Nursing in China Research Literatures

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Abstract: Nursing is a professional work within the health care system on the care of individuals, families, and communities so that they may attain, maintain, or recover optimal health and quality of life. Nurses provide care within the ordering scope of physicians. In the postwar period, nurse education has undergone a process of diversification towards advanced and specialized credentials, and many of the traditional regulations and provider roles are changing. In the fifth century BC, for example, the Hippocratic Collection in places describes skilled care and observation of patients by male attendants, who may have been early nurses. This article introduces recent research reports on nursing in China as references in the related studies.
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Key words: nursing; cell; life; research; literature; hospital; medicine; patient; China

1. Introduction

Nursing is a profession within the health care sector focused on the care of individuals, families, and communities so they may attain, maintain, or recover optimal health and quality of life.

Before the foundation of modern nursing, members of religious orders such as nuns and monks often provided nursing-like care. Examples exist in Christian, Islamic and Buddhist traditions amongst others. Phoebe, mentioned in Romans 16 has been described in many sources as "the first visiting nurse". These traditions were influential in the development of the ethos of modern nursing. The religious roots of modern nursing remain in evidence today in many countries. One example in the United Kingdom is the use of the honorific "sister" to refer to a senior nurse.

Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings. Nursing includes the promotion of health, prevention of illness, and the care of ill, disabled and dying people. Advocacy, promotion of a safe environment, research, participation in shaping health policy and in patient and health systems management, and education are also key nursing roles.

To work in the nursing profession, all nurses hold one or more credentials depending on their scope of practice and education. A licensed practical nurse (LPN) (also referred to as a licensed vocational nurse, registered practical nurse, enrolled nurse, and state enrolled nurse) works independently or with a registered nurse (RN). The most significant differentiation between an LPN and RN is found in the requirements for entry to practice, which determines entitlement for their scope of practice. For example, Canada requires a bachelor's degree for the RN and a two-year diploma for the LPN. A registered nurse provides scientific, psychological, and technological knowledge in the care of patients and families in many health care settings. Registered nurses may earn additional credentials or degrees.

Completion of any one of these three educational routes allows a graduate nurse to take the NCLEX-RN, the test for licensure as a registered nurse, and is accepted by every state as an adequate indicator of minimum competency for a new graduate. However, controversy exists over the appropriate entry-level preparation of RNs. Some professional organizations believe the BSN should be the sole method of RN preparation and ADN graduates should be licensed as "technical nurses" to work under the supervision of BSN graduates. Others feel the on-the-job experiences of diploma and ADN graduates makes up for any deficiency in theoretical preparation.

With health care knowledge growing steadily, nurses can stay ahead of the curve through continuing education. Continuing education classes and programs enable nurses to provide the best possible care to patients, advance nursing careers, and keep up with Board of Nursing requirements. The American Nurses Association and the American Nursing Credentialing Center are devoted to ensuring nurses have access to quality continuing education offerings. Continuing education classes are calibrated to provide enhanced learning for all levels of nurses. Many States also regulate Continuing Nursing Education. Nursing licensing boards requiring Continuing Nursing Education (CNE) as a condition for licensure, either initial or renewal, accept courses provided by organizations that are accredited by other state licensing boards, by the American Nursing Credentialing Center (ANCC), or by organizations that have been designated as an approver of continuing nursing education by ANCC. There are some

exceptions to this rule including the state of California, Florida and Kentucky. National Healthcare Institute has created a list to assist nurses in determining their CNE credit hours requirements. While this list is not all inclusive, it offers details on how to contact nursing licensing boards directly. This article introduces recent research reports as references in the related studies.

The following introduces recent reports as references in the related studies.

Cao, Y., M. DiGiacomo, et al. "Cardiovascular disease in Chinese women: an emerging high-risk population and implications for nursing practice." J Cardiovasc Nurs. 2008 Sep-Oct;23(5):386-94; quiz 395-6. doi: 10.1097/01.JCN.0000317446.97951.c2.

BACKGROUND: Globally, cardiovascular disease (CVD) is the leading cause of death among women. In China, the burden of CVD is increasing at an alarming rate; yet, it is underestimated and has important primary, secondary, and tertiary prevention issues. AIM: This article seeks to document the issues surrounding the increased rate of CVD among Chinese women and describe the etiological factors and potential strategies to decrease the burden of disease. METHODS: The Medline, Current Information in Nursing and Allied Health Literature, Ovid, Science Direct, and Government Reports were searched using the key words heart disease, cardiovascular, ischemic heart disease, coronary, women, and Chin (China, Chinese). Articles were selected if they described epidemiological factors and/or interventions to address heart disease in Chinese women. FINDINGS: Rapid industrialization and urbanization in China have extended the life expectancy of the population, particularly among women. Social, political, and economic factors have caused lifestyle changes that have a direct bearing on health. Heart disease has become the most common cause of death among Chinese women and the second most common cause among men. Paradoxically, prevention and management strategies are sparse in relation to the high prevalence. A number of modifiable risk factors have been identified as major contributors of CVD and should be a focus of primary, secondary, and tertiary prevention. CONCLUSION: Cardiovascular disease is already a leading cause of death and disability among Chinese women. The high prevalence of risk factors and low rate of awareness, treatment, and control signal an urgent need for focusing on this issue in Chinese women. Strategies on individual, community, and government levels are recommended. Involving Chinese nurses in these strategies is essential.

Chan, T. C., Y. F. Shea, et al. "Development and validation of a prognostic index for 2-year mortality in Chinese older residents living in nursing homes." Geriatr Gerontol Int. 2012 Jul;12(3):555-62. doi: 10.1111/j.1447-0594.2011.00804.x. Epub 2012 Jan 12.

