



NURSE *Letter*

Sep 2022 | ISSUE 50

Feature Stories

- 04 Evidence-based Strategies Combat the Double Threat of Obesity and Diabetes
- 06 Preparing our Students to Serve in a Time of Need and to Lead in a Time of Challenge
- 08 Rising to the COVID-19 Challenge

School Highlights

- 10 Inoculation and Swabbing Techniques Workshops



02 Head's Message

Vision to Lead • Mission to Serve: HKU School of Nursing's Response to the 5th Wave of COVID-19



02 *Head's Message*

Vision to Lead • Mission to Serve:
HKU School of Nursing's Response to
the 5th Wave of COVID-19

06 *Feature Stories - Teaching and Learning*

Preparing our Students to Serve in a Time
of Need and to Lead in a Time of Challenge

08 *Feature Stories - Clinical Excellence*

Rising to the COVID-19 Challenge



Contents



04 *Feature Stories - Research*

Evidence-based Strategies Combat the Double
Threat of Obesity and Diabetes

School Highlights

- 10 Inoculation and Swabbing Techniques Workshops
- 12 Student Wellness Workshops
- 13 Graduate Sharing Seminars
- 14 Accreditation of HKU Li Shu Fan Medical Foundation Nursing Clinical Skills Laboratory and Simulation Training Centre
- 14 Community Testing Centre (CTC)

- 16 Community Vaccination Centre (CVC) and Outreach Vaccination Programme
- 17 HA Satellite Hotline Centre and FHB Home Vaccination Service Hotline Centre
- 18 Community Isolation Facility (CIF)
- 20 First Step to Medicine (Nursing Session)
- 21 JUPAS Information Week – School of Nursing at HKUMed
- 22 Clinical Skills Taster Workshop
- 23 A New Home for the School
- 24 ***Student Life - Student Exchange***



- 29 ***Message from ...***
- 33 ***In the Media***
- 38 ***New Faces***
- 38 ***News***
- 39 ***Promotions***
- 39 ***Awards***
- 40 ***Congratulations***

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

5/F, Academic Building, 3 Sassoon Road,
Pokfulam, Hong Kong

Tel : (852) 3917 6600

Fax : (852) 2872 6079

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

Editorial Board

Editor-in-Chief :

Professor Judith Parker

Advisor:

Professor Chia-Chin Lin

Members:

Dr Polly Chan

Mr Vincent Chan

Dr Patsy Chau

Dr Kelvin Wang

Professor Doris Yu

Managing Editor:

Mrs Trudy Wong

Subscription for Newsletter

Scan the QR code to find out more about our School. Detailed information on our programmes, latest news and contact method and an online edition of this issue of Nurse Letter can be found on the School website. For subscription of the newsletter, please visit <https://nursing.hku.hk>. Follow our Facebook, YouTube, Twitter and Instagram to know our most updated information.



Newsletter
Subscription



Twitter



Facebook



YouTube



Instagram

Vision to Lead • Mission to Serve: HKU School of Nursing's 5th Wave of COVID-19



▲ This picture was taken on the last day of service at the community isolation facility.

The vision and mission of the School of Nursing, The University of Hong Kong, have been epitomised in our response to the COVID-19 pandemic which has swept through Hong Kong in waves of infections. When COVID-19 first emerged in Hong Kong, we took a leadership role in serving the community through developing videos to challenge the rumours that were spreading about the virus and providing clear information on hand-washing and other strategies to control infection. Understanding the anxiety that community members were experiencing, we also distributed material on strategies to support mental wellness. Our videos were broadcast across Hong Kong and shared among Asian countries. We held lectures for health care professionals and students. Our staff and students also participated in community testing, provided education programmes for the public and supported a vaccination programme. Activities engaged in by our staff, students and alumni thus played a part in contributing to the low rate of infection during the prevalence of the Delta variant.

However, the Omicron variant which became widespread and dominant in 2022 brought with it a greatly worsened situation. Demonstrating the School's vision to lead, our simulation laboratory has been recognised as the leader in simulation education in Southeast Asia. This has enabled us to provide outstanding clinical education for students following the suspension of in-person clinical practicum because of COVID-19. With the aim of increasing vaccination rates, we have trained our students in swabbing and vaccination skills and deployed them to community testing and vaccination centres. We also provided COVID-19 vaccinations to primary school children through our Outreach Vaccination Programme. Additionally, we set up a Hospital Authority Satellite Hotline Centre on our campus. Here we answered clinical questions and those relating to infection control for patients who were to be admitted to hospital or isolation facilities.

Response to the

Professor Chia-Chin Lin | Head,
Alice Ho Miu Ling Nethersole Charity Foundation
Professor in Nursing



As the Omicron situation worsened, it became imperative to ease the burden of care affecting public hospitals. A community isolation facility (CIF) was established to treat elderly patients with COVID-19 who would otherwise have been treated at public hospitals' accident and emergency departments. Our Medical Faculty provided medical, nursing and community care and this became the model for the development of similar services across the territory. We successfully approached the Nursing Council of Hong Kong to have our students' service at the CIF recognised as clinical practicum, another first for the School of Nursing.

Our students reported on the great value of the learning opportunities they were afforded and were gratified that they were able to provide excellent nursing care in temporary venues with limited resources without violating nursing principles. They also found the experience of collaborating with other healthcare professionals in these settings very fulfilling. Teachers noted that they found the experience of working with students under

Our students reported on the great value of the learning opportunities they were afforded and were gratified that they were able to provide excellent nursing care in temporary venues with limited resources without violating nursing principles.

Teachers noted that they found the experience of working with students under these conditions very gratifying and were delighted with the excellent rapport and teamwork that ensued.



these conditions very gratifying and were delighted with the excellent rapport and teamwork that ensued. Most satisfying to them was the tremendous improvements they witnessed in students' knowledge and skills.

I am extremely proud of the ways in which our staff, students and alumni have contributed to the effort to manage the health of the Hong Kong community as it has been so badly affected by COVID-19. The School of Nursing continues its leadership role and its service to the community through its comprehensive clinical research programme about COVID-19, thereby contributing to knowledge for the benefit of all.

Evidence-based Strategies Combat the Double Threat



Dr Mandy Ho Man | Assistant Professor

A growing body of research suggests that COVID-19 infections can increase an individual's chance of developing diabetes, especially in those already susceptible to the disease.



Type 2 diabetes (T2DM) is an important cause of premature death and disability. During the COVID-19 outbreak, people living with diabetes have become more vulnerable to becoming severely ill or dying from COVID-19. Importantly, a growing body of research suggests that COVID-19 infections can increase an individual's chance of developing diabetes, especially in those already susceptible to the disease. This may further escalate the burden of diabetes to individuals, families and society. Therefore, there is an urgent need to take action to reduce the risk of T2DM and combat this impact from the COVID-19 pandemic.

Our research team has been addressing the obesity and T2DM problems since 2017. We have launched and field

tested the first community-based lifestyle intervention programme targeting overweight adults with pre-diabetes in Hong Kong by a randomised controlled trial during 2018 and 2021. The intervention group received structured group-based lifestyle interventions, while the control group received SMS interventions.

In the 12-month follow up, 46% of participants in the intervention group had lost 5% or more of their baseline body weight, and 34% achieved normal glycemic control (i.e., moving from pre-diabetes to normal glycemic control). The intervention also led to significant improvements in the levels of insulin sensitivity, blood pressure and cholesterol levels in the intervention group.

of Obesity and Diabetes

The findings of our study, which has received funding support from the Health and Medical Research Fund's Health Care and Promotion Scheme, are consistent with other large-scale international trials that found lifestyle intervention targeting weight loss through healthy eating and increased physical activity is effective in reducing the risk of developing T2DM and its complications.

Meanwhile, the COVID-19 pandemic provided an opportunity to accelerate the implementation of digital health for preventing and managing diabetes. Our research team is now evaluating the effect of a digital diabetes prevention programme specially tailored for Hong Kong Chinese overweight adults with pre-diabetes. The results and experience of this study will provide evidence for developing a more scalable and cost-effective T2DM prevention model in Hong Kong.

The COVID-19 pandemic provided an opportunity to accelerate the implementation of digital health for preventing and managing diabetes. Our research team is now evaluating the effect of a digital diabetes prevention programme specially tailored for Hong Kong Chinese overweight adults with pre-diabetes.



▲ A mobile app user guide for a digital diabetes prevention programme.

Moreover, we have successfully obtained funding from the Hong Kong Jockey Club Charities Trust to scale up multiple evidence-based diabetes prevention strategies at the community level through collaboration with NGOs. This new project aims to transfer research evidence to primary care settings and empower NGOs and primary healthcare providers to deliver evidence-based interventions for diabetes prevention. Importantly, this will involve building capacity in NGOs and enabling them to set up a new service model for diabetes prevention in the community.

The results and experience of this project will inform the implementation of effective diabetes prevention model in Hong Kong and Asian countries to alleviate the disease burden of T2DM on individuals, families, communities and healthcare systems.

Preparing our Students to Serve in a Time of Need and to Lead in a Time of Challenge



Dr Veronica Lam Suk-fun
(Second from Left)

| Senior Lecturer and Director of
Master of Science in Nursing Programme

Ms Zoe Ng Lai-han
(Right)

| Lecturer and Clinical Coordinator
(Internal Affairs)

Ms Jessica Cheuk Yuet-ying
(Left)

| Lecturer and Clinical Coordinator
(External Affairs)

Dr Kelvin Wang Man-ping
(Second from Right)

| Associate Professor and Director of
Bachelor of Nursing (Full-time) Programme
and Advanced Leadership Track

When the fifth wave of the COVID-19 pandemic struck Hong Kong, all our efforts to lead in nursing development, to create practice models, to establish effective teaching pedagogy and to develop cutting-edge research were put to the test. We emerged stronger than ever, having shown how we can respond quickly in a crisis to serve the Hong Kong community.

As medical services became overwhelmed during the fifth wave, the School was called in to provide emergency support and leadership. More than 500 students in the junior and senior years and almost all teaching staff were immediately put to work to help with testing, vaccinations, patient care and public education.

Being at the forefront in fighting this unprecedented outbreak was a great challenge for everyone, but we were able to conduct this work while adhering to our mission. The teaching team demonstrated leadership and commitment to our high teaching standards, made possible by the strong groundwork we had laid through our curriculum and supplemented by additional training and workshops. This

work meant our nursing students were well-prepared to step into highly pressurised situations.

Our students were despatched to the testing centre at To Kwa Wan Sports Centre to help increase testing capacity there and to the first holding centre at Choi Wing Road Sports Centre to help take care of elderly patients. They also assisted with vaccinations and created educational videos about anti-COVID hygienic measures for the general public.

The unfamiliar nature of these situations meant they had to tap into their training in problem-based learning, which has been a core element of the Nursing curriculum for years. For example, at the holding centre, there were no showers and no separate cubicles for beds, so our students used warm wet towels to help clean the old-aged patients, which also gave them a chance to assess if patients had pressure injuries. To help patients stay abreast of the outside world, students have helped them connect with news and family members via Zoom. Such initiatives demonstrated our students' empathy for patients and their commitment to helping them retain their dignity.

Nursing students were also able to apply their training in interdisciplinary collaboration because they frequently found themselves working with or observing professionals from other disciplines and learning from them.

Nursing students were also able to apply their training in interdisciplinary collaboration because they frequently found themselves working with or observing professionals from other disciplines and learning from them. For example, in the vaccination centres, they worked with doctors and clinical staff to calm children down by reassuring them and explaining how the injection would help them. This was invaluable exposure to the soft skills that are an essential part of nursing.

As teachers, we also made sure that students well reaped the benefits of such learning moments by working with them to set learning objectives and by closely monitoring and rigorously assessing their performance. We were onsite wherever our students were placed, helping the

community but also continuing to perform our role as educators.

At the same time, we ensured that our other teaching work could proceed with the help of technology. Over the past few years, we have developed expertise in virtual reality, simulation mannequins and online simulations that prepare our students for clinic-like experiences, even when in-person classes have been suspended.

The suspensions during the fifth wave were, of course, the most disruptive of all. Yet we managed to develop a new service within a week and collaborate closely with other disciplines. Thanks to the rigour of our curriculum, our selfless teachers and most importantly our dedicated students.

We also made sure that students well reaped the benefits of such learning moments by working with them to set learning objectives and by closely monitoring and rigorously assessing their performance.



Rising to the COVID-19 Challenge



Ms Chan Yuk-sim | Honorary Associate Professor,
School of Nursing, The University of Hong Kong
General Manager (Nursing),
The University of Hong Kong-Shenzhen Hospital



The School of Nursing provided urgent hands-on and strategic services at Community Isolation Facilities (CIF) during the fifth wave of the COVID-19 pandemic, which not only helped to greatly reduce pressure on hospitals but created a learning opportunity for senior students who otherwise were unable to do practicums during the outbreak.

The first CIF, Choi Wing Road Sports Centre CIF, opened in haste on February 20, 2022, to meet urgent demand for frail elderly COVID-19 patients who were in stable condition with mild symptoms or under recovery, but not yet able to return to their homes or residential care premises. HKUMed was asked to provide medical care management and Faculty devised a care model that aimed to alleviate pressure on public hospitals, especially accident and emergency (A&E) departments.

Ms Chan Yuk-sim, Honorary Associate Professor of HKU School of Nursing and General Manager (Nursing) at the HKU-Shenzhen Hospital, was tasked with getting nursing services at the site up and running as quickly as possible.

"The centre was established within a day and in less than 48 hours, HKUMed was brought in to provide medical care. From the get-go, we had to act swiftly," she said.

All 150 beds were occupied when the School's team arrived and they were astonished to find there were no partitions between beds and only the barest of provisions.

"Setting up a healthcare facility in a sports facility is a challenge," she said. "In the beginning, many of the patients showed symptoms of shortness of breath but there was no

oxygen available on site. Without oxygen, we couldn't help the patients, so we immediately organised cylinder oxygen to be delivered to the centre. We also contacted suppliers to provide 10 electronic oxygenators."

The School arranged for students to help at the CIF and asked the Nursing Council of Hong Kong to fast-track recognition of these clinical hours.

Student involvement also benefited patients because they brought in useful ideas, Ms Chan said. "There was no water for face washing or teeth brushing at the centre so the students suggested wet wipes be provided, since personal hygiene is a basic need and part of humane care. Our NGO partner there, Po Leung Kuk, was very supportive and immediately arranged for many wet wipes to be delivered," she said.

The School's model at the Choi Wing Road Sports Centre CIF became a template for other CIFs that opened during the pandemic. These CIFs also involved other NGOs and nursing schools, whose senior students also benefited from our outreach to the Nursing Council.



"Our concern was that if patients' oxygen level was low, the only option would be to transfer them back to A&E via ambulance and that would have been a vicious cycle. Getting oxygen to the CIF helped to overcome this problem significantly."

Other resources were also limited. For instance, the team had to arrange for bed pans and urinals to be brought in and find a way to disinfect them.

Amidst all of that, the team was also concerned about their commitment to educate nursing students, particularly senior-year students who were unable to do practicums due to the pandemic. The School arranged for students to help at the CIF and asked the Nursing Council of Hong Kong to fast-track recognition of these clinical hours. Recognition was soon accorded in three categories – medical care, geriatric care and community care.

The School's model at the Choi Wing Road Sports Centre CIF became a template for other CIFs that opened during the pandemic.

"Where there is challenge, there is also opportunity," Ms Chan said. "Nursing is not only about hands-on service and our students were able to see this. We co-ordinate and manage care on a large scale, which was a big challenge, and provide the best care with limited resources. Fortunately, we were able to see positive outcomes, as patients' conditions improved and they were discharged. I believe our students have also learned a lot through this experience."

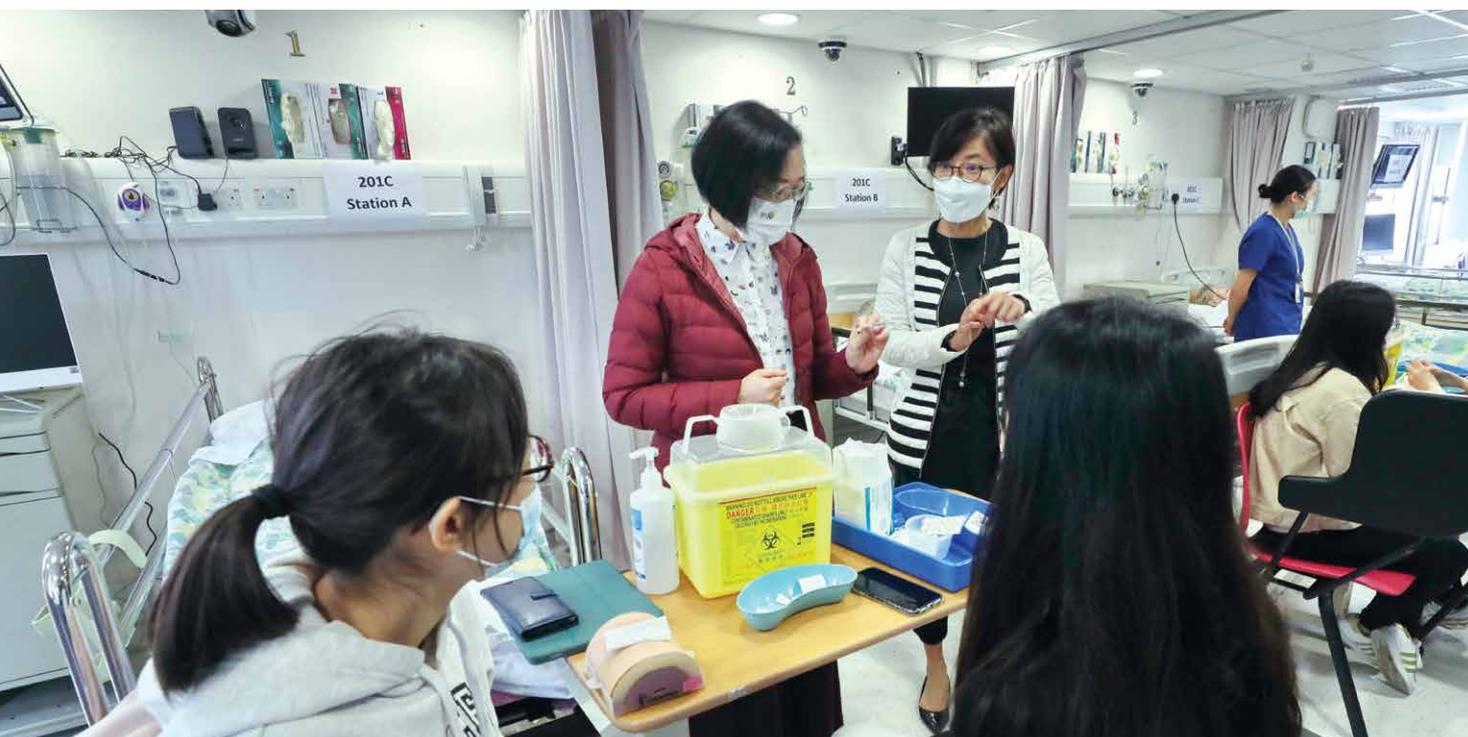


Inoculation and Swabbing Techniques Workshops

HKUMed has been a leading partner in supporting the Government's anti-COVID-19 efforts, providing direct services and training its students to also help with this work. Workshops on inoculation and swabbing techniques were arranged for medical and nursing students to practise relevant skills with the assistance of the School of Nursing.



At the same time, a temporary COVID-19 vaccination centre was set up on campus to provide third doses of the BioNTech vaccine for HKUMed's students. This was visited by the then Secretary of Food and Health Bureau, **Professor Sophia Chan**, with the then Dean of Medicine, **Professor Gabriel Leung**. **Professor Chia-Chin Lin**, Head of the School of Nursing, also participated in the visit, which showcased our efforts to prepare students to combat the epidemic and serve the public.

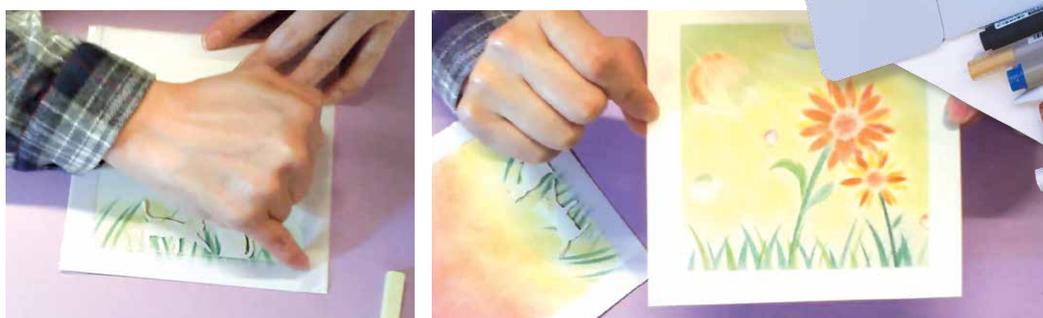
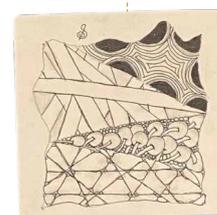
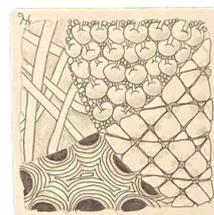


Student Wellness Workshops

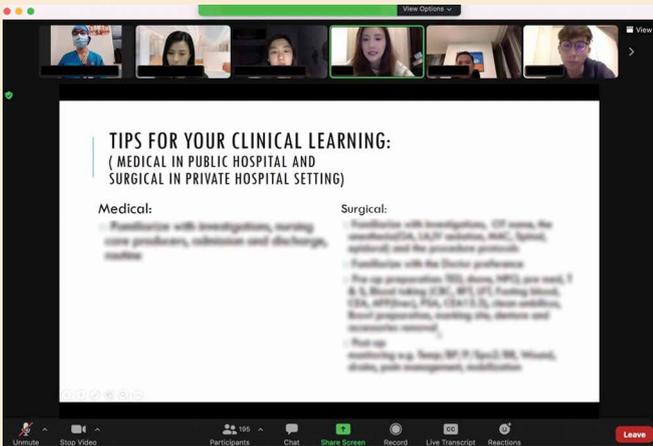
The School organised two student wellness workshops with the Nethersole Institute of Continuing Holistic Health Education (NICHE) on January 21 and January 31.

At the Zentangle painting workshop on January 21, students drew unique patterns using simple lines drawn with pen on paper. Through this meditative art creation process, the students cultivated their artistic interest and learned to relax and release stress.

Students also participated in the online Pastel Nagomi Art painting workshop on January 31. They crushed the pastels into powders and used their fingers and simple tools to create pictures. The NICHE trainer pointed out that nurses have a heavy workload, Pastel Nagomi Art can provide “me time” to focus on oneself, bring harmony and tranquillity to the mind, accept oneself and achieve greater happiness.



Graduate Sharing Seminars



The transition from being a student nurse to a registered nurse, or from school learning to clinical learning, can be intimidating. But this is not a journey students need to make alone. On February 18, five HKU N20 nursing graduates, **Ms Christy Chan, Ms Charissa Chu, Mr Donald Lam, Mr Konrad Lau** and **Mr Anson Lee**, shared their experiences of transiting to real-life clinical practice in settings such as the Accident and Emergency Department, Medical & Surgical Ward, Operation Theatre etc. Our current students also received useful tips on how to prepare themselves for clinical practice.

And on March 25, four HKU N19 and N20 nursing graduates, **Mr Henry Chan, Mr Joe Ho, Ms Josephine Li** and **Mr Ken Poon**, shared their experiences working at non-bedside settings, such as the Department of Health, non-government organisations, community health and the research field. They shared their knowledge and skills with 200 students on how to prepare one's professional attributes for nursing careers beyond bedside care and be equipped as all-round nurses.

