

YING TSAO

Professor; RN; PhD

Address: **School of Nursing**; Tzu Chi University

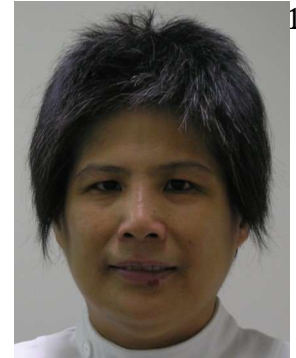
No. 880, Sec. 2, Jianguo Rd., Hualien City, Hualien County 970, Taiwan

Phone: (886) -3-8572158 #22519

Fax: (886)-3-8574767

Mail: s2178593@gms.tcu.edu.tw

<https://orcid.org/0000-0002-5131-3344>



EDUCATION

- | | | |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| PhD | School of Nursing and Midwifery, Griffith University, Australia
Dissertation: "Emotional well-being of childbearing women: A comparison of nationals and foreign brides in Taiwan" Advisor: <u>Professor Debra K Creedy</u> | 2005/Feb.~2008/Feb. |
| MS | Institute of Nursing, National Taiwan University
Thesis: "Factors associated with maternal stress in pediatric cardiac intensive care unit"
Advisor: <u>Professor Yueh-chih Chen</u> | 1992/July~1995/Feb. |
| BS | Department of Nursing, Kaohsiung Medical University | 1986/June~1989/June |

WORK EXPERIENCE

- | | | |
|---------------------------------------|-------------------------------------------|---------------------|
| Professor ~Present | Department of Nursing, Tzu Chi University | 2020/Feb. |
| Associate Professor | Department of Nursing, Tzu Chi University | 2011/Aug.~2020/Jan. |
| Associate Professor | Department of Nursing, Tajen University | 2008/Feb.~2011/July |
| Senior Lecture | Department of Nursing, Tajen University | 1995/Aug.~2008/Jan. |
| Military Instructor & Nursing Teacher | National Pingtung Institute of Commerce | 1997/Aug.~1998/July |
| Teaching Assistant | Chang Gung Institute of Nursing | 1989/July~1992/July |
| Registered Nurse | Chang Gung Memorial Hospital | 1983/Oct.~1986/June |

RESEARCH EXPERIENCE AND INTERESTS

My research focuses on women's and children's health, professional practice, and patient outcomes, emphasizing interdisciplinary collaboration with academic institutions, businesses, nonprofits, and government agencies. Currently, I am investigating the use of auricular acupressure, a Traditional Chinese Medicine technique, in women with gynecological cancer to assess its potential in improving health outcomes.

