

JUNE 2023

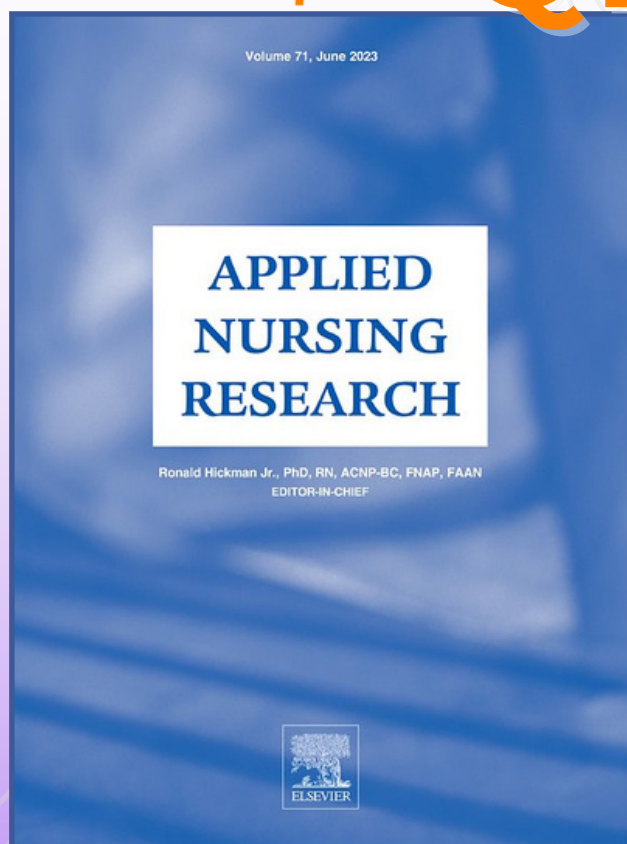
FACULTY OF NURSING | CHIANG MAI UNIVERSITY

RESEARCH WISDOM

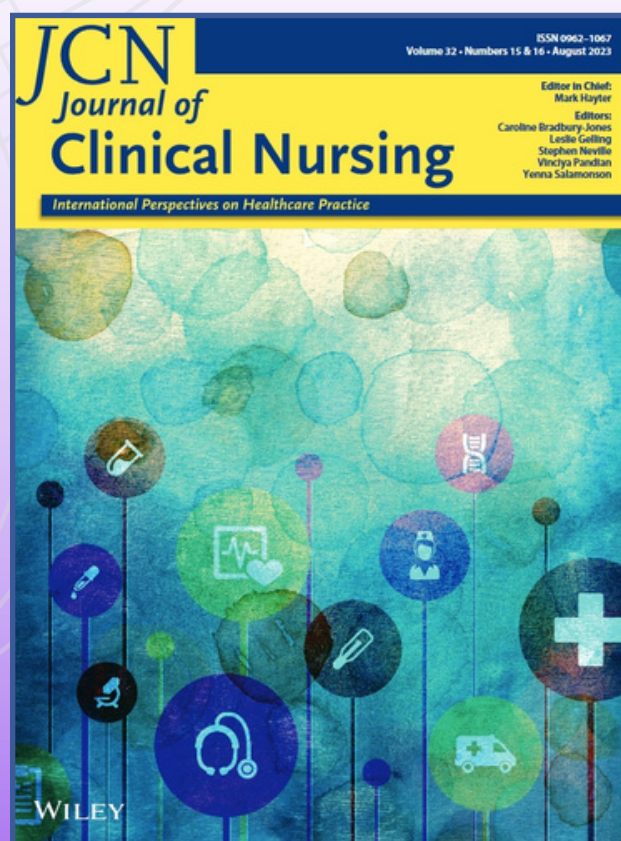
Scopus® Q1



NurseCMU



Innovative international nursing
publications from our very own
NurseCMU researchers



