



NURSE

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02 *Head's Message*

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Nursing Opportunities from the Challenges



There is no doubt 2020 was a difficult year for all of us as COVID-19 presented personal and professional challenges which have affected us in many and varied ways. However, challenges bring with them opportunities, and, in this Message, I would like to consider the opportunities for Nursing as our profession continues to evolve and contribute to transforming global health.

Last year nurses everywhere celebrated Florence Nightingale's 200th birthday and demonstrated, on a global scale, the significance of the contribution we make to health. Fittingly, 2020 was designated the International Year of the Nurse and the Midwife and, locally, the year also marked the Silver Jubilee of our School of Nursing. In December we held our 10th Hong Kong International Nursing Forum, this time in conjunction with the 3rd Sigma Asia Region Conference. It was, by necessity, a virtual conference, and had 41 co-organisers and over 1,500 participants from around the world. The Forum provided a setting to demonstrate the extent to which nursing roles has been evolving and transforming, especially during the challenging time of the pandemic.

One theme identified in the Forum was the extent to which COVID-19 has offered opportunities for nurses to provide leadership and adapt to the changing demands placed upon them, particularly through utilising innovative health and educational technologies.



Challenges bring with them opportunities. I would like to consider the opportunities for Nursing as our profession continues to evolve and contribute to transforming global health.

Arising of COVID-19

Professor Chia-Chin Lin | Head



Dr Patsy Yates, Distinguished Professor and Executive Dean, Faculty of Health, Queensland University of Technology, gave the Grace Tien Lecture. In this she pointed out how nursing was held back in media representations during the COVID-19 crisis by being depicted as Angels and Heroes rather than recognition being given to the impact of what they do. However, she also noted that it was up to nursing leaders to ensure that simple, clear messages are promulgated about how nurses save lives, how they improve health and well-being and how they provide the foundation of accessible, affordable quality care. She emphasised the importance of strong leadership in nursing to harness the innovative contributions of nurses.

Professor Terri Weaver, Dean of the College of Nursing at the University of Illinois, provided excellent illustrations of how nurses have provided skilled compassionate care in the most challenging and often hazardous settings; of how they demonstrated their capacity to quickly develop new roles in managing disease surveillance, in deploying resources, in coordinating the movement of personal protective equipment and in speedily utilising virtual classrooms and developing training packages to ensure safe practice in risky situations. She identified the importance of nursing informatics in disseminating information, surveillance and evaluating care to inform and promote health protection. Above all, she revealed how COVID-19 has taught us that nurses can adapt to change very quickly, provide innovative solutions to problems and thrive in a disrupted environment.

Professor Patricia Flatley Brennan, Director of the National Library of Medicine, National Institute of Health in the US focused on technologies surrounding precision health. She noted how discoveries are accelerated through data driven research which could reach more people through enhanced dissemination and engagement and hasten the development

of precision health care. Precision individualised healthcare brings data from and delivers information to the point of care. Here nurses can play a key role through their understanding of the person in context and draw upon their analytical skills to interpret data contextually thereby enabling truly individualised care.

These outstanding presentations, together with all the other presentations and posters we saw, demonstrated nurses' nimbleness in the face of unprecedented demands upon them and offered a glimpse into future roles nurses will play in the delivery of precision health care and the leadership they can offer. The spread of the pandemic at such alarming speed has brought economic activity to a near standstill as countries have imposed tight restrictions on movement in attempts to halt the spread. We are experiencing the largest economic shock the world has seen in decades with global monetary poverty increasing substantially. Thus, the most critical requirement now is for health systems to be strengthened globally to cushion health and economic consequences and protect vulnerable populations.

Nurses have long played roles in promoting health and preventing disease for entire populations. They played crucial roles in managing disease surveillance and screening during the pandemic and they will be absolutely vital to health care into the future. Drawing upon their well-honed skills, their adaptability and inventiveness, nurses will need to be prepared to manage ethical issues that may arise from precision health and work towards making health care more accessible. With their willingness to embrace new technologies and new challenges, nurses will continue to serve our populations as we face on-going global threats to health and well-being.

Palliative Care Eases on Heart Patients



Dr Alina Ng | Research Assistant Professor

Nurses who specialise in palliative care have the advanced skills necessary to manage clients with complex palliative care needs. This kind of specialisation is important for both nurses and patients.

Heart failure is a serious condition affecting at least 26 million people worldwide and it is increasing in prevalence.¹ Heart failure means that the heart is not pumping as well as it should be. There is usually no cure and when a patient reaches end-stage heart failure, their condition has progressed to the point where conventional therapies are no longer working or are not suitable for use. Palliative care is being increasingly integrated in heart failure disease management, and, a study that I led has demonstrated that palliative care can bring benefits both to these patients and their caregivers.

Most other research in palliative care has focused on the terminally ill or patients with cancer, but our research provides evidence that it has benefits beyond those areas, where the impact of such care approach is being recognized recently.²

A key aspect of our study was that we focused on home-based transitional care, which uses relatively fewer resources to support post-discharge ESHF patients. We studied 84 patients who were recently discharged from hospital. They were divided into two groups, one that received a 12-week structured programme of regular visits and phone calls with a nursing care manager who are specialist in palliative care and volunteers, and the other that received two social calls.

The outcomes were encouraging. Participants in the intervention group reported an enhanced quality of life across physical, psychosocial and existential aspects; good



Burden and Families



control of symptoms; more satisfaction with their care; and for caregivers, a reduced sense of burden in the hospital-to-home transition.³

We also found that the palliative care model had the potential to reduce distress for some symptoms. We produced new information showing that fatigue was improved for the intervention group in the longer-term follow-up observations, which may have been due to energy conservation techniques that the palliative care nurse care manager had taught the patients for managing their daily symptoms.

Symptom improvements may also have been helped by mutual goal setting between the patient and nurse care manager, better education about salt and fluid intake, and medication reconciliation. Regular scheduled contacts with patients also ensured that there was ongoing clinical

surveillance and the possibility of detecting instability that might require referral to health services.

Overall, the results underline the importance of nursing specialisation. Nurses who specialise in palliative care have the advanced skills necessary to manage clients with complex palliative care needs. This kind of specialisation is important for both nurses and patients. On the one hand, nurses acquire a depth of knowledge that contributes to personal and professional growth, and on the other hand they can help patients to achieve better outcomes through earlier identification of problematic events or symptoms and knowledge of effective treatments.

Being able to provide competent intervention to patients can come easier once nurses have advanced training.

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Preparing Nursing

The HKU School of Nursing equips nurses with advanced knowledge and skills for various specialties via its MNurs programme.

Hong Kong's medical system has been playing catch-up when it comes to advanced and specialised nursing. Unlike other developed places, such as the UK and US, Hong Kong does not have formal recognition of nursing specialists. But that is about to change and the HKU School of Nursing has been making preparations to contribute to this important development.

The Hong Kong Nursing Council was invited by the government to formulate the Voluntary Scheme on Advanced and Specialised Nursing Practice, which outlines requirements for being registered as an advanced practice nurse. These nurses will perform advanced and specialised nursing care ranging from the most advanced clinical care to complex community prevention and holistic nursing management.



Specialists for Hong Kong

Dr Kelvin Wang | Associate Professor



One of the important advantages of the Advanced Practice and Specialist Nurse designation is to strengthen patients' and public's confidence in nurses delivering independent, reliable, evidence-based nursing care. To achieve that, nurses must acquire higher level education. HKU's Master of Nursing (MNurs) programme is a key provider of the required training for registration.

The MNurs programme was launched more than two decades ago to equip students with advanced knowledge and skills for various specialities. In recent years it has been adapted to fulfil the anticipated requirements of the government's Scheme.

Among the changes we have made is to work much more closely with the Hong Kong Academy of Nursing and its colleges on competencies for specialty nurses in our curriculum. Our programme provides clinical, community and management specialised tracks that allow students to acquire both theoretical understanding as well as clinical practicum experience as required by the Scheme.

With this focus on specialist nursing, we have seen enrolment in our MNurs programme rise steadily and it has also attracted international students. Students can pursue specialist tracks such as critical care, surgical care, management and leadership, and community and public health nursing, and to dive into even more specialised tracks such as paediatrics, gerontology, infection control and perfusion science. Each of these tracks are prepared to fulfil the competencies required in the respective colleges of the Hong Kong Academy of Nursing. Students are also

free to choose elective courses beyond their speciality to broaden their understanding of increasingly complex medical and nursing procedures, which can be practiced in our high-tech simulation laboratories.

Evidence-based practice is also a signature component of the programme, which incorporates the most update research evidence of each specialty practice. For example, in the capstone experience (e.g. dissertation), students will review the latest evidence, assess the transferability and feasibility of implementation and propose a new guideline for nursing practice with a rigorous evaluation plan.

The HKU MNurs programme will continue to work with local and international nursing specialists and academia to contribute to nursing specialisation in Hong Kong. Having taken steps to ensure that our programme will meet the requirements for registration as an Advance Practice and Specialist Nurse when the scheme is implemented, we believe that the benefits will extend to both students and society as a whole.

**The HKU MNurs programme
has been adapted to fulfil
the anticipated requirements
of the government's
registration scheme.**

Opportunities and Challenges for Clinical Nurse Specialists (CNS)



Mr Alan Wong | Former General Manager (Nursing),
The University of Hong Kong - Shenzhen Hospital



Ms Cai Xinliang | Head Nurse,
The University of Hong Kong - Shenzhen Hospital



Ms Zhan Jie | Registered Nurse,
The University of Hong Kong - Shenzhen Hospital

Introduction

The clinical nurse specialist (CNS), also called the clinical nursing expert, refers to the advanced clinical nursing practitioner formed and developed during nursing professionalisation. CNS also indicates a registered nurse with expert nursing techniques and solid knowledge in a specialised area of nursing who is certified by an accredited agency after completing the CNS education programme and a sufficient period of clinical nursing practice which included 28,600 nurses, 68% of the total^{1,2}. However, due to lack of unified CNS standards and systematised training, career access, accreditation, management and usage in China, there are significant differences among CNSs' core competencies. Some can hardly keep their competitive edge; others, because of poor remuneration and career advancement opportunities, choose to leave their positions, resulting in both human resource waste and a shortage of expertise.

Background

It is clearly proposed in both the *National Nursing Career Development Plan (2016-2020)* and the *Nursing Career Development Plan of Guangdong Province (2016-2020)* to develop the CNS, intensify related training, improve the level of specialty nursing services, and to explore of the creation of CNS positions, continuously improve nurses' remunerations, and provide corresponding conditions for effective deployment of CNSs^{3,4}.

Hospital beds and registered nurses in Guangdong Province and Shenzhen City by the end of 2018 are shown in Table 1⁵.

	Beds Available (No.)		Registered Nurses (Person)		Registered Nurses per 1,000 Population (Person)	
	2015	2018	2015	2018	2015	2018
Guangdong Province	436,000	517,000	254,000	335,000	2.35	2.95
Shenzhen City	34,000	43,000	34,000	40,300	2.88	3.09

Table 1. Hospital Beds and Registered Nurses in Guangdong Province & Shenzhen City in 2018



Current Status of CNS

Some developed countries such as the United States, Canada, Australia, and the United Kingdom have developed a mature system for CNS training, accreditation, and deployment⁶. Since the early 1990s, Hong Kong has established CNS teams. Nowadays, there are about 3,000 advanced practice nurses (APNs). A set of relatively mature standards and specifications for the accreditation of CNSs are available⁷. Studies have shown that the CNSs can not only benefit patients by improving their condition and prognosis but can also reduce their economic stress⁸⁻¹⁰.

In Mainland China, the CNS system has been developing for more than ten years from the 11th to the 13th Five-Year Plan, and has made remarkable achievements. Nursing care provided by CNSs covers more than 20 fields, including ICU, emergency, wound/stoma care, surgery, geriatrics, oncology, and organ transplantation. However, current CNS training and deployment remain unstandardised, unsystematic, and unclear, which negatively influences CNS training quality and their enthusiasm for work⁶. The problems mainly include:

1. Lack of unified standards and system for training and trainers:

Due to varying standards for accreditation, the qualities of trained CNSs are also different. At present, the training is mainly provided by the institutions designated by the provincial or municipal health departments, nursing or nurse associations. Trainer qualifications and practice base acceptance are undefined. Training duration also varies, ranging between one and three months in most cases. A good example of a well-structured training programme, in the author's opinion, is the one jointly organised by the Health Commission of Guangdong Province and the Hong Kong Hospital Authority. During the four years from 2007 to 2010, they cultivated 614 CNSs specialising in 14 different fields. Each training period lasted for 12 months: two months for English training and updated learning in basic medical knowledge at the Southern Medical University entrusted by the Health Commission of Guangdong Province, followed by 10 months of training in Hong Kong.



2. Incomplete accreditation system:

There is currently no unified accreditation organisation and system for the CNSs in China. Quite a few training institutions provide their own training, accreditation, and certification. Because of a lack of supervision and management for re-accreditation, most CNSs stop refreshing their knowledge after obtaining a certificate, resulting in their failure to remain competitive. Some of them transfer to administrative positions. The first training and accreditation programme for the CNSs in the “Guangdong-Hong Kong-Macao Greater Bay Area (GBA)” was launched in 2017. In December 2018, after nearly one year of preparation, the Guangdong Provincial Nursing Education Center, Guangdong Provincial Nurse Association, and Guangdong Nursing Association and Hong Kong Academy of Nursing together accredited 29 nurses in six specialties i.e. internal medicine, surgery, midwifery, paediatrics, psychiatry and nursing management, thus opening a new chapter in history!



3. Uncertainty in CNS deployment:

There are currently several hospitals in Guangdong Province that have successively established specialist nursing clinics, involving wound/stoma care, PICC, midwifery, orthopaedics and diabetes. However, certain problems persist. The proportion of full-time CNSs is low, so they cannot take on the full role; their pay is generally stagnant, and there are no relevant remuneration/salary standards; the general and position management systems for CNSs remain incomplete.

Thus it is clear that there is an urgent need to establish a standardised training system and professionalised management, to systematically develop a CNS post, unify CNS management organisation, to create and improve the relevant management systems ¹¹.

Opportunities and Prospects

It is stated in the *Opinions of the CPC Central Committee and the State Council on Supporting Shenzhen in Building a Pioneering Demonstration Zone for Socialism with Chinese Characteristics* issued in July 2019 that GBA construction will aim to further the process of reform and opening-up for the Qianhai Shenzhen-Hong Kong Modern Service Industry Cooperation Zone, and to continuously improve Hong Kong and Macao's degree of openness with institutional innovation as the core¹². In the Third Session of the 13th National People's Congress (NPC), held in May 2020, NPC and CPPCC members including Li Xiuhua, Liu Yucun, Song Jing and Hu Meiyong proposed to promulgate the Nurse Law, to establish a code for nursing accredited by the National Natural Science Foundation of China (NSFC), thus strengthening the structuring of the nursing discipline and improving their remuneration.

