

Nurse Letter



20th Anniversary Celebration Messages

Prof Agnes Tiwari
Professor and Head



I am truly humbled by the privilege of being the Head of the School of Nursing at this significant moment in its history. Now in our 20th year of contributing to the health of the society through nursing education, research and engagement in community health initiatives, the School of Nursing staff, students and alumni have much to celebrate. Our focus is on facilitating students' learning, undertaking relevant studies and reaching out to the community to support and empower individuals and families made vulnerable through illness and adversity. We emphasise the importance of the nurse's role in empowering clients and responding to the stress of families. We ensure that our graduates have the necessary skills, knowledge and professional approach, as well as the empathy, to contribute to repairing and restoring the health of our community, particularly the disadvantaged.

As we move into our third decade, we will continue to build upon the fine reputation we have which has been made possible by the supportive environment of the University of Hong Kong and the exemplary performance of our staff, students and graduates. We will, no doubt, continue to grow and spread our reach further in the region and internationally. However, we will continue to focus on the recipients of our care, strengthening their resilience, and supporting their repair and empowerment.





Professor SP Chow
Senior Advisor to the President
Honorary Clinical Professor

The growth and maturation of the School of Nursing in the past 20 years has been phenomenal, from a very small Department with a handful of staff to a school with thousands of students, both undergraduate and post-graduate, from purely teaching to impactful research, and from Hong Kong to China. To me, the success depends on three factors. The first is a real community demand for high quality nursing. The second is the opportunity provided by a timely reform of the medical and nursing curricula at its inception period and subsequently the 3-3-4 reform. The third and most important factor is the good, dedicated and visionary leadership in the School of Nursing. These leaders have set a role model for posterity. I envisage that the School will further expand and collaborate with partners both within and outside the University to move to its next level of development.

Professor Grace Tang
Chairman of the Faculty Board
Li Ka Shing Faculty of Medicine



On the 20th Anniversary of the establishment of the School of Nursing, I wish to extend my heartiest congratulations!

Since its formation as a Department of Nursing Studies 20 years ago with only one staff member, the growth and transformation have been tremendous over the years. Now the School of Nursing has 108 staff members comprising academic, research and administration, and offering 7 degree programs with a student population of 1600. There are also 6 research programs focusing on health and quality of life from youth to elderly. Such an impressive record attracts the best nursing students and provides leadership in nursing education.

More importantly, the School of Nursing has been working closely with various medical departments and bodies making significant contributions to the welfare and healthcare of people, both in Hong Kong and beyond.

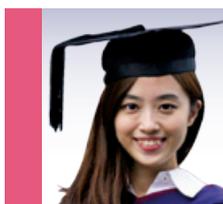
With such an impressive record of growth and achievement, I am certain the School of Nursing will continue to perform with flying colors in the decades to come.



Professor Sophia Chan, JP
Under Secretary for Food and Health
Food and Health Bureau

It gives me enormous pleasure to offer my warmest congratulations and best wishes to the School of Nursing on achieving this notable 20th Anniversary landmark. Over the past 20 years, the School's success in building a solid foundation for nursing education and research is well recognized not only locally, but also internationally. As a foundation member of the Department of Nursing Studies as it was then known, and as the inaugural Acting Head, and subsequent Head of School, I am particularly pleased to see the significant growth that has occurred since we started in 1995 with 40 undergraduate students. Not only has there been major growth in students, staff and alumni numbers, but also impressive development in the number and quality of programs offered, in the international standing of the research and scholarship that has been undertaken and in the local, regional and international reach of the School. The School of Nursing has built up noteworthy expertise and is now set to make its mark on the world stage, to becoming a major centre of international influence and achievement, particularly in Mainland China. Lastly, I would like to commend the School of Nursing on this very special occasion of your 20th anniversary for your accomplishments over the years. I look forward to seeing the coming years being marked by key alliances in education, research and knowledge exchange, particularly those aimed at enhancing the health and well-being of the Chinese people. I am confident that the school will continue to build upon its legacy and scale new heights in the years to come.

Feature Story



Miss Denise Cheung
Tutor

Research



A Qigong Intervention Program for Abused Chinese Women

Background

It has long been suggested that chronic psychological stress is detrimental for health, but it wasn't until 2012 when a Nobel Laureate, Elizabeth Blackburn, was able to provide conclusive scientific evidence of this widely-held hypothesis. In her 2012 Nature paper, *Telomeres and Adversity: Too Toxic to Ignore*, Blackburn describes how chronic psychological stress is linked to shorter telomeres. Telomeres are DNA complexes that shorten as cells divide and sometimes, the enzyme telomerase can replenish the lost DNA. However, when the telomeres become too short, our cells can stop dividing and malfunction. This may explain why victims of interpersonal violence, having been subjected to chronic stress, experience more adverse health effects than those who have never experienced such violence.

Though evidence of the link has been proven, this does not necessarily imply that victims of chronic stress are helpless. Researchers suggest that several critical factors may slow or even reverse telomere shortening by increasing telomerase activity. These factors include: stress reduction, along with increased physical activity and dietary changes. With these considerations in mind, our research team has adopted Qigong as a stress-reduction intervention for abused Chinese women.

Qigong is a mind-body practice rooted in concepts from traditional Chinese medicine. 'Qi' refers to the vital energy flowing within the body along the meridian. By aiding the flow of qi through gentle movements, meditation and breathing, qigong aims to heal and prevent disease, as well as promote health. The benefits of qigong have been widely examined for various diseases, namely: cancer, pain and diabetes. However, the benefits of qigong have not been explored for abused women. Thus, the present study aims to evaluate the effects of qigong on cellular aging and psychological stress in abused Chinese women. Among the different forms of qigong, Baduanjin is of particular interest for evaluation as it has been standardized in China and studied most commonly. It consists of eight movements, each aimed at toning up different internal organs and systems. Regular practice of Baduanjin is believed to help revitalize spirits, maintain essence and preserve qi.

Methods

The study will adopt a randomized, controlled design. A total of 240 Chinese women with a history of partner violence will be recruited. These participants will then be randomly assigned to either an intervention group or a control group. The intervention group will receive immediate qigong training, whereas the control group will not. To measure the treatment's effectiveness, participants of both groups will have their blood drawn for analysis of telomerase activity and complete questionnaires on psychological stress. The differences in the change of telomerase activity and instrument scores between the two groups will be compared.

Consideration will also be given to practical concerns. For instance, to mitigate participant withdrawal, they will be provided with comprehensive health checks at the testing points. Furthermore, on successful completion of the program, they will receive a personalized health report, a DVD, and a book on Baduanjin qigong.

Study Progress

To date, approximately one-third of the data has been collected and the study is anticipated to be completed by the end of 2015. Initial findings reveal improvement in telomerase activity in the intervention group after being subjected to qigong training. A similar improvement has not been observed in the control group. Although no concrete conclusions can be drawn at this stage, the benefits of qigong treatment for abused Chinese women appear to be promising. Ultimately, it is expected that the findings will shed light on the design of interventions to buffer the effects of psychological stress on health in abused women.



◀ A qigong book and DVD as souvenirs for all participants

▼ The eight movements of Baduanjin (translated as Eight Section Brocade) are graceful and flow smoothly like silk.





Ms Manbo Man
Director of Nursing Services
Hong Kong Sanatorium Hospital

Clinical Excellence

High Touch, High Tech Nursing Care – The Art of Clinical Excellence

Hong Kong Sanatorium & Hospital (HKSH) endeavours to achieve “Total Patient Experience” (“TPE”) by delivering professional service excellence and top-notch medical services. Nursing staff are one of the most valuable assets of HKSH; their dedicated efforts are foremost in achieving TPE.

Among the significant components of TPE, such as safety and satisfaction of patients, clinical outcomes, interpersonal relationships, facilities and equipment, hospitality and supportive services, value for money; the importance of nursing staff must not be undermined. While performing their duties to provide bedside care to patients, nurses are placed at an optimal position to interact with patients, and their families, to build trust. On the other hand, nurses work hand in hand with doctors in caring for patients. Making use of these advantageous features, HKSH is thus able to achieve high level of efficiency, and the ability to offer medical services to the best interests of the patients. In addition to the above, HKSH also provide education to patients and their families as part of our holistic nursing care model.

The medical industry finds it essential for the medical profession to provide individualized patient-care services. In line with this objective, HKSH’s nursing staff strives to extend a warm hand to satisfy patients’ basic needs, such as accommodation, catering, environment and security; but most important of all, to empathize with the patient’s feelings and henceforth make appropriate arrangement for the comfort of the patient through

tender-loving-care. Being placed in the front-line, nurses are in the best position to take up such responsibilities. Nurses at HKSH adopt an attitude of being proactive, attentive and interactive in caring and treating patients. We approach patients and families with much sincerity and courtesy.

