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NURSE Letter

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Gerontological Nursing at HKU



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Gerontological Nursing at HKU



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Gerontological



To live to an advanced age in good health, surrounded by family and friends, and with adequate resources to enjoy one's lifestyle, is what most of us desire and this happens for some fortunate older adults in Hong Kong. Hong Kong now enjoys one of the greatest longevity worldwide. Factors that have enabled this trend include its excellent health care system, the policies and interventions which have successfully reduced smoking rates, and many more.

However, while Hong Kong is a safe and healthy city, a significant proportion of its older population does not enjoy either good health or a bountiful lifestyle. Oxfam reports that as many as eighty-five percent of the older population of Hong Kong cannot afford to retire and that one in two older persons lives in poverty. Issues surrounding chronic illnesses and co-morbidities are more common among those who are financially disadvantaged, and there is a shortage both of accessible primary health care and residential aged care for these members of the Hong Kong population.

The School of Nursing has recognised that much of the future of nursing will be about implementing strategies supporting healthy ageing, preventing and managing chronic illness and optimising long-term care. We are dedicated to continuing our research and education programmes and enhancing practice developments in this vital area. We have a very strong gerontological team which has developed a formidable record in gaining grants, collaborating with gerontology researchers from other disciplines and in publishing in top journals. Our teaching staff members are committed to providing optimal opportunities for students learning about the complexities of aged care, and to facilitating clinical placements which maximise the integration of theory with practical application.

Our entry to practice programmes include a substantial gerontological content with placements taking place in a range of hospital, long-term care and community settings. Older patients predominate in most of these settings. Additionally, our Master of Gerontological and Palliative Nursing Track is dedicated to equipping students with the

Nursing at HKU

Professor Chia-Chin Lin

| Director,

Alice Ho Miu Ling Nethersole Charity Foundation

Professor in Nursing



The School of Nursing has recognised that much of the future of nursing will be about implementing strategies supporting healthy ageing, preventing and managing chronic illness and optimising long-term care.

necessary knowledge and practices for advanced practice nursing roles in this important and challenging area of nursing care. Students will gain a comprehensive understanding of the physical, psychological, and social aspects of ageing and end-of-life. They will acquire the expertise to navigate the complexities of healthcare so that they can advocate for their patients and provide patient-centred care. They will also be well-equipped to support policy development in aged care. Our teaching and research staff have developed and evaluated a range of innovative technologies and assistive devices which can be utilised to serve the needs of older people in their homes as well as in various care settings.

Much of the research we undertake benefits older people. We have a strong record in smoking cessation and tobacco control, and palliative care and end-of-life decision making; each of these fields is highly relevant to aged care. We also focus on brain health, dementia management and healthy ageing. An important research initiative we have developed is a nurse-led capacity-building programme, the Jockey Club Pathway to Healthy Ageing (JC Path-HA), which has been

designed to increase our society's preparedness for ageing among the Hong Kong population.

The School of Nursing is committed to improving health outcomes for the elderly in Hong Kong so that more people may have a fruitful and enjoyable old age. We believe our initiatives in teaching, research and practice development will support this aim.



An HKU Nurse-led Initiative for the Global Decade of

The global pace of population ageing will accelerate rapidly in the coming decade, with the United Nations (UN) predicting a 34% increase in the total number aged over 60 years old, equal to about 1.4 billion people.¹ To highlight the issue, the UN endorsed the period 2021-2030 as the Decade of Healthy Ageing, with a mission of bringing together different stakeholders to develop concerted and sustained global action to improve the lives of older people, their families and the communities in which they live.² The core aim is to optimise the functional status of older people to ensure they can enjoy an engaging and meaningful life. The World Health Organization (WHO) subsequently developed the comprehensive Integrated Care of Older People (ICOPE) framework for thorough functional assessment and sensitive care prescription, and to promote healthy ageing.

HKU's School of Nursing has responded to these developments with a nurse-led capacity-building initiative, the Jockey Club Pathway to Healthy Ageing (JC Path-HA), to increase our society's preparedness for population ageing.

The JC Path-HA adopts the WHO-ICOPE model by incorporating comprehensive and systematic health monitoring on five health dimensions, including locomotor health, psychological health, cognition, sensory function and vitality, to guide personalised care prescription. Integrated into the initiative is an evidence-based approach, consisting of critical pathways, empowerment-based behavioural modifications and health-orientated peer support, to ensure healthy ageing promotion can be self-directed and sustainable.

The JC Path-HA adopts the WHO-ICOPE model by incorporating comprehensive and systematic health monitoring on five health dimensions, including locomotor health, psychological health, cognition, sensory function and vitality, to guide personalised care prescription.



Professor Doris Yu Sau-fung | Professor



Healthy Ageing

From September 2022 to June 2023, the HKU nursing team conducted a territory-wide ICOPE-based comprehensive health assessment of 3,070 older adults from seven geographic regions in Hong Kong. The data showed that the prevalence of accelerated ageing – defined as a decline in two functional aspects of the ICOPE model – was more than 50%. Across the five dimensions assessed, locomotor function and vitality in terms of metabolic health were the most affected.

By using advanced statistical analysis, four integrated health profiles were identified to elucidate how different dimensions of functional impairment are interacting with one another. More specifically, four integrative patterns of functional impairment were identified, including a musculo-mobility pattern, compromised metabolic-sensory-mobility pattern, nutritional-metabolic pattern and psycho-cognitive pattern. These findings provide more information for developing more sensitive integrative care to promote healthy ageing.

A total of 806 older adults with accelerated ageing were referred to the JCPath-HA Project, which was the programme's capacity limit. Goal-oriented, person-centred functional optimisation care plans were provided and multiple strategies were deployed, including health counselling by nurses and peers, case management lifestyle monitoring and multi-media health coaching, based on individualised health needs. An outcome-focused evaluation identified significant improvements in the participants' mobility function, hand grip, nutritional status, cognitive function, and geriatric symptoms, including insomnia and depressed mood. They were also found to report a significantly better quality of life.

The JC Path-HA Project is still ongoing. Based on the interim experience, our team conclude that the care model is highly feasible and effective for improving the functional status of



older adults and promoting their well-being. In addition, we have recruited and trained 200 health coaches aged 50+ to support health counselling and case management, recognising that peer influence plays a crucial role in encouraging lifestyle modification among older adults.

The programme details and preliminary results have been submitted to the online platform of the United Nation Decade of Healthy Ageing for sharing with international stakeholders. In the coming year, the HKU nursing team will also extend the training to social care workers and conduct a more comprehensive process and outcome evaluation of the JC Path-HA Program. Further information about the programme can be found at <https://hkjc-pathhahku.com/home>



(Further details of JC Path-HA Project in Message From..., page P.34 - P.36.)

Acknowledgement:

"Pathway to Healthy Ageing" is funded by The Hong Kong Jockey Club Charities Trust.

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- United Nations. World Population Ageing 2019 Highlights. New York: United Nations, 2019.
- World Health Organization. The Decade of Healthy Ageing: a new UN-wide initiative. Retrieved from: <https://www.who.int/news-room/detail/14-12-2020-decade-of-healthy-ageing-a-new-un-wide-initiative> on 12th Jan 2021.

Nurturing and Empowering the Next Generation of

Nurturing and developing advanced practice professionals in gerontological and palliative nursing is crucial for providing specialised care to our older adult patients with complex healthcare needs. We can empower the next generation to deliver comprehensive, patient-centred care by fostering expertise, innovation, and continuous learning.



With an ageing population, Hong Kong faces challenges and opportunities in developing a higher standard of gerontological and palliative nursing care. The School of Nursing at HKU offers the Master of Gerontological and Palliative Nursing Track, which is a comprehensive course dedicated to equipping students with the necessary knowledge and practices for advanced practice nursing roles in gerontological and palliative care.

Our aim is to empower and nurture the next generation. Taking care of older adults involves a comprehensive understanding of the physical, psychological, and social aspects of ageing. Our Track course equips students with the expertise required to navigate the complexities of healthcare and provide patient-centred care.

Recently, I invited current students and a graduate to provide their feedback on this course.

'The reason I study this track,' Lee Ming-chi said, 'is because most of my patients are older adults, I would like to tailor my knowledge and practice to providing comprehensive care to my patients. This master course provides me with the specialised knowledge and skills to effectively address their unique needs and provide compassionate, holistic care.' Choi Yuk-kwan commented, 'I want to gain a deeper understanding of the complexities of ageing, especially the palliative and end-of-life care.'

Dr Maggie Chan Mee-kie | Senior Lecturer



Nursing Professionals in Aged Care

The track course not only offers classroom lectures, but also recognises the importance of experiential learning in developing advanced practice, which we pursue through workshops, simulation exercises, and site visits to various healthcare settings. These innovative teaching strategies help students consolidate knowledge and reflect on how to prepare for diverse career challenges.

An interactive and engaging learning community is also important to students' development. To promote this, we have introduced a new teaching approach, the co-lecture approach, where students can work alongside teachers to deliver a mini-lecture. Students are encouraged to learn various perspectives and participate actively and think critically. We strongly believe that this learning approach is highly engaging for students and will help them to learn and develop their competence in managing the complexities of gerontological and palliative nursing practice – as our students have affirmed.

'The Master of Gerontological and Palliative Nursing Track has exceeded my expectations,' Wang Lizhen said. 'It really raised my awareness of implementing evidence-based advanced practice in geriatric nursing to help address the needs of the elderly and promote quality of care for an ageing population. The clinical experts shared valuable insights about managing complex patient illnesses and emphasised the importance of developing a therapeutic relationship with older adults and their families. I was impressed with

the co-lecture approach, too, which enriched my learning experience, broadened my understanding of gerontological and palliative nursing, and helped me develop my critical thinking and how to promote healthy ageing.'

Nurturing and developing advanced practice professionals in gerontological and palliative nursing is crucial for providing specialised care to our older adult patients with complex healthcare needs. We can empower the next generation to deliver comprehensive, patient-centred care by fostering expertise, innovation, and continuous learning. This ensures our patients and their families receive high-quality support and care, while promoting comfort and dignity throughout their journey. We welcome students to join us in becoming an advanced practice gerontological and palliative nurse and making a difference in care for the elderly.



Students interviewed:

1. Wang Lizhen (Master of Nursing (Full-time) Programme 2023 graduate)
2. Lee Ming-chi (Year 1, Master of Nursing (Part-time) Programme)
3. Choi Yuk-kwan (Year 1, Master of Nursing (Part-time) Programme)

Prioritising Gerontological Care in Hong Kong

Elderly care challenges in Hong Kong are a pressing issue due to the city's rapidly ageing population. Hong Kong is facing difficulties in meeting this population's complex needs and providing adequate care and support for older adults. As the city plans for the future, there are some key areas that need to be considered:

1. Healthcare infrastructure:

An adequate healthcare infrastructure to meet the needs of the growing older population should include sufficient healthcare facilities, geriatric clinics, and specialised gerontological units within hospitals to provide comprehensive care for older adults.

2. Long-term care and community support:

Enhancing options for long-term care and services for community services is crucial for older adults who require assistance with daily living activities. This includes developing and expanding home care services, community outreach programmes, respite care arrangements, community-based rehabilitation services, and day-care centres that offer social engagement opportunities for older adults.

3. Geriatric assessment services:

Expanded comprehensive geriatric assessment services can help in identifying the unique needs and challenges faced by older adults. These assessments can evaluate physical, cognitive, functional, and psychosocial health, thus enabling healthcare professionals to develop personalised care plans. Early detection of health issues allows early intervention and treatment, which can significantly improve outcomes.

4. Age-friendly environments:

Improved accessibility and infrastructure in public spaces, residential areas, and community facilities can facilitate the mobility of older adults. This can include features such as wheelchair ramps, handrails, and accessible transportation options.

5. Preventive care and health promotion:

Regular health screenings, vaccinations, and health education programmes should be promoted to raise awareness about healthy ageing, disease prevention, nutrition, physical activity, and mental well-being.

6. Care coordination and multidisciplinary collaboration:

Seamless communication and collaboration among healthcare providers, including geriatricians, gerontological nurses, social workers, psychologists, and other healthcare professionals, can help to improve the care of older adults.

7. Caregiver support and training:

Family caregivers can benefit by enhancing their caregiving skills, knowledge, and emotional well-being. This can include caregiver education, counselling services, and respite care options to relieve caregiver burden.

8. End-of-life care:

Access to quality palliative care services can facilitate advance care planning discussions and promote a compassionate and dignified approach to end-of-life care.

9. Research and data collection:

Evidence-based practices in gerontological nursing and healthcare can improve understanding of the needs and preferences of older adults in the community. It can also inform the development and improvement of community-based care services, ensuring they are tailored to the specific requirements of the ageing population.

10. Support innovative technology solutions:

Technologies such as telemedicine, remote monitoring and assistive devices, should be explored to see how they can enhance the delivery of community-based care services, and improve the access, efficiency and quality of care, especially for older adults who have limited mobility or live in remote areas.

Ms Joan Ho Kam-yee | President,
Hong Kong College of Gerontological Nursing



Prioritising these areas should strengthen Hong Kong's gerontological care system and improve the health outcomes and quality of life for its older population, particularly if there is a holistic approach involving healthcare providers, policymakers, community organisations, and society as a whole.

11. Public awareness and advocacy:

Raising public awareness about the needs and challenges faced by older adults and advocating for policies and programmes that support gerontological care is crucial. This can be done by engaging in public campaigns and collaborating with policymakers to promote the importance of gerontological care.

Prioritising these areas should strengthen Hong Kong's gerontological care system and improve the health outcomes and quality of life for its older population, particularly if there is a holistic approach involving healthcare providers, policymakers, community organisations, and society as a whole.

Support from nurse educators:

So how can nurse educators support these goals? We play a crucial role in shaping the future of nursing practice and contributing to the development of competent and compassionate nurses who can address the unique challenges of gerontological care. We are always striving to do even better, though. Here are some areas where nurse educators can contribute:

1. Develop or enhance the gerontological content in nursing education curricula.
2. Provide continuing education and professional development by organising workshops, seminars, and conferences focused on gerontological care.

3. Collaborate with healthcare institutions to secure clinical placements in geriatric settings which offer hands-on experience in gerontological care and opportunities to develop empathy and an understanding of the unique needs and challenges of the elderly population. Nurse educators can also facilitate reflective discussions and debriefing sessions to help students process their experiences and apply theoretical knowledge to practice.
4. Engage in research activities focused on gerontological care. Nurse educators can also encourage and support nursing students to participate in research projects related to geriatric care. Disseminating research findings can promote evidence-based practice and improve the quality of care for the elderly.
5. Establish networks and partnerships with different stakeholders involved in gerontological care to facilitate the exchange of knowledge and the sharing of resources.
6. Engage in advocacy efforts to raise awareness about the importance of gerontological care and influence policies that support the needs of the elderly population.

These are some of the many ways in which both society and nursing educators can prepare and contribute to palliative and gerontological healthcare in Hong Kong and ensure that our elderly can enjoy a dignified life in their later years.

Pinning Ceremony 2023

Congratulations to the Class of 2023! The N23 graduates celebrated with a memorable Pinning Ceremony on June 7, 2023, where **Professor Gilberto Leung Ka-kit**, HKUMed's Associate Dean (Teaching and Learning), welcomed them into the nursing profession. **Professor Chia-Chin Lin**, Director of HKU School of Nursing, gave the opening remarks in which she encouraged the graduates to persevere in their professional endeavours. Each graduate received a pin from honourable guests and teachers on stage, to signify this milestone in their nursing education and symbolise their commitment to upholding high professional standards.



Mr Lawrence Poon Yan-wing, then Chief Manager (Nursing)/ Chief Nurse Executive, Hospital Authority Head Office, led the graduates in reciting the Nightingale Pledge while holding candles. The ritual is infused with the spirit and inspiration of Florence Nightingale.

To conclude the ceremony, two N23 student representatives delivered a vote of thanks to the attendees, who included parents, relatives, teachers and friends. The School was delighted to see our latest graduates join the healthcare community and contribute their knowledge and skills to the healthcare system.





Visit from The University of Hong Kong-Shenzhen Hospital Representatives and Students of the Chinese Advanced Neonatal Education and Training Course



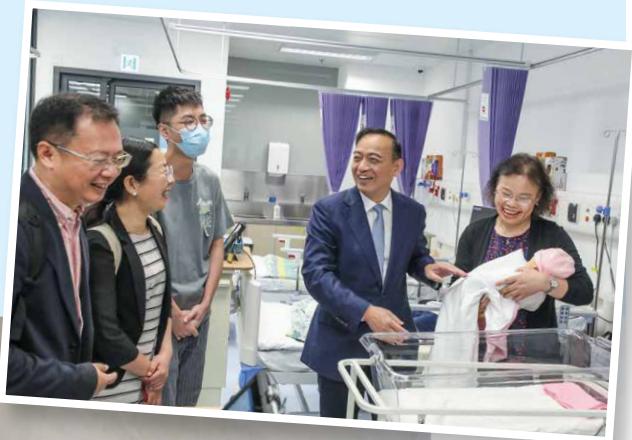
The School welcomed a visit from representatives of The University of Hong Kong-Shenzhen Hospital (HKU-SZH) and 22 students of the Chinese Advanced Neonatal Education and Training Course on June 9, 2023. They were greeted by **Professor Chia-Chin Lin** and teachers, who brought them to our clinical skills laboratory and simulation training centre, which are equipped with the latest technologies ranging from virtual reality to robotics. Our teachers demonstrated the state-of-art simulation facilities, including high-fidelity adult, child and baby simulators that effectively replicate real-world situations. The visitors explored these facilities for themselves and were impressed by our use of technology in nursing teaching. All parties were grateful for the meeting and the opportunity to share their knowledge and insights on nursing education.



Visit by Shanghai Medical College, Fudan University

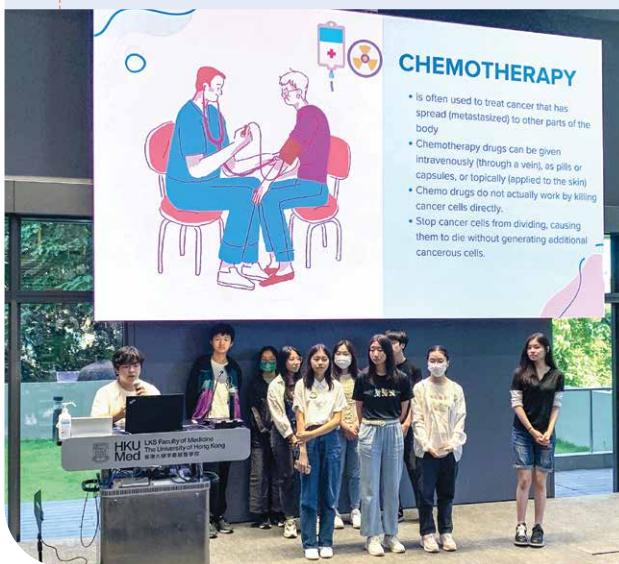


A delegation from Fudan University, who visited our campus on September 6, 2023, were also given a demonstration of the technologies in our clinical skills laboratory and simulation training centre. They then discussed with HKU Nursing staff on further collaborations across multiple areas, such as research and the exchange of teachers and students between Shanghai Medical College, Fudan University and the School.



Summer Programme 2023 – Discover HKU Nursing

Over sixty students from secondary schools in Hong Kong joined the Summer Programme 2023 – Discover HKU Nursing organised by the School from August 1 to 3. Participants were exposed to student education here, such as problem-based learning and lectures on a nursing-related topic. Our student ambassadors also shared their experiences, such as clinical practicum and overseas exchange. The participants were also given hands-on experience in basic nursing skills in clinical laboratories and visited The Hong Kong Anti-Cancer Society Jockey Club Cancer Rehabilitation Centre to learn more about oncology nursing. Over the three days, the participants not only made friends with other participants, but also gained a better understanding of nursing as a discipline. The School was pleased to receive positive feedback about the programme, with many participants expressing an interest in studying at HKU and pursuing nursing as their professional career.



HKU School of Nursing Retreat 2023



The School organised a retreat for our colleagues on August 18 to boost team spirit and a sense of belonging among staff members, enhance constructive relations between members of different functional teams, and nurture and promote collaboration and rapport among colleagues in the pursuit of excellence. In the morning, the Research Team led a great brainstorming session and discussed their future plans. After lunch, professional trainers led the whole school through team-building exercises.

The collaborative, positive spirit of the event has helped to strengthen cohesion, co-operation and momentum across multiple areas in the pursuit of excellence and commitment to the School's vision and mission.



Induction Day 2023/24

First year students were welcomed into the Faculty at the HKUMed Faculty Academic Induction Day held on August 17, 2023. Nursing students gathered at the Grand Hall of the Centennial Campus with other HKUMed students to meet the Associate Dean, Faculty members and their Programme leadership team. During breakout sessions, nursing students met with their teachers, senior students and other fellow freshmen. Teachers briefed them about their coming academic journey to becoming professional nurses, while senior students shared their experiences of school life and tips on tactically mastering both academic study and student activities.



Programme Orientations

The beginning of a new academic year features orientation days organised by each programme for their students, where they meet with course teachers and are provided with information to familiarise themselves with university requirements.

Master of Science in Nursing – August 25, 2023 & September 7, 2023



Bachelor of Nursing (Full-time) – September 4, 2023

Doctor of Nursing – September 11, 2023

Bachelor of Nursing (Part-time) – September 12, 2023



Master of Nursing – September 22, 2023



HKU Information Day for Undergraduate Admissions 2023

The annual HKU Information Day for Undergraduate Admissions was held on 28 October to introduce HKU's programmes to prospective students, including nursing programmes. **Dr Veronica Lam Suk-fun** and **Dr Polly Li Wai-chi**, Programme Director and Associate Programme Director respectively, gave two talks that were fully attended, and an additional session was organised due to overwhelming support. **Professor Chak-sing Lau**, Dean of Medicine, also showed his support by attending our admissions session.

The talks covered details about our nursing programmes, such as Life Enrichment learning, clinical practicum, career prospects of the Bachelor of Nursing (full-time) programme (JS6468) and the Bachelor of Nursing (full-time) Advanced Leadership Track programme (JS6418), and campus life for students. Nursing students were also on hand to share their experiences.



Participants also had a chance to visit the simulated wards, observe demonstrations of different nursing skills and experience different nursing techniques first-hand, to help them understand clinical nursing applications and practices. The School also exhibited a variety of nursing research and community applications to show the broad contributions of nursing and its impact on public health education.





Clinical Mentors Workshop

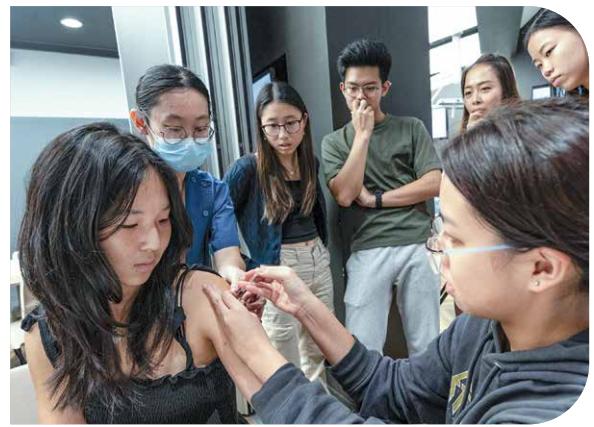


Over 240 clinical staff from more than 25 hospitals joined the Mentoring Workshop for Clinical Mentors 2023 hosted by HKU School of Nursing on August 29 and 31. **Dr Veronica Lam Suk-fun**, Director of Bachelor of Nursing (Full-time) Programme and Advanced Leadership Track, and **Dr Edmond Choi Pui-hang**, Director of Master of Science in Nursing Programme, introduced the Bachelor of Nursing (Full-time) Programme and Master of Science in Nursing Programme, respectively. Participants then were instructed on mentoring and strategies for effective mentoring, and separated into groups to practise mentoring skills via scenario-based activities. The session was warmly received, with mentors reporting that the workshop was informative and achieved the learning objectives.



Seasonal Influenza Vaccination Workshop

HKUMed organised a Seasonal Influenza Vaccination Workshop on November 15 to encourage MBBS and BNurs students to get vaccinated and learn more about vaccination, including inoculation techniques. The workshop was kick-started by **Professor Ivan Hung Fan-ngai**, Chief of Division of Infectious Diseases. Our nursing teachers demonstrated inoculation techniques and supervised students vaccinating each other. Students reported that they found this exercise to be a welcome chance to practice because it was the first time many of them had injected a real person.



2023 Asia Pacific Alliance for Health Leaders (APAHL) Forum



The School hosted the 2023 APAHL Forum, a four-day event on the theme of Healthy Ageing in Action through Healthcare Education, Practice, and Research.

The event attracted 46 participants, including 21 students and 12 faculty members from four schools in Japan, Thailand, and Malaysia, as well as 13 HKU Nursing teachers and students. They discussed important issues related to healthy ageing and engaged in community experiential learning and visits to our clinical laboratory.

Professor Parco Siu Ming-fai from the School of Public Health, together with **Professor Doris Yu Sau-fung** and **Dr Patsy Chau Pui-hing** from the School of Nursing, delivered special lectures to the participants.

Students also enjoyed intellectual and cultural exchanges, while faculty members from the five universities also discussed the details of the next forum, to be held next year in Bangkok, and other collaboration opportunities.

Apart from HKU, the participating Universities included Yamaguchi University of Japan; International Medical University of Malaysia; Chiang Mai University and Mahidol University of Thailand.





Academic Excellence Recognition Reception 2023

The Academic Excellence Recognition Reception 2023 was held on November 25 for awardees of the Entrance Scholarship in Nursing and the Academic Elite Scholarship in Nursing in the Academic Year 2022/23, their families, and our teachers.

Dr Veronica Lam Suk-fun, Principal Lecturer and Director of Bachelor of Nursing (Full-time) Programme and Advanced Leadership Track, and **Dr Polly Li Wai-chi**, Assistant Professor and Associate Director of Bachelor of Nursing (Full-time) Programme and Advanced Leadership Track, welcomed everyone and introduced the Programme to the participants. This was followed by an appearance by two awardees, **Pavneet Kaur** (BNurs N25) and **Wong Tin-hang** (BNurs-ALT N26), who shared their experiences of campus life and life enrichment learning, including interesting experiences in their overseas visits and practicum achievements.



The award presentation was then held in which each awardee received a pin in recognition of their academic excellence. They were encouraged to strive to do their best in pursuing a leadership role in the nursing profession, caring for patients and contributing to society.

After the ceremony, guests were invited to visit our clinical skills laboratory and state-of-art simulation facilities to see the latest technologies being used to support students' learning. To conclude the event, attending guests and students enjoyed a tea reception and photo-taking opportunities.



Asia-Pacific Qualitative Health Research Network (AQUHN) Webinar 2023



The virtual AQUHN Webinar 2023 was hosted by the School on December 5-6 on the theme "Empowering Health Narratives: Advancing Rigour and Impact in Qualitative Health Research". The two-day event attracted an impressive 700-plus participants from 35 countries and 242 institutions in the region. We were grateful to have four renowned speakers share their expertise on qualitative healthcare research:

- **Professor Karin Olson**, Adjunct Professor, University of British Columbia, and Professor Emerita, University of Alberta, who spoke on how to conduct rigorous qualitative research
- **Professor Joan Bottorff**, Professor, University of British Columbia, and Editor-in-Chief, Global Qualitative Nursing Research, who spoke on successful qualitative research manuscript writing
- **Professor Julianne Cheek**, Professor, Østfold University College, and Editor-in-Chief, Qualitative Health Research, who spoke on qualitative research in mixed-methods studies; and
- **Professor Ruth Garside**, Professor, University of Exeter Medical School, and Convenor, Cochrane Qualitative and Implementation Methods group, who spoke on qualitative evidence synthesis.

The event brought together experts, researchers, enthusiasts and postgraduates to exchange knowledge and advocate for the importance of qualitative health research. AQUHN remains committed to promoting qualitative health research in the Asia-Pacific region and beyond.

**Verification Strategy # 1:
Methodological Coherence**

Refers to congruence between the research question or topic and the qualitative design selected.

- Each design within the qualitative paradigm addresses a unique kind of research question.
- Grounded theory is claimed to help the researcher develop a theory about a basic social process.
- Example: How do families make decisions about whether to home school their children?
- Umwelt theory is claimed to help the researcher understand how people live in their environment.
- Example: How can services develop more effective programmes for their patients?
- Phenomenology provides an approach for learning more about the essence of something.
- Example: What is the essence of raising one's children?

**Successful
qualitative research
manuscript writing**

JOAN L. BOTTOREFF, PHD, RN, FRCN, FRAN, FRCM
EDITOR-IN-CHIEF, GLOBAL QUALITATIVE NURSING RESEARCH
PROFESSOR, UNIVERSITY OF BRITISH COLUMBIA
Dec 2023

KEY AREAS WE WILL LOOK AT:

- what does mixed methods actually mean?
- why use mixed methods in the first place?
- what do I need to think about to decide what I will mix, how and why when I design my research?
- how can I navigate the diversity of thought that makes up the heterogeneous mixed methods field?

Professor Julianne Cheek

Professor Ruth Garside

Introduction to qualitative evidence synthesis

AQUHN
HKU Med
6 December 2023
Ruth Garside, Professor in Evidence Synthesis

EXETER MEDICAL SCHOOL
University of Exeter
European Institute of Health
Cochrane Qualitative and Implementation Methods Group



Trinity College Dublin School of Nursing and Midwifery, Ireland



Ada Shum Wa-sin

Year 4 Bachelor of Nursing (Full-time) student



It's been an amazing experience participating in a two-week exchange programme at Trinity College Dublin School of Nursing and Midwifery. The lectures and project expanded my knowledge about nursing education and healthcare in Ireland. I also became aware of the health inequality in the world. Moreover, the clinical observation at St. James Hospital was inspiring. I could feel a sense of well-being among the patients. I'll never forget the smiles on their faces.

I also immersed myself in Irish culture and nature. The cliff walks in Howth and Bray were truly spectacular. Watching Irish traditional music and dance at Celtic Nights was also enjoyable. These activities made me fall in love with the country.

Moreover, the new experience of living with a host family made me learn to be considerate and respect others. I also learned to buy groceries and cook. It was challenging, yet interesting.

I'm grateful for the exchange opportunity that HKUSON offered me. I'll never forget every experience and every person I met. All these things shaped me into a more insightful person.







Watoto Service Trip, Uganda



**Janice Cheung Yuen-ling Icy Chong Pui-yuk
Bosco Leung Kwok-hei Lecco Wan**

Year 3 Bachelor of Nursing (Full-time) students

Alvin Hung Wai-chun

Year 4 Bachelor of Nursing (Full-time) student

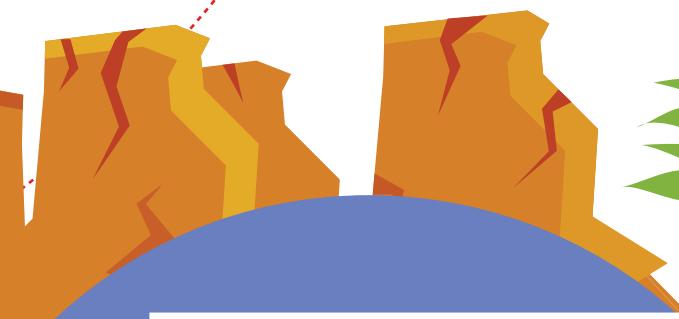


We had an amazing experience at Watoto village in Uganda. During the three-week service trip, we assisted with general healthcare in a nurse clinic, Suubi Clinic, and Baby WATOTO. The work was challenging with limited resources, yet rewarding when the children showed their trust in us and their health progressed well. In addition, the collaboration with local staff and volunteers from the UK and US has been invaluable. We treasured their support and friendship.



The practice has enriched our clinical experience and global health perspectives, and it enabled us to visit and interact with the local community. We also explored the local nature and were captivated by the wilderness. All these experiences are unforgettable and we believe this inspiring journey will benefit our future nursing practice in Hong Kong. We are grateful that the School has offered us this eye-opening exchange programme.







Yonsei International Summer School, South Korea

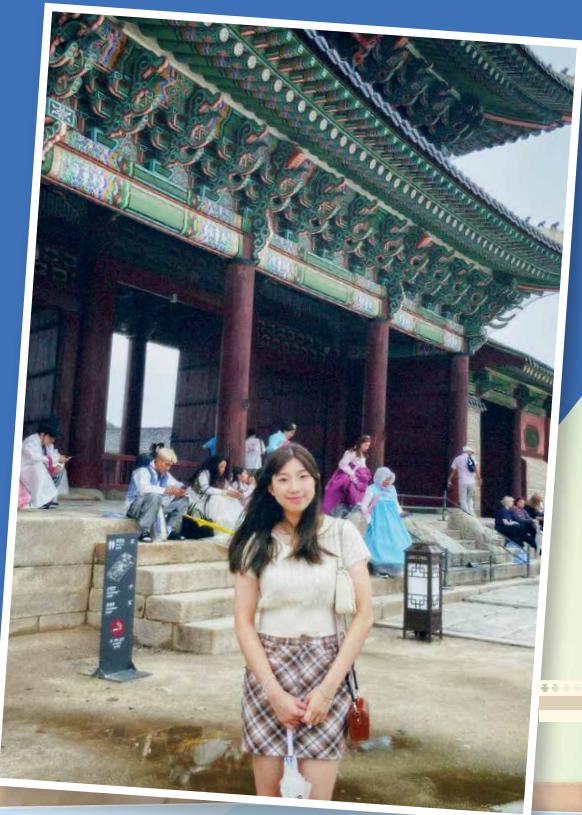


Julise Wong Chin-wai

Year 3 Bachelor of Nursing (Full-time) student



I am very grateful to have had the opportunity to participate in a four-week exchange programme at Yonsei University during the past summer semester. I had a fascinating impression of Korea from my past travel experience, which made me wonder if I could immerse myself in Korean culture as an exchange student and adapt to it in this short period. After this programme, I would say that it broadened my horizons and enhanced my communication skills through the chance to exchange ideas and cultural values with friends I met in class and around the campus, who were from different countries and ethnicities. I highly recommend participating in this exchange programme as it offers an invaluable opportunity for personal growth and development.







Swansea University, UK



Jasmine Wat Mei-ki

Year 4 Bachelor of Nursing (Full-time) student



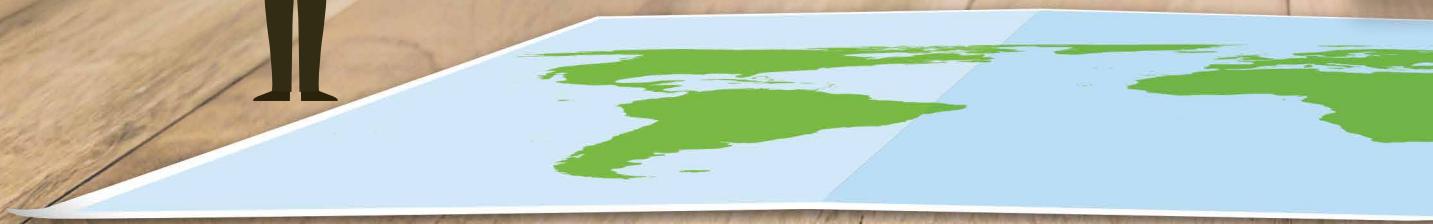
Being able to go to the UK as a foreign exchange student is one of the best things that has ever happened to me. I was grateful to have this opportunity to live in Swansea, Wales.

