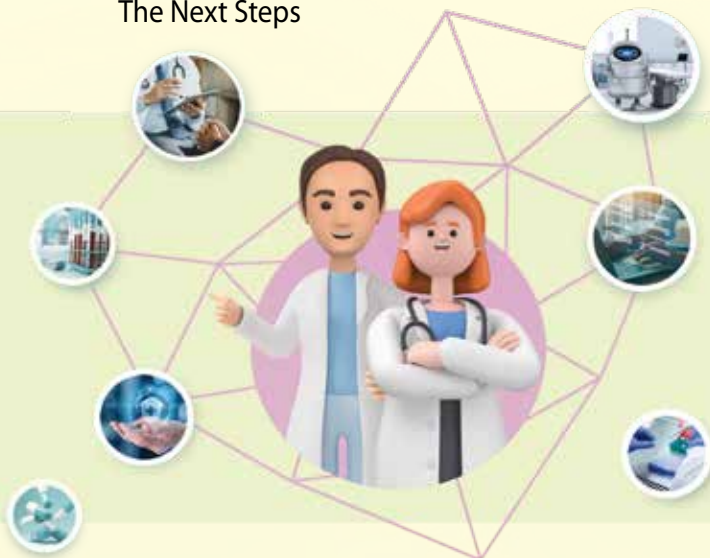


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The Next Steps



I have reflected on all we have achieved over the past years and the lessons we have learned and now it is timely to think about the way forward: to consider how we will continue to prepare our students in ways that will enhance the health and wellbeing of the community; how we will investigate the phenomena of nursing and health care to capture the complexity and richness of the human experience of illness and suffering; and how we can mobilise advanced technologies responsibly and ethically. Our focus on teaching our students the principles and practices of primary health care and our emphasis on

primary health care research have the aims of enhancing disease prevention, health promotion and illness recovery. Both teaching and research will be strengthened by our emerging emphasis on qualitative research which aims to give voice to the recipients of health care services and by our considered use of advanced technologies.

Primary healthcare

Hong Kong has been reforming the health care system with a greater emphasis on primary health care since

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



2008 and each year since then progress has been made in achieving sustainable development of these services. We now have co-ordinated community-based care provided by family doctors, community nursing services, nursing and allied health clinics, and a risk factor assessment and management programme. Our education programmes ensure students have a sound grasp of the principles and practices of primary care. We are undertaking research and engagement projects around primary care. But there is still much to be achieved in community education and research and we are delighted that **Professor Sophia Chan Siu-chee** has returned from her leadership role in Government to head up our primary health care initiatives.

Qualitative research

We have established the Asia-Pacific Qualitative Health Research Network (AQUHN) which is chaired by **Dr Jay Lee Jung-jae** and aims to foster rigorous development and application of qualitative and mixed methods designs for health research in the Asia-Pacific region and beyond. We believe that it is increasingly important for researchers to open their minds to understanding why people think, feel and behave in the ways that they do, so that health care interventions can be designed more appropriately. An important aspect of qualitative approaches is that of consumer involvement in all phases of the research process. This is a relatively new idea in Asia-Pacific health research and we recognise how important it will be to work closely with local communities to engage in collaborative learning and collaborative investigation of issues that matter to them. I can envisage the AQUHN network developing community-based research projects that seek to address these concerns.

Advanced technologies

The School of Nursing has been at the forefront of artificial intelligence (AI) nursing innovations especially during the COVID-19 pandemic. We have developed initiatives in high-fidelity simulation teaching, immersive virtual reality, and use of robots to enable students to practice and improve their clinical reasoning and problem-solving skills. Our researchers have developed and evaluated several self-contained software packages to perform specific health promotion and disease management tasks on mobile or desktop devices.



It is evident that AI has many advantages for Nursing in clinical practice, nursing education and research. It is also proving invaluable for nursing managers in, for example, staff allocation, staff rostering and allocation of resources. Digital technology has many social and economic benefits, including increased access to education, more efficient communication, ease of networking, faster dissemination of news and ease of information storage. Nursing has benefitted enormously from these advances and innovative roles are emerging. A think tank on nursing and artificial intelligence (Ronquillo et al. 2022) noted that "AI technologies have the potential to propel nursing capabilities and enable nurses to provide more evidence-

to resist moves to use their images at minimal cost. In the education context some students are using Chatbot to produce assignments and universities are returning to traditional methods of assessment of pen and paper due to students being caught using AI. In our everyday lives, we are witnessing massive breaches of data security among some companies so that customers' personal data is being manipulated and appearing on the dark web.

The biggest risks of AI have been identified by Bernard Marr in the lack of transparency in deep learning models, bias and discrimination, privacy concerns, ethical dilemmas, security risks, concentration of power by governments and

As we face the challenges of the future, I believe our focus on primary health and community-based qualitative research and our awareness of the dangers surrounding AI development will serve us well. We cannot forget the fundamental importance of the basic principles of nursing: the provision of ethically based comfort and knowledgeable care through human touch, human voice and wise use of technology.

based and personalised care to their patients". However, they point out, unintended consequences of AI can perpetuate health inequalities and result in depersonalised robotic care.

Clearly, there are complex issues confronting us with the digital revolution. The digital age presents scenarios we have thought of as only occurring in science fiction. Will machines replace humans? How many human jobs will be replaced by computers as more and more tasks become automated? Hollywood writers are on strike as they fear AI will replace them by churning out scripts which will make them redundant. Actors too have joined the strike

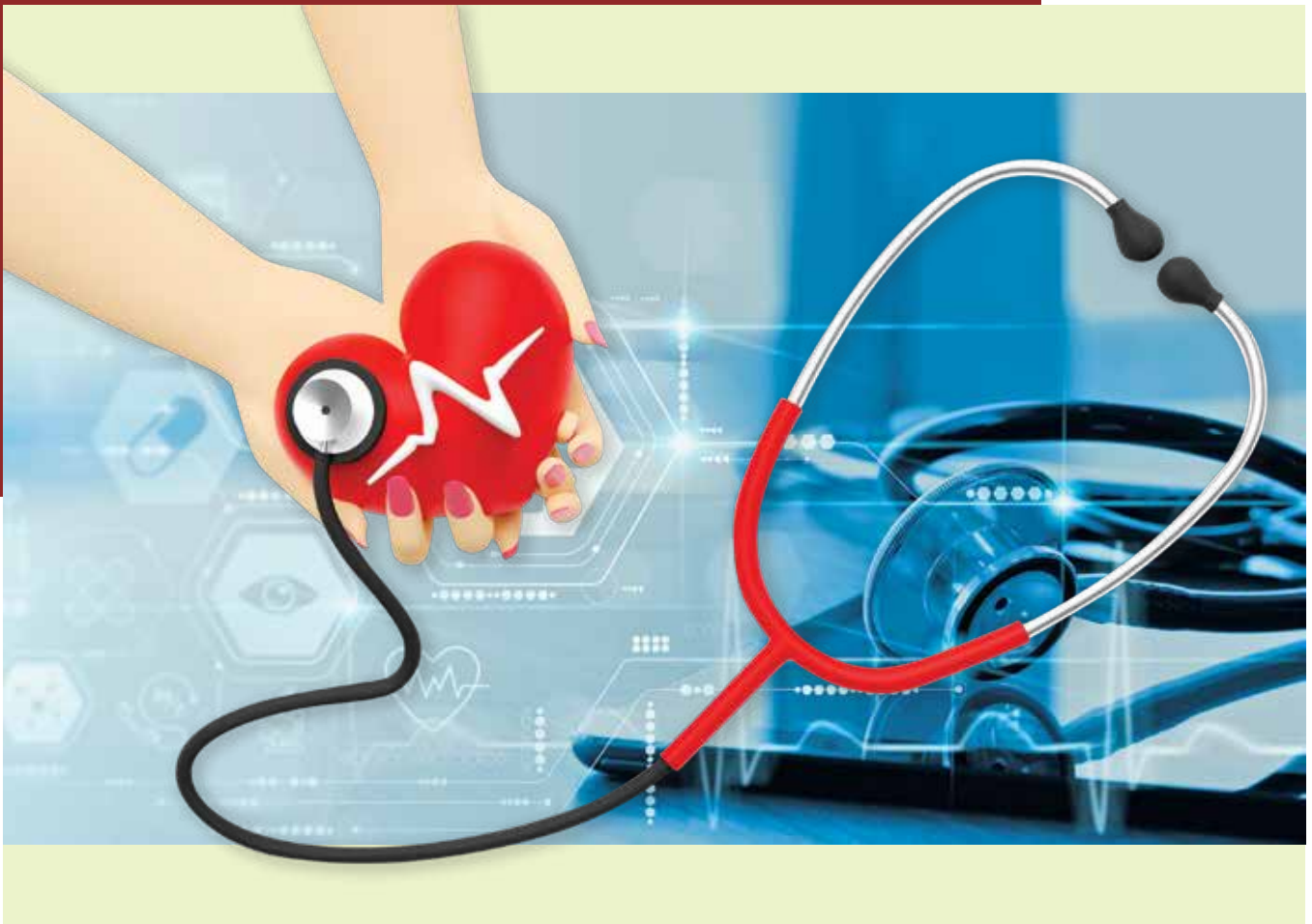
large corporations, dependence on AI with loss of human cognitive abilities, job displacement, economic inequality, legal and regulatory challenges, an AI arms race, loss of human connection, misinformation and manipulation, unintended consequences and existential threats.

Influential artificial intelligence scientists are warning about the dangers of AI with several calling for a moratorium on AI development. They point out that it is developing far too quickly. Geoffrey Hinton, one of the godfathers of AI has warned that AI Chatbots could soon be more intelligent than humans. He and others warn that machines might become so intelligent, they could take over, leading

to the extinction of humanity. There is an urgent need to regulate AI and governments around the world are currently struggling with ideas about how to manage this. It has been pointed out that AI regulation needs to be a global undertaking and that consensus needs to be built internationally. This is a major concern for us all and we need to slow down on our AI innovations until there is more clarity about the regulation of its use.

As we face the challenges of the future, I believe our focus on primary health and community-based qualitative research and our awareness of the dangers surrounding AI development will serve us well. We cannot forget the

fundamental importance of the basic principles of nursing: the provision of ethically based comfort and knowledgeable care through human touch, human voice and wise use of technology. We understand the profound significance of the empathy and compassion we demonstrate when we find ourselves witness to the suffering and anguish of patients and their families. These vital aspects of professional nursing care have been a continuing thread as Nursing has adapted to major social and technological changes and will, I believe, give us the moral compass we need to direct our activities into the future.



New Network Promotes Qualitative Health Research

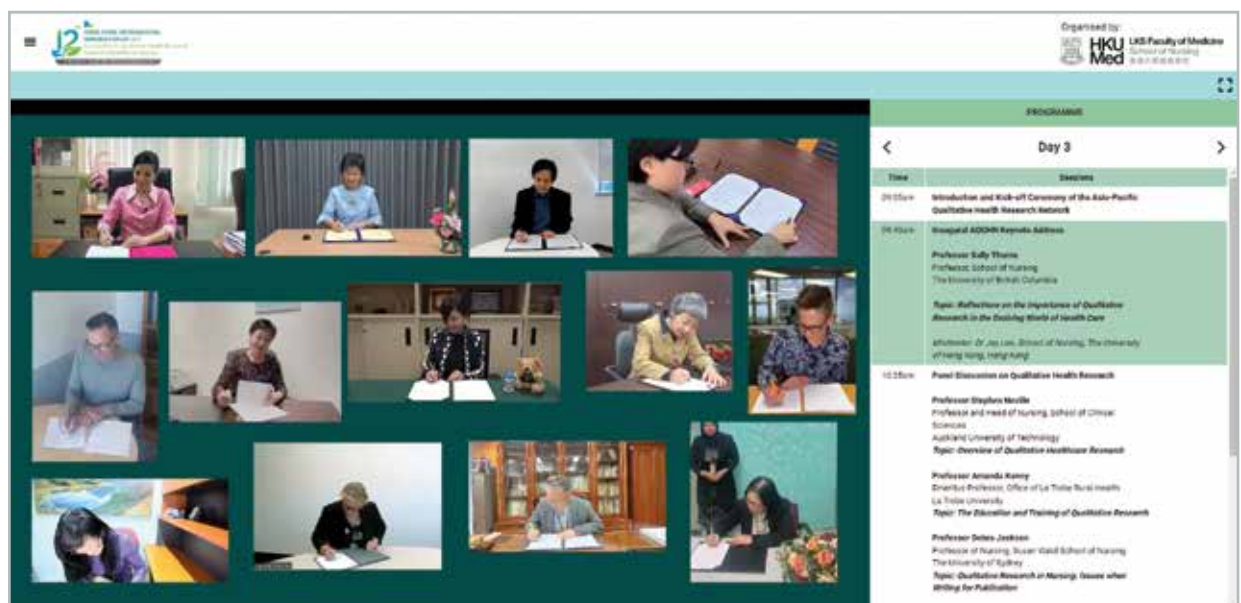
Much has been said about the merits of big data and quantitative research, but this is not the only path to gleaning valuable knowledge. In fact, qualitative research offers a rich opportunity to explore the 'why' and 'how' questions of social phenomena using a naturalistic, interpretative approach. To promote qualitative research, HKU School of Nursing has taken the lead to establish the first Asian-Pacific Qualitative Health Research Network (AQUHN).

Launched in December 2022, AQUHN connects qualitative health researchers in Asia-Pacific, but is also open to scholars beyond the region. It has two primary goals: 1) enhance understanding and knowledge of qualitative research; and 2) facilitate the rigorous development of qualitative research design among academics, clinicians and students who have an interest in healthcare research in the region.

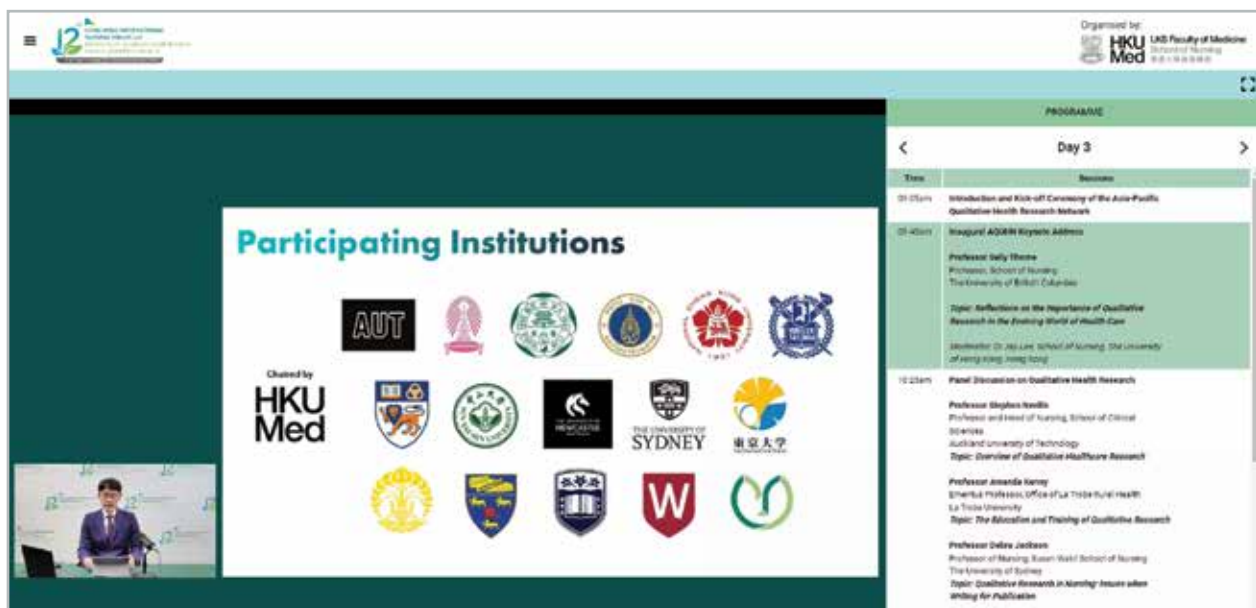
The timing is important given the drive for more and more qualitative research being seen not only in the region and around the world. But just what distinguishes qualitative from quantitative research?

Quantitative research is founded on the positivist paradigm and seeks to identify objective reality, while qualitative research focuses on contextualised reality as it is perceived and expressed through an individual's narrative and behaviour (i.e., subjectivity in reality). Qualitative researchers commonly use individual interviews, focus group interviews and observations to collect data and understand participants' perceptions and interpretations of issues and phenomena that are socio-culturally shaped.

To promote qualitative research, HKU School of Nursing has taken the lead to establish the first Asian-Pacific Qualitative Health Research Network (AQUHN).



Dr Jay Lee Jung-jae (Left) | Assistant Professor
 Dr Hye-ri Choi (Right) | Postdoctoral Fellow



For healthcare professionals, this approach is especially useful because it can offer insights on healthcare practice and knowledge on the ground. In fact, there are inherent similarities between qualitative research and healthcare practice, including the emphasis on a person-centred approach, the examination of both individual and holistic perspectives, consideration of contextual factors, acknowledgement of individual variations, and the facilitation of meaningful human interactions.

Qualitative research has been on the rise in healthcare disciplines, despite initial criticisms from the positivist-dominated research landscape. However, there remain concerns about the rigour of the methods. One of the problems is the insufficient provision of qualitative research education and training for students, which can have later knock-on effects on research quality.

It is in light of these concerns that the AQUHN has been formed. HKU School of Nursing will host a series of training workshops for members and aim to instil best practices

HKU School of Nursing will host a series of training workshops for members and aim to instil best practices for teachers and trainers.

for teachers and trainers. As of June 2023, 17 universities from 11 Asia-Pacific countries and territories had signed up to our network, acknowledging the importance of this initiative. We look forward to expanding and elevating the AQUHN to benefit healthcare research across the region.

Using Chatbot to Enhance Students' Learning in Clinical Assessment Interviews

Nursing is a vast topic, covering a huge range of information. Simply trying to memorise the essential information is a challenging task for any aspiring nurse. This has motivated me to search out new opportunities for students to consolidate what they learn because practice not only makes perfect, it helps to commit knowledge to memory.

My teaching motto is “making attractive classes” and it has driven my interest in pedagogy innovation. In recent years, I have used advanced learning technologies in class, such as audience engagement platforms, gaming, simulation and more recently, a chatbot and semi-humanoid robot.



We introduced the robot-chatbot in the clinical assessment interview and found that it supplemented existing learning modalities and enhanced students' self-efficacy by prompting their clinical reasoning using a fun and engaging pedagogy.

The idea of using a chatbot and robot originated after I observed a nursing laboratory in which nursing students practiced focused interviews. They formed in groups of two, with one of them presenting as the patient and the other acting as the nurse who collected patient information. Unfortunately, this drama-based learning method was less engaging than expected because the students were dealing with classmates they already knew, they had scripts, and they knew the answers. As a result, their communication skills for dealing with real patients were not given a chance to effectively develop.

To address that shortfall, I set out to develop simulated patients using conversation-oriented chatbots and incorporate them in semi-humanoid robots, with support from the HKU School of Nursing and an HKU Teaching Development Grant. The robots are equipped with a camera and facial recognition functions that allow them to have eye contact with users. They are also able to generate appropriate gestures during interactions to simulate patients. With a built-in database, the robot-chatbot can give instantaneous feedback and thus enhance social learning, improve engagement and facilitate students' self-directed learning.

Dr Cecilia Sit Tin-yan | Senior Lecturer



We introduced the robot-chatbot in the clinical assessment interview and found that it supplemented existing learning modalities and enhanced students' self-efficacy by prompting their clinical reasoning using a fun and engaging pedagogy. Results from a student focus group found both positive and negative feedback towards this learning model. On the one hand, students did indeed find the robot-chatbot to be a fun and innovative pedagogical tool. They reported having a sense of communicating with a 'real' patient in terms of the content provided by the chatbot and they found this to be meaningful. Nevertheless, there are limitations, students also commented on the technical issues encountered due to WIFI crashes, downtime, and incoherent responses from the chatbot when it was unable to recognise the voice input. Furthermore, they felt the tone of the robot was quite computer-like, posing a limitation because they were unable to understand the robot's emotional intent.

Technology creates possibilities for providing meaningful learning in class, making the class learning fun, fostering engagement and motivation, and developing students' abilities in scaffolding for knowledge reconstruction. The feedback on the robot-chatbot was all worthy of further exploration and consideration, as the School seeks to identify new ways to enhance our students' learning.



Former Health Secretary

Elevates Primary Health



▲▶ The Inaugural Seminar Series “Nursing Leadership in Fighting COVID-19 and Beyond” organised by The University of Hong Kong Primary Health Care Academy.

When **Professor Sophia Chan Siu-chee** was appointed Secretary for Food and Health in 2017, one of the first policy missions was to tackle the shortfall in primary health care in Hong Kong.

The Hong Kong government traditionally invested heavily in the public secondary and tertiary care system although primary health care initiatives had improved somewhat since the Government Report of the Working Party on Primary Health Care: “Health for All - The Way Ahead” published in 1990. The Government only provides about 30 per cent of expenditure on primary care, versus 90 per cent of hospital expenditure. In addition, the challenges of an ageing population and increased prevalence of chronic diseases had put heavy burden on public hospitals especially when a comprehensive primary health care system acting as a gatekeeper is lacking.

“The emphasis on secondary and tertiary care created a situation whereby people used those sectors as their first point of contact in the healthcare system. Even for minor problems, they went to A&E departments or specialist clinics because they didn’t have a family doctor,” she said. “As a result, there were very long waiting times. The system was not sustainable.”

But during her five-year tenure and with support from the Chief Executive, Professor Chan put in motion comprehensive reforms to create a primary health care system including setting up a Steering Committee on Primary Health Care (PHC) Development; the establishment of District Health Centres / Districts Health Centre Expresses in all 18 districts; and the completion of a draft Blueprint for future PHC development, aiming to strengthen the existing PHC services through the various policy tools to chart the way forward.

And now, returning to HKU where previously she served as Head of the School of Nursing, and Assistant Dean of the Faculty of Medicine, Professor Chan is continuing her mission to promote the reform of Hong Kong’s health care system through advancing science and nurturing the next generation of health care professionals in PHC, in support of this new PHC development.

For the University, the priorities are always education and research. On education and capacity building, she sees the School of Nursing playing a unique role because it prepares competent nurses of all levels from undergraduate to PhD, and nurses are the backbone of the health care system. In addition to training nurses to provide competent clinical

Professor Sophia Chan Siu-chee | Director, HKU Primary Health Care Academy
Senior Advisor to the President's Office



Care Focus at HKU

care in hospitals, she said nurses now also need to possess appropriate skills in health coaching and prevention, so as to provide care for people in the community. For instance, helping those who are healthy to enhance their health status and have a good quality of life; assessing those at risk and to modify their health behaviours and to seek medical care as indicated; and preparing patients that are discharged from hospitals to manage their health condition in the community so as to prevent unnecessary hospital re-admission.

and more involvement by nurses in communicating health information to the public and advocating on preventing the modifiable risk factors of chronic diseases such as smoking and alcohol drinking, which are normally influenced and dominated by commercial interests, would be critical. "My experience in government is that nurses are normally hard-working but keeping a low profile and quiet. But their professional voices and advocacy are crucial, being the largest group of health care professionals in Hong Kong. Now that I'm back at HKU, I would do my best to help nurses understand more about health policy and be policy advocates," she said.

Professor Chan has also stepped into the bigger picture by forming the **HKU Primary Health Care Academy**, supported by the HKU Foundation's Azalea (1972) Endowment Fund. This platform is open to all health care disciplines and aims to advance the sustainable development of primary health care in Hong Kong and beyond, and address the challenges brought by an ageing population and increased prevalence of chronic disease. It is organised around four pillars – research, education and capacity building, the development of evidence-based services and models of care, and policy advocacy locally, nationally, and internationally.

"At the end of the day, we are trying to facilitate the government's development of this new journey in primary health care in Hong Kong and improve the overall health and quality of life of the public," she said.

On research and advancing science, Professor Chan wants to see more research in developing and testing effective interventions and models in primary care as well as systematic health surveillance and big data analytics. Furthermore, health communication is crucial in knowledge dissemination

At the end of the day, we are trying to facilitate the government's development of this new journey in primary health care in Hong Kong and improve the overall health and quality of life of the public.



The 5th International Conference on Prevention and Management of Chronic Conditions: Nursing Innovation in the Next Era



The School co-organised the 5th International Conference on Prevention and Management of Chronic Conditions: Nursing Innovation in the Next Era (PMCC 2023), held in Bangkok on February 15 – 17 with Mahidol University as the host organisation. **Professor Chia-Chin Lin**, Director and Alice Ho Miu Ling Nethersole Charity Foundation Professor in Nursing, was one of the speakers on the panel.

Scholars shared their knowledge and insights on the application of nursing innovation and technology for chronic illness, covering such timely topics as changing healthcare delivery and policy, precision health and self-management, and the future of nursing from academic and clinical perspectives.



The 26th East Asian Forum of Nursing Scholars

Members of the School participated in the 26th East Asian Forum of Nursing Scholars (EAFONS) hosted by The University of Tokyo on March 10 and 11, 2023.

This year's theme was "Doctoral Nursing Education's Response to the Unprecedented Time: Toward Sustainable Well-being".

Professor Chia-Chin Lin, Director of the School, talked on "Dreams of Nursing Scholars in Early Career" and was the moderator of various award candidates' oral presentations. **Professor Kelvin Wang Man-ping** also spoke at a symposium on "Community-based Participatory Research from Needs Map to Policy" and Assistant Professor **Dr Jay Lee Jung-jae** at a symposium on "Exploring Qualitative Approaches in Nursing Research".

The HKU School of Nursing will host EAFONS 2024, which Professor Lin announced at the closing ceremony of this year's event, alongside an introduction video to the next event.



EAFONS was founded in 1997 by seven member countries including Hong Kong, the Philippines, Singapore, South Korea, Taiwan, Thailand, and Japan. The HKU School of Nursing is also an Executive Member of EAFONS.



Student Wellness Workshops

Full-time Bachelor of Nursing students were given wellness workshops that sought to relieve stress, ignite a heart of care and cultivate positive thinking. A Horticulture Workshop was held on January 18 under the guidance of a trainer from the Nethersole Institute of Continuing Holistic Health Education (NICHE), in which students were encouraged to touch plants and tap into the positive physical, mental, social and cognitive benefits of gardening. Meanwhile, the Mosaic Art Workshop was held on March 17 where students were guided to slow down and explore their creative side as they designed exclusive personal candle holders.



Career Talk by Hospital Authority



Representatives from the Hospital Authority (HA) visited the School on January 11 to talk to our students and provide detailed information to them about the HA healthcare system and the future roles of Registered Nurses in the HA. The delegation included **Mr David Mak**, Head of Human Resources, **Mr Peter Leung**, Deputizing Senior Manager (Staffing & Grade Management) and **Ms Eva Lai**, Manager (Nursing) / Senior Nursing Officer. The talk was informative and received positive feedback from the students.



Clinical Specialties Sharing Session by Hong Kong West Cluster

Our School was delighted to welcome a delegation from Hong Kong West Cluster (HKWC) to share their experiences and perspectives with our BNurs final-year students on January 13 and January 20. The delegation included **Ms Jane Chan Lai-hung**, Cluster General Manager (Nursing) of HKWC, and a number of high-profile nursing professionals from HKWC's clinical specialties. The sessions helped to prepare students for their transition towards



becoming registered nurses in clinical settings, and provided them with a better picture of the various clinical specialties in HKWC. Students were also given interview tips. These sessions were well-received by our students as they not only offered them a chance to learn more about HKWC hospitals, but also to reflect on their career aspirations.



Career Talks by Gleneagles Hospital Hong Kong, the Correctional Services Department and the School of Midwifery

Representatives from Gleneagles Hospital Hong Kong and the Correctional Services Department of the HKSAR Government delivered a career talk to BNurs students on February 15. The talk offered a brief introduction and career prospects at both organisations.



Meanwhile, Year 5 students welcomed **Ms Janet Ma**, Deputy School Principal and Advanced Practice Nurse of the School of Midwifery, and her colleagues on March 3, when they outlined what to expect at the School of Midwifery, including a clinical practicum in midwifery. Both events were well received by our students.



Secondary School Leaders Pay a Visit



The School welcomed principals, career teachers and representatives from Hong Kong secondary schools on March 25 to learn more about our School and BNurs programme. This was the first Principal Visit organised by the School since our new campus was inaugurated last summer. Following a programme introduction, the visitors were given a guided tour showcasing our ample teaching space and state-of-the-art facilities. Nursing students demonstrated the technologically advanced simulation facilities that replicate real-world situations. Finally, teachers and students talked about school life and answered questions from guests. The visit was well-received by attending guests, who said they would share the latest updates from our School with their teachers and students.



JUPAS Information Week 2023



The School welcomed secondary school students to learn more about our programmes at a session held May 22, during the University's JUPAS Information Week. Participants were invited to join lab activities such as a simulation demonstration, wound dressing, intravenous injection and more, so they could experience being a nursing student. **Dr Denise Shuk-ting Cheung**, Assistant Professor, gave an admissions talk and provided an overview of the nursing curriculum and career prospects. In addition, a Year 4 nursing student, **Nicholas Choi**, talked about his wonderful school life at the School, including the nursing practicum, hall life and extracurricular activities. Participants also attended a programme consultation that was conducted by our teachers and student ambassadors. Participants were free to ask questions. Participants reported that they found this interactive face-to-face event a fruitful one for them to learn more about our curriculum and reinforce their interest in nursing.



Student Taster Session 2023 at HKU School of Nursing



More than 120 secondary school students were welcomed to the School on April 15, where Senior Lecturer, **Ms Claudia Chan Kor-ye**, introduced our BNurs programme and alumni shared their experiences. The participants were assigned to one of two sessions – morning or afternoon – which started off with an information session about what to expect both in our programme and admission requirements. They were then taken to our laboratories for activities, including games; shown the simulators; and given a chance to try out practical skills. Afterwards, our students shared their school life experiences and answered

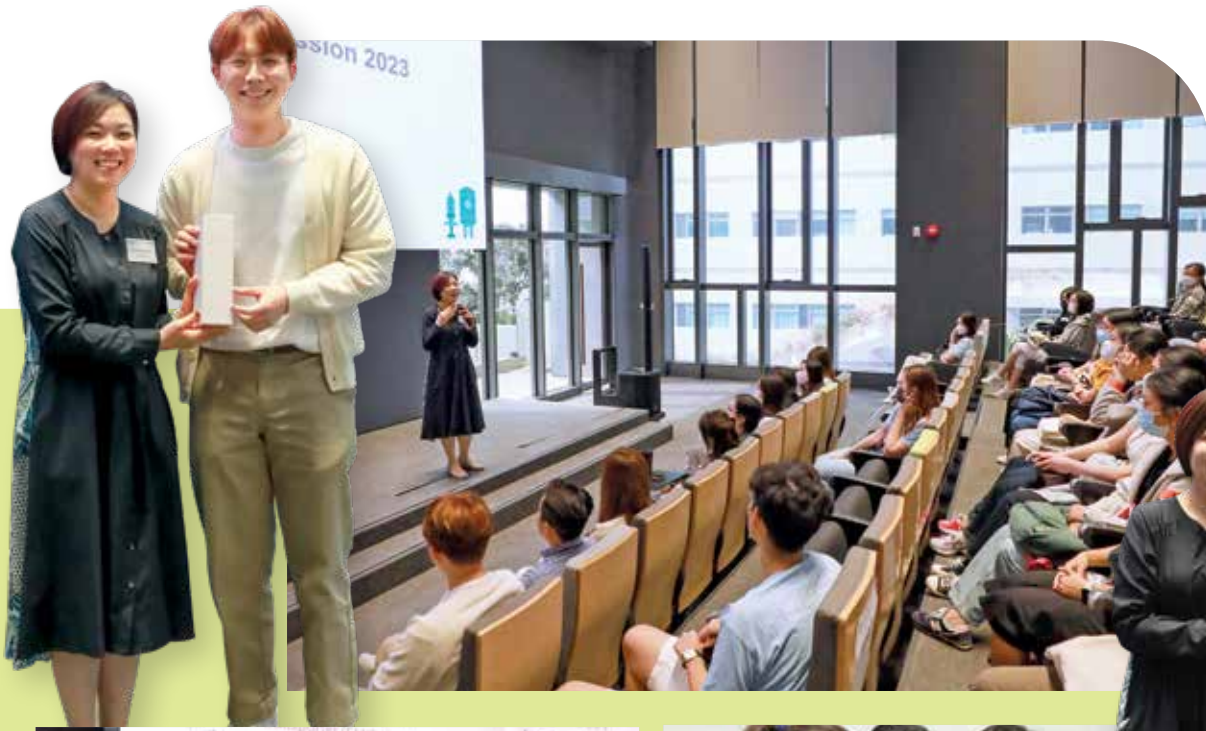
questions from the participants. The event ended with a mini-lecture by Lecturer, **Dr Joanna Ko Hiu-ki**, to let participants experience being students in the School and show the connection between practice and theory. The event received positive feedback, with participants reporting that they found the session informative and enjoyed visiting our campus.



Developmental Retreat for Lecturers



To further strengthen the School's cohesion and foster a greater sense of belonging, a retreat was organised for our lecturers on May 29. Team-building activities, brainstorming and sharing exposed colleagues to new and innovative ideas and techniques for teaching and learning and enhancing professional nursing education. This fruitful day consolidated team spirit and energised and motivated participants.



International Nurses Day Celebration



May 12th is International Nurses Day and celebrated worldwide in honour of Florence Nightingale's birth. This year's theme, "Our Nurses. Our Future.", was announced by the International Council of Nurses and embraced by Queen Mary Hospital, Hong Kong West Cluster and the School of Nursing, who joined forces to mark this important day with an event attended by more than 350 in-person and online participants.



cum Seminar



The International Nurses Day Celebration *cum* Seminar that they organised provided a platform for participants to revisit the challenges faced by the nursing profession and look ahead to future opportunities. A light-up ceremony led by **Dr Theresa Li Mun-pik**, Cluster Chief Executive, **Ms Jane Chan Lai-hung**, Cluster General Manager (Nursing) of Hong Kong West Cluster, **Professor Chia-Chin Lin**, Director of the School of Nursing, and **Professor Sophia Chan Siu-chee**, Senior Advisor to President's Office. Professor Chan was also the keynote speaker and she spoke on "Reflections of Florence Nightingale's Legacy:

Nurses' Contributions During and Beyond the Pandemic." **Ms Wong**

Shuk-ching, Senior Nursing Officer (ICT) from Hong Kong West Cluster, also gave a talk on "Emerging Infectious Diseases Pose a Great Challenge to Our Healthcare System".



11th Serena Yang Lecture



The School was delighted to welcome **Professor Hugh McKenna**, Professor of Nursing at the School of Nursing at Ulster University, to be the distinguished speaker at the 11th Serena Yang Lecture on June 1.

Professor McKenna spoke on “The Pursuit of Excellence in Research Within Nursing: Challenges and Opportunities in the Next Decade”. He called for more interdisciplinary research, co-design & co-production, emphasising prevention rather than concentrating solely on cure, sophistication in the use of information technology, as well as the involvement of nursing in planetary health. This insightful presentation was well-received by the participants.



RAE Workshops and RPG Reception



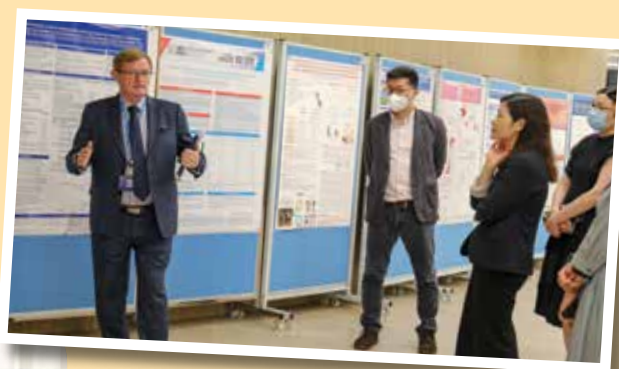
Apart from delivering the Serena Yang Lecture, **Professor Hugh McKenna** of Ulster University was also a visiting scholar at the School from May 30 to June 2. During this time, he delivered RAE workshops to colleagues and met our research theme groups, including Community & Mental Health Nursing, Cancer & Palliative Care, Gerontology & Long-term Care and Smoking Cessation & Tobacco Control, as well as individual professorial staff and postdoctoral fellows, to discuss their research plans and strategies. Professor McKenna also attended a poster reception featuring our research

The School was also honoured to have **Dr Libby Lee Ha-yun**, Under Secretary for Health in the HKSAR Government, deliver an officiating address and **Professor Vivian Lin Kwang-wen**, Executive Associate Dean of HKUMed, deliver welcoming remarks.

The Serena Yang Lecture Series is a tribute to **Dr Serena Yang** for her generosity and support to the School in achieving its major mission of nurturing nursing practitioners, educators and scientists. Distinguished speakers and renowned scholars are invited to speak on a topic that is timely for both nursing practitioners and academics.



postgraduate students, where he interacted with students about their research topics and spoke highly of the quality of their works in his concluding remarks. All parties were grateful for the opportunity to meet with Professor McKenna and impressed by his insightful sharing and invaluable advice.





The University of Tokyo, Japan

Ryan Hui Kin-ho
Year 2 Doctor of Nursing student

This was my first international exchange event and it ran for three days. The participants included postgraduate nursing students from more than 10 countries/cities, including Japan, China, the U.S., and Singapore. We shared our experiences with the healthcare systems in our cities. We were introduced to different research projects by local research students and visited various healthcare facilities in Tokyo. The event ended with a traditional Japanese-style farewell party, which was definitely enjoyable.







National University of Singapore, Singapore

Andrea Lagarde
Year 3 Bachelor of Nursing (Full-time) student



During my exchange, I enjoyed meeting and learning from all the wonderful people that I met both in National University of Singapore (NUS) and the Orange Valley Nursing Home. In NUS, we met nursing student buddies that took us around the NUS campus and Singapore and brought us to more local places rather than the common tourist spots, making the experience more special. We had the chance to see their nursing lab sessions, lectures and anatomy lab sessions and compare them to the system in Hong Kong. Ultimately, we found that as nursing students, we have the same aspirations and struggles. We got to share about Hong Kong's healthcare system and the current problems that it is facing, as well as share about our lives as HKU students.

My experience at the Orange Valley Nursing Home was just as fruitful. We had the chance to feed and interact with people with dementia, as well as the staff and nurses working there. I gained a deeper understanding about the nature of dementia and how it can be really debilitating. We also performed basic services such as measuring patients' BMI. It was very meaningful; through this, I was able to gain important insights that I will cherish forever and will use for my future nursing practice.







Cardiff University, UK

Ho Hiu-ki
Year 3 Bachelor of Nursing (Full-time) student

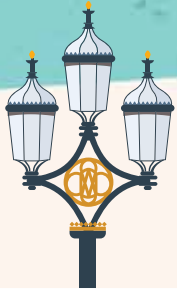


Studying at Cardiff University has been an unforgettable experience for me. The university provided numerous opportunities to participate in various activities, such as engaging in society events and going on school trips across England. Coming from Hong Kong, I couldn't help but notice the stark differences in weather and studying atmosphere in the UK. The dedication and hard work displayed by students in their lessons here is truly inspiring.

One of the highlights of my time at Cardiff University has been the chance to interact with people from different backgrounds and cultures. Meeting international students has broadened my horizons and taught me invaluable communication skills. While I did experience moments of homesickness, it turned out to be a transformative period that allowed me to become more self-reliant.

Exploring Europe has been an incredible bonus of studying in Cardiff. The proximity to different countries has given me the opportunity to immerse myself in diverse cultures and create lifelong memories. I am immensely grateful to HKU for providing me with the opportunity to embark on an exchange programme.







University of Essex, UK

Kary Chan Ka-lam

Year 3 Bachelor of Nursing (Full-time) student



Participating in an overseas exchange programme was a truly life-changing experience. In just a few months, I was able to immerse myself in a new culture, make lifelong friendships, and expand my horizons in ways I never thought possible. Living in a foreign country challenged me to step out of my comfort zone, adapt to new surroundings, and communicate in a foreign language. It was a rollercoaster of emotions, from moments of excitement and awe to times of homesickness and frustration. However, through it all, I grew as an individual, gaining independence, resilience, and a broader perspective of the world. The exchange programme not only enhanced my academic knowledge but also allowed me to develop important life skills such as independence, resilience, and cross-cultural communication. This opportunity has truly enriched my life and inspired me to continue seeking out new perspectives and embracing different cultures. I am grateful for the personal and academic growth that the overseas exchange programme has brought into my life. The memories I made and the experiences I had will stay with me forever.





Message from ...

Your HKU Nursing Society – ORENDA



About ORENDA

ORENDA is the 18th iteration of the Nursing Society and it embodies the meaning of its name, which is “The force by which accomplishment is attained.” The society has two primary pursuits: unity and involvement. The first pursuit of unity is geared towards bringing nursing students together and creating opportunities for bonding through various activities. By doing so, ORENDA aims to help its members establish long-lasting relationships and form a supportive community. The second pursuit is involvement, which is centred around ensuring that events and welfare activities are aligned with the interests of members.

ORENDA’s primary endeavour is to promote the well-being of its members through their active participation in the society’s activities. The society values opinions and appreciates its members’ opinions, and it hopes to create a supportive environment where members can thrive, bond, and enjoy a fruitful year. ORENDA’s logo reflects these aspirations, with an electrocardiogram merging with its name, a heart, and a circle representing all nursing students as a cohesive community. The society’s representative colour, “Lilac”, is an approachable and youthful colour that accentuates its affable nature and encourages its members to work hand in hand with ORENDA to pursue their well-being.

Future Prospects

Our committee members have officially taken up the responsibility to serve nursing students with energy and passion. We recognise that the duty of rekindling the connection between students, school, and faculty now rests on our shoulders. While stepping up to be a committee member of the society is not an easy task, we are committed to the same goal of bringing nursing students together and creating a cohesive community for members to thrive and bond. It's inevitable that we may encounter disagreements and obstacles along the way, but we are confident in the ability to navigate these challenges. The 10 committee members will work as a team and play an indispensable role in achieving ORENDA's vision. We understand that our efforts will have a significant impact on the nursing student community, and we are ready to put in the hard work and dedication required to make a positive change. With our passion, energy, and collective effort, ORENDA is poised to create a supportive environment for all members to succeed and flourish.



Professor Kelvin Wang Man-ping attended a press conference organised by the Hong Kong Council on Smoking and Health (COSH) which urged the Government to raise tobacco tax by 100% from HK\$38 to HK\$76.

According to COSH's Tobacco Control Policy-related Survey 2022, more than 70% of citizens support increasing tobacco tax in the next year. Professor Wang said, "Public support for raising tobacco tax next year is high. A doubling of the current tax to increase the retail price of a cigarette pack to about HK \$100 would encourage about two-thirds of current smokers to quit or reduce their daily cigarette consumption. Even 60% of current smokers without quit intention or with high nicotine dependence would quit or reduce current cigarette consumption due to the increased retail price of cigarettes."



Also attending the press conference were **Professor Lam Tai-hing**, Emeritus Professor and Honorary Clinical Professor, and **Dr Daniel Ho Sai-yin**, Associate Professor, both from HKU's School of Public Health.



(HK01, Ming Pao, on.cc – December 13, 2022; Ming Pao Vancouver, Ming Pao, sina.com.hk, Sing Tao Daily – December 14, 2022; Hong Kong Economic Times – December 15, 2022)



Although the tobacco tax ultimately was not doubled, the Financial Secretary did announce an increase of about 30% in tobacco tax in the 2022-2023 Budget. **Professor Sophia Chan Siu-chee**, Director of the HKU Primary Health Care Academy and Professor in the School, welcomed the move. "Raising tobacco tax is the single most effective measure, which can motivate smokers to quit smoking, prevent relapse among those who recently quit, and deter youth from smoking initiation. The measure could also reduce healthcare expenditure and productivity loss associated with tobacco use, thereby promoting the sustainable development of public healthcare."

