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Lecturer

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ACADEMIC QUALIFICATIONS

2021	Postdoctoral Fellowship, granted by Chiang Mai University Presidential Scholarship, Chiang Mai University, Thailand
2020	Doctor of Philosophy in Biomedical Science (International Program), Chiang Mai University, Thailand
2017	Master of Science in Sports Science, Mahidol University, Thailand
2013	Bachelor of Science in Physical Therapy, Chiang Mai University, Thailand

POSITIONS AND APPOINTMENTS

2024-present	Lecturer, Department of Physical Therapy, Faculty of Associated Medical Sciences, Chiang Mai University, Thailand
2021-2024	Researcher, Research Center for Non-Infectious Diseases and Environmental Health, Research Institute for Health Sciences, Chiang Mai University, Thailand
2021-present	Fitness Performance Enhancer, Thaicycling Association, Thailand
2021	Postdoctoral Researcher, Research Institute for Health Sciences, Chiang Mai University, Thailand

MEMBERSHIPS

- Thailand Physical Therapy Council
- Thai Physical Therapy Association

AWARD AND RECOGNITION

- Outstanding researcher award (young age range) by Faculty of Associated Medical Sciences, Chiang Mai University, Chiang Mai, Thailand (2024)
- Outstanding Researcher Award (Highest Impact Factor), Research Institute for Health Sciences, Chiang Mai University, Chiang Mai, Thailand (2022)

RESEARCH INTERESTS

- Cardiometabolic conditions in older adults
- Age-related muscle dysfunctions

PUBLICATION (peer-reviewed)

International publications

Chuatrakoon B, **Nantakool S**, Waisayanand N, Reanpang T, Wanichsuksombat L, Konghakote S, Phisitbuntoon K, Jaiin N, Rattanaphan S. Functional Walking Capacity as a Screening Indicator for Peripheral Arterial Disease in Patients with Type 2 Diabetes Mellitus: Development of a Clinical Risk Equation. *Diagnostics*. 2026; 16(12):1750. <https://doi.org/10.3390/diagnostics16121750>. (***Corresponding author***) (Q2, IF 3.3)

Nantakool S, Chuatrakoon B, Phirom K, Sittichoke C, Konghakote S. Associations of Long-Term PM2.5 Exposure and Physical Activity Levels with Metabolic Syndrome and Health-Related Quality of Life: A Cross-Sectional Study in Chiang Mai, Thailand. *J. Clin. Med*. 2026, 15, 2241. <https://doi.org/10.3390/jcm15062241>. (Q1, IF 2.9)

Nantakool S, Chuatrakoon B, Derraik JGB, Gusso S. Whole-body vibration training on functional capacity, vascular function, and glycemic control in individuals with type 2 diabetes and peripheral arterial disease: protocol for a randomized controlled trial. *Front Endocrinol (Lausanne)*. 2026 Feb 26;17:1734560. doi: 10.3389/fendo.2026.1734560. PMID: 41837117; PMCID: PMC12979177. (Q1, IF 4.6)

Chuljerm H, Maneekesorn S, Thorup G, **Nantakool S**, Charoenkwan P, Rerkasem K. The Relevance of Endothelial Dysfunction Biomarkers in Thalassemia Patients and Healthy Individuals: A Systematic Review and Meta-Analysis. *Int J Mol Sci*. 2025 Apr 18;26(8):3842. doi: 10.3390/ijms26083842. (Q1, IF 4.9)

Chuatrakoon B, Seepang N, Chaiwong D, Nanavichit R, Rerkasem K, **Nantakool S**. The agreement of the various distance walkway in the 6-minute walk test in healthy adults.

PLoS One. 2025 Apr 28;20(4):e0321503. doi: 10.1371/journal.pone.0321503.
(Corresponding author) (Q1, IF 2.9)

Phirom K, **Nantakool S**, Chuatrakoon B, Rerkasem K. Role of obesity-related anthropometric indicators on cognitive function in obese older adults: A systematic review and meta-analysis. Public Health. 2025;241:60-68. doi: 10.1016/j.puhe.2025.01.040.
(Corresponding author) (Q1, IF 3.9)

Nantakool S, Chuatrakoon B, Sittichoke C, Konghakote S, Rerkasem K, Buranapin S, Kanlayanee S, Pothaya N, Kidarn J. A comparison of walking performance between individuals with and without asymptomatic peripheral artery disease using the six-minute walk test and the incremental shuttle walk test. Sci Prog. 2024 107(4):368504241305822. doi: 10.1177/00368504241305822 (Q1, IF 2.6)

Nantakool S, Sa-Nguanmoo P, Konghakote S, Chuatrakoon B. Effects of Exercise Rehabilitation on Cardiorespiratory Fitness in Long-COVID-19 Survivors: A Meta-Analysis. J Clin Med. 2024;13(12):3621. doi: 10.3390/jcm13123621 (Q1, IF 3.0)

Nantakool S, Punturee K, Konghakote S, Sittichoke C, Phirom K, Chuatrakoon B. Immediate Effects of Aerobic Exercise and Whole-Body Vibration on Fat Oxidation, Lipid Mobilization, and Cardiovascular Response in Individuals with Obesity. J Clin Med. 2024;13(1):44. doi: 10.3390/jcm13010044 (Q1, IF 3.9)

Chuatrakoon B, Konghakote S, Sa-nguanmoo P, **Nantakool S**. Long-term impact of SARS-CoV-2 infection on cardiorespiratory fitness: a meta-analysis. Front. Public Health. 2023;11:1215486. doi: 10.3389/fpubh.2023.1215486 **(Corresponding author)** (Q1, IF 5.2)

Nantakool S, Chuatrakoon B, Orrapin S, Leung R, Howard DPJ, Rerkasem A, Derrai KJB, Rerkasem K. Influences of age and gender on operative risks following carotid endarterectomy: A systematic review and meta-analysis. PLoS One. 2023;18(5):e0285540. doi: 10.1371/journal.pone.0285540. (Q1, IF 3.7)

Rerkasem A, **Nantakool S**, Kulprachakarn K, Rojawat C, Ounjaijean S, Pongtam S, Prasannarong M, Saengyo S, Jakkaew T, Rerkasem K. The Effect of Standard Compression Adjuvant with a Tailored Exercise Training Program on Health-Related Quality of Life Outcomes in Treating Adults with Venous Leg Ulcer: A Randomized Controlled Trial. Int J Low Extrem Wounds. 2023;15347346231172566. doi: 10.1177/15347346231172566. (Q3, IF 2.057)

- Rerkasem A, **Nantakool S**, Wilson BC, Mangklabruks A, Boonyapranai K, Mutirangura A, Derraik JGB, Rerkasem K. Associations between maternal plasma zinc concentrations in late pregnancy and LINE-1 and Alu methylation loci in the young adult offspring. *PLoS One*. 2022;17(12):e0279630. doi: 10.1371/journal.pone.0279630. (*Q1, IF 3.752*)
- Nantakool S**, Reanpang T, Prasannarong M, Pongtam S, Rerkasem K. Upper limb exercise for arteriovenous fistula maturation in people requiring permanent haemodialysis access. *Cochrane Database Syst Rev*. 2022;10(10):CD013327. doi: 10.1002/14651858.CD013327.pub2. (*Q1, IF 11.874*)
- Rerkasem A, **Nantakool S**, Orrapin S, Rothwell PM, Howard DPJ, Rerkasem K. Local versus general anaesthesia for carotid endarterectomy: Cochrane review. *Stroke*. 2022;53(7):e267-8. (*Q1, IF 10.170*)
- Chuatrakoon B, **Nantakool S**, Rerkasem A, Orrapin S, Howard DP, Rerkasem K. Routine or selective carotid artery shunting for carotid endarterectomy (and different methods of monitoring in selective shunting). *Cochrane Database Syst Rev*. 2022;6(6):CD000190. doi: 10.1002/14651858.CD000190.pub4 (*Q1, IF 11.874*)
- Kulprachakarn K, **Nantakool S**, Rojawat C, Ounjaijean S, Pongtam S, Prasannarong M, Rerkasem K. Effectiveness of combined conventional treatment with a tailored exercise training program on wound healing in patients with venous leg ulcer: a randomized controlled trial. *J Tissue Viability*. 2022;32(1):190-96. (*Shared first authorship*) (*Q1, IF 2.932*)
- Rerkasem A, Tangmunkongvorakul A, Aupibul L, Sripan P, Parklak W, **Nantakool S**, Srithanaviboonchai K, Rerkasem K. Association of cardio-ankle vascular index and future major adverse cardiovascular events in older adults living with HIV. *AIDS Care*. 2022:1-9. doi: 10.1080/09540121.2022.2029820. (*Q1, IF 2.095*)
- Rerkasem A, Nopparatkailas R, **Nantakool S**, Rerkasem R, Chansakaow C, Apichartpiyakul P, Phrommintikul A, Rerkasem K. The Ability of Clinical Decision Rules to Detect Peripheral Arterial Disease: A Narrative Review. *Int J Low Extrem Wounds*. 2022:15347346221104590. doi: 10.1177/15347346221104590. (*Q3, IF 2.057*)
- Nantakool S**, Rerkasem K, Srisuwan T, Reanpang T, Prasannarong M. A randomized controlled trial of the effect of postoperative hand exercise training on arteriovenous fistula maturation in patients with chronic kidney disease. *J Vasc Surg*. 2022;75(1):230-37. (*Q1, IF 4.268*)

Nantakool S, Prasannarong M, Srisuwan T, Reanpang T, Apichartpiyakul P, Rerkasem K. Agreement between physical and ultrasound examination for arteriovenous fistula maturation diagnostics in Thai patients with hemodialysis. *J Vasc Access*. 2022;23(1):123-127. (Q2, IF 2.283)

Rerkasem A, Orrapin S, Howard DPJ, **Nantakool S**, Rerkasem K. Local versus general anaesthesia for carotid endarterectomy. *Cochrane Database Syst Rev*. 2021;10:CD000126. doi: 10.1002/14651858.CD000126.pub5. (Q1, IF 9.266)

