

CURRICULUM VITAE

PERSONAL

NAME: **Hsh , Hui-Chun**

English Name: Genine, Hsu

GENDER: Female Male

TITLE: Mrs. Ms. Mr. Prof. Dr.

PROFESSIONAL APPOINTMENT

2007~ present Lee's Endocrinology Clinic, Deputy Director,
Certified Diabetic Educator

李氏聯合診所 管理中心副主任/衛教護理師
教育部訂助理教授



EDUCATION

1. 1986~1991 Der-Yu Nursing College, Keelung
德育護理助產專科學校
2. 2001~2004 Fooyin University Department of Nursing, Kaohsiung
輔英科技大學護理系學士
3. 2004~2006 Kaohsiung Medical College, Graduate Institute of Behavior Sciences
高雄醫學大學行為科學研究所碩士
4. 2012~2016 PhD of Kaohsiung Medical University college of Nursing
高雄醫學大學護理學博士
5. 2014 Visiting scholar, The University of North Carolina at Chapel Hill
美國北卡羅來納大學教堂山分校護理學院訪問學者

WORKING EXPERIENCE

1. 1991~1995 Chang Gung Memorial Hospital, Nursing Staff
2. 1995~1999 Ren-Ai Hospital, Certified Diabetic Educator
3. 1999~2006 Ping-Tung Christine Hospital, Certified Diabetic Educator

PROFESSIONAL AFFILIATIONS / MEMBERSHIP: (list no more than 10)

1. Member of a Council, Taiwanese Association of Diabetes Educators
2. Member of Diabetes Association and Endocrine Society, ROC
3. Member of Taiwan Nurses Association
4. Executive Board Member, Taiwan Association of Clinical Diabetes

MAJOR RESEARCH AREA

Behavior, Case Management, Disease Management

PUBLICATION

- 1、**Hsu, H. C.**, Lee, Y. J., & Wang, R. H. (2018). Influencing Pathways to Quality of Life and HbA1c in Patients With Diabetes: A Longitudinal Study That Inform Evidence-Based Practice. *Worldviews Evid Based Nurs*, 15(2), 104-112.
doi:10.1111/wvn.12275
- 2、Ruey-Hsia Wang, Kuan-Chia Lin, **Hui-Chun Hsu**, Yau-Jiunn Lee, Shyi-Jang Shin.(2019) Determinants for quality of life trajectory patterns in patients with type 2 diabetes *Quality of Life Research* 28:481–490.

<https://doi.org/10.1007/s11136-018-2013-2>

- 3、Shi-Yu Chen, , **Hui-Chun Hsu** , Ruey-Hsia Wang, PhD, Yau-Jiunn Lee, and Chang-Hsun Hsieh, (2019) Glycemic Control in Insulin-Treated Patients With Type 2 Diabetes: Empowerment Perceptions and Diabetes Distress as Important Determinants. *Biological Research for Nursing*, 21(2) 182-189. DOI: 10.1177/1099800418820170
- 4、Shi-Yu Chen, **Hui-Chun Hsu** , Ruey-Hsia Wang, PhD, Yau-Jiunn Lee, and Chang-Hsun Hsieh, (2019) Glycemic Control in Insulin-Treated Patients With Type 2 Diabetes: Empowerment Perceptions and Diabetes Distress as Important Determinants. *Biological Research for Nursing*, 21(2) 182-189. DOI: 10.1177/1099800418820170
- 5、**Hsu, H. C.**, Chen, S. Y., Huang, Y. C., Wang, R. H., Lee, Y. J., & An, L. W. (2019). Decisional Balance for Insulin Injection: Scale Development and Psychometric Testing. *J Nurs Res*, 27(5), e42. doi:10.1097/jnr.0000000000000316
- 6、Wang, R. H., **Hsu, H. C.**, Chen, S. Y., Hsieh, C. H., & Lee, Y. J. (2019). Modeling patient empowerment and health literacy to glycemic control in insulin-treated patients: A prospective study. *Patient Educ Couns*, 102(7), 1336-1341. doi:10.1016/j.pec.2019.02.005
- 7、**徐慧君**、李洮俊(2019) 糖尿病分級醫療·台灣醫界·62(7), 44-49。
- 8、**徐慧君**、李洮俊、王瑞霞(2019) 以病人為中心之第二型糖尿病血糖管理決策循環·護理雜誌·66(6), 05-12。
- 9、**徐慧君**、陳思羽、王瑞霞(2020) 從美國糖尿病衛教學更名看糖尿病衛教師的未來.中華民國糖尿病學會會訊·109年9月, 02-04。
- 10、李佩儒、**徐慧君** (2020) 糖尿病人整合照護模式 從疾病管理到個案管理-從糖尿病衛教師到個案管理師.中華民國糖尿病學會會訊·109年9月, 10-13。
- 11、顏素瑛、**徐慧君** (2020) 以病患為中心的糖尿病合併多重疾病全人照護 -最小破壞性醫療.中華民國糖尿病學會會訊·109年9月, 05-09。
- 12、Chiu-Ling Huang, Shi-Yu Chen, **Hui-Chun Hsu**, Ruey-Hsia Wang. (2020). Scale for Measuring Role Strain in Women With Diabetes: Development and Psychometric Testing of the Chinese Version, *The Journal of cardiovascular nursing*. DOI: [10.1097/JCN.0000000000000688](https://doi.org/10.1097/JCN.0000000000000688)
- 13、**Hsu, H. C.**, Chen, S. Y., Huang, Y. C., Wang, R. H., Lee, Y. J., & An, L. W. (2019). Decisional Balance for Insulin Injection: Scale Development and Psychometric Testing. *J Nurs Res*, 27(5), e42. doi:10.1097/jnr.0000000000000316
- 14、李純瑩、施家嫻、**徐慧君**、李洮俊(2020)從糖尿病慢性病照護談以基層診所為中心的整合式全人醫療照護.台灣醫界, 63(11), 24-30。
- 15、林佳璇、張毓泓、**徐慧君**、李洮俊.(2020). 評估營養師對於手寫及拍照飲食紀錄之一致性與準確性. 臺灣膳食營養學雜誌, 12(1), 25-35
- 16、**徐慧君**、張毓泓、林佳璇、楊顯欽、李洮俊.(2021). 冠狀病毒疾病 2019 年疫情期間的糖尿病照護. 台灣醫界, 64(12), 31-36.

- 17 ‧ Wang, R. H., **Hsu, H. C.**, Chen, S. Y., Lee, C. M., Lee, Y. J., Ma, S. M., & Chen, W. Y. (2021). Risk factors of falls and the gender differences in older adults with diabetes at outpatient clinics. *J Adv Nurs*, 77(6), 2718-2727. doi:10.1111/jan.14795
- 18 ‧ Wang, R. H., Lin, C. C., Chen, S. Y., **Hsu, H. C.**, & Huang, C. L. (2021). The Impact of Self-Stigma, Role Strain, and Diabetes Distress on Quality of Life and Glycemic Control in Women With Diabetes: A 6-Month Prospective Study. *Biol Res Nurs*, 23(4), 619-628. doi:10.1177/10998004211009606
- 19 ‧ **Hsu, H. C.**, Chen, S. Y., Lee, Y. J., Chen, W. Y., & Wang, R. H. (2021). Pathways of diabetes distress, decisional balance, self-efficacy and resilience to quality of life in insulin-treated patients with type 2 diabetes: A 9-month prospective study. *J Clin Nurs*, 30(7-8), 1070-1078. doi:10.1111/jocn.15652
- 20 ‧ Inayati, A. P. s., Lee, B. O. P., Wang, R. H. P., Chen, S. Y., **Hsu, H. C.**, Lu, C. H. D., & Lee, Y. J. H. (2022). Determinants of fear of falling in older adults with diabetes. *Geriatr Nurs*, 46, 7-12. doi:10.1016/j.gerinurse.2022.04.017
- 21 ‧ Wang, R. H., Chen, S. Y., Lee, C. M., Lu, C. H., & **Hsu, H. C.** (2023). Resilience, self-efficacy and diabetes distress on self-management behaviours in patients newly diagnosed with type 2 diabetes: A moderated mediation analysis. *J Adv Nurs*, 79(1), 215-222. doi:10.1111/jan.15483
- 22 ‧ CHEN, S.-Y., **HSU, H.-C.**, HUANG, C.-L., CHEN, Y.-H., & WANG, R.-H. (2023). Impact of Type D Personality, Role Strain, and Diabetes Distress on Depression in Women With Type 2 Diabetes: A Cross-Sectional Study. *Journal of Nursing Research*, 10.1097/jnr.000000000000536. doi:10.1097/jnr.000000000000536
- 23 ‧ Wang RH, Kao CC, Su YC, et al. Character Strengths Use in Diabetes Self-management Scale: Development and psychometric testing. *J Adv Nurs*. 2023;79(10):4034-4043. doi:10.1111/jan.15723

Lifestyle-first 糖尿病照護新典範--讓生活型態介入成為可落地的高價值醫療
Lifestyle-First Diabetes Care: Making Lifestyle Interventions Practical and
High-Value

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隨著第二型糖尿病與糖尿病前期盛行率持續上升，傳統以藥物與生化指標為主的照護模式，已難以單獨回應慢性病長期管理、行為改變維持及醫療成本攀升等挑戰。2025 年美國生活方式醫學學院 (ACLM) 指出，生活型態醫學不僅可作為糖尿病預防、治療與部分個案緩解的重要基礎，更可作為高價值醫療的實踐框架，達成改善健康結果、提升病人經驗、降低照護成本、促進健康平權及增進醫療人員福祉等目標。

本演講將以「Lifestyle-first」為核心，說明如何將生活型態介入由理想轉化為臨床可落地的糖尿病照護新典範。內容將聚焦於生活型態醫學六大支柱，包括全食物、以植物為主的飲食、規律身體活動、睡眠、壓力管理、社會連結與避免危險物質，並結合行為改變策略、共享決策、跨專業團隊合作與持續照護流程，建立可於基層醫療與衛教現場實施的照護架構。ACLM 最新臨床實務指引亦提出 14 項關鍵行動聲明，強調應從基線生活習慣評估、改變準備度、優先目標設定到實際處方與追蹤，讓生活型態介入成為可操作、可追蹤、可評值的治療方案。

本演講也將討論如何在糖尿病衛教中，把「知道要改變」進一步推進到「做得到、做得久、做得有價值」，並以高價值照護觀點重新定位衛教角色，使衛教不再只是補充說明，而是驅動糖尿病整合照護、病人賦能與疾病緩解的重要核心。期望藉此提供臨床醫師、糖尿病衛教師及跨專業團隊具體可行的實務策略，促進糖尿病照護從控制導向走向全人、可持續且高價值的新模式。