As a pioneer for medical reform in Mainland China, the HKU Shenzhen Hospital has continuously explored a new mode of public hospital management since our establishment eight years ago. This mode has four key aspects: "Running, Managing, Practicing, and Consulting".

This new public hospital management mode has four key aspects: "Running, Managing, Practicing, and Consulting".

We have been gradually come to be recognised by the general public. In 2019, we ranked first in Shenzhen for nursing satisfaction and won the "Shenzhen Mayor Quality Awards - Gold Award (Social)". We have made remarkable achievements with respect to nursing. On September 12, 2019, we won the Asian Hospital Management Award – Nursing Excellence.

CNS's training and development requires support from national policies and the protection by laws. Our hospital intends to learn from maturely developed foreign experience in specialist nursing, the "CNSs to Hong Kong" training mode, and the first GBA CNS qualification accreditation framework. We aim to implement a training and deployment mode suitable for GBA nurses' development and clinical practice in China, to take full advantage of CNS skills by refining the fields for their future development, to attend to ongoing

training and continuous development of CNSs, to establish and improve the CNS management system and post-management systems, to strengthen CNS professionalised management and rationally build the CNS post, to develop and implement salary standards for CNS, and thereby to promote the advancement of specialist nursing quality in the GBA.

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Summer Programme for Secondary School Students

As part of the School's mission to provide diversified and holistic nursing education we organised a summer programme via Zoom aimed at secondary schools students who aspire to serve the community as professional nurses. By interacting with current nursing students and teachers, and attending interactive lectures on disease management and small group tutorials, the high-calibre participants were given a preview of this helping profession. The programme ran over two half-days and certificates of completion were awarded to participants upon completion.



“Exercise is Medicine” 5K Challenge

The School participated in the Centre for Sports and Exercise & University Health Service’s 5K Fun Run and Walk on October 27, 2020. The event aimed to bring together members of the HKU community to stay active during the COVID-19 pandemic in a fun and safe way. Over 30 staff members and postgraduate students participated in the event at HKU Stanley Ho Sports Centre Complex.



Virtual Information Day for UG Admissions

The “HKU Virtual Information Day for Undergraduate Admissions 2020” was held on October 31, 2020 during which two online admissions talks were given by Dr Janet Wong and Ms Claudia Chan, Programme Director and Associate Programme Director of the Bachelor of Nursing (Full-time) programme, respectively. The talks were well received with over 1,100 participants attending. To enhance interaction with the participants, a live Q&A chatroom was also set up to answer queries throughout the day about admissions, curricula and enrichment learning, etc.

In addition, two sessions of student sharing were arranged where our current students shared their learning and student life experiences at HKU Nursing and answered questions from the participants.

In addition to the BNurs (Full-time) programme, the Bachelor of Nursing (Advanced Leadership Track) programme will be launched in 2021/22 subject to approval by the University and the Nursing Council of Hong Kong.



Simulation Lecture for Secondary School Students

A simulation lecture was conducted on November 7, 2020 for over 150 students, to give them a taste of university teaching and learning.

Participants were introduced to the best practices in providing safe and high-quality care to patients via problem solving and critical thinking skills, in a non-threatening and safe simulation environment. The lecture was well-received by the students who provided enthusiastic and positive feedback.



10th Anniversary of the Certificate in Infection Control Course

A virtual plenary lecture titled "From SARS 2003 to COVID 2019" was delivered by Professor Kwok-Yung Yuen, HKU Chair Professor of Infectious Diseases and Programme Director of the Certificate in Infection Control Course, on November 21, 2020 to celebrate the 10th anniversary of the Certificate in Infection Control Course.

Professor Yuen is a world-recognised expert in infectious disease control and he spoke to around 700 participants about his experiences, covering epidemiology, virology, pathogenesis, treatment, vaccines and infection control, among other topics.

The Certificate in Infection Control Course was launched in 2009 and is co-organised by School of Nursing, the Carol Yu Centre for Infection of HKU's Department of Microbiology, and the Infection Control Team of Queen Mary Hospital.



▲ Professor Kwok-Yung Yuen
◀ From left: Dr Janet Wong, Ms SC Wong, Dr Vincent Cheng and Ms Mabel Lam

More than 1,500 Join Virtual International Nursing Forum



The 10th Hong Kong International Nursing Forum cum 3rd Sigma Asia Region Conference was held virtually online for the first time and attracted more than 1,500 participants.

This flagship annual event was jointly organised by the School and the Sigma Theta Tau International Asia Region on December 7-8 and also attracted a record 41 co-organisers from around the world.

The theme of the gathering was “**Nursing’s Evolving Roles in Transforming Global Health: Challenges and Opportunities**” and speakers included international and local leading authorities in nursing research, education and clinical practice, who presented and discussed their insights on the latest developments in, and transformation of, the role of nurses.

The opening ceremony was officiated by **Professor Sophia Chan**, Hong Kong’s Secretary of Food and Health; **Professor Vivian Lin**, Executive Associate Dean of LKS Faculty of Medicine and Professor of Practice (Public Health), and **Professor Chia-Chin Lin**, Head of HKU’s School of Nursing.

Opening Ceremony



▲ Professor Sophia Chan



▲ Professor Vivian Lin



▲ Professor Chia-Chin Lin

Grace Tien Lecture



Distinguished Professor Patsy Yates

Executive Dean, Faculty of Health, Queensland University of Technology

- **Distinguished Professor Patsy Yates**
Executive Dean, Faculty of Health, Queensland University of Technology, Australia

Topic: Achieving Our Aspirations to Transform Global Health: The Essential Contribution of Nursing Now and in the Future

Serena Yang Lecture



Professor Terri E. Weaver

Dean, College of Nursing, University of Illinois at Chicago

- **Professor Terri E. Weaver**
Dean, College of Nursing, University of Illinois at Chicago, the United States

Topic: COVID-19: Opportunities for Invention and Role Evolution

HKU School of Nursing 25th Anniversary Lecture



Professor Patricia Flatley Brennan

Director, National Library of Medicine, National Institutes of Health

- **Professor Patricia Flatley Brennan**
Director of the National Library of Medicine, the United States

Topic: Leveraging Data Science for Global Health: NLM's Partnership with Nursing Internationally

Sigma Theta Tau Asia Region Symposium



For Prof. Lai - The pandemic has had profound and inevitable impacts on clinical practices, and it is essential for educators to adapt to a new normal. In addition to ensuring the competency of nursing students through quality education, what areas or aspects could us educators assist our students in adapting to that new normal in education and practice? Thanks.