PREPARE YOUR PROFESSIONAL ATTRIBUTES FOR NURSING CAREERS BEYOND BEDSIDE CARE

Chit Chat Session with HKU graduates - II

Accreditation of HKU Li Shu Fan Medical Foundation Nursing Clinical Skills Laboratory and Simulation Training Centre

Community Testing Centre (CTC)

In February this year, nursing students were recruited to work as swabbers at the To Kwa Wan Sports Centre Community Testing Center. They performed assessments for citizens to evaluate if their physical condition was suitable for sampling and explained the sampling procedures before collecting the sample. They also helped maintain order and crowd control to prevent infection.



On March 15, 2022, the HKU Li Shu Fan Medical Foundation Nursing Clinical Skills Laboratory and Simulation Training Centre in the School of Nursing became the first simulation laboratory among Hong Kong universities to be accredited by the Association for Simulated Practice in Healthcare (ASPiH).

This accreditation is a recognition of the School's efforts to develop and apply simulation-based education (SBE) and technology enhanced learning (TEL) for the education and training of the healthcare workforce and for patient safety improvement. The Accreditation Panel commented that the School is "an impressive organisation and obviously a leader of simulation-based education in Southeast Asia and is entirely worthy of receiving this accreditation."



The students faced an unusual test in that Hong Kong was experiencing a major COVID-19 wave at the time and people were frustrated over long waiting times for sampling. As medical staff, students were expected to maintain a professional attitude, explain the sampling procedures, and patiently handle the public's emotions. They also learned to communicate with people of different races or deaf or hard of hearing people by simplifying their messages or using different means of communication. This was all good practice for their future as nurses must be able to serve and communicate with people from all walks of life.



Community Vaccination Centre (CVC) and Outreach Vaccination Programme

Teachers and nursing students from the School of Nursing were called in to assist at the Community Vaccination Centres at Kowloon Bay Sports Centre and Osman Ramju Sadick Memorial Sports Centre from mid-March. This was important work because vaccination is the most effective measure for reducing hospitalizations and serious complications after infection, particularly among children and older people whose immune systems may not be so strong, and relieving the burden on medical services.

School staff and students were involved in preparing and giving vaccinations to the public, as well as explaining the vaccination process to the public, providing vaccination information, observing whether vaccine recipients experienced any adverse reactions after injections, and providing crowd management.

They also joined the vaccination outreach team to help vaccinate school children. If children panic or cry because of the injection, parents may worry. Therefore, it was important that nurses were communicative and caring in calming children's emotions and explaining post-vaccination care to parents.



HA Satellite Hotline Centre and FHB Home Vaccination Service Hotline Centre



The Government launched the “StayHomeSafe” Scheme and the “Declaration System for Individuals Tested Positive for COVID-19 Using Rapid Antigen Test” online platform during the 5th wave of the pandemic in response to the rising number of people who tested positive for COVID-19. HKUMed assisted this effort by manning a Hospital Authority (HA) Satellite Hotline Centre that was set up at the medical campus in March. Nursing teachers and students answered public inquiries and actively contacted confirmed patients to explain matters related to home quarantine arrangements and medical consultations at designated clinics.

Medical and nursing students also supported the Food and Health Bureau (FHB) Home Vaccination Service Hotline Centre. They actively followed up on the vaccination status and arranged door-to-door COVID-19 vaccinations for those aged 70 or above who were not vaccinated yet, as well as those who could not go out for vaccination due to illness or disability.

The experience students gained through the hotline services helped them to understand that in addition to professional nursing knowledge, the provision of correct information and clear and effective communication skills are also very important to advancing patients’ physical and mental wellbeing.



Community Isolation Facility (CIF)

HKUMed worked with the Social Welfare Department and Po Leung Kuk to manage the first centre providing 24-hour care to elderly COVID-19 patients during the 5th wave of the pandemic. The patients were referred by the Hospital Authority and were either awaiting hospital admission or in stable condition but in need of care.

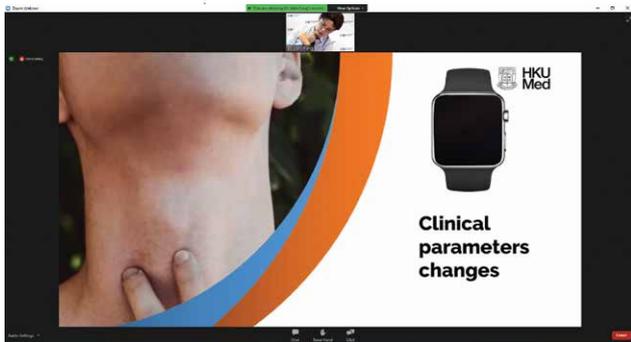


Medical and nursing staff worked collaboratively with various parties to plan for the needs of the centre and formulate medical plans and procedures, in the face of urgent time constraints and limited resources. The teachers further engaged students in planning how to achieve higher quality patient care under these conditions, advocate for the patients and provide effective advice for improving the centre. In a short period of time, the centre was able to improve services and reduce the burden on the accident and emergency department.

The operation model of the holding centre at Choi Wing Road Sports Centre also became a role model for the development of other community holding facilities. HKUMed was also brought in to provide services at the holding centre of Kai Tak Cruise Terminal.



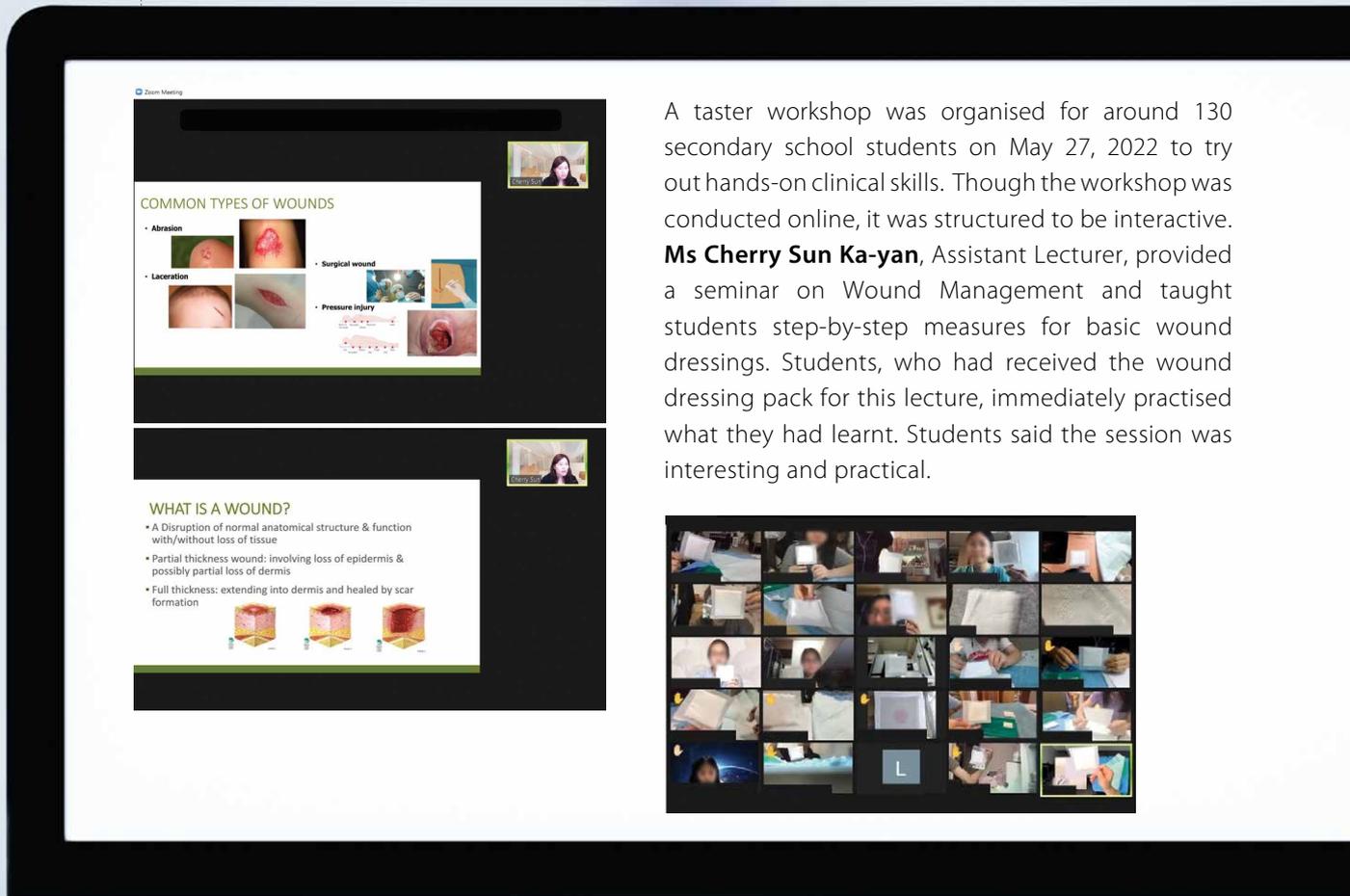
JUPAS Information Week – School of Nursing at HKUMed