OUR RESEARCH



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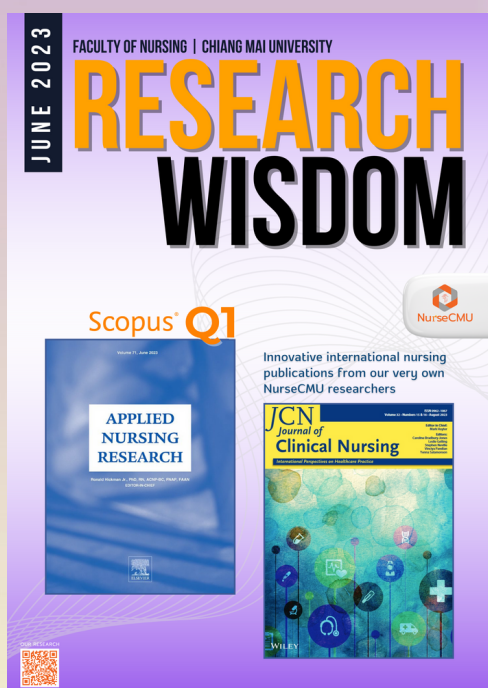
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Message from the Dean.

As we arrive at the midway point of 2023, it has already been a productive year for NurseCMU's research community, as you may have noticed from this issue's table of contents.

In this edition, you can browse a range of topics which have been the subject of NurseCMU authors' recent output, including research on the effectiveness of eHealth interventions, nurse education methods, and health literacy in older adults. Our two feature articles for this issue focus on the ancient wisdom of Lanna culture as practiced in Tok Sen massage therapy, and nursing faculty retention, a global concern which is explored here in a Southeast Asian context with Myanmar nursing faculty members.

In addition, we are proud to highlight two recent Scopus Nursing First Quartile publications. Professor Dr. Akeau Unahalekhaka authored one paper, along with a specialist from the Office of Scientific Instrument and Testing, Prince of Songkla University. In the other study, Assistant Professor Dr. Jindarat Chairad and Professor Dr. Pattaporn Bhattaraksa collaborated on a systematic review of papers about interventions for continuous positive airway pressure adherence among sleep apnea patients.

As Scopus Q1 publication reflects topics that are of the highest interest to the nursing community, in addition to being those which garner the most conversation and discussion, we are proud of our NurseCMU authors.

Finally, planning has begun for our upcoming conference in 2024, an event that we are extremely excited about, as it will have been four years since we hosted our last major event in Chiang Mai – EAFONS 2020. As always, I thank you for your continuous support.

Sincerely,



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



THE EFFECTS OF TOK SEN MASSAGE MENU FOR RELAXATION ON MUSCLE FLEXIBILITY AND RELAXATION AMONG USERS OF THE LANNA SPA SERVICE FOR HEALTH TOURISM

(published in *Natural and Life Sciences Communications*)

It isn't necessary to travel far from Chiang Mai to explore an engaging research topic, and this issue's first article features an aspect of local Northern Thai wisdom — Tok Sen massage. Tok Sen involves hammering the meridians of the body with a wooden mallet, a process which is intended to improve circulation and help alleviate physical pain and aches. This form of Lanna wisdom has been handed down over generations, and it requires application by an experienced practitioner.

The NurseCMU research team, led by Associate Professor Dr. Nantaporn Sansiriphun, sought to provide an empirical validation of the benefits of Tok Sen in order to confirm and promote the use of this ancient tradition for spa services in modern times. This was the first study of its kind done on this particular massage technique, and it aimed to prove the efficacy of Tok Sen massage.



Dr. Nantaporn pointed out that, according to the literature review, this was also the first real-world study done on Tok Sen, in comparison to previous studies which were experimental. Regarding the research approach, the use of a single-blind randomized controlled trial was considered to strengthen the methodology, in turn, supporting the acceptability of the findings.



Muscle flexibility and relaxation in the participants was measured in order to compare these across the experimental and control groups. Statistically significant differences were found in the flexibility of various muscle groups as well as in overall relaxation between the two groups, results which were congruent with those of other similar studies.

One real-time benefit of this study is that spa businesses can be encouraged to promote the use of Tok Sen massage due to its validation in this study. In cases where spas businesses are not yet offering this service, they may become interested in seeking out licensed masseurs who are capable of doing Tok Sen massage, encouraging users to try something new and explore the technique's many benefits. In sum, research like this can have a positive impact on the promotion and advancement of Thai local wisdom.