- ▲ (Upper row, from left) Dr Janet Wong (Moderator), Professor Elizabeth Madigan, Professor Claudia Lai
(Lower row, from left) Professor Rozzano Locsin, Dr Yong-Shian Shawn Goh, Dr Hung-Da Dai

- **Professor Elizabeth Madigan**
Sigma Theta Tau International Honor Society of Nursing, the United States
- **Professor Claudia Lai**
The Hong Kong Polytechnic University, Hong Kong
- **Dr Yong-Shian Shawn Goh**
National University of Singapore, Singapore
- **Dr Hung-Da Dai**
Taipei Veterans General Hospital, Taiwan
- **Professor Rozzano Locsin**
Tokushima University, Japan

Topic: Adapting to a New Normal in Nursing Education and Practice



Invited Symposium: Community and Mental Health Nursing



- ▲ (Upper Row, from left) Dr Kris Lok (Moderator), Professor Kendall Ho, Professor Regina Lee, Dr Daniel Fong
(Lower Row, from left) Professor Marie Tarrant, Dr Jing Su, Associate Professor Yajai Sitthimongkol, Professor Marion E. Broom

Speakers

- **Professor Kendall Ho**
The University of British Columbia, Canada
- **Professor Regina Lee**
The University of Newcastle, Australia
- **Dr Daniel Fong**
The University of Hong Kong, Hong Kong

Discussants

- **Professor Marion E. Broom**
Duke University, the United States
- **Associate Professor Yajai Sitthimongkol**
Mahidol University, Thailand
- **Dr Jing Su**
Shantou University Medical College, China
- **Professor Marie Tarrant**
University of British Columbia, Okanagan, Canada

Invited Symposium: Smoking Cessation and Tobacco Control



- ▲ (Upper row, from left) Dr Derek Cheung (Moderator), Professor Chia Kee Seng, Dr William Li, Dr Kelvin Wang
(Lower row, from left) Professor Sheila R. Bonito, Professor Adeline Nyamathi

Speakers

- **Professor Chia Kee Seng**
National University of Singapore, Singapore
- **Dr William Li**
The University of Hong Kong, Hong Kong
- **Dr Kelvin Wang**
The University of Hong Kong, Hong Kong

Discussants

- **Professor Adeline Nyamathi**
University of California, Irvine, the United States
- **Professor Sheila R. Bonito**
University of the Philippines Manila, The Philippines

Invited Symposium: Gerontology and Long Term Care



- ▲ (Upper row, from left) Dr Polly Li (Moderator), Professor Yun-Hee Jeon, Dr Wenru Wang, Professor Doris Yu
(Lower row, from left) Professor Kuei-Ru Chou, Professor Chia-Chin Lin

Speakers

- **Professor Yun-Hee Jeon**
The University of Sydney, Australia
- **Dr Wenru Wang**
National University of Singapore, Singapore
- **Professor Doris Yu**
The University of Hong Kong, Hong Kong

Discussants

- **Professor Kuei-Ru Chou**
Taipei Medical University, Taiwan
- **Professor Chia-Chin Lin**
The University of Hong Kong, Hong Kong

Invited Symposium: Cancer and Palliative Care



- ▲ (Upper row, from left) Dr John Fung (Moderator), Professor Sheree Smith, Dr Wendy Lam, Dr Denise Cheung
(Lower row, from left) Professor Xiaomei Li, Professor June Zhang

Speakers

- **Professor Sheree Smith**
Western Sydney University, Australia
- **Dr Wendy Lam**
The University of Hong Kong, Hong Kong
- **Dr Denise Cheung**
The University of Hong Kong, Hong Kong

Discussants

- **Professor Xiaomei Li**
Xi'an Jiaotong University, China
- **Professor June Zhang**
Sun Yat-sen University, China

People's Choice e-Poster Awards

1

Dr Agnes Yuen-Kwan Lai, The University of Hong Kong

Topic:

A Survey on Advanced Lung Cancer Patients' Physical Activity Preference and Needs

2

Mr Marvin Queg, Centro Escolar University

Topic:

The Effectiveness of Topical Oxygen Therapy in Wound Healing of Patients with Diabetic Foot Ulcer

3

Mr Surachai Maninet, Chulalongkorn University

Topic:

Factors Related to Functional Status among Persons with Liver Cirrhosis: A Meta-Analysis

4

Ms Wai Hnin Phyu, University of Nursing (Yangon)

Topic:

Effect of Cold Application Combined with Distraction on Venipuncture Pain among Children

5

Ms Ferika Indarwati, Queensland University of Technology

Topic:

Nurse Knowledge and Confidence on Peripheral Intravenous Catheter (PVC) Insertion and Maintenance in Paediatric Patients

1

A survey on advanced lung cancer patients' physical activity preference and needs

Lai AKY, Choi A, Lau XKF, Ho YK, Cheng KF, Chau WK, Mar KF, Lam CL, Ip MSM, Lin CC, Lam TH

Significance

- Lung cancer is the most and second most common cancer globally and locally, respectively. Nearly half of the lung cancer patients are diagnosed at the advanced stage.
- Physical activity (PA) can help reduce cancer and treatment-related symptoms in lung cancer patients. Many patients do not engage in PA.

Objectives

- To explore perception of the effects on lung cancer and treatment-related side-effects.
- To examine the PA preference and information needs of advanced lung cancer patients, which would guide our design of mobile SMART exercise support program.

Method

- A descriptive cross-sectional design with non-probability convenience sampling was conducted via self-reported questionnaire from September 2019 to May 2020.
- Advanced lung cancer patients with or without ongoing oncology therapy were recruited from an inpatient ward and an out-patient clinic of Queen Mary Hospital, Hong Kong.
- Demographics and disease characteristics, perception on the effect of physical activity on lung cancer, preference regarding physical activity, information needs, and acceptability of messaging intervention were asked.

Results

Demographic characteristics

- Seventy-five advanced lung cancer patients (45% male, 60% secondary education and above, mean age: 62.13 years old) were recruited for the survey from September 2019 to May 2020.
- Table 1 shows the demographic characteristics.

Physical activity preference

- 51%, 42% and 7% considered themselves fit for doing light, moderate and vigorous intensity PA, respectively (Fig. 2).
- 73% and 41% preferred to do sport and leisure PA. Only 14% preferred vigorous exercise (Fig. 3). 61% and 78% preferred to do exercise to relieve and exercise in the morning.



Information needs

- 75% and 42% of them are any physical information received.
- 75% of them thought that it is feasible to receive health information via a mobile messaging platform.
- Figure 4 shows that 21% of patients receive email-related messages in the afternoon and night, respectively.
- 75% of them would prefer to receive information from our mobile messaging program, but only 12% prefer to invite their family to receive information from our mobile messaging program.



Conclusions

The findings show urgent needs of self-directed exercise program, which is acceptable to be delivered via mobile messaging platform. The needs and preferences of advanced lung cancer patients would be the design, development and implementation of SMART exercise support program.

2

THE EFFECTIVENESS OF TOPICAL OXYGEN THERAPY IN WOUND HEALING OF PATIENTS WITH DIABETIC FOOT ULCER

MARVIN V. QUEG MScN, RN, JOSEPHINE M. DE LEON, PHD, RN¹

PROJECT OBJECTIVES

This research determined the effectiveness of topical oxygen therapy in wound healing of patients with diabetic foot ulcers.

METHODOLOGY

The researcher used experimental research design. Subjects were randomly assigned (randomized) to the control and experimental groups. The control group received the standard of care (SOC) and the experimental group received the topical oxygen therapy. The researcher used a post-test only control group design. The researcher used a post-test only control group design. The researcher used a post-test only control group design.

RESULTS

A post-test only control group design was used to determine the effectiveness of topical oxygen therapy in wound healing of patients with diabetic foot ulcers. The researcher used a post-test only control group design. The researcher used a post-test only control group design.

Day	Mean ± SD	SD	F	P	Significance
Day 0	2.50	0.441			
Day 7	1.53	0.428	14.863	F < 0.0001	Significant
Day 14	1.47	0.437			** Value is significant at 0.05

DISCUSSION

Despite having differences in the mean, both control and experimental groups started the research with mean wound status that falls under Grade 2. The second grade status of patients in the control group shows that received the usual care increased from 10mm to 15mm ulceration (Grade 2) within 2 to 4 days of the study. In the experimental group, the researcher used a post-test only control group design. The researcher used a post-test only control group design.

