Research and Knowledge Management (KM) Day was jointly organized by Human Resource Office, Research Promotion and Development Office, Quality Improvement and Risk Management Office, and the Learning Organization and Knowledge Management Committee on September 10, 2013. It was aimed to provide opportunities for faculty members and supporting staff to share their research and routine-to-research (R2R) projects, which would enhance their knowledge and encourage more development of research and quality improvement projects in Faculty of Nursing, Mahidol University. A number of research and R2R projects were displayed as poster presentations in the surrounding area of Rooms 301-303.

There were two concurrent sessions in the morning; one is a meeting of faculty members and another is a meeting of supporting staff. Activities in the faculty room included a special lecture and oral presentation of research projects. Dr. Athiwat Jaiwiwatkul, deputy director of National Institute for Child and Family Development, Mahidol University, was invited to share his experiences on “How to write a research project to get funded”. His special lecture was very impressive and motivated for faculty members to develop a potentially funded proposal. Activities in the staff room also included a special lecture and oral presentation of R2R projects. Dr. Masmolee Jitwiriyatham, head of education, research and academic affair, Golden Jubilee Medical Center, Mahidol University, was invited to share her experiences on “R2R: Golden Jubilee Medical Center”. Her presentation was very interesting and empowered for staff to develop R2R projects for quality improvement of their work.

In the afternoon session, faculty members and supporting staff convened to attend a panel discussion on “Preparation and readiness in the provision of educational services for ASEAN Community”. Distinguished speakers were Professor Dr. Prasit Watanapa, associate dean and director of Siriraj Medical School, Faculty of Medicine Siriraj Hospital, and Miss Busadee Santipitaks, deputy director of General Department of ASEAN Affairs, Ministry of Foreign Affairs. Assistant Professor Dr. Chortip Santhanvanich, assistant dean for education, Faculty of Nursing, Mahidol University served as a moderator of the discussion.

In the final remarks, Assistant Professor Dr. Wanlaya Thampanichawat, associate dean for research and Miss Ariya Tanyapuch, secretary of Faculty of Nursing, talked about directions to develop research projects to seek external funding support for faculty members and continuous quality improvement projects for supporting staff. It can be noted that Research and KM Day has provided an excellent starting point for capacity building and sharing and learning atmosphere for faculty members and staff to help them be ready for challenges in joining ASEAN Community in the year 2014.
The basic issue posed for IRBs is the need to accept common standards for ethical conduct of human subjects research when the research involves investigators or sites in more than one country, and accept common standards for adequate review of human subjects research when the research involves IRBs in more than one country. Many of the guiding documents for the ethical conduct of human subjects research are international such as Declaration of Helsinki, International Conference on Harmonization of Good Clinical Practice, Council for International Organization of Medical Sciences (CIOMS), and WHO and UNESCO Guidelines. However, IRBs have to realize the different standards between CIOMS Guideline and Declaration of Helsinki when reviewing trans-national research. For placebo-controlled trials, Declaration of Helsinki 1996 version allows clinical trial with placebo when the local standard of care is no treatment, but CIOMS requires clinical trial to provide standard treatment, rather than placebo, if standard treatment is available anywhere in the world; there is no exploitation of subjects because they reside in areas with limited resources. To review trans-national research, IRB in the sponsoring country must understand context in the setting where the research will occur. It includes 1) literacy level of potential subjects, 2) cultural meaning of obtaining a signature on any document, 3) whether the inducements to take part in research are coercive, and 4) whether least vulnerable subjects consistent with the study objectives are being recruited. To manage conflicts from multiple reviews of research, IRB should distinguish real concerns about the protection of human subjects from jurisdiction power struggles and respect local expertise. IRB should also defer to what has already been approved unless there is a problem that could reasonably affect subject safety, violate international standards identified as governing the study, and impact the ability of the subject to make an informed decision about study participation.

Summarized by Assistant Professor Dr. Wanlaya Thampanichawat

Research Workshop

Research Promotion and Development Office, Faculty of Nursing and Division of Nursing, Siriraj Hospital held a workshop on “The development of research proposal” on the 8th, 16th, and 30th July, 2013 at Faculty of nursing, Mahidol University, Siriraj campus. The evaluations of this workshop from participants were in good and very good levels. This workshop provided opportunity to create network for collaborative research and share experiences between faculty members and registered nurses.

Research Camp

Research Promotion and Development Office, Faculty of Nursing held the 4th research camp during 29th July – 1st August, 2013 at the Royal James & Golf Resort. It was aimed to develop capacity of faculty members and focus on writing their manuscripts for national and international publications. The evaluations of this research camp from participants were in good and very good levels.
Effectiveness of the BAND Intervention Program on Thai Adolescents’ Sense of Belonging, Negative Thinking and Depressive Symptoms

Phuangphet Kaesornsamut, Yajai Sitthimongkol, Reg Arthur Williams, Sapin Sangon, Waijanin Rohitsuk, Thavatchai Vorapongsathorn

Abstract:
Purpose: This randomized controlled trial sought to examine the effectiveness of the 14-hour Belonging against Negative Thinking and Depression (BAND) intervention program on Thai adolescents’ sense of belonging, for mild to moderate depression, negative thinking and depressive symptoms. Cognitive behavioral and interpersonal approaches were integrated in constructing the intervention program that was designed to develop interpersonal skills and modify the adolescents’ negative thoughts.

