

Dr. Chuan-Hsiu (Jane) Tsai - Professional Biography

Academic and Professional Background

- PhD in Nursing, University of Pittsburgh, USA specialized in geriatric and women's urinary incontinence.
- MSN in Gerontological Nursing, University of Pennsylvania.
- Former Chair and Associate Professor at Tzu Chi University of Science and Technology (2001-2011).
- Since 2011, she has served at Tzu Chi University and collaborated with Hualien Tzu Chi Hospital on advanced nursing practices.

Research Expertise

1. Womens Pelvic Floor Rehabilitation:

- Utilizes pelvic floor muscle training, biofeedback, and electrotherapy for postnatal and menopausal care.
- Conducts qualitative studies on pelvic health stigma in Asia, advocating culturally-sensitive education.

2. Elderly Continence and Behavioral Interventions:

- Leads bladder health, fall prevention, and catheter care initiatives in long-term care settings.
- Emphasizes behavioral training for older adults with urinary incontinence.

3. Pelvic Health Promotion and Public Education:

- Develops awareness programs for midlife and older women.
- Promotes life-course approaches to womens health in interdisciplinary education.

Scholarly and Professional Impact

- Over 30 academic publications under the names Chuan-Hsiu Tsai or .
- Speaker at the Asia Continence Nursing Congress and other international forums.
- Recipient of Taipei Medical University's Outstanding Alumni Award and Tzu Chi University's Distinguished Teaching Award.

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Summary

Dr. Tsai is a leader in promoting pelvic health, continence care, and elder behavioral management.

She bridges academic research with culturally competent clinical practice, advocating for womens and elder health across the lifespan in Taiwan and the Asia-Pacific region.