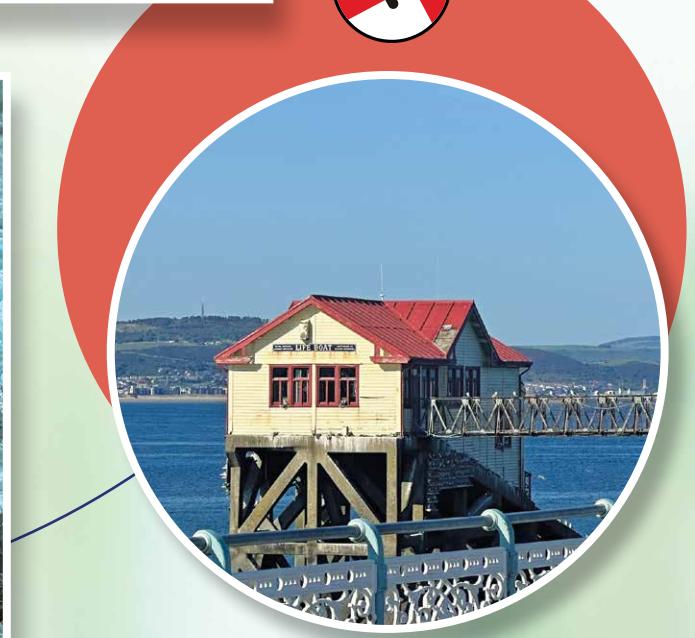
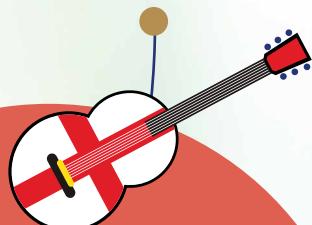


During my exchange period, I met people from different countries and learned about their cultures and ways of living a fulfilling life. Most interestingly, every Wednesday my host university held a varsity sports game with different UK universities. Everyone took this very seriously and it made me realise the importance of striking a balance between schoolwork and a healthy lifestyle.



Another highlight of my exchange experience was being able to travel to different European countries with my friends. I was amazed by the scenic views I saw during my trip to Iceland. I really enjoyed every part of my exchange experience!





Nursing Graduates Engage



Rico Lam Ying-tung (Left)

Bachelor of Nursing (Full-time) graduate (N20)

Betty Lin Ka-ying (Middle)

Bachelor of Nursing (Full-time) graduate (N20)

Year 2 Master of Psychological Medicine

(Psychosis Studies) student

Joey Wong Chung-chi (Right)

Bachelor of Nursing (Full-time) graduate (N21)

Year 1 Master of Public Health student

As nursing graduates from HKU, we have great enthusiasm and dedication to promote population health according to global strategic directions. As population ageing has continued to increase in recent years, there has been a pressing need for a responsive primary care system to optimise the functional capabilities and holistic well-being of people in their golden years. The nursing profession is a major stakeholder in this healthcare priority and we are very committed to making significant contributions.

The Jockey Club Pathway to Healthy Ageing (JC Path-HA) is a new initiative pioneered by HKU in 2022 in response to the United Nations Decade of Healthy Ageing 2021-2030. It aims to develop a sustainable health-social collaborative care model to optimise the functional capacity of older adults in Hong Kong. Being able to join the JC Path-HA nursing team has not only meant we can engage in the global healthy ageing movement, but also enjoy ample opportunities to apply the competencies and skills we acquired in the Bachelor of Nursing programme to advance the care of the aged in our society.



in Healthy Ageing Promotion



Our contributions have included helping to pioneer territory-wide health screening based on the World Health Organization Integrated Care for Older People (WHO-ICOPE) model in seven districts in Hong Kong, which broadened our understanding of the care needs of Hong Kong's seniors. Following the JC Path-HA protocol, we adopted a case management approach to develop person-centred care to optimise the functional status of our senior clients and support lifestyle modifications through goal-setting and empowerment. We also collaborated with the social care sectors of several flagship NGOs in rolling out innovative health education activities to support their goal attainments.

The WHO-ICOPE model also made us more aware of the complexity of health problems and challenges encountered by the older adults. Functional deficits in the physical, psychological and cognitive domains are interacting with one another to affect their well-being. Multi-morbidity, suboptimal sensory function, living alone and inadequate health literacy are common among this age cohort, which reinforces their need for proactive primary care to enhance their health management.





We were very glad that the JC Path-HA programme provided us with the autonomy to develop a health promotion portfolio for each client. We developed evidence-based personalised care using the critical pathway of the WHO-ICOPE framework to help clients ameliorate health risks, manage their geriatric symptoms and optimise their functional capacity. Based on feedback, we could see that the healthcare support from our team has meant a lot to the clients. They had a very positive health orientation and were very motivated to learn how to improve their health through lifestyle interventions. We also partnered with social workers and trained volunteers to provide health promotion workshops, case management meetings and audio health broadcasts to support and promote health goal attainment.

Our experience in the JC Path-HA programme has made us realise that it is imperative to advance the existing community aged care service in Hong Kong and to develop more proactive strategies for healthy ageing promotion. Optimising functional capability is crucial not only for 'adding life to years', but also buffering the health and social care burden in the community. While the UN strategy on healthy ageing offers an important blueprint to guide care innovation development, it is also important at the local level to build capacity and engage in health-social collaboration on the affordability, accessibility and sustainability of advanced care services. In fact, given the high level of health orientation among our seniors, developing their capacity for self-care would be an important strategy for health optimisation.

As nursing graduates from HKU, we hope to contribute to the promotion of population health at the local and global scales. Internationally, we are very committed to sharing our

experience with stakeholders who are promoting healthy ageing in other countries and to consolidating collaborative efforts to feedback to the UN Decade of Healthy Ageing. Locally, we are pleased that nurses are important professional stakeholders in the current development of primary care health in Hong Kong. We are ready to translate our experience and insights from the JC Path-HA programme to promote the wellness of all.

(Further details of JC Path-HA Project in Feature Stories - Research, page 5 - 6.)



In the Media



Nursing, spoke on youth smoking, noting that while the HKU Youth Quitline has been directing smoking cessation service to youngsters through its hotline, there were many relapse cases. He said quitline ambassadors therefore would actively contact smokers to provide information on reducing the chance of 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 Health Bureau has launched a public consultation on tobacco control strategies, called Vibrant, Healthy and Tobacco-free Hong Kong. **Professor Kelvin Wang Man-ping**, who is also a member of the Hong Kong Council on Smoking and Health's Information and Research Committee, welcomed the proposals, which included banning the sale of tobacco products to citizens born after a certain year, increasing tobacco duty and expanding no-smoking areas. 'People under the age of 18 in Hong Kong are currently not allowed to buy tobacco products, but the legal age for purchasing tobacco products is 21 years old in the United States, Singapore and other countries. I think Hong Kong can take reference from this practice to protect the health of our next generation,' he said, adding: 'The government can further raise tobacco taxes. [The] WHO proposed that tobacco tax should account for 75% of the product price. Currently in Hong Kong, the tobacco tax is about 64% of the product price which is far behind the United Kingdom, Australia and New Zealand.' According to previous studies in Hong Kong, a significant increase in tobacco tax can increase smokers' motivation to quit smoking.

Dr Derek Cheung Yee-tak, Assistant Professor and member of the School's smoking cessation team, also commented on the public consultation, pointing out that the pace of tobacco tax increases in Hong Kong was relatively slow compared to other countries. He recommended that the government gradually raise the tobacco tax because a higher price for tobacco products has proven to be an effective incentive for smokers to quit.

Professor Sophia Chan Siu-chee, Director of HKU Primary Health Care Academy, said that the re-export of e-cigarettes through Hong Kong may be weakening the city's tobacco control initiatives. 'The re-export of alternative smoking products through air cargo is exempted from the tobacco ban as authorities want to support the logistics sector,' she said. '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 raising the tobacco tax further and expanding no-smoking areas.

