

# Nurse Letter



## Head's Message

### *A Farewell Note*

Prof Agnes Tiwari  
Professor and Head



It was with great sadness, but also with a sense of excitement about the future, that I recently announced that I am leaving the School of Nursing at the University of Hong Kong (HKU) to take up a new position.

I have been on the staff of the HKU School of Nursing for almost 20 years and over that time I have been closely involved in many activities aimed at supporting the intellectual and personal growth of the students and staff and contributing to the evolution of the School from a tiny department to the large and vibrant school it now is. I came to the HKU School of Nursing with a strong background in hospