

## ***CURRICULUM VITAE***

### **PERSONAL DATA**

Name: Hui Mei Chen , RN, PhD.  
 Current Position: Associate Professor  
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### **EDUCATION**

<b>Duration</b>	<b>Institution &amp; Location</b>	<b>Degree</b>	<b>Major Subject</b>
2007-2015	Taipei Medical University School of Nursing, Taipei, Taiwan	Ph.D.	Nursing
1995-1997	National Yang-Ming University Institute of Clinical Nursing, College of Nursing, Taipei, Taiwan	MSN	Medical-Surgical Nursing
1991-1995	National Defense Medical Center, Department of Nursing, Taipei, Taiwan	BSN	Nursing

### **SPECIALTIES & RESEARCH INTERESTS**

1. Oncology nursing
2. Exercise
3. Sleep
4. Circadian rhythms
5. Physical activity
6. Health-Care Products and Creativity
7. Quality of life
8. Physiological measurement

## **PUBLICATIONS**

### ***Journals***

1. **\*Chen, Hui-Mei.,** Tian, Jiu-Yun; Gao, Wei-Ling; Deng, Zih-Yun; Ho, Pei-Shan; Yi-Yun Lin. Relationship between physical activity and quality of life among patients with respiratory and digestive system cancer during and outside the COVID-19 pandemic. (2025 March 4th Accepted). *Supportive Care in Cancer*. (SCIE, R/C = 16/170) (Rehabilitation in SCIEI) (Impact Factor:3.2). This study was supported by the National Science and Technology Council of Taiwan. (Grant no. NSTC 113-2314-B-227-007-MY3).
2. Gao, Wei-Ling., **\*Chen, Hui-Mei.,** Liu, Chieh-Yu., Huang, Tse-Hung., Li, Chung-Pin., Hsu, Shao-Jung., Lee, Pei-Chang., Lee, Kuei-Chuan. (2025 February 4th Accepted). Effects of auricular acupressure on fatigue, sleep quality, physical activity, and quality of life in pancreatic cancer patients undergoing chemotherapy: A randomized controlled trial. *Cancer Nursing*. (SSCI, R/C= 36/193 , Nursing in SSCI) (Impact Factor:2.6).
3. Tsou, Tsung-Tai., **Chen, Hui-Mei.,** Chang, Shih-Lin., Lyu, Jheng-Sian., Wu, Shu-Fang. (2025). Frailty and its associated factors in patients with atrial fibrillation: A cross-sectional study. *Clinical Nursing Research*, 34 (1), 23-32. (SSCI, R/C= 80/193 , Nursing in SSCI) (Impact Factor:1.7).
4. **\*Chen, Hui-Mei.,** Liu, Ju-Han., Huang, Chien-Sheng., Dai Mei-Fen, Chien, Ling-I. (2024 June 3. Online ahead of print.). Moderating effect of daylight exposure on the relationship between physical activity and sleep in patients with upper digestive cancer: An exploratory study. *Seminars in Oncology Nursing*. Accepted. (SSCI, R/C= 47/123 , Nursing in SSCI) (Impact Factor:2.2). This study was supported by the National Science and Technology Council of Taiwan. (Grant no. NSTC 111-2314-B-227-005).
5. **\*Chen, Hui-Mei.,** Cheung, D. S. T., Huang, Chien-Sheng., Wu, Yu-Chung., Hsu, Po-Kuei. (2023 November 27. Online ahead of print.). Mediation and dose–response relationship among physical activity, daylight exposure, and rest–activity circadian rhythm in patients with esophageal and gastric cancer. *Cancer Nursing*. DOI: 10.1097/NCC.0000000000001306 (SSCI, R/C= 29/123 , Nursing in SSCI) (Impact Factor:2.760). This study was supported by the National Science and Technology Council of Taiwan. (Grant no. NSTC 111-2314-B-227-005).
6. **\*Chen, Hui-Mei.,** Lee, Mei-Chen., Tian, Jiu-Yun., Dai Mei-Fen., Wu, Yu-Chung., Huang, Chien-Sheng., Hsu, Po-Kuei., Duong, Thuy Linh. (2023,1 March). Relationships among physical activity, daylight exposure, and rest–activity circadian rhythm in patients with esophageal and gastric cancer: An exploratory study. *Cancer Nursing*, 47 (2), 112-120. DOI: 10.1097/NCC.0000000000001188. (SSCI, R/C= 21/124 , Nursing in SSCI) (Impact Factor:2.760). This study was supported by the Ministry of Sciences and Technology of Taiwan. (Grant no. MOST 111-2314-B-227-005).
7. **\*Chen, Hui-Mei.,** Lee, Mei-Chen., Wu, Yu-Chung., Huang, Chien-Sheng., Hsu, Po-Kuei., Chien, Ling-I., Tian, Jiu-Yun., Duong, Thuy Linh. (2022, 11 September). Predictors of adherence, contamination and dropout in homebased walking by lung and

