



## Associate Professor Dr. Sangthong Terathongkum

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Place of Work : Division of Community Health Nursing

Ramathibodi School of Nursing

Faculty of Medicine Ramathibodi Hospital

Mahidol University

## Education

### Bachelor Degree

Nursing and Midwifery, Bachelor of Science  
Mahidol University

### Master Degree

Human Reproduction and Population Planning , Master of Science  
Mahidol University

### Doctoral Degree

Nursing, Doctor Of Philosophy  
Virginia Commonwealth University

### Bachelor Degree

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Sukhothai Thammathirat Open University

## Research of Interest

1. Lifestyle Modification in Patient/ risk group in HT & DM
2. Alternative medicine & Complementary Nursing
3. Nursing Law

## Research Publication / Journal Articles

### National Publications

- Chosivasakul, K., & Terathongkum, S. (2023). Holistic Palliative Care for End-Stage Renal Disease Patients Undergoing Non-Dialysis Treatment: A Case Study. *Journal of Thailand Nursing and Midwifery Council*, 35(4), 5-17.
- Wongson, P., Soontornlimsiri, B., Terathongkum, S., & Bartlett, M.J. (2020). Factors associated with pain of miscarriage women with curettage. *Thai Journal of Nursing and Midwifery Practice*, 7(1), 91-103.
- Nonpanya, U., Terathongkum, S., & Lininger, J. (2020). Effects of Self-Efficacy Enhancement of Foot Care Program on Foot Care Behavior and Insensate Foot among Persons with Type 2 Diabetes. *Thai Journal of Nursing and Midwifery Practice*, 7(2), 76-91.
- Chiaprasert, S., Sakunhongsophon, S., & Terathongkum, S. (2019). Effects of Pressure Sore Prevention Program on Knowledge and Self-Efficacy of Family Caregivers in Decreasing Pressure Sore Risk of Persons with Cerebrovascular Disease. *The Bangkok Medical Journal*, 15(1), 51-56. doi: 10.31524/bkkmedj.2019.02.009.
- Terathongkum, S., & Phonyiam, R. (2019). Effects of Modified Arm Swing Exercise Program on Capillary Plasma Glucose and Body Composition in People with Uncontrolled Type 2 Diabetes. *The Bangkok Medical Journal*, 15(2), 193-197. doi: 10.31524/bkkmedj.2019.09.012.
- Panyatanakun, N., Terathongkum, S., & Sakulhongsophon, S. (2019). Factors Associated with Caregiving Behavior of Family Caregivers of Children with Cerebral Palsy in Bangkok. *Thai Journal of Nursing and Midwifery Practice*, 6(1), 5-18.
- Suanpan, N., Terathongkum, S., & Sakunhongsophon, S. (2017). Factors Predicting Stress on Family Caregivers of Stroke Survivors in Selected Community. *Boromarajonani College of Nursing, Uttaradit Journal*, 11(2), 133-148.
- Ponjuntow, A., Sakunhongsophon, S., & Terathongkum, S. (2019). Effects of Rehabilitation Program of Joints on Knowledge and Practice of Family Caregivers and Range of Motion of Stroke Patients. *Thai Journal of Nursing and Midwifery Practice*, 6(1), 52-67.
- Phonyiam, R., Terathongkum, S., & Lininger, J. (2018). Effects of Arm Swing Exercise Program on Blood Sugar Level, Nutritional status and Perceived Self-Efficacy for Exercise in Persons with Uncontrolled Type 2 Diabetes Mellitus. *The Bangkok Medical Journal*, 14(2), 34-39.
- Wanna, J., Terathongkum, S., & Thipsuwannakool, V. (2018). Effects of Arm Swing Exercise Program on HbA1c and Nutritional Status in Adults with Type 2 Diabetes in Community. *The Bangkok Medical Journal*, 14(1), 23-28.

- Thongsai, P., Terathongkum, S., Piaseu, N., & Kittipimpanon, K. (2018). Relationships among Knowledge, Attitude and Care Practice of Health Care Volunteers for Persons with Pre-diabetes. *Journal of Phrapokklao Nursing College*, 29(1), 148-158.
- Terathongkum, S., Kraithaworn, P., Poolsukkho, P., & Poolsawat, S. (2018). Effects of Health Behavior Change Program with Arm Swing Exercise on Body Mass Index and Capillary Blood Sugar in Pre-diabetes Group. *Thai Journal of Nursing and Midwifery Practice*, 5(1), 19-31.
- Wangpitipanit, S., Terathongkum, S., & Pakpayak, M. (2017). Effects of a RANS 30 Exercise Program on Diabetic Preventive Behavior, Body Mass Index, and Capillary Blood Glucose in Persons with Pre-diabetes. *Ramathibodi Nursing Journal*, 23(3), 358-370.
- Khomsom, S., Terathongkum, S., & Kittipimpanon, K. (2017). Effects of Arm Swing Exercise Program on HbA1c 46 and Nutritional Status in Community Dwelling Older Adults with Type 2 Diabetes. *Thai Journal of Nursing and Midwifery Practice*, 4(2), 46-60.

### **International Publications**

- Lininger, J., Phonyiam, R., & Terathongkum, S. (2025). Health care providers' perspectives on factors influencing diabetes management among Thai pregnant women. *Women's Health Reports*, 6(1), 1045–1060. <https://doi.org/10.1177/26884844251383424>
- Madsong, C., Lininger, J., & Terathongkum, S. (2025). The effectiveness of a self-efficacy enhancement program on health behaviors and clinical outcomes in people with metabolic syndrome: A quasi-experimental study in Thailand. *Belitung Nursing Journal*, 11(4), 432–442. <https://doi.org/10.33546/bnj.3891>
- Terathongkum, S., Lininger, J., & Nonpanya, U. (2025). The effectiveness of self-efficacy enhancement for foot care program on HbA1c and foot status in people with type 2 diabetes in Thailand: A quasi-experimental study. *Belitung Nursing Journal*, 11(6), 794–801. <https://doi.org/10.33546/bnj.4131>
- Fajarina, M., Terathongkum, S., & Lininger, J. (2024). Factors influencing late antenatal care of Muslim pregnant women: A predictive correlational study in Aceh, Indonesia. *Belitung Nursing Journal*, 10(3), 360-367. <https://doi.org/10.33546/bnj.3339>
- Inthaphalan, P., Lininger, J., & Terathongkum, S. (2024). The effectiveness of a health literacy enhancement program on knowledge, self-management behaviors, and clinical outcomes in people with chronic kidney disease: A quasi-experimental study in Thailand. *Belitung Nursing Journal*, 10(6), 635-643. <https://doi.org/10.33546/bnj.3519>
- Terathongkum, S., & Kittipimpanon, K. (2023). Effects of Arm Swing Exercise Program on HbA1C and Nutritional Status in Adults and Older Adults with Type 2 Diabetes: A Quasi-Experimental Study. *Natural and Life Sciences Communications*, 22(3), 1-14. DOI: <https://doi.org/10.12982/NLSC.2023.048>.
- Terathongkum, S., Phonyiam, R., & Koonmee, P. (2021). Effects of Traditional and Modified Arm Swing



- Exercise Programs on Blood Glucose and Nutritional Status among People with Type 2 Diabetes: A Secondary Data Analysis. *Pacific Rim International Journal of Nursing Research*, 25(3), 452-465.
- Terathongkum, S., Panyatanakun, N., & Vallibhakara, S.A. (2020). Factors Associated with Well-Being of Family Caregivers of Children with Cerebral Palsy in Bangkok. *Journal of the Medical Association of Thailand*, 103(11), 1214-1219. doi: 10.35755/jmedassothai.2020.11.12256.
  - Honey, O.O., Sakunhongsophon, S., & Terathongkum, S. (2019). Factors Related to Health Behaviors in Persons with Hypertension, Myanmar. *Makara Journal of Health Research*, 22(3), 107-114. doi: 10.7454/msk.v22i3.10018.
  - Terathongkum, S., Wangpitipanit, S., Kraithaworn, P., & Vallibhakara, S. A. (2018). A community-based lifestyle modification for prevention diabetes in pre-diabetes: A quasi-experimental study. *Journal of the medical association of Thailand*, 101(3), 297-304.
  - Seetee, S., Terathongkum, S., Maneesriwongul, W., & Vallipakorn, S. A. (2016). Effect of Pulmonary Rehabilitation Program with Meditation on Perceived Self-Efficacy, Pulmonary Rehabilitation Behavior, Exercise Tolerance, and Dyspnea in Patients with Chronic Obstructive Pulmonary Disease. *Journal of the Medical Association of Thailand*, 99(7), 828-838.