CONCLUSION

The results show that there is a significant difference in the wound status of patients between the control and experimental group after the application of the usual care and the topical oxygen therapy in wound healing of patients with diabetic foot ulcers.

SIGNIFICANCE OF THIS RESEARCH TO GLOBAL HEALTH

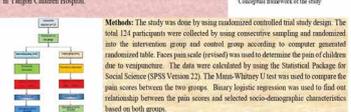
Millions of people are suffering from Diabetes Mellitus and since this disease can be passed from generation to generation, it is very important to investigate the effectiveness of the topical oxygen therapy in wound healing of patients with diabetic foot ulcers. The researcher used a post-test only control group design. The researcher used a post-test only control group design.

4

EFFECT OF COLD APPLICATION COMBINED WITH DISTRACTION ON VENIPUNCTURE PAIN AMONG CHILDREN

Wai Hnin Phyu, Mo-Nee Aye, Thaw-Ti Phyu, Yangon Children Hospital, Chulalongkorn University, Thailand

Background: Pain in children is a global health concern and become more significant. Children have often been experiencing unpredictable pain and procedural related pain in hospitals that result in negative emotional and psychological implications. Optimal pain management is a good process and it is not only an ethical practice, but also a fundamental human right. The health care for children leads towards the automatic care. It is one of the most dramatic advances in pediatric nursing and based on the principle of avoiding harm. The present study aimed to study the effect of cold application combined with distraction on venipuncture pain among children at the Outpatient Department in Yangon Children Hospital.



Methods: The study was done by using randomized controlled trial study design. The total 124 participants were collected by using consecutive sampling and randomized into the intervention group and control group according to computer generated randomized table. Faces pain scale (revised) was used to determine the pain of children due to venipuncture. The data were calculated by using the Statistical Package for Social Science (SPSS) Version 23. The Mann-Whitney U test was used to compare the pain scores between the two groups. Binary logistic regression was used to find out relationship between the pain scores and selected socio-demographic characteristics based on both groups.



Results: The study revealed that cold application and distraction have a strongly significant effect on venipuncture pain among children (U=108.5, z=-7.11, p<0.001). The pain scores in the control group was over 13 times lower when compared to pain scores in the control group (OR=15.885, 95%CI 10.197-78.939, p=0.001). It was shown that there was a significant association between pain to venipuncture in the children and the pain due to venipuncture in order that children who had pain to venipuncture had over 15% higher pain scores due to venipuncture when compared to the children who had no pain to venipuncture (OR=0.232, 95% CI 0.055-0.989, p=0.046).

Conclusion: The present study had shown that the appropriate combined method of non-pharmacological pain management techniques are easy and effective to use in clinical practice providing physical and emotional comfort in children. The simplicity, applicability, safety, cost-effectiveness and possible benefits of the intervention in this study should be one of the alternatives in the management of pain in children.

3

Factors Related to Functional Status Among Persons with Liver Cirrhosis: A Meta-analysis

Surachai Maninet, Yutin Angsupakorn, Chulalongkorn University Faculty of Nursing, Chulalongkorn University, Thailand

Background

Liver cirrhosis is a leading cause of diminished functional status. Although several studies have been reported factors related to functional status, but the controversy of previous results drive nurses into difficulty circumstances to identify magnitude of correlational relationship across studies that can be used in nursing practice and research.

Objective

This study aimed to investigate the magnitude of correlation between existing factors and functional status in persons with liver cirrhosis across studies in literature.

Methods

A meta-analysis was performed according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. Searches were conducted across 8 databases. Three independent reviewers extracted the data. The quality of the selected articles was evaluated using the Newcastle-Ottawa Scale.

Results

Nine studies met inclusion, which involved 903 participants. Of the 24 variables that found relationship with functional status, only 5 variables have sufficient data for conducting meta-analysis. These variables were categorized into nonmodifiable and potential modifiable factors.

Conclusion

Factors including older age, severity of disease, low level of hemoglobin, fatigue, and negative illness perception contribute to functional status decline. Nurses should assess factors that impact on functional status among persons with liver cirrhosis including age, severity of disease, hemoglobin levels, fatigue, and illness perception. To optimized functional status levels, fatigue and negative illness perception need to be minimized.

Future research should explore the possibility of causation among various factors and functional status in the same model. Findings would help nurses to developing specific nursing intervention for enhancing functional status among persons with liver cirrhosis.

5

Nurse Knowledge and Confidence on Peripheral Intravenous Catheter (PVC) Insertion and Maintenance in Paediatric Patients

Ferika Indarwati, July Maulana Samudra, Graha School of Nursing, Family of Nursing, Queensland University of Technology

Background

One in three PVCs inserted fail before completion of therapy. Nurses' knowledge and confidence of intravenous catheter insertion and maintenance practices, which subsequently affects PVC outcomes in paediatric patients.

Methods

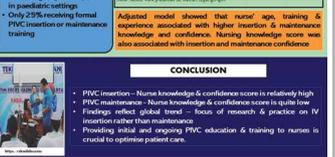
A multi-center cross-sectional online survey was conducted, with target participants of 450 paediatric nurses in Yogyakarta, Indonesia from May to September 2020.

Key Findings

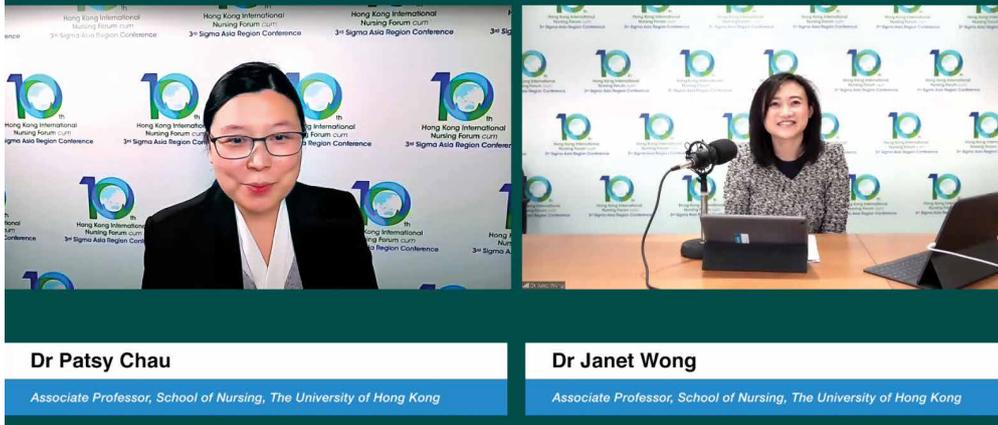
23 multiple choice questions of nurse knowledge and 19 five-point Likert scale questions on nurse confidence related to PVC insertion & maintenance were used in the study.

Conclusion

PVC insertion - Nurse knowledge & confidence scores is relatively high. PVC maintenance - Nurse knowledge & confidence score is quite low. Findings reflect global trend - focus of research & practice on IV insertion rather than maintenance. Providing initial and ongoing PVC education & training to nurses is crucial to optimize patient care.