Methods: The sample included 60 Thai high school students, with mild to moderate depressive symptoms, who were randomly assigned to either the intervention (n=30) or control (n=30) group. Those assigned to the intervention group participated in 14, one-hour sessions over seven weeks.

Main findings: The results revealed subjects in the intervention group, compared to those in the control group, had an increased sense of belonging, decreased negative thinking and decreased depressive symptoms. The findings support the effectiveness of the theory-based intervention in reducing depressive risk factors among Thai adolescents.

Conclusion and recommendations: Thus, community and mental health nurses are encouraged to apply the intervention program to high school students as a means of potentially preventing and/or reducing the rate of depression among Thai adolescents.

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Keywords: Depression; Negative thinking; Sense of belonging; Thai adolescents

The Effects of a Diabetic Self-management Program on Knowledge, Behavior, and Health Indexes among People with Type 2 Diabetes

Uranee Ratanapitak, Kerada Krianuwat, Apiradee Sriswijkamol, Chutatip Vipawattana,

Abstract:
Purpose: This study aimed to assess the effects of a diabetic self-management program on knowledge, behavior, and health indexes among people with type 2 diabetes.

Design: Experimental study design.

Methods: 117 people with type 2 diabetes were participated in the study. Participants were randomly selected from the population and randomly assigned into an intervention or a control group. Of all participants, 59 participants were in the intervention group (receiving a diabetic self-management program based on precede-proceed model and self-efficacy theory) and 58 were in the control group (receiving routine care). Data were collected by self-reported questionnaires and self-recorded diary. Data were analyzed using descriptive statistics (percentile, mean and standard deviation), and inferential statistics (t-test, chi-square, and repeated-measures analysis of variance).

Main findings: The findings showed that participants in the intervention group gained better knowledge, behavior, fasting blood sugar, and HbA1C than participants in the control group significantly. This diabetic self-management program was effective and had a medium to strong effect size and participants in the intervention group were able to maintain their healthy behavior for 18 months.

Conclusion and recommendations: Knowledge, skills training, nurse support including home visit, and self-efficacy were the cornerstone of this diabetic self-management program. It fostered people with type 2 diabetes to be able to control the level of fasting blood sugar and HbA1C. This program could be applied for other similar health care agencies.

Keywords: behavior, health index, knowledge, self-management program, type 2 diabetes
* This study was supported by Routine to Research Unit, Faculty of Medicine Siriraj Hospital
Lecturer Phuangphet Kaesomsamut, PhD, RN

Lecturer Phuangphet Kaesomsamut was awarded a Bachelor Degree of Science (Nursing and Midwifery) with first class honor from Mahidol University in 1986. She has joined the Department of Mental Health and Psychiatric Nursing, Faculty of Nursing, Mahidol University after obtaining Master Degree of Art (Counseling Psychology), Chulalongkorn University in 1993. Her master thesis was focused on group counseling for reducing anxiety in high risk pregnant women. Recently, she received a doctoral degree of Philosophy (Nursing) (International and Collaborative with Foreign University Program) from Faculty of Nursing and Faculty of Medicine, Ramathibodi Hospital, Mahidol University. During her doctoral study, she had precious opportunity to be a visiting scholar under the exchange program of the Higher Education Commission scholarship to pursue her work at School of Nursing, University of Michigan, USA, for one year. Her doctoral dissertation was focused on the preventive intervention for adolescents with depressive symptoms.

Nowadays, depression during adolescence has been recognized as a significant health problem. Eighteen to sixty percent of adolescents are having depressive symptoms, and approximately 60% of teens are diagnosed with depression experiencing suicidal ideation. On the basis of recent literature review, it was discovered that negative thinking and low sense of belonging are proximal significant factors for adolescent depression. Additionally, the longer depression goes untreated, the more difficult for adolescents to recover and the more adverse the effects on their psychological and social functioning. Because of these, Dr. Phuangphet has paid significant attention to develop the intervention program integrating cognitive and interpersonal approach in order to modify adolescents’ negative thoughts and re-establish their interpersonal relatedness to others. This program will help adolescents recover from depression, and develop sustainable long term relationships with others, leading to reduce the prevalence of clinical depression.

Her research work commits not only on adolescent depression but also women with intimate partner violence. Violence has a significant impact on women’s psychosocial health. Abused women had excessive stress, depressive symptoms, lack of social support and low self esteem. Dr. Phuangphet has conducted quantitative and qualitative researches on this issue to further develop a proper intervention for the better health of these abused women.

Publications: