



NURSE *Letter*

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Feature Stories

- 05 Innovations Advance Nursing in the Era of COVID-19
- 10 Students Stay on Track with Virtual Simulation
- 12 Tech Leaves More Time for the Human Touch

School Highlights

- 16 Healthcare Education and Simulation Workshop 2021

02 Head's Message

Reshaping Nursing Care Through Digital Innovations



02 *Head's Message*

Reshaping Nursing Care Through Digital Innovations



Contents

05 *Feature Stories - Research*

Innovations Advance Nursing in the Era of COVID-19



10 *Feature Stories - Teaching and Learning*

Students Stay on Track with Virtual Simulation

12 *Feature Stories - Clinical Excellence*

Tech Leaves More Time for the Human Touch



School Highlights

- 14 HKU Teaching & Learning Festival 2021 -
Workshop on Our Simulation Ward

Launch of the Master of Science in Nursing
- 15 Launch of the Advanced Leadership Track

Anniversary Booklet - Celebrating 25 Years of
Nursing Excellence
- 16 24th East Asia Forum of
Nursing Scholars (EAFONS) Conference

Healthcare Education and
Simulation Workshop 2021



- 20 JUPAS Information Week HKUMed Sessions 2021

22 *Outgoing Student Exchange*

23 *Message from ...*

24 *In the Media*

27 *New Faces*

28 *Promotions*

28 *Awards*

29 *Congratulations*

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Reshaping Nursing Care Digital Innovations

At the School of Nursing, we have been actively engaged in digital innovations in teaching and learning and through a range of research endeavours which aim to reshape nursing care.



One consequence of COVID-19 has been the rapid acceleration of digital health innovations which are transforming health care. At the School of Nursing, we have been actively engaged in digital innovations in teaching and learning and through a range of research endeavours which aim to reshape nursing care. I have been very impressed with the creativity and ingenuity of our staff as they grappled with improving outcomes for students and

patients over this difficult time. COVID-19 has shown us that new ideas can emerge as problems are confronted and adversities overcome, with resulting long term benefits for the community.

Digital innovations in teaching and learning include the advances the School of Nursing has made in high fidelity simulation teaching, immersive virtual reality and the use

Through

Professor Chia-Chin Lin | Head



of robots. These advances have enabled our students to practice and improve their clinical reasoning and problem-solving skills. A virtual simulation was developed for the teaching and assessment of clinical scenarios which won the HKU Teaching Innovation Award for 2020.

The School of Nursing has also adopted digital innovations in research which will have a major impact upon the health and well-being of patients, carers, and society. These include research using gamification, artificial intelligence, chatbot, Zoom sessions and app development in the fields of health promotion and disease management.

One ground-breaking study with great potential used digital game technology to modify risky behaviours among adolescents. Gamification is widely used by adolescents and young adults but is not normally associated with health promotion.

Another study drew upon the emerging technology of chatbot which is powered by artificial intelligence to simulate human conversations and can provide

personalised risk information. The researchers found this technology provided tangible support for stopping smoking.

A novel new baby care app, providing timely support and useful information to mothers to sustain breast feeding, won the Faculty Knowledge Exchange Award 2021. Another app was designed to support prevention of diabetes mellitus.

A Zoom based program delivered interactively enabled bi-weekly mindfulness yoga classes for patients with Parkinson's disease.

An app with interactive videos was developed to monitor symptoms, alert nurses to intervene, and support heart failure patients to manage their illness following their discharge from hospital. Another app was designed to support patients' self-care through an internet based cardiac rehabilitation intervention for patients suffering from coronary artery disease, while an additional app was designed to support self-care following stroke.



The next generation of nurses will be equipped with both the technologies and the professional approach to enable further innovations aimed at addressing fundamental concerns of nursing practice.

A unique platform

The image displays six screenshots of a nursing software interface, arranged in a 2x3 grid. Each screenshot shows a user profile for 'Concepcion Maria Sanchez' and various data points related to patient care. The screenshots are labeled as follows:

- Chart Assessment:** Shows a patient's admission data, including name, age, and language.
- Physical Assessment:** Features a 3D avatar of a female patient and a list of assessment techniques to be selected.
- Diagnosis:** Displays a list of potential diagnoses and a detailed description of a selected condition, such as 'Pneumonia'.
- Care Planning/Intervention:** Shows a list of nursing interventions and their corresponding goals, such as 'Monitor intake and output every 8 hours'.
- Outcomes Evaluation:** Displays a table with columns for 'Patient', 'Time', 'Value', 'Trend', and 'Goal', showing various vital signs and lab results over time.
- Score Report:** Shows a summary of the patient's performance, including a score of 3/3 (100%) and a list of questions with their correct answers.

The digital innovations undertaken by our staff demonstrate the impact nursing interventions using these modalities can have upon patients, caregivers and society. However, we need to recognise there are some downsides to advances in digital health. I think the loss of human touch and human voice are key disadvantages. The comfort provided through these means is fundamental to excellent nursing practice and we must ensure they remain central to our mission. Digitalisation also carries with it the danger of increasing health disparities as populations unable to access these modalities are less likely to receive optimal care.

However, the next generation of nurses will be equipped with both the technologies and the professional approach

to enable further innovations aimed at addressing fundamental concerns of nursing practice. They will have the knowledge and skills to bring a nursing voice in their work in teams developing digital technology further. They will be able to undertake research exploring the impact of digital health interventions on both individuals and systems of health care and examine means of better supporting underserved communities.

Today we live in an age of transformational change in health care which in many ways has been accelerated by the challenges posed by COVID-19. At the HKU School of Nursing, our teachers and researchers have demonstrated they are at the forefront of this revolution.

Innovations Advance Nursing in the Era of COVID-19



(Back row, from right)

Professor Doris Yu Sau-fung | Professor and Chair of Research

Dr Janet Wong Yuen-ha | Associate Professor

Dr Kelvin Wang Man-ping | Associate Professor

(Front row, from right)

Dr Polly Li Wai-chi | Assistant Professor

Dr Jojo Kwok Yan-yan | Assistant Professor

To tackle the rapidly-growing chronic disease burden, the School has intensified its research focus across the continuum, from risk factor control to advanced management of chronic diseases.

Tech-based health innovation is critical for optimising risk control and management of patients with chronic conditions, which are ever-growing in number. The COVID-19 pandemic has further catalysed its development and validated its benefits in the wake of reduced health service capacity and social distancing policy, both of which have hindered the feasibility and availability of conventional chronic care models.

“COVID-19 has brought many challenges, but it has also sharpened our focus on tech-based innovations,” said Professor Doris Yu Sau-fung, Chair of Research in the School. “Some of our innovations are new, others have been under development for a while but have new impetus. The pandemic has provided a real-life scenario that is demonstrating the great value that technology can bring to contemporary nursing.”

To tackle the rapidly-growing chronic disease burden, the School has intensified its research focus across the continuum, from risk factor control to advanced management of chronic diseases. Its tech-based innovations have been developing along parallel lines and include a gamified digital programme to reduce alcohol consumption and abuse among young adults, a chatbot and WhatsApp programme to support smokers in quitting the habit, internet-based intervention for patients with coronary heart disease, a website with Zoom sessions offering guided yoga for patients with Parkinson’s Disease, and a hybrid physical-digital family-based transitional care model for patients with heart failure.



Gamified intervention on reducing alcohol consumption

A key factor motivating alcohol consumption among young adults and adolescents is peer pressure. Associate Professor Dr Janet Wong Yuen-ha has devised a novel way to address that pressure and better inform young people of the dangers of alcohol by gamifying their learning.

Gamification, like the other innovations described on these pages, is an interactive, technology-based strategy. It utilises the popularity of gaming among young people to convey lessons and information. In this case, Dr Wong has

used it as an intervention model to correct misperceptions of peer drinking norms. Players are asked to estimate the drinking behaviours of their peers and they receive rewards for correct answers.

“We hypothesise that gamification will be able to reduce ideas about perceived drinking norms in peers and eventually reduce participants’ own alcohol drinking behaviours,” Dr Wong said.



The project was launched in April 2021. It is the first stage of game development and creation and, it is hoped, will have the added benefit of being able to reach its target audience even during social restrictions related to the COVID-19 pandemic.

Chatbot for smoking cessation

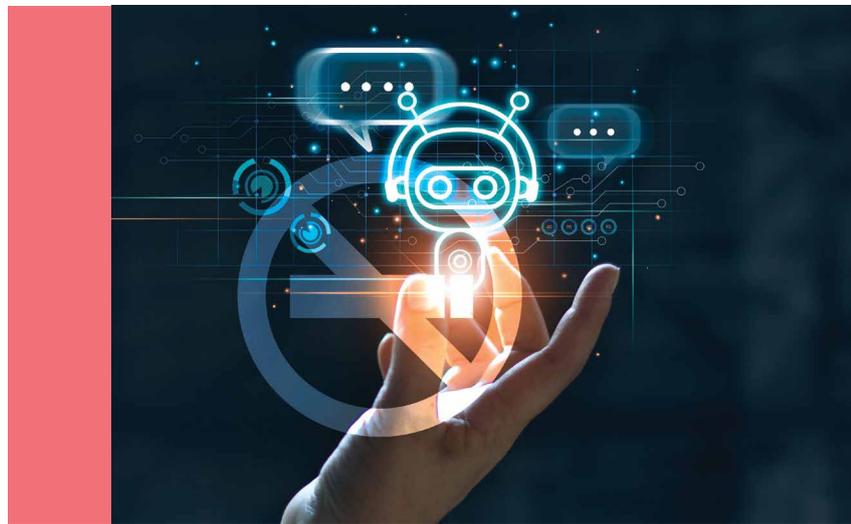
Quitting smoking with assistance dramatically increases success rates. The School of Nursing has been a leader in providing such assistance through its community smoking cessation programmes. Recently, Associate Professor Dr Kelvin Wang Man-ping and his team tapped into new technologies to connect with more smokers and respond to their needs.

They first developed a model using WhatsApp to recruit smokers, give them advice and connect them to smoking cessation clinics. When this was combined with brief smoking cessation interventions, they were able to substantially increase the likelihood of quitting – about 8.1% of participants in that programme were verified as quitting at the six-month follow-up versus 5.1% in the control group. However, while this proactive model is effective, its reach has been limited to smokers approached by Dr Wang’s team and by normal working hours.

To expand the reach, they have developed a chatbot powered by AI with HKU’s Department of Electrical and Electronic Engineering and Technology-Enriched Learning Initiative. The chatbot provides practical information, such as details on cessation services and skills for tackling cravings. A second-generation chatbot can now deliver personalised risk information and recommendations for smoking cessation using

natural language processing, as well as offer access to a counsellor through WhatsApp for urgently needed advice. The team started rolling out this version in the Tung Wah Group of Hospitals’ Integrated Smoking Cessation Centres in May this year.

“Recent advances in mobile information and communication technologies, and the widespread use of mobile devices, offer a new avenue for healthcare provision,” Dr Wang said. “It should also be noted that digital health interventions are particularly beneficial during the COVID-19 pandemic, which has disrupted traditional addiction services that involve in-person counselling.”



i-CARE means self-care for coronary artery disease patients

Coronary artery disease (CAD) is a serious and growing problem worldwide. Cardiac rehabilitation has proven to be beneficial to the health outcomes in CAD patients, yet services are mostly targeted at patients after an acute exacerbation of CAD, while those with stable CAD who have not yet experienced an acute event have received far less attention – until now.

Assistant Professor Dr Polly Li Wai-chi and her team have developed the mobile app i-CARE, which stands for internet-based cardiac rehabilitation enhancement. The app has three components that provide patients with guided information and knowledge about self-care, as well as feedback as needed.

In the self-monitoring dashboard, participants select parameters for blood pressure, heart rate, lipid profile, blood glucose and the like, which they are able to monitor on a regular basis.

Interactive self-care modules provide videos and illustrations on relevant topics such as CAD manifestations, symptom monitoring, medication management and activity and exercise. Participants are guided to establish individualised self-care goals and an action plan.

Finally, a chat room connects participants to a nurse who can provide coaching and motivation on behavioural changes. The nurse also reviews the self-monitoring data,



keeps track of progress and explores any underlying barriers that the users may have with adherence to their regime.

The project will be tested on a group of CAD patients through a randomised controlled trial before it is formally launched. "We hope this mobile application can provide a theory-guided, internet-based self-care intervention and promote self-care of patients with CAD," Dr Li said.

A tech approach to mindfulness yoga for Parkinson's Disease patients

COVID-19 has been particularly difficult for patients with long-term neurological conditions due to social distancing and other public health measures and the closure of community centres and gyms, which has disrupted rehabilitation services. But Assistant Professor Dr Jojo Kwok Yan-yan has found a solution. Building on a mobile-friendly website she developed on mindfulness yoga for Parkinson's Disease (PD), she and her team have developed a bi-weekly 90-minute programme via Zoom.

The website, based on mHealth (for mobile health), initially provided videos for patients to practice mindfulness yoga at home. This was adapted for Zoom in response to the pandemic and tested last summer with good effect.

The sessions were held live, with safety the top priority. All participants were instructed to perform the guided online yoga practice next to a wall and sturdy chair for additional support, with a caregiver nearby if needed. Two team members observed participants throughout

the sessions to ensure their safety. If they spotted a fall or risk of injury or fall, they immediately contacted the participant or caregiver via Zoom or phone.

"The tele-rehabilitation approach was well-accepted by patients – in fact, the qualitative feedback we received revealed a high preference for this approach to staying mindful and being active while confronting the challenges brought by the COVID-19 pandemic," Dr Kwok said.

The "mindfulness" aspect of the practice via virtual delivery, however, was unclear. Future trials will try to assess strategies for optimising the "in-the-moment" experiences of patients using this approach.



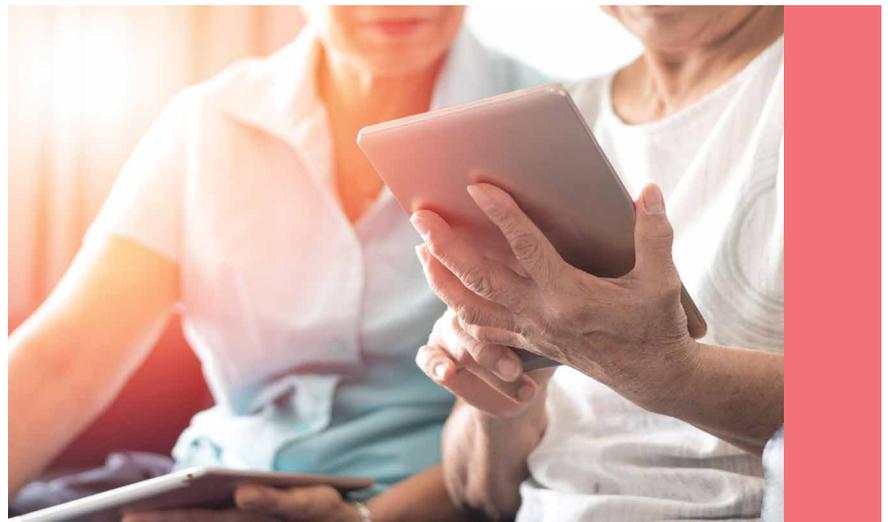
T-FAME for heart failure patients

T-FAME is the acronym for Technology-based Family-centred Empowerment, a programme to support heart failure patients and their families in the immediate period after being discharged from hospital. The need for such a service is acute. Hospital stays for these patients have been shortening due to overstretched hospital services in Hong Kong, while there has also been a lack of infrastructure and staffing to optimally coordinate and provide continuity of care for patients. At the same time, the 4-week and 6-month hospital readmission rates for this clinical cohort may be nearing peaks of 25% and 50%, respectively. This is a healthcare issue that can no longer be ignored and T-FAME offers a potential resolution.

T-FAME, led by Professor Yu, is a hybrid post-discharge care model combining low-intensity home care and an interactive app to optimise professional-family-patient care collaboration. More specifically, T-FAME integrates extended digital health monitoring to detect and deter early disease deterioration through programmed or real-

time nursing advice. It also helps patients and families to set goals to enhance disease management, which are uploaded to the app so they can track progress and obtain the relevant automated motivational feedback, and offers about 40 interactive videos to empower families and patients to rationalise the disease and symptoms, engage in self-care decision making, and practise skills for health maintenance. Moreover, the app uniquely enriches proactive self-care by providing automated alerts on temperature, air quality and humidity, which other research has shown are related to increased hospital admissions of heart failure patients.

A clinical trial of T-FAME got underway in July this year. "We will examine the effects and cost-effectiveness of the app on patients' outcomes, family caregivers' health outcomes and the use of hospital services. Our hope is that T-FAME will enhance the post-discharge outcomes of patients and reduce some of the burden on our overstretched healthcare system," Professor Yu said.



"COVID-19 has brought many challenges, but it has also sharpened our focus on tech-based innovations.

The pandemic has provided a real-life scenario that is demonstrating the great value that technology can bring to contemporary nursing," said Professor Yu.

Students Stay on Track with Virtual



▲ From left: Dr Veronica Lam Suk-fun, Ms Michelle Pang Tsz-ha, Professor Xiang Zhang, Dr John Fung Tai-chun and Dr Janet Wong Yuen-ha.

Students reported significant improvement in their clinical competence, satisfaction and self-confidence, and they felt that both simulated and traditional clinical environments were effective for learning. They also felt the nursing process was better learnt through virtual simulation.

COVID-19 has presented many challenges to society, not least in educating future health practitioners who traditionally are assessed in the clinical setting. Here in the School of Nursing, we quickly realised that we would have to adapt and innovate to enable students to apply their knowledge in practical ways, while also respecting the need for safe distances between students, patients and teachers.

The result of our efforts has won our team the HKU Teaching Innovation Award for 2020.

Our solution to the restrictions of COVID-19 was to not only use virtual simulation in our teaching and assessment – others have also been testing this and written about it – but to introduce guided self-reflection. Learning can take place both during a simulation activity and afterwards, in reflecting on that experience in a structured manner. We brought in

Simulation

Dr John Fung Tai-chun | Lecturer



facilitators – including myself and other team members – who prompted students to review their performance, look at specific issues identified by facilitators and peers, and understand how the lessons learned could be applied in future.

The approach was used for 188 final-year Nursing students for the assessed clinical practicum and it meant they could fulfil the requirement of demonstrating their clinical competencies. Usually, this is done in face-to-face sessions, but for obvious reasons, this was not possible under pandemic conditions.

The students were presented with four case scenarios over two days. On each day there was a pre-briefing session about the cases, then students accessed the cases through the virtual education simulator. They were given four hours to complete two scenarios. Each group of 6-7 students had one facilitator to guide them through the activity and through a debriefing session on Zoom.

The guided debriefing – our key innovation – involved a three-step model in which students were first led to defuse their emotions and describe the events, including difficulties encountered; second, to self-reflect and identify the rationale behind their decisions, under the guidance of their facilitator who also provided feedback; and third, to consider how to apply their new learning in practice. Students were also encouraged to comment on each other's performance to provide peer feedback.

The results were very encouraging. Students reported significant improvement in their clinical competence, satisfaction and self-confidence, and they felt that both simulated and traditional clinical environments were

Virtual simulation with guided feedback can be an effective alternative clinical training modality when traditional face-to-face is not available.

effective for learning. They also felt the nursing process was better learnt through virtual simulation. The virtual environment fell short, however, on communication and critical thinking elements, which will need to be taken into account when using this approach in future.

All this suggests that virtual simulation with guided feedback can be an effective alternative clinical training modality when traditional face-to-face is not available – with the proviso that these activities be embedded in a flexibly generative and sustainable ecosystem. My team and I believe that this approach enabled us to fulfil our School's chief aim of inspiring students to learn proactively such that they could gain skills and insights for solving real-life problems independently.

Virtual simulation need not be confined to pandemic conditions, either. Other studies have pointed to its suitability for situations that are difficult to access, such as disaster response. Other disciplines in the health and medical professions may also benefit from using it. Virtual simulation is emerging as a regular feature in education and our team was pleased to be able to provide evidence about its effectiveness and how to get the most impact from it in a Hong Kong setting.

Tech Leaves More Time for the

With technology taking up certain tasks and performing them better, we can free up time and focus on more important things that require a human touch.

Technological breakthroughs in artificial intelligence (AI) and robotics are helping to change things for the better in nursing, says the Hospital Authority's Senior Manager (Nursing) and Principal Nursing Officer, Dr Danny Tong Wah-kun.

While nurses traditionally have been responsible for monitoring patients around the clock and notifying doctors of changes in their conditions, however slight, advanced technology can now do much of that work in increasingly more accurate and non-invasive ways, even monitoring and recording conditions by the second, he said.

Nurses should not despair of this development. "With technology taking up certain tasks and performing them better, we can free up time and focus on more important things that require a human touch, such as having more quality time with patients to understand their subjective experience and being more attentive to patients' complaints and needs," he said.

Technology can also help to address the bottleneck that is growing as Hong Kong's population ages more rapidly than the healthcare workforce can keep up with. Over the next 20 years, the latest government projections show the number of patients with chronic diseases will increase by 50 per cent.

To address service sustainability, the Hospital Authority (HA) has been formulating strategies to cope with the coming challenges and technology is playing a central role – they are looking into providing smart care and developing smart hospitals. New technologies being piloted include artificial intelligence, robotics, telecare, smart ward and clinic applications, and command centre solutions.

One example of this work that relates to nursing is a project to investigate the use of capnography, which detects carbon



dioxide levels to check the position of nasogastric tubes after insertion. Another project is testing out the use of machine learning to determine the probability that a diabetes patient will suffer adverse outcomes within five years, based on demographic, co-morbidity and clinical data.

