

1
00:00:05,120 --> 00:00:06,600
You are listening to Pulse

2
00:00:06,600 --> 00:00:07,760
the Heart of Nursing,

3
00:00:07,760 --> 00:00:09,440
a podcast series on research

4
00:00:09,440 --> 00:00:11,360
research at the Alice Lee Centre for Nursing Studies,

5
00:00:11,360 --> 00:00:14,240
at the National University of Singapore.

6
00:00:14,240 --> 00:00:15,680
It is important to recognise

7
00:00:15,680 --> 00:00:17,680
the significance of psychological health

8
00:00:17,680 --> 00:00:19,960
in chronic disease management.

9
00:00:19,960 --> 00:00:21,480
Patients who suffer from depression

10
00:00:21,480 --> 00:00:23,160
and anxiety may find it difficult

11
00:00:23,160 --> 00:00:24,880
to manage their condition.

12
00:00:24,880 --> 00:00:25,800
Therefore,

13
00:00:25,800 --> 00:00:26,480
it is essential

14
00:00:26,480 --> 00:00:28,440
to consider the mental health factor

15
00:00:28,440 --> 00:00:29,600

when developing strategies

16

00:00:29,600 --> 00:00:31,320
to promote self-care.

17

00:00:31,320 --> 00:00:32,200
This is what we will be

18

00:00:32,200 --> 00:00:33,840
touching on today.

19

00:00:34,040 --> 00:00:36,000
Here with us today is Dr Jiang Ying,

20

00:00:36,000 --> 00:00:39,360
assistant professor at the Alice Lee Centre for Nursing Studies,

21

00:00:39,360 --> 00:00:41,960
at the National University of Singapore.

22

00:00:41,960 --> 00:00:43,480
Dr Jiang Ying is a Registered Nurse

23

00:00:43,480 --> 00:00:46,520
and Registered Mental Health Nurse in Singapore.

24

00:00:46,520 --> 00:00:48,240
Her research interests are in chronic

25

00:00:48,240 --> 00:00:49,520
disease management,

26

00:00:49,520 --> 00:00:51,160
cardiovascular nursing,

27

00:00:51,160 --> 00:00:53,920
cardiac rehabilitation and mental health.

28

00:00:54,240 --> 00:00:55,080
She has published

29

00:00:55,080 --> 00:00:57,720
multiple peer reviewed papers in the top

30
00:00:57,720 --> 00:01:02,080
international refered medical/nursing journals
with good impact factors.

31
00:01:02,080 --> 00:01:02,760
Today,

32
00:01:02,760 --> 00:01:05,160
Dr. Jiang Ying will be sharing with us

33
00:01:05,160 --> 00:01:06,320
about how we should consider

34
00:01:06,320 --> 00:01:07,720
the mental health of patients

35
00:01:07,720 --> 00:01:09,960
while managing their chronic conditions.

36
00:01:09,960 --> 00:01:12,040
I am Hadassah Joann Ramachandran,

37
00:01:12,040 --> 00:01:15,120
a PhD candidate and your host for this podcast.

38
00:01:16,040 --> 00:01:17,160
Chronic disease may be

39
00:01:17,160 --> 00:01:18,960
invisible to the naked eye,

40
00:01:18,960 --> 00:01:20,720
but its impact on individuals

41
00:01:20,720 --> 00:01:21,680
and their families

42
00:01:21,680 --> 00:01:24,320
is anything but hidden.

43
00:01:24,400 --> 00:01:25,480
Hello Dr Jiang Ying

44

00:01:25,480 --> 00:01:26,480
and thanks for taking the time

45
00:01:26,480 --> 00:01:28,480
to meet us in the studio today.

46
00:01:28,480 --> 00:01:29,080
Could you tell us

47
00:01:29,080 --> 00:01:30,840
a little bit more about yourself?

48
00:01:30,840 --> 00:01:31,480
Hi Joann,

49
00:01:31,480 --> 00:01:32,440
It's nice to be here.

50
00:01:32,440 --> 00:01:32,800
Hello.

51
00:01:32,800 --> 00:01:33,720
My name is Jiang Ying

52
00:01:33,720 --> 00:01:35,520
and I'm a assistant professor,

53
00:01:35,520 --> 00:01:38,320
at the Alice Lee Centre for Nursing Studies.

54
00:01:38,320 --> 00:01:39,280
Thank you for having me

55
00:01:39,280 --> 00:01:41,200
in this podcast episode.

56
00:01:41,200 --> 00:01:43,920
My research interests lie in the area of

57
00:01:43,920 --> 00:01:45,440
cardiovascular nursing,

58
00:01:45,440 --> 00:01:49,480
Cardiac rehabilitation, Chronic Disease Management

and Mental Health.

59

00:01:50,720 --> 00:01:51,840
I'm particularly interested

60

00:01:51,840 --> 00:01:53,120
in explore ways

61

00:01:53,120 --> 00:01:54,400
in which psychological help

62

00:01:54,400 --> 00:01:55,880
can impact self-management

63

00:01:55,880 --> 00:01:58,080
and care of chronic disease.

64

00:01:58,080 --> 00:02:00,360
Additionally, I hope to investigate

65

00:02:00,360 --> 00:02:01,920
potential intervention

66

00:02:01,920 --> 00:02:03,600
and strategies that can improve

67

00:02:03,600 --> 00:02:05,040
psychological well-being

68

00:02:05,040 --> 00:02:09,480
and overall health outcomes for those living with chronic diseases.

69

00:02:09,800 --> 00:02:10,760
Yes, psychological

70

00:02:10,760 --> 00:02:11,880
well-being is indeed

71

00:02:11,880 --> 00:02:13,480
linked to physical health

72

00:02:13,480 --> 00:02:14,720
and is especially important

73

00:02:14,720 --> 00:02:16,480
in diseases with a chronic nature.

74

00:02:17,520 --> 00:02:18,560
Dr. Jiang Ying

75

00:02:18,560 --> 00:02:21,280
how do you decide on chronic disease management

76

00:02:21,280 --> 00:02:23,240
as your research focus?

77

00:02:23,240 --> 00:02:24,000
Well,

78

00:02:24,080 --> 00:02:27,520
I was caring for a patient with a chronic condition.

79

00:02:27,520 --> 00:02:29,400
Let's call him Tom.

80

00:02:29,400 --> 00:02:30,800
Despite our best efforts as

81

00:02:30,800 --> 00:02:31,880
health care professionals

82

00:02:31,880 --> 00:02:34,040
to guide and support him,

83

00:02:34,040 --> 00:02:35,520
Tom seemed indifferent

84

00:02:35,520 --> 00:02:36,320
and resistant

85

00:02:36,320 --> 00:02:40,160
in following our advice and taking care of himself.

86

00:02:40,160 --> 00:02:46,440
I got quite perplexed by this, and I just wanted to find out why.

87

00:02:46,520 --> 00:02:47,720

So as a nurse

88

00:02:47,720 --> 00:02:48,960
with a mental health training,

89

00:02:48,960 --> 00:02:50,320
I'm fascinated

90

00:02:50,320 --> 00:02:51,600
by behavior patterns

91

00:02:51,600 --> 00:02:54,240
and underlying functions.

92

00:02:54,240 --> 00:02:56,400
You become aware of recurrent behavior

93

00:02:56,400 --> 00:02:58,160
patterns and associated problems

94

00:02:58,160 --> 00:02:59,400
in some patients,

95

00:02:59,400 --> 00:03:01,600
which may not just simply be due

96

00:03:01,600 --> 00:03:03,680
to a lack of

97

00:03:03,680 --> 00:03:05,880
information or knowledge.

98

00:03:05,880 --> 00:03:08,120
So this led me to explore

99

00:03:08,120 --> 00:03:09,480
the complex relationship

100

00:03:09,480 --> 00:03:11,040
between psychological factors,

101

00:03:11,040 --> 00:03:12,520
the chronic conditions

102
00:03:12,520 --> 00:03:14,520
and self management,

103
00:03:14,520 --> 00:03:18,040
and I have embarked on a research journey in this area.

104
00:03:18,720 --> 00:03:20,040
That's interesting,

105
00:03:20,040 --> 00:03:20,520
Jiang Ying.

