



# NURSE

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*Letter*

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



**Professor Doris Yu Sau-fung's** gerontology projects, supported by the Hong Kong Jockey Club Charities Trust, such as the JC Pathway to Healthy Ageing and JC Reach to Bridge Community Elderly Support Project, which use a nurse-led health-social collaborative care model that integrates nursing with social sciences and community care to enhance the well-being of older adults.

Also funded by the Hong Kong Jockey Club Charities Trust, the Jockey Club Movin'Care for Parkinson's Disease Project led by **Professor Jojo Kwok Yan-yan** from the School of Nursing, HKU Centre on Behavioral Health, and the Hong Kong Society for Rehabilitation, establishes a comprehensive and sustainable community care service model for the Parkinson's disease-related community and promote overall social participation in caring for the disease.

In addition, **Professor Denise Cheung Shuk-ting's** digital platform empowers cancer patients with personalised health resources, demonstrating how technology and nursing can work together to improve outcomes.

In education, **Dr John Fung Tai-chun's** award-winning 360 virtual reality simulation project exemplifies how

nursing can benefit from collaboration with language and communication experts from the Centre for Applied English Studies and the School of Chinese. This immersive learning experience enhances clinical competence and cultural awareness, increases satisfaction and self-confidence, and prepares students for the realities of modern healthcare. The AI-Enhanced Virtual Reality Simulation System in Nursing practice, in collaboration between **Dr Benney Wong Yiu-cheong's** nursing team and the Teaching and Learning Innovation Centre (TALIC), shows benefits for Bachelor's and Master's students' clinical handover training and demonstrates how collaborative, technology-integrated approaches can transform professional training at HKU.

As healthcare shifts from acute care to primary and community-based care, nursing leadership becomes increasingly essential. Nurses are at the frontline of chronic illness management and health promotion, and their ability to collaborate across disciplines is key to building resilient and equitable health systems.

Let us continue to lead with vision, collaborate with purpose, and innovate with compassion. Through interdisciplinary partnerships, nursing can drive meaningful change and shape a healthier future for all.



# Prevent First, Intervene Early: Interdisciplinary Innovation for Youth Mental Health



Rising rates of anxiety, depression, and self-harm among young people demand a paradigm shift across the board, from crisis response to prevention and early intervention. Rather than restrict care based on diagnostic labels, there is a need to unite all concerned – researchers, clinicians, social workers and youth fellows – to develop more holistic, interdisciplinary interventions. By focusing on mechanisms of distress and tailoring support to individual risk, we can create systems that deliver timely, youth-centred and equitable care, and reduce long-term disability so youths can thrive.

Interdisciplinary interventions are essential to that goal because youth mental health challenges often transcend traditional diagnostic boundaries. Sleep disruption, emotional dysregulation, cognitive biases and social withdrawal frequently co-occur, influenced by factors such

as family stress, academic pressure and digital environments. A transdiagnostic approach can target shared drivers and make prevention more achievable. Brief, developmentally-tuned interventions, such as transdiagnostic CBT, emotion regulation programmes, sleep hygiene and peer support, help build protective skills that generalise across challenges, pre-empting escalation.

This model is complemented by a risk-based care pathway that acts across physical and professional boundaries to match support to current needs and future risks. This pathway is accessible through schools, community hubs and self-referrals, and offers structured assessments of symptoms, functioning and contextual factors, such as bullying, family conflict and peer support. For moderate-risk individuals, low-intensity, cost-effective interventions provide early help and scale up swiftly when red flags emerge or progress stalls.

Professor Yi-nam Suen | Assistant Professor



Measurement-based, non-pharmacological interventions, guided by ongoing youth-friendly symptom tracking, can adjust care dynamically and conserve resources, while preventing deterioration and disengagement.

All of these principles are embodied in JC LevelMind@Community (URL: <https://www.levelmind.hk/>). Designed for adolescents and young adults (aged 12–24), it offers a one-stop, open-door entry point to mental health care that reduces barriers such as stigma and delays in receiving help. Through 45 physical hubs across Hong Kong, it offers assessments through a transdiagnostic lens, identifying common mechanisms and protective factors across family, school, and peer systems. Interventions include peer-led support, brief skills groups, focused individual therapy and rapid referrals for acute risk or functional challenges. Continuous outcome monitoring enables teams to fine-tune care plans and support recovery and participation in school, work and community life.

JC LevelMind@Community also promotes interdisciplinary collaboration as a means to drive prevention on a larger scale. Researchers have co-developed culturally adapted screening tools and decision aids. Clinicians ensure accurate assessments, safety and informed care decisions. Social workers address social determinants, such as education and peer relationships, that influence risk and resilience. Youth fellows co-design spaces, resources and services to ensure they are accessible, relevant and dignified. Their involvement also helps with destigmatisation and the formation of peer-led programmes that foster engagement.

Early insights from JC LevelMind@Community reveal that young people value rapid access, choice and continuity with a familiar team. Transdiagnostic group sessions and brief therapies address common needs efficiently, while routine progress monitoring ensures timely care adjustments. Non-stigmatising hub designs and peer support normalise help-seeking and enhance engagement. The project is also

**By aligning transdiagnostic science with risk-based care, youth partnership and cross-sector collaboration, LevelMind@JC demonstrates that preventive, early care can be compassionate, precise and scalable.**

working to strengthen shared digital infrastructure, refine supervision for interdisciplinary teams and clarify pathways between community and specialist services.

Prevention succeeds when systems are designed for it. By aligning transdiagnostic science with risk-based care, youth partnership and cross-sector collaboration, LevelMind@JC demonstrates that preventive, early care can be compassionate, precise and scalable. Together, we can help young people to not only recover but also to thrive.



# Pioneering Augmented Reality and Generative AI to Enhance Dysphagia Education

The project underscores the importance of collaboration across disciplines in managing complex patient conditions.

By 2050, according to the United Nations, Hong Kong will be a region with the highest ageing population in the world. According to the forecast by the Census and Statistics Department, 36% of its population will be 65 or above in 2046<sup>1</sup>.

A 2020 study conducted in the UK states that up to 70% of care home residents are affected by dysphagia – swallowing difficulties – which in turn increases their risks of hospital admissions and morbidity.<sup>2</sup> Most common causes of dysphagia in the older adults are strokes or neurodegenerative diseases such as Alzheimer's, Parkinson's disease. Timely

diagnosis and management by an interprofessional team, including nurses, speech-language pathologists, dietitians and doctors, can help patients maintain dignity, eat safely and prevent aspiration pneumonia, thereby relieving burden in the healthcare system.<sup>3</sup>

With lightening the burden in mind, a team of experienced nursing educators and simulation teaching experts from the School of Nursing and from the Swallowing Research Lab in the Faculty of Education, have collaborated to pioneer the development of an Augmented Reality (AR) and Generative Artificial Intelligence (GenAI) Integrated Simulation Learning Platform for Dysphagia Management to enhance dysphagia education.

This project draws on successful traditional methods of teaching dysphagia management, and applies AR and GenAI to create hyper-realistic 3D avatar patients with high mannequins that display dynamic physiological responses, such as coughing, choking and swallowing difficulties. To bridge the gap between theory and practice, virtual patients and anatomical overlays are projected into the student's real-world environment through tablets or smartphones. This allows the student to visualise the swallowing mechanism, identify aspiration risks, and practise clinical decision-making anytime, anywhere, without the anxiety of real-world consequences.

This immersive, scalable and replicable Learning Platform with enhanced realism and spacing and retrieval practice<sup>4</sup> will help transform how healthcare professionals learn, identify, and manage swallowing disorders, and also build their confidence and competency.



Dr Cecilia Kong Hoi-mei | Senior Lecturer



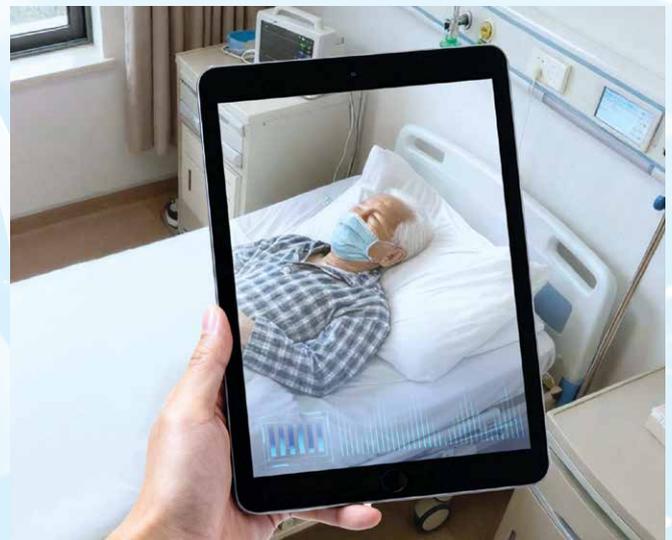
The project underscores the importance of collaboration across disciplines in managing complex patient conditions. In these shared simulation scenarios, students from two disciplines come together to jointly assess swallowing function, plan interventions and prevent aspiration — mirroring real-world multidisciplinary teamwork.

Furthermore, students can observe in close proximity interprofessional education in action — the project team, comprising lecturers, senior lecturers, speech-language specialists, 3D designers, instructional designers and educational technologists, collaborates in design and assessments of competencies such as communication skills, teamwork, and confidence in clinical decision-making. This approach can provide valuable lessons applicable to undergraduate, postgraduate, and continuing professional development programmes.

