

# Nurse Letter



## Head's Message

### *Prestigious Appointment for Professor Sophia Chan*

Prof Agnes Tiwari  
Professor and Head



In this message, I wish to pay particular tribute to Professor Sophia Chan, who has been appointed as Under Secretary for Food and Health to the Government of the Hong Kong Special Administrative Region. Before joining the Government, Professor Chan was Professor of Nursing and Director of Research at the HKU School of Nursing and an Assistant Dean of the Li Ka Shing Faculty of Medicine of HKU. As well as numerous nursing qualifications, she also holds a Master of Education degree from the University of Manchester, a Master's degree in Public Health from Harvard University and a Doctor of Philosophy degree from HKU.

The HKU School of Nursing is extremely honoured that a member of our Professoriate has been appointed to this prestigious position. We recognize her appointment not only as an immense personal achievement which acknowledges her distinguished career to date but also as an achievement for the profession.

I have known Professor Chan since 1993 and over the almost 20 intervening years I have observed with enormous respect the flourishing of her academic and professional career. I have observed her taking on many challenges and succeeding always in overcoming obstacles in difficult and complex projects. Professor Chan has an outstanding record of achievement both in Hong Kong and internationally. As Head of the Department of Nursing at Hong Kong University and then of the School of Nursing she oversaw massive growth and development as student and staff numbers increased, programmes of study expanded and research productivity grew. She is acclaimed internationally for her research on tobacco and health and has received many prestigious research grants and has published in numerous top journals. She is a passionate advocate of initiatives aimed at smoking cessation and is an invited speaker at many international conferences on this topic. She had a high professional profile in Hong Kong having served on the Nursing Council of Hong Kong and committees dealing with smoking and health. She pioneered the first smoking cessation counseling training programme locally and has been a consultant to the World Health Organization on training health-care professionals in tobacco dependency treatment interventions through advocacy and education.

Her prestigious Government appointment is also significant for the nursing profession. Over the time since nursing education moved out of hospital based training and into Universities, many opportunities have arisen for talented nursing clinicians, managers and scholars. We now see exceptional and highly able nurses taking on the top roles in advanced clinical practice, in health care leadership and policy, and in academic governance and leadership. Professor Chan's appointment is an example of this international trend which demonstrates the possibilities open to exceptional nurses. This is an exciting message for students as well...nursing is a career with many possibilities which can take them wherever they want to go!



# Feature Story



**Prof Sophia Chan**  
Former Research  
Director

## Research

### Community Based Participatory Research - an effective approach to increasing Family Communication, Harmony, Happiness and Health (3Hs): Findings from the Happy Family Kitchen (HFK) project in Hong Kong

#### Introduction

Previous studies have shown inadequate communication among family members in Hong Kong. To enhance family communication and well-being in Hong Kong, a community-based participatory research (CBPR) approach was adopted and we designed, planned, implemented and evaluated a community-based intervention entitled "Happy Family Kitchen" (HFK) using positive psychology as a guiding framework to promote family communication, health, happiness and harmony (3Hs).

#### Objective

(1) To enhance family functioning and communication through specially-designed programs organized by community Non Government Organisations (NGOs) in the district to promote family health, happiness, and harmony (3Hs); and (2) To evaluate the effectiveness of various components of the project in terms of its structure, process, and outcomes.

#### Methods

The HFK consisted of three phases conducted in Yuen Long district. Phase 1 started with needs assessment focus group interviews for the participating NGOs and findings was used to guide the development of a training program for the NGOs' workers. A launch was held to mark the commencement of the project. Phase 2 focused on the implementation and evaluation of specially-designed community programs with booster sessions focusing on the five elements of positive psychology- "Gratitude", "Happiness", "Flow", "Savouring" and "Health" to improve family communication and family 3Hs. Longitudinal evaluation was conducted at baseline, immediate post-intervention, 6 weeks, 3- and 12- month follow up. Phase 3 focused on knowledge dissemination including a specially-designed "Happy Family Cookbook" for the general public and a practice wisdom forum for

the professional community. Process evaluation was conducted throughout the entire project implementation period. A total of 19 NGOs consisting of 23 units participated and 21 intervention programs were organized.

#### Results

From Nov 2010 to July 2011, a total of 1419 individuals from 612 families participated in 23 community based programs. The majority (74.6%) of the participants (n=1419) were aged 6-44, 65.0% were female, 46.6% had primary education level and 48.8% were married. The mean communication time showed a significant increase from 152.1 to 168.8 minutes (p-value< 0.001) per week and an increase in the mean communication score from 67.7 to 71.7 (p-value< 0.001) was observed at 6 weeks after the intervention. The overall mean happiness score and the mean health score showed a significant increase from 7.8 (pre-intervention) to 8.0 (p-value< 0.001), and the overall mean harmony score was improved from 7.9 (pre-intervention) to 8.2 (p-value< 0.001) at 6 weeks after intervention. Interventions showed significant positive effects on family communication for all themes at 6 weeks follow up. Meanwhile, the intervention with 'Gratitude', 'Happiness' or 'Flow' theme showed significant positive effects on 3Hs, while no significant effects on 3Hs were found for intervention with 'Health' or 'Savoring' theme even at 6 weeks follow up.

#### Conclusion

The CBPR approach has provided an effective platform to engage public health researchers, community service providers, and major stakeholders. This engagement in an active partnership showed the success in implementing and evaluating the HFK in Hong Kong. The community-based programs utilizing a positive psychological and preventive approach has shown promise in improving family communication time and quality and in promoting family 3Hs. With the success in the phase 1 project, an enhanced version- HFK2 project was developed and distributed to the Tsuen Wan and Kwai Tsing districts. The HFK2 project targeted to organize 31 district-based community programs by 21 services units including NGOs and schools and proposed to benefit 1200 families. A regional capacity building program will be organized in the later stage of the project to further scale up the project impact to different districts.

#### Acknowledgement

The study is part of the FAMILY: A Jockey Club Initiative for a Harmonious Society, funded by The Hong Kong Jockey Club Charities Trust.



# Teaching and Learning

Lawrence Cheung  
Assistant Professor  
(Nursing Practice)



## Staff Development for Simulation Teaching

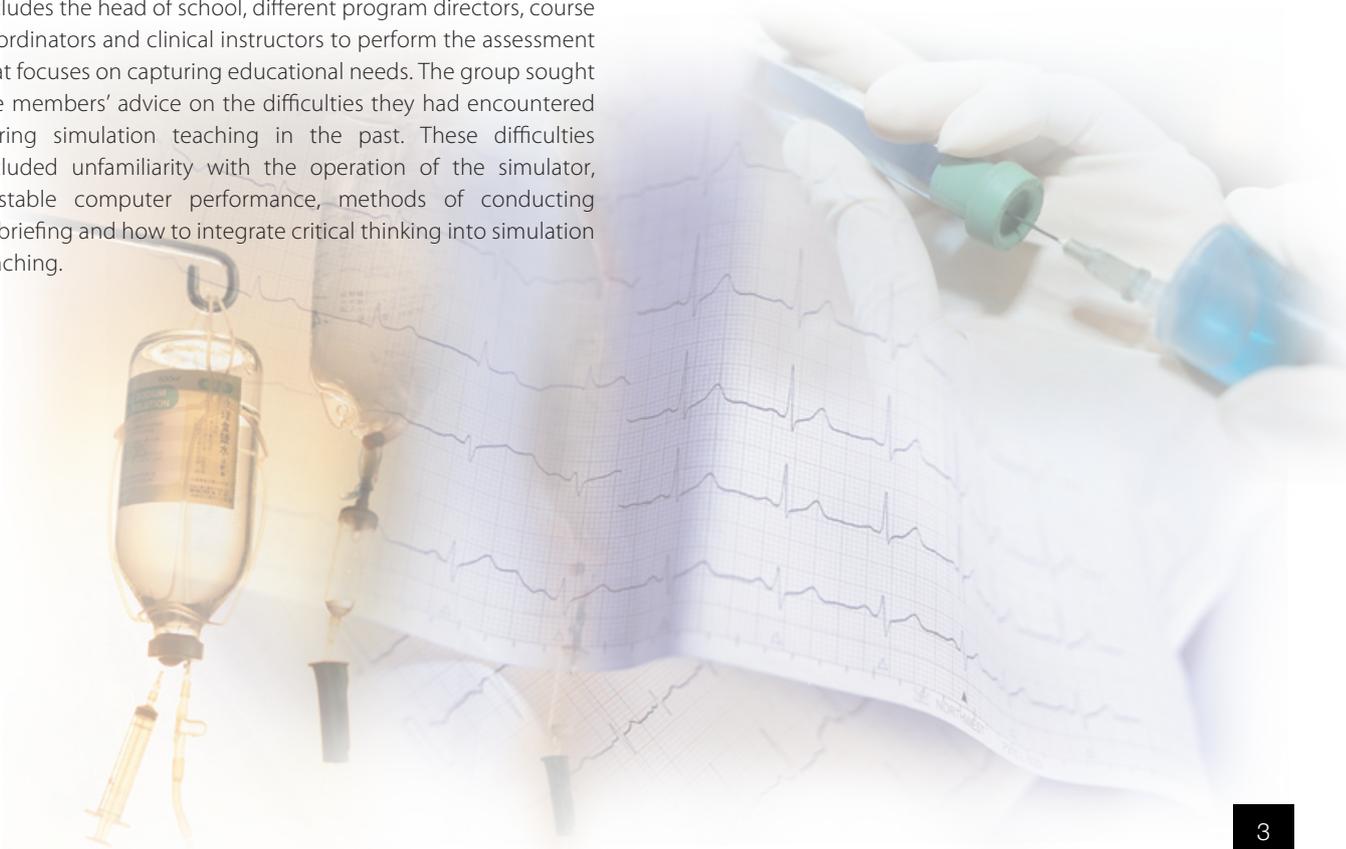
Simulation has been used in nursing education for a long time. Students used to practice how to perform health assessment on their classmates, giving intramuscular injection on an orange and performing cardiopulmonary resuscitation on a mannequin. However, students always complain about the realism of these exercises which introduce a gap between what they practice in the laboratory and their actual clinical experience. Recent research findings suggest that high fidelity simulation (HFS) enhances the scores of students in knowledge and skill exams, but HFS in nursing education is still in its infancy. This may be due to the cost of setting up the simulation laboratory and the faculty's lack of confidence in using simulation for teaching. Hence, we have launched a staff development project in simulation teaching with the aim of enhancing our staff's competence in using simulation for teaching. To achieve this aim, we have devised an appropriate strategy.

Developing a strategic plan is no one's idea of a good time. It requires time, patience, willingness to collaborate and mapping a route with strategies to reach the goals. However, while deciding the starting and ending points in work is relatively easy, agreeing upon the best routes between the staff can be challenging. Hence, we formed a working group which includes the head of school, different program directors, course coordinators and clinical instructors to perform the assessment that focuses on capturing educational needs. The group sought the members' advice on the difficulties they had encountered during simulation teaching in the past. These difficulties included unfamiliarity with the operation of the simulator, unstable computer performance, methods of conducting debriefing and how to integrate critical thinking into simulation teaching.

In order to tackle the issues raised by the staff, especially on how to integrate critical thinking into simulation teaching, the school invited two internationally renowned scholars in critical thinking to work with the group to consolidate critical thinking through the use of simulation in May 2012.

We provided a brief refreshment course for all teaching consultants and clinical instructors involved before each individual simulation exercise began. A series of workshops will also be organized during summer each year with an aim to enhancing staff competency to use simulation for teaching. The workshop covers didactic lectures related to simulation theory, basic operation of the simulator and related equipment, and basic programming on how to write a case scenario by using the software provided by the simulator's company. In addition, the staff will be asked to form small groups and they have to develop a case scenario with critical thinking elements for other groups to try on and give suggestions.

Finally, I have to stress that HFS is just a tool for simulation teaching. Without proper staff development, all the benefits of teaching by using HFS would not occur.





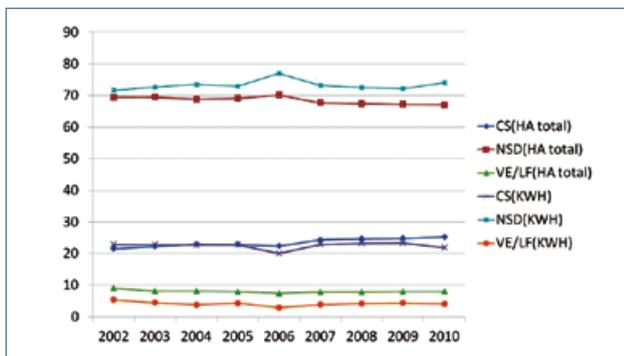
**Dr. Wing-cheong Leung**  
 MBBS, MD, FRCOG, FHKAM(O&G)  
 Consultant Obstetrician & Chief of Service  
 Department of Obstetrics & Gynaecology,  
 Kwong Wah Hospital

## Clinical Excellence

### Back to Basics – Desire for Normal Births

I graduated from the Medical School of University of Hong Kong (HKU) in 1989. Immediately after my internship, I started my specialist training in O&G in Tsan Yuk Hospital & Queen Mary Hospital and became a specialist in O&G (HKAM) in 1997. Thereafter I have subspecialized in Maternal Fetal Medicine & have undergone overseas training in the Perinatal Centre, University of Toronto, Canada in 1999 and the Fetal Medicine Centre, University College London, UK in 2002&3. With this background of managing high risk pregnancies, it is not difficult to understand that I tended to overmedicalize normal pregnancies. But pregnant women in Hong Kong liked this approach – to be treated as high risk with ultrasound assessment at every antenatal visit and finally choosing a date for Caesarean section!

When I took up the post of Consultant Obstetrician in Kwong Wah Hospital (KWH) in 2005, I was most impressed with the observation that low risk pregnant women here would request antenatal follow-up by our Midwifery Team & to have normal births as much as possible. This phenomenon is supported by the evidence that our Normal Spontaneous Delivery (NSD) rate (75%) is the highest among all Hospital Authority (HA) obstetric units (Figure 1). As a result, we are able to keep reasonably low Caesarean section (20%) & instrumental delivery (5%) rates. A high NSD together with a low instrumental delivery rates is probably the most important performance indicator of how strong or determined is a Midwifery Team in promoting normal births.



▲ Figure 1. Mode of deliveries (%) in KWH vs. HA total (8 Public Obstetric Units) in Hong Kong (2002-2010)  
 (CS=Caesarean section; NSD=normal spontaneous delivery; VE=vacuum extraction; LF=low forceps)



▲ Figure 2. A Happy Team is most important to promote Normal Births in a safe Labour Ward

When I became the Chief of Service of our Department in 2010, I decided that our desire for normal births should continue to flourish, not only because this is good clinical practice, but also because this echoes the modern obstetrics concept of risk classification and management (treat low risk as low risk and high risk as high risk) and prevents overmedicalization of pregnancy.

But how? A culture of mutual respect between obstetricians & midwives is most important (Figure 2). Midwives are professionals themselves and should be able to manage normal pregnancies and deliveries, and indeed, to manage very well. Obstetricians would then have more time and energy to manage high risk pregnancies (< 20% of total pregnancies). Our new Midwife Consultant post in 2012 will further encourage the professional development of our midwives. Our Integrated Birth Centre with home like design could further promote normal births. Continuous departmental support for our midwives to attend education and training programmes, both local and overseas, is essential. Education to pregnant women is of utmost importance and the teaching materials and format should be updated from time to time. The last but not the least is research. I would like to take this opportunity to thank Prof. A. Tiwari, Professor and Head of Nursing School, HKU, in our various research collaborations. One good example is the Positive Fathering Project, the results of which are going to be published soon.

# Ask Florence

Ask Florence is a column in which students, clinical instructors and nursing teachers can write in with a problem or issue around clinical learning about which they would like advice from "Florence", who is an experienced facilitator of student learning. We expect to receive queries about how to deal with student difficulties in clinical settings, how to give effective feedback to students, the strategies that are helpful for supporting unsafe students, and many other topics including those that students may raise. All questions will be dealt with anonymously. We will not publish your name or any details about you. If necessary we will modify questions slightly to ensure total anonymity.

If you have a question for "Florence" please send it to [askflorence@hku.hk](mailto:askflorence@hku.hk)



*Dear Florence,*

*I am the preceptor of a student who will graduate soon and I really do not think her practice is safe enough for her to work as a Registered Nurse. Somehow or other she has slipped through the net up until this point. I am concerned about the level of risk she poses to patients. In my assessment there are serious deficits in her knowledge and psychomotor skills. Her communication is poor and she does not appear to be motivated to succeed. What should I do?*

*Gloria*



*Dear Gloria,*

*I can understand your concern. Clearly these problems should have been picked up earlier in the student's program. Early identification of unsafe practice is a must for preceptors and clinical instructors. When unsafe practices have been recognized through closely observing and monitoring the student and receiving feedback from staff members in the clinical setting, preceptors need to become increasingly vigilant to make sure that patient safety is not being compromised. It is also extremely important that preceptors document their findings so that they have a clear evidence trail if subsequently the student has to be removed from practice.*

*In your case, I suggest that first you should communicate your concerns to the student. Try and find out if she has any idea of the problem or the contributing factors. Try to get her to talk to you about her issues so together you can work out where the real problems might lie. Has the student had a really bad experience in a previous rotation where she did not have the opportunity to process and reflect upon what happened under the guidance of an experienced instructor? Has the student lost confidence? Once you have established these underlying factors, develop a plan of action with the student. Maintain a vigilant approach and ensure that you document all your actions and decisions. With commitment by both parties, you may turn the situation around. If you cannot, you will have documented the processes so that further action can be taken.*

*I wish you well!*

*Florence*

# School Highlights

## Health Promotion – Youth Quitline

Dr. David Wong Postdoctoral Fellow

Smoking is the most preventable health hazard, and quitting early can largely reduce the risk of tobacco-attributable mortality and diseases. In 2005, the HKU School of Nursing established the first youth-oriented hotline, the Youth Quitline 2855-9557, to promote and encourage young people to quit smoking. To improve our services, the hotline is integrated to the Integrated Smoking Cessation Hotline of the Department of Health (DH) "1833-183" (extension "5").



Our objectives are to improve the understanding of local youth on smoking cessation services, provide smoking cessation counseling services for youth and to provide training for teenagers as peer smoking cessation counselors. We operate from 5pm to 9pm Mondays to Fridays and from 2pm to 8pm on the weekend. During non-operating hours a receptionist will answer enquiries and voicemail is also available.

We target smokers aged 25 or below, and provide simple smoking cessation counseling skills for parents, teachers and social workers who call our hotline so that they can enhance the smoking cessation motivation of the young people who call us for counseling.

Our Peer Counselors are predominantly undergraduate students in the Li Ka Shing Faculty of Medicine (students of Nursing, Medicine, Chinese Medicine and Pharmacy schools/departments) and Faculty of Social Sciences (students of Social Work and Social Administration, and Psychology departments). All student counselors complete a one-day training workshop and pass a written examination and practical assessment. The student counselors are mentored by nurse counselors and supervised by the centre supervisor.

### Flow of Telephone Counseling Services

During telephone counseling we assess nicotine dependency, provide decisional balance exercises on smoking and quitting and motivate smokers to climb up the stage of readiness to quit. We also help smokers understand and overcome withdrawal symptoms and discuss relapse prevention skills.

Since August 2005, YQ has received nearly 4,000 telephone enquiries, and provided telephone counseling services to nearly 800 youth smokers. YQ was awarded the "Outstanding Health Promotion Project Award (Anti-smoking)" by the Food and Health Bureau, Hong Kong in 2011 and was recognized as a core partner to the Department of Health – WHO Collaborating Centre for Smoking Cessation and Treatment of Tobacco Dependence. We also offer workshops and seminars to schools, youth organizations and societies to provide smoking cessation information and to introduce our hotline service.

The Youth Quitline is funded by Department of Health, Hong Kong.

### Contact us

HKU Youth Quitline Centre

Address : Room 309, 3/F, William MW Mong Building, 21 Sassoon Road, Pokfulam, Hong Kong

Office telephone : 2819-2658

Website : <http://www.hku.hk/yquit/>

Email : [yquitline@yahoo.com.hk](mailto:yquitline@yahoo.com.hk)



## ▪ Student Exchange 2012-13

### Incoming Exchange

Our School received five incoming exchange students in semester one this year. Four of them were from the Case Western Reserve University, USA and one was from the Jonkoping University, Sweden. They spent about one semester studying in our School and took three courses, including Introduction to Chinese Medicine and Nursing, Professional Issues, and Families in Health and Illness.

A welcome meeting and lunch was arranged to greet the incoming students and during the lunch, the Head of School, Professor Agnes Tiwari, introduced some unique and interesting aspects of Hong Kong culture to them.

In view of the great interest they showed in Chinese Medicine, a visit to the Lo Wai Chinese Herbs Garden was arranged for them



on 5 November 2012. During the visit, the responsible staff in the Garden introduced them to the philosophy, objectives and special features of the project being carried out in the Chinese Herb Garden. The exchange students also had a chance to tour the garden and were introduced the species of Chinese herbs.

The exchange students enjoyed both the exchange studies as well as the everyday life in Hong Kong, especially the chance to experience the traditional Chinese culture.

### Incoming Visit

The undergraduate and postgraduate students from the Sun Yat Sen University also visited our School during 5-9 November 2012. During the visiting period, they attended some classes within the BNursing Programme. Apart from a welcome meeting, a library tour to the Yu Chun Keung Medical Library was also arranged for the visiting students.



## ▪ Award of HKU SERVICE 100 Funding

To promote the service spirit of the HKU community and encourage students to initiate service projects, the HKU SERVICE 100 Fund has been set up to give financial support to selected service projects. Each service project can apply up to \$50,000 to be spent within one calendar year. We are very glad to see that our nursing student teams have been very actively engaging in community service and have been awarded the Fund.

**CHAN, Zane Kin Wai** (BNFT Year 4 Student)

Executive committee, Health Oriented Pupils Education Scheme (HOPES), Prime Care

We, Prime Care, are extremely honored to be one of the recipients of the HKU Service 100 Fund. The funding will be used for organizing a health promotion campaign in rural area in China. As illustrated by our project name, Health Oriented Pupils Education Scheme (HOPES), we hope that the targeted children can be protected by the basic health knowledge we transfer to them and keep them free from preventable diseases. Through health assessment, education and possible interventions, we hope that the health awareness among the children can be raised and hence they can possess a better life in the future.

Team name : Prime Care

Project Title : Health Oriented Pupils Education Scheme (HOPES)



**TSE Kit Shan, Jack** (BNurs Year 3 student)

Chairperson of ShineR

With the collaboration of CEDARS and SERVICE 100 fund, our project team, ShineR, successfully launched a volunteer programme in HKRC JFK Centre, which is a special school providing service for disabled children aged from 6 to 20. Our programme, Colourful HeART, was launched in September. 40 HKU volunteers from different Faculties were recruited to make a mosaic art piece of 17m by 1m with the students in the Centre for their school anniversary. The project is now mid-way through and it is expected that the art piece will be completed by early December. After the completion of the artwork, it will be presented to the school on its anniversary day. We would like to thank the School of Nursing for helping us in the programme.

## Information Day for Undergraduate Admission 2012

The Information Day for Undergraduate Admission 2012 was successfully held on 10 November 2012. Similar to previous years, activities conducted by the School of Nursing included Information Seminars on the Bachelor of Nursing (Full-time) Programme, theme boards displays, demonstrations on health assessment and clinical skills, introduction to simulation teaching, health information booths, interactive health related computer games, etc. Over 2000 visitors participated in the activities and they all enjoyed the activities in which they can have a chance walk around the campus, to experience the teaching and learning environment provided by the School, as well as to gain understanding on the nursing programme and the clinical education. Overall, the event was very successful in terms of promoting our programme and projecting a positive image of the School to the public.



## Hospital Authority Sports Meet 2012

The School of Nursing was invited by the Hospital Authority to nominate student representatives to take part in the 4 x 100M Invitation Relay and to compete with teams from other student societies in the Hospital Authority Sports Meet event on 21 October 2012 (Sunday). The Hospital Authority Sports Meet is one of the major sports events of the Hospital Authority and the Invitation Relay served as the finale of the Event.

We are pleased to share with you the good news that our team “港大護理接力一隊” won the FIRST prize in the 4 X100M Invitation Relay. Our students all enjoyed the HA Sports Meet and it was a great opportunity for them to meet with the HA Chairman (Mr. Wu Ting-Yuk), Chief Executive, HA staff and other universities run relay teams over there.

The School thanks for the staff and students who were there to support our relay teams. Well done!



## ▪ School Visit from the Hong Kong True Light College

A group of Form 5 students from the Hong Kong True Light College visited the School of Nursing on 26 October 2012. A total of 9 students who have expressed interest in pursuing their studies in the field of nursing were selected by their College to participate in this visit. The visit began with a welcome session held by the Year 1 coordinator of the Bachelor of Nursing (Full-time) Programme, Ms Veronica Lam. She introduced the BN programme and Clinical Education to the students. A skill laboratory session was also organized for the students to learn more about the teaching facilities and to experience the simulation learning environment. Students then attended a Nursing Foundation class together with our nursing students and they all enjoyed having experienced such an interactive learning atmosphere.



In general, the students showed great interest in our nursing programme and they were impressed by the teaching and learning environment in our School.

## ▪ 19th Hong Kong International Cancer Congress

The 19th Hong Kong International Cancer Congress was held on 8-9 November 2012 at the Hong Kong Academy of Medicine, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. The theme of this year's Congress was "Translating Innovative Research to Effective Treatment". The School participated actively as part of the team organizing the Congress and hosted a Nursing Symposium entitled "Cancer Management: A Nursing Perspective". Four renowned local speakers from academic and clinical institutions were invited to share their research studies and clinical experience on cancer



care from a holistic perspective. The speakers included Dr. Lam Ka On from Department of Clinical Oncology of The University of Hong Kong, Ms Faith Liu from Department of Clinical Oncology of Queen Elizabeth Hospital, Dr. William Li from School of Nursing of The University of Hong Kong, and Ms Shum Nga Fan from Department of Surgery of Queen Mary Hospital. The Symposium was successful and well-received by the participants.



## ▪ RainLily Symposium

The Symposium on Gender-based Violence in Hong Kong: Sexual and Domestic Violence, co-organized with Department of Pathology and RainLily, was held successfully on 19-20 November 2012. We were honored to invite Prof. Jacquelyn Campbell to present her keynote speech to the audience. Other guests included Mrs. Stella Lau Kun Lai-kuen (Chairperson, Women's Commission), Dr. Luk Che-chung (Cluster Chief Executive, Hong Kong West) and other professionals who help victims of domestic violence joined this meaningful event as well.

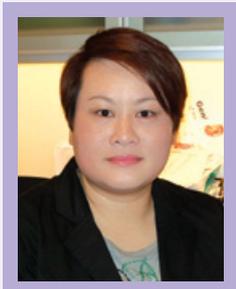
## ▪ Incoming Visitors

We welcomed visitors from the University of Wisconsin – Eau Claire, USA, on 9 Nov 2012. From the left: Miss. Karen Chiu, Dr. Felix Yuen, Ms. Shu-Chuan Cheng (Chinese Programs Coordinator, Center for International Education), Prof. Agnes Tiwari, Dr. Linda Young (Dean, College of Nursing and Health Sciences), Dr. Gilles Bousquet (Chancellor, University of Wisconsin – Eau Claire), Ms. Polly Chan, Ms. Taylor Kuether



## Message from Alumni

Annie Yung



In June 2012, I celebrated the 20 years anniversary of my nursing career. I feel that I have experienced great joy over these years. I have cared for a variety of patients with complex medical needs, each sharing a unique lesson of life and nursing that I will carry with me throughout my career. From nursing student to professional nurse, I had learned that

all nurses, regardless of experience, never have all the answers. Nursing practice is ever changing; it is not just about the medical management of disease, it is a team effort. More than learning the many important tasks of nursing, I have learned to look at people more holistically. I have learned how critical it is to develop a

therapeutically trusting relationship with clients and their families to promote their optimal recovery. I think it is important that we look at ourselves, and our own value system, to identify the biases that impact upon our ability to respect the needs and wishes of our clients.

In addition to working in the private sector since 2007, I also contribute in the Nursing Alumni Association. The Nursing Alumni Association aims to be an organization that will help past alumni connect with new alumni, and help alumni connect with the nursing program. The Nursing Alumni Association plans to raise funds to provide the nursing laboratory with state of the art equipment that will enable great learning opportunities for students. I very much hope that all alumni will become members and attend our alumni events.

## Message from Nursing Society

10th Council of Nursing Society

### Preparation of the Orientation Camp for the Freshmen of the 5-year programme

The orientation camp in which freshmen participate is a memorable experience and an important introduction to university life. As there will be a double number of nursing freshmen from HKDSE and HKALE entering the university this coming September, organizing orientation camps is one of our biggest challenges.

In order to provide an opportunity for freshmen to familiarize themselves with University life and give them a brief image of what the life of a nursing student will be, we plan to publish a survival guide which briefly introduces them to different aspects of the medical campus including academic, transportation and catering. The survival guide will be distributed to all freshmen on their registration day. In August, there will be two nursing orientation camps (small o) for HKALE and HKDSE graduates respectively.

However, enhancing relationships between students undertaking different curricula is the main reason of organizing orientation camps and to this end a medic Orientation camp (big O) will be held in early September. Nursing freshmen will have a chance to meet new friends studying other curricula on the medical campus.

To enrich the entire content of the orientation programme, we have already started the preparation work including publication and marketing parts. For publication, we have already finished publication of the tutor (Joba and Joma) recruitment and we are glad to welcome many nursing students as tutors. For marketing, we will prepare a plentiful welfare pack for the freshmen who are interested in joining the orientation camp. We are now contacting different companies to sponsor our orientation camp for food and also self-care products.

There are still many aspects of the orientation camp which we need to complete including the game design and further preparation work. We will try our best to organize a memorable orientation programme



and strengthen the nursing freshmen the sense of belonging to the School and the Faculty of nursing freshmen prior to commencing their university life.

### Thoughts and Concerns on the Double Cohort

This year, there will be 380 freshmen, coming from HKALE and HKDSE. As we were freshmen last year, we understand the difficulties they may face in adapting to the new school life. They may feel confused in dealing with the new subjects and learning in a different style. The Nursing Society feels responsible to provide help for them. We will encourage freshmen to voice their concerns about university life and we will have more interaction with them in order to understand their needs.

Given there will be a double number of freshmen on campus, we want to ensure adequate resources are available for our nursing students. In the coming semester, we plan to spend more time on organizing activities, and seeking more welfare for our members. It will be a great challenge for us.

Although our workload will be increased, we will try our best to strive for what our members need.

### Medical High Table Dinner on 15-16 October 2012

The Medical High Table Dinner was held successfully on 15-16 October 2012. The theme of this year High Table Dinner was "FIRE, FRIENDSHIP AND INHERITANCE". We invited Dr. Ko Wing-man and Professor Agnes Tiwari as our honorary guests.

It was a valuable time for our students including MBBS, Nursing, Chinese Medicine, Pharmacy and Biomedical Science to gather together and present the Spirit of Comradeship in Medical Faculty.

## New Faces



**Dr. Deng Wen**

I am honored to join School of Nursing, HKU, as a Research Assistant Professor. I attained my Ph.D. degree and continued my Post-Doctoral research in the Department of Anatomy, HKU. I have special expertise in telomere detection. Telomeres are terminal chromosomal structures essential in maintaining genome integrity. Telomere dysfunction is tightly associated with cancer development and the aging process. Human individuals under chronic psychological stress suffer accelerated telomere shortening. Since joining the research group of Prof. Tiwari, my recent research focus is on telomere shortening and its relationship to adverse health outcomes in victims of intimate partner violence. I also have research interest in identifying short telomere profiles as possible cancer risk factors. I have had teaching experience in radiation protection and Problem-Based Learning in medicine.



**Dr. Chau Patsy Pui Hing**

It's my great pleasure to join the family of the School of Nursing. I obtained my PhD in statistics from HKU and completed my postdoctoral fellowship at the School of Public Health, CUHK. Then, I returned to HKU as a Research Assistant Professor for the "CADENZA: A Jockey Club Initiative for Seniors" Project until I join this family. I enjoy working with multidisciplinary teams. I am sure I will enjoy working with colleagues here. I look forward to contribute to the nursing profession through research and teaching.



**Mr. Lau Ricky Wai Tat**

It is my honor to be appointed as a Teaching Consultant in the School of Nursing at the University of Hong Kong. I obtained my Bachelor of Nursing from the Hong Kong Polytechnic University. I have also furthered my study in higher education at the University of Ballarat, Australia and obtained a Master of Business Administration in Health Service Management. Regarding my professional qualification, I have obtained my certificate of registration in general nursing and psychiatric nursing. In my previous career, I have worked in Tuen Mun Hospital for general nursing practice and Castle Peak Hospital for mental health nursing practice. In the following period, I will start my career in teaching nursing courses and also making contributions to the School.



**Ms. Chan Ada Siu Fong**

I am honoured to have been appointed as a clinical instructor at the School of Nursing in the University of Hong Kong. I graduated from the Bachelor of Health Science (Nursing) in the University of Western Sydney and studied Master of Science Nursing Studies in the Oxford Brookes University. Prior to this appointment I have worked for many years in Paediatric and Adolescent, Hematology and Oncology, Medical & Surgical Nursing and Infection Control Nurse in public hospitals. I am a longstanding member of the Hong Kong Infection Control Nurses' Association. I am looking forward to sharing my clinical experience and knowledge with students and colleagues of the School.



**Ms. Yuen Grace Wai Yee**

Since I joined the School in Nov 2012, I am really impressed by the scale of the School, the quality of staff and diversity of the well-structured programs. As a new member, I would like to take this opportunity to thank you again for your warm welcome. Besides major working experience in the Accident and Emergency and Orthopaedics Departments, I have also served previously as a nursing laboratory staff member and tutor for a part-time enrolled nurse conversion program. I hope my background and training will contribute to the nursing education profession in line with the School's mission. As a practicing profession, I believe that the achievement of teaching objectives will be best reflected by students' clinical competence which is what inspired me to join as a Clinical Instructor.

# Congratulations

## Award of Research Grants

Local and International Funding Bodies	PI	Project Name
Health and Medical Research Fund	Dr. Deng Wen	Role of Bmi-1 in the persistence of Epstein-Barr virus (EBV) in nasopharyngeal epithelial cells
Small Project Funding	Dr. Deng Wen	Role of Bmi-1 in the persistence of Epstein-Barr virus (EBV) in nasopharyngeal epithelial cells
The Hong Kong Jockey Club Charities Trust	Dr. Patsy Chau	Evaluation of Hong Kong Sheng Kung Hui Welfare Council Community Transitional Care Programme for Stroke Patient in Hong Kong
Playright Children's Play Association	Dr. William Li	Effectiveness of Therapeutic Play in Minimizing Anxiety and Negative Emotions of Hong Kong Chinese Hospitalized Children
General Research Fund Incentive Award	Dr. William Li	Effectiveness of an Adventure Based Empowerment Programme in Decreasing Depressiveness and Enhancing Self-esteem and Quality of Life in Childhood Cancer Survivors: A Randomized Controlled Trial
Seed Funding Programme for Basic Research for New Staff	Ms. Celia Chow	Towards a better understanding of the mistreatment of Chinese elders
Teaching and Development Grants	Dr. Angela Leung	Interprofessional Online Learning for Dementia (IPLD)
Health and Medical Research Fund	Dr. Marie Tarrant	Increasing uptake of influenza vaccine among pregnant women: A randomized controlled trial

## New Appointment

Dr. Noel Chan, who joined the School as Teaching Consultant in 2011, has recently been appointed as Assistant Professor. The new appointment signifies the University's recognition of her achievements in teaching and research.

## Honors and Awards

Professor Agnes Tiwari was awarded the Knowledge Exchange (KE) Funding with the following project: "Supporting New Immigrant Women through Knowledge Exchange".

Dr. William Li was awarded the Knowledge Exchange (KE) Funding with the following project: "A health promotion programme to enhance the psychological well-being of Hong Kong children in Kwai Chung Estate".

## In the Media

Banning Advertising on Infant Formula Milk  
 Dr. Marie Tarrant  
*Hong Kong Daily News*  
 (18 Nov 2011) &  
*Oriental Daily*  
 (20 Nov 2011)



School of Nursing  
 Li Ka Shing Faculty of Medicine  
 The University of Hong Kong

4/F, William M. W. Mong Block,  
 21 Sassoon Road, Pokfulam, Hong Kong.  
 Tel: (852) 2819 2600  
 Fax: (852) 2872 6079  
 Website: www.hku.hk/nursing

### Editorial Board

Editor-in-Chief : Professor Judith Parker  
 Members : Professor Agnes FY Tiwari Dr Vivian FW Ngai  
 Dr Marie Tarrant Ms Polly SL Chan  
 Managing Editor : Mr Vincent TY Si