- oesophageal cancer patients from two randomised control trials: An exploratory study. *European Journal of Cancer Care*, 31 (5), 1-12. (SSCI, R/C=23/122 , **Nursing in SSCI**) (Impact Factor:2.520). This study was supported by the Ministry of Sciences and Technology of Taiwan. (Grant no. MOST 110-2635-B-227-002).
8. **\*Chen, H. M.**, Lin, Y. Y., Wu, Y. C., Huang, C. S., Hsu, P.K., Chien, L. I., Lin, Y. J., & Huang, H. L. (2022 April 1). Effects of rehabilitation program on quality of life, sleep, rest–activity rhythms, anxiety, and depression of patients with esophageal cancer: A pilot randomized controlled trial. *Cancer Nursing*, 45 (2), E582-E593. doi:10.1097/NCC.0000000000000953 (SSCI, R/C= 21/124 , **Nursing in SSCI**) (Impact Factor: 2.592). This study was supported by the Ministry of Sciences and Technology of Taiwan. (Grant no. MOST 106-2314-B-227-001).
  9. Lu Y. J., Lee M. C., Chen C. Y., Liang S. Y., Li Y. P., & **Chen, H. M.** (2022 July 31). Effect of guided imagery meditation during laparoscopic cholecystectomy on reducing anxiety: A randomized controlled trial. *Pain Management Nursing*. (SSCI, R/C= 44/123 , **Nursing in SSCI**) (Impact Factor:2.356).
  10. Chen, Y. Y., Lee, M. C., Wu, S. F. V., Liu, Y. M., & **Chen, H. M.** (2022). Disease knowledge, self-efficacy and quality of life in patient with hypertensive nephropathy. *Clinical Nursing Research*, Accepted 21Dec2021. First Published January 27, 2022. <https://doi.org/10.1177/10547738211073396> (2020 SSCI 52/122, Q2, Nursing, IF = 2.075, 42.62%)
  11. Lee, M. C., Wu, S. F. V., Lu, K. C., Wang, W. H., Chen, Y. Y., & **Chen, H. M.** (2021 November 1). Effect of patient-centered self-management program on mental health, self-efficacy and self-management of patients with hypertensive nephropathy: A randomized controlled trial. *Journal of Clinical Nursing*, 30(21-22):3205-3217. (SSCI, R/C= 21/120 , **Nursing in SSCI**) (SCI, R/C= 13/124 , **Nursing in SCI**) (Impact Factor: 3.036) doi:10.1111/jocn.15825
  12. Wu, C. Y., & **\*Chen, H. M.** (2020). Non-Pharmacological Interventions for Sleep Promotion in the Intensive Care Unit : A Systematic Review. *Formosan Journal of Medicine*, 24 (5), 490-499. (Full text in Chinese). MOST 106-2314-B-227-001.
  13. Hanley G., Chiou, P. Y., Liu, C. Y., **Chen, H. M.**, & Pfeiffer, S. (2020). Foot care knowledge, attitudes and practices among patients with diabetic foot and amputation in St Kitts and Nevis. *International Wound Journal*. Accepted. (R/C= 53/210 , **Surgery in SCI**) (Impact Factor:2.825)
  14. Yang, C. Y., **\*Chen, H. M.**, & Liu, K. H. (2020). Effect of exercise intervention on body composition after bariatric surgery. *Formosan Journal of Medicine*, 24 (3), 383-396. (Full text in Chinese)
  15. Duong, T. L., **\*Chen, H. M.**, Liu, C. Y., & Chiou, P. Y. (2020, Aug). Factors affecting mammography screening behavior among rural Vietnamese women. *European Journal of Cancer Care*. First published: 26 August 2020. <https://doi.org/10.1111/ecc.13300>. (R/C= 11/120 , **Nursing in SCI**) (Impact Factor:2.421). MOST 106-2314-B-227-001.

16. **Chen, H. M.**, Cheung, D. S. T., Lin, Y. Y., Wu, Y. C., Liu, C. Y., Lin, K. C., Lin, Y. J., & Lin, C. C. (2020). Relationships of exercise timing with sleep, fatigue and rest-activity rhythms of lung cancer patients in Taiwan: An exploratory study. *European Journal of Cancer Care*, 29 (4), 1-12. (R/C= 11/120 , Nursing in SCI) (Impact Factor:2.421) MOST 106-2314-B-227-001.
17. **Chen, H. M.**, Tsai, C. M., Wu, Y. C., Lin, K. C., & Lin, C. C. (2016). Effect of walking on circadian rhythms and sleep quality of patients with lung cancer: a randomized controlled trial. *British Journal of Cancer*, 115 (11), 1304-1312. (R/C= 28/213 , ONCOLOGY in SCI) (Impact Factor: 5.569)
18. **Chen, H. M.**, Tsai C. M., Wu, Y.-C., Lin, K.C., Lin, C.C. (2015). Randomised controlled trial on the effectiveness of home-based walking exercise on anxiety, depression and cancer-related symptoms in patients with lung cancer. *British Journal of Cancer*, 112 (3), 438-445. (R/C= 28/213 , ONCOLOGY in SCI) (Impact Factor: 5.569)
19. **Chen, H. M.**, Wu, Y.-C., Tsai C. M., Tzeng, J. I., Lin, C.C. (2015). Relationships of circadian rhythms and physical activity with objective sleep parameters in lung cancer patients. *Cancer Nursing*, 38 (3), 215-223. (R/C= 7/114 , NURSING in SSCI) (Impact Factor: 2.017)

### Conference

1. **\*Chen, H. M.**, Wang, C. C., Dai, M. F., Chie, L. I., Wen, Y. S. (2023, July). Relationship between daylight exposure and quality of life in patients with cancer. International Council of Nurses 2023 Congress and Exhibition (ICN Congress 2023), Montreal, Canada. (Oral present 2023/07/01-2023/07/05) (Grant no. NSTC 111-2314-B-227-005).
- 2.
3. **\*Chen, H. M.**, Tian J. Y., Dai, M. F., Chien, L. I. (2022, April). Subjective and objective sleep quality in patients with esophageal cancer before and during the covid-19 pandemic. The 25TH East Asian Forum of Nursing Scholars Conference (EAFONS 2022), Taipei, Taiwan. (E-Poster present 2022/04/21-2022/04/22) (Grant no. MOST 110- 2635-B-227- 002-).
4. **\*Chen, H. M.**, Huang, H.L., Lin, Y. J., Chien, L. I., Tian J. Y., Ho, P. S. (2021, November). Predictors of dropout in the exercise intervention of patients with cancer: A randomized controlled trial. International Council of Nurses 2021 Congress and Exhibition (ICN Congress 2021), Abu Dhabi, The United Arab Emirates. (E-Poster present 2021/11/02-2021/11/04) This study was supported by the Ministry of Sciences and Technology of Taiwan. (Grant no. MOST 106-2314-B-227-001).
5. Tian, J. Y., **\*Chen, H. M.**, Lui, C. Y., Wu, S.F., Tai H. L., Wu M. J. Effects of a nurse-led home-based exercise program on physical activity and function in hemodialysis patients: A randomized controlled trial. International Council of Nurses 2021 Congress and Exhibition (ICN Congress 2021), Abu Dhabi, The United Arab Emirates. (E-Poster present 2021/11/02-2021/11/04)
6. **\*Chen, H. M.**, Lin, Y. J., Lin Y. Y., Chien, L. I., Huang, H.L., Ho, P. S. (2020, Sep). Combining exercise with diet education to improve quality of life of patients with

