



Julia Zhu Xiaoli

Senior Nurse Clinician (Wound Care), Nursing Services, NHG Polyclinics

Clinician Scientist Fellow, Lee Kong Chian School of Medicine, NTU

Research Interests:

- Wound Care & Diabetic Foot Wound Care
- Patient and Public Involvement Research
- Self-Care/Management Intervention
- Health Psychology
- Behavioural Medicine

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[Google Scholar](#) / [ORCID](#) / [Research Gate](#)

Biography

Julia Zhu is a Senior Wound Nurse Clinician and PhD candidate at the Lee Kong Chian School of Medicine, NTU. She holds a Nursing Degree, a Postgraduate Diploma in Wound Management, and a Master of Nursing in Clinical Education.

Her clinical and research interests focus on advancing wound care, particularly in the psychological and behavioural dimensions of diabetic foot ulcers. Her research encompasses wound management, behavioural medicine, service delivery and the evaluation of clinical and economic outcomes, wound care education, epidemiology, and innovation in wound dressings and devices.

At NHG Polyclinics, Julia serves as Chair of the Nursing Wound Care Community of Practice and Co-Chair of both the Wound Care Curriculum Committee and the Nursing Research Community of Practice. She is also a member of the Wounds iCare Collaborative Workgroup and NHG's Diabetes Mellitus Steering Committees. Her broader commitment lies in promoting patient and public involvement, co-designed interventions, patient empowerment, and capacity-building for person-centred care.

Selected Publications

- **Zhu X**, Lee ES, Chan FHF, Yin R, Lim PXH, Koh RWS, Judith C, Wei L, Li S, Phrommarad P, Chin GHY, Lim VH, Low RSY, Chen YC, Griva K. Feasibility and acceptability of a personalised self-care

support programme for primary care patients with diabetic foot ulcers delivered by wound care nurses: the HEALing study protocol. *BMJ Open*. 2025 Oct 7;15(10):e098024. doi: 10.1136/bmjopen-2024-098024. PMID: 41062140; PMCID: PMC12506160.

- **Zhu X**, Chan FHF, Griva K. Reframing the narrative in diabetes-related foot ulcer care: A primary care perspective. *Diabet Med*. 2025; 00:e70143. doi:10.1111/dme.70143
- **Zhu X**, Weng J, Lee ES, Chan FHF, Lim PX, Goh LJ, De Roza JG, Chen YC, Griva K. Psychological determinants of Health-Related quality of life in primary care patients with diabetic foot ulcers: a cross-sectional study in Singapore. *BJGP Open*. 10 September 2025; BJGPO.2025.0091. DOI: <https://doi.org/10.3399/BJGPO.2025.0091>.
- **Zhu X**, Lee ES, Chan FHF, Yin R, Koh RWS, Lim PXH, Judith C, Lim VH, Low RSY, Chen YC, Chen Y, Wang X, Ng PP, Tan CTY, Tan S, Pereira K, Griva K. Healing Through Empowerment and Active Listening: Experience-Based Co-Design of a Nurse-Led Personalised Self-Care Support Intervention for Primary Care Patients With Diabetic Foot Ulcers. *Health Expect*. 2025 Aug;28(4):e70386. doi: 10.1111/hex.70386. PMID: 40847816; PMCID: PMC12374250.
- **Zhu X**, Lee ES, Lim PXH, Chan FHF, Chen YC, Griva K. “It is a constant battle”: A qualitative study of the lived experience of individuals with diabetic foot ulcer and post-healing challenges in primary care. *Diabet Med*. 2025; 42:e70096. doi:10.1111/dme.70096.
- **Zhu X**, Tjhin S, Goh LJ, et al. Factors associated with foot self-care behaviour and foot screening attendance in people with type 2 diabetes: a cross-sectional study in primary care. *BMJ Open* 2024;14:e088088. doi:10.1136/bmjopen-2024-088088.
- Goh LJ, **Zhu X**. Factors Influencing Self-Wound Care Adoption in Singaporean Communities: A Cross-Sectional Survey. *Journal of Patient-Centered Research and Reviews*. 2024 Oct 15; 11:204-14. doi: 10.17294/2330-0698.2084.
- Goh, Ling Jia M Clin Res, MHA, Adv Dip (CCNC), BHS (Nursing), Dip (Nursing with Merit); **Zhu X**. MN, RN. Patients’ Willingness to Perform Self-Wound Care: A Cross-sectional Study in the Primary Healthcare Sector in Singapore. *Advances in Skin & Wound Care* 37(11&12):p 1-8, 11/12 2024. | DOI: 10.1097/ASW.0000000000000234.
- Goh LJ, **Zhu X**. Factors Influencing Self-Wound Care Adoption in Singaporean Communities: A Cross-Sectional Survey. *Journal of Patient-Centered Research and Reviews*. 2024 Oct 15; 11:204-14. doi: 10.17294/2330-0698.2084

- **Zhu X**, Lee ES, Chan FHF, Lim PXH, Chen YC, Griva K. Foot self-care behaviour in primary care patients with diabetic foot ulcers: structural equation modelling of psychological predictors. International Wound Journal. 2024 May; 21(5): e14897. Doi: 10.1111/iwj.14897.

Notable Research Awards & Grants from Past 5 Years

Name of Awards & Grants	Year Obtained
NHG-LKCMedicine Clinician-Scientist Fellowship (CSF)	2021
NHG Research & Innovation Awards – Research Impact category	2021
Centre for Primary Health Care and Innovation Seedcorn Funding	2022
Singapore Health Biomedical Congress (SHBC) Primary Care Research Oral Presentation – Silver Award	2022
Singapore Health Biomedical Congress (SHBC) Primary Care Research Oral Presentation – Bronze Award	2023
Singapore Health Biomedical Congress (SHBC) Primary Care Research Poster Presentation – Bronze Award	2024
Journal of Wound Care Best Diabetic Foot Intervention Awards - Silver	2025
International Behavioral Medicine Early Career Awards in Behavioral Medicine	2025
Singapore Health Biomedical Congress (SHBC) Primary Care Research Oral Presentation – Gold	2025

Translating Research Into Healthcare

- ‘Wounds can be physical and emotionally draining, wound care is about caring for patients and not just about skills’ / ‘伤口在身也在心 护理有术更有情’ featured in Lianhe Zaobao on 12 January 2024
- ‘Advancing Patient Care Through Research: My Growth and Learning Journey’ featured in LKCMedicine Primary Care Research Network Newsletter June/July 2024
- LKC Newsletter Student Profile: A Clinician’s Mission to Transform Diabetic Wound Care
<https://www.ntu.edu.sg/medicine/news-events/magazines-and-newsletters/lkcmmedicine-redefine-april-2025/student-profile--a-clinician-s-mission-to-transform-diabetic-wound-care>
- NHGP Facebook Post
<https://www.facebook.com/NationalHealthcareGroupPolyclinics/photos/my-journey-as-a-clinician-researcher-has-yielded-valuable-insights-beyond-academ/1219327623530398/>

- NHGP Facebook Post:
<https://www.facebook.com/share/p/16iRiXPBXY/?mibextid=wwXlfr>
- NHGP LinkedIn Post:
https://www.linkedin.com/posts/national-healthcare-group-polyclinics_nhgpolyclinics-activity-7298645921343422465-ynZw?utm_medium=ios_app&rcm=ACoAABmbeDIB8NVx6wopJ8CZ2zWiAur7HIG32Oo&utm_source=social_share_send&utm_campaign=copy_link
- [NHG Polyclinics' Post](#) Early Career Award
- NHG Health People Spotlight
<https://www.nhghealth.com.sg/for-healthcare-professionals/academic-health-system/people-spotlight>