



Department of Physical Therapy,

Faculty of Medicine, Prince of Songkla University

CURRICULUM VITAE



Name	Phailin Thaworncheep
Position	Lecturer
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Biography	<p>Phailin Thaworncheep, PT, M.Sc., is a cardiopulmonary physical therapy and rehabilitation researcher focusing on chest physical therapy management for individuals with cardiopulmonary problems. I graduated with a master's degree of science (physical therapy) in 2017 from Khan Kaen University (KKU) and a bachelor of science (physical therapy) in 2014 from Prince of Songkhla University. During master's degree study, I was a physical therapist in Associated Medical Science (AMS) wellness center, KKU. After graduated with the master's degree on June 2017, I became a lecturer in field of physical therapy in cardiopulmonary at department of Physical Therapy, faculty of Medicine, Prince of Songkla University. Nowadays, I am doing my research regarding chest physical therapy techniques and cardiac rehabilitation program in patients with cardiopulmonary conditions.</p>
Teaching experience	– Problem-based learning

- Basic physical therapy assessment
- Basic skills in physical therapy
- Integrated cardiovascular system
- Therapeutic exercise
- Physiology of exercise
- Integrated physical therapy in respiratory patients
- Integrated physical therapy in cardiopulmonary patients
- Therapeutic massage and aesthetic therapy
- Project in physical therapy
- Clinical practices in physical therapy I
- Clinical practices in physical therapy II
- Community Physical Therapy
- Integrated physical therapy and eastern wisdom in elderly, women, and pregnancy persons

Research interests

- Cardiac rehabilitation, physical fitness and quality of life of cardiac patient
- Physiotherapy treatment in hypertension
- Physical Therapy in cardiovascular conditions
- Exercise Physiology
- Respiratory and physical exercise for ANS modulation in hypertension, COPD, and elderly
- Exercise for health promotion and applied exercise physiology in metabolic, respiratory, cardiovascular systems
- Health Effects of Cigarette Smoking

Current research

- Effects of Physical Therapy Reducing Lymphedema after Lymphadenectomy in Breast Cancer patients: Preliminary data
- Effectiveness of Slow Loaded Breathing Training on Blood Pressure in Essential Hypertension Patients
- A comparison of attitude toward health risk and nicotine dependence between smoking of roll-your-own cigarettes and factory-made cigarettes in adults

Publications: Papers

- Tongdee P. & Jones C. Effects of slow resistive breathing training on blood pressure, inspiratory muscle strength and

exercise capacity in elderly with isolated systolic hypertension: pilot study. Proceeding of Mae Fah Luang University International Conference & Kaleidoscope of Traditional and Complimentary Medicine International Conference. 2016; (MFUIC & KTCM 2016): 96-105.

- Ublosakka-Jones C, Tongdee P, Pachirat O, Jones DA. Slow loaded breathing training improves blood pressure, lung capacity and arm exercise endurance for older people with treated and stable isolated systolic hypertension. *Exp Gerontol.* 2018; 108: 48–53.
- Ubolsakka-Jones C, Tongdee P, Jones DA. The effects of slow loaded breathing training on exercise blood pressure in isolated systolic hypertension. *Physiother Res Int.* 2019 Oct; 24(4): e1785-95.
- Thaworncheep P, Chittithavorn V, Thienmontree S, Sriwannawit P. Correlation between pain and pulmonary functions in cardiac surgery with median sternotomy patients. *Thai J Phys Ther.* 2021 Apr 17; 43(1): 13-21.
- Sriwannawit P, Aimrat A, Piramruk P, Sattayawinich T, Pechjaroon K, Piyatham W, Iaopanich P, Onthet K, Kitnantakhun K, Damkrabi C, Thaworncheep P* Effects of positive expiratory pressure and breath stacking training on pulmonary function in cardiac surgery patients: a randomized controlled trial. *Arch AHS* 2021; 33(3): 00-00.

Conference presentations

- Mae Fah Luang University International Conference 2016 on “Advances in Medical and Health Sciences” and A Kaleidoscope of Traditional and Complementary Medicines International Conference 2016 on “Fostering Traditional and Complementary Medicine Through Research”
- 9 – 11 April 2021 Poster presentation - World Physiotherapy Congress 2021 online