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Letter

Celebrating Three Decades of Nursing Leadership: Excellence • Momentum • Collegiality



02 *Director's Message*

Celebrating Three Decades of
Nursing Leadership:
Excellence • Momentum • Collegiality



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

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

Tel : (852) 3917 6600

Fax : (852) 2872 6079

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

Editorial Board

Editor-in-Chief :

Professor Chia-Chin Lin

Members:

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Celebrating Three Decades of Excellence •



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

As we commemorate the 30th anniversary of the School of Nursing at The University of Hong Kong, we celebrate a significant milestone that honours our rich legacy of excellence, the unstoppable momentum of our endeavours, and the collegiality that binds us together. Over the past three decades, our school has evolved into a beacon of nursing leadership, fostering innovation, education, and research that have made profound impacts on healthcare both locally and globally.

The theme of the 30th anniversary celebration, “Three Decades of Nursing Leadership: Excellence • Momentum • Collegiality”, encapsulates our journey and our vision. It is a timely opportunity to reflect on the vital importance of crossing boundaries – geographic, cultural, generational, and disciplinary – to improve human lives. Our achievements are a testament to the power of collaboration and the relentless pursuit of knowledge and care.

Collaboration across multiple boundaries is essential to improving patient care, a theme that was prominently reflected in the 14th Hong Kong International Nursing Forum held in December, titled “Cross-boundary Collaboration for Future Nursing”. In today’s divided world, such collaboration is more needed than ever. As one of the most trusted professions, nursing can play a critical and privileged role in bridging these divides.

It is a timely opportunity to reflect on the vital importance of crossing boundaries – geographic, cultural, generational, and disciplinary – to improve human lives.

One of the most pivotal aspects of nursing is the ability to transcend geographic boundaries. Our goal has always been to disseminate our expertise and knowledge broadly, ensuring that patients and student nurses, regardless of their location, benefit from our advancements. As Hong Kong integrates more closely with Mainland China, especially within the Greater Bay Area, we are poised to extend our influence even further. This reflects our commitment to nurturing nursing talent and improving healthcare outcomes across borders.

Cultural and generational boundaries add layers of complexity to our mission. Our profession is built on the foundation of providing care and support to all patients, irrespective of their backgrounds. This inclusive approach places us in a unique position to embrace differences and learn from one another, fostering a culture of mutual



Nursing Leadership: Momentum • Collegiality



respect and continuous learning. The intergenerational exchange of knowledge – where experienced nurses impart essential patient care skills and younger nurses introduce new technologies – enhances our collective capability to deliver exceptional care.

In an increasingly multidisciplinary world, the importance of collaboration across various fields cannot be overstated. Nurses and healthcare professionals have long been at the forefront of such collaborative efforts, aiming to optimise patient outcomes. Trust remains a cornerstone of our practice, especially in an era where information is abundant and often conflicting. By committing to open communication, empathy, and ethical practice, we can bridge the trust gap and reinforce our role as trusted healthcare providers.

The qualities that define our school – sharing, understanding, embracing differences, openness, and empathy – are the bedrock upon which we have built our legacy. Over the past 30 years, we have instilled these values in thousands of graduates who carry the spirit of HKU Nursing to all corners of Hong Kong and beyond. Our research and innovations continue to break new ground, pushing the boundaries of what is possible in healthcare.

As we embark on this celebratory year, I invite each of you to reflect on the values that have driven our success and to join us in propelling these ideals forward. Together, we can cross new boundaries, forge new connections, and realise an even brighter future for nursing and healthcare.

Here's to three decades of nursing leadership and to many more years of excellence, momentum, and collegiality.

Nudging towards Smoking Cessation

The 15th “Quit to Win” campaign exemplifies the power of cross-sectoral collaboration on multiple levels, from partnership between academia and various governmental and non-governmental organisations at the institutional level, to the integration of behavioural economics insights into public health approaches.

Hong Kong has been making strides in reducing smoking prevalence but getting the remaining smokers to stop has become increasingly challenging. Those who continue to smoke despite stringent tobacco control policies tend to lack the motivation to quit or seek cessation support. To reach these “hardcore” smokers, a proactive collaborative approach that integrates expertise and resources across disciplines is crucial.

The School of Nursing has responded to that need by partnering with the Hong Kong Council on Smoking and Health (COSH) to launch the “Quit to Win” Smoke-free Community Campaign, which is now in its 15th iteration. This territory-wide initiative features multilevel cross-sectoral collaborations and aims to incentivise smokers in the community to take the first step towards quitting.

The campaign has also been conducting research on the most effective methods for encouraging smoking cessation. A full-scale randomised controlled trial (ClinicalTrials.gov, NCT06451081) recently evaluated a new kind of intervention that draws from behavioural economics.

Behavioural Economics x Public Health

The basis of the trial is to compare “opt-out” versus “opt-in” approaches when it comes to referring smokers to local cessation services. These services are free and effective, but underused. Participants in the “opt-in” group are informed that they will be referred to a service of their choice if they

explicitly request it, while those in the “opt-out” group are automatically referred to a service unless they actively decline.

At the heart of this strategy is the concept of “nudges”, which are subtle prompts or cues that can encourage the desired behaviour without restricting choices. The “opt-out” approach leverages the behavioural economic principle of default bias, where individuals tend to stick with the default option presented to them, even when better alternatives are



▲ Dr Kevin Luk Tzu-tsun (front) and his team members involved in the 15th “Quit to Win” campaign.

Dr Kevin Luk Tzu-tsun | Project Lead of 15th “Quit to Win” Campaign



available. By making referral to cessation services the default choice, we nudge the smokers to utilise these services and improve their cessation outcomes.

Collaborative Efforts to Promote Cessation

The use of the nudge approach in the “Quit to Win” campaign has been further strengthened by involving multiple stakeholders from multiple sectors — including all 18 District Councils and over 60 non-profit organisations and local companies — who provide a backbone network of support for smoking cessation. These organisations facilitate community outreach and publicise smoke-free messages to the public, thereby creating an inviting environment for smoking cessation.

Partnerships were also formed with major cessation service providers to offer smokers a diversity of choice. The partners include all seven clusters of the Hospital Authority, providing over 70 service points across the territory, and several community health services. This variety is crucial in reducing barriers to accessing cessation services, like time and location constraints.



▲ “Quit to Win” Mega Recruitment Day in partnership with multiple smoking cessation organisations.

Nurturing Future Interdisciplinary Collaborations

The campaign also has an educational aspect that involves trained students from different universities — not just HKU — conducting fieldwork. These students come from diverse academic backgrounds, including nursing, dentistry, social sciences, and STEM disciplines. From June to October 2024, they collectively recruited and delivered the nudge interventions to over 1,300 smokers across Hong Kong. The students’ participation not only fostered their sense of community involvement and responsibility, but also cultivated an interdisciplinary mindset towards tackling public health challenges.



▲ Students conducting fieldwork at a community site.

Conclusion

The 15th “Quit to Win” campaign exemplifies the power of cross-sectoral collaboration on multiple levels, from partnership between academia and various governmental and non-governmental organisations at the institutional level, to the integration of behavioural economics insights into public health approaches. As we move forward, the lessons learned from this campaign will be invaluable in shaping future initiatives that leverage interdisciplinary approaches, ultimately contributing to a healthier, smoke-free Hong Kong.

Promoting Student Wellbeing Transitional Success in Nursing

The School believes that by cultivating a supportive school culture and placing student well-being at the forefront, we can help each student to develop personal growth and academic success.



and Education

Dr Angie Lam Ho-yan | Senior Lecturer
Chair, Student Affairs and Support



Student well-being is essential for academic success and personal growth. As students enter our nursing programme, they encounter not only the new challenge of university life but also the transition from adolescence to adulthood, which involves embracing independence, shaping their identities, and managing complex relationships.

While this developmental period can be rife with stress and anxiety, it also presents unique opportunities for self-discovery, allowing students to establish their individuality, values, and life goals. Our Student Affairs and Support team has therefore developed a series of initiatives to facilitate students' transition to young adulthood and their positive self-discovery.

For first-year students, the "Your Coach@HKUSON" programme links them with teachers in a mentoring relationship that goes beyond academics. Teachers provide guidance, support, and encouragement to help students navigate their school life with confidence. Moreover, the new "Peer Buddies Program" connects senior students to their junior counterparts. This initiative not only promotes a sense of community but also facilitates knowledge sharing and peer learning, enhancing the overall learning experience.

A different approach is needed as students advance to Year 3 and begin their nursing practice in high-pressure clinical settings. We focus on providing students with tools to manage stress and navigate uncertain situations in their clinical learning. My previous research suggests that integrating mindfulness-based interventions with peer-assisted clinical learning can provide valuable insights and help students during that transition. Therefore, we plan to introduce mindfulness-based interventions into clinical

learning. In addition, we have been inviting alumni to Brown Bag sessions to share their real-world experiences and clinical insights with students. These interactions offer students a glimpse into their future careers, preparing them for the challenges and opportunities ahead.

Our Year 1 to 5 Year Coordinators all play a key role in student wellness. Their dedication and unwavering support ensure that each student receives personalised attention, fostering a nurturing environment where they can thrive. The School is committed to advancing our teachers' skills in addressing student psychological wellbeing. We offer workshops on counselling skills and communications so our educators can feel empowered to respond effectively and proactively to students' needs, and provide mental health support.

The School believes that by cultivating a supportive school culture and placing student well-being at the forefront, we can help each student to develop personal growth and academic success. Our aim is to inspire students to not only embrace nursing and career development, but empower them to become well-rounded individuals who make an impact in the wider world.



Pioneering Nursing Excellence in the Greater Bay Area

Healthcare delivery in the Greater Bay Area (GBA) faces major reform as the geographical boundary blurs in terms of residency and services consumption. A critical review of the strengths and deficiencies in the GBA is first needed, though, to ensure that rational planning, synergy and excellence prevail.

Geographic Opportunities

There is an unprecedented window of opportunities to advance nursing excellence in Hong Kong and our sister cities in the GBA. The region is large – covering 56,000 km², with a population of 86 million and gross domestic product of RMB 14 trillion in 2023. Its size surpasses other well-known bay areas including San Francisco, New York and Tokyo. Moreover, the mass transit infrastructure is in place to facilitate social and services integration across the GBA. However, this accessibility still may not be adequate for citizens needing mobility assistance or an escort to reach medical services across cities.

Policy Support

“The Pilot Scheme for Supporting Patients of the Hospital Authority in the Guangdong-Hong Kong-Macao Greater Bay Area” was published in May 2023 and allows Hong Kong citizens to attend subsidised out-patient services in the HKU-Shenzhen Hospital, with more sites to be established in the GBA in years to come. The models of care in Hong Kong and other cities will inevitably be aligned to meet patients’ expectation.

Healthcare professionals, including nurses and midwives registered under the laws of Hong Kong, are allowed to provide short-term (up to a maximum of 3 years) services in the mainland under the “Mainland and Hong Kong Closer Economic Partnership Agreement (CEPA)”. Moreover, under the recent legislation amendment of the Nurses Registration Ordinance, non-locally trained nurses who are recruited by designated healthcare institutions can apply for special or limited registration in Hong Kong. Temporary registration is also provided for short terms (up to 2 weeks) for professional exchange and clinical placement.

Positive Outlook for Nurses

Quantitatively and qualitatively, the outlook is positive for the nursing workforce in the GBA, where there are many young people and new blood who can be recruited into the nursing profession. This could alleviate the nursing shortage. However, a strong magnet factor is needed to compete with the employment opportunities in other industry sectors. Hong Kong has a mature, professional advancement model for nursing (Figure 1), of a high global standard, which can offer such an enticement. Professional autonomy, self-governance and research-based innovations have been incorporated into our professional practice. Nurses have also overcome the restrictive boundary in clinical leadership to enhance comprehensive continuity of care across all settings and lifespans.

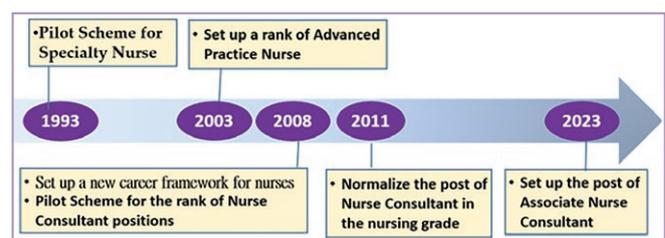


Figure 1 History of Development of Advanced Nursing Practice in Hong Kong

Our Challenges

Healthcare provisions and utilisation vary across the GBA, including but not limited to the reciprocity of registration, discrepancies in operations and funding models, transcultural differences in healthcare habits, ethics and moral principles, legal and regulatory requirements, and so on. Mutual respect and accommodation will be critical to a successful alignment of practice in the region and nursing development.

Professor Sylvia Fung Yuk-kuen BBS | President,
The Hong Kong Academy of
Nursing & Midwifery



The outlook is positive for the nursing workforce in the GBA, where there are many young people and new blood who can be recruited into the nursing profession.



Ways Forward

To strengthen our capabilities, advance and excel in practice, and ensure accountability both professionally and to the public (Figure 2), we need to develop along 3 major pillars. First, the core competence of advanced practice must be clearly delineated as a yardstick to prepare our practitioners and measure performance. Second, career paths should be devised so that nurses can dedicate themselves to bedside clinical care. Third, nurse leaders must be nurtured with transformational capabilities for change and innovation. These elements are the fuel for sustainability and self-perpetuating development.

These 3 pillars can be strengthened and supported by 3 foundational building blocks. The first, fundamental cornerstone is nursing education. Tertiary education is indispensable to equip our future nurses with the capabilities to pursue excellence and advance patient care. Clinicians and academics must work collaboratively to nurture compassion in students and translate knowledge into innovations. The Vocational Qualification Framework of Hong Kong has a clear delineation of the outcomes at various levels of educational programmes.

The second building block is a self-governing regulatory framework, which is the crux for autonomy of the profession and accountability to the public. The “Voluntary Scheme on Advanced and Specialised Nursing Practice”, while needing further enforcement and refinement, is a powerful regulatory mechanism. By global standards, it is a visionary pioneering approach.

Lastly, the collegiality of nurses in the GBA can nurture a tripartite culture of commitment, compassion and caring and be a powerhouse for nursing development in the GBA. Nursing, as a family, will be instrumental in synergic collaboration.

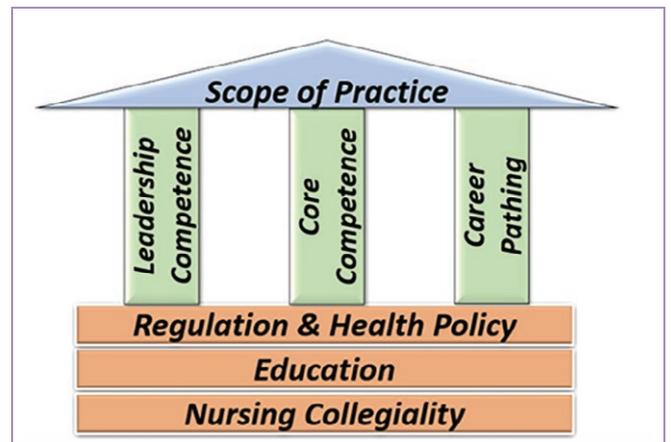


Figure 2 Framework for Building Excellence in Nursing

Conclusion

The pursuit of excellence is an integral characteristic of nurses. There are many untapped resources and opportunities for nurses to capitalise on during this era of rapid change and looming unmet healthcare demands. Nursing remains the backbone in advancing the betterment of health.

The data in this story and further information can be found at the Hong Kong Government website www.bayarea.gov.hk and the Nursing Council of Hong Kong website www.nchk.org.hk

JUPAS Information Sessions

The JUPAS Information Sessions were successfully held on May 16, 2024. They featured an admissions talk chaired by **Dr Veronica Lam Suk-fun**, Programme Director of the Bachelor of Nursing (BNurs) and Bachelor of Nursing Advanced Leadership Track (BNurs-ALT), who also introduced the BNurs (JS6468) and BNurs-ALT (JS6418) programme features to the attendees. Many participants showed interest in the articulation pathways offered by BNurs-ALT, to the HKU Master of Nursing (MNurs) or HKU Bachelor of Medicine and Bachelor of Surgery (MBBS). Students **Kenny Chan Man-hin** (N22) and **Karina Siu Tsz-kar** (N25) also shared valuable insights and opinions about student life.



Following the admissions talk, participants were given unique hands-on experience in our state-of-the-art simulation labs, where they learned some simple nursing skills. A programme consultation and sharing session was also organised featuring our teachers and student ambassadors. The sessions were well received and we were grateful for those able to attend.



Summer Incoming Student Exchange Programme 2024



Some 53 students from universities around the world joined the two-week HKU School of Nursing Summer Incoming Exchange Programme, where they enjoyed a learning and cultural exchange.

Organised around the theme of “Working towards SDG 3: Promoting Health & Well-being in the Community 2024”, the programme kicked off on July 2 and featured a full schedule of lectures, tours of the School of Chinese Medicine and Technology-Enriched Learning Mezzanine (Techmezz) in the HKUMed library, hospital and community visits, community experiential learning, cultural exchanges and an East-Meets-West Luncheon.



The students came from 10 institutions on three continents, including Ewha Womans University and Jeju National University in Korea, La Trobe University in Australia, Mahidol University and Mahidol University Ramathibodi School of Nursing in Thailand, the National University of Singapore, the National Yang Ming Chiao Tung University in Taiwan, Trinity College Dublin in Ireland, the University of Navarra in Spain, and HKU. They enjoyed opportunities to develop intercultural understanding, and broaden their international perspectives.

Feedback from the students was highly positive, as they said the programme allowed them to enhance their social networks globally and significantly broadened their understanding and appreciation of diverse cultures.



Pinning Ceremony 2024



The Class of 2024 included graduating students from our first cohort of the Master of Science in Nursing [MSc(Nurs)] programme, as well as the Bachelor of Nursing (Full-time) (BNurs) programme. The graduates happily joined the momentous Pinning Ceremony that took place on May 30, 2024, where the Dean of Medicine of HKUMed, **Professor Lau Chak-sing**, was the officiating guest. The HKUMed Deanery and leaders from the healthcare sector also took part as pinning guests.

Dean Lau kicked off the event with opening remarks in which he reflected on his own experiences with nurses in his early days as a doctor and welcomed the graduates to the nursing profession. He was followed by **Professor Chia-Chin Lin**, Director of HKU School of Nursing, who commended our students for embarking on a new phase in their lives and using their expertise and knowledge to make significant contributions to the community. The actual pinning then took place, when each graduating student received a nursing pin from our honourable guests and teachers on stage, symbolising their academic nursing achievements and commitment to the highest professional standards.



Professor Lin then led the graduating students in lighting their candles and reciting the Nightingale Pledge, to infuse them with Florence Nightingale's spirit and example.





To conclude the ceremony, graduating students **Claudia Ng** from MSc(Nurs) and **Tsang Ho-ching** and **Cheuk Oi-ching** from BNurs led their class to deliver the vote of thanks and share words of appreciation with the attendees. Parents, relatives, teachers and friends of the Class of 2024 also joined in the celebration.

The School is proud of its newest batch of graduates and their dedication and commitment to join the healthcare community and make valuable contributions to the healthcare system.



Student Taster Session for JUPAS Applicants



Two Student Taster Sessions for JUPAS Applicants were organised in July to introduce prospective students to our programmes, which attracted 100 registrants.

The participants were welcomed by **Professor Polly Li Wai-chi**, Associate Programme Director of the Bachelor of Nursing (BNurs) and Bachelor of Nursing Advanced Leadership Track (BNurs-ALT), who also briefed them, lecture-style, on our programmes. This was followed by a visit to the Technology-Enriched Learning Mezzanine (Techmezz) for an introduction to the latest virtual reality tools for learning about anatomy. The participants enjoyed the hands-on experience, the chance to see how a university lecture is conducted, and the opportunity to learn and ask questions. Many said this reaffirmed their decision to select the School of Nursing as their top choice.



School Retreat 2024

Academic, laboratory, and general office staff participated in a School retreat on August 13 that focused on team building and the sharing of experiences and reflections.

Ice-breaking activities and robot games that tested problem-solving skills encouraged numerous instances of empathy, assistance, support and collaboration. The Build the City activity, for instance, showcased communication and teamwork skills, along with a “can-do” attitude. There was strong commitment all around to enhance team building and learn from each other.



Valuable insights and better understanding were important takeaways from the event, which not only featured laugh-filled activities, but also fostered constructive relations among staff members of different functional teams. The retreat thus achieved its goal of nurturing cohesion and coordination within the School.



Summer Programme 2024 – Local and Non-local Students Discover HKU Nursing



More than 60 secondary school students from the United Kingdom, mainland China and Hong Kong attended our three-day Summer Programme 2024 – Discover HKU Nursing, organised in August.

The event was packed with interesting activities, including attending a problem-based learning session and lecture on a nursing-related topic; an outing to the Elderly Resources Centre where students learned about the concept of an “age-friendly home” in the community and gained tips on how to take care of the elderly professionally; and the opportunity to practise some basic nursing skills in clinical laboratories and prepare a presentation of the knowledge gained with their fellow groupmates.

Our student ambassadors were also on hand to showcase our Sassoon Road campus and the HKU main campus, and share their experiences of campus life, overseas exchange





and practicums with the participants. The secondary school students also learned more about the nursing programme and career options during an admission talk and alumni sharing.

The programme concluded on a high note, with participants making new friends and having information on hand of a top choice for pursuing education and a career in nursing.



Faculty Academic Induction Day 2024/25



Nursing freshmen joined other HKUMed students in the HKUMed Faculty Academic Induction Day, held on August 16 in the Grand Hall of the Centennial Campus. The students were welcomed by the Dean, the Programme leadership team, senior leaders from the HKUMed Student Wellness & Engagement team, and HKU's Equal Opportunity Unit and Centre of Development and Resources for Students.

Nursing students then proceeded to meet with their teachers, senior students and other fellow freshmen at the breakout sessions. The teachers introduced students to academic activities, while senior students shared their campus life experiences and tips on balancing academic studies and extra-curricular activities – providing students with valuable information as they take their first step towards acquiring the professional nursing skills and necessary knowledge for their future careers.



Orientation Day



The 2024 Programme Orientation for Bachelor of Nursing students was held on September 2 at our Sassoon Road campus. Nursing freshmen were welcomed by School Director, **Professor Chia-Chin Lin**, introduced to the Programme, Academic Staff, Clinical Education and Practicum, and Life Enrichment Learning course, and heard from HKUMed's Student Wellness and Engagement team about the counselling and academic advising services available to them. Students then engaged in an interactive session with Nursing Professors and Lecturers to learn more about the pursuits of academic advancement and professionalism.



The orientation day was part of the School's commitment to assist freshmen students in navigating their study journey. The aim is to encourage students to embrace the opportunities and challenges that lay ahead with enthusiasm and open-mindedness.



Time for NOW

The NOW Programme (Nursing Onboard Welcoming), held on September 3, provided icebreaking games and mingle sessions led by senior year students, so new students could get to know each other, their teachers and the School. The activities included a scavenger hunt that encouraged exploration of every corner of our medical campus. NOW aims to foster connections among peers and teachers and create a strong sense of belonging, and students were sent off with best wishes for a successful and joyful time in the School.



Clinical Teachers Developmental Retreat



Exclusive retreats were arranged for our clinical teachers on September 10 at an off-site venue and on September 13 at our school campus, to foster team spirit and enhance staff development. Participants engaged in ice-breaking games, followed by a review of recent challenges and potential teaching opportunities. Staff also exchanged perspectives on clinical matters, collaborated on ideas for future progress, and formulated constructive strategies for the coming years.

The off-site retreat offered a relaxing atmosphere away from the office, while the on-campus activities aimed to help staff see the teaching environment in a new light. The events were fruitful and provided participants with valuable insights on their work and that of their co-workers.



Programme Orientations for Freshmen

A series of programme orientations introduced new students to their course teachers and classmates and kicked off the academic year. The orientations included details about the programme, scholarship opportunities and other essential information to support students in their academic journey and encourage them towards success. The programmes included the Bachelor of Nursing (Full-time) & Bachelor of Nursing Advanced Leadership Track, Bachelor of Nursing (Part-time) for Registered Nurses, Master of Science in Nursing, Master of Nursing and Doctor of Nursing.

Doctor of Nursing



Master of Nursing



Master of Science in Nursing



Bachelor of Nursing (Part-time) for Registered Nurses



Bachelor of Nursing (Full-time) & Bachelor of Nursing Advanced Leadership Track



Asia-Pacific Qualitative Health Research Network (AQUHN) Workshop 2024

More than 800 participants from 36 countries/regions joined the online workshop programme, "A Qualitative Methodology Series", which was hosted by the School on September 4-6 and 11-13. Six renowned speakers shared their expertise on five primary qualitative methodologies in healthcare disciplines, as well as qualitative manuscript writing in healthcare:

- Professor Sally Thorne**
 The University of British Columbia
Topic: Interpretive Description: An Approach to Qualitative Inquiry in the Applied and Practice Disciplines
- Dr Michael van Manen**
 University of Alberta
Topic: Phenomenology: Meaning, Speaking, Writing – Textuality in Phenomenological Research
- Professor Heidi M Levitt**
 University of Massachusetts Boston
Topic: Grounded Theory: A Critical-Constructivist Approach
- Dr Catherine Trundle**
 La Trobe University
Topic: Ethnography: Key Principles and Practices
- Professor Amanda Kenny**
 La Trobe University
Topic: Participatory Action Research: Beyond Data Chunks to Action, Change, and Impact
- Professor Julianne Cheek**
 Østfold University College
Topic: Qualitative Manuscript Writing: How to Increase Your Chances of Publication



The event, moderated by **Professor Jay Lee Jung-jae** and **Dr Hye-ri Choi** from HKU School of Nursing, offered a distinct platform for experts, researchers, and postgraduates to exchange knowledge on qualitative health research and emphasise its importance. AQUHN is dedicated to advancing qualitative health research in the Asia-Pacific region and beyond.

Revisit the lectures via: <https://www.aquhn.hku.hk/>

Smoke-free Elite Teens Programme 2024-2025 – Programme Orientation

The School is pleased to continue supporting the Smoke-free Elite Teens Programme, organised by Hong Kong Council on Smoking and Health (COSH), which held its Programme Orientation 2024-2025 at our campus on October 5. More than 90 students participated at the event, where Lecturer **Dr Joanna Ko Hiu-ki** provided an overview of our BNurs Programme followed by a tour to our clinical skills laboratories. Participants enjoyed the state-of-art simulation facilities as well as the chance to learn and test out various nursing skills demonstrated by our teachers. This was followed by a presentation on smoke-free counselling skills and a group discussion session. The event helped to send a new group of elite teens out to promote a smoke-free community.



Thanksgiving Luncheon with Clinical Partners



A Thanksgiving Luncheon was organised to express our heartfelt gratitude to our clinical partners for their continued support. Our Director, **Professor Chia-Chin Lin**, warmly welcomed esteemed guests, including representatives from the Department of Health, Hospital Authority Head Office, public and private hospitals, NGOs and HKUMed. We were honoured to have **Ms Lucia Ko Siu-shan**, Principal Nursing Officer of Hong Kong's Department of Health, deliver the Opening Address and **Professor Chak-sing Lau**, Dean of Medicine, deliver the Welcome Address. The occasion not only allowed us to express appreciation to our clinical partners' contributions for their help in providing high-quality clinical education to our nursing students, but also offered a platform to explore potential future collaborations. We look forward to continuing our journey with our clinical partners and sharing our dedication to excellence in healthcare education.



HKU Information Day 2024

The HKU Information Day for Undergraduate Admissions, held on October 26, featured three admissions talks related to nursing that were fully attended. **Dr Veronica Lam Suk-fun**, Programme Director of Bachelor of Nursing (Full-time) and Bachelor of Nursing (Full-time) Advanced Leadership Track, led talks on both programmes. The Dean of Medicine, **Professor Lau Chak-sing**, also came along to welcome the participants. Our current students were also on hand to share their university journey and provide valuable first-hand perspectives.



The participating students and parents had plenty of opportunities to ask questions about admission requirements, programme highlights and teaching features. In conversation with our professors, lecturers and nursing students, they also gained deeper knowledge about Life Enrichment Learning, clinical practicums, career prospects, academic pursuits, and campus life.





Participants were also given a tour of simulated wards, demonstrations of various nursing skills, and an opportunity for hands-on experience of nursing techniques. These activities allowed participants to further understand clinical nursing applications and practices. The School would like to sincerely thank all participants for their support and contributions.



