



HEAD'S MESSAGE

The Nurses' Role in Enhancing Primary Care through Health Service Reform



Professor Sophia SC Chan
Professor and Head

The Healthcare Reform Consultation Document was published last year in Hong Kong to begin the process of public consultation about the proposed reforms. Four service reform proposals were put forward which included the following: enhancing primary care, promoting public-private partnership in healthcare, developing electronic health record sharing, and strengthening the public healthcare safety net. The discussion here focuses on the first, enhancing primary care, as it is particularly relevant to nursing.

During the consultation period public feedback indicated broad community support for the primary care enhancements identified. The public advocated resources being devoted to "comprehensive, holistic and life long primary care services that would emphasise disease prevention". Respondents stressed the need for more emphasis to be given to "preventive care, health assessment, screening and surveillance, wellness promotion, health education and healthy lifestyle promotion".

Some health care professionals pointed out during the consultations that a much more significant role could be played in the primary care reform proposals by nurses and other health care professionals. However, the nursing role in this proposal has not been clearly spelled out, and in my view, could be expanded. There are many ways in which nurses could support primary care in a safe effective collaborative and cost effective way. Indeed evidence is emerging from other countries that extending nursing roles in primary care is a sound means of improving service capacity while not compromising quality of care or health outcomes for patients. Some examples include nurse led clinics, advanced practice roles, health education and health promotion roles, and working with community members to support healthy lifestyles.

A Primary Care Working Group involving healthcare professionals and representatives of patients, users and other relevant sectors has been established to recommend specific plans to implement the primary care enhancement initiatives in Hong Kong. Additionally, a number of pilot projects have been implemented to test a range of models for enhancing primary care.

The Department of Nursing Studies at Hong Kong University is very supportive of the plans to enhance primary care. We urge a broad approach and a stronger role for nurses in this exciting reform. Our undergraduate nursing curriculum has taken a primary health care approach ever since the inception of the Department in 1995. Therefore there are already a number of graduates practicing in Hong Kong who have been extremely well prepared for this reform. Additionally our Masters program has prepared many nurses for leadership and advanced roles in primary care and public health. We are about to launch the Doctor of Nursing programme, which prepares leadership roles in education, research, practice, and health policy.

Hong Kong is indeed fortunate to have a large body of well educated nurses with the skills and knowledge to play a major role in these reforms which are aimed at improving the health of the Hong Kong community.

Inaugural Serena Yang Lecture



Professor Jeanette Lancaster
Visiting Professor



Photo taken in the pre-lecture tea gathering:
(left) Dr. Serena Yang and (right) Professor Sophia Chan



Professor Jeanette Lancaster delivered a stimulating and inspiring lecture entitled "Increasing resiliency and reducing vulnerability for health care professionals"



Dr. Serena Yang presented the certificate to our first recipient of Serena Yang Fellowship in Nursing, Dr. Agnes Tiwari, Associate Professor of the Department.

It was my great pleasure to serve as the first Serena Yang lecturer at the Department of Nursing Studies. I especially am grateful since I was able to meet Serena Yang and have been honored to join her for later events. Each event has taught me new lessons about the kindness, talent and generosity of my Hong Kong friends and colleagues.

The lecture, "Increasing resiliency and reducing vulnerability for health care professionals" grew out of a concern that working in health care is a demanding, stressful profession. Since the need for health care professionals is expected to grow in the years ahead in Hong Kong, it is especially important that those professionals who are currently practicing and those who are being educated to practice, think about how they can develop the ability to cope effectively with the demands of their work while simultaneously achieving some degree of harmony and balance in their personal lives.

In my short time in Hong Kong, I have noticed that there are a variety of trees in great abundance. I used two common trees in Hong Kong as analogies in order to talk about developing strength, flexibility and adaptability rather than being able to only bend and then break under stress and pressure. Specifically, the bamboo tree is strong, attractive and flexible. When wind and rains assault the bamboo, it bends but later returns to its upright position. In contrast, the tall stately pine is more likely in the face of the same wind and rain to bend and break.

I believe there are several characteristics of Hong Kong people that place them at risk for experiencing the effects of stress. Some of these are that Hong Kong people are hard working, goal driven, ambitious, and industrious while also being thoughtful and caring toward others. Many are reluctant to express their opinions directly especially in the presence of conflict. However, since none of us are perfect and totally free from mistakes and misfortune, our goal is to learn how to deal with the ups and downs in our lives and bounce back as strong or stronger than before the event or incident. The wise Confucius said "Our greatest glory is not in never falling, but in rising each time we fall".

