mindful-based interventions, as examples of non-pharmacological approaches, can “empowers adolescents to better manage their symptoms and improve their quality of life.”

Asked for her advice to nurses or nursing students considering a PhD, she highlighted the necessity of being passionate about both “contributing new knowledge” to your field and “making a meaningful impact”.

“Perseverance and a clear sense of purpose will help you move forward.”

While undertaking doctoral study is certainly one of the most challenging things a nurse can choose, Ms Wannita assures potential PhD candidates that “Perseverance and a clear sense of purpose will help you move forward. Don’t be afraid of setbacks; they are part of the learning process.”

Finally, she encourages nurturing your curiosity, seeking support from peers as well as from your advisors, and taking each step one at a time, remembering that they all make an important contribution to your growth as a scholar and as an individual.

DR. KAREN REED

Fulbright Scholar at the Faculty of Nursing in 2026

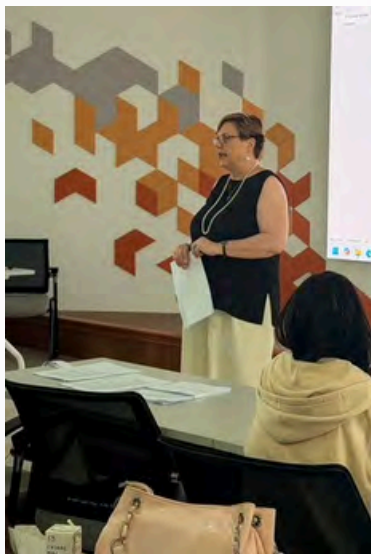
Dr. Karen Reed's recent stay with the Chiang Mai University Faculty of Nursing seems almost a natural fit. A Clinical Associate Professor at the University of Florida, she has gained considerable experience in Southeast Asia in recent years, beginning with her initial visit to Cambodia in 2013 as the first Fulbright recipient in Nursing.

Dr. Reed knew early on that she would be a nurse. Her mother was a military nurse during the Vietnam War. Growing up at the time she did, she was surrounded by nurses, some of who became future mentors. This deep connection to nursing and her inquisitive nature has culminated in her feeling at home in the international nursing environment. She has also incorporated this outlook into her expertise which includes the professional development of nurses originating in Southeast Asian contexts as well as investigating health disparities among international students who study in the US.

Since that 2013 visit, Dr. Reed has remained committed to Cambodia, and to Southeast Asia, returning to the region multiple times over the past decade. This is actually not even her first visit to Chiang Mai, as she was here nearly 10 years ago for a conference—Optimizing Healthcare Quality: Teamwork in Education, Research and Practice—hosted by the Faculty of Nursing. However, her stay this time comes as a Fulbright recipient.



Dr. Reed remains strongly influenced by United States' Senator J. William Fulbright's original vision of educational exchange as a pathway to mutual understanding and international relations, and views her work as an extension of this. For example, she believes that access to employment in the US healthcare system can be opened up to a new generation of talented international nurses, and she is putting this belief into action as she runs workshops on the NCLEX or National Council Licensure Examination which is the standardized exam that nursing graduates in the United States and some other countries sit.



DR. KAREN REED

Fulbright Scholar at the Faculty of Nursing in 2026

Through international work experience, Dr. Reed believes Thai nurses can acquire increased depth, which they can bring back to develop and promote capacity-building in their home contexts. This 'depth' is multi-faceted, but can be seen in several ways, for example through the "multi-cultural lens" that international experience nurtures.

Nurses returning with experience from abroad are well-prepared to provide a more rounded form of care supported by exposure to new patients in new settings. They also have the opportunity to experience best practice in a new context. Moreover, they have new colleagues, and these initial international experiences are often what spark long-lasting partnerships between researchers and academics.



Increased collaboration across contexts also leads to environments where health diplomacy can thrive. Dr. Reed puts a lot of stock in this idea: that international relations can be developed and nurtured through the exchange of ideas and practice in the health arena. Health diplomacy results in opportunity, as seen through her NCLEX preparations for participants in her workshops here.

Dr. Reed feels it is pertinent to remind graduate students and young scholars that this doesn't always have to equate to articles about quantitative research experiments and statistics. Demonstrating valid patient care protocols is paramount, but nursing education also requires attention. In that light, reporting on classroom outcomes becomes a valid topic for an article. Approaching education from a qualitative angle is very much needed, and the depth to which qualitative approaches can explore can often be the key to finding a scope and narrowing it down for future quantitative analyses.

Finally, while acknowledging that the push to publish is a real thing for aspiring academics, it is crucial to get early exposure to positive research experiences. Dr. Reed encourages this by using group projects and following a tried and trusted method: Model, Mentor, and Mobilize. While early career researchers do need to be active in pursuing their academic goals, it is also the responsibility of experienced faculty to provide support along their path to get the best out of them.

NURSECMU WELCOMES VISITING PROFESSORS



This March, FONCMU was honored to host Professor Dr. Lusine Poghosyan, an internationally renowned nursing scholar based out of Columbia University's School of Nursing who visited us during mid-March. Dr. P loved her stay here in Chiang Mai, enjoying everything from the food and the general environment to the amazing people. She noted that in nearly every interaction, she found people to be genuinely nice and kind. Her only wish is that she might have visited sooner!

Her excitement over the in-person visit is not limited to the setting; Dr. Poghosyan feels that, while technology supplements some of what we accomplish as educators and academics, nothing can replace in-person human contact as a basis for cooperation. Every interaction reminds us that there are myriad viewpoints and myriad ways to accomplish goals.

There were several factors which pushed Dr. Poghosyan towards nursing as a career. Her mother was a nurse, and she recalled memories of life in a small village in Armenia where she saw her mother always being there for everyone. However, she also reported having a long-running interest in healthcare and science, particularly the ways in which discovery in science brings a unique kind of excitement.

As an academic in a field which relies on working systems, Dr. Poghosyan also values being able to see the positive effects of research on the lives of many. The nursing field is versatile, and there are a multitude of options or pathways that a nurse can pursue.

A close associate of our own Assoc. Prof. Dr. Apiradee Nantsupawat, with whom she has a history of collaboration reaching back nearly two decades, they will be working on a project involving the nurse practitioner workforce in Thailand. As the nurse practitioner role is relatively novel in the Thai context, there still exist many gaps in knowledge in terms of its implementation in real practice.



Dr. Poghosyan and Dr. Apiradee aim to perform a deep dive into this understudied area, conducting qualitative interviews with NPs across the Northern region to get a stronger grasp on the barriers and facilitators to introducing nurses in this setting.

Dr. Poghosyan was quick to respond when asked about the benefits of collaborating with international colleagues: "We learn from others", she posited. The experiences and outlooks of those from very different backgrounds means that there is always a novel perspective or a useful, unconsidered bit of advice to draw on. Moreover, in her experience here, NurseCMU researchers exhibit palpable excitement about the research they do. This is a welcome observation during a time when publication pressure means that research can often feel 'forced' on faculty members, rather than encouraged at a more intrinsic level.

Finally, discussing her own career path, she reiterated how much she loves academia. She finds the opportunity to work with doctoral students consistently rewarding. For students of all levels, she appreciates the versatility that nursing gives you, as a career choice. Nursing is a multi-faceted experience which really does offer one of the widest ranges of options, while still retaining at its heart, the focus on promoting people's health and happiness.

NURSECMU WELCOMES VISITING PROFESSORS



Another one of the visiting scholars to arrive at the Faculty of Nursing this year was Professor Allison Squires from NYU Rory Meyers College of Nursing. Prof. Squires joined us in mid-March, staying for about one week.

An international nursing scholar with a truly global breadth of interests and expertise, Prof. Squires is also the Founder and Director of the Global Consortium of Nursing & Midwifery Studies, an international group of nurses and midwives dedicated to developing research capacity through collaboration and mentorship.

In truth, her connections to NurseCMU go back much farther, over a decade and a half, when she met our own Assoc. Prof. Dr. Apiradee Nantsupawat while they both spent time as post-graduates at the University of Pennsylvania.

Fast forward nearly 20 years, and she has recently been collaborating with several of our faculty members on research projects, and in particular, on a study with Asst. Prof. Dr. Orn Anong Wichaihum.

Prof. Squires has greatly enjoyed her first trip to Chiang Mai. She was quick to comment on the culinary culture here, noting that she had been fed very well. When asked about her impressions of nursing in the Thai context, she admitted that she is still learning, but that she has always been impressed, particularly by the research culture here.

As an academic with a robust international profile and strong connections in many places across the globe, Prof. Squires offered several things to consider, when asked about her advice for nursing students or early-career nursing academics. But her immediate reaction to that question was: “Be passionate!”



“Be passionate!”

While a broad skill set is required to pursue nursing, clinically, or as an academic, ensuring that you are following your passion will get you a long way.

Prof. Squires also suggests that the nursing field needs thinkers. While nurses’ excellence frequently revolves around clinical practice and hand-on care provision, nursing academia also requires scholars who can explore the possibilities for inquiry presented by such a vast, wide-reaching professional area, leading to the next generation of research dissemination advancing the practice.

Finally, on a more personal level, Dr. Squires doubled down on the necessity of setting boundaries, whether one is a student or even a budding academic. For example, she often tells advisees to take a 24-hour break once a week, even during busy spells. Setting these kinds of limits outside of work time results in more productivity when one is in the office.

Faculty and graduate students certainly benefited from engaging with Dr. Squires during her present visit. And even though it was perhaps a bit premature to ask for a takeaway from her Chiang Mai experience so early in her trip, Dr. Squires’ response was, nevertheless, swift and emphatic: “I want to come back!”

RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

Click on the links to read more!

Using the Health Belief Model to explore behavior change in the community to improve blood pressure control: A qualitative study

NurseCMU faculty member Ms. Pataporn Bawornthip has added to her doctoral research output with this qualitative study based on the Health Belief Model and featuring three focus groups for active patient and key community stakeholder representation. Barriers and facilitators related to blood pressure control behaviors were explored through the focus group interviews with four themes uncovered via reflexive thematic analysis (further organized in to 11 sub-themes). The main themes centered around community perceptions of severity and susceptibility of high blood pressure, as well as the perceived barriers to, and benefits of, behavior change. Obstacles related to local contexts and culture were identified, demonstrating how both community- and individual-level strategies are needed to promote sustained behavioral change.

Western Journal of Nursing Research

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Co-designing a community-based health literacy programme for individuals with prehypertension: An application of Ophelia (Optimise Health Literacy and Access) process

In a related study, Ms. Pataporn Bawornthip continues to address hypertension concerns at the community level with this project, using a co-design approach which integrated stakeholders and patients into the development process for hypertension-related interventions. Informed by the Optimising Health Literacy and Access (Ophelia) framework, thirteen participants were chosen through purposive sampling and invited to join a workshop in which they contributed to 'co-design' interventions for hypertensive patients. Service users, healthcare providers, and community leaders were all represented at this stage. The participants worked through a structured, multi-step process to identify and prioritize potential interventions, resulting in: (1) a community-based educational project on hypertension; (2) a blood pressure monitoring system for people with prehypertension; and (3) public relations activities to raise community awareness. This co-design approach demonstrates a replicable model for addressing hypertension in resource-constrained rural communities. ***Health Expectations: An International Journal of Public Participation in Health Care and Health Policy***

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RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

Development of the promoting parenting practices program in early childhood in Thai skipped-generation families: Community-based action research

In this qualitative section of a community-based action research study led by FONCMU doctoral candidate Chayapa Boonlue, focus group discussions, in-depth interviews, and participant observation were used for data collection. Although grandparents are respected as proven caregivers, young children in their care can be at risk for improper growth and development due to a lack of effective integration of their grandparents as well as low input from other community voices. The two groups of participants in this study included stakeholders and grandparents caring for young children due to parental absence, a situation commonly referred to as a skipped-generation family. Data collection involved identifying the problems and needs in these families, with content analysis performed, resulting in four main categories, including inappropriate perceptions toward parenting practices, inadequate knowledge and skills, barriers to promoting children's health and development, and strategies for addressing challenges. The findings can enhance service providers' understanding of these unique contexts while providing evidence for the development of interventions for care-providing grandparents. ***Pacific Rim International Journal of Nursing Research***

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Effect of the Capability-Opportunity-Motivation Behavior (COM-B) model of dietary behavior program on gestational weight gain in Thailand: A randomized controlled trial

In this single-blind randomized control trial led by FONCMU doctoral candidate Pantipa Buakhai, dietary behavior change for gestational weight control was investigated, specifically through the application of the Capability-Opportunity-Motivation Behavior (COM-B) model. A pre-posttest control group design was implemented with participants (96 pregnant women from a northern Thai province) who were randomly and equally placed in an experimental or a control group, with the former undergoing 14 COM-B model-based dietary behavior sessions, and the control group undergoing standard care. Descriptive and inferential statistics were used to analyze data collected from questionnaires. Experimental group participants showed a notably lower mean difference in gestational weight gain at 36 weeks, lower than their own baseline at 20 weeks and that of the control group—results which were constant after adjusting for maternal age and education. Findings underscored how nurse-led programs can lead to clinical impact.

Belitung Nursing Journal

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RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

Family caregiver factors predicting excessive smartphone use of Thai preschool children: A cross-sectional study

Smartphone use among the younger population is drawing increased attention around the world. Due to a scarcity of literature in this area, NurseCMU lecturer Ruksanudt Budda chose to focus on factors deriving from the family environment that affect preschoolers overuse of phones. Through a cross-sectional approach, her research team sought to determine which family-related factors could predict overuse of smartphones by children in this group. Family caregivers (647) were obtained as participants through multistage random sampling. Via phone calls or LINE application, they were surveyed using five questionnaires. Following data analysis, which employed descriptive statistics, correlation, and logistic regression, it was found that significant predictors of overuse included caregivers' educational levels, caregivers' own screen time use, and their affective attitudes, with predictive accuracy of 56.10%. These findings can aid nurses in the design of interventions which enhance support strategies for healthier smartphone use among young children.

Pacific Rim International Journal of Nursing Research

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Global prevalence of diabetes-related neuropathy and vascular complications: A systematic review and meta-analysis

NurseCMU faculty member and Taipei Medical University doctoral candidate Ms. Ramida Subpaiboonkit contributed to this systematic review and meta-analysis on diabetes-related complications, such as diabetic peripheral neuropathy (DPN) and peripheral artery disease (PAD). With unclear evidence on the pooled prevalence of these conditions, databases and the gray literature were searched to help determine this prevalence, and to identify potential related risk factors. The final review of 155 studies resulted in a calculated pooled prevalence of 36% and 19% for DPN and PAD, respectively, with developing countries presenting higher rates for both. Meta-regression showed chronic kidney disease (CKD) comorbidity to be linked to increased DPN prevalence. Takeaways for nurses' clinical practice include recommending patients to undergo routine foot examinations, early vascular assessment, and relevant education, particularly in developing contexts.

Diabetes Research and Clinical Practice

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RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

Experiences of psychological interventions for women and men undergoing assisted reproductive technologies: A qualitative systematic review

With an author team including Assoc. Prof. Dr. Apiradee Nantsupawat and Asst. Prof. Dr. Orn-Anong Wichaikhum, this qualitative systematic review focused on the literature exploring how psychological interventions affect people seeking assisted reproductive technologies (ART), searching six databases for qualitative or mixed methods research covering a period of over 60 years. The Critical Appraisal Skills Program tool was utilized for quality appraisal of 10 selected studies with data synthesis informed by Sandelowski and Barroso's guidelines. Across these 10 studies, a core theme articulated the impact of psychological interventions in terms of "being lost" to "finding ways," and this was further underlined by three supporting themes. The generally positive outcomes of psychological interventions could be seen through lower perceived stress levels and anxiety, with participants across studies also demonstrating stronger coping skills. Moving forward, interventions are recommended to offer ART education, instruction on coping skills, and psychological support. ***International Journal of Gynaecology and Obstetrics***

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Examining the Interplay Between Occupational Health Hazards and Health Status Related to Risk Among Home-Based Workers in Thailand

Occupational health hazards are particularly common for Thai workers such as longan peelers, furniture makers, and paper lantern producers. Considering the gaps in the literature regarding these populations, NurseCMU Asst. Professor Dr. Patcharin Chaisurin and Assoc. Prof. Dr. Kunlayanee Tantranont initiated this cross-sectional survey of 575 home-based workers with data collection done using the "Healthy i-Work" web application. Awkward posture, unstable income, sharp tools/machinery danger, and dust were some commonly reported hazards while musculoskeletal disorders, fatigue, numbness, eye strain, and stress constituted the most common adverse health outcomes, demonstrating the dangers presented to workers' physical and mental health. Various significant associations were also demonstrated through logistic regression analysis highlighting the range of occupational hazards that have significant impacts on workers' health which further highlight the necessity of interventions as well as prevention strategies to be introduced in these informal work settings. Professionals and policymakers in this area can support health outcomes in this population by focusing on risk reduction and health and wellbeing promotion for informal home-based workers. ***Workplace Health & Safety***

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RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

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

Assoc. Prof. Dr. Phanida Juntasopeepun led this study—which also included recently retired FONCMU Asst. Prof. Dr. Rojanee Chintanawat—with the aim of exploring COVID-19 vaccination intention in unvaccinated and vulnerable groups. Although the COVID-19 situation has been downgraded as from its previous status as a public health emergency, vaccination remains a key deterrent, especially for those from vulnerable groups. A cross-sectional study, this research focused on the post-pandemic phase, recruiting a convenience sample of 360 unvaccinated older Thai adults. Although those who had a higher perceived risk for COVID-19, a stronger perception the vaccine's benefits, and no family history of COVID-19 were more predisposed towards vaccination, 22% of older adults still reported no intention to receive the COVID-19 vaccination, regardless of the risks. The recommendations included introducing education for this group on risks, benefits, and misconceptions, while also responding to individual experiences and tailoring health education to participants' needs. ***Journal of Applied Gerontology***

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Time-specified Marmet technique on early lactation among mothers after Cesarean section: A randomized controlled trial

The Marmet technique is a commonly used intervention for initiating milk flow, often in mothers with post-Cesarean birth. However, the original version of this intervention does not stipulate set time limits for the steps of the technique. This randomized controlled trial, designed by FONCMU faculty member Netiporn Namsorn, sought to determine the consistency and effectiveness of milk production for mothers who followed time-specified strictures for each step of the technique over the first four days post-birth. Eighty-four mothers in a Northern Thai postpartum unit were randomly assigned to a group receiving the time-specified Marmet technique or to a control group receiving standard advice, with the former demonstrating earlier initiation and greater volume of milk flow. According to the final analysis, the time-specified version of the Marmet technique resulted in positive early milk production, showing that it can provide a simple and cost-effective solution for nurses in lactation contexts. ***Journal of Human Lactation***

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RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

Silent barriers: Psycho-social factors and the hidden risk of medication non-adherence among tuberculosis patients in Mongolia

This study takes us to Mongolia and more particularly, to the tuberculosis (TB) milieu, where medication non-adherence represents an obstacle to reliable TB treatment. The author team, which included Assoc. Prof. Dr. Orn-Anong Wichaikhum, aimed to analyze medication adherence-related factors, including anxiety, depression, and social support, through a cross-sectional study conducted with 215 inpatients. Multiple scales were used for data collection, and upon analysis (using chi-square tests and multivariable logistic regression), it was shown that anxiety was a stronger predictor of medication non-adherence than depression. Patients with insufficient social support were also at significantly higher risk of missing their TB medication. Recommendations included screening for anxiety as well as designing interventions which augment social and family support with the goal of increasing adherence. ***Journal of Clinical Tuberculosis and Other Mycobacterial Diseases***

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Self-efficacy-based leader development program to address loneliness in older adults

NurseCMU faculty members Assoc. Prof. Dr. Decha Tamdee and Dr. Wachira Suriyawong were part of the multi-institution team behind this quasi-experimental study which produced a co-designed intervention and analyzed how it affected the reduction of loneliness in Thai older adults. Outcomes were measured while following two groups of health volunteers, an experimental and a control group, undergoing a 7-week self-efficacy-based leader development program and a 1-day session on managing loneliness, respectively, with the experimental group showing much higher improvements in knowledge and self-efficacy. Furthermore, the experimental group met or exceeded 75% proficiency in core loneliness-reduction competencies for older adults during real-world community practice. The results demonstrated that the 7-week program could improve health volunteers' knowledge, self-efficacy, and competencies in managing loneliness which reinforces how structured training can support health volunteers in their interventions to enhance older adults' psycho-social well-being. ***Journal of Gerontological Nursing***

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RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

Mindfulness-based interventions for pain and symptom management in adolescent cancer: Systematic review

Led by NurseCMU faculty member and PhD candidate Wannita Sonkongdang, this review looked at whether mindfulness practices, such as breathing exercises, gentle yoga, and relaxation, help adolescents with cancer manage pain and other symptoms during chemotherapy. Unlike previous research focused on adults, this study focused specifically on patients aged 10 to 19, with unique developmental needs. Only three small studies met the research team's strict criteria with evidence considered weak, overall. The mindfulness programs did not clearly reduce pain, fatigue, nausea, or sleep problems. While some early results suggested a possible small improvement in quality of life, stronger studies found no real difference compared to standard care. Because the results were inconsistent and the studies exhibited too much variation for easy comparison, the overall confidence in the evidence was very low. The authors conclude that while mindfulness may offer some comfort, solid proof is yet to be demonstrated. They call for better, larger studies led by nurses to truly understand if these approaches work for teenagers with cancer.

Pain Management Nursing: Official Journal of the American Society of Pain Management Nurses

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Transition to fatherhood among first-time expectant fathers having couvade syndrome in northern Thailand: A grounded theory study

This qualitative study explored how first-time expectant fathers experience the transition to parenthood when they have couvade syndrome—a condition where men experience physical and psychological symptoms during their partner's pregnancy. Using a grounded theory approach, the research team, led by NurseCMU faculty member and PhD candidate Piyawan Sritawan, interviewed 20 first-time fathers in northern Thailand. The core finding, described as "evolving new father's role over couvade syndrome," involved a three-phase process. In the first phase, during early pregnancy, men recognized and responded to couvade symptoms. The second phase, around mid-pregnancy, involved accepting the condition and adjusting daily behaviors. By the third phase, toward the end of pregnancy, as symptoms subsided, fathers faced anxiety about their upcoming role, learned to manage these fears, and began planning for childcare. The study concludes that the transition to fatherhood for these men follows a clear, phased pattern. These insights can help nurses develop more effective, stage-specific antenatal care programs that address the unique needs of expectant fathers experiencing couvade syndrome. ***Belitung Nursing Journal***

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RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

Models of care and interventions to improve person-centred care for older people in long-term care facilities: A mixed methods systematic review

NurseCMU faculty member and University of Birmingham (UK) doctoral candidate Kedsaraporn Udkunta led this mixed-methods systematic review aiming to examine care models and interventions designed to improve person-centered care for older adults living in long-term care facilities. From 4,000 studies, the researchers extracted 30 publications including those with quantitative, qualitative, and mixed-methods data. Key themes for effective person-centered care were: respecting personal preferences and supporting social engagement, protecting autonomy and dignity, creating a home-like environment, involving families in care decisions, and ensuring strong organizational support for staff. The findings indicate that person-centered approaches can enhance residents' quality of life and promote individualized care tailored to each person's needs. Significant challenges included staff shortages and limited managerial support, which often hinder successful implementation, and while these care models show clear benefits, future efforts must focus on strengthening leadership development, improving staff retention, and allocating adequate resources. Additionally, further research is needed to understand how organizational culture influences the adoption and long-term success of person-centered care practices in long-term care settings. ***Journal of Advanced Nursing***

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The effects of expectancy-challenge interventions on binge drinking among college students: A systematic review and meta-analysis

This systematic review and meta-analysis—authored by three NurseCMU doctoral candidates (Xian Wang, Siyu Yang, and Xian Xie) and faculty member Dr. Hunsu Sethabouppha—examined whether expectancy-challenge interventions can reduce binge drinking among college students by addressing their thought processes. The researchers analyzed eight randomized controlled trials comparing different types of expectancy challenges—including hands-on activities, classroom lessons, and digital programs—against non-alcohol control conditions with findings showing modest short-term benefits. Students developed fewer positive expectations about alcohol while holding slightly more negative views about its effects, but this did not persist at three to six months, raising concerns about long-term durability. While expectancy-challenge interventions can be useful for reducing high-risk drinking in the immediate term, their effects fade relatively quickly. The research team recommends booster sessions or maintenance components to extend benefits. Importantly, the flexibility of classroom or digital delivery makes these approaches potentially scalable for broader public health use. ***Journal of American College Health***

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RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

A community-based usability study of an AI-enabled oral cancer screening app operated by village health volunteers: Mixed methods study

Oral cancer presents a significant public health challenge for rural communities. Assoc. Prof. Dr. Decha Tamdee participated in this study which presents the development and real-world testing of RiskOCA, a smartphone-based, AI-assisted screening platform for oral cancer designed for use in rural Thailand. The platform employs a patient-facing app, an artificial intelligence engine, and a secure portal allowing specialists to review cases remotely. Village health volunteers deployed the tool to screen over 1,200 adults in one rural district. The AI model demonstrated strong technical performance in identifying oral abnormalities. More importantly, health volunteers reported high satisfaction with the platform's usability in monitoring older adults in their communities. The authors conclude that RiskOCA offers a feasible and scalable model for expanding oral cancer screening in resource-limited settings where specialist access is restricted. By combining AI-assisted triage with remote expert review, the platform has significant potential to reduce diagnostic delays and expand screening coverage among underserved populations. **JMIR mHealth and uHealth**

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Screening and prognostic performance of pre-pregnancy BMI for predicting gestational diabetes mellitus in Asian populations: A systematic review and meta-analysis

NurseCMU's Assoc. Prof. Dr. Piyanut Xuto, Dr. Lawitra Khiaokham, Dr. Patompong Khaw-on, and Visiting Professor Daniel Bressington collaborated on this systematic review and meta-analysis which examined whether the standard World Health Organization BMI cut-off is appropriate for predicting gestational diabetes in Asian women, given that Asian populations tend to have higher body fat at lower BMI levels. Thirteen studies were analyzed involving over 420,000 Asian pregnant women, predominantly from East Asian countries. Interestingly, the standard WHO threshold misses too many cases of gestational diabetes to be clinically useful for this population. A lower, Asian-specific cut-off performed somewhat better but still failed to detect more than half of affected women. All BMI thresholds showed only modest associations with gestational diabetes risk. The authors conclude that body mass index alone is insufficient for screening gestational diabetes in Asian women. Instead, they recommend integrating BMI into broader, multi-factorial risk assessment strategies. Notably, these findings may not apply fully to South or Southeast Asian subgroups, highlighting an important gap for future research.

Nursing Reports

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RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

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

NurseCMU doctoral candidate Lingzhi Zhang led this randomized controlled trial which evaluated whether a transformative learning program could enhance cultural competence among nurses working in a Chinese tertiary hospital. Researchers—which included NurseCMU faculty members Asst. Prof. Dr. Acharaporn Sripusananpan and Prof. Dr. Patraporn Bhatarasakoon—assigned 140 nurses to either an experimental group receiving a nine-week intervention grounded in cultural care and transformative learning theories, or a control group receiving standard education. Cultural competence was measured before the intervention, immediately afterward, and again twelve weeks later. Experimental group nurses demonstrated significantly higher overall cultural competence with particularly notable improvements in cultural knowledge, practical skills, respect, and understanding. However, cultural awareness itself did not produce a significant change. Transformative learning represents a valuable strategy for nursing education and professional development although further research should address the awareness dimension more specifically. ***Nurse Education in Practice***

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NurseCMU researchers' international publications for Quarter 2, 2026

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WELCOME TO THE FACULTY OF NURSING

Research Wisdom would like to welcome
Professor Dr. Daniel Bressington
as he begins a full-time faculty-based role as
Professor and Researcher for Academic Year 2026-2027



Professor Bressington's experience and expertise will no doubt help the Faculty of Nursing in continuing to develop and maximize the research potential of our program.