106
00:03:20,640 --> 00:03:22,240
What are some of the challenges

107
00:03:22,240 --> 00:03:23,760
in chronic disease and long

108
00:03:23,760 --> 00:03:25,560
term care that have sort

109
00:03:25,560 --> 00:03:26,760
of caught your attention

110
00:03:26,760 --> 00:03:27,960
and led you to come up

111
00:03:27,960 --> 00:03:30,480
with such ideas for your research?

112
00:03:31,520 --> 00:03:33,840
Well, as health care professional,

113
00:03:33,840 --> 00:03:35,520
we often discuss

114
00:03:35,520 --> 00:03:36,360
the importance

115
00:03:36,360 --> 00:03:38,160
of empowering patient

116
00:03:38,160 --> 00:03:41,560

or caregiver to take care of themselves.

117

00:03:41,560 --> 00:03:42,960
However, it's also important

118

00:03:42,960 --> 00:03:43,640
to recognise

119

00:03:43,640 --> 00:03:46,360
that patients' responses to our advice

120

00:03:46,360 --> 00:03:48,480
and their behaviours,

121

00:03:48,480 --> 00:03:54,720
whether they take action or not can be influenced
by various psychological factors.

122

00:03:54,720 --> 00:03:56,800
Patients may be dealing with depression

123

00:03:56,800 --> 00:03:57,640
or anxiety

124

00:03:57,640 --> 00:03:59,040
related to their conditions

125

00:03:59,040 --> 00:04:00,000
or treatments,

126

00:04:00,000 --> 00:04:02,240
which can greatly impact their ability

127

00:04:02,240 --> 00:04:04,080
to care for themselves.

128

00:04:04,080 --> 00:04:06,280
Now studies have been around

129

00:04:06,320 --> 00:04:08,720
shows that patients with chronic disease

130

00:04:08,720 --> 00:04:09,600
are at greater

131
00:04:09,600 --> 00:04:11,560
risk of developing mood disorder

132
00:04:11,560 --> 00:04:13,040
and anxiety.

133
00:04:13,040 --> 00:04:16,280
And conversely, depression has been

134
00:04:16,280 --> 00:04:17,880
linked to poor health

135
00:04:17,880 --> 00:04:19,680
status and clinical outcomes

136
00:04:19,680 --> 00:04:21,720
in patients with chronic conditions.

137
00:04:21,720 --> 00:04:22,720
Therefore, it's crucial

138
00:04:22,800 --> 00:04:23,880
for healthcare professionals to be aware

139
00:04:23,880 --> 00:04:26,080
professionals to be aware

140
00:04:26,080 --> 00:04:27,400
of this psychological factor

141
00:04:27,400 --> 00:04:28,520
and provide support

142
00:04:28,520 --> 00:04:30,120
and guidance accordingly.

143
00:04:30,120 --> 00:04:33,480
In chronic disease and long term care,

144
00:04:33,480 --> 00:04:35,880
Our focus is not just on the service

145

00:04:35,880 --> 00:04:37,200
we provide,

146
00:04:37,200 --> 00:04:38,040
but also on

147
00:04:38,040 --> 00:04:40,320
how we deliver the message and

148
00:04:40,320 --> 00:04:42,600
interact with patients.

149
00:04:42,600 --> 00:04:43,760
It's not just about

150
00:04:43,760 --> 00:04:44,400
the content,

151
00:04:44,400 --> 00:04:46,200
but also it's about the form

152
00:04:46,200 --> 00:04:47,880
and the process.

153
00:04:47,880 --> 00:04:49,240
That's interesting.

154
00:04:49,240 --> 00:04:52,400
How did you start your research journey?

155
00:04:52,400 --> 00:04:53,760
In my earlier research,

156
00:04:53,760 --> 00:04:55,600
I study the psychosocial factors

157
00:04:55,600 --> 00:04:56,640
that impact patients

158
00:04:56,640 --> 00:04:58,440
quality of life and their ability

159
00:04:58,440 --> 00:05:00,520
to manage their disease.

160
00:05:00,520 --> 00:05:02,720
I also explore potential interventions

161
00:05:02,720 --> 00:05:04,800
to improve psychological health

162
00:05:04,800 --> 00:05:05,400
and clinical

163
00:05:05,400 --> 00:05:06,960
outcome for individuals

164
00:05:06,960 --> 00:05:09,560
with chronic conditions.