Resilience, or the process of learning how to adapt to change and to deal effectively with adversity, stress and extraordinary circumstances, can be learned and developed. Some of the qualities of resilient people are that they are: optimistic and able to see a range of possibilities when faced with a challenge; full of zest and energy; curious and willing to try new experiences; resourceful, self-confident and flexible; have good problem solving skills and also a sense of humor. They also know fairly well who they are, where they fit in the world around them, and the ways in which they are likely to respond to people and events.

The goal then is to further develop your resilience through reflecting on how you respond to the world around you. You may even find it helpful to write your reflections down, and this can assist you in developing insights into your responses and actions. Next, develop and nurture positive networks and relationships. There are few gifts more generous and rewarding than supportive friends and colleagues. Be sure also to stay positive. It is often tiring to be around negative people; they may drain our energy.

Inaugural Serena Yang Lecture

Department of Nursing Studies
Li Ka Shing Faculty of Medicine, The University of Hong Kong



(from the left) Professor Sophia Chan, Professor Jeanette Lancaster, Dr. Serena Yang, Professor Lap-chee Tsui and Professor Sum-ping Lee

Research



Dr Sharron SK Leung
Assistant Professor

Influence of adolescent depressive symptoms on maternal negative affect among Hong Kong Chinese

Depression is a worldwide problem that affects people across the life span. While numerous studies, mostly from the West, have documented the negative effects of maternal psychological symptoms on their adolescents' depressive symptoms, the influence of adolescents' mood on mothers has been neglected. A few studies have reported that mothers of depressed adolescents had higher psychological symptoms¹ than those without depressed adolescents. Mother-adolescent relationships were significantly worse in families with depressed adolescents². Gender differences were consistently reported in the associations of mothers' and adolescents' moods³ and family relationships were reported to buffer the influences of family members' moods.

We conducted a longitudinal study on 626 Chinese Hong Kong adolescents (aged between 12 and 16 years) and their mothers to examine (1) the prediction of maternal negative affect (NA) by adolescents' depressive symptoms at the time of recruitment and one year later; and (2) to test whether family relationships and gender affected these associations, e.g. the moderator effect. The participants were a sub-sample from a survey conducted in five secondary schools (one-third of all in the district) in the Central and Western Districts of Hong Kong. Confidentiality and anonymity were ensured. Ethics approval was obtained from the Faculty of Medicine, The University of Hong Kong.

Validated measurements were administered to the adolescents and their mothers at recruitment (T1) and at one year follow-up (T2). The General Health Questionnaire, a 12-item well-validated scale, was used to assess maternal negative affect. The Center for Epidemiological Studies-Depression Scales, a 20-item scale, was used to assess adolescent depression and has been widely used in Hong Kong. Five items were designed to assess mothers' perspective of relationships within the family. Cronbach's alpha in this study was 0.80 at T1 and 0.83 at T2.

Altogether 626 pairs of mothers and their adolescents completed measures at T1 (mean age = 14.12 years, SD = 1.09 years) with 448 boys (mean age = 13.99 years, SD = 1.02 years) and 178 girls (mean age = 14.44 years, SD = 1.16 years). One year later, 377 pairs of mothers and adolescents with 263 boys and

114 girls completed the questionnaires again. The majority of the mothers (70%) had completed middle or high school with only 19 percent with an elementary school (or less) education, and 12 percent who completed undergraduate or graduate school. Ninety-one percent of the parents were still married.

Results and Discussion

Prediction by adolescents' depressive symptoms

Adolescents' depressive symptoms significantly predicted maternal NA ($\beta = .14$, $p < .001$) at baseline and follow-up ($\beta = .08$, $p = .01$) after the effect of gender and age of adolescents was controlled.

Tests of moderators

The moderator effect of gender was significant ($\beta = .10$, $p = .03$) only at recruitment after controlled for the effect of the age and gender of the adolescents. The prediction was significantly stronger for mothers and their daughters ($\beta = .02$, $p < .001$) than for mothers and their sons ($\beta = .01$, $p < .001$). No significant moderator effect was found at follow-up ($\beta = -.04$, $p = .48$). Family relationships were not a significant moderator either cross-sectionally ($\beta = .02$, $p = .17$) or longitudinally ($\beta = .01$, $p = .52$) after being controlled for the effect of the age of adolescents and family relationships.

This report extends our knowledge of Chinese populations on the relationship of maternal mood and their adolescent children's depression. Results showed that mothers' moods were significantly influenced by their adolescents' depressive symptoms at baseline as well as over time. This evidence supported the cultural emphasis on family relationships among Chinese. The mother-child tie was regarded as the most important interpersonal relationship⁴. As hypothesized, mothers were more affected by their daughters than by their sons. This finding was consistent with those reported in the West³. That gender effect was not replicated in longitudinal analyses might be due to the reduced sample size at follow-up or the period was too long for the influence to persist. Family relationships did not moderate the associations. Sensitivity of the self-designed measurement may have affected the results. A validated tool for measuring family relationships is preferred for future studies.

1 Sheeber, L., & Sorensen, E. (1998). Family relationships of depressed adolescents: a multimethod assessment. *Journal of Clinical Child Psychology*, 27, 268-277.

2 Sheeber, L.B., Davis, B., Leve, C., Hops, H., & Tildesley, E. (2007). Adolescents' relationships with their mothers and fathers: associations with depressive disorder and subdiagnostic symptomatology. *Journal of Abnormal Psychology*, 116, 144-154.

3 Radke-Yarrow, M., Nottelmann, E., Belmont, B., & Welsh, J. D. (1993). Affective interactions of depressed and nondepressed mothers and their children. *Journal of Abnormal Child Psychology*, 21, 683-695.

4 Hsiao, F. H., Klimidis, S., Minas, H., & Tan, E. S. (2006). Cultural attribution of mental health suffering in Chinese societies: the views of Chinese patients with mental illness and their caregivers. *Journal of Clinical Nursing*, 15, 998-1006.

Teaching and Learning

Dr Angela MY Leung
Assistant Professor



Personal Development and Leadership Training: A Key Component in Professional Nursing Training

Nursing training focuses not only on clinical sensitivity and professional judgment, but also on whole person development and leadership in health care setting. To encourage our nursing students to participate in meaningful activities gearing to the growth in emotion, spiritual, intellectual and social perspectives, the Department has recently initiated a new programme “Programme for Effective Transition and Student Support (PETSS)” in our undergraduate programme.

The objectives of this PETSS are to encourage students to engage in personal development and leadership training activities from admission to graduation. We encourage students to participate in functions or activities that target for knowledge and skills in decision-making, strategic planning, crisis management, effective communication, presentation skills, critical and creative thinking. Flexibility is given to students to arrange their own commitment in relevant activities. These activities could be initiated by themselves, students’ bodies, university units or departments, and non-government organizations.

Young people learn through “experience”, no matter it is painful or joyful. It is worthy to support our new generations of nurses to expose themselves to challenges, intellectual queries and ideas exchange while they are developing activities for communities or their own peers. For the past few months, our students have been engaging in various kinds of organization and develop their leadership, such as organizing Information Day for potential applicants to undergraduate programme, health fairs for chronic illness patients, buddy programmes for freshmen, etc. For personal development, they actively learnt about “first-aid” management in mental crisis, presentations in public environment, social etiquette, life and death education, Trail Walker, and Japanese language.



Students enjoy every opportunity to grow themselves. Leaders are not inborn. Environment such as PETSS scheme is essential to facilitate our students to grow with confidence and creativity.



Wong Po Yi Bo
Bachelor Nursing Programme Year 1

I strongly support the PETSS activity because it can motivate me to join different kinds of health services and also to undertake voluntary work. Activities ranging from the health estate service to the health exhibition can provide a chance for me to promote health to the public and demonstrate my concern about society. These activities are very meaningful and they equip me for my future career in nursing. Some students might think that the PETSS activity seems to force us to join voluntary activities. However, I think it just tries to give us a chance or motivate us to try different things in order to explore our strengths and contribute to society.



Shum Wan Sze Fancy
Bachelor Nursing Programme Year 1

“PETSS” actually gives us a good chance to explore our own personal strengths and weaknesses and find out what kind of person we actually are. Since not all of us are interested in 上莊 and the curricula of nursing are bit packed, it seems we do not have much time to explore our university life and the only thing that we can do is “study and study”. With this program, we are encouraged to experience something that differs from nursing, so we can know how to arrange our time between study and extracurricular activities. All these offer a kind of learning experience that cannot be taught directly from the lectures.



Wong Suet Ying Jessie
Bachelor Nursing Programme Year 1

I think that PETSS activity could help me to explore my potential. Through joining different activities, like voluntary services and personal enhancement talks, I can have a deeper understanding about my strengths and weaknesses. The personal enhancement talks provide us with a good opportunity to reflect and make improvements in the future. This programme also provides us with the chance to serve the community through joining different types of voluntary services.

DEPARTMENT HIGHLIGHTS

Appointment Ceremony of Honorary Teachers

On 17 December 2008, an appointment ceremony of honorary teachers was held at the Faculty of Medicine Building. It was a pleasurable and memorable experience to meet all the honorary teachers and an opportunity for the Department of Nursing Studies to show its appreciation for their unfailing support in nurturing nursing students. All honorary teachers were invited to attend the ceremony and ten Associate and Assistant Honorary Professors and five hospital representatives received their certificates and name badges. Current students also attended the ceremony to show their appreciation of the commitment of all the clinical mentors.