Professor Kelvin Wang Man-ping, of the HKU School of



(*Professor Wang was featured in RTHK Chinese instant news, Bastillepost – July 12, 2023, Sing Tao online news, Sing Tao Headline, Sing Tao Daily, Stnn.cc, HKCNA, Hong Kong Economic Times, BBC World Service "Business Matters" – July 13, 2023*)

(*Dr Cheung was featured on RTHK Radio 3 "Backchat" – July 13, 2023*)

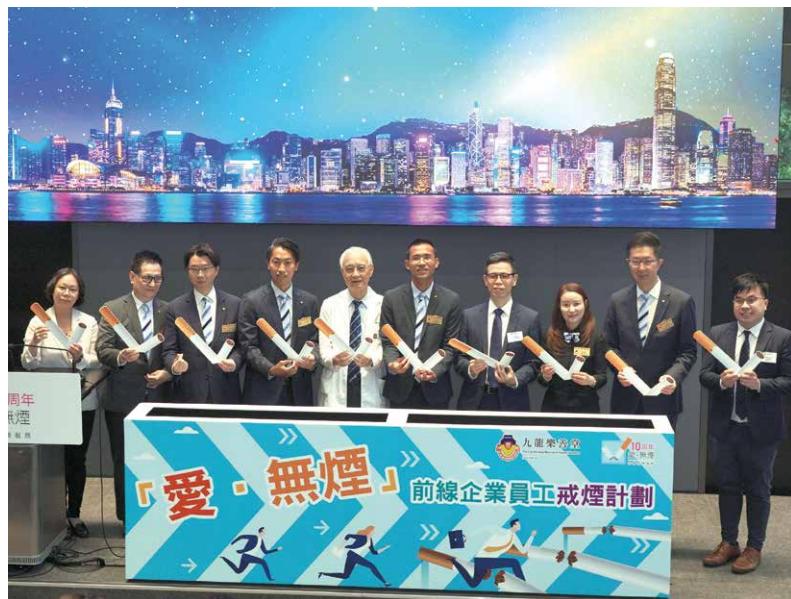
Nicotine is addictive, which means smokers can experience withdrawal symptoms such as anxiety and insomnia if they suddenly quit smoking. But what about nicotine gum, which contains a small amount of nicotine that aims to help smokers quit smoking step-by-step?

Professor Kelvin Wang Man-ping said it can be helpful if used properly. 'Nicotine gum or patches can be used to gradually reduce the blood nicotine level of smokers,' he said. While the determination to quit remains the most important factor in successfully quitting smoking, 'if you experience discomfort or withdrawal symptoms during the quitting process, you may approach smoking cessation clinics to seek nicotine replacement therapy to help yourself work through those few days. Afterwards, there will be a bigger chance of success.'

As nicotine can cause vasoconstriction, Professor Wang said people with heart disease and teenagers are not suitable for nicotine gum. He also pointed out that, in addition to traditional cigarettes, smoking electronic cigarettes is also harmful to the human body and can release substances that may cause cancer. Professor Wang supports the government's advocacy for restricting possession of electronic cigarettes.



(TVB News – July 16, 2023)



Recently, **Professor Kelvin Wang Man-ping** attended a press conference on a smoking cessation campaign for corporate front-line staff funded by the Tobacco and Alcohol Control Office. He has been responsible for research on the campaign's effectiveness in which he followed up with 777 smoking employees who participated in smoking cessation counselling services. The research started in January 2021 and was completed in June 2023. Two types of smoking cessation counselling services were conducted, one including profession-specific health lectures and personalised WhatsApp communications; the other was profession-specific health lectures and regular SMS alerts. Both groups received free nicotine replacement therapy, phone counselling service and leaflets,'

he said. 'The overall programme successfully assisted smokers to quit and reduced the smoking rate by 44%.'

Professor Tai-hing Lam, Emeritus Professor of HKUMed's School of Public Health, also attended the press conference and added, 'If an employee wants to quit smoking successfully, he or she is affected by many factors. Other than additional counselling channels, the support of the employer and colleagues is also essential.'



(Oriental Daily News, news.tvc.com – August 18, 2023)

Professor Kelvin Wang Man-ping encouraged the public to express their views in the government's Public Consultation on Tobacco Control Strategies. 'Government policies on tobacco control are crucial to end the harm of smoking. Enlarging the smoking prohibited areas, raising tobacco tax significantly, and regulating displays and additives in tobacco products are proven to be effective in reducing smoking and the harm of tobacco. Research from our School has showed that a majority of the public support banning people who were born in a certain year from buying tobacco products, to protect the next generation. Let us work together in building a new generation of smoke-free Hong Kong.'



(am730 online news, am730 – September 25, 2023)

Professor Sophia Chan Siu-chee and **Professor Kelvin Wang Man-ping** were joined by the Dean of Medicine, **Professor Chak-sing Lau**, at a media briefing to advocate for consideration of a total ban on tobacco in Hong Kong, in response to the government's Public Consultation on Tobacco Control Strategies which ended in September 2023.

Professor Wang proposed raising the tobacco tax from 64% to 75% by 2025, as recommended by the World Health Organization. He said, 'The public consultation on tobacco control strategies targets to reduce the smoking rate to 7.8% by 2025 and ultimately end tobacco use. To achieve this, a significant rise in tobacco tax was recommended to help smokers to quit. Surveys have showed a high level of public support for raising the tobacco tax to discourage people from smoking.' The HKU Youth Quitline has counselled over 3,100 young smokers with a six-month quit rate of 24%. 'Our evidence-based smoking cessation strategies can be further enhanced to support the expected large-scale quitting before the total ban on tobacco,' said Professor Chan.



(TVB news, i-Cable news, Now news, RTHK English local news, RTHK Chinese instant news, CRHK local news, SCMP online news, The Standard online news, Ming Pao online news, Sing Tao Daily online news, on.cc, HKEJ online news, TOPick.hket.com, hk01.com, Orange news, dot dot news, HKCNA, etnet, Headline Daily online news, am730 online news, Bastille Post, Sky Post online news – September 13, 2023; RTHK - Hong Kong Today, RTHK - 《千禧年代》, RTHK - 《新聞特寫》, The Standard online news, Ming Pao online news, Ming Pao Education, Oriental Daily online news, HKET online news, HKEJ online news, Wen Wei Po online news, am730 online news, Sky Post online news, The Standard, Ming Pao Daily News, Sing Tao Daily, Oriental Daily News, Hong Kong Economic Times, Hong Kong Economic Journal, Sing Pao, Wen Wei Po, am730, Sky Post, Ming Pao Canada, InMediaHK, Economic Digest Web, Upbeat Media – September 14, 2023; am730 online news, am730, RTHK - 《自由風自由 PHONE》 – September 15, 2023; South China Morning Post – September 16, 2023; Now news, on.cc – September 17, 2023; Oriental Daily News – September 18, 2023)



Members of HKUMed's School of Public Health and School of Nursing have been collaborating to protect people's health through their pioneering smoking cessation research and their success in influencing the passing of the Smoking (Public Health) (Amendment) Bill 2019 to ban the sale of electronic cigarettes and heated cigarettes in Hong Kong.

In response to the HK Government's 'Vibrant, Healthy and Tobacco-free Hong Kong' Public Consultation on Tobacco Control Strategies, the Smoking Cessation Team of the School of Nursing, led by **Professor Sophia Chan Siu-chee** and **Professor Kelvin Wang Man-ping**, engaged in media interviews to support the government's target of lowering the smoking rate from the current 9.5 percent to 7.8 percent by 2025, though admitting this would be difficult to achieve in less than three years.

Professor Chan, who is now project director of The University of Hong Kong's Primary Health Care Academy, said increasing the tobacco tax will help people quit smoking and she also called on the government to expand smoke-free areas to protect non-smokers.



(HKCD online news – August 31, 2023; RTHK English instant news, The Standard online news, TVB news, Now news, CRHK online news, Metro Finance online news, RTHK Chinese instant news, on.cc, HKEJ instant news, Wen Wei Po instant news, Sky Post online news, Orange News, Dotdotnews.com, HK01.com, RTHK Chinese instant news, Sing Tao Daily instant news, Ming Pao Daily News instant news, Sing Tao Headline, am730 online news, HK01.com, CRHK - 政好星期天, Ming Pao Daily News online news, Wen Wei Po instant news, HKCD online news – September 3, 2023; RTHK English news - Hong Kong Today, The Standard online news, The Standard, Sing Pao, Hong Kong Economic Journal, Headline Daily, Lion Rock Daily – September 4, 2023; HKEJ Monthly – September 5, 2023)

The Labour Department introduced a new Heat Stress at Work Warning system in May 2023, to which **Dr Patsy Chau Pui-hing**, Associate Professor, has been interviewed and suggested achieving cooler workplaces by setting up fans or outdoor air coolers in outdoor workplaces. If it is not possible to set up these machines, employers should provide shaded areas for workers and workers themselves should wear wide-brimmed hats to protect themselves from direct sunlight. 'Prolonged exposure to the sun will cause sunburn and increases the risk of skin cancer. Wearing breathable long sleeve outfits is suggested. In addition, simply wiping the body with a wet towel can help cool down and washing with running water is even better,' Dr Chau said. She reminded people that if they experience headache, dizziness, or signs of confusion in a hot environment, they should take a break immediately and drink water to cool down the body. Hot weather can also increase the risk of cardiovascular diseases so if someone experiences palpitations, shortness of breath or chest pain, they should seek medical attention as soon as possible, she said.