RECENT PUBLICATIONS

- Hsu, S.-H., Lin, Y.-L., Koo, M., Creedy, D.K., **Tsao*, Y.** (2024). Health-literacy, self-efficacy and health-outcomes of patients undergoing haemodialysis: Mediating role of self-management. *Journal of Renal Care*, 50(4), 342–352. <https://doi.org/10.1111/jorc.12493>
- Kuo, H. C., Lee, W. Y., Hsu, H. C., Debra K. Creedy, D. K., & **Tsao*, Y.** (2024). Effectiveness of a digital decision aid for nutrition support in women with gynaecological cancer: A comparative study. *Nutrition and Cancer*, 76(4):325-334. <https://doi.org/10.1080/01635581.2024.2307649>
(SSCI; IF: 2.9; Ranking in Oncology: 163/241; Q3; 2022)
- Liu, M. L., Lin, Y. P., & **Tsao*, Y.** (2023). Work environment-mediated job burnout and intention-to-stay in registered nurses. *The Journal of Nursing*, 70 (4), 36-46. [https://doi.org/10.6224/JN.202308_70\(4\).06](https://doi.org/10.6224/JN.202308_70(4).06) (TSSCI; Scopus; IF: 0.472; 2022)
- Tsao*, Y.**, Kuo, H. C., Chen, Z. J., Liou, W. S., & Creedy, D. K. (2022). A longitudinal study to explore unmet care needs, social support, and hope of women with gynecological cancer. *Nursing & Health Science*, 24(3):742-751. <https://doi.org/10.1111/nhs.12975>
(SSCI; IF: 2.7; Ranking in Nursing: 23/125; Q1; 2022)
- Huang, X. L., **Tsao*, Y.**, Chung, H. C., & Creedy, D. K. (2021). Effects of a mobile phone application for graduate nurses to improve central venous catheter care: A randomized controlled trial. *Journal of Advanced Nursing*, 77(5), 2328-2339. <https://doi.org/10.1111/jan.14735>
(SSCI; IF: 2.561; Ranking in Nursing: 6/123; Q1; 2019)
- Wu, T. T., Pan, H. W., Kuo, H. C., Chen, S. N., Creedy, D. K., **Tsao*, Y.** (2021). Concomitant benefits of an auricular acupressure intervention for women with cancer on family caregiver sleep quality. *Cancer Nursing*, 44(5). E323-E330.
DOI: [10.1097/NCC.0000000000000842](https://doi.org/10.1097/NCC.0000000000000842)
(SSCI; IF: 2.022; Ranking in Nursing: 20/120; Q1; 2018)
- Tsao*, Y.** & Creedy, D. K. (2019). Auricular acupressure: Reducing side-effects of chemotherapy in women with ovarian cancer. *Supportive Care in Cancer*. 27(11), 4155- 4163. DOI.org/10.1007/s00520-019-04682-8
(SSCI; IF: 2.676; Ranking in Health Care Sciences & Services: 23/94; Q1; 2017)
- Kuo, H. C., **Tsao*, Y.**, Tu, H. Y., Dai, Z. H., & Creedy, D. K.(2018). Pilot randomized controlled trial of auricular point acupressure for sleep disturbances in women with ovarian cancer. *Research in Nursing and Health*. 41(5), 469-479.
DOI: [10.1002/nur.21885](https://doi.org/10.1002/nur.21885).
(SSCI; IF: 1.762; Ranking in Nursing: 25/118; Q1; 2017)
- [HCK and YT contributed equally to this work and share first authorship.](#)

- Kuo H. C., Pan, H. H., Creedy, D. K., & **Tsao*, Y.** (2018). Distraction-based interventions for children undergoing venipuncture procedures: A randomized controlled study. *Clinical Nursing Research*, 27(4), 467-482. DOI: 10.1177/1054773816686262
(SSCI; IF: 1.466; Ranking in Nursing: 39/118; Q2; 2017)
- Tsao, Y.**, Kuo H-C, Lee H-C, Yiin* S-J. (2017). Developing a medical picture book for reducing venipuncture distress in preschool-aged children. *International Journal of Nursing Practice*, 23(5), 1-8. DOI.org/10.1111/ijn.12569
(SSCI; IF: 0.98; Ranking in Nursing: 64/114; Q3; 2016)
- Tsao*, Y.**, Creedy, D. K., & Gamble, J. (2016). A comparison of life stress and depressive symptoms in pregnant Taiwanese and immigrant women. *Journal of Nursing Research*, 24(3), 277-284. DOI: 10.1097/jnr.000000000000137
(TSSCI; IF: 0.970; Ranking in Nursing: 54/109; Q2; 2014)
- Tsao*, Y.**, Creedy, D. K., & Gamble, J. (2015). An exploration of parenting stress in Taiwanese and immigrant mothers. *Journal of Perinatal and Neonatal Nursing*, 29(4):287-295.
DOI: 10.1097/JPN.000000000000123
(SSCI; IF: 1.100; Ranking in Nursing: 43/109; Q2; 2014)
- Tsao*, Y.**, Creedy, D. K., & Gamble, J. (2015). Prevalence and psychological correlates of postnatal depression in rural Taiwanese women. *Health Care for Women International*, 36(4), 457-474. DOI:10.1080/07399332.2014.946510
(SSCI; IF: 0.802; Ranking in Women's Studies: 16/41; Q2; 2014)
- Tsao*, Y.**, Creedy, D. K., & Gamble, J. (2015). Emotional well-being of Vietnamese immigrant women during the transition to motherhood: A descriptive cohort study. *Nursing and Health Sciences*, 17(1), 49-56. DOI: 10.1111/nhs.12143
(SSCI; IF: 1.042; Ranking in Nursing: 45/109; Q2; 2014)