AIM: There is no mortality prediction index for Chinese nursing home older residents. The objective of this study was to derive and validate a 2-year mortality prognostic index for them. METHODS: We carried out a prospective cohort study on 1120 older residents from 12 nursing homes of Hong Kong. We obtained potential predictors of mortality and carried out updated functional assessment. Each risk factor associated independently with 2-year mortality in a derivation cohort was assigned a score based on the odds ratio, and risk scores were calculated for each participant by adding the points of risk factors present. Similar analysis was carried out on the validation cohort. RESULTS: Independent predictors of mortality included: aged 86-90 years (3 points); aged $\geq$ 91 years (4 points); Charlson comorbidity index $\geq$ 4 (6 points); Barthel Index 5-60 (5 points); Barthel Index 0 (10 points); number of hospitalizations in the preceding year (Adbefore) 1 (4 points); Adbefore 2 (5 points) and Adbefore $\geq$ 3 (6 points). In the derivation cohort, 2-year mortality was 10.8% in the low-risk group ($\leq$ 4 points) and 59.9% in the high-risk group ($\geq$ 14 points). In the validation cohort, 2-year mortality was 11.8% in the low-risk group and 60.4% in the high-risk group. The receiver-operator characteristic curve area was 0.761 for the derivation cohort and 0.742 for the validation cohort. CONCLUSIONS: Our prognostic index had satisfactory discrimination and calibration in an independent sample of Chinese nursing home older residents. It can be used to identify older residents with a high risk for poor outcomes, who need a different level of care.

Chang, S. H., N. L. Crogan, et al. "The Self-Care Self-Efficacy Enhancement Program for Chinese nursing home elders." Geriatr Nurs. 2007 Jan-Feb;28(1):31-6.

The purpose of this article is to introduce a theory-based intervention program, the Self-Care Self-Efficacy Enhancement Program (SCSEEP), which was derived from Bandura's Social Cognitive Theory (SCT). The SCSEEP, based on the concept of "perceived self-efficacy" within the SCT, was designed to improve self-care ability in Chinese nursing home elders. The theory-based SCSEEP was tested during a pilot study involving 42 elders from 2 nursing homes in Taiwan. Following the study, basic activities of daily living performance improved significantly in treatment group residents. Many Chinese elders are placed in nursing homes in the United States; thus, the SCSEEP may also be used as a theory-based caring model to improve self-care performance in Chinese Americans.

Chen, Y., X. Yang, et al. "A randomized controlled trial of the effects of brief mindfulness meditation on anxiety symptoms and systolic blood pressure in Chinese nursing students." Nurse Educ Today. 2013 Oct;33(10):1166-72. doi: 10.1016/j.nedt.2012.11.014. Epub 2012 Dec 20.

BACKGROUND: Previous studies suggested that mindfulness meditation effectively reduced stress-related anxiety and depression symptoms, but no research has evaluated the efficacy of mindfulness meditation in nurses and nursing students in China. OBJECTIVES: To evaluate the effects of brief mindfulness meditation on the anxiety and depression symptoms and autonomic nervous system activity in Chinese nursing students. DESIGN: A randomized controlled trial. SETTING: A medical university in Guangzhou, China. PARTICIPANTS: One hundred and five nursing students were randomly approached by email and seventy-two responded. Sixty recruited students were randomized into meditation and control group (n=30 each) after screening and exclusion due to factors known to influence mood ratings and autonomic nervous system measures. METHODS: The meditation group performed mindfulness meditation 30 min daily for 7 consecutive days. The control group received no intervention except pre-post treatment measurements. The Self-Rating Anxiety Scale and Self-Rating Depression Scale were administered to participants, and heart rate and blood pressure were measured. Pre- and post-treatment data were analyzed using repeated-measures analysis of variance. RESULTS: Differences between pre- and post-treatment Self-Rating Anxiety Scale scores were significantly larger in the meditation group than in the control group, but no similar effect was observed for Self-Rating Depression Scale scores. Systolic blood pressure was reduced more after the intervention in the meditation group than in the control group, with an average reduction of 2.2 mmHg. A moderate level of anxiety was associated with the maximum meditation effect. CONCLUSIONS: Brief mindfulness meditation was beneficial for Chinese nursing students in reducing anxiety symptoms and lowering systolic blood pressure. Individuals with moderate anxiety are most likely to benefit from a short-term mindfulness meditation program.

Chou, K. L., F. K. Yeung, et al. "Fear of falling and depressive symptoms in Chinese elderly living in nursing homes: fall efficacy and activity level as mediator or moderator?" Aging Ment Health. 2005 May;9(3):255-61.

Depression is a common problem for many Hong Kong Chinese elderly, especially those living in nursing homes. This study examines the relationship between fear of falling and depressive symptoms as well as the role of participation in physical activity and fall efficacy in the linkage between the fear of falling and depression. A sample of 100 residents living in nursing homes were interviewed. Using multiple regression models, we found that elderly persons who had greater fear of falling tended to report depressive symptoms more frequently after controlling socio-demographic and physical health status variables. In addition, activity involvement and fall efficacy acted as mediators and moderators in the link between the fear of falling and depression. Policy makers and aged care professional practitioners should find these findings valuable in promoting activity to aid in the prevention of depression amongst the elderly population.

Davidson, P., K. Hancock, et al. "Traditional Chinese Medicine and heart disease: what does Western medicine and nursing science know about it?" Eur J Cardiovasc Nurs. 2003 Sep;2(3):171-81.

BACKGROUND: Interest in Traditional Chinese Medicine (TCM) is growing rapidly beyond China. This interest is driven by a combination of factors including recognition of potential benefits of TCM; dissatisfaction with the traditional Western medical model; an increasing commitment to holistic care and increasing evidence for the interaction of psychological factors and outcomes of disease and treatment and health consumer demand. AIMS: This review article was prompted by the need to understand and interpret the increasing trend towards the use of TCM in heart disease. In particular, this article defines and describes TCM, and analyses implications and challenges for Western health care delivery models. LITERATURE SEARCH: This article provides a review of accessible evidence, to English speaking health care professionals. The CINAHL, MEDLINE, HealthSTAR, Academic ASAP and Cochrane databases were searched, identifying literature published from 1982. Search engines on the Internet were also used. Examples of keywords used were "Traditional Chinese Medicine" and "heart". CONCLUSION: Difficulties in accessing information regarding TCM have implications for health education in coronary heart disease and patient safety. The rapid uptake of TCM in both Western and Chinese societies mandates an understanding of the principles and potential interactions when TCM is complemented with Western medical treatment for heart disease. Development of this knowledge and understanding is essential in order to provide safe and effective health care to patients who use combination therapies.

