Centre for Research and Training for Gender and Women’s Health

Annual Report 2011
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**Director’s Report**

This annual report will report on the centre’s research, trainings, workshops, conference participation, visitors to our centre and publications. CRTGWH is strongly committed to the development, distribution and management of knowledge in order to improve the health of women and contribute to the achievement of health equity.

2011 has been a year of blessing. This year there were numerous researches and publications conducted by members of CRTGWH, more than any previous years. A number of trainings were also conducted on gender sensitive research and gender awareness for health workers and health researchers. Members of the centre have also participated in conferences, both nationally and internationally presenting their papers and posters. Our success relies on a hard work of our members, graduated students and a great support from Khon Kaen University.

This year was the second year we accepted exchange students under the Minority Health International Research Training, including two undergraduates from Florida International University and two graduates from Georgia Southern University. We also had the privilege to receive the visit of Dr. Sari Andajani-Sutjahjo from Auckland University of Technology, New Zealand and Dr. Kathryn Anderson, Director of the Minority Health International Research Training.

In 2012 we plan a busy year with researches, trainings and workshops to be conducted by our centre.

Siriporn Chirawatkul, RN, PhD
Professor, Director of CRTGHW
1 Congratulations

We need to congratulate Assoc. Prof. Somporn Rungreangkulki for her outstanding effort during the 15th Australasian Nurse Educators Conference held in Hamilton, New Zealand. Assoc. Prof. Somporn Rungreangkulki received the ‘Best Abstract Award’. She presented the topic: ‘Gender-Related Influences in Nursing Education: A case study in Thailand’. The study explored how gender-related factors influence nursing education. Findings revealed that during the learning process and practice, gender norms and gender relations influence role expectations, self concept, and relationship and that there is a need to incorporate gender sensitivity in nursing curriculum at all levels.

![Certificate of Excellence](image)

Figure 1 – ‘Best Abstract Award’ received by Assoc. Prof. Somporn Rungreangkulki

2 Visitors

Visit by Director of MHIRT Dr. Kathryn Anderson

CRTGWH welcomed Dr. Kathryn Anderson, Director of the Minority Health Disparities International Research Training (MHIRT) between 11-18 September 2011. Under the MHRIT program, minority undergraduate and graduate nursing students collaborates with foreign nursing faculties, including Khon Kaen University’s CRTGWH. The students are provided with international research training, focused on clinical research on
disparities care of chronic illness patients and families. The students, under an international mentor, choose a topic of interest within the area and continue their study in the selected country. Earlier this year CRTGWH welcomed four students under the MHIRT program.

During Dr. Kathryn visit, she met with members of CRTGWH Administrative Board, had a campus and city tour. She lectured a PhD class on research and training on the MHIRT project, shared experience in research on women with breast cancer and worked with the family nursing group in the Faculty of Nursing. She also had the opportunity to visit Ban Khok Na-ngham Village, where the MHRIT students conducted their research during their stay in Khon Kaen. Discussion with Prof. Siriporn Chirawatkul, Director of CRTGWH and Assoc. Prof. Somporn Rungreangkulki was also undertaken on further activities to be conducted between the two centres. It was also decided that Dr. Somporn Rungreangkulki would visit and meet with Dr. Kathryn in early 2012 to plan for next year’s MHRIT project.
Visit by Dr. Sari Andajani-Sutjahjo from AUT New Zealand

CRTGWH welcomed Dr. Sari Andajani-Sutjahjo from Auckland University of Technology, New Zealand between 25 November and 8 December 2011. Dr. Sari is a Senior Lecturer at the Faculty of Public Health with a number of outstanding researches and publications. She has also received a number of awards during her career. Currently she teaches health promotion, community development, gender and human rights, and, young people and reproductive health.

During Dr. Sari’s visit to CRTGWH, she assisted in the writing of publications for members of the centre and students, gave a lecture to PhD students, went on a field trip to the observe the Hmong Village in Petchaboon Province with Ms. Phanphimon Sukwong, who is currently her PhD in that area and Ms. Chompoonutch. She also assisted to analyze data and discussion on the following topic: “Gender and Access, Benefit, Control of Power on Water Management of Isarn People in Namphong Basin”.

Figure 4 - Dr. Sari Andajani-Sutjahjo giving a lecture to PhD students

3 Consultancy

Consultancy work with LWU in Lao PDR

The International Institute of the IOGT-NTO Movement (IOGT) supported Lao Women’s Union (LWU) to conduct a research project entitled “Study of Alcohol related Domestic Violence in Lao PDR” during March – November 2011.
Prof. Siriporn Chirawatkul, Director of CRTGWH, Khon Kaen University was invited as a qualitative research consultant. The consultancy was needed in order to prepare the researchers for field work, qualitative data analysis and report writing. The training model based on training by doing, participation and adult learning methods was undertaken to accomplish the consultancy mandate. Three phases of training activities was carried out. Phase I included: Research practice activities focused on the introduction of research methodology, with emphasis on qualitative research and preparation of field work. Phase II: Research practice focused on qualitative data analysis. Phase III: practice writing research report, writing qualitative research findings, and preparing for oral presentation. Outcomes of the consultancy included a research report and a power point presentation prepared for the Global Alcohol Policy Conference in 28-30 November 2011 in Bangkok.

Figure 5 - Prof. Siriporn Chirawatkul and participants of the research project: “Study of Alcohol related Domestic Violence in LAO PDR”
UNFPA consultant for Midwifery Education

Dr. Pakwilai Srisang, a member of CRTGWH will act as temporary consultant for the United Nations Population Fund (UNFPA) in the area of Midwifery Education. UNFPA is an international development agency that promotes the right of every woman, man and child to enjoy a life of health and equal opportunity. UNFPA supports countries in using population data for policies and programmes to reduce poverty and to ensure that every pregnancy is wanted, every birth is safe, every young person is free of HIV/AIDS, and every girl and woman is treated with dignity and respect. Dr. Pakwilai Srisang main tasks in the consultancy work will be to:

1) Assist UNFPA International SBA Coordinator and Nursing and Midwifery Unit MoH DoP (Ministry of Health – Department of Planning) to deliver Midwifery Training for Trainer programme (MTOT).

