



Department of  
Nursing Studies  
The University of  
Hong Kong

## 10<sup>th</sup> Anniversary Celebrations

Professor Judith Parker  
Visiting Professor and Chairperson  
10th Anniversary Planning Committee



*Saturday, 28 May, 2005 was the day selected for the major celebrations of the 10th Anniversary of the Department of Nursing Studies and this is a day that will stay long in the memories of all those who participated in the Symposium and Gala Dinner.*



### THE SYMPOSIUM

The esteem in which the Department is held by those in high places was clearly discernible in the speeches given by the Vice Chancellor Prof Lap-Chee Tsui, the Dean of the Faculty of Medicine Prof SK Lam and the Chief Executive of Hospital Authority Dr. William Ho.

The Symposium addressed the complex theme of the relationship between education, research and quality nursing practice and how these interrelationships play out in the current context of the global shortage of nurses. It brought together international and local experts to share research

findings and to identify strategic directions for managing these complex issues at the level of policy, education and research. The keynote speakers inspired the more than 300 enthusiastic participants with the breadth, depth and overall quality of their presentations. The liveliness of the panel discussions with strong audience participation attested not only to the timeliness and relevance of the topics addressed, but also to the dynamism and vibrancy of the speakers. [n](#)



Vision to Lead, Mission to Serve  
放眼領導 致力服務



**Professor Afaf I Meleis, Margaret Bond Simon Dean of Nursing of the University of Pennsylvania** pointed out the importance of fundamental and translational research for the future of safe and quality healthcare. However, the global shortage of nurse scientists who develop and translate evidence to ensure safe practice will impact upon the

quality of care if not addressed. She urged that attention be paid to creating safe healthcare environments, developing strategies to ensure an adequate workforce of nurse scientists, and increasing the public's awareness and knowledge of the importance of the contribution to health made by nursing science.



**Associate Professor Huaping Liu, Associate Dean of the School of Nursing of Peking Union Medical College** noted that the challenges stemming from nursing shortages in the West were also being felt in Mainland China, where recognition is now being given to the need for a larger and better educated nursing workforce. The

Ministry of Health is paying attention to these problems and is emphasizing the need for a scientific approach to nurse staffing, quality improvement and differentiating levels of nurses in the clinical environment.



**Ms Doris Grinspun, Executive Director of the Registered Nurses Association of Ontario** discussed the importance of building nursing as a "body politic". She pointed out that nursing has earned the public's trust but needs to earn the public's respect through communicating nursing as a knowledge profession, demonstrating nurses'

work as knowledge in action and using nursing knowledge to shape health policy and deliver quality patient care. She identified nursing as a significant social force to influence health and nursing policy in practice, public opinion and in decision making and funding allocation.



**Professor Sioban Nelson, Head of the School of Nursing at The University of Melbourne**, suggested that competing system and workforce pressures continue to impinge upon nurses' capacity to deliver quality nursing care. She identified a number of issues of concern in the Australian context: the impact upon nursing of workforce reforms

and the creation of a flexible workforce; health sector reform and the skilled workforce shortage with implications for patient safety; and challenges to the nursing profession itself stemming from State/Federal obstacles, professional disunity and higher education reform.



**Professor Kathleen A Dracup, Dean of the School of Nursing at the University of California, San Francisco** indicated that there is currently an RN vacancy rate of 14% in the USA with projections of much more acute nursing shortages over the next 15 years. The problem will not be easily solved because of the ageing of the nursing

workforce and the inability of Universities to increase intakes of students into nursing programmes because of the shortage of nursing educators. She pointed to the importance of investing in new nursing faculty, developing innovative programmes with a focus on patient safety, and partnering with health agencies to provide graduates with appropriate knowledge and skills.



**Dr Susie SS Lum, Senior Executive Manager (Nursing), Hospital Authority**, pointed out that nursing represents 40% of the staff in the public hospital system in Hong Kong. She noted that quality improvement of nursing practice is the central theme of HA nursing. She said that promoting evidence based nursing practice and knowledge

management are the key means of improving the quality of patient care. This is achieved through clinical audits and benchmarking, and developing evidence based nursing standards, and specialty guidelines. Additionally, supporting continuing education and competence based nursing professional development are key strategies in improving clinical quality.





**Miss Georgina KH Ho, Chief Nursing Officer in the Department of Health, HKSAR**, indicated that prior to 1999 there was a stable tenured nursing workforce in the Department of Health with few voluntary exits. However, subsequently staff members have been employed on contracts and later there were annual pay cuts, voluntary redundancies

in 2003 and redeployment of staff. Staff members have become stressed, have needed to learn new skills, fear lack of job security and there is staff turnover. However, strategies have been set in place to create a sense of belonging, reward good performance, enhance competence, identify determinants of staff retention, provide appropriate in-service training and monitor overall nursing workforce. Additionally support is being given to upgrade public health nursing education, and to expand workforce reserves. Long term strategies include commitment to appropriate staffing levels and competitive employment terms, developing a collaborative approach in workforce planning and improving the public recognition of public health nurses.



