



## Julia Zhu Xiaoli

Senior Nurse Clinician, Nursing Services, NHGP  
NHG-LKCMedicine Clinician Scientist Fellow

### Research Interests:

- Wound Care
- Diabetic Foot Care
- Person-centred Care in Chronic Wound Care
- Health/Illness belief

Email: [Julia\\_Zhu@nhgp.com.sg](mailto:Julia_Zhu@nhgp.com.sg)

## Biography

Julia Zhu is a Nurse Clinician, Chair of Nursing Wound Care Community of Practice and a Co-chair of Wound Care Curriculum Committee at the National Healthcare Group Polyclinics. She is also a member of Wounds iCare Collaborative Clinical and Research Workgroup and DM Steering Committees at National Healthcare Group. Julia Zhu completed her Nursing Degree at the University of South Australia, followed by Postgraduate Diploma in Wound Management at Monash University and Masters in Nursing (Clinical Education) at La Trobe University, Australia. Currently, she is a PhD candidate at the Lee Kong Chian School of Medicine, Nanyang Technological University.

## Selected Publications

- Goh LJ, **Zhu X**. Effectiveness of Telemedicine for Distant Wound Care Advice towards Patient Outcomes: Systematic Review and Meta-Analysis. *International Achieves Nursing and Health Care* 3:070. 2017 May 20. doi. org/10.23937/2469-5823/1510070
- **Zhu X**, Kath R (2017). "When Can I Be Free from My Miserable Leg?" A Qualitative Study of Patients' Experience of Chronic Leg Ulceration in Primary Healthcare. *International Achieves Nursing and Health Care*. 3:073. 2017 Jul 12. doi.org/10.23937/2469-5823/1510073
- Goh LJ, **Zhu X**. Exploring Patient and Caregiver Perceptions of Primary Healthcare Sector Home Care for Simple Acute Wounds. *Adv Skin Wound Care*. 2018 Jul 13. doi: 10.1097/01.ASW.0000540073.29911.af.

- **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
- **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**, 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**, 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**, 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**, 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.

### Notable Research Awards & Grants from Past 5 Years

Name of Awards & Grants	Year Obtained
Singapore Health Biomedical Congress (SHBC) Primary Care Research Oral Presentation – Silver Award	2018
Centre for Primary Health Care and Innovation Seedcorn Funding	2018
Singapore Health Biomedical Congress (SHBC) Primary Care Research Oral Presentation – Bronze Award	2019
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