2) Assist Nursing and Midwifery Unit MoH DoP to monitor the new 1 year post-basic Community Midwifery programme for existing staff.

3) Assist Nursing and Midwifery Unit MoH DoP to monitor and prepare regular reports on all short trainings conducted under SBA Plan.

4) Assist UNFPA International SBA Coordinator and Nursing and Midwifery Unit MoH DoP and MoH Department of Health care with supporting efforts for standardization of clinical areas, including updating of clinical staff (medical, nursing and midwifery) and clinical preceptors, promoting evidence-based midwifery practices, in line with the new National Standards of Midwifery Practice (MoH, 2009) and auditing of clinical sites used for midwifery /SBA trainings.

5) Assist Nursing and Midwifery Unit MoH DoP prepare for and implement National Midwifery Accreditation and Licensing examination.
6) Prepare a short report and briefing note for DOP and UNFPA at end of assignment on work undertaken and recommendations for further capacity development needed in Nursing and Midwifery section of MoH DOP.

7) Assist UNFPA and MoH DoP prepare and implement advocacy events and materials to promote use of midwives and other skilled birth attendants in support of national Integrated Package of Maternal Neonatal and Child Health (MNCH) services.

8) Assist DOP draft i) analytical annual progress report 2011 on SBA Plan and ii) annual progress report to UNFPA on work plan to support SBA Plan.

9) Undertake any other duties as so requested by UNFPA Representative as falls within post-holders area of competence.

4 Research

Perception of Coronary Heart Disease among I-Saan Women, Ubonratchathani context

Pokathip, S.

This pilot study using qualitative research aimed at exploring gender perception of coronary heart disease (CHD) among I-Saan women in Ubonratchathani Province. Fifty-one women (the mean age was 50.9 years old), both with and without risks of CHD group, were purposive sampling as key informants. Focus group discussion, in-depth interviews, and non participant observation were employed for data collection. Data were analyzed by content analysis. Finding of the study revealed that I-Saan women’s health is influenced by gender roles among I-Saan culture. Perceptions of CHD were apparent in 3 main issues. First, CHD was a threatening disease and a burden for themselves and family. Second, several conditions were perceived as the risks of disease including palpitation, obesity, hyperlipidemia, hypertension and stress. Third, preventions of CHD included diet control and stress management such as chanting, dancing, cooking, and
chatting with friends. However, smoking and drinking were also recognized as stress reduction methods. Appropriate interventions for prevention of CHD from health care providers should be conducted.

Keywords: coronary heart disease, I-Saan women, gender, perception

Figure 6 – Participants of ‘Perception of Coronary Heart Disease among I-Saan Women’.

A Comparative Study on the Quality of life and Well-being of the Poor Families in Semi-Urban Area and Remote Area

Jongudomkarn, D., Promphakping, B., Khlangsaeng, K., Chanpen, U.

This study compared the study results on the quality of life and well-being of poor families located in a semi-urban and remote area within the local administrative area. The
Khon Kaen University Quality of Life and Well-being (KKU QoL Well) indicator assessment, developed by the researches, was used in this study. Poor families were recruited according to a criteria and community meetings. The study compared results obtained from 524 families in two areas within the Isan region of Thailand, including 244 families in Yangkham sub-district of Phonsai district, Roi-et Province and 280 families in Muangwas sub-district, Nam pong district, Khon Kaen Province. Prior to its use the assessment tool was assessed for content validity and appropriate language by 48 local experts. A reliability score of 0.98 was determined by Cronbach’s Alpha Coefficient method. The study revealed that there is no significant difference of Chi-Square between the frequency scores in the quality of life and well-being levels of the poor families in both areas. However, significant differences of Chi-Square on the frequency scores in quality of life and well-being levels between general families and poor families in the semi-urban and remote areas (p<0.05) was found. Results suggest that the Khon Kaen University Quality of life and well-Being (KKU QoL well) indicator assessment can be used to differentiate family quality of life and well-being both in terms of individual factors and general overviews.

Figure 7 – Assoc. Prof Darunee Jongudomkarn, and participants of the research.
Enhancing a Health-Related Quality-of-Life Model for Laotian Migrant Workers in Thailand

Nilvarangkul, K., McCann, V.T., Rungreangkulkij, S., Wongprom, J.

We undertook this action research study to enhance the health-related quality of life (HRQOL) of Laotian migrant workers, and to conceptualize a practical model for workers for use in similar situations. Seventy Laotian migrant workers, 3 researchers, and 18 stakeholders took part in the study. Several data collection methods were utilized, including in-depth interviews, focus groups, participant observations, and field notes. Content analysis was employed to analyze qualitative data. Findings suggest that the workers improved certain aspects of their HRQOL through participation, consciousness raising, and empowerment, which enabled them to become more self-reliant, confident, competent, and have greater strength to overcome their difficulties.

The Enhancing Laotian Workers’ HRQOL Model was conceived as a practical model that could be used by community health nurses working with migrant workers in various contexts.

Buddhist Group Therapy for Diabetes Patients with Depressive Symptoms

Rungreangkulkij, S., Wongtakee, W., Thongyot, S.

The objective of this study was to assess the effect of Buddhist group therapy on patients with type 2 diabetes who had depressive symptoms. A quasi-
experimental design study using a control group with matching technique was conducted. After informed consent was obtained, the Nine questions for assessing depressive disorder symptom (Isan language) was used to determine the patient’s condition. A total of 62 patients with type 2 diabetes who had depressive symptoms were assigned to either the experimental group (n = 32) or the control group (n = 32). Patients in the experimental group were divided further into four groups (8 patients per group) and attended the Buddhist group therapy. The intervention consisted of a weekly Buddhist group gathering lasting 2 hours for 6 weeks plus home meditation practices. Patients in the control group received treatment as usual. Both groups received standard physician treatment, including medication. Physicians did not know who was in either the control or experimental groups. Results show that 6 months after the intervention, 65.6% and 100% of patients in the control group and experimental group, respectively, returned to normal level. The intention-to-treat analysis, which included two participants in the experimental group who lost follow-up, yielded a small reduction in the number of patients who returned to normal level (93.8%).

With intention-to-treat analysis, the relative risk on depressive symptoms between the experimental and control groups was 6.5 (95% confidence interval, 1.4 30.6). Qualitative data from the experimental group supported that there were therapeutic group factors involved. However, patients realized the truth of being oneself and also accepted their current living condition. In conclusion, this program is effective in reducing depressive symptoms.
Gender difference: Sociodemographic risk factors of depression.
Rungreangkulki, S., Chirawatkul, S.

Objectives: To study risk factors of depression between men and women.
Design: Case-control study was based on secondary data analysis with sample of 332 of cases and 332 of controls.
Results: In male patients (n=314), men who were single, widowed, or divorced had a higher risk than those who were married (OR = 1.95). For females (n=350), women who earned a consistent income showed an OR = 0.6. Women who came from an unsupported family had a higher risk than those from a supported family (OR =1.75).
Conclusion: There were different risk factors of depressive disorder between men and women. Appropriate strategies that take into account gender differences are needed to prevent depression in Thailand.

Keywords: depression, risk factor, gender difference

Because of responsibility: Gender and Nursing Profession
Rungreangkulki, S., Chirawatkul, S., Sritagook, R., Maneerat, T., Kamdee, B., Charoenwong, S.

The rate of nurses’ turnover or intention to leave from the job is still high. This qualitative research aims to incorporate gender perspectives to explain the nursing profession and the work of nurses. Registered nurses in a province in the northeast region of Thailand participated as key informants for this study. Focus groups and in-depth interviews were used for data collection. Data were analyzed using thematic analysis based on a gender perspective. Findings revealed four major themes including; meaning, nursing roles, opportunity and access to resources, and unequal relationship. The
research findings suggest that enhancing gender sensitive skills for nurses in order to decrease gender stereotype from unequal relationship is needed. Increasing working time on direct nursing care is also required. In addition, in teaching and learning, sensitivity on equal relationship of power between nursing educators and students as well as between senior and junior students should be enhanced.

Keywords: nursing profession, gender, nursing roles

**Reducing Alcohol Misuse in Community: An Application of the Family Health Nurse into Research Intervention**


The action research based on WHO Family Health Nurse combining quantitative and qualitative for reducing drinking problems was conducted. Quantitative data were gathered using a survey among 256 community, and 235 family leaders. Qualitative data were collected through brain storming and dialogue with 60 family and community leaders from 15 villages. Results revealed a large-scale alcohol misuse. Three villages participated in the implementation of the project. The strategic and action plans solving alcohol problems, empowerment, support, and education took place in various forms to prevent, solve and rehabilitate undesirable drinking problems. Exit evaluation of the proposed model was conducted. Results revealed decreased alcohol consumption in the communities. A knowledge and experience exchange forum was carried out among the committee and local government agencies. Finally, ‘The Kumpavapi model’ was presented as a model for solving unwanted drinking problems.

Keywords: Family Health Nurse, Community-based actions research, Reducing drinking problems
The Construct Validity of Khon Kaen University Family Quality of Life Scale: An Exploratory Factor Analysis

Jongudomkarn, D., Prungkamma, P., Kaewprom, Y., Khomkhum, S., Kensila, U.

This research aimed to examine the construct validity of the Khon Kaen University Family Quality of Life Assessment Tool (KKU FQoL) as perceived by the family member. A simple random sample without replacement, of 600 families of cloth making women from Northeastern Thailand was conducted. The content validity of questionnaire was approved by a panel of 21 local experts. The reliability of the questionnaire, tested using Cronbach’ Alpha Coefficient, was 0.95, 0.89, 0.94, and 0.94 when trying out in the
provinces of Khon Kaen, Udornthani, Yasothorn, and Ubonratchathani respectively. Factor analysis of 55 variables from 4 factors on the KKU Family Quality of Life was done using a correlation matrix method, and then using the Orthogonal rotation method with Varimax. The variables with values at 0.3 and above were selected. Additionally, the factors that contained more than three variables were also selected. Finally, 51 items for assessment remained. Results from this study indicated that the KKU FQoL scale showed good reliability and construct validity. It can be applied in evaluation of future family quality of life development programs.

Keywords: Family quality of life, Assessment scale, Exploratory factor analysis

Figure 9 – Cloth making women working in a factory.
A descriptive cross-sectional study was carried out in Khon Kaen Province during January 1 to June 30, 2008. The aims were to assess: (1) the prevalence of risk factors for chronic diseases such as cancer, diabetes, blood pressure; and (2) health behavior and health education needs. There were 338 sample subjects aged between 20-60 years, from urban, semi-urban and rural areas. Some 20.4 % of the sample subjects reported that they were unhealthy (10.4% diagnosed with hypertension, 9.8% with diabetes, and 0.9% with cancer). For history of illness in the family, the most common were diabetes (42%), high blood pressure (16.5 %) and cancer (14.8 %), and 66.9% reported stress within the last 6 months. In terms of risk behavior, 82.3% of males smoked cigarettes but only 1.9% of females. The respective figures for alcohol were 68.4% and 26.6%. The majority (61.2) had low physical activity (sitting or standing, little movement). Almost one third (32%) reported testing positive for Opisthorchis viverrini eggs in stool. For health education needs, 64.2%, 54.7% and 42.6% wanted to learn more about cancer, diabetes and hypertension, respectively. For means of health education delivery, 31.7% want to learn
from medical doctors, 20.4% from TV, 16.3% from village's broadcasting and 13.6% from health volunteers. Suitable means to delivery health education are needed to convey knowledge to the population. Community health volunteers may be one of the best sustainable alternative methods to transfer knowledge.

**Curriculum Evaluation of the Master Program in Psychiatric and Mental Health Nursing, Plan B, Faculty of Nursing, Khon Kaen University**

Sricamsuk Saito, A., Rungreangkulkiij, S., Kotnara, I., Cheanarom, C.

This descriptive study aimed to compare competencies of nurses who graduated from the Master Program in Mental Health and Psychiatric Nursing (Plan B), Khon Kaen University, as perceived by themselves and their hospital directors/head nurses. The sample included 60 nurses who graduated during 2004-2007, and 56 hospital directors/head nurses. The instruments included the Nursing Competency Evaluation. Descriptive statistics and t-test were used to analyze the data. The study found significant difference of the overall nursing competencies as evaluated by nurse themselves and their hospital directors/head nurses at the .05 level. Considering each item of the competency, it was found that nurses evaluated themselves at a good to very good level in all items except one whereas the directors/head nurses evaluated the nurse at a moderate to very good level.

Keywords: competency, master program, mental health and psychiatric nursing
The effect of protective factor enhancement program on resilience among male youth in the Observation and Protection Centre.

Kotnara, I., Hengudomsab, P., Rungreangkulki, S

The purpose of this quasi-experimental design was to test the effect of protective factor enhancement program on resilience among youths. The sample included 86 male youths from an Observation and Protection Center. The experimental group (n=43) control group (n=43), administered three times. Data were analyzed using repeated measure ANOVA. The results were as follows: Comparison between the experiment and control group showed that there was a significant difference of the mean RFS at posttest but no significant difference at the pretest and follow up. There was significant interaction effect between group and time.

Keywords: protective factor enhancement program, resilience, male youths, The observation and Protection Center

Child-Rearing During Adolescence in Isaan Family

Siripul, P., Sutra, P., Jongudomkarn, D., Sakdisthanont, S.

The descriptive research aimed to study and functions in child-rearing during family roles regarding their family structures adolescence. The samples were 220
guardians of adolescents. Multistage sampling was used to randomly selected participants. Structural interviews, using family roles in child-rearing during adolescence questionnaire, developed from Erikson child development theory, 22 questions with reliability (Cronbach’s alpha coefficient) of .71 and 11 open-ended questions, were used for data collection. The data were analyzed by descriptive statistic and content analysis.

The results revealed that mothers were the key person taking care of adolescents, in terms of teaching about discipline, and planning for their studies and futures. The father and the mother played integrated roles in setting and regulating family rules, coaching the child behaviors, and punishing them for improper behaviors. Regarding family structure, fathers were on the highest family hierarchy position, responsible for deciding on large budget matters. As a housewife, mothers kept their roles on taking care of family house chores such as: setting rules, family income keeper, and health care provider for family members. Parents helped each other to earn a living, and cope with daily family problems. Nevertheless, parents rarely communicated with their children on sexual related issues, did not allow them to take part in solving family problems, and had less activity with them during weekend. Finally, nurses in charge of families with adolescents should enhance family awareness developmental tasks; enhance maternal competency on child-rearing and approaching adolescence; and raise father roles in assisting mothers to keep family task roles and support adolescents’ developmental demands, such as providing sexual information and increasing adolescents’ participation in family’s activities.
**Happiness of Undergraduate Nursing Students, Faculty of Nursing, Khon Kaen University**

Sricamsuk Saito, A., Voraharn, W., Senarak, W

This descriptive research aimed to study happiness of nursing students at the Faculty of Nursing, Khon Kaen University. The population included 636 nursing students in years 1-4. The instruments included demographic data, Thai Mental Health Indicator, coping methods, and ways to increase happiness. Descriptive statistics, chi-square, one way ANOVA and t-test were used to analyze the data. The study found significant differences in happiness scores among the four year. First year students showed the highest mean happiness score, followed by fourth year, second year and third year, respectively. The first three coping methods used included accepting self, positive thinking and seeking consultation from friends.

Keywords: happiness, nursing students, bachelor program

**Ethnic Traditions: Women’s Well-being in Four Ethnic Groups in Northern Thailand.**

Chirawatkul, S., Rungreangkulkij, S., Sawancharoen, K., Wattananukoolkiat, S.

Objective: This study aimed to explore the perceived well-being expressed by women of four minority ethnic groups, the Lue, Lua, Mein, and Hmong, in the Nan province of northern Thailand.
Design: Qualitative study was employed. Seventy women aged 18-60 of the Lue, Lua, Mein, and Hmong participated in focus group discussions and in-depth interviews conducted in October 2008-August 2009. Content analysis was employed.

Results: The four major findings were 1) women’s well-being is related to ethnic traditions and family life, 2) Lue and Lua women exert more control over family and community life than Mein and Hmong women, 3) ethnic traditions are more powerful in women’s lives than state law, and 4) Hmong women experience poorer well-being than Lue, Lua, and Mein women.

Conclusion: Strong ethnic traditions create conditions that prevent women’s effort to achieve well-being. Increasing opportunities for women to gain education and employment alone do not guarantee the conditions necessary for women’s overall well-being.

Keywords: gender, well-being, matrilineal, patrilineal, Thailand

**Nursing Profession: A Meaning in Gender Perspective**

Chirawatkul, S, Chinlumprasert, N., Songwattana, P., Deoisares, W., Fongkaew, W., Rungreangkulkiij, S.

Gender issue in a patriarchal society is regarded as one of the cause of nurse’s shortage in Thailand, however currently there is limited information available to attempt to describe this situation. This paper is a part of the qualitative study on nursing profession: a meaning in gender perspective. It aims to 1) investigate the meaning of being a nurse perceived by professional nurses and related personnel from the Ministry of Public Health, and 2) present the meaning using gender perspective. Focus group discussions and in-depth interviews were employed with 383 key informants, including professional nurses, experts related to the nursing profession and hospital’s directors. The study was conducted during November 2009- April 2010 in 5 provinces, Chiang Mai, Khon Kaen, Chonburi, Bangkok and Songkla. Data were analyzed using thematic analysis. Rigor of the study was ensured using triangulation. There were 4 major findings, 1) a nurse is a manager and multipurpose personnel, 2) stereotyping female nurses think thoughtfully but worry about non-important things and male nurses are system thinkers, 3) reflection of gender relation: male nurses have
more negotiating power and social network than female nurses and 4) Both female and male nurses revealed that to decrease nurse shortage, ensuring nurses’ confidence in the profession, restored professional nurse image, and strengthening power of nursing profession are needed. Thai nurses have to get through myths and encourage changing the perspective and cultural structure of power relation.

Keywords: Nursing profession, Gender, Qualitative research, Thailand

**Perceptions of Depression among People of Khon Kaen City: A Gender Perspective**

Chirawatkul, S., Rungreangkulki, S., Prakhaw, P., Itratana, P., Chomnirat, W.

There are limited studies describing the contextualization of gender and depression within the Thai society. The study aimed to identify gender based expectations on the roles, responsibilities and influence of power that contribute to depression as perceived by people in Khon Kaen city, Northeast Thailand. A qualitative study was employed during October 2008-July 2009. One hundred and one key informants, 50 women and 51 men, took part in focused group discussions and in-depth interviews. The discussions and interviews were tape-recorded, transcribed and thematically analyzed. It was found that depression was understood by both men and women to be a product of cultural and socio-economic factors. The men’s role as a family leader was stressful. The women had a lower status, lower participation in decision-making, less pay, less opportunity, and less access and control of resources.
The express of and dealing with depression were somewhat different between men and women. It is suggested that in order to reduce the prevalence of depression, greater emphasis should be placed on gender-specific mental health promotion and prevention of depression program.

Keywords: perception, depression, gender, Thailand

The development of Clinical practice guideline screening for neonatal jaundice in Tao-Ngoi Hospital, Sakonnakhon Province

Dolrung, T., Anusornteerakul, S.

This participatory study looked at the involvement of health personnel in order to analyze the situation of neonatal jaundice care and develop a screening practice guideline for neonatal jaundice. The samples of the study included 10 neonates and 8 registered nurses who took care of neonate in Tao-ngoi hospital. The study was conducted from December 2010 to January 2011. The instruments of the study included charts records, statistics, weigh scale, tape measure, stethoscope, watch, LATCH score, and a practice guideline handbook to screen neonatal jaundice. The instruments for collecting data included a practice guideline to screen for neonatal jaundice and questionnaire for nurses. The practice guideline screening was validated by 3 specialists. The content validity index was .83. The data was analyzed using percentage, mean, standard deviation, and validated related criteria of Mason. The results of the study showed that the practice guideline screening consists of 4 parts; (1) Mothers' history concerning pregnancy, delivery and infant excretion history, Feeding APGAR score, hypothermia, and hypoglycemia; (2) Newborn physical examination concerning strength of the muscles, movement, shape of the head, crying, and excretion; (3) Eye screening (Kraner zone); (4) Nomogram screening.
It was found that practice guidelines screening for neonatal jaundice is suitable for Tao- ngoi hospitals because of appropriate language, easiness, convenient, appropriate, and precise.

Keywords : The Development, Practice guideline, Neonatal jaundice, Screening

Pain Intensity among Mothers in the First Stage of Labour after Pain Relieved with Breathing Techniques, Abdominal Effleurage and Sacrum Massage

Worawong, D. Anusornneerakul, S., Chaisiwamongkol, W.

The purpose of experimental research was to compare pain intensity among mothers in first stage of labour before and after pain relieved with breathing techniques, abdominal effleurage and sacrum massage at Nawa Hospital, Nakhon Phanom Province. The researcher divided the samples into three groups, 19 in each group. Data collected include pain relief in first stage of labour, basic demographic information, and present pain intensity. The data were analyzed using Wilcoxon matched pairs signed rank test, Kruskal Wallis One-Way Analysis of Variance and Chi-square. The results of this study were as follows: The median of present pain intensity scores within and between three groups before and after experiment were not significantly different at level .05 and the proportion of mothers who were pain relieved in three groups after experiment were not significantly different at level .05.

Keywords: breathing techniques, abdominal effleurage, sacrum massage, present pain intensity
5 Training and Workshops

Training on Capacity Building on Gender Sensibility – I

A training entitled “Assessing the Training on Capacity Building on Gender Sensibility in Depression Therapy for Professional Nurses of Health Promoting Hospitals” was conducted in a psychiatric hospital on the 30-31 March 2011.

The objectives of the training were 1) to understand the relationship between Gender and Depression, 2) to bring and apply the knowledge to patients with depression and related organizations, 3) to learn and share past experiences, 4) to find and understand problems, 5) to understand a more effective and sensitive method of care for patients from different environments; and 6) to understand the skills used in the treatment of patients.

Most participants said that they did understand the difference between sex and gender. Participants were also concerned that the knowledge and skills gained from training is very difficult to put into practice in an organization, however it is something that should be considered and introduced little by little, depending on each individual’s potential.

