



NURSE *Letter*

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2024
EAFONS

27th East Asian Forum
of Nursing Scholars



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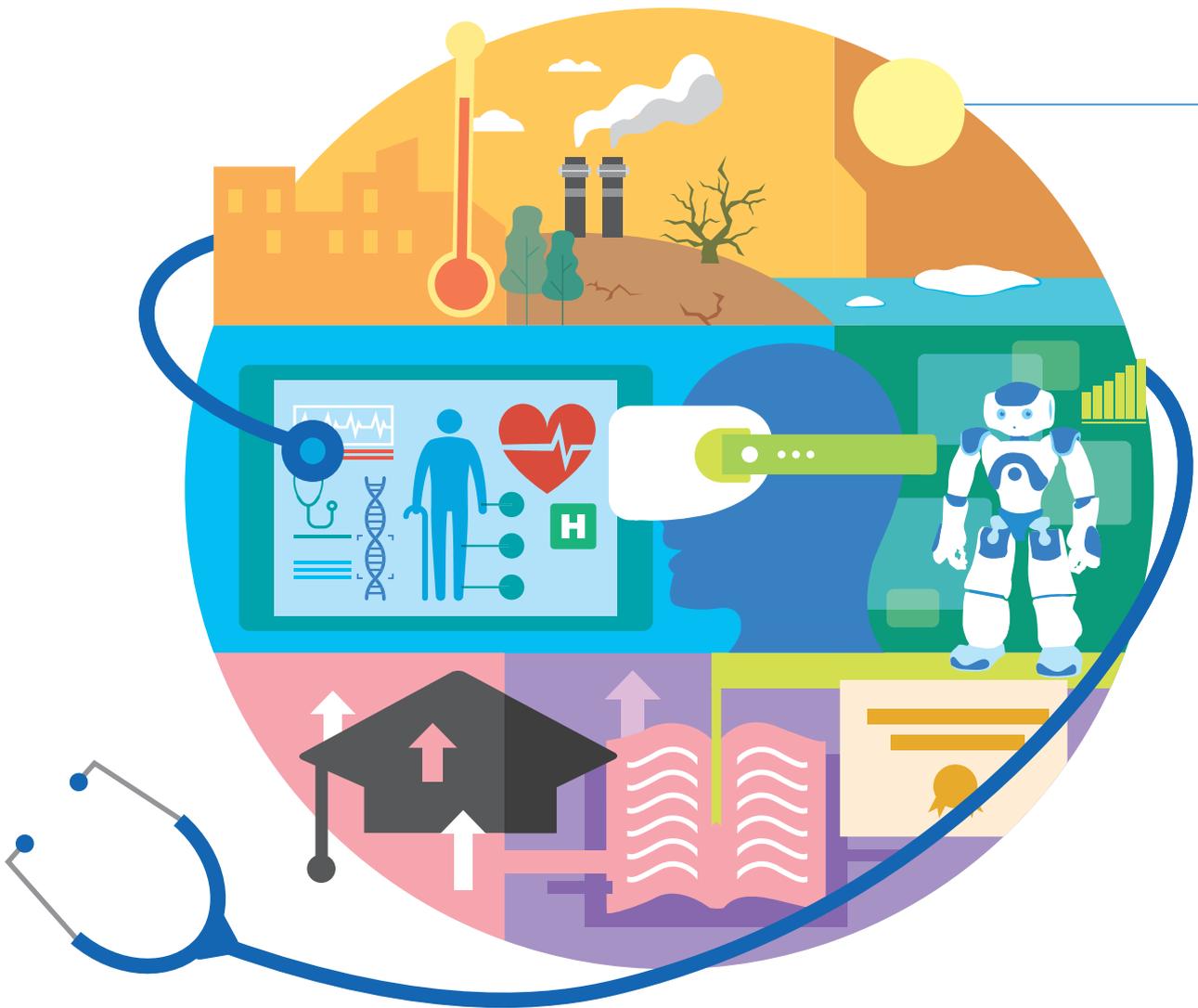


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Nursing Makes an



Nursing is a critical profession that makes contributions to patient care, identifies and acts on issues of pre-eminent importance in public health, provides vital input and leadership in policymaking, and carries the torch by training the next generation of nurses and nurse leaders. Without a doubt, nurses are making a significant impact. But their important work has faced strong headwinds in recent years, particularly from climate change and new technologies such as AI and robots. Yet nurses have quickly adapted to these

challenges. The current issue of Nurseletter showcases how nursing is leading the way on important issues facing our field and the world.

Dr John Fung Tai-chun, our Senior Lecturer at HKU School of Nursing, for instance, has made ground-breaking innovations in teaching and learning that are having an impact not only in nursing but other fields. His 360 VR system is used within the School and the Faculty of Arts, and it is being applied

Impact

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



Our legacy, and our impact, is in being able to improve patient care through leadership, interpersonal communications and interprofessional collaboration.

creatively by including peer teaching and a detailed debriefing programme that consolidates learning. Dr Fung has been keen to adopt new technologies because they enrich learning and prepare students to apply these tools in their future practice. His work earned him the HKU Outstanding Teaching Award for 2023 – he was the sole recipient across the University – as well as the HKU Teaching Innovation Award (Teams).

The School has also been at the forefront of determining nurses' role in addressing and mitigating global climate change. Associate Professor Patsy Chau Pui-hing led the Nursing and Midwifery Discipline Group of Universitas 21 (U21) to conduct a cross-sectional, international survey on the preparedness of nurses for climate change. The group also included nursing academics from mainland China, Chile, New Zealand, South Africa and the United States. The survey found that more than half of respondents reported that climate change has affected their nursing practice, such as increasing the number of patients and complexity of care required. The survey is ongoing, and it is hoped the results will be a starting point for building greater resilience and involvement against climate change by nurses.

Apart from members of the School who have demonstrated impacts through their leadership and scholarship, many nurses are already well-positioned to lead on other issues. Dr Danny Tong Wah-kun, the Chief Manager (Nursing) / Chief Nurse Executive at the Hospital Authority's Head Office,

shares his reflections on how nursing leaders elevate the quality of healthcare and contribute to clinical excellence through advanced nursing education, research and practice.

To achieve a broader impact on the nursing profession through our deep engagement with partners from around the world, HKU School of Nursing organised the 13th Hong Kong International Nursing Forum on the theme of "Nurses' Impact on Planetary Health", which attracted more than 400 delegates from more than 15 counties and regions. We also hosted the 27th East Asian Forum of Nursing Scholars which attracted more than 1,400 overseas and local delegates on the theme "Generating Impact through Doctoral Nursing Education".

These big events and activities all help to generate ideas and build networks that advance nursing practice, education and research. Ultimately, they are there to support the more profound impact that nursing has on a daily basis. Nurses can directly affect and improve the quality of people's lives, however long or short they may be. Consider, for instance, that nurses initiated palliative care in many countries. Our legacy, and our impact, is in being able to improve patient care through leadership, interpersonal communications and interprofessional collaboration. These things cannot be replicated by technologies. They are qualities only we, as humans and trained professionals, can convey.

How Nurses Can Help Mitigate the Effects of



As the world grapples with the escalating crisis of climate change, our nurses also have valuable contributions to make to mitigating the effects of climate change. Climate change significantly impacts human health, triggering morbidity and mortality due to extreme weather conditions. It exacerbates air pollution, allergens and vectors, posing serious global health risks. Climate change is considered the largest threat to public health gains.

Citizens everywhere can help in the fight against climate change by embracing a green lifestyle. Nurses, however, have the potential to contribute even more. By leveraging their trusted status in society and their roles in patient education, policy advocacy and community engagement, nurses can help to mitigate the health impacts of climate change and promote planetary health. They can amplify messages that drive sustainable behaviours and practices.

The International Council of Nurses' (ICN's) 2018 statement "Nurses, Climate Change and Health" promotes the notion that nurses of different positions can make powerful contributions in attenuating climate change and aiding climate vulnerable

communities¹. These recommendations focus on helping to reduce human-induced climate change and vulnerability to adverse effects from climate change. Despite this potential, however, the details about nurses' contributions and attitudes in these areas, particularly in clinical settings, are poorly understood. This is especially so outside English-speaking countries.

Picking up on the Universitas 21 (U21)'s theme of "Climate Change and Health", the School of Nursing of The University of Hong Kong was honoured in 2023 to lead U21's Nursing & Midwifery Discipline Group in conducting a cross-sectional survey on "Preparedness of Nurses for Climate Change" to address the knowledge gap. Together with experts from Fudan University, Pontificia Universidad Católica de Chile, The University of Auckland, University of Connecticut, and University of Johannesburg, a questionnaire was developed drawing from the ICN 2018 statement and related literature. The questionnaire, available in different languages, can be accessed at: https://hku.au1.qualtrics.com/jfe/form/SV_3rv1aHgDJWE621M Registered nurses with at least one year of practice are eligible for this survey.

Professor Patsy Chau Pui-hing | Associate Professor



Climate Change

Over 58% of respondents perceived climate change had impacted nursing practice to some extent in the past five years. The top three impacts identified were that climate change made the working environment more challenging, resulted in changes to health education, and increased the number of patients and complexity of care provided.

While the study is ongoing, preliminary findings from the first 509 valid responses collected from the online platform, including 55% from Asia and 57% involved in clinical practice, were presented in the 13th Hong Kong International Nursing Forum. The data revealed that over 58% of respondents perceived climate change had impacted nursing practice to some extent in the past five years. The top three impacts identified were that climate change made the working environment more challenging, resulted in changes to health education, and increased the number of patients and complexity of care provided. While many respondents had engaged in greener lifestyle choices and empowered others to do the same, fewer had worked with communities to build resilience to the impacts of climate change or engaged in environmental health committees.

Feedback from our respondents indicated that they felt their participation not only generated knowledge about nursing and climate change, but also prompted deep reflection on their own contributions to climate change. We hope this study is just the beginning. We look forward to more comprehensive research in this area, taking into account contextual and cultural differences. In the long run, we aim to foster more opportunities for nurses to contribute towards climate change mitigation and adaptation. Let's join hands in fighting climate change!

Preparedness of Nurses for Climate Change

Main Purpose

- To assess nurses' achievement of and readiness to take on the recommendations of the International Council of Nurses 2018 Statement on Nurses, Climate Change and Health

Eligibility

- Registered/Licensed nurses for at least one year
- Currently practising as a nurse (e.g. clinician/direct care, educator, researcher, or executive/administrator/manager)

Procedures

- You will respond to an online self-administered structured questionnaire which take you around 15 minutes to complete

YOU ARE INVITED!

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

Collaborating Schools (alphabetical order):

UCONN SCHOOL OF NURSING

UNIVERSITY OF JOHANNESBURG

ESCUOLA DE ENFERMERIA FACULTAD DE MEDICINA

UNIVERSITY OF AUCKLAND Waipapa Taumata Rau NEW ZEALAND

and more ...

Principal investigator: Dr Patsy Chau, School of Nursing, The University of Hong Kong. This study has been reviewed by the Institutional Review Board of the University of Hong Kong/Hospital Authority Hong Kong West Cluster. (UW 23-245)

Contact for further information:
Dr. Chau
(email: phpchau@hku.hk)

SCAN ME

References:

- International Council of Nurses. (2018). Nurses, Climate Change and Health. Revised. Available from: <https://www.icn.ch/sites/default/files/inline-files/ICN%20PS%20Nurses%252c%20climate%20change%20and%20health%20FINAL%20.pdf>

Award-winning Teaching Innovation Crosses Disciplines

Senior Lecturer, Dr John Fung Tai-chun, recently won HKU's Teaching Innovation Award (Teams) for a ground-breaking, cross-disciplinary project that uses a 360 virtual reality (VR) system to open new ways of teaching and learning. He is also the sole recipient of this year's HKU Outstanding Teaching Award for his body of work.



New technologies are enabling us to create engaging and impactful experiences for students that transform abstract concepts into tangible, real-life learning opportunities and empower them to take charge of their learning journey. One such technology is 360 VR, which I developed with my colleagues and which is integrated into learning management systems.

Our 360 VR is revolutionary because it can be used without a VR headset or goggles to immerse students in learning scenarios that they can navigate around. Once they access



Dr John Fung Tai-chun | Senior Lecturer



videos online, they can drag their mouse around to get a 360-degree view to observe different perspective and viewpoints.

An example of how we use this is in a multi-patient simulation scenario. Nursing students observe CPR being performed, but they are not just watching one action on one patient. There is other activity happening in the scene, too, to more closely replicate a real-life setting. The students are given guiding questions in advance, such as whether they spot any irregularities, and they can timestamp their answers along different parts of the video.

The videos were developed with research assistants and students performing as actors. I also involved students as near-peer or peer teachers, who were trained to help us take students through pre-briefing and debriefing of the 360 scenarios.

The debriefing is a critical aspect of the 360 VR. In 2020, my team and I won another HKU Teaching Innovation Award for our work using virtual simulation in teaching and assessment,

which had a robust debriefing process to consolidate students' knowledge and understanding and deepen their learning. It resulted in student improvements in clinical competence, satisfaction and self-confidence.

The current project similarly has had very good results and prepared students for real-world medical challenges. I collected data in a variety of ways, including a randomised control trial and pre- and post-tests, and published the results to demonstrate the value of 360 VR with debriefing.

Another very important part of this initiative is that it has broad applicability beyond just Nursing. We worked with colleagues from the Centre for Applied English Studies and the School of Chinese to develop its application (for instance, by observing group conversations and zooming in to understand the dynamics of the interactions). All Nursing students must do English and Chinese language studies, so we had them use the technology there first before it was introduced in the Nursing programme. One can imagine 360 VR being relevant to other disciplines, too, such as recreating historical events to bring the past to life for students.

The underlying philosophy of 360 VR is to challenge traditional pedagogies and embrace a future where learning is dynamic, interactive and universally accessible. To that end, I am now working on projects comparing 360 VR and generative AI videos where students see a virtual patient with a face and can talk to them through a computer. AI is the future and I hope to see how it can be synergised with 360 VR. Ultimately, the aim is to prepare students for success in the 21st century both in terms of technology use and interacting with the world around them.

The underlying philosophy of 360 VR is to challenge traditional pedagogies and embrace a future where learning is dynamic, interactive and universally accessible.

The Impact of Nursing Leadership in Clinical Excellence

In the dynamic and ever-evolving field of healthcare, nursing leaders play a pivotal role in shaping the quality of clinical practice and ensuring clinical excellence – not only in hospitals but beyond, to healthcare as a whole. To achieve these broad and deep impacts, we must integrate clinical practice, education, and research into our professional nursing practice and create a comprehensive framework of excellence that guides us towards our goals

Clinical Practice

Our nursing expertise is acquired through experience and continuous learning, starting from when we are novices. Nurse leaders have grown and progressed through various stages of expertise, and they possess a wealth of practical knowledge that can guide and mentor less experienced nurses. They are in a position to foster a culture of continuous learning and to promote the development of nursing staff

by enhancing their skills and knowledge, which ultimately leads to improved patient care outcomes. Nurse leaders are expected to have a forward-thinking mindset and insightful approach so they can identify and introduce advanced practices in the clinical setting. Through clinical supervision, preceptorship programmes and quality improvement initiatives, they inspire their teams to strive for excellence and create an environment where expertise is shared and nurtured.

Advanced Nursing Education

Advanced nursing education, such as a doctoral degree, empowers nurse leaders with a deep understanding of complex healthcare systems, evidence-based practice, and the ability to critically analyse and implement research findings. The specialised knowledge and skills they acquire equips them to drive innovation, improve patient outcomes,



Dr Danny Tong Wah-kun | Chief Manager (Nursing) / Chief Nurse Executive
Hospital Authority Head Office



Nursing leadership plays a critical role in shaping the quality of healthcare delivery. By embracing a comprehensive professional nursing practice that encompasses clinical practice, education, and research, they actively help to advance the field and ensure that a culture of clinical excellence is sustained, benefitting patient outcomes and the nursing profession as a whole.

and shape healthcare policies that prioritise patient safety and quality of care. These nurse leaders can also navigate complex healthcare environments effectively, ensuring their decisions and actions are informed by the latest research and best practices.

Research

Nursing leaders recognise the importance of integrating evidence-based practice into clinical care and translate research into meaningful practice changes that positively impact patient care. They inspire their teams to engage in such research and encourage a spirit of curiosity and critical thinking. They also play a crucial role in disseminating research findings across healthcare settings to promote evidence-based interventions and best practices.

Nurse leaders are also catalysts in bridging the theory-practice gap and achieving a seamless interconnection of clinical practice, education, and research with academia. The partnerships they facilitate between healthcare organisations and academic institutions leverage the strengths of both sectors and create opportunities for practicing nurses to engage in research, pursue advanced education, and contribute to evidence-based practice initiatives.

In conclusion, nursing leadership plays a critical role in shaping the quality of healthcare delivery. By embracing a comprehensive professional nursing practice that encompasses clinical practice, education, and research, they actively help to advance the field and ensure that a culture of clinical excellence is sustained, benefitting patient outcomes and the nursing profession as a whole. These nurses deserve utmost respect and recognition for their many positive impacts within the healthcare system.



HKU Taster @ Christmas 2023

The School welcomed about 120 S3 and S4 students to the HKU Taster @ Christmas 2023, which was held during the holidays. Participants attended a mini-lecture by **Dr Joanna Ko Hiu-ki**, Lecturer, introducing our Bachelor of Nursing and Bachelor of Nursing Advanced Leadership Track. This gave them the experience of attending a class in a lecture theatre while gaining information on nursing study and career prospects. The students also visited our clinical skills laboratory, where our teachers showed them our state-of-the-art simulation facilities, which can vividly imitate real-life patients. The participants also got to practise some hands-on nursing skills. Students enjoyed their time on our campus and reported being pleased to know more about the School.



Lunar New Year Student Wellness Activity



A Lunar New Year Student Wellness Activity was organised on campus on February 26, at which our Director, **Professor Chia-Chin Lin**, joined **Dr Veronica Lam Suk-fun**, Director of the Bachelor of Nursing (Full-time) Programme and Advanced Leadership Track, and **Professor Edmond Choi Pui-hang**, Director of the Master of Science in Nursing Programme, to offer blessings and Lunar New Year greetings to our students. Professor Lin encouraged students

to continue to expand their healthcare knowledge and follow the example of dragons by demonstrating strength when facing challenges. There was also a red couplet counter, where students could partake in calligraphy writing and create their own red couplets. The activity set a positive tone for the start of the Year of the Dragon.



Spring Reception with Clinical Partners 2024

The School held its Spring Reception luncheon on February 22, 2024 to celebrate the Year of the Dragon, commemorate significant achievements, and extend our heartfelt appreciation to our clinical partners. The Director of the School, **Professor Chia-Chin Lin**, welcomed attending guests from the healthcare and education sectors, while **Dr Libby Lee Ha-yun**, Acting Secretary for Health, HKSAR Government, delivered Welcoming Remarks and **Professor Chak-sing Lau**, Dean of Medicine, LKS Faculty of Medicine, gave the keynote Address. Much gratitude was expressed to our clinical partners for their contributions and support to nursing education, and we look forward to more collaborative endeavours.





Healthcare Education and Simulation Workshop 2024



A half-day Healthcare Education and Simulation Workshop was organised on March 5 for local healthcare practitioners and nursing educators from Hong Kong and mainland China, to bring them up to speed on the most recent developments in healthcare and simulation-based learning and education. The event was also a platform for knowledge sharing and ideas exchange.

Following welcoming remarks by the School's Director, **Professor Chia-Chin Lin**, a lecture on the theme **"Best practices, innovation and debriefing in simulation-based education"** was given by **Dr John Fung Tai-chun**, Senior Lecturer and Chair of the Quality and Safety Education Subcommittee of the School.

Participants were then given hands-on experience to develop simulation-based scenarios and conduct debriefing sessions, facilitated by nursing teachers from the School's Quality and Safety Education Subcommittee. The participants responded favourably to the workshop and discussed a wide range of related topics, including the development of simulation, the use of interprofessional simulation and integrated scenarios, the future of simulation-based education in healthcare, the integration of simulation into large classroom settings and debriefing, and more.



International Nurses Day Celebration

Every year on May 12, we celebrate International Nurses Day to honour the invaluable contributions of nurses to society. The International Council of Nurses (ICN) designated this year's theme **"Our Nurses. Our Future. The economic power of care."** The aim is to reshape perceptions and demonstrate how strategic investment in nursing can bring considerable economic and social benefits.



This year, Hong Kong West Cluster, Hospital Authority (HA) and HKU School of Nursing collaborated to celebrate International Nurses Day at an event held on May 8. Officiating were **Dr Theresa Li Tak-lai**, Chief Executive of HA Hong Kong West Cluster, **Professor Agnes Tiwari**, Chairperson of the Nursing Council of Hong Kong, **Professor Sophia Chan Siu-chee**, Director of the HKU Primary Health Care Academy, **Ms Jane Chan Lai-hung**, General Manager (Nursing) of HA Hong Kong West Cluster, and **Professor Chia-Chin Lin**, Director of HKU School of Nursing, who presided over the lighting ceremony, symbolising the lighting of the Nightingale lamp. More than 250 participants joined them.

International Nurses Day acknowledges and recognises the nurses' dedication to healthcare, the important medical expertise they bring, and their contribution to overall economic development by promoting health in the community and thus reducing healthcare costs.

We want to thank all nurses for their efforts, compassion, and resilience. You are the backbone of the healthcare system and the builders of a healthy future.



U21 Health Sciences Nursing and Midwifery Group Research Postgraduate Symposium 2024

Nineteen research postgraduate students from universities around the world attended the U21 Health Sciences Nursing and Midwifery Group Research Postgraduate Symposium 2024 on March 5. The students hailed from Fudan University, Pontificia Universidad Católica de Chile, The University of Auckland, The University of Birmingham, The University of Glasgow, The University of Hong Kong, The University of Johannesburg, The University of Nottingham, The University of Queensland and University College Dublin.

The event, which was also streamed online, provided a platform for these emerging scholars to present their ground-breaking research before an adjudicator panel that included renowned scholars **Professor Roinah Ngunyulu** from The University of Johannesburg, **Professor Yan Hu** from Fudan University, **Dr Eileen Gilder** from The University of Auckland and **Professor Daniel Fong Yee-tak** from The University of Hong Kong.



More than 110 participants joined online and in-person to listen to the presentations, in which each student presented a concise, impactful three-minute summary of their work, helped by a single static PowerPoint slide. Five outstanding presentation awards were bestowed:

- **Ms Man-lee Chan** (The University of Hong Kong) – “Unraveling the Care Needs of Individuals with Progressive Neurological Diseases: A Mixed-Method Study”
- **Ms Yajie Li** (The University of Hong Kong) – “Brief Alcohol Intervention plus mHealth Support for Risky Drinkers Attending Accident and Emergency Department”
- **Mr Hlatshwako Nkosinathi** (The University of Johannesburg) – “First time Mothers’ Knowledge and Practices on the Nutritional Needs of Infants Aged 0-12 Months in the Shiselweni Region, Eswatini”
- **Ms Arina Nurfianti** (The University of Glasgow) – “Post Stroke Cognitive Impairment: Nurses’ Roles in the Assessment and Management in Indonesia”
- **Ms Piyatida Theppradit** (The University of Birmingham) – “The Challenges in Developing Paediatric Palliative Care Education Programme for Thai Nurses”

The quality of all presentations underscored the symposium’s commitment to nurturing intellectual growth and fostering collaboration among the next generation of leaders in Nursing and Midwifery.



13th Hong Kong International Nursing Forum

“Nurses’ Impact on Planetary Health” was the theme for the 13th Hong Kong International Nursing Forum (HKINF), organised by the School at our Medical Campus with 45 partners from more than 15 countries and regions. Scholars shared their insights on how nurses play an indispensable role in shaping planetary health through their multifaceted involvement in key areas, such as patient care, education, research, and the impact on health policies.



More than 400 delegates from around the world attended the event. The Acting Dean of Medicine at HKUMed, **Professor Vivian Lin**, delivered the opening remarks, followed by a welcoming address by School Director **Professor Chia-Chin Lin**. We were honoured to have **Mr Henry Fan Hung-ling**, Chairman, Hospital Authority deliver an opening keynote address for the event. The roster of renowned speakers and the topics they addressed included:

Grace Tien Lecture

- **Professor Azita Emami**
Dean, Yale School of Nursing, Yale University
Topic: Nurses as the Key to Global Wellness

Hong Kong International Nursing Forum Lecture

- **Professor Hugh McKenna**
Professor of Nursing, School of Nursing,
Ulster University
**Topic: Personalised Health to Planetary Health:
The Impact of Nursing**



Panel Discussion on Nurses' Impact to Planetary Health: Perspectives from Around the Globe

- **Professor Roinah Ngunyulu**
Head, Department of Nursing, University of Johannesburg
- **Professor Hu Yan**
Dean, School of Nursing, Fudan University
- **Dr Eileen Glider (representing Professor Julia Slark)**
Head, School of Nursing, University of Auckland
- **Professor Patsy Chau Pui-hing**
Associate Professor, School of Nursing, The University of Hong Kong
- **Professor Eric C. Ip**
Co-Director, Centre for Medical Ethics & Law, Faculty of Law, The University of Hong Kong



The event also featured e-Posters through which scholars shared their latest research findings, and the best e-posters were awarded at the Closing Ceremony, where the Forum Co-Chairs **Professor Patsy Chau Pui-hing** and **Professor Edmond Choi Pui-hang** also led a Vote of Thanks. The event was memorable for providing multi-national insights and knowledge on a topic that is critical to all of our futures – planetary health.





The awardees included:

Best Poster Award for Student

- **Henri Setiawan** (Fujian Medical University, China) – The Effect of Genetic Counselling Through ‘Cyber Gen’ Application on Psychosocial Status of Thalassemia Patients and Caregivers: Randomized Controlled Trial
- **Edmar Elcarte** (De La Salle Medical and Health Sciences Institute, The Philippines) – Effectiveness of Palliative and Hospice Care Basic Training Manual
- **Danna Lin** (Shantou University Medical College, China) – Comprehensive Need as a Mediator Between Psychological Stress and Quality of Life Among Caregivers of Patients with Cancer
- **Guowen Zhang** (The University of Hong Kong, Hong Kong) – The Mediating Role of Psychological Capital on the Relationship Between Authentic Leadership and Innovative Behavior Among Chinese Nurses

Best Poster Award

- **Ling Zhang** (University of Sydney, Australia) – Co-Adaptation of an Avatar-Based Virtual Education Program for Chinese-Speaking Patients Following a Heart Attack in Australia





EAFONS 2024 @ HKU School of Nursing



More than 1,400 overseas and local delegates came to HKU on March 6-7 for the 27th East Asian Forum of Nursing Scholars (EAFONS), which was organised by the School. The theme this year was **“Generating Impact Through Doctoral Nursing Education”**.

The event opening was kicked off by piper and lion dance performances, followed by opening remarks by the Acting Dean of Medicine, **Professor Vivian Lin**, the Chair of EAFONS, **Professor Mari Ikeda**, and the Director of HKU School of Nursing, **Professor Chia-Chin Lin**.

The keynote speakers were distinguished scholars, **Professor Azita Emami**, who is Dean and Linda Koch Lorimer Professor of Nursing at the Yale School of Nursing, Yale University, and **Professor Hugh McKenna**, Professor of Nursing at Ulster University. Insights and expertise were also shared by speakers and moderators from around the world on a range of topics and issues related to nursing education, research, and clinical practice in the East Asian region and beyond. Oral and poster presenters also took this opportunity to showcase their research findings. Delegates gave positive impact on the event and welcomed the opportunity to learn more and engage in networking. At the closing ceremony, it was announced that next year’s EAFONS 2025 will be held in South Korea.





Keynote Addresses

- Professor Azita Emami**
 Dean, Linda Koch Lorimer Professor of Nursing
 Yale School of Nursing, Yale University
Topic: Doctoral Nursing Education and Wellness for the World
- Professor Hugh McKenna**
 Professor of Nursing, School of Nursing, Ulster University
Topic: The Future for Doctoral Education in Nursing is Uncertain without Research Impact



Symposium 1 - Interdisciplinary Research and Interprofessional Education

Moderators:

- Professor Pregamol Rutchanagul**, Dean and Assistant Professor, Faculty of Nursing, Thammasat University, Thailand
- Dr Polly Chan Siu-ling**, Senior Lecturer, School of Nursing, The University of Hong Kong, Hong Kong

Speakers:

- Professor Jane Phillips**, Professor and Head, School of Nursing, Queensland University of Technology, Australia

- Professor Kris Lok Yuet-wan**, Assistant Professor, School of Nursing, The University of Hong Kong, Hong Kong
- Professor Sok-ying Liaw**, Professor and Head, Alice Lee Centre for Nursing Studies, National University of Singapore, Singapore
- Professor Cheryl Chia-hui Chen**, Dean and Professor, School of Nursing, National Taiwan University, Taiwan



Symposium 2 - Nursing Leadership Development for Greater Impact

Moderators:

- **Professor Sophia Chan Siu-chee**, Director of HKU Primary Health Care Academy, The University of Hong Kong, Hong Kong
- **Professor Chia-Chin Lin**, Director and Professor, School of Nursing, The University of Hong Kong, Hong Kong

Speakers:

- **Professor Azita Emami**, Dean, Linda Koch Lorimer Professor of Nursing, Yale School of Nursing, Yale University, the United States

- **Professor Hugh McKenna**, Professor of Nursing, School of Nursing, Ulster University, the United Kingdom
- **Dr Danny Tong Wah-kun**, Chief Manager (Nursing) / Chief Nurse Executive, Hospital Authority, Hong Kong
- **Professor Agnes Tiwari**, Chairman, The Nursing Council of Hong Kong, Hong Kong
- **Professor Judith Parker**, Professor, School of Nursing, University of Melbourne, Australia
- **Professor Sophia Chan Siu-chee**, Director of HKU Primary Health Care Academy, The University of Hong Kong, Hong Kong



Symposium 3 - Doctoral Nursing Education in East Asian Region

Moderators:

- **Professor Mari Ikeda**, Professor, Department of Family Nursing, The University of Tokyo, Japan
- **Professor Chia-Chin Lin**, Director and Professor, School of Nursing, The University of Hong Kong, Hong Kong

Speakers:

- **Professor Doris Yu Sau-fung**, Professor, School of Nursing, The University of Hong Kong, Hong Kong
- **Professor Sakiko Fukui**, Dean and Professor, Tokyo Medical and Dental University, Japan

- **Professor Hong-Gu He**, Professor, Alice Lee Centre for Nursing Studies, Yong Loo Lin School of Medicine, National University of Singapore, Singapore
- **Professor Yeojin Im**, Professor and Associate Dean, College of Nursing Science, and Director, Department of Nursing, The Graduate School of Kyung Hee University, South Korea
- **Professor Jennifer Paguio**, Associate Professor, College of Nursing, The University of the Philippines Manila, the Philippines
- **Professor Cheryl Chia-hui Chen**, Dean and Professor, School of Nursing, National Taiwan University, Taiwan
- **Professor Ratsiri Thato**, Dean and Professor, Faculty of Nursing Chulalongkorn University



Symposium 4 - Innovative Interventions in Research and Education

Moderators:

- **Professor Pei-Shan Tsai**, Dean and Professor, College of Nursing, Taipei Medical University, Taiwan
- **Professor Mandy Ho Man**, Associate Professor, School of Nursing, The University of Hong Kong, Hong Kong

