



# NURSE *Letter*

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Future of Nursing:  
Protect. Invest. Together.



## 02 *Head's Message*

Future of Nursing:  
Protect. Invest. Together.



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# Future of Nursing: Protect. Invest. Together.



Creating a future for nursing which will empower nurses for future challenges and enable more equitable opportunities for those discriminated against and underserved.

Professor Marla Salmon from the University of Washington gave the Grace Tien Lecture on the topic of Investing in a Better, *Never-before* Future for Nursing. She pointed out that the world is facing challenges never confronted before. We are at a critical point for the planet and, as nurses, we need to recognise the fundamental significance of investing in ourselves and our resources. She stressed the importance and value of simplicity in our lives, and, if we are to invest in the future, she said we need to overcome our fears about the changes required and keep our eyes and ears wide open to see the possibilities inherent in our changing circumstances.

Our 11<sup>th</sup> Hong Kong International Nursing Forum held on 8<sup>th</sup> and 9<sup>th</sup> December was undoubtedly an outstanding success. Drawing upon the theme of protecting and investing together for the future of nursing, our keynote speakers approached the topic with great style, demonstrating their deep knowledge and mastery of the topic. The lens that each of them applied in approaching the topic enabled a deep focus as well as a broad ranging and expansive view. Their presentations spotlighted many different aspects of the subject matter, raising questions and suggesting possible ways forward. They all demonstrated their passion for creating a future for nursing which will empower nurses for future challenges and enable more equitable opportunities for those discriminated against and underserved.

In moving beyond a narrow anthropocentric perspective, she paid tribute to the skills and knowledge of various animals from whom we have much to learn. Proboscis monkeys are inquisitive as we need to be. Dolphins have mastered currents and can ride the waves as we need to. We need to learn about the forces pushing us forward, look after ourselves and preserve our energy. Navigating new terrains will require new skills and tools and we need to find common ground with others through new partnerships across sectors. Like elephants, we need to protect and nurture our young to provide support to the next generation of nurses. Drawing upon the vision of migrating geese, she said the best metaphor for the future is gravity and uplift.

Professor Chia-Chin Lin | Head



We need to reach out to colleagues and beyond to form partnerships, to share what we know and have, to care for ourselves and others, to nurture our young and communicate clearly as we face our future challenges.



An equally stimulating and passionate presentation was delivered by Professor Pamela Cipriano from the University of Virginia. She emphasised the importance of promoting well-being and preventing moral injury among nurses. The experience of caring for COVID-19 affected patients has resulted in moral distress for nurses through their inability to provide care to their satisfaction. Nurses have suffered burnout and exhaustion at alarming rates. The unprecedented demand upon nurses requires that the question asked of them is not "How are you doing?" but rather "How are you REALLY doing?". Professor Cipriano provided some useful sets of directives nurses can use to support others. For example, traumatised nurses need to be HEARD, PROTECTED, SUPPORTED, PREPARED and CARED FOR. She suggested strategies for managing occupational stress and taking action to prevent it. She also identified a new public health crisis, that of attrition. We need to work at restoring feelings of self-worth among burnt out nurses for, as she noted, lives cannot be saved if there is not a nurse at the bedside!

The Serena Yang Lecture was given by Dr Susan Hassmiller, Senior Adviser for Nursing, Robert Wood Johnson Foundation. She spoke about the document The Future of Nursing 2020-2030 in addressing the topic Charting a Path to Achieve

Health Equity. Her impassioned address cast a dark and heavy perspective upon the current global health situation. This is one of continuing health inequities related to racism, gender discrimination, poverty, age discrimination and limited access to resources, to name a few. She drew particular attention to workplace bullying and noted that it is incumbent upon leaders to implement appropriate policies and create a culture of mutual respect whereby bullying is called out. She noted the importance of improving resilience in nursing and argued for better pay and conditions for nurses. While AI and other technologies may reduce time spent in delivering care and improving safety through rapid communication means, the mental health of nurses is an ongoing issue. Nurses need to be protected through ensuring healthy environments which will benefit patients as well.

I have no doubt that the many hundreds of nurses and others from around the globe who participated in this Forum gained hugely from the wealth of knowledge, information and ideas that was shared. The take home message for me is that we need to reach out to colleagues and beyond to form partnerships, to share what we know and have, to care for ourselves and others, to nurture our young and communicate clearly as we face our future challenges.

# Treating the Patient Alongside the Disease

The evidence that complementary and alternative medicine (CAM) can benefit patients' quality of life is getting ever stronger, with Dr Denise Cheung Shuk-ting, Assistant Professor, contributing important findings about the benefits of traditional Asian forms of CAM, such as acupressure and *qigong*, for cancer patients, caregivers and survivors of domestic violence.

While medical treatments address the disease, CAM can improve secondary symptoms such as fatigue, poor sleep and depression and stress in caregivers.

"The majority of patients are now treated with an integrative health management approach. As an academic institution, it is important that we contribute research that can bring rigour to this field and shed new light on the benefits of CAM," Dr Cheung said. She was lead author of four recently published studies that explore the use of traditional Asian CAM in local patients.

"The majority of patients are now treated with an integrative health management approach. As an academic institution, it is important that we contribute research that can bring rigour to this field and shed new light on the benefits of CAM," Dr Cheung said.

One study<sup>1</sup> looked at self-administered acupressure for caregivers of older family members, using a randomised control trial (RCT), the gold standard of clinical research. Caregivers often suffer from stress and stress-related symptoms such as fatigue, insomnia and depression. The study

found those who received training and follow-up in self-administered acupressure experienced statistically significantly lower stress, fatigue, depression and higher health-related quality of life than a control group. "The beneficial effects are consistent with other forms of psychoeducational intervention that have been reported in previous studies," Dr Cheung said, suggesting service providers may consider adopting this self-care approach to help alleviate caregiver stress and related symptoms, which may be relatively more cost-effective.



Dr Denise Cheung Shuk-ting | Assistant Professor



Another RCT<sup>2</sup> was the first of its kind to assess the effect of the mind-body exercise *qigong baduanjin* on sleep disturbance among women experiencing intimate partner violence. Sleep disturbance is a major problem for these women because violence may occur in their bedroom, creating fearful associations. Participants who were trained in *qigong baduanjin* and did follow-up self-practice had significantly lowered sleep disturbance than the control group, which resulted from reducing depressive symptoms. “*Qigong baduanjin* is safe, free and can be practiced at any time,” Dr Cheung, making it easy to recommend the practice for abused women experiencing sleep disturbance.



The other two studies focused on cancer. One was a major round-up of research<sup>3</sup> on the effects of *qigong* intervention on sleep disturbance-related symptom clusters in cancer patients and the possible mediating role of fatigue and depression in affecting sleep. Altogether, she looked at ten studies involving more than 800 patients and found that extensive *qigong* practice improved sleep and fatigue in cancer patients, and the benefit of *qigong* on sleep was likely based on its effect on reducing fatigue.

The fourth study<sup>4</sup> was a pilot RCT comparing the feasibility of aerobic exercise and tai-chi interventions in advanced lung cancer (ACL) patients. This was another first-of-its-kind and found that both forms of intervention were beneficial to patients in some physical aspects, although tai-chi resulted in a larger improvement in anxiety and lung cancer-associated symptoms. Participants were also more likely to stick with tai-chi exercise three months after the intervention. The main finding, though, was support for the feasibility and acceptability of these interventions in ACL patients.

Dr Cheung said it was essential nurses have CAM-related knowledge and skills to complement nursing practice and facilitate holistic care for patient quality of life. They should also be aware that CAM practices are not free of risks and contraindications. “Nurses should stay up to date on knowledge about CAM, particularly those forms that patients may use independently,” she said.

1 J Am Geriatr Soc 2020, 68(6), 1193-1201.

2 J Clin Sleep Med 2021, 17(5), 993-1003.

3 Sleep Med 2021, 85, 108-122.

4 Integr Cancer Ther 2021, 20, 15347354211033352.

# Shifting Gears with the New MSc in Nursing

Students with a passion to become nurses but who studied another discipline for their first degree can now realise their dreams through the new Master of Science (MSc) in Nursing.

The programme, launched in September 2021, admits students with good GPAs in their first degree to pursue a fast-track nursing qualification that also prepares them for research or advanced nursing degrees.

Not only do students benefit from this arrangement, but so do patients, according to the MSc in Nursing Programme Director, Dr Veronica Lam Suk-fun.

“Nursing is a caring profession, which is why it is good to attract students who are more mature to care for patients. Overseas research has also shown that students with a first degree who join nursing are multi-talented because they come from fields such as engineering and psychology, so the patient benefits from that, too,” she said.



The programme, launched in September 2021, admits students with good GPAs in their first degree to pursue a fast-track nursing qualification that also prepares them for research or advanced nursing degrees.

**Dr Veronica Lam Suk-fun** | Senior Lecturer  
| Programme Director of Master of Science in Nursing



The programme is full-time over three years and provides students with both theoretical and knowledge input, as well as clinical experience and exposure to nursing specialities.



The programme is full-time over three years and provides students with both theoretical and knowledge input, as well as clinical experience and exposure to nursing specialities. The aim is to prepare them to meet the Nursing Council of Hong Kong's requirements for registration as nurses.

Clinical exposure starts in the summer of the first year, when students work in non-acute settings and private healthcare. Over the following two years they will progress to acute hospitals, medical surgical wards, specialty areas such as paediatrics, mental health and accident and emergency care, to give them a rounded experience of nursing. Some of their study will be alongside students in the RN higher diploma programme, who will bring practical experiences to the classroom.

MSc in Nursing students also have to complete capstone requirements, including a course on advanced nursing research and practice and a thesis. Dr Lam said the intention was to prepare students for pursuing an advance practice license and potentially a research-focused master's programme.

All students are also offered an exchange opportunity to join nursing students overseas for study for a minimum of two

weeks (COVID-19 restrictions permitting). HKU is unusual among Hong Kong institutions in providing postgraduate students with such an opportunity.

Dr Lam said they received 140 applicants for the first intake and accepted 32 students who had good GPA results. The students come from a variety of backgrounds, which is also enriching classroom interactions. The largest group, about one-third, have science backgrounds such as applied science, biochemistry, biological sciences and biotechnology. The next largest group are Arts students, such as journalism and visual studies. Other students have social sciences backgrounds such as psychology, counselling and sociology.

The MSc in Nursing students have already contributed to the School by helping to redesign the clinical uniform for students, and sharing their experiences and know-how from their fields with their teachers. And they bring another, broader benefit to nursing.

"Besides their other talents and maturity, students who have a first degrees really want to join nursing. This means that they really love nursing," Dr Lam said.

# The Human Face of Nursing: Promoting Health and Cancer Patients

The Hospital Authority (HA) has adopted modern, science-based, specialised nursing to help cancer patients in Hong Kong benefit from improved care and management protocols.