Human Touch

Dr Danny Tong Wah-kun | Senior Manager (Nursing) and Principal Nursing Officer
Hospital Authority



Dr Tong said smart healthcare also has much potential for prevention, for instance in preventing falls through AI which can rapidly combine multiple factors to predict who is likely at risk of a fall.

On smart hospitals, the HA is working with Tin Shui Wai Hospital, Tseung Kwan O Hospital and Queen Elizabeth Hospital's new acute hospital at Kai Tak on an initiative called Smart Nursing 2.0. The aim is to develop pilot programmes at these facilities to enhance or introduce the use of AI, robotics, telecare, smart ward and clinical applications in hospital care, as well as command centre solutions.

Young nurses and nursing students will have a central role in adopting and promoting nursing informatics, which covers the breadth of technology for nursing, he said. "Their ease with technology and quick learning equips them to help teach colleagues on how to use these applications. However, at the same time, technological competence should not replace or overshadow the fundamental requirement that nurses need good problem-solving skills, resilience, perseverance and compassion. They especially need to be skilled in communicating and interacting with people," he said.

"Technology cannot replace the human touch that is crucial to good nursing care, but it can help to increase quality time for communicating with patients, with the goal of providing more holistic care."

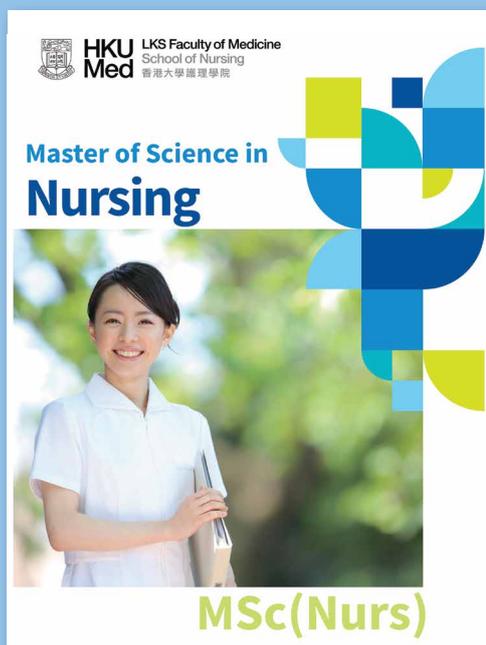
Technological competence should not replace or overshadow the fundamental requirement that nurses need good problem-solving skills, resilience, perseverance and compassion.

HKU Teaching & Learning Festival 2021 – Workshop on Our Simulation Ward

The School's Quality and Safety Education Subcommittee presented "Walkthrough the Simulation Ward Activity" at a TDG Workshop organised at the HKU Teaching & Learning Festival 2021 on April 21. The team shared their experiences in using simulation to enhance student learning outcomes and demonstrated how



a simulation activity is prepared. The workshop received positive feedback from participants.



Launch of the Master of Science in Nursing



The Master of Science in Nursing is being officially launched in the 2021/22 academic year and various promotional activities and information sessions have been organised to publicise it. The programme is suitable for bachelor's degree holders from non-nursing disciplines who aspire to a promising career in healthcare. Graduates will be eligible for direct registration as a Registered Nurse with the Nursing Council of Hong Kong and awarded a master's degree.

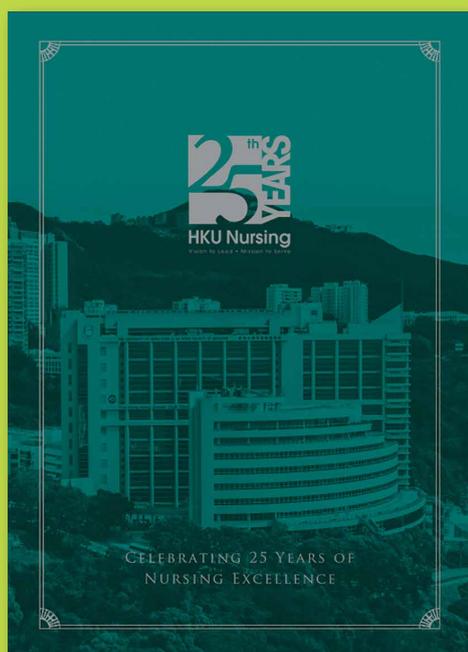
Launch of the Advanced Leadership Track



▼
The new Advanced Leadership Track offered under the Bachelor of Nursing programme [BNurs-ALT] is also being officially launched in 2021/22. It is designed for high achievers who aspire to pursue advanced and specialised nurse practice or a nurse-physician career and will help them to complete the professional curricula at an accelerated pace. Students will also have the opportunity to articulate to the HKU Master of Nursing (MNurs) or HKU Bachelor of Medicine and Bachelor of Surgery (MBBS) programmes.



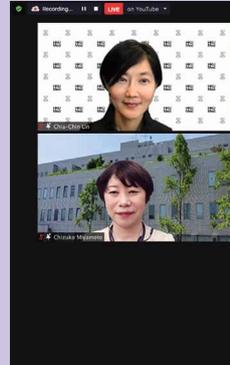
Anniversary Booklet – Celebrating 25 Years of Nursing Excellence



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The School of Nursing published its 25th Anniversary Commemorative Book "Celebrating 25 Years of Nursing Excellence". The publication captures fond memories of our students, alumni and staff, and showcases the School's milestones and achievements over the past quarter century in advancing nursing as a profession and discipline through teaching and learning, research, clinical excellence and community engagement. The School will continue to flourish and aspire to ever greater heights of excellence in all aspects of nursing.

24th East Asia Forum of Nursing Scholars (EAFONS) Conference

HKU School of Nursing co-hosted the 24th East Asia Forum of Nursing Scholars (EAFONS) Conference on April 15-16, 2021 with the theme “Doctoral Nursing Education in the Changing Health Landscape”, with The University of the Philippines Manila College of Nursing and nursing schools from Hong Kong, South Korea, Thailand, Philippines, Taiwan, Japan and Singapore. The University of Hong Kong is the Hong Kong representative at the Executive Committee.