Apart from having a team of experienced and all-rounded nursing staff, developing personal specialties of individual nurses is another way to advance total patient care. There are specialized nurses in different areas, their special skill sets contribute tremendously to the medical unit they serve by offering specialized nursing care such as wound care, oncology nursing, renal nursing, intensive care unit nursing, etc.

HKSH fully appreciates the stressful and service-oriented nature of the nurses’ job, therefore various courses and programs are present to continuously update and upgrade the nursing staff’s knowledge and skills to conform with the most advanced medical technology and specialisations. Furthermore, development of soft skills through nurturing the appropriate attitude affects nurses’ performances positively. Integrated topics such as stress management, death and dying and behavioural training prepare our nurses with the ability to work genuinely with patients on a day-to-day basis, foster their working attitude and enhance their management of care.

The nursing staff’s capability in coordination and communication are essential to demonstrate tender loving care towards the patient. Future career development for the nurses is important, and continuous professional development is crucial to strengthen nurses’ professionalism. Pursuing further in various aspects including management and communication skills, leadership skills and hospitality bring diversity and possibility to their career development. Furthermore, taking part in the Lean Six Sigma improvement programme has proven to strengthen the service standards. Lean Six Sigma is a methodology that relies on a collaborative team effort to improve performance by systematically removing various kinds of waste.

Personal relationship with patients and their families is a unique and trustful relationship that nurses may establish through their frontline services. The human touch goes hand-in-hand with the advanced technology. The distinctive services from nurses enhance the value of the whole professional hospital service, comprehending and totaling the patient experience. That is how we strive to endeavor and excel in our clinical excellence through dedication and pride.





Teaching and Learning



AN LIBIN

Professor and Dean
School of Nursing, Dalian University

Change Our Mind

The School of Nursing, Dalian University is located in Dalian city, Liaoning province. Dalian is well known as one of international trade, tourism and most livable cities in China. Dalian port is a deep and ice-free seaport in northernmost of China. It is also the marine gateway to north of China, having shipping relations with over 160 countries and regions. China's first aircraft carrier was built in Dalian. Dalian has become the largest regional home for foreign banks in northern China. Dalian is also a famous summer resort and one of the most popular tourist destinations in China, with its beautiful scenery and pleasant environment. The Southern Coast, Forest Park, Lushun Port, Golden Pebble Beach and the Bingyu Valley are famous provincial or national tourist spots. Dalian has such nicknames as the "Soccer City", because its soccer team has been the champion eight times in the total ten sessions of China's Class-A Soccer League. Dalian is recognized by the central government of China as a "National Garden City". There are more than 100 park plazas. Dalian covers an area of 12574 square kilometers and abounds with mountains and hills, while plains and lowlands can be seen rarely. The 5.91 million people of Dalian are friendly and hospitable.

Dalian University is a comprehensive local university, offering courses in the fields of education, humanities, history, law, sciences, engineering, medicine and administration. Founded in October 1987, Dalian University is a merger of three colleges. The new campus in the development zone occupies an area of 1.08 million square meters. There are currently 25 colleges with 61 bachelor degree programs and more than 15,000 full-time Chinese and international students. The School of Nursing offers 4-year bachelor degree nursing program and 3-year master nursing program. About 150 students and 20 students are enrolled into the bachelor and master degree nursing program each year, respectively. The undergraduate students practice at their fourth year both in the affiliated teaching hospital of Dalian University and in some first class teaching hospitals in China under the guidance of clinical nursing mentors. According to the regulation of Dalian University, newly qualified teachers should have a PhD degree. Three teachers have a PhD degree and 15 teachers have a master degree in the school. Two young teachers are in the PhD program now. I have been teaching the course called "Gynecologic and Obstetric Nursing" for more than ten years. Focusing on the students' learning is very important. In

my view, nursing educators are facing the challenges of changing the teaching method from cramming education to heuristic education and changing the evaluating method from teaching outcomes to learning outcomes. At the same time, we are facing sound opportunities for development of nursing care in China. Being a teacher with nearly 30 years of medical education experience, I wondered what do I enjoy most about my work? It should be to establish a platform for every student and teacher and let them have opportunities for success.



Ask Florence

Ask Florence is a column in which students, clinical instructors and nursing teachers can write in with a problem or issue around clinical learning about which they would like advice from “Florence”, who is an experienced facilitator of student learning. We expect to receive queries about how to deal with student difficulties in clinical settings, how to give effective feedback to students, the strategies that are helpful for supporting unsafe students, and many other topics including those that students may raise. All questions will be dealt with anonymously. We will not publish your name or any details about you. If necessary we will modify questions slightly to ensure total anonymity.

