

Research Wisdom

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NurseCMU
Faculty of Nursing, Chiang Mai University



Empowering Future Nurses with Pride & Professionalism



NurseCMU
Faculty of Nursing, Chiang Mai University



Empowering
* Future
Nurses
* with *Pride* *
Professionalism

Contents

Message from the Dean	02
Factors influencing evidence-based practice among undergraduate nursing students: A cross-sectional analysis (published in <i>International Journal of Nursing Sciences</i>)	03
Readiness for hospital discharge post-initial invasive percutaneous transhepatic biliary drainage: A mixed-methods study (published in <i>Heliyon</i>)	04
Graduate student publication focus: Hsu Yee Htet	05-06
Research snapshots	07-12
International publications	14-15
Thai publications	16-17

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Message from the Dean

Welcome to NurseCMU's latest issue of Research Wisdom during what has certainly been a strong year for NurseCMU's research output so far.

2023 has seen an increase in internationally published research papers, with NurseCMU-affiliated authors contributing to an increased number of high impact publications in recent months. In this current issue, some of the research areas include nursing education, readiness for patient discharge, nurses' proactive work behavior, and several studies in midwifery.

In this issue, we are delighted to promote a Scopus Q1 publication led by Associate Professor Dr. Apiradee Nantsupawat, who has recently returned to the Faculty of Nursing following her year-long visiting scholarship appointment at Columbia University. We also feature a cross-disciplinary collaboration led by a team of researchers from our Division of Surgical Nursing and joined by members of the Faculty of Medicine. This study was published in Heliyon, a multi-disciplinary journal that is also ranked in the top quartile in its subject area.

We continue to highlight our graduate student research output with a focus on another Scopus Nursing Q1 publication led by master's student Hsu Yee Htet and co-authored by Associate Professor Dr. Kulwadee Abhicharttibutra and Assistant Professor Dr. Orn-Anong Wichaikhum.

While enjoying the most recent issue of Research Wisdom, please remember to visit our online portal for more information about NurseCMU's upcoming international conference. Planning and preparation are in full swing for September 2024, and I encourage potential participants to contact us promptly about reservations for this event.

Sincerely,



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



Factors influencing evidence-based practice among undergraduate nursing students: A cross-sectional analysis

(published in *International Journal of Nursing Sciences*)

Evidence-based practice (EBP) is all about using the best available evidence to make healthcare decisions. It is a well-established practice in the nursing field and continues to evolve perpetually.

This study, led by Associate Professor Dr. Apiradee Nantsupawat, looked at how well undergraduate nursing students in Thailand are doing in their use of evidence-based practice (EBP). The research team, which included several other NurseCMU faculty members, in addition to nursing experts from the United States and Singapore, surveyed 470 third- and fourth-year nursing students from five public universities in Thailand between January and March 2021.

The students filled out a questionnaire with general information about themselves and their EBP skills and participated in semi-structured interviews with interesting results.

Overall, there seemed to be positive attitudes toward EBP. However, when it came to students' actual skills and practice, there was room for improvement. The students scored the highest in the "attitudes" category, which means they generally had good attitudes toward EBP.



However, they scored the lowest in "retrieving and reviewing evidence," which suggests they might need more training in finding and evaluating research.

Some factors that influenced their EBP skills included whether they had previous EBP studies, familiarity with research methods, confidence in clinical decision-making, preparedness for practice, and access to journals. Basically, students who had more exposure to EBP and research-related activities tended to do better with EBP.

This study's findings suggest that, while EBP is certainly informing practice in nursing education, nursing educators should focus on integrating EBP courses and research studies into their curricula to improve students' EBP skills. Moreover, providing increased support, resources, and opportunities for students to develop their confidence and preparedness for EBP could be beneficial. Access to journals and technology is also important, but it's not enough on its own – students need guidance on how to filter and apply the information they find.

Overall, the results of Dr. Apiradee's study emphasize the importance of preparing nursing students with strong EBP skills, as these skills play a critical role in delivering quality healthcare. By enhancing their EBP competency during their undergraduate studies, they are more likely to apply these skills in their future clinical practice, ultimately benefiting patients and the healthcare system as a whole.