165
00:05:09,560 --> 00:05:11,720
As part of my PhD,

166
00:05:11,720 --> 00:05:15,840
I investigated the effectiveness of psychological interventions

167
00:05:15,840 --> 00:05:20,120
in enhancing patients' self-care and overall health outcomes,

168
00:05:20,160 --> 00:05:24,520
specifically in the context of chronic heart failure.

169
00:05:24,520 --> 00:05:28,320
So the approach of a multicomponent psychosocial intervention

170
00:05:28,320 --> 00:05:30,560
turned out to be quite promising.

171
00:05:30,560 --> 00:05:31,920
We published the findings

172
00:05:31,920 --> 00:05:33,480
in the International Journal

173
00:05:33,480 --> 00:05:35,640
of Nursing Studies.

174

00:05:35,640 --> 00:05:37,240
Wow. Interesting.

175
00:05:37,240 --> 00:05:38,160
I'm just curious, though,

176
00:05:38,160 --> 00:05:39,480
what does this

177
00:05:39,480 --> 00:05:42,000
multi-component intervention look like

178
00:05:42,000 --> 00:05:44,040
and how is your

179
00:05:44,040 --> 00:05:45,440
how has your research journey

180
00:05:45,440 --> 00:05:47,880
sort of evolved since its early stages?

181
00:05:49,640 --> 00:05:50,440
Over time,

182
00:05:50,440 --> 00:05:54,960
my research has expanded to include community-based interventions

183
00:05:54,960 --> 00:06:01,720
interventions and I am also exploring innovative approaches to promote health and secondary prevention.

184
00:06:01,720 --> 00:06:04,080
So I have had the opportunity

185
00:06:04,080 --> 00:06:04,960
to collaborate

186
00:06:04,960 --> 00:06:08,960
with a multidisciplinary team and engage

187
00:06:08,960 --> 00:06:10,640
with community partners and carry out

188
00:06:10,640 --> 00:06:12,920

some of the research projects.

189

00:06:12,920 --> 00:06:17,320

Recently, digital and technology solutions have tremendous potential

190

00:06:17,320 --> 00:06:18,360

to transform health

191

00:06:18,360 --> 00:06:19,560

promotion and secondary

192

00:06:19,560 --> 00:06:22,000

prevention efforts in the communities.

193

00:06:22,000 --> 00:06:23,920

It's an exciting area to explore,

194

00:06:23,920 --> 00:06:29,920

and an important element in creating effective interventions.

195

00:06:30,160 --> 00:06:32,520

As I'm interested in interventions

196

00:06:32,520 --> 00:06:34,400

that offer both psychological

197

00:06:34,400 --> 00:06:36,360

and physical benefits

198

00:06:36,360 --> 00:06:39,400

such as, Tai Chi, Qi Gong and Dance.

199

00:06:39,400 --> 00:06:39,760

Therefore,

200

00:06:39,760 --> 00:06:43,080

I see some potential in combining these elements

201

00:06:43,080 --> 00:06:47,960

to promote health among people living with chronic conditions in the community.

202

00:06:48,400 --> 00:06:50,920

Lately I have been working on a research project

203

00:06:50,920 --> 00:06:51,440
to pilot test

204

00:06:51,440 --> 00:06:55,200
the effect of a dance-based exercise and game,

205

00:06:55,200 --> 00:06:58,080
or exergame on improving function,

206

00:06:58,080 --> 00:06:59,240
psychological well-being

207

00:06:59,240 --> 00:07:02,560
and preventing falls in seniors.

208

00:07:02,560 --> 00:07:07,880
So dance is very dual motor-cognitive exercise

209

00:07:07,880 --> 00:07:12,720
when one's body moves along with familiar music and rhythms,

210

00:07:12,720 --> 00:07:18,680
it evokes a certain sense of emotional resonance and a feeling
of joy and pleasure,

211

00:07:18,680 --> 00:07:19,440
making dance

212

00:07:19,440 --> 00:07:21,000
probably one of the better form

213

00:07:21,000 --> 00:07:21,680
of exercise

214

00:07:21,680 --> 00:07:25,480
for both physical and mental health.