Speakers:

- **Professor Shannon Tung Heng-hsin**, Distinguished Professor, College of Nursing, National Yang-Ming University, Taiwan
- **Dr Toshiyuki Takahashi**, Senior Lecture, Nursing Faculty, University of Tokyo, Japan
- **Professor Eui Geum Oh**, Dean and Professor, College of Nursing, Yonsei University, South Korea
- **Professor Kelvin Wang Man-ping**, Professor, School of Nursing, The University of Hong Kong, Hong Kong



Symposium 5 - Strategies to Generate and Evaluate Impacts

Moderators:

- **Professor Yeojin Im**, Professor and Associate Dean, College of Nursing Science, and Director, Department of Nursing, The Graduate School of Kyung Hee University, South Korea
- **Professor Daniel Fong Yee-tak**, Associate Professor, School of Nursing, The University of Hong Kong, Hong Kong

Speakers:

- **Professor Claudia Lai Kam-yuk**, Honorary Professor, The Hong Kong Polytechnic University, Hong Kong
- **Professor Doris Yu Sau-fung**, Professor, School of Nursing, The University of Hong Kong, Hong Kong
- **Professor Sheila Bonito**, Dean and Professor, University of the Philippines Manila College of Nursing, the Philippines



Workshop 1 - Meeting the Journal Editors

Moderator:

- **Professor Polly Li Wai-chi**, Assistant Professor, School of Nursing, The University of Hong Kong, Hong Kong

Speakers:

- **Professor Hugh McKenna**, Editor-in-Chief, Journal of Psychiatric and Mental Health Nursing
- **Professor Doris Yu Sau-fung**, Editor, Journal of Advanced Nursing
- **Professor Edmond Choi Pui-hang**, Editor, Health & Social Care in the Community
- **Professor Jay Lee Jung-jae**, Assistant Editor, Nurse Education Today
- **Professor Benjamin Ho Mu-hsing**, Associate Editor, Intensive and Critical Care Nursing



Workshop 2 - Synthesizing Quantitative Results



Speakers:

- **Professor Wilson Tam Wai-san**, Associate Professor and Director of Research, Alice Lee Centre for Nursing Studies, Yong Loo Lin School of Medicine, National University of Singapore, Singapore
- **Professor Daniel Fong Yee-tak**, Associate Professor, School of Nursing, The University of Hong Kong, Hong Kong

Workshop 3 - Preparation of Simulation Scenarios in Nursing Education

Speakers:

- **Dr John Fung Tai-chun**, Senior Lecturer, School of Nursing, The University of Hong Kong, Hong Kong
- **Dr Maggie Chan Mee-kie**, Senior Lecturer, School of Nursing, The University of Hong Kong, Hong Kong
- **Dr Veronica Lam Suk-fun**, Principal Lecturer, School of Nursing, The University of Hong Kong, Hong Kong



Workshop 4 - Qualitative Research Methods: From Data Collection to Publication



Speakers:

- **Dr Betsy Seah**, Research Fellow, Alice Lee Centre for Nursing Studies, Yong Loo Lin School of Medicine, National University of Singapore, Singapore
- **Professor Sasitara Nuampa**, Assistant Dean for Research and Lecturer, Department of Obstetric and Gynaecological Nursing Faculty of Nursing, Mahidol University, Thailand
- **Professor Jay Lee Jung-jae**, Assistant Professor, School of Nursing, The University of Hong Kong, Hong Kong

Workshop 5 - Managing Stress during Doctoral Study

Speakers:

- **Professor Penpaktr Uthis**, Associate Professor, Faculty of Nursing, Chulalongkorn University, Thailand
- **Professor Jojo Kwok Yan-yan**, Assistant Professor, School of Nursing, The University of Hong Kong, Hong Kong



Following are the awardees:

Best Poster Presentation

Title	Presenter	Institution	Country/Region
Effectiveness of a Smartphone-Based Perioperative Care Solution for Women Undergoing Breast Cancer Surgery: Randomised Controlled Trial	Yan Pang	National University of Singapore	Singapore
Effectiveness of a Self-Care Promoting Program on Health-Related Outcomes Among Persons with Diabetic Retinopathy: A Randomized Controlled Trial Study	Wimol Madit	Mettapracharak (WaT Rai Khing) Hospital	Thailand
Post-Hospital Falls in Older Patients: Investigating Associated Factors in Domain of Hospitalization and Subsequent Care	Xing Xing Qian	The University of Hong Kong	Hong Kong
Continuous Vital Signs Monitoring Using a Non-Wearable Device in Nursing Home: Approach by Nurses	Kasumi Ikuta	Tokyo Medical and Dental University	Japan
Virtual Reality-Based Relaxation Program on Mental Health and Sleep Patterns for Undergraduate Students: A Randomized Controlled Repeated-Measures Design	Junggeun Ahn	Seoul National University	South Korea
Effectiveness of Telehealth Interventions on Cognitive Function in Patients with Neurological Disorders: A Systematic Review and Meta-Analysis	Yule Hu	The Hong Kong Polytechnic University	Hong Kong

Best Oral Presentation

Title	Presenter	Institution	Country/Region
A Mindfulness and Motivational Interviewing-Oriented Physical-Psychological Integrative Intervention for Community-Dwelling Spinal Cord Injury Survivors: A Mixed-Methods Randomized Controlled Trial	Yan Li	The Hong Kong Polytechnic University	Hong Kong
Sexual Health and Sexual Behaviors in Chinese Women of Varied Sexual Identities: A Sequential Mixed Methods Study	Chan Chan Wu	The University of Hong Kong	Hong Kong
The Effect of an Integrative Cognitive Training Program by Family Caregivers on Cognitive Function Among Persons with Traumatic Brain Injury	Uraporn Chuaykarn	Chulalongkorn University	Thailand

McGill University, Canada

Li Chin-hang
Bosco Leung Kwok-hei

Year 3 Bachelor of Nursing (Full-time) students



This winter exchange semester at McGill University has been a transformative journey filled with valuable experiences and personal growth.

During our time at McGill, we had the opportunity to engage in rigorous academic coursework that challenged our intellect and enhanced our nursing competency. The coursework covered various disciplines, including life sciences, pain management, respiratory science, education psychology, and French language. We were exposed to innovative experimental teaching methods and a multidisciplinary approach to healthcare, broadening our horizons and fostering a spirit of lifelong learning.



The exchange semester also provided a unique chance to engage in overseas community service initiatives. We volunteered at the Montreal Chinese Hospital, the Montreal-based NGO Yellowdoor, and McGill MyInvolvement. Navigating cultural differences, overcoming the French-English language barrier, and embracing diversity helped us in our personal growth and self-discovery.

Shadowing nursing practitioners (NPs), registered nurses (RNs), and healthcare assistants (PABs) gave us a first-hand experience of the Canadian public healthcare system. We were particularly interested in the advanced nursing practice system, where certified nursing practitioners (NPs) can

provide primary care independently, facilitating effective care and improving patient outcomes alongside family doctors. This system greatly improves healthcare accessibility and continuity of care, and encourages ongoing education for nurses.



We also engaged with the community, meeting older adults in the Mont-Royal neighbourhood. We got to know their lives and stories from all across Canada, listened to their health concerns, and learned about their thoughts on healthy and positive ageing, that is, to be involved in the community and be as active as they can. The importance of community involvement and

an active life resonated with us. These experiences, both inside and outside the clinic, have ultimately nurtured us to become more compassionate and culturally sensitive healthcare providers with a global vision of ageing.

Beyond the studies and the volunteering, the city of Montreal, Quebec has a vibrant and multicultural community that offered numerous opportunities for cultural immersion and exploration during our exchange semester. We connected with peers from all corners of the globe and various disciplines, forging lifelong friendships. The memories of embracing new experiences together, such as attending winter carnivals, picking up the sport of skiing, and going on epic road trips, will never fade away.

As the McGill motto goes, "Grandescunt Aucta Labore" (Latin for "By work, all things increase and grow"). We will carry this spirit into our lives and studies, constantly striving for improvement outside of our comfort zones. We are preparing ourselves to provide quality patient care and make a positive impact in Hong Kong and global communities. This transformative journey at McGill is undoubtedly one of the highlights of our undergraduate careers at HKUSON.

Fudan University, China

Miranda Chan Man-yuet

Year 3 Bachelor of Nursing (Full-time) student



The three weeks of academic exchange at Fudan University were an enriching and unforgettable journey. I am grateful to HKUSON and Fudan University for providing this precious opportunity, and I appreciate the companionship and guidance of the local students. It was our honour to visit several affiliated hospitals of Fudan University, participate in lectures, and share our opinions at academic conferences. Additionally, we actively engaged in a series of charitable activities, such as visiting nursing homes and a learning centre for children with autism.

復旦大學
FUDAN UNIVERSITY



During the academic conferences, Fudan students presented their research findings, allowing us to gain insights into Shanghai's healthcare system and explore the leading trends and concepts in nursing research. The lively exchanges with them benefited us greatly! Among different affiliated hospitals, the surgical ward at Zhongshan Hospital opened my eyes to cutting-edge technology, where the application of state-of-the-art 5G networks, big data, and robots enhanced the efficiency and effectiveness of medical work. Real-time monitoring of the operation theatre conditions and patients' physical status also ensured their safety.



In addition, we visited a nursing home and engaged in activities such as stretching exercises and making incense cards with the older adults, which gave us heartwarming and unforgettable experiences. We also had the opportunity to participate in classes with children with autism, guiding them through learning tasks and fostering balance and coordination skills, and we enjoyed the joyful atmosphere and sense of accomplishment.

Throughout this journey at Fudan University, I made connections with many talented individuals, delved into various knowledge domains, and experienced countless unforgettable moments. This experience constantly reminded me of the importance of "To serve, not to be served." It has motivated me to maintain a humble attitude, serve society with empathy and embrace the vibrant diversity of our world.