The School of Nursing hosted an online taster session, “Embarking on a Journey into Nursing: An Overview of Clinical Skills and Practice”, on May 24 during HKUMed’s JUPAS Information Week. Lecturer **Dr John Fung Tai-Chun** held an interactive session with over 300 participants using trivia quiz games, so participants could quickly absorb some basic nursing knowledge. This was followed by a talk on admissions by **Dr Kelvin Wang Man-ping** and **Ms Claudia Chan Kor-ye**, Director and Associate Director of the Bachelor of Nursing (Full-time) Programme and Advanced Leadership Track. A year 5 student, **Mr Alex Wong Tsz-hang**, shared his wonderful journey at HKU where he enjoyed his nursing practicum and hall life. Participants were curious about the Multi-Mini-Interviews (MMI) and looked forward to being able to embark on their journeys at the School’s new campus at No. 3 Sassoon Road.



Clinical Skills Taster Workshop



A taster workshop was organised for around 130 secondary school students on May 27, 2022 to try out hands-on clinical skills. Though the workshop was conducted online, it was structured to be interactive. **Ms Cherry Sun Ka-yan**, Assistant Lecturer, provided a seminar on Wound Management and taught students step-by-step measures for basic wound dressings. Students, who had received the wound dressing pack for this lecture, immediately practised what they had learnt. Students said the session was interesting and practical.



A New Home for the School

Our School has relocated to a brand new home at Academic Building, No. 3 Sassoon Road. This 9-storey building is in a prime location between Queen Mary Hospital and the Medical Faculty along the Sassoon Road medical campus area. It offers advanced teaching and research facilities, such as high-fidelity simulation laboratories, virtual reality amenities, technological lecture theatres and spacious learning commons areas.

The new location offers much-needed additional square footage to accommodate the growing teaching and research demands posed by an increasing number of students and staff. It also facilitates the School's expansion and development in achieving its mission of educating nursing leaders for the community and providing a diversified and holistic nursing education that will prepare our graduates to become leaders of the nursing profession.



Student Life - Student Exchange

Griffith University, Australia

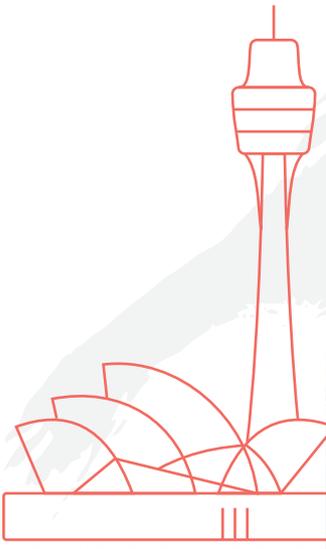
Miss Cheryl Hung Cheuk-wai

Year 3 Bachelor of Nursing (Full-time) student



My exchange semester at Griffith University, located in Gold Coast, Australia, was probably one of the best experiences of my life. One of my goals in the exchange trip was to step out of my comfort zone and immerse myself in Aussie life, and yes, I did that. Days were spent exploring nature, with the sky above and the sea below, and enjoying the peace within. I met many life-long friends in the dorm and at school who I couldn't have met if I had stayed in Hong Kong. I listened to my colleagues' many adventurous road trip stories, which has inspired me to pursue more adventures and explore more.

I went to Australia all by myself, knowing nobody and nothing, but now I am surrounded by many lovely people here and have a heart full of Aussie culture. What more could I ask for?



King's College London, UK

Miss Sharon Tsang Hoi-ching
 Year 3 Bachelor of Nursing (Full-time) student



I am so grateful for the lovely time I spent in the UK and different European countries during my exchange study. Despite the challenging time of COVID, I embarked on a fresh new study experience at King's College London (KCL) where I enjoyed immersing myself in Roman and Greek Classics, Film Studies, Biblical Hebrew and Greek Language Education – subjects that were challenging but definitely eye-opening.

KCL has prestigious Nursing schools, so I welcomed the chance to attend a sharing session about general practice nursing where I learnt about the primary healthcare network in London. I also applied for voluntary work at local vaccination sites, wishing to help the locals with all I have and make the most of the exchange.

The best part of my time here was surely going around with new friends and international buddies. I had nice chats with a local on the homelessness situations in London and Hong Kong and I exchanged ideas on society and culture. I cherished every moment here. Apart from experiencing the British night life and social activities, the UK was a lovely place for me-time, which I spent visiting museums and libraries, sitting in parks, and walking along the seaside.

And of course, I had opportunities to travel to nearby European countries where I had even more cultural experiences. Visiting the almost-2000-year-old Colosseum after taking the Roman Classics course was a dream come true! But my favourite experiences so far were Icelandic nature and the Croatian vacation vibe. Travelling to experience different cultures has now become an interest of mine!





Queen Mary University of London, UK

Mr Louie Wu Lut-yin

Year 3 Bachelor of Nursing (Full-time) student



The HKU Worldwide Undergraduate Student Exchange Programme (HKUWW) was a precious opportunity for me to explore myself and enhance personal growth. I was required to choose four modules as an associate student at the Queen Mary University of London (QMUL). I selected courses related to Cold War America and research methodology. In addition, I took courses on health systems and global health that were offered by Bart's and the London School of Medicine. The latter two courses allowed me to envision health in a different way. As a nursing student, the focus is on individual care rather than the institutional level. Yet, after studying these courses, I now understand the importance of community health and health policy. Apart from studies, I was given a chance to join their college field hockey team and participate in different competitions. The takeaway from this semester is valuable, I broadened my horizons and became a better person. I will always be thankful to HKU School of Nursing for offering such an opportunity to us.





Swansea University, UK

Miss Jackie Mok Tsz-kei

Year 3 Bachelor of Nursing (Full-time) student



It was an immensely rewarding experience to participate in the exchange programme at Swansea University in the United Kingdom organized by HKUWW. One interesting course that I took was on eating behaviour research, in which I learnt more about the different factors that influence one's pattern of eating. I was impressed by the active learning attitude of the students in the university, who were eager to discuss and raise questions on the topics we studied.

My interactions with the local students gave me a more comprehensive understanding of the different cultures in the United Kingdom. We also exchanged our thoughts on different issues and it was intriguing to know more about the perspective of the British locals, as I barely have opportunities to meet and chat with foreigners in Hong Kong.

Apart from exploring different places in the United Kingdom on the weekends, I also travelled to other countries in Europe and experienced the local cultures through visiting an array of scenic spots and trying authentic local food. This exchange programme greatly broadened my horizons and I believe that this could influence my nursing practice in the future.



Rutgers, The State University of New Jersey, USA

Miss Agatha Yeung Yat-laam

Year 3 Bachelor of Nursing (Full-time) student



I am just beyond grateful to have been able to go on this life-changing journey during the pandemic. I am especially thankful for all the assistance and care from HKU School of Nursing staff. I can't believe how much I have grown as a person and how many people and places I got to meet and see because of this exchange. I learnt to act and think like an American, enthusiastic, encouraging but unapologetic. As a rambler, I have found the nature here to be just stunning, even healing. I can't wait to share all I have seen when I am back.



Studying Nursing in Unprecedented Times



Miss Irene Ho Oi-ki
Year 5 Bachelor of Nursing
(Full-time) student



Since the start of the COVID-19 pandemic, our school lives have not been the same.