215

00:07:25,480 --> 00:07:28,160
With the new way in tracking body pose by machine learning,

216

00:07:28,160 --> 00:07:33,480
we are able to provide instant feedback to the participants and
evaluate their progress.

217

00:07:33,480 --> 00:07:34,640

So this approach

218

00:07:34,640 --> 00:07:37,320

not only enhance the experience,

219

00:07:37,320 --> 00:07:40,000

exercise experience, but also potentially

220

00:07:40,000 --> 00:07:42,120

for monitoring gait steadiness,

221

00:07:42,440 --> 00:07:48,120

and analyzing trends to detect early signs of gait abnormality.

222

00:07:48,120 --> 00:07:49,720

So the project is ongoing

223

00:07:49,720 --> 00:07:52,360

that we are still collecting the data,

224

00:07:52,360 --> 00:07:55,080

but we are quite excited to know more

225

00:07:55,080 --> 00:07:56,440

about and see the development

226

00:07:56,440 --> 00:07:58,080

of such an approach.

227

00:07:58,080 --> 00:07:59,600

And we're equally excited

228

00:07:59,600 --> 00:08:00,600

to hear all about it

229

00:08:00,600 --> 00:08:02,880

when the project is complete.

230

00:08:02,880 --> 00:08:04,160

Digital health is like

231

00:08:04,160 --> 00:08:05,040
all the buzz right now

232
00:08:05,040 --> 00:08:06,840
and it's promising to see Nursing

233
00:08:06,840 --> 00:08:09,000
Research harness technology

234
00:08:09,000 --> 00:08:09,480
to support

235
00:08:09,480 --> 00:08:10,520
both psychological

236
00:08:10,520 --> 00:08:11,480
and physical health

237
00:08:11,480 --> 00:08:13,800
in chronic disease management.

238
00:08:13,800 --> 00:08:15,720
Thank you, Dr. Jiang Ying, for the insights

239
00:08:15,720 --> 00:08:16,920
and for joining us today

240
00:08:16,920 --> 00:08:19,080
and wishing you all the success

241
00:08:19,080 --> 00:08:20,440
for your ongoing projects.

242
00:08:20,440 --> 00:08:21,560
Thank you for having me.

243
00:08:21,560 --> 00:08:27,120
It was a pleasure to discuss my research efforts in
chronic disease self-management.

244
00:08:27,120 --> 00:08:28,440
I hope our discussions

245
00:08:28,440 --> 00:08:29,560

encourage listeners

246

00:08:29,560 --> 00:08:31,440
to recognise the significance

247

00:08:31,440 --> 00:08:32,520
of psychological health

248

00:08:32,520 --> 00:08:34,480
in chronic disease management

249

00:08:34,480 --> 00:08:35,960
and stimulate some thinking

250

00:08:35,960 --> 00:08:37,120
about finding new ways

251

00:08:37,120 --> 00:08:39,480
to promote health in our communities.

252

00:08:39,480 --> 00:08:40,480
Thanks, Dr. Jiang Ying.

253

00:08:41,520 --> 00:08:43,280
You've been listening to a podcast

254

00:08:43,280 --> 00:08:44,520
considering mental health

255

00:08:44,520 --> 00:08:46,360
in managing chronic diseases

256

00:08:46,360 --> 00:08:47,120
with Pulse,

257

00:08:47,120 --> 00:08:48,120
the Heart of Nursing,

258

00:08:48,120 --> 00:08:49,800
a podcast series on research

259

00:08:49,800 --> 00:08:51,720
at the Alice Lee Centre for Nursing Studies,

260
00:08:51,720 --> 00:08:53,880
at the National University of Singapore.

261
00:08:53,880 --> 00:08:54,760
With us in the studio

262
00:08:54,760 --> 00:08:56,520
today was Assistant Professor

263
00:08:56,520 --> 00:08:59,240
Dr. Jiang Ying, speaking with us on chronic illness

264
00:08:59,240 --> 00:09:00,600
and long term care.

265
00:09:00,600 --> 00:09:02,200
I am Hadassah Joann Ramachandran,

266
00:09:02,200 --> 00:09:02,760
thank you.

267
00:09:02,760 --> 00:09:05,080
Until the next podcast