

# Foreword and Editorial

## International Journal of Advanced Nursing Education and Research (IJANER)

We are very happy to publish this issue of an International Journal of Advanced Nursing Education and Research by Global Vision Press.

This issue contains 11 articles. Achieving such a high quality of papers would have been impossible without the huge work that was undertaken by the Editorial Board members and External Reviewers. We take this opportunity to thank them for their great support and cooperation.

The purpose of paper “Subjectivity for Shift-work of Nursing Students” is to identify the subjective opinions that nursing students have about shift work and define the characteristics by type. Q methodology was used to determine the subjectivity of nursing students’ shift work. A total of 17 students from the A Department of Nursing were selected and asked 38 questions about shift work. Collected data were analyzed using the QUANL PC program. As a result, the perception of shift work was classified into three categories: “reversible side effects recognition”, “non-recoverable side effects worried”, and “pros and cons considered.” It is expected that this will help to identify nurses’ perceptions of shift work and to develop strategies for future workforce management.

The aim of the integrative review paper “An Integrative Review: Translating the Experiences of Youth Psychiatry Patients to Improve Primary Healthcare Outcomes” is to sensitize primary care nurse practitioners and physicians to the traumatic care experiences of youth psychiatry patients and provide recommendations for patient care using a trauma-informed approach. Two electronic, combined CINAHL and PsychInfo searches and a manual search of the references of included articles for the years 2000-2019 were completed. Using Whittemore and Knafll’s integrative review method, data from 22 articles were synthesized. Traumatic care, although not widely recognized by primary care providers, was shown to result as a negative effect of admission policies, procedures, and safety measures enforced in youth psychiatry units. Traumatic care themes included coercive care, seclusion, loss of control, safety, and post-traumatic stress disorder after discharge. Trauma-informed care training was found to improve patient-provider relationships and reduce the adverse health outcomes associated with trauma exposure. Universal trauma screening is recommended in all care areas to identify traumatic experiences, enhance patient-provider relationships, and reduce adverse health outcomes associated with non-addressed traumas.

In the paper “The Comparison on the Effect of Thoracic Flexibility Exercise and Lumbar Stabilization Exercise on Pain and Heart Rate Variability of Patients with Chronic Low Back Pain”, to compare the effects of Thoracic Flexibility Exercise (TFE) with those of Lumbar Stabilization Exercise (LSE) in patients with chronic low back pain. Participants were randomly assigned to TFE (n=11) or LSE (n=11) groups. Chronic low back pain patients in both groups underwent standard physiotherapy for 35 minutes per session. Additionally, TFE and LSE exercises were performed 3 times per week for 4 weeks. The visual analog scale, autonomic nerve activity, and standard deviation normal to normal were measured after 4 weeks of training. After 4 weeks of training, the visual analog scale, autonomic nerve activity,

and standard deviation normal to normal improved significantly in both groups after intervention compared to the baseline ( $p < 0.05$ ). Further, the visual analog scale, autonomic nerve activity, and standard deviation normal to normal improved more significantly in the TFE group than in the LSE group ( $p < 0.05$ ). This study demonstrates that TFE and LSE are both beneficial for improving pain and heart rate variability. However, TFE was superior to SLE with respect to improving the visual analog scale, autonomic nerve activity, and standard deviation normal to normal.

The objective of the paper “Therapeutic Intervention for Restoration of Sensory and Motor Function after Central Nervous System Injury” was to investigate the effects of extracorporeal shock wave therapy, on the expression of neurotrophin-3, and C-Fos in the central nervous system injury of rats. In this study, 16 eight-week-old, Sprague-Dawley origin male white rats weighing 250-300g were tested. For low intensity extracorporeal shock wave therapy, a magnetic-type extracorporeal shock wave therapy equipment (HAEMIL, Soltar, Korea) was used. ESWT was applied to the gastrocnemius muscle of the injured side hind limb. Western blot analysis was analyzed for the evaluation of the NT-3, and C-Fos. Before the experiment, the spinal cords of the experimental and control groups were extracted and pre-evaluated. Spinal cords were extracted after all experiments to extract neurotrophic factors from the experimental and control groups. The change amount of NT-3 and C-Fos expression was statistically significantly difference in the ESWT group that received shock wave compared to the control group. In the comparison of treatment effects of the therapeutic methods, the experimental group showed a significant larger change compared to the control group.

The paper “The Enhancing and Intermediating Effects of a Gratitude Course Among Nursing Students” is aimed at determining the effects of a gratitude course on nursing undergraduates’ gratitude temperament and subjective satisfaction. It was conducted among 54 freshmen and sophomores majoring in nursing, with a six-session gratitude program applied to the experimental group. At this juncture, gratitude temperament and subjective happiness improved significantly after the program was run, and gratitude disposition carried on throughout six months subsequent to the program. Concisely, a gratitude program contributes to an improvement in gratitude disposition and subjective happiness in nursing students.

The purpose of the paper “Effects of the Global Multicultural Nursing Competency Enhancement Program on the Cultural Competence of Nursing College Students” was to develop the global multicultural nursing competency enhancement program (GMNCE program) and to examine its effects on the cultural competence of nursing college students. A quasi experimental study using a nonequivalent control group pretest-posttest design was applied to an experimental group ( $n=33$ ) and a control group ( $n=36$ ). The experimental group participated in a global camp held in Malaysia for the GMNCE program for 3 weeks while the control group did not. The data, collected using self-report structured questionnaires prior to the program and after the intervention, were analyzed with descriptive statistics, independent t-test,  $\chi^2$ -test, and ANCOVA using SPSS 24.0 program. Compared to the control group, experimental group reported significant positive changes for cultural competence ( $F=9.71$ ,  $p=.003$ ) including cultural knowledge ( $F=9.52$ ,  $p=.003$ ), cultural skills ( $F=13.42$ ,  $p=.001$ ), cultural encounters ( $F=4.67$ ,  $p=.035$ ), cultural awareness ( $F=11.01$ ,  $p=.002$ ), and cultural sensitivities ( $F=9.45$ ,  $p=.003$ ), and the effect of the program was also supported by significant differences between the two groups. The results of this study indicate that the GMNCE program is effective in raising the level of cultural competence of nursing students. Based on the findings, this study suggests a need to include content from cultural competence

curricula or training programs to improve undergraduate nursing college students' cultural competence.

The purpose of the study "The Effects of Psychological Well-Being and Academic Efficacy on the Self-Leadership of Nursing Students" was to investigate the factors that psychological well-being and academic self-efficacy of nursing students affect self-leadership. This is a descriptive study which collected data through a structured questionnaire for first-year students at a nursing college in Korea. The data were analyzed by descriptive statistics, Pearson correlation. The scores for psychological well-being, academic self-efficacy, and self-leadership were 3.25, 3.00, and 3.43, respectively. The psychological well-being and self-leadership ( $r=.088$ ,  $p<.001$ ), academic self-efficacy and self-leadership ( $r=.105$ ,  $p<.001$ ), and psychological well-being and academic self-efficacy ( $r=.142$ ,  $p<.001$ ) all showed significant correlations. We expect this study to be used as basic data for developing curriculums and programs to foster professional nurses by enhancing the self-leadership of nursing students, which affects their self-competence and motivation.

The purpose of the research paper "Empathy, Self-Efficacy, and Nursing Performance of Nurses at Care Hospitals" is to investigate the relationship between empathy, self-efficacy and nursing performance of nursing hospital nurses. The results of the study are as follows. When compiling all the research above, the higher the empathy of the nurse of the nursing hospital and higher the self-efficacy reported higher nursing performance. Empathy was higher according to marital status and satisfaction with nursing. Self-efficacy was also reported to be higher when the satisfaction of nursing was high. The nursing performance showed differences according to marital status and working style.

The paper "The Effect of School Nutritionists' Self-efficacy and Ego-resilience on Their Organizational Commitment" examined the effects of nutritionists' self-efficacy and ego-resilience on organizational commitment. Surveys were conducted against 108 school nutritionists in elementary, middle and high schools in K-city and U-city from 15 April to 30 April 2019. Self-efficacy, ego-resilience, and organizational commitment scales were used as research tools, and PASW 22.0 for Windows was used for data processing. The results of the study were as follows: First, self-efficacy, ego-resilience and organizational commitment as perceived by school nutritionists were found to have significant correlations. Second, self-efficacy and ego-resilience perceived by school nutritionists affected organizational commitment. This study is significant in that it provides political measures and suggestions regarding school nutritionists, who are nutrition experts that can support healthy school life, by verifying how the self-efficacy and ego-resilience of nutritionists can improve organizational commitment levels.

The objectives of the study "Recognizing Balanced Diets for Children" are (1) to describe adequate diets that children can have, (2) to explain knowledge about diets for children, and (3) to find out various types of diets for children. This research used a descriptive-qualitative research method. The data collection was undertaken through a data observation. The results of this study show that some informants do not know various types of diets for children and some respondents informants apply diets that nutritional counselor have provided. In short, it is necessary to consider balanced intakes and eating patterns to avoid obese or skinny children. If there is an overweight child, apply a low energy diet or a dietary balance, and a skinny child can apply a high protein and high energy diet (HPHED).

The paper “Investigation and Analysis of Nursing Intern’s Willingness to Practice in Pediatrics” explored that in pediatrics, nursing interns are an important reserve force for nursing work. The willingness to practice in pediatrics is important to nursing effect and future development for pediatric. This study selected 216 pediatric nursing interns as the study samples and investigate their pediatric nursing cognition and pediatric nursing willingness. The survey confirmed that  $\geq 60\%$  of the interns agreed that the pediatric nursing has the following Features: pediatric nursing requires high professional technical ability, communication and coordination ability of practitioners, heavy workload and pressure, and pediatric nursing staff is in short supply, but professional development space is large. Among 216 interns, 182 (84.26%) are willing to take up nursing work after graduation, of which 73 (33.8%) are willing to take up pediatric nursing work. The research results indicate that nursing managers should take measures to improve the pediatric nursing practice environment, improve the salary and treatment of pediatric nursing staff, carry out pediatric communication skills training and situational exercises for nursing interns, improve their ability to deal with various communication scenarios, and prepare for the transition of pediatric nursing practice for interns.

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**Editors of the April Issue on  
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