Apart from enriching the body of knowledge of interprofessional education, the findings from this initiative are expected to guide the adaptation of AI-enhanced simulation models across other healthcare disciplines, by demonstrating how to integrate human expertise with digital intelligence to better prepare future professionals to deliver quality care in an AI-empowered clinical environment.

The project can open opportunities to further expand collaborative research within and beyond HKU, and foster formation of win-win, cross-institutional partnerships.

Last but not least, the outcomes can highlight the leadership of the two collaborating Faculties at HKU in advancing interdisciplinary education and promoting evidence-based practice to enhance the quality of care for patients with dysphagia.



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# The Power of Bridging: \_\_\_\_\_

## How Primary Health Care Cross-Disciplinary Innovation

To build a sustainable healthcare system that can meet this demand, the development of a robust, multidisciplinary, community-based primary healthcare service model is not just important—it is urgent.

Nurses are the essential catalysts in this transformation as expert bridge-builders who can connect clinical practice, community needs and health policy to drive cross-disciplinary innovation.

Hong Kong faces a dual challenge: it is one of the world's most rapidly ageing populations and with that, it is experiencing a rising tide of chronic diseases. By 2039, it is projected that 2.52 million citizens (31% of the total population) will be aged 65 or over, with chronic disease patients in the Hospital Authority reaching 3 million. To build a sustainable healthcare system that can meet this demand, the development of a robust, multidisciplinary, community-based primary healthcare service model is not just important—it is urgent.

Nurses are the essential catalysts in this transformation as expert bridge-builders who can connect clinical practice, community needs and health policy to drive cross-disciplinary innovation.



**Ms Kathy Cheung Yuk-hung** | President, Hong Kong College of Community and Public Health Nursing  
President, Hong Kong Association of Family Medicine and Primary Health Care Nurses



# Nurses Lead

In Primary Health Care (PHC), nurses are uniquely positioned to lead innovation. They enjoy a high level of community trust and possess specialised expertise in preventive care, chronic disease management and long-term case management. They also work collaboratively with doctors, pharmacists, allied health professionals and social workers, and they are increasingly taking leadership roles within multidisciplinary teams to ensure the best possible client outcomes.

This integration enables nursing leadership to weave together policy, diverse professional expertise, and individual client needs into a coherent, effective and compassionate health service. It also puts nurses in the driver's seat when it comes to clinical innovation, which typically occurs along three key pathways where nurses are active:

**1. Service innovation.** Innovation here integrates comprehensive preventive care into community-based primary health care services, including health promotion, health education, maternal and child health, women's health, elderly health, oral health, mental health, home care, and rehabilitation, creating a holistic system of wellness.

**2. Process innovation.** This is manifested through a shift from reactive to proactive care, where nurses conduct assessments, establish nursing goals, formulate personalised care plans and provide case management within the community. Nurses also lead the development of clinical pathways and integrate District Health Centres with social services for streamlined screening and referrals.

**3. Policy innovation.** Nurses can promote innovation by actively supporting government initiatives, such as "Family Doctor for All" and the "Chronic Disease Co-Care (CDCC) Programme", in which nurses use a case management approach to co-ordinate care, monitor progress and arrange support, thus helping to position District Health Centres as resource hubs where citizens can navigate the entire healthcare system efficiently.

While nurses are in a strong position to offer effective innovation leadership, there still are barriers to overcome. For instance, professional silos need to be broken down, which can be done through programmes like CDCC. Translating clinical challenges into evidence-based solutions is another hurdle, which can be achieved by leveraging university partnerships.

Innovation is not necessarily about creating something from nothing. Often, it is about rearranging existing fragments into a new, more effective mosaic. Nursing leadership in primary healthcare can assemble this compelling picture—by demonstrating impact from the micro-level of clinical care to the meso-level of team collaboration, and all the way to the macro-level of policy. Nurse leaders are thus creating a more efficient, compassionate and sustainable health ecosystem for Hong Kong.



# Student Taster Session for JUPAS Applicants



The School organised three Student Taster Sessions in June and July to help JUPAS applicants gain a better understanding of our programmes, our unique teaching approach and our use of immersive multimedia learning.

Participants were introduced to the key elements of the curricula 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 gave a lecture on myocardial infarction (heart attack). At the Technology-Enriched Learning Mezzanine (Techmezz), Lecturer **Dr Philip Hung Ming-wai** showed participants VR and the latest technologies for reading electrocardiogram graphs. Together, the lecture and tech demonstrations offered a highly engaging focus on heart disease diagnosis. The final session was a sharing session where HKU Nursing students talked about university life and answered questions from the secondary school students.



# Workshop for 200+ Clinical Mentors



Over 200 clinical nurses and nurse educators from more than 28 hospitals and institutions joined the Mentoring Workshop for Clinical Mentors 2025 hosted by the School on July 3 and 4.

The workshop provided an overview of the Bachelor of Nursing (Full-time) and Master of Science in Nursing programmes, followed by an insightful session on mentoring fundamentals and strategies for effective mentoring. Interactive, scenario-based group activities provided participants with hands-on opportunities to refine their mentoring skills in realistic clinical contexts. Participants offered positive feedback on gaining both competence and confidence in their mentoring skills.



# Dozens Join Summer Incoming Student Exchange Programme

Some 73 students and teachers from 12 institutes around the world were welcomed to our Summer Incoming Student Exchange Programme in July 2025.

Participants came from Central South University, EWha Womans University, Jeju National University, Mahidol University, National University of Singapore, National Yang Ming Chiao Tung University, Ningxia Medical University, Peking Union Medical College, Trinity College Dublin, The University of Sydney, Zunyi Medical University, and HKU, enjoying opportunities for cultural exchange, exploring Hong Kong, and experiencing university life at HKU.



Highlights included an East-Meets-West Luncheon, Community Experiential Learning, district visits, community visits, and clinical visits to deepen understanding of Hong Kong's community services, healthcare system, and hospital environment. Students were also immersed in HKU life through visits to our Simulation Centre and School of Chinese Medicine and participation in our Experiential Learning of Treatment Modality.

The programme concluded with participants sharing insights on their own countries' healthcare systems and reflecting on their experiences over the two weeks, when they created many friendships and lasting memories.



# Secondary School Students Get Hands-on Experience at HKU Nursing



Sixty secondary school students from local and international schools joined our Summer Programme 2025 – Discover HKU Nursing, where they experienced the full range of life at HKU, from classroom lessons to a High Table Dinner, and had opportunities to engage with programme leaders and student and alumni representatives.



The highlights include a problem-based learning session, a Life Sciences workshop, and campus tours of both the Sassoon Road and HKU main campuses by our student ambassadors. Participants also visited Queen Mary Hospital, where they were given an overview of the Hospital Authority's healthcare services and were excited to experience the hospital environment firsthand. They experienced hall life, too, by living in a student dormitory.



The programme concluded with hands-on clinical skills training in the laboratory, where participants had the opportunity to practice nursing techniques, interact with simulators and explore virtual reality tools.



# International Turnout for AQUHN Workshop

More than 400 participants from 57 institutions and 17 countries/regions joined the Asia-Pacific Qualitative Health Research Network (AQUHN) Workshop, **Exploring Popular Qualitative Designs in Health Research**, which was hosted by the School on September 4- 5 and 8-9, 2025.

The interactive webinar series was aimed at researchers interested in qualitative methodology. It combined theoretical foundations with practical applications, offering opportunities for researchers of all levels to enhance their qualitative research skills and advance their publication success.



The speakers included **Professor Virginia Braun** of the University of Auckland, New Zealand, who spoke on *Thematic Analysis for Health Research*; **Professor Stephen Neville** of the University of the Sunshine Coast, Australia, who spoke on *Publication of Qualitative Research*; **Professor Kristina Mikkonen** of the University of Oulu, Finland, who spoke on *Content Analysis for Health Research*; and **Dr Hye Ri Choi** of HKU, who spoke on *Qualitative Review: Thematic Synthesis*.

Dr Choi and **Professor Jay Lee Jun-jae** were moderators of the event, which also provided a valuable platform for experts, researchers, and postgraduates to exchange insights on qualitative health research.

# Faculty Academic Induction Day 2025/26

The School was pleased to take part in the HKUMed Faculty Academic Induction Day for the academic year 2025/2026. Held on August 18 at the Grand Hall in the Centennial Campus, our freshmen were warmly welcomed by the Dean of Medicine, **Professor Chak-sing Lau**, and fellow teachers from the Faculty, marking the official start of their university journey.



Breakout sessions provided participants with opportunities to dive deeper into their majors and meet their teachers, senior students, and fellow freshmen. The teachers introduced the nursing curriculum framework, while senior students shared their experiences of campus life and learning.



The School wishes all our freshmen the very best in staying true to their aspirations, embracing the spirit of nursing, exploring the diverse learning opportunities that lie ahead, and embarking on a fulfilling and unforgettable journey at HKU.

# Welcoming HKU School of Nursing Student Ambassadors 2025/26

A Welcoming Briefing was held for HKU School of Nursing Student Ambassadors 2025/26, marking the start of our year-round Student Ambassadors activities.

**Professor Edmond Choi Pui-hang**, Programme Director of the Bachelor of Nursing (Full-time) Programme and Advanced Leadership Track, and **Dr Joanna Ko Hiu-ki**, Lecturer and Teacher-in-charge of the Student Ambassadors Programme, offered a warm welcome and a brief overview of the Programme, including the newly launched “Peer Buddies Programme” (see below).

Student Ambassadors receive valuable opportunities to enhance their communication, leadership and event management skills, and to serve as role models and make meaningful contributions to the School. We look forward to another successful year of growth and impactful achievements by our dedicated Ambassadors.



## New Peer Buddies Programme

The School’s new Peer Buddies Programme 2025 invites Bachelor of Nursing (BNurs) students to be peer mentors to newly admitted Bachelor of Science in Nursing [BSc(Nurs)] students, with a focus on non-local students. Peer mentors will guide and support their mentees to navigate academic challenges, foster personal growth, and integrate smoothly into the vibrant HKU community.

Supervised by our teachers, the Programme aims to connect students from diverse backgrounds in the School and provide a valuable platform to foster cross-cultural exchange, enhance academic and social support, and promote a sense of belonging. Moreover, peer mentors receive opportunities for personal growth, including enhancing communication and leadership skills, developing a sense of responsibility, and fostering professional development.



A briefing and orientation session was held recently by the Programme’s teachers-in-charge, **Dr Joanna Ko Kiu-ki** and **Professor Polly Li Wai-chi**, who guided students on mentoring skills and cultural insights. Peer mentors were then grouped with their mentees to engage in open dialogue and start to build relationships. We are confident that both peer mentors and mentees will benefit from this enriching experience.

# Orientation Day



A warm welcome was extended to all new Bachelor of Nursing (BNurs) and Bachelor of Science in Nursing [BSc(Nurs)] students on the first day of the academic year, where they were greeted by the Chairpersons of the Teaching & Learning Committee (Undergraduate Education) and all academic staff.

During the orientation, students were introduced to their programmes and provided information on student affairs and academic advising, with the aim of helping them to embrace opportunities and navigate the challenges during their academic journey. BNurs students also learned more about the Life Enrichment semester.

Assistant Deans from HKUMed's Student Wellness and Engagement team also outlined the Faculty's counselling and academic advising services.

Other programmes also organised their orientation to kick start a new academic year. Wishing all freshmen an incredible learning journey filled with growth, unforgettable experiences, and moments of joy. Enjoy every step of this exciting adventure!

BNurs (Full-time) and BSc(Nurs)





BNurs (Part-time)



MNurs



MSc(Nurs)

# U21 Health Sciences Group 2025 Annual Meeting

The Dean of Medicine, **Professor Chak-sing Lau**, led an HKUMed team to attend the U21 Health Sciences Group 2025 Annual Meeting at McMaster University in August, which was themed “Aging Across The Lifespan”. Experts from various specialties discussed this important topic, while **Professor Chia-Chin Lin**, Director of HKU School of Nursing, spoke at a Plenary session on the topic “Innovative Pedagogies in Dementia Education” and participated in the Nursing & Midwifery Group meeting to explore collaborations among different institutions.



HKUMed will hold the U21 Health Sciences Group 2026 Annual Meeting in November, on the theme “Adaptive Intelligence: Reshaping Health Education and Practice in a Culturally Diverse World”. We look forward to welcoming all delegates to our university!



## 2025 Q4 Exchange Students

A warm welcome was extended to students from outside Hong Kong who joined the 2025 Q4 Incoming Exchange Programme at the School. Postgraduate students from Sun Yat-sen University, as well as undergraduate students from IMU University, and Guangzhou Medical University, were among those taking part.



The Exchange Programme is designed to deepen participants' understanding of nursing education and healthcare in Hong Kong. Students had the opportunity to join lectures and clinical lab sessions, and visit our community service partners. The visits also offered opportunities to reflect on the similarities and differences between local practices and their home bases.

## 2025/26 Brown Bag Series

The first Brown Bag Seminar of this academic year kicked off with great energy and success! **Dr Iris Lee Fung-kam**, Director of Nethersole Institute of Continuing Holistic Health Education, delivered an inspiring session on "How to Become a Holistic Nurse" on November 14 to more than 120 students from the Bachelor of Nursing (Full-time) and Master of Science in Nursing programmes.

The seminar explored how nurses can provide holistic care and achieve personal fulfilment by integrating mind, body, and spirit care. Dr Lee further shared her invaluable practical strategies and experiences during the session to help students embrace a holistic nursing approach throughout their education and future practice.



Thank you to everyone who joined and made this event a meaningful start to the Brown Bag Series Seminar!

# HKU Information Day 2025 for Undergraduate Admissions

The School conducted three well-attended admissions talks for students and parents at the HKU Undergraduate Admissions Information Day on October 25, which covered the Bachelor of Nursing (Full-time) (JS6468) and the Bachelor of Nursing (Full-time) Advanced Leadership Track (JS6418).

**Professor Edmond Choi Pui-hang**, who is Co-Director of both programmes, delivered the talks, while the Dean of Medicine, **Professor Chak-sing Lau**, welcomed participants alongside an outstanding alumnus and current student, who enriched the session with reflections on their experiences here.



The talks provided deeper insights into admission requirements, programme highlights, and teaching features, and gave students and parents opportunities to ask questions and engage with faculty members and nursing students on such topics as Life Enrichment Learning, clinical practicum, career prospects, academic pursuits, and HKU campus life.





Participants were also brought to our state-of-the-art simulation wards, observed demonstrations of various nursing skills, and engaged in hands-on nursing techniques, to further their understanding of clinical nursing applications and practices.

The School appreciates everyone's support and warmly welcomes prospective students to join HKU Nursing.



# 15<sup>th</sup> Hong Kong International Nursing Forum cum International Forum on Proactive Health and Ageing



The 15<sup>th</sup> Hong Kong International Nursing Forum cum International Forum on Proactive Health and Ageing welcomed 500 participants from around the globe to HKU on October 31–November 1.

Co-hosted by the HKU School of Nursing, Xiangya School of Nursing at Central South University, and the Hong Kong Ta Kung Wen Wei Media Group, and co-organised with 29 renowned universities and organisations, the event was themed “Cross-Disciplinary Innovation and Nursing Leadership: Advancing Health, Shaping a Future of Excellence”.

Hong Kong’s Secretary for Health, **Professor Chung-mau Lo**, gave the officiating address, followed by a welcoming address from HKU’s Vice-President and Pro-Vice-Chancellor (Academic Development), **Professor Peng Gong**. Also addressing the participants were **Professor Xuejun Li**, Vice Dean of Central South University’s Xiangya School of Medicine, and **Mr Dahong Li**, Chairman of Hong Kong Ta Kung Wen Wei Media Group and Publisher of Ta Kung Pao and

Wen Wei Po. HKU’s Dean of Medicine, **Professor Chak-sing Lau**, presented the vote of thanks to the forum participants.

Trending topics on the theme were presented in five keynote addresses and two sub-forums focused on “Active and Healthy Ageing”. The event also featured a “Young Scholar Forum: Rising Stars in Nursing”. This was followed by a roundtable discussion on “Future of Leadership in Nursing Education” and a symposium on “Leadership in Nursing Workforce”. Presenters of oral and poster presentations showcased their research findings, enriching the forum and providing valuable opportunities for learning and networking.

The School’s 30<sup>th</sup> anniversary was also celebrated, with School Director **Professor Chia-Chin Lin** joined by former School Heads, **Professor Sophia Chan Siu-chee** and **Professor Agnes Tiwari**, to reflect on their journeys at the School in a panel session titled “Celebration of the 30<sup>th</sup> Anniversary of HKUSON: Three Decades of Nursing Leadership”.



The forum ended with a closing ceremony led by the forum co-chairs, **Professor Chia-Chin Lin** and **Professor Honghong Wang**. The best poster awards were also

recognised and presented during the closing ceremony. Thank you to all participants for their valuable contributions in making this forum a great success.



#### Keynote Addresses

- **Professor Robert L Klitzman**  
Columbia University  
**Topic: AI and the Care of the Elderly**
- **Professor Jing Wang**  
Florida State University  
**Topic: Leading Smart and Connected Ageing at Home: A Nursing Journey of Innovation and Global Perspectives**
- **Professor Emerita Jill White**  
The University of Sydney  
**Topic: Renewing the Definitions of Nursing and Nurse: Honouring the Past and Shaping the Future**
- **Professor Emma Stanmore**  
The University of Manchester  
**Topic: Leadership in Nursing Research: Digital Health Innovation to Improve Functional Decline and Reduce Falls in Older Adults**
- **Professor Olga Yakusheva**  
Johns Hopkins University  
**Topic: A Human Capital Approach to Nursing's Value and Payment**

#### Sub-forum 1: Active and Healthy Ageing: Cutting-edge Technologies and Practical Applications

##### Speakers:

- **Professor Wenru Wang**  
National University of Singapore
- **Professor Hongliu Yu**  
University for Shanghai of Science and Technology
- **Professor Cuntai Zhang**  
Huazhong University of Science and Technology
- **Professor Ka Li**  
Sichuan University
- **Dr the Hon Lam Ching Choi**  
Haven of Hope Christian Service
- **Professor Hui Feng**  
Central South University

##### Moderators:

- **Professor Lili Zhang**  
Southern Medical University
- **Professor June Zhang**  
Sun Yat-sen University





Sub-forum 2: Active and Healthy Ageing:  
Social-Psychological-Behavioural Intervention

**Speakers:**

- **Professor Xiaomei Cong**, Yale University
- **Professor Doris Yu Sau-fung**, The University of Hong Kong
- **Professor Anna Axelin**, University of Turku
- **Professor Lily Xiao**, Flinders University
- **Professor Rainbow TH Ho**, The University of Hong Kong

**Moderators:**

- **Professor Yan Hu**, Fudan University
- **Professor Xianhong Li**, Central South University