- 曹英* (2022) • 疫情實習期間的感念 • 花蓮縣護理師護士公會護訊期刊, 2, 8-9。 (7月)
- 郭惠貞、陳柔蓁、駱宛瑩、曹英* (2021) • 提升婦癌化學治療病人手足症候群護理指導完整率之專案 • 領導護理, 23 (4), 164-180。
- 黃湘玲、曹英* (2021) • 年輕人的顱內炸彈-腦動靜脈畸形 • 全聯護訊, 143, 7-9。
- 曹英* (2021) • 危機即轉機 • 花蓮縣護理師護士公會護訊期刊, 1, 8-10。 (4月)
- 曹英* (2020) • 老師這樣說: 協助遠距安心就學 • 志為護理, 19 (3), 51-53。
- 曹英* (2019) • 耳穴按壓對睡眠障礙卵巢癌婦女之前導性隨機臨床試驗研究 • 花蓮縣護理師護士公會護訊期刊, 2, 3-5。 (7月)
- 曹英* (2018) • 創造思考教學於護理教育領域之應用 • 花蓮縣護理師護士公會護訊期刊, 2, 5-7。 (9月)
- 曹英* (2017) • 故事繪本應用於接受靜脈注射兒童之成效 • 花蓮縣護理師護士公會護訊期刊, 4, 5-12。 (12月)
- 劉美秀、曹英* (2016) • 新生兒聽力缺損之篩檢與照護需求 • 護理雜誌, 63(6), 120-126。
- 郭惠貞、蔡宜蓓、陸俐君、曹英* (2016) • 兒科病房生物醫療廢棄物減量之改善成效 • 源遠護理, 10(2), 39-47。
- 曹英* (2015) • 剖腹產議題的回顧與探討 • 高雄護理雜誌, 32(2), 95-105。
- 呂凱莉、黃秀美、吳心怡、曹英* (2015) • 慢性精神病患減重達成率之改善方案 • 高雄護理雜誌, 32(1), 18-29。
- 曹英* (2013) • 男性與護理工作 • 嘉基護理雜誌, 13(1), 1-9。
- 曹英* (2013) • 專師異視界—慈濟大學專科護理師育培經驗分享 • 慈濟護理雜誌, 12 (3), 42 - 42。
- 曹英* (2012) • 性別及多元文化課程之建置與成效評估—以技職院校護理系為例 • 健康管理學刊, 10 (2), 115~125。
- 曹英* (2011) • 台灣地區兒童視覺障礙與健康照護 • 澳門護理雜誌, 10(2), 45~47。
- 曹英*、邱玉珍 (2010) • 協助一位晚期胃癌病人的護理經驗 • 若瑟醫護雜誌, 4 (1), 112-124。
- 曹英*、黃秋萍 (2010) • 住院及需長期管灌老人之營養與照護品質提昇計畫 • 大仁學報, 36, 169-184。

- Hsu, S. H., Tsao*, Y. (2023, September). Exploring the correlations between health literacy, self-efficacy, self-management, and health outcomes in hemodialysis patients. Paper presented at the 39th Annual Nursing Research Conference. Taichung, Taiwan Medical University, Taiwan.
- Chen, M. H., & Tsao*, Y. (2022, October). Parental treatment decision making and quality of life in children with cancer. Paper presented at 2022 Annual Meeting of Buddhist Tzu Chi Medical Foundation (TCMF). Taipei, Taiwan.
- Chung, H. C., Tsao*, Y., Chou, Y. F., Huang, X. L., Chiang, J. P., & Chen, P. S. (2022, October). Applying intravenous infusion assessment in the mobile learning system teaching in nurses post-graduate year. Paper presented at 2022 Annual Meeting of Buddhist Tzu Chi Medical Foundation (TCMF). Taipei, Taiwan
- Liu, Ming-Li., Lin, ea –Ping., & Tsao*, Y. (2021, September). Positive practice environment mediates burnout and intention to stay of registered nurses in Taiwan. Paper presented at 2021 ICN Congress Virtual Conference: Nursing around the world.
- Huang, X. L., Chung, H. C., Tsai, S. T., & Tsao*, Y. (2020, September). A randomized controlled trial of the effectiveness of mobile-based video learning on clinical knowledge and skill acquisition of new graduate nurses. Paper presented at 2020 Taiwan International Nursing Conference Endorsed by ICN, 2020 TWICN, Taipei, Taiwan.
- Tsao*, Y. (2020, June). A case report of triplet births after assisted reproduction treatment. Paper presented at Advocacy and Policy 2020: Strengthening the Voices and Capacities of Health Professionals, Chiang Mai, Thailand.
- Chang, C. M., & Tsao*, Y. (2019, October). Effect of early positioning on patient received angiography. Paper presented at G-I-N & JBI 2019 Conference Trustworthy Evidence for Questions That Matter, Adelaide, Australia.
- Chang, C. M., & Tsao*, Y. (2019, October). Horticultural therapy for schizophrenia. Paper presented at G-I-N & JBI 2019 Conference Trustworthy Evidence for Questions That Matter, Adelaide, Australia.
- Fan, C. H., & Tsao*, Y. (2019, August). The influential determinants of sugar-sweetened beverages excess consumption and its impact on the health among female adolescence. Paper presented at 2019 AAPINA & TWNA Joint International Conference, Taichung, Taiwan.
- Kuo, H. P., & Tsao*, Y. (2019, June). The effectiveness of cartoon interventions for hospitalized children undergoing intravenous injection procedures. Paper presented at ICN Congress 2019 Beyond Health care to Health, Bayfront Ave, Singapore
- Tsao*, Y. (2017, November). *Reproductive health among indigenous women in Taiwan*. Paper presented at The Nursing Leading Global Health Advancement, Hualien, Taiwan.