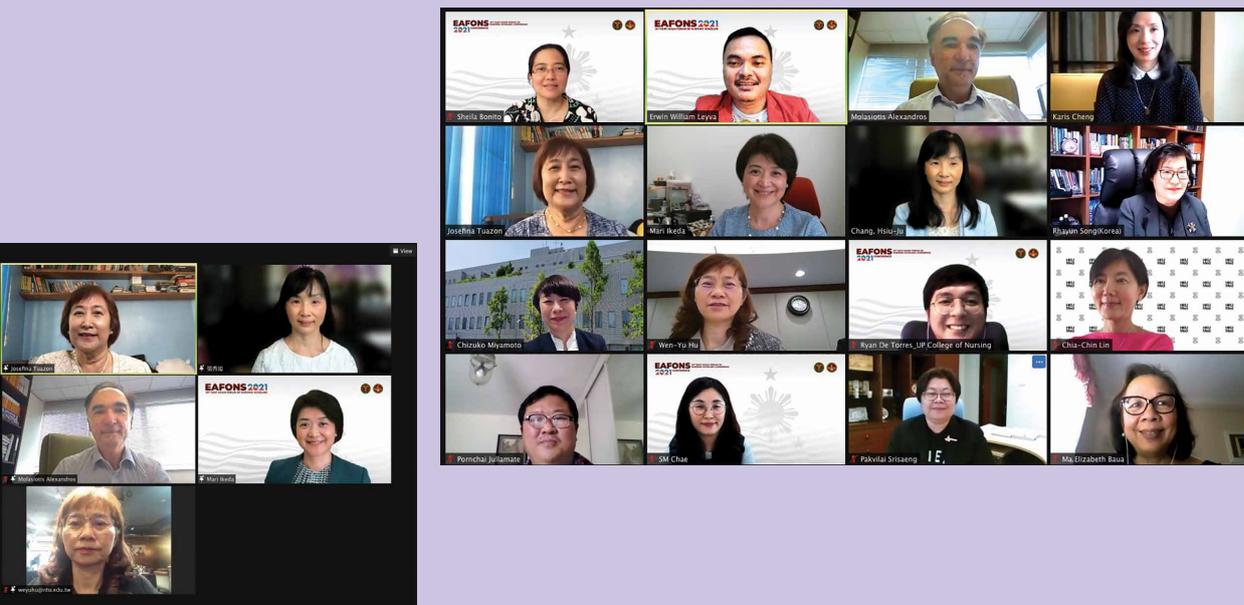


Healthcare Education and Simulation Workshop 2021

The screenshot shows the agenda for the Healthcare Education and Simulation Workshop 2021. The main banner features the title "HEALTHCARE EDUCATION AND SIMULATION WORKSHOP 2021" and the subtitle "Simulation-based education: A new paradigm and beyond". The event is scheduled for June 3, 2021 (Thursday) as a Day 1 Virtual Workshop. The agenda is organized into sessions with specific times and speakers.

HKT Time	Sessions
09:00	Opening
09:05	Welcome Remarks Professor Chia-Chia Lin Head, School of Nursing, The University of Hong Kong
09:15	The role of simulation under COVID-19 pandemic Professor Valeria Howard Vice Dean for Academic Affairs, School of Nursing, Duke University
09:45	Q&A Session
10:00	Using simulation to develop empathy Professor Tracy Leach-Jones Professor of Nursing Education and Head of School, University of Technology Sydney
10:30	Q&A Session
10:45	Break
11:00	International collaboration for patient safety promotion through simulation Dr. Sophia Huey-Lan Ho Associate Professor, Department of Nursing, National Yang Ming Chiao Tung University
11:30	Q&A Session
11:45	How to enhance nurse educator's skills and competence in nursing simulation and virtual reality activities? Dr. Daniel Salcedo Director, Centre for Clinical Medical Education, Taipei Municipal Wanfang Hospital Director for Education in Medical Simulation, Taipei Medical University
12:15	Q&A Session

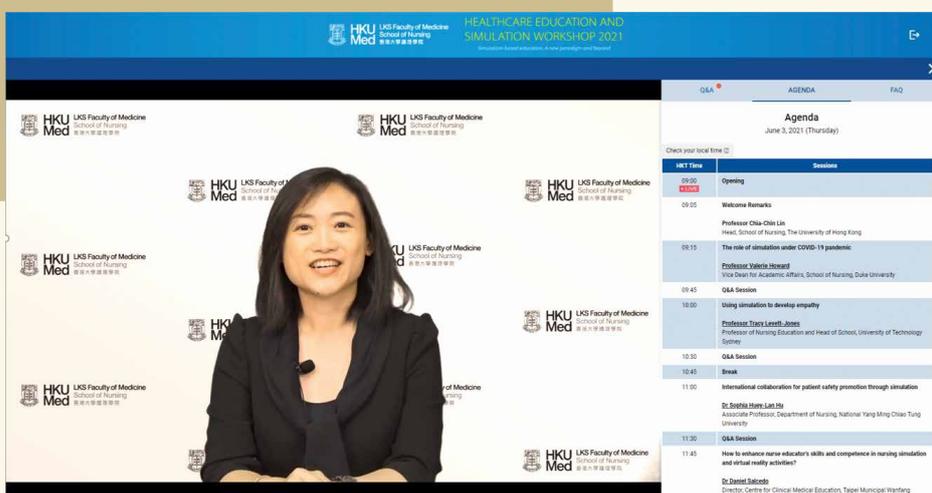
Nearly 400 participants joined the Healthcare Education and Simulation Workshop 2021, where the theme was “Simulation-based education: A new paradigm and beyond”. Participants learned how the use of simulation as a training strategy not only can help prevent errors in clinical settings, contribute to patient safety and optimise outcomes of care, it can also promote the professional development of nursing students.



The first day of the workshop took place via an online webinar where nearly 400 participants from 11 countries and regions gained insights from speakers who included Professor Valerie Howard, Vice Dean for Academic Affairs at the School of Nursing, Duke University; Professor Tracy Levett-Jones, Professor of Nursing Education and Head of School of the University of Technology Sydney;



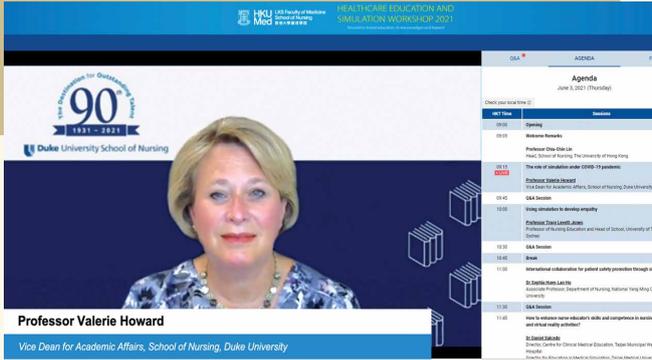
Professor Chia-Chin Lin, Head of School, kicked off the workshop with a welcoming remarks.



Dr Janet Wong Yuen-ha, Associate Professor, acted as the moderator of the workshop.

Dr Daniel Salcedo, Director of the Centre for Clinical Medical Education of Taipei Municipal Wanfang Hospital and Director for Education in Medical Simulation of Taipei Medical University; Dr Sophia Hu Huey-Lan, Associate Professor from the Department of Nursing of National Yang Ming Chiao Tung University; and Dr John Fung Tai-chun, Lecturer in the School of Nursing, HKU.

Topic: The role of simulation under COVID-19 pandemic



Professor Valerie Howard
Vice Dean for Academic Affairs,
School of Nursing, Duke University

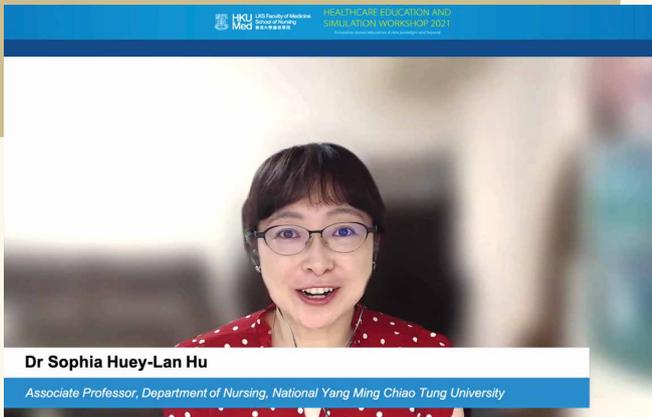
Topic: Using simulation to develop empathy



Professor Tracy Levett-Jones
Professor of Nursing Education and Head of School, University of Technology Sydney

Professor Tracy Levett-Jones
Professor of Nursing Education and
Head of School, University of Technology Sydney

Topic: International collaboration for patient safety promotion through simulation



Dr Sophia Huey-Lan Hu
Associate Professor, Department of Nursing, National Yang Ming Chiao Tung University

Dr Sophia Hu Huey-Lan
Associate Professor, Department of Nursing,
National Yang Ming Chiao Tung University

Topic: How to enhance nurse educator's skills and competence in nursing simulation and virtual reality activities?



