



# Yu-Hsia Tsai

## Assistant Professor

### EDUCATION

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PhD National Taiwan University, Taiwan  
MS National Defense Medical Center,  
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BS Chung Shan Medical University,  
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### CONTACT INFORMATION

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### RESEARCH DIRECTION

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Care for adult and older persons (atrial fibrillation, cardiovascular disease, stroke, long term care), caregiver burden and quality of life

### TEACHING SUBJECTS

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Medical-Surgical Nursing, Medical-Surgical Nursing Practice, Physical assessment, Physical assessment Practice

### RESEARCH

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- Intelligent case management platform to improve self-management and health-related outcome among liver transplant recipients: Connection with artificial intelligence and deep learning (National Science and Technology Council · Co-PI · 2022~2025)
- Follow-Up Study for Developing a Self-Management Model for Patients with Atrial Fibrillation: Testing and Comparison on

## Technology Application and Action Plan

Empowerment (National Science and

Technology Council · PI · 2021)

- "活體肝臟捐贈者手術後期間的疼痛、休息活動、進食、與健康狀況:手術後康復軌跡與關係之探討 (National Science and Technology Council · Co-PI · 2021)
- 活體肝臟移植捐贈者的工作狀況、經濟後果與生活品質的關係探討 (National Science and Technology Council · Co-PI · 2020)
- Development and evaluation of a series of health care and management programs for patients with atrial fibrillation: Comparing gender differences and before and after interventions (National Science and Technology Council · PI · 2020)
- Longitudinal assessment on illness representations of AF patients: comparisons in gender and before and after a self-management program (National Science and Technology Council · PI · 2019)
- 網頁症狀處理對活體肝臟捐贈者的長期症狀經驗與健康生活品質的影響(延續研究) (National Science and Technology Council · Co-PI · 2019)

- 網頁平台症狀處理策略對活體肝臟捐贈者的長期症狀經驗與健康生活品質的影響:前瞻性臨床隨機試驗 (National Science and Technology Council · Co-PI · 2017-2019)
- The association between early self-perception of AF symptoms and seeking medical advice: exploring the differences in gender and menopause stages (National Science and Technology Council · PI · 2018)
- The effectiveness of interactive nursing education program through health belief model based and informative technology-assisted on atrial fibrillation patients receiving oral anticoagulant: A randomized control trial (CMPR · PI · 2016-2018)
- 長期照顧服務品質監測分析調查專業委託服務 ( Department of Public Health, New Taipei City, Taiwan, Co-PI · 2014-2016)
- 活體器官捐贈者的捐贈決策反應、家庭關係與生活品質的關係與影響因素探討：長期追蹤研究 (National Science and Technology Council · Co-PI · 2013-2016)
- 以社區為基礎的世代研究探討心房顫動的發生率, 危險分層及預後與相關的臨床與心臟超音波, 生物指標

及代謝體學分子之計畫(National Science and Technology Council · Co-PI · 2013-2015)

- 心房顫動與腦中風發生風險-風險分層與抗血栓治療效果評估 (National Science and Technology Council · Co-PI · 2013-2014)
- 長期照顧服務品質監測分析調查專業委託服務 ( Department of Public Health, New Taipei City, Taiwan, Co-PI, 2013)
- 活體肝臟及腎臟器官捐贈者的關注、健康狀態及生活品質：比較與追蹤研究(National Science and Technology Council · Co-PI · 2012-2013)
- 自我管理指導對肝臟移植病人的健康成效探討：方案發展與初步評價 (CMRP · Co-PI · 2012-2013)
- 長期照護管理中心各項服務品質監測實施計畫 ( Department of Public Health, New Taipei City, Taiwan, Co-PI · 2012)
- Assessment of Medication Disturbance, Quality of life and Effects on Health Education in Atrial Fibrillation Patients Taking Warfarin (CMRP · PI · 2010-2011)
- 以時間序列研究設計探究統計意義與臨床意義之差異：以卵巢癌婦女罹病期間生活品質變化為例 (National Science and Technology Council · Co-PI · 2009-2011)