The 14th Hong Kong International Nursing Forum *cum* 2024 Sino US Nursing Forum *cum* 2nd Greater Bay Area Nursing Conference

More than 400 delegates from across the globe joined our 14th Hong Kong International Nursing Forum *cum* 2024 Sino US Nursing Forum *cum* 2nd Greater Bay Area Nursing Conference, which was jointly organised by the School and The University of Hong Kong – Shenzhen Hospital (HKU-SZH) on December 6-7, with 47 other prestigious universities and organisations.

The theme was **“Cross-Boundary Collaboration for Future Nursing”** and speakers and scholars offered their perspectives on how nursing professionals can collaborate across geographical, cultural, and interdisciplinary boundaries. By promoting cooperation and collaboration among nursing professionals and institutions globally, the forum provided a springboard for discussions on the challenges and opportunities facing nursing in an interconnected and globalised world.





The event commenced with a welcome address by **Professor Kenneth Cheung Man-chee**, Hospital Chief Executive of The University of Hong Kong – Shenzhen Hospital, and a Vote of Thanks by School Director, **Professor Chia-Chin Lin**. This was followed by a Kick-off Ceremony for the 30th Anniversary of the HKU School of Nursing, marking the beginning of a series of celebratory programmes to commemorate this significant milestone for the School.

The event was deeply enriched by the insights and expertise shared by our keynote speakers and invited speakers and moderators. They contributed knowledge and inspiration on various topics related to innovation in healthcare, research, and unlocking innovation through collaboration and beyond. Oral and poster presenters were also provided an opportunity to showcase their research findings. Delegates commented that the conference was a valuable platform for learning and networking.

The forum ended with a closing ceremony where the Forum Chairs, **Professor Patsy Chau Pui-hing** and **Professor Edmond Choi Pui-hang**, delivered Vote of Thanks. Best poster awards were presented at the ceremony, followed by two post-forum events, the U21 Health Sciences Group Nursing and the Midwifery Discipline Group Research Postgraduate Symposium and Simulation Seminar – Best Practices and Innovations in Simulation-Based Education. We extend our gratitude to all participants for contributing to the success of this event.

Officiating Keynote Address

- **Mr James Chau**
President
China-United States Exchange Foundation (CUSEF)
Goodwill Ambassador
World Health Organization
*Topic: Bending the Line:
Securing Health Through the Future of Nursing*



Keynote Addresses

- **Professor Angela Frederick Amar**
Dean and Erline Perkins McGriff Professor
Rory Meyers College of Nursing
New York University, United States
Topic: Diversity and Health Equity in Research
- **Professor Christine E Kasper**
Dean and Professor
School of Nursing
University of Pittsburgh, United States
*Topic: Building a Global Network to
Advance the Frontiers of Nursing Science*



- **Professor Nancy R Reynolds**

Professor and Associate Dean for Global Initiatives
School of Nursing
John Hopkins University, United States

*Topic: Multidisciplinary Teams for Research Advancement:
Unlocking Innovation Through Collaboration*



- **Professor Zheng Li**

Dean and Professor
School of Nursing
Peking Union Medical College, China

*Topic: Interdisciplinary Collaboration for
Contemporary Healthcare*



- **Professor Yan Hu**

Dean
School of Nursing
Director, Fudan University Centre of Evidence-based
Nursing, a Collaborating Center of Joanna Briggs Institute
Fudan University, China

*Topic: Evidence-based Nursing in the East and the West:
An Example of Multi-centered Evidence Implementation
Project on CLABSI Prevention*



- **Professor Bei Wu**

Research and Dean's Professor in Global Health
Rory Meyers College of Nursing
New York University, United States

*Topic: The Future of Geriatric Nursing Research:
Interdisciplinary Approaches from a Global Perspective*



- **Professor June Zhang**

Dean and Professor
School of Nursing
Sun Yat-sen University, China

*Topic: Interdisciplinary Innovation Training for
Nursing Graduate Students in Guangdong Hong Kong
Macao Greater Bay Area*



Panel Discussion 1: Challenges and Opportunities in Cross-Boundary Collaboration

Speakers:

- **Professor Honghong Wang**
Dean, Xiangya School of Nursing, Central South University
- **Professor Aiping Wang**
Dean, School of Nursing, China Medical University
- **Professor Hong Lu**
Professor, School of Nursing, Peking University
- **Professor Ka Li**
Dean, West China School of Nursing, Sichuan University
- **Professor Xiaomei Li**
Dean, School of Nursing, Health Science Center, Xi'an Jiaotong University

Moderators:

- **Professor Xiuhong Wang**
Dean, School of Nursing, Guizhou Medical University
- **Professor Chia-Chin Lin**
Director, School of Nursing, The University of Hong Kong



Panel Discussion 2: Nursing Practice without Boundaries

Speakers:

- **Dr Danny Tong**
Chief Manager (Nursing) / Chief Nurse Executive, Hospital Authority
- **Professor Agnes Tiwari**
Chairman, The Nursing Council of Hong Kong
- **Professor Sophia Chan**
Professor and Director, HKU Primary Health Care Academy

Moderators:

- **Professor Sylvia Fung**
President, The Hong Kong Academy of Nursing & Midwifery Limited
- **Professor Chia-Chin Lin**
Director, School of Nursing, The University of Hong Kong



Symposium 1: Pioneering Nursing Excellence in the Greater Bay Nursing Area

Speakers:

- **Ms Deai Yu**
President, Zhongshan Nursing Association
- **Ms Qinglian Shi**
Honorary President, Dongguan Nursing Association
- **Ms Quying Wen**
President, Huizhou Nursing Association
- **Ms Shunhua Deng**
President, Zhaoqing Nursing Association
- **Professor Florence Iat Kio Van**
President and Professor, Kiang Wu Nursing College of Macau
- **Professor Sylvia Fung**
President, The Hong Kong Academy of Nursing & Midwifery Limited

Moderators:

- **Professor Kefang Wang**
Dean, School of Nursing and Rehabilitation,
Shandong University
- **Professor Mandy Ho**
Associate Professor, School of Nursing,
The University of Hong Kong, Hong Kong



Symposium 2: Transforming Nursing Practice in Public and Private Healthcare

Speakers:

- **Ms Jane Chan**
Cluster General Manager (Nursing),
Hong Kong West Cluster
- **Dr Susanna Lee**
Chief Nursing Officer, Hong Kong Baptist Hospital

Moderators:

- **Professor Renli Deng**
Dean, Nursing School, Zunyi Medical University
- **Professor Doris Yu**
Professor, School of Nursing,
The University of Hong Kong





Best Poster Award

- **Ms Qingxian Liu**
Shantou University Medical College
Topic: Prevalence of Frailty and Depression in Hospitalized Elderly Patients with Type 2 Diabetes in Shantou Area: A Cross-Sectional Study
- **Dr Yanyan Liu**
Shanghai Jiaotong University
Topic: Profiles of Exercise Self-Efficacy and Its Impact on the Physical Activity Behaviors of Children and Adolescents with Cancer in China
- **Ms Zexiang Zhuang**
Shenzhen Qianhai Shekou Free Trade Zone Hospital
Topic: Best Evidence Summary for Balance Training in the Elderly Adults

Best Student Poster Award

- **Ms Mengting Dai**
Ningxia Medical University
Topic: Prognostic Significance of Blood Pressure Variability After Intravenous Thrombolysis in Acute Ischemic Stroke: A Systematic Review and Meta-Analysis
- **Ms Yuka Fukata**
Osaka University
Topic: Patterns of Patients Receiving Home Medical Care in Japan and Association with the Time for Initiation of Home Medical Care to Death
- **Ms Maya Mitani**
Osaka University
Topic: Association Between Home Neighborhood Environment and Future Nursing Care Needs Among Elderly People Living in the Community
- **Ms Qi Niu**
Fujian Medical University
Topic: Effectiveness of Self-Management Program on Health Outcomes Among Heart Failure Patients with Mild Cognitive Impairment: A Randomized Controlled Trial
- **Ms Guowen Zhang**
The University of Hong Kong
Topic: Effectiveness of Nurse-Led Smoking Cessation Interventions in Smoking Patients: A Systematic Review and Network Meta-Analysis



30th Anniversary Celebration Kick-off Ceremony

The School celebrates its 30th anniversary in 2025 and a series of special events are being held, starting with a Kick-Off Ceremony at the opening of the 14th Hong Kong International Nursing Forum *cum* 2024 Sino US Nursing Forum *cum* 2nd Greater Bay Area Nursing Conference on December 6.

Former School Heads, **Professor Sophia Chan Siu-chee** and **Professor Agnes Tiwari**, who have played significant roles in the School's strategic development, joined the current School Director **Professor Chia-Chin Lin** to unveil the anniversary logo at a simple yet meaningful lighting ceremony.

The theme of the 30th anniversary is “Three Decades of Nursing Leadership: Excellence · Momentum · Collegiality” and the logo embodies these qualities:

- Excellence - We are dedicated to preparing our students to become the next generation of global nursing leaders and professionals, and to strive for research excellence.
- Momentum - We strive to maintain forward momentum in our approach to scientific evidence and problem-solving, always seeking new and innovative ways to deliver the highest quality teaching and research in healthcare.
- Collegiality - We value collaboration with our partners and believe that a collegial environment is essential for overcoming challenges and making a positive impact for the betterment of humanity.

Here's to another 30 years and many more for the HKU School of Nursing! Happy 30th Anniversary to all staff, students, collaborators and supporters who have contributed to our success!



Research Postgraduate Symposium 2024 with U21 Partners

The U21 Health Sciences Nursing and Midwifery Group Research Postgraduate Symposium 2024 was successfully held at The University of Hong Kong-Shenzhen Hospital on December 7. The hybrid symposium brought together 15 research postgraduates from 9 prestigious universities, including Fudan University, Korea University, Pontificia Universidad Católica de Chile, The University of Birmingham, The University of Glasgow, The University of Hong Kong, The University of Johannesburg, The University of Nottingham and University College Dublin. The postgraduates presented their research to over 100 registrants in concise, impactful three-minute presentations using a single static PowerPoint slide, to capture the essence of their work.

Ms Ying Yao and **Ms Fen Ye**, representing HKU, each received Outstanding Presentation Awards, as did **Ms Nattaporn Ontrakrai** from The University of Birmingham.



Student Life - Student Exchange



Deakin University, Australia

Ko Tsz-ching

Year 3 Bachelor of Nursing (Full-time) student

Participating in the exchange programme to Deakin University gave me an invaluable opportunity for personal growth and cultural enrichment. At Deakin, I visited their simulation laboratories and learned practical skills such as wound dressing for central catheters and lung auscultation. The hands-on nature of these sessions allowed me to apply theoretical knowledge in a controlled environment, boosting my confidence in performing these crucial tasks in future. I also visited the paediatric ward at Monash Hospital, which has put an effort into creating a warm and patient-friendly environment through thoughtful design elements, such as a TV on the ceiling in the imaging room and a large playground area, demonstrating their commitment to holistic care. This reminds me that as a future healthcare professional, I must not only focus on providing medical help, but also take care of the feelings of my patients. The exchange experience in Melbourne has reinforced my passion for nursing and my determination to continuously grow and learn, ultimately providing the highest quality of care to my future patients.



University of British Columbia, Canada

Zeng Meihui

Year 3 Bachelor of Nursing (Full-time) student

I was very honoured to join this unforgettable and meaningful exchange programme. I spent one month in Vancouver, Canada, where I had the opportunity to study at UBC and embrace the diverse cultures of Canada. My nursing courses were innovative and special, covering topics such as the health impact of climate change and global health leadership, which are new to me. These courses broadened my horizons and deepened my understanding of global health issues. I also enjoyed the enchanting scenery in Canada, with many lakes, beaches and mountains. I felt calm, relaxed and joyful when I was immersed in the peaceful natural environment. My time in Vancouver was happy and meaningful and gave me a sense of satisfaction I am very grateful to have had the precious chance to participate in this programme.



Ng Ka-ho
Year 4 Bachelor of Nursing (Full-time) student

During our exchange programme, one of the key highlights was observing the cardiac ICU at St. James Hospital. This experience provided valuable hands-on insight into the management of critical cardiac patients. We observed how the ICU team efficiently coordinated patient care, utilising advanced technology and multidisciplinary collaboration. The visit emphasised the importance of teamwork and cutting-edge medical interventions in improving patient outcomes. In addition to the clinical observation, we had the opportunity to experience Ireland's rich culture through tours of significant landmarks such as the Book of Kells, Trinity College and Croke Park, as well as attending a Celtic Nights event. A particularly memorable moment was visiting the national park in Ireland called Glendalough, where the natural beauty and tranquillity of the area left a lasting impression. Participating in clinical simulations, including applying the ABCDE emergency sequence, was equally rewarding, boosting my confidence in handling real-life emergencies. The warmth, hospitality, and strong sense of community of the Irish people made the exchange even more enriching, deepening our understanding of the country's heritage and contemporary society.

Trinity College Dublin, Ireland



Chiba University, Japan

Ma Tsz-ho
Year 3 Bachelor of Nursing (Full-time) student

My exchange at Chiba University was a wonderful and fruitful experience. I have learned a lot and built entirely new friendships with people living in the same world but with different cultures. I attended Japanese clinical classes, events focused on the ageing trend, and Chiba University Hospital departments, and was introduced to Chiba University's innovations. Being in Japan physically provided far more understanding than I could get from the internet or books. It is fascinating to know how similar learning environments – such as a university classroom – can differ across cultures, and how education systems and pastoral care can differ. Chiba University students shared with us their ambitions and incentives to learn. At the end of my exchange, I made a comparison PowerPoint in my final presentation. I am pleased that my summary was found to be interesting and appreciated. I will continue to bear in mind what I have learned from my exchange.





Fudan University, China



Chan Hiu-ching

Year 3 Bachelor of Nursing (Full-time) student

This exchange programme gave us a rare opportunity to learn various nursing roles and visit different hospital and medical centres in Shanghai. The most unforgettable was our visit to the Clinical Department of Integration of Western and Traditional Medicine in the Obstetrics & Gynecology Hospital of Fudan University (Shanghai Red House Ob & Gyn Hospital). The APN of that department provided a comprehensive overview of the numerous methods, like acupuncture, cupping therapy and Chinese medicine, used to relieve pain or reduce the side effects from treatments or diseases. This exchange programme has formulated a major impression in how I can approach the practise of nursing in my future career life. It has also given me a new perspective of the vital function of nurses in the delivery of healthcare, particularly in environments like the intensive care unit and community centres. I am now even more determined to be a nurse who can improve the lives of my patients.



Sun Yat-sen University, China

Leung Kit

Year 3 Bachelor of Nursing (Full-time) student

Through the exchange programme at Sun Yat-sen University, I have had the privilege of visiting numerous hospitals, observing surgeries in operating theatres, and gaining unforgettable experiences. This programme has enriched my knowledge and provided me with immense happiness. It has deepened my understanding of the healthcare system in Mainland China and strengthened my resolve to pursue a career in healthcare. I am confident that I will encounter similar challenges in my future nursing practice and that I will be equipped to tackle them with the requisite knowledge and dedication. I hope to play a role in establishing good communication with future patients, such as explaining the pros and cons, risks, and duration of treatment options. I plan to ensure my patients can make choices that are in their best interest.





Tiffany Cheung Yuen-ching
Year 3 Bachelor of Nursing (Full-time) student

Catholic University of Korea, South Korea

Firstly, the visit to Eunpyeong St. Mary Hospital left a lasting impression. The facility was massive and high-tech, showcasing an impressive level of organisation and efficiency. Observing the staff’s professionalism and the integration of advanced medical technologies highlighted South Korea’s commitment to innovative healthcare. This experience reinforced my belief in the importance of a well-structured system, inspiring me to consider how such advancements could benefit other regions, including Hong Kong.

Secondly, the lectures on South Korea’s healthcare system were eye-opening. They provided a nuanced understanding of the complexities within the system, particularly the recent protests by doctors. Comparing these issues with those faced in Hong Kong illuminated the delicate balance between policy and the welfare of healthcare professionals. This critical analysis deepened my appreciation for the socio-political factors influencing healthcare delivery.

Lastly, visiting the Seocho-gu Public Centre allowed me to experience high-tech community medical services firsthand. The innovative use of technology in public health initiatives demonstrated the potential for enhancing accessibility and service delivery. This visit inspired me to think about how similar models could be adapted in Hong Kong to improve community health services.



Mahidol University, Thailand

Lam Ching-yiu
Year 3 Bachelor of Nursing (Full-time) student

One of the most impactful experiences I have had at HKU was participating in an exchange programme at Mahidol University. This opportunity allowed me to explore healthcare settings in Thailand and gain a deeper understanding of their medical practices. I was particularly intrigued to learn about traditional Thai therapies, such as massage and herbal treatments, which provided me with valuable insights into holistic care. Although I faced challenges like language barriers and cultural differences, patience and open communication helped me overcome them. By collaborating with my peers and sharing experiences, we developed strong teamwork throughout the journey. This exchange broadened my perspective and strengthened my resolve to pursue my nursing goals. I am deeply grateful for the opportunity and the support that made it possible.

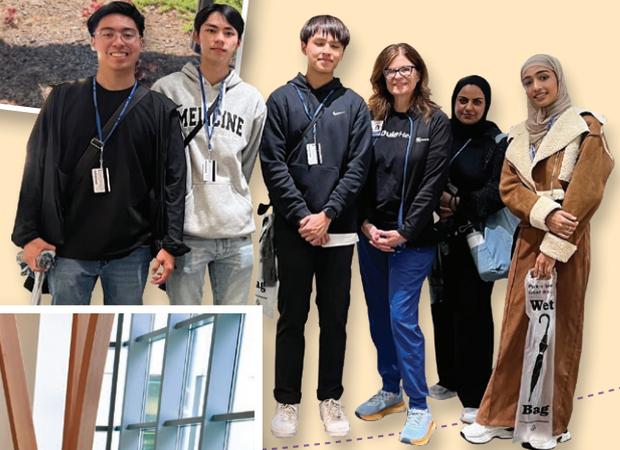




Duke University, United States

Lee Chun-ngai Tang Jun-yeung Year 3 Bachelor of Nursing (Full-time) students

Upon arrival at Duke University, we had the opportunity to visit Duke Hospital, where the well-organised healthcare system was impressive. Lectures and the hospital tour at Duke Hospital and Clinic enabled us to compare and contrast different elements of health care in Hong Kong and the US. The windshield tour to Durham downtown integrated hands-on experience with the knowledge learnt in lessons, giving us an in-depth understanding of concepts such as the social determinants of health. The programme also provided us with invaluable insights into the critical impact of health equity on society. We have come to appreciate the benefits of being part of a large, well-organised community with ample access to healthcare facilities.



From Thailand to Hong Kong



Nongnat Chaleewong

Year 1 Doctor of Nursing student

When I was an undergraduate student, I planned to pursue a master's degree after gaining work experience. Fortunately, the Ramathibodi School of Nursing, Faculty of Medicine Ramathibodi Hospital, Mahidol University provided an opportunity for students interested in self-improvement to work as lecturers at the university, and I was one of the students who received this opportunity. Almost a year after completing my master's degree, I worked as an assistant lecturer in Thailand. My work experience guided me on what I should improve and learn to enhance my teaching and professional skills; thus, I began searching for a doctoral programme that would support me in achieving my learning goals.

As a lecturer, teaching skills and academic research skills are essential for organising the teaching process and supporting students' needs. I spent time exploring various doctoral programmes from different universities until I found the Doctor of Nursing programme offered by The University of Hong Kong. This programme comprises coursework and research components that can fulfil my learning needs. Moreover, The University of Hong Kong is one of the top-ranked universities and offers many facilities and forms of support, such as research support, scholarships, and sponsorship for international conference participation. Without hesitation, I decided to apply to this programme to achieve my dream.



From the first days, despite the many difficulties, the teaching staff and professors have consistently provided recommendations and support for all students. I look forward to applying the knowledge and skills I gain at HKU to enhance nursing education and patient care in Thailand. Furthermore, I hope to have the opportunity to explore Hong Kong's culture regarding healthcare beliefs and nursing practices and to exchange information through conducting cross-cultural research studies in the future.





Risk of cancer from chewing or sniffing smokeless tobacco products

Professor Kelvin Wang Man-ping, Professor at HKU School of Nursing and a member of the Hong Kong Council on Smoking and Health (COSH), commented in a TV news feature about the illegal sale of smokeless tobacco products. "Chewing smokeless tobacco products carries a certain risk of cancer. There are many blood vessels in the oral cavity, [and] nicotine can be absorbed directly into the blood when chewing these products. They can cause a high risk of oral cancer, esophageal cancer, and pancreatic cancer." He also commented on snuff. "Some people say it is not addictive to consume dry snuff by sniffing or inhaling the powder up the nose, but this is a false claim because there are more blood vessels in the nose that carry nicotine to the brain quickly, making it more addictive."



(TVB news – 《新聞透視》; TVB.com – June 8, 2024)

New tobacco control measures are needed with increasing smoking alternatives

The HKU Youth Quitline hotline saw a 40% surge in cases following the 31.5% tobacco tax increase in 2023, starkly illustrating the impact of tobacco control measures. But **Dr Kelvin Luk Tzu-tsun**, Project Director of the HKU Youth Quitline and Research Assistant Professor at HKU School of Nursing, noted that while the measure had an immediate impact, particularly among the target clients of the Youth Quitline – individuals aged 25 or below – many teenagers are still not fully aware of the addictive nature of smoking waterpipes due to insufficient public education. The long-term goal is to ban all tobacco products, including waterpipes. Dr Luk further suggested that different tobacco control measures should be implemented, as people respond differently. For instance, HKU research revealed that the success rate of quitting could increase by 90% if expectant fathers were given simple interventions, such as smoking cessation advice and referral to smoking cessation services, during regular antenatal visits.

In another radio programme, **Professor Kelvin Wang Man-ping** from the School also commented on new tobacco control measures in the pipeline.



(RTHK Radio 3 Backchat – June 13, 2024; Ming Pao Daily online news, Ming Pao Daily News – June 16 2024; Sing Tao Daily – June 19, 2024)



Smoking control measures “would not affect local tourism”

On June 6, the government proposed ten tobacco-control measures, including expanding statutory non-smoking areas to the entrances and exits of childcare centres, schools, residential care homes for the elderly, and public healthcare facilities, etc. **Professor Kelvin Wang Man-ping** emphasised that it is the tobacco companies and their promotion of nicotine, not tobacco control measures, that are depriving people of the freedom to participate in healthy activities. He also did not think that smoking control measures would affect local tourism and he expressed confidence that Hong Kong will be able to hit its target of lowering the smoking rate to 7.8% by the end of 2025. To further reduce smoking, Professor Wang suggested that the government can significantly increase tobacco taxes, proactively contact smokers to provide short-term smoking cessation services, and make referrals to the Hospital Authority, The University of Hong Kong and other institutions for help in quitting smoking.



(CRHK 《政好星期天》, Ming Pao online news, Sing Tao Daily news, On.cc, hkcna.hk – June 16, 2024; The Standard, Oriental Daily News – June 17, 2024)

Six in ten are happy with their family life

Nearly 60% of Hongkongers are happy with their family life, according to a survey conducted by the Hong Kong Jockey Club (HKJC) and The University of Hong Kong (HKU). More than 4,500 Hong Kong residents aged 18 or above were invited to partake in the online questionnaire, developed by the SMART Family-Link Project under HKJC and the School of Nursing of HKU, which looked into the post-pandemic family happiness levels. The study was conducted in July and August 2023.

58% of the respondents reported a high Family “Xingfu” – which stands for well-being and happiness in Mandarin – which had a mean score of seven or higher. Females (60.4%), older adults (64.2%), those with postsecondary degrees (63%), those from high-income households earning HK\$6,000 or more per month (73.7%), and property owners (63.2%) tended to be more satisfied regarding Family Xingfu.

Professor Kelvin Wang Man-ping, Assistant Dean (Professional Development in Health Sciences) at HKUMed and Professor in the School of Nursing, said, “It actually doesn’t take that much time or money to achieve a good familial relationship, so long as enough time is allocated towards fostering quality communication with family members.” He also suggested people employ technology to strengthen ties.



(RTHK English News, 881903.com, i-Cable, Metro Radio online news, SCMP online news, The Standard online news, Ming Pao Daily News instant news, Sing Tao Daily instant news, on.cc, TOPick.hket.com, HKEJ online news, Sing Tao Headline, Orange News, Weekendhk.com, Thehubnews.net – June 13, 2024; TVB news, Ming Pao Daily News online news, on.cc, Wen Wei Po online news, am730 online news, South China Morning Post, Ming Pao Daily News, Oriental Daily News, Hong Kong Economic Journal, Wen Wei Po, Headline Daily, am730, SCMP Young Post, CRHK 《千禧年代》, HKET online news, HK01 – June 14, 2024; CRHK 《政好星期天》, 881903.com, on.cc, Wen Wei Po online news – June 16, 2024; Weekender.com.sg, Healpy Post, The Standard, theexpress.net.au, Oriental Daily News – June 17, 2024)

School collaborates with Chinese YMCA of Hong Kong in “Mindfulness through Sports” programme

Professor Doris Yu Sau-fung of the School is collaborating with the Chinese YMCA of Hong Kong to provide health checks and assessments for its new “Mindfulness through Sports” initiative, a programme aimed at providing health-enhancing activities for older persons. Funded by The Hong Kong Jockey Club Charities Trust, the 36-month project targets the physical and mental needs of those aged 55 or above by offering offers sports training classes and experience activities, combined with health assessments, mindfulness, low-intensity slow sports and physiotherapy. The mindfulness exercise classes aim to reach 500 older people annually and to train 50 instructors at the same time. Over three years, as many as 6,000 to 8,000 older people are expected to benefit.

For its part, the School will provide six-month health check-ups for participants aged 60 or above to assess their balance, handgrip strength, memory and cognitive functions, psychosocial health, etc, and observe physical changes that result from the mindfulness exercises.



(Headline Daily, Sing Pao – June 28, 2024)



Air in some Hong Kong shisha bars contains dangerous levels of PM2.5 particles

Professor Jay Lee Jung-jae, Assistant Professor, announced some “alarming” findings regarding air quality at shisha bars. On weekends, the concentration of PM2.5 particles can reach as much as 2,300 micrograms per cubic metre of air in some shisha bars in the city, far exceeding recommended safety levels. According to the World Health Organization, the guidelines for safe exposure to PM2.5 particles are an average of 5mcg/cubic metre annually and an average of 15mcg/cubic metre for 24 hours. Professor Lee urged the government to impose more controls on flavoured tobacco products.



(SCMP – July 13, 2024)

World Breastfeeding Week

The annual World Breastfeeding Week (WBW) was held August 1-7 on the theme of “Closing the Gap: Breastfeeding Support for All”, and aimed to encourage collaboration among people from different sectors to eliminate factors that hinder breastfeeding and to support mothers in sustaining it.

Professor Kris Lok Yuet-wan, Assistant Professor, detailed the benefits in a TV news feature.

“Breastfeeding allows mothers to continue providing essential nutrition to their babies, which supports stronger immunisation, body and brain growth. Additionally, breastfeeding aids in the recovery of mothers after giving birth, helping them regain their pre-pregnancy weight and reducing the risk of cancer and osteoporosis. Moreover, breastfeeding strengthens the bond between mother and baby.” The World Health Organization recommends exclusive breastfeeding for the first 6 months of life, followed by continued breastfeeding with appropriate complementary foods for up to 2 years or beyond. Professor Lok added, “Mothers can prepare for breastfeeding by researching information and tips, attending breastfeeding seminars, and seeking guidance from healthcare professionals in advance. We encourage early initiation of breastfeeding, frequent breastfeeding, and proper breastfeeding techniques to ensure the best outcome for both mother and baby.”



(RTHK TV 《凝聚香港》 – August 2, 2024)



Extended paid maternity leave: Positive impact on public health

Professor Kris Lok Yuet-wan, Assistant Professor, collaborated with researchers from HKUMed’s School of Public Health and School of Clinical Medicine, Duke-NUS Medical School in Singapore, and the School of Nursing at The University of British Columbia, on a study that revealed the benefits of paid maternity leave. They found that after Hong Kong’s statutory paid maternity leave was extended from 10 to 14 weeks in 2020, there was a significant improvement in maternal mental health, with a 22% decrease in postnatal depressive symptoms among mothers and a 33% reduction in mothers reporting that baby care interfered with their emotional well-being. The findings were published in the healthcare journal *Health Affairs*.