Du, L. and J. Hu "The effects of health education on knowledge about Alzheimer's disease and health-

promoting behaviours of older Chinese adults in a nursing home: A pilot study." Int J Nurs Pract. 2014 May 12. doi: 10.1111/ijn.12349.

This pilot study tested the effects of health education on knowledge of Alzheimer's disease (AD) and health-promotion lifestyles among older Chinese adults residing in a nursing home in Wuhan. A convenience sample of 35 elders without AD was recruited from a nursing home in Wuhan and provided with a 5 week health education intervention. Participants had little knowledge about AD and had an intermediate level of health promotion. After receiving the intervention, there were significant increases in scores on AD knowledge ($F = 29.69$, df = 1.23, $P < 0.01$) and health-promotion lifestyle ($F = 4.39$, df = 2, $P < 0.05$). These results suggest that the intervention on AD knowledge and health promotion was effective for elders in this study. Nurses should therefore provide education for elders in nursing homes to improve their AD knowledge and health-promotion lifestyles, and to prevent or ameliorate AD.

Duff, V., N. Johnston, et al. "Learning styles of Chinese nursing faculty and career choice preferences." J Adv Nurs. 1992 Feb;17(2):229-33.

Chinese nurse educators' learning styles were examined using Kolb's experiential learning theory. Although many Chinese nurses are not able to select a profession for its fit to their personal learning orientation, they exhibit a learning style very similar to Canadian nurses.

Fu, X., J. Xu, et al. "Validation of the chinese version of the quality of nursing work life scale." PLoS One. 2015 May 7;10(5):e0121150. doi: 10.1371/journal.pone.0121150. eCollection 2015.

Quality of Nursing Work Life (QNWL) serves as a predictor of a nurse's intent to leave and hospital nurse turnover. However, QNWL measurement tools that have been validated for use in China are lacking. The present study evaluated the construct validity of the QNWL scale in China. A cross-sectional study was conducted conveniently from June 2012 to January 2013 at five hospitals in Guangzhou, which employ 1938 nurses. The participants were asked to complete the QNWL scale and the World Health Organization Quality of Life abbreviated version (WHOQOL-BREF). A total of 1922 nurses provided the final data used for analyses. Sixty-five nurses from the first investigated division were re-measured two weeks later to assess the test-retest reliability of the scale. The internal consistency reliability of the QNWL scale was assessed using Cronbach's alpha. Test-retest reliability was assessed using the intra-class correlation coefficient (ICC). Criterion-relation validity was assessed using the correlation of the total scores of the QNWL and the WHOQOL-BREF. Construct validity was assessed with the following indices: chi2 statistics and degrees of freedom; relative mean square error of approximation (RMSEA); the Akaike information criterion (AIC); the consistent Akaike information criterion (CAIC); the goodness-of-fit index (GFI); the adjusted goodness of fit index; and the comparative fit index (CFI). The findings demonstrated high internal consistency (Cronbach's alpha = 0.912) and test-retest reliability (interclass correlation coefficient = 0.74) for the QNWL scale. The chi-square test (chi2 = 13879.60, df [degree of freedom] = 813 P = 0.0001) was significant. The RMSEA value was 0.091, and AIC = 1806.00, CAIC = 7730.69, CFI = 0.93, and GFI = 0.74. The correlation coefficient between the QNWL total scores and the WHOQOL-BREF total scores was 0.605 (p<0.01). The QNWL scale was reliable and valid in Chinese-speaking nurses and could be used as a clinical and research instrument for measuring work-related factors among nurses in China.

Gan, P., Y. Xie, et al. "Rumination and Loneliness Independently Predict Six-Month Later Depression Symptoms among Chinese Elderly in Nursing Homes." PLoS One. 2015 Sep 3;10(9):e0137176. doi: 10.1371/journal.pone.0137176. eCollection 2015.

BACKGROUND: Previous studies conducted in Western countries independently demonstrated that loneliness and rumination are remarkable risk factors of depression among the elderly in both community and nursing homes. However, knowledge on the relationship between these three constructs among the elderly in Eastern countries is scarce. The current study aims to determine the relationship between loneliness, rumination, and depression among Chinese elderly in nursing homes. METHODS: A total of 71 elderly participants with an average age of 82.49 years completed this six-month longitudinal study. Physical reports indicated that none of the participants were clinically depressed before the study. At Time 1, their loneliness and rumination were measured using UCLA-8 Loneliness Scale and Ruminative Responses Scale. Six months later, the participants completed the Center for Epidemiologic Studies Depression Scale to assess depressive symptoms (Time 2). RESULTS: Multiple regression analysis revealed that both loneliness and rumination at Time 1 were the predictors of depression symptoms at Time 2 among the Chinese elderly in nursing homes. However, in the mediation analysis using PROCESS, the indirect effect between loneliness at Time 1 and depression symptoms at Time 2 was insignificant. CONCLUSIONS: Results suggest that previous loneliness and rumination thinking are predictors of future depression symptoms among the Chinese

elderly in nursing homes. However, the insignificant mediation further suggests that the differences between loneliness and rumination should be explored in future studies. Findings have important implications for mental health professionals in nursing homes in China.

He, F. X., V. Lopez, et al. "Perceived acculturative stress and sense of coherence in Chinese nursing students in Australia." Nurse Educ Today. 2012 May;32(4):345-50. doi: 10.1016/j.nedt.2011.05.004. Epub 2011 Jun 8.

University schools of nursing in Australia are the main providers of nursing education programmes for international students. The large cohort of overseas students requires that universities, as education providers, understand their needs and the problems related to studying and living in Australia. An exploratory descriptive quantitative study was conducted to investigate 119 Chinese international undergraduate nursing students' acculturative stress and sense of coherence at an Australian university in Sydney. Two validated scales were used: Acculturative Stress Scale for International Students (ASSIS) and Sense of Coherence (SOC). Results indicated that overall Chinese nursing students had a moderate level of acculturative stress and sense of coherence. However, there was a significant difference in the level of acculturative stress among three groups of Chinese nursing students enrolled in the Bachelor of Nursing course, and SOC was negatively correlated with the level of acculturative stress. This study extends the knowledge of the experiences of Chinese nursing students studying and living in an English-speaking country. The study also highlights the need for universities to provide relevant support to overseas students to make their study journey smoother and more successful.

Holroyd, E. A., M. H. Bond, et al. "Perceptions of sex-role stereotypes, self-concept, and nursing role ideal in Chinese nursing students." J Adv Nurs. 2002 Feb;37(3):294-303.

AIM: This study examined the relationship between sex-role stereotypes, self-concept and the requisite personality characteristics of an ideal nurse in a cohort of Hong Kong nursing students. METHODS: To rate these concepts a measure of eight comprehensive dimensions of personality perception was administered to 177 nursing students, studying on preregistration and postregistration programs at a Hong Kong tertiary institution. Both male and female nursing students perceived an ideal nurse to possess a profile of traits including being high on the dimensions of emotional stability, application, intellect, helpfulness and restraint. RESULTS: No significant difference between the self-ratings of the male and female students was found, indicating that male students had undergone a highly self-selective process when choosing nursing education under the influence of Chinese cultural stereotypical attitudes towards nursing. A typical Chinese nurse was rated as similar to the typical female in Chinese society by both male and female nursing students. A typical Chinese nurse was rated relatively low on the masculine dimensions of openness, extroversion and assertiveness. The self-ratings of male nursing students more closely approximated the ideal nurse than did the self-ratings of female nursing students. CONCLUSION: The conclusions highlight implications for the recruitment and education of both male and female nursing students in Hong Kong society.

Ip, W. Y., M. H. Lui, et al. "Promoting self-reflection in clinical practice among Chinese nursing undergraduates in Hong Kong." Contemp Nurse. 2012 Jun;41(2):253-62. doi: 10.5172/conu.2012.41.2.253.

This study evaluated the effect of a structured education programme on improving the self-reflection skills of Chinese nursing undergraduates in managing clinical situations. Johns' Structured Reflection Model was used as a framework for the development of the education programme. Thirty-eight nursing undergraduates attended a 3-hour interactive workshop on reflective skills and were encouraged to practise the skills learned under the guidance of a nurse instructor during their 4-week clinical practicum. The findings indicated that the programme was helpful in improving the undergraduates' reflective skills though only a few of them reached the highest level as critical reflectors. Some undergraduates identified time constraints and the lack of a trusting relationship with their nurse instructor as barriers to their reflective learning. The findings may help nurse educators develop education programmes with structured learning strategies to promote nursing undergraduates' self-refection in clinical practice.

Jiang, L., H. G. He, et al. "Knowledge, attitudes and competence in nursing practice of typhoon disaster relief work among Chinese nurses: a questionnaire survey." Int J Nurs Pract. 2015 Feb;21(1):60-9. doi: 10.1111/ijn.12214. Epub 2013 Nov 13.

The aim of this paper is to examine the relationships among nurses' knowledge of, attitudes towards and level of competence in nursing practice, as well as factors influencing nurses' competence in nursing practice, in typhoon disaster relief work. A cross-sectional descriptive study was conducted using a self-developed questionnaire to obtain data from 607 nurses working in four tertiary hospitals and two secondary hospitals in Fujian, China, in November

2011. Our findings show that the nurses' average percentage scores on their responses to questions in the domains of knowledge, attitudes and practice were 66.33%, 68.87% and 67.60%, respectively. The findings demonstrated a significant positive relationship between nurses' attitudes and their practice. Nurses' working unit, prior training in typhoon disaster relief, current position of employment and attitudes were significant predictors of nurses' competence in practice. The results indicate that strategies need to be developed for nurses to improve their knowledge, attitudes and practice.

Lam, C. L., W. C. Chan, et al. "Validation of the Chinese Challenging Behaviour Scale: clinical correlates of challenging behaviours in nursing home residents with dementia." Int J Geriatr Psychiatry. 2006 Aug;21(8):792-9.
BACKGROUND: Behavioural and psychological symptoms of dementia (BPSD) are associated with considerable burden to patients with dementia and their caregivers. Formal caregivers in residential care settings face different challenges when delivering care. OBJECTIVE: This study aimed at assessing the clinical correlates of challenging BPSD using the Chinese version of the Challenging Behaviour Scale (CCBS) designed for residential care settings. METHODS: One hundred and twenty-five participants were recruited from three care-and-attention homes in Hong Kong. The CCBS was administered together with the Cantonese version of Mini-Mental State Examination (MMSE), Clinical Dementia Rating (CDR), Disability Assessment for Dementia (DAD) and Neuropsychiatric Inventory (NPI) to explore the relationships between challenging behaviour and important clinical correlates. RESULTS: The CCBS had good internal consistency (alpha = 0.86), inter-rater (ICC = 0.79) and test-retest reliability (ICC = 0.98). A four-factor structure is demonstrated by factor analysis: hyperactivity behaviours, hypoactivity behaviours, verbally aggressive and aberrant behaviours. Challenging behaviours were associated with male gender, cognitive impairment, functional disability, neuropsychiatric symptoms, and higher caregiver's workload. CONCLUSIONS: The CCBS is a valid and reliable measure to assess BPSD in residential care settings in local Chinese community. It is useful in evaluating the challenges faced by formal caregivers during daily care of the dementia patients.

Li, Z. K., L. M. You, et al. "The career success scale in nursing: psychometric evidence to support the Chinese version." J Adv Nurs. 2014 May;70(5):1194-203. doi: 10.1111/jan.12285. Epub 2013 Oct 29.

