



## HEAD'S MESSAGE

### Knowledge Exchange in the Department of Nursing Studies



**Professor Sophia SC Chan**  
*Professor and Head*

The Department of Nursing Studies is very well positioned to participate actively in Knowledge Exchange (KE) which is a key component of the HKU strategic plan 2009-2014. This plan emphasises teaching, research and knowledge exchange (KE) as the tripod underpinning all HKU activities. KE has long been seen as a logical extension of teaching and research, albeit implicitly, particularly in the area of community service. However, it is now being recognised as an explicit component of the HKU endeavour and is defined as "the process of engaging, for mutual benefit, with business, government or the community to generate, acquire, apply, and make accessible the knowledge needed to enhance material, social, cultural and environmental wellbeing".

Promoting knowledge exchange and demonstrating leadership in communities across the region will be a major focus for the University as it continues to build sustainable relationships with various stakeholders to foster creativity and informed social awareness, and to demonstrate commitment to societal leadership in the region. In recognising the key role that universities need to play in building the modern knowledge society, the University is committed to furthering knowledge exchange and engagement with the region. The University has identified strategic initiatives to develop the KE agenda and the Department of Nursing Studies will continue the many activities in which it currently engages to contribute substantially to each of these. We also have plans to develop further initiatives within the framework of KE.

Knowledge sharing with the public has long been a key activity for the Department. The Centre for Health Promotion of the Department has been playing this pivotal role and we now plan to strengthen these endeavours with a range of evidence-based initiatives. We will bolster our current collaborations with external organisations locally and regionally to enhance our research, learning and teaching and in this way aim to make a sustained contribution to the well being of society. We initiated the first Hong Kong Nursing Forum three years ago, and we deliver regular public lectures, participate in public forums and undertake a range of activities aimed at furthering the standing and practices of the profession. Some of our academic staff are members of key policy Boards and provide advice on a range of health related matters. We also regularly disseminate our research findings and provide information about our activities to the media, offer continuing and professional education courses, and engage in a range of other services and activities. We have already bought in expertise from the community to offer advice on our programmes and we have a very active alumni association who engages actively with the community. Additionally we are developing collaborations and exchange with universities across the region. Staff members are actively engaged in linking their research aspirations with furthering the interests of local and regional communities and we have a very active student exchange programme which enables them to learn from and contribute to communities throughout the region.

It is pleasing to note that the University plans to recognise and reward KE activities at all levels and develop an appropriate career track which will support staff members with experience in external engagement. A University taskforce has been set up to recommend means of assessing the quantity, quality and impact of KE activities. The Department of Nursing Studies warmly welcomes this initiative and looks forward to contributing substantially to KE activities to benefit the wider society.

# 3<sup>rd</sup> Hong Kong Nursing Forum: An International Scientific Forum

The Hong Kong Nursing Forum is the flagship event of the Department of Nursing Studies, The University of Hong Kong. In the 3<sup>rd</sup> Hong Kong Nursing Forum, held on 5-6 June the Department raised the Forum to an international platform and extended it to a 2-day event. The venue was the Cheung Kung Hai Conference Centre, William MW Mong Block, 21 Sassoon Road and we were grateful to have 11 co-organizers from Taiwan, Mainland China, Thailand and Singapore who provided tremendous support in various ways. Over 320 delegates from 10 countries participated in these two days.

Professor Sophia Chan, Head of Department of Nursing Studies, began the Opening Ceremony with a warm welcoming speech. Professor S. P. Lee, Dean, Li Ka Shing Faculty of Medicine, the University of Hong Kong and Prof. S. P. Chow, Pro-Vice-Chancellor and Vice-President, the University of Hong Kong graced the Forum with their opening addresses.

World renowned speakers from the U.S., Canada, Taiwan, and Mainland China addressed the theme, "Promoting the Health of Well and at Risk Populations: Policy, Practice & Research" in the keynotes and plenary sessions. More than 40 papers were presented orally and nearly 100 posters were presented in the seven concurrent sessions and a roundtable discussion. These papers reported pioneer research and services that were related to the six subthemes which included 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.