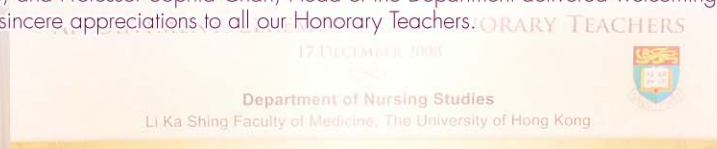
The ceremony started with the welcoming speech from Prof Sophia Chan, Head of the Department of Nursing Studies followed by an address by Prof S. P. Lee, Dean of the Faculty of Medicine and Prof Amy Tsui, Pro Vice-Chancellor and Vice-President of the University of Hong Kong who then presented the certificates and name badges. A vote of thanks was delivered by Dr F. Yuen, the Program Director, Miss M. Chui, the Clinical Coordinator, and the student representative, Miss S. C. Tang.

Group photos were taken after the ceremony and the participants were invited to a tea gathering. It was a joyful moment as they were happy to mingle with each other to share their experiences.

The ceremony left an indelible memory on all participants.



Professor Amy Tsui, Pro Vice-Chancellor and Vice-President of the University, Professor Sum-ping Lee, Dean of the Li Ka Shing Faculty of Medicine, and Professor Sophia Chan, Head of the Department delivered welcoming speeches at the Ceremony and expressed our sincere appreciations to all our Honorary Teachers.



A group photo of all our honourable guests, Honorary Teachers and Department staff.

Networking with Secondary Schools on 26 November 2008

The Third Luncheon with Secondary School Teachers was successfully held on 26 November 2008 at the Alumni Chamber. We were honored to have ten teachers participate, including Principals and Career Masters/Mistresses from nine top-ranking secondary schools. Professor Y.S. Chan, Associate Dean of the LKS Faculty of Medicine, Professor Sophia Chan, Head of Department and Dr. Agnes Tiwari, Chairman of the Academic Programme Committee also joined the BN(FT) programme team members and nursing students in welcoming the guests in this annual event.

The Luncheon served several purposes. Firstly, it enabled teachers from the participating schools had gained a better understanding of the BN(FT) curriculum as well as the nursing profession through our introduction and discussions with them. Secondly, it provided a meaningful channel for all parties to exchange ideas on current education policies and share similar concerns on students' learning issues. It also helped establish a positive collaborative relationship between the participating schools and our department. It was encouraging to see some teachers joining our luncheon again this year and giving us much support, and we would continue to work closely with them in nurturing our new generations.



A group photo of our guests, colleagues and nursing students at the luncheon on 26 Nov 08.



Sharing of ideas and experience at the luncheon

15th Hong Kong International Cancer Congress



Speakers and a group of oncology nurses from Mainland

The 15th Hong Kong International Cancer Congress was held on 12-14 November 2009 at Li Ka Shing Faculty of Medicine, The University of Hong Kong. The Department actively participated as part of the team organizing the congress and hosted an education symposium entitled "Quality of care in childhood cancer". Five prestigious local speakers from academic and clinical institutions were invited to share their research studies and clinical experience of how nurses contribute to deliver a continuum of quality of care (from preventive to palliative care) to children with cancer and their families. The speakers included Prof Sophia Chan and Dr William Li (The University of Hong Kong), Ms Chiu Sau Ying (Queen Mary Hospital), Ms Jeanny Cheung (Prince of Wales Hospital) and Ms Molin Lin (Children Cancer Foundation). A group of oncology nurses from various provinces in Mainland were also invited to participate in the congress. The symposium was successful and well-received by the participants.



(from the left)

- Ms Jeanny Cheung, Nurse Specialist, Child Cancer Center, Prince of Wales Hospital
- Ms Molin Lin Kwok Yin, Nurse in-charge, Palliative and Home Care Service, Children's Cancer Foundation
- Professor Sophia Chan, Professor and Head, Department of Nursing Studies, The University of Hong Kong
- Ms Chiu Sau Ying, Nurse Specialist, Department of Pediatrics and Adolescent Medicine, Queen Mary Hospital
- Dr William Li, Assistant Professor, Department of Nursing Studies, The University of Hong Kong
- Dr Winnie So (moderator), Assistant Professor, Department of Nursing Studies, The University of Hong Kong

Professional Visit to DH Central Kowloon Clinic

On October 9, 2008, teaching faculty from the Dept. of Nursing studies visited the Central Kowloon Child Assessment Centre. The purpose of the visit was to learn more about the services offered by the Child Assessment Service to families with young children in Hong Kong. The CAS provides comprehensive evaluation services for children with developmental problems and provides resources and support to parents of these children. The CAS also conducts clinical research and organizes and provides professional education to health professionals in Hong Kong. The HKU delegation was given a briefing on the many services offered in the Central Kowloon Child Assessment Centre and was provided a tour of the Centre.