Assoc. Prof. Dr.
Nantaporn Sansiriphun



Assist. Prof. Dr.
Jirawan Deeluea



Lec. Dr. Preeyakamon
Krikitrat

PREDICTORS OF INTENT TO STAY AMONG NURSING FACULTY MEMBERS: A CROSS-SECTIONAL STUDY

(published in *Pacific Rim International Journal of Nursing Research*)



Assist. Prof. Dr. Thitinut Akkadechanunt



Assoc. Prof. Dr. Somjai Sirakamon

Retention of staff is a continual cause for concern in the healthcare sector, and this intensified as the world came under the hold of the COVID-19 pandemic. As the healthcare field with the most numerous amounts of workers, nursing undoubtedly values workforce retention as an important criterion for success. In this light, intent to stay (ITS) is an important construct to consider for nursing leaders and administrators.

NurseCMU PhD candidate Lay Lay Myint noted the shortage of nurses in her home country, Myanmar, during her doctoral study period, and this inspired her to investigate this topic more deeply. She explained that Myanmar's problems with a critical shortage of faculty members in nursing "affected the regular enrollment of nursing students, as well as the annual production of qualified nurses from 53 nursing and midwifery training schools throughout the country. In order to fully comprehend this issue, it inspired me to conduct this study."

Although Myanmar may have its own unique context in many aspects, Ms. Lay Lay considers this study to be applicable on a global level because the issue is of worldwide concern. She pointed out that "the quality of nursing education mainly depends on having an adequate amount of nursing faculty members to implement it in academia."

Ms. Lay Lay believed that this study provided useful findings. For example, eight factors affected the intent to stay of nursing faculty members, including transformational leadership, job autonomy, workload, age, perceived organizational support, job stress, job satisfaction, and organizational commitment. However, it was unexpected that (1) perceived organizational support did not show a significant indirect effect on intent to stay via job satisfaction, and (2) job satisfaction did not reveal a significant indirect effect on intent to stay via organizational commitment.

The findings provide nursing administrators and leadership with clear pathways for increasing the ITS of nursing faculty members. For one thing, policy can be shaped in terms of the five favorable factors. Moreover, Ms. Lay Lay felt that stress at the workplace was "the main factor that should be considered for nursing administrators," suggesting that nursing faculty members' ITS might be improved by reductions in job stress. In addition, a nurse's perception of their organization's support is an important element that requires careful consideration for enhancing nursing faculty members' ITS.



SPOTLIGHT ON TWO RECENT SCOPUS NURSING Q1 PUBLICATIONS

Publication in high-impact nursing journals offers visibility and dissemination of research, enhances credibility and validation, increases the number of citations, advances career prospects and funding opportunities, contributes to evidence-based practice, and fosters collaboration and networking. These journals are widely read across the field, maintain rigorous publication standards, and wield influence within the nursing community.

For the June issue, Research Wisdom felt it would be an ideal time to highlight some of the Faculty of Nursing's recent notable publications, and to ask their authors for some advice to nursing researchers aiming for high-impact publications.

Assistant Professor Dr. Jindarat Chaïard and Professor Dr. Patraporn Bhatarasakoon, who are both trainers in systematic review for JBI (formerly the Joanna Briggs Institute), worked together on a systematic review of the effectiveness of interventions related to adherence to continuous positive airway pressure (CPAP) among sleep apnea patients. *Applied Nursing Research*, the journal which published this particular paper, is in the top 25% of cited journals in the Scopus Nursing Index.

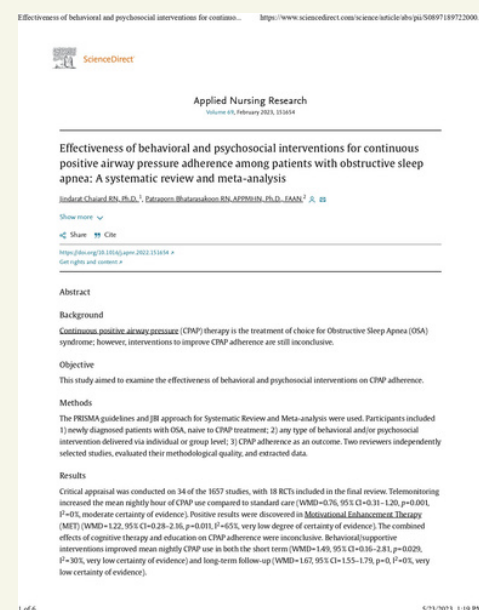
Dr. Jindarat pointed out that the faculty has helped prepare NurseCMU researchers to expand their research skillset by supporting them with training on doing systematic reviews, as well as by fostering collaboration on systematic reviews with the University of Adelaide.

Therefore, researchers have had opportunities to build their skill and experience at doing this type of research. Although systematic reviews can be time-consuming, they result in a more comprehensive understanding of the subject area which can translate to increased aptitude and confidence in submitting to higher impact journals.

Professor Dr. Akeau Unahalekhaka recently published her paper entitled *Glass particulate adulterated in single dose ampoules: A patient safety concern* in the *Journal of Clinical Nursing* which is also ranked in the first quartile in Scopus Nursing.

Importantly, Dr. Akeau gains deep enjoyment from doing research. She feels that, if researchers are open to using their position as an academic to help others, then there will be no lack of research ideas that will come to mind.

Scopus®



Assist. Prof. Dr.
Jindarat Chaïard

Prof. Dr. Patraporn
Bhatarasakoon

The researcher may initially have many questions to ask and answer, such as how to obtain funding or whether prospective funders will support their study. Dr. Akeau reminds young researchers that funding is an important aspect of high-impact research that needs to be considered. While the Faculty of Nursing announces funding opportunities twice a year, funding from outside sources, such as Thailand Science Research and Innovation, the National Research Council of Thailand, or the World Health Organization should also be explored.

Finally, we also reached out to one of our current visiting professors, Professor Dr. Daniel Bressington, who has extensive experience in nursing research and publishing, to offer his insight on this topic. Although the submission and publication process can be challenging, some basic parameters can be followed to maximize the likelihood of success:

- Don't write alone; it is better to form and maintain writing groups with your colleagues
- Prospectively register intervention study protocols and consider registering other protocols, such as systematic reviews
- Choose the journal wisely (in consultation with a senior colleague)
- Check that the journal hasn't published anything very similar in the last year
- Ensure that the study aligns with the journal's scope
- Carefully follow author guidelines
- Use relevant reporting guidelines or checklists to structure the work and include all relevant information
- Address the knowledge gap and offer a rationale for your study's significance
- Avoid overstating research findings, and be clear about your study's limitations
- Pay attention to the covering letter, which is an opportunity to promote the work effectively

A final important piece of advice is not to be put off by a rejection – you will get used to this as most papers aren't accepted in the top journals; use the feedback to improve the paper and try the next one on your list!

By carefully adhering to these strategies, opportunities for publication in leading journals can be significantly enhanced. Moreover, aspiring to publish in high-impact journals can amplify the reach and impact of your research, benefiting the researcher, the faculty, and the broader healthcare community.

Prof. Dr. Akeau Unahalekhaka



RESEARCH
SNAPSHOTS**Prehospital delay after acute ischemic stroke among Thai older adults: A cross-sectional study**

In this cross-sectional study, the researchers aimed to investigate and identify factors that contribute to prehospital delay among older individuals with acute ischemic stroke. The study involved 120 older patients who were diagnosed with their first-ever acute ischemic stroke and who had received treatment at two hospitals in northern Thailand. The study's findings indicated that 70% of these individuals had experienced delays of over three hours from the onset of stroke symptoms. The study identified two factors associated with a reduced probability of prehospital delay: an increased perceived severity of ischemic stroke and a shorter distance from home to the hospital. These findings could be used to develop interventions that could be implemented to reduce prehospital delays among this population. *Nursing & Health Sciences*

Received 14 September 2022 | Accepted 4 October 2022 | Accepted 11 October 2022

RESEARCH ARTICLE

WILEY

Prehospital delay after acute ischemic stroke among Thai older adults: A cross-sectional studySittirat Buthdee MSN, RN¹ | Phanida Juntasopeepun PhD, RN² | Rojanee Chintanawat PhD, RN³ | Rozzano C. Lucin PhD, FAAN³¹Department of Nursing, Sakon Nakhon Hospital, Sakon Nakhon, Thailand
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Abstract
Acute ischemic stroke is a common medical emergency among older adults and requires immediate treatment. Prehospital delay leads to the use of critical treatment, such as intravenous recombinant tissue plasminogen activator, leading to serious complications and often death. Using Andersen's Behavioral Model, this cross-sectional study aimed to investigate and determine factors influencing prehospital delay among older persons with acute ischemic stroke. The participants consisted of 120 older persons with first-time acute ischemic stroke diagnosed after receiving treatment at two hospitals in northern Thailand between November 2021 and February 2022. The results revealed that 70% of older persons experienced delays of over 3 hours following the onset of stroke symptoms. It was found that increased perceived severity of ischemic stroke and a shorter distance from home to the hospital were both associated with a reduced probability of prehospital delay. These findings highlight the significant factors influencing prehospital delay and suggest possible interventions to reduce prehospital delay among older patients with acute ischemic stroke.