Tsao*, Y., & Wu, M. L. (2016, January). *Using action research to develop, implement and evaluate a curriculum in Bachelor nursing students*. Paper presented at The 2nd Asian Congress in Nursing Education, Tainan, Taiwan.

Tsao*, Y. (2015, October). *Dancing together: Maternal and infant characteristics*. Paper presented at The 2015 Conference on Teaching Excellence, Ilan, Taiwan

曹英* (2015 年, 10 月) • 兩人起舞：婦嬰篇·於國立宜蘭大學主辦，2015 卓越教學學術研討會·宜蘭市：宜蘭大學。

曹英* (2012 年, 5 月) • 建構「性別及多元文化思維」的護理課程發展計畫·於慈濟大學師資培育中心主辦，各級教育階段特色課程發展學術研討會·花蓮：慈濟大學多功能會議室。

曹英* (2011, 6 月) • 性別、文化與健康·於中山大學主辦，新興議題與專業教育改革中綱計畫期末成果分享會·高雄：捷運美麗島站三多廳。

曹英* (2010, 6 月) • 以社會文化觀點為導向的社區式健康照護·於成功大學醫學院主辦，醫學社會人文與多元文化教育—跨領域教學經驗分享工作坊·台南：成功大學醫學院4樓會議室。

專書

曹英* (2016)·視覺及聽覺障礙與保健·於穆佩芬總校閱，兒童及青少年健康照護（一版，165~210）·台北：華杏。(ISBN: 978-986-194-412-8)。

曹英* (2016)·性教育與兩性關係·於穆佩芬總校閱，兒童及青少年健康照護（一版，289-338）·台北：華杏。(ISBN: 978-986-194-412-8)。

曹英*、張麗娟、江曉菁 (2012)·婦女健康課程對應屆畢業護生文化能力成效之前趨研究·於黃玫瑰編著，2011 家庭福祇—開啟多元助人專業之對話（167~177 頁）·屏東：大仁科技大學。(ISBN: 978-986-6140-21-1)

曹英* (2009)·骨骼肌肉系統評估·於林靜幸合著，身體檢查與評估指引（初版，545-600 頁）·台北：新文京。(ISBN: 978-986-150-671-5)

曹英* (2009)·兒童身體評估·於林靜幸合著，身體檢查與評估指引（初版，601-660 頁）·台北：新文京。(ISBN: 978-986-150-671-5)

社會服務

慈濟大學及護理學院	(校級、院級) 教師評鑑委員
慈濟大學護理學院	學生加冠典禮總指揮老師
花蓮市護理師護士公會	學術組委員
衛生福利部國民健康署 (婦幼健康組)	各縣市「周產期高風險孕產婦(兒)追蹤關懷計畫」之審查
衛生福利部國民健康署	更年期衛教手冊之諮詢專家
社團法人台灣評鑑協會	大專院校之評鑑委員
嬰兒與母親雜誌社	孕婦健康手冊之諮詢專家
教育部	教學實踐研究計畫專案辦公室之審查委員