**Mr Alan SF Wong, General Manager (Nursing), Queen Mary Hospital**, spoke of the major challenges to nursing in Hong Kong stemming from the shortage of nurses. These shortages could be attributed to the transfer from hospitals to University based training of nurses, funding constraints, inflexible quotas of students, longer duration of nurse training,

and the phasing out of enrolled nurses. Additionally the recent economic upturn has led to an expansion in the private sector with increasing demand for nurses and competition between the public and private sector in recruiting nurses. He identified a range of proactive strategies that can be implemented to improve the situation in HA hospitals.



**Professor Thomas KS Wong, Dean, Faculty of Health and Social Sciences, The Hong Kong Polytechnic University** noted that the number of nurses per 1000 population in Hong Kong was similar to ratios in Japan, Singapore and the UK but considerably lower than those in Australia, New Zealand, Canada and the USA. In

addressing the issue of whether this constituted a shortage of nurses in Hong Kong, he presented data on the ageing of the Hong Kong population and the high health service utilization by elderly people in Hong Kong. He suggested that attention needed to be paid to nursing staff mix and role relationships; particularly those between Registered Nurses, Enrolled Nurses and Health Care Attendants; the development of advanced practice and specialist roles in nursing and that of Traditional Chinese Medicine.



**Professor David R Thompson, Director, The Nethersole School of Nursing, The Chinese University of Hong Kong** pointed out that while there was a clearly identified shortage of nurses in Hong Kong, it was important to avoid a knee-jerk response. A strategic approach to policy/interventions was needed that would address workforce forecasting and planning, recruitment and retention and deployment and skill mix.



**Dr Sophia SC Chan, Head of the Department of Nursing Studies at The University of Hong Kong**, focused on the importance of quality health outcomes and reported on research that had identified key areas for quality improvement. She discussed the impact of the nursing workforce shortage upon quality and noted that a quality nursing

workforce can save both lives and health care costs. She highlighted the importance of investment in quality education and research to ensure the provision of a quality nursing workforce for the future.



# 10th ANNIVERSARY GALA DINNER

# 10th AN GA

## The Gala Dinner

The Gala Dinner was held at The Hong Kong Country Club, Deep Water Bay and was a glittering occasion with over 160 guests.



Guests of Honour



Prof Lap-Chee Tsui, Vice Chancellor, HKU



Prof PC Ho, Associate Dean, Faculty of Medicine, HKU



Prof Rosie TT Young, Honorary Professor, Department of Medicine, HKU

### Choir Performance

Guests were entranced with the singing of the Good Hope School and the Choir of the Department comprising staff and students.

Nursing Choir

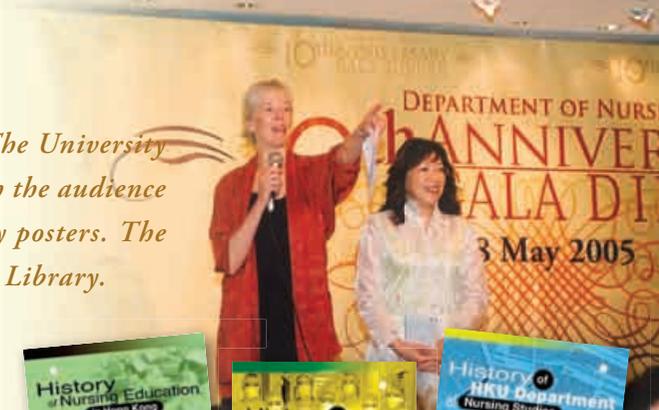
Good Hope School Choir



Dr Gabriel M Leung of the Department of Community Medicine was invited to be the Music Director for the Gala Dinner.

### Nursing History Game

Posters setting out the history of nursing in Hong Kong and at The University of Hong Kong were displayed and a lively game was held in which the audience was invited to answer questions about the content of the history posters. The history posters are now displayed at the Yu Chun Keung Medical Library.



Toast and Cake Cutting

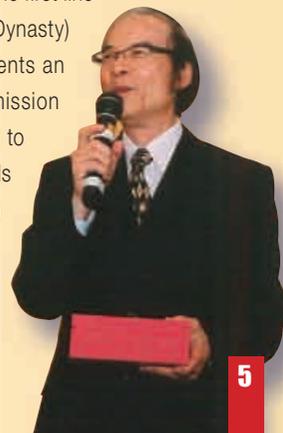


明德格物培精英  
護理學系育賢能  
郁蔥杏林霑玉露  
十年樹木百年人

港大校訓，出自朱熹的「大學」。首四句說「大學之道，在明明德，在親民，在止於至善」。明德的意思是上天賜與人明悟，明白事理。但有時人為入欲所蔽，人會有時昏然。明明德的意思，即經常省覺天理的存在，並摒除私欲。格物是用分析的態度、方法，研究事物發生、活動的道理。所以，明德格物，一在修德，是德育，一在用分析方法去學習，是學育。港大護理學系本著大學的校訓，培育精英賢能為社會服務。港大醫學院歷史悠久，已生長為一叢茂盛的杏林（醫學群體）。但杏林也必需吸收（霑）營養水份（玉露），才能繼續生長、發枝、茁壯，而護理學系就是醫學院的玉露，這就是詩中第三句的含意。令樹木生長具形，十年已看到成績，但培養一個真正優質的人才，還需近百年的磨練，所以大家還要不斷努力，以達至善境界，故有「十年樹木百年人」之收句。

香港大學內科學系馮戩雲講座教授

Prof Peter CW Fung, Chair Professor of the Department of Medicine, HKU has kindly written four beautiful lines of Chinese verse with his calligraphy to commemorate the Department's 10th anniversary. The first line of the verse is taken from the HKU's motto which comes from a classic written by ZhuXi (Sung Dynasty) on "Adult's Learning" and refers to the truth that moral as well as intellectual learning represents an importance in educating talented individuals. The second line describes the Department's mission that it is to cultivate persons of virtue and capability who are committed to making contributions to the community. The third line says that the Faculty of Medicine is a luxuriant forest which needs nutrients and water to grow, to sprout and to be robust, and that the Department has been taking the role of nutrients and water. The fourth line emphasizes that it might take ten years for trees to flourish, but it would take almost a hundred years' efforts to nurture a talent of quality. The verse closes with the subtle meaning that we all need to make the best of our effort to achieve excellence.



明德格物培精英  
護理學系育賢能  
郁蔥杏林霑玉露  
十年樹木百年人





## Building Science in Smoking Cessation:

# A Mission to Save Lives



Smoking is the single most preventable cause of death and a proven health hazard in our society. It is discovered that tobacco use is responsible for nearly one in two deaths in developed countries and about 6,000 deaths were attributable to smoking in Hong Kong. Empirical evidence supported that intervention from health professionals can increase cessation rates. Even though the hazards of tobacco use are well known and it is cost-effective for health professional to provide smoking cessation counseling to patients, it is disappointing to note that the number of patients who reported receiving advice on smoking cessation from health professionals is low.

Nurses represent the largest proportion of the health care workforce in Hong Kong and have the most frequent contact with patients. They are in a unique position to act as leaders to assess, plan, implement, and evaluate smoking cessation interventions to promote, protect, and maintain the health of the community. Given the cumulative evidence that smoking and passive smoking is a major cause of death and disability, nurses have a pivotal role in providing evidence based smoking cessation interventions to clients.

A multi-disciplinary team including myself, Professor TH Lam and Professor AJ Hedley from the Department of Community Medicine, developed various tobacco control initiatives one of which is a smoking cessation counselor training programme. This is the first of its kind in Hong Kong, to educate nurses, social workers, pharmacists, and physicians to helping clients quit smoking using psychological, behavioral and pharmacological therapies. The program has provided comprehensive knowledge on the current trends on tobacco dependency treatment and it also inspires the development of an expanded role of nurses in smoking cessation counseling which ultimately promotes patients' health, prevents death and disability, and saves health care costs for our society.

Research shows that smokers benefit from the help of health care professionals when trying to quit smoking. Previous studies indicated the potential benefits of smoking cessation advice and counseling delivered by nurses to their patients and the best cessation rates are achieved using a combination of behavioural intervention and pharmacological intervention. One of the major research foci and strategies in the



Department of Nursing Studies is to evaluate the efficacy of innovative state-of-the-art smoking cessation interventions for clients across the lifespan such as youth, women, elderly, and various disease patient groups. We have conducted a series of randomized controlled trials with specific intervention strategies and will continue to design new interventions and test their effectiveness. Our goal is to inform best practice in smoking cessation, develop and test strategies to confront the tobacco epidemic effectively; and to develop a critical mass of nurses and physicians involved in tobacco control. We are committed to our mission to save lives by developing smoking cessation education programmes for undergraduates, post-graduates, and health care professionals, and use an evidenced-based approach through research to orientate clinical services so as to reduce premature deaths and the enormous disease burden of our society. [n](#)





# Health Promotion and Health Education -Innovation and Teaching



## Health Promotion and Health Education course in HKU

What do nursing students learn in a year 1 course in Health Promotion and Health Education? Why is this course important to nursing students and the nursing profession?

The World Health Organization has recently advocated that health authorities globally should invest in and direct more effort towards Health Promotion and Health Education (HPHE). (WHO website: <http://www.who.int/healthpromotion/en/>). The course on Health Promotion and Health Education developed by the Department of Nursing Studies, The University of Hong Kong is delivered by both lectures and tutorials that examine the concepts of health promotion and primary health care. It gives students the opportunity to integrate theory into practice through conducting a health promotion project to a target group based upon available current evidence and needs assessment.

## Innovation and Teaching

### • Multi-discipline collaboration in aligning students' learning needs

It is known that learning is more than simply the acquisition of knowledge. Learning also involves instructional elements such as critical thinking, skill development and real-life application. The HPHE is directed towards this teaching goal.

The course has fostered multi-disciplinary collaboration, community partnership and learning effectiveness among students by streamlining the course material and maximizing learning skills. Students are required by the English Centre to submit some assignments that emphasise reviewing literature and developing critical appraisal skills. Teachers in our Department communicated with the English Centre to enable students to choose a topic relevant to HPHE for the assignments issued by the English Centre without losing sight to literature review skills development and to ensure that duplication of course material and workload did not result. In fact, the two Departments communicate frequently with each other to

monitor students' progress and learning outcomes, in particular unresolved problems in accessing, appraising and applying information in justifying a topic for health promotion.

### • Incorporating evidence-based nursing practice

Students hold true autonomy in the topic selection to stimulate self directed learning. At the same time the need for evidence-based nursing is fulfilled through the practice of literature appraisal and needs assessment on target groups for health promotion. Tutorials are available to offer practical guidance to students' field work and participation in tutorials contributes to the final health promotion activity and poster presentation to reduce excessive after-class workload.

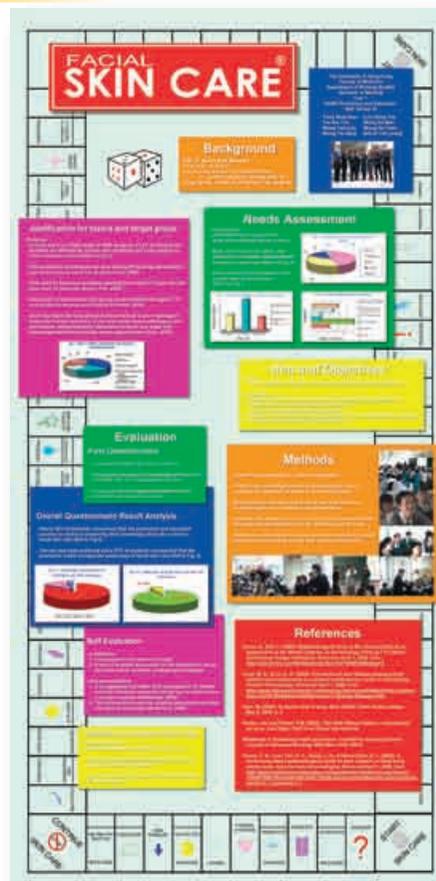
### • Focusing life-long learning skills

The course fosters experiential learning opportunities and innovation in teaching strategies that base on needs assessment and outcome focused

evaluation. Students have to initiate, negotiate and maintain effective liaison with secondary school principals or teachers, secondary school students (target group), their tutors and their group members all through the project. They are also encouraged to practice useful life-long learning skills such as interpersonal communication and Information Technology (IT) skills in disseminating results to the target group, the faculty and the general public if indicated. The process stimulates creativity and empowers students in their confidence and competence in teaching strategies. The practice of verbal presentation skills, writing up an evaluation report, and devising an electronic poster all help students learn how to concisely disseminate findings and results of the project to the public.

## Summary

The Health Promotion and Health Education course has fostered extensive exposure of the HKU nursing students to the community (secondary schools). At the same time, members of the general public are able to acknowledge the scope and contribution of nursing to the society.



Poster presentation by Year 1 students:  
Lam Wing Yee, Sze-to Tak Leung, Tong Wing Kam, Tse Kai Yan,  
Wong Ho Yuen, Wong Ka Man, Wong Tik Sang, Wong Yee Ling

# Head's Message

Dr. Sophia SC Chan  
Head



## Reflections of the 10th Anniversary Celebrations: Building for the Future



On 28 May 2005, all staff of the Department of Nursing Studies exhibited tremendous energy and dynamism to celebrate our 10th anniversary international nursing symposium and gala dinner. Professor Judith Parker and members of the planning committee have exercised excellent planning and organization, which has contributed to the success of these events. Everyone was extremely impressed with the timeliness of the symposium and the wonderful dinner, and I am sure these activities have served as part of our very fond memories.

With the main events of our celebrations now behind us, it is an opportune moment to consider future directions of the Department so that we can build upon the excellent foundation established in our first decade. A major issue addressed in our 10th Anniversary Symposium was that of the world wide shortage of nurses in practice, education and research. We heard of various strategies that are being adopted around the world to manage this perilous situation. In our own situation in Hong Kong, a key strategy for addressing shortages is by increasing student intakes into University programmes.

Thus, managing growth is one of the major tests confronting us in the coming years. From our initial intake of 40 students into our Bachelor of Nursing programme in 1995, we have grown to the point where we will be enrolling 168 into this programme in September. This has implications not only for our staffing levels but also for the resources available to us in the University such as offices, libraries, lecture theatres and other teaching space. We have developed a robust staff development plan to manage our need for additional staff members taking into account the mission and vision of the department and we are very fortunate, indeed, that previous space planning has taken our likely growth into account.

The world wide nursing shortage is a complex and multifaceted phenomenon. Ensuring an adequate supply of nurses is but one part of this phenomenon. Increasing student numbers is only one means of addressing the issue of supply. Nursing shortages cannot be dealt with simply by increasing student numbers. The issue of recruitment, retention, and providing a conducive environment for appropriate professional and career development are also key issues to solve this worldwide problem. Discussions are now being

held between government, health agencies and universities to find ways of ensuring the best way forward. It is a matter high on everyone's agenda and I feel confident that there is the good will among all parties to ensure we will find a solution that is acceptable to all stake holders.

Being one of the key players in preparing nurses for the 21st century, we have a strong mission to produce quality nursing graduates who will become leaders, scientists, and nurse professionals. Our objectives are to provide education for nurses, as well as developing science in nursing so as to improve the health of the community. While it is high priority to meet the needs of the workforce in clinical practice, it is also critical to developing educators and scientists for leadership in nursing, who are vital to strengthening our capacity in meeting future challenges.

Building on our foundations in the past 10 years, we aspire to making further contributions to the future of nursing by educating a new generation of leaders. Our staff is committed to bringing the frontiers in nursing science to improve human's health, and we look forward to sharing with you our accomplishments in the next 10 years to come. **n**



# Department Highlights

## Grace Tien Lecture

With the generosity of the family of the late Mrs Grace Tien, the Department established the first named Visiting Professorship and invited Prof Angela B McBride, Distinguished Professor and University Dean Emerita, Indiana University, U.S.A. to be the second Grace Tien Visiting Professor in Nursing Studies.

Prof McBride visited the Department on 13 – 21 March 2005, and delivered the Grace Tien Lecture entitled “Health Care and the Informatics Revolution” on 14 March 2005 in Cheung Kung Hai Conference Centre of the Faculty. The auditorium was packed by an audience of over 160 participants. During her visit, Prof McBride also gave 2 other seminars, one of which was for the Departmental staff and the other for the Medical and Health Research Network, HKU on “Building a culture of quality”.



Prof Angela B McBride

(from left) Prof William Wei of the Department of Surgery, Prof Angela McBride, Mrs Mary Tien, donor representative and Dr Sophia Chan



## Collaboration with HK West Cluster in Evidence Based Practice - The Clinical Scholars' Programme



The Clinical Scholars' Programme, is an exciting and innovative collaboration between the Hong Kong West Cluster and the Department of Nursing Studies. It is part of a broader long term strategy to develop further the research culture in nursing at Hong Kong West Cluster hospitals. Fifteen high flying clinicians, with an interest in improving patient outcomes through research, were identified through a careful selection process and invited to participate.

The specially designed programme of eight days conducted over a four month period, comprises five intensive days of workshops and three days of group work and individual skill development. Clinical Scholars are released from work for the eight days to work on a research question that has arisen from their practice. They are supported by a team

of researchers from HKU who help them to refine their question, review relevant literature and undertake critical appraisal of published material. They then work intensively to draw conclusions about the quality of the evidence that underpins the practices they investigate and to identify whether there is a need to change practice and if so, to make recommendations about facilitators and barriers to change.



Prof Linda Johnston

The first two day workshop got off to a stimulating start in April 2005 led by Professor Linda Johnston from the University of Melbourne and the Royal Children's Hospital, Melbourne. Professor Johnston is a notable researcher and neonatal intensive care nurse who is Associate Editor of Worldviews on Evidence Based Nursing. She has developed a strong international reputation in the field of evidence based practice and the workshop was a lively combination of seminar presentations and hands on computer work. Evaluations indicated that the participants found the workshops extremely valuable.

The HKU team comprising Professor Judith Parker, Visiting Professor, Dr HY Kuan and Ms Emmy MY Wong, Teaching Consultants conducted the subsequent follow up workshops and supported the participants in developing their Evidence Based Nursing presentations which will be given before an invited audience of key stake holders on 5 August.

## Clinical Education Series

The Department has organized two more seminars for the Clinical Education Series in April. The third seminar of this academic year was held on 4 April 2005 on "Acute Stroke Management". The guest speaker was Ms. Alice Yu Chow Fung, Advanced Practice Nurse, Ruttonjee & Tang Shiu Kin Hospital.

The fourth seminar was held on 25 April 2005 on "Stoma Care". The guest speaker was Ms. Wong Ka Wai, Enterostomal Therapist, Queen Mary Hospital. Both speakers presented the most updated management on the two specific topics and had attracted 45 and 41 participants respectively. The feedback and comments for both seminars were in general very positive. Many of the participants suggested that the information provided by the speakers were very useful for their clinical practice.



## Visitors

Three nursing institutions had paid educational visits to the Department over the past few months. The undergraduate and postgraduate programmes were introduced, and tours of the Department were conducted.



School of Nursing, Sun Yat Sen University, 11-22 April 2005



Delegation from The Hong Kong Nurses Training & Education Foundation, 20 April 2005

(right) Ms Cynthia A Witney, Manager, Registration and Education of the Nurses Board of Western Australia, 3 June 2005



## World No Tobacco Day

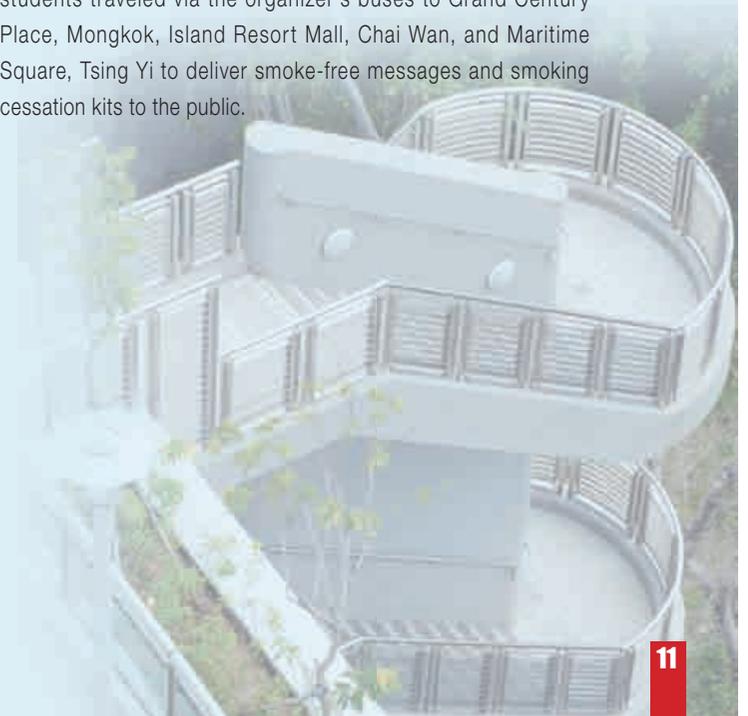
This year's World No Tobacco Day is dedicated to the important role of health professionals in tobacco control. As part of our Department's support for a smoke-free HK, a team of 13 staff and students participated in the local World No Tobacco Day event entitled "Health professionals joint hands to create smoke-free Hong Kong" on 29 May 2005. This event was organized by the Hong Kong Council on Smoking and Health (HKCOSH) and took place at the Golden Bauhinia Square in Wan Chai. Dr. Sophia SC Chan, Head, was honored with an award from HKCOSH for her outstanding contribution to tobacco control in HK. Highlights of the programmes included the "Declaration Ceremony of Smoke-free HK" and the "Let's Bring Smoke-free Message to the Community" event, in which health professionals and secondary students traveled via the organizer's buses to Grand Century Place, Mongkok, Island Resort Mall, Chai Wan, and Maritime Square, Tsing Yi to deliver smoke-free messages and smoking cessation kits to the public.



Dr. Sophia Chan received an award from the Director of Health, Dr. PY Lam, JP for her outstanding contribution to tobacco control in Hong Kong.

## Launch of TVB Health Channel

The Faculty of Medicine of the HKU has collaborated with TVB Health Channel to produce quality health education programmes for the public. At the official launch ceremony, the Department displayed some health related exhibition boards and arranged a few nursing students to conduct health assessment for the general public.





*Ng Kuen To*  
Chairman  
Nursing Alumni Association

## Message from the Nursing Alumni Association

The University of Hong Kong Nursing Alumni Association (HKUNAA) was established on 27th April, 2005 with great support from the Head of the Department, Dr. Sophia SC Chan. The HKUNAA was formed by a group of graduates of the Master's, the post-registration bachelor's and the full time bachelor's programmes. The association was registered as a society under the law of Societies Ordinance.

Our Association has four missions. Firstly, we will form an affiliation with nursing graduates of HKU. Although we work in different hospitals and specialties, there will be links established with nursing colleagues across all clusters in HK and overseas with our colleagues working in foreign countries.

Secondly, our association will link up proactively with the graduates of the wider University to promote the university family and develop through periodical meetings and sharing forums.

Thirdly, our association wants to promote the academic advancement of the nursing profession. We will collaborate with nursing colleagues from different specialties for experience sharing and organizing seminars and lectures on specialty nursing.

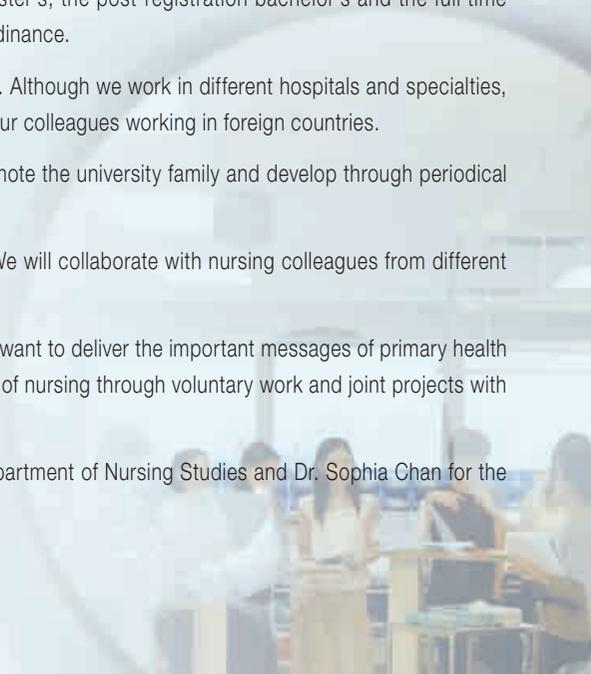
Fourthly, we aim to participate in public affairs. Through our connections with the wider society, we want to deliver the important messages of primary health care and public health nursing services to Hong Kong people. We will demonstrate the importance of nursing through voluntary work and joint projects with non government organisations to conduct health promotion activities.

Finally, on behalf of the Executive Committee of the HKUNAA I would like to thank the staff of Department of Nursing Studies and Dr. Sophia Chan for the unflinching support they have given us in establishing the HKUNAA.

The University of Hong Kong Nursing Alumni Association

Website: [www.hkunaa.org](http://www.hkunaa.org)

Email: [contact@hkunaa.org](mailto:contact@hkunaa.org)



*Kam Ching Han*  
Internal Vice-Chairperson  
Nursing Society, MS, HKUSU Session 2004-2005

## Message from the Nursing Society



First of all, on behalf of the Nursing Society, we sincerely congratulate the Department of Nursing Studies, HKU for her tenth anniversary, and wish her to continue to have glorious development in the future. It was our honor to be invited to participate in this great event. Many guests came and each of them is a big star in every organization or association. It was a very memorable day with a really impressive atmosphere.

Time passes by. An academic year has passed. In this semester, we had organized two functions, the academic seminar and Superpass dinner. They were both very successful, with many members joining our functions.

For the academic seminar, this time, our topic was hospital violence. It is quite common in the hospital. Organizing this seminar, we wished to raise our members' concern to this issue. That day, there were about 40 people participated. Their feedback was positive towards this seminar. Most of them thought that this seminar could help them understand more about hospital violence and some preventive measures. Still, some commented that the seminar could be more focused and in-depth.

The Superpass dinner, under the sponsorship of some staff, was held successfully in a restaurant in Mongkok and 36 members enjoyed the dinner. The peak was the roasted pig-chopping event, a traditional HKU custom. Every participant came out and cut the roasted pig to half in one trial. If you failed to do so, it is implied that you will not Superpass in your exam! We also had pocket money distribution, which is another HKU tradition to hope that our GPA will be high. But this time, we gave \$10.3 to imply they must have GPA larger than 3.0! Everyone was excited about it. The last activity in Superpass dinner was "Fai Chun (Good Wishes)" writing. Our members wrote many different "Fai Chun (Good Wishes)" to greet each other. Overall, our members were happy about this event.

Here is our summer vacation. Although our lessons decrease, our activities do not stop. Our first Joint University Interflow will be held on 4-6 July and an Orientation program in August. We are all a bit nervous but we promise we will try our best to do a good job. Also the Orientation program is important for freshmen to meet new friends and help them familiarize themselves with the new environment. We hope these two programs can be well organized and supported.





# Message from the Graduating Class

Tracy CS Ng  
Class 2005 Representative &  
Chairperson, Graduation Dinner Organising Committee

It's really exciting for me to express my feeling after the completion of the Graduation Dinner 05. On behalf of the Organizing Committee, I would like to thank those who devoted themselves to the activity and made it so successful.

If you were there on that night, I could assure that you would be impressed with everything inside the ballroom: smart decorations, funny pictures of our classmates and their classy dressing, brilliant MCs and the heart-touching performance from Bertha, etc. Without our supportive teachers, the whole event would not be so great though.

We heard many positive feedbacks from our classmates after the graduation dinner. In fact, we did not really have adequate time to prepare for it. It is because in the meantime we had practicum, research projects and not to say the revision of our upcoming final exam. However, our classmates are really helpful to us. Especially thank to our Editorial Board Members, they had made loads of effort in making the nice Graduation Book for all of us. I understand that it was really hard to collect all the information from our classmates and design the contents, while the time in particular was rush and critical for all of us. So let me give you a round of applause for what all you have done to us. Well done!

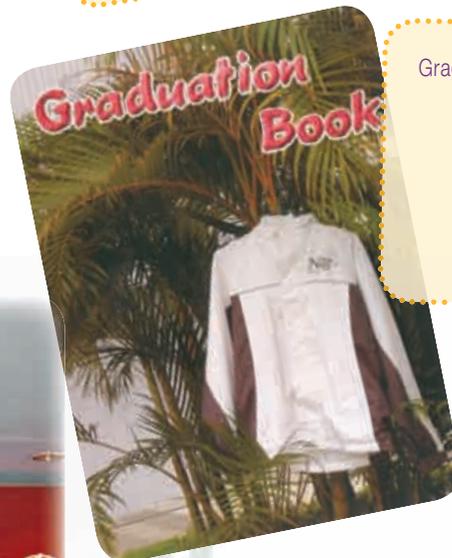
I had a very good memory in the organization of the graduation dinner. Tom, Roy and Kenix, THANK YOU VERY MUCH. They all are really helpful and enthusiastic to hold the event, without any responsibility bonds. It is an essential element to motivate us to make it complete. Starting from the decision of site, souvenirs, invitation cards and decoration plan, to the rundown and everything that happened on that memorable night, we all learnt a lot from each other and developed deeper understandings among each other. That was really a rare and commendable experience for us.