(Ming Pao Online News, Ming Pao Daily News – June 19, 2023)



World Breastfeeding Week (WBW), held every year in the first week of August, is a global initiative to foster awareness and incentivise action on themes pertaining to breastfeeding. In 2023, the focus was on breastfeeding and work.

A 2021 government survey on breastfeeding in Hong Kong indicated a dip in breastfeeding rates among mothers, with one reason being that working mothers found it difficult to continue breastfeeding their children when their maternity leave ended. A culture of supporting mothers in workplaces and public venues therefore is crucial for successful breastfeeding.

the launch four years ago of a free nursery room search app, called 'Breastfeeding GPS', that helps users find nearby nursery rooms based on their locations. The Breastfeeding GPS Project Leader, **Dr Kris Lok Yuet-wan**, Assistant Professor, said, 'The app has identified 634 breastfeeding spots in the city, but there is still a high demand for more facilities. In addition to the app, in 2019 we also launched an online knowledge hub for parents and companies by posting new videos to a social media platform weekly. This initiative also aims to promote breastfeeding culture. We can see a positive, gradual change in public perception in favour of breastfeeding. Let us be patient and supportive of this process of cultural transformation.'



(*Hong Kong Economic Journal – July 24, 2023, ViuTVsix News Bulletin – August 2, 2023, Orange News – August 8, 2023*)

Breastfeeding is well recognised as beneficial to babies, but some mothers may encounter difficulties while breastfeeding. Their partners can help, said **Dr Kris Lok Yuet-wan**, Assistant Professor. 'Daddies play an essential role in breastfeeding. They can show their support by accompanying mommies for follow-up consultations and learning about the benefits of breastfeeding before delivery. After birth, daddies can initiate taking care of the babies and give mothers more rest time. This provides strong support for breastfeeding,' she said.



The School of Nursing launched the mobile app 'Breastfeeding GPS' in 2020, which has identified more than 600 breastfeeding-friendly facilities and places in Hong Kong and is updated continuously. The app also includes a 'nursing log', which allows mothers to record the time of feeding, diaper change, sleeping pattern and other information about their babies' patterns and growth. Caregivers are welcome to download this app to assist mothers and support breastfeeding.



(*Sky Post online news – September 30, 2023*)



Android



iOS

A survey by HKU on Parkinson's disease, involving 334 participants aged 18 or above, showed that while most people could recognise unusual motor symptoms caused by the disease, such as tremors (90%), shuffling gait (77%) and slowness (75%), less than 30% were aware of pre-motor symptoms. These include things such as loss of smell or taste (only 13% of participants could identify); depression or anxiety (24%); constipation (15%); and acting out dreams during sleep (17%), which may appear 10-20 years before the motor symptoms.

Dr Jojo Kwok Yan-yan, Assistant Professor, said 'Many people are unaware of the pre-motor symptoms. If pre-motor symptoms can be noticed in an early stage and appropriate medical evaluation is sought, patients can then receive relevant treatment and care promptly. Currently, the understanding of Parkinson's disease by the public is poor. There is a need to raise public awareness of the disease and risk management.'

Dr Kwok is the Co-project Director of the 'Jockey Club Movin' Care for Parkinson's Disease Project', funded by the Hong Kong Jockey Club Charities Trust. The project aims to establish a comprehensive and sustainable community care service model for people affected by Parkinson's disease. It promotes early awareness of the risks of the disease, early diagnosis and rehabilitation, and early care of physical and mental well-being. It also focuses on community engagement to raise awareness of Parkinson's disease.



(hk.epochtimes.com, on.cc, Sky Post online news, newsbeezers.com – October 27, 2023; Lion Rock Daily November 6, 2023)



People with pre-diabetes can and should proactively change lifestyle habits to help delay the onset of Type 2 diabetes, said **Dr Mandy Ho Man**, Associate Professor and principal investigator of 'A Community-based Diabetes Prevention Project'.

The School has strong experience in community-based diabetes prevention, through its 'Reduce Diabetes' programme launched in 2019 for obese and pre-diabetic people. It raises awareness through group education and offers a personal nutrition consultation and telephone support, with a focus on preventing diabetes, establishing a healthy lifestyle and controlling weight. The programme is now in its fourth year and the results show that it can effectively assist participants in preventing diabetes, restoring normal blood sugar levels and reversing prediabetes, and help them to maintain those results. Dr Ho said, 'It is encouraging to see that the blood pressure and cholesterol levels of most participants improved.'

In addition, during the COVID-19 epidemic, the research team launched a digital diabetes prevention programme where patients with prediabetes can access health information anytime and anywhere through mobile applications and online courses.



(am730 online news, am730 – November 27, 2023)

To improve the supply and model of medical services, predict disease outbreaks, and improve decision-making efficiency in Hong Kong, researchers in the School are working with huge electronic health record resources, also called medical big data.

Dr Celine Chui Sze-ling, Assistant Professor, is principal investigator of a cardiovascular risk prediction model designed for the Hong Kong population, called P-CARDIAC (Personalised - CARdiovascular Disease risk Assessment for Chinese). ‘By analysing big data, medical professionals can monitor population health trends and detect early warning signs to implement preventive measures to reduce the spread of disease and slow its progression. Clinicians can input 8 to 120 risk factors to predict a patient’s risk of cardiovascular and cerebrovascular diseases, then identify asymptomatic but high-risk patients in the hope of early intervention before serious cardiac events occur,’ Dr Chui said. ‘This model can also provide objective support for clinical decision-making, improve the allocation of medical resources and shorten patient waiting time.’



Integrating different sources of data, including medical records, vaccination records, lifestyle habits and socioeconomic status, is essential to develop personalised care and information resource allocation and planning. In addition to integrating data, electronic medical records will further enhance the development of primary care.

To summarise, the effective use of medical big data can establish a more efficient and patient-centred primary medical system, resulting in improved overall health and well-being in the population, she said.



(am730 online news, am730 – December 4, 2023)



Patients with advanced lung cancer bear a heavier symptom burden than other cancer patients. As drugs may have side effects, effective non-drug intervention may be a long-term solution and exercise is an effective way to reduce the symptom burden.

Dr Naomi Takemura, Research Assistant Professor, has led a study aimed at finding ways to improve sleep quality, multiple physical and psychological symptoms, and one-year survival rates in patients with advanced lung cancer. The research team found that Tai Chi and aerobic exercise provide significant improvements in subjective sleep quality, risk of anxiety and depression, physical function, step count, and circadian cycle. It is worth noting that Tai Chi is more effective in helping to enhance patients’ sleep quality and one-year survival rate. Another study by Dr Takemura showed that regular exercise can help boost the long-term effects of symptom management. The medical community may consider incorporating Tai Chi and aerobic exercise into lung cancer rehabilitation care. The study is published in JAMA Oncology.



(am730 online news, am730 – December 11, 2023)

New Faces

Mr Anthony Chan Kin-hei Lecturer

It is my great pleasure to join the School of Nursing at The University of Hong Kong. I obtained my Bachelor of Nursing and Master of Nursing degrees at HKU and have solid experience in both public and private hospitals. I completed my specialty training in cardiac and interventional cardiology nursing and obtained the Advanced Practice Nurse in Cardiac Nursing qualification. Transitioning from the clinical to education field, I wish to share my knowledge and management experience gained in the clinical area with our new generation of nurses. Knowledge, attitude and skill are the keys to success. Let us keep our passion and work as a team to strive for excellence in nursing education.



Mr Abraham Wan Wai-hin Assistant Lecturer

Hi everyone, I am Abraham. It is with great humility and excitement that I announce my appointment as an Assistant Lecturer. As an alumnus of this esteemed institution, I am thrilled to return to my roots and contribute to the education of our future nurses.



I am grateful that the HKU School of Nursing equipped me with a strong foundation, which guided me throughout my career in the medicine & geriatrics unit and orthopaedic unit upon graduation.

As I embark on this new chapter, my aim is to utilise my experiences and expertise to teach our students skills and knowledge with evidence-based practice, to face the challenges of our ever-evolving healthcare landscape. I am committed to fostering a supportive learning environment where students feel encouraged to explore their passions and develop a professional identity.

I look forward to working with my fellow colleagues and collaborating with our dedicated students to continue the proud tradition of excellence at our school.

Ms Bonnie Chan Chui-yan Assistant Lecturer

Being able to work as an assistant lecturer at the HKU School of Nursing is an honour. Having completed my master's degree and specialised training in paediatric nursing, my goal is to share my enthusiasm and expertise about nursing.

I spent 10 years working in paediatric wards after graduation. I've had the opportunity to work in the Paediatric and Adolescent Medical Ward, Pediatric/Neonatal Intensive Care Unit (PNICU) and Special Care Baby Unit (SCBU) over the years in Queen Mary Hospital.

I am excited to impart my knowledge, provide practical advice, and provide students with the resources they need for future careers in healthcare settings. I am hoping to create an engaging learning environment where students can gain confidence and hone their clinical skills.