Dr. William Li, Ms. Idy Fu, Ms. Veronica Lam, Dr. Marie Tarrant from the University of Hong Kong and Ms. Kitty Li, Senior Nursing Officer and Ms. Evelin Lee, Nursing Officer, Central Kowloon Child Assessment Centre



Kowloon Central Cluster Convention 2009

The Kowloon Central Cluster Convention 2009 was held on 16 January 2009, this year's topic was "Enhancing Health through Transformation". Professor Sophia Chan, Head of the Department, was invited to be the keynote speaker to deliver a talk entitled "Nursing and Transformation".



Professor Sophia Chan, Head of the Department, delivered a keynote lecture entitled "Nursing and Transformation".

Dr Hung Chi Tim, Hospital Chief Executive of Kowloon Central Cluster, presented the souvenir to Professor Sophia Chan.



(From the left) Miss Alice Tso, General Manager (Nursing) of Kowloon Central Cluster, Professor Sophia Chan, Ms Sylvia Fung, Chief Manager (Nursing) / Chief Nurse Executive of Hospital Authority, and Dr Sandy Chan, General Manager (Nursing) of Hong Kong Buddhist Hospital

Incoming Visitors

Visitors from Sun Yat-sen University

A group of 6 academic staff and 30 undergraduate students from School of Nursing, Sun Yat-sen University, China visited the Department on 11 December 2008. We held a welcoming meeting for the visitors and exchanged views on teaching and learning. After the meeting, we gave them a tour of the Department and Medical Library.



Visitors from Peking Union Medical University

A group of 4 teaching staff and 13 undergraduate students from School of Nursing, Peking Union Medical University visited the Department on 11 February 2009. They met with our teaching staff to exchange experiences in the management of clinical teaching. Some of our undergraduate students were also invited to share their learning experience with the PUMC visitors.



Student Exchange

Exchange in Peking University, China Tang Tsz Ching Anissa

Bachelor Full-time Nursing Programme Year 4

Spending three weeks in the Peking University of China was a precious and unforgettable experience. We spent much of the time attending lectures with the local students, participating in clinical practice and visiting various specialized hospitals, in addition to some sightseeing activities.

On our first day, we were impressed by the learning atmosphere, as the local students participated very actively in the discussion during the lectures. The class size was smaller than ours which enabled greater and more intensive interaction between teachers and students. Queries could be answered at once whenever they were raised.

Unlike our school practicum, they discussed cases with the mentors during the clinical practice, so as to get a complete picture of the medical condition and formulate the most suitable nursing care for the client. Through discussion and sharing, we were able to learn how their culture affected their way of providing care for different clients. We were also impressed by the comprehensiveness of the service provided in the specialized hospitals. There were spacious common areas for the clients and each of them has own bedroom and bathroom. The hospitals were well-equipped and one even had a unit providing services specially designated for Olympics participants.

This exchange programme was really a great opportunity to learn about the health care system of Beijing and allowed us to explore our world by meeting people of different attitudes and values.



Visit to the Beijing Cancer Hospital with our coordinators.



Discussing the medical cases with the mentor

Exchange in Sun Yat Sen University, China Chan Chun On

Bachelor Full-time Nursing Programme Year 3

Nowadays, mainland China and Hong Kong have much in common. However, as nursing students of Hong Kong, we know very little about the health care system in China. The two-week exchange at Sun Yat Sen University in Guangzhou provided a great chance for us gain insight into the mainland's health care system and was a memorable, exciting and fruitful experience for us.

During our time in SYS University, we attended lectures, had clinical visits in local hospitals and had a good look of Guangzhou. These activities helped us to develop a general overview to the health care system and gave us a wonderful exposure to Guangzhou.

The lectures we attended were about the fundamentals of nursing, nursing theories and models. The lecture content was not very different from our Hong Kong lectures. However, the professors gave their lectures in mother language rather than English. And the notes were also written in Chinese too. It took us some time to adapt to these differences in language. This was an interesting experience for all of us.

The most memorable experience was the clinical visits. In the second week, we visited the out-patient renal clinic, out-patient Chinese medicine clinic and the postnatal ward of 中山大學附屬第三醫院, which is one of top hospitals of China. The out-patient clinics were well organized and the health-care professionals very experienced and competent. The smooth and efficient operation of the clinics really impressed us. The postnatal ward was advanced and well-equipped, especially the nursery room. It even provided a tiny 'swimming pool' for the newborns to swim during their daily bathing. In terms of nursing care, the principles of obstetric nursing in mainland are very similar to those of Hong Kong. However, there were still some minor differences existing, for example the medical documents, the payment system etc.

One of the most valuable treasures we had brought back to Hong Kong was the friendship developed with Koo, who was a year two nursing student of SYS University. In the two-weeks exchange, Koo accompanied us most of the time even though it was the examination period for him. We developed a great friendship and shared a lot about nursing, culture and life. We communicate frequently by email and MSN since our return to Hong Kong.

Finally, we would like to extent our deep gratitude to the two departments and the universities, as well as other people involved in coordinating the exchange program. This was an extremely worthwhile experience and we look forward to seeing more students joining the exchange programs and share their experiences in the future.



MESSAGE FROM THE NURSING SOCIETY

It has been a year for A&E, which is the cabinet of the Nursing Society, in session 2008. Throughout the session, we organized different functions to enhance interaction between members. One of the functions that aimed to fulfill this objective was our NUR "SING" contest.

This singing contest was held on 21st November, 2008 in Assembly Hall in Sassoon Road. Over 80 members attended the performance as did a number of staff of the Department of Nursing Studies, including Dr. Angel Lee, Dr. Athena Hong, Ms. Idy Fu, Ms. Eliza Wong, Ms. Janet Wong and Ms. Joyce Chung.

The NUR "SING" contest provided a great opportunity for members to have a taste performing on stage and developing their talent. During the performance, Dr. Angel Lee was invited to sing a song with us and this proved to be the climax of the night. We were very happy that staff from the Department showed their support and participation to this function.

What's more, a new singer called Cherry Wong was invited to be our guest and sang a song for us. The atmosphere was very good. At the end, there was presentation to the champion, first runner-up and second runner-up of solo performance and the champion of the group performance.

Last but not least, we want to thank staff of the Department and the external bodies for their support and participation of all the members. Without this, our NUR "SING" contest would not have been so successful.



A&E in the NUR "SING" contest



Guests, judges and winners of NUR "SING" contest

Although the session of A&E has ended, we believe that Nāvitās of the next session can do much better and serve members wholeheartedly in this year.

**Nursing Society, MS, HKUSU
Session 2008**

Nursing Society, MS, HKUSU in session 2009 - Nāvitās



"Nursing society, MS, HKUSU has been established for 6 years, since 2003. This year, there are twelve nursing year 1 students who are wholehearted and determined to serve the society. We formed a cabinet called Nāvitās, which means "energy". We hope that, by our unceasing supply of energy, we will be able to overcome all challenges."

**Sam King Fung
Chairperson
Nursing society, MS, HKUSU
Session 2009**

MESSAGE FROM GRADUATES



Ms Leung Lai King, Connie (Class 2008 Graduate, Master Programme)
Current Post: Travel Health Nurse, Travel Health Centre, Department of Health
Editorial Board Member, Travel Health Bulletin, Department of Health

I work in the Travel Health Centre of the Department of Health. This is a new field for nursing in Hong Kong and there are many opportunities for service development. After acquiring a qualification in this field from the Faculty of Travel Medicine, RCPS (Glasgow) in 2006, I noticed that a gap exists between international research and local practices. Therefore, I decided to apply for the part-time Master of Nursing (Public Health) in the knowledge that I would learn to conduct translational research: a secondary research focused on the applicability of research in clinical settings. It is not merely a challenge or trend; it is a training to link the theory, research, practice and resources, for the benefit of management, service seniors and frontline staff together. It starts with identification of a research question, a systematic literature review and quality assessment, formulation of evidence based guidelines, assessment of implementation potential in working environments, and concludes by comprehensive evaluation plans for improvements. Translational research constitutes another important foundation for our continuing development in the nursing disciplines. With limited resources and unlimited demands, all of us need to be and will be accountable for our practice to ensure that our services are cost effective and achieve good international standards.

During the last two years, our class established friendships, learning together and from each other. This programme has been of life time importance; via collaboration we can overcome difficulties with speed, qualities and strength.

As the class representative, I wish to represent my classmates to express our gratitude to our dear lecturers, supervisors, and programme director Dr. Agnes Tiwari for organizing a curriculum which interests, inspires, and challenges. Specifically, I wish to show my gratefulness to my supervisor Dr. Marie Tarrant, and my seniors and colleagues for their dedicated care and support.

Graduation is the beginning of a new page of lifelong learning - Bon Voyage.