The scientific and technological developments of recent years have brought important improvements to the management of disease and prolonged human life. These improvements are especially evident in cancer patients. Cancer is, of course, one of the most dreaded diseases. The Hospital Authority (HA) has adopted modern, science-based, specialised nursing to help cancer patients in Hong Kong benefit from improved care and management protocols.

The HA's nurses facilitate the administration of treatments, such as anti-cancer medication, radiation therapy and surgery, and help patients to manage the side effects of therapies and symptoms of the disease. Palliative elements are brought in from the time of diagnosis to help cancer patients deal with the physical, psychological, social and spiritual aspects of cancer, thus providing a comprehensive treatment experience during their therapy journey.

A key initiative in the HA has been the implementation of nurse-led cancer clinics, which provide all-round care. Advanced practice nurses share part of the workload with doctors to enable timely and comprehensive assessments and interventions. Most importantly, the enhanced coordination of care has proven to improve patients' clinical outcomes. The therapeutic relationship fostered at consultation and throughout the whole treatment journey has also resulted in increased satisfaction among HA cancer patients and better physical and emotional well-being.

Advanced technologies are used to complement the human touch at the HA clinics, where cancer care is provided alongside measures to help patients deal with the atypical levels of stress, worry, fear and powerlessness that often accompany cancer diagnosis and treatment. Enhancing quality of life is increasingly being recognised as important to health, with the World Health Organisation (WHO) incorporating happiness into its concept of health. Nurses in the HA thus place increasing emphasis on promoting cancer patients' happiness.

Mr Since Kong Ka-hung | Manager (Nursing)  
| Nursing Service Department | Hospital Authority Head Office



# Happiness to

Patient empowerment is an important and effective coping mechanism for cancer patient well-being. When patients and their relatives feel more empowered to actively and confidently participate in the management of the disease, they can achieve higher self-awareness, higher self-belief, better coping with the disease, and lower risk of delayed treatment. HA nurses offer numerous programmes to cancer patients to educate, encourage and motivate them and this has had positive results in their management of such issues as neutropenic fever, extravasation and cancer-related fatigue.

General wellness activities such as music therapy are also organised in association with allied disciplines. Some HA oncology centres have also introduced a bell ringing ceremony to celebrate the end of cancer treatment, which has enhanced the transition to post-treatment life for cancer patients and their caregivers. This also motivates and gives hope to other cancer patients that one day, they might be able to ring the bell, too.

The advancement of technology can help to treat the disease and extend the lives of cancer patients, while nurses play a key role in accompanying patients on their treatment journey, providing them with support and encouragement, and helping to relieve their suffering and achieve a better quality of life.



HA nurses offer numerous programmes to cancer patients to educate, encourage and motivate them and this has had positive results in their management of such issues as neutropenic fever, extravasation and cancer-related fatigue.

# Cardiovascular Perfusion Workshops for Masters Students

Training workshops on the Cardiopulmonary Bypass Machine (CPB) and Extracorporeal Membrane Oxygenation (ECMO) were organised in June 2021 by the School of Nursing and the Department of Cardiothoracic Surgery of Queen Mary Hospital for students on the perfusion science track of the Master of Nursing. These workshops provided



experiential learning and hands-on experience so students could deepen their understanding of local practices and develop practical skills in cardiovascular perfusion.



# Youths Flock to Summer Programme 2021 - Discover HKU Nursing

A Summer Programme aimed at secondary students who aspire to serve the community as professional nurses received a strong response during its run from July 29 to 31, 2021.

Around 100 students attended the first half-day activities on July 29, which featured Zoom lectures and small group tutorials on topics related to health management. The students also learned about the latest programme details, student life, missions and roles of nurses from the School's teachers, student mentors and alumni.



Two identical full-day, on-site activities were also organised on July 30 and 31 at HKU. Participants were given a tour of the main campus and medical campus to familiarise themselves with the local neighbourhood and practiced hands-on clinical skills in the nursing lab. Students were especially impressed with the high-fidelity simulation, community simulation and VR cave, and enjoyed a fun and educational day at the HKU School of Nursing.

# Getting into HKU School of Nursing

Activities on the theme "Getting into HKU School of Nursing" were organised on August 6, 2021 to familiarise freshmen students with the learning environment at the School. Students were given tours of the community simulation lab and VR cave, practiced cardiopulmonary resuscitation and high-fidelity simulation at our nursing laboratory, and met their teachers and senior students, who shared their learning experiences. These freshmen were conscientious and enthusiastic about nursing, and we look forward to watching them become excellent nurses in the coming years.



# Smoke-free Elite Teens Programme 2021-2022



To promote a smoke-free culture to Hong Kong youth, the School supported the “Smoke-free Elite Teens Programme” organised in August by the Hong Kong Council on Smoking and Health (COSH). Sessions were held over two days and about 100 Form 2 to Form 5 secondary school students participated each day.

**Dr Kelvin Wang Man-ping**, Associate Professor, and **Dr Derek Cheung Yee-tak**, Assistant Professor, introduced the smoking cessation programmes offered by the School and talked about HKU’s research on smoking cessation and tobacco control, involvement in tobacco control policy development, as well as smoking cessation and a smoke-free culture. Participants also had a mini tour of the medical campus, including the HKU Li Shu Fan Medical Foundation Nursing Clinical Skills Laboratory and Simulation Training Centre, to learn about the latest teaching equipment and facilities. Afterwards, they participated in a workshop on smoking cessation and counselling. The students expressed their aspirations to become future leaders of tobacco control in the community and promote a smoke-free culture.



# Faculty Academic Induction Day 2021

The HKU School of Nursing was thrilled to welcome the incoming class of students at the HKUMed Faculty Academic Induction Day on August 23, 2021. Nursing students gathered at the Grand Hall of the Centennial Campus with other HKUMed students to meet the Deanery, Faculty members and the Programme leadership team. They also had a chance to meet with nursing teachers, senior students, and other fellow freshmen at different breakout sessions. It was especially pleasing that this Induction Day could be held in-person and that all students from the various healthcare-related programmes could meet face-to-face on the HKU campus again! The School wishes all freshmen an enjoyable time studying at HKU Nursing and a fruitful university life at HKU!



# Pinning Ceremony 2021

Congratulations to the Class of 2021! Not only did they mark this momentous event in their lives, but they were able to do so with the resumed on-campus Pinning Ceremony! At this memorable ceremony, held on November 6, our N21 students each received a pin from their beloved teacher onstage to signify that their nursing education has been accomplished. The new graduates also recited the Nightingale Pledge together, holding candle lights in their hands. This pledge is infused with the spirit and inspiration of Florence Nightingale, a fitting way to send our N21 students on the next step in their nursing journey.



**Professor Chia-Chin Lin**, Head of HKU School of Nursing, welcomed the N21 class into the nursing profession and encouraged them to be perseverant in their professional endeavours.



# Student Orientation for Various Programmes

Students were greeted with warm welcomes at the orientations organised for students from various nursing programmes. They met their teachers and fellow classmates and were introduced to

the programmes details, scholarships, and other useful information. The School wishes all students a fruitful journey during their study at The University of Hong Kong.



◀ **Master of Science in Nursing**

▼ **Master of Nursing**



▲ **Doctor of Nursing**



## First in Hong Kong to Use Baby and Child High-fidelity Simulators for Nursing



# COVID-19 Vaccination and Myths Debunking Webinar

Nearly 300 nursing students and staff joined the COVID-19 Vaccination and Myths Debunking Webinar in September, which was organised by the School. Clinical Microbiology and Infection specialist, **Dr David Christopher Lung**, and a senior nurse working in one of the government's community vaccination centres, **Mr Chan Wai-kun**, explained the science of vaccines and debunked the myths. They also prepared nursing

staff and students to educate the public using evidence-based knowledge and information. The webinar was well received by the participants, who also actively participated in the Q&A session.



The School has long been a pioneer in adopting innovative technology to enable students to apply clinical knowledge in practical ways. We were the first institute in Hong Kong to use baby simulation, for example, and now we are the first to introduce high-fidelity simulator models of infant and paediatric patients in nursing education.

## Teaching



High-fidelity simulation has been proven to improve students' clinical competence, satisfaction and self-confidence in a safe and controlled setting. The advanced functions of a high-fidelity paediatric simulator can further enhance students' empathy and facilitate them to get immersed in the scenario. Children or babies suffering from medical conditions can be in a very critical state and these simulators can give students first-hand experience in assessing and managing common urgent conditions. During pandemic times when a practicum is not possible, high-fidelity simulation becomes a necessity in nursing education. Our students have started using these new simulators in their classes.

# HKU Virtual Info Day 2021 for Undergraduate Admissions

The “HKU Virtual Information Day 2021 for Undergraduate Admissions” was held online on October 30, 2021 and provided prospective students with ample opportunities to explore our curriculum through live sessions, virtual booths, 3D virtual game platform and live chats with our student ambassadors via Unibuddy.

Two online admissions webinars were given by **Dr Kelvin Wang Man-ping** and **Ms Claudia Chan Kor-ye**, Programme Director and Associate Programme Director of the Bachelor of Nursing (Full-time) and Advanced Leadership Track programme. The webinars attracted over 1,000 participants who also joined in the Q&A sessions for information on admissions, curriculum, life enrichment learning, Multiple Mini-Interview (MMI), etc. This year, the programme scoring system has been adjusted to the best 5 subjects plus the 6<sup>th</sup> best subject with a 0.5 weighting. Either M1 or M2 is recognised in the scoring system. Please visit <https://admissions.hku.hk/apply/jupas> for further details.



During the webinar, it was also announced that there would be a face-to-face lab session on November 6 for those

interested in gaining on-campus experience (see page 19). This taster lab session received overwhelming interest as seen by the high registration numbers during the webinars.



## Fellowships for Targeted Taught Postgraduate Programmes

The HKSAR Government has introduced the “Targeted Taught Postgraduate Programmes Fellowships Scheme” to attract meritorious local students to pursue further studies in priority areas related to the strategic development of Hong Kong. HKU’s Master of Nursing (MNurs) programme was the first nursing programme in Hong Kong included in this fellowship scheme in 2021/22, which is administered under the University Grants Committee. Fellowship places will be allocated for this programme for a consecutive year in 2022/23.



# HKU Info Day 2021 – School of Nursing Face-to-face Lab Session

To provide prospective students with an on-campus experience, a face-to-face lab session was organised on November 6 as a follow-up to the HKU Virtual Information Day 2021 for Undergraduate Admissions held on October 30.



Around 220 secondary school students joined the four lab sessions where they tried out different nursing skills, from wound dressing to cardiopulmonary resuscitation, in the Li Shu Fan Medical Foundation Nursing Clinical Skills Laboratory and Simulation Training Centre, which is home to many advanced nursing teaching technologies.