If you have a question for “Florence”, please send it to askflorence@hku.hk



Dear Florence,

I have coached a student who claimed she did not like nursing at all and whenever she was working in the ward, she felt disgusting and showed lack of initiative to learn and practice. Because of her lack of interest, she claimed she had difficulty in memorizing things related to anything about nursing. After discussing the issue with the student, she claimed she studied nursing because of her mother's request, and actually, she would like to pursue her study in the Music Department. Her mother thought that being a nurse is a more secure career than being a musician or music teacher. She dares not to oppose her mother and so she was now studying nursing. What should I do?

Regards,

Ming Tai

Dear Ming Tai,

This is actually quite a common issue. Parents want the best for their children and sometimes what they think is best is not consistent with their child's interests and capabilities. This student is clearly deeply unhappy; she wants to please her mother, but in doing so, she is studying a discipline which does not interest her. I suggest you meet with her again and see if she would be prepared to seek advice from the student counselling service at the university. Student counselling services can provide brief advice about a personal concern if that is all that is required. They can help students deal with their emotions resulting from a stressful life situation and can improve students' skills and capabilities in specific areas of their life. Importantly, they can talk through issues with students to help them to make better informed decisions. Your student has to come to a decision about whether or not she continues with her current studies. This is a major event in her life and there will be consequences for whichever decision she makes. You could reassure her that any advice given would be totally confidential. If she knows that she will be supported in her decision making she is likely to be able to think it through more easily. My heart goes out to this student. She is in a very difficult situation.

Florence

School Highlights

▪ Christmas Party 2014

The school Christmas Party was held on 15th December 2015. It was a successful and joyful banquet. We were all amazed and amused by the creativity of the Social Sub-committee who designed the innovative games. It was a wonderful event with everyone winning a prize. A tribute had been paid to the Social Sub-committee for their great effort in organizing this event.



▪ School Visit from Peking University

A group of 12 undergraduate students and teachers from Peking University visited our School from 19 to 23 January 2015. During the visit, they attended lectures with our students in various courses of the Bachelor of Nursing (Full-time) Programme. They also visited the skills laboratory to experience the simulation

learning environment and learn more about our teaching facilities. There was also a sharing session with our nursing students in which teachers and students from both schools exchanged ideas and thoughts about nursing studies in both Peking and Hong Kong.



▪ A visit to The University of Hong Kong – Shenzhen Hospital

Professor Tiwari and 19 teaching staff visited The University of Hong Kong – Shenzhen Hospital (HKU-SZH) in January. Various activities were conducted including a hospital tour and discussion with representatives in HKU-SZH. During the visit, teachers learnt more about the development and mission of HKU-SZH. Also, representatives from HKU-SZH and our School had fruitful deliberations on how to facilitate the Primary Health Care clinical practicum for the Year 2 students and explored opportunities of further collaboration.



▪ SDS (Teaching) Seminar by Dr. Barry Kerzin



Dr. Barry Kerzin was invited to offer a SDS (Teaching) Seminar on “Companion in Patient Care”. The seminar was held on 4 February 2015. He is a consultant for the Max Planck Institute in Leipzig and a long time faculty at the Mind and Life Institute. He is founder and chairman of the Human Values Institute in Japan. He is also the founder and Director of the Altruism in Medicine Institute in the USA. Everyone was very impressed by his speech.



▪ In Memory of Professor Anthony Johnson Hedley 1941-2014

Spring Reception with Clinical Partners

The Spring Reception with Clinical Partners was held successfully on 12 March 2015 (Thursday) in the M.W. Mong Block. We were honoured to have Dr. Leong Che Hung (Chairman, The Council, The University of Hong Kong), Professor Sophia Chan (Under Secretary for Food and Health), Professor John Leung (Chairman, Hospital Authority),

Professor Gabriel Leung (Dean, Li Ka Shing Faculty of Medicine) as our guests of honour. The Spring Reception provides a good opportunity to show clinical partners our appreciation for their invaluable support and advice in providing quality clinical education for our students. The School also took this opportunity to showcase our progress in clinical education as well as announce activities in celebration of the 20th anniversary. Not only did our guests enjoy the food and drinks under the warm and festive atmosphere, but they also had a good time chatting with the clinical partners and friends in the nursing community.



▪ Research Postgraduate Seminar

by Ms Traci Leung

The captioned event was held on 11 March 2015. Ms Traci Leung, who is a registered psychologist in Australia, studies at the Melbourne School of Psychological Sciences of the University of Melbourne as a PhD candidate. She conducted an inspiring seminar titled "General Practitioners' Perceived Readiness to identify and respond to Intimate Partner Abuse".