In the first day, we were honored to have Professor Gabriel Leung, the Undersecretary for Food and Health, Government of the Hong Kong Special Administrative Region, to deliver the first keynote lecture. Professor Leung addressed the topic on nurses' role as partners, change agents and leaders in our health care system. He advocated the pressing need for accelerated development of nursing specialties and postgraduate training. Nurses are now expected to take on the major challenge to lead and bring about change within the scope of current health care reform in Hong Kong. Professor Leung's message was reinforced by the Grace Tien Visiting Professor, Professor Joyce Fitzpatrick. Professor Fitzpatrick is the Elizabeth Brooks Ford Professor of Nursing, Frances Payne Bolton School of Nursing, Case Western Reserve University. She opened the discussion on why and how nurses should be involved in health policy. Her talk edified the audience with the nurses' contribution in many different countries in pursuing the United Nations Millennium Development Goals. Examples were shown from several countries under the global nursing program called Problem Solving for Better Health-Nursing. That keynote lecture led to a deeper discussion on specific populations at the plenary session in the afternoon.



Professor Gabriel Leung, the Undersecretary for Food and Health, Government of HKSAR, delivered the first keynote lecture, entitled "Rethinking Health Care: Nurses as Partners, Change Agents and Leaders"



Professor Joyce Fitzpatrick, the Elizabeth Brooks Ford Professor of Nursing, Frances Payne Bolton School of Nursing, Case Western Reserve University, addressed "Nursing Involvement in Health Policy: Why and How should Nurses be involved?" in the Grace Tien Lecture.



From the left: Professor Sum Ping Lee, Professor Sophia Chan, Dr Kathleen So, Professor Rosie Young, Ms Sylvia Fung, Professor Jeanette Lancaster, Professor Margaret Heikemper, Dr Sean Clarke, Professor Joyce Fitzpatrick, Professor Gabriel Leung, Mr Shane Solomon, Professor S.P. Chow, Professor T.H. Lam and Dr Sharron Leung

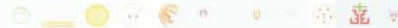


# 3<sup>rd</sup> Hong Kong Nursing Forum

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

NOVEMBER 2009

Department of Nursing Studies, The University of Hong Kong



We are grateful to have 11 co-organizers from Taiwan, Mainland China, Thailand and Singapore this year.

In this session, three nurse executives and a professor from Taiwan, Mainland China and Hong Kong discussed the nursing involvement in health policy among the three Chinese populations. The speakers were Ms Guo Yan Hong, the Director, Nursing Division, Department of Medical Administration, Ministry of Health China; Ms Sylvia Fung, the Chief Manager (Nursing)/ Chief Nurse Executive, Hospital Authority, HKSAR; and Professor Hsiu-Hung Wang, Dean, College of Nursing, Kaohsiung Medical University, Taiwan. Though Professor Wang could not attend in person she graciously invited Professor Jeanette Lancaster, Visiting Professor, the Department of Nursing Studies, HKU, to deliver the presentation on her behalf. The audiences were amazed to learn from the speakers about the similarities and differences of the nurses' representations and influences in health care policy among these three places.

Deans and representatives of the co-organizers also met in the afternoon to explore opportunities for further collaborations in teaching and research. The first day ended with three concurrent sessions and a Forum dinner in the evening at the Hong Kong Country Club with all the speakers and many delegates. We were so delighted to have a live band formed by our final year students of the Bachelor of Nursing (Fulltime) program. Their outstanding performance added to the relaxing environment that turned the audience "tipsy" without a single drop of alcohol.

On the second day, we had two vibrant speakers to address health promotion issues. Dr. Sean Clarke, the RBC Financial Group UHN Chair in Cardiovascular Nursing Research, Lawrence Bloomberg Faculty of Nursing, University of Toronto, spoke about why quality, safety and staffing issues were essential in health promotion. Dr. Clarke enlightened the audience with much research evidence showing the importance of staffing and work environment that linked to better health outcomes and improvement of health care quality. Prof. Margaret Heitkemper, Professor, School of Nursing, University of Washington, followed on to share her exciting research on health promotion targeting specifically at women's health. Her rich experience in gastro-intestinal distress and bowel disorders demonstrated the significance of health promoting research especially with a focus on effective stress management.

The forum was well-received with many positive comments from the delegates. Speakers were commended as lively, inspiring and expressive who delivered excellent presentations with up-to-date information. Their inspiring talks stimulated many fruitful discussions and exchange during the Forum and subsequently. Among the 176 evaluations received, 99% rated the overall organization as good or above. The Forum was commended as very good or excellent in the effectiveness in enhancing research, practice and education.

The Organizing Committee would like to give our heartfelt thanks to all the speakers, distinguished guests and delegates. Their presence and active participation were the most crucial ingredient in making this Forum a huge success.

### The Effect of Fatigue, Pain, Anxiety and Depression on the Quality of Life in Women Receiving Treatment for Breast Cancer



**Dr Winnie So**  
Assistant Professor

#### Introduction

Breast cancer is the most commonly diagnosed cancer among women in Hong Kong, with the incidence rate increasing every year (Hong Kong Cancer Registry, 2006). In 2006, there were approximately 2,600 new cases and the life-time risk for females had risen to 1 in every 20 (Hong Kong Cancer Registry, 2006).

In general, patients diagnosed with breast cancer are advised to receive treatment to inhibit the growth of cancer cells. Treatment for primary breast cancer includes surgery, chemotherapy, radiotherapy and hormonal therapy, and all four of these treatments can be used alone or in combination (Dow, 2004). Without doubt, advances in cancer treatment have prolonged patient survival, but inevitably increased the severity of treatment-related symptoms. Among such symptoms experienced by cancer patients, fatigue, pain, anxiety and depression are the most prevalent in those undergoing cancer therapy (National Institutes of Health, State-of-the-Science panel, 2004). Cancer or treatment-related symptoms are often the most stressful experience for patients during and after treatment. Increased demand resulting from the needs of this group of patients is very much the concern of nurses in seeking to provide better quality care to these patients. A descriptive study was therefore conducted to examine the prevalence of fatigue, pain, anxiety and depression, and their effects on the quality of life (QOL) of patients with breast cancer undergoing chemotherapy or radiotherapy (So et al. 2009).

#### Methods

A self-report survey was used to collect relevant data from 215 Chinese women who were midway into their regime of chemotherapy or radiotherapy in the oncology outpatient sections of the four public hospitals in Hong Kong.

#### Results

Most of the participants reported a mild to moderate level of fatigue and pain, with 21% (n = 44) and 36% (n = 77) having potential anxiety and depression disorders. The findings also showed that fatigue, pain, anxiety, depression, type of treatment and social support are factors that affect the QOL of the participants. Those undergoing chemotherapy who had experienced higher levels of the four symptoms, but inadequate social support, were more likely to have poorer QOL than those receiving radiotherapy who had lesser symptoms and adequate social support. Also, monthly household income and type of surgery indirectly affected the QOL of the participants. Those who had lower incomes and had undergone mastectomy were more likely to have poorer QOL when they had inadequate social support and higher levels of depression.

#### Implications

The results of this study have several implications. It identified factors that affect the QOL of breast-cancer patients. Additional support or resources should be provided to this vulnerable group of patients to help them endure the ordeal of treatment, for example, the provision of education about breast cancer, chemotherapy, treatment side-effects and symptom-relieving strategies; introduction to a peer-support group; provision of a hotline service to respond to patients' queries; and provision of social support whenever necessary - such as financial support or meals-on-wheels services. For those patients who are married with family members, a family meeting can be arranged to prepare caregivers and family to offer support to the patient. As these symptoms are the most prevalent in cancer patients, a quick screening for them should be incorporated into assessment procedures. Any evaluation of the effectiveness of symptom management strategies should also examine the effects on multiple symptoms. By adopting the findings of this study into existing nursing care and symptom management, the care of cancer patients could be enhanced and achieve greater success.

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### Narrative Practice in Supporting Students



**Dr Elizabeth Hui**  
*Teaching Consultant*

**B**eing a year co-ordinator of the Baccalaureate Nursing Program has given me great opportunities in assisting students to seek the most desirable learning experiences in studying nursing. Under the student advisory system, advice is provided to students who encounter learning difficulties during their studies. Often, in face to face interviews, students' learning experiences are listened to, and their proposed learning plans are reviewed with specific advice given. From past advisory experience, an insight using narratives has been developed which suggests the importance of exploring more into students' potential and their core values.

Using stories that people tell themselves about their lives, narrative practice explores alternatives and new meanings in providing self-coherence to the person seeking consultation (White, 2007). Often, the person, invisibly influenced by dominating beliefs and assumptions, indoctrinates himself or herself into narrow and self-defeating views. The problem-saturated stories often fail to reflect the full account of the person's life experience. The re-storying not only assists the person to destroy disempowering assumptions, but also opens space for the person to consider new and more constructive views of himself or herself in a preferred story. Among the therapeutic approaches, externalizing conversations, and re-authoring conversations are commonly used. Externalizing the problem helps to separate the person from the problem and expose taken-for-granted beliefs that support the problem and identify occasions when the problem effects are minimal. Re-authoring conversations invite the person to include the more neglected but potentially significant events and experiences, which very often contradict the person's dominant storyline. I am pleased to share a successful experience in using this approach in helping students.

In a recent interview, a junior student who attained a pass in her practicum projected her preconception of a lack of confidence in her last practicum experience into fear of the forthcoming practicum. Through specific questioning about her problem, the externalization profoundly minimized the feeling of incompetence. The student became more able to experience the capacity to intervene in her life. In the questioning, sparkling events such as expressing an assertive attitude were identified when she reported she was able to avoid the problem effects. These events and experiences, evaluated and justified by the student, became the building blocks of more preferred stories. By ascribing new meanings to these events including 'seeking for perfection', the student began to re-author her experience into an alternative story which was enriched and 'thickened' by further inquiries. That was done by encouraging her to reflect differently on her identity, and exploring her intentions, values, hopes, principles, and commitment with her (White, 2001; White, 2007). For her, it is important 'to love others as her own self,', and 'to give blessings to patients'. A more preferred story was thus made available to be performed with the student as she became more aware of what future steps to take. Positive attitude including enthusiastic preparation and organization of activities for the coming practicum, as well as a feeling of contentment was expressed in a follow up conversation with the student a few weeks after the initial meeting.

#### Reference

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### Mr Anders Yuen

General Manager (Nursing)  
Fung Yiu King Hospital

I am Anders YUEN, General Manager (Nursing) of Tung Wah Group of Hospitals Fung Yiu King Hospital (FYKH) and the Hong Kong West Cluster Occupational Safety & Health Co-ordinator. When I was first appointed as the GM (N) for the hospital in 1994, my job was to transform a traditional convalescent hospital into a Centre of Excellence for geriatric services for the Hong Kong West Hospitals Cluster by leading a team of dedicated professional hospital nurses. Through the commitment and hard work of my team of nurses over the years, the hospital is now providing outstanding gerontological nursing services to the 245 inpatients, 22 places of the Geriatric Day Hospital and the Community Geriatric Assessment Services for 68 Residential Care Homes for the Elderly, which accommodate over 4000 older persons, in the Hong Kong West Cluster. In order to maintain the high quality of nursing services, continuous quality improvement (CQI) strategies have been employed by the Nursing Department of FYKH to keep abreast of related professional development, technology and research. There are five Nursing CQI Task Forces and these focus on: ward-based continence rehabilitation, ward-based feeding and nutritional enhancement program, infection control, primary nursing and occupational health and safety. Each Nursing CQI Task Force has a designated co-ordinator who is a senior nurse at APN level, with an annual service plan, targets and budget so as to maintain high nursing practice excellence, work standards and strives to provide high quality and modernized nursing care to patients.

As well as empowering my nurses to assume responsibilities for patient care with delegation, support and supervision, I believe that staff development and profession succession can only be enhanced by cultivating a supportive and participating environment. Therefore, 2 nurses of FYKH had been seconding to overseas hospitals for 2-weeks clinical attachment each year for the past 5 years. The experience and exposure gained by these FYKH nurses through this overseas attachment program are remarkable.

Apart from being a GM (N) for a HA Hospital, I have also been the Chairman of the Hong Kong Nurses Association of Gerontology (HKNAG) since 2004. The Mission of the Association is *to strive towards excellence in the provision of quality services to the elderly people in Hong Kong and the objectives of HKNAG* are:

- 1 To enhance the knowledge and expertise in gerontological nursing
- 2 To promote the understanding, communications and welfare of the nurses working for the elderly in Hong Kong
- 3 To develop a local identity of gerontological nurses
- 4 To initiate and develop continuous gerontological nursing education and research activities

The HKNAG has been an Accredited Continuous Nursing Education (CNE) Provider by the HK Nursing Council since 2006. I hope nursing knowledge, ideas and expertise will be shared and further developed on this platform. We usually hold our Annual Scientific Meeting on the last Saturday of April each year so that outstanding or new nursing programs and research for the care of older persons can be discussed, rewarded and promoted in this annual event. If you want to know more about HKNAG, its CNE programs and the Annual Scientific Meeting, please visit <http://www.hknag.com> for the details.



# DEPARTMENT HIGHLIGHTS

## *The 1<sup>st</sup> Asian Pacific Workshop on Nurses and Tobacco Control: A Pre-Forum Workshop*

The overall goal of this workshop was to increase the involvement of nurses in the Asia Pacific region in tobacco control and smoking cessation and develop a regional network of nurses and other health care professionals to promote communication, share resources, and discuss future directions in tobacco control. The participants were nurses and health care professionals interested in tobacco control and smoking cessation.

We invited Professor Judith Mackay, winner of the British Medical Journal Group Lifetime Achievement Award 2009, as our Distinguished Keynote Speaker. Her keynote lecture entitled "The role of the nurse in the global tobacco epidemic" attracted participants from both the Hospital Authority and the Department of Health. There were also speakers on different aspects of tobacco control and smoking cessation from the Department of Health, the Hospital Authority, the Department of Nursing Studies, the University of Hong Kong and Fudan University, China.

Group discussions on (1) Prevention of tobacco use; (2) Tobacco cessation; (3) Prevention of / Protection from secondhand smoke exposure; and (4) Policy in tobacco control were held in the afternoon session. Professor T H Lam, Head of the Department of Community Medicine, The University of Hong Kong, who is an expert in tobacco control and smoking cessation in Hong Kong, was invited to give the "Expert discussant's remarks". The participants raised many pertinent questions and a good discussion was held. It was a fruitful workshop and we look forward to the 2<sup>nd</sup> workshop in 2010.



## *Department Retreat 2009*

Department Retreat was held on 4 and 5 March 2009 for teaching staff members to discuss the future directions and development of the Department. The first day of the Retreat was held in the Beas River Country Club which provided a very pleasant and relaxing environment for stimulating various ideas among staff members. The second (half-day) session was conducted in the Faculty of Medicine Building. The agenda for these 1.5 days included development of research, the 3+3+4 Curriculum Changes, Clinical Education, Skills Learning and Resources (Simulation) and the plan and development of the Centre for Health Promotion. The active participation of staff members and the fruitful deliberations on the various areas made a significant contribution to future planning and development for the Department. The Retreat ended with the delicious dinner in the evening of 5 March.



## *Presentation of the Sim-man Project in IMHSE Sharing*

The Department of Nursing Studies at HKU is committed to enhancing the clinical nursing skill development of students in the Bachelor of Nursing (Hon) programme. We obtained a University Development Fund (UDF) grant in May 08 which enabled us to purchase five advanced human patient simulators (SimMan). Subsequently, we completed the alterations of all our five laboratories to accommodate the new equipment, and conducted staff training. We are now looking forward to utilize this equipment to support the experiential learning of students who will commence their study in the 2009/10 academic year.

On 3 July 09, we shared our work on this project with colleagues in a sharing session organized by the Institute of Medical & Health Sciences Education (IMHSE) of the LKS Faculty of Medicine. The evaluation plan for teaching and learning with SimMan was presented and very useful comments were received from the audience. This project aims to identify issues and experiences formatively from students and teachers, which will provide insights for us to further improve the related courses and curriculum; and to investigate summatively whether students develop critical thinking dispositions and skills with the new advanced simulation for experiential learning. We will continue to share with you our progress in due course.



The IMHSE Sharing Session on 3 July 2009

# Agreement of Academic Exchange Between The University of Hong Kong Department of Nursing Studies and Kaohsiung Medical University School of Nursing

The Department of Nursing Studies had signed the Agreement of Academic Exchange with the School of Nursing, Kaohsiung Medical University on 19 June 2009. The Agreement between the two institutions, which shall remain in effect for a period of three years from the date of signing, aims at further promoting cooperation in education and scientific research.

國立高雄醫學院與香港大學護理學系  
學術交流簽約典禮



## Press Conferences

In the past few months, a few press conferences have been held to discuss our staff's research findings:

### HKU's First Female Smoking Cessation Programme in Hong Kong - Successes in Helping Female Smokers Quit and Reduce Smoking on 2 March 2009

The "Women's Smoking Cessation Center", housed in the Centre for Health Promotion of the Department of Nursing Studies, provides the first specifically designed smoking cessation programme for female smokers in Hong Kong. The female smokers who participated in the programme improved self-efficacy in resisting smoking, confidence in quitting smoking and quality of life. Finally, they also perceived less difficulty in quitting smoking after receiving our professional smoking cessation counseling.



### Higher Tobacco Duties Protect Children, Reduce Health Care Needs on 17 March 2009

The Nursing Department and the Department of Community Medicine, School of Public Health have conducted research on the epidemic of disease caused by tobacco in Hong Kong for more than 20 years. We appeal all honorable legislators to consider the community public health benefits of the tax increase, especially for the protection of child health and for achieving health equality among poorer people of all ages.

### "FAMILY: A Jockey Club Initiative for a Harmonious Society" - Household Survey on 29 March 2009

The FAMILY project research team has conducted an in-depth interview study with local households to explore their perceptions on Health, Happiness and Harmony (3Hs). It was found that a traditional three-generation family is a stereotype of a healthy family. We suggested that family-friendly workplace policy and public education should be in place for promoting positive family values.



## COSH Rally to Support Raising Tobacco Tax Policy

Our Department staff and students, and the members of the Council on Smoking and Health rallied and marched to the Central Government Offices on 22 March 2009 in support of the increase in tobacco duty. The Group argued that the 50% increase in tobacco duty announced by the financial secretary in the budget in February would be effective in preventing youngsters and people from low-income families from smoking.





## UICC International Cancer Technology Transfer Training Workshop on Quality of Life Assessment in Oncology

With the support of the UICC International Cancer Technology Transfer Fellowship, the Public Health Research Centre and the Centre for Cancer Research organised the captioned 3-day workshop on April 17-19, 2009 with two internationally renowned speakers: Professor Neil K Aaronson, a professor of clinical psychology from the University of Amsterdam and Professor Peter M Fayers, a professor of medical statistics from the University of Aberdeen. Both of them are very well known for their contributions in the development of the European Organisation for Research and Treatment of Cancer (EORTC) Quality of Life questionnaires. Details can be found in URL: [http://www.hku.hk/facmed/phrc/uicc\\_workshop-index.html](http://www.hku.hk/facmed/phrc/uicc_workshop-index.html).



This workshop has been supported by a UICC International Cancer Technology Transfer Fellowship

Cancer may bring many adverse consequences or outcomes. Other than death or disability, it may also have psychosocial impact on both patients and families. Consequently, the assessment of cancer patients' health-related quality of life (HRQoL) has come to play an increasingly prominent role in clinical oncology research. In Hong Kong, systematic training opportunities on the use and development of HRQoL have been lacking despite growing interest in cancer research. Therefore, the workshop was very timely.

A total of 55 researchers and clinicians participated in the workshop. They showed an overall significant improvement in the understanding, confidence and attitudes of using HRQoL. All participants were satisfied with the training workshop.

## Incoming Visitors

Three academic staff from School of Nursing, Peking University (Professor Sun Hongyu, Vice-Dean of Teaching Affairs, Dr Lu Hong, Vice-Dean of International Affairs and Ms Luo Ping, Director of Teaching Administration) visited the Department on 15 May 2009. Professor Sophia Chan, Dr Agnes Tiwari and Ms Idy Fu had a meeting with them for exchanging views on teaching and research.

### Visitors from School of Nursing, Ngee Ann Polytechnic and Seoul Women's College of Nursing

Two groups of academic staff and undergraduate students from School of Nursing, Ngee Ann Polytechnic, Singapore and Seoul Women's College of Nursing, South Korea visited the Department on 11 March and 20 April 2009 respectively. We held the 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 Seoul Women's College of Nursing



Visitors from School of Nursing, Ngee Ann Polytechnic, Singapore

### Visitors from School of Nursing, Grantham Hospital

A group of teaching staff and nursing students from the Nursing School of Grantham Hospital visited the Department's Nursing Skill Laboratories on 26 May 2009. We introduced the setting of our laboratories and exchanged the experiences in the management of clinical teaching.



## Class 2009 Graduation Dinner

The Class 2009 Graduation Dinner was held on 7 May at Hong Kong Convention and Exhibition Centre. Our Department staff joined this important occasion to share the graduates' happiness on the completion of their 4-year study.



## MESSAGE FROM THE NURSING SOCIETY

We have worked very productively since our inauguration in February. Over this period, the most challenging issue faced by nursing students has been their final examination. We therefore planned a "superpass programme" to encourage them to strive for good academic results. This programme had two aims: to encourage members, and to provide a leisure party to relieve their stress about the examination. We prepared and sent a "superpass folder" as a gift to all members just before the examination. We also organized the first "superpass dinner". Though the food was not luxurious, the dinner was truly memorable with various exciting games and performances. All the executive committees of nursing society sang with Dr. Vico Chiang and we also gave red pockets to members, wrote FaiChun, chopped a roasted pig and had a lucky draw.

Following the tradition, Navitas will provide different orientation programs for the "new comers" in the summer time. Information Day will be the best event for us to promote the Nursing Society to freshmen. On that day, we are going to introduce the history and the outlook of the Nursing Society. This year, the main objective of the Orientation Camp is to develop a sense of belonging in the medical faculty. As camping offers freshmen opportunities to develop friendships, they are highly recommended to join this event! High Table Dinner is also a traditional event in the University of Hong Kong. We hope freshmen can experience the high table culture which could not be found in other universities. We sincerely hope that freshmen can have a unique and wonderful start in their university life.



Nursing society, MS, HKUSU



# MESSAGE FROM THE NURSING ALUMNI ASSOCIATION

It is pleasing to report that we steadily increased and, in fact, doubled our membership numbers in 2008. In March 2009, our committee members had a wonderful dinner with Prof. Sophia Chan and Prof. Jeanette Lancaster where we discussed the further development of our association and coming events. We decided to organize a reunion dinner for the first graduates of the Bachelor of Nursing and Master of Nursing programmes. We also agreed on the importance of forming a list of expertise among our nursing graduates so that we could invite them to deliver courses or seminars for students, alumni and nursing colleagues. The softcopy of the survey is uploaded to the Department of Nursing Studies web site: <http://www3.hku.hk/nursing/programs/download/GASF2009.doc>. We would be grateful if all graduates would please return the survey by email or post.

Our members actively participated in the 3<sup>rd</sup> Hong Kong Nursing Forum in June. We received support from the Department of Nursing Studies to arrange an alumni lunch at the Forum. It was so exciting to share our vision and passion for nursing research and practice with alumni and keynote speakers. In May this year, we organized a barbeque dinner in Tai Tam Tuk for our members, alumni families and friends. Thanks to everyone who came and enjoyed the great time and delicious food.

One of our missions is to participate in public affairs especially on public health issues. We provide health talks and educations to our elderly who live in Tuen Mun, New Territories. Recently, we have delivered a health talk on "Swine Flu and its Prevention" at Sang Church Elderly Centre on June. Over 120 elderly people attended our public health talk which covered the symptoms, preventive strategies, complications of swine flu and tips to keep healthy. After the health talk, our members offered blood pressure checking and individual health education for those who attended.

Last but not the least; we want to thank everyone who supports the association and encourage those who have passion in public health and nursing professional issues to join us as members or committee member to help strengthen our association and future development. We welcome you to join our activity with your family and friends. You can send us your suggestions by email: [hkunaa@gmail.com](mailto:hkunaa@gmail.com), Fax: 30031322, Tel: 98793420 (Ms. Annie Yung, urology specialty nurse) or 28192670 (Ms Janet Wong, Clinical Instructor of the Department).

## NG KUEN TO

Chairman

The University of Hong Kong Nursing Alumni Association



# IN THE MEDIA

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



June 2009 **Professor Sophia Chan**  
Smoking Cessation H.K. Daily News



June 2009 **Professor Sophia Chan**  
Smoking Cessation Wen Wei Po

## CONGRATULATIONS

### Appointment

**Professor Sophia Chan**, Head of the Department, has been appointed by the Government as the non-official member of the Health and Medical Development Advisory Committee (HMDAC) for a term of two years with effect from 1 March, 2009.

### Award

#### Best Poster Presentation

**Dr William Li**, Assistant Professor of the Department, has been awarded the Best Poster Presentation Award at the Joint Annual Scientific Meeting for Paediatricians and Paediatric Nurses which was organized by The Hong Kong Paediatric Society & Hong Kong Paediatric Nurses Associated Ltd.

#### GRF Incentive Award 2008/2009

#### Dr Sharron Leung

A randomized control trial on the effects of a cognitive-behavioural programme for secondary school teachers in HK to manage occupational related stress

### Promotion

**Dr Doris Leung Yin Ping**, who joined the Department as Post-doctoral Fellow in 2005, has recently been promoted to Research Assistant Professor.

### Award of Research Grants

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

#### Run Run Shaw Research and Teaching Endowment Funds

#### Dr Marie Tarrant

Implementation and evaluation of podcasts as an educational tool in an undergraduate post-registration nursing education course

#### Tung Wah Group of Hospitals

#### Professor Sophia Chan

Research on Evaluation for smoke cessation clinics of TWGHs

#### Seed Funding for Basic Research

#### Dr Sharron Leung

Trial-run for antenatal preventive intervention to prevent postpartum depression and anxiety in Hong Kong

#### Dr William Li

The effectiveness of therapeutic play intervention using virtual technology in promoting mental well-being for children in the community: A randomized controlled trial study

#### Dr YW Mak

Prevalence of smoking, attitudes toward smoking and reasons of maintaining nonsmoking among nursing students in Hong Kong

## DONATIONS

*The Department sincerely thanks the following alumni for their generous donations to the Department:*

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