AIM: The purpose of this study was to examine the psychometric properties of the 11-item Chinese version of the Career Success Scale. BACKGROUND: Nurses play an important role in the healthcare system. Opportunities to achieve success and satisfaction from one's career affect the retention and stability of the nursing workforce. The Career Success Scale was originally developed in English and has been translated into Chinese. Psychometric testing of the Chinese Career Success Scale for measuring career success in nurses has not been performed. DESIGN: A cross-sectional survey was conducted. METHOD: A convenience sample of 1148 clinical nurses were recruited from 10 level-3 hospitals in Guangdong Province, mainland China, from December 2010-December 2011. RESULTS: Results indicated that the Chinese Career Success Scale demonstrated good internal consistency and test-retest reliability. Principal component analysis supported the three-factor structure of the original instrument: Career Satisfaction, Perceived within Organization Competitiveness and Perceived External Organization Competitiveness. There were significant correlations among the three factors, which demonstrated the good construct validity of the Chinese version of this scale. CONCLUSION: The Chinese Career Success Scale appears to be a reliable and valid instrument. It has the potential to be used to measure nurses' career success in mainland China. The findings will be useful for nurse leaders and policymakers in the evaluation of nurses' self-perceived career success and to develop strategies to promote nurse retention and career development.

Liao, P. H., W. Chu, et al. "Evaluation of the mining techniques in constructing a traditional Chinese-language nursing recording system." Comput Inform Nurs. 2014 May;32(5):223-31. doi: 10.1097/CIN.0000000000000051.
In 2009, the Department of Health, part of Taiwan's Executive Yuan, announced the advent of electronic medical records to reduce medical expenses and facilitate the international exchange of medical record information. An information technology platform for nursing records in medical institutions was then quickly established, which improved nursing information systems and electronic databases. The purpose of the present study was to explore the usability of the data mining techniques to enhance completeness and ensure consistency of nursing records in the database system. First, the study used a Chinese word-segmenting system on common and special terms often used by the nursing staff. We also used text-mining techniques to collect keywords and create a keyword lexicon. We then used an association rule and artificial neural network to measure the

correlation and forecasting capability for keywords. Finally, nursing staff members were provided with an on-screen pop-up menu to use when establishing nursing records. Our study found that by using mining techniques we were able to create a powerful keyword lexicon and establish a forecasting model for nursing diagnoses, ensuring the consistency of nursing terminology and improving the nursing staff's work efficiency and productivity.

Liu, X., X. Niu, et al. "Effects of five-element music therapy on elderly people with seasonal affective disorder in a Chinese nursing home." J Tradit Chin Med. 2014 Apr;34(2):159-61.
        OBJECTIVE: To explore the effects of five-element music therapy on elderly patients with seasonal affective disorder in a Chinese nursing home. METHODS: The patients (n = 50) were recruited from a Shijingshan district nursing home in Beijing, China. They were randomly assigned to two groups, a treatment group and a control group, with 25 participants in each group. The patients received music therapy for 1-2 h each week over an 8-week period. The music therapy involved four phases: introduction, activities, listening to the Chinese five-element music, and a concluding phase. The participants in the control group did not listen to the five-element music. This study consisted of two parts: (a) a qualitative study that used focus groups to understand the feelings of the patients with seasonal affective disorder; (b) a quantitative study that involved administration of the self-rating depression scale (SDS) and Hamilton depression scale (HAMD) before and after treatment. RESULTS: (a) Qualitative analysis results: strength derived from the five-element group music therapy and emotional adjustment. The five-element group music therapy can reduce patients' psychological distress and let them feel inner peace and enhance their life satisfaction. (b) No significant difference in SDS and HAMD scores was found between the two groups (P > 0.05) prior to treatment. After treatment, the mean SDS score of the control group was 49.9 +/- 18.8, while the treatment group's score was 40.2 +/- 18.1. The HAMD score of the control group was 11.2 +/- 3.1, and the treatment group's score was 8.8 +/- 4.9. Following 8 weeks of music therapy, the SDS and HAMD scores of the treatment group were significantly lower than those for the control group (P < 0.05). CONCLUSION: Five-element music therapy alleviated the symptoms of seasonal affective disorder in the elderly patients.

Lo, M. L. "Folk beliefs of the Chinese and implications to psychiatric nursing." J Psychiatr Nurs Ment Health Serv. 1976 Oct;14(10):38-42.

Each culture has its own ways of coping with problems. The ancient peoples had developed various devices based on their settings. Those devices are not scientific from the modern man's point of view, however, they have been used over and over through thousands of years. The fact that the world populations have been expanding and growing in tremendous speed, and societies have become more and more complex, people in the world have been confronted with more problems than in the ancient days. Perhaps it is time for the modern man to look back to some of the traditionally used practices in order to draw some implications so that the modern practices can be modified and improved. Through such processes of re-evaluating the traditional practices and modifying modern practices, man will be greatly benefited from the past and the present.

Pang, S. M., T. K. Wong, et al. "Towards a Chinese definition of nursing." J Adv Nurs. 2004 Jun;46(6):657-70.
        BACKGROUND: A theory of nursing derived from nurses' experience can reflect indigenous practice values, which in turn can act as a fertile source of ideas and inventiveness in developing a relevant knowledge base to inform practice. However, systematic study of how Chinese nurses articulate nursing in their everyday practice is lacking. AIM: The aim of this paper is to describe how Chinese nurses conceptualize the practice of nursing; and to arrive at a definition of nursing based on this common understanding. METHOD: A systematic inquiry using a modified version of Van Kaam's controlled explication was designed. In the prescientific phase, 254 written accounts of nurses' views on nursing as lived in their everyday practice were collected in eight Chinese cities. In the scientific phase, concept analysis based on Aristotle's notion of four causes was adopted to capture the richness of the phrases that explain the multi-dimensionality of Chinese nurses' concepts of nursing. This was followed by a survey of 1782 nurses to verify the findings. The most commonly held views were summarized and a Chinese definition of nursing was drafted. FINDINGS: Nursing in the Chinese sense means to understand the dynamic health status of a person, to verify health concerns dialectically, and to consider interventions with the goal of assisting the person to master the appropriate health knowledge and skills for the attainment of optimal well-being. The survey findings show that nursing has developed into a professional caring practice in China today. The definition has some similarities with those of Western nurses, but the underpinning epistemic concerns are grounded in the philosophy of traditional Chinese medicine and Eastern ideologies. CONCLUSION: The findings provide Chinese nurses with a definition of

nursing articulated in their own language. The identification of qing, li, zhi, and xin as its epistemic concerns, and the articulation of the process of nursing as 'dialectical verification', provides a perspective for understanding nursing based on Eastern philosophies. The findings can enhance nurses' engagement in a cross-cultural dialogue to promote better understanding of nursing as it is practised in different parts of the world.