Over the past two years, school lectures switched completely from face-to-face to online. This was good news for some as it meant that we could all stay in the comfort of our own homes. Yet, as graduation

approached, I began to miss the times when I could meet with my friends on campus. Luckily, members of Generation Z like myself are capable of maximising the use of technology, and we managed to engage ourselves virtually to stay connected.

As for our clinical practicum, our experience was one that was

shadowed with uncertainty as we constantly faced unforeseen situations. Last-minute changes were no stranger to us, and they could be nerve-wracking, but we all understood that everyone was in the same boat and doing their best to optimise learning opportunities. We were unable to attend some of the venues so alternative modes were arranged. I really appreciate our tutors' hard work in finding interactive case studies online, as well as arranging simulation labs which really motivated me to learn and to actively think and reflect throughout the process.

When the fifth wave struck, manpower shortages in public hospitals intensified. Our School participated in the setting up of the Choi Wing Road Community Isolation Facility (CIF). As I took in the daily heartbreaking news of the underprivileged victims during that

Filling the in Healthcare for Ethnic

time, I didn't hesitate to join the programme and help out. We were on 10-hour shifts each day with full personal protective equipment (PPE). At times it certainly got exhausting, but the smiles on the faces of elderly patients made it all worthwhile. Apart from being able to help others, attending shifts allowed me to connect with my classmates despite the social restrictions at that time. I was eager to learn with my peers under the guidance of our tutors and the experience was immensely helpful in my journey to becoming a Registered Nurse. I am really grateful to have been part of the team.

The fight against COVID-19 has been long and tough, but it was also a valuable lesson. The changes and challenges I encountered have opened up new opportunities and adventures for me. What I have learned has also given me the faith that better days will come, and I hope that you can find your own positive note in this difficult time as well.



I will enter my final year of nursing studies in September and I cannot believe time has flown this fast. It seems like just yesterday when studying HKU nursing was all I could dream of. During my secondary school years, I remember biology being my favourite subject. My teacher would explain about the cardiovascular and respiratory systems, and I would be completely mesmerised by it and intrigued about how the different body systems function in harmony. My other fondest memories from high school included my bringing relatives to hospitals whenever anyone got sick, all thanks to my ability to speak Cantonese, which helped me develop a liking for the hospital environment and medical professions. However, the defining moment that inspired me to pursue nursing was when I experienced first-hand the struggles of ethnic minorities.

I was in Form 5 when one night at 4am I heard my mom scream in pain from the bathroom. It was unclear what was causing the pain and I insisted we go to see the doctor to play safe; my parents however were very reluctant to do so and insisted that my mom just take a Panadol as they assumed it was simply a stomach ache. Despite my parents' reluctance, I called the ambulance and took my mom to the accident and emergency (A&E) department where we later learned that she was suffering from a medical condition causing massive internal bleeding inside her abdomen which necessitated immediate surgery. The doctor was kind enough to explain

Missing Piece

Minorities

the situation to me with the help of a drawing to facilitate decision making, as I was my mom's only companion. The surgery was done in time and the bleeding was controlled, and everything after was uneventful.

However, that incident was a major eye-opener for me in terms of the health risks we run as ethnic minorities living in Hong Kong. From reluctance to see the doctor to not being able to communicate with health professionals, I could see just how many things could have gone wrong that day; the consequence in my mom's case would quite literally have been "bleeding to death". Had I been not there, my mom would not have gone to the hospital and even if she did, she spoke no Cantonese and only a little bit of English, which was not sufficient to communicate her symptoms. At 4am, the possibility of finding an interpreter was also low, not to mention that time was everything given it was an emergency. This experience allowed me to reflect on the importance of having ethnic minorities working as medical staff; they can better equip the medical field for catering to this community by breaking down the many barriers, from language to culture, that hinders treatment. I also learnt about the importance of health education for the ethnic minority community in tackling issues like reluctance to seek medical help and, as I have learnt over the past years, even sharing dangerous medications, which is not uncommon either.

Therefore, I hope to work as an A&E nurse some day and it is my goal to make the healthcare system more accessible and better equipped to solve issues faced by the ethnic minority community in Hong Kong. I remember when I had to facilitate communication between medical staff and my aunt, who spoke no Cantonese or English. The way I managed to help them was by writing down a list of symptoms, in both English and Urdu next to each other, which the doctor periodically needed to assess her for. The doctor could simply read the English and point to that and my aunt could understand by reading

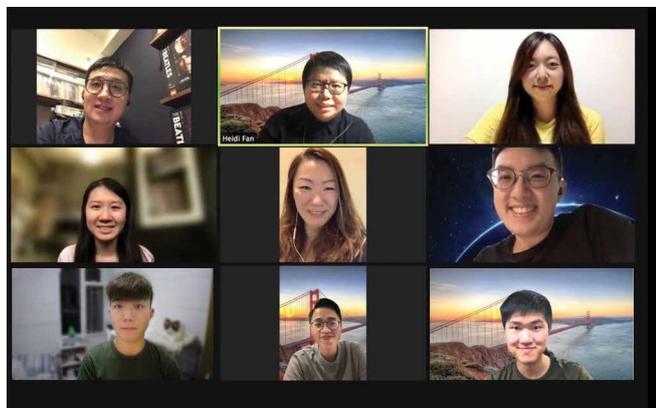
the Urdu word next to it. Urdu is the national language of Pakistan, so my rich language background allowed me to bridge the gap between the doctors and my aunt. In addition to bridging the language gap, I also aim to run health education and awareness programmes for ethnic minorities to tackle risky health behaviours stemming from lack of knowledge. Having had the experience of conducting health talks for medical students of another university and different health staff with the help of different organisations, I am confident that I am not so far away from my dream.

Miss Omme Kulsoom Akhtar

Year 4 Bachelor of Nursing
(Full-time) student



Greetings from HKUNAA



Executive Committee 2022-2023

The University of Hong Kong
Nursing Alumni Association

Warming greetings to you, our treasured alumni!

The University of Hong Kong Nursing Alumni Association (HKUNAA) held an online Annual General Meeting on March 10, 2022. An election of the Executive Committee was also held at the meeting and the newly elected Committee is listed in the table.

One of the core missions of the HKUNAA is to foster connections among School of Nursing, The University of Hong Kong and our members. Our extensive alumni network is a fundamental pillar of HKUNAA. No matter where you are or what you are doing, we endeavour to get connected and stay connected with you.

In the coming year, we are enthusiastically planning to organise different events to provide our members with networking opportunities. Please keep in touch by following us on Facebook (<https://www.facebook.com/hkunaa/>) and Instagram (@hkunaa2018) to learn the latest HKUNAA news and upcoming events. You may also update your contacts via <https://nursing.hku.hk/alumni/alumni-contact-update>



President	Mr Leon Cheung Ching-lun (BNurs 2012)
Vice-President	Dr Heidi Fan Sze-lok (BNurs 2014)
Honorary Treasurer	Mr Cheung Wing-chun (BNurs 2012)
Honorary Secretary	Mr Lau Wai-sing (BNurs 2021)
External Affairs Officer	Ms Hayley Leung Ying-ying (BNurs 2021)
Internal Affairs Officer	Ms Pak Hoi-lam (BNurs 2021)
Academic Convenor	Mr Chan Yat-wah (BNurs 2021)
Publication Convenor	Ms Joan Poon Chung-yan (BNurs 2012)
Alumni Engagement Welfare Officer	Mr Samson Man Chi-sum (BNurs 2021)



Coronary heart disease (CHD) is the third leading cause of death in Hong Kong. To reduce the morbidity and mortality rates of CHD, active lifestyle modification could help by mitigating risk factors such as hypertension, high lipid levels and high cholesterol. Recent advances in technology have enabled the development of mobile phone applications to help patients manage their conditions, including one developed by scholars in the School of Nursing.

Professor Doris Yu Sau-fung and Assistant Professor **Dr Polly Li Wai-chi** developed the mobile app “i-Care”, which was tested with CHD patients. The app provides a cardiac rehabilitation programme in which patients can obtain comprehensive CHD information and record and review data on their blood pressure, blood glucose levels and the amount of exercise at any time. The programme also has a platform for communicating with nurses to ask questions and to develop a personalised plan. It is hoped that the “i-Care” application can help CHD patients improve their self-health management.