IN THE MEDIA

In the past few months, some staff members were reported or interviewed by the media on their research, achievements and expertise:

「白衣天使」獲美頒院士

「白衣天使」是個美麗的名字，但要當得這個稱譽，絕非容易。一直致力研究和推動護士角色與促進健康發展的香港大學護理學系系主任陳肇始博士（圖），今年獲國際護理學界權威「美國護理科學院」頒發院士名銜，是港首獲此殊榮的護士。

早於一九八〇年成為登記護士的陳肇始，重視實務兼理論，曾兩次遠赴英國修讀護理學士和碩士課程。特別關注本港護理問題的陳肇始，在修讀博士課程時所作畢業論文，亦是研究戒煙與家庭關係。至〇二年起，醫管局在全港各區設立十個戒煙診所，她又致力協助訓練護士，參與戒煙臨床工作，至今逾二百多人。她未來重點研究本地女性近年吸煙率不跌反升的現象。

今次獲頒院士殊榮，她欣喜地說，「這對香港護士界是一支強心針和鼓舞，但在香港護士前面，仍有很長的路要走，相信將來會更受到國際肯定。」

擔任港大李嘉誠醫學院助理院長的陳肇始，強調護理系將繼續改革，包括明年推出護理學博士課程，並加強碩士課程的臨床經驗和「解難為本」的教學方法等。

記者 楊玉珠



10 Nov 2008
Professor Sophia Chan
Fellow of the American Academy of Nursing (FAAN)
Sing Tao

港大擬加強輔導女性戒煙

【本報專訊】港大擬加強輔導女性戒煙。過去廿年煙民人數持續下跌，但女性煙民數目不跌反升，由〇二年佔整體煙民的百分之三點六，升至前年的百分之四。香港大學醫學院護理學系系主任陳肇始（圖）由〇二年起，培訓了近二百名護士，提供戒煙輔導服務。她指未來會着重研究女性吸煙問題，繼續發展女性戒煙服務。

培訓護士供服務

陳肇始表示，本港煙民佔人口比率，由八十年代的兩成三，女性煙民增加，與整體煙民下降的趨勢不符。她說，在大部分發達國家，女性煙民人數甚至追近男煙民，日本女性煙民的佔一成。本地女性煙民比率暫仍維持在較低水平，將研究背後原因，以便制訂適用於本地女性的戒煙策略。

陳肇始九五年加入港大醫學院後，開始推動本地戒煙服務，並培訓首批護士提供戒煙輔導服務。她說，隨著戒煙服務需求增加，將繼續培訓護理人員，近年亦協助內地引入護士主導的戒煙服務。

為表揚陳肇始推動護士角色轉變的貢獻，她獲頒本年度的美國護理科學院院士(American Academy of Nursing Fellow)，該名銜以往只頒予美國當地具卓越成就的護理領袖，去年增設海外名額，陳肇始是首名獲頒名銜的港人。



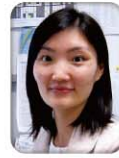
10 Nov 2008
Professor Sophia Chan
Smoking Cessation for Women Smokers
Oriental Daily

NEW FACES



Ms Cheuk Yuet Ying, Jessica (卓月英)
Clinical Instructor

I joined the Department as a Clinical Instructor in November 2008. I have worked in the Intensive Care Unit of Tuen Mun Hospital for 10 years. I completed my specialty training in Renal Nursing and Intensive Care Nursing which equipped me in caring for those critically ill patients. I also completed the Master of Science in Nursing at Hong Kong Polytechnic University last year. I am pleased to have a role now where I can nurture the nursing students.



Ngan Hau Yi, Anna (顏巧尔)
Clinical Instructor

I graduated from The Chinese University of Hong Kong in 2004. I am going to finish my master degree in endocrinology, diabetes and metabolism this year. I have more than 4-years of clinical experience in medical and surgical nursing. Working in the department is great and being a clinical instructor is more challenging, but I enjoy the learning and sharing process with students.



Ms Lee Siu Wah, Rebecca (李少樺)
Clinical Instructor

It is a great honor to be a member of the Department of Nursing Studies, at The University of Hong Kong. I completed my student nurse training in the School of General Nursing in Queen Mary Hospital. I gained clinical experience as an RN in the orthopaedic & traumatology unit for 4 years and then was transferred to the adult intensive care unit till 2008. I obtained my Bachelor Degree in 1996 and Master Degree in 2004. As a clinical instructor, I want to share both my clinical experience and academic knowledge with nursing students so as to help them to provide holistic care to patients. I would like to thank all my colleagues who have helped me to adapt to the new working environment!



Ms Yang Wai Lam, Caroline (楊慧藍)
Clinical Instructor

I am delighted to have been given the opportunity to join the Department as a clinical instructor. Having been a nurse for more than ten years I am well aware of how challenging and satisfying it is to be a nurse. I have worked in several clinical areas following registration, including respiratory medicine, A&E department, and the cardiac care unit. Working in these areas has given me many opportunities to gain a great range and depth of clinical experiences which have enriched my nursing career. I obtained my bachelor's degree from La Trobe University and master's degree at HKU, so the Department is not a new place for me. Working and interacting with students and staff of the Department is providing me many opportunities to try new things, to explore and to learn.