The participants also were briefed on important health-related topics, such as paediatric nursing and organ donation. Our student ambassadors and teachers also engaged with them to share their experiences with the HKU School of Nursing and answer queries on admission, curriculum, student life, exam and interview tips, etc.



Many participants found this face-to-face session a fruitful occasion for them to reinforce their interest in nursing and understand what HKU School of Nursing offers.



# Meeting Nursing Elites



More than 50 students interested in the JS6418 Bachelor of Nursing-Advanced Leadership Track (ALT) were welcomed to a “Meeting Nursing Elites” event on November 13, 2021.



The students heard from our elite alumni, **Ms Sylvia Wan**, Advanced Practice Nurse of Queen Mary Hospital’s Department of Cardiothoracic Surgery, and **Mr Brian Lau**, Registered Nurse of QMH’s Adult Intensive Care Unit. They spoke on the nursing profession and career development in perfusion science and acute care, including nursing autonomy and professionalism in heart operations and acute care. Our current student representatives also reflected on the exciting experiences they have during their study at university. The event also involved students working in groups to complete a problem-solving activity using their newly acquired knowledge. Students reported that the activity was fun and fulfilling.



## Research Assessment Exercise 2020 Results

The School outshone its local peers in the University Grants Committee (UGC)'s Research Assessment Exercise (RAE) 2020. Over 70% of our submitted research projects were assessed as “world leading” or “internationally excellent” in the category of “Nursing, optometry, rehabilitation sciences, and other healthcare professions”.

For details, please visit: <https://www.ugc.edu.hk/doc/eng/ugc/rae/2020/result/rae2020results02.pdf>




**研究評審工作**  
**Research Assessment**  
**Exercise 2020 HONG KONG**  
 大學教育資助委員會 UNIVERSITY GRANTS COMMITTEE

# 11<sup>th</sup> Hong Kong International Nursing Forum



About 1,500 participants joined the 11<sup>th</sup> Hong Kong International Nursing Forum, which was held December 8 – 9 and organised by the School of Nursing and 34 co-organisers from around the world.

The Opening Ceremony was officiated by **Professor Sophia Chan**, Secretary of Food and Health of the HKSAR Government, **Professor Gabriel Leung**, Dean of LKS Faculty of Medicine, and **Professor Chia-Chin Lin**, Head of the School of Nursing.



Under the theme **“Future of Nursing: Protect. Invest. Together.”**, international and local stakeholders in nursing research, education and clinical practice presented and discussed their insights on the key nursing issues of our times. The line-up included:



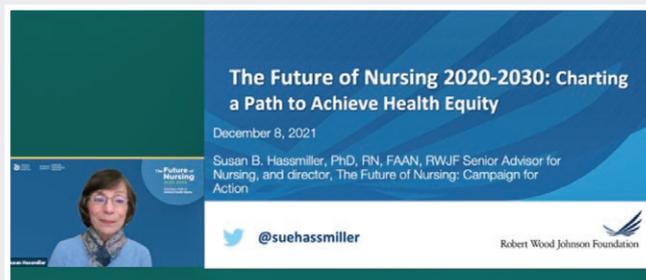
**Dr Takeshi Kasai**, Regional Director, World Health Organization Regional Office for the Western Pacific, who gave the opening keynote address



**Professor Marla Salmon**, Professor of Nursing and Global Health in the Department of Global Health of the University of Washington in the US, who gave the **Grace Tien Lecture** on “Investing in a Better, *Never-before* Future for Nursing”



**Professor Pamela Cipriano**, Dean, Sadie Health Cabaniss Professor of Nursing in the School of Nursing of the University of Virginia in the US, who gave the **Hong Kong International Nursing Forum Lecture** on “Protecting our Nurses: Promoting Well-being and Preventing Moral Injury”



**Dr Susan Hassmiller**, Senior Adviser for Nursing of the Robert Wood Johnson Foundation in the US who gave the **Serena Yang Lecture** on “The Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity”

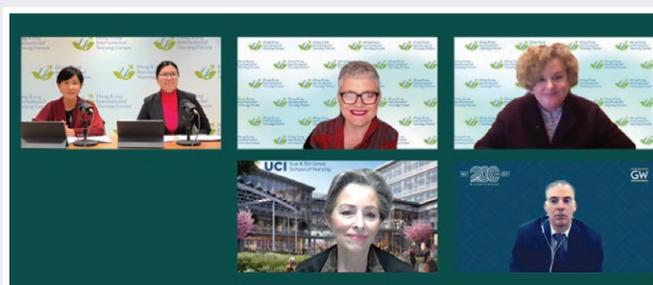
In addition, there were two panel discussions and invited symposiums:

### Panel Discussion - Lessons Learnt from the Keynote Addresses

**Professor Cipriano**, was joined by **Dr Ashley Darcy-Mahoney**, Associate Professor of the School of Nursing at The George Washington University, and **Dr Jenny Tsai**, Associate Professor of the School of Nursing at the University of Washington



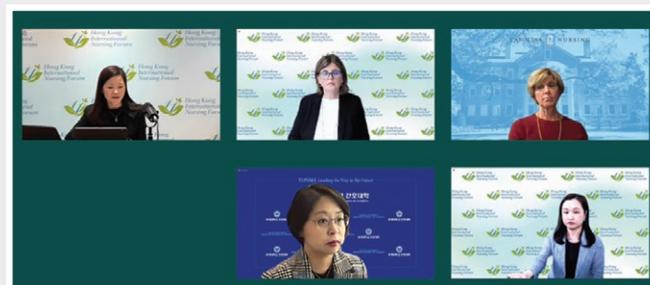
### Panel Discussion - Protect. Invest. Together. From the Perspective of Nursing



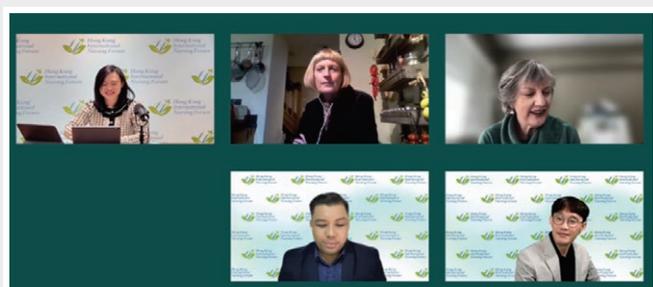
Four speakers participated including **Professor Amanda Kenny**, Editor-in-Chief of Australia's Nurse Education Today; **Professor Richard Ricciardi**, Director of Strategic Partnerships in the Center for Health Policy and Media Engagement, The George Washington University; **Professor Shannon N Zenk**, Director of the US National Institute of Nursing Research; and **Professor Adeline M Nyamathi**, Founding Dean of the Sue & Bill Gross School of Nursing, University of California, Irvine, in the US.

### Invited Symposium: Ageing and Chronic Diseases

**Professor Eileen Collins**, Dean of the College of Nursing, University of Illinois at Chicago in the US, was joined by **Professor Margaret C Wilmoth**, Executive Vice Dean and Associate Dean for Academic Affairs, School of Nursing, The University of North Carolina at Chapel Hill in the US; **Professor JuHee Lee**, Associate Professor, College of Nursing, Yonsei University, South Korea; and **Dr Polly Li Wai-chi**, Assistant Professor in HKU's School of Nursing.



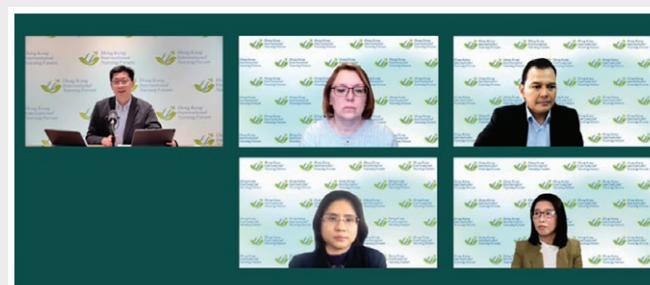
### Invited Symposium: Nursing Education



**Professor Hilary Mairs**, Head of Nursing, Midwifery and Social Work at the School of Health Sciences, The University of Manchester, in the UK was joined by **Professor Teresa Stone**, Professor Special Mission, Yamaguchi University, Japan; **Assistant Professor Arnold Peralta**, Head of Teaching Program, College of Nursing, University of the Philippines Manila; and **Dr Jay Lee Jung-jae**, Assistant Professor in HKU's School of Nursing.

### Invited Symposium: Primary Care and Behavioural Health

**Professor Marie Tarrant**, Director of the School of Nursing at the University of British Columbia, Okanagan, Canada, was joined by **Dr Agus Setiawan**, Dean of the Faculty of Nursing, Universitas Indonesia, Indonesia; **Dr Sirada Kesornsri**, Assistant Professor in the Faculty of Nursing, Mahidol University, Thailand; and **Dr Mandy Ho Man**, Assistant Professor in HKU's School of Nursing.



# People's Choice e-Poster Award Winners

**Ms Caroline Yang Wai-lam,**  
The University of Hong Kong

**Topic:** Risk Management for Integrated Home Care Services During COVID-19 Pandemic: An Experience Sharing from an NGO Perspective

**HKU Med**  
Risk Management for Integrated Home Care Services During COVID-19 Pandemic: An Experience Sharing from an NGO Perspective  
Tang CWL, Wan ANNY, Hook NICK, Lam TW, Lai AKY  
School of Nursing, The University of Hong Kong, Mahadeo Kai-Fong Association Social Service

**Significance**

- The pandemic of COVID-19 has brought great challenges to all public services.
- The Aberdeen Kai-Fong Welfare Association Social Service (AKF) is a non-government organization which provides a wide range of services to meet the urgent needs of the public and vulnerable groups in the district, especially during the COVID-19 pandemic crisis.
- Effective and efficient risk management can help organizations to identify and analyze the needs and risks, and prioritize and evaluate the services.

**Objectives**

- To describe the risk management process in:
  - Formulating a well-structured committee and working group and professional consultation team.
  - Preventing the spread of COVID-19 in a space and resource management.
  - Promoting staff health related knowledge and morale via in-service training, psychological support, and motivational posters.
  - Continuously providing services to meet the needs of service users and enhancing the quality and reach of service.

**Methods**

- A 2-hour experience sharing with semi-structured interview guide was conducted with an administrative representative from AKF to share her experience in risk management for the COVID-19 pandemic in December 2020.
- Thematic content analysis was adopted to identify specific management themes.
- A conceptual framework modified by International Organization for Standardization (ISO) 31000 was used to understand the risk management processes, including risk identification, analysis, evaluation and treatment.
- Communication, consultation, monitoring and review were also the crucial components in the risk management process (results not shown).

**Results**

- Four management themes were identified, including:
  - Structure
  - Space & resources
  - Staff training & support
  - Service continuation & enhancement

**Risk Identification & analysis**

**Risk evaluation & treatment**

**Structure**

- Reduction of public and community services by government.
- Insufficient workforce owing to the quarantine requirements.
- Increase in needs from service users and the community.

**Space & resources**

- Shortage of space to minimize risks for employees and sufficient space for infection control training.
- Missed shortage of personal protective equipment (PPE) for staff.
- Financial issues related to the purchase of PPE, disinfection supplies and hiring of temporary staff.

**Staff training & support**

- Knowledge on the needs of infection control measures and management of COVID-19 related cases.
- Risk of contracting the infection after home visits.
- Frontline staff perceived more stress and risk of mental problems.

**Service continuation & enhancement**

- Inefficient PPE, daily necessities products for service vulnerable groups.
- Unable to sustain the service due to the quarantine code.
- Some service users were in home quarantine and affected by the social stigma and fear of COVID-19.

**Dr Yu-nah Lee,**  
University of Illinois Chicago

**Topic:** Bridging the Gap Between Hospital and Community: Enhancing Interaction for Social-Emotional Development of Premature and High-Risk Infants

**UIC**  
Bridging the gap between hospital and community: Enhancing interaction for social-emotional development of premature and high-risk infants  
Yu-nah Lee Visiting scholar, PhD, RN; Rohan Jeremiah, PhD, MPH; Susan M. Walsh, DNP, APRN, FNP-PC  
College of Nursing, University of Illinois Chicago

**Significance**

- Premature infants have many developmental delays that have been identified as major risk factors for neurodevelopmental problems for the infant's early social and emotional development.
- An early intervention program is needed to provide social-emotional development support, especially for premature and high-risk newborns in clinical settings and at the community level.
- For the infant's social and emotional development, it is necessary to soothe them and promote stable interactions which are called soothing interactions.
- During the transition period from hospital to community, all infant care, including developmental support, links to the parents.

**Objective**

This study was performed to identify the nature of the interaction between premature-high-risk infants and caregivers and develop an intervention strategy for bridging the gap between hospital and community to maintain the continuity of the infant's developmental care.

- Identify the structure and characteristics of interactions between prematurity via infants and caregivers infants during soothing situations in clinical settings.
- Based on the results, develop a framework for an online interaction-enhancement intervention program that can be applied in the community or at home via online platforms.

**Design & Method**

A methodological design was used to complete the study in two phases.

- First phase, a concept clarification method was used to identify the main components of "soothing interaction." Evidence (premature/high-risk infants and caregivers in clinical setting).
- Literature review: 45 articles
- Video analysis: 18 videos
- Unmoderated group interviews: 3 hours in the NICU

- Second phase, a community-engaged research method was used to develop the framework for the online interaction-enhancement intervention program based on clinical outcomes.

**Results**

- Soothing interaction was identified as an interaction process in which a caregiver recognizes cues and needs of a premature/high-risk infant and responds appropriately by providing soothing interaction to comfort and stabilize the infant. A total of six components (emotional exchange, mutual exchange of responses, clinical judgment and stabilization response, removal of infants, soothing interventions, sensitivity was found for soothing interaction (Figure 1)).
- Based on the structure and characteristics of the identified interaction, a framework for an interaction-enhancement program that can be applied in the home or community was developed (Figure 2).

**Mr Aldrin Paulino,**  
Centro Escolar University-Malolos

**Topic:** Perceived Stress Level and Coping Strategies in Online classes among College students during COVID-19 pandemic

**CEU**  
Perceived Stress Level and Coping Strategies in Online classes among College students during COVID-19 pandemic  
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Faculty of Education, Centro Escolar University-Malolos

**Introduction**

The education of students has shifted from the traditional face-to-face classes to online learning. Although education must continue through what we called the "new normal" as part of this, online learning was implemented by schools, colleges and universities across the world. College students' readiness face many challenges in terms of stress levels and coping strategies during pandemic.

**Learn More**

**Introduction**

The education of students has shifted from the traditional face-to-face classes to online learning. Although education must continue through what we called the "new normal" as part of this, online learning was implemented by schools, colleges and universities across the world. College students' readiness face many challenges in terms of stress levels and coping strategies during pandemic.

**Objectives**

This study aims to determine the correlation of perceived stress levels and coping strategies in online classes among the students of Centro Escolar University during COVID-19 pandemic.

**Hypothesis**

There is no significant relationship between the perceived stress level experienced by the college students and the coping strategies employed in dealing with online classes during COVID-19 pandemic.

**Methodology**

This study will utilize the quantitative correlation research design. Using the Questionnaire Data Collection, it will determine the frequency and prevalence for the demographic profile of the respondents. Mean and Standard Deviation will be utilized in the presentation of the perceived stress and coping strategies in online classes among College Students during COVID-19 pandemic.

**Results**

The proposed area submitted to CEU IRB in week three and approved. An online questionnaire was administered to 255 respondents aged 18 years old and above. The questionnaire had undergone a reliability test with 0.22 Cronbach's alpha. The informed consent was included at the start of the questionnaire in the questionnaire. Data is already encoded to SPSS version 23 and processed using SPSS version 23.

**Summary of frequency distribution of respondents in terms of demographic profile:**

- 21 years old college students have the most number of responses to the study with the percentage of (174, 22.9%).
- Majority of the respondents were female with (178, 70.1%) while the male respondents composed a total of (77, 20.5%).
- Most respondents are from 3rd year (174, 32.9%), followed by 1st year level with (65, 16.2%), 4th year level (54, 24.0%) and 2nd year level (61, 15.1%) respectively.
- Most of the respondents based on the Health Science Program are from BS Nursing with a total of (167, 65.7%) followed by BS Medical Technology with a total of (42, 16.5%).
- Most of the respondents based on Non-Health Science Program are from the BS Accountancy with the total of (41, 16.4%).

**Conclusion**

The study concludes that college students' challenges on course requirement, academic self-perception and physical environment can be dealt with by employing coping strategies such as preparing for the lessons, having healthy lifestyle practices and performing self-reflection after finishing the course modules.

**WUJIBABANGS**  
Safety VS Business Survival during COVID-19 Outbreak  
The Experiences of Nursing Home Nurse Entrepreneurs  
Chawarit Ngernthaisong, PhD(c), RN, Arreanna Ountanon, PhD, RN  
Faculty of Nursing, Chulalongkorn University Bangkok, Thailand

**Significance**

COVID-19 outbreak has spread over the world including Thailand. Thailand has 13,117 of total cases who spend over 65 years old. This has the greatest number of oldest nursing homes. The Senior Health Service and Social Association which about 60 members are nursing home nurse entrepreneurs, approved the government to incorporate their entrepreneurship because there are about 22,000 residents have been staying in nursing homes and 1,024 of them live board cases in 342 nursing homes. Most of the residents are elderly aged over 70 who have high risk of infection and death. So, the nursing home nurse entrepreneurs have to create their own preventive guideline and safety for PPE, infection control, and emergency response while they cannot receive a new resident from the new residents of the facility. It is a big challenge for the nursing home nurse entrepreneurs to control risks and manage their risks, business, and effectively throughout the crisis. Thus, their experiences should be explored for being a guideline to manage the future business properly and safely.

**Objective**

To describe how nurse entrepreneurs manage their nursing homes safely and effectively during COVID-19 outbreak.

**Method**

**Methodology**

- Descriptive qualitative research

**Informants**

- Nurse entrepreneurs of nursing home
- 15 informants

**Data Collection**

- Online-in-depth interviews
- 45-60 minutes

**Data Analysis**

- Content analysis
- 1-2 sessions

**Trustworthiness**

- Member checking
- Triangulation
- Peer-reviewing

**Results**

There are 3 major themes as follows:

- Managing Risk of COVID-19 Infection in Nursing Home
- Resourcing Necessary Supplies
- Balancing Income VS Entrepreneur

**Conclusion**

The results show that the nursing home nurse entrepreneurs have to apply both nursing and business competencies to create solutions for ensuring that everyone in nursing homes is safe, has sufficient supplies, and balances the financial stability and independently during COVID-19 outbreak.

Moreover, the results recommend the government should consider survival of nursing home services during COVID-19 pandemic by providing soft loans, tax exempt, or some compensation for reasonably.

**Factors Related to Health-Related Quality of Life Among Persons With Acute Coronary Syndrome After Percutaneous Coronary Intervention**  
Phonon Phanchaipoom, Chiampon Techakomwong  
Graduate Nursing Student in Adult and Gerontology, Faculty of Nursing, Chiang Mai University, Thailand  
Assoc. Prof. Dr. Navee, Faculty of Nursing, Chiang Mai University, Thailand

**Background and significance**

Patients with Acute Coronary Syndrome (ACS) should undergo rapid assessment for reperfusion therapy. Percutaneous Coronary Intervention (PCI) is the standard treatment and the preferred reperfusion strategy for ACS patients. PCI not only decreases the mortality rate but also changes Health-Related Quality of Life (HRQoL) after treatment.

**The purpose of this study**

This research aims to study HRQoL and factors related to HRQoL among ACS patients after PCI.

**Methods**

The subjects of this study were 88 persons between 4-12 months after PCI who received service at the outpatient department, Mahatma Neeham Chiang Mai Hospital from February-September 2021. The instrument include a demographic data record form, Hospital Anxiety and Depression Scale-Anxiety (HAD-A), four of Health assessment form, and Short Form Health Survey 36 (SF-36). Data were analyzed using descriptive statistics and Spearman's rho correlation coefficient.