Young Scholar Forum: Rising Stars in Nursing

**Speakers:**

- **Dr Ock Sim Kim**, Yonsei University
- **Dr Chaowarit Ngernthaisong**, Chulalongkorn University
- **Professor Wenjun Chen**, Central South University
- **Professor Kevin Luk Tzu-tsun**, National University of Singapore
- **Professor Jojo Kwok Yan-yan**, The University of Hong Kong

**Moderators:**

- **Professor Edmond Choi Pui-hang**, The University of Hong Kong
- **Professor Kris Lok Yuet-wan**, The University of Hong Kong



Panel Discussion: Celebration of the 30<sup>th</sup> Anniversary of  
HKUSON: Three Decades of Nursing Leadership

**Speakers:**

- **Professor Sophia Chan**, HKU Primary Health Care Academy
- **Professor Agnes Tiwari**, The Nursing Council of Hong Kong
- **Professor Chia-Chin Lin**, The University of Hong Kong

**Moderator:**

- **Professor Daniel Fong Yee-tak**, The University of Hong Kong



Roundtable Discussion:  
Future of Leadership in Nursing Education

**Speakers:**

- **Professor Honghong Wang**, Central South University
- **Professor Yan Hu**, Fudan University
- **Professor June Zhang**, Sun Yat-sen University
- **Professor Lili Zhang**, Southern Medical University
- **Professor Chia-Chin Lin**, The University of Hong Kong

**Moderators:**

- **Professor Jing Wang**, Florida State University
- **Professor Polly Li Wai-chi**, The University of Hong Kong





### Symposium: Leadership in Nursing Workforce

#### Speakers:

- **Professor Sheila R Bonito**  
University of the Philippines Manila  
**Topic: Securing the Future: Addressing Supply Challenges in the Global Nursing Workforce**
- **Dr Danny Tong Wah-kun**  
Hospital Authority, Hong Kong  
**Topic: Strategies to Address Nursing Workforce Challenges - The Hospital Authority's Perspective**
- **Professor Mari Ikeda**  
The University of Tokyo  
**Topic: Practice, Research, and Policy Advancement Drive Nurses Forward**

#### Moderators:

- **Professor Mandy Ho Man**  
The University of Hong Kong
- **Professor Edmond Choi Pui-hang**  
The University of Hong Kong

### Best Poster Awards

- **Qiuyi Wang**  
Naval Medical University  
**Topic: Efficacy of Preventive Interventions for Postoperative Delirium in Elderly Patients Undergoing Spinal Surgery: A Network Meta-Analysis of Randomized Controlled Trials**
- **Youjuan Zhang**  
The Polytechnic University of Hong Kong  
**Topic: Prevalence of Frailty and Its Association with Negative Mood: Findings from the Panel Study of Active Ageing and Society (PAAS)**
- **Chung Yan Lam**  
The University of Hong Kong  
**Topic: Enhancing Final-Year Nursing Students' Readiness of Practice and Clinical Competence: A Novel Simulation Training- a Pilot Study**

### Best Student Poster Awards

- **Yiran Zhu**  
Central South University  
**Topic: Effects of Digital Health Interventions to Promote Safer Sex Behaviors Among Youth: A Systematic Review and Network Meta-Analysis**
- **Zhuangrong Fan**  
Fujian Medical University  
**Topic: Cluster Analysis of Cognition on Pressure Injuries Among Family Caregivers of Neurosurgical Patients: A Cross-Sectional Study**
- **Qian Liu**  
Guangdong Pharmaceutical University  
**Topic: Illness Perception and Self-Regulatory Fatigue in Type 2 Diabetes: The Mediating Roles of Coping and Social Support**
- **Wenyi Tan**  
Hunan University of Chinese Medicine  
**Topic: The Relationship Between Care Burden and Successful Aging Among Grandparent Caregivers of Children with Autism Spectrum Disorder**
- **Wanyu Zhang**  
Kiang Wu Nursing College of Macau  
**Topic: Shared Decision-Making Aids for Atrial Fibrillation Anticoagulation: A Systematic Review and Meta-Analysis**
- **Yi Fang**  
Shantou University Medical College  
**Topic: Network Analysis of Psychological Symptoms and Psychosocial Factors in Primary Infertility**
- **Vanessa Wong**  
The University of Hong Kong  
**Topic: Qualitative Evaluation of Mobile Chat Messaging for Preventing Relapse Among People Who Recently Quit Smoking**

# 30<sup>th</sup> Anniversary Celebration

The School's 30<sup>th</sup> Anniversary Celebration Dinner was held alongside the 15<sup>th</sup> HKINF *cum* PHA 2025 Forum Dinner, marking the grand finale of the year-long anniversary celebrations.

Esteemed guests from both local and regional communities, clinical and university partners, as well as our dedicated staff members, joined the celebratory dinner on October 31 to commemorate our significant milestone.



The School was honoured to have the dinner officiated by **Professor Max Shen**, Vice-President and Pro-Vice-Chancellor (Research) of HKU, **Professor Chak-sing Lau**, Vice-President and Pro-Vice-Chancellor (Health) (Interim) and Dean of Medicine, **Professor Sophia Chan Siu-chee**, Senior Advisor of the President's Office and Director of HKU Primary Health Care Academy, **Professor Agnes Tiwari**, Chairman of the Nursing Council of Hong Kong and the School's Director **Professor Chia-Chin Lin**.

A video was also shown on our 30<sup>th</sup> anniversary theme, **"Three Decades of Nursing Leadership: Excellence • Momentum • Collegiality"**, reflecting the core values that have guided us, including:

- **Excellence**, to drive our world-class education and impactful research.
- **Momentum**, to propel our pursuit of forward-thinking solutions, such as cross-disciplinary innovative healthcare, to meet future needs.
- **Collegiality**, to foster collaboration with clinical partners and global scholars, uniting us in sharing knowledge and inspiring change.

The School will continue to advance nursing education, research and clinical leadership both regionally and globally, providing excellent education and opportunities to our students to become nursing leaders who shape the world for the better.



# U21 Health Sciences Nursing and Midwifery Group Research Postgraduate Symposium 2025

The School was proud to host the U21 Health Sciences Nursing and Midwifery Group Research Postgraduate Symposium 2025 on October 31, which featured 13 presenters from five universities, including Fudan University, Pontificia Universidad Católica de Chile, University of Birmingham, University of Glasgow, and The University of Hong Kong.

This hybrid event was also streamed online to bring emerging scholars to a wider audience to showcase their innovative research and to encourage the dynamic exchange of ideas. **Professor Marcela Gonzalez Agüero**, Chair of the U21 Health Sciences Nursing and Midwifery Group, and the School's Director **Professor Chia-Chin Lin** provided valuable support to the event, while a distinguished panel of adjudicators recognised outstanding presentations, including **Professor Yan Hu** from Fudan University, **Professor Ping Guo** from University of Birmingham, and **Professor Daniel Fong Yee-tak** from HKU.

Each postgraduate was given three minutes, using a single static PowerPoint slide, to effectively convey the core of their research in an impactful and focused way. Outstanding Presentation Awards were presented to:

- **Ms Bernice Chan**, The University of Hong Kong
- **Ms Krista Chung**, The University of Hong Kong
- **Ms Xiaofeng He**, Fudan University
- **Ms Lorna Hollowood**, University of Birmingham

The symposium is dedicated to fostering intellectual development, encouraging collaboration and promoting the cultivation of future leaders in Nursing and Midwifery across borders, and to giving participants inspiration and motivation to make meaningful advances in their respective fields.



### La Trobe University, Australia

Chan Tsz-ching

Year 3 Bachelor of Nursing (Full-time) student



My nursing exchange in Australia was life-changing, full of memorable experiences and deep cultural insights. I was impressed with the friendliness of the Australians, the chances offered every day to develop and learn, and experience the cultural and lifestyle diversity.

The visit to La Trobe University's Bendigo campus was one of my favourite memories, with incredible views of the Australian countryside

during the two-hour train trip. I was welcomed warmly and felt the sense of community right away. The practical learning and student engagement in the Bundoora campus also stood out, as well as the excellent campus facilities. I was shocked to learn that the nurse-to-patient ratio at the local hospital and community centre was 1:4, demonstrating the importance of patient comfort and quality care in Australia. I had the chance to speak with local nurses, who discussed their holistic approach and the significance of both physical and mental health.

In terms of culture, I was delighted to take part in local activities, such as visiting the night market and trying Australian cuisine. I also enjoyed visiting famous sites, such as the gorgeous beaches and beautiful national parks.

Overall, my exchange experience has improved my knowledge of nursing, widened my viewpoints, and increased my respect for cultural diversity. I am incredibly appreciative of the people and insights I encountered and feel that in addition to improving my professional abilities, this experience has made me more sympathetic and culturally sensitive, and prepared me to face challenges.



## Ningxia Medical University School of Nursing, China

Wong Ching

Year 2 Bachelor of Nursing  
(Full-time) student



Our exchange began with an unexpected challenge—a delayed flight—which caused us to arrive in Yinchuan around nine o'clock at night. Despite this, the Ningxia Medical University warmly welcomed us the following day with a special session, including presentations about their school and our own School of Nursing. Over the next few days, we visited several hospitals and a nursing home, gaining valuable insights into healthcare in Ningxia.

Our first stop was Yinchuan People's Hospital, where advanced technology plays a crucial role in patient care. One notable facility was the Remote Image Diagnosis Centre, which analyses medical imaging for patients in rural areas, significantly improving healthcare accessibility for underserved communities. We also toured Longguang Elderly Home, which left a lasting impression. The facility offers a wide range of recreational spaces, including rehabilitation, painting, and mahjong rooms. What surprised us most was the thoughtfully planned daily schedule for elderly residents, ensuring they remained engaged and active. We even participated in a handicraft session with them, creating a memorable and heartwarming experience.