- 都市原住民部落社區健康營造計畫( Department of Public Health, Taoyuan, Taiwan, PI · 2008-2009)
- 肝臟及腎臟移植術後病人的社會參與及影響因素之探討(National Science and Technology Council · Co-PI · 2009-2011)
- 有氧運動訓練及衛教方案於放射治療期間癌症導致疲憊及焦慮之成效 (Co-PI · 2006-2007)
- 社區中風個案長期照護需求調查 ( Department of Public Health, Taoyuan, Taiwan, Co-PI · 2006)

## PUBLICATIONS

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### A. English Articles:

- Lin, H. P., Chang, T. H., Lee, H. F., **Tsai, Y. H.**, Chang, C. W., Chiang, H. C., & Liu, H. E. (2021). Comparison of the early development of the professional values for nursing students in the traditional program and the second-degree program: A longitudinal study. *Nursing Open*. doi:10.1002/nop2.1150
- Weng, L. C., Chiang, Y. J., Huang, H. L., **Tsai, Y. H.**, Chen, K. H., Wang, W. S., & Lin, M. H. (2021). Factors associated with registration for organ donation among clinical nurses. *PLoS One*, 16(2), e0247424.
- Wu, C. Y., Lee, H. F., Chang, C. W., Chiang, H. C., **Tsai, Y. H.**, & Liu, H. E. (2020). The Immediate Effects of Lavender Aromatherapy Massage versus Massage in Work Stress, Burnout, and HRV Parameters: A Randomized Controlled Trial. *Evidence-Based Complementary and Alternative Medicine*, 2020, 8830083. doi:10.1155/2020/8830083
- Weng, L. C., Huang, H. L., Lee, W. C., **Tsai, Y. H.**, Lin, C. R., Wang, W. S., . . . Tseng, L. C. (2018). Psychological profiles of excluded living liver donor candidates: An observational study. *Medicine*, 97(52), 1-8.
- Weng, L. C., Huang, H. L., Lee, W. C., **Tsai, Y. H.**, Wang, W. S., & Chen, K. H. (2018). Health-related quality of life of living liver donors 1 year after donation. *Hepatobiliary Surgery and Nutrition*, 8(1), 1-9.
- Lin, C. L., Lin, C. P., Chen, S. W., Wu, H. C., & **Tsai, Y. H.**\* .\*( Corresponding author)(2018). The association between sleep duration and overweight or obesity in Taiwanese adults: A cross-sectional study. *Obesity Research & Clinical Practice*, 12(4), 384-388.
- **Tsai, Y. H.**, Lou, M. F., Feng, T. H., Chu, T. L., Chen, Y. J., & Liu, H. E. (2018). Mediating effects of burden on quality of life for caregivers of first-time stroke patients discharged from the hospital within one year. *BMC Neurology*, 18(50), 1-9.
- Weng, L. C., Yang, Y. C., Huang, H. L., Chiang, Y. J., & **Tsai, Y. H.** (2017). Factors that determine self-reported immunosuppressant adherence in kidney transplant recipients: a correlational study. *Journal of Advanced Nursing*, 73(1), 228-239.

- Lin, C. L., **Tsai, Y. H.**, & Yeh, M. C. \* (2016). Associations between sleep duration and type 2 diabetes in Taiwanese adults: A population-based study. *Journal of the Formosan Medical Association*. doi:10.1016/j.jfma.2016.01.013
- Lin, C. L., Chung, C. H., **Tsai, Y. H.**, & Chien, W. C. \* (2016). Association between sleep disorders and injury: a nationwide population-based retrospective cohort study. *Injury Prevention*. doi:10.1136/injuryprev-2015-041844
- Lin, C. L., **Tsai, Y. H.**, & Yeh, M. C. \* (2016). The relationship between insomnia with short sleep duration is associated with hypercholesterolemia: a cross-sectional study. *Journal of Advanced Nursing*, 72(2), 339-347.
- Huang, T. T., Yang, S. D., **Tsai, Y. H.**, Chin, Y. F., Wang, B. H., & Tsay, P. K. (2015). Effectiveness of individualised intervention on older residents with constipation in nursing home: a randomised controlled trial. *Journal of Clinical Nursing*, 24, 3449–3458.
- Huang, T. T., Liu, C. B., **Tsai, Y. H.**, Chin, Y. F., & Wong, C. H. (2015). Physical fitness exercise versus cognitive behavior therapy on reducing the depressive symptoms among community-dwelling elderly adults: A randomized controlled trial. *Internal Journal of Nursing Studies*, 52(10), 1542-1552.
- Huang, H. L., Weng, L. C., **Tsai, Y. H.**, Chiu, Y. C., Chen, K. H., Huang, C. C., . Wang, W. S. \* (2015). Predictors of self- and caregiver-rated quality of life for people with dementia living in the community and in nursing homes in northern Taiwan. *International Psychogeriatric*, 27(5), 825-836.
- Tu, H.T., **Tsai, Y. H.**, Li, T. W., Chiu, Y. L., See, L. C. \* (2012). Investigating the combined effects of diet and physical exercise on reducing body weight and waist circumference among mountain-dwelling Taiwanese people: Natural experiment of healthy community project. *Chung Shan Medical Journal*, 23(2), 95-105.