The Smoking Cessation Research Team at the School of Nursing, HKUMed, has long generated research evidence and been at the forefront advocating tobacco control policies, including higher tobacco taxes. It will continue to provide research evidence for tobacco control, for instance on reducing second-hand smoke exposure among children and the public, and advocate for other tobacco control policies.



(RTHK, Metro Radio, Wen Wei Po, Ta Kung Pao, Hong Kong Commercial Daily, AM730, HK01, Bastille Post, DotDotNews, Hong Kong Free Press, SCMP – February 22, 2023; The Standard, Oriental Daily News – February 23, 2023; intellasia.net – February 24, 2023)

Meanwhile, Professor Chan also cautioned that re-exporting e-cigarettes through Hong Kong might weaken the city's tobacco control initiatives. "Re-export of alternative smoking products through air cargo is exempted from the tobacco ban as authorities want to support the logistics sector. This is a risky move for tobacco control as Hong Kong aims to reduce its smoking population from 9.5% to 7.8%." She suggested to raise further the tobacco tax and expand the no-smoking area.

And Professor Wang noted that there were many relapse cases in the HKU Youth Quitline, which has a hotline targeting smoking cessation services to youngsters. He said the quitline ambassadors would therefore actively contact smokers and provide information to them to reduce their chance of a relapse.



(The Standard, RTHK English online news, Now news, TVB news, i-cable online news, RTHK Chinese instant news, CRHK online news, Metro Radio online news, Ming Pao instant news, Sing Tao Headline, On.cc, HKEJ instant news, HKCD online news, HK01.com, Orange news – May 28, 2023; The Standard, Oriental Daily News – May 29, 2023)



The "Generations Connect" project was launched this year, following a pilot project started last November, in which HKU School of Nursing visited elderly residents to understand their needs and offered support. Particularly during the pandemic, the older adults were often confined to tiny homes for long periods and prone to emotional problems. The students conducted health assessments, gave basic medical recommendations and provided electronic technology coaching, which helped the elderly people to obtain the latest information.

Professor Sophia Chan Siu-chee, Project Director of "Generations Connect", remarked on the two-way benefits involved: "This initiative enhances the empathy of students, and at the same time, through communications, the physical and mental health of the elderly can be improved. We hope more elderly can be benefitted from this project."



(TVB News – December 17, 2022; Now TV – January 23, 2023)



A press event for the “Generations Connect” project was held on March 24, where experiences of the pilot scheme were shared. Nursing students had visited more than 100 older adults to do surveys and assessments of their physical and mental health.

Professor Sophia Chan Siu-chee outlined the measured impacts of this form of community intervention and behavioural coaching. “We observed that those older adults with a high level of e-Health Literacy have better physical, psychosocial and mental well-being. As the size of the older population grows, social and medical care demands increase. The pilot study found that among the 70% of older adults who completed a two-week follow-up, the share of those with a low e-Health Literacy dropped from 66% to 56%, providing initial evidence that the intervention by nursing students is useful in strengthening their e-Health Literacy.”

“In addition, the Project received very positive feedback from the students, who demonstrated a higher level of affective empathy, intellectual empathy and self-efficacy after participation. Nearly 90% of them believe that this experience helped them improve their communication skills with the older adults, become better listeners, and gain better knowledge in health and care for older adults.”

The two-year “Generations Connect” project was officially launched early this year and involves more than 1,000 healthcare professional students – not only those in nursing – who are expected to provide services to 10,000 older adults and assist them in adapting to post-pandemic life and taking care of their physical, psychological, and mental health and wellbeing.



(RTHK, Commercial Radio, Sing Tao Headline, HKET, Wen Wei Po, Ming Pao, TVB News – March 24, 2023; Bastille Post – March 27, 2023)

A project on “Strengths-based Intervention” led by **Professor Doris Yu Sau-fung** has helped caregivers achieve significant improvements in their sense of life cohesion, mental health, expected burden, and depression. The study involved 350 family caregivers of people with dementia who were prompted to recall successful past care experiences (such as handling their patient’s behavioural problems well) and the reasons for success (such as the external environment or regulation of their own emotions), keep a record of these and apply them in daily care. The caregivers, who were aged 30-89, were also guided to set goals and write down ways of improving care outcomes, which were combined with past success factors to formulate action plans. The project was able to re-affirm and boost caregivers’ dedication and abilities.



(*Oriental Daily News – February 4, 2023*)



Dr Kevin Luk Tzu-tsun, Research Assistant Professor, published an article in *Oriental Daily News* about waterpipe smoking among youngsters. In recent years, more and more bars in Hong Kong offer waterpipe smoking, which is mistakenly believed to contain fewer carcinogens and nicotine than tobacco. In fact, waterpipe smoking contains similar levels of nicotine, tar, carbon monoxide, heavy metals and carcinogens, as tobacco. Moreover, the water in the waterpipe reduces the temperature of the smoke and increases the moisture, making the smoke easier to inhale, but it cannot filter out the harmful substances in the smoke. As a result, the amount of smoke inhaled by waterpipe smoking for one hour is equivalent to smoking 100 to 200 traditional cigarettes, and the nicotine, tar and carbon monoxide intake is several to dozens of times higher than that of smoking traditional cigarettes. In addition, because it is difficult to disinfect waterpipes thoroughly, sharing them increases the risk of disease transmission. Young people therefore are warned to stay away from waterpipe smoking.



(*Oriental Daily News – February 11, 2023*)



Hong Kong has seen a sharp increase in prostate cancer cases in recent years. In February, **Dr Edmond Choi Pui-hang**, Assistant Professor, published an article about the need for screening. Prostate cancer is now the fourth most prevalent cancer in the city, and third most prevalent among men. In 2020, a total 2,315 new cases were reported, according to the Hong Kong Cancer Registry of the Hospital Authority.

Early symptoms are not obvious. When there are symptoms, they tend to be similar to those of a benign prostate gland enlargement – in such cases, patients should get a medical check-up as soon as possible to find out the underlying cause. There are two ways to screen for prostate cancer, digital rectal examination and prostate-specific antigen (PSA) blood test. If the doctor finds anything abnormal during the screening, further tests, such as a prostate ultrasound scan and biopsy, will be done. People with high-risk factors or related symptoms can consult with their doctors and follow the doctor's advice for examination.



(Oriental Daily News – February 18, 2023)

Professor Chia-Chin Lin, Director and Alice Ho Miu Ling Nethersole Charity Foundation Professor in Nursing, reported on a study of Advance Directives in patients with terminal illnesses that found a deep lack of awareness in Hong Kong.

Advance Directives help patients to make choices before they are incapable of doing so, specifying their preferences for medical services and treatments to avoid unnecessary pain, and enabling them to leave with dignity. Yet the study by the School, in which researchers visited more than 30 residential care homes for the elderly, found that only 10% of the elderly had heard about Advance Directives. Once the purpose was explained to them, about 40% expressed interest. Most believe that quality of life and comfort are more important than prolonging life, and hope to be able to accept palliative care at residential care homes.

The study showed that Hong Kong needs to reinforce the publicity and education of the elderly and family caregivers on Advance Directives, and most importantly, assist the older adults in discussing their wishes with family members.



(Oriental Daily News – February 25, 2023)

The School of Nursing launched the free Breastfeeding GPS app four years to help users search for nearby nursing rooms according to their locations. Assistant Professor **Dr Kris Lok Yuet-wan**, who is Project Leader, shared experiences in designing the app, data analysis and more.

The “Breastfeeding GPS” defines nursing rooms as being a separate room that is lockable and has a changing board (no mattress), hand washing amenities, power plug and a seat. The app was available for download in April 2019, supported by a government fund to promote breastfeeding and even train nursing room staff in shopping malls.

Currently, there are about 600 nursing rooms in Hong Kong. Dr Lok said that it is becoming more convenient to find breastfeeding-related facilities and that awareness of breastfeeding has improved in these 10 years.

As of March this year, “Breastfeeding GPS” had been downloaded more than 9,300 times and some 8,800 users had opened the app a total of more than 640,000 times. Dr Lok said, “To support mothers of different age cohorts, the app can be linked to Facebook, IG and YouTube. We noticed that even many daddies have downloaded the app, too!”



(Hong Kong Economic Journal – May 12, 2023)



(Commercial Times, ChinaTimes.com – May 15, 2023,
TC News – May 16, 2023)

The HKU School of Nursing has signed a student exchange agreement with Tzu Chi University in Taiwan, which will kickstart an exchange of strengths and experiences. The agreement was signed by **Professor Tai-chu Peng**, Professor & Director of Department of Nursing at Tzu Chi University and the School’s Director, **Professor Chia-Chin Lin**.

Professor Lin said, “Tzu Chi University emphasises medical humanities. We had discussed cooperation and exchange earlier, but had to postpone formalising an agreement due to the epidemic. We are grateful that this agreement can be implemented now. We will start with short-term student exchange and academic activities and communications, and explore new areas of collaboration.”

Professor Peng said Tzu Chi University can learn from the internationalisation of HKU. She looks forward to seeing more collaborations and teacher and student exchanges with the international community.

New Faces

Ms Shirley Ching Tze-hei Assistant Lecturer

It is my privilege to join this loving family of the School of Nursing as an Assistant Lecturer. I graduated from The Chinese University of Hong Kong and completed my Master of Nursing degree here in The University of Hong Kong. I am a specialty nurse in Cardiac Care Nursing and I have worked in the Acute Medical Ward, Intensive Care Unit and Geriatric Medical Unit. After years of being a clinical mentor, I believe that education is a two-way process in which my students and I could achieve mutual growth. I endeavour to share my diverse experience with our future nurses and continue contributing to the healthcare system by nurturing more competent and passionate nurses-to-be.



Ms Jenny Law Wing-sze Assistant Lecturer

It is my pleasure to join my alma mater as an Assistant Lecturer. Having worked in ward and clinic settings, I have had the chance to nurture our next generation through mentoring nursing students and newly graduated nurses. It is a fruitful and rewarding experience for me to guide them to follow best and safe practices, and this led to my interest in furthering my career in nursing education. I look forward to sharing my experience and knowledge with students so as to inspire and motivate them to become competent nurses with caring attitudes.

Ms Ophelia So Wing-yan Assistant Lecturer

I am delighted and honoured to start my teaching journey in the HKU School of Nursing as an Assistant Lecturer. After graduation, I worked in various fields in the public hospital sector and am specialised in Neuroscience Nursing. I look forward to collaborating with our team to inspire, equip and empower our next generation to become compassionate and competent professional nurses.



News

Mark your calendars for two exciting events in the HKU School of Nursing!

Join us for our flagship event, the 13th Hong Kong International Nursing Forum on March 5, 2024, where we'll explore around the theme of "Nurses' Impact on Planetary Health." Then, on March 6-7, 2024, we'll host the EAFONS 2024 with the theme of "Generating Impact Through Doctoral Nursing Education."

Don't miss out on these opportunities to learn, network, and make a difference in the world of nursing. Stay tuned for further details! Save the dates now!

<https://www.eafons-2024.hku.hk/>



Promotions



Congratulations to **Dr Benjamin Ho Mu-hsing**, whose invaluable contributions to the School were signified by the offer of a position as Assistant Professor with effect from May 1, 2023.



Awards



Congratulations to **Ms Celina Leung Wai-fong** for earning the 25 Year Long Service Award for her dedication, commitment and loyalty to the HKU School of Nursing.



Congratulations

Research Grants Awards

Local and International Funding Bodies	Principal Investigator	Project Name
Health and Medical Research Fund (HMRF) 2021	Dr Derek Cheung Yee-tak	Development of typology-based smoking relapse prevention intervention: A Q-methodology and a pilot randomised controlled trial
Health and Medical Research Fund (HMRF) 2021	Dr Daniel Fong Yee-tak	Development and evaluation of an Artificial Intelligence-Assisted Scoliosis Screening and Management System (AI-SSMS) for reducing unnecessary referrals and healthcare costs
Health and Medical Research Fund (HMRF) 2021	Dr Benjamin Ho Mu-hsing	Prevalence and predictors of Cancer-Related Cognitive Impairment (CRCI) in lung cancer survivors: A longitudinal study
Health and Medical Research Fund (HMRF) 2021	Dr Polly Li Wai-chi	The feasibility and trialability of a prehabilitation program for mild to moderately frail patients undergoing cardiac surgeries/procedures
Health and Medical Research Fund (HMRF) 2021	Professor Chia-Chin Lin	Optimising the teachable moment for operable lung cancer patients: Comparing prehabilitation to health education for improving postoperative outcomes - A pragmatic trial
Health and Medical Research Fund (HMRF) 2021	Dr Kevin Luk Tzu-tsun	Development of a chatbot for smoking cessation counselling for youth smokers enrolled in the Youth Quitline: A pilot randomised trial
Health and Medical Research Fund Research Fellowship Scheme 2021	Dr Jay Lee Jung-jae	Instant message-delivered personalised lifestyle modification intervention for pre-hypertension management among community dwelling adults: A randomised controlled trial [Unhealthy diet and physical inactivity]
Azalea (1972) Endowment Fund	Professor Sophia Chan Siu-chee	HKU Primary Health Care Academy (PHCA)
Hong Kong Children's Hospital	Dr Celine Chui Sze Ling	Epidemiology and effect of antibiotic exposure on antimicrobial resistance bacterial carriage and gut microbiota among children and their caregivers in the Hong Kong Children's Hospital
Lee Hysan Foundation	Professor Sophia Chan Siu-chee	Quit-for-Kids
NICHE Research Grant 2022/2023	Dr Jojo Kwok Yan-yan	Effects of a nurse-led palliative care programme, 'Cultivating Acceptance and Living Meaningfully with Progressive Neurological Diseases' (CALM-Neuro), on psychospiritual well-being: A mixed-method feasibility randomised controlled trial

Physical Fitness Association of Hong Kong, China Limited	Professor Doris Yu Sau-fung	A multi-level and mixed-method impact evaluation for the Jockey Club Elders Get Active Fitness Campaign
The Sino Group and the Ng Teng Fong Charitable Foundation	Professor Sophia Chan Siu-chee	Generations Connect
The Lok Sin Tong Benevolent Society, Kowloon	Professor Kelvin Wang Man-ping	Research project on the Smoking Cessation Program in Workplace (SCPW)
Tung Wah Group of Hospitals	Professor Kelvin Wang Man-ping	Evaluation study on alcohol abuse prevention and treatment service of Tung Wah Group of Hospitals
Knowledge Exchange (KE) Funding Exercise 2022/23	Dr Mandy Ho Man	Keep diabetes away: Reducing diabetes risk among ethnic minorities in Hong Kong
Knowledge Exchange (KE) Funding Exercise 2022/23	Dr Kris Lok Yuet-wan	Globalisation improvement of maternal and child health: Transforming breastfeeding culture
Teaching Development Grants (TDG)	Dr Cecilia Kong Hoi-mei	Effectiveness of inquiry-based learning in a simulation environment to enhance advanced pharmacology in emergency critical care patients





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