

Name: Shefaly SHOREY

Appointment: Assistant Professor

Contact Information:

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Shefaly SHOREY

PhD., MSc., BSc. (Science), BSc. (Nursing), Post Graduate Diploma in Higher Education (PGDHE), RM, RN

Dr Shorey has been actively involved in research since 2010. Her research areas focus on family and women health. She has designed psychosocial and educational interventions for varied group of populations. She has conducted both comprehensive systematic and integrative reviews. She has conducted quantitative (e.g. Randomized controlled trials, descriptive quantitative studies) and qualitative (e.g. descriptive qualitative) studies. Her research studies involve national and international collaborations. Dr Shorey's research focus is on enhancing health outcomes, quality of care and satisfaction with the quality of care received by the participants. Dr Shorey has received various awards for her academic and research excellence. She has been invited as a plenary speaker at various conferences and the findings of her research has been presented in national, regional and international conferences. She has published in high impact factor journals and till date, has received grants worth SGD \$ 430,000.

Academic/Professional Qualifications & Registration

Year	Qualification	Institution, Country
2011- 2013	Doctorate of Philosophy (Winner of NUS President's Graduate Fellowship)	National University of Singapore, Singapore
2010- 2011	Post Graduate Diploma in Higher Education (Top Student)	National Institute of Education (NIE), Singapore
2008-2009	Advanced Diploma in Midwifery (Top student)	Nanyang Polytechnic (NYP), Singapore
2007-2008	Bachelor of Science (Nursing) with Distinction	Curtin Technology University, Australia

2004-2006	Diploma in Nursing (Pass with Merit, Gold Medal Award Winner)	Nanyang Polytechnic (NYP), Singapore
1999-2001	Masters of Science (First Class)	Punjabi University, India
1996-1999	Bachelor of Science (First Class)	Punjab University, India

Teaching Areas

- Communications in Health Care
- Maternal and Child Health Nursing
- Physical Health Assessment

Research Interests

- Family health with special emphasis on maternal, child and paternal health
- Women's' health with a focus on gynaecological conditions and functional ageing
- Psychosocial and educational interventions for perinatal care, chronic illnesses and nursing education.

Research Projects (last five years)

Year	Funding Agency (Role)	Project Title	Amount
2015-2017	NUS start-up grant, SINGAPORE	Designing, Developing and Testing 'Home-but Not Alone' Mobile -Health App for new parents in the early postpartum period (PI)	S\$200,000
2015-2017	Health Services Research Competitive Research Grant, Ministry of Health (MOH HSR CRG), SINGAPORE	The effectiveness and cost-effectiveness of web-based and home-based postnatal psychoeducational interventions for first-time mothers: A randomized controlled trial (Collaborator)	S\$239,982
2011-2013	Sigma Theta Tau International Upsilon Eta Chapter	Effectiveness of postnatal psychoeducation programme on outcomes of first-time mothers in Singapore: A randomized controlled trial (PI)	S\$1,999

Selected Publications (Last 3 years) – Indicate 5-year Impact Factor.

Published Papers	2-year IF
Shorey, S., Chan, S.W.C., Chong, Y. P. & He, H.G. (2014). The effectiveness of a postnatal psychoeducation program on self-efficacy, social support and postnatal depression among primiparas: A randomized controlled trial. <i>Journal of Advanced Nursing</i> . doi: 10.1111/jan.12590	2.462
Shorey, S., Chan, S.W.C., Chong, Y.S. & He, H.G. (2014). Perceptions of primiparas on a postnatal psychoeducation programme: The process evaluation. <i>Midwifery</i> . doi: 10.1016/j.midw.2014.08.001 (Accepted 1 August 2014)	2.088
Shorey, S., Chan, W.C.S., Chong, Y.S., & He, H.G. (2014). A randomized controlled trial of the effectiveness of a postnatal psychoeducation programme on outcomes of primiparas: study protocol. <i>Journal of Advanced Nursing</i> . doi: 10.1111/jan.12461	2.462
Shorey, S. Chan, S. W.C., Chong, Y.S., & He, H.G. (2014). Predictors of maternal parental self-efficacy among primiparas in the early postnatal period. <i>Western Journal of Nursing Research</i> . doi: 10.1177/0193945914537724	1.665
Shorey, S., He, H.G., Lee, S. E., Koh, F.Q., Lin, Y.G.T., Bte Mohd Razakm, S.R., Sim, W.T. W. & Chan, W.C.S. (2014). The impact of hysterectomy on women’s psychological health and recommendations for clinical practice. <i>Singapore Nursing Journal</i> 41(3), 15-20.	Nil
Shorey, S., Chan, W.C.S., Chong, Y.S., & He, H.G. (2013). Maternal self-efficacy in newborn care and social support in Singapore: A descriptive correlational study. <i>Journal of Clinical Nursing</i> . doi: 10.1111/jocn.12507	1.727
Ong, S.F., Chan, W.C.S., Shorey, S., Chong, Y.S., Klainin-Yobas, P., & He, H.G. (2013). First-Time Mothers’ Postnatal Experiences and Support Needs in Singapore: A Descriptive Qualitative Study. <i>Midwifery</i> , 30, 772-778. doi:10.1016/j.midw.2013.09.004	2.088
Shorey, S., Chan, S.W.C., Chong, Y.S., & He, H.G. (2012). A literature review on the effectiveness of home visits support by midwives on postnatal outcomes of mothers. <i>International Journal of Nursing Practice</i> , 18 (Supplement 1), 123.	0.971
McArthur, A., & Shorey, S. (2011). Suctioning of the newborn on the Perineum: A Literature Review, <i>The Joanna Briggs Institute</i> , 10, ISSN: 1838-2142.	Nil

Awards/Honours

Year	Honors/Awards	Organisation
2013-2015	“President’s Graduate Fellowship” for exceptional promise or accomplishment in research	National University of Singapore
2013	“Outstanding Research Award” for Oral presentation	16 th East Asia Forum for Nursing Scholars (EAFONS)
2011	Recognition Award for Quality Project on Baby Suctioning	NUHS Way Quest Award
2010	Top Student Award for Leadership in Clinical Education Course	National University Hospital
2009	Excellent Service Award Service Medal	National Health Group
2008	Top Student Award for Advanced Diploma in Midwifery	KKH Women & Children Hospital
2007	Star Award for Excellent Quality Service	National University of Hospital
2006	Ministry of Health Gold Medal for Diploma in Nursing	Ministry of Health