



Julia Zhu Xiaoli

Senior Nurse Clinician (Wound Care), Nursing Services,
NHGP

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

Research/Innovation Interests (Top 5 areas):

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

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Research Profile: [ORCHID](#) / [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 NHGP, 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**, 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
- **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.
- Chew EAL, Lee MCL, Bartlam B, Goh LJ, Dong L, **Zhu X**. Between hope and despair: experiences of precariousness and precarity in the lived experiences of recent diabetic amputees in primary care. *Discover Social Science and Health*. 2024 Feb 05; 4(5). doi: 10.1007/s44155-024-00062-8
- **Zhu X**, Lee ES, Lim PXH, Chen YC, Chan FHF, Griva K. Exploring barriers and enablers of self-management behaviours in patients with diabetic foot ulcers: A qualitative study from the perceptions of patients, caregivers, and healthcare professionals in primary care. *International Wound Journal*. 2023 Mar 27. doi: 10.1111/iwj.14153.
- **Zhu X**, Soh BFJR, Lim VH, Wan L, Chen Y, Wang X, Weng J, Goh LJ. Description and Utilization of Telewound Monitoring Services in Primary Care Patients with Acute Wounds in Singapore: A Retrospective Study. *Advances in Skin and Wound Care*. 2022 Oct 1;35(10):544-549. doi: 10.1097/01.ASW.0000855740.66588.17
- **Zhu X**, Olsson MM, Bajpai R, Lim VH, Goh LJ. Factors Associated with Healing Outcomes in Primary Care Patients with Diabetic Foot Ulcers: A Retrospective Study in a Multiethnic Sample. *Advances in Skin & Wound Care*. 2022 Jan 1;35(1):22-29. doi: 10.1097/01.ASW.0000801524.42349.4d
- **Zhu X**, Olsson MM, Bajpai R, Jarbrink K, Tang WE, Car J. Health-related quality of life and chronic wound characteristics among patients with chronic wounds treated in primary care: A cross-sectional study in Singapore. *International Wound Journal*. 2021 Dec 2. doi:10.1111/iwj.13708
- **Zhu X**, Lee M, Chew EAL, Goh LJ, Dong LJ, Bartlam B. "When nothing happens, nobody is afraid!" Beliefs and perceptions around self-care and health-seeking behaviours: Voices of patients living with diabetic lower extremity amputation in primary care. *International Wound Journal*. 2021 May 06. doi:10.1111/iwj.13587
- **Zhu X**, Goh LJ, Chew E, Lee M, Bartlam B, Dong L. Struggling for normality: experiences of patients with diabetic lower extremity amputations and post-amputation wounds in primary care. *Primary Health Care Research & Development*. 2020 Dec 16. doi: 10.1017/S146342362000064X

Notable Research/Innovation 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

Translating Research/Innovation 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/lkcmedicine-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