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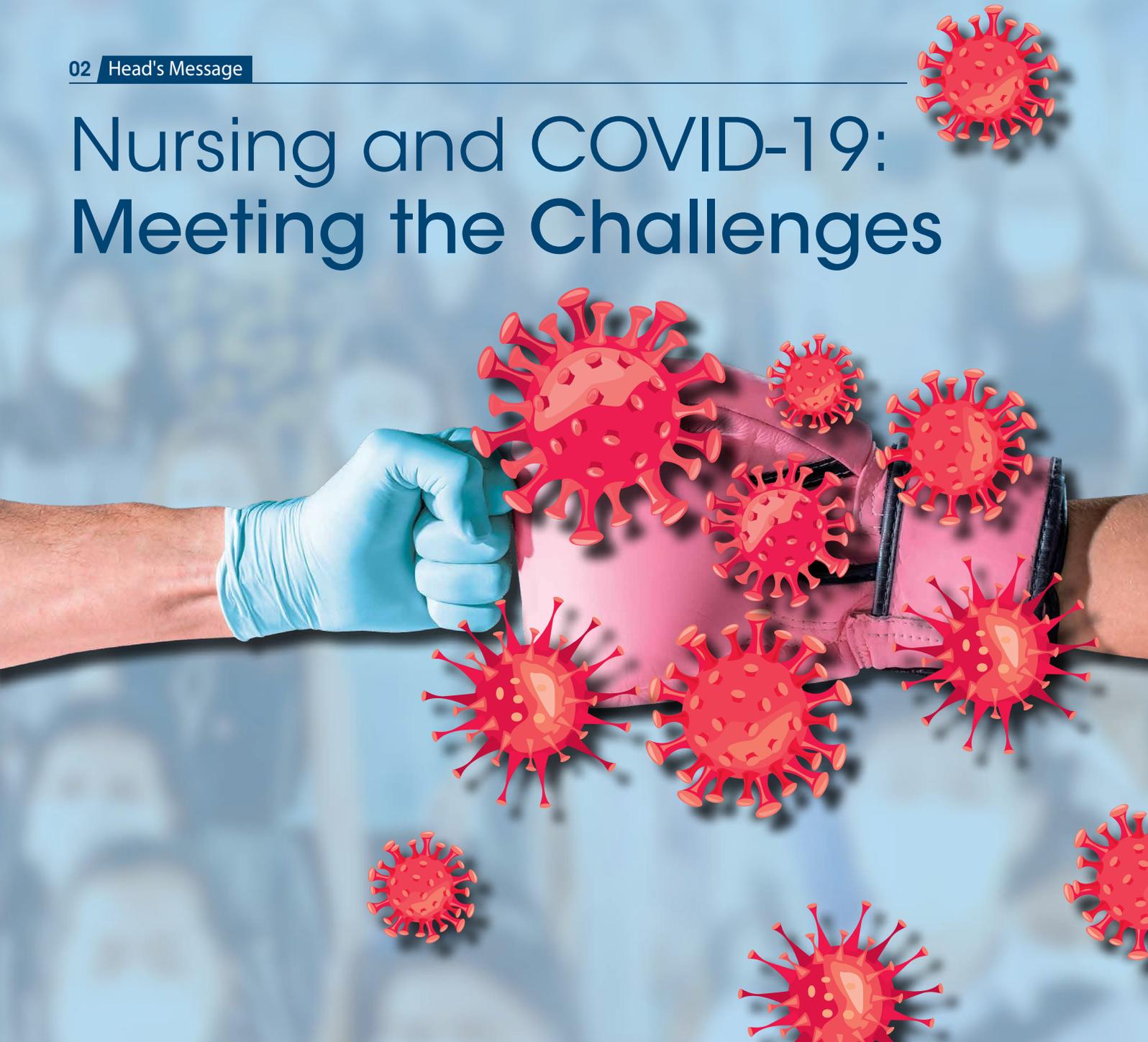
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Nursing and COVID-19:
Meeting the Challenges



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Professor Chia-Chin Lin | Head

Nursing and COVID-19: Meeting the

In this International Year of the Nurse and Midwife, our profession is being challenged in unmatched ways and is responding magnificently to the challenges posed by the coronavirus pandemic.

In this International Year of the Nurse and Midwife, our profession is being challenged in unmatched ways and is responding magnificently to the challenges posed by the coronavirus pandemic.

Front-line nurses are placing their lives at risk in caring for highly infectious, often critically ill patients; nurses working at government policy level are implementing strategies to further develop a highly skilled nursing workforce. Nursing educators are developing and implementing on-line programmes for their students and are empowering communities through teaching about safety measures and infection control, while nursing researchers are investigating key issues surrounding COVID-19. It is not surprising that around the world we see ongoing acclaim for the tremendous work nurses are doing. Undoubtedly, the current situation has brought a renewed public recognition of, and respect for, the substantial contribution nurses make to the health and well-being of our communities.

Here in Hong Kong, our School is contributing actively in the global effort to combat outbreaks of the virus through a number of initiatives. Our two-year programme in infection control has been running for a number of years and we have trained over 1,000 nurses who work in key roles across the health care sector and play an important role in containing the virus, especially in hospitals.

I have been particularly impressed with the work being done by our staff and students who developed videos to debunk some of the myths surrounding COVID-19 and demystify





Challenges

rumours by offering sound advice based on science, as well as to provide guidance on ways to take care of mental well-being during unprecedented times. These videos have been districted across Hong Kong and have been shared widely in Asian countries.

Our staff also participated in a number of activities funded by the Hong Kong Jockey Club NICE-LINK Project. In one of these, a video on home hygiene has been developed to educate both the general public and volunteers who support our seniors in their homes. This video not only provides important practical information, but it also assists older adults to feel they have some control over their lives in the uncertain times.

Another activity involves the development of an on-line course for workers and volunteers in the elderly service units of Non-Government Organisations to help them cope with the current pandemic situation. The course includes information about the manifestation and transmission of COVID-19, personal measures for preventing COVID-19 and workplace preparedness for COVID-19.

A nurse led tele-care protocol also addresses the health needs of socially isolated older adults, which includes bi-weekly

tele-care and, where indicated, health counselling. A set of health leaflets on preventive measures for COVID-19, healthy eating, home-based exercise and strategies for maintaining emotional health has been distributed to these older adults. Subsequent tele-health calls will be followed up with the creation of health portfolios to enhance individual care.

Our academic and research staff are also working on a wide spectrum of studies and investigations on topics specific to the coronavirus pandemic: physical distancing and emotional closeness; psychologic impacts on patients and their families, on local and international students; nursing informatics response to COVID-19, smoking relapse prevention and smoking cessation during COVID-19; social disparities, risk communications, health literacy, preventive behaviours, mental health, intimate partner violence and child abuse during COVID-19, etc.

While nurses across the globe are making a major contribution in halting the spread of this terrible virus, we are only too aware of the toll being taken on human life and our hearts go out to grieving families everywhere.

Telenursing Helps Isolated Older Adults Survive



Professor Doris Yu		Professor	(Middle)
Ms Carol Lam		Nurse	(Left 1)
Mr Samuel Tam		Nurse	(Left 2)
Ms Cappy Chan		Nurse	(Right 2)
Ms Carmen Hung		Nurse	(Right 1)

We have been able to not only address prominent geriatric symptoms and enhance chronic disease management among socially isolated older adults, but also enhance their infection control practice for COVID-19.

The social distancing strategies introduced to contain COVID-19 may be effective at controlling the pandemic, but they can also reduce social support for older adults. The impact is particularly significant for those who live alone or live only with their spouse. Some were afraid to leave their homes during the acute period of the pandemic outbreak, even in some cases for medical appointments. The closure of non-essential aged care services further limited their access to care. Although the aged care sector responded rapidly to deliver services online, many elderly remain on the wrong side of Hong Kong's digital divide, which means they do not have the means or know-how to access this service.