Other participants had the following comments “It was a very interesting course, it is like a basis of life that builds supports and hospitality for the family and the community, including organizations and workplaces. Just a single person can’t make it happen”. She added, “one important thing is to be able to communicate with others and superiors or administrators and get them to realize the importance of gender. I’m saying that a major problem is discrimination.”
Figure 11 – Assoc. Prof. Somporn Rungrangkulkitj presenting at the training on Capacity Building on Gender Sensibility in Depression Therapy for Professional Nurses

“I thought what I’ve used to do was good for the patients, but I realize that it’s just from the point of view of most caregivers. This is how we feel. The training really widened our view. I will work for our department,” said another participant.

It was only a two days course but participants gained a lot from the training. Participants clearly understood that they need to focus on an individual basis and that there are other ways to deal with a problem depending on a patient’s sex (male or female). They were really grateful for learning new and useful information. Others expressed that the training was very interesting but hard to push forward, further emphasizing the difficulty to put in practice in a hospital environment. However, they understood that it is something they have to pursue and try their best. All participants expected a good future outlook.


**Training on Capacity Building on Gender Sensibility – II**

This training entitled “Assessing the Training on Capacity Building on Gender Sensibility in Depression Therapy for Nurses of Health Promoting Hospitals” was conducted at Sri Kanlapapruek Meeting Room of the Faculty of Nursing, Khon Kaen University during 26-27 April 2011. This is the second training conducted this year.

Nurses who participated in the training were expected to understand the differences between sex and gender, and be able to apply their knowledge to family and workplace environments, as well as service receivers such as customers and clients.

![Figure 12 - Prof. Siriporn Chirawatkul presenting at the training on “Assessing the Training on Capacity Building on Gender Sensibility in Depression Therapy for Nurses of Health Promoting Hospitals”](image)

The following statements were gathered from the participants at the end of the meeting. They understood that males and female are different; therefore patient care should be conducted on an individual basis. Using the same method for male and female patients might not always be the best way to find the source/causes/problems of an individual. It was also understood that the terms sex and gender are different. Sex is identified by being male and female, and it cannot be argued against. In contrast, the word gender is a range of characteristics distinguishing between male and female, which can be based on society norms, culture and nurture.
Workshop on Building Gender Sensitivity in Healthcare

On the 29-30 September 2011, CRTGWH organized a workshop on “Building Gender Sensitivity in Healthcare” in the Faculty of Nursing, Khon Kaen University. A total of 40 master students took part in the workshop. The objectives of the workshop included: 1) To be able to analyze roles and relationships between male and female, including effects to health and accessibility to healthcare services; 2) To have gender sensitivity applied to daily working life; and 3) To be able to integrate gender to a project or a plan.

Three CRTGWH members presented the following topics: Assoc. Prof. Somporn Wattananukulkiat presented the “Differences between sex and gender”, while Assoc. Prof. Darunee Jongudomkarn “Analyzing Gender on Healthcare Work” and Prof. Siriporn Chirawatkul, Director of CRTGWH presented “Gender Sensitivity”. Approximately 3/4 of the attendees were very satisfied with the workshop and around 50% stated that the topics learned during the two days could be applied to their daily lives. Opinion and comments of attendees included: 1) ”Staff has a very good knowledge on the topics taught and instructed us really well. Its was easy to speak with them”; 2) “Assistant lecturers in the training helped a lot by clearing up information”; and 3) “The topics learned in the first day were well linked to the field work in the second day.”
The ‘Warm Family Camp’ was carried out following the research project ‘Prevention of and Dealing with Teenage Pregnancy’ at Thapra School, Udon Thani. A total of 80 students took part in the ‘Warm Family Camp’ activity on the 10-11 December 2011.
The objectives of the camp were: 1) to encourage love and understanding, and to eliminate violence within a family environment; 2) to provide information on gender and gender dimensions for parents and children; and 3) to support parents to talk with their children about gender sensitivity. A number of activities were undertaken during these two days in order to family members embrace one another and understand about abuse, violence and gender sensitivity.

*Figure 16 – Group activity Building Gender Sensitivity in Healthcare*

**MHIRT 2011**

Under the Minority Health Disparities International Research Training (MHIRT) Program, CRTGWH welcomed two undergraduate students from Florida International University (FIU), Viviana Castro and Rachel Kigano and two students from Georgia Souther University (GSU), Marylin Hall (currently completing a doctorate) and Kevin Wiley (master student).
This is the second year CRTGWH has received international students under this program. The program ran from June 1st 2011 to August 16th 2011. Under the MHIRT grant students are provided with an international research experience. They are introduced to vulnerable populations with chronic illness and disparity concerns, and assist to improve the health of villagers and their families. Moreover, it is designed to involve students in qualitative research and encourage a research career in their discipline and continue with further studies.

The topic in concern was entitled “Water Management and Gender”. It was conducted in three villages located in Khon Kaen province. The students worked under the direct supervision of Prof. Siriporn Chirawatkul, Director of CRTGWH. During the research period the students would visit the villages three times a week to observe and interview household members with the help of Thai-English interpreters. The interviews resulted in an understanding of the village’s water supply system, its management and gender relationship. The outcome included a report, a presentation for PhD students, and a research paper from each student.

![Figure 17 - MHIRT students and their interpreters after merit making at the village temple.](image)
Figure 18 - MHIRT students and Thai Culture.
Figure 19 - MHIRT students and practicing for Boon Bung Fai Festival.
Figure 20 - MHIRT students, interpreters and visit to Nam Pong Hospital and Ubonrat Dam.
6 Conference

4th World Congress on Women’s Mental Health

The International Association for Women’s Mental Health, IAWMH, held its 4th World Congress in Madrid, Spain on March 16-19, 2011. This multidisciplinary Congress attracted health professionals, researchers, policy makers, academics, consumers, and caregivers from across the globe. Almost 850 men and women from 68 countries attended. The Congress’ program focused on the psychosocial, biological and clinical aspects of women’s mental health from individual, family, community, society and global perspectives. Through a series of 17 keynote addresses, 52 symposia/workshops and over 300 posters, the program explored the psychosocial, economic and cultural contexts of women’s mental health as well as basic science aspects such as brain differences, hormonal or genetic influences. Clinicians and researchers of many disciplines contributed their knowledge on best practices and innovative developments to improve women’s mental health across the lifespan.