## B. Chinese Articles:

- 劉佳柔、謝明書、**蔡玉霞**、黃翠咪、林雪蓉、史麗珠\* (2015) · 台灣某縣市長期照顧居家式醫護類服務滿意度調查 · *若瑟醫護雜誌* · 9(1) · 20-34。

- 蔡玉霞、彭馨穎、江佩珊、林邵慈、涂慧慈、劉佳柔、史麗珠\* (2015).長期照顧管理中心的服務滿意度調查. *臺灣醫學*, 19(4), 335-345。
- 鍾佳玓、蔡玉霞、陳偉立、林雪蓉、史麗珠\* (2015) · 台灣健保總額預算制度施行對藥師的工作感受及工作壓力之影響. *中華職業醫學雜誌*, 22(1), 31-43。
- 邱孟君、李岑葦、呂采岑、涂慧慈、蔡玉霞、史麗珠\*(2013) · 代謝症候群管理成效：有對照組的前後測介入研究. *醫療品質雜誌*, 5(1), 34-49。
- 史麗珠\*、莊凱嵐、黎慧芳、王惠玄、胡文潔、王曉慧、蔡玉霞、鄭學慧(2011) · 出院準備服務：出院後不同照護模式的選擇、在入院率、死亡率的分析. *中山醫學雜誌*, 22(1), 23-33。
- 史麗珠\*、蔡玉霞、涂慧慈、李岑葦、呂采岑 (2010) 代謝性症候群防治知識量表之設計及信效度評估. *健康管理學刊*, 8(2), 137-152。
- 涂慧慈、蔡玉霞、林琴玲、李岑葦、鄭學慧、呂采岑、薛敏生、史麗珠\*(2010).社區健康營造經驗分享. *台灣健康促進暨衛生教育雜誌*, 29, 117-132。
- 簡淑華、蔡玉霞、沈昱名、葉郡銘、鄭學慧、史麗珠\* (2009) · 居家照護成效與省思：某區域醫院的病歷回溯研究. *秀傳醫學雜誌*, 9(3,4), 83-93。
- 胡文潔、王曉慧、葉郡銘、蔡玉霞、鄭學慧、史麗珠\*(2009) · 出院準備服務：兩種