University of Aberdeen, UK

Chan Kin-fung

Year 3 Bachelor of Nursing (Full-time) student



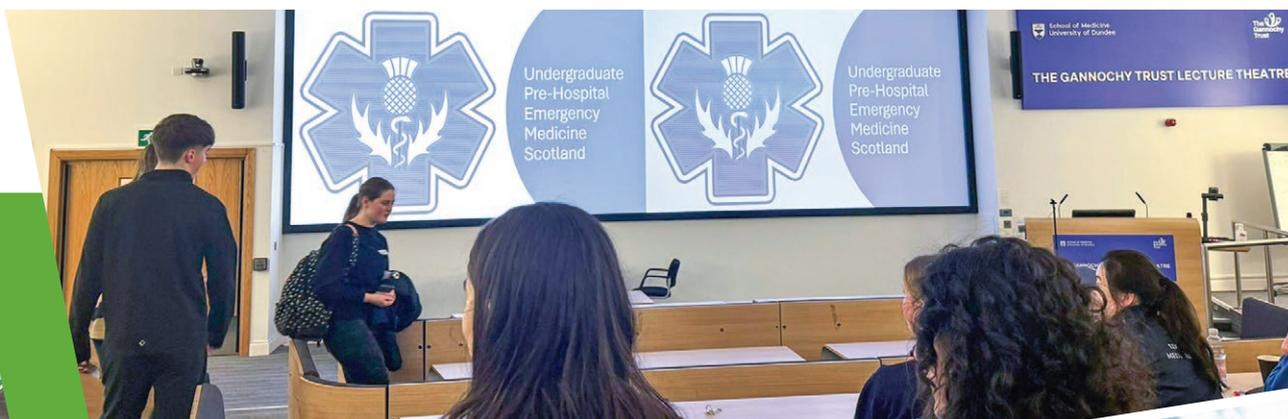
Scotland is a lovely country with pretty landscapes, energetic cities and kind people. The first Scot that I met in Aberdeen was **Mr Keith Jensen**, who showed me around Aberdeen and Aberdeenshire. He invited me to join him for dinner, and importantly, he offered me opportunities to shadow with paramedics and an advanced nurse practitioner.



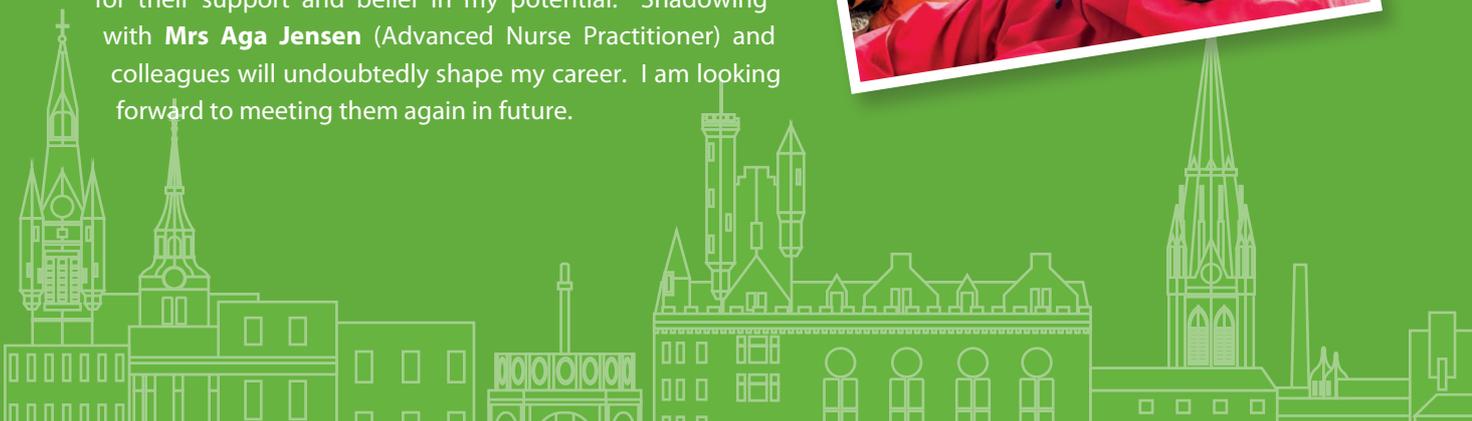


I have had a strong interest in emergency medicine since I was small, when I dreamed of becoming a paramedic, riding an ambulance and saving lives. Shadowing with paramedics and an advanced nurse practitioner was a unique opportunity to immerse myself into the culture and gain invaluable experience in emergency medicine. From responding to emergency calls to providing on-scene medical care, from assessing the patient at A&E to making diagnoses, paramedics and nurse practitioners play an important role in saving lives. I remembered that once I was responding to an out-of-hospital cardiac arrest (OHCA) call with Stonehaven crews, **Fiona** and **Faye**. When

we arrived at the scene, the rapid response unit was already there. The patient was conscious, and CPR and rescue shock had been given by a bystander. In the ambulance, I assisted the paramedic in taking the vital signs and conducting an ECG. The patient was directly sent to the Cath Lab and received angioplasty. I was surprised by the public knowledge about CPR and applying advanced life support (ALS) in real life.



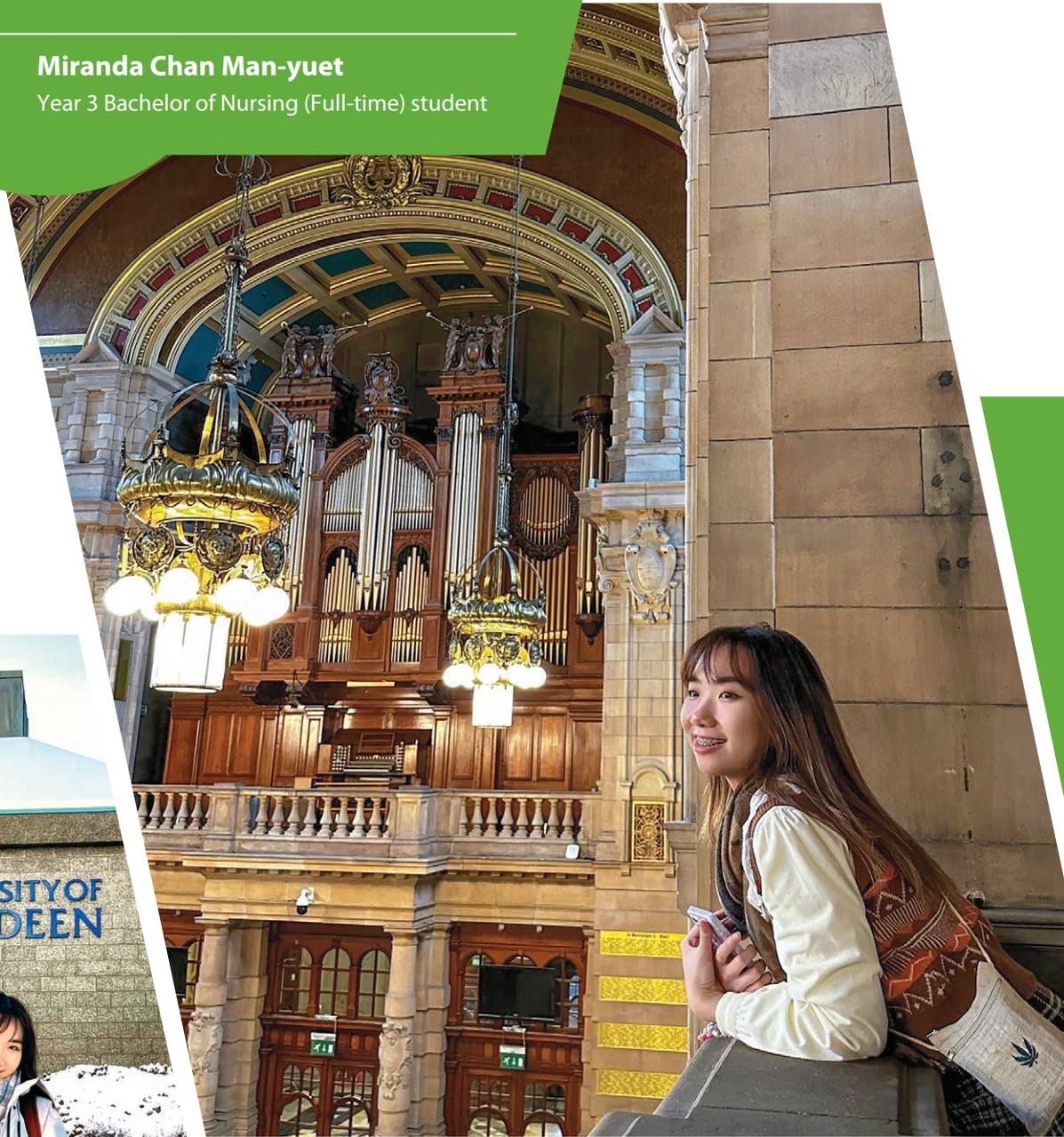
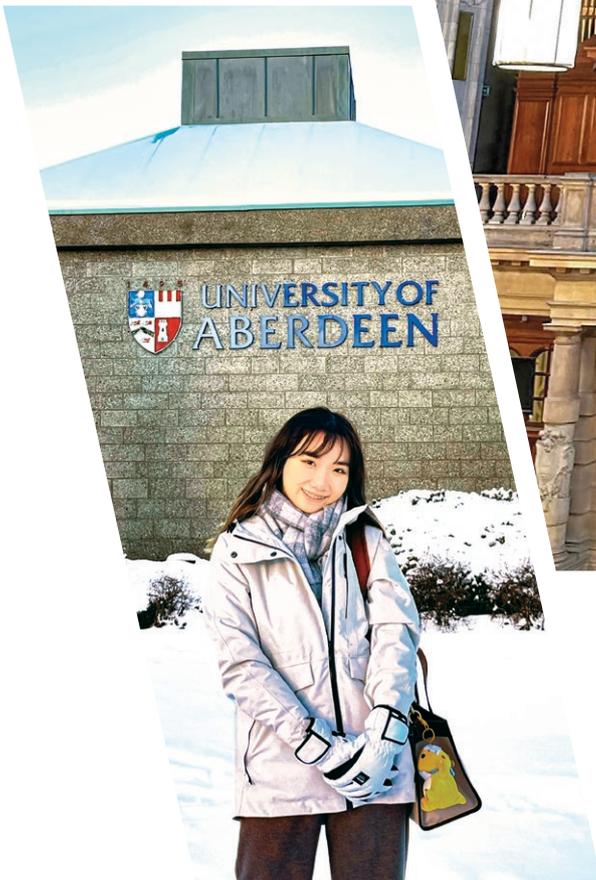
Shadowing paramedics and nurse practitioners in Scotland has exposed me to diverse patient populations and broadened my understanding of emergency care. The exchange life in Scotland, combined with that experience, has given me an unforgettable experience that has not only shaped my career aspiration but also reinforced my desire to become an emergency nurse. Once again, a big thanks to Keith and his family for this unique experience in Scotland. I am grateful for their support and belief in my potential. Shadowing with **Mrs Aga Jensen** (Advanced Nurse Practitioner) and colleagues will undoubtedly shape my career. I am looking forward to meeting them again in future.