Click [here](#) to read
Factors influencing evidence-based practice among undergraduate nursing students: A cross-sectional analysis



Assoc. Prof. Apiradee
Nantsupawat

Asst. Prof. Orn-
Anong Wichai khum



Assoc. Prof. Kulwadee
Abhicharttibutra

Lect. Kedsaraporn
Udkunta



Readiness for hospital discharge post-initial invasive percutaneous transhepatic biliary drainage: A mixed-methods study (published in *Heliyon*)

Readiness for hospital discharge is a crucial concept in nursing, encompassing the patient's physical, psychological, and social preparedness to transition from the hospital to home care. The multi-disciplinary research team for this mixed-methods study included faculty members from NurseCMU's Division of Surgical Nursing and the CMU Department of Medicine.

Assistant Professor Dr. Kanittha Rattanakanlaya led the study exploring the readiness for hospital discharge among patients who had undergone invasive percutaneous transhepatic biliary drainage (PTBD). The sample also included caregivers and healthcare providers. The study combined quantitative data from a readiness scale and qualitative insights from interviews.

Overall readiness for hospital discharge was found to be high among the patients. However, when examining specific dimensions of readiness, personal status scored the lowest, suggesting that patients may not always be in optimal condition at the time of discharge.

The qualitative analysis identified three main themes related to readiness for hospital discharge: improved health conditions, self-care knowledge, and preparedness for homecare. Improved health condition was concerned with the importance of patients' physical stability and minimal complications, while participants also discussed the need for patients to be free from pain, fever, and other complications before discharge. Regarding the second theme, patients and caregivers focused on acquiring knowledge related to post-discharge care which included taking care of biliary drainage, following a suitable diet, and recognizing abnormal symptoms. Education in these aspects was seen as critical for a smooth transition to home care.

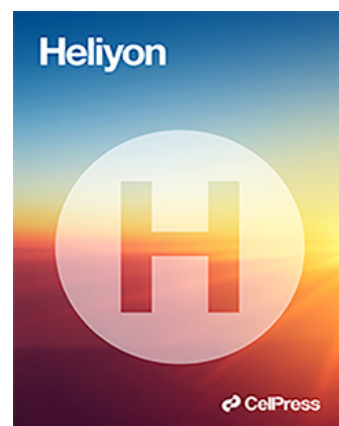
The final theme highlighted the preparations made by patients and caregivers to provide care at home. This involved making physical adjustments at home, such as creating a comfortable sleeping arrangement and ensuring a clean environment for wound care. Family support played a crucial role in this aspect of readiness.

The study suggests that, while patients may indicate high readiness for discharge, healthcare providers should consider individual patient needs and assess whether they are genuinely ready for the transition to home care. Gradual discharge education may be more effective than providing all information on the day of discharge. Additionally, family support and preparedness are vital factors in ensuring successful home care.

The limitations of the study include a limited number of participants, which was partly due to the COVID-19 pandemic, and the need for further research to understand how patients adjust to home care post-discharge. Overall, this research provides valuable insights into the factors influencing readiness for hospital discharge among patients who have undergone PTBD, highlighting the need for a holistic approach to patient assessment and education.

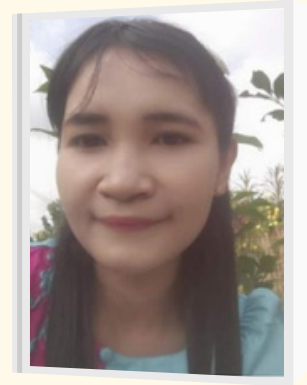


Click [here](#) to read **Readiness for hospital discharge post-initial invasive percutaneous transhepatic biliary drainage: A mixed-methods study**



Graduate student publication focus:

Hsu Yee Htet



The growing number of internationally published research papers on display in our September issue of Research Wisdom stands as a testament to the growing impact of NurseCMU's research output as well as to the expertise of our authors, researchers, and also our graduate students.

Moreover, as Chiang Mai is conveniently located in Southeast Asia, in addition to top-quality students from Thailand, we also attract students from across the greater region, which also pollinates and grows our academic base.