Nantakool S, Chuatrakoon B, der Veen MV, Rerkasem A, Rerkasem K. Exercise training as an adjunctive therapy for chronic venous insufficiency patients: evidence from research to practice. *Int J Low Extrem Wounds*. 2021:15347346211060126 (Q3, IF 2.057)

Nantakool S, Rerkasem K, Reanpang T, Worraphan S, Prasannarong M. A systematic review with meta-analysis of the effects of arm-exercise training programs on arteriovenous fistula maturation among people with chronic kidney disease. *Hemodial Int*. 2020;24(4):439-53. (Q2, IF 1.812)

National publications

Intanon S, Khamwong P, **Nantakool S**. A preliminary study of myofascial release technique effect on the range of hip flexion, knee flexion, and ankle dorsiflexion motion at affected lower extremity in individuals with chronic stroke. *JAMS*. 2021;54(2):29-34. (TCI 1)

Nantakool S, Chaunchaiyakul R, Pinthong M, Kongkum S. Effect of sports drink on repeated performance in healthy Thai males after glycogen depletion. *J Sports Sci Tech*. 2017;17:83-93. (TCI 1)

PRESENTATION

Oral Presentation

2023 Walking performance using the six-minute walk test and the incremental shuttle walk test in individuals with peripheral artery disease: preliminary evidence. *13th Pan-Pacific Conference on Rehabilitation, Chiang Mai, Thailand*

2019 Effect of post-operative exercise training on arteriovenous fistula maturation in chronic kidney disease patients: a preliminary study. *The 11th International Graduate Students Conference on Population and Public Health Sciences (IGSCPP), Chulalongkorn University, Thailand.*

MANUSCRIPT REVIEWERS

International Reviewers

- BioMed Research International
- The International Journal of Lower Extremity Wounds

National Reviewers

Archives of Allied Health Sciences

RESEARCH GRANTS

Principal Investigator (PI)

2025-2026	Associated Medical Sciences, Chiang Mai University, Thailand Project “Role of central obesity and overall obesity on cardiorespiratory fitness in older adults with dynapenic obesity”
2024-2025	Associated Medical Sciences, Chiang Mai University, Thailand Project “Cardiorespiratory fitness and cognitive performance in older adults with sarcopenic obesity”
2023-2024	Grant for PM2.5 and other Pollutants Related NCDs from Field-to-Cell-to-Bedside (FCB), Chiang Mai University, Thailand Project “Assessment and Management of Risk-benefit Relationship between PM2.5 Exposure and Physical Activity on Metabolic Syndrome in Northern of Thailand”
2022-2023	Grant under the establishment project of Glycemic Index Center (GI center), Food Innovation and Packaging Center (FIN), Chiang Mai University, Thailand Project “Nutritional values and changes on blood glucose insulin and satiety index of Lishu white rice consumption”
2022-2023	Grant for Junior Researcher, Chiang Mai University, Thailand Project “Immediate effect of aerobic exercise and whole-body vibration on fat mobilization, fat oxidation, and cardiovascular changes in individuals with obesity”

Co- Principal Investigator (Co-PI)

2024-2025	Fundamental Fund, Thailand Project “An innovative screening tool and whole-body vibration exercise program for type 2 diabetes mellitus patients with peripheral artery disease”
2024-2025	Associated Medical Sciences, Chiang Mai University, Thailand Project “Skill development for frailty assessment and outcomes of a multicomponent exercise training program in Village Health Volunteers, Doi Lo Subdistrict, Chiang Mai Province”
2023-2025	Grant for Frontiers/ Targeted Research Postmaster, Chiang Mai University, Thailand Project “Role of obesity indicators and exercise on cognition and the development of the physical game-based training program on cognition in obese older adults”
2023-2024	Grant for Societal Engagement, Chiang Mai University, Thailand Project “A project of community network for behavioral adjustment to prevent cardiovascular disease in Mae Ka Subdistrict and Doi Lo Subdistrict, Chiang Mai Province”
2023-2024	Associated Medical Sciences, Chiang Mai University, Thailand Project “Assessment of walking performance in individuals with and without peripheral artery disease”
2023-2024	Grant for PM2.5 and other Pollutants Related NCDs from Field-to-Cell-to-Bedside (FCB), Chiang Mai University, Thailand Project “PM2.5 Impacts on Health: Occurrence to Sustainable Outcomes for the Northern Thai Population (Project PHOON)”
2023-2024	Grant for Junior Researcher, Chiang Mai University, Thailand Project “The agreement of the various distance walkway in the 6-minute walk test”
2023-2024	Grant for Research group, research center, and center of excellence, Chiang Mai University, Thailand Project “Environmental-Occupational Health Sciences and Non communicable diseases research center”
2021-2022	Novo Nordisk Pharma (Thailand) Ltd., Thailand

2020-2021	Project “Effects of Semaglutide on functional capacity in patients with type 2 diabetes and peripheral arterial disease (STRIDE TRIAL)” Health Systems Research Institute (HSRI), Thailand Project “The risk factors during pregnancy and first year of life to determine metabolic syndrome and vascular disease in 30 years follow up study”
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