(am730 – January 3, 2022)



Ming Pao Daily News interviewed **Dr Kelvin Wang Man-ping**, Associate Professor, for a feature story on the health risks of waterpipe smoking.

Dr Wang clarified that water cannot filter the hazardous materials in tobacco and waterpipe smoking is in fact addictive. The added chemicals and flavours make waterpipe smoking more hazardous and the level of carbon monoxide is three times higher than that in cigarettes for the same amount of nicotine. Studies have found that the smoke inhaled in one hour of waterpipe smoking is equivalent to 100 to 200 cigarettes. He further indicated that sharing waterpipes can transmit diseases. Furthermore, waterpipe cannot help one quit smoking.

Meanwhile, the School of Nursing has collaborated with the Tung Wah Group of Hospitals to launch Hong Kong’s first artificial intelligence chatbot “Dr Wise” on WhatsApp. The chatbot simulates a human response and provides information about smoking cessation. It can also be transferred to a real counsellor during office hours to answer questions, if necessary.

合辦機構: 東華三院 Tung Wah Group of Hospitals, 戒煙綜合服務中心, HKU Med LKS Faculty of Medicine School of Nursing 香港大學護理學院, 支持機構: 衛生署控煙酒辦公室 Tobacco and Alcohol Control Office Department of Health

24小時全天候專業戒煙支援

o 嚟同我 Dr. Wise 傾下啦

智快戒 Dr. Wise

「智快戒 Dr. Wise」是首個本港人工智能聊天機器人。全天候為您提供戒煙資訊，並可與專業輔導員即時聯絡，直接解答戒煙疑難。

i-Quit now

<https://wa.me/85223328977>



(Ming Pao Daily News, Health.mingpao.com – January 3, 2022)

Many people search for COVID-19 vaccine information online, however, the internet is loaded with false information. It is difficult to distinguish the facts from myths, which contributes to vaccine hesitancy.

Dr Kelvin Wang Ming-ping, Associate Professor, and **Dr Kevin Luk Tzu-tsun**, Research Assistant Professor, have developed the chatbot “Vac Chat, Fact Check” to provide science-based information and recommendations. Apart from providing information on vaccine efficacy and safety and vaccination booking methods, the chatbot also debunks vaccine-related rumours and myths. It also has a self-assessment tool to help users understand whether they are suitable for vaccination or not.



(am730 – January 10, 2022)



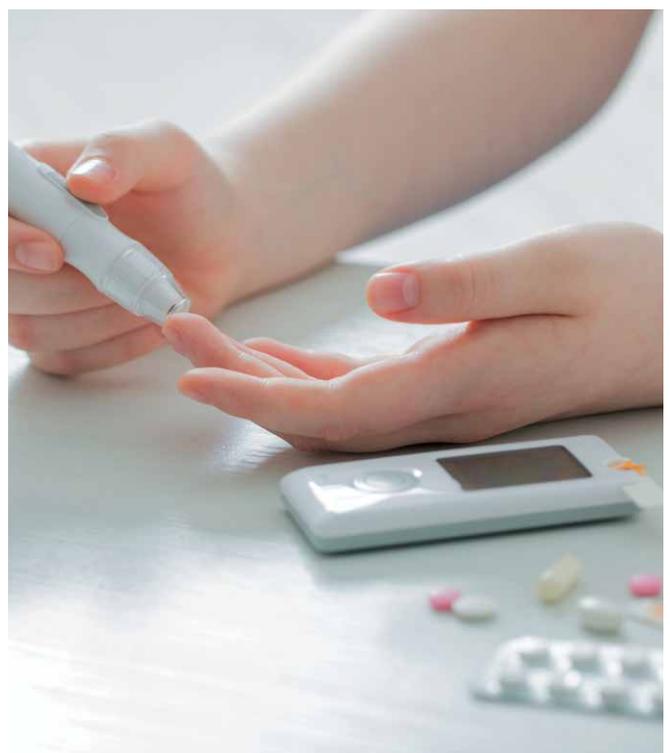
Many international studies have confirmed that pre-diabetes is a golden opportunity for preventing diabetes. According to the latest data from the International Diabetes Federation, over one million Hong Kong citizens have pre-diabetes. It is highly likely they could develop diabetes if left untreated, which would increase the risk of stroke and other complications.

Dr Mandy Ho Man, Assistant Professor, and her team conducted a 12-month randomised trial on people who are obese and pre-diabetic. Through lifestyle modification, nearly half of the participants successfully lost 5% or more of their body weight; and over 30% had their blood glucose levels return to normal. Among most of the participants with the “three highs” – high blood pressure, high cholesterol and high blood sugars, their blood pressure and cholesterol returned to normal.

Dr Ho’s research team is now launching a Digital Diabetes Prevention Programme and recruiting people aged 40 to 60 with pre-diabetes, for lifestyle modification and weight management through online courses and mobile application, with the aim of preventing or delaying the onset of diabetes.



(am730 – January 17, 2022)



In recent years, patients with Parkinson's disease have been encouraged to practice mindfulness yoga training to improve balance and concentration. A School of Nursing study earlier found that such practice could significantly improve the physical function, mood and resilience of these patients.

During COVID-19, however, many rehabilitation activities for patients have been suspended. As such, **Dr JoJo Kwok Yan-yan**, Assistant Professor, launched an online mindfulness yoga pilot programme for patients with Parkinson's disease, which has received positive feedback.

With the support of the General Research Fund, the School will hold a series of similar courses to collect sufficient data to confirm online mindfulness yoga can improve the physical and mental health of patients with Parkinson's disease.



(am730, January 24, 2022)



As the latest outbreak of COVID-19 gripped Hong Kong, HKUMed stepped up to ease the burden on the healthcare system. Starting in February 2022, our teachers and students were recruited to take care of elderly COVID-19 patients at the Choi Wing Road Temporary Care Centre.

The Choi Wing Road Temporary Care Centre, set up by the Social Welfare Department of the HKSAR Government at the Choi Wing Road Sports Centre, provided 150 beds for elderly patients from the Hospital Authority, who were waiting for admission or required care while recovering from COVID-19.

The teachers and students were responsible for clinical assessment and patient care at the centre. At a press briefing, our Year 5 nursing students expressed their dedication to help the overwhelmed healthcare system; to put knowledge into practice by taking care of patients in need; and to contribute to the effort to fight the pandemic.

Beginning from March 21, the service expanded to Kai Tak Cruise Terminal Community Isolation Facility, which provided 1,000 beds. Medical and nursing teachers and students from HKUMed also rendered their support at this centre to help look after 400 elderly patients.



(881903.com, dotdotnews.com, HK01, HKTKWW, Line Today Indonesia, Now News, Oriental Daily News, on.cc, RTHK Instant News, TOPick.hket.com, Wen Wei Po, Yahoo News – February 25, 2022; CRNTT.com, mingpaoCanada.com, news.mingpao.com, Now News, Oriental Daily News, Wen Wei Po – February 26, 2022; HKCD Instant News, Ming Pao Vancouver – March 20, 2022; Ming Pao.com, Kinliu.hk – March 21, 2022)



A TV programme “Anti-Epidemic News Express” (防疫速遞), broadcast on RTHK channel 32, interviewed HKU medical and nursing students, who participated at the Community Isolation Facilities.

Ms Irene Ho Oi-ki, a Bachelor of Nursing (Full-time) Year 5 student (see also page 29) shared her experience of providing nursing care for COVID-19 elderly patients at the Choi Wing Road Temporary Care Centre. Besides nursing services, she took care of the mental health of patients and their carers by showing empathy and helping to find ways for family members to connect and communicate. She felt honoured to provide nursing services to the public during the fifth wave of the pandemic and said this was a precious opportunity to boost her confidence in serving the community and overcoming challenges in her nursing career.



(RTHK – March 25, 2022)

At a press briefing organised by the School of Nursing, School of Public Health, Department of Medicine (Cardiology), and Department of Pharmacology and Pharmacy, the first Personalized Cardiovascular Disease Risk Assessment for Chinese (P-CARDIAC) was launched. This is the first artificial intelligence (AI) cardiovascular and cerebrovascular disease risk score specifically for Chinese, and the first in-depth prediction model of cardiovascular and cerebrovascular disease (CVD) risk in Hong Kong.