Another highlight was our visit to the Ningxia Hui Autonomous Region People's Hospital, where we observed the extensive use of Traditional Chinese Medicine. The medical staff demonstrated nursing diagnostics in the TCM department and introduced us to therapies like acupuncture, moxibustion, and cupping. The visit concluded with an insightful discussion comparing Ningxia's and Hong Kong's healthcare systems.

The second week brought even more eye-opening experiences, starting with our visit to Ningan Hospital,

a psychiatric facility. Under staff supervision, we entered the teenage ward—my first time observing psychiatric care up close. Every detail, from rounded furniture edges to plastic-coated mirrors, was designed for patient safety. Some patients with milder symptoms even assisted nurses with simple tasks. The hospital also provided therapeutic spaces like a gym, calligraphy room, and handicraft area, emphasising holistic care.

Another unforgettable experience was touring the ICU at the General Hospital of Ningxia Medical University. Despite the staff's heavy workload, they took time to explain the advanced equipment used in critical care. I also learned about delirium, a condition where postoperative patients may become disoriented, requiring physical restraints to prevent them from harming themselves.

Our final visit was to Yuehai Community Centre, which actively promotes smoking cessation through specialised programmes. We even had the chance to experience TCM therapies firsthand—one classmate tried cupping, an unforgettable moment! The staff's enthusiasm was contagious, and we left with a thoughtful gift: a massage hammer.

This exchange broadened my horizons in ways I never expected. I developed a deeper appreciation for Ningxia's medical operations, the diversity of medical environments, and the dedication of its healthcare professionals. I also gained insights on the immense value of TCM and believe Hong Kong could further integrate these practices to broaden healthcare options. I am deeply grateful to Ningxia Medical University for organising such a comprehensive programme and highly recommend this exchange to fellow schoolmates.

## Project Empadurance 2025, China

Cherry Kiong

Year 3 Bachelor of Nursing (Full-time) student



I spent two weeks on exchange at the Peking University Health Science Center (PKUHSC), with a clinical attachment at one of the Mainland's top-tier teaching hospitals, The Peking University Third Hospital (PKU Third Hospital), under Project Empadurance 2025. This was a valuable opportunity to learn more about the Mainland's practices and healthcare system and experience some of China's history and culture.

The PKUHSC utilises technology to train their students, offering simulation labs and Augmented Reality Cardiopulmonary Resuscitation training for students to apply and improve their skills learnt from theory-based lessons. This is a good way to help nursing students be well prepared and collaborate effectively with other healthcare professionals.

Nurses from the PKU Third Hospital also gave lectures and provided us with guidance. PKU Third Hospital combines traditional Chinese and Western medicine, especially in pain management and chronic disease. I was grateful to be able to familiarise myself with this approach, which is becoming increasingly popular.

Overall, thanks to Project Empadurance, the staff of PKUHSC, PKU Third Hospital, and HKU, and my fellow exchange students, I had a fruitful and memorable exchange.



## Oulu University, Finland

Thomas Leung Hoyat

Year 3 Bachelor of  
Nursing (Full-time) student



I was proudly invited to join the HealthEduCom Lab at the University of Oulu. Its research team aims to revolutionise nursing education by integrating Extended Reality (XR) and Artificial Intelligence (AI) into clinical learning environments. I participated in several project meetings with international researchers about digital pedagogy within my two-week internship.

During the discussion, I shared my experiences as a nursing student and provided valuable suggestions to the research team. Inspired by the researchers, I am quite confident that XR and AI technologies can greatly benefit nursing education by creating a safe environment for simulation training and adaptive learning, using virtual patients. I also hope VR simulation can be applied to more clinical scenarios to prepare students for real-time practice, including developing skills in communication, collaboration, and decision-making.



I really appreciate the University of Oulu and HKU for offering me this unique opportunity, which has given me many new ideas and optimism about the use of XR and AI in nursing education and its potential for enhancing healthcare quality and patient safety.



## Kyushu University, Japan

Chad Tai Wai-yat

Year 4 Bachelor of Nursing (Full-time) student

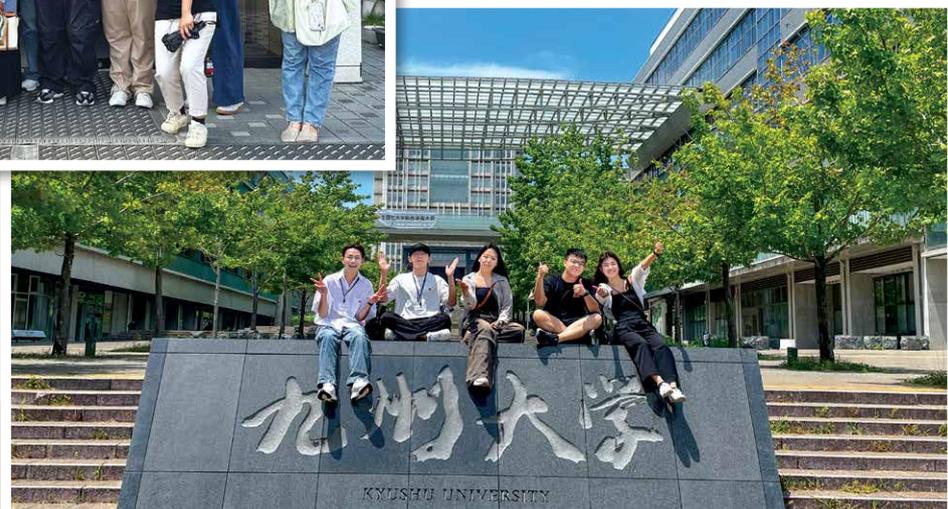
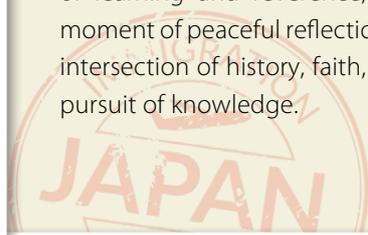


My 2-week exchange at Kyushu University involved both academic activities and cultural events. In the first week, we made site visits, including campus tours, city tours, and some welfare facilities. We also met with postgraduate students studying midwifery. In the second week, we attended lectures on topics such as paediatric care, elderly care, and traditional Japanese medicine (kampo). We also attended nursing practical sessions with their year 3 students.

The most impressive visit was to the disaster centre, which exhibits various inventions for disaster prevention and holds regular disaster-related lectures and demonstrations for the general public to educate citizens on disaster prevention and what to do during events such as flooding or earthquakes. The government's efforts in disaster prevention impressed me greatly, as this is an important step in public health development and reducing deaths and injuries from disasters.

We also made an unforgettable visit to Dazaiku, taking a serene journey into Japan's intellectual and spiritual heart. As I walked the path to the shrine, flanked by ancient trees and stone lanterns, a profound sense of tranquillity enveloped me. The main hall, dedicated to the scholar Sugawara no Michizane, emanated a quiet dignity, while students clad in uniforms rubbed the head of the legendary ninken ushi bull statue for academic luck. Surrounded by the meticulously raked gardens and the distant murmur of prayers, I felt

a deep connection to a thousand-year legacy of learning and reverence, and cherished a moment of peaceful reflection on the beautiful intersection of history, faith, and the enduring pursuit of knowledge.



## Kiang Wu Nursing College of Macau, Macau SAR

Yip Sin-yu

Year 2 Bachelor of Nursing  
(Full-time) student



I had the privilege of joining a one-week exchange programme at Kiang Wu Nursing College in Macau, where the learning environments, classroom sessions, and community outings left an indelible mark on my understanding of nursing and personal growth.

The college's simulated ward, designed to mirror Kiang Wu Hospital, was an eye-opener. I was most impressed by the isolation room's unique design, featuring two sterilisation chambers—one for entry and one for exit. This differed from the single-chamber systems in Hong Kong and Australia, offering a fresh perspective on infection control that I found both practical and innovative.

The programme also focused on AI and traditional Chinese medicine (TCM). In the AI workshops, we learned to use tools to create a health education chatbot model. With only three days to research medical literature, learn programming, and prepare a presentation, I struggled initially, especially since my AI knowledge was limited to basic searches. However, teamwork led us to develop a model blending Eastern and Western exercise plans for obesity patients, revealing how nursing students can harness technology to benefit others.

The TCM sessions, including lectures on yin-yang and diagnostic methods, plus a visit to Kiang Wu Hospital TCM department where we tried cupping, acupuncture, etc, broadened my cultural awareness. It was fascinating to see international peers explore these practices, which are similar to those in Hong Kong. Interacting with students from Macau, mainland China, Australia, and Brazil enriched my cultural exposure and improved my English and Mandarin skills, fostering a sense of global camaraderie.

The highlight, however, was visiting an elderly care centre. We designed activities like paper folding and tai chi for dementia patients after a lecture on the condition. As one of the few Cantonese speakers, I helped my group communicate with elderly residents who only spoke Cantonese. International peers taught me to squat to the residents' level and use gestures, making interactions more respectful and effective. This experience underscored the value of person-centred care, inspiring me to serve vulnerable communities with love and empathy.

Overall, this exchange deepened my knowledge and compassion, shaping me into a more thoughtful future nurse.



**International Islamic  
University of Malaysia,  
Malaysia**

**Pang Tsz-yin**

*Year 3 Bachelor of Nursing  
(Full-time) student*



My exchange to the International Islamic University Malaysia (IIUM), especially the Kulliyah of Nursing (KON), was a deeply enriching experience that combined academic advancement, cultural exploration, and personal growth. It provided me with the opportunity to immerse myself in a distinctive educational setting where Islamic principles, international viewpoints, and nursing excellence converge.

A standout feature of my experience at KON was the focus on comprehensive nursing care, which encompasses physical, emotional, and spiritual wellness. By engaging in hospital rotations and community health initiatives, I not only enhanced my clinical skills but was enriched by the ethical and religious healthcare practices there, which give high priority to cultural sensitivity and patient-focused care.

I also observed notable differences in healthcare practices between Hong Kong and Malaysia, where Islamic principles significantly influence patient care. For instance, hospital schedules respect prayer times, and there is strict adherence to halal dietary restrictions. Malaysian nurses frequently incorporate religious counselling into their interactions with patients, sharing verses from the Quran or encouraging patients to draw strength from their faith during recovery. Additionally, there is a more pronounced gender segregation in patient care in Malaysia, with same-gender nurses often assigned to sensitive procedures to align with Islamic modesty practices. These practices differ from Hong Kong and illustrate how cultural and religious contexts can significantly impact nursing care, thus broadening my perspective on how to provide patient-centred, culturally aware healthcare in varied environments.

One unforgettable moment was when we compared healthcare systems and nursing protocols in our home countries with nursing students from IIUM. This touched on profound topics as we delved into the ways cultural and religious beliefs shape clinical decision-making, such as the importance of family consent in Malaysia compared to individual autonomy in Hong Kong's medical framework. Their insights prompted me to think more critically about flexible, patient-centred care.

I was also invited by the nursing students to explore Malaysia's lively social scene by visiting a local bowling alley, a favourite hangout for students. As we shared laughter amidst friendly competition, the cultural barriers faded, highlighting how these informal connections foster professional collaboration.

My exchange at IIUM's Kulliyah of Nursing reshaped my view on healthcare. Experiencing Malaysia's faith-oriented approach alongside Hong Kong's efficiency-driven system taught me the significance of culturally sensitive care. I returned home equipped not only with new skills but also a dedication to compassionate, adaptable healthcare. I will forever be appreciative of this transformative journey.



## U21 Health Sciences Group Global Learning Partnership 2025 – Kathmandu University, Nepal

Low Hiu-nam

Year 4 Bachelor of Nursing  
(Full-time) student



“Be flexible, be open, be humble, be grateful, be prepared and be passionate”. These principles were the most valuable lessons I gained from my experience in an isolated community in Nepal. I was pushed far beyond my comfort zone and I found myself surrounded by strangers from diverse cultural backgrounds, disciplines, and clinical experiences.

Throughout the trip, I was rewarded with many unexpected gifts: new friendships, a sense of achievement, and, most importantly, a glimpse into my future career and potential. As nurses, we must not only care for those in need but also understand the rationale behind our actions, hence the importance of studying physiology, pharmacology, and related fields.

One important insight was that geographic constraints where we visited meant only a few individuals could typically attend health talks, even though this was a community of around 600 people. Fortunately, we managed to attract 15 attendees and even organised a small health talk outside our original plan. Although it was a modest event, it underscored the importance of maintaining openness and flexibility. The satisfaction I felt was absolutely worth the effort.

Working alongside inspiring individuals during this trip helped me clarify the path I want to pursue and the kind of nurse I aspire to become – one who is driven by purpose, curiosity, and compassion.



## University of Aberdeen, Scotland

Wong Tsz-hei

Year 4 Bachelor of Nursing (Full-time)  
student



My exchange experience at the University of Aberdeen was eye-opening, enabling me to immerse myself in the culture and history of this vibrant city while studying at a respected institution.

One of the highlights was a city walk organised by the university, where we wandered through charming cobblestone streets and learned the story of Aberdeen. This walk felt less like a tour and more like a journey through time, and deepened my appreciation for Aberdeen's cultural heritage. But it was the school tour that truly helped me feel at home.



The University of Aberdeen campus has a unique learning environment made up of a mix of modern facilities and historic buildings. Standing in front of the iconic King's College, I admired its beautiful chapel and the ivy-covered walls and was inspired to think that I was walking the same paths as students from centuries ago.

The school tour also introduced us to the university's focus on research and innovation, and the collaborative spirit of faculty members

and fellow students. We met with both groups and attended lectures and workshops that allowed me to dive deeper into my subjects while connecting with peers from different backgrounds. This exchange of ideas enriched my learning and helped me appreciate the global perspective of the university.

Beyond academics, I enjoyed cultural experiences in Aberdeen, attending local festivals, trying traditional Scottish dishes, and even joining a ceilidh, where I learned some fun dances. These moments brought me joy and helped me feel more connected to the community.

Reflecting on my time at the University of Aberdeen, I see this exchange as about more than academics; it has also been a journey of personal growth. I gained a deeper understanding of cultural heritage, formed meaningful relationships, and developed a sense of belonging in a new place. This experience will surely influence my future, inspiring me to approach challenges with an open heart and a commitment to understanding different perspectives.



## Catholic University of Korea, South Korea

Thomas Ng Chung-lam

Year 4 Bachelor of Nursing (Full-time) student



I spent a week in South Korea attending the exchange programme hosted by the Catholic University of Korea (CUK), who not only showed us their campus and culture but also three different hospitals, which would not have been possible if we were only tourists there.

We visited the palliative ward and hospice facilities, where the approach is very different from Hong Kong's healthcare system, as they tend to promote peace of mind and care for mental health. The Korean healthcare system also seemed more advanced compared to Hong Kong because of the Comprehensive Healthcare Insurance system, which is quite similar to Taiwan's.

Apart from the experiences organised by CUK, I also visited many sites in South Korea after class since this was my first visit to the country. One time, we joined a CUK student for Korean BBQ and enjoyed chatting about both schools and also their experience visiting the HKU School of Nursing. We were happy that they also liked our school's exchange programme.

All in all, it was a wonderful experience being an exchange student in South Korea. I wish I could have stayed longer!



## Mahidol University, Thailand

Tam Cho-kiu

Year 3 Bachelor of Nursing  
(Full-time) student



This exchange programme offered me a profound insight into the cultural diversity inherent in health care systems and the importance of being culturally competent when interacting with patients from different cultural backgrounds. Through group discussion sessions, visits to the local community, hospital and museums, and role-playing activities, I learnt new methods and skills in effective communication and problem-solving to help me better understand my patients' unique needs.

I was captivated by the "Siriraj Surgery Museum", which features extraordinary specimens from various surgical divisions, including a surgical case involving an encephalomeningocele baby. I was amazed by the advanced medical knowledge and surgical techniques in Thailand, which blend tradition with innovation. This reflects the Thai culture's respect for its historical roots while embracing progress, and highlights Thailand's commitment to incorporating modern technology into healthcare.

Aside from the academic and professional learning experience, I also explored Thailand with local Thai students. We ate local cuisine like pad Thai, mango sticky rice, chicken rice and Thai minced pork fried rice, etc. Each meal was not just a feast for the senses but also a chance to bond over shared experiences and laughter.



We also visited many vacation destinations, which allowed me to immerse myself in Thai culture and enjoy activities and moments with my friends, including their after-school activities like singing karaoke, shopping, and eating local snacks. These moments of leisure allowed me to experience the warmth and friendliness of Thai people, fostering friendships that transcended cultural barriers.

To sum up, this exchange programme has equipped me with the skills and insights needed to navigate the complexities of healthcare in a diverse society. It has left an indelible mark on my understanding of cultural competence in healthcare.



# Finding New Signs of Hope in Cognitive Ageing

## Professor Rose Lin Sin-yi

Assistant Professor,  
School of Nursing, University of Rochester  
PhD in Nursing 2022,  
School of Nursing, The University of Hong Kong

My research centres on how emotional well-being interacts with cognitive decline among older adults, especially those at risk for dementia. Working with my supervisors **Professor Doris Yi Sau-fung**, **Professor Polly Li Wai-chi** and **Professor Patsy Chau Pui-hing** while I was at HKU, I focused my dissertation on developing an empowerment-based psychobehavioral intervention to enhance emotional well-being among older adults with mild cognitive impairment, a transitional stage between normal ageing and dementia.

Through this study, I came to understand that ineffective stress coping can amplify both emotional distress and cognitive risk and that being aware of these cognitive losses and fear of future decline can lead to feelings of uncertainty and impaired self-esteem. These valuable insights have directly shaped my commitment to developing interventions that promote stress resilience, autonomy and quality of life across different stages of cognitive ageing.

I am now fortunate to have continued this line of research, first as a postdoctoral fellow and then as an Assistant Professor, at the University of Rochester, where our team explores how piano learning contributes to well-being for people with MCI. In collaboration with the Eastman School of Music, we recruited older adults with MCI who were music novices to participate in a structured 12-week piano training programme. From our qualitative findings,



participants shared that the programme was not only a form of cognitive stimulation but also a process of self-discovery. They described regaining a sense of competence as they mastered new skills, which challenges the belief that nothing new can be learned once cognitive decline begins.

Piano learning may serve as a whole brain intervention that links cognitive stimulation, emotion and social connection, with potential to improve mood, rebuild self-confidence and enhance cognitive abilities. I hope to extend what I learned at HKU in my current position by developing scalable interventions to support brain health and potentially delay dementia.