**Results Table 1: Sociodemographic and clinical characteristics of the participants (n = 88)**

| Variables                                    | N (%)     |
|--|-----------|
| Gender                                       |           |
| Male   | 51 (58.0) |
| Female                                       | 37 (42.0) |
| Age (years)                                  |           |
| 55-69  | 30 (34.1) |
| 70-84  | 58 (65.9) |
| $\bar{X} \pm SD$ , 63.0 ± 10.20, range 57-89 |           |
| Marital status                               |           |
| Single                                       | 8 (9.1)   |
| Married                                      | 80 (90.9) |
| Number of children (nurs)                    |           |
| 0  | 32 (36.4) |
| 1  | 32 (36.4) |
| 2  | 24 (27.3) |
| 3  | 10 (11.4) |
| 4  | 10 (11.4) |
| 5  | 10 (11.4) |
| 6  | 10 (11.4) |
| 7  | 10 (11.4) |
| 8  | 10 (11.4) |
| 9  | 10 (11.4) |
| 10   | 10 (11.4) |
| 11   | 10 (11.4) |
| 12   | 10 (11.4) |
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| 33   | 10 (11.4) |
| 34   | 10 (11.4) |
| 35   | 10 (11.4) |
| 36   | 10 (11.4) |
| 37   | 10 (11.4) |
| 38   | 10 (11.4) |
| 39   | 10 (11.4) |
| 40   | 10 (11.4) |
| 41   | 10 (11.4) |
| 42   | 10 (11.4) |
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| 58   | 10 (11.4) |
| 59   | 10 (11.4) |
| 60   | 10 (11.4) |
| 61   | 10 (11.4) |
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| 63   | 10 (11.4) |
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| 72   | 10 (11.4) |
| 73   | 10 (11.4) |
| 74   | 10 (11.4) |
| 75   | 10 (11.4) |
| 76   | 10 (11.4) |
| 77   | 10 (11.4) |
| 78   | 10 (11.4) |
| 79   | 10 (11.4) |
| 80   | 10 (11.4) |
| 81   | 10 (11.4) |
| 82   | 10 (11.4) |
| 83   | 10 (11.4) |
| 84   | 10 (11.4) |
| 85   | 10 (11.4) |
| 86   | 10 (11.4) |
| 87   | 10 (11.4) |
| 88   | 10 (11.4) |

**Table 2: Relationship between anxiety and fear of death with HRQoL**

| HRQoL                                     | Anxiety | Fear of death |
|---|---------|---------------|
| physical function                         | -.16    | -.24          |
| role limitation due to physical problems  | -.08    | -.28          |
| health pain                               | -.02    | -.17          |
| social function                           | -.17    | -.22          |
| personal health                           | -.20    | -.27          |
| role limitation due to emotional problems | -.38    | -.32          |
| energy/fatigue                            | -.47    | -.10          |
| mental health perception                  | -.52    | -.22          |

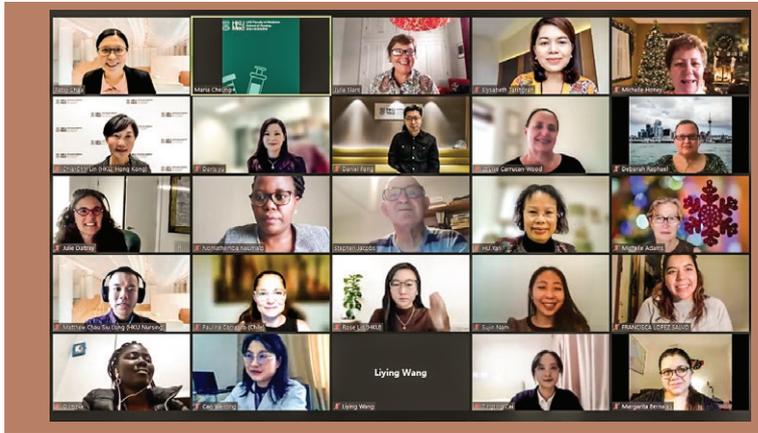
**Conclusions**

ACS persons after PCI had a moderate to high HRQoL, with an average score between 42.88-58.81. Anxiety was negatively correlated with the general mental health, the general health perception dimension, the energy/fatigue dimension, the role limitation due to physical problems dimension, the role limitation due to emotional problems dimension, fear of death was negatively correlated with the role limitation due to physical problems dimension, the physical function dimension, and the health pain dimension. The results of this study can provide basic information for planning to promote HRQoL after receiving PCI.

**Mr Chawarit Ngernthaisong,**  
Chulalongkorn University  
**Topic:** Safety vs Business Survival During COVID-19 Outbreak: The Experiences of Nursing Home Nurse Entrepreneurs

**Ms Piyawan Phanchaipoom,**  
Chiang Mai University  
**Topic:** Factors Related to Health-Related Quality of Life among Persons with Acute Coronary Syndrome after Percutaneous Coronary Intervention

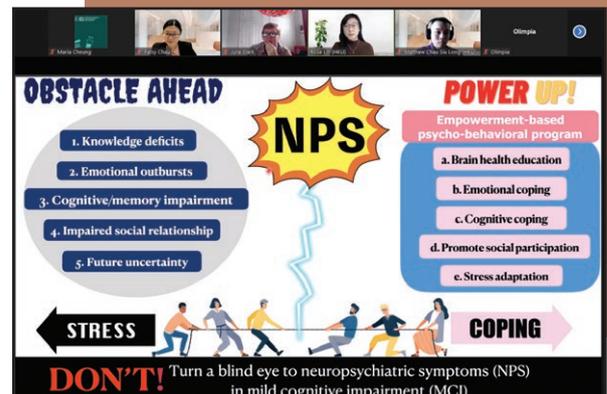
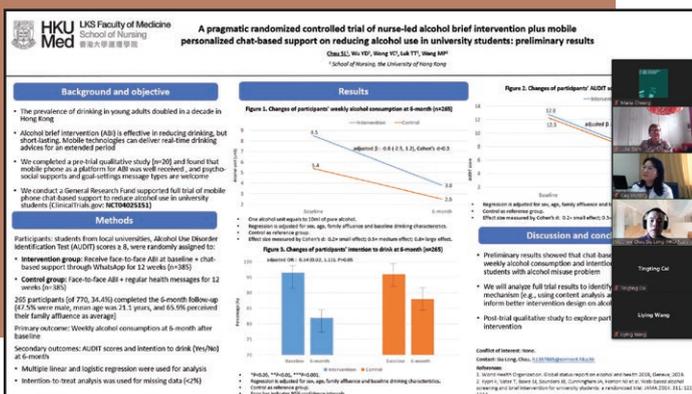
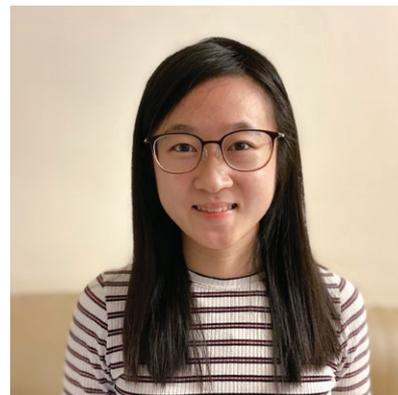
# U21 Research Postgraduate Symposium Hosted Alongside Nursing Forum



For the second year in a row, the School organised the online U21 Research Postgraduate Symposium in which 11 postgraduate students from five U21 universities, including Fudan University, Pontificia Universidad Católica de Chile, The University of Auckland, University of Johannesburg and HKU, presented their research projects. The event was held on December 8 during the 11<sup>th</sup> Hong Kong International Nursing Forum.

The symposium was chaired and moderated by Dr Julia Slark, Coordinator of the U21 Health Sciences Group (HSG) Deans of Nursing and Midwifery Group. Faculty members from the five participating universities voted on the Outstanding Presentation Award and the Peers' Choice Award was voted on by presenters.

Two PhD students from HKU School of Nursing, **Ms Rose Lin Sin-yi** and **Mr Matthew Chau Siu-long**, were the two out of three recipients of the Peers' Choice Presentation Award. Ms Lin was also one of two awardees to win the Outstanding Presentation Award.

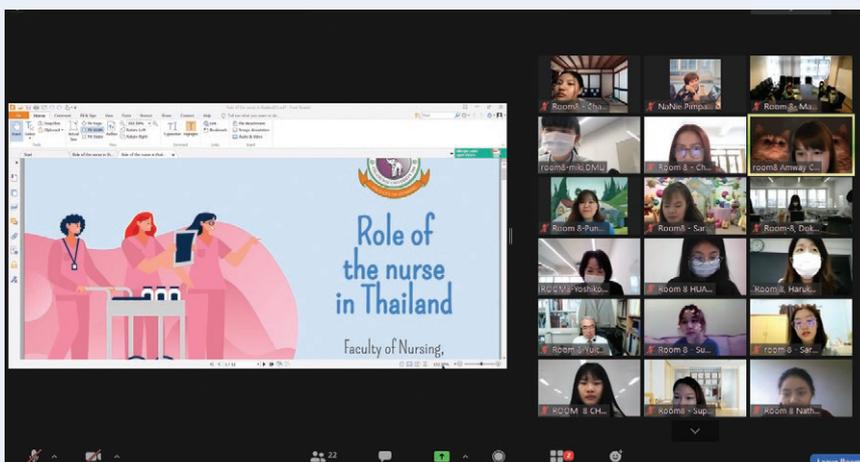
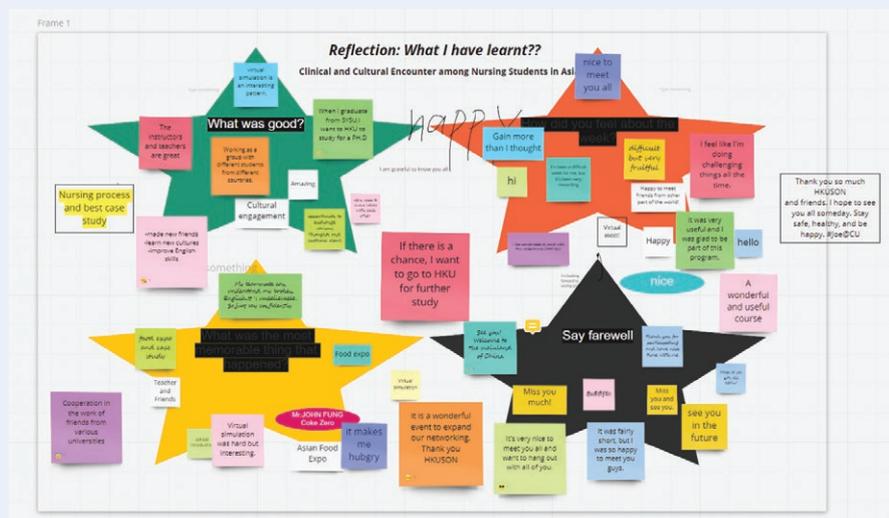


# Virtual Student Exchanges

Despite the COVID-19 pandemic, 226 Year 1 – 4 students were still able to benefit from the enrichment of engaging with nursing schools and students in other parts of the world through eight virtual exchange programmes organised during the 2021 summer semester.

The programmes enabled our nursing students to interact with students from different continents and to share information about the healthcare systems and culture in their respective countries and regions, and expand their academic networks. The exchange programmes included:

- Cultural Diversity in Health Care for Interprofessional Education - Mahidol University
- Introducing our Health Care System - Pontificia Universidad Católica de Chile
- Global Health Partnership 2021 (Nepal) - U21 Health Sciences Group
- 2021 TMUN Online Exchange Programme - Taipei Medical University
- Summer Webinar Programme - Ramathibodi School of Nursing, Faculty of Medicine Ramathibodi Hospital, Mahidol University
- International Student Challenge 2021 - U21 Health Sciences Group IPE Special Interest Group
- Online Student Programme - Chiang Mai University
- Nurturing Global Leaders Programme (Myanmar) – Centre for Applied English Studies, The University of Hong Kong



In addition, students from six Asian universities joined an online exchange programme organised by the School on August 1 – 6 on “Clinical and Cultural Encounters among Nursing Undergraduates in Asia”. The students came from Central South University, The Catholic University of Korea, Taipei Medical University, Chulalongkorn University, Jeju National University and Sun Yat-sen University. A total of 70 nursing undergraduates, including students from the HKU School of Nursing, participated in virtual simulation activities and discussions on COVID-related topics.