▪ Nursing Career Days

Nursing Career Days were successfully held on 7 March 2015 and 14 March 2015. A total of 277 students from 35 secondary schools participated in the Nursing Career Days. The objectives of this event were to enable the secondary school students to have a better understanding of nursing as a future career and allow students to understand life and study at the University of Hong Kong.

Dr William Li, our Director of Bachelor of Nursing (FT) Programme and Chair of Teaching and Learning, first welcomed students and briefly introduced the programme. Afterwards, Dr Janet Wong and the other Assistant Lecturers of our school shared their experience of being a nurse and their insights into a nursing career. Students were also given chances to have laboratory tours. Students enjoyed the event and showed their enthusiasm for the nursing profession.



▪ Walk for Vision 2015

The HKU team has won the Champion in the Rally of Walk for Vision 2015 organised by Hong Kong Sanatorium Hospital on 15 March 2015. The beneficiaries are from different backgrounds. The participants were moved by their sharing. This event raised the awareness of the public about the “Little Life Warrior Society”, which is a childhood cancer mutual-support organization aiming to promote and improve the services and benefits of childhood cancer patients.



▪ Luncheon with Secondary School Principals

The Luncheon with Secondary School Principals was held on 16 April 2015. During this event, Professor Gabriel Leung, the Dean, Professor CS Lau, Associate Dean (Teaching & Learning) and Professor Agnes Tiwari, the Head of School, together with the Bachelor of Nursing (Full-time) Programme team members met with a total of 12 Principals/teachers from local secondary

schools at the Helena May. Professor Gabriel Leung welcomed the guests and Professor Tiwari highlighted the features and uniqueness of the Bachelor of Nursing (Full-time) Programme.

At the luncheon, the guests and our School members exchanged their views and opinions on preparing students for nursing education in Hong Kong. The luncheon was a meaningful event in strengthening our network with secondary schools.



Congratulations

Award of Research Grants

Local and International Funding Bodies	Principal Investigator	Project Title
Health and Medical Research Fund	Dr. Marie Tarrant	Impact of breastfeeding on postpartum glucose regulation in women with recent gestational diabetes
Health and Medical Research Fund	Dr. William Li	Effectiveness of a brief, self-determination intervention for smoking cessation (immediate or progressive) among people attending emergency departments: a randomised controlled trial
Lok Sin Tong Benevolent Society, Kowloon	Dr. Kelvin Wang	Research Project on Smoking Cessation Program for Women in the Workplace
Lok Sin Tong Benevolent Society, Kowloon	Dr. Kelvin Wang	Research Project on Smoking Cessation Program in Workplace (SCPW)
The American Consulate General Hong Kong	Dr. Janet Wong	Dating C.A.F.E - Ambassador Program to Reduce Dating Violence

Honours and Awards

Professor Agnes Tiwari has been selected as one of the two recipients of the 2015-16 Fulbright-RGC Hong Kong Senior Research Scholar Awards. She will conduct research on the cultural adaptation of a safety decision iPlan App for abused Chinese women at the Johns Hopkins University School of Nursing. She was also voted as the incoming President-Elect for the Academy on Violence and Abuse, effective from November 2015.

Promotion

Congratulations to Dr William Li who was promoted to the post of Associate Professor and approved for tenure, with effect from 1 January 2015. His meritorious accomplishments and invaluable contributions to the School were signified by the offer of tenure and the Associate Professorship.



In the Media

- Dr Marie Tarrant was interviewed by the Quartz related to Toddler milk (published on 12 January, 2015)

MEAL IN A CAN
QUARTZ
Hong Kong is taking on formula companies' far-fetched "toddler milk" claims

Hong Kong's health ministry is cracking down on the formula industry's claims that their products make babies and toddlers healthier, stronger, and smarter, making it the latest authority to challenge the fast-growing business. Hong Kong plans to regulate all of these products marketed to children up to the age of three, the government indicated last week, and is asking for public input.

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港大護理學院 實習全面與國際交流

護理系與多間海外大學合作，為學生提供海外實習機會，讓學生在國際環境下學習，並與不同文化背景的人員交流。

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- Professor Agnes Tiwari, Dr William Li and Dr Janet Wong were interviewed by the Oriental Daily about the Bachelor of Nursing (Full-time) Programme (published on 5 February 2015)

Scan the QR code to find out more about our School website. Detailed information on our programmes, latest news, contact method and an online edition of this issue of Nurse Letter can be found there.



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