### Recovery from the Pandemic: The Perceived Family Xingfu

Since the COVID-19 pandemic, the lifestyles of many people have undergone significant changes, including how they communicate and interact with families. To better understand these changes, the Jockey Club SMART Family-Link Project, led by the HKU School of Nursing, conducted an online survey to explore how Hongkongers perceive family Xingfu (family well-being and happiness), and how family service models can respond to the constantly evolving needs of families to promote a positive and proactive approach to family life in the post-pandemic era.

Over 4,500 Hong Kong residents aged 18 or above were interviewed between July 6 and August 26, 2023. The results showed that nearly 60 percent of respondents rated their Family Xingfu score as high. One key finding indicated that family members who often had fun with family (79.8%), praised their family members (75.7%), or accompanied their family members (67.3%) were more likely to report a high Family Xingfu score.

**Professor Kelvin Wang Man-ping**, who was Principal Investigator of the project, encouraged increasing quality time and communication frequency with family members. "The survey shows that respondents hope to use Information and Communication Technologies (ICTs) to enhance Family Xingfu. We will continue to collaborate with Integrated Family Service Centres and Integrated Services Centres to organise public activities, enhance family services and strengthen family functions to improve family relationships," he said.



(Media Outreach Newswire – June 13, 2024)

### Mindfulness Practice for Parkinson's Disease Patients

In Hong Kong, around 13,000 individuals in their 60s have been diagnosed with Parkinson's disease. **Professor Jojo Kwok Yan-yan**, Assistant Professor, emphasises the importance of public awareness of early symptoms of Parkinson's disease, such as rapid eye movement sleep, hyposmia, constipation, and depression. As patients with Parkinson's disease often face mobility challenges and emotional difficulties, Professor Kwok advocates the use of mindfulness practices to help reduce the impact of the condition.



"We have observed that Parkinson's care tends to focus primarily on physical rehabilitation and medical treatment, often overlooking the emotional well-being and stress management of patients," she explained. "Therefore, the HKU School of Nursing launched a mindfulness programme in 2017 to introduce psychological support through mindfulness techniques." This approach has not only led to significant improvements in walking ability but also helps to alleviate stress and anxiety. Through mindfulness practice, patients can learn to regulate their emotions, explore mental well-being, and stay present in the moment.

Professor Kwok also noted that mindfulness practice can reduce levels of the inflammatory marker interleukin-6 (IL-6) in patients, which helps to slow the progression of Parkinson's disease and has a sustained effect in reducing depression for up to six months.

She added, "The Jockey Club Movin' Care for Parkinson's Disease Project was introduced in 2023 to promote public awareness of Parkinson's disease. It is also crucial to sustain services within the community; therefore, we have been training healthcare professionals, yoga instructors, dance instructors, and others to raise public awareness of Parkinson's disease and enhance understanding of how to support the physical and psychological needs of patients."



(RTHK 《精靈一點》 – June 18, 2025)

## Evaluation of the Smoking Cessation Programme in the Workplace

Since 2013, with the support of the Tobacco and Alcohol Control Office of the Department of Health, the Lok Sin Tong Benevolent Society has organised a frontline employee smoking cessation programme. The sixth phase concluded in December 2024 and a team led by **Professor Kelvin Wang Man-ping** from the School was commissioned to evaluate its effectiveness.

In the sixth phase, 126 corporations participated and over 900 smoking employees received smoking cessation services, a 16.6% increase over the previous phase. Over the past 12 years, over 600 companies have participated, serving over 24,000 employees and providing smoking cessation counselling to over 4,300 smoking employees.

The programme provides two different types of smoking cessation counselling services: (1) industry-specific health talks and personalised WhatsApp communication; and (2) industry-specific health talks and regular SMS reminders. Both programmes provide participants with 12 weeks of free nicotine replacement therapy, phone consultation service and leaflets.

The study led by Professor Wang began in January 2023, with smokers followed up by phone at five different times on their smoking cessation status in the previous 7 days. The follow-up times were 1 week, 1 month, 3 months, 6 months and 1 year after participating in the counselling service. The analysis of all participants as of July 2025 showed that the overall employee smoking cessation rate was 23.9% within 6 months and 28.1% within the 12-month follow-up period. The overall smoking cessation and reduction rate reached 44.6%.



(*Bastille Post, HKCD, on.cc; Yahoo HK – August 21, 2025; Oriental Daily, Sing Pao; RTHK 《千禧年代》 – August 22, 2025*)



## Using AI Chatbot to Help Smoking Cessation

A study by HKU Youth Quitline, led by the HKU School of Nursing, one of the world's leading research teams on smoking cessation and tobacco control policy, has evaluated the effectiveness of a generative AI chatbot it developed for smoking cessation, in comparison with a traditional telephone counselling service.

Supported by the Health Bureau's Health and Medical Research Fund, the study was conducted from July to November 2024, involving over 150 teenagers aged 25 or below who had smoked in the past 30 days. Results showed that the quit rate among those using AI chatbot counselling was

23%, which was higher than the 17% observed among the telephone counselling users.

**Dr Kevin Luk Tzu-tsun**, Project Director of HKU Youth Quitline and Honorary Assistant Professor at the School, said, "Traditional smoking cessation medications are less effective for teenagers. Therefore, we offer counselling and developed the AI chatbot." **Professor Kelvin Wang Man-ping**, Assistant Dean (Professional Development in Health Sciences), added, "Over 60% of smokers in Hong Kong begin smoking before the age of 19, making adolescence a key period for prevention. Since 2005, HKU Youth Quitline has counselled over 4,000 teens with a 25% success rate in six months. As young people prefer text communication, the team is upgrading the chatbot to WhatsApp and planning ecological momentary assessment (EMA) studies to further personalise services."



(*Hong Kong Economic Times, Ming Pao Daily News, hket.com, mingpao.com, RTHK 《自由風自由PHONE》 – September 8, 2025*)

## Using AI Model Enables Personalised Risk Stratification and Resource Optimised Care

An interim report from the HEARTWISE study led by the School has found that patients with “Three Highs” – hyperglycemia, hypertension, and hyperlipidemia – face up to a 70% risk of recurrent cardiovascular events within ten years. The findings further show that over 90% of cardiovascular patients presented with at least one “Three Highs” condition; the ten-year recurrence risk reaches 70%, with significant variations across different risk profiles; and stroke survivors face particularly high recurrence rates.

**Professor Celine Chui Sze-ling**, Assistant Professor, said, “These findings are based on the AI-driven P-CARDIAC risk assessment model, which was developed using up to 3 million electronic medical records from the Hospital Authority. The model analyses more than 120 risk variables while incorporating individual patient characteristics.” Moreover, the model was specifically designed for Chinese populations, highlighting the importance of personalised risk management.



Professor Chui also emphasised the need to adopt P-CARDIAC into clinical practice. “This demonstrates the transformative potential of AI in clinical decision-making.” Healthcare professionals can use the P-CARDIAC AI model to predict the risk of a major cardiovascular event and develop personalised treatment plans, ultimately reducing the long-term burden on the Hong Kong healthcare system.



(RTHK English News, menafn.com, dailybulletin.com.au – October 26, 2025; HKET, thebusinesstimes.com.au, headline4hk.com, scmp.com, dailymirror.co.za – October 27, 2025; discuss.com.hk – October 28, 2025; viw.com.au – October 29, 2025)



## The 15<sup>th</sup> Hong Kong International Nursing Forum (HKINF) cum International Forum on Proactive Health and Ageing and HKU School of Nursing 30<sup>th</sup> Anniversary

On the occasion of the School's 30<sup>th</sup> Anniversary, the School co-hosted the 15<sup>th</sup> Hong Kong International Nursing Forum cum International Forum on Proactive Health and Ageing with Xiangya School of Nursing at Central South University and the Hong Kong Ta Kung Wen Wei Media Group. Senior officials, global nursing and healthcare professionals attended the opening ceremony of the forum held at HKU on October 31, 2025.

**Professor Chung-mau Lo**, Secretary for Health of The Government of the Hong Kong Special Administrative Region, delivered an officiating address, followed by the welcoming address by **Professor Peng Gong**, Vice-President and Pro-Vice-Chancellor (Academic Development) of HKU.

Alongside other officiating guests, HKU's Dean of Medicine, **Professor Chak-sing Lau**, presented the vote of thanks to the forum participants. Professor Lau highlighted the importance of the forum theme of cross-disciplinary innovation in proactive health, ageing, and nursing leadership for lifelong well-being. He stated that with increasing global life expectancy, healthcare systems must adapt to demographic changes, focusing not just on extending life but enhancing quality and vitality. He underscored the vital role of nursing in elderly care and stressed the importance of nursing leadership in addressing ageing challenges. Professor Lau also mentioned that the HKU School of Nursing had just launched a four-year self-funded academic programme, Bachelor of Science in Nursing Programme, with clinical internships at leading hospitals in China, such as The University of Hong Kong-Shenzhen Hospital, to support nursing professional development. He reaffirmed HKUMed's commitment to proactive health strategies and multidisciplinary collaborations.



Various renowned speakers on the two-day forum were featured in the media. At the closing ceremony, the School's Director, **Professor Chia-Chin Lin**, said, "The forum marks the grand finale of the HKU School of Nursing's 30<sup>th</sup> Anniversary celebrations. Nursing professionals play a crucial role in healthcare. Facing increasing challenges from an ageing population, we need to explore innovative solutions and strengthen nursing leadership to transform healthcare systems for a better global health future." Professor Lin added, "I hope this forum will foster international academic exchange and cooperation, and promote health innovations in ageing, health and nursing to build a healthier and more sustainable future."