**Outline**

- ❑ **Hesitations**
  - Possible causes that make the case worry about Covid Vaccination
  - Possible causes that make the elders in Asia worry about Covid Vaccination
- ❑ **Strategies**
  - Governmental strategies
  - Non-governmental strategies
- ❑ **Comparison between different countries**

**Integrated health care assessment**

- ❑ **Support system**
  - Husband
  - Friend (Karen)
  - Healthcare workers
  - ❑ **Financial concern:** none
  - ❑ **Good cooperative**

**Physical well-being**

- Pneumonia
- Inadequate sleep
- Imbalance nutrition
- No workout

**Social well-being**

- Take care parents and child
- Lead Bible study
- Prepare conferences at school

**Mental well-being**

- Stress
- Low energy
- Fatigue

**How will we educate him in terms of enhancing nutritional status?**

1. Inform patient about his status right now: extremely underweight.
2. Educate patient about what a balanced meal is and emphasize the importance of getting ample nutrients.
3. Suggest him to eat high carbohydrates, proteins, vitamins, minerals, fiber, less saturated fat, less sugar, and snacking between meals.
4. Tell him to make sure that he wears mask when going out and follows techniques to maintain hygiene (washing hands, using hand sanitizers).
5. Getting supermarket deliveries at home.
6. Get assist from dietitian to develop plans(writing food diary and meal planning) to improve nutrition habits prior to his discharge.
7. Eat fresh and unprocessed foods every day and try our recommended foods.

**What is unique about beef brisket noodle in HK?**

| Beef Brisket Noodle in HK                  | Stewed beef noodle in Taiwan (紅燒牛肉麵)            |
|--|---|
| -beef belly used instead of beef slices    | -beef slices used                               |
| -beef belly is stewed with spice and herbs | -beef braised with ginger and Chinese rice wine |
| -clear soup base with light flavors        | -saltier soup base with heavier flavorings      |



# Local Service Learning



Students who went out into the Hong Kong community to lend a hand to non-government organisations under the School's Life Enrichment Learning programme, reflect below on the valuable lessons they learned in the process.

The Life Enrichment Learning programme was launched in the 2019/20 academic year to provide students with opportunities to participate in experiential learning activities locally and internationally (COVID-19 restrictions allowing). Students plan their own activities which can be anything from a student exchange, academic visit, study trip or practical and/or service experience, to research internship, international event or interdisciplinary learning. The following feedback comes from Year 2 and Year 3 students who undertook local service-learning partnerships.

## Miss Audrey Cheung (BNurs N25)

"Last summer, I spent precious time at Against Child Abuse. Apart from volunteering at the Flag Day to raise funds for them, Against Child Abuse also gave us opportunities to organise talks and workshops. As a Year one nursing student at the time, I didn't have much experience in organising such activities but luckily, mentors and the NGO provided me with lots of guidance. I think practical nursing skills are more important than theories, for example, knowing that we have to speak slowly and precisely with young children. During the activities, I was in contact with different families, which helped me to understand the importance of popularising medical knowledge to



promote public health. The Life Enrichment Learning programme is a chance for us nursing students to put theories into practice and equip us to become professional nurses."



### Miss Emmie Chan (BNurs N24)

“Due to COVID-19, I stayed in Hong Kong for a couple of months for the long and hot summer. But I was grateful for the local service-learning partnership opportunity and collaborated with the Lifelong Animal Protection Charity (LAP). This experience coloured my rather dull summer. In addition, I had a chance to do some reflection.



I remember the first thing I saw at LAP was the window walls and the next thing I knew two big, brown dogs started barking at me. They continued barking even after I entered the centre. I felt rejected and disappointed. I was immediately put to work there, feeding and walking dogs, though I couldn't stop petting them whenever I was near them.

On my third time at LAP, these two big dogs were still the first thing I saw, but out of my expectation, they didn't bark but remained calm. This was probably because we had spent some time together. I was deeply impressed and realised it took some time for the dogs and I to develop a connection, and that the same concept applies to interpersonal relationships.

I am grateful for this service experience in which I learned more about the situation of pet abandonment in Hong Kong and how to take care of dogs. What is more, I gained a new interpretation of interpersonal relationships.”

### Miss Hebe Tang (BNurs N24)

“I am honoured to have participated in volunteer service for The Boys' & Girls Clubs Association of Hong Kong (BGCA) Shaueiwan Children Centre and Library during the summer break. Apart from designing activities, we also joined the Center's other activities, such as visiting a farm, playing ball games and visiting elderly people.

My colleagues and I were very reserved at the beginning as we didn't have much experience with young children. But we became more engaged during the activities as the children were very passionate. Though we encountered difficulties when leading games for younger kids as they didn't understand the game rules, this gave us an opportunity to practice communication and leadership skills. We were proud of ourselves for the games we designed.

This service provided a chance to learn how to handle people of all ages, which will help with our paediatric practicum in future.”



### Miss Kiki Li (BNurs N24)

“Five classmates and I participated in the Local Service-Learning Partnership (LSLP) this summer as volunteers at the St James' Settlement Kin Chi Dementia Care Support Service Centre. We helped to design health activities for elderly people with dementia and organise other activities over three weeks.

During the activities, we took care of elderly people with different degrees of dementia. Though they are diagnosed with the same disease, their behaviors can differ greatly. We had to get to know them in order to design suitable activities. The most unforgettable thing is that they willingly shared their experiences of their youth. Despite deteriorating memories, they could still recollect details of when they were young. We benefitted a lot from talking to them. Some were also not very mobile, but were still very eager to participate in the activities. We found this very touching. These three short weeks were enjoyed by both the elderly people and ourselves. This was truly a meaningful experience.”



### Mr Nicholas Choi (BNurs N24)



“Six classmates and I participated in the Local Service-Learning Partnership organised by Rare Disease Hong Kong and the School of Nursing. What impressed me most in this three-month journey is that rare disease is not rare at all. In fact, there are many rare disease patients waiting for medical support in Hong Kong. As a nursing student, my heart sank with this realization. There is still much unknown medical knowledge to be discovered, and many patients suffer as a result.

I participated in many rare disease activities, for example, a school talk, patient visit, “The Rare Disease Human Library”, policy lobbying workshop, etc. These activities help us understand rare diseases inside and out and at all levels, from basic knowledge about rare diseases to policy lobbying, and to patient advocacy to fight for medical support, etc. This precious experience cannot be obtained through a regular classroom setting. Also, I realised that if we are willing to try to understand patients’ needs, patients’ lives could be very different.

Thanks to RDHK for organising the series of activities, which inspired us to reflect on the important traits that future nurses should possess.”



### Mr Or Ho-lam (BNurs N24)

“This summer, I spent three rewarding months at The Boys' and Girls' Clubs Association of Hong Kong – Jockey Club Southern District Children & Youth Integrated Services Centre, assisting in the organisation of activities, for instance a first aid class, a reading partners programme and a biking trip.

The most memorable activity was the first aid class as we were responsible for designing the content and teaching the relevant knowledge. It was not easy to teach a group of 10-year-old children how to use a triangular bandage. But with the help of groupmates and our well-prepared presentation slides, the teaching was a success. I was happy to see the children prepare a simple sling with the bandage. A sense of satisfaction came from helping the children and attending to their needs. This is what nursing students like us would like to pursue.”



### Miss Sherry Leung (BNurs N24)

“Since outgoing exchanges were affected by the pandemic, I spent my summer break in Hong Kong participating in a local programme for the Life Enrichment Course. In just a few months, I learnt a lot during my service at The Lok Sin Tong Benevolent Society Kowloon. My groupmates and I organised different activities and talks with assistance from social workers and nurses. We were also privileged to visit the community pharmacy and get a glimpse of its operation. We also discussed with the NGO staff on the development of District Health Centres in recent years from a nursing perspective.

My experiences there made me realise people in the same age cluster may have different needs and characteristics. We used to generalise the terms “teenagers” or “elderly people” for our service groups in past activities. However, I noticed that we need to use different ways or methods to deliver messages, for instance junior high students or senior high students or even tailor-made for students from each year when we organise activities. I wish I could make use of what I have learnt from this Life Enrichment experience when I serve patients in the future, and provide suitable treatments and health education according to their individual needs.”



### Miss Vinki Chan (BNurs N24)

“Our team joined the service activities at United Christian Nethersole Community Health Service for the Local Service-Learning Partnership. Not only did we organise activities such as health assessment, we also held a health talk. The most unique yet difficult feature during these three weeks of activities was that our service audience were Southeast Asians. Though we could communicate in English with some of them, many did not speak English. We could only rely on the interpreter’s assistance to provide instructions

and content during the health assessment and health talk. The misunderstanding caused might lead to delays or even cause problems. I think communications skills and teamwork are very important. We tried to use simple yet succinct sentences and instructions to let our audience and interpreter understand our messages accurately and efficiently. As nursing students, this experience could help us learn how to communicate with patients and their carers effectively.”



### Miss Wendy Yeung (BNurs N24)



“I felt nervous collaborating with KELY at the beginning of the Local Service-Learning Partnership because I did not have experience working with NGOs.