- esophageal cancer: A pilot randomized controlled trial. 2020 Taiwan International Nursing Conference Endorsed by the International Council of Nurses (TWINC 2020), (2020/9/9~2020/9/11 poster present). Taipei, Taiwan. MOST 106-2314-B-227-001.
7. Tian, J. Y., \*Chen, H. M., Lui, C. Y., Wu, S.F., & Tai H. L. (2020, Sep). Effectiveness of home-based walking on emotions and quality of life in hemodialysis patients: A randomized controlled trial. 2020 Taiwan International Nursing Conference Endorsed by the International Council of Nurses (TWINC 2020), (2020/9/9~2020/9/11 poster present). Taipei, Taiwan. MOST 106-2314-B-227-001.
  8. Deang, Z. Y., \*Chen, H. M., & Huang, C. Y. (2020, Sep). The effect of using lung breathing training to reduce postoperative pulmonary complications in patients with esophageal cancer. 2020 Taiwan International Nursing Conference Endorsed by the International Council of Nurses (TWINC 2020), (2020/9/9~2020/9/11 poster present). Taipei, Taiwan. MOST 106-2314-B-227-001.
  9. Lin, Y. Y., Chen, H. M., Lin, Y. J., & Hsu, I. Y. (2020, Sep). Physical activity and its related factors in caregivers of cancer survivors. 2020 Taiwan International Nursing Conference Endorsed by the International Council of Nurses (TWINC 2020), (2020/9/9~2020/9/11 poster present). Taipei, Taiwan.
  10. Chen, H. M., Lin, C. C. (2017). Effectiveness of exercise to improve sleep quality for cancer patients in Taiwan. 23rd World Nursing & HealthCare Conference. (2017/7/10~2017/7/12 oral present). Berlin, Germany.
  11. Chen, H. M., Lin, C. C. (2016). Effectiveness of exercise for anxiety in patients with lung cancer: A randomised controlled trial. 6<sup>th</sup> World Nursing and Healthcare Conference. (2016/8/15~2016/8/17 poster present). London, United Kingdom.
  12. Chen, H. M., Tsai C. M., Wu, Y.-C., Lin, K.C., Lin, C.C. (2016). Randomised controlled trial on the effectiveness of home-based walking exercise on anxiety, depression and cancer-related symptoms in patients with lung cancer. 9th World Research Congress of the European Association for Palliative Care. (2016/6/9~2016/6/11 oral present). Dublin, Ireland.
  13. Chen, H. M., Lin, C. C. (2015). Randomised controlled trial on the effectiveness of home-based walking exercise on depression in patients with lung cancer. 3rd Euro Nursing & Medicare Summit. (2015/7/27~2015/7/29 oral present). Valencia, Spain.
  14. Chen, H. M., Lin, C. C. (2011). Quality of sleep and its relationship to energy consumption in lung cancer patients in Taiwan. 14th East Asian Forum of Nursing Scholars EAFONS 2011. (2011/2/11~2011/2/12 poster). Seoul, Korean.

**UTILITY MODEL PATENT**

<b>Patent Classification</b>	<b>Title</b>	<b>Country</b>	<b>Patent Number</b>	<b>Inventor</b>	<b>Assignee</b>
B	Wear-type heating/cooling apparatus	Taiwan	<b>M308740</b>	Hui Mei Chen	Hui Mei Chen
B	Folding case for heat/cooling pad	Taiwan	<b>M308741</b>	Hui Mei Chen	Hui Mei Chen
B	Securable heating/cooling apparatus	Taiwan	<b>M308742</b>	Hui Mei Chen	Hui Mei Chen
B	Adjustable heating/cooling apparatus	Taiwan	<b>M308744</b>	Hui Mei Chen	Hui Mei Chen
B	Securable heating/cooling device	Taiwan	<b>M308745</b>	Hui Mei Chen	Hui Mei Chen
B	Heating/Cooling pad case	Taiwan	<b>M308746</b>	Hui Mei Chen	Hui Mei Chen
B	Adjustable fixing element for liquid transport device.	Taiwan	<b>M360701</b>	Siou Luan Cai, Li Ying Cao, Jhih Fu Wu, Mei Li Chen, <b><u>Hui Mei Chen</u></b> , Guo Hua Lin, Huei Jyun Syu	National Taipei University of Nursing and Health Sciences, Tatung University
B	Visual feedback for walking and exercise device	Taiwan	<b>M589574</b>	Hui Mei Chen	National Taipei University of Nursing and Health Sciences

<b>Patent Classification</b>	<b>Title</b>	<b>Country</b>	<b>Patent Number</b>	<b>Inventor</b>	<b>Assignee</b>
B	Medical Image Shape and Color Recognition and Information Transmission Device	Taiwan	<b>M603613</b>	Hui Mei Chen	National Taipei University of Nursing and Health Sciences
B	Multilayered, dumbbell-shaped water bottle	Taiwan	<b>M626782</b>	Hui Mei Chen	National Taipei University of Nursing and Health Sciences
B	Sports Coaching System	Taiwan	<b>M654896</b>	Hui Mei Chen	National Taipei University of Nursing and Health Sciences

**PROJECT**

<b>Title</b>	<b>Sponsor</b>	<b>Period</b>	<b>Role</b>
Relationships among mobility, environmental light, spiritual well-being, anxiety, depression, resilience, and quality of life in patients with cancer	Cheng Hsin Genreal Hospital	2025/01/01~2025/12/31	Principal Investigator
Effects of Bright-light Exposure combined with Specific exercise Training (BEST) program on sleep–wake rhythm, physical and psychological symptoms, and quality of life of patients with thoracic cancer: A series study	National Science and Technology Council	2024/08/01~2027/07/31	Principal Investigator
Mediation and dose–response relationship among physical activity, daylight exposure, and rest–activity circadian rhythm in patients with esophageal and gastric cancer	National Taipei University of Nursing and Health Sciences	2024/01/01~2024/12/31	Principal Investigator
Teacher Growth Community for Integrating Mental Health Topics into Curriculum Development for Life-and-Death Studies	National Taipei University of Nursing and Health Sciences	2024/04/10~2024/12/31	Principal Investigator
The growth community of the integrated life and death course development	National Taipei University of Nursing and Health Sciences	2023/04/11~2023/12/31	Principal Investigator
Effectiveness of a rehabilitation program in improving sleep quality, emotional distress, circadian rhythms, and quality of life in patients with esophageal cancer. (third year)	Ministry of Science and Technology	2022/08/01~2023/07/31	Principal Investigator
School Affairs and Features Development Plan for National Vocational and Technological Colleges (Academic Year 2022–2023): An Interdisciplinary/Transnational Plan	National Taipei University of Nursing and Health Sciences	2022/10/13~2023/06/30	Principal Investigator
Effectiveness of a rehabilitation program in improving sleep quality, emotional distress, circadian rhythms, and quality of life in patients with esophageal cancer. (second–third years)	Ministry of Science and Technology	2021/08/01~2022/07/31	Principal Investigator
School Affairs and Features Development Plan for National Vocational and Technological Colleges (Academic Year 2021–2022): An Interdisciplinary/Transnational Plan	National Taipei University of Nursing and Health Sciences	2021/10/15~2022/06/30	Principal Investigator
The effectiveness of home-based exercise to improve circadian rhythms and quality of life in esophageal cancer patients	National Taipei University of Nursing and Health Sciences	2021/01/01~2021/12/31	Principal Investigator
Industry-academia cooperative community in clinical care	National Taipei University of Nursing and Health Sciences	2020/04/01~2020/12/31	Principal Investigator