KEYWORDS
Andersen's behavioral model, older persons, prehospital delay, stroke, time to treatment

Key points
• A large percentage of older adults (70%) delayed seeking medical attention for more than 3 hours after stroke onset.
• Andersen's behavioral model is useful in explaining and predicting older persons' health care utilization after the onset of stroke. It was found that increased perceived severity of ischemic stroke and a shorter distance from home to the hospital were both associated with a reduced probability of prehospital delay.
• It is important to encourage older adults at a high risk for acute ischemic stroke and their caregivers to be aware of the disease's severity. Additionally, mapping older persons, including information for health-care facilities, can reduce prehospital delay.


<https://cmu.to/KB0lf>

Assist. Prof. Dr.
Phanida Juntasopeepun



Assist. Prof. Dr.
Rojanee Chintanawat

Effectiveness of behavioral and psychosocial interventions for continuous positive airway pressure adherence among patients with obstructive sleep apnea: A systematic review and meta-analysis


<https://cmu.to/kz6cK>


Assist. Prof. Dr.
Jindarat Chaiard

Prof. Dr. Patraporn
Bhatarasakoon



Asst. Professor Dr. Jindarat Chaiard and Professor Dr. Patraporn Bhatarasakoon authored this study which, following PRISMA guidelines and the JBI approach, aimed to evaluate the effectiveness of behavioral and psycho-social interventions on adherence to continuous positive airway pressure (CPAP) therapy for obstructive sleep apnea syndrome. After critical appraisal of 34 studies, 18 randomized controlled trials (RCTs) were reviewed. Findings indicated that telemonitoring interventions increased the average nightly hours of CPAP use compared to standard care, with a moderate certainty of evidence. Motivational Enhancement Therapy (MET) also showed positive results, significantly improving CPAP adherence in the long term, and behavioral/supportive interventions were found to enhance mean nightly CPAP use in both the short term and long-term follow-up (both with low certainty of evidence). The combined effects of cognitive therapy and education on CPAP adherence were inconclusive. *Applied Nursing Research*

Striving for sufficient milk to have a healthy late preterm baby: A grounded theory study

Seventeen mothers from Northern Thailand were interviewed for this grounded theory study which explored their experiences with exclusive breastfeeding as first-time mothers of late preterm infants. Constant comparative analysis was used during data collection and analysis, and the core category that emerged was "striving for sufficient milk to have a healthy baby" which represented the process in which mothers of late preterm infants exerted significant effort to produce enough milk for their infants. Although first-time mothers perceived insufficient milk supply as a barrier to achieving exclusive breastfeeding, their desire to have a healthy baby motivated them to make greater efforts to show an adequate milk supply. Nurses, midwives, and other healthcare professionals should be aware of these findings to better support mothers and infants in achieving successful exclusive breastfeeding. *Pacific Rim International Journal of Nursing Research*



<https://cmu.to/TSGnJ>

Assoc. Prof. Dr.
Jutamas Chotibang



Dr. Nonglak
Chaloumsuk



Effectiveness of self-management eHealth intervention for psychological adjustment for Health-related Quality of Life in cancer survivors: A systematic review

NurseCMU lecturers Apichat Kardosod and Pataporn Bawornthip were part of a cross-university team, along with Dr. Lisa Conlon from the University of Adelaide, conducting this systematic review focusing on the effectiveness of self-management eHealth interventions in supporting psychological adjustment and health-related quality of life among cancer survivors. Eight articles met the inclusion criteria and demonstrated a statistically significant improvement in psychological adjustment and health-related quality of life among participants who received self-management eHealth interventions suggesting that these interventions can help develop effective mechanisms and strategies to support cancer survivors' psychological adjustment. However, it also highlights the importance of incorporating additional behavioral change techniques and information resources to enhance coping mechanisms. All of this can assist healthcare providers in developing clinical guidelines and implementing self-management eHealth interventions for cancer survivors, ultimately improving their psychological well-being and quality of life. *Pacific Rim International Journal of Nursing Research*



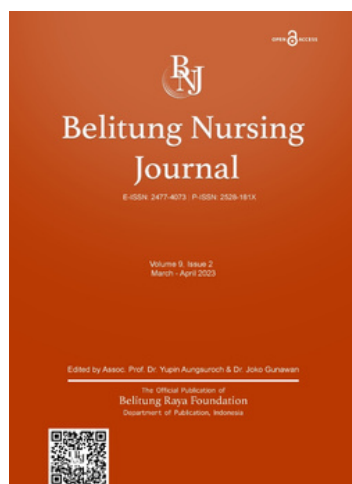
<https://cmu.to/t8Tef>

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<https://cmu.to/ZRIu0>



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Assist. Prof. Dr.
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Assist. Prof. Dr.
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Assist. Prof. Dr.
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Lec. Sirinard
Deechairum

Developing a blended learning curriculum using a digital notebook application for a surgical nursing practicum: The ADDIE model

This study aimed to design a blended learning curriculum for a surgical nursing practicum utilizing a digital notebook platform, specifically the OneNote application, employing the Analysis, Design, Development, Implementation, and Evaluation (ADDIE) model. The evaluation of the model involved three experts and 90 third-year nursing students who participated in the study, which took place from July 2021 to March 2022. The results of the study indicated that the experts rated the model highly. Additionally, the students expressed a high level of satisfaction with the blended learning curriculum and overall, the implementation was deemed satisfactory for learners. The findings of this research can be applied in online learning environments and can also be incorporated into nursing clinical practicum curricula. Furthermore, the study's results may serve as a valuable example or fundamental information for the development of advanced online platforms for teaching and learning, not only in Thailand but also globally.

Belitung Nursing Journal

Causal model of health literacy in Thai older adults with knee osteoarthritis

In this descriptive cross-sectional study, the relationships among various factors were examined in order to understand health literacy in Thai older adults with knee osteoarthritis. The model included provider-patient communication, patient engagement, cognitive function, knowledge of knee osteoarthritis, internet use, social support, social participation, and health literacy. Notably, internet use emerged as the strongest predictor directly influencing health literacy. Cognitive function and social support had positive direct effects, while internet use and social participation had positive indirect effects through cognitive function. Surprisingly, patient engagement negatively impacted health literacy indirectly through internet use. Knowledge of knee osteoarthritis and provider-patient communication did not have direct or indirect effects on health literacy. To enhance health literacy, nurses should focus on interventions that emphasize internet use, social participation, cognitive function, social support, and patient engagement.

Pacific Rim International Journal of Nursing Research



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



Assist. Prof. Dr. Rojanee
Chintanawat



Assist. Prof. Dr. Sirirat Panuthai

Effects of enhanced health literacy through transformative learning program on self-management and hemoglobin A1C level among adults with uncontrolled type 2 diabetes: A randomized controlled trial

This randomized controlled trial aimed to assess the effects of a health literacy learning program on self-management and HbA1C levels in adults with uncontrolled type 2 diabetes. The study included 64 participants who were randomly assigned to either the experimental group (receiving the program alongside usual care) or the control group (receiving only usual care). Data were collected using a demographic questionnaire, the Self-Management Behaviors Scale, and the HbA1C record form. Descriptive statistics, two-way repeated measures ANOVA, and independent t-tests were used for data analysis. The results demonstrated that the experimental group, after receiving the program, exhibited significantly higher self-management scores compared to the control group. Moreover, the experimental group showed significantly lower HbA1C levels than the control group after the 12-week intervention, suggesting that the program can enhance self-management behaviors and reduce HbA1C levels in diabetes patients. Nurses should further test the effectiveness of this program before implementing it widely. Pacific Rim International Journal of Nursing Research



RESEARCH
SNAPSHOTS



<https://cmu.to/96R8j>

Assoc. Prof. Dr.
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Assoc. Prof. Dr.
Sivaporn Aungwattana