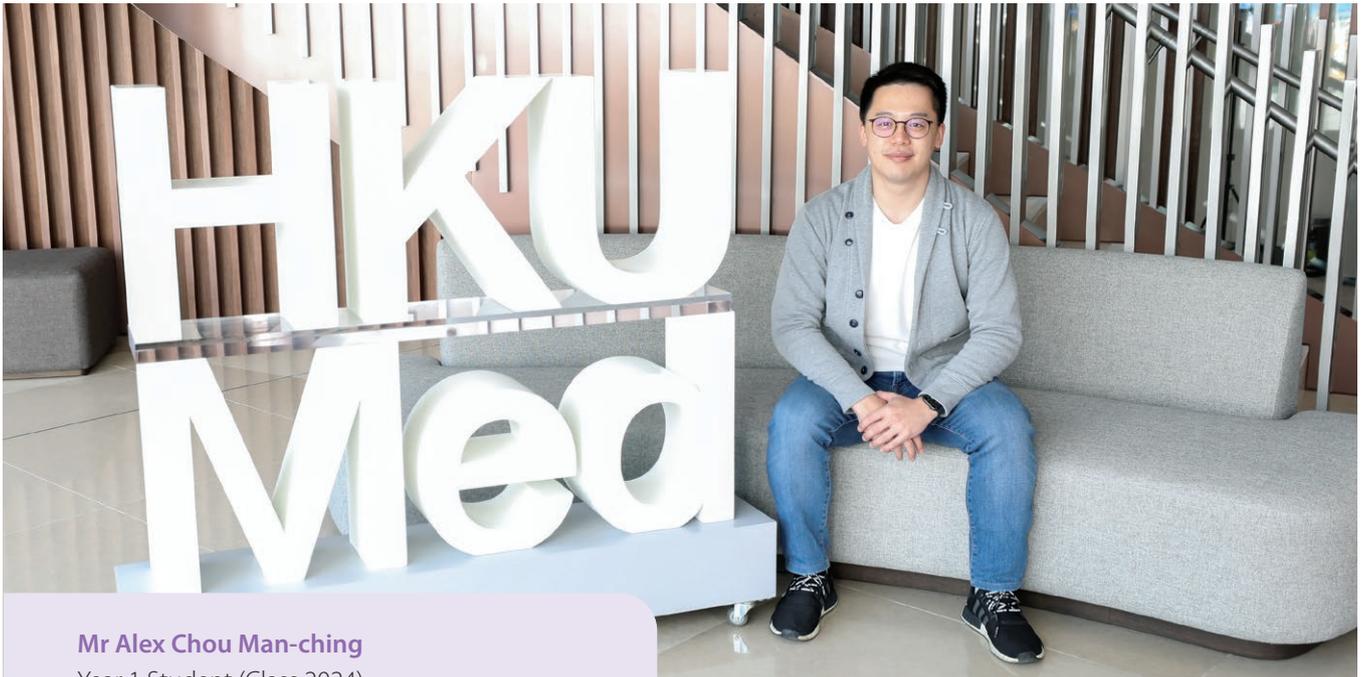
We wanted to achieve KELY’s mission to promote adolescent alcohol-related harm reduction, so the activity design was very challenging. We were clueless at the beginning. But after joining KELY’s workshop, we understood their mission and alcohol-related knowledge. Through our mentor’s recommendations and groupmates’ discussion, we decided to organise activities such as setting up a booth at university to demystify and promote knowledge about alcohol consumption, and dispatching water and energy drinks to drinkers at West Kowloon and Repulse Bay.

Dispatching drinks at the beach is the most memorable activity among all as we gained experience and could share knowledge with the target audience bravely and fluently, given all we had learnt from the previous two activities. Besides, the number of drinkers and the varieties of alcoholic beverages exceeded my expectation. Hence, getting people to understand the importance of responsible drinking and achieving the activity goals gave me a sense of accomplishment.

I learnt a lot through this partnership, for instance about communicating between the NGO, mentor and groupmates, logistics arrangements, flexibility in management, etc. I am delighted that HKUSON offered this opportunity to collaborate with KELY. And I sincerely thank KELY, my mentor and groupmates for their contributions, which meant the activity could be completed successfully.”



## Message from ...



**Mr Alex Chou Man-ching**

Year 1 Student (Class 2024)

Master of Science in Nursing

2021 was a life-changing year for me. After my family business was shutdown due to the COVID-19 pandemic, I had a chance to work as a patient care assistant in a surgical ward. This reignited my passion to take care of patients, which dated back to 2008 when I failed to get into medical school for my bachelor's degree. With encouragement from colleagues and patients, I started searching for nursing programmes for non-nursing degree holders. I attended the online information seminar held by Dr Veronica Lam, the Programme Director of the Master of Science in Nursing, and Dr Edmond Choi, the Associate Director of the programme. Their inspiring speeches marked the start of my journey towards my second master's degree, and I have never been more certain that this is what I would love to fully commit to for the rest of my career.

At the beginning of this programme, all students, especially those with

no scientific academic background, were struggling to adapt because we have to acquire all the necessary nursing knowledge in 3 years. Although it has been physically and mentally demanding, the support from the teaching staff has been exceptional. They continuously evaluate their teaching methods, as well as our learning progress, and respond to our concerns promptly. This bidirectional communication is the key to facilitate our learning in this intense, yet rewarding, programme. From my personal experience as a student, their care and support are second to none.

When looking back on what I have accomplished so far, I realise that failures in the past may create another opportunity in the future. It is never too late to challenge

ourselves and step out of our comfort zones to learn something new. I look forward to utilising the knowledge I acquired at HKU and helping patients get through the darkest and most vulnerable time of their lives.



## In the Media

The School has been implementing a Baby-friendly Community Initiative Program in Hong Kong since 2019, to strengthen awareness among mothers and the public about a breastfeeding-friendly attitude. The programme has pioneered a new baby care app, which provides timely support and useful information on baby care facilities to mothers to sustain breastfeeding, and organises training workshops for mothers and corporates. **Dr Kris Lok Yuet-wan**, Assistant Professor, explained the programme in several television interviews.

(Hong Kong Open TV (Channel 77), i-CABLE Finance Info Channel – June 12, 2021; i-CABLE News Channel – June 13, 2021)



The Hong Kong Council on Smoking and Health (COSH) and HKU's School of Public Health and School of Nursing held a joint press conference on August 3, 2021 to announce the first evidence of escalating risks of respiratory symptoms in adolescent users of heated tobacco product (HTP), which are even higher than the risks for smokers of traditional cigarettes.

A survey of nearly 35,000 secondary school students by HKU found that adolescents who had never used cigarettes but used HTPs had an 88% higher risk of persistent respiratory symptoms for at least three months (such as cough, congestion or phlegm) compared with adolescents who never used HTPs. The risk of persistent respiratory symptoms was also 46% higher in exclusive ever HTP users versus exclusive ever cigarette users.

According to COSH's Tobacco Control Policy-related Survey conducted by HKU School of Nursing during March to July 2020, only 9.9% of current smokers had an intention to use HTPs but 70.9% of HTP users were dual users of both HTPs and conventional cigarettes. This indicated that HTPs pose health risks rather than help cigarette smokers to quit cigarettes.

**Dr Kelvin Wang Man-ping**, Associate Professor of HKU School of Nursing, noted: "Two-thirds of citizens supported a total ban on alternative smoking products including HTPs and e-cigarettes, including 40% of current smokers. And the claims that alternative smoking products help quit smoking were unsubstantiated."

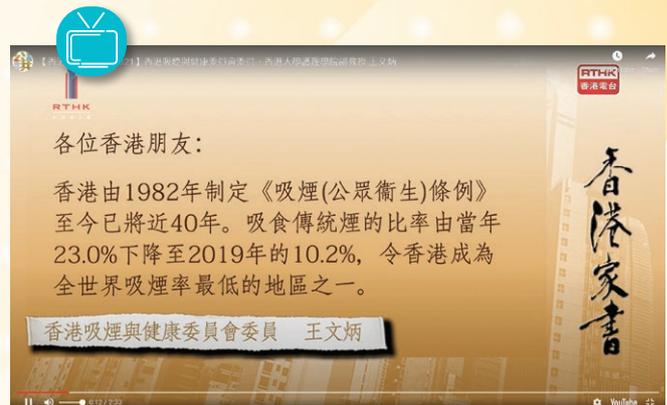


Dr Wang elaborated on the findings during follow-up interviews on Metro Radio “健康脈搏” on August 19 and RTHK “香港家書” on August 21. He also subsequently appeared on the YouTube channel “HiEggo” (健康且) on October 2 and 3 to discuss the difference between electronic cigarettes and heated tobacco products (HTPs) and the negative impacts of traditional cigarettes, electronic cigarettes and HTPs, and to debunk some of the myths about smoking, as well as offer useful tips for quitting smoking.

He further discussed the hazards of e-cigarettes and HTPs on the RTHK programme “精靈一點” on October 19, when he pointed out that teenagers might be misled that HTPs are healthier than traditional cigarettes. He cited HKU research conducted in 2019 that showed 0.8% of primary school students and 2.3% of secondary school students had tried e-cigarettes or HTPs.

Dr Wang also pressed these messages home on the TV programme “News Magazine” (新聞透視) broadcast on Jade TV Channel 81 on October 23 and agreed that banning the sale of e-cigarettes and HTPs would be an effective way to reduce the number of smokers.

(HK01, Now News, RTHK, TOPICK.hket.com, 881903.com – August 3, 2021; Hong Kong Economic Times, Ming Pao Daily News, Sing Pao, The Standard – August 4, 2021; Oriental Daily News – August 6, 2021; Metro Radio – August 19, 2021; RTHK, Bastillepost, hd.stheadline.com, HK01.com, HKET.com, Metroradio.com, Oriental Daily News, Sing Tao Daily Online – August 21, 2021; HiEggo – October 2 & 3, 2021; RTHK – October 19, 2021; Jade TV (Channel 81) – October 23, 2021)



The “Smoking Cessation Program in the Workplace” (SCPW) launched by The Lok Sin Tong Benevolent Society, Kowloon, in 2013 has been shown to be effective in helping smokers to quit and reduce their smoking, in an analysis by the School of Nursing and School of Public Health of the LKS Faculty of Medicine.

The SCPW was established to promote a smoke-free workplace and provide outreach smoking cessation services for working adults. The Faculty’s scholars were commissioned to evaluate the effectiveness of the programme and announced results regarding the fourth phase of the programme at a press conference held on August 27.

Ninety-one corporates participated in the fourth phase, involving 809 employees who were smokers at the start of this study in January 2019. Among them, 106 (13.1%) were female and 703 (86.9%) were male. Half of these participants were 30 to 49 years old. Two different smoking cessation counselling services were provided to these smokers – either health talks with personalised WhatsApp communication, or health talks with regular SMS notifications. Telephone counselling and a small booklet were provided for each group.



**Dr Kelvin Wang Man-ping**, Associate Professor of HKU School of Nursing, announced that as of March 2021, the six-month follow-up showed the overall employee quit rate was 20.5%, the rate of reducing smoking was 50.8% and the rate of reducing smoking by at least half was 19.8%. During the 12-month follow-up, the overall employee quit rate was 25.5%, the rate of reducing smoking was 49.2%, and the rate of reducing smoking by at least half was 19.3%. In total, the programme successfully assisted 74.7% of smokers to quit smoking or reduce their smoking rate.

*(Hong Kong Commercial Daily, HK01.com, Oriental Daily News – August 27, 2021, Ta Kung Pao – September 8, 2021)*

**H**KUMed's School of Nursing and School of Public Health, in collaboration with the Department of Obstetrics and Gynaecology in seven public hospitals in Hong Kong, found that a quick intervention during regular prenatal visits, which combines brief advice with nicotine replacement therapy sampling and referral to a cessation service, could increase the chance of smoking cessation among expectant fathers by 90% and promote family harmony. The result has been published in *JAMA Internal Medicine*.

**Dr Kelvin Wang Man-ping**, Associate Professor, and **Dr Kevin Luk Tzu-tsun**, Research Assistant Professor of the School of Nursing, discussed the research findings and advocated giving expectant fathers a brief cessation intervention as a routine practice in prenatal care.

(*am730*, *etnet.com.hk*, *Hong Kong Economic Times*, *Mirage News*, *Skypost*, *TOPICK.hket.com*, *UrbanLife* – October 4, 2021; *India Education Diary* – October 5, 2021)



**D**r Kelvin Wang Man-ping discussed the health risks of waterpipe tobacco smoking (also known as Hookah Smoking or Shisha Smoking) during an interview with the TVB programme “時事多面睇”.

He indicated that waterpipe smoking is as hazardous as traditional cigarettes or Heated Tobacco Products (HTPs). He suggested that substantially increasing the tobacco tax and increasing the provision of smoking cessation services may help to achieve a smoke-free Hong Kong.

(*Jade TV (Channel 81)* – November 10, 2021)

## New Faces

I am very pleased and honoured to join the HKU School of Nursing as a Research Assistant Professor. I graduated with my PhD from the University of Wollongong in Australia and my research interests include critical care, delirium and cognitive impairment, cancer and palliative care. With the expertise in delirium care developed through my career as a critical care nurse, I have contributed to the synthesis of research that underpins clinical guidelines in the intensive care settings. I am currently the associate editor of Australasian Journal on Ageing and BMC Nursing. Very much looking forward to working with and learning from all the amazing colleagues at HKU School of Nursing.



**Dr Benjamin Ho Mu-hsing**  
Research Assistant Professor



I am honoured and delighted to join the HKU School of Nursing as Assistant Lecturer. After graduating with a Bachelor of Nursing, I gained experience in the neonatal intensive care unit, special baby care unit and paediatrics medical and surgical ward. Over the years, I have also undertaken further study to enhance my knowledge and skills. Since I enjoy teaching, I look forward to sharing my knowledge and experience to nurture the next generation to become competent, caring and responsible nursing professionals in the future.

**Ms Charlene Chan Sheung-yiu**  
Assistant Lecturer

It's my pleasure and honour to re-join the HKU family to work again with the strong teaching team in the School of Nursing. Over 20 years in the nursing field, I have spent half of my career working in various clinical specialties and the other half as a nurse educator. My solid clinical background has helped me to teach students about clinical matters. At the same time, I realise that the role of a nurse educator is not only to transfer knowledge but also to understand students' needs and engage with them in order to motivate them to learn actively. Especially in the pandemic of COVID-19, I understand that nursing students are facing a lot of challenges in their studies and clinical learning. Therefore, I would like to take this opportunity to collaborate with my colleagues, keep connected with students, identify their needs and provide support to them, so as to lead our next generations to be competent and professional nurses.



**Ms Caroline Yang Wai-lam**  
Lecturer



I am thankful to be back as Assistant Lecturer, having worked in various clinical and community settings in Hong Kong and overseas. From medicine, surgery, intensive care, to care for the aged, I have had opportunities to mentor and teach student nurses and junior colleagues. It has been rewarding to witness their growth, which has sparked my interest in becoming a nurse educator. Being a part of the teaching team, I am willing to share my clinical experience and nurture our future nursing leaders.

**Ms Kammi Wong Kam-ying**  
Assistant Lecturer

I am more than lucky to be a member of the HKU School of Nursing family. Since obtaining my Registered Nurse license, I have gained mixed specialties experience in clinical nursing and specialised in surgical nursing. At the same time I continue to update my nursing knowledge through continued studying. I have also completed an MBA in Health Service Management and MSc in Nursing (Clinical Leadership). Working at Gleneagles Hospital gave me an opportunity to be a member of a commissioning team and teaching at another tertiary institute for a few years in Hong Kong equipped me for further teaching at HKU. I look forward to contributing to the School through my teaching and working experience and to benefit our nursing students by equipping them with the confidence to contribute to healthcare in Hong Kong. My research interest is in clinical practice and nursing education.



**Ms Ranjit Kaur**  
Assistant Lecturer



It is my honour to return to my alma mater, HKU School of Nursing, to work as a Lecturer. I am very pleased to contribute to the place where I obtained my Doctorate degree and learned how to pursue excellence in nursing. I am very glad to have this opportunity to be part of the School's energetic team and look forward to fully-equipping our students to succeed in their life-learning journey in nursing.

**Dr Esther Lo Wing-sze**  
Lecturer

It is my great honour to join HKU's School of Nursing as an Assistant Lecturer. I completed my general nursing training and medical specialty nursing training with the Hospital Authority, and post-graduate studies at The Chinese University of Hong Kong. I am guided by a traditional proverb "He who teaches, learns." I look forward to providing guidance to nursing students clinically and ethically, which will also be a source of inspiration to me.



**Ms Vivienne Lee Wai-man**  
Assistant Lecturer



It is my honour to join the HKU School of Nursing as Assistant Lecturer. I worked in acute hospitals, Intensive care units (ICU) and high dependency units (HDU), for more than ten years prior to joining the School. I have exposure to both public and private healthcare systems. Other than clinical knowledge and experience, I also look forward to sharing with students my joy and passion throughout my service as a nurse. I hope my sharing can motivate and inspire our future nurses.

**Ms Angel Yip Tsz-ting**  
Assistant Lecturer

## Awards



- 1 Congratulations to **Professor Sophia Chan Siu-chee**, **Professor Chia-Chin Lin**, **Professor Doris Yu Sau-fung** and **Dr Daniel Fong Yee-tak** for being named among the world's top 2% most cited scientists in their specialty areas by Stanford University\* 2020.

\* Source: Ioannidis JPA, Boyack KW, Baas J (2020) Updated science-wide author databases of standardized citation indicators. PLoS Biol 18(10): e3000918. <https://doi.org/10.1371/journal.pbio.3000918>

1



- 2 Congratulations to **Dr Maggie Chan Mee-kie**, Lecturer, for being awarded Distinguished Educator in Gerontological Nursing by National Hartford Center of Gerontological Nursing Excellence (NHCGNE) at the NHCGNE Leadership Conference on October 26 – 28, 2021.

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- 3 Congratulations to **Dr Janet Wong Yuen-ha**, Associate Professor, for being elected as Sigma Global Regional Coordinator for Asia 2021-2023 for a second consecutive term.

- 4 Congratulations to **Dr Derek Cheung Yee-tak**, Assistant Professor, for being awarded the Best Poster Award for his poster "Use of Nicotine Replacement Therapy (NRT) Sample and Brief Smoking Cessation Advice for Recruiting Smokers to Smoking Cessation (SC) Services and Motivating Quit Attempts" at the Health Research Symposium 2021 by the Food and Health Bureau, the Government of the HKSAR on November 23, 2021.

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- 5 Congratulations to **Ms Echo Go Ting-ting**, DNurs student, for being awarded the "Outstanding Poster Presentation Award" for her poster presentation "Promoting insulin therapy with brief motivational interviewing among type 2 diabetic patients: A quasi-experimental study" at the Hong Kong Primary Care Conference 2021 organised by the Hong Kong College of Family Physicians on July 30 – August 1, 2021.

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- 6 Congratulations to **Ms Shirley Sit Man-man**, MPhil student, for being awarded the "Young Investigator Award" and "My Favourite Young Investigator Award" for her poster presentation "A Gamified Digital Health Promotion Intervention on Promoting Physical Activity to Enhance Family Well-being Amidst COVID-19: Jockey Club SMART Family-Link Project" at the 9<sup>th</sup> Global Conference of the Alliance for Healthy Cities organised by the China Hong Kong Chapter, Alliance for Health Cities on November 3 – 5, 2021

7



- 7 Congratulations to **Ms Rose Lin Sin-yi**, PhD student, for being awarded the "Outstanding Paper Presentation Award" for the presentation "Effects of empowerment-based psycho-behavioral program on neuropsychiatric symptoms (NPS) among persons with mild cognitive impairment (MCI)" at the 28<sup>th</sup> Annual Congress of Gerontology organised by Hong Kong Association of Gerontology on December 7, 2021.



## Congratulations

## Research Grants Awards

| Local and International Funding Bodies                           | Principal Investigator             | Project Name  |
|--|------------------------------------|---|
| The Hong Kong Jockey Club Charities Trust (HKJC)                 | <b>Professor Doris Yu Sau-fung</b> | Jockey Club Elderly Support Project under the New Normal  |
| The Hong Kong Jockey Club Charities Trust (HKJC)                 | <b>Professor Doris Yu Sau-fung</b> | Pathway to Healthy Ageing   |
| The Hong Kong Jockey Club Charities Trust (HKJC)                 | <b>Dr Mandy Ho Man</b>             | Community-based Diabetes Prevention   |
| Health and Medical Research Fund (HMRF) 2019                     | <b>Dr Denise Cheung Shuk-ting</b>  | Reversing frailty status among post-treatment older cancer survivors using baduanjin qigong: A randomized controlled trial  |
| Health and Medical Research Fund (HMRF) 2019                     | <b>Dr Derek Cheung Yee-tak</b>     | Development and a pilot randomized controlled trial of a brief alcohol intervention during smoking cessation treatment delivered by healthcare professionals                                      |
| Health and Medical Research Fund (HMRF) 2019                     | <b>Dr Agnes Lai Yuen-kwan</b>      | A smart sleep apnea self-management support programme (4S) to improve apnea severity and cardiovascular health- a pragmatic randomized controlled trial with mixed-method evaluation              |
| Health and Medical Research Fund (HMRF) 2019                     | <b>Dr Kris Lok Yuet-wan</b>        | A mixed methods observational study of human milk sharing in Hong Kong  |
| Hong Kong Council on Smoking and Health                          | <b>Dr Kelvin Wang Man-ping</b>     | Tobacco Control Policy-related Survey 2020-2021 online survey   |
| Hong Kong Council on Smoking and Health                          | <b>Dr Derek Cheung Yee-tak</b>     | Evaluation study on Smoke-free Elite Teens Programme 2021-2022  |
| Health and Medical Research Fund Research Fellowship Scheme 2020 | <b>Dr Denise Cheung Shuk-ting</b>  | A web-based intervention for promoting physical activity among post-treatment cancer survivors (Wexercise) using the multi-process action control framework: development, usability, and efficacy |
| Teaching Development Grant                                       | <b>Dr Veronica Lam Suk-fun</b>     | The adopting of an interactive hybrid teaching mode to promote undergraduate nursing students' clinical reason  |
| Teaching Development Grant                                       | <b>Dr Maggie Chan Mee-kie</b>      | "Students as Partners" in promoting healthy ageing: using online co-teaching to enhance nursing students' clinical reasoning  |
| Knowledge Exchange (KE) Funding Exercise 2021/22                 | <b>Dr Mandy Ho Man</b>             | Assessing the impact and potential for scale-up of a community-based diabetes prevention programme  |





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