Tang, M., J. Woo, et al. "Utilization of emergency room and hospitalization by Chinese nursing home residents: a cross-sectional study." J Am Med Dir Assoc. 2010 Jun;11(5):325-32. doi: 10.1016/j.jamda.2009.10.003. Epub 2010 Mar 24.

OBJECTIVES: This study determined factors associated with increased use of emergency room (ER) and hospitalization of Chinese nursing home residents. DESIGN: A cross-sectional study. SETTING: The setting was 14 nursing homes in Hong Kong. PARTICIPANTS: Participants were 1820 Chinese nursing home residents. MEASUREMENTS: Data on facility factors and resident factors were collected. Resident factors were mainly collected by the Minimum Data Set-Resident Assessment Instrument 2.0 (MDS-RAI 2.0). RESULTS: Residing in a for-profit home (OR=6.51), having less than one third of time spent in activities (OR=1.84), having had recent fall (OR=3.81), having renal failure (OR=3.17), having had recent initiation of new medications (OR=1.42), and having had recent physician visit (OR=1.67) were factors associated with increased use of ER. Male gender (OR=1.49), having a body mass index (BMI) less than 18.5 kg/m(2) (OR=1.51), being more functionally dependent (OR=1.18 per 1-point increment in the ADL Hierarchy Scale), having higher burden of illness (OR=1.29 per 1-point increment in the CHESS score), having a feeding tube (OR=3.07), having an indwelling urinary catheter (OR=2.75), having had recent fall (OR=1.94), having respiratory tract infection (OR=2.05), having Parkinson's disease (OR=1.55), having anemia (OR=1.70), having had recent initiation of new medications (OR=2.08), and having had recent physician visit (OR=1.83) were factors associated with increased risk of hospitalization. CONCLUSIONS: Although some of the associated factors reflect frailty characteristics of residents, differences in association between for-profit and not-for-profit institutions provide evidence of overreliance on the ER, perhaps as a result of inadequate primary care support.

Tao, Y., L. Li, et al. "Development of a nursing education program for improving Chinese undergraduates' self-directed learning: A mixed-method study." Nurse Educ Today. 2015 Nov;35(11):1119-24. doi: 10.1016/j.nedt.2015.05.016. Epub 2015 May 28.

OBJECTIVE: This paper demonstrates the establishment of an extra-curricular education program in Chinese context and evaluates its effectiveness on undergraduate nursing students' self-directed learning. METHODS: Zimmerman's self-directed learning model was used as the theoretical framework for the development of an education program. Mixed-method was applied in this research study. 165 undergraduate students from a nursing college were divided into experimental group (n=32) and control group (n=133). Pre- and post-tests were implemented to evaluate the effectiveness of this education program using the self-directed learning scale of nursing undergraduates. Qualitative interview was undertaken within participants from the experimental group to obtain their insights into the influence of this program. RESULTS: Both quantitative and qualitative analyses showed that the program contributed to nursing students' self-directed learning ability. In the experimental group, the post-test score showed an increase compared with pretest score (p<0.05). The score of experimental group was higher than control group (p<0.05) after 18months training, while there was no difference between them before this program. Qualitative results from 9 students' experience were formulated as three main thematic categories: influence on awareness, influence on learning activities and influence on learning environment. It can be found in the qualitative analysis that learners benefited from this program. CONCLUSION: The education program contributes to the improvement of nursing undergraduates' self-directed learning. Various pedagogic methods could be applied for self-directed learning.

Taylor-Piliae, R. E. and S. Y. Chair "The effect of nursing interventions utilizing music therapy or sensory information on Chinese patients' anxiety prior to cardiac catheterization: a pilot study." Eur J Cardiovasc Nurs. 2002 Oct;1(3):203-11.

BACKGROUND: Unrelieved anxiety can produce an increase in sympathetic nervous system activity leading to an increase in cardiac workload. Nursing interventions using music therapy or sensory information among patients with coronary artery disease has resulted in anxiety reduction, though results in Chinese subjects has not previously been published. AIMS: To determine the effects of using nursing interventions of music therapy or sensory information, on reducing anxiety and uncertainty, and improving negative mood among Chinese subjects immediately prior to cardiac catheterization. METHODS: An experimental three-group repeated measures design for this pilot study was used. Forty-

five hospitalized adults (15/group) undergoing cardiac catheterization were randomly assigned to either (1) a music therapy intervention, (2) a sensory information intervention or (3) treatment as usual (control). Anxiety, uncertainty and mood state were measured using self-reported questionnaires and physiological measures were made at baseline, post-intervention to determine their effect and post-cardiac catheterization to determine whether these interventions had any long-lasting effect. RESULTS: The control group was found to be significantly older (P=0.001) than the two experimental groups. Older age was associated with lower anxiety scores (r=-0.31, P=0.04 at baseline; r=-0.30, P=0.04 post-intervention; r=-0.22, P=0.15 post-cardiac catheterization). After controlling for age, the use of music therapy or sensory information did not significantly reduce anxiety, improve mood state, reduce uncertainty, decrease heart or respiratory rate among subjects undergoing cardiac catheterization. CONCLUSION: The non-significant result may have been affected by the small sample, and the social and cultural expectations regarding the public display of emotions among Chinese populations.

