



## Delphine Chen Yu Mei

Staff Nurse I, TTSH Ward 8@Ren Ci (ICH Trial Ward)

Research Interests:

- Rehabilitation Medicine
- Chronic Disease Management
- Telemedicine

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### Biography

Delphine pursued the Bachelor of Science in Nursing as part of her undergraduate studies at the National University of Singapore (NUS) and has undertaken the Honours year which taught skills including applied research methods and assimilation of evidence-based practices. She further develops her research interests and put the learnings into practice by writing her first thesis paper on the nurse-led telemedicine initiatives in chronic disease management which has been published on *Worldviews on Evidence-Based Nursing* since 2019. Since then, she has also graduated from NUS with a Bachelor of Science (Nursing) (Honours) with Distinction.

Her second paper written in collaboration with her professor from her alma mater on the effect of dance interventions for older adults with mild cognitive impairment was published on the *International Journal of Nursing Studies* since June 2021. Her research interests include chronic illnesses and its long-term care, rehabilitation medicine as well as telemedicine. She is currently working as a Staff Nurse in the ICH trial ward and pursuing the TTSH in-house Nursing Research Mentorship Programme conducted by the Nursing Research Unit.

### Selected Publications

- Chen DYM, Wu XV, Chan EY, Goh YS. **Nurse-Led Tele-Coaching on Modifiable Cardiovascular Risk Factors in People with Type 2 Diabetes Mellitus: A Systematic Review and Meta-Analysis.** *Worldviews Evid Based Nurs.* 2019; 16(6):424-432. <https://pubmed.ncbi.nlm.nih.gov/31721428/>.
- Wu VX, Chi Y, Lee JK, Goh HS, Chen DYM, Haugan G, Chao FFT, Klainin-Yobas P. **The Effect of Dance Interventions on Cognition, Neuroplasticity, Physical Function, Depression, and Quality of life for Older Adults with Mild Cognitive Impairment: A Systematic Review and Meta-Analysis.** *Int J Nurs Stud.* 2021; 122:104025. <https://pubmed.ncbi.nlm.nih.gov/34298320/>.

### Translating Research into Healthcare

- A Healthy Community. *mosAIC.* Published 26 March 2020. <https://aic-mosaic.sg/2020/03/26/a-healthy-community/>.