To address the problem, the School of Nursing has adapted its innovative "Jockey Club Nice-Link Project", which is supported by the Hong Kong Jockey Club Charities Trust, to the demands of social distancing.

The original aim of the project was to bring nurses, social workers, and volunteer health coaches (people at aged 50+) together to reach out to socially isolated older adults and support their health and functional well-being. The nurses have been developing person-centred care plans guided by the World Health Organization's ICOPE Model, while volunteers have been empowered to deliver the care using a case management approach.

With the COVID-19 outbreak, all in-hall and in-person activities had to be stopped, so our nursing team transformed the project into a

Social Distancing



telenursing model with two main components: nurse-led case management and volunteer-led caring support. The revised model was launched in early February to support 200 socially isolated older adults.

For nurse-led case management, the nurses conducted a systematic health review of the older adults through telephone visits. Various health problems were prevalent among the group, including poor awareness of personal and environmental hygiene, inadequate protective resources, physical inactivity, poorly controlled pain, insomnia, loneliness and depressed mood, and they were worried about refilling their medications and rescheduling medical appointments. Some of them even delayed seeking medical care after fall injuries.

Our team provided these participants with prompt health advice and distributed a set of eight illustrated education leaflets that nurses had developed to guide health-related self-care management. Referral to social workers was arranged as appropriate. We also provided in-person visits at the door gate for older adults who had more serious health problems.

The volunteer-led support crew provided regular phone calls to the socially isolated older adults to support their mental wellness. They were trained to understand the health problems of socially isolated older adults, through an online

series developed by the nursing team. The volunteers then worked in small groups supported by a nurse and were encouraged to participate in an online chatroom to enhance the nurse-volunteer interface in providing care. (Further details of both the nurse-led and volunteer-led initiatives are in School Highlights, page 19 - 20.)

Thus far, the telenursing model has been a great success. We have been able to not only address prominent geriatric symptoms and enhance chronic disease management among socially isolated older adults, but also enhance their infection control practice for COVID-19.

The participants expressed great appreciation to our nursing team and reported a greater sense of security as a result of contact from the nurses and volunteers. The telenursing model also managed to keep volunteers motivated. As volunteers are becoming an increasingly important asset for supporting the aging population, every effort is needed to secure this social capital even under the pandemic threat.

The HKU nursing team will continue to transform every challenge into opportunity in promoting the betterment of seniors in the community.

Online Teaching in a Pandemic



Dr Maggie Chan | Lecturer (Right Front)
Ms Claudia Chan | Lecturer (Right Back)
Ms Michelle Pang | Lecturer (Left Back)
Professor Doris Yu | Professor (Left Front)

The lockdown due to the COVID-19 pandemic meant the University and the School of Nursing had to adapt rapidly to ensure students could learn at home. At the School, we adopted several teaching strategies for online learning that built on our past strengths and took us in new directions, such as Panopto that captures teachers' lectures and the virtual classrooms of Zoom and Google Meet that allow for interactive learning when students and teacher are in different places.

In order to improve future online teaching and learning, we interviewed two students and two teachers for their reflections on the benefits and limitations of online learning and what could be done to improve the experience.

On benefits, the respondents highlighted the flexibility and innovativeness of online learning. Students said it allowed them to plan their study and revision schedule. One said: "I can revise the lectures when necessary so that I can make sure that I understand the content of the lecture." Teachers also agreed that online teaching offers flexibility for students and believed that the use of innovative technology was welcomed by students.

However, there was a price to pay in terms of the lack of interaction and potential for poor understanding of the material. One student said, "I would like to go back to school.

I would be happy to see my classmates and teachers again and have lunch and chat together." The lack of face-to-face communication means students miss out on important, joyful aspects of school life.

Students also found it difficult to understand nursing skills and techniques through online teaching and preferred face-to-face teaching because they could demonstrate their skills

and teachers could give direct comments on how to improve. In this way, face-to-face teaching is important to building trust relationships between students and teachers. Teachers also worried about students' understanding. "I don't know if they understand or not," said one, because of the reduced face-to-face interactions.

The real challenge is to figure out how to maximize the impact of blended learning in face-to-face teaching.

These drawbacks suggest areas for improvement. One possibility is to shift in future to "blended learning" that combines online learning with face-to-face sessions. This would satisfy both the teachers' aim of having a student-centered approach with more interactive and innovative elements, and student preference. "It will be perfect if we can learn with both online teaching and face-to-face lecture," said one student. Another suggested: "I like scenario-based teaching; we can discuss the scenario and learn from others," which raises the possibility of having scenario-based learning online.

There is now an opportunity for us to reform and reshape our pedagogy and develop a vibrant new environment for new-generation learners.

“Blended learning” is not a new concept – in formal terms, it means combining internet and digital media with established classroom forms that require the physical co-presence of teacher and students (Friesen, 2012). The School was already moving in this direction before COVID-19 struck through the

use of such “ed-tech” as videos, flipped classroom, Panopto, Moodle and VR technology to enhance students’ learning.

The real challenge is to figure out how to maximize the impact of blended learning in face-to-face teaching. Ongoing support is crucial for effective blended learning. It requires the development of curriculum models and frameworks, staff training, and resources and technologies to support and build an effective team. Student feedback is also important, so building partnerships with students should be considered.

The way to improve our teaching and student learning is to be willing to embrace change. There is now an opportunity for us to reform and reshape our pedagogy and develop a vibrant new environment for new-generation learners.



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2. HKU Teaching and Learning. (2018, March 23). Enhancing Student Learning With Blended Learning. *E-Learning Blog*. <https://tl.hku.hk/2018/03/enhancing-student-learning-with-blended-learning/>

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 Mr Wong Tsz-nok, Year 2 Bachelor of Nursing (Full-time) student

HKU Nursing Graduates: Backbone of Health Service During COVID-19 Pandemic



- Dr Kelvin Wang** | Director, Master of Nursing Programme (Left 1)
- Dr Janet Wong** | Director, Bachelor of Nursing (FT) Programme (Right 2)
- Dr Polly Chan** | Director, Bachelor of Nursing (PT) Programme for RN (Left 2)
- Dr Mandy Ho** | Associate Director, Master of Nursing Programme (Right 1)
- Dr William Li** | Director, Doctor of Nursing Programme (Middle)

The COVID-19 pandemic has been an unprecedented threat to public health in Hong Kong and the world. The School's graduates have played a critical role in addressing this threat, thanks to specialized training that was rolled out by the School following the 2003 SARS outbreak.

On top of teaching standard infectious control practices to students, the School has worked closely with infection control experts from microbiology, clinical infection medicine, infection control nurses and community partners to provide intensive and comprehensive training. Since 2010, 1,223 nurses have attended Certificated Infection Control Courses (ICC) taught by the School in collaboration with HKU's Department of Microbiology. We have also provided an infection control track under our Master of Nursing program since 2009 to cultivate leaders in infection control nursing.

Our BN, MN and DN graduates have applied their learning at the frontlines, in clinical and public health settings, to combat COVID-19. Graduates

working in the Department of Health have been enforcing the Public Health Ordinance (Prevention and Control of Disease), which includes (but not limited to) screening and assessing inbound travelers, supporting quarantine measures (e.g. home-containment) for high risk groups, contact tracing of confirmed cases and coordinating the logistic for such a large operation. Apart from administering these important epidemiological services, they have also been providing psychological support to patients and families to ease their fears and anxieties about COVID-19 and providing accurate and updated health education and information.