辨識機制之比較· *澳門醫學雜誌* · 9(4) · 317-322。

- 鄭學慧、林琴玲、史麗珠、涂慧慈、蔡玉霞、藍旻暉\* (2009) · 某區域醫院採認知行為團體治療戒菸課程之成效. *中山醫學雜誌* · 20(2) · 161-176。
- 林琴玲、涂慧慈、蔡玉霞、史麗珠、薛敏生、藍旻暉、鄭學慧\*(2009) · 都會原住民戒菸衛教成效之初探. *秀傳醫學雜誌* · 20(2) · 161-176。
- 涂慧慈、史麗珠、林琴玲、鄭學慧、程以勝、藍章杰、藍旻暉、蔡玉霞\* (通訊作者) (2009) · 健康體適能活動在都會原住民部落的成效. *運動休閒餐旅研究期刊* · 4(2) · 122-138。
- 史麗珠、蔡玉霞、鄭學慧、涂慧慈、林琴玲、薛敏生、何佩紋、藍旻暉 (2008) · 高血壓控的飲食衛教活動在都會原住民部落之成效. *台灣營養學會雜誌* · 33(3) · 97-107。
- 涂慧慈、林琴玲、鄭學慧、蔡玉霞、薛敏生、史麗珠、藍旻暉 (2008) · 都會原住民的健康問題. *澳門醫學雜誌* · 8(2) · 98-104。
- 陳綱華、張綺紋、蔡玉霞\* (2007) · 安全護衛護理專業與消費者 · 淺談護理人員檢定。 *長庚護理* · 18(4) · 542-547。
- 楊翠雲、洪志宏、蔡玉霞、陳玉萍 (2007) · 發展有氧運動訓練方案及衛教手冊於放射治療期間之癌症病患. *長庚護理* · 18(3) · 320-332。

### C. Symposium:

- **Yu-Hsia Tsai**, Meei-Fang Lou, Chi-Tai Kuo, Li-Chueh Weng. The Perceptions of Disease and Its Symptoms Compared by Gender among Patients with Atrial Fibrillation and Their Quality of Life. ESC (European Society of Cardiology) Congress 2023. 2023/08/27. (Moderated Poster Presentation)
- **Yu-Hsia Tsai**, Meei-Fang Lou, Chi-Tai Kuo, Her-Kun Chang, Kuo-Liong Chien, Bih-Shya Gau, Lai-Chu See. Influencing Factors of Patients' Knowledge Regarding Anticoagulants and Health Beliefs Among Patients with Atrial Fibrillation Receiving Oral Anticoagulants. PCNA's 25th Annual Cardiovascular Nursing Symposium.2019/04/11. (Poster presentation)
- **Tsai, Y.H.**, Kuo, C. T., Tseng, T. L., Liu, H. E. (2014). Exploration of the Medication Disturbance, Quality of Life and Effectiveness of an Educational Program on the up to Six Months Follow-Up in Atrial Fibrillation Patients Under Warfarin Treatment. Sigma Theta Tau International's 25th International Nursing Research Congress.2014/07/26. (Oral presentation)
- **Tsai, Y.H.**, Liu, H. E. (2014).Quality of Life Among Family Caregivers for Stroke Patients Discharged from Hospital within Six Months in Northern Taiwan. Sigma Theta Tau International's 25th International Nursing Research Congress.2014/07/27. (Poster presentation)
- **Tsai, Y. H.**, Lin, C. L., Tu, H. T., Jeng, S. H., Hsueh, M. S., Lan, M. H., See, L. C. Effectiveness of nurse-led case management plus healthy community program on controlling hypertension among urban aborigines in Taiwan. 15th East Asian Forum of Nursing Scholars (EAFONS) and/or Asia Pacific Research Symposium (APRS). 2012/02/22. (Poster presentation)
- **蔡玉霞**、曾德霖、郭啟泰、劉雪娥. 心房纖維顫動患者接受抗凝血劑 warfarin 治療時之服藥困擾、生活品質及接受藥物相關衛教的成效評價. 護理研究成果發表會. 桃園縣護理師護士公會、桃園長庚紀念院護理部合辦. 2011/07/19. (Oral presentation)

- **Tsai YH**, See, L. C., Li, T. W., Chiu, Y. L., Tu, H. T.。 The combined effects of diet and exercise instruction on body weight and waist circumference in mountain-dwelling Taiwanese. 2009 年健康促進國際學術研討會. 2009/12/20. (Oral presentation)
- **蔡玉霞**、史麗珠、涂慧慈、林琴玲、鄭學慧、薛敏生. 都會原住民高血壓個案管理及健康促進的初步成效. 2008 年龜山鄉五校健康維護發展趨勢論壇. 2008/12/26. ( Poster presentation )
- **蔡玉霞**、林琴玲、鄭學慧、涂慧慈、薛敏生、藍旻暉、史麗珠. 都會原住民高壓個案管理及健康促進的初成效. 2008 公衛聯合年會.2008/10/4-5. (Oral presentation)