(*scmp.com*, *Metroradio*, *mingpao.com*, *Ming Pao*, *on.cc*, *hket.com*, *EJ Insight*, *Sing Tao Daily*, *std.stheadline.com*, *Sing Tao USA*, *hkcd.com*, *am730.com*, *yahoo.com*, *healthyD*, *Ohpama*, *aastocks.com*, *Infocast Financial Newswire*, *The Standard*, *Hong Kong Economic Times*, *BioMed Central* – September 4, 2024; *mingpaocanada.com*, *ctgoodjobs.com*, *Hong Kong China News Agency*, *headtopics.com* – September 5, 2024; RTHK 《自由風自由PHONE》, *MSN.com* – September 6, 2024; *Targeted News Service* – September 8, 2024; *Ming Pao JUMP* – September 9, 2024)

AI-powered tool determines risk of heart disease

The Personalised Cardiovascular Disease risk Assessment for Chinese (P-CARDIAC) model is an AI-powered risk prediction tool specifically designed to predict the risk of developing cardiovascular disease in Chinese individuals – the first of its kind in Hong Kong. It was developed by **Professor Celine Chui Sze-ling**, Assistant Professor, with colleagues in HKUMed's School of Public Health. The multidisciplinary research team are testing the innovative P-CARDIAC model in their coming HEARTWISE study, to evaluate its effectiveness and application in secondary care for cardiovascular patients.

The HEARTWISE study aims to recruit 3,000 patients aged 18 to 80 from six public hospitals and aims to improve cardiovascular disease risk assessment, enhance primary and secondary prevention strategies, promote personalised healthcare, and lead to improved use of medication.

A pilot study conducted in a District Health Centre setting, involving 20 patients (of whom 15 attended follow-up visits), found 80 per cent of the participants reported having a better understanding of their risk profile thanks to the tool, leading to improved use of medication.

Professor Chui said, "The pilot study represents a significant step towards enhancing community-based healthcare services in the region, with the ultimate goal being to alleviate the healthcare burden and reduce public health costs associated with chronic disease management." She added, "Applying the 'predict and prevent' approach in cardiovascular disease management could reduce the mortality rate by 25 per cent." She hoped the AI-powered tool could be used in all Hong Kong public hospitals as early as 2028.



(RTHK English news, scmp.com, TVB.com, Now.com, i-Cable, RTHK, 881903.com, Metroradio, Ming Pao, on.cc, Sing Tao Daily Web, Headline Daily Web, Wenweipo Web, HKCD, topick.hket.com, HK01, bastillepost.com, Hong Kong China News Agency, South China Morning Post, The Standard, Ming Pao Daily News, Oriental Daily News, Sing Tao Daily, Hong Kong Economic Times, Sing Pao, Ta Kung Pao, Wen Wei Po, am730 – September 22, 2024; The Times, Life News Agency – September 23, 2024; The Express, RTHK 《千禧年代》– September 25, 2024; The Chronicle – September 26, 2024; MIMS.com – October 3, 2024; RTHK 《精靈一點》– November 11, 2024)



Scholar worries that tax reduction on liquor is a step back

The government's October Policy Address announced that the tax on liquor would be reduced as a measure to promote trade growth. In a recent TV programme, **Professor Derek Cheung Yee-tak**, Assistant Professor, expressed concern that this is a step-back approach, given the World Health Organization advocates increased taxes as the most effective strategy to reduce alcohol-related harm. Professor Cheung recommended measures such as limiting alcohol sales points and implementing alcohol labelling requirements to reduce alcohol-related harm.



(Now News – October 18, 2024)

Challenges faced by breastfeeding mothers and adequacy of support in promoting exclusive breastfeeding

In a recent television programme, **Professor Kris Lok Yuet-wan**, Assistant Professor, highlighted the challenges faced by breastfeeding mothers and the support needed to promote exclusive breastfeeding. Professor Lok was a breastfeeding mother herself who had personal experience of these challenges. She noted that the HKU School of Nursing team is conducting interviews with breastfeeding moms to assess their support requirements, with Nursing students conducting fieldwork across Hong Kong to gather data, including taking photos of breastfeeding facilities. She also pointed out that since the “Breastfeeding GPS” search app was launched in September 2022, it has garnered 13,000 users and led to societal improvements, such as the availability of properly-equipped nursery rooms in malls with more spacious areas for mothers with infants.



(Now News “Now Report” – November 4, 2024)



Advancing healthy ageing in response to a global ageing population

In response to World Health Organization (WHO)'s initiative for 2021 to 2030 – “UN Decade of Healthy Ageing” – **Professor Doris Yu Sau-fung** and her team conducted a comprehensive health assessment of 11,467 older adults in Hong Kong from 2022 to 2024. The findings revealed that around 40% of participants had suboptimal physical activity or sleep quality, 30% had lower cognitive abilities, 20% experienced hearing or vision issues, and around 15% faced depression and malnutrition issues.

With the support of The Hong Kong Jockey Club Charities Trust, the team has adopted the WHO's Integrated Care for Older People (ICOPE) framework and launched the “Jockey Club Pathway to Healthy Ageing Project”. Nearly 2,800 older adults who exhibited reduced physical function in the initial health assessment have been invited to participate. Led by nurses, the programme conducts health assessment, develops personalised case management plans, and organises health promotion activities to improve the health lifestyles of the older adults. Many participants have shown significant improvements in their physical functions in the preliminary analysis. Importantly, the nurses are assisted in executing the programme by 450 trained retirees, who are “Ageing Ambassadors”. This group serves as a vital community resource for promoting healthy aging in society.



(am730 – November 11, 2024)

Climate change and elderly health

The older adults are particularly vulnerable to the health impacts arising from climate change in both cold and hot weather. Occasional extremely cold days and sudden changes in temperature can be significantly harmful. When older people are accustomed to warmer winters, a sudden drop in temperature may lead to delayed bodily responses, increasing the risk of cardiovascular and respiratory diseases. On the other hand, climate warming is expected to bring more extreme events, such as heavy rains and frequent severe typhoons. These conditions not only disrupt the daily lives of the older adults but may also interrupt or delay crucial medical and social welfare services.



Professor Patsy Chau Pui-hing, Associate Professor, offered coping advice. “We recommend that the older adults maintain sufficient food and medicine reserves at home for emergencies. At the same time, pay attention to weather reports to detect sudden changes in weather as early as possible. Utilising the HK Observatory’s mobile app can track the weather in different regions and help people to be prepared. Furthermore, caregivers and neighbours can provide mutual help and care for the physical and mental health of the older adults.” Professor Chau added, “The impact of climate warming on the older adults cannot be ignored. All sectors of society should work together to address this challenge, from crisis prevention to post-event support, to create a safer and healthier living environment for the older adults.”



(am730 – November 18, 2024)

New Faces



Ms Linda Fong Sin-yan Victoria | Assistant Lecturer

I am excited to become a member of the teaching staff in the School of Nursing at HKU and I am deeply grateful for the cordial welcome I have received. After graduating with a BNurs from the Chinese University of Hong Kong, I completed the MPH and MNurs at HKU, which broadened my mind regarding the demanding healthcare service. I gained valuable experience in paediatric nursing with the Hospital Authority, which I am beholden to, and this added fire to my passion to nurture the next generation of nursing professionals. I treasure this precious opportunity to help HKU nursing students navigate their way to becoming a registered nurse, and to serve the Hong Kong public.

Mr Lu Wai-leung | Assistant Lecturer

I am thrilled to join my alma mater and step into teaching at the esteemed School of Nursing. Having been guided by the invaluable lessons from my past school mentors and former work colleagues, I am excited to impart the knowledge and skills I have acquired to the next generation of nursing professionals, as well as my passion and commitment to this profession. I am looking forward to collaborating with fellow educators and future healthcare leaders in the collective learning adventure, and to thrive and excel in the field of nursing together.



Dr Zhong Jie | Research Assistant Professor



It is an honour to join the School of Nursing at The University of Hong Kong as a Research Assistant Professor. I graduated with a BSc in Nursing in 2016 from Central South University, an MSc in Nursing in 2019 from Fudan University, and a PhD in Nursing Research and Theory Development in 2023 from Rory Meyers College of Nursing, New York University. After receiving years of education in nursing, I am excited to have the opportunity to work as an independent nurse researcher to advocate for women's health, as well as to provide mentorship for nursing students and prepare them to think critically in clinical practice. I look forward to collaborating with colleagues, students, and stakeholders to drive positive change and innovation in healthcare.

Mr Keith Law Kin-bob | Assistant Lecturer

I am honoured to take on the role of Assistant Lecturer at the School of Nursing. I have a background in Cardiology, with experience in coronary care units and cardiac catheterisation labs. As I transition from a clinical to an academic environment, it's my hope that I can use my real-world insights to enhance students' learning and guide them through their journey. My aim is to build meaningful connections with students, foster their confidence, and support their development as learners. I am looking forward to accompanying students in their journey to becoming skilled and compassionate healthcare professionals.



Mr Tam Man-tat | Assistant Lecturer



Hello everyone! I'm excited to be joining the School of Nursing as an Assistant Lecturer. I obtained a bachelor's degree from The University of Hong Kong and a master's degree from Chinese University of Hong Kong, along with experience as an emergency nurse in a public hospital. My background includes emergency and trauma care, acute wound care, hazmat management, and disaster response. I'm truly passionate about nursing and look forward to sharing what I've learned, while also humbly learning from all of you. Thank you for welcoming me into the community!

Ms Vicky Fung Wai-kei | Assistant Lecturer

I am truly honoured to return to my alma mater, the HKU School of Nursing, as an Assistant Lecturer. After obtaining my Bachelor and Master of Nursing Degrees here, I gained extensive experience working in both public and private hospital settings. As a frontline nurse, I worked in gynaecological oncology, the neonatal intensive care unit, and a medical & surgical mixed ward. In addition, I have experience in hospital administration, with a focus on hospital accreditation, clinical auditing, and staff education. This diverse experience has deepened my interest in nursing education, highlighting its importance to me. I eagerly look forward to inspiring, teaching, and mentoring the next generation of nurses, helping them to become competent professionals and to contribute to the Hong Kong healthcare sector.

**Ms Christine Wong Cheuk-wai | Assistant Lecturer**

It is an honour to join the School of Nursing as an Assistant Lecturer. I obtained my Master of Science in Nursing degree from the Hong Kong Polytechnic University. Previously, I taught in another tertiary education institution in Hong Kong. Before my nursing education career, I was an Advanced Practice Nurse in the Hospital Authority. My professional experience includes various medical wards and an Intensive Care Unit.

I am passionate in nursing education and wish to train the new generation of professional nurses to serve the Hong Kong community. The HKU School of Nursing is a reputable institution which has educated and trained numerous successful professional nurses over the years, and I am happy to be part of its professional team.

Ms Natalie Yuen Wing-mei | Assistant Lecturer

I am honoured to return to the HKU School of Nursing as an Assistant Lecturer. HKU is my alma mater, where I earned both my Bachelor of Nursing and Master of Public Health degrees. After graduation, I gained valuable experience working in public health and emergency nursing within the public sector.

I am passionate about sharing my knowledge and experiences with the new generation of nurses. Nursing education is a sacred responsibility that significantly impacts the future of the healthcare sector. Therefore, I am committed to dedicating my expertise to the education and advancement of the nursing profession.

**Ms Chloe Chan Chi-ching | Assistant Lecturer**

I am delighted to join the HKU family as an Assistant Lecturer in the School of Nursing. I gained valuable experience working in the Department of Medical and Geriatrics at a local hospital and completed my speciality training in gerontological nursing. Throughout these years, I have also been involved in providing training and mentorship to undergraduate and newly graduated nurses. I derive significant gratification from guiding and supporting the next generation of nurses. I eagerly anticipate collaborating with my esteemed colleagues in cultivating the next generation and aiding students in their journey towards becoming competent and caring nurses.

Promotions



Congratulations to **Professor Edmond Choi Pui-hang**, whose invaluable contributions to the School were acknowledged with his appointment as Associate Professor, with effect from August 1, 2024.



Congratulations to **Professor Polly Li Wai-chi**, whose invaluable contributions to the School were acknowledged with her appointment as Associate Professor, with effect from December 1, 2024.

Awards

Congratulations to **Professor Jojo Kwok Yan-yan** who was awarded The 2024 Mind & Life's Summer Research Institute Scholarship by The Mind & Life's Institute.

Congratulations to **Professor Jojo Kwok Yan-yan** who was inducted into the Class of 2024 Fellows by The American Academy of Nursing at the Academy's annual Health Policy Conference on October 31 – November 2, 2024 in Washington, DC.



Congratulations to **Professor Denise Cheung Shuk-ting** who was awarded the Best Oral Presentation Award (Clinical Studies) by The Society for Acupuncture Research (SAR) and Research Centre for Chinese Medicine Innovation (RCMI) at the SAR/RCMI POLYU Research Conference 2024 from May 23-25, 2024.

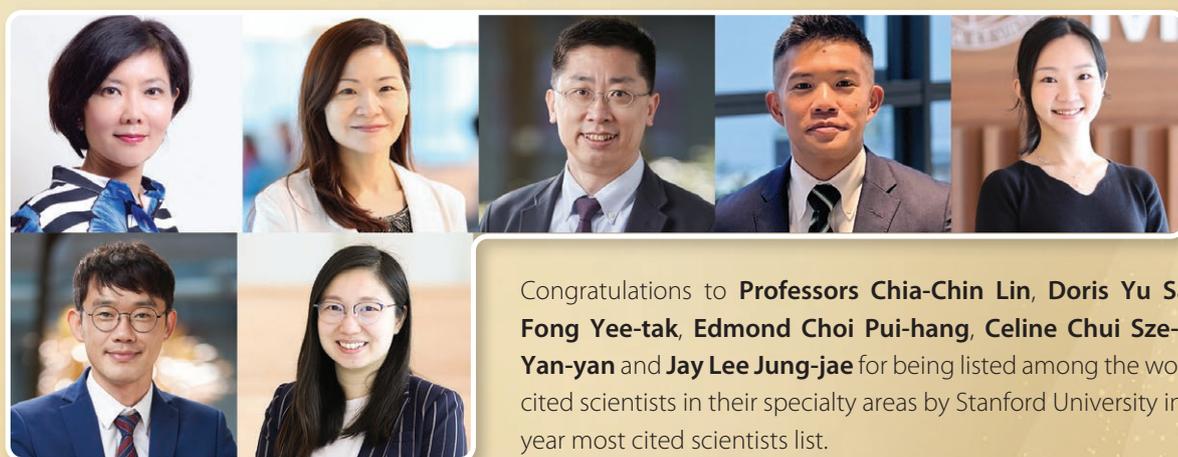
Congratulations to **Professor Edmond Choi Pui-hang** who was awarded the Best Poster Presentation Award by the 25th IUSTI World Congress, incorporating the Australasian Sexual and Reproductive Health Conference, on September 20, 2024.





Congratulations to **Professors Kelvin Wang Man-ping** and **Daniel Fong Yee-tak** who were ranked by Clarivate in the top 1% Scholars for 2024.

Congratulations to **Professors Chia-Chin Lin, Doris Yu Sau-fung** and **Daniel Fong Yee-tak** for being named among the world's top 2% most cited scientists in their specialty areas, in Stanford University's 2023 career-long most cited scientists list.



Congratulations to **Professors Chia-Chin Lin, Doris Yu Sau-fung, Daniel Fong Yee-tak, Edmond Choi Pui-hang, Celine Chui Sze-ling, Jojo Kwok Yan-yan** and **Jay Lee Jung-jae** for being listed among the world's top 2% most cited scientists in their specialty areas by Stanford University in the 2023 single-year most cited scientists list.



Congratulations to **Professor Chia-Chin Lin** and her team who were awarded the Faculty Outstanding Research Output Award 2024 by LKS Faculty of Medicine, The University of Hong Kong.

Congratulations to **Professor Chia-Chin Lin** for her appointment as a Non-official Member of the Research Council by the Health Bureau.

Congratulations to **Professor Polly Li Wai-chi**, who was awarded the Best Poster Award by the Health Bureau of the Government of the HKSAR, at the Health Research Symposium 2024.



Congratulations to **Dr Thomas Lam Chun-sing**, who was awarded the Early Career Teaching Award 2024 by The University of Hong Kong.

Congratulations

Research Grants Awards

Funding Body	Principal Investigator	Project Name
Chinese Medicine Development Fund	Professor Derek Cheung Yee-tak	Effectiveness of integrating acupuncture, acupressure and nicotine replacement therapy for smoking cessation: A double-blind randomised controlled trial
Health and Medical Research Fund (HMRF)	Professor Patsy Chau Pui-hing	Dual-task training to prevent cognitive decline in community-dwelling older adults: A pilot pragmatic randomised controlled trial
Health and Medical Research Fund (HMRF)	Professor Mandy Ho Man	A translational lifestyle intervention to reduce diabetes risks in South Asian adults living in Hong Kong: A mixed method pilot study
Health and Medical Research Fund (HMRF)	Dr Kevin Luk Tzu-tsun	Mobile chat messaging plus screening-based brief alcohol intervention for patients with chronic liver diseases: A pilot randomised controlled trial
Health and Medical Research Fund (HMRF)	Professor Doris Yu Sau-fung	The health effects of a Strength-based Tailored-Exercise Program at Home (STEP@Home) among geriatric patients at risk of hospitalization-associated functional decline (HAFD): A sequential mixed-method study
Health and Medical Research Fund (HMRF)	Dr Lubeca Zhao Shengzhi	mHealth-based motivational counselling integrated a sampling of nicotine replacement therapy for fathers of sick children who smoke cigarettes: A pilot randomised controlled trial
Health Bureau	Professor Derek Cheung Yee-tak	School-based survey on smoking among students 2024/25
Health Bureau	Professor Suen Yi-nam	Provision of study service for the service model of the pilot scheme on new service protocol for Attention Deficit/Hyperactivity Disorder with Comorbidity (ADHD+)
Hong Kong Council on Smoking and Health (COSH)	Professor Derek Cheung Yee-tak	Evaluation study on Smoke-free Elite Teens programme 2024-2025
Hong Kong Sheng Kung Hui Welfare Council Limited	Professor Patsy Chau Pui-hing	Evaluation study for the "Chef anchor 3.0 program for older people with mild cognitive impairment/dementia and their informal caregivers"
NICHE Research Grant	Professor Denise Cheung Shuk-ting	Effect of self-administered acupressure for improving xerostomia in head and neck cancer patients: A randomised controlled trial
NICHE Research Grant	Professor Jojo Kwok Yan-yan	Exploring compassion, emotion regulation, and self-care behaviours in informal caregivers of people with movement disorders: A mixed-method study

RGC General Research Fund (GRF)	Professor Jojo Kwok Yan-yan	Enhancing psychological wellbeing and patient-caregiver relationship through dyadic mindfulness: A randomised controlled trial in people with Parkinson’s disease and their caregivers
RGC General Research Fund (GRF)	Professor Chia-Chin Lin	Optimising teachable moments following emergency room visits: Enhancing advance care planning for older adults with chronic conditions and caregivers via dyadic motivational interviewing: A mixed-methods randomised controlled trial
Strategic Topics Grant	Professor Doris Yu Sau-fung (Co-PI)	Foundation models-empowered ambient intelligence systems for early diagnosis, personalised intervention, and complex cross-disease interplay analysis of aging-related degenerative diseases
Teaching Development Grants (TDG)	Dr Angie Lam Ho-yan	Utilising immersive Large Language Models (LLM)-empowered simulated patients in interprofessional psychiatric education
Teaching Development Grants (TDG)	Dr Thomas Lam Chun-sing	A “win-win” genomic science education achieved by Student Peer Tutor Programme
The Hong Kong Jockey Club Charities Trust	Professor Doris Yu Sau-fung	Expansion of Jockey Club “Reach to Bridge” community elderly support project





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