Assist. Prof. Dr. Thanee
Kaewthummanukul



Global challenges in caregiving for older adults: Solutions and call to action

The editorial emphasizes the challenges faced by caregivers and their role in providing care for older adults amidst unprecedented changes in the world. The World Health Organization predicts a significant increase in the number of older adults by 2030, necessitating enhanced support and training for caregivers, particularly nurses. Ageism and negative perceptions of aging contribute to inadequate care for older adults, who often face discrimination and undertreatment. Caregivers experience multiple burdens, including exhaustion, stress, and mental health issues, while receiving insufficient support from governments and health systems. The COVID-19 pandemic further exacerbated these challenges, with restricted access to care and increased caregiver stress. The editorial emphasizes the need for collaboration among various stakeholders to address these issues and highlights the crucial role of nurses in supporting caregivers through education, training, and advocacy. It calls for greater investment in aged care systems and acknowledges the importance of viewing older adults as valuable resources in society. Sustained efforts are necessary to achieve meaningful reforms and ensure the well-being of both caregivers and older adults. *Journal of Gerontological Nursing*

Global Challenges in Caregiving for Older Adults: Solutions and Call to Action

There is no doubt that the world's population is experiencing unprecedented changes. These changes will not only affect older adults but also impact the entire population. The world is facing a demographic shift, with the number of older adults increasing rapidly. This shift is driven by factors such as improved healthcare, increased life expectancy, and changes in family structures. The World Health Organization (WHO) predicts that the number of older adults will reach 2 billion by 2050. This rapid increase in the older adult population presents significant challenges for healthcare systems, social structures, and families. The editorial discusses the challenges faced by caregivers and the need for a call to action to address these issues. It emphasizes the importance of collaboration among various stakeholders, including governments, healthcare providers, and communities, to ensure that older adults receive the care and support they need. The editorial also highlights the role of nurses in supporting caregivers and the need for further research and training in this area.



<https://cmu.to/dAluf>



Assist. Prof. Dr. Kanjana Thana

Glass particulate adulterated in single dose ampoules: A patient safety concern



<https://cmu.to/1eRh>



Prof. Dr. Akeau Unahalekhaka

This study aimed to assess the presence, size, and characteristics of glass particulate contamination in single-dose ampoules. Out of 800 sterile water ampoules inspected, 65% were found to have glass particulates. The size of the particulates ranged from 8 to 172 microns in positive samples and 8 to 102 microns in negative samples. The majority of glass particulates detected were ≤ 50 microns in size. The study highlights the need for a safety tool to prevent glass particulate contamination in medication. It emphasizes the importance of nurses being aware of this issue and suggests using filtered needles and tilting the ampoules while drawing medication solutions to reduce the number of glass particulates entering syringes. This research contributes to patient safety and raises awareness among healthcare professionals regarding glass particulate contamination in ampoules. *Journal of Clinical Nursing*

A qualitative study of disaster resilience of Chinese adolescents five years after super typhoon Rammasun

This study focused on Chinese adolescents' experiences of disaster resilience five years after being exposed to Super Typhoon Rammasun. It aimed to explore their perspectives and understand their resilience in the face of disaster. Qualitative interviews were conducted with 30 high school adolescents in Hainan province, China. The analysis revealed three main categories: 1) Experiencing challenges, including disruptions to daily life, loss, and negative emotions; 2) Coping and adaptive strategies, such as seeking support, drawing strength from role models, and engaging in roles; and 3) Adaptation after the typhoon, including developing strength, building immunity, and acquiring knowledge and skills related to typhoons. The findings have implications for nurses, healthcare professionals, educators, and policymakers involved in disaster preparation, management, and community resilience. They emphasize the importance of considering culture and context when supporting adolescents' disaster resilience and highlight potential indicators for long-term resilience development. *Pacific Rim International Journal of Nursing Research*



<https://cmu.to/gSZdf>



Assoc. Prof. Dr. Pimpaporn Klunklin

INTERNATIONAL PUBLICATIONS

Butdee, S., Juntasopeepun, P., Chintanawat, R., & Locsin, R. C. (2023). Prehospital delay after acute ischemic stroke among Thai older adults: A cross-sectional study. *Nursing & Health Sciences*, 25(1), 73–79.

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