Dr Thomas Lam Chun-sing Lecturer

It is my genuine pleasure to join the School of Nursing at HKU as a lecturer. I am a locally trained biomedical scientist and obtained undergraduate (BSc (Hons)) and postgraduate degrees (MPhil and PhD) at HKU. Besides, I am a registered teacher and registered nutritionist in Hong Kong, as well as a chartered biologist and fellow of the Royal Society for Public Health in the UK. I embarked on my lectureships at HKU and Chinese University of Hong Kong several years ago and taught life science subjects in various academic programmes (Bachelor's, Master's and Doctoral Degrees). I hope to share the fun of learning life science with you. Remember to let me know if you have any questions. Cheers!





Dr Yi-nam Suen Assistant Professor

Hello everyone, I'm delighted to introduce myself as a returning member of this esteemed school. I am truly honoured to have the opportunity to collaborate with such a talented and dedicated team of professionals. I am eager to contribute my skills and experiences to our initiatives and I look forward to learning from you, fostering strong professional relationships, and nurturing collective growth. With confidence in our collaborative efforts to achieve shared objectives, I extend my warmest greetings and excitement to commence this journey together.



Ms DoDo Chow Wai-nei Lecturer

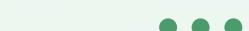


I am delighted to rejoin the HKU family as a lecturer in the School of Nursing. As a teacher, I believe it is my role to serve as a role model and combine clinical expertise with a passion for teaching. Like a forester planting oak seedlings, my purpose is to actively cultivate and nurture my students by sharing the necessary knowledge, skills, experiences, and attitudes for them to become competent, confident, and compassionate nursing professionals in the future.



Dr Quanlei Li Research Assistant Professor

I am a nurse scientist focusing on intimate partner violence (IPV). For me, HKU School of Nursing is not a place, but THE place, to continue my research and establish my professional career. The quantity and quality of IPV studies from the School simply amazed me when I was conducting my doctoral dissertation study at Johns Hopkins University. I have been fortunate to be able to study in quite a few prestigious universities in China's Mainland, Taiwan, and the United States. It is now my good fortune to meet and work with energetic and talented scholars at the School. Hopefully my experience and expertise will be an asset to the School and Hong Kong.



Ms Renee Lau Man-man Assistant Lecturer



I could not be more excited and grateful to work in my alma mater as an assistant lecturer. After graduating here with Bachelor of Nursing and Master of Public Health degrees, I took up several nursing roles, such as a research nurse and a midwife in the clinical field. Throughout these years, I had lots of opportunities to provide education, either to the public or to nursing students. All these experiences polished my skills and aroused my interest in becoming a nurse educator. I am looking forward to working with my lovely colleagues, nurturing the future generation together and supporting students to become competent nurses through a pleasant journey.



Ms Nessa Lai Wai-ching Assistant Lecturer

It is my great honour to return to my alma mater, where I obtained my Bachelor of Nursing qualification, to join the professional and experienced team as an assistant lecturer. Since graduation, I have gained experience in the private ward, emergency department and simulation training. I am looking forward to nurturing students through the transmission of knowledge and skills and equipping students with the best possible learning experience, so they can be competent, passionate and caring nurses while facing various challenges in the ever-evolving healthcare system.



Promotions

Several new appointments have been announced of colleagues who have made invaluable contributions to the School:



Congratulations to **Dr Naomi Takemura**, who was appointed Research Assistant Professor with effect from March 1, 2023.



Congratulations to **Ms Vivien Tsang Wai-yin**, who was appointed Lecturer with effect from August 1, 2023.



Congratulations to **Ms Mabel Lam Choi-fung**, who was appointed Lecturer with effect from August 1, 2023.



Congratulations to **Dr Angie Lam Ho-yan**, who was appointed Senior Lecturer with effect from August 1, 2023.



Congratulations to **Dr Maggie Pun Wai-ming**, who was appointed Senior Lecturer with effect from October 1, 2023.



Congratulations to **Ms Jessica Cheuk Yuet-ying**, who was appointed Senior Lecturer with effect from October 1, 2023.



Congratulations to **Dr Mandy Ho Man**, who was appointed Associate Professor with effect from November 1, 2023.



Awards

Congratulations to the School's Director, **Professor Chia-Chin Lin**, **Professor Doris Yu Sau-fung** and Associate Professor **Dr Daniel Fong Yee-tak**, who were named among the world's top 2% most cited scientists in their specialty areas by Stanford University, in its 2022 career-long most cited scientists list.



Congratulations also to **Professor Lin**, **Professor Yu**, **Dr Fong** and Assistant Professor **Dr Edmond Choi Pui-hang**, for being listed among the world's top 2% most cited scientists in their specialty areas by Stanford University, in the 2022 single-year most cited scientists list.



Congratulations to **Dr Jojo Kwok Yan-yan**, Assistant Professor, who received the Emerging Nurse Researcher/Scholar Award 2023 from the Sigma Theta Tau International Honor Society of Nursing at the 34th International Nursing Research Congress from July 20-23, 2023.

Congratulations to **Professor Yu** for being selected one of the 2023 Fellows of the Gerontological Society of America (GSA) at the GSA's 2023 Annual Scientific Meeting held from November 8 to 12 in Tampa, Florida.



Retirement

We would like to express our gratitude and best wishes to **Ms Cher Lau Wai-han**, a 28-year long service administrative staff, for her retirement.



Congratulations

Research Grants Awards

Funding Body	Principal Investigator	Project Name
Health and Medical Research Fund (HMRF) 2022	Dr Daniel Fong Yee-tak	Revolutionising adolescent idiopathic scoliosis screening with AlignProCARE: An artificial intelligence-driven mobile application for accurate and efficient detection
Health and Medical Research Fund (HMRF) 2022	Dr Jojo Kwok Yan-yan	Effects of a nurse-led palliative care programme, 'Cultivating Acceptance and Living Meaningfully with Progressive Neurological Diseases' (CALM-Neuro): A feasibility randomised control trial
Health and Medical Research Fund (HMRF) 2022	Dr Naomi Takemura	Motivational interviewing intervention to enhance self-learning and practicing of Tai Chi in patients with advanced lung cancer: A feasibility randomised controlled trial
RGC General Research Fund (GRF)	Dr Patsy Chau Pui-hing	Mediating and moderating the role of health and social care utilisation in the association between social frailty and depression
RGC General Research Fund (GRF)	Dr Jay Lee Jung-jae	Instant message-delivered personalised acceptance and commitment therapy (IMPACT) for neuropsychiatric symptoms in persons with mild cognitive impairment: A mixed methods study
RGC General Research Fund (GRF)	Dr Kris Lok Yuet-wan	An ecological momentary intervention to improve breastfeeding outcomes: A randomised controlled trial
RGC General Research Fund (GRF)	Dr Kevin Luk Tzu-tsun	Mobile instant messaging-based lifestyle intervention for pregnant women at risk of gestational diabetes: A randomised controlled trial
RGC General Research Fund (GRF)	Professor Kelvin Wang Man-ping	A randomised 2 by 2 factorial trial on mHealth support and financial incentives to promote smoking cessation in deprived older smokers
RGC General Research Fund (GRF)	Professor Doris Yu Sau-fung	Effects of the Buddy-Up Dyadic Physical Activity (BUDPA) Program on the health outcomes and social dynamics of persons with dementia and their family caregivers: A mixed-method randomised controlled trial
NICHE Research Grant 2023/24	Dr Shuangzho Chen	Integrative therapeutic programme to regulate expressed emotions among informal caregivers of people with dementia: A pilot randomised controlled trial
NICHE Research Grant 2023/24	Dr Naomi Takemura	Empowering caregivers in the digital age: A pilot randomised controlled trial on the effects of online Meaning-Centered Psychotherapy for caregivers of patients with advanced cancer

Hong Kong Council on Smoking and Health	Dr Derek Cheung Yee-tak	Evaluation study on Smoke-free Elite Teens Programme 2023-24
Hong Kong Council on Smoking and Health	Dr Kevin Luk Tzu-tsun	Building capacity and promoting smoking cessation in the community via "Quit to Win" Contest 2023: A randomised controlled trial of 1-week nicotine replacement therapy sampling
The Hong Kong Jockey Club Charities Trust	Professor Doris Yu Sau-fung	Impact evaluation of the digital connect project for homebound older adults: A target trial emulation
The Hong Kong Jockey Club Charities Trust	Professor Doris Yu Sau-fung	A hybrid effectiveness-implementation evaluation on programmes Promoting Healthy Ageing with Sport Exercise (PHASE Program)
The Hong Kong Jockey Club Charities Trust	Professor Doris Yu Sau-fung	Impact assessment of the Jockey Club REACH & MAP Program for hard-to-reach older adults in the community: A target trial emulation
Teaching Development Grants (TDG)	Dr John Fung Tai-chun	An application of interactive, immersive screen-based 360 virtual reality videos on a learning management system combined with facilitated structured 3D debriefing – an innovative experiential learning pedagogy in enhancing student cultural awareness and clinical competence in student exchange. An international collaboration.





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