Dr Daniel Salcedo
Director for Education in Medical Simulation, Taipei Medical University

Dr Daniel Salcedo
Director, Centre for Clinical Medical Education,
Taipei Municipal Wanfang Hospital
Director for Education in Medical Simulation,
Taipei Medical University

Topic: Best practices in debriefing and what should we be moving forward?



Dr John Tai-Chun Fung
Lecturer, School of Nursing, The University of Hong Kong

Dr John Fung Tai-chun
Lecturer, School of Nursing, The University of Hong Kong
Accreditation Simulation Educator, Association for
Simulated Practice in Healthcare (ASPiH)



The second day of the workshop was a face-to-face practical simulation workshop hosted by the School's Quality and Safety Education Subcommittee for local participants to gain hands-on experience of using simulation in nursing teaching. The workshop kicked off with a lecture by Dr Veronica Lam Suk-fun, Senior Lecturer and Chairperson of the School's Quality and Safety Education Subcommittee. This was followed by participants developing and conducting scenarios, and a debriefing by our teachers. The event provided a fruitful exchange of knowledge in using advanced technology and simulation to facilitate nursing students' learning experience. To learn more about the School's innovations in this area, please refer to page 10.



JUPAS Information Week HKUMed Sessions 2021



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The “JUPAS Information Week HKUMed Sessions” were held on May 26 and 27 and included an admission talk, lecture and clinical nursing skills workshop for over 400 participants.

The session on May 27 also featured an online talk by Dr Janet Wong Yuen-ha, then Director of the Bachelor of Nursing (Full-time) programme, who introduced the new JS6418 Advanced Leadership Track under the Bachelor of Nursing and explained admission requirements (see also page 15). Participants showed great interest in the programme and sought more information on career prospects in the nursing profession. After the talk, Dr John Fung Tai-chun delivered an online lecture titled “Embarking on the Journey into Nursing: An Overview in Clinical Skills and Practice”. The admission talk and lecture attracted about 300 participants.



Meanwhile, six “Face-to-face Nursing Clinical Skills Workshops” were held at our state-of-the-art Simulated Nursing Skills Training Centre on May 26 and 27. The 128 participants were given a demonstration of clinical nursing skills, including removal of staples, intravenous (IV) injection and abdominal exam, and shown our advanced laboratory facilities and innovative technologies such as high-fidelity simulators.



Online with College of Nursing, Taipei Medical University



2021 JANUARY 25 - FEBRUARY 5, 2021

ONLINE INBOUND PROGRAM

Taipei Medical University
College of Nursing

More than 170 HKU School of Nursing students in Year 1 to Year 4 (Academic Year 2020/2021) participated in the "2021 Online Inbound Program" offered by the College of Nursing, Taipei Medical University (TMU), from January 25 to February 5, 2021. The programme featured discussions by renowned scholars from TMU on topics such as "The Development and Prospect of Traditional Chinese Medicine", "Big Data Analysis in Health Care for Risk Assessment and Quality Management", "Assisted Devices for the Elderly" and "Resilience Development in COVID 19: Build Back Better for Future Preparation, Response, and Recovery". The programme welcomed students from more than 20 universities across southern Asia, with the total number of participants reaching 762. Afterwards, a de-briefing session was arranged for HKU students to consolidate their learning.

國際化 Online Inbound Program

2021.01.25~02.05

762 participants in total

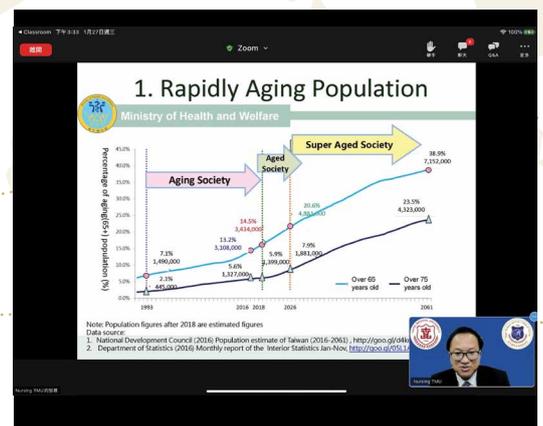
Go to www.menti.com and use the code 7634 4067

In one of the lectures, the assisted device for elderly were introduced. Are they innovative and practical? (Y3-9, Y4-1)

For assisted device they are not talking about crutches or wheelchair. Their devices make use of the technology and the Internet

I think it is innovative coz it collaborate with IT team to set up a system to help for rehabilitation. I think it is good to apply in Hong Kong if it can.

TW really puts a lot of investment into assistive device, try to develop a market for elderly (銀髮市場)



Remain Open to Every Opportunity for Self-fulfilment No Matter How Strong the Opposition or How Impossible It May Seem



Dr Carol Yuen Yuet-sheung

Nursing Officer

Master of Nursing (HKU) 2009, Doctor of Nursing (HKU) 2014

Fellow of The Hong Kong Academy of Nursing (Community and Public Health – Public Health) (Gerontology)

2007 was a remarkable year for me. I attended a briefing by Professor Agnes Tiwari, former Head of School, on the Master of Nursing Programme and came away deeply inspired. This marked the start of my higher education journey and my introduction to the School of Nursing, and I would overcome some of the biggest challenges I had ever faced.

I undertook a translation research project on “Educational and Promotional Guidelines to Improve Influenza Vaccine Coverage of Health Care Workers”. I had much enthusiasm and encouragement to strive for a more advanced level of study when Professor Tiwari and Dr Daniel Fong Yee-tak, as the Module Directors, gave me full credit for this project.

Evidence-based research skills are invaluable assets in healthcare and there are many ways to spread knowledge and enlightenment in the nursing profession! I enjoyed the opportunities to learn from leading academics, policymakers

and professional experts through my readings and interactions. The saying that “little drops of water make the mighty ocean” certainly applied here. For all these reasons, I was highly motivated to take on the challenge of the Doctor of Nursing Programme, which I began in 2009 after graduating with my Master of Nursing qualification.

Professor Marie Tarrant had a significant influence on the landscape of my career. I started to realise more than ever how exploring scientific evidence would enrich me immensely. Professor Tarrant has been my respected mentor throughout my career and we share the same vision. It was very uplifting working in partnership with her to investigate “Influenza Vaccination during Pregnancy”.



The output from my Doctoral project was beyond what I could have imagined. Funding for the study was provided by the Health and Medical Research Fund, HKSAR Government. I organised and analysed more than 2800 sets of quantitative data and 32 sets of qualitative interview transcripts. I am especially grateful that I was able to publish six journal manuscripts, four of which arose from my Doctoral thesis.

HKU School of Nursing, I am really so grateful to have you in my life!



In response to a special call under the Public Sector Trial Scheme for projects to combat the COVID-19 epidemic, the School of Nursing took part in a trial project of a fast-track vented enclosure developed by City University of Hong Kong. The enclosure is made of breathable protective materials and aims to prevent viruses from spreading through the air in hospitals, thereby minimising the possibility of cross-infection between medical staff and patients. **Dr Janet Wong Yuen-ha** of the School said, "We are happy to provide a trial site and post-trial comments for the project. We hope the project will further protect the safety of medical staff and benefit the medical sector." The project was one of 63 projects approved by the Innovation and Technology Commission of the HKSAR Government which together received total funding of over \$102 million.

