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Embedding



HKU's vision for 2016-2025 rests on the key planks of **Internationalisation, Innovation** and **Interdisciplinarity**, with the aim of embedding **Impact** into all academic and educational outcomes. The year 2018 saw the School of Nursing further its initiatives on each of these planks.

We promote our students' sense of global citizenship by providing them with innovative and challenging international and interdisciplinary experiences. We have greatly expanded our network of partnerships to include 39 renowned Schools of Nursing around the globe,

including schools in Australia, Canada, Greece, Japan, Mainland China, Singapore, South Korea, Spain, Sweden, Taiwan, Thailand, UK and USA. Over the past academic year, we welcomed 117 incoming exchange students from 18 international universities, and in this academic year 200 of our students will participate in scholarly and cultural activities in 35 universities outside Hong Kong.

In addition to this, as a member of the Southeast and East Asian Education and Research Network, we organised a Global Health Nursing and Leadership Development





Professor Chia-Chin Lin | Head

Impact

Workshop for student representatives from seven of the participating countries. This was a stimulating and ground-breaking two-week programme which provided students with the conceptual tools to analyse key health issues in the region and explore the leadership roles nurses can play in the interdisciplinary areas of health equity, health maintenance and prevention of disease and disability.

Our 8th Hong Kong International Nursing Forum held in December, in conjunction with the 2018 International Council on Women's Health Issues Congress, provided a fitting culmination to our year's activities. This stimulating event was organised with Johns Hopkins School of Nursing and it attracted over 500 attendees from more than twenty countries/regions.

The joint themes of women's health and holistic care provided a superb framework to examine innovative and interdisciplinary initiatives in practice, education and research, from a range of international perspectives. Professor Dame Nicky Cullum from the University of Manchester in the United Kingdom gave an inspiring Grace Tien Lecture. She drew upon her highly acclaimed work in wound care to consider issues around the development and

delivery of programmes of useful and usable research. Other luminaries who delivered keynote lectures on a range of highly relevant contemporary topics included Professor Antonia M Villarruel, from the University of Pennsylvania; Professor Mary McCarron, from Trinity College Dublin; Professor Ann Kurth, from Yale University and Professor Pamela S Hinds from The George Washington University.

HKU's 3+1 Is Internationalisation, Innovation and Interdisciplinarity + Impact

In bringing together world-renowned leaders, the 8th Hong Kong International Nursing Forum provided many opportunities for students, academics and practitioners from around the globe to exchange ideas, plan joint endeavours and engage in highly relevant discussions. It also facilitated a Deans' networking meeting which culminated in the signing of 10 new agreements on future collaboration with prestigious

international universities.

I have no doubt that impact is being embedded through our international collaborations and interdisciplinary innovations in research, education and practice. I am very grateful to all of my colleagues and collaborators who have contributed so much to the School's success.



Mindfulness Yoga

Improves Quality of Life



Dr Jojo Kwok | Research Assistant Professor

Around the world, Parkinson's Disease (PD) affects 1-2 per cent of elderly over 65 years old, leaving many of them with not only degenerating motor skills but anxiety and depression, too. Exercise can help but until now, most research has focused on the benefits of managing physical symptoms. A new study shows that mindfulness yoga may be even better because it offers both physical and mental benefits.

The study, led by Research Assistant Professor Dr Jojo Kwok and published in April 2019 in *JAMA – Neurology*, randomly assigned 138 patients with mild to moderate PD to participate in one of two programmes: a stretching and resistance training programme to improve motor symptoms and mobility, or a mindfulness yoga programme that taught mindfulness along with physical exercise.

The patients were questioned ahead of the programme and half were found to have symptoms of anxiety and/or depression. Moreover, on quality of life measures,

psychological distress accounted for 42 per cent of the variance in outcomes but functional impairment only 18 per cent.

"Their perceived quality of life seemed less relevant to their disease stage, but more related to how they perceived their illness and how they were coping," Dr Kwok said.

"We found that the mindfulness yoga group had significant better outcomes related to anxiety, depression, spiritual well-being, perceived hardship and other quality of life measures."

A key factor in this perception is acceptance, which is why mindfulness was incorporated into the programme as it emphasises non-judgemental awareness of the present moment.

Each group met once a week over eight weeks at a centre run by the Hong Kong Society for Rehabilitation. The stretching and resistance training group did 60 minutes of exercise that focused on motor skills and symptoms. The mindfulness yoga group did 90 minutes which involved breathing exercises (such as "lion" breathing which stimulates facial expression, a goal for PD patients), a yoga sequence (such as a modified sun salutation focused on



for Parkinson's Patients

training both sides of the body), and mindfulness meditation (such as loving-kindness meditation to cultivate compassion and forgiveness). Each group was also encouraged to do the exercises at home for 20 minutes twice a week.

Baseline surveys and neurological examinations of the patients' physical and mental health were conducted before the programme, at the end of the eight weeks, and three months after that.

"We found that the mindfulness yoga group had significant better outcomes related to anxiety, depression, spiritual well-being, perceived hardship and other quality of life measures. And the physical benefits were similar to the stretching and resistance training group. Most importantly, they said they really enjoyed it," Dr Kwok said.

"It seems mindfulness helps them to cultivate their openness and acceptance and makes them feel more peaceful in their daily life. So when they have bad days in terms of symptoms, they can better manage these symptoms."



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Discussion Forums

Help Students Take Charge



Ms Zoe Ng | Lecturer

The traditional approach to education has been to build up students' foundational skills by transferring knowledge from teacher to student. But increasingly, it is recognised that learning can be richer and deeper if students play a more active role. Ms Zoe Ng, Lecturer in the School of Nursing, has taken on the challenge of creating such a model for nursing education by working within the existing learning management system.

"My aim was to enhance and promote students' interaction with each other and with the content by encouraging them to take more responsibility for their learning," she said.

The result is a programme that makes creative use of discussion forums to drive interaction and feedback and provide students with opportunities for taking charge of their learning.

The forums were integrated into group assignments in which students worked in groups of four to develop an education booklet and received and gave feedback to each other throughout the process.

The students were first engaged in self-directed learning by choosing their topic from a list of categories, drafting a preliminary design and posting that for peer feedback. Each student had to provide a mandatory minimum of two feedback postings and they could also read other students' feedback in all groups. "Obviously, students are prone to compare themselves against those who are working on the same topic as themselves," Ms Ng noted.

The students also had to reply to a set number of comments, which forced them to think more deeply about their work. "This sometimes triggered the process of searching for

"My aim was to enhance and promote students' interaction with each other and with the content by encouraging them to take more responsibility for their learning."

answers by themselves. Therefore, the learning went far beyond their group work to more interaction among groups and individuals," she said.

In finalising their education booklets, the students had to take into account the suggestions of other students before posting their final version on the discussion forum and submitting a hard copy.

Finally, they had to grade the contributions of their peers. Teachers also tracked participation.

"It is difficult to make students become masters of their own learning in a course. I believe with the effort of the whole teaching team to employ different learning strategies, the creation of a powerful learning environment is just around the corner," she said.

of Their Learning

Ms Ng offered some suggestions for other teachers on incorporating discussion forums into their courses:

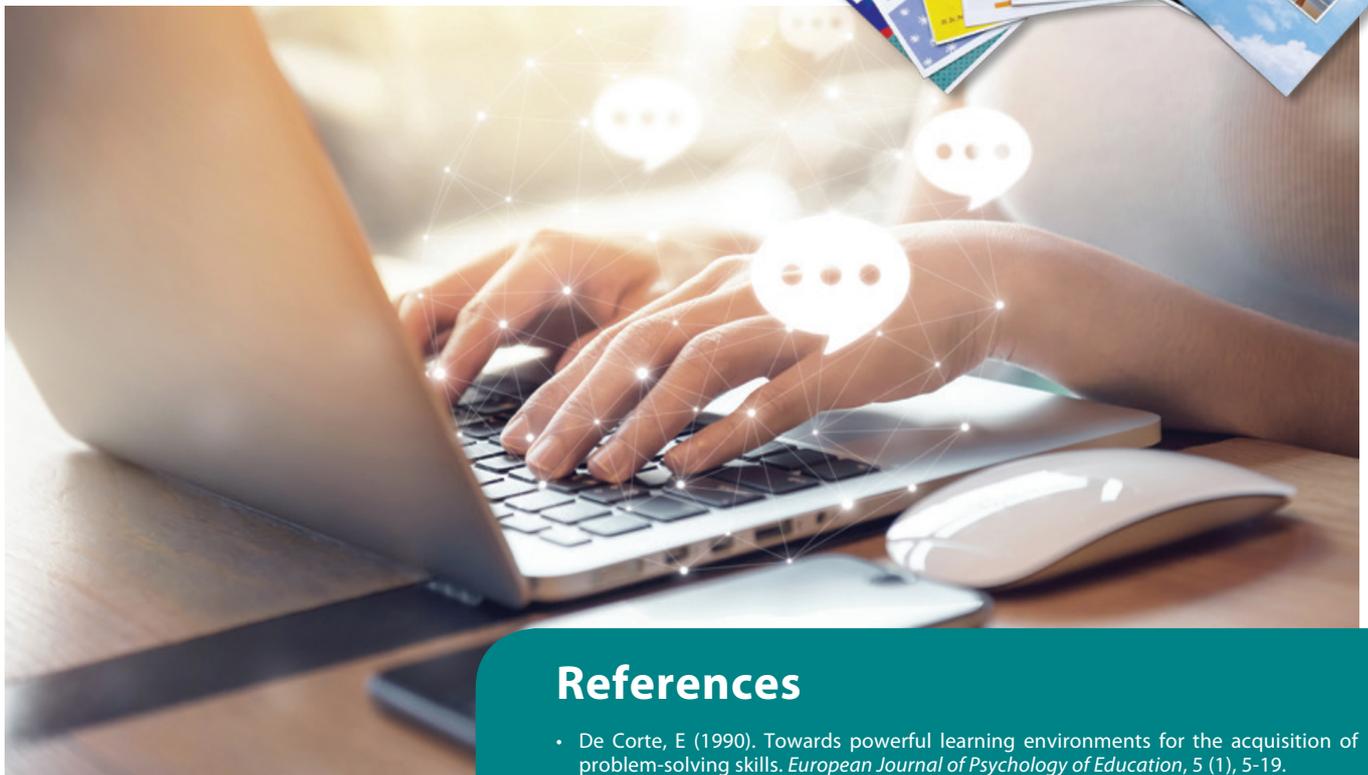
1. Make the learning teams small, because this will make it easier to control member engagement.
2. No optional participation!
3. Provide incentives (some portion of marks) for participation.
4. Provide clear instructions.
5. Make the assignment interesting and allow some choice and flexibility.
6. Consider the students' workload in designing the course and setting deadlines.
7. Provide an opportunity for students to address peer feedback and refine their deliverable.

8. Allow for peer grading.

9. Finally, minimise interruptions from the teacher.

"The student-student and student-content interactions in the discussion forums are not meant to abrogate teacher responsibility in providing feedback, but it is better if teachers adopt a 'guide on the side' approach. This can maximise student learning in a number of ways, such as promoting self-directed learning, collaborative and problem-solving skills," she said.

▼ Students' assignments



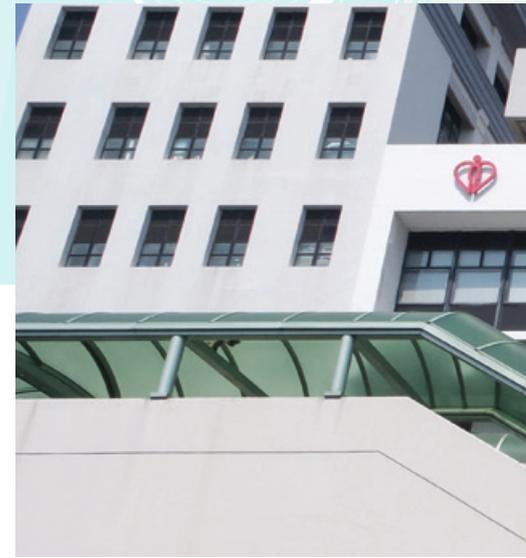
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Inspiring Clinical



Ms Jane Chan | Cluster General Manager (Nursing)
Hong Kong West Cluster



“The future holds many challenges and opportunities which we can address through empowering and engaging nurses to unleash their talent so they can serve with expertise, excellence and empathy.”

Ms Jane Lai-Hung Chan is General Manager (Nursing), of Queen Mary Hospital (QMH) and Tsan Yuk Hospitals as well as Cluster General Manager (Nursing) for the Hong Kong West Cluster (HKWC).

She came to this role from the General Manager (Nursing) of Grantham Hospital (GH). She has over 30 years of experience in the nursing profession and excelled in different domains, clinical and managerial alike. Various initiatives were implemented under her leadership including the relocation of Ophthalmology service and Rheumatology day service from QMH to GH. She has also led the Hospital Authority-wide Working Group on Specialist Outpatient Clinic Operations to roll out a number of corporate programmes to improve the management of outpatient waiting time and queuing system. With her ample experience at both cluster and corporate level, she is an inspirational leader who received a number of prestigious awards. At Queen Elizabeth Hospital, she also developed programmes and implemented initiatives to improve patients' experiences within the healthcare system and strengthened nurses' contributions to healthcare through the development of nurse led clinics in a range of specialty fields.



Excellence



Ms Chan has a vision for healthcare that is based firmly in the importance of the patient experience. She wants to ensure that the concept of partnership is strongly embedded in all aspects of healthcare delivery; partnerships between patients, families, the healthcare team and the community. She thinks that the highest standard of nursing care will only occur through ensuring collaboration and cooperation between all stakeholders in the delivery of patient centred care and continuous quality improvement. Importantly, she recognises that nursing care requires the provision of adequate resources. “Future nursing needs have to be anticipated and their acquisition planned for”, Ms Chan stressed.

Ms Chan is excited about working closely with the HKU School of Nursing. She is impressed with the students she has met. “I have found them to be diligent, modest, humble, creative and talented young fellows”, she said. She believes there are inextricable linkages between QMH/HKWC and the University which facilitate strong relationships. Education, clinical practice and research together form an indivisible unity in nursing which enables and empowers knowledgeable, compassionate, evidence-

based and patient-centred care. This integration is only possible through aligning the philosophy and aims of both entities in mutually compatible ways so that optimal outcomes can be achieved for all.

Ms Chan recognises a number of challenges to be confronted and overcome. “We have a wide generation spectrum in the work place and it is imperative that the generation gap is addressed”, she noted. “Therefore, we need to set strategies in place to attract and retain talented younger nurses and provide them with the opportunities that match their capabilities such as strengthening specialisation in nursing practice. The future holds many challenges and opportunities which we can address through empowering and engaging nurses to unleash their talent so they can serve with expertise, excellence and empathy”. She firmly believes that this will not only improve patient outcomes, but it will also boost the professional image of nursing to the public.

Big International Turnout for 8th Nursing Forum

More than 500 participants from over 20 countries and regions joined the **8th Hong Kong International Nursing Forum cum 2018 International Council on Women's Health Issues (ICOWHI) Congress** that was jointly organised by the HKU School of Nursing and the School of Nursing of Johns Hopkins University on December 17 – 18, 2018.

World-renowned leaders exchanged knowledge and insights on the theme of **"Holistic Care Now and into the Future: Implications for Practice, Education and Research"**.

Professor Sophia Chan, Hong Kong's Secretary of Food and Health, delivered the opening remarks and Dr Steven Cannon, HKU's Executive Vice-President (Administration & Finance), gave opening address. Professor Patricia Davidson, Dean of School of Nursing of Johns Hopkins University delivered the welcoming address and Professor Chia-Chin Lin, Head of HKU School of Nursing, gave a vote of thanks. The renowned speakers at this highly-successful gathering are listed below, as well as the poster and oral presentation award winners.

Opening Ceremony



Professor Sophia Chan



Dr Steven Cannon



Professor Patricia Davidson



Professor Chia-Chin Lin



Opening Keynote Address

The Nursing Profession in Today and World



Dr Che-Hung Leong, G.B.M., G.B.S., O.B.E., J.P., Patron, The Hong Kong Academy of Nursing Limited

Grace Tien Lecture

Developing and Delivering Programmes of Useful and Usable Research: Reflections from Wound Care



Professor Dame Nicky Cullum, Professor of Nursing and Head, Division of Nursing, Midwifery and Social Work, University of Manchester, the United Kingdom

Keynote Addresses

Digital Innovations in Improving Health: Promise or Peril?



1

1 Professor Antonia M Villarruel, Professor and Margaret Bond Simon Dean of Nursing, School of Nursing, University of Pennsylvania, the United States

Discovering the Future of Holistic Care for Older People with Intellectual Disabilities: What Ten Years of Ageing Research in Ireland is Teaching Us



2

2 Professor Mary McCarron, Dean of the Faculty of Health Sciences, Professor of Ageing and Intellectual Disability, Director of the Trinity Centre for Excellence in Ageing and Intellectual Disability, Trinity College Dublin, Ireland

3 Professor Ann Kurth, Dean and the Linda Koch Lorimer Professor of Nursing, School of Nursing, Yale University, the United States

4 Professor Pamela S Hinds, Executive Director, Department of Nursing Science, Professional Practice & Quality Outcomes, William and Joanne Conway Endowed Chair, Children's National Health System, Professor of Pediatrics, The George Washington University, the United States

Global Non-Communicable Diseases: Challenges and Opportunities



3

Mothers' Well-being When Parenting a Seriously Ill Child



4

Plenary Session

#MeToo Moment: Reflections on Sexual Assault and Abuse

Speakers

- A Ms Linda Wong**, Executive Director, RainLily, Hong Kong
- B Dr Patrick Cheung**, Consultant Pediatrician, Chairperson, Against Child Abuse, Hong Kong
- C Dr Anna Choi**, Associate Professor, Department of Social and Behavioral Sciences, City University of Hong Kong, Hong Kong
- D Dr Pierre Chan**, Legislative Councillor (Medical), The Hong Kong Special Administrative Region, Hong Kong



A



B



C

Award Winners

Best Poster Awards	1	<i>The Risk Factors of Obstructive Sleep Apnea Among Hypertensive Patients</i> Ms Mia Astridivia , National Public Center Dr. Cipto Mangunkusumo Hospital, Indonesia
	2	<i>Development of a Predictive Model for Diabetic Foot Ulceration</i> Professor Ihn Sook Jeong , College of Nursing, Pusan National University, South Korea
	3	<i>Empowering Through Experience: Nursing Students' Experience in a Simulated Ward</i> Dr Maggie Mee-Kie Chan , School of Nursing, The University of Hong Kong, Hong Kong
	4	<i>Reliability and Validity of the Chinese Version of the Premenstrual Coping Measure Scale</i> Ms Qi Zhang , School of Nursing, Dalian University, China
Best Poster Award for Student	5	<i>The Effectiveness of Using Adventure-Based Training in Enhancing the Competency, Self-Efficacy and Resilience Among Nursing Students for Clinical Practicum</i> Ms Sharis Wing-Gi Kwan , School of Nursing, The University of Hong Kong, Hong Kong
Best One-minute Oral Presentation	6	<i>The Effectiveness of Focus Group Discussion about the Dangers of Smoking in Active Smokers in Bogo, Kalibawang, Kulon Progo, Yogyakarta</i> Ms Pita Puji Lestari , School of Nursing, Universitas Gadjah Mada, Indonesia



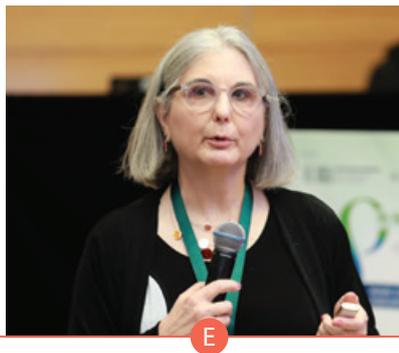
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6

Moderators

E Dr Anne Teitelman, Associate Professor of Nursing, The University of Pennsylvania, the United States

F Dr Janet Wong, Associate Professor, School of Nursing, The University of Hong Kong, Hong Kong



◀ (From left) Dr Janet Wong, Dr Nada Lukkahatai and Dr Patsy Chau were Co-Chairpersons of the event.

Deans Sign Student Exchange Agreements

Internationalisation is an integral component of present day nursing and the HKU School of Nursing has been vigorously expanding its international network for research and student exchanges. Recent progress was made on the back of the 8th Hong Kong International Nursing Forum *cum* 2018 International Council on Women's Health Issues Congress on December 17, at the **Deans' Networking Meeting *cum* Agreement Signing Ceremony**. Participants from prestigious Nursing Schools in Australia, Europe, North America and East Asia signed Student Exchange Agreements to formalise future collaborations that will serve to broaden the international perspectives of our students.

▼ Professor Chia-Chin Lin and Professor Kyeong-Yae Sohng of the Catholic University of Korea.

▼ Professor Chia-Chin Lin and Professor Hyo-Jeong Song of the Jeju National University.



▼ Professor Chia-Chin Lin and Professor Sally Chan of the University of Newcastle.



▲ Professor Chia-Chin Lin and Professor Donna Waters of the University of Sydney.





▼ Professor Chia-Chin Lin and Professor Marie Gerdtz of the University of Melbourne.

▶ Professor Chia-Chin Lin and Professor Adey Nyamathi of the University of California, Irvine.

▼ Professor Chia-Chin Lin and Dr Mercedes Pérez Díez del Corral of the University of Navarra.



◀ Professor Chia-Chin Lin and Professor Wen-Yu Hu of the National Taiwan University.



▶ Professor Chia-Chin Lin and Professor Elizabeth Saewyc of the University of British Columbia.



◀ Professor Chia-Chin Lin and Professor Dong-Hee Kim of the Pusan National University.





SEANERN Global Health Nursing



Nursing students from seven countries participated in the **Global Health Nursing and Leadership Development Workshop** that was organised by the School for members of the Southeast and East Asian Nursing Education and Research Network (SEANERN).

The workshop was an outcome of the SEANERN Memorandum signed at the 7th Hong Kong International Nursing Forum in December 2017 and it gave the School an opportunity to advance its mission of nurturing new generations of nursing professionals and developing and improving nursing education, research and clinical practice and resources in the region.

The students participated in a two-week workshop that provided an overview of global and community nursing theories and strategies and knowledge about different healthcare systems in Southeast and East Asia. They also participated in the 8th Hong Kong International Nursing Forum *cum* 2018 International Council on Women's Health Issues Congress.

The students gained wider perspectives about global nursing and were encouraged to aspire to become leaders in the nursing community.





Leadership Development Workshop



Spring Reception with Clinical Partners



To celebrate the Year of the Pig and show appreciation to our clinical partners, the School held the "Spring Reception with Clinical Partners" luncheon on February 27, 2019. The Dean, Professor Gabriel Leung, and Head of Nursing, Professor Chia-Chin Lin, gave a warm welcome to our guests who included Professor Sophia Chan, Hong Kong's Secretary for Food and Health.

The Spring Reception with Clinical Partners brings together representatives from hospitals, NGOs and other stakeholder groups to exchange industry news and insights. It also allows the School to show its gratitude to clinical partners for their contributions and support to nursing education.



Wellness Workshops for Students



In order to enhance students' resilience in the face of a stressful clinical learning environment and life events, the School invited Nethersole Institute of Continuing Holistic Health Education (NICHE) to organise two Holistic Wellness Enhancement Workshops in early 2019. One workshop, held on February 22, used drama to help students understand and express themselves through performance, body movement and story-telling. The other workshop, held on March 22, used gardening to nurture students' positive thinking and relieve stress. Gardening has been proven to have positive physical, psychological, social and cognitive effects.



"East-meets-West" Luncheon



Eleven outgoing exchange students and 40 incoming students met with our teachers for the "East-meets-West" Luncheon on January 25, 2019, an annual event that aims to strengthen social ties between students from different parts of the world.

Dr Gordon Wong, Assistant Dean (Professional Development) of the Faculty of Medicine, attended the luncheon together with Professor Chia-Chin Lin, Head of Nursing. Dr Wong discussed the global perspectives and cross-cultural understanding that students can gain from the School's International Student Exchange Programme. Certificates of

Attendance were also presented to a student representative from Peking University to acknowledge their completion of this programme.



Incoming Exchange Students

University

Dalian University (China)

Fudan University (China)

Peking University (China)

Korea University (South Korea)

Jönköping University (Sweden)

Kaohsiung Medical University (Taiwan)

Taipei Medical University (Taiwan)



Hospital Authority Visit to the School



The School hosted a visit from 18 delegates of the Hospital Authority's Hong Kong West Cluster on March 13, 2019. The delegates, who included Cluster Chief Executive, Dr Theresa Li, and Cluster General Manager (Nursing), Ms Jane Chan, observed a laboratory lesson and toured the Li Shu Fan Medical Foundation Nursing Clinical Skills Laboratory and Simulation Training Centre. The Centre provides sophisticated and computerised manikins, a simulated clinical environment and virtual reality technology, such as VR Cave and videos, for students to practice total patient care and clinical decision-making.



► Dr Theresa Li (right)

Class of '19 Pinning Ceremony

The Pinning Ceremony of the Class of 2019 marked a significant milestone for our final-year students, who received their pins onstage and recited the Nightingale Pledge amid a sea of candles, evoking the spirit of Florence Nightingale.

The ceremony on March 20 also featured speeches by Hong Kong's Secretary for Food and Health, Professor Sophia Chan, the Associate Dean (Teaching & Learning), Professor Giberto Leung, and the Head of Nursing, Professor Chia-Chin Lin. The speakers praised the students' determination and commitment to serve the community as professional nurses and encouraged them to rise to the challenges that lay ahead in their careers.

Congratulations to the Class of 2019!





Professor Sophia Chan



Professor Gilberto Leung



Professor Chia-Chin Lin



Class representative Josephine Li





Interviewing Skills Workshops for Final Year Students

Two nursing professionals gave talks on interviewing skills to help final year students prepare for upcoming job interviews. Ms Elaine Yeung, Advanced Practice Nurse of the Central Nursing Department at Queen Mary Hospital, gave a talk on March 1, 2019, and Ms Jane Chan, Cluster General Manager (Nursing) of the Hong Kong West Cluster, spoke on March 13. Students also participated in mock interviews facilitated by trained teachers from the School. Student feedback on the sessions was positive and the students demonstrated improved confidence afterwards.



Ms Elaine Yeung



Ms Jane Chan



Message from Mentor

Ms Wendy Lam

Infection Control Nursing
Officer, Canossa Hospital
(Caritas)

Participant of HKU Advanced
Training Programme in
Clinical Nursing Education on
Mentoring, 2017



HKU Advanced Training Programme in Clinical Nursing Education on Mentoring

What can we expect from our next nursing generation? How can we prepare them for the task they face? Do we have the skills to teach and mentor our students

and new staff in a systematic manner, as well as provide them with fair assessment and appropriate feedback?

Answering these questions is at the heart of the advanced training programme in clinical nursing education workshops, which were organised by the HKU School of Nursing with funding support from the Li Shu Fan Medical Foundation. The workshops were delivered by experts from the University of Melbourne with the aim of equipping nurse mentors and preceptors with advanced knowledge and skills so they can deliver clinical education effectively.



The workshops generated inspirational ideas on planning, implementation and delivery of clinical nursing education, as well as its assessment and feedback. Mind maps were used to brainstorm ideas, concepts and theories to foster best practices. There were also opportunities to meet and connect with nursing colleagues from different fields and different health institutions. Many practical skills, methods, tools and approaches were also shared during group discussions.

At the end of the training workshop, individual participants delivered a presentation on "Personal Philosophy of

"Thank you for showing us how great teaching can be – easy, humorous, engaging and inspiring!"

Teaching and Learning". Constructive feedback from the teaching team was valuable for self-reflection and broadening minds. In the end, we even produced our own training video clips for use in future classes.

Central South University, China

Heida Hei-Man Lau
Rebecca Kam-Ling Lau
Gloria Sze-Ching Mok
Yanki Wing-Yan Ng
Antony Ho-Him So
Man-Lung Wong
Hugo Pak-Hei Yim

**Year 2 Bachelor of
Nursing (Full-time) students**



We had a fruitful and fascinating exchange visit to Central South University from December 27, 2018 to January 5, 2019. Our partner university took us for a tour of their teaching facilities, including Xiang Ya Hospital and the Guanshaling Street Gongyeyuan Community Health Service Station, which deepened our nursing knowledge and enabled us to see the healthcare system from a new

perspective. There were plenty of sharing and discussion sessions where we were able to compare healthcare in Hong Kong and Changsha. This was also a precious opportunity for us to interact with local nursing students, who improved our cultural awareness and gave us insights that will enable us to provide quality care to patients from different backgrounds.



Chiba University, Japan



Icy Yi-Ching Chan

Men-Si Lau

Zita Kit-Yin Yau

Year 3 Bachelor of Nursing
(Part-time) EN students

Sally Ka-Wai Wu

Year 1, Bachelor of Nursing
(Part-time) RN student

This exchange programme has been one of the greatest experiences we have had as students. The knowledge we gained from the Inohana interprofessional education (IPE) programme and our visit to the Chiba University Hospital will be very useful for day-to-day nursing work. We also loved immersing ourselves in the Japanese culture and language, and the

people in Japan were incredibly hospitable to foreigners. Sharing experiences with other local students who have the same level of passion about Hong Kong made the memories amazing as well. Our fondest memories were our travels to Shibuya and Shinjuku to see the Christmas ornaments during our break.



◀ Chiba University Hospital



▲ Receiving certificate from IPE staff after completion of an IPE course

◀ Lunch after English language exchange with Dr David Casenove and Japanese students



Edinburgh Napier University, UK



Kit-Laam Chan
Rebecca Kam-Ling Lau
Ann Wing-Man Li
Yee-Man Liu
Martin Wai-Yip Lo
Tsz-Kiu Wong

**Year 2 Bachelor of Nursing
(Full-time) students**

**Kwok-Ching Poon
Year 2 Bachelor of Nursing
(Part-time) RN student**



It seems a bit cliché to say that the exchange programme broadened our horizons, but in this fruitful week we had many opportunities to explore Edinburgh, from healthcare to culture. We received an overview of Edinburgh's healthcare system that included antepartum to postpartum care, adult mental healthcare, sexual healthcare and children's healthcare, through our visits to the Birth Centre and Maternity Unit of the Royal

Infirmery of Edinburgh, Chalmers Sexual Health Centre, Rachel House Hospices and the Orchard Clinic of Royal Edinburgh Hospital. Many of these units and centres were designed to fulfil both the physical and psychological needs of the service users. It is admirable that the nurses and staff are passionate about the care they provide to patients and service users. We were also impressed that a patient was allowed to visit with her horse inside the Rachel House Children's Hospice to fulfil her end-of-life wish. Our visit also provided us with the remarkable experience of attending lectures and simulated labs, where we learnt through role play to understand patients' feelings when being treated by different nursing styles. The design of the centres and hospitals is very patient-centred and humane, for example, there are outdoor and indoor playgrounds, a mini-kitchen, a party room full of coloured pads, adjustable lighting and music for child patients, and a bedroom/temporary mortuary where parents can spend as long as they desire with their deceased child. We also visited many heritage museums and tried Edinburgh delicacies such as haggis pizza, which is made of minced sheep's organs. The exchange programme was definitely eye-opening culturally, intellectually and professionally.



University of Pennsylvania, USA



Pik-Kwan Cheung

Yan-Pui Choi

Nicolette Lau

Kit-Ying Ng

Wai-Han Tse

Sum-Yi Yeung

Year 4 Bachelor of Nursing
(Full-time) students



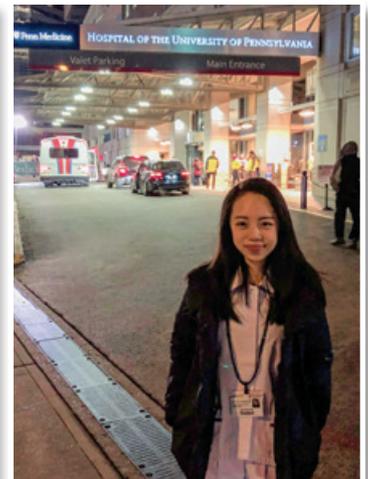
We enjoyed a memorable two-week exchange programme at the School of Nursing, University of Pennsylvania (UPenn). This nursing school is ranked number one in the world and the UPenn nursing students have strong support from their school and their teaching hospital (Hospital of the University of Pennsylvania (HUP)). There are substantial simulation labs and boot camps, the labs have actual IV infusion pumps and ceiling hoist installed for students to practice with, and each student is provided with an access code so they can familiarise themselves with their patient's case before clinical consultation.

We were honoured to have this exchange opportunity because it helped us to gain more understanding of the American medical system, clinical setting and culture. Nurses in the US have much more autonomy and independence in general and there is greater respect for the nursing profession. This exchange reminded us why we want to be nurses in the first place. As healthcare professionals, not only do we empathise with our patients in both their physical and psychological healing, but we also acknowledge the importance of holistic wellbeing for caretakers and healthcare workers.



▼ Inside the Claire M Fagin Hall (the School of Nursing's building).

We also enjoyed attending the lectures. The learning atmosphere was good and everyone was willing to express their views and learn from each other. The lecturer also encouraged us to speak up and raised questions regarding perioperative care and functional status. We loved the interaction during classes and made lots of friends with our classmates.



Dr William Li, Associate Professor of HKU School of Nursing and Director of HKU Youth Quitline, was interviewed by the TVB news programme <最強生命線> on cigarette addiction and smoking cessation for youth. The programme featured the HKU Youth Quitline and “Quit to Win” Smoke-free Community Campaign, which were developed by the School of Nursing and School of Public Health, and included interviews with people who successfully quit smoking through these initiatives.



(TVB – December 17, 2018)

RTHK (Radio Television Hong Kong) news programme <鏗鏘集> interviewed **Dr JoJo Kwok**, Research Assistant Professor, on the application and effects of mindfulness yoga in people with Parkinson’s disease (see also page 4). The programme was also broadcast on TVB.

(RTHK & TVB – December 31, 2018)



The School of Nursing, in collaboration with the Hong Kong Housing Authority, organised the Healthy Ageing in Public Rental Housing Estates Programme 2018/19 starting from September 1, 2018. The programme aims to promote active lifestyles and healthy ageing among older tenants living in public rental housing estates.

(AM730 – January 16, 2019 and March 8, 2019)



Now News programme <杏林在線> reported on the School of Nursing’s incorporation of Virtual Reality (VR) technology in nursing education. According to evaluation results, VR education can enhance a student’s empathy level. The report was also broadcast on Viu TV Channel 99 on February 9, 2019.

(Now News – February 8, 2019; Viu TV Channel 99 – February 9, 2019)



Dr Kelvin Wang, Assistant Professor, contributed a column on the negative effects of e-cigarettes in *Oriental Daily News*. A survey showed that 1.4% of primary four to six students had tried e-cigarettes in the past. Among students who tried rolling tobacco, 73% indicated that they attempted the e-cigarette first.

(Oriental Daily News – February 16, 2019)

Dr William Li, Associate Professor, was interviewed by the *South China Morning Post* regarding the ban on e-cigarettes in Hong Kong.

(South China Morning Post – February 16, 2019)



Dr Kris Lok, Research Assistant Professor, contributed a column on breastfeeding to *am730*. She indicated that only 0.9% of 6-month-old babies in Hong Kong are exclusively breastfed, even though over 86% of new mothers initiate breastfeeding. Also, women who smoke during pregnancy or who have smoking partners are significantly less likely to initiate breastfeeding. Those exposed to two or more family members who smoked had a 30% increased risk of breastfeeding cessation.

(am730 – March 4, 2019)



Dr Patsy Chau, Associate Professor, contributed a column to *am730* on the low level of knowledge about heart attack symptoms among older Chinese and inappropriate anticipated treatment. Dr Chau pointed out that health education should focus on increasing public knowledge of acute myocardial infarction symptoms and the need to call an ambulance during an emergency.

(am730 – March 11, 2019)



HK01 and *Sing Pao* reported on a health talk under the Healthy Ageing in Public Rental Housing Estates Programme 2018/19 that was co-organised by the School of Nursing and the Hong Kong Housing Authority. The event featured over 100 elderly people practicing Tai-Chi led by the School of Nursing's AI robot.

(HK01 – March 8, 2019; Sing Pao – March 13, 2019)



New Faces

“ It is my great honour and privilege to embark on a new career as an Assistant Lecturer of my alma mater, the HKU School of Nursing. I obtained my undergraduate and master's nursing degrees in 2008 and 2013, respectively. My early career started as a registered nurse in Neonatal intensive care, Paediatrics Haematology, Orthopaedics high dependency care and rehabilitation. I am excited about nursing care practice and pedagogy, and my experience has shown that transmitting this excitement to students is fundamental in my role as an educator. I believe that in each teaching opportunity I learn to communicate with students and fellow colleagues, hence creating a productive and enjoyable work environment. ”



Ms Zoe Hon
Assistant Lecturer



Ms Cherry Chu
Assistant Lecturer

“ I am honored and delighted to join the School of Nursing of HKU as Assistant Lecturer. After graduating from university, I worked in the Orthopaedics and Traumatology ward and Intensive Care Unit in public hospitals. Over the years, I have undertaken different clinical-related courses to enhance my knowledge and skills. In recent years, I also pursued a master's in public health that allows me to discover more beyond nursing.

I look forward to becoming a team member of the School and sharing my passion, clinical experience and skills with our nursing students. I hope that our students will become professional nurses who are competent and caring and who benefit their patients and society. ”

Promotions



Congratulations to **Dr Denise Cheung**, whose invaluable contributions to the School was signified by the offer of Research Assistant Professor with effect from March 1, 2019.



Congratulations to **Dr Derek Cheung**, whose invaluable contributions to the School was signified by the offer of Assistant Professor with effect from March 22, 2019.

Research Grants Awards

Local and International Funding Bodies	Principal Investigator	Project Name
Health and Medical Research Fund (HMRF)	Dr Mandy Ho	Translation and cultural adaption of an eating behaviour questionnaire for assessing the psychological aspects of eating behaviours in Chinese adults
Health and Medical Research Fund (HMRF)	Dr William Li	Using information communication technology (WhatsApp/WeChat) to deliver Brief Motivational Interviewing (i-BMI) to promote smoking cessation among smokers with chronic diseases
The Lok Sin Tong Benevolent Society, Kowloon	Dr Kelvin Wang	Evaluation of a smoking cessation programme in workplaces in Hong Kong
Hong Kong Council on Smoking and Health (COSH)	Dr Kelvin Wang	Tobacco Control Policy-related survey 2018-19 Mobile Phone Survey
Seed Fund for Basic Research, HKU	Dr Edmond Choi	A population-based study to assess attitudes and knowledge of prostate cancer and screening in Hong Kong
Seed Fund for Basic Research, HKU	Dr Kelvin Wang	Video gaming in university students: a longitudinal study with ecological momentary assessment and usage tracker in smartphones
Seed Fund for Basic Research, HKU	Dr Kris Lok	A feasibility randomised controlled trial of a postnatal diabetes prevention program: Mothers after gestational diabetes in Hong Kong
Seed Fund for Basic Research, HKU	Dr Mandy Ho	Dietary intervention for non-obese Chinese adults with pre-diabetes: A pilot study
Seed Fund for Basic Research, HKU	Dr William Li	A General Health Promotion Approach Using Information Communication Technology (GHP-ICT) to deliver Brief Motivational Interviewing to help smokers with chronic diseases quit: A randomised controlled trial
Seed Fund for Basic Research, HKU	Dr Patsy Chau	Predicting healthcare utilisation among the older Hong Kong population in the hot season: A big data approach
Seed Fund for Basic Research, HKU	Dr Daniel Fong	Neurological assessment of noise impact on cognitive activity in adults: A proof of concept
Seed Fund for Basic Research, HKU	Dr Janet Wong	Assessing sleep quality prediction from heart rate variability in middle aged women





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