

CURRICULUM VITAE

PERSONAL

NAME: **Hsh , Hui-Chun**

English Name: Genine, Hsu

GENDER: Female Male

TITLE: Mrs. Ms. Mr. Prof. Dr.

PROFESSIONAL APPOINTMENT

2007~ present Lee's Endocrinology Clinic, Deputy Director,
Certified Diabetic Educator

李氏聯合診所 管理中心副主任/衛教護理師

輔英科技大學 助理教授



EDUCATION

1. 1986~1991 Der-Yu Nursing College, Keelung

德育護理助產專科學校

2. 2001~2004 Fooyin University Department of Nursing, Kaohsiung

輔英科技大學護理系學士

3. 2004~2006 Kaohsiung Medical College, Graduate Institute of Behavior Sciences

高雄醫學大學行為科學研究所碩士

4. 2012~2016 PhD of Kaohsiung Medical University college of Nursing

高雄醫學大學護理學博士

5. 2014 Visiting scholar, The University of North Carolina at Chapel Hill

美國北卡羅來納大學教堂山分校護理學院訪問學者

WORKING EXPERIENCE

1. 1991~1995 Chang Gung Memorial Hospital, Nursing Staff

2. 1995~1999 Ren-Ai Hospital, Certified Diabetic Educator

3. 1999~2006 Ping-Tung Christine Hospital, Certified Diabetic Educator

PROFESSIONAL AFFILIATIONS / MEMBERSHIP: (list no more than 10)

1. Member of a council, Taiwanese Association of Diabetes Educators

2 Member of Diabetes Association and Endocrine Society, ROC

3. Member of Taiwan Nurses Association

MAJOR RESEARCH AREA

Behavior, Case Management, Disease Management

PUBLICATION

1、**Hsu, H. C.**, Lee, Y. J., & Wang, R. H. (2018). Influencing Pathways to Quality of Life and HbA1c in Patients With Diabetes: A Longitudinal Study That Inform Evidence-Based Practice. *Worldviews Evid Based Nurs*, 15(2), 104-112.
doi:10.1111/wvn.12275

2、Ruey-Hsia Wang, Kuan-Chia Lin, **Hui-Chun Hsu**, Yau-Jiunn Lee, Shyi-Jang Shin.(2019) Determinants for quality of life trajectory patterns in patients with type 2 diabetes Quality of Life Research 28:481–490.

<https://doi.org/10.1007/s11136-018-2013-2>

- 3、Shi-Yu Chen, , **Hui-Chun Hsu** , Ruey-Hsia Wang, PhD, Yau-Jiunn Lee, and Chang-Hsun Hsieh, (2019) Glycemic Control in Insulin-Treated Patients With Type 2 Diabetes: Empowerment Perceptions and Diabetes Distress as Important Determinants. *Biological Research for Nursing*, 21(2) 182-189. DOI: 10.1177/1099800418820170
- 4、Shi-Yu Chen, **Hui-Chun Hsu** , Ruey-Hsia Wang, PhD, Yau-Jiunn Lee, and Chang-Hsun Hsieh, (2019) Glycemic Control in Insulin-Treated Patients With Type 2 Diabetes: Empowerment Perceptions and Diabetes Distress as Important Determinants. *Biological Research for Nursing*, 21(2) 182-189. DOI: 10.1177/1099800418820170
- 5、**Hsu, H. C.**, Chen, S. Y., Huang, Y. C., Wang, R. H., Lee, Y. J., & An, L. W. (2019). Decisional Balance for Insulin Injection: Scale Development and Psychometric Testing. *J Nurs Res*, 27(5), e42. doi:10.1097/jnr.0000000000000316
- 6、Wang, R. H., **Hsu, H. C.**, Chen, S. Y., Hsieh, C. H., & Lee, Y. J. (2019). Modeling patient empowerment and health literacy to glycemic control in insulin-treated patients: A prospective study. *Patient Educ Couns*, 102(7), 1336-1341. doi:10.1016/j.pec.2019.02.005
- 7、**徐慧君**、李洮俊(2019) 糖尿病分級醫療·台灣醫界·62(7), 44-49。
- 8、**徐慧君**、李洮俊、王瑞霞(2019) 以病人為中心之第二型糖尿病血糖管理決策循環·護理雜誌·66(6), 05-12。
- 9、**徐慧君**、陳思羽、王瑞霞(2020) 從美國糖尿病衛教學更名看糖尿病衛教師的未來.中華民國糖尿病學會會訊·109年9月, 02-04。
- 10、李佩儒、**徐慧君** (2020) 糖尿病人整合照護模式 從疾病管理到個案管理-從糖尿病衛教師到個案管理師.中華民國糖尿病學會會訊·109年9月, 10-13。
- 11、顏素瑛、**徐慧君** (2020) 以病患為中心的糖尿病合併多重疾病全人照護 -最小破壞性醫療.中華民國糖尿病學會會訊·109年9月, 05-09。
- 12、Chiu-Ling Huang, Shi-Yu Chen, **Hui-Chun Hsu**, Ruey-Hsia Wang. (2020). Scale for Measuring Role Strain in Women With Diabetes: Development and Psychometric Testing of the Chinese Version, *The Journal of cardiovascular nursing*. DOI: 10.1097/JCN.0000000000000688
- 13、**Hsu, H. C.**, Chen, S. Y., Huang, Y. C., Wang, R. H., Lee, Y. J., & An, L. W. (2019). Decisional Balance for Insulin Injection: Scale Development and Psychometric Testing. *J Nurs Res*, 27(5), e42. doi:10.1097/jnr.0000000000000316
- 14、李純瑩、施家嫻、**徐慧君**、李洮俊(2020)從糖尿病慢性病照護談以基層診所為中心的整合式全人醫療照護.台灣醫界, 63(11), 24-30。
- 15、林佳璇、張毓泓、**徐慧君**、李洮俊.(2020). 評估營養師對於手寫及拍照飲食紀錄之一致性與準確性. 臺灣膳食營養學雜誌, 12(1), 25-35
- 16、**徐慧君**、張毓泓、林佳璇、楊顯欽、李洮俊.(2021). 冠狀病毒疾病 2019 年疫情期間的糖尿病照護. 台灣醫界, 64(12), 31-36.