These actions contributed substantially to the successful containment of outbreaks in early 2020, which meant the city did not need to go into lockdown.

Nurses in hospitals also had an important role to play in Hong Kong's response to COVID-19. As of 6 Aug 2020, Hong Kong had 3,754 confirmed cases. Admitting a large number of cases into hospitals over a short period requires extraordinary collaboration

**Fear is a reaction.
Courage is a
decision!
But we can choose
to "Keep calm
and carry on"
and execute our
duties as caring
professionals.**

between health care professionals from different specialties. Our graduates have provided professional services in various clinical and community settings. Some have volunteered to establish isolation wards in a very short time, which put their excellent leadership skills to work. Others have manned intensive care units. Not only are they having to coordinate various professionals, they also are tasked with the accurate delivery of complex medical treatments for COVID-19 patients.

Another group of nurses have been at the frontline of emergency departments, where they triage and screen potential cases and coordinate the admission of cases. We also have graduates in the infection control team that is working behind the scenes to maintain up-to-date and appropriate infection control guidelines and safeguard their colleagues' infection prevention practices. Our nurses have heavy responsibilities in our community, too, particularly in elderly

care homes which have been most vulnerable to the virus. Our graduates working in community nursing and elderly services have had their hands full in preventing outbreaks.

Many of the School's graduates volunteered to join the COVID-19 team so they could be part of a phenomenal effort to provide clinical care and, mostly important, therapeutic nursing care to patients and their families. The extra efforts they have put in have helped to maintain high quality services for patients in Hong Kong and ensure the healthcare system does not get overwhelmed.

As Winston Churchill said: "Fear is a reaction. Courage is a decision!" It is unrealistic to say nurses or any medical professionals have been fearless in the face of COVID-19, but we can choose to "Keep calm and carry on" and execute our duties as caring professionals.



Experience Sharing

from Our Alumni and Students

Chan Ching-ho

BN (PT) RN Programme Year 2 Student



“ It was so timely for me to be learning about ‘Management and Leadership’ and ‘Epidemiology and Population Health’ because I could reflect on the real situation of COVID-19. I gained a better appreciation of the role leaders play in guiding teams to respond to the changing demands of COVID-19 in the clinical setting. I also got a better understanding of the epidemiological effects on population health from this disease. ”



Bonnie Wong

BN (FT) & MN Programmes Graduate



“ By understanding the work of the infection control team, I know that compliance in basic practices, like hand hygiene and proper PPE wearing, is of the utmost importance to protect both patients and healthcare workers. Being vigilant at every step of care safeguards our healthcare system. ”



Leanna Wong
BN (FT) & MN Programmes Graduate



“ COVID-19 is a devastating global catastrophe. This is definitely a hard time for all of us as healthcare workers. However, we believe our hard work will pay off someday. Together as a team, we will be able to overcome any challenges. I would like to thank the public for their support of our work in fighting COVID-19. ”



▲ Leanna Wong (Left)



Vivian Wong
MN Programme Graduate



“ As infection control nurses, we are responsible for ensuring stringent implementation of infection control measures during the pandemic to prevent the risk of infection among healthcare workers. When there is a shortage of resources, for example, PPE, the work becomes difficult. But through collaboration between various departments and parties, the common goal of infection control can be achieved. ”

Newton Wong
MN Programme Graduate



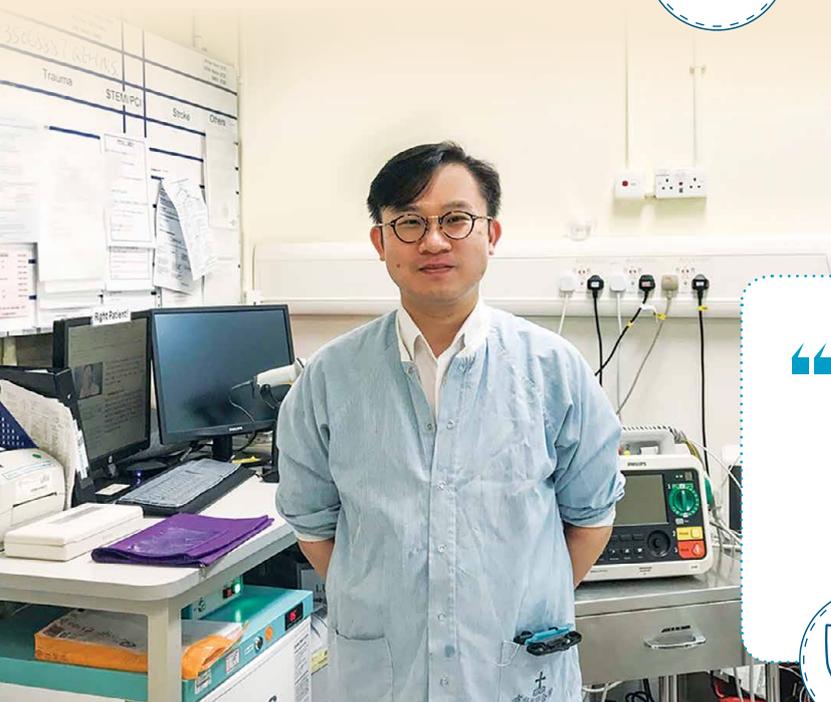
“ In light of the large scale global public health crisis, I want to share with my fellow colleagues and those who aspire to become nurses a quote from Florence Nightingale – ‘Nursing is an art: and if it is to be made an art, it requires an exclusive devotion as hard a preparation as any painter’s or sculptor’s work; for what is the having to do with dead canvas or dead marble, compared with having to do with the living body, the temple of God’s spirit? It is one of the Fine Arts; I had almost said, the finest of the Fine Arts. ”



Jacqueline Woo
BN (FT) & MN Programmes Graduate



“ Public health nurses play a very important role during this global pandemic. Being involved in case tracking, preventing community outbreaks, providing support to confirmed COVID-19 patients and their families, etc., are all valuable experiences and learning opportunities for me. ”



Terrance Cheung
DN Programme Graduate



“ From this pandemic, we see nurses uphold their professionalism and we understand that the nursing profession is closely associated with public health. I hope fellow nurses will equip themselves and take up challenges. And to those who aspire to become a nurse – nursing is not easy, but it is truly meaningful. ”



Ronald Cheung
BN (FT) & MN Programmes Graduate



“ As Shift in-charge, I have the responsibility to ensure colleagues have a safe and efficient working environment. I have worked with Advanced Practice Nurses to plan the ward routine care and workflow around patients' journeys, which involves substantial medical management knowledge. Health informatics also plays an important role in clinical management. We use information technology to strengthen communications between wards, exchange information about patients' conditions and occupancy rate and increase time efficiency. ”



Kenneth Yip
BN (FT) Programme Graduate



“ Combating the pandemic is part of my responsibility as a nurse. As long as I follow the procedures and steps carefully, I can rest assured that I am safe. Fighting against the pandemic has also given me the opportunity to gain a lot of experiences and grow a lot. In particular, I have had the chance to work with nurses from different backgrounds and expertise, and we share, support and learn from each other. ”



Jessica Cheng
BN (FT) & MN Programmes Graduate



“ With the occurrence of this global pandemic, nurses should understand the importance of working together to protect each other. If we can protect ourselves, we can then protect our families and we will soon win this battle. The pressure that healthcare workers face has been increasing from SARS to COVID-19. People who aspire to be nurses should not only be enthusiastic about the profession, but also mentally prepared to face the challenges as we don't know when the epidemic will end. ”



Mary Choy
BN (FT) Programme Graduate



“ We have to be alert at all times when handling patients even if they have the slightest symptoms, especially because there are still unknowns about the disease. Infection control knowledge is important. It is only when I have a better understanding of the virus transmission method that I can protect myself and educate patients. ”



Community Engagement for COVID-19 Infection Prevention and Control

The world has been hard hit by COVID-19, but the School has taken extra steps to ensure our nursing students can continue to be educated and the public can continue to benefit from our know-how and services.

Videos Answer Questions about Infection Control



抗疫迷思
你問我答



Many people have been cautious about infection control in the wake of the COVID-19 outbreak and many rumours have circulated. To separate the facts from fiction, teachers and students at the School have developed two videos available online:

Episode 1

- Should I remove my mask first or wash hands first on arriving home?
- Should I clean my hands with alcohol-based hand rub or soap and water?
- How does one differentiate between the front and the back of the mask?
- How to choose a mask among various styles available?
- Can a child put on a mask for adults if a junior fit is not available?
- If seniors have a blood taking or clinic appointment in the following week, should he/she attend?
- What should I do if I cannot get hold of a mask? Can I make my own mask?
- Can masks be reused? Can masks be disinfected by steaming or blowing with a hair dryer?
- Is N95 respirator required for daily use?



Episode 2

- Effective sterilization can be achieved at high temperatures. Can diluting bleach with hot water improve its efficacy?
- Should the exhaust fan be turned on while taking a bath/shower?
- How can I reduce the chance of bringing germs that are on my shoes into my home?
- What should I do with my jacket after getting home?
- When disinfecting with alcohol, should it be sprayed or wiped?



- Can we effectively avoid exposure to the virus by pressing the elevator buttons with props?
- Does wearing glasses help prevent infection?
- Should I wash my hair each time I get home?
- Diseases are spread by "hands". How can I wash my hands thoroughly?
- I had a low-grade fever two days ago which was subsided today. Can I attend a colleague's wedding?



Advice on Psychological Well-being

People stay at home to maintain social distancing, but this can have negative impacts on one's psychological well-being. The School has developed a set of info-graphics to help people cope at this time:



DO

- When receiving new information, fact check if the source of the information is reliable and if the information is authentic
- Maintain good personal hygiene and mood, as well as normal daily routines
- Connect with family and friends to show your care via telephone or instant messaging apps, even though you may not meet up with them in person
- Seek professional assistance and guidance when necessary



DO NOT

- Share unproven information which may cause fear to others and yourself
- Make irrational decisions and behave irrationally based on unproven information, such as buying too many medical supplies, daily necessities, and food
- Spend too much time searching for information on the epidemic, which intensifies your anxiety
- Refuse to share your thoughts and feelings with family and friends



Seven Steps for Proper Hand Washing

Washing hands for 20 seconds is one of the most effective ways to stop germs from spreading from one person to another. The School has developed a set of info-graphics to show the seven steps of proper hand washing:



1. Palm to palm
2. Back of the hands



3. Fingers interlaced
4. Back of fingers



5. Base of thumbs
6. Fingertips



7. Wrists

"Peace of Mind at Home During an Outbreak" Video



At the heights of the COVID-19 outbreak, people hunker down at home. It is easy to get bored when spending less time outdoors with friends. People can also become overwhelmed by the news circulating over the internet and be constantly worried about sourcing daily necessities, which all take a toll on their mental well-being.

The School produced a video reminding the public of the importance of taking care of one's mental health and offering the following tips:



- Smile for 20 seconds



- Avoid sharing unverified information
- Avoid hoarding daily necessities



- Walk-in-place for 10 minutes



- Stay connected with one another



心靈健康你要知 Self-care for the mind

- ✓ 微笑20秒
Smile for 20 seconds
- ✓ 輕鬆踏步10分鐘
Walk-in-place for 10 minutes
- ✓ 不瘋傳未經證實的資訊
Avoid sharing unverified information
- ✓ 不過度囤積物資
Avoid hoarding daily necessities
- ✓ 與親友保持聯繫
Stay connected with one another

希望大家都能保持身心健康
while we fight against the outbreak together



Hong Kong Jockey Club Nice-Link Project

“Understanding COVID-19 and its Preventive Measures” Initiatives

In respond to the COVID-19 outbreak in Hong Kong, an online course was developed under the Hong Kong Jockey Club Nice-Link (HKJC-NICE-LINK) Project to empower workers and volunteers in the elderly service units of NGOs with the knowledge and competency to cope with the current pandemic situation. This 45-minute course covered:

- 1) The manifestation and transmission of COVID-19
- 2) Personal measures for preventing COVID-19
- 3) Workplace preparedness for COVID-19

All participants who completed the course and successfully completed simple tests received a certificate of attendance from the HKJC NICE-LINK Programme.

Jockey Club
NICE-LINK Project
賽馬會「晴繫友里」計劃

新型冠狀病毒 預防感染工作坊

受新型冠狀病毒影響，大家都要提升預防感染意識，防範於未然。故此，香港大學的護士製作了一個網上工作坊，除了讓大家增加新型冠狀病毒的認識，希望大家也能學會一些預防感染方法，抵抗病毒入侵。

參加方法

- 1 請登入以下網址
<http://hk.jockeyclub.org/nice-link/covid-19-training>
填寫課前問卷
- 2 填寫問卷後，根據相關指示
連結至網上課程
- 3 完成課程後答對小測驗
參加者將會獲得證書乙張 (證書會透過機構轉發)

所有參加者完成工作坊，並答對小測驗，會得到證書乙張。

如有任何疑問，歡迎與賽馬會講義友里護士聯絡
陳姑娘 Carlean 51856953 林姑娘 Carol 55895708
陳姑娘 Casey 51893214 譚先生 Samuel 52324831

捐助機構
香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
策略及合作夥伴
LKS Faculty of Medicine
School of Nursing
香港大學護理學院
HKU Med

“Understanding Home Hygiene During a Pandemic” Video

A video on home hygiene was developed under the HKJC-NICE-LINK Project to educate the general public and volunteers who support elderly services in Hong Kong. Five scenarios were featured in the video to help older adults understand the importance of home hygiene and how these measures could be adapted into daily life.

香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心同步同進 RIDING HIGH TOGETHER

賽馬會晴繫友里計畫

抗疫安樂窩

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

5 YEARS HKU Nursing



Nurse-led Tele-care Support for Socially Isolated Older Adults

A nurse-led tele-care protocol was developed under the HKJC-NICE-LINK Project to better address the health needs of socially isolated older adults in Kwun Tong, Ngau Tau Kok, Wong Tai Sin and Shum Shui Po during the COVID-19 outbreak in Hong Kong.

Bi-weekly tele-care was provided to these older adults, as well as prompt health counselling targeting their major health concerns. A set of eight health leaflets addressing the health needs of these older adults was also distributed, including Preventive measures for COVID-19; Healthy eating; Home-based exercise; and Maintaining emotional health.

Subsequent tele-calls will be provided to follow up with these older adults and a health portfolio will be created for each socially isolated older adult to enhance individual follow-up care.



BNurs (FT) Admissions Talk and Q&A Virtual Information Session



Due to the pandemic, an in-person admission talk for JUPAS applicants was not feasible. Therefore, a virtual information session was organised for these applicants to provide the latest information on programme admission, programme structure and career prospects, and interview requirements and tips. The virtual information session was well "attended" and we look forward to welcoming interested students to join our HKU nursing family.



E-Multiple Mini Interview (EMMI)

The face-to-face Multiple Mini Interview for the admission exercise of Bachelor of Nursing (FT) has gone virtual between June and July. Applicants were interviewed on their compassion and empathy, integrity and interpersonal and communication skills, etc. Over a thousand candidates were interviewed and the pandemic did not stop us from admitting high caliber candidates who aspire to become professional nurses.



Combating the COVID-19 Pandemic with Knowledge

The School is dedicated to achieve and sustain high impact research in nursing and health. Our research teams have been working on a large variety of studies and investigations on topics specific to COVID-19.

Principal Investigator	Project Title
Dr Polly Chan	Psychological impact of the pandemic COVID-19 on full-time nurses with part-time nursing study
Dr Daniel Fong	CARE: an international survey for assessing COVID-19's impact on fear and health
Dr Mandy Ho	Impact of COVID-19 pandemic on weight control and health management in population with chronic diseases: a cross sectional study
Dr Agnes Lai	Exploring the psychological impact of COVID-19 outbreak on COVID-19 survivors and their families
Dr Agnes Lai	Exploring the psychological impact of the COVID-19 on higher education students
Dr Kris Lok	Impact of fear and childbirth experience in pregnancy and the postpartum period during the COVID-19 pandemic - an international survey
Ms Cecilia Sit	The impact of COVID-19 pandemic on registered nurse studying taught postgraduate programme in part-time: a mixed study of online learning experience
Dr Luk Tzu-tsun	Chat-based instant messaging support for preventing smoking relapse in the context of COVID-19 outbreak: a pilot randomized clinical trial
Dr Kelvin Wang	COVID-19 related brief advice and personalized chat-based intervention for smoking cessation in community smokers: a randomized controlled trial.
Dr Kelvin Wang	Health literacy, misinformation and health-related risks on Novel Coronavirus (COVID-19) outbreak among Hong Kong adults
Dr Kelvin Wang	COVID-19 influence on smoking and quitting behaviors in tobacco users in Hong Kong: a prospective follow-up survey
Dr Janet Wong	Family relationships during the novel Coronavirus (COVID-19) outbreak among parents and children in Hong Kong

Articles related to COVID-19

1. Atique, S., Bautista, J.R., Block, L.J., Lee, J.J., Lozada-Perezmitre, E., Nibber, R., O'Connor, S., Peltonen, L.M., Ronquillo, C., Tayaben, J., Thilo, F.J.S. & Topaz, M. (2020). A nursing informatics response to COVID-19: perspectives from five regions of the world. *Journal of Advanced Nursing*. <https://doi.org/10.1111/jan.14417>.
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3. Choi, E.P.H., Hui, B.P.H., & Wan, E.Y.F. (2020). Depression and anxiety in Hong Kong during COVID-19. *International Journal of Environmental Research and Public Health*, 17(10), 3740. <https://doi.org/10.3390/ijerph17103740>.
4. Choi, E.P.H., Ho, M. & Smith, R. (2020). What can we do for part-time nursing students during the COVID-19 pandemic?. *Medical Education*, 54: 667-668. <https://doi.org/10.1111/medu.14196>.
5. Lam, S., Hung, M., & Chien, W. T. (2020). Uncertainty surrounding the use of face masks in the community amid the COVID-19 pandemic. *International Journal of Nursing Studies*, 108, 103651. <https://doi.org/10.1016/j.ijnurstu.2020.103651>.
6. Lee, J.J., Wang, M.P., & Yang, S.C. (2020). Will the tobacco industry ultimately triumph in the midst of COVID-19 pandemic?: a call for nurses' action in tobacco control. *International Journal of Nursing Studies*, 103726. Advance online publication. <https://doi.org/10.1016/j.ijnurstu.2020.103726>.
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8. Wong, C.K., Wong, J.Y., Tang, E.H., Au, C.H., Lau, K.T., & Wai, A.K. (2020). Impact of national containment measures on decelerating the increase in daily new cases of COVID-19 in 54 countries and 4 epicenters of the pandemic: comparative observational study. *Journal of Medical Internet Research*, 22(7), e19904. <https://doi.org/10.2196/19904>.



Message from Alumni Liaison Officer, School of Nursing, The University of Hong Kong

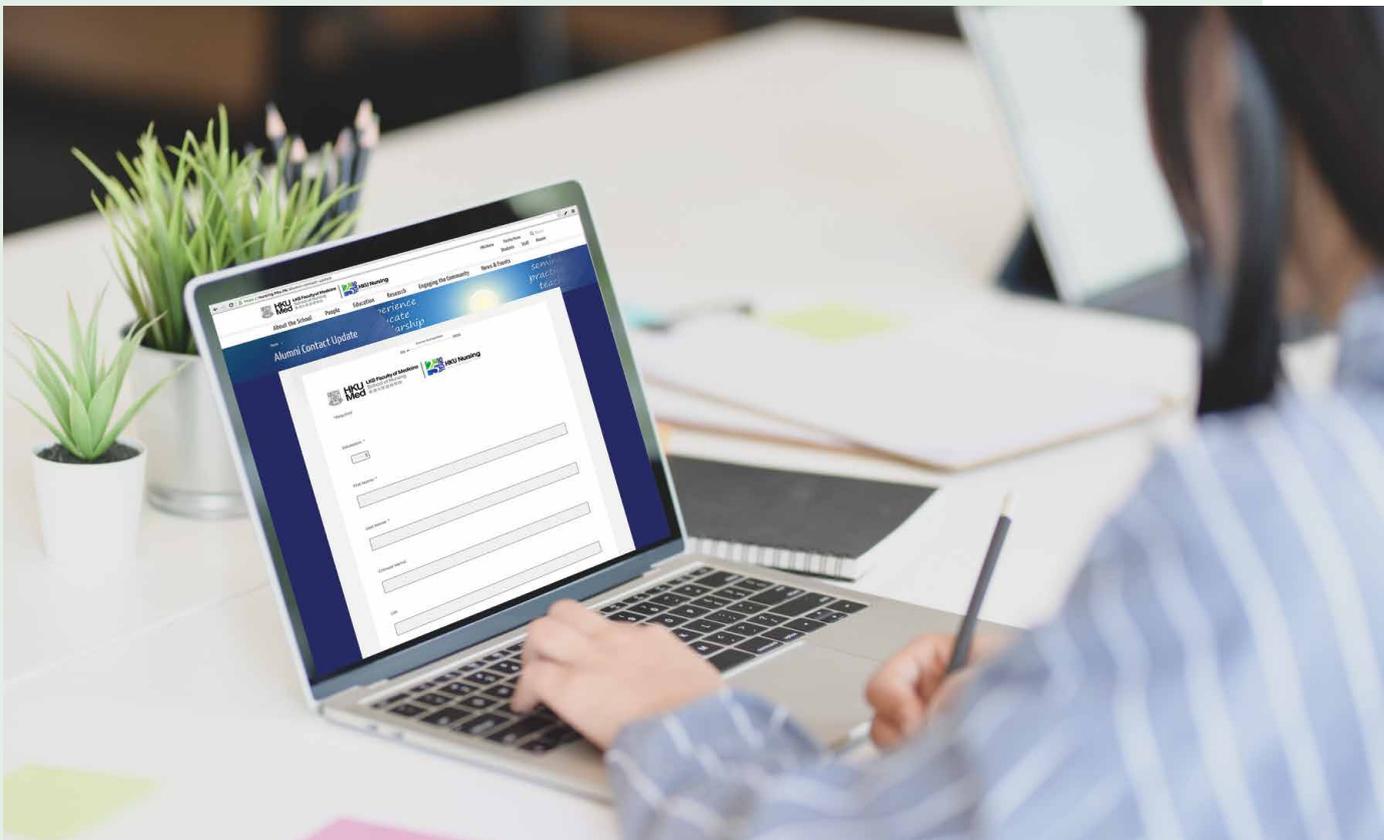


Throughout history, nurses and all other healthcare professions have played crucial frontline roles in pandemics. With the COVID-19 pandemic presenting very challenging and stressful conditions, I would like to thank and honour all nurses and other healthcare practitioners at the forefront of this crisis, on behalf of HKU's School of Nursing. The invaluable role you have been playing is a testimony to your compassion, sacrifice and professionalism. I hope that you stay safe and take extra care of yourselves and your families during these difficult times.

To keep our alumni community up-to-date, our School would like to invite you to stay connected by filling in the online form. Thank you all again and we wish all of you a safe and healthy year ahead.

Dr Edmond Choi

Assistant Professor and
Alumni Liaison Officer



Outgoing Student Exchange

COVID-19 has made international travel very difficult. Students' safety and well-being are the School's top priority, so we have decided to halt many incoming and outgoing exchange activities and life enrichment programmes. The exchange programmes featured in this newsletter were all conducted prior to February 2020.

Capital Medical University, China

Janice Choy Wing-yan
Cherina Ho Cheuk-wing
Sally Kwok Weng-weng
Year 1 Bachelor of Nursing
(Full-time) students

Philips Liu Cho-wing
Wendy Yung Kwan-ki
Rocky Zhao Lao-qi
Year 2 Bachelor of Nursing
(Full-time) students



We had a wonderful two-week exchange visit to the Capital Medical University in Beijing, where we enjoyed a golden opportunity to enrich our knowledge and explore.

Our visit took us to different hospitals including Beijing Obstetrics and Gynecology Hospital, Beijing Tiantan Hospital, Beijing Chaoyang Hospital, Beijing Traditional Chinese Medicine Hospital, Desheng Community Health Care Center, etc. We learned much about their healthcare system and how to integrate Chinese-Western medicine into that system. We also admired that the nurses were passionate about caring for their patients when we visited the specialist ward. They were a good role model to us.



We had many chances to share insights with local students on how to provide better care to patients and to exchange knowledge regarding the healthcare systems in Hong Kong and China. We also acquired theoretical nursing knowledge and practical skills through problem-based learning and simulation lab activities. In addition, teachers and students very kindly recommended many sightseeing locations and traditional food in Beijing that helped us to discover more about the city.

Fudan University, China



Cathy Leung Wing-yee
Tracy Wong Yin-man
Year 1 Bachelor of Nursing
(Part-time) RN students

We were honoured to visit the School of Nursing at Fudan University in March 2019, which was eye-opening. We learnt a lot, particularly during the clinical visit to Zhongshan Hospital. We saw how information technology in healthcare is advancing rapidly. A text message sent to patients through WeChat app enabled patients to self-monitor their own health after being discharged from the hospital. The

simulated paediatric ward and the simulated labour room also enabled students to practice their nursing skills.

We also went to different places for sightseeing. Shanghai is a beautiful city. The exchange programme was an amazing and invaluable experience that we will never forget.



Kobe University, Japan

Sara Cheung Sin-kei
Cathy Cho Ying
Florence Yu Fuk-ying
Year 3 Bachelor of Nursing
(Full-time) students

Minnie Chan Chor-sin
Year 3 Bachelor of Nursing
(Part-time) EN student



▲ Photo with
Department Head
of Emergency



We are excited to tell you about our two-week exchange at Kobe University! We not only had cultural and knowledge exchanges with Japanese nursing students, we met two new friends from Taipei Medical University.

During our stay, we visited hospitals and elderly homes and observed the differences between the healthcare systems of Hong Kong and Japan. We also had a whole-day guided tour of Kobe University Hospital and the chance to walk around various departments, including the operating theatre and accident and emergency department. They were memorable.

We discovered that students in Japan participate in simulation activities similar to Hong Kong nursing students. The simulation in Kobe University is called 'Physiko' and we tried different assessments on the manikin, including ECG and auscultation of respiration. We were also surprised to learn that Kobe University has established an international exchange club for welcoming exchange students. They introduced us to traditional Japanese games and tea ceremony. We wore Yukata together in Kyoto during a weekend trip.

Chiba University, Japan



Emily Kwan Yi-man
 Pacino Leung Chun-yin
 Year 2 Bachelor of Nursing
 (Full-time) students

Yuen On-tin
 Year 2 Bachelor of Nursing
 (Part-time) RN student

Ten days is a short time for any exchange programme and our experience was no exception. Nevertheless, we had a fruitful experience of Japanese university life and nursing practices. We had precious opportunities to interact with professors and local students to exchange ideas and knowledge and we visited local mental healthcare settings and took part in caring for patients in need. We also visited Chiba University Hospital and found many good examples that hospitals in Hong Kong could learn from and apply locally. During the weekend, we visited different places around Tokyo and got a glimpse of Japanese pop and ancient culture. We received far more than academic knowledge during our trip and we look forward to travelling to Japan again very soon.



Trinity College Dublin, Ireland

Au-yeung Po-yiu
Leung Yuk-kwan
Year 4 Bachelor of Nursing
(Full-time) students



In January, we joined the nursing exchange programme at Trinity College Dublin, which has a history of more than 400 years. Nursing and midwifery are degree programmes in Ireland and there are a variety of specialties that students can choose from starting in year 1, such as general nursing, mental health, midwifery, intellectual disability and paediatrics.

We joined in the programme with American students. Apart from studying, we attended school tours, hospital tours and lab tours. One interesting tour was the Central Mental Hospital, where criminals with mental illnesses have stayed. We enjoyed the Irish culture and also the hospitality from locals, and felt it was a totally worthwhile programme.



Jönköping University, Sweden



Natalie Cheung Pui-sze
Chow Ching-hee
Sherry Law Suet-ying
Elaine Tsoi Chi-ling
Year 4 Bachelor of Nursing
(Full-time) students

The exchange to Jönköping University in Sweden really impressed us a lot. Not only because of their few lessons per week, but also their active and creative learning methods. Apart from lectures, students also have seminars similar to our tutorials at HKU. The teacher knows every student's name and actively participates in each of the group discussions and makes effective replies

according to each student's needs. Students do not need to do any pre-discussion questions but actively participate in the discussion until the seminar starts. This helps to relieve their workload and understand the knowledge they should learn, and to exchange ideas with others effectively and efficiently.



University of Connecticut, USA

Gabrielle Chan Sum-yuet
Vanessa Chick Wing-kei
Daniel Chung Hon-ming
Fung Hiu-yan
Lam Lok-fung
Tommy Shu Wai-lok
Christy Wong
Alex Wong Chun-ho
Year 4 Bachelor of Nursing
(Full-time) students



▲ Visiting Hartford Hospital and learning more about the “Life Star” emergency services

We are most grateful for this exchange opportunity to the University of Connecticut, which allowed us to reflect and compare ourselves with American nursing students. We were inspired by their enthusiasm in learning and observed that the teaching system in the US was very much emphasized on research and innovation. This helped us to understand that nurses are also responsible for advocating and facilitating new developments in the field.

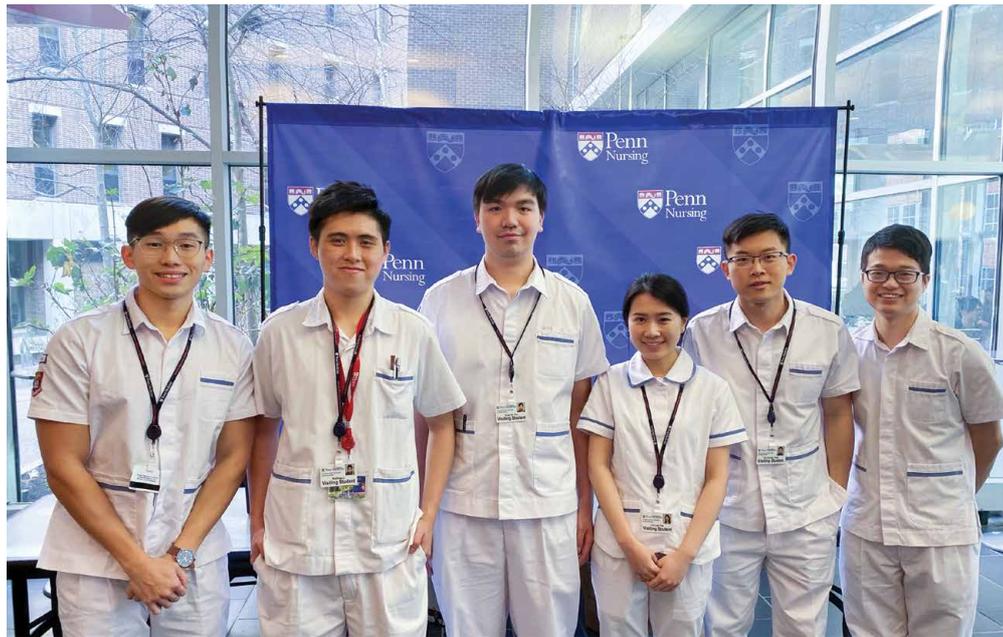
Other than visiting different hospital and rehabilitation settings, we also enjoyed the authentic culture and lifestyle there. Every day after school, we cooked and studied together in a lovely apartment. We also made use of our spare time to visit some major attractions in New York and Boston, such as the Massachusetts Institute of Technology (MIT). This unique experience has definitely become a precious memory to all of us.



▲ Visit to the Connecticut Children’s Medical Centre



University of Pennsylvania, USA



Justin Chan Tsz-chung
 Alex Cheung Yau-hing
 Chu King-ho
 Sharon Lam Pak-hoi
 Matthew Li Wai
 Sin Chui-ho
 Year 4 Bachelor of Nursing
 (Full-time) students

The exchange programme at the University of Pennsylvania was remarkable and eye-opening. We were able to participate in a vast array of learning activities, for example, lectures, simulation activities and clinical placement. The activities were insightful and we enjoyed the learning atmosphere. All the activities were interactive and we

were able to participate to the fullest. Other than academic pursuits, we also engaged in cultural exchange. We had chances to work and communicate with local students, which allowed us to share ideas and appreciate cultural differences. It was undoubtedly a valuable experience and we treasured all the friendships that we built.



▲ Photo with Professor Antonia M Villarruel, Margaret Bond Simon Dean of Nursing, University of Pennsylvania School of Nursing.

A press conference hosted by The Hong Kong Council on Smoking and Health (COSH) urged the Hong Kong government to increase the tobacco tax, now set at 100% of the retail price, to nearly HK\$100 per pack.

The Council commissioned HKU's School of Public Health and School of Nursing to conduct a survey during September 2018 to March 2019, in which almost 80 percent of the 2,000 respondents supported the tax increase. Some 280 smokers were among the respondents and 36.4 percent supported the increase. 70.9 percent of all respondents agreed to an annual increase.

(RTHK English News, TVB News, Topick.hket.com, Oriental Daily – January 14, 2020; The Standard – January 15, 2020)



The School launched a video on social media to debunk myths about COVID-19 and provide tips on anti-epidemic measures. This video was shared virally on social media and was reported in local news outlet, HK01, and in Taiwan's Liberty Times.

The video explains that one should wash his/her hands first when arriving home, then wash hands again after removing the mask. It also shows that it is necessary to wash hands with soap and water for 20 seconds or use an alcohol-based hand rub if water is not accessible, and recommends people not to re-use masks.

Given there are rumours circulating about the virus, the video aims to help the general public distinguish facts from fiction.

(HK01 – February 7 & 8, 2020; Liberty Times - February 12, 2020)



Following the first video on anti-epidemics, the School launched a second video on social media that focused on domestic hygiene and daily life. The video covers the use of bleach and domestic hygiene, and the proper steps for washing hands thoroughly, etc. These two videos are also covered under "School Highlights" of this Newsletter.

(Sky Post – March 3, 2020)

The University of Hong Kong (HKU) was awarded a gold in the “Hong Kong Smoke-free Leading Company Awards 2019”. **Dr William Li**, Associate Professor of School of Nursing and Director of Youth Quitline, conducted an interview with Master-Insight <灼見名家>.

Dr Li explained that HKU has been a smoke free campus since 2002 and has been raising awareness about tobacco hazards among students and staff. The School established two smoking cessation hotlines for young people aged 25 or below and for female smokers in 2005 and 2006, respectively, which provide telephone counseling. More than 2,500 young people and about 600 female smokers have used the service. 40% of them cut their cigarette consumption in half or successfully quit smoking.

(Master-Insight.com – May 18, 2020)



Dr Patsy Chau, Associate Professor, was interviewed by TV programme, Medicine Online <杏林在線>. The programme, broadcast on Now News and ViuTV, features the School’s AI robot “NAO” demonstrating Tai-Chi to the elderly at a health talk for the “Healthy Ageing in Public Rental Housing Estates Programme”. Dr Chau indicated that the use of robots could draw older people’s attention and encourage them to do more exercise to achieve healthy ageing.

(Now News – May 22, 2020 & Viu TV Channel 99 – May 23, 2020)



The RTHK Radio and RTHK TV31 Programme, Health Pedia <精靈一點>, interviewed **Dr Kelvin Wang**, Associate Professor, to talk about the “Quit to Win” contest and how chat-based instant messaging support could help smokers to quit.

Since 2009, COSH has organised a “Quit to Win” Smoke-free Community Campaign in collaboration with HKU’s School of Nursing and School of Public Health. The campaign reaches more than 1,000 smokers to engage them in taking steps to quit. It disseminates smoke-free messages through district-based promotion activities and media and provides training in smoking cessation counselling. The “Quit to Win” contest draws on scientific research to design and evaluate different interventions for smoking cessation and recommend improvements to the existing smoking cessation services in Hong Kong.

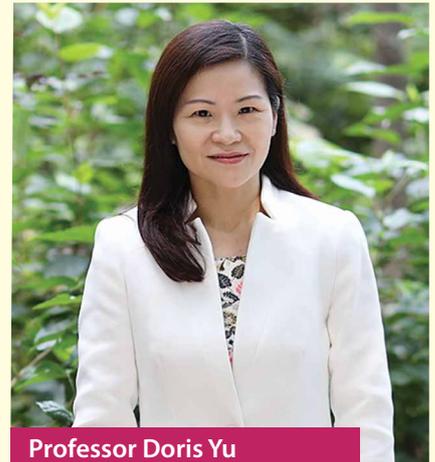
(RTHK Radio 1 and RTHK TV31 – June 4, 2020)



(From left) Ms Vienna WY Lai, Executive Director of Hong Kong Council on Smoking and Health; Dr Kelvin Wang, Associate Professor School of Nursing, The University of Hong Kong and the winners of the 8th “Quit to Win” Contest.

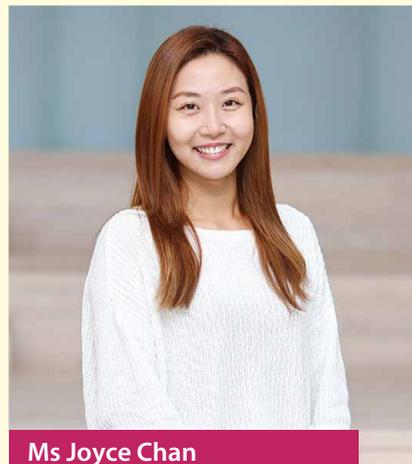
New Faces

“ I am honoured to be appointed as Professor in the School of Nursing, HKU, starting January 2020. I have been working in the nursing academic field for over 15 years, and have a track record in research and post-graduate education leadership in an institution funded by the University Grant Council (HKSAR). I see nursing as a unique profession to influence population health and to advance the quality of the healthcare system. As a nursing academician, I have a strong mission to contribute to the betterment of Hong Kong society and beyond by promoting excellence in nursing education and generating high quality research evidence to inform healthcare practice. Guided by HKU’s goals of internationalization, innovation and interdisciplinarity, I look forward to strengthening the contribution of the nursing profession along the strategic direction of improving global health. ”



Professor Doris Yu
Professor

“ I am delighted to join my alma mater as an Assistant Professor. I obtained my Bachelor’s degree in Nursing in 2004, then started my career as a registered nurse. I pursued my Master’s degree in Cardiology in 2010 and Ph.D. degree in 2014. My research interests include cardiology, gerontology and long-term care. In particular, I focus my research efforts on promoting appropriate care-seeking behaviours in patients with acute myocardial infarction, improving self-management for chronic diseases, preventing stroke in atrial fibrillation, and preventing cognitive decline in persons with mild cognitive impairment. I look forward to contributing to the nursing profession through excellent research and teaching at the School of Nursing, HKU. ”



Ms Joyce Chan
Assistant Lecturer

“ It is my great pleasure to join the School of Nursing of HKU as an assistant lecturer. As an alumnus, I have a lot of memories tucked in every corner of the School. Since graduating, I have worked in the surgical ward and cardiothoracic intensive care unit. To provide more holistic care to patients and widen my horizon, I obtained the Master of Social Science in behavioural health. I look forward to sharing my experience with students and helping them to become professional nurses who can take care of patients and contribute to society. ”

“ I am honoured and humbled to join the School of Nursing at the University of Hong Kong as an Assistant Lecturer. I completed my Master of Science in Nursing in 2016, after which I pursued my specialty qualification in Orthopaedics & Traumatology Nursing. In addition to this, I have experience in Surgical and Medical & Geriatrics nursing. High quality nursing depends not only on in-depth knowledge, but also a heartfelt attitude of compassion and care. I believe nursing education plays a key role in achieving both these objectives, which is why I dedicate myself to teaching. I look forward to sharing my clinical experience and cultivating our students’ competence and literacy. ”



Dr Polly Li
Assistant Professor



Ms Niki So
Assistant Lecturer

“ I am grateful to start my new job as a lab manager at my alma mater. I graduated with my Bachelor’s degree here in 2014. After registration, I worked in the medical ward and operation theatre, both in the public and private sectors. I look forward to equipping our future nurses with knowledge and experience by facilitating the operation of the laboratory. Please feel free to drop by anytime. ”



Ms Cingie Lin
Laboratory Manager



Ms Ida Leung
Assistant Lecturer

“ I am thrilled to come to HKU and be a part of the School of Nursing. There is a vibrant intellectual community here where scholars not only engage seriously in research, but also commit to bringing their insights to the wider public. I am excited to both contribute to the School and draw upon the School’s exceptional resources as I develop my future projects. My research interests and publications traverse several core domains of nursing, such as infectious diseases and mental health, and are united by a focus on informing public health decision-making. I am looking forward to forming collaborations and being inspired to do the best research that I can. ”



Dr Stanley Lam
Research Assistant Professor

“ It is my great pleasure to return to my alma mater, where I obtained my Bachelor’s and Master’s degrees in 2013 and 2017 respectively. After 5 years of post-registration experience in the Accident and Emergency Department and Neonatal unit, I left the acute setting and became a Public Health Nurse. Throughout my time in the Department of Health, I recognized the importance of “education” in nursing. I look forward to imparting my clinical experience and knowledge to students, and providing support to them throughout the journey to become competent and compassionate nurses. ”



Ms Karen Chan
Assistant Lecturer

“ I am very grateful of the opportunity to join the amazing team of my alma mater. After completing my Bachelor’s degree in HKU, I obtained my Master’s degree from the University of Manchester. I genuinely hope that my experiences in the cardiac care unit, orthopaedic and trauma ward in Queen Elizabeth Hospital in Hong Kong and Salford Royal Foundation Trust in UK can help me to support, facilitate and motivate students in their learning journey. Empowering future nurses of our society is one of the building blocks of a safe and caring healthcare system and I am excited to be part of it. ”

Awards

Congratulations to **Professor Chia-Chin Lin**, Head of School and Alice Ho Miu Ling Nethersole Charity Foundation Professor in Nursing, for her induction into the International Nurse Researcher Hall of Fame at the 31st International Nursing Research Congress by Sigma Theta Tau International Honor Society of Nursing (Sigma).



Congratulations to The University of Hong Kong for the gold award at the Hong Kong Smoke-free Leading Company Awards 2019, organised by COSH together with the Occupational Safety and Health Council and Radio 1 of RTHK. The award was for the School's smoking cessation projects on "Youth Quitline" and "Women Quitline", for which **Dr William Li** is the Project Director.

Congratulations to **Dr Cecilia Kong** for being awarded the 15 Year Long Service Award for her dedication, commitment and loyalty to the HKU School of Nursing.



Appointments, Promotions & Retirements

Professor Doris Yu has been appointed as Associate Director of the HKU Sau Po Centre on Ageing, where she will further build on her strong record in aged care and research.



We would like to express our gratitude and best wishes to **Ms Winnie Lo**, a 22 year long service administrative staff, for her retirement.

Congratulations

Research Grants Awards

Local and International Funding Bodies	Principal Investigator	Project Name
Beat Drugs Fund 2019 Funding Exercise Regular Funding Scheme	Dr William Li	"MedPAC Youth Hotline Service" - Medical Peer Addiction Counselling Hotline Service for Drug-abusing Youth
Hong Kong Council on Smoking and Health (COSH)	Dr Kelvin Wang	Tobacco Control Policy-related survey 2019-2020 Mobile Phone Survey
Pneumoconiosis Mutual Aid Association	Dr Polly Li	A family caregiver support program for patients with pneumoconiosis
Teaching Development Grants (TDG), HKU	Dr Polly Chan	Developing cultural competence among nursing students in Hong Kong, Australia and the UK
Teaching Development Grants (TDG), HKU	Dr John Fung	The use of innovation "Hybrid Immersive Simulation Experience (HISE)" in a Standard Simulation Curriculum to Enhance Undergraduate Clinical Competence and Readiness to Practice
Teaching Development Grants (TDG), HKU	Dr Angie Lam	Building psychological competence among undergraduate nursing students in clinical education
Teaching Development Grants (TDG), HKU	Dr Jay Lee	Blood transfusion education using virtual reality simulation for nursing undergraduate students
The Sumitomo Foundation	Dr Denise Cheung	Association between psychological resilience and frailty among older cancer survivors in Japan: a cross-sectional study
Early Career Scheme	Dr Kris Lok	Effectiveness of a home-based peer support program for Chinese mothers with low breastfeeding self-efficacy to increase the exclusivity and duration of breastfeeding: a randomized controlled trial
General Research Fund	Dr Jojo Kwok	'Mindfulness in stillness' or 'mindfulness in motion'? A randomized controlled trial on the effects and acceptability of individual mindfulness techniques – meditation and yoga – on anxiety and depression in people with Parkinson's disease
General Research Fund	Dr Jay Lee	The effect of an ecological momentary intervention for stroke caregivers' psychological support: a randomised controlled trial

Upcoming Events

Save the Date for Live Online

December 7, 2020 (09:00 – 13:00 HKT)

December 8, 2020 (09:00 – 13:00 HKT)

Enquiry: hknf@hku.hk

More details are available at:



10th Hong Kong International Nursing Forum *cum* 3rd Sigma Asia Region Conference

Nursing's Evolving Roles in Transforming Global Health: Challenges and Opportunities

December 7 – 8, 2020



HKU
Med

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