Closing Remarks



Dr Patsy Chau

Associate Professor, School of Nursing, The University of Hong Kong

Dr Janet Wong

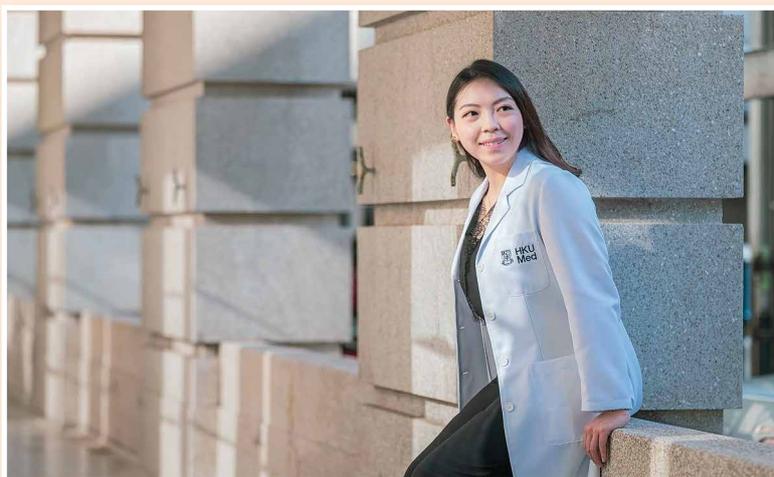
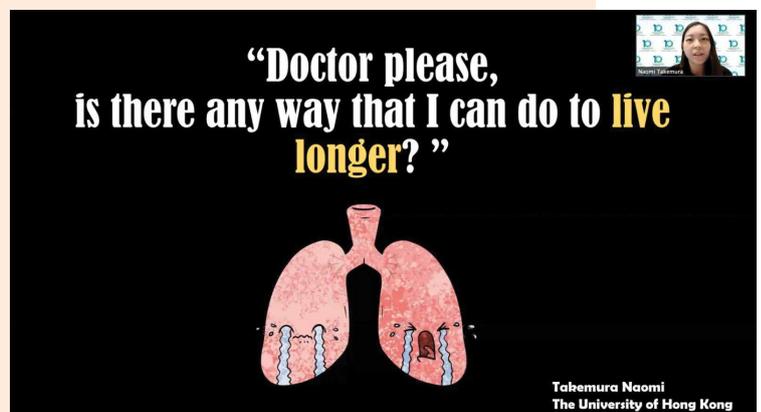
Associate Professor, School of Nursing, The University of Hong Kong

▲ (Left) Dr Patsy Chau, (Right) Dr Janet Wong

PhD Students Awarded at Research Postgraduate Symposium

HKU School of Nursing PhD students, Ms Lubeca Zhao and Ms Naomi Takemura won the Outstanding Presentation Award and Peers' Choice Presentation Award, respectively, at the online Research Postgraduate Symposium held on December 7 during the 10th Hong Kong International Nursing Forum cum 3rd Sigma Asia Region Conference.

Postgraduate students from four U21 universities, including HKU, Fudan University, The University of Melbourne and University of Auckland presented their research projects at the event. The symposium was chaired and moderated by Dr Julia Slark, Coordinator of the U21 Health Sciences Group Deans of Nursing and Midwifery Group. Commentators from the four participating universities provided feedback and voted on the Outstanding Presentation Award. The Peers' Choice award was voted on by presenters.



▲ Ms Naomi Takemura



▲ Ms Lubeca Zhao

Chiang Mai University, Thailand



Fifty-one students from Years 1–4 (Academic Year 2019/2020) participated in an online exchange programme called "New Life in New Normal" organised by Chiang Mai University on June 29, 2020. Our teachers and students presented their experiences in adjusting their lives, studies and learning during the pandemic. Altogether, more than 270 students and faculty members from 13 universities in Asia participated in the online exchange programme, including:

- Chiang Mai University, Thailand
- Dokkyo Medical University, Japan
- Dongguk University, South Korea
- Kagawa University, Japan
- Kobe University, Japan
- Macao Polytechnic Institute, Macao
- Mie University, Japan
- Miyazaki Prefectural Nursing University, Japan
- Otamae University, Japan
- Toho University, Japan
- The University of Hong Kong, Hong Kong
- University of Ryukyus, Japan
- Yamaguchi University, Japan



University of Navarra, Spain

Ten HKU students from Years 1 – 4 (Academic Year 2019/2020) participated in the online Nursing Summer School organised during June 29 – July 1 by the University of Navarra. Renowned speakers lectured on a wide spectrum of topics, such as the nurse-patient relationship in a person-centered model; promoting healthy lifestyles in children; current events related to global health; the role of Advanced Practice Nursing and the health system in the US; moral distress among nurses and nursing students; families filling deficiencies in social and health services networks; and what it takes to become an international nurse.

More than 60 students from eight international universities joined this fruitful exchange programme, They were University of Stirling, Indiana University, Universidade Católica Portuguesa, The University of Illinois, Campus Bio-Medico University of Rome , Birmingham City University, The Catholic University of America and The University of Hong Kong.



Participants

66 Training nurses for more than 60 years.

Nursing challenges: an international perspective		29 June	30 June	1 July
USA	SPAIN			
N.Y time 9-10 am (please check the time in your city)	3-4 pm	<p>Patients' perceptions of feeling known by their nurses: the case of USA and Spain.</p> <p>Almátero Zaragoza, Dpto. Enfermería de la Persona Adulta, Facultad de Enfermería, Universidad de Navarra.</p>	<p>US Healthcare System.</p> <p>Dominick Crispovic, Clinical Adjunct Faculty, University of Pennsylvania, School of Nursing & Daniel Navero, Nurse Manager at University of Pennsylvania.</p>	<p>Families' experience of caring for a terminally ill patient at home.</p> <p>Dr. Jesús Martín Martín, Prof. Ayudante doctor, Facultad de Enfermería, Universidad de Navarra. Dra. Maddi Claro, Prof. Ayudante doctor, Facultad de Enfermería, Universidad de Navarra.</p>
10:00-11:00 am	4-5 pm	<p>Promoting healthy lifestyles in preschool children: the role of emotions.</p> <p>Elena Bermejo Martins, Ayudante Doctoral/Asistente Lectura, Facultad de Enfermería, Universidad de Navarra.</p>	<p>Role of the Advanced Practice Nurse.</p> <p>Dominick Crispovic, Clinical Adjunct Faculty, University of Pennsylvania, School of Nursing & Daniel Navero, Nurse Manager at University of Pennsylvania.</p>	<p>Families Living with genetic conditions.</p> <p>Dra. Marica Vamper, Profesora, Children's Health, Disability Ethics, Family, Healthcare Communication, UNC School of Nursing.</p>
11:00-12:00 am	5-6 pm	<p>Current events, Cultural assessment and self reflection.</p> <p>Dorlene de Souza, Clinical</p>	<p>Nursing Moral Distress.</p> <p>Susan M. McInnon, PhD, APRN, ANP-BC, Associate Educator, FPM 321</p>	<p>International Nursing work: what is needed to be an international nurse.</p>

COVID-19 challenge

Zoom Meeting ID: 537 272 7390

- 8:30 am Introduction to the program by Associate Dean
- 8:35 am VDO presentation: CMU & FON
- 8:45 am Welcoming speech by Dean, Faculty of Nursing, CMU
- 8:50 am Online Sharing: Challenges during COVID-19 by Students
 - Faculty of Nursing, CMU
 - Partner Universities
- 9:40 am Online Sharing: Cultural Changes from COVID-19 by Students
 - Faculty of Nursing, CMU
 - Partner Universities
- 10:30 am Conclusion & Closing program

Remark: - Sharing format for students: verbal, maximum 4 minutes

Chiang Mai University, Thailand

The "COVID-19 Challenge" which was the second online exchange programme organised by Chiang Mai University on August 22 attracted 62 HKU Nursing students from Years 1 – 4 (Academic Year 2019/2020). Our students shared their challenges during COVID-19.