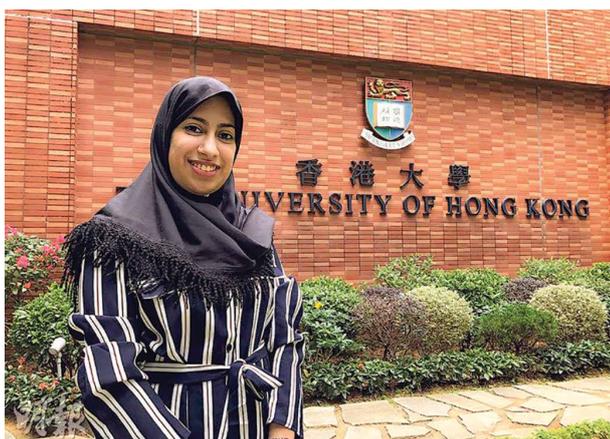
(Hong Kong Commercial Daily – October 30, 2020)

Miss Omme Kulsoom Akhtar (Kulsoom), a year 3 Pakistani student in the Bachelor of Nursing (Full-time) programme, shared her nursing education journey with Ming Pao. After witnessing the communication barriers between her family and relatives and hospital staff, Kulsoom decided to enrol in the HKU nursing programme. She wishes to help ethnic minority patients when she joins the healthcare profession after graduation.

(Ming Pao Daily News – January 11, 2021)

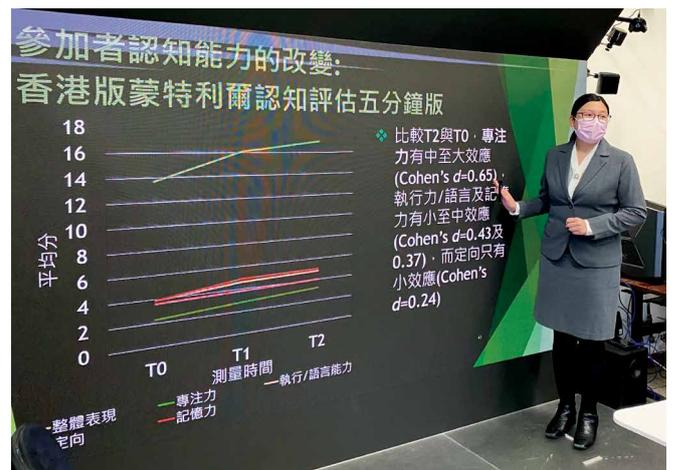
The Hong Kong Alliance for Advocacy Against Alcohol quoted a survey conducted from April 9 to 23 in 2020 by HKU's School of Public Health and School of Nursing that found 36.8 per cent of the 1,501 people surveyed had reported reducing alcohol consumption due to bar closures and social gathering restrictions implemented to suppress the spread of COVID-19. However, 5.5 per cent of alcohol users reported that they had actually increased alcohol consumption because of feeling lonely and bored. The Alliance published a position statement in the Hong Kong Medical Journal calling for government action to reduce alcohol-related damage in the territory.

(SCMP Online, 881903.com, news.rthk.hk – February 1, 2021)



The School has engaged in an evaluation study of the “VRRehab Generation” Project developed by the Tung Wah Group of Hospitals with support from the HKU Department of Industrial and Manufacturing Systems Engineering. A set of virtual reality (VR) rehabilitation training programmes have been developed for elderly people and those with disabilities on topics that include physical training, cognitive training, community living skills training and relaxation. The VR programmes provide a close-to-reality environment, which allows service users to break through their physical and environmental constraints and participate purposefully in rehabilitation training in an enjoyable way. The study conducted by **Dr Patsy Chau Pui-hing** demonstrated that a universal set of VR training was feasible and acceptable for the target groups, and found that participants had improved upper-limb dexterity and cognitive function.

(*Sing Tao Daily News – March 14, 2021*)



Dr Kelvin Wang Man-ping was interviewed in the TV programme “Golden Age Diary” on Viu TV channel 99 on April 18, 2021, in which he introduced the Jockey Club SMART Family-Link project and how it encouraged the elderly to use information and communications technology to communicate with their families.

(“Golden Age Diary” on Viu TV channel 99 – April 18, 2021)



A survey by HKU Youth Quitline found that the proportion of Hong Kong smokers aged 25 or younger who had used new tobacco products, such as e-cigarettes or heated tobacco products, surged to a record high of 85.9% in 2019-2020. The findings were reported at a press conference on April 29. HKU Youth Quitline is the first youth-oriented smoking cessation hotline in Hong Kong and was jointly established by HKUMed's School of Nursing and School of Public Health, the Department of Social Work and Social Administration at HKU and the Hong Kong Council on Smoking and Health.

(RTHK, The Standard Online, TVB News, Now News, Metroradio Instant News, on.cc, Wen Wei Po Online, Headline Daily Online, Sky Post Online, TOPick, HK01, Bastillepost - April 29, 2021; China.huanqiu, SCMP, The Standard, Ming Pao Daily News, Oriental Daily News, Wen Wei Po, Ta Kung Pao, Sky Post, Lion Rock Daily – April 30, 2021)



Dr Janet Wong Yuen-ha, Associate Professor and the then Director of the Bachelor of Nursing (Full-time) programme, and Mr Chan Yat-wah, Year 5 BNurs student, were interviewed at a media briefing about the School's measures to help students stay confident and on track during the disruptions caused by COVID-19. Since face-to-face classes and clinical practicums were suspended by most universities, the School made use of VSim, an online learning platform through which students can develop their clinical reasoning skills and prepare for practice. Through case studies and simulation scenarios, students were able to improve their critical thinking and understand nursing procedures. The School has also purchased six patient simulators for students to practice their nursing skills on. With both approaches, teachers can review students' progress and provide feedback during debriefing sessions, so students can learn from their mistakes and be better prepared for their careers. The VSim programme and study results are reported on page 10.

(am730, Hong Kong Economic Times, Sing Tao Daily, Wen Wei Po, Lion Rock Daily, Sing Tao Instant News, Wen Wei Po Instant News, Headline Daily Instant News, am730 Instant News, Edigest Instant News, Topick.hket.com, HK01 – May 3, 2021)





Dr Celine Chui Sze-ling
Assistant Professor

“ I am honoured to join the School of Nursing as an Assistant Professor jointly appointed by the School of Public Health. I received my PhD training in 2017 and completed my post-doctoral training in 2019 at HKU. I was a Research Assistant Professor in the Department of Pharmacology and Pharmacy before joining the School. My research focuses on utilizing Big Data from multi-regional/national large healthcare databases as well as data collected in the community to improve public health. I look forward to continuing my quest to answer questions that would contribute to humankind as well as to provide quality teaching and guidance to future nurses. ”

“ It is my great honour to work for the School of Nursing, HKU, which was my nurturing ground. I graduated with a Bachelor of Nursing from HKU in 2008, then pursued and obtained a Master of Public Health from HKU. Education is not just about gaining book knowledge, but also practical knowledge. I wish to share my clinical experience with students and shape them into competent nurses. The Greek philosopher Aristotle said that “The roots of education are bitter, but the fruit is sweet”. Hopefully, I can be one of the fruits spreading seeds under HKU’s ever-growing family tree. ”



Ms Gigi Yeung Kin-chi
Assistant Lecturer

Promotions



Congratulations to **Dr Mandy Yeung Man-nga**, whose invaluable contributions to the School were signified by the offer of a position as Lecturer with effect from April 1, 2021.