(China Daily, Wenweipo Web – October 31, 2025; Xinhua HK Facebook 新華香港, tkww.hk, Wen Wei Po, Chinanews.com.cn, Sina Finance – November 1, 2025; Ta Kung Pao Web, tkww.hk, Ta Kung Pao – November 2, 2025)

## New Faces



I am honoured to join HKU's School of Nursing as an Assistant Lecturer. Holding a Master's in Nursing Education, I am passionate about nurturing future nurses. My expertise in wound, stoma, and continence care, combined with experience in surgical units and community nursing, allows me to share practical insights with students. I am committed to fostering compassionate, skilled professionals to meet Hong Kong's healthcare needs. I am grateful for this opportunity. I eagerly anticipate collaborating with students and colleagues to inspire excellence in nursing education and practice at HKU.

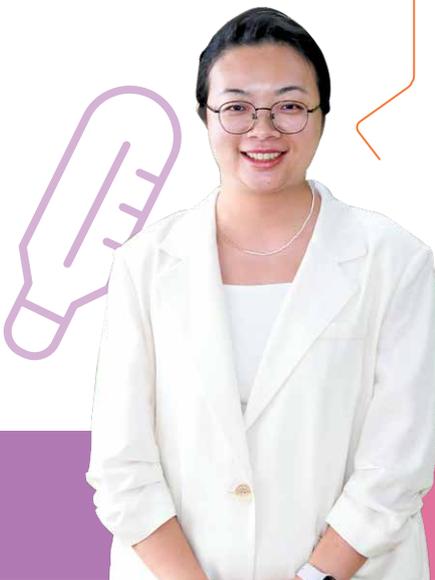
**Ms Michelle Chan Hui-shan**  
Assistant Lecturer

I am honoured to join the School of Nursing as a Principal Lecturer. I obtained my Bachelor and Master Nursing Degrees and PhD from The Chinese University of Hong Kong, alongside a Master of Arts in Applied Educational Leadership and Management from the University of London. I have dedicated my career to academia, cultivating a comprehensive perspective that has significantly shaped my teaching philosophy and research practice. Joining this esteemed school provides me an opportunity to reach a higher horizon and achieve excellence in nursing education and research. I eagerly anticipate collaborating with my colleagues and contributing to the school, the healthcare community, and beyond.



**Dr Linda Lee Yin-king**  
Principal Lecturer

I am delighted to join the School of Nursing as a Research Assistant Professor. My academic journey includes a BSc in Nursing from Guangzhou University of Chinese Medicine (2010), an MSc in Nursing from the University of Salford (2016), an MA in Statistics from the University of Pennsylvania (2022), and a PhD in Nursing from the University of Pennsylvania (2023). Drawing on nine years of paediatric nursing practice in Mainland China, my focus is on advancing maternal and child health through rigorous research. I am passionate about mentoring nursing students to develop critical thinking skills essential for evidence-based care and clinical decision-making. I look forward to collaborating with faculty, students, and community partners to drive innovation and deliver meaningful improvements in healthcare delivery.



**Dr Ying Dai**  
Research Assistant Professor



I am delighted to join the HKU family as an Assistant Lecturer in the School of Nursing. I obtained a bachelor's degree from The University of Hong Kong and a Master's degree from Chinese University of Hong Kong. Apart from clinical experience in medical nursing as well as nursing management, I have been engaged in staff education to nurture our new generation. As I embark on this new chapter, I am looking forward to collaborating with fellow educators and aspiring healthcare leaders, engaging in a shared journey of learning and growth in the nursing field.

**Mr Tsz-lok Chow**  
Assistant Lecturer

I am honoured to join the School of Nursing at HKU, where I completed my Master of Nursing after getting a Bachelor of Nursing from Chinese University of Hong Kong. My clinical background includes working in the Paediatric Intensive Care Unit, Neonatal Intensive Care Unit, and Special Care Baby Unit under the Hospital Authority, where I developed a strong passion for paediatric and neonatal care. After years of hands-on practice, I am excited to transition into nursing education. I hope to share my clinical insights and experiences with students, helping them to become competent and compassionate nurses with sound clinical judgment and critical thinking skills. It is a privilege to be part of HKU's vibrant academic community, and I look forward to contributing to the development of future nursing professionals.



**Ms Ho-yee Wong**  
Assistant Lecturer



## Promotions

Congratulations on the promotions of the following colleagues who have made invaluable contributions to the School:



Congratulations to **Professor Kris Lok Yuet-wan**, who was promoted to Associate Professor.



Congratulations to **Ms Emily Chan Man-wun**, who was promoted to Lecturer.



Congratulations to **Dr Polly Chan Siu-ling**, who was promoted to Principal Lecturer.



Congratulations to **Dr Cecilia Kong Hoi-mei**, who was promoted to Senior Lecturer.

## Awards



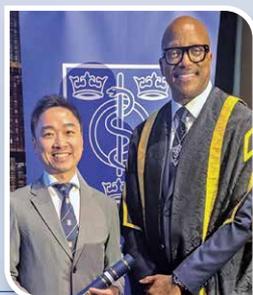
Congratulations to **Professors Kelvin Wang Man-ping** and **Daniel Fong Yee-tak**, who were ranked among the top 1% of scholars worldwide by Clarivate for 2025.

Congratulations to **Professors Chia-Chin Lin, Doris Yu Sau-fung** and **Daniel Fong Yee-tak**, who were listed among the top 2% scientists in their specialty areas by Stanford University and Elsevier for career-long impact in 2025



Congratulations to **Professors Chia-Chin Lin, Doris Yu Sau-fung, Daniel Fong Yee-tak, Edmond Choi Pui-hang, Celine Chui Sze-ling** and **Jojo Kwok Yan-yan**, who were listed among the top 2% scientists in 2025 in their specialty areas by Stanford University and Elsevier for single-year impact.

Congratulations to **Professor Derek Cheung Yee-tak** who was elected to Fellowship through Distinction of the Faculty of Public Health (FPH) and was admitted at the FPH's Awards Ceremony on June 24, 2025.



Congratulations to **Professor Edmond Choi Pui-hang** who was awarded the Fellow by Examination of the Faculty of Nursing and Midwifery at the Royal College of Surgeons in Ireland and was admitted at the Conferring Ceremony on December 8, 2025.



# Congratulations

## Research Grants Awards

Local and International Funding Bodies	Principal Investigator	Project Name
RGC General Research Fund (GRF)	<b>Professor Celine Chui Sze-ling</b>	External validation of machine-learning driven risk prediction model for 10-year risk of cardiovascular diseases: a multi-database study
RGC General Research Fund (GRF)	<b>Professor Polly Li Wai-chi</b>	A frailty-specific prehabilitation program for mild to moderately frail patients undergoing cardiac surgeries: A randomized sham-controlled trial
NICHE research grant	<b>Professor Yi-nam Suen</b>	Development and pilot evaluation of a culturally adapted snacktivity intervention for cognitive and self-care enhancement in Chronic Obstructive Pulmonary Disease (COPD): A mixed-methods study
Hong Kong Council on Smoking and Health	<b>Professor Derek Cheung Yee-tak</b>	Evaluation study on Smoke-free Elite Teens Programme 2025-2026
Hong Kong Council on Smoking and Health	<b>Professor Kelvin Wang Man-ping</b>	Research study, recruitment and follow-up services of Community-based Smoke-free Publicity Campaign in FY2025-2026 (QTW2025)
Hong Kong Council on Smoking and Health	<b>Professor Kelvin Wang Man-ping</b>	Tobacco Control Policy-related Survey 2025-2026
Knowledge Exchange (KE) Funding Exercise	<b>Professor Derek Cheung Yee-tak</b>	Smoking radar: Integrating mobile health (mHealth) profiling and artificial intelligence (AI)-driven personalized smoking cessation interventions into District Health Centres (DHC) service model
Knowledge Exchange (KE) Funding Exercise	<b>Professor Mandy Ho-man</b>	Keep diabetes away: A smartphone-based diabetes prevention programme for obese adults with prediabetes
Knowledge Exchange (KE) Funding Exercise	<b>Professor Jojo Kwok Yan-yan</b>	Mind-body connect: A value-based online platform with AI chatbot for neurodegenerative care in Hong Kong
Seed Fund for Collaborative Research	<b>Professor Kelvin Wang Man-ping</b>	Artificial intelligence-assisted services for youth who use tobacco or alcohol

Gallant Ho Experiential Learning Fund	<b>Dr Joanna Ko Hiu-ki</b>	Experiential learning for enhancing empathy and knowledge towards patients with swallowing difficulty (Dysphagia) among undergraduate nursing students
Teaching Development Grants (TDG)	<b>Dr John Fung Tai-chun</b>	Cultivating global minds in the AI age: Integrating GenAI patient simulation for undergraduate students
Teaching Development and Language Enhancement Grant (TDLEG)	<b>Dr Polly Chan Siu-ling</b>	Enhancing interdisciplinary and intercultural learning through Hybrid AI with Generative Intelligence for Transformative Inter-institutional Collaborative Education (HAIGI-TICE)
Teaching Development and Language Enhancement Grant (TDLEG)	<b>Dr John Fung Tai-chun</b>	Transforming healthcare and professional education through GenAI-driven simulation and transdisciplinary innovation
Teaching Development and Language Enhancement Grant (TDLEG)	<b>Dr Cecilia Kong Hoi-mei</b>	Development and evaluation of an augmented reality and generative AI-integrated simulation platform for enhancing interprofessional competency in dysphagia management among nursing and speech therapy students





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