University of Aberdeen, UK

Miranda Chan Man-yuet

Year 3 Bachelor of Nursing (Full-time) student



Immersing myself in the research-intensive environment of the University of Aberdeen has been an unforgettable and enriching experience. The opportunity of attending lectures and engaging in research shadowing has been truly remarkable.



I was honoured to be able to shadow **Professor Val Speirs**, a prominent cancer biologist, at the university. This experience provided opportunities to visit laboratories and gain firsthand exposure to essential techniques, such as observing cells under a microscope and conducting tissue culture. Additionally, it was a platform for insightful discussions. We explored medical challenges in Hong Kong and Scotland and delved into forefront trends in breast cancer research. This experience deepened my understanding of evidence-based practice and the necessity of critical appraisal of research literature to inform clinical decision-making, which contribute to the advancement of nursing practice for high-quality patient care.



Attending classes in Sports Science, Philosophy, and Psychology also offered unique insights. In Sports Science, I had the opportunity to gain hands-on experience using various tools to assess individuals' physical performance. The data we gathered will be analysed and synthesised into

a comprehensive lab report, incorporating the knowledge we have absorbed from academic literature. Philosophy delved into the fundamental elements of a good life, while psychology deepened my understanding of human behaviour. These classes allowed me to approach nursing holistically and to consider the physical, ethical, and psychological aspects of care to promote the well-being of patients, and more importantly, myself.

I am delighted to have had the opportunity to meet exchange friends from various nations, including Germany, Switzerland, Sweden, Japan, the USA, etcetera. We came together for dinners and took turns cooking dishes from our respective countries on weekends. Embracing the diversity of our international community has been a source of great enjoyment and enrichment.



Jeju National University, South Korea

Alex Lui Man-wai

Year 3 Bachelor of Nursing (Full-time) student



My three-week exchange programme at Jeju National University (JNU), South Korea was an amazing experience of Korean culture, language and nursing studies.

During our time there, we learnt the basics of the Korean language in classes, while culturally, we engaged in hands-on activities, from crafting traditional Korean delicacies like kimbab and tteok to exploring the art of cloth dyeing. A notable highlight was the haenyeo experience.





Visits to various healthcare facilities, hospices and hospitals also gave me insight into the Korean government's resources for healthcare, from large-scale public awareness campaigns to the provision of support kits. Equally inspiring were the diverse nursing student clubs at JNU where students actively organise health promotion activities on campus or engage in volunteer work with patients.

I am grateful to have participated in such a meaningful cultural and educational exchange and for the personal and professional development it has offered me.



Enhancing Psychospiritual Well-being in Patients with Progressive Neurological Diseases



Lily Chan Man-lee

Year 3 Doctor of Philosophy student

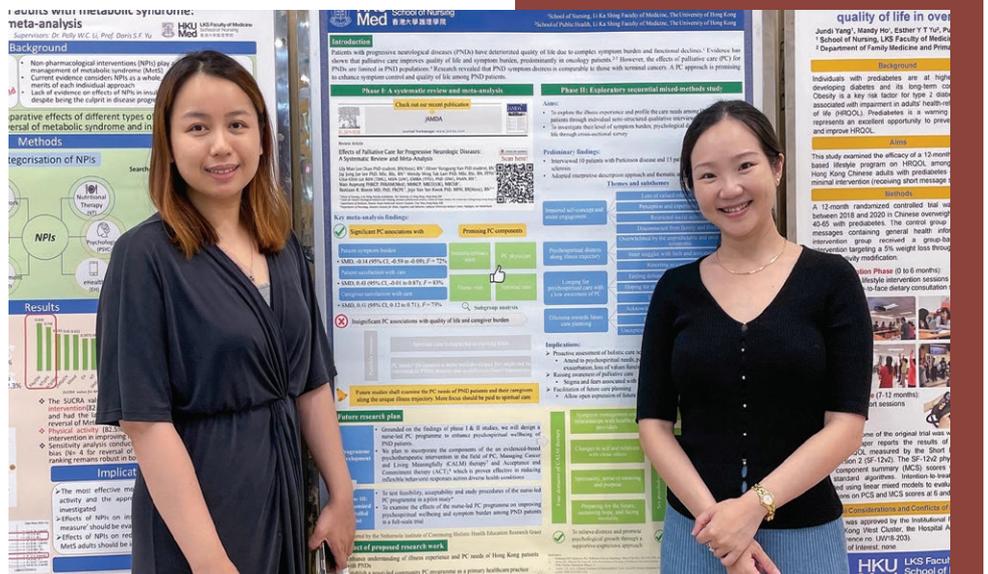
The U21 Health Sciences Nursing and Midwifery Group Research Postgraduate Symposium 2024 was a valuable platform for postgraduate students to disseminate research findings and exchange knowledge worldwide. I was honoured to present my PhD research on palliative care needs for progressive neurological diseases (PND) and receive the outstanding presentation award.

My research passion stems from my prior work experience as a nurse in acute hospitals, where care often centres around

physical symptoms. Recognising the limitations in psychospiritual care within these settings ignited my unwavering commitment to enhancing psychospiritual support care for patients in the community.

I have been fortunate to embark on my PhD journey with the support of the Hong Kong PhD Fellowship Scheme and the HKU Presidential Scholar Programme. My research endeavours began with a mixed-method study exploring palliative care needs of patients with PNDs, specifically Parkinson's disease and multiple sclerosis. These conditions not only result in mobility impairments but also bring about a multitude of non-motor symptoms, leading to psychosocial and spiritual distress. However, conventional care for PNDs prioritises motor symptom management.

I recently conducted 25 qualitative interviews with PND patients in Hong Kong. It is worth noting that informants expressed significant psychospiritual distress and stressed the need for holistic care that compassionately addresses their symptom burden. A subsequent survey involving 203 patients echoed these interview findings, indicating a diminished quality of life and pronounced palliative care needs. Over 83% of



Unraveling the care needs of individuals with progressive neurological diseases: A mixed-method study

Data from our cross-sectional study of 174 patients with Parkinson's disease and multiple sclerosis

Pain: 64.9%*
Others: 83.9%*

Anxiety[†]: 39.7%
Depression[†]: 46.6%

Emotional
Psychosocial support: 82.8%*

Physical
Social
Practical 18.9%*
Spiritual 81.6%*

Total Pain of PNDs

PNDs: Progressive neurological diseases
*As indicated by score ≥ 8 on the subscales of Hospital Anxiety and Depression Scale
†Prevalence of care needs related to specific domains measured by Palliative Care Outcome Scale

Representative quote from our qualitative study exploring illness experience and palliative care needs (n=25)

Pain isn't just about physical pain. There are many types of pain, such as being stressed-out.....it could be caused by physical illness or fears when confronting death.....you need to bring them [patients] **reconciliation, a sense of peace, or comfort to their soul.** When they can find the peace in face of the illness, they would be less miserable.
(Aged 61, male, Parkinson's disease)

Ongoing work: Development and piloting of a nurse-led palliative intervention for relieving psychospiritual distress

Supportive and Expressive approach

- Discussing issues arising from disease
- Emotion expression
- Creation of meaningful narratives

Acceptance and Commitment Therapy

- Opening up towards negative thoughts and feelings
- Values clarification and engaging in meaningful life



participants reported psychosocial and spiritual needs, comparable in magnitude to their physical needs (86%). A significant proportion exhibited clinically relevant levels of anxiety (39.9%) and depressive symptoms (47.8%).

Palliative care, traditionally implemented in advanced cancer care, is a holistic approach that aims to optimise patients' quality of life by addressing physical, psychosocial, and spiritual needs. Despite the European Academy of Neurology guideline advocating palliative care for PNDs, empirical evidence specifically for these conditions remains scarce.

To fill the gaps, we initiated a nurse-led, community-based palliative programme, namely "Cultivating Acceptance and Living Meaningfully with Progressive Neurological Diseases" (CALM-Neuro), to promote acceptance and value-based living. The CALM-Neuro intervention aims to address psychospiritual concerns through a supportive and expressive approach and incorporate evidence-based psychological techniques including mindfulness and acceptance and commitment-based components. We

are grateful to have received funding from the Health and Medical Research Fund, Health Bureau and the Nethersole Institute of Continuing Holistic Health Education to examine the feasibility and preliminary effects of CALM-Neuro in the realm of palliative care. Preliminary findings show promise in improving psychospiritual outcomes. Participants perceived CALM-Neuro as a unique opportunity to process their experience of living with PNDs and discuss their psychospiritual concerns. We look forward to sharing the results in the near future.

As a PhD student, I advocate for a palliative care approach that addresses the unique needs of patients with PNDs. I am committed to developing evidence-based nursing practices that alleviate symptom burden and empower patients to navigate psychospiritual challenges throughout their illness trajectory. I believe nurses, equipped with clinical competency and appropriate mental health training, are uniquely positioned to identify at-risk individuals and deliver brief yet impactful interventions. I am committed to further research that integrates psycho-behavioral approaches into palliative care for PNDs.

Brief Alcohol Intervention plus mHealth Support for Risky Drinkers Attending Accident & Emergency Departments



Leah Li Yajie

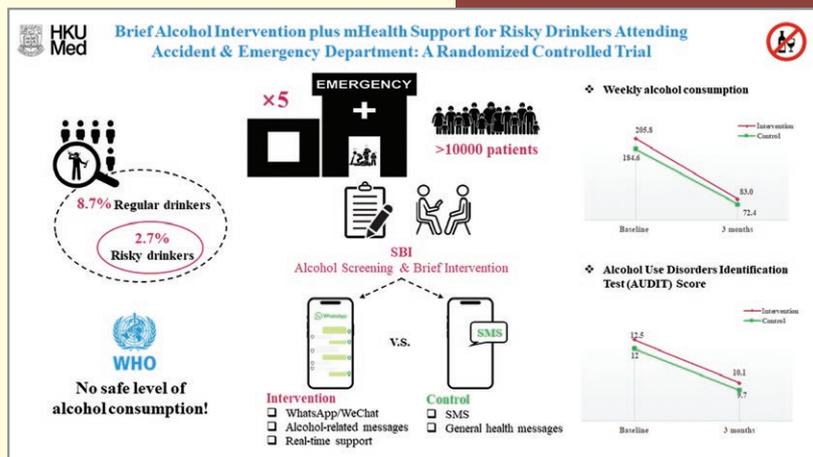
Year 4 Doctor of Philosophy student

As a PhD candidate nearing the completion of my studies, I was given the incredible opportunity to present my research at the U21 Health Sciences Nursing and Midwifery Group Research Postgraduate Symposium 2024. Our research focused on utilising the power of mobile health technologies to bridge the gap in helping risky drinkers reduce or cease alcohol consumption. We recognised that public misconceptions and limited awareness of the harmful effects about alcohol drinking persist, and effective screening, intervention and readily available services for risky drinkers remain limited. In response to a suggestion for opportunistic delivery of alcohol screening and brief intervention (SBI) in primary healthcare settings by the World Health

Organization (WHO) and health departments in Hong Kong, we developed an innovative intervention model that features a proactive recruitment approach, SBI delivery and personalised behavioural real-time support through mobile instant messaging (WhatsApp/WeChat) for risky drinkers.

We tested this model among risky drinkers attending accident and emergency departments, as alcohol use is associated with problems that require emergency treatment, such as injuries. The preliminary results showed that the model was significantly effective in helping risky drinkers reduce their alcohol consumption, as well as lower their risky levels. These results are crucial in highlighting the potential of nurse-led interventions in preventive care and in facilitating positive change in addictive behaviours.

Participating in the U21 Symposium was not merely an academic exercise but an opportunity to contribute to understanding about the nurse's role in healthcare innovation. The experience has reinforced my belief in the power of nursing research to effect meaningful change and exemplifies how nursing students can drive impactful research that translates into practice. Encouraged by the potential of our intervention and the recognition received at the symposium, I am motivated to expand the intervention model to other populations and settings, continuously improving and adapting our approach to meet diverse needs in the future.





(Commercial Radio – December 13, 2023)

A healthy lifestyle prevents diabetes

Professor Mandy Ho Man, Associate Professor of the School and principal investigator of the project “A Community-based Diabetes Prevention Programme”, was invited to share success cases on Commercial Radio. Professor Ho told the station, “The Programme was a three-year project funded by the Hong Kong Jockey Club Charities Trust in 2021. It collaborates with NGOs to provide them with relevant training and support to work together to promote diabetes prevention education seminars and risk screening activities in the community. The programme also provides evidence-based diabetes prevention courses and services for high-risk individuals.” Professor Ho encourages a healthy lifestyle to prevent diabetes in the community.

Telemedicine and ecological momentary assessment for smoking cessation

Professor Derek Cheung Yee-tak, Assistant Professor of the School, wrote a newspaper article about the application “Smoking Radar”, developed by the Smoking Cessation and Tobacco Control research team. The app uses ecological momentary assessment to capture detailed real-time smoking data, by recording users’ daily smoking behaviours multiple times a day. Smoking cessation counselling nurses can develop personalised smoking cessation plans for smokers based on this data, then provide them with precise quitting guidance and support through telephone consultation and instant messaging applications. This innovative approach allows smokers to receive personalised smoking cessation intervention without having to visit a smoking cessation clinic.



(am730 – December 18, 2023)

Reducing co-use of tobacco and alcohol improves smoking cessation rate: New strategies for smoking cessation

The School conducted a study, led by **Professor Kelvin Wang Man-ping**, on “Improving the Effectiveness of Smoking Cessation through Alcohol Consumption Control”. It found that setting personalised alcohol consumption control goals and regularly explaining the dangers of alcohol and the importance of controlling alcohol intake during smoking cessation, via

WhatsApp on a weekly basis, can effectively reduce both smoking rates and alcohol intake. In addition, it was found that decreasing the co-use of tobacco and alcohol at the same time can also improve the smoking cessation rate.



(*Oriental Daily News, on.cc – December 14, 2023; Sing Tao Daily – December 17, 2023*)



(*RTHK - 《精靈一點》 – January 29, 2024*)

In a subsequent radio interview, **Professor Derek Cheung Yee-tak**, Assistant Professor of the School, discussed these new strategies for smoking cessation. “Since research shows that there is a correlation between alcohol consumption and smoking, there should be encouragement to control alcohol intake during smoking cessation,” he said. An effective smoking cessation plan can involve a screening process followed by a discussion between the smoker and a counselling nurse, who then develops a personalised smoking cessation plan for the smoker. The aim is to make the smoker more aware of controlling alcohol intake and, in turn, reducing smoking frequency. Instant messages or reminders and other smoking cessation aids can be suggested, for example, nicotine patches and medication, to enhance the effectiveness of smoking cessation.

The benefits of taxes and duties

Professor Kelvin Wang Man-ping, Professor of the School and a member of the Hong Kong Council on Smoking and Health (COSH), reported that after the incremental increase in tobacco taxes last year, the number of individuals seeking support through smoking cessation hotlines increased by 30% to 40%. The measure has been particularly effective in reducing smoking among teenagers, with the smoking rate in this group dropping from 6.3% to 3.2% following the tax increase. Not only did it lower the overall smoking rate, it also helped reduce healthcare expenses. The results echoed many studies that have shown increasing tobacco taxes significantly reduces smoking rates.

Professor Wang emphasised that a slight increment in tobacco taxes would not offer a great incentive for smokers to quit. Only by significantly raising cigarette taxes, together with other smoking cessation measures, could Hong Kong achieve the goal of reducing smoking rates to 7.8% by 2025.



(*am730, hk01, i-Cable, RTHK, SCMP – January 12, 2024; SCMP – January 19, 2024; SCMP – January 20, 2024*)

COSH proposes to increase the tobacco tax to 75% of the retail price

The Hong Kong Council on Smoking and Health (COSH) has proposed increasing the tobacco tax to 75% of the retail price and conducting a follow-up review of the tobacco tax increase rate each year. At a press conference to outline the proposal, **Professor Kelvin Wang Man-ping** from the School's Smoking Cessation and Tobacco Control research team said, "According to the committee's tobacco control policy survey 2023, among 5,600 participants, including 1,500 smokers, 2,600 non-smokers and 1,500 quitters, 68.5% of the respondents supported the Government's increase in tobacco tax in 2024, and nearly 30% of smokers hoped to see an increase in the tobacco tax. Some 64.6% of the respondents expressed support for increasing tobacco tax every year."



(Sing Tao Daily News, hk01 – January 29, 2024; on.cc, am730, Sing Tao Headline, SingTao.com, 881903.com, now.com, The Standard, Line Today, Mingpao.com – January 30, 2024; The Standard Online, The Standard, Hong Kong Economic Journals, on.cc, Oriental Daily News – January 31, 2024; am730, Ta Kung Pao – February 16, 2024; Asia News Day – February 19, 2024)



More support for 75% tobacco tax

In a radio interview, **Professor Derek Cheung Yee-tak**, Assistant Professor of the School, noted that research suggested an increase in tobacco tax to 75% of the retail price could result in 28,000 smokers quitting and prevent over 9,350 premature deaths in future. Professor Cheung said that a higher tax was a motivating factor for quitting smoking, especially when accompanied by other measures. These include easy access to smoking cessation resources, such as affordable and accessible behavioural treatment, consultation, and medication services from the government; support from family and friends; and government measures and environmental policies.



(RTHK - Backchat – February 1, 2024)





70% unaware of some early symptoms of Parkinson's Disease

Professor Jojo Kwok Yan-yan, Assistant Professor of the School and the Co-project Director of "Jockey Club Movin' Care for Parkinson's Disease Project", funded by the Hong Kong Jockey Club Charities Trust, reported on the findings of a recent study by HKU on awareness about Parkinson's disease. "Motor symptoms related to body movements such as tremors (90%), shuffling gait (77%) and slowness (75%), were recognised most often by those surveyed. However, less than 30% could identify pre-motor symptoms, such

as loss of smell or taste (13%); depression or anxiety (24%); constipation (15%); acting out dreams during sleep (17%); and nightmares (9%), which may appear 10-20 years before the motor symptoms."

Professor Kwok suggested raising awareness about pre-motor symptoms of Parkinson's disease in the community so patients can be identified early on and receive prompt and relevant treatment and care.



(am730 – December 21, 2023, am730, Health Plus Magazine – December 28, 2023; am730 – January 4, 2024; Commercial Radio – January 7, 2024; am730 – January 11, 2024; Sky Post online news – January 23, 2024)

Multi-drug-resistant bacteria: a global public health threat

The World Health Organization identified antimicrobial resistance as one of the top ten global public health threats facing mankind in 2019. Multi-drug-resistant bacteria (also known as "superbugs") are spreading rapidly worldwide as the number of infections that conventional antibacterial drugs fail to treat effectively increases. **Professor Celine Chui Sze-ling**, Assistant Professor of the School, highlighted the problem in an RTHK news documentary. "Antimicrobial resistance will get more severe if antibiotics are abused. We encourage the safe use of antibiotics. When antibiotics lose their potency, there will be fewer or even no drugs that work for patients, therefore threatening global health in the long term."



(RTHK - 《鏗鏘集》 – February 22, 2024)



Social housing improves the well-being of individuals, families and children

Professor Kelvin Wang Man-ping, Professor of the School, who is leading a review of the effectiveness of the Lok Sin Tong Transitional Housing Scheme (LST Housing), reported research results at a recent press conference. “The study has demonstrated that transitional housing is comprehensive and effective in increasing well-being. There are enhancements in family communication quality and well-being, partner relationship and family support. It improves the anxiety or depressive symptoms in residents, enabling them to achieve a healthy life. Parents are

also delighted to see children becoming happier and having improvement in their behavioural and psychological status.” The research, conducted in August 2022 with 109 households, showed that nearly 70% of the households said the family income improved. Among the 106 child respondents, nearly 60% had an improved relationship with parents, over 60% had better education achievement, and over 80% became happier after moving into social housing. Another longitudinal evaluation, conducted from September 2022 to March 2023, showed that the well-being of low-income families increased after moving into “LST Housing”, as reflected by an increased score from 38.10 to 41.17 based on the World Health Organization Well-Being Index. Moreover, parents perceived their children to be happier than before.



(52hrtt, on.cc, HK01 – March 11, 2024; Sing Tao Daily, Oriental Daily News, Ta Kung Pao, Wen Wei Po, HKET.com, am730, Lion Rock Daily, Dajiyuan – March 12, 2024; Sing Tao Daily – March 17, 2024; Wen Wei Po, Tai Kung Pao – June 1, 2024)

Increasing support for breastfeeding in society

The Committee on the Promotion of Breastfeeding held its 9th meeting recently. During the meeting, the Department of Health shared survey data showing that there was a drop in breastfeeding rates in 2020 and 2022. However, the survey also revealed that the breastfeeding rate on hospital discharge reached 85% in 2022, marking a significant increase compared to 55% recorded in 2000, and the rate of exclusive breastfeeding till 4 months of age rose from 8% to 22%. **Professor Kris Lok Yuet-wan**, Assistant Professor of the School, discussed the survey results in a radio news programme. “The slight drop in breastfeeding rates was likely



due to anti-COVID measures and a lack of support for nursing mothers. Statistics showed that mothers who returned to full-time work were twice as likely to stop breastfeeding within the first year. But the continued increase in the breastfeeding rate on hospital discharge is encouraging. We are happy to see support from different sectors of society, including baby-friendly initiatives in the public sector, other workplaces and public areas, to create a supportive culture of breastfeeding.”

Professor Lok noted that in 2020, our School launched a Breastfeeding GPS app to help mothers locate nearby nursery rooms. The app has identified over 600 breastfeeding spots in the city, including restaurants, shopping malls and government facilities. “We will continue to strengthen publicity and provide support to private hospitals on breastfeeding, with the ultimate aim of achieving a breastfeeding-friendly environment,” she said.



(RTHK Radio 1-《千禧年代 HK2000》– April 10, 2024; RTHK News -《Hong Kong Today》– April 11, 2024)



(Now.com 《杏林在線》 – May 3, 2024)

Helping young people to quit smoking

The harm that smoking does to health is compounded by the fact that it is highly addictive, making it difficult to quit. In a media report that featured ex-smokers sharing their quitting experiences. **Dr Kevin Luk Tzu-tsun**, Research Assistant Professor of the School and Project Director of Youth Quitline, explained how the success rate of smoking cessation can be improved. “Peer counsellors can increase the success rate because they set good role model and can interact closely with young smokers. In addition, increasing the tobacco tax also creates a strong reason to quit smoking.” Nicotine replacement therapy and meditation are alternative ways to assist in quitting smoking.

Tai Chi found to improve sleep quality in advanced lung cancer patients

A research team from the School led by **Dr Naomi Takemura**, Research Assistant Professor, and supervised by **Professor Chia-Chin Lin**, Professor and Director, found positive effects of Tai Chi and aerobic exercise on sleep quality in patients with advanced lung cancer.

The research was conducted between 2018 to 2022 and 226 patients with advanced lung cancer were recruited. They were randomly assigned to Tai Chi, aerobic exercise, or a self-management control group. Assessments were conducted before the intervention classes, at the end of the 16-week intervention, and at week 52.

The results revealed that both Tai Chi and aerobic exercise effectively improved sleep quality, mental health, physical function and circadian rhythm among patients. However, the Tai Chi group experienced greater improvements to sleep quality, fatigue reduction and balance ability than aerobic exercise. The risk of death in the Tai Chi group was also significantly reduced (by 65%) compared with the control group, indicating that Tai Chi has the potential to improve the survival chances of patients with advanced lung cancer.

Dr Takemura said, “Tai Chi’s emphasis on the mind-body connection offers a holistic approach that goes beyond physical exercise alone.” This study opens up a new approach to supportive care in cancer management and highlights the importance of a multi-dimensional approach to address cancer symptoms. By incorporating Tai Chi into the treatment plan, it can reduce patients’ symptoms in a safe, affordable, and potentially effective approach.



(Now.com, i-Cable online news, Metro Radio online news, HKEJ online news, Ta Kung Pao online news, HKCD online news, am 730 online news, am 730, HKCNA, Yahoo News, Line Today, headlineforhk, Media Press, Metroradio.com.hk – April 25, 2024; The Standard, Sing Pao, Ta Kung Pao, Ta Kung Pao online news, RTHK – 《凝聚香港》, TOPick.hket.com, Bauhinia Magazine online news, Physician Pharmacist People, EducationDiary.com, Medindia.net – April 26, 2024; Sing Tao online news, Headline Daily – April 27, 2024; Cancerinformation.com.hk – April 29, 2024; Medical Inspire – April 30, 2024; Sing Tao Canada, Line Today, CCUE.ca – May 1, 2024; So fit so good – May 4, 2024; Line Today – May 6, 2024; Sky Post – May 7, 2024)

New Faces



Dr Philip Hung Ming-wai Lecturer

It is my true pleasure and honour to join the School of Nursing at HKU as a lecturer. I have acquired MPhil and PhD degrees at Chinese University of Hong Kong (CUHK) and The University of Hong Kong (HKU) respectively. My expertise is in biomedical or life sciences. Since I started my teaching career, I have taught biomedical science courses in various programmes, e.g. MBBS, Nursing, Pharmacy, Biomedical Sciences, Biomedical Engineering, Chinese Medicine at HKU and CUHK. Other than teaching lectures, I have developed teaching modules on various platforms, e.g. web based, mobile apps, with the purpose of enhancing learning interest and effectiveness. I look forward to sharing my experience with our students so they can learn biomedical science with an effective and interactive approach.

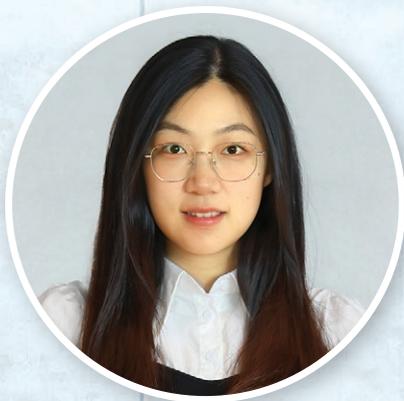
It is an honour for me to serve as an assistant lecturer in the School of Nursing at The University of Hong Kong. After completing my graduation, I gained valuable experience working in the emergency department, where I underwent specialised training to become an emergency nurse. Through my clinical experience in the emergency department, I also had the opportunity to participate in resuscitation training and coaching for undergraduate and newly graduated nurses.

I find great meaning in guiding and supporting the next generation of nurses. With my past experiences, I am excited to join the School of Nursing at The University of Hong Kong and work alongside undergraduate nursing students. It is a privilege to contribute to their growth and development as future healthcare professionals.



Ms Smile Pang Siu-yung Assistant Lecturer

Promotions



Congratulations to **Dr Lubeca Zhao Shengzhi**, whose invaluable contributions to the School were acknowledged with her appointment as Research Assistant Professor, with effect from November 1, 2023.



Awards



Congratulations to **Professor Daniel Fong Yee-tak** and **Professor Kelvin Wang Man-ping**, who were ranked by Clarivate Analytics as being in the top 1% of scholars in their field for 2023. The data is drawn from Essential Science Indicators (ESI)*.

* Data source: Essential Science Indicators, Updated as of July 14, 2023 to cover a 10-year and 4-month period: January 1, 2013 - April 30, 2023.



Congratulations to **Dr Polly Chan Siu-ling** for being awarded the Faculty Teaching Medal 2023 by the LKS Faculty of Medicine, The University of Hong Kong.



Congratulations to **Dr John Fung Tai-chun** for being awarded the Outstanding Teaching Award 2023 by The University of Hong Kong.

Congratulations to **Dr John Fung Tai-chun** (Leader) and team, including **Dr Polly Chan Siu-ling** and **Mr Edmond Chan Chun-kit** from the School of Nursing and **Dr Vichy Ho Wai-chi** and **Dr Alice HY Yau** from the Faculty of Arts, for being awarded the Teaching Innovation Award 2023 (Team) by The University of Hong Kong for the project: "A Cross-Disciplinary Transmutable Application of Interactive, Immersive 360 Virtual Reality Videos on a Learning Management System (LMS) Combined with Facilitated Structured 3D Debriefing – an Innovative Experiential Learning Pedagogy in Enhancing Student Learning Engagement."



Congratulations to **Professor Kelvin Wang Man-ping** for being elected to Fellowship through Distinction of the Faculty of Public Health (FPH) at the FPH's annual general meeting and awards ceremony on June 25, 2024.

Congratulations to the following colleagues for the HKU Long Service Award 2024:

After 25 Years of Service

Professor Daniel Fong Yee-tak, Associate Professor

After 15 Years of Service

Dr Maggie Chan Mee-kie, Senior Lecturer

Ms Jessica Cheuk Yuet-ying, Senior Lecturer

Ms Amy Pang Ka-lai, Executive Officer

Ms May Wong Wah-mui, Office Attendant (PT)



Research Grants Awards

Local and International Funding Bodies	Principal Investigator	Project Name
Health and Medical Research Fund Research Fellowship Scheme 2022	Professor Benjamin Ho Mu-hsing	Increasing physical activity through personalised motivational messaging to improve cognitive function in lung cancer survivors with cancer-related cognitive impairment: A randomised controlled trial
Health and Medical Research Fund Research Fellowship Scheme 2022	Professor Jojo Kwok Yan-yan	A Brief and Blended Mindfulness-based Lifestyle counselling programme (B-Mindful-Life) for behavioural risk modification among caregivers of people with neurodegenerative disorders: A pilot randomised controlled trial
Research Impact Fund (RIF)	Professor Patsy Chau Pui-hing (Co-PI)	Increasing resilience to the health impacts of extreme cold weather on the older population under future climate change
Primary Healthcare Office, Health Bureau	Professor Mandy Ho Man	Provision of consultancy service for the development of the Intensive Diabetes Prevention Programme (IDPP) and enhancement of the Patient Empowerment Programme (PEP) for Direct Health Centre / Express (DHC/DHCE)
Tung Wah Group of Hospitals	Professor Doris Yu Sau-fung	Effectiveness of strength-based intervention for elders with dementia living in the community and residential units
Hong Kong Sheng Kung Hui Welfare Council Limited	Professor Patsy Chau Pui-hing	Evaluation study for the "Jockey Club E-Generation: Impact Extension Project for Chronic Knee Pain Management"
Teaching Development Grants (TDG)	Dr Maggie Chan Mee-kie	Leveraging Artificial Intelligence (AI)-powered Virtual Reality (VR) simulation to enhance nursing students' self-efficacy and communication skill competence in clinical handover
Teaching Development Grants (TDG)	Dr Polly Chan Siu-ling	Using 'Interactive Escape Room Incorporated Generative AI' to enhance clinical prioritisation and cultural competence of health discipline students in community health practice
Teaching Development Grants (TDG)	Dr John Fung Tai-chun	Evaluation of clinical competence and reasoning with innovative applications of Generative Artificial Intelligence (GenAI), scenario-based 360 immersive VR and debriefing
Teaching Development Grants (TDG)	Dr Thomas Lam Chun-sing	Audio-visual intervention to enhance students' learning engagement in microbiology class
Teaching Development and Language Enhancement Grant (TDLEG)	Dr Polly Chan Siu-ling	Experiential learning experiences in a Chinese-medium environment
Teaching Development and Language Enhancement Grant (TDLEG)	Dr John Fung Tai-chun	Evaluation of AI literacy, competency, engagement in deep medical language learning and reasoning with innovative applications of Generative Artificial Intelligence (GenAI), a transdisciplinary collaboration



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