Congratulations to **Dr Kevin Luk Tzu-tsun**, whose invaluable contributions to the School were signified by the offer of a position as Research Assistant Professor with effect from July 1, 2021.

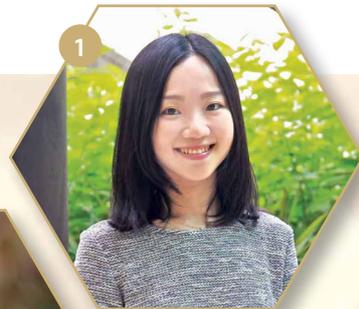


Congratulations to **Dr Mary See Lok-man**, whose invaluable contributions to the School were signified by the offer of a position as Lecturer with effect from July 18, 2021.

Awards

- 1 Congratulations to **Dr Jojo Kwok Yan-yan**, Assistant Professor, for being awarded the Outstanding New Investigator Award 2021 from the International Society of Behavioral Medicine at the 2021 International Congress of Behavioral Medicine held on June 7, 2021.
- 2 Congratulations to **Ms Cher Lau Wai-han**, Clerical Officer, for being awarded the 25 years' Long Service Award for her dedication, commitment and loyalty to the HKU School of Nursing.
- 3 Congratulations to **Dr Deng Wen**, Research Officer, for being awarded the 15 years' Long Service Award for his dedication, commitment and loyalty to the HKU School of Nursing.
- 4 Congratulations to **Dr Kris Lok Yuet-wan**, Assistant Professor, for being awarded the Faculty Knowledge Exchange (KE) Award 2021 for her project "Baby-Friendly Community Initiative Program – Development of a New Breastfeeding GPS App".

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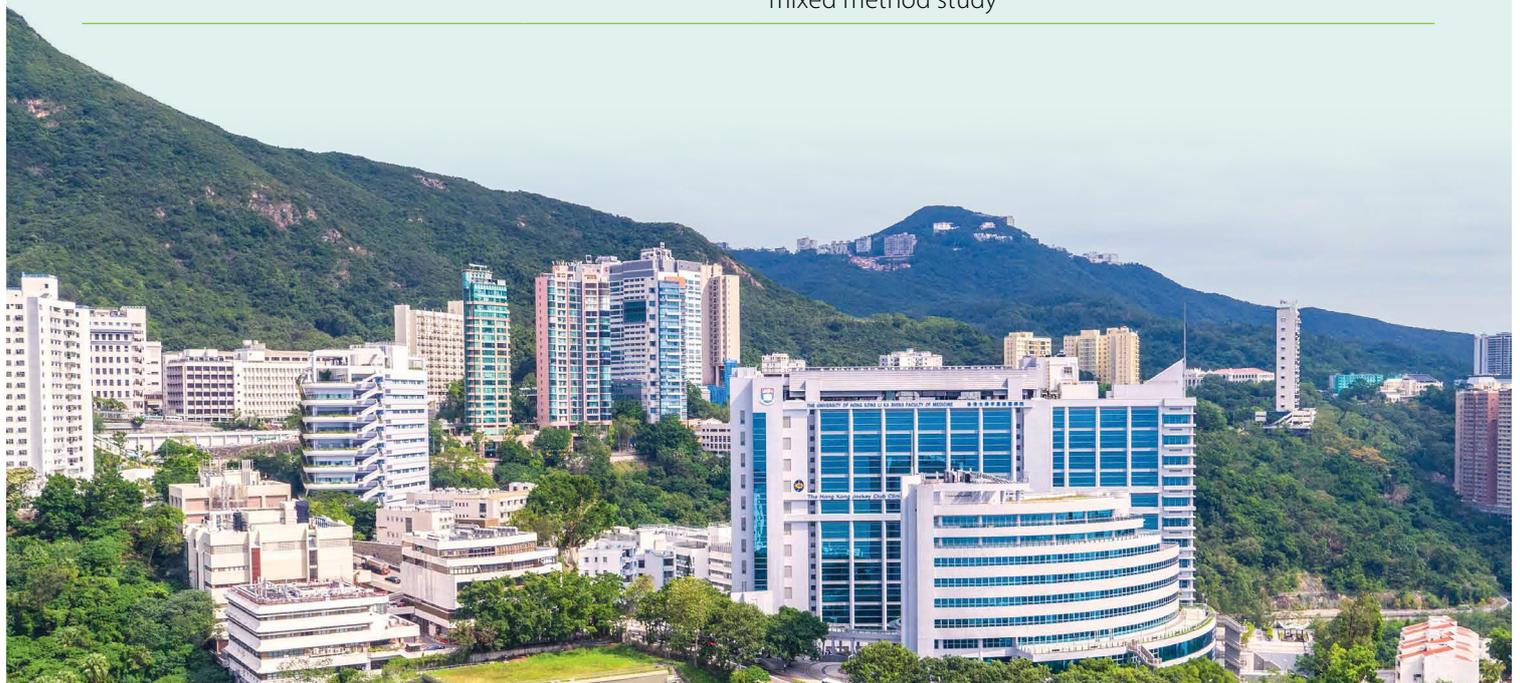
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Congratulations

Research Grants Awards

Local and International Funding Bodies	Principal Investigator	Project Name
Innovation and Technology Fund	Dr Celine Chui Sze-ling	Cardiovascular risk prediction model for patients on lipid modifying drugs
Teaching Development Grants	Ms Cecilia Sit Tin-yan	Use of conversation-oriented chatbot via semi-humanoid robot to enhance competence in performing clinical assessment interviews for clients by undergraduate nursing students
The Lok Sin Tong Benevolent Society, Kowloon	Dr Kelvin Wang Man-ping	Evaluation of a smoking cessation programme in workplaces in Hong Kong
Tung Wah Group of Hospitals	Dr Kevin Luk Tzu-tsun	Developing and evaluating a chatbot for increasing accessibility of smoking cessation services
General Research Fund	Dr Edmond Choi Pui-hang	Understand technology-facilitated sexual abuse among men who have sex with men: a mixed method study
General Research Fund	Dr Agnes Lai Yuen-kwan	A brief mobile SMART Exercise Support Program to improve fatigue in patients with advanced lung cancer - a pragmatic randomized controlled trial with outcome and process evaluation
General Research Fund	Dr Kelvin Wang Man-ping	Nurse-led post-discharge cessation support for smoking patients using mobile-based intervention: a randomized controlled trial
Early Career Scheme	Dr Derek Cheung Yee-tak	Normalization of alcohol drinking due to exposure to alcohol marketing in young adults: a prospective study with ecological momentary assessment
Early Career Scheme	Dr Jojo Kwok Yan-yan	Effects of a Home-based Exercise Programme Incorporating Mindfulness and Yoga Practice on Balance and Mobility for People with Parkinson's Disease: A Randomised Controlled Trial
Early Career Scheme	Dr Denise Cheung Shuk-ting	Effects of Self-administered Acupressure versus Aerobic Exercise for Treating Cancer-related Fatigue in Cancer Patients undergoing Chemotherapy: A Randomized Controlled Equivalence Trial
Early Career Scheme	Dr Jay Lee Jung-Jae	Instant message-delivered brief Internet-based cognitive behavioural therapy (iCBT) for post-stroke depression: a mixed method study





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