- 17 ‧ Wang, R. H., **Hsu, H. C.**, Chen, S. Y., Lee, C. M., Lee, Y. J., Ma, S. M., & Chen, W. Y. (2021). Risk factors of falls and the gender differences in older adults with diabetes at outpatient clinics. *J Adv Nurs*, 77(6), 2718-2727. doi:10.1111/jan.14795
- 18 ‧ Wang, R. H., Lin, C. C., Chen, S. Y., **Hsu, H. C.**, & Huang, C. L. (2021). The Impact of Self-Stigma, Role Strain, and Diabetes Distress on Quality of Life and Glycemic Control in Women With Diabetes: A 6-Month Prospective Study. *Biol Res Nurs*, 23(4), 619-628. doi:10.1177/10998004211009606
- 19 ‧ **Hsu, H. C.**, Chen, S. Y., Lee, Y. J., Chen, W. Y., & Wang, R. H. (2021). Pathways of diabetes distress, decisional balance, self-efficacy and resilience to quality of life in insulin-treated patients with type 2 diabetes: A 9-month prospective study. *J Clin Nurs*, 30(7-8), 1070-1078. doi:10.1111/jocn.15652
- 20 ‧ Inayati, A. P. s., Lee, B. O. P., Wang, R. H. P., Chen, S. Y., **Hsu, H. C.**, Lu, C. H. D., & Lee, Y. J. H. (2022). Determinants of fear of falling in older adults with diabetes. *Geriatr Nurs*, 46, 7-12. doi:10.1016/j.gerinurse.2022.04.017
- 21 ‧ Wang, R. H., Chen, S. Y., Lee, C. M., Lu, C. H., & **Hsu, H. C.** (2023). Resilience, self-efficacy and diabetes distress on self-management behaviours in patients newly diagnosed with type 2 diabetes: A moderated mediation analysis. *J Adv Nurs*, 79(1), 215-222. doi:10.1111/jan.15483
- 22 ‧ CHEN, S.-Y., **HSU, H.-C.**, HUANG, C.-L., CHEN, Y.-H., & WANG, R.-H. (2023). Impact of Type D Personality, Role Strain, and Diabetes Distress on Depression in Women With Type 2 Diabetes: A Cross-Sectional Study. *Journal of Nursing Research*, 10.1097/jnr.000000000000536. doi:10.1097/jnr.000000000000536
- 23 ‧ Wang RH, Kao CC, Su YC, et al. Character Strengths Use in Diabetes Self-management Scale: Development and psychometric testing. *J Adv Nurs*. 2023;79(10):4034-4043. doi:10.1111/jan.15723

護理師在體重管理的角色

The Key Role of Nurses in Weight Management

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護理師在體重管理方面扮演著關鍵的角色，特別是從行為經濟學的角度來看。行為經濟學是一門研究人類決策行為和經濟學原理交集的學科，特別關注於人們如何在現實世界中做出非理性的決策。

本課程分享在體重管理的過程中，護理師可以利用行為經濟學的原則來促進患者採取更健康的生活方式和飲食習慣。

從「正面誘因」來激勵患者。透過設定短期和長期的目標，並為達成這些目標提供即時的回饋和誘因，護理師可以幫助患者保持動力並堅持他們的健康計畫。

其次，護理師可以利用「默認選項」的概念來促進健康選擇。第三，護理師可以運用「框架效應」來影響患者的決策。最後，護理師可以利用「承諾和目標設定」策略來增強患者的自我效能感和責任感。通過與患者一起設定實際可達到的健康目標，並鼓勵他們對這些目標作出承諾，護理師可以幫助患者更有效地管理自己的體重。

總結來說，護理師在體重管理中的角色極為重要，而行為經濟學提供了一套實用的工具和策略，可以幫助護理師在促進患者健康行為方面發揮更大的影響力。通過這些策略的應用，護理師不僅能夠支持患者達到他們的體重管理目標，同時也能夠促進更廣泛的公共健康福祉。