Dr Celine Chui Sze-ling, Assistant Professor of School of Nursing and School of Public Health, indicated that the CVD risk in the general public in Hong Kong can be more accurately predicted using P-CARDIAC. Interventional treatment can then be carried out to reduce the risk of premature death caused by CVD in Hong Kong by 25%.

At the press briefing, a mobile application for patients to manage CVD risk developed by Department of Medicine (Cardiology) was also launched.



(On.cc, *Headline Daily Online*, *Sky Post Online*, *Sing Tao Daily*, *Oriental Daily*, *am730* – April 01, 2022; *Metro Daily* – April 28, 2022; *www.dotdotnews.com* – May 10, 2022; *Ming Pao*, *Line Today Hong Kong* – May 16, 2022; *IMoney Issue 761* – May 21, 2022, *Sing Pao*, *TOPick.hket.com* – May 23, 2022)

P-CARDIAC KEY POINTS



- First CVD risk assessment using AI specifically for Chinese
- First deep learning model to predict risk of CVD in Hong Kong
- Based on one of the largest and most comprehensive electronic medical records databases in Asia
- Personalized prediction (including: Take into consideration of individual patient's conditions, may adjust over time as intervention takes place)
- Early identification of Hong Kong people's risk of CVD and interventional treatment
- Reflect objective score from the database, and implement a suitable treatment/solution

MOBILE APP KEY POINTS



- 1/ Identify the body condition anytime, anywhere**
Patients can track and understand their rehabilitation through mobile app
- 2/ Analyze the objective score via database**
HKU Department of Medicine (Cardiology) uses advance technology to merge and synchronize the data to predict CVD risk using TMI Risk Score for Secondary Prevention (TRS 2nd P)
- 3/ Increase patient's compliance toward rehabilitation**
Through close monitoring by using mobile app to help prevent recurrent CVD and stroke among patients with myocardial infarction
- 4/ Reduce the burden of public healthcare**
Lower the case of readmission and death, and the related expenses of healthcare

At the Breastfeeding Friendly Community Initiative Award Ceremony on May 30, corporates were presented with excellence awards for their substantial efforts in cultivating a breastfeeding-friendly culture. The 2nd Phase of the “BreastfeedingGPS” App was also launched at the ceremony.

The project leader **Dr Kris Lok Yuet-wan**, Assistant Professor of School of Nursing, pointed out that the App has been downloaded over 6,500 times and searched 58,000 times since its launch in September 2020. It once ranked no.3 on the Hong Kong App Store.

Promoting a friendly attitude towards breastfeeding in the community is also essential. The School has trained 1,392 staff in 107 public facilities to facilitate correct information on breastfeeding, as of May 2022. Nearly 90% of participants said they felt more confident in supporting breastfeeding mothers after the training, and about 60% said the programme could significantly increase their knowledge and supportive attitude towards breastfeeding.



(Yahoo News, Sky Post, TOPick, HK01, Ming Pao, On.cc Instant News, ODN – June 1, 2022;
HKSAR Government Press Release, HKET – June 2, 2022)



New Faces



Ms Kelly Chau Yuk-shuen
Assistant Lecturer

It is my pleasure to work as Assistant Lecturer in the School of Nursing at this renowned University. I graduated from the Chinese University of Hong Kong and further pursued my master's study at The University of Hong Kong. I was a specialty nurse in a Paediatric Intensive Care Unit and worked as an International Board Certified Lactation Consultant. Transiting from working as a frontline nurse to being an educator, I wish to share what I have experienced and learnt throughout the years with students. "Education is the most powerful weapon which you can use to change the world." I am truly convinced by this quote and I look forward to not only equipping students with knowledge but also engendering their passion for the nursing profession.

It is my great honour to join my alma mater as Assistant Lecturer, where I have completed both my Bachelor and Master of Nursing degrees. After graduation, I have worked in the Department of Neurosurgery and General Medicine. The experiences of being a mentor for student nurses and junior colleagues have nurtured my interest in being a nurse educator. It feels rewarding and satisfying to see mentees' growth. I look forward to sharing my experiences and my joy in being a nurse with the students, and to nurturing them to become competent nurses.



Ms Leanna Wong Yik-tung
Assistant Lecturer

News

Save the Date for Flagship Event

It gives us great pleasure to announce that the **12th Hong Kong International Nursing Forum cum 1st Asia-Pacific Qualitative Health Research Network (AQUHN) Conference** will be held online from November 30 to December 2, 2022 (09:00 – 13:00 HKT).

This year, the theme of the Forum is "**A New Page for Nursing**". The pandemic has sparked innovations in the nursing profession, and at the same time, may have impeded some crucial developments. This Forum serves as a global platform for us to revisit the adoption of innovative technology in healthcare and education, reappraise humanity and ethics issues, and address the challenges of climate change pertaining to health. It is an opportune time for us to consolidate these innovative concepts and valuable experiences in the pursuit of professional practice without boundaries. We aim to bring together international and local stakeholders to share their insights on the latest developments in the nursing profession.

In parallel, the inaugural AQUHN conference marks the establishment of the Network with the aim to foster the rigorous development and application of qualitative and mixed-method designs for health research in the Asia-Pacific region and beyond.

Please stay tuned for more updates!

Promotions

Congratulations to **Mr Benney Wong Yiu-cheong**, whose invaluable contributions to the School were signified by the offer of a position as Lecturer with effect from May 1, 2022.



Awards



Congratulations to **Dr Benjamin Ho Mu-hsing**, Research Assistant Professor, for being awarded "The Outstanding Young Scholar Award" by Lambda Beta-at-Large Chapter, Sigma Theta Tau International Honor Society of Nursing on January 31, 2022.



Congratulations to **Dr Patsy Chau Pui-hing** for being awarded the 15 Year Long Service Award for her dedication, commitment and loyalty to the HKU.



Congratulations to **Ms Annie Hau-yee** for being awarded the 25 Year Long Service Award for her dedication, commitment and loyalty to the HKU.

Congratulations

Research Grants Awards

Funding Body	Principal Investigator	Project Name
General Research Fund (GRF)	Dr Edmond Choi Pui-hang	Understand technology-facilitated sexual abuse among men who have sex with men: A mixed method study
General Research Fund (GRF)	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 (GRF)	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 (ECS)	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 (ECS)	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 (ECS)	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 (ECS)	Dr Jay Lee Jung-jae	Instant message-delivered brief internet-based cognitive behavioural therapy (iCBT) for post-stroke depression: A mixed method study
Teaching Development Grants (TDG)	Dr Cecilia Kong Hoi-mei	Effectiveness of an adaptive learning system in smart environment for nursing students in tracheostomy emergency care management during the COVID-19 pandemic
Health and Medical Research Fund (HMRF)	Dr Patsy Chau Pui-hing	Online group-based dual-task training to improve cognitive function of community-dwelling older adults: A feasibility study
Health and Medical Research Fund (HMRF)	Dr Denise Cheung Shuk-ting	Development of a mobile chat-based exercise counselling intervention (ChatEx) for increasing and maintaining exercise behaviour in older cancer survivors
Health and Medical Research Fund (HMRF)	Dr Edmond Choi Pui-hang	Psychometric evaluation of the ICIQ-Nocturia quality of life instrument in primary care patients

Health and Medical Research Fund (HMRF)

Dr Jay Lee Jung-jae

Instant message-delivered early psychological intervention in stroke family caregivers: A mixed-method study

Health and Medical Research Fund (HMRF)

Professor Chia-Chin Lin

Implementing a nurse-led advance care planning (ACP) intervention to improve ACP uptake in residential care homes: An implementation science and pragmatic cluster randomized controlled trial

Health and Medical Research Fund (HMRF)

Dr Kevin Luk Tzu-tsun

Effectiveness of mobile chat messaging for preventing relapse in smokers who have recently quit smoking: A randomised controlled trial

Health and Medical Research Fund (HMRF)

Professor Doris Yu Sau-fung

The effects and cost-effectiveness of a dyadic empowerment-based heart failure management program (De-HF) on self-care, HRQL and hospital readmission: A randomized controlled trial





**HKU
Med**

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