Wang, Y., X. Y. Zang, et al. "Effect of a Health Belief Model-based nursing intervention on Chinese patients with moderate to severe chronic obstructive pulmonary disease: a randomised controlled trial." J Clin Nurs. 2014 May;23(9-10):1342-53. doi: 10.1111/jocn.12394. Epub 2013 Sep 19.
AIMS AND OBJECTIVES: To test the effect of a Health Belief Model-based nursing intervention on healthcare outcomes in Chinese patients with moderate to severe COPD. BACKGROUND: The Health Belief Model (HBM) has been internationally validated in a variety of chronic conditions. However, nursing intervention based on the HBM is less explored in Chinese patients with COPD. DESIGN: A randomised controlled trial. METHODS: Enrolled patients were randomly assigned to the intervention and control groups. Patients in the intervention group received a 20- to 30-minute HBM-based nursing intervention every 2 days during the hospitalisation period after disease conditions were stable, with additional follow-ups after discharge. Patients in the control group received routine nursing care. RESULTS: Patients had significantly increased scores of health belief and self-efficacy after receiving the HBM-based nursing intervention. After receiving the 3-month follow-up, patients in the intervention group had significantly higher mean total scores in the Health Belief Scale and the COPD Self-Efficacy Scale, as well as in all the subscales, than those in the control group except the perceived disease seriousness.

Watson, R., C. Yanhua, et al. "The structure of stress: confirmatory factor analysis of a Chinese version of the stressors in Nursing Students Scale (SINS)." Nurse Educ Today. 2013 Feb;33(2):160-5. doi: 10.1016/j.nedt.2012.02.013. Epub 2012 Mar 17.
BACKGROUND: Stress is a feature of the life of nursing students and this had been well studied. However, there are very few instruments to measure stress in nursing students specifically. One such instrument, the Stressors in Nursing Students Scale has been developed in Scotland and applied in studies in Hong Kong and Australia and proved useful alongside other measures of individual differences and psychological distress. OBJECTIVES: To translate the Stressors in Nursing Students Scale into Chinese, test it with Chinese nursing students and explore the psychometric structure of stress in this population. DESIGN: Cross-sectional survey using a self-administered questionnaire. SETTING: A large teaching hospital in Southwest Mainland China. PARTICIPANTS: Nursing students (n=1090) participated (1000 in the classroom and 90 on clinical placement); 862 from the classroom and 79 from clinical placements returned questionnaires (n=914) representing a return rate of 86.3%.

Wu, S. and J. C. Barker "Hot tea and juk: the institutional meaning of food for Chinese elders in an American nursing home." J Gerontol Nurs. 2008 Nov;34(11):46-54.
This qualitative study describes how Chinese elders in an American nursing home perceived their food and mealtime experiences. Data collection included 20 meal observations and interviews with 7 residents, 9 family members, and 17 staff members. Field notes and interviews were coded and analyzed using an iterative approach similar to grounded theory. All participant groups described institutional food and meals as individualized, nutritious therapy for medical illnesses. Mealtimes lacked sociability and sharing, and although family members provided Chinese food, they did not eat with residents. Residents generally did not consider the institution's effort to provide an "Asian diet" of hot tea and juk (rice porridge) to be Chinese food. These findings suggest that, for these Chinese elders, the biomedicalized, individualized food service and mealtime caregiving practices stripped food of its meaning as a social, shared mealtime experience with family. Nursing professionals and researchers should understand that provision of culturally competent mealtime care for ethnic (Chinese) long-term care residents involves important food service practices in addition to kinds of food.

Ye, B., Z. Guo, et al. "Thermal tomography imaging in photonic traditional Chinese medicine information therapy with holistic effect for health whole nursing." Biomed Res Int. 2015;2015:492391. doi: 10.1155/2015/492391. Epub 2015 Mar 3.

A photonic traditional Chinese medicine (TCM) information therapy was developed that has applications in whole health nursing including the prevention and treatment of ischemic cardiovascular and cerebrovascular diseases as well as the conditioning of the subhealth state. This therapy utilizes the beam of a 630 nm LED light to irradiate the oropharynx, while simultaneously employing two beams of 650 nm LED light to irradiate corresponding acupuncture points resulting in a synergistic outcome. This method was named "1 + 2 phototherapy." The principle mechanism of the therapy is a series of photon induced biological effects that are triggered by stimulating the photosensitive tissues of the oropharynx. This tissue includes the oral mucosa, capillaries, lymph nodes, saliva glands, nerves, and Jingluo and is stimulated by light beams of certain photon energy and imitative acupuncture information. Thermal tomography imaging shows that the average temperature of the upper-body was improved significantly after oropharyngeal irradiation under irradiation of "Futu point": the heat radiation of the spine, as well as chest, shoulders, arms, and clavicle, increased under irradiation of "Hoku," whereas the overall average temperature was below the temperature before irradiation. The experiment indicates that this therapy can promote blood circulation, regulate varied physiological parameters, and have holistic effects in whole health nursing.

Yeung, A., D. P. Johnson, et al. "Feasibility and effectiveness of telepsychiatry services for chinese immigrants in a nursing home." Telemed J E Health. 2009 May;15(4):336-41. doi: 10.1089/tmj.2008.0138.

This study investigates the feasibility and effectiveness of providing telepsychiatry services to Chinese immigrants in a nursing home. The psychiatrist interviewed patients face-to-face for the initial consultation, and encouraged them to participate in this study to receive telepsychiatry-based follow-up visits. The feasibility and outcomes of telepsychiatry visits and satisfaction of the subjects, their families, and the nursing home staff were assessed. Nine monolingual Chinese immigrants, 8 women and 1 man, ranging from 54 to 88 years of age, were enrolled. The main reasons for psychiatric consultation were mood and behavioral problems. Eight of the 9 (88.9%) subjects participated in videoconference follow-up visits, and 1 subject (11.1%) declined. Among the 8 subjects, 6 were referred for psychiatric intervention, 1 for differential diagnosis, and 1 for

suicide assessment. At the end of the study, all 6 subjects referred for intervention had greatly improved; the subjects, their families, and the nursing staff were highly satisfied with the telepsychiatry service. It is feasible to provide psychiatry consultations to ethnic immigrants in a nursing home despite the fact that many of them are unfamiliar with the technology and suffer from dementia and psychotic symptoms. Telepsychiatry provides an efficient way for ethnic elders in nursing homes to connect with mental health professionals with the appropriate language and cultural background, regardless of location. Telepsychiatry may decrease the disparities in treatment of mental illnesses among ethnic immigrants in nursing homes.

Ying, L., W. Kunaviktikul, et al. "Nursing competency and organizational climate as perceived by staff nurses in a Chinese university hospital." Nurs Health Sci. 2007 Sep;9(3):221-7.

Nursing competency is important to ensure patient safety and improve the quality of nursing care. Based on competency-based human resource management strategies, the organizational climate can positively influence nursing competency. However, a review of the literature indicated that there were no studies about the relationship between nursing competency and organizational climate in the People's Republic of China. This descriptive, correlational study examined the relationship between nursing competency and the organizational climate. The sample consisted of 243 staff nurses who completed the questionnaire worked at one university hospital in Liao Ning Province. The findings showed that there was a significantly moderate positive relationship between nursing competency and organizational climate. The study results suggested that Chinese nurse managers should maintain and provide a positive organizational climate to improve nursing competency.

Yuan, H. B., B. A. Williams, et al. "Chinese baccalaureate nursing students' readiness for self-directed learning." Nurse Educ Today. 2012 May;32(4):427-31. doi: 10.1016/j.nedt.2011.03.005. Epub 2011 Mar 31.

This descriptive cross-sectional study was conducted with 536 Chinese nursing students to explore students' readiness for self-directed learning (SDL). The Self-Directed Learning Readiness (SDLR) Scale for nursing education (Chinese translation version) was used. The value of the content validity index tested by five experts was 0.915. A measure of internal consistency (Cronbach's alpha) was 0.925 on the total scale. Students possessed readiness for SDL with a mean score of 157.72 (S.D.=15.08, 62.3% in

high level, and 37.7% in low level). The attributes of Chinese students, such as a strong sense of responsibility and perseverance, due diligence and rigorous self-discipline, enable students to take the initiative and responsibility for their own learning. The existing variation in students' readiness for SDL is helpful in identifying student characteristics that might be used to modify learning activities for these students. Senior students had higher scores for SDLR than junior students.

Zang, X. Y., J. F. Liu, et al. "Effect on blood pressure of a continued nursing intervention using chronotherapeutics for adult Chinese hypertensive patients." J Clin Nurs. 2010 Apr;19(7-8):1149-56. doi: 10.1111/j.1365-2702.2009.03166.x.
        AIMS AND OBJECTIVES: (1) To explore the effect of continued nursing intervention on hypertensive patients based on chronotherapeutics. (2) To identify the factors affecting hypertensive patients' compliance to the chronotherapeutics-oriented nursing interventions. BACKGROUND: Chronotherapy provides a means of individual treatment for hypertension according to the circadian blood-pressure profile of each patient and constitutes a new option in optimising blood-pressure control and reducing risk from hypertension. DESIGN: Experimental study. METHODS: All participants enrolled were randomly divided into the intervention group and the control group and they all took antihypertensive medicine prescribed by their doctors under ambulatory blood pressure monitoring. According to individual ambulatory blood pressure monitoring measures, interventions were implemented. RESULTS: (1) There were significant differences in blood pressure and compliance to chronotherapeutics between the two groups before and after the intervention. (2) Single variant and multiple factors analysis revealed different characteristics influencing chronotherapeutic compliance of hypertensive patients. CONCLUSIONS: Under ambulatory blood pressure monitoring, continued nursing intervention for hypertensive patients guided by chronotherapeutics could effectively improve blood-pressure control and chronotherapeutic compliance.

Zhao, F. F., X. L. Lei, et al. "The study of perceived stress, coping strategy and self-efficacy of Chinese undergraduate nursing students in clinical practice." Int J Nurs Pract. 2015 Aug;21(4):401-9. doi: 10.1111/ijn.12273. Epub 2014 Apr 22.
        The aim of the study was to explore the coping strategy and the effects of self-efficacy of Chinese undergraduate nursing students when they face the stress in clinical practice. Convenience sampling was used to recruit undergraduate nursing

students in Mainland China who have practiced 3 months in hospitals in their final college year. Self-report questionnaires including demographics, Perceived Stress Scale, coping behaviour inventory and Generalized Self-Efficacy Scale were collected. The results showed that during clinical practice, assignments and workload were the most common stress to students; transference was the most frequently used coping strategy by students. Self-efficacy not only had a positive main effect in predicting the frequency of use of staying optimistic and problem solving strategies but also moderated the effects of stress from taking care of patients on transference strategy, as well as stress from assignments and workload on problem solving strategy. It is essential to bolster the students' self-efficacy to reduce stress and adopt positively the coping strategies during clinical practice.

Zhu, J., S. Rodgers, et al. "The impact of safety and quality of health care on Chinese nursing career decision-making." J Nurs Manag. 2014 May;22(4):423-32. doi: 10.1111/jonm.12140. Epub 2013 Sep 11.
        AIM: The aim of the study was to understand why nurses leave nursing practice in China by exploring the process from recruitment to final exit. This report examines the impact of safety and quality of health care on nursing career decision-making from the leavers' perspective. BACKGROUND: The nursing shortage in China is more serious than in most developed countries, but the loss of nurses through voluntarily leaving nursing practice has not attracted much attention. METHOD: This qualitative study draws on a grounded theory approach. In-depth interviews with 19 nurses who have left nursing practice and were theoretically sampled from one provincial capital city in Mainland China. FINDING: 'Loss of confidence in the safety and quality of health care' became one of the main categories from all leavers' accounts of their decision to leave nursing practice. It emerged from three themes 'Perceiving risk in clinical practice', 'Recognising organisational barriers to safety' and 'Failing to meet expectations of patients'. DISCUSSION: The findings indicate that the essential work value of nursing to the leavers is the safety and quality of care for their patients. When nurses perceived that they could not fulfil this essential work value in their nursing practice, some of them could not accept the compromise to their value of nursing and left voluntarily to get away from the physical and mental stress. However, some nurses had to stay and accept the limitations on the safety and quality of health care. CONCLUSION: The study suggests that well-qualified nurses voluntarily leaving nursing practice is a danger signal for patients and

hospitals, and has caused deterioration in nursing morale for both current and potential nursing workforces. It suggests that safety and quality of health care could be improved when individual nurses are empowered to exercise nursing autonomy with organisational and managerial support.

The above contents are the collected information from Internet and public resources to offer to the people for the convenient reading and information disseminating and sharing.

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