Social issues such as women’s social roles, their upbringing and education, their relationships privately as well as at work and their careers, the discrimination, violence and abuse they often suffer from, as well as women’s life cycle including childhood, adolescence, peripartum, menopause and aging – vital topics to understanding women’s mental health were examined from interdisciplinary and multicultural perspectives. The main conclusions of the Congress: women from a biological point of view are different than men, and worldwide they suffer from more discrimination and violence, which are risk factors for mental illness such as depression. Women, however, have a high resilience. Thus, although suffering differently, overall they do not suffer from mental disorders more often than men.
Nevertheless, the higher rate of depression has to be taken very seriously as it has a high impact on society by influencing, for instance, health behavior and economic performance of the whole family. Most importantly, it can adversely influence the development of children and therefore of the next generation. Society, therefore, should take great endeavor to reduce discrimination and social disadvantages of women to ensure their mental well-being.

To contribute the knowledge on best practices and innovative developments to improve women’s mental health across the lifespan, Assoc. Prof. Darunee Jongudomkarn, Assoc. Prof. Somporn Wattananukulkiat and Assoc. Prof. Krittaya Sawangcharoen attended the 10th International Family Nursing Conference on June 24-28, 2011 in Kyoto, Japan. Assoc. Prof. Darunee was invited as a guest speaker by the Japan Association for Research in Family Nursing (JARFN), the organizer of the conference to present “Family Nursing in Asian Countries - Thailand” with Dr. Wannee
Dioisares, as a co-presenter. Moreover, she conducted an oral presentation on “My Child, you must have patience” and “‘Kreng Jai’: The Aim is to explore the experiences of Thai Parents whose hospitalized child suffered from pain.”

Assoc. Prof. Krittaya presented five papers entitled: “The Thai Nuns’ role in spiritual health promotion: an Issan context”; “The effectiveness of coping strategies on adverse health outcomes: Study on abused women during pregnancy in Northeastern Thailand”; “Perceived causes and negative effect of domestic violence”; and “Self esteem and General Health of Abused Women”. The first paper was co-presented with Assoc. Prof. S. Rungruangkolkij, while the later two with Assoc. Prof. S. Wattananukulkiat and others.

The theme of the 10th Conference was: “Making Family Nursing Visible”. Family, an essential unit of society, has long been fulfilling crucial functions in fostering the next generation. Yet contemporary families are vulnerable, due partly to diversifying values systems and partly to the considerable changes occurring in family structures. In this context, nursing professionals are expected to play increasingly important roles in supporting families, helping resolve family problems and facilitating the sound growth of them. A total 1007 attendees from 34 countries attended the conference.
Flowers Bloom of Hope: Note from Thai and Thailand Family Nursing Society to Families in Japan!!

The situations seem hard chores
You might be tired of everything before
You have done all that you are able to do
And we are not able to do anything more
    Hugs throw fears away
    They always make our day
    Smiles on the faces they lay
    Don’t worry much longer you will be okay!!
Flowers bloom in our hearts,
Flowers of love, and tenderness, all in vases
cover the bareness of suffered tasks,
remind us giving each other with love at large
    It's time to put away the sadness.
    Throw all away unhappiness.
    And create a new life with liveliness.
Welcome spring and wish you all the best
Love and support are brought from far away land
All Thai and Family Nursing Society of Thailand.
So please don’t let your own cry.
Just soul hug, because we are the family in mind!!!
15th Australasian Nurse Educators Conference

Assoc. Prof. Sompong Rungreangkulkij, a member of CRTGWH attended the 15th Australasian Nurse Educators Conference in Hamilton, New Zealand between 23-25 November 2011. The focus of this conference was on innovations in nurse education and practice for the future. She presented the topic: ‘Gender-Related Influences in Nursing Education: A case study in Thailand’. This study explored how gender-related factors influence nursing education. Findings revealed that during the learning process and practice, gender norms and gender relations influence role expectations, self concept, and relationship and that there is a need to incorporate gender sensitivity in nursing curriculum at all levels. For her outstanding effort Assoc. Prof. Sompong Rungreangkulkij received the ‘Best Abstract Award’.

7 Meetings

Violence against Women in Thailand

Assist. Prof. Nilubon Rujeprasesert was invited as a guest lecturer to the School of Nursing, Faculty of Medicine and Health Sciences, Universitas Muhammadiyah Yogyakarta, Indonesia, on the subject: Violence Against Women in Thailand. There were about 80 nursing students attending the lecture. The title “One Stop Crisis Center in Thailand” gained a lot of interest from the students since in Indonesia there is no such centre available. The talk on enforcing the law to help abused women was of great interest as well.
Figure 24 - Assist. Prof. Nilubon presenting to the Faculty of Medicine and Science, Universitas Muhammadiyah in Indonesia

Figure 25 – Participants attending Assist. Prof. Nilubon’s presentation at the Universitas Muhammadiyah in Indonesia
International Women’s Day

CRTGWH collaborating with the Nursing Service Department, Srinagarind Hospital organized on the 8 March the “International Women’s Day Exhibition 2011” in order to campaign for Thai women to be well-informed, consider their rights of health care, and realize the importance of health promotion for themselves, families and the society. Moreover, incentive was provided for them to apply their gained knowledge to their daily lives.

The campaign was held in the Nursing Service Department, Srinagarind Hospital. Asst. Prof. Chanchai Phanthongwiriyakul, Director of Srinagarind Hospital opened the ceremony. Mrs. Jintana Boonchan, head of Nursing Service Department and the deputy director of the hospital reported on the Exhibition. She also mentioned that in the past, women were controlled by men. Having no right and freedom, they were abused. This urged women to fight against inequality. These days, it can be seen an increasing number of women with roles and responsibilities in organizations as well as in the political arena. With increased responsibilities, women, therefore should have their health checked and understand how to care for themselves.

Figure 26 - Participants and committee of the International Women’s Day organized by CRTGWH and the Nursing Service Department of Srinagarind Hospital
**Meeting on Eliminating Violence against Child and Women**

The meeting on Eliminating Violence against Child and Women Network is held on a monthly basis. CRTGWH is a member of the network. The objectives of the meeting is: 1) To build a network of One Stop Crisis Centre (OSCC) in Khon Kaen Province; and 2) To promote the roles of OSCC and present outcomes of members, including building and supporting knowledge on the prevention and elimination of abuse on women and children.

In 2011, members of CRTGWH participated in 8 meetings. Mrs. Wanida Wongsai, a member of CRTGWH attended the 73th Meeting on Eliminating Violence against Children and Women held at Pengjarn Meeting Room, Khon Kaen Municipality on the 28th April 2011. The meeting started with Deputy Mayor’s speech welcoming the participants, followed by Dr. Wichai Aussawahak responsible for declaring the meeting open. Ms. Orapin, Head of Nursing, Khon Kaen Hospital acted as the host of the meeting. Accordingly to the Head of the Volunteer Spirit Club for Protecting Children and Women of Khon Kaen Municipality, the number of club members attending this year’s meeting increased to 214. Adding that, participating community volunteers had great cooperation and teamwork. Ways to help children and women, according to the Government and the Ministry of Justice were described by Acting Second Lieutenant Kosit Saksriphong. He talked about child abuse, women abuse, legislations protecting children and women among other topics. Ms. Jiraporn Boonpok, Provincial Public Health Officer, followed with the progress of “Roi Kaen Sarasin Project” (Health Promotion Organization).

The 78th Meeting on Eliminating Violence against Child and Women was held on the 29 September 2011. The meeting was held at the Faculty of Nursing, Khon Kaen University. Participants to these two meetings included doctors, police officers, nurses, local administration officers, public health officers, educators, and general participants (80 persons). Prof. Siriporn attended as a guest speaker and gave a speech on the ‘Prevention of and Dealing with Teenage Pregnancy’. Examples of teenage opinions towards ‘sex’ gained a lot of interest from the participants.
8 Exhibition

**CRTGWH Presentation on 40th Anniversary of the Faculty of Nursing**

Mrs. Wanida Wongsai and Miss Nawinda Phoonpherm, on behalf of CRTGWH presented a poster of the center's activities for the visitors and students attending the 40th Anniversary of the Establishment of Nursing Faculty, Khon Kaen University. The posters represented the goals and responsibilities, areas of research, research and training examples, including future researches and training plans. Moreover, tools such as Routine to Research (R to R) Step by Step and Qualitative Research in Health Science gained a lot of attention from the bachelor, master and Ph.D students as well as persons working in the Health Science area. Hopefully, the presentation made people realize and be more concerned about gender and women’s health.
Figure 28 - CRTGWH representatives Mrs. Wanida Wongsai (second from right), Miss Nawinda Phoonpherm (left) and participants at the 40th Anniversary of the Faculty of Nursing, Khon Kaen University.

Figure 29 – Visitors and Students attending the 40th Anniversary of the Faculty of Nursing
In order to congratulate the 84th Anniversary of His Majesty the King and Celebrate White Ribbon Day, One Stop Crisis Center (OSCC), CRTGWH and Central Plaza Khon Kaen, organized presentation booths in Central Plaza’s Hall on 25 November 2011. The Council of Ministers of Thailand has assigned November as the month to campaign to eliminate violence against child and women. It aims to gather help and cooperation from every section and organization in society to participate in the campaign. It also has the objective to make people realize the abuse occurring on children, women and family members. Khon Kaen’s One Stop Crisis Center (OSCC) together with 204 organizations has continuously held activities on eliminating violence against children and women. It emphasizes that violence against children and women are not private issues—everyone in society should participate, offer help, keep their eyes opens and prevent abuse.

CRTGWH, a partner of the OSCC has also decided to set up a booth to present knowledge and the centre’s works and projects related to child and women abuse and violence with the help of its staff. In addition to the booths, there were many interesting activities such as a talk show by secondary and high school students, entitled “Gender related Health and Quality of Teenage Life”, a presentation of Urban Youth and Family Center Khon Kaen, painting, quizzes, performances such as dancing and folk songs among others.
9 CRTGWH Funded Research

A number of CRTGWH research funds were available to students and lecturers of the Faculty of Nursing, Khon Kaen University in 2011. Budgets for research included:

- Ministry of Social Development and Human Security 4,000,000 THB
- Senate of Thai Government 688,000 THB
- I-MAP (Integrated Management for Alcohol Intervention Program) 490,000 THB
- Department of Mental Health, Ministry of Public Health 1,080,000 THB
- National Research University Project of KKU 500,000 THB

The budget is being used for the following research projects:

- Prevention of and Dealing with Teenage Pregnancy
- Quality of Life and Factor Influencing to Quality of Life and Intention to Stay of Professional Nurses
- Developing gender specific psychosocial treatment for alcohol use disorder
• Developing plan for development on mental health persons with gender sensitivities phase 2
• Gender Sensitivities on Water Management

10 Publications


Pokathip, S. (2010). Perception of Coronary Heart Disease among I-Saan Women,