One area in which NurseCMU excels is Nursing Administration. Likewise, the International Nursing Review, as quoted on its website, "focuses predominantly on nursing and health policy issues" and is a renowned resource for nursing issues globally.

It was in this spirit that one of our Nursing Administration master's students, Hsu Yee Htet, sought out the International Nursing Review to publish her work on proactive work behavior in nurses.

She initially chose her topic, proactive work behavior (PWB), because she felt that, for nurses, it is a crucial factor in quality nursing care. As a nursing tutor, Hsu Yee Htet realized that there was limited knowledge about PWB among nurses in Myanmar and that in light of this, that her findings could be useful for hospital administrators and nurse managers in fostering PWB among Myanmar nurses.

There is a relative wealth of information on PWB, and several factors have been found to influence PWB in other contexts outside of nursing. As a result of her research, Hsu Yee Htet, along with her advisory team, Associate Professor Dr. Kulwadee Abhicharttibutra and Assistant Professor Dr. Orn-Anong Wichaikhum, found that transformational leadership and work engagement were significant predictors of PWB. This demonstrated that, when leaders support and empower nurses' contributions, nurses then develop their PWB, which results in improved levels of quality nursing care.

Hsu Yee Htet also felt confident that these results would prove useful in other contexts outside Myanmar, assisting nurse leaders in implementing international nursing policy to promote quality nursing care.

An important aspect of the Graduate student publication focus is allowing our authors to share their experiences and advice for the next generation of student researchers. As this was Hsu Yee Htet's very first experience publishing internationally, she found it extremely challenging.

However, she said it was essential to, "Never, never give up!" She also explained that "Teachers are guiding stars." She contacted Dr. Kulwadee and discussed her research with her when she felt lost. Regarding international journals, she encourages graduate researchers to pay attention to every detail, read their guidelines carefully, and look at recently published issues of the journal to be certain that their topic is a good fit.

Click [here](#) to read **Factors predicting proactive work behaviors among nurses: A descriptive predictive study**



Research Snapshots

Adherence therapy for adults with type 2 diabetes: A feasibility study of a randomized controlled trial

This study aimed to explore whether Adherence Therapy could help people with type 2 diabetes stick to their medication. A trial was conducted by which participants received either eight phone-based sessions of Adherence Therapy or their regular treatment. The trial took place during the COVID-19 pandemic in Saudi Arabia. Measurement demonstrated how well people stuck to their medication, and interviews investigated their beliefs about the therapy while their average blood sugar levels were taken before and after the treatment. Out of 13 participants, most completed the baseline measures, but only five out of seven in the Adherence Therapy group finished the treatment. The study suggested that a larger trial on Adherence Therapy could be possible while optimal methods for recruiting participants, explaining the trial, and providing support materials should be considered. *Pilot and Feasibility Studies*

<https://cmu.to/ajHGV>



Thai pregnant women's perceptions regarding fetal brain development: A qualitative descriptive study

In this qualitative descriptive study, perceptions of fetal brain development among pregnant women in southern Thailand were explored. In-depth interviews conducted between August 2020 and January 2022 were analyzed using thematic analysis, revealing three prominent themes: "discrepancy between the significance and understanding of fetal brain development", encompassing subthemes related to the recognition of its importance and limited comprehension; "unrecognized harms of suboptimal fetal brain development", with subthemes highlighting expectations and understanding of potential harm; and "promoting fetal brain development", identified as a critical theme, encompassing subthemes related to practices for nourishment and harm avoidance. The findings underscored the limited understanding among pregnant women regarding fetal brain development and the potential risks of this, thereby emphasizing the need for education and guidance from healthcare professionals, particularly nurses, to ensure accurate comprehension of fetal brain development, appropriate nourishment practices, and harm avoidance strategies tailored to the context of pregnant women. *Pacific Rim International Journal of Nursing Research*

<https://cmu.to/DjntV>



Assoc. Prof. Nantaporn
Sansiriphan



Assoc. Prof. Kasara
Sripichyakan

Dr. Nonglak
Chaloumsuk



Research Snapshots

Factors predicting coping of pregnant women working in the manufacturing industry: A cross-sectional study

This cross-sectional study examined the factors influencing coping mechanisms among pregnant women employed in the manufacturing industry. The study, conducted at five provincial hospitals in Thailand, included 288 participants and employed various research instruments to assess job strain, pregnancy-specific stress, sense of coherence, self-esteem, religious belief, social support, and coping strategies. The results indicated that a combination of job strain, pregnancy-specific stress, sense of coherence, self-esteem, religious belief, and social support accounted for 60% of the variance in problem-focused coping and 57% of the variance in emotion-focused coping among these women. Notably, social support emerged as the most influential predictor of problem-focused coping, while the sense of coherence played a pivotal role in emotion-focused coping. These findings have significant implications for nurse-midwives, suggesting the importance of interventions that emphasize enhancing social support and cultivating a sense of coherence while mitigating pregnancy-specific stress in order to support coping strategies among pregnant women in the manufacturing industry. *Pacific Rim International Journal of Nursing Research*

<https://cmu.to/tJc84>



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

In the context of rising challenges faced by nurses, exacerbated by factors such as the COVID-19 pandemic and global healthcare staff shortages, this study in Myanmar explored the crucial role of proactive work behavior in the delivery of quality nursing care. Data from 183 registered nurses across four university-affiliated general hospitals were analyzed, revealing a moderate level of proactive work behavior. Notably, transformational leadership and work engagement emerged as significant predictors, jointly explaining 33.0% of the variance in nurses' proactive work behaviors. These findings underscore the importance of fostering a culture where nurses feel encouraged to contribute ideas for enhancing work standards, with the support of resources and transformational leadership from nurse managers, ultimately contributing to improved patient care and organizational outcomes. This study carries implications for nursing and healthcare policy, emphasizing the need for hospital administrators to promote nurses' proactive engagement and support their transformative leadership, while also facilitating a positive environment for idea generation and problem prevention. *International Nursing Review*

<https://cmu.to/NHyMU>



Assoc. Prof. Kulwadee
Abhicharttibutra



Asst. Prof. Orn-
Anong Wichaikhum

Research Snapshots

Satisfaction of women with labor and delivery in rural Punjab, Pakistan: A cross-sectional study

In rural Pakistan, women's access to basic healthcare services is pivotal in reducing maternal and newborn morbidity and mortality. This cross-sectional study investigated women's satisfaction with the quality of midwifery care during labor and delivery at basic health units. Employing simple random sampling, 328 women from 96 health units were surveyed between December 2020 and March 2021, utilizing the Labor and Delivery Satisfaction Index to gauge their satisfaction. Results revealed that a substantial majority, 84.5%, expressed satisfaction with the quality of midwifery care during labor and delivery, while 15.5% were dissatisfied. Notably, areas such as the tools used for monitoring labor, non-pharmacological pain management during labor, respectful treatment, provision of accurate information, and granting control over labor require improvement. These findings serve as valuable insights for midwives, healthcare providers, and administrators to enhance services tailored to rural women, emphasizing the significance of comprehensive care and respectful communication in maternity services. *Pacific Rim International Journal of Nursing Research*

<https://cmu.to/nA8ui>



Assoc. Prof. Nantaporn
Sansiriphun

Assoc. Prof. Apiradee
Nantsupawat



Dr. Nonglak
Chaloumsuk

Effectiveness of internet-based psychosocial interventions among family caregivers of people with schizophrenia: A systematic review

This review scrutinized the effectiveness of internet-based psychosocial interventions for family caregivers of individuals with schizophrenia, assessing their impact on psychological distress, caregiving burden, expressed emotion, knowledge about psychosis, and patient hospitalization. A systematic search encompassing six databases was conducted, covering studies from 2010 onwards in English and Thai. Out of 20 studies, five were included in the review, and due to methodological disparities, meta-analysis was infeasible. Instead, a narrative synthesis was employed. Findings indicated mixed results: while psychological distress remained unimproved in one study, caregiving burden was alleviated in another. Expressive emotion and knowledge about psychosis exhibited conflicting outcomes in two separate studies, while hospitalization remained unaffected in one study. The review emphasized the need for rigorous randomized control trials with consistent outcome measurements to minimize heterogeneity, enabling more conclusive meta-analysis and practical recommendations. *Pacific Rim International Journal of Nursing Research*