We are now moving up to another stage of life, may I wish all of us a blossom future and every success. God bless all of us.



Graduation Dinner Organising Committee

- Ms Roy CM Chou
- Ms Kenix SM Lau
- Ms Tom KM Mak
- Ms Tracy CS Ng



Graduation Book Editorial Board

- Ms Kit Ming Au
- Ms Shuk Ling Chan
- Ms Ka I Cheung
- Ms So On Hui



**How SUPPORTIVE our male students were to their Year Coordinator Ms Winnie KW So!**

Master and Mistress of Ceremonies

- Mr Yu Ki Hui
- Ms Siu Ha Leung

A special thanks goes to Mr Thomas Lam, nursing alumni, for helping with photo-taking at the graduation dinner.

# In the News

In the past few months, five of the Department's staff members were reported in various newspapers for their studies or innovative projects.



May 2005

“Empowerment Intervention” Saved Abused Women from Suffering

Dr. Agnes FY Tiwari, Assistant Professor



June 2005

Pilot Local First Smoking Cessation Hotline for Youth

Dr. Sophia SC Chan, Head



April 2005

Postoperative Psychological Morbidity of Breast Cancer Strongly Related to Treatment Decision Making Difficulties

Dr Wendy WT Lam, Assistant Professor



March 2005

Depression after Stroke in Hong Kong

Ms Angel CK Lee, Teaching Consultant



April 2005

Understanding Sources of Stress during “Doing the Month” Period to Avoid Postpartum Depression

Dr Sharron SK Leung, Assistant Professor

# Honorary Appointment

## Honorary Appointment

Professor Farideh Salili, who joined the Department in 2002, retired in June 2005. The Department and all the staff members organized a big reception to bid farewell and express their best wishes for her future. In appreciation of her valuable service and contribution to the Department over the years, Prof. Salili has also been appointed as Honorary Professor of the Department.



Prof. Farideh Salili, middle in the first row and administrative staff.

# Congratulations

## Awards of Research Grants

Four research projects on smoking cessation have been granted since April 2005. Dr. Sophia SC Chan, Head, is Co-Investigator on two projects and Principal Investigator on the other 2 projects, of which Dr Daniel YT Fong, Assistant Professor and Ms Angela YM Leung, Lecturer, are Co-Investigators.

# Life-long Learning Opportunities

## Occasional Students in Master of Nursing Programme

The following modules (20-hour) under the Master of Nursing Programme are now open to individual students to apply as occasional students:

### Legal & Ethical Issues in Nursing

16 September to 2 December 2005, alternate Fridays from 5:00 to 8:00 pm; and 16 December 2005, from 5:00 to 7:00 pm

### Women's Health Issues

8 September 2005, from 5:00 to 7:00 pm; and 22 September to 8 December 2005, alternate Thursdays from 5:00 to 8:00 pm

Application forms and further information can be obtained from the Departmental website at <http://www.hku.hk/nursing>.

**Closing date for Applications: 29 July 2005**

Enquiries: 2819 2604

# New Departmental Homepage



The Department has brought a new face to the departmental homepage. Please visit [www.hku.hk/nursing](http://www.hku.hk/nursing) and have a look! Comments and feedback are welcome.

# Centre for Health Promotion Activities' Highlights

## Health Assessment Programme for the Elderlies

Co-organized with Sun Chui Lutheran Centre for the Elderly, the programme was successfully held on 4 April 2005. It was aimed at increasing elderly clients' concepts about prevention of cardiovascular diseases. Through educational talk, exercise training and individual health counseling, clients' knowledge of both disease prevention and health enhancement was enhanced.

Health Assessment for a 91-year-old lady



## Health Ambassador Training (HAT) Programme



Specially designed for the Health Education Group of the Diocesan Girls' School, the programme was aimed at providing a comprehensive health educational experience and training to secondary school health ambassadors.

From March to June 2005, various lectures, training and guided practice covering adolescent mental health, smoking, drinking, drug abuse, infection control, nutrition, sports and weight management, were given to equip the participants with the knowledge and skills essential for the effective practice of health promotion in school and community.



## Educational Seminar

Co-organised with the Cell Therapy Technologies, the Centre held an educational seminar entitled "Dietary Advice for Pregnant Women" on 15 April 2005 in the Hong Kong Science Museum. Ms Rose YP Chan, Clinical Instructor of the Department, was invited to be the speaker and 60 couples participated and enjoyed a warm and informative speech.



## Cyber Health Programme for Older Adults

Co-organized with RTHK, the programme was designed to promote primary health concepts to older adults through the development of web searching skills to health-related websites. It also provided our nursing students with an opportunity to have direct contacts with older adults who are still active learners. Several talks were given to participants by Ms Angela YM Leung, Lecturer in March 2005.



## Wu Style Tai Chi Class

The second Wu Style Tai Chi Class ended in June 2005 and the response was overwhelming. Graduates of the Jan-June Class participated in a public performance in May, 2005 to advocate the benefits of Tai Chi Chuan in prevention of disease and health enhancement.