



Feature Stories

- 04 More Evidence to Show Breastfeeding Lowers Diabetes Risk
- 06 Enrichment Programme Takes Students Out of Their Comfort Zones
- 08 Rising to the Top, Twice

School Highlights

- 20 9th Hong Kong International Nursing Forum *cum* 1st Greater Bay Area Nursing Conference

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Letter

02 Head's Message

2020 A Significant Year
for HKU and
Global Nursing



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04 *Feature Stories - Research*

More Evidence to Show Breastfeeding Lowers Diabetes Risk

06 *Feature Stories - Teaching and Learning*

Enrichment Programme Takes Students Out of Their Comfort Zones



Contents



08 *Feature Stories - Clinical Excellence*

Rising to the Top, Twice

School Highlights

- 10 School Signs MoUs with Two Universities in Thailand
- 11 Clinical Teachers Join Retreat
- 12 School Hosts Luncheon with Secondary School Principals
- 13 JUPAS Info Day 2019
- 14 Nursing Summer Programme 2019
- 15 Healthcare Education and Simulation Workshop
- 16 Launch of Perfusion Science Study Track of Master of Nursing
- 17 The 7th Serena Yang Lecture
- 18 Life Enrichment Learning Poster Presentation & Sharing Session
- 19 "Futures Thinking and Me in 2030" Workshop
- 20 9th Hong Kong International Nursing Forum *cum* 1st Greater Bay Area Nursing Conference
- 25 **Message From ...**



- 26 **In the Media**
- 30 **New Faces**
- 32 **Awards**
- 32 **Promotions**
- 33 **Congratulations**

School of Nursing LKS Faculty of Medicine The University of Hong Kong

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

Tel : (852) 3917 6600

Fax : (852) 2872 6079

Website : <https://nursing.hku.hk/>

Editorial Board

Editor-in-Chief :

Professor Judith Parker

Advisor:

Professor Chia-Chin Lin

Members:

Dr Polly Chan

Mr Vincent Chan

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Professor Chia-Chin Lin | Head

2020 A Significant Year for HKU and Global

In this International Year of the Nurse and Midwife honouring the 200th birth anniversary of Florence Nightingale, I am excited to announce the 25th Anniversary of School of Nursing, The University of Hong Kong (HKU). As nurses globally are achieving so much through standing on the shoulders of the giants who have led the way in nursing and health care over the last two centuries, the HKU School of Nursing has also benefitted from the achievements of its visionary stewardship over the past quarter century. It is now timely to focus on building for our nursing future in this age of accelerated technological innovation, global uncertainties and challenging health priorities.

The School of Nursing is committed to fostering future nursing leaders in clinical practice, policy, education and research who will spearhead innovation, adapt to change and nurture sustainable development. These capabilities will be critically important as we move towards even more complex, technology enabled and rapidly changing modes of health care.

Our interprofessional education programme is extremely important in the preparation of leaders for these multifarious environments. It enables us to provide students aspiring to leadership roles with the knowledge and skills to participate proactively in interdisciplinary teams, where they collaborate, communicate and share resources to solve complex health problems. Together with our excellent clinical programme, graduates with this background are in an excellent position

to engage in a range of advanced practice and other clinical leadership roles.

The School has partnerships with many universities around the world which enable student exchange and joint research endeavours. Students can now also engage in a programme of life enrichment learning activities outside Hong Kong.



Nursing

These may include learning activities outside the nursing discipline, research participation and community service engagement. Together with their international and regional exchanges, these experiences provide rich and often profound understandings of socio-cultural, political and economic factors impacting upon people's lives. Students are thus developing a global awareness and value system which supports flexibility and openness to other people's cultures, enabling diversity and innovation to be cultivated. Their experiences fit them well to become policy advocates, providing a voice for the community and nursing leadership in practice and education in a complex and rapidly changing world.

The School of Nursing is committed to fostering future nursing leaders in clinical practice, policy, education and research who will spearhead innovation, adapt to change and nurture sustainable development.

Permeating all our education endeavours is a commitment to research and scholarship. Our graduates have a rigorous research mindedness and are well prepared to engage in interdisciplinary collaborative research. A strategic aim of our researchers is to contribute to improvements in healthcare and public health through working with big data to enable precision personalised health care.

Our strategic vision for the future seems a long way from the far-sighted achievements of Florence Nightingale. Yet there is a continuity which resides in our concern to always place the interests of our patients first.



More Evidence to Show Breastfeeding



Researchers in the School of Nursing have discovered another reason why breastfeeding is best, especially for Asian women who are diagnosed with gestational mellitus diabetes (GDM): it can reduce the risk of developing full-blown Type II diabetes mellitus (DM).

GDM is usually diagnosed in the last trimester of pregnancy and is associated with negative outcomes for both mother and child, such as macrosomia, caesarean delivery, pre-term birth, jaundice and stillbirth. Women who are diagnosed with GDM are almost four times more likely to develop DM over their lifetime.

Earlier studies had suggested breastfeeding can reduce this risk, but there were still unanswered questions that attracted the interest of Assistant Professor Dr Kris Lok and her colleagues.

“Breastfeeding is associated with short-term improvement in glucose metabolism in women after they give birth, and in long-term reduction of risk from cardiometabolic disease. But only a few studies have been done on breastfeeding intensity and its effects on glucose tolerance post-partum. And all of these studies have been on Western populations – none have been done on Asian populations,” Dr Lok said.

That last point is important because Asian people have higher rates of diabetes than in the West. In Hong Kong, 14 per cent of pregnant women will develop GDM. Dr Lok’s team wanted to see if breastfeeding could reduce glucose intolerance in the early period after birth, and whether this offered an avenue for early intervention.

Lowers Diabetes Risk

Dr Kris Lok | Assistant Professor



They recruited 683 pregnant women who were diagnosed with gestational diabetes between September 2015 and January 2017. A full range of demographic and medical data was collected including, importantly, the prevalence of impaired glucose tolerance (IGT) at the six-week postpartum visit. The women's breastfeeding status was also recorded in terms of whether they practiced exclusive breastfeeding, non-exclusive breastfeeding, or exclusive formula feeding.

The results showed that at the six-week visit, 76.4 per cent of the women had reverted to normal glucose tolerance, 20.6 per cent had IGT, and 2.9 per cent met the cut-off for DM. Those who had IGT were more likely to have a first-degree relative with DM and to have had GDM in a previous pregnancy, higher pre-pregnancy body mass index, diagnosis of GDM earlier in their pregnancy, and higher blood glucose values.

Importantly, breastfeeding was found to mitigate these effects among the 36 per cent of participants who were exclusively breastfeeding and 43.2 per cent who were doing so non-exclusively.

"We found that women who both exclusively and non-exclusively breastfed had lower odds of IGT – and this was true even for overweight and obese women," Dr Lok said.

As little as two weeks of exclusive breastfeeding was associated with a 50 per cent reduction in the odds of IGT in overweight and obese women, compared with overweight and obese women who did not breastfeed. That benefit rose to a 70 per cent reduction if they were still exclusively breastfeeding at the six-week postpartum visit.

**Our findings show
breastfeeding can improve
glycaemic control and
glucose tolerance in women
with recent GDM.**

"Our findings show breastfeeding can improve glycaemic control and glucose tolerance in women with recent GDM. It should be encouraged and supported in this high-risk group of women to help prevent the onset of DM later in life," she said.

The study also recommended that women with GDM in pregnancy receive ongoing education to reduce the risk of developing DM, as well as regular, lifelong screening for DM.



Enrichment Programme Takes Students Out of



Dr Janet Wong | Associate Professor | Director, Bachelor of Nursing (Full-time) Programme

Traditional nursing education emphasized students' clinical knowledge and skills with the hard skills training to care for patients. But increasingly it is recognised that soft skill development is important, too, to ensure nursing graduates are able to take on the modern-day demands of being case managers and problem solvers.

"We can gain hard skills from classes but soft skills, like being able to solve problems tactfully and flexibly, communicate and collaborate with different healthcare professionals such as doctors, dieticians and pharmacists, and to actively solve problems, are also necessary for successful patient care. The better we can perform in these areas, the more beneficial for patients, but these skills are not easily learnt or practiced in a classroom," said Dr Janet Wong, Associate Professor and Director of Bachelor of Nursing (Full-time) Programme.

To address this issue, the School launched the Life Enrichment Learning (LE) programme in September 2019, which requires all new undergraduates to spend two periods outside Hong Kong on study, research or service-learning trips, typically for three or more weeks each time.

"Our aim is for students to learn to handle things independently without close supervision, and to do things differently. Travelling to other places gives them this opportunity to practice and test themselves," Dr Wong said.

The trips will take place in the second semester of Year 3, which has been blocked off for this purpose, although students may also propose their own options and pursue these in the summers of Years 1-3. The School has prepared a list of options and students must indicate their preferences in their first year.

Our aim is for students
to learn to handle things
independently without
close supervision, and to do
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Travelling to other places
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practice and test themselves.

A pilot service-learning programme held in 2019 revealed the kind of learning that students can expect to engage in. Three students visited a rural area in Yunnan province where they observed differences in nursing practices compared with Hong Kong. For instance, the nurses there prepared all cotton balls together, rather than separately as is done in Hong Kong, but the students found this did not violate the aseptic technique and understood that the different practice was due to limited resources. Having said that, they were able to point out the application of alcohol to wound care which is not evidence-based.

The students were also surprised to find male and female patients housed in the same cubicle of the hospital wards, in some cases without even curtains separating them. The students conducted a simple survey with patients and nurses and found this situation was acceptable to them.

Their Comfort Zones



“This represents not only a kind of cultural practice, but also civilisation and patient privacy,” Dr Wong said. “Privacy is a basic human right which is also a key concept in nursing. Those patients may not realise what is patient privacy. As society advances, it is likely their awareness of this issue will increase. And nurses should be the advocates for protecting patients’ dignity and privacy.”

The students reflected on all these experiences in reflective journals, which will also be required for all participants of the LE programme. There will also be assessment of their onsite professional behaviour and onsite coursework. Students will also produce and present an electronic poster of their experiences. Their work will be monitored by supervisors from the School.

The School, Faculty of Medicine and University are all providing funding assistance as needed for the students to ensure everyone can participate in the LE programme.

Dr Wong added that she hoped students will find the LE programme to be as rewarding as her own six-month stay in the US during her PhD studies.

“I was born in Hong Kong and educated here. Going to a different part of the world made me reflect on myself much more. It made me think about what is Chinese culture and I realised there were differences in terms of how people think and manage problems,” she said. “I hope the LE programme will provide students with a similarly valuable opportunity for self-reflection and self-growth and eventually help to maintain and rediscover their passion for nursing and provide better care to their patients.”

Rising to the Top, Twice



Dr Elaine Leung | General Manager (Nursing), Grantham Hospital

How I became promoted to GM(N) has a lot to do with my doctorate degree because I learned how to expand my knowledge and capacity outside my comfort zone.

“Registered nurses in Hong Kong have two career paths. One is the clinical field where they take care of patients. The other is to be promoted into management stream,” said Dr Elaine Leung, GM(N) of Grantham Hospital. But there is a third path and Dr Leung is leading the way in ploughing it: having thriving careers as both a clinician and a manager.

Dr Leung, who completed her Doctor of Nursing at HKU in 2016, initially rose through the ranks in the clinical field. She became a nurse specialist in diabetes and was promoted in 2009 to be the first nurse consultant in the Hospital Authority’s Hong Kong West cluster, where one in 10 patients have diabetes. Along the way, she earned two Master’s degrees, in health service management and primary health care.

As a nurse consultant, she was supposed to divide her time between seeing patients and doing teaching, service development, quality improvement and research. But the on-the-job time demands meant research fell down the priority list, so Dr Leung decided to pick up that slack in her spare time through the HKU doctoral programme. It proved to be a career-changing decision.



“How I became promoted to GM(N) has a lot to do with my doctorate degree because I learned how to expand my knowledge and capacity outside my comfort zone,” she said.

The experience strengthened her research and communications skills. For her dissertation, she did a randomised control trial of patients with diabetes in which the control received the usual group therapy and education programme and the experimental group received individualised counselling by a nurse. Both groups showed improvements, but those who received individual education did significantly better. “I had to learn how to interpret the results and make them meaningful to others, especially top management people,” she said.

Importantly, Dr Leung also fine-tuned her time management skills by maintaining a high-level job while studying a higher degree. She enjoyed the challenge so much that when she completed her doctorate, she decided to switch from the clinical to management path and applied for the GM(N) position. “I found I had some spare capacity and thought I could try something new, take on a new challenge,” she said.

Since stepping up to her new position in March 2019, she has had to adjust from managing a team of 20 nurses to managing 300, and she has spent long hours reading reports and solving problems. Staff retention is a big challenge, especially when the private sector offers more money and jobs that may not require night work, so she has been working hard to show nursing staff the benefits of the public hospital sector.

“One thing we can offer nurses that they will not get in the private sector is specialty training. Especially for high-skilled nurses, if you don’t upgrade your skills, they will deteriorate. Nurses in our specialty wards also get to be involved in the complete picture of patient care, including before and after complex operations,” she said.

Specialisation is something Dr Leung is all in favour of, having gone that route herself. Other countries have specialist nurses who are given extra responsibilities, such as doing endoscopies and drug prescriptions. Dr Leung has been invited to join different evaluations on nurse consultant development in Hong Kong. Her HKU doctorate helped in that regards, too: “When they know I have a doctorate degree, they are more eager to involve me. It brings a lot of respect,” she said.

School Signs MoUs with Two Universities in Thailand

The School of Nursing signed Memorandums of Understanding (MoUs) with two Thai universities in March 2019 to establish exchanges of faculty members and students and enhance educational and research collaboration.

On March 28, 2019, the Head of HKU's School of Nursing, Professor Chia-Chin Lin, Alice Ho Miu Ling Nethersole Charity Foundation Professor in Nursing, signed an MoU with Associate Professor Dr Yajai Sitthimongkol, Dean of the Faculty of Nursing of Mahidol University. On March 29, 2019, Professor Lin also signed an MoU with Professor Waraporn Chaiyawat, Dean of Faculty of Nursing of Chulalongkorn University.



▼ Dr Yajai Sitthimongkol and Professor Chia-Chin Lin.



◀ Professor Waraporn Chaiyawat and Professor Chia-Chin Lin.



Clinical Teachers Join Retreat

The School held a retreat for clinical teachers on April 26, 2019 on the theme “Magnifying Effective Clinical Supervision”. The retreat also aimed to enhance team spirit and promote knowledge interaction among academic staff.

During the retreat, Professor Chia-Chin Lin emphasised the important role that clinical teachers perform in providing teaching and guidance for students. Teachers role-played different scenarios that they may encounter during clinical supervision and teaching, including the challenge of facing students with different learning needs, and discussed the results in a debriefing session. Participants said the retreat very fruitful and they enjoyed sharing with other colleagues in a relaxing atmosphere.



School Hosts Luncheon with Secondary School Principals



Twenty-two secondary school principals and representatives attended a luncheon hosted by the Head of HKU School of Nursing, Professor Chia-Chin Lin, on April 27, 2019 to introduce them to our aims and achievements.

Professor Lin noted that the School is dedicated to nurturing nursing leaders for the community and the world, and generate knowledge to advance the practice and discipline of nursing, and she demonstrated how we are achieving this through the revamped Bachelor of Nursing (Full-time) Programme, the new Life Enrichment Learning programme, and the School's future strategic development plan.

Professor Vivian Lin, Executive Associate Dean, and Professor Ivan Hung, Assistant Dean (Admissions), of the LKS Faculty of Medicine also delivered welcoming notes to our guests, while Dr Janet Wong, Programme Director of Bachelor of Nursing (Full-time), introduced the unique features of the Multiple Mini Interview (MMI) adopted for the BNurs(FT) admission exercise.

Prior to the luncheon, the luncheon guests toured our Li Shu Fan Medical Foundation Nursing Clinical Skills Laboratory and Simulation Training Centre. Teachers gave introductions to their work and conveyed the enthusiasm and professionalism of our teaching team to the guests. They also demonstrated the importance of knowledge transfer through high fidelity simulation training and advanced technologies, such as virtual reality (VR) cave and videos and robots, etc.

The Saturday afternoon luncheon concluded successfully, with a delightful time had by all.



JUPAS Info Day 2019

Around 120 secondary school students attended the JUPAS Information Day held on May 16, 2019.

Two sessions of admission talks were given by Dr Janet Wong, Programme Director of the Bachelor of Nursing (Full-Time), who introduced the refined curriculum taking effect from 2019-20 as well as information about the nursing profession, admission requirements and our School facilities. Students raised questions in particular concerning the entrance criteria and the prospect of the profession.

In addition to the admission talks, students were given tours of our advanced laboratory facilities, including a nursing skills demonstration at our state-of-the-art Simulated Nursing Skills Training Centre, and introduced to our innovative technologies such as virtual reality CAVE, high-fidelity simulators, robots, etc. Mock Multiple Mini-Interview (MMI) sessions were also conducted to familiarise students with our admission interview process, which is usually conducted in June and July every year.



Nursing Summer Programme 2019

47 senior secondary school students from different schools participated in the five-day "Nursing Summer Programme" from August 1 to 5, 2019, during which they learned more about how professional nurses serve the community.

The participants were guided by teachers and current students from the School, who provided insightful lectures, tours of our state-of-the-art Simulated Nursing Skills Training Centre, and basic nursing skills demonstrations, such as wound dressing, removal of staples, and blood pressure and SaO₂ measurement. These activities provided the secondary school students with a taste of the School's holistic approach to nursing education, as well as the advanced learning environment and facilities at HKU.

The participants also visited the Jockey Club Life Journey Centre and went on field trips to improve their understanding of the health needs of society and the importance of quality nursing care. A distinctive HKU tradition, the High Table Dinner, was also organized for the participants so they could chat informally with our teachers and students and enjoy a wonderful night at HKU.



Healthcare Education and Simulation Workshop



▲ (From left) Professor C Donald Combs, Professor Chia-Chin Lin, Dr Veronica Lam and Professor John M O'Donnell

The School organised the two-day Healthcare Education and Simulation Workshop on August 5 and 6 to provide healthcare practitioners and educators from around the region with the latest knowledge and skills related to healthcare and simulation-based learning and education.

About 70 participants attended from Hong Kong, Mainland China, Indonesia, Japan, Malaysia, the Philippines and other countries. They were also given a platform to discuss the developments in simulation-based learning; the use of interprofessional simulation and integrated scenarios; the future of simulation-based education in healthcare; the incorporation of simulation into a large classroom setting; simulation debriefing; and other pertinent issues.

The speakers at the workshop included:

- Professor John M O'Donnell, Professor and Chair, Department of Nurse Anesthesia; Director, Nurse Anesthesia Program; Associate Director, WISER; School of Nursing, University of Pittsburgh
- Professor C Donald Combs, Vice President and Dean, School of Health Professions, Eastern Virginia Medical School
- Dr Thomas Lin, CEO, Center for Education in Medical Simulation, Taipei Medical University; Director, Clinical Skill Center, Taipei Wanfang Hospital
- Dr Veronica Lam, Senior Lecturer, HKU School of Nursing
- And three Lecturers from the HKU School of Nursing: Dr John Fung, Ms Michelle Pang and Dr Cecilia Kong.



▲ (From left) Dr Thomas Lin and Professor Chia-Chin Lin.



Launch of Perfusion Science Study Track of Master of Nursing



Advanced nursing knowledge and skills in cardiovascular perfusion technology are essential for cardiac nurses, intensive care unit nurses and perfusionists in healthcare. To meet that need in Hong Kong, the School launched a new “Perfusion Science” track under the Master of Nursing Programme in the 2019-20 academic year, in collaboration with the Department of Cardiothoracic Surgery of Queen Mary Hospital (QMH).

A ceremony to launch the new track was held on September 21, 2019, presided over by Professor Chia-Chin Lin, Head of our School, and Dr Timmy Au, Chief of Service, Department of Cardiothoracic Surgery. The School will continue to provide high quality professional postgraduate training to align with the trend of increased nursing specialisation in Hong Kong.

- ▶ (From left) Dr Kelvin Wang, Director, Master of Nursing Programme; Dr Raymond S N Cheang, Chief of Service, Department of Cardiothoracic Anaesthesia, QMH; Dr Timmy Au, Chief of Service, Department of Cardiothoracic Surgery, QMH; Professor Chia-Chin Lin, Head of School; Dr Janet Wong, Director, Bachelor of Nursing (FT) Programme; Dr Mandy Ho, Associate Program Director, Master of Nursing Programme.



The 7th Serena Yang Lecture



The School was delighted to welcome Professor Marion E Broome, Dean and Ruby Wilson Professor of Nursing of Duke University School of Nursing, Vice Chancellor for Nursing Affairs of Duke University, and Associate Vice President for Academic Affairs for Nursing of Duke University Health System, to be the distinguished speaker at the 7th Serena Yang Lecture, held on September 30, 2019.

Professor Broome spoke on the topic "**Innovation in Nursing: Health Care Analysis & Embracing Change in Education, Research and Practice**" and examined how the current healthcare trends would influence how professional nurses practice in the near future.

The School was also honoured to have Professor Vivian Lin, Executive Associate Dean, LKS Faculty of Medicine, deliver the welcoming remarks to attending guests.

The Serena Yang Lecture Series is a tribute to Dr Serena Yang for her generosity and support to the School in achieving its mission of nurturing nursing practitioners, educators and scientists. The series invites distinguished speakers and renowned scholars to deliver lectures on topics that will strengthen knowledge exchange among nursing practitioners and academics.

- ▼ (From left) Ms Jane Chan, Ms Manbo Man, Professor Rosie Young, Professor Chia-Chin Lin, Professor Marion E Broome, Professor Vivian Lin, Professor Joseph Lui and Professor Danny Chan.





Life Enrichment Learning Poster Presentation & Sharing Session

To align with global trends in nursing education and the University's "3+1 'I's" strategic initiative – namely, Internationalisation, Innovation, and Interdisciplinarity, all converging onto Impact – the curriculum of Bachelor of Nursing (Full-time) Programme has been refined with effective from 2019 - 20.

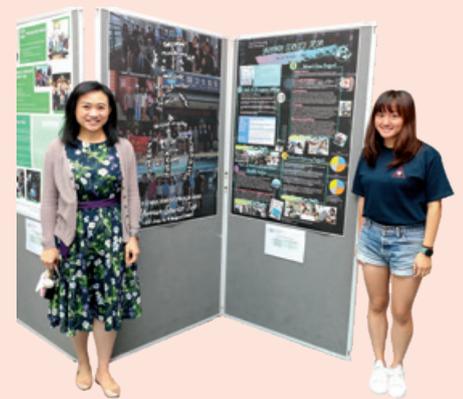
Students will be empowered with earlier exposure to clinical training and enhanced knowledge in specialised areas, such as palliative care, health informatics, legal and ethical issues and clinical reasoning. They will also receive fantastic opportunities to develop their soft skills through the new 6-credit "Life Enrichment (LE) Learning" course, which allows students to acquire a wide variety of eye-opening learning experiences through participation in two sessions held outside Hong Kong, each lasting around 3 weeks. LE programmes can be in the nature of a short trip, short-term study, practical experience, service/humanitarian activity, or research attachment.

Placements for the LE programmes are being solicited by School staff around the globe and a pilot run was held in the summer of 2019. Eight groups of a total 36 students explored East Africa, China, South Korea, Sweden and Taiwan.

For many students, this was their first exposure to everyday life outside Hong Kong. They participated in such things as taking care of babies and visiting slum areas in Uganda; providing assistance in the daily operation of a dental clinic in Taipei; teaching children English/Mathematics in Nantou; sharing their study journey towards a Nursing degree with high school students in Taitung; chatting/laughing with the elderly and making Mango Mochi for them in an Active Aging Centre in Penghu; carrying out a project on patient privacy in Yunnan; installing solar panels for a primary school in Gansu; studying Korean in a University in Korea; and attending a summer school in Sweden to learn about global perspectives on health and welfare.

Students enjoyed these different types of learning situations and the opportunity to better understand the issues facing communities in different places and to provide support where possible. They also made new friends during their travels.

To share their new insights and mind-expanding journeys, the students presented their reflection in the form of posters, which were displayed in the exhibition area of William MW Mong Building on October 10-11, 2019. A sharing session was also held on October 10, 2019 to discuss their experiences with fellow teachers and students.



“Futures Thinking and Me in 2030” Workshop

To enhance creativity and strategic long term planning, the School invited Dr Mei-Mei Song, Director of Futures³ and Adjunct Professor of National Taiwan University, to host a strategic planning workshop on “Futures Thinking and Me in 2030” on October 17, 2019.

Dr Song took participants through various interactive and brainstorming activities exploring the past and future. Participants reflected on what changes could be made and they were empowered to create a desirable future both personally and professionally. Different Futures Studies tools were also introduced that brought creativity and strategic planning into their thinking. At the end of the lively session, participants reported feeling energised to seize new opportunities and formulate an achievable and strategic plan for their future.





9th Hong Kong International
Nursing Forum
cum
1st Greater Bay Area
Nursing Conference
Shaping the Future of Nursing through Specialisation December 9 - 10, 2019



▲ (From left) Professor Chia-Chin Lin, Professor Agnes Tiwari, Professor Sophia Chan, Mr Lexuan Luo, Professor Elizabeth Madigan, Mr Xiaoping Xu, Dr Melanie Rogers, Professor Pearl Pai, and Mr Alan Wong.

9th Hong Kong International Nursing 1st Greater Bay Area Nursing

More than 400 participants attended the 9th Hong Kong International Nursing Forum *cum* 1st Greater Bay Area Nursing Conference, which was organized by the School with HKU-Shenzhen Hospital on December 9 to 10, 2019 in Shenzhen, China. Thirty-five co-organizers from around the world were also involved in this flagship event, which marked the first time the Nursing Forum was held outside Hong Kong.

The opening ceremony was officiated by a group of distinguished guests, including **Professor Sophia Chan**, Secretary of Food and Health of the Food and Health Bureau, Hong Kong Special Administrative Region Government; **Mr Lexuan Luo**, Director, Health Commission of Shenzhen Municipality; **Professor Pearl Pai**, Assistant Hospital Chief Executive, HKU-Shenzhen Hospital; **Mr Xiaoping Xu**, Secretary of the Party Committee, HKU-Shenzhen Hospital; **Professor Chia-Chin Lin**, Head of HKU School of Nursing; and **Mr Alan Wong**, General Manager (Nursing), HKU-Shenzhen Hospital.



Professor Sophia Chan



Mr Lexuan Luo



Professor Pearl Pai



Professor Chia-Chin Lin

The theme of the Forum was “Shaping the Future of Nursing through Specialisation” and leading international and local authorities in nursing research, education and practice shared their insights on this topic. They included:

- Professor Agnes Tiwari, Chairman of the Nursing Council of Hong Kong, who gave the opening keynote address on the topic “*Development of Specialisation of Nursing Practice in Hong Kong SAR China. Taking the road less travelled?*”
- Professor Elizabeth Madigan, Chief Executive Officer, Sigma Theta Tau International Honor Society of Nursing, the United States, who gave a keynote address on “*Speciality Nursing in the US and Worldwide*”
- Dr Melanie Rogers, Chair, Core Steering Group, ICN Nurse Practitioner / Advanced Practice Nursing Network, the United Kingdom, who gave a keynote address on “*Global Perspectives of Advanced Practice Nursing*”.

The topic of the plenary session was “Specialisation in Practice: Experience in the Greater Bay Area” and the participants included Professor Xinjuan Wu, President of the Chinese Nursing Association; Professor Xiaoying Jiang, President of the Chinese Journal of Nursing; Professor Shouzhen Cheng,

President of the Guangdong Nursing Association; Professor Alice Sau Mui Tsang, Vice-President (Academic) of Kiang Wu Nursing College of Macau; Dr Janet Wong, Associate Professor, HKU School of Nursing; and Ms Susanna Lee, Associate Professor (Nursing Practice), HKU School of Nursing.

Awards were given to participants of the poster presentation and one-minute oral presentation, including the following:

Best Poster Awards

- **Dr Xue Weng**, The University of Hong Kong
Title: Chat-Based Instant Messaging Support for Smoking Cessation in Workplaces: A Cluster Randomized Controlled Trial
- **Ms Sun-Fei Li**, The University of Hong Kong
Title: Fever Paediatric Emergency Department Return: A Review of Risk Factors and Interventions
- **Ms Li Yao**, Chiba University
Title: Health Perspectives Elicited from Subjective-Health and Health Problems of Older Chinese Permanent Residents in Japan

Best Student Poster Award

- **Ms Tai-Loi Sun**, Kiang Wu Nursing College of Macau
Title: How Can We Attract New Generations to the Nursing Profession?

Best 1-minute Oral Presentation Award

- **Ms Jingya Ma**, Peking Union Medical College
Title: Development Patient Version of Foot Management Guideline for Patient with High Risk of Diabetic Foot

Forum cum Conference



Mr Alan Wong



Opening Keynote Address:



Professor Agnes Tiwari

Keynote Addresses:



Professor Elizabeth Madigan

Dr Melanie Rogers



Plenary Session:



Professor Xinjuan Wu



Professor Alice Sau Mui Tsang



Dr Janet Wong



Professor Xiaoying Jiang



Ms Susanna Lee



Professor Shouzhen Cheng



- ▶ (From left) Professor Alice Sau Mui Tsang, Professor Shouzhen Cheng, Mr Alan Wong, Professor Chia-Chin Lin, Professor Xinjuan Wu, Professor Xiaoying Jiang, Ms Susanna Lee, and Dr Janet Wong.



Award Presentation and Closing Remarks:



◀ (From left) Dr Janet Wong and Dr Patsy Chau.



◀ Dr Xue Weng, The University of Hong Kong and Professor Chia-Chin Lin.



◀ Ms Li Yao, Chiba University and Professor Chia-Chin Lin.



▶ Ms Sun-Fei Li, The University of Hong Kong and Professor Chia-Chin Lin.



◀ Ms Tai-Loi Sun, Kiang Wu Nursing College of Macau and Mr Alan Wong.



▲ Ms Jingya Ma, Peking Union Medical College and Mr Alan Wong.

Affiliated Activities at the Nursing Forum:

Greater Bay Area Nursing Networking Meeting

The Greater Bay Area Nursing Networking was held on December 9, 2019, where Mr Alan Wong, General Manager (Nursing) of HKU-Shenzhen Hospital, gave an overview of the Hospital. Professor Chia-Chin Lin, Head of HKU School of Nursing, shared her insights on nurturing nurses for future leadership roles, training opportunities, and other nursing education-related issues.



Deans' Networking Meeting

The School has been stepping up efforts to expand our links with renowned universities around the world with the goals of exploring experiential learning opportunities for our students, keeping up with global trends in nursing education and advancing the University's strategy on internationalisation. More than 20 Deans/Heads from prestigious universities around the world joined the Deans' Networking Meeting on December 9. The participants were impressed with our new "Life Enrichment Learning" programme which has been introduced in the Bachelor of Nursing (Full-time). They enjoyed a fruitful discussion with Professor Chia-Chin Lin, Head of School of Nursing, and members of the School's International Affairs Sub-committee members, on exchange programmes, life enrichment activities and other academic collaborations.



China Nursing Consortium of Elite Teaching Hospitals Networking Meeting

At the 2nd meeting of the Nursing Consortium Executive Committee held on December 10, Professor Xinjuan Wu, on behalf of the Consortium, and Mr Wenkai Li, Chief Representative of the China Medical Board (Beijing), shared their insights on nursing education and the future work plan of the Consortium, including standardized training for residents. A review of the Consortium's recent visit to the Massachusetts General Hospital, Mayo Clinic and University of Illinois Hospital & Health Sciences System was also shared during the meeting.



25th Anniversary Celebration Kick-off Ceremony

The 9th Hong Kong International Nursing Forum *cum* 1st Greater Bay Area Nursing Conference also marked the start of another milestone: the School's 25th Anniversary Celebration Kick-off Ceremony. The School was founded in 1995 and 2020 will see a series of celebratory events to mark its achievements in nursing education and research.

The Nursing Forum's opening ceremony highlighted the School's milestones and its devotion and achievements in nursing education. To show appreciation for the outstanding contributions of our leaders, all former and serving School Heads were invited to join a cake-cutting ceremony, including **Professor Sophia Chan**, **Professor Agnes Tiwari** and **Professor Chia-Chin Lin**, as well as **Professor Judith Parker**, who has been instrumental in the School's strategic development.





Message from Prime Care (HK), The Hong Kong University Students' Union (HKUSU)

Greetings from Prime Care (HK) to students who are keen on participating in various volunteering activities! Prime Care (HK) is an independent club, which has been dedicated to promoting the importance of good health among the grassroots of Hong Kong. We provide underprivileged citizens with tailor-made healthcare service, assessment and education. Through our services, volunteers come in contact with different target groups such as solitary elderly, people with Down's syndrome, orphans and people with visual impairment.

Last summer, we organized a service trip to Nepal in collaboration with the Lotus Children's Home and the Amrit Secondary Boarding School. Fifty volunteers from HKU joined the trip and were engaged in educating orphans and students on health-related topics including personal hygiene, oral health, first-aid skills, sex education and anti-mosquito practices.

Locally, our volunteers were involved in applying quantitative ultrasound to measure the bone density of target groups. They also measured their blood pressure and blood glucose level. We believe non-medical students were inspired by the enthusiasm of volunteers from the healthcare professionals, who devoted themselves to promoting health in the community and contributing to social well-being.

Prime Care (HK) welcomes HKU students from all faculties, who have a stake in serving the community, to join our service activities. Our ultimate vision is to raise awareness of our target groups about their health and enable HKU to contribute to improving the health of the community.



In the Media

Dr Denise Cheung, Research Assistant Professor, contributed a column to am730 on the effect of qigong, a mind-body exercise, as an intervention on telomerase activity and mental health in Chinese women survivors of intimate partner violence.

(am730 – March 18, 2019)



Dr Derek Cheung, Assistant Professor, contributed a column to am730 on the feasibility, efficacy, and cost of promoting smoking cessation in public outdoor areas where smokers gather to smoke (smoking hotspots). Of 3,080 smokers approached, male smokers were more likely than female smokers to be open to brief advice on smoking cessation and younger smokers were more likely to consent to a telephone follow-up. Of those who consented to the follow up, the quit rate was 10.6%.

(am730 – March 25, 2019)



Dr Kelvin Wang, Associate Professor, was interviewed in the China Daily about the vaping industry. He advocates a total ban on e-cigarettes along with other new tobacco products, as he feels the vaping industry lures teenagers to try a wide range of flavors with designer appeal, instead of being a step towards stopping smoking. Setting an age restriction would simply lead teenagers to try e-cigarettes secretly. A survey done in 2016/17 by the School of Nursing and School of Public Health was also quoted in the paper, which found 8.7 percent of secondary school students and 1.4 percent of primary school children (grades 4-6) had tried e-cigarettes.

(China Daily – May 27, 2019)



The School was invited to join the **China Nursing Consortium of Elite Teaching Hospitals** in May 2019. This opens the way for us to collaborate with the eight other distinguished hospitals/nursing departments in the Nursing Consortium in clinical nursing education and training and facilitate exchanges. The School is the only nursing institution in Hong Kong to join the Nursing Consortium, which will enable us to play a leading role in modernizing nursing residency education in Mainland China.

(Sing Pao – May 29, 2019; Mirage News – May 31, 2019)



Dr Patsy Chau, Associate Professor, was interviewed by South China Morning Post in May 2019 about her research on the relationship between hot weather and suicide among the elderly. The study reviewed approximately 8,000 suicide cases of residents aged 65 or above from 1976 to 2014 and found a link between higher temperatures and higher suicide rates among older people. Based on her findings, recommendations on preventive measures have been made.

(South China Morning Post – June 1, 2019)



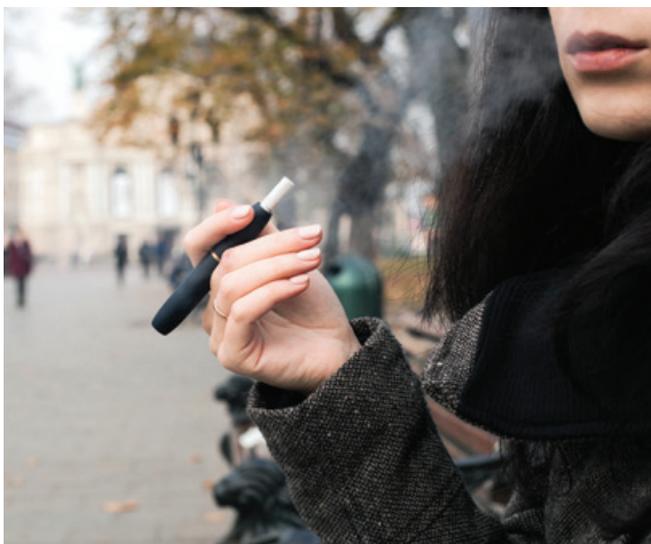
Dr Edmond Choi, Assistant Professor, contributed a column to am730 on gender and sexual orientation differences in the human papillomavirus (HPV) vaccine uptake among Chinese young adults. His study showed only 45.8% of subjects knew HPV vaccination is not only for females and only 4.7% of males were vaccinated. The study also showed different results based on sexual orientation, with only 2.6% bisexual/homosexual males being vaccinated.

(am730 – March 18, 2019)



Dr Kelvin Wang, Associate Professor, contributed a column to am730 on a study showing electronic cigarette use is not associated with young smokers quitting conventional cigarettes. Among participants, the average number of cigarettes consumed per day on weekends was 11.5. About 60% of smokers had tried an e-cigarette and they were younger and more addicted to nicotine, less ready to quit and consumed more cigarettes per day on weekends compared with nonusers.

(am730 – July 8, 2019)



Dr William Li, Associate Professor, contributed a column to am730 on the efficacy of musical training in the lives of Hong Kong Chinese survivors of pediatric brain tumor. Musical training was found to be effective in reducing their depressive symptoms and enhancing their self-esteem and quality of life.

(am730 – July 15, 2019)



In the Media

A press conference on the effectiveness of the government's "Smoking Cessation Program in the Workplace" was held on July 18, 2019. The program was launched in 2013 to raise awareness among companies of the importance of supporting staff to quit smoking. HKU's School of Nursing and School of Public Health presented their latest findings on the program, which started its third phase January 2017 with 92 companies enrolled and 801 smokers served. Together with the first and second phases, the entire program has served more than 270 companies and 2,100 smokers.

(Metro Radio, RTHK, TVB.com – July 18, 2019; Headline News, Oriental Daily News, Sing Pao, Sky Post, Lion Rock Daily – July 19, 2019; Hong Kong Economic Times, Oriental Daily News – July 25, 2019)



Research led by **Dr Daniel Fong**, Associate Professor, found the two-tier scoliosis screening protocol in Hong Kong was effective clinically and cost-wise in identifying scoliosis in children. The research involved assessing data for about 300,000 children who attended the screening program between 1995 and 2000 and was funded with support from the Research Grants Council and Public Policy Research Funding Scheme.

(ToPick hket.com – September 9, 2019; Hong Kong Economic Times, Oriental Daily News – September 10, 2019)



Dr Fong was also interviewed by Apple Daily about a study he conducted in 2016 on the impact of noise pollution in Hong Kong secondary school students. Among 2,872 students from 13 secondary schools, the ratio of long-term tinnitus (11.7%) and temporary tinnitus (35.6%) was two to three times higher than that of American students. To prevent adverse impact on health, WHO recommended that the sound level should not exceed 45 decibels.

(Apple Daily – September 17, 2019)

Dr Jojo Kwok, Research Assistant Professor, contributed a column to am730 on the effects of mindfulness yoga vs stretching and resistance training exercises on anxiety and depression for people with Parkinson's disease.

(am730 – July 22, 2019)



Dr Mandy Ho, Assistant Professor, contributed an article to Oriental Daily News on how lifestyle modifications, such as a healthy diet and regular exercise, and weight management could help people with pre-diabetes reduce the risk of developing diabetes mellitus.

(Oriental Daily News – September 14, 2019)

The **Smoking Cessation Research Team** of HKU's School of Nursing and School of Public Health reported in a press conference that WhatsApp chat support, combined with brief smoking cessation interventions, could increase the chance of quitting smoking by 60-80%. The results may have implications for strengthening existing smoking cessation services. This study was published in The Lancet Digital Health.

(Bastille Post, Headline Daily online news, HK01, Min Pao Daily online news, on.cc, RTHK, ToPick hket.com – September 20, 2019; Headline Daily, Ming Pao Daily News, Oriental Daily News, Sing Pao – September 21, 2019)



The School and Hong Kong Housing Authority (HKHA) are collaborating to organize the Healthy Ageing in Public Rental Housing Estates Programme 2019-2021. Teachers and students are performing free health assessments for older tenants of Fortune Estate, Cheung Sha Wan through home visits. Mobile health assessment stations and mini health exhibition



about sarcopenia are also being organized in different public rental estates and HKHA malls all over Hong Kong.

(am730 – October 9, 2019)

New Faces

“ I am delighted to start teaching as Assistant Lecturer at my alma mater, HKU School of Nursing. I graduated in 2012 with my Bachelor's degree and pursued a Master in Public Health at HKU in 2018. Prior to this appointment, I worked in medical, surgical and adult Intensive Care units and completed my post-registered certificate course training in Intensive Care Nursing. I am looking forward to sharing my clinical experience and knowledge with students and supporting them in their journey towards becoming competent professional nurses. ”

Ms Celine Ngai
Assistant Lecturer



Dr Agnes Lai
Assistant Professor

“ I am very pleased to join the School of Nursing as an Assistant Professor at my alma mater, where I completed a Doctoral degree in nursing and a Doctor of Philosophy in public health. My research interests are in respiratory medicine and preventive medicine. I have conducted various research projects in clinical and community settings. Currently, I am exploring the application of lifestyle-integrated exercise to promote holistic health and well-being. I am looking forward to working with colleagues to promote clinical excellence and contributing to the School's development and global reputation. ”

“ It is a privilege for me to join HKU as Assistant Lecturer. Throughout my years working in a public hospital, I have gained experience in the fields of medical and geriatric nursing. At the same time, I have been pursuing continuous development by furthering my studies, which has inspired a passion for promoting patient education and mental health, which can enhance health outcomes and provide holistic care. The School of Nursing has been exemplary in producing quality nursing graduates over the years and I am delighted to be a part of this team. I look forward to working closely with my colleagues. ”

Ms Jodie Szeto
Assistant Lecturer



Ms Cecilia Sit
Lecturer

“ I am excited to join HKU's School of Nursing. My experiences as a specialty nurse in Enterostomal Nursing in Queen Elizabeth Hospital and superintendent of a Residential Care Home (Elderly persons), have equipped me with the capacity to make complex nursing decisions, and facilitated my devotion to teamwork, empathy and respect. In addition to my clinical background, I have also worked as part of the university teaching team for several years at the undergraduate and postgraduate levels, as well as on service learning projects in the university. Outside of work, I enjoy music, social media, taking photos and travelling. I am thrilled to get to know everyone! ”

Mr Benney Wong
Assistant Lecturer



“ I am honoured to be appointed Assistant Lecturer in my alma mater, starting August 2019. I obtained my bachelor’s and master’s degrees in 2010 and 2014, respectively. Since registration, I have worked in a private ward and surgical high dependency unit in Queen Mary Hospital and received specialty training in surgical nursing. Since I enjoy sharing my clinical experiences and transferring my knowledge to the new generation, I began to teach nursing 2 years ago and worked as a nurse tutor in another institution before joining the School. I look forward to preparing the new generation nurses to deliver high-quality nursing services to society. ”

Dr Alina Ng
Research Assistant
Professor



“ I am delighted and humbled to have the opportunity to join HKU’s School of Nursing. I obtained my PhD degree from The Hong Kong Polytechnic University in 2018. I am a Registered Nurse with clinical experience in cardiac care, oncology care, hospice and palliative care. My research interests focus on transitional care, palliative and end of life care for people suffering from advanced diseases and for those with complex care needs. I am looking forward to embarking on and exploring new possibilities for my research career in HKU. ”

“ It is my honour to join the HKU Health System and School of Nursing. As Registered Nurse for more than 35 years, my clinical exposure has been very diverse, starting in ICU and renal nursing then taking up a managerial role to oversee surgical and medical services in the private and public sectors. As the Principal Professional Practitioner in School of Nursing and Assistant Director (Operations) in HKU Health System, I hope to share my passion, clinical experience and knowledge with the young generation. My mission will also involve nurturing our students to become professional nurses and competent angels in the coming years. ”

Ms Yuk-Sim Chan
Principal Professional
Practitioner*



* Joint appointment with HKU Health System

Awards

Congratulations to **Dr William Li** and **Dr Kelvin Wang** on being selected as Fellows of the American Academy of Nursing for their significant contributions to nursing education and research.



Congratulations to **Dr Janet Wong** on being elected as 2019-2021 Sigma Global Regional Coordinator for Asia.

Congratulations to **Dr Veronica Lam** and **Dr Polly Chan** for being awarded the 15 Year Long Service Awards for their dedication, commitment and loyalty to the HKU School of Nursing.



Promotions

Congratulations to **Dr Maggie Pun**, whose invaluable contributions to the School were signified by the offer of Lecturer with effect from June 1, 2019.



Congratulations to **Dr Kris Lok**, whose invaluable contributions to the School were signified by the offer of Assistant Professor with effect from June 7, 2019.



Congratulations to **Dr Kelvin Wang**, whose invaluable contributions to the School were signified by the offer of Associate Professor with effect from August 1, 2019.



Congratulations to **Dr Polly Chan**, whose invaluable contributions to the School were signified by the offer of Senior Lecturer with effect from September 1, 2019.



Congratulations

Research Grants Awards

Local and International Funding Bodies	Principal Investigator	Project Name
General Research Fund (GRF)	Dr Kelvin Wang	Nurse-led Alcohol Brief Intervention Plus Mobile Personalized Chat-based Support on Reducing Alcohol Use in University Students: A Pragmatic Randomized Controlled Trial
Research Impact Fund (RIF)	Dr Patsy Chau (Co-PI)	Increasing the Resilience to the Health Impacts of Extreme Weather on Elderly People Under Future Climate Change
Hong Kong Housing Authority	Dr Patsy Chau	Healthy Ageing in Public Rental Housing Estates 2019-2021
Hong Kong Council on Smoking and Health (COSH)	Dr William Li	Evaluation Study on Smoke-free Teens Programme 2019-2020
Hong Kong Council on Smoking and Health (COSH)	Dr Kelvin Wang	Tobacco Control Policy-related survey 2019-2020 to 2021-2022
Hong Kong Council on Smoking and Health (COSH)	Dr Kelvin Wang	Building Capacity and Promoting Smoking Cessation in the Community via "Quit to Win" Contest 2019 Personalised Cocktail Interventions to Increase Abstinence: A Sequential, Multiple Assignment, Randomized Trial (SMART)
Hong Kong Council on Smoking and Health (COSH)	Dr Jay Lee	Qualitative Study on Waterpipe Smoking Experiences, Perceptions and Motivations Amongst Young Adults in Hong Kong
Teaching Development Grants (TDG), HKU	Dr Maggie Chan	Flipped Classroom Model in Dementia Care: Cultivating Nursing Students' Clinical Reasoning and Clinical Judgement
Teaching Development Grants (TDG), HKU	Dr Janet Wong	Virtual ER: A Serious Online Game for Enhancing Clinical Competence and Teamwork in Medical and Nursing Undergraduates
Teaching Development Grants (TDG), HKU	Dr Polly Chan	Evaluating the Effectiveness of "Internationalization at home" in University Learning Environment





**HKU
Med**

LKS Faculty of Medicine
School of Nursing
香港大學護理學院





HKU Med LKS Faculty of Medicine
School of Nursing
香港大學護理學院

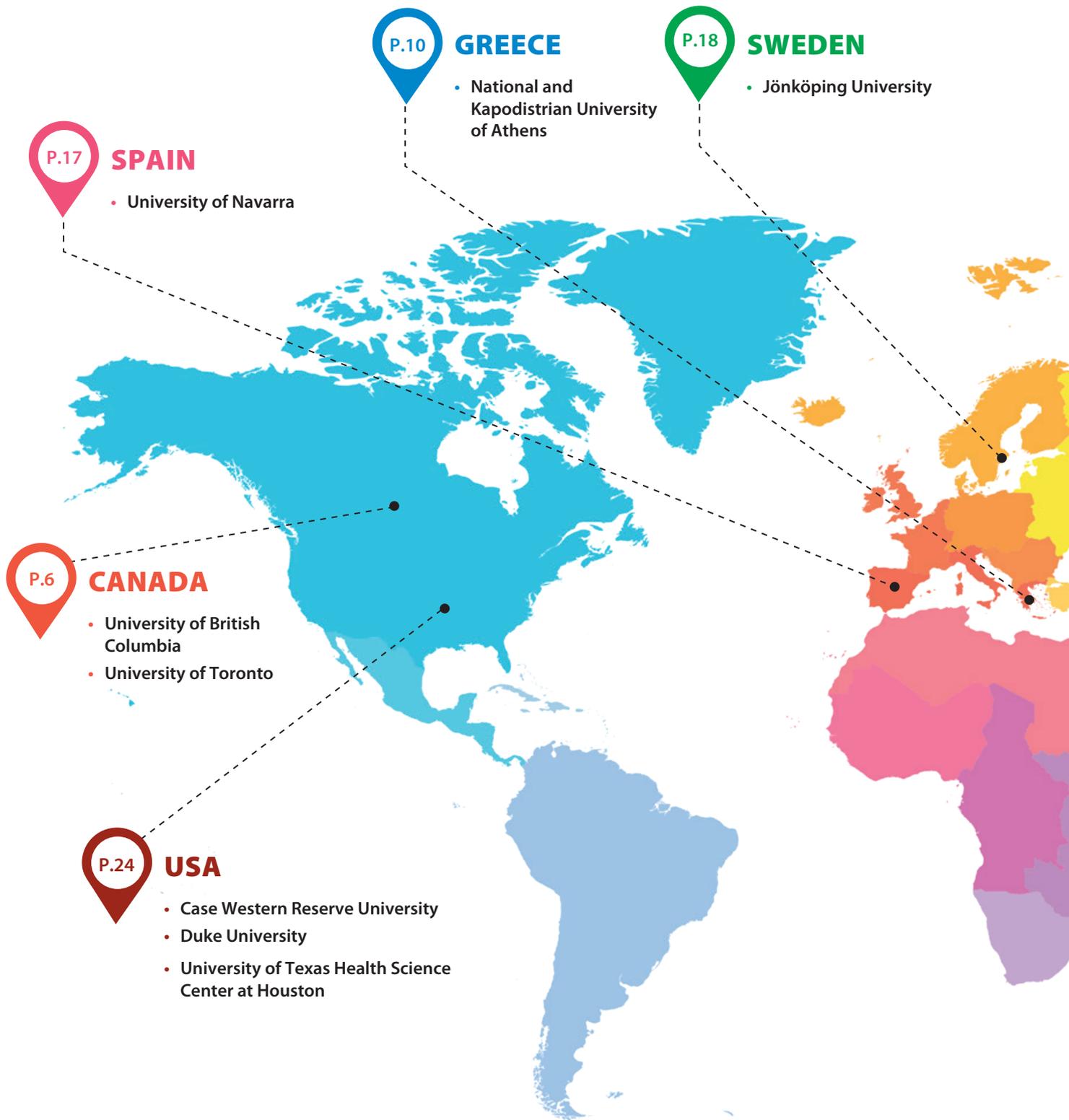


HKU Nursing
Vision to Lead • Mission to Serve



MAR 2020

CONTENTS



P.17

SPAIN

- University of Navarra

P.10

GREECE

- National and Kapodistrian University of Athens

P.18

SWEDEN

- Jönköping University

P.6

CANADA

- University of British Columbia
- University of Toronto

P.24

USA

- Case Western Reserve University
- Duke University
- University of Texas Health Science Center at Houston

International education is currently an important and topical element in tertiary education. Over the past ten years, over 700 undergraduate students have participated in the International Outgoing Student Exchange Programme organised by School of Nursing, The University of Hong Kong.

Our exchange programme allows students:

- to learn about nursing in other countries;
- to enhance their interpersonal skills and personal growth;
- to develop their intercultural learning and global citizenship.

This booklet showcases some of our Outgoing Student Exchange Programme in 2019.



AUSTRALIA

The Queensland University of Technology, Australia

Pinky Pui-Yung Lau

Aiden Yu-Hang Yip

Year 4, Bachelor of Nursing (Full-time) students

Sabina Tsz-Ching Au

Year 2, Bachelor of Nursing (Part-time) Enrolled Nurse student

Bowie Po-Yi Yeung

Year 3, Bachelor of Nursing (Part-time) Enrolled Nurse student



We had a very fruitful and unforgettable experience in our exchange to The Queensland University of Technology (QUT). On campus, we attended lectures, laboratory practices, a simulation laboratory session, workshop and tutorials from different years. We made friends and had cultural interactions with the QUT students. The highlight of our exchange was visiting a leading public hospital in Queensland, The Princess Alexandra Hospital. We observed the differences in the hospital setting and structure of the nursing workforce between Australia and Hong Kong. During our free time, we were also able to join some local activities and enjoy the lifestyle of Australians. We enjoyed every moment in our trip. 



Kelvin Grove



The University of Melbourne, Australia

Jessica Yan-Bo Lam
Winnie Wai-Han Tse

Year 4, Bachelor of Nursing (Full-time) students

Angel Pui-Shan Wong

Year 2, Bachelor of Nursing (Part-time) Enrolled Nurse student

Ocean Ho-Nam Fung

Year 3, Bachelor of Nursing (Part-time) Enrolled Nurse student



This experience has given us a taste of Melbourne's university education and healthcare system. Not only were we exposed to nursing practice and principles through lectures, workshops, laboratory sessions and clinical placements, we were also able to make new friends and understand more about the Australian culture and lifestyle.

Through our interactions with Australian student nurses, we realised the similarities and differences in the development of the nursing industry and healthcare systems between Australia and Hong Kong. During our clinical placement in Williamstown Hospital and Sunshine Hospital, we observed the role of nurses in Melbourne's mental health nursing care and cardiac and pulmonary rehabilitation centres.

It was a great honour to be the first HKU group to visit the University of Melbourne and we highly recommend students join this exchange programme next year. Melbourne is a beautiful place with loads of friendly people! 

The University of Sydney, Australia

Hazel Yuk-Tung Chan
Andrew King-Sheung Choi
Tiffanie Laam Wong
Crystal Sze-Nga Yau

Year 4, Bachelor of Nursing (Full-Time) students

It was a great honour to join the exchange programme at The University of Sydney Susan Wakil School of Nursing and Midwifery. We had a 2-week clinical placement in a respiratory ward in Royal North Shore Hospital, where we paired up with a registered nurse and provided hands-on nursing care to patients. We also visited the hospital museum and the neighbouring North Shore Private Hospital, where we learned the history of Australia's medical system and the differences there between public and private health care. It was a fruitful and joyful experience to learn alongside friendly local students under the guidance of our professional clinical facilitator. 





 **University of British Columbia, Canada**

Christy Hei-Yin Chan

Amy Kak-Kak Mak

Year 4, Bachelor of Nursing (Full-time) students



 In the summer of 2019, we joined a summer programme organised by The University of British Columbia (UBC) in Vancouver, Canada. It was a very special programme that included both academic and cultural activities. Our course focused on senior care and community nursing in Canada and we had opportunities to visit local elderly homes and subsidized residences. We also joined in their social activities, such as dumpling making and a tea party, and we had a great time chatting with the residents and staff.

In our free time, we enjoyed exploring Vancouver. One of our favourite activities was cycling in Stanley Park. You can enjoy a stunning view and cycle along the sea, it was fantastic! We also met a lot of international nursing students during our stay in Canada such as students from Singapore and Korea. We hope we can keep in touch! 



University of Toronto, Canada

Emily Hau-Yu Chen
Simon Yat-Kei Cheung
Wing-Yi Li
Michelle Cheuk-Lam Ng

Year 3, Bachelor of Nursing (Full-time) students

Although the two-week exchange programme was seemingly short, it was undoubtedly a fruitful and insightful trip to the University of Toronto (U of T). Not only did we experience the life of U of T nursing students, but we also got to learn about the health care system in Toronto.

In particular, we greatly admired the active learning attitude and supportive character of Toronto students. We were also impressed by the advocacy of the value of patient-centred care. Upholding the concepts of “harm reduction” for drug addicts and “think up stream” for addressing public health concerns, nurses in Toronto attend to different health risk groups with respect and empathy.

The exchange broadened our horizons and helped shape our understanding of nursing. The experiences of making new friends, going sightseeing and trying local foods further added to the meaningfulness of the exchange. All in all, we felt this exchange programme was a huge success. 



CHINA



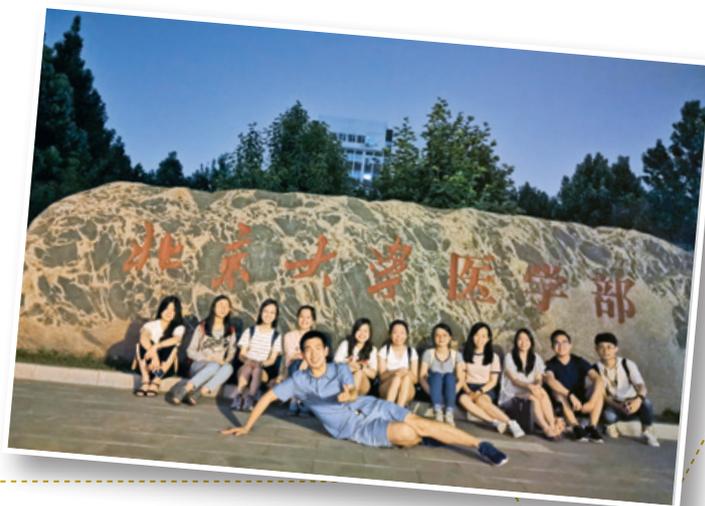
Peking University, China

Hoi-Ling Chu
Phoebe Yat-Fei Lam
Icy Suet-Ying Lee
Yu-Yi Wu

Year 1, Bachelor of Nursing (Full-time) students

Angel Hiu-Ling Chow
Joshua Kar-Long Kwong
Natalie Cheuk-Yu Lam
Tiffany Leong-Tung Yu

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



We were honoured to visit the state-of-the-art Peking University Third Hospital and be able to compare the healthcare systems between Beijing and Hong Kong comprehensively. Among the highlights, we appreciated the eye-opening experience at the experiential learning lecture at The Institute of Mental Health, where the lecturer clearly demonstrated how to use therapeutic communication skills in diagnosing a patient who suffered from alcohol dependence and withdrawal syndrome. The simulated ward for Gynaecologic and Obstetric Nursing and the simulated operation theatre also enabled students to practice specialty nursing skills in a safe and well-equipped environment.

Our stay also included visits to the Summer Palace, the Great Wall of China, Tiananmen Square and the Forbidden City. Overall, the exchange programme was an invaluable, adventurous, and life-enriching experience that we will never forget. 



📍 *Second Military Medical University, China*

Alissa Wing-Sum Chung

Yanas Lok-Yan Lee

Joe Tsz-Kin Liu

Yancy Tsz-Yan Ng

Winnie Wing-Mung Tang

Year 1, Bachelor of Nursing (Full-time) students

Kath Tsz-Ching Lit

Wendy Wing-Yan Tse

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

We had a great time during our two-week exchange to the Second Military Medical University (SMMU) in Shanghai. SMMU is not only a medical university but also a military school, where local students are physically and mentally trained to become soldiers. The SMMU students we met were very self-disciplined with a positive learning attitude and they were very attentive and focused in the classes. The military training and learning atmosphere are unique and would not otherwise be experienced by nursing

students in Hong Kong.

The exchange programme was a wonderful opportunity for us to learn about advances in the healthcare system by visiting different hospitals in Shanghai and also improved our knowledge about Chinese medicine. We also explored many historical places and tried delicious Shanghai cuisine with SMMU student ambassadors. 🗨️



📍 *Shanghai Jiao Tong University, China*

Eunice Hoi-Yau Fung

Renee Yim-Ni Li

Year 4, Bachelor of Nursing (Full-time) students

We went to Shanghai Jiao Tong University for exchange in April 2019, where we visited the medical campus there and practiced in the Shanghai Ninth Hospital, Shanghai Jiao Tong University School of Medicine. Our practicum was in the Stomatology Department and Orthopedics Department, where we observed nurses performing their roles and duties and learned about the set up and operation of a Shanghai hospital. We also participated in daily operational routines at the two departments. The exchange equipped us with a lot of clinical knowledge in these two specialties and we received lots of advice and care from the nurses and clinical staff during our practicum.

During our free time, we went to different places for sightseeing. Shanghai is a beautiful city with a mix of different cultures and architectures. It is a place worth visiting and you won't be disappointed. 🗨️



GREECE



National and Kapodistrian University of Athens, Greece

Kelly Ka-Yan Cheung
CoCo Tsz-Yau Cheung
Inez Wan-Yui Law
Tsz-Kiu Tong

Year 4, Bachelor of Nursing (Full-time) students



It was our great pleasure to be selected for the exchange programme at the National and Kapodistrian University of Athens (UoA) in Greece. This trip allowed us to broaden our horizons and enhance our knowledge in nursing education through multiple visits to different hospitals and healthcare institutions in Greece. We identified differences in the healthcare systems between Hong Kong and Greece and saw how Greek nurses deliver their nursing care to patients. This exchange programme enabled us to explore nursing more and reflect on what kind of nurse we would like to be in the future. These experiences have definitely helped us to build confidence.

Apart from school and healthcare institute visits, we also saw historical sites and picturesque scenic spots, which gave us a lot of memories. This programme provided us with a precious chance to explore not only the beauty of Greece, but also another aspect related to our profession. We highly recommend this exchange programme. 





Hokkaido University, Japan

Regina Sze-Nga Chan
Heida Hei-Man Lau
Christina Sze-Lam Luk
Donald Tsz-Fung Wong

Year 2, Bachelor of Nursing (Full-Time) students

During the exchange programme at Hokkaido University, we attended lectures, visited various hospitals and healthcare facilities and even joined an international academic conference in health science. Through observation, we were impressed by the comprehensiveness of Japan's medical system and this stimulated us to reflect on Hong Kong's medical system. Furthermore, we were inspired by the Japanese vision and ambition to serve patients and the society. Their commitments to patients is worth learning about.



Kyushu University, Japan

Eva Man-Yuen Cheng
Kim Sze-Chai Hung
Cherry Ka-Wai Lam

Year 2, Bachelor of Nursing (Full-Time) students



Studying nursing at HKU is much more than attending lectures, practicum and examinations. The exchange programmes offered can further enrich your university life. We highly recommend the Kyushu University exchange programme, where we not only deepened our understanding of Japan's advanced nursing education, practices and comprehensive medical system, but also immersed ourselves in Japanese culture and made new friends with local students there. These wonderful experiences were very precious in better equipping us to become competent nurses in the future.



Osaka University, Japan

Anki Cheuk-Man Au Yeung
Steven Wai-Lok Lee

Year 1, Master of Nursing (Part-Time) students



Japan is usually associated with an energetic image because of the many innovative ideas and advanced products created there. However, Japan is no exception in facing the challenge of a "super-ageing society", which is also being encountered

by many Asian countries. To overcome this challenge, Japan has developed a comprehensive long-term care system and encouraged modifications of the healthcare industry. In this exchange programme to Osaka University, we learnt about the country's strategies and explored how technology can help us to care for the elderly. This experience not only expanded our professional knowledge but also made us reflect on our healthcare system and the real needs of the elderly.





The University of Tokyo, Japan

Tiffany Pak-Yan Chan
Alison Pui-Han Cheung
Jessie Yuk-Seng Chung
Cecilia Tin-Yan Sit
 Doctor of Nursing students



 We had a fruitful exchange trip to The University of Tokyo in August, where we exchanged ideas with students from the Global Nursing Research Center (GNRC) of The University of Tokyo, University of Pennsylvania, British Columbia, Mahidol University and The Chinese University of Hong Kong. Our visits to The University of Tokyo Hospital, GNRC and McDonald House were eye-opening. We were honoured to participate in a multidisciplinary ward round for pressure injuries, which amazingly consisted of nurses, doctors, dietitian, researchers, physiotherapist, podiatrist etc. No wonder UTokyo Hospital can maintain an ultra-low pressure injury rate. Heartfelt thanks to all the faculty members in the Division of Health Sciences and Nursing and the Department of Gerontological Nursing and Wound Care Management of The University of Tokyo. 



SOUTH KOREA

Catholic University of Korea, South Korea

Hoi-Kiu Faan
Po-Lin Leung
Tangyan Li
Alex Kai-Hang Wong
Year 4, Bachelor of Nursing (Full-Time) students

During this summer break, we visited the College of Nursing at the Catholic University of Korea. We were very excited to go on this trip. We went to various types of healthcare facilities, including hospitals and community organisations. During the clinical site visit, we learned more deeply about the real healthcare system and situation in South Korea. The professors were very nice and helpful as they gave us a helping hand when we were in difficulty. We communicated a lot with the local students, not only about academic topics but also leisure activities.

This exchange programme not only helped us to gain knowledge, but also widened our social circle. Moreover, we had chances to visit tourist spots to explore Korean culture. It was truly a memorable programme and we are grateful for the School organising this exchange programme, which showed us that definitely "He that travels far knows much".





Korea University, South Korea

Tina Yat-Ting Lau
Vanessa Wan-Ning Liu
Janice Kam-Yin Poon
Catherine Wing Siu

Year 1, Bachelor of Nursing (Full-Time) students

Hilda Hiu-Tung Chau
Mandy Wing-Yan Law
Jacky Wing-Sang Lee
Frances Wai

Year 2, Bachelor of Nursing (Full-Time) students

This marvellous exchange to Korea University allowed us to have a closer look at both the medical system and culture of Korea. The well-planned schedule by Korea University enabled us to visit many healthcare institutions, such as the National Rehabilitation Centre, Korea University Anam Hospital and National Cancer Centre, etc. Our buddies from Korea University were nice and helpful and we shared not only nursing and healthcare knowledge, but also the latest trends and cultural information in Korea and Hong Kong. They also brought us to a museum at Dongdaemun and shopping in Hongdae. This exchange gave us a good chance to explore Korea's culture and medical system. 🗨️🗨️



Yonsei University, South Korea

Sally Siu-Ching Fung
Henry Hung Lam
Cathy Sau-Han Lam
Sindy Sin-Yi Lam

Year 3, Bachelor of Nursing (Full-time) students

Helen Ka-Ki Chan
Ios King-Yan Kwan
Yan-Yin Ng
Tommy Ka-Hei Tsao

Year 4, Bachelor of Nursing (Full-time) students

We had a great opportunity to study at Yonsei University, South Korea, where we had lots of academic and cultural exchanges. We toured the cardiovascular, ICU and general units in Severance Hospital and a community centre. We were impressed by the hospital environment and advanced technology used to care for patients.

The teaching staff and students in Yonsei University were polite and friendly. We made many new friends who invited us to watch a performance at their school festival, and took us to Gyeongbokgung and dressed in traditional Hanbok. It was an unforgettable cultural experience. This exchange programme is truly rewarding and meaningful. 🗨️🗨️



SINGAPORE



National University of Singapore, Singapore

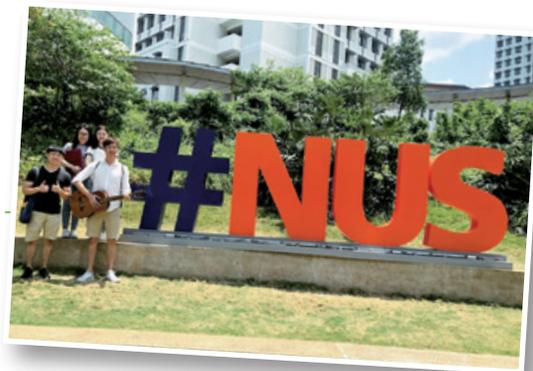
Joe Hiu-Fai Ho

Tina Ching-Yu Poon

Ada Lac-Tinh Wan

Frankie Chun-Ki Wu

Year 4, Bachelor of Nursing (Full-time) students



The trip to Singapore has been very fruitful and delightful. We still remember the first day arriving at the school and finding ourselves completely lost on campus, but the students there were very kind and showed us around. It was great to make new friends, but what impressed us even more was the nursing faculty itself where we were shown top-notch simulation facilities. We also visited Peacehaven Nursing Home with other nursing students from Hong Kong Polytechnic University and Taiwan. This Nursing Home aims to provide holistic care to the elderly and the staff told us about the care and equipment that they provide. For instance, virtual leisure activities are arranged for elderly with dementia so they can train their cognitive skills. This was a rewarding visit that enabled us to gain a better understanding about the kind of care provided in a Singaporean nursing home.

Aside from academic aspect, Singapore is a lively and beautiful city with people coming from different cultures. The harmony in the society made us feel at home and comfortable. Garden By The Bay, Universal Studio Singapore and other sightseeing features made us not willing to leave. Overall, this is a trip that we will not forget! 





University of Navarra, Spain

Vinus Wun-Yi Chan

Wing-Lam Kwan

Po-Yan Sin

Kit-Sum Tam

Year 5, Bachelor of Nursing (Full-time) students

It was our pleasure to have a valuable chance to participate in this exchange programme to Spain. We spent the most enjoyable three weeks together and explored around the country. The University of Navarra put together a well-prepared programme that let us observe in their hospital, where we learnt new and different knowledge and broadened our horizons. We also had an opportunity to exchange our nursing knowledge and skills with our counterparts during the practicum. We appreciated the close bonding and good relationships between health professionals and patients during our hospital visit.

The University also arranged a cultural exchange session and took us around the city. We tried different local foods, experienced a local festival and had fun with Spaniards. This exchange was an unforgettable journey. We sincerely thank the HKU School of Nursing for providing us with such a wonderful chance and experience.





SWEDEN



Jönköping University, Sweden

Christy Wing-Hei Cheng
Yin-Chi Fong
Derek Ming-Kuen Hui
Camie Hiu-Ki Li
Min-Yee Ma
Natalie Sze-Nok Ng
Maisie Wing-Yan Ng
Sharon Hoi-Lam Pak
Year 3, Bachelor of Nursing (Full-time) students



The exchange programme at Jönköping University was an unforgettable and rewarding experience for us. We made new friends and attended different lectures and seminars on child health. We had the opportunity to discuss and work with local students on various projects and were impressed by the learning atmosphere during lectures where students were actively engaged in discussion and presentation. On weekends, we travelled to some nearby cities, where we visited the Nobel Prize Museum in Stockholm and saw the first insulin, penicillin and device isolation dopamine. All these reminded us of Sweden's invaluable contributions in the medical field. 





📍 *Kaohsiung Medical University, Taiwan*

Lok-Yiu Chan
Wai-Chu Chan
Chun-Hei Chui
Simon Sai-Kit Ko
Kelvin Wai-Him Kwok
Ann Sin-Ying Mok
Ka-Kit Wong

Year 5, Bachelor of Nursing (Full-time) students

📌 This exchange programme to Kaohsiung Medical University (KMU) was a fruitful and inspiring journey. We had a chance to visit the Chinese Medicine Clinic, Psychiatric Day Centre and Community Centre. Also, we joined several lectures and found that nursing care in Taiwan was integrated with elements of Chinese medicine, such as oncology care. In addition, we had a lot of exciting moments with local students outside the lectures. They showed us around beautiful Kaohsiung city and on one occasion brought us to a rooftop restaurant surrounded by a charming nightscape. All of us had a good time in KMU and we would highly recommend it. 🗨️🗨️



 **National Taiwan University, Taiwan**

Karmen Ka-Man Cheng
Lucas Tsun-Yin Choi
Rico Ying-Tung Lam
Yuki Yu-Wa Ng

Year 4, Bachelor of Nursing (Full-time) students

This exchange programme provided us with an opportunity to explore the healthcare system in Taiwan and to know more about nursing professionals in other countries. We were glad that exchange students from Thailand were also involved in this exchange programme because this allowed us to learn more about Thailand's healthcare system at the same time. Especially during the presentation and discussion on the second week, we found some similarities and differences among the three systems and identified some cultural differences. We were grateful for this exchange experience, which widened our horizons.





Taipei Medical University, Taiwan

Kimberly Ho-Yi Kam

Lily Wing-Kwan Lam

Iris On-Kiu Tam

Year 3, Bachelor of Nursing (Full-time) students



This was a memorable and inspiring experience for us to learn different healthcare systems and nursing practices at Taipei Medical University (TMU). We even met some Japanese exchange students and learned the differences between Hong Kong and Japan.

Through visiting various healthcare settings and having discussions with students from Taiwan and Japan, we acquired more ideas about enhancing the quality of nursing care and how to be competent nurses in the future. We were also impressed by the high-technology and ward environment settings in Taiwan's hospitals.

Apart from knowledge exchange, we also joined some cultural explorations with TMU and Japanese students in Taipei city. Thanks to the teachers and students from TMU and Japan, we enjoyed this exchange programme very much. 



THAILAND

Chiang Mai University, Thailand

Wings Wing-Sze Chow

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

Cherry Yuen-Ting Wong

Year 2, Bachelor of Nursing (Part-time) Enrolled Nurse student

Chiang Mai is a city full of surprises! You could never imagine what it looks under its mysterious and historical veil. Through the exchange programme, we undertook a deep discovery of the lifestyle and culture of Chiang Mai locals. The most surprising thing was Chiang Mai's healthcare system. As healthcare workers in Hong Kong, we had not expected that the system in Chiang Mai would be that well-developed. Patients there could receive the care they needed and the staff worked happily and stress-free. They believe "the lesser the paperwork, the better the patient care". This exchange exceeded our expectations. 



Chulalongkorn University, Thailand

Wendy Nga-Ying Yan

Annie Ting-Yan Yiu

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

Joe Ching-Kwong Yiu

Year 4, Bachelor of Nursing (Full-time) student



The healthcare system in Thailand is developing very well and attracting medical tourists. Thailand is definitely a good location for exchange and travel. This summer, we visited Chulalongkorn University, the top university with the longest history in Thailand. Chulalongkorn University provided us with a great opportunity to explore the differences between the healthcare systems of Hong Kong and Thailand. We observed and discussed with nurses from various wards in the Police General Hospital. We also visited a Thai health centre, which contained much advanced knowledge in its beautiful and eco-friendly building. This exchange also gave us the opportunity to step into the community and visit a local village with a high elderly population. We would choose to go to Chulalongkorn University again if given the chance, as we learnt a lot and enjoyed our time there. 



Mahidol University, Thailand

Apple Dick-Lam Li

Winnie Pui-Wan Wong

Melissa Pui-Yee Wong

Sally Ching-Yi Yuen

Year 2, Bachelor of Nursing (Full-Time) students



We were grateful to have this invaluable opportunity to join the exchange programme at Mahidol University in Thailand. We visited many healthcare institutions, including a hospital, medical centre, elderly club and nursing council. We gained a deeper understanding of the role of nurses in different settings and about how healthcare service could be influenced by culture. Last but not least, we all enjoyed this wonderful experience in Thailand. 





 **Case Western Reserve University, USA**

Henry Hang-Wing Chen
Ka-Wai Cheng
Stephanie Ho-Kei Cheung
Kam-Ling Lam
Jia-Yao Li
Yi Pang
Li-Nga Wong
Year 5, Bachelor of Nursing (Full-time) students



Never had we imagined that our two-week exchange programme to Case Western Reserve University (CWRU), one of the top nursing schools in the USA, could be so fruitful!

We visited a variety of local healthcare institutions and departments, community centres, adult acute care ward, emergency department, neonatal intensive care unit, cancer centre, baby & children hospital and hospice centre, etc. We gained a better understanding about the healthcare services and policies in the USA and how they are different from Hong Kong.

We participated in a health assessment activity with children organised by the students at CWRU. We were impressed by the students' leadership and communications skills and knowledge, their enthusiasm for learning and their passion for the nursing profession. We were given so many chances to join the local students' lectures, lab sessions and even a clinical placement at a local hospital! One of our most memorable sessions was the deep conversation we had with the clinical staff at a local hospice about death and end of life care.

Last but not least, we joined weekend activities to Niagara Falls in Canada, as well as crazy shopping in outlet malls and cooking at our hostel. We bring back treasured memories of our graduation exchange.  



Duke University, USA

Rocky Wai-Lok Lee

Micco Tsz-Ching Leung

Year 3, Bachelor of Nursing (Full-time) students

It was our great pleasure to participate in the *Exploring Global Patterns of Health and Illness Programme* for international students at Duke University in the US. This eye-opening experience allowed us to collaborate with nursing students from different countries including the US, Japan, Korea, Barbados, Ireland, the Philippines, Taiwan and Oman. As a result, we gained insights into different countries' cultures as well as their healthcare systems and nursing education. Throughout the course, we had intensive, fruitful lectures about global and public health issues that were delivered by various scholars and experts. These experiences definitely contributed to our path towards becoming competent and independent nurses in the future, as it is crucial to have a broad view of patient education and community health. We were also assigned to different multinational teams and cooperated on a final Evidence-Based Practice (EBP) project, in which we aimed to propose evidence-based interventions to tackle public health problems from across the globe.



 **University of Texas Health Science Center at Houston, USA**

Alex Kin-Hei Ling
Christy Tsui-Shan Tsang
Wing-Nam Tsang
Bonnie Ching-Man Yuen

Year 3, Bachelor of Nursing (Full-Time) students



Our exchange schedule was composed of lectures, labs, simulations, tours and clinical visits. We participated in obstetrics simulations and observed how local students handle patients during labour. We also learnt how to assess a new-born baby and how to breastfeed. Other highlights included touring Houston Hospice, MD Anderson Cancer Center and Texas Children's Hospital, where we got a deeper understanding of healthcare support for the elderly, cancer patients and children in the US. Furthermore, we acted as observers for five days in the Neuro ICU, Surgical & Liver ICU, Medical Unit, Chest Pain or Observation Unit and Inpatient Dialysis Unit at the Methodist Hospital. We observed the routines of the nurses and saw how they provide holistic care to patients and communicate with other healthcare professionals. We were glad to be involved in this exchange programme and have been deeply inspired. We hope to bring this inspiration to our future practice in Hong Kong.





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