<https://cmu.to/Wu7a3>



Prof. Patraporn
Bhatarasakoon

Research Snapshots

The experiences and needs of metastatic spinal cancer family caregivers at home: A systematic review

Faculty of Nursing lecturer [Apichat Kardosod](#) led this study which delved into the experiences and needs of family caregivers of individuals with metastatic spinal cancer, aiming to understand how nurse-led support could effectively address their needs. A qualitative systematic review of eight studies spanning various countries was conducted, involving 92 caregivers. Thematic analysis revealed four main themes: (1) the intricacy of caregivers' needs, (2) the caregivers' roles and physical requirements, (3) the multifaceted nature of psychosocial needs, and (4) the significance of comprehending supportive care. These findings demonstrate the challenges faced by family caregivers of metastatic spinal cancer patients, transcending geographical and cultural boundaries. Caregivers require a range of support from healthcare systems, and such support should be tailored to their unique contexts to enhance the overall quality of care for this population. *Supportive Care in Cancer*

<https://cmu.to/XJHmN>



Lect. Apichat
Kardosod

Development, reliability, and validity of nurses' work-life balance scale in regional Thai hospitals

This study aimed to create a comprehensive tool, the Nurses' Work-life Balance Scale (NWLBS), designed specifically for regional hospital nurses, recognizing the unique factors influencing their work-life balance. Through rigorous testing involving content validity, exploratory and confirmatory factor analyses, and reliability assessments with 598 professional nurses, the NWLBS was developed, comprising 38 items organized into seven components. These components explained a substantial 64.46% of the total variance, with a strong Content Validity Index of 0.94. Confirmatory factor analysis results supported the scale's alignment with empirical data. Despite minor variations, Cronbach's alpha values within the seven subscales demonstrated satisfactory reliability. In conclusion, the NWLBS proves to be a robust instrument, exhibiting good content validity, construct validity, and reliability, effectively evaluating work-life balance among nurses in regional hospital settings. *Journal of Nursing Measurement*

<https://cmu.to/u613f>



Assoc. Prof.
Petsunee
Thungjaroenkul



Assoc. Prof.
Somjai
Sirakamon

Research Snapshots

Prenatal harmful substances: Thai pregnant women's experiences

This study explored the experiences of pregnant women regarding the avoidance of harmful substances to protect their unborn babies. Conducted through qualitative interviews with 17 purposively selected pregnant women in southern Thailand between September 2020 and April 2021, the study uncovered four key themes which included participants' "understanding of harms" (substance characteristics, exposure details, protective mechanisms, personal experiences, and information sources); "practices for safety" (including food, work, air, and personal/household product safety); "challenges in avoidance," (including unawareness, limited access to safe alternatives, discomfort, inevitability, and cultural traditions); and finally, "overcoming challenges" (personal changes, seeking support, and cultivating peace of mind). The findings highlight the need for comprehensive guidelines to address prenatal exposure to harmful substances, emphasizing nurses' roles in empowering pregnant women by involving their families and creating optimal prenatal environments. *Belitung Nursing Journal*

<https://cmu.to/pWoYB>

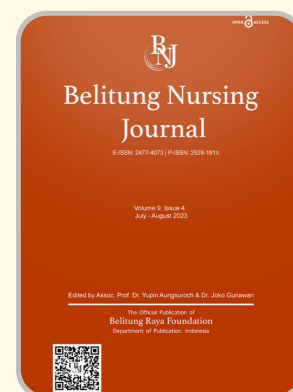


Assoc. Prof. Nantaporn
Sansiriphun

Assoc. Prof. Kasara
Sripichyakan



Assoc. Prof.
Pimpaporn Klunklin



Service users' perceptions of recovery from recent-onset psychosis and their long journey to and through psychiatric treatment