<b>Title</b>	<b>Sponsor</b>	<b>Period</b>	<b>Role</b>
Research and development of a prototype of sports vision feedback device for walking	National Taipei University of Nursing and Health Sciences	2020/05/01~2020/07/31	Principal Investigator
Industry–university interdisciplinary cooperative community of chronic disease care.	National Taipei University of Nursing and Health Sciences	2019/04/01~2019/12/31	Principal Investigator
The effectiveness of exercise training to improve symptoms and quality of life in esophageal cancer patients: pilot study.	National Taipei University of Nursing and Health Sciences	2019/01/01~2019/12/31	Principal Investigator
Effectiveness of a rehabilitation program in improving sleep quality, emotional distress, circadian rhythms, and quality of life in patients with esophageal cancer.	Ministry of Science and Technology	2017/05/01~2018/10/31	Principal Investigator
106 Annual Teaching on Energizer School Continuation and Health Care Planning and Performance Promotion: Interdisciplinary Courses in Life and Death.	National Taipei University of Nursing and Health Sciences	2017/09/11~2018/01/12	Researcher
Application of mobile learning in nursing courses: the classroom is the game room.	National Taipei University of Nursing and Health Sciences	2017/09/11~2018/01/12	Principal Investigator
Industry–university cooperation in adjuvant therapy: advanced class of aromatherapy as example.	National Taipei University of Nursing and Health Sciences	2016/01/01~2016/12/31	Principal Investigator
Industry–university cooperation in adjuvant therapy: aromatherapy as example.	National Taipei University of Nursing and Health Sciences	2015/01/01~2015/12/31	Principal Investigator
Research and development of long-term care and advanced age care course materials.	National Taipei University of Nursing and Health Sciences	2015/03/01~2015/07/31	Principal Investigator
The effectiveness of exercise to improve sleep quality in lung cancer patients: pilot study	National Taipei University of Nursing and Health Sciences	2015/03/01~2015/07/31	Principal Investigator
Microteaching of medical-surgical nursing I.	National Taipei University of Nursing and Health Sciences	2014/02/01~2014/07/31	Principal Investigator
Medical-Surgical Nursing / Development of objective structured clinical examination in peripheral intravenous injection	National Taipei University of Nursing and Health Sciences	2014/03/01~2014/08/31	Principal Investigator
Microteaching for professional and ethics courses.	National Taipei University of Nursing and Health Sciences	2013/10/01~2014/01/31	Principal Investigator
Effectiveness of concept mapping in medical-surgical nursing courses.	National Taipei University of Nursing and Health Sciences	2012/09/03~2013/01/30	Co-principal Investigator

<b>Title</b>	<b>Sponsor</b>	<b>Period</b>	<b>Role</b>
Development of course materials for respiratory training using in innovative teaching methods in medical-surgical nursing.'	National Taipei University of Nursing and Health Sciences	2011/08/01~2012/01/13	Principal Investigator
Learning experiences of students with a high school background in the nursing department after enrollment.	National Taipei University of Nursing and Health Sciences	2009/07/01~2010/06/30	Researcher
The effect of new utility model patent folding case for heating/cooling pad in knee joint injury patients.	VADI Medical Technology Co., LTD	2007/07/13~2008/07/12	Principal Investigator

### **AWARD**

2023 National Science and Technology Council Research Award
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