CONGRATULATIONS

Award

University Inaugural Outstanding Teaching Medal in 2008

Dr Agnes Tiwari was awarded the University Inaugural Outstanding Teaching Medal in 2008 in recognition of her attainment in excellence in teaching and engagement with students and their learning. The citation indicated clear evidence of attainment in excellence in curriculum design, renewal and innovation, and evidence of attainment in excellence in the leadership and scholarship of curriculum design and innovation, teaching and learning.

Promotion

Dr Lee Angel Chu Kee, who joined the Department as a Teaching Consultant in 2003, has recently been promoted to Assistant Professor.

Award of Research Grants

The following staff members are the Principal Investigators on projects recently awarded through local and international funding bodies:

Hong Kong Jockey Club Charities Trust

Dr Sharron SK Leung

Sharing the Care, Sharing the Joy

Health Care Promotion Fund (HCPF) - Seed Funding Scheme, Food and Health Bureau

Dr Agnes Tiwari

Building partnership to promote health in the community: Collaboration of parents, volunteers and professionals for better parenting

Health Care and Promotion Fund (HCPF) - Non-research Health Promotion Project, Food and Health Bureau

Dr Agnes Tiwari

Positive fathering: A programme to enhance the mental health and marital relationship of expectant couples

Teaching Development Grant, The University of Hong Kong

Dr Yim-Wah Mak

Outcome-based education in a course of undergraduate nursing programme - Community and Public Health Nursing

Small Project Funding, The University of Hong Kong

Professor Sophia Chan

Two-year follow up of youth smokers receiving personalized smoking cessation counseling via a telephone hotline in Hong Kong

Dr Angela Leung

Construction and Validation of Chinese Health Literacy Scale for Diabetes (CHLSD)

Dr Agnes Tiwari

Chinese women's experiences of intimate partner relationships

Dr Marie Tarrant

An investigation of the factors contributing to the early cessation of breastfeeding in Hong Kong

UPCOMING EVENT

The 3rd Hong Kong Nursing Forum

3rd Hong Kong Nursing Forum



DEPARTMENT OF NURSING STUDIES
THE UNIVERSITY OF HONG KONG

5 - 6 June 2009

**Promoting the Health of Well and at Risk Populations:
Policy, Practice & Research**

The Department is pleased to announce a two-day Forum, The 3rd Hong Kong Nursing Forum and Grace Tien Lecture, to be held on 5-6 June, 2009 at Cheung Kung Hai Conference Centre, Faculty of Medicine Building, 21 Sassoon Road, Pokfulam. The theme of this year is *"Promoting the Health of Well and at Risk Populations: Policy, Practice & Research"*. We have invited world leaders in academic and government sectors to be our keynote and plenary speakers to address the nursing involvement in health policy. Speakers are:

Professor Gabriel M Leung

Under Secretary, Food and Health, Government of Hong Kong Special Administrative Region, Hong Kong

Professor Joyce Fitzpatrick

Elizabeth Brooks Ford Professor of Nursing, Frances Payne Bolton School of Nursing, Case Western Reserve University, U.S.

Professor Margaret Heitkemper

Professor, School of Nursing, University of Washington, U.S.

Dr Sean Clarke

The RBC Financial Group UHN Chair in Cardiovascular Nursing Research, Lawrence Bloomberg Faculty of Nursing, University of Toronto, Canada

Ms Sylvia Fung

Chief Manager (Nursing) / Chief Nurse Executive from Hospital Authority of Hong Kong Special Administrative Region, Hong Kong

Ms Guo Yan Hong

Director, Nursing Division, Department of Medical Administration, Ministry of Health, China

Professor Wang Hsiu-hung

Dean and Professor, College of Nursing, Kaohsiung Medical University, Taiwan

Delegates from more than ten countries will present papers in concurrent sessions on five sub-themes, which include Maternal and Infant Health, Child and Adolescent Health, Tobacco Control, Family and Community Health, Chronic Disease Care and Management, and Translating Research into Practice/ Evidence-based Practice. The Forum will be an ideal platform to foster the exchange of innovative ideas and to establish collaboration among local and international health care professionals.

Registration <http://hkknf.hku.hk>
CNE 5.5 pts. for 5 June; 6 pts. for 6 June; 11.5 pts. for Two Full-days
Enquiry Tel: (852) 2819 2606 Fax: (852) 2872 6079 Email: hknf@hkucc.hku.hk

Department of Nursing Studies

4/F, William M. W. Mong Block
21 Sassoon Road, Pokfulam, Hong Kong

The University of Hong Kong

Tel: (852) 2819 2600
Fax: (852) 2872 6079
Email: nursing@hkucc.hku.hk
Website: www.hku.hk/nursing

Editorial Board

Editor-in-Chief: Professor Judith Parker
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