This descriptive qualitative study explored the experiences of individuals with recent-onset psychosis in low-income African countries, focusing on their journeys to psychiatric care settings and their perceptions of recovery. Nineteen participants from Ethiopian hospitals took part in individual semi-structured interviews, shedding light on their conceptualizations of recovery. Four main themes emerged: "domination over the disturbance of psychosis," "complete medical treatment course and stay normal," "stay active in life with optimal functioning," and "reconcile with the new reality and rebuild hope and life." These themes underscore the challenges individuals face on their journeys to conventional psychiatric care settings, often marked by misunderstandings about the nature of psychotic illness and the duration of treatment needed for full recovery. To address these issues, it is important for clinicians to consider traditional beliefs about psychosis, integrating conventional psychiatric treatment with spiritual and traditional healing services to enhance early treatment initiation and engagement, ultimately promoting recovery. *International Journal of Mental Health Nursing*

<https://cmu.to/mwDqI>



Research Snapshots

Designing Simulation Scenarios to Enhance Nursing Students' Clinical Judgment: A Qualitative Study

This qualitative descriptive study explored the perspectives of nursing instructors regarding the essential components in designing simulation scenarios aimed at improving nursing students' clinical judgment. The study emphasized the important role of clinical judgment in patient safety and the need for nursing students to demonstrate sound clinical judgment before they become professional practitioners. While simulation-based learning is widely used in nursing education, it has often focused on theoretical and practical content rather than cognitive development. The findings revealed four key themes: 1) fostering instructor support, 2) recognizing students' strengths, 3) enhancing scenario specificity, and 4) promoting cognitive development. These themes underscored the importance of nursing instructors in guiding students' cognitive processes through well-designed simulation scenarios. By implementing these findings, nursing instructors can create simulation-based activities that better develop clinical judgment, ultimately contributing to patient safety and the quality of care provided by future nursing professionals. *Pacific Rim International Journal of Nursing Research*

<https://cmu.to/rxNvH>



Assoc. Prof.
Sombat Skulphan



Assoc. Prof.
Nongkran
Viseskuln

Effects of healthcare technologies on the promotion of physical activities in older persons: A systematic review

Assistant Professor Dr. Phanida Juntasopeepun contributed to this systematic review on the impact of health technologies on promoting physical activity among older individuals. The study was conducted following PRISMA guidelines, analyzing 27 articles published before 2020 from sources including COCHRANE, PubMed, Science Direct, and Proquest. The findings highlighted key aspects that are relevant to nursing care for older people. The health technologies employed for promoting physical activity were characterized by attributes such as accuracy, usefulness, reliability, comfort, safety, and relevancy. Most notably, wearable technologies which use artificial intelligence played a significant role in enhancing healthcare behaviors among older individuals. These technologies not only provided reliable bio-behavioral information but also promoted dependency and accuracy, ultimately influencing physical activity patterns. To sum up, health technologies can effectively encourage physical activity among older individuals, contributing to overall health and well-being in their later years. *Informatics for Health and Social Care*

<https://cmu.to/32Qpr>



Asst. Prof. Phanida
Juntasopeepun

Research Snapshots

Causal modelling of factors influencing quality of nursing care in China

This cross-sectional study aimed to establish and validate the Chinese Model of Quality Nursing Care, given the limited research on factors influencing nursing care quality in China. The study involved 784 registered nurses from three affiliated hospitals of a medical university in China, employing various instruments for data collection and statistical analysis. The results revealed that the modified model accurately represented the empirical data, explaining 31% of the variance in nursing care quality. Notably, the quality of nursing care was positively influenced by the nursing practice environment, psychological empowerment, and work engagement, with the practice environment exerting the most significant impact. Furthermore, high-performance work systems and perceived organizational support indirectly enhanced nursing care quality by influencing psychological empowerment and work engagement. Surprisingly, patient-to-nurse ratios had no significant effect on care quality. These findings underscore the importance of enhancing organizational support, work environments, and high-performance work systems in healthcare institutions to retain nursing staff and ultimately improve the quality of nursing care. Further testing and potential model refinement are recommended for practical application. *Pacific Rim International Journal of Nursing Research*

<https://cmu.to/3CDAv>



Assoc. Prof. Kulwadee
Abhicharttibutra



Asst. Prof. Orn-
Anong Wichaikhum

International Publications

Alenazi, F., Peddle, M., Bressington, D., Mahzari, M., & Gray, R. (2023). Adherence therapy for adults with type 2 diabetes: A feasibility study of a randomized controlled trial. *Pilot and Feasibility Studies*, 9(1), 71

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