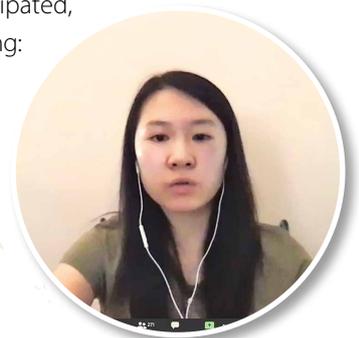
More than 300 participants in total participated, coming from seven universities in Asia including:

- Chiang Mai University, Thailand
- Dokkyo Medical University, Japan
- Kagawa University, Japan
- Kunming Medical University, PR China
- Taipei Medical University, Taiwan
- Toho University, Japan
- The University of Hong Kong, Hong Kong

2nd Online student exchange program via zoom meeting
Organized by the Faculty of Nursing, Chiang Mai University, Thailand

Partner Universities:

- 獨協医科大学 (Dokkyo Medical University)
- KAGAWA UNIVERSITY
- 昆明医科大学 (Kunming Medical University)
- 台北醫學大學 (Taipei Medical University)
- 東洋医科大学 (Toho University)
- 香港大學 (The University of Hong Kong)



Participant Donates Masks in Gratitude

Message from Smoking Cessation and Tobacco Control Research Team



The Smoking Cessation and Tobacco Control research team is committed to investigating innovative interventions to help people quit smoking. From December 2018 to November 2019, its team members and student ambassadors visited smoking hotspots to recruit smokers for a randomized controlled trial funded by the General Research Fund (Research Grants Council). The trial was to assess the effect of using instant messaging to provide psychosocial and behavioural support for community smokers – and it produced an unintended benefit.

Mr Kelvin Lam joined the trial in March 2019 and was so impressed by the effort to combat smoking that one year later, when the COVID-19 pandemic was getting severe in Hong Kong and facemasks were in shortage, he got his friends together to donate 6,000 surgical masks to support the effort to help more people quit smoking.

The donors worked closely with the manufacturer and courier company and put encouraging messages on each mask package to support smokers who are trying to quit. The masks were delivered in July 2020 and distributed to smokers in our “Quit-to-Win” programme and in other studies to motivate smokers to stop smoking and live a healthier life.

The team issued a message of gratitude: “This is the first time the team has received a donation from participants – we have never expected any forms of donation in return for our work. We are very grateful for this support, not only because of the donation but also their good faith and heart to support us. It has helped to give extra motivation to all team members. With our strong belief in our work, and our participants’ sincere support, we will set our goals even higher and aim to help more smokers and other people combat smoking.”



In the Media

The continuing COVID-19 pandemic has left some people vulnerable to emotional instability, stress and anxiety. The School therefore offered tips on psychological well-being.

(*healthyd.com* – July 25, 2020)



Professor Doris Yu commented in the South China Morning Post that social distancing as a coronavirus control measure may lead to critical health threats for older adults with chronic illnesses.

The closure of non-essential services for the elderly limited older adults' access to care. Although various social media platforms have been developed to strengthen the self-care ability of patients, many older adults do not know how to access such services.

Professor Yu has been trying to help through her Jockey Club NICE-LINK project, a tele-nursing programme that has provided prompt tele-based health consultations with tailored written health reminders. She said that subsequent tele-visits showed there had been a good health response to this outreach.

Professor Yu advocated for the integration of tele-nursing with the health care system during the challenging COVID-19 outbreak.

(*South China Morning Post* – July 31, 2020)

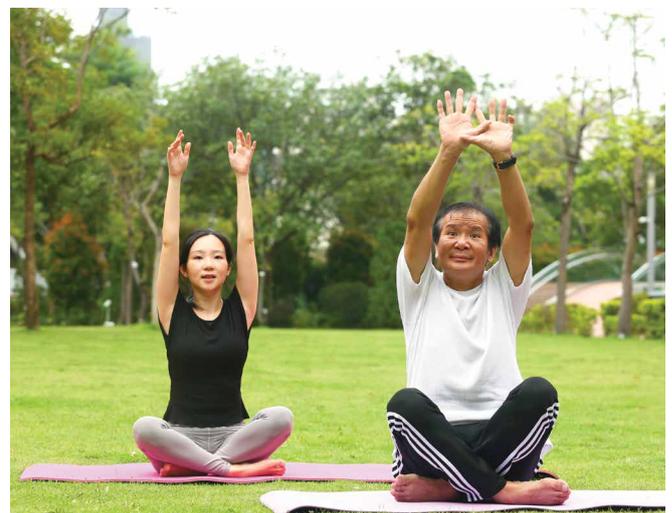


Dr Jo Jo Kwok, Assistant Professor, said Parkinson's Disease (PD) patients may experience symptoms of anxiety and depression. Since the disease can affect patients' mobility, they may lose confidence due to misunderstanding and discrimination from people who do not understand their condition.

Her study in 2019 found out that practicing mindfulness yoga could help improve PD patients' mobility and enhance their ability to cope with negative emotions and maintain a positive psychological outlook.

Dr Kwok has developed an online Mindfulness Yoga programme for early and mid-stage PD patients: <http://yoga.nursing.hku.hk/>

(*Headline*, Oct 5, 2020)



Dr Kelvin Wang, Associate Professor, delivered a talk entitled "COVID-19 Pandemic Online Health Information" at the RGC public lecture co-organised by Hong Kong Public Libraries and the Research Grants Council of The University Grants Committee on September 12, 2020. Dr Wang indicated that the timeliness, accuracy and trustworthiness of information could facilitate the execution of preventive measures and also lessen people's anxiety.

(Ming Pao Daily News – October 6, 2020)



Dr Kelvin Wang is also Co-Investigator of the project "Relationship between Information Sharing and Family Well-being during the COVID-19 Outbreak", which was the focus of a "Jockey Club SMART Family-Link Project" Press Conference on October 20. The event was co-organised by The Hong Kong Jockey Club Charities Trust, the School of Public Health and the Technology-Enriched Learning Initiatives of The University of Hong Kong.

Dr Wang reported on a survey of 4,914 people in late May and found that family e-chat groups where people sent or received messages on happy/interesting matters about themselves/their families and daily life matters, or expressed care and encouragement, were related to better family communication, greater family harmony and happiness.

Dr Wang said that combatting "anti-pandemic fatigue" was a top priority. He suggested that the younger generation spend more time teaching the elderly how to use information technology, especially instant messaging tools, given the reduction of social gatherings during the pandemic.



The School will launch a new Bachelor of Nursing (Advanced Leadership Track) [BNurs(ALT)] Programme in the academic year 2021/22.

Details of admission requirements will be announced in early 2021 and programme information may be available on the JUPAS website in March/April 2021. Amendment fees for a change of programme choice may be waived by the JUPAS Office. Note that these arrangements are subject to approval by the Nursing Council of Hong Kong and HKU Senate.

(Oriental Daily News & Sing Tao Daily News – October 31, 2020; Hong Kong Economic Times – November 2, 2020)



The Hong Kong Council on Smoking and Health (COSH) teamed up with HKU researchers on a study which found that heated tobacco products (HTPs) could not help smokers to quit. An earlier survey in 2018-19, led by **Dr Kelvin Wang**, Associate Professor, showed that 44% of 1,012 smokers surveyed intended to quit using HTPs for smoking cessation. However, their likelihood of successful quitting after six months was not enhanced. In contrast, smokers who used smoking cessation services were 70% more likely to abstain from cigarettes at the six-month follow-up, compared with those who did not use the services. The findings were published in Tobacco Control.

(881903.com, TVB News, news.mingpao.com, hk.on.cc, topick.hket.com, am730 – December 10, 2020; Ming Pao Daily News, Oriental Daily News, am730, RTHK Radio Programme – Backchat Dec 11, 2020)



New Faces



Ms Joanna Ko
Lecturer

“ It is my honour to work with such a brilliant teaching team at one of the top education institutions in Hong Kong. I completed my Bachelor’s and Master’s degrees in 2011 and 2015 respectively. After graduation, I worked in gynaecological and surgical units in a public hospital. Prior to this appointment as lecturer, I was the nurse educator in Hong Kong Sanatorium & Hospital with 4 years of teaching experience. Currently, I am studying for a Doctor of Nursing at HKU. My research interest is related to emotional intelligence among nursing students. I look forward to contributing to the School’s development and to providing quality nursing education for our students. ”

“ The unprecedented combination of the social movement in 2019 and COVID-19 outbreak in 2020 altered my thoughts about life and my values. Seeing my friends, colleagues and students out working very hard in this difficult time, I asked what I could do to help. Thanks to the School, I have been given the chance to re-join the nursing family and work together with them. I have re-acquainted myself with new technology to meet students’ learning and psychosocial needs, and I am pointed towards meeting the challenges ahead. I believe there is always a silver lining if we look for it. ”



Ms Yu Lei-King
Lecturer

Ms Sheila Lam
Assistant Lecturer



“ It is my great honour to join my alma mater as Assistant Lecturer, where I obtained the qualifications of Bachelor of Nursing and Master of Nursing. Since graduation, I have gained extensive clinical experience in the realms of medical, intensive care (paediatric and neonatal), and emergency nursing. I have also mentored nursing students at varying points in their learning journey. I have taken great pride in equipping our future nurses with the skill set needed to become well-rounded professionals. As a committed member of the HKU School of Nursing, I am looking forward to consolidating my teaching career and further equipping our students with the best possible learning experience so that they, as well as myself, can continue on and rise to the challenges presented to us by our ever-evolving healthcare system. ”

Ms Elaine Chan
Laboratory Manager



“ I am honoured and humbled to join the School of Nursing at The University of Hong Kong as a Laboratory Manager. I graduated in 2000. After registration, I work in oncology, haematology and intensive care units in the private sector. I look forward to equipping our future nurses with knowledge, sharing my clinical experience, and facilitating and contributing to the operation of the laboratory. ”

Ms Charlotte Wong
Assistant Lecturer



“ I am pleased to be joining my alma mater as a Laboratory Manager. After completing my Bachelor's degree here in 2008, I worked in different fields in the nursing sectors and I have found that my interest lies in healthcare training, following experiences in healthcare training at Hong Kong St John Ambulance and simulation training at the Hong Kong Academy of Medicine. I look forward to supporting nursing education in an innovative way. ”

“ It is my pleasure to join the School of Nursing as an Assistant Lecturer. I completed my Bachelor's degree in HKU in 2013, then obtained a Post Registration Advanced Certificate Course in Orthopaedics and Traumatology Nursing in 2015 and a Master's degree from the Chinese University of Hong Kong in 2019. I have worked in the Orthopaedics and Traumatology Department (General Ward and HDU) of Queen Mary Hospital and Gleneagles Hong Kong Hospital, and also worked in the Mixed Surgical Ward of Gleneagles. Teaching is my passion and I look forward to sharing my clinical experience and knowledge with students and helping them to become competent nurses who can contribute to society in the future. ”

Ms Iris Wong
Laboratory Manager



Awards



Congratulations to **Professor Doris Yu** for her induction as the 2020 Class of Fellows of the American Academy of Nursing at the Academy's annual Transforming Health, Driving Policy Conference.

Congratulations to **Dr John Fung** (Leader), Lecturer; **Dr Veronica Lam**, Senior Lecturer; **Ms Michelle Pang**, Lecturer; and **Dr Janet Wong**, Associate Professor, who received the Teaching Innovation Award 2020 awarded by The University of Hong Kong.



Congratulations to **Dr Edmond Choi**, Assistant Professor, who received the Early Career Teaching Award 2020 awarded by The University of Hong Kong, and the Faculty Teaching Medal awarded by the LKS Faculty of Medicine.

Congratulations to **Dr Daniel Fong**, who has been ranked among the top 1% of scholars in his field worldwide by Clarivate Analytics, based on citations of his work. The data was drawn from Essential Science Indicators.



Congratulations to **Dr Jojo Kwok**, Assistant Professor, and **Dr Heidi Fan**, PhD alumni, for being awarded the Sigma Theta Tau Pi Iota Chapter Scholarship 2020.

Congratulations to **Ms Rose Lin**, PhD student, for being awarded the HKU COA JMK Dementia Care Scholarship by the Sau Po Centre on Ageing of The University of Hong Kong.



Promotions

Congratulations to these scholars, who were all promoted to Assistant Professor based on their valuable contributions to the School:



Dr Jojo Kwok, whose promotion took effect from August 27, 2020.

Dr Denise Cheung, whose promotion took effect from September 1, 2020.



Dr Jay Lee, whose promotion also took effect from September 1, 2020.



Congratulations

Research Grants Awards

Local and International Funding Bodies	Principal Investigator	Project Name
Council for the AIDS Trust Fund	Dr Edmond Choi	Developing and testing an interactive internet-based intervention to reduce sexual harm of sexualised drug use ('chemsex') among men who have sex with men in Hong Kong
HMRP Research Fellowship Scheme 2019	Dr Janet Wong	Digital alcohol screening and brief intervention with gamification to reduce alcohol consumption in at-risk young adults
HMRP Research Fellowship Scheme 2019	Dr Derek Cheung	Low-intensity ecological momentary assessment (EMA) for smoking cessation intervention and tobacco control policy evaluation: A randomized controlled trial nested within an EMA-based observational study
Hong Kong Council on Smoking and Health (COSH)	Dr William Li	Evaluation study on smoke-free teens programme 2020-21
Knowledge Exchange (KE) Funding, HKU	Dr Derek Cheung	Handgrip and isometric short-bout exercises for smoking cessation
Knowledge Exchange (KE) Funding, HKU	Professor Doris Yu	Translating a strength-based care model into practice for people with mild cognitive impairment
Knowledge Exchange (KE) Funding, HKU	Dr Daniel Fong	Eating smart: Promoting healthy eating in the community
Knowledge Exchange (KE) Funding, HKU	Dr Mandy Ho	Keep diabetes away: Enhancing diabetes awareness in the community
Tobacco and Alcohol Control Office	Dr Derek Cheung	A training package for healthcare professionals to deliver brief advice on smoking cessation

MNurs Programme – UGC Targeted TPg Fellowships Scheme

The HKU Master of Nursing programme is the only nursing programme in Hong Kong to be selected by the University Grants Committee (UGC) to be part of the "Targeted Taught Postgraduate Programmes Fellowships Scheme" in 2021/22 for meritorious local students to pursue further studies in the nursing field. 30 fellowships will be awarded and offer a tuition subsidy of HK\$77,900 to successful candidates, who only need to pay the remaining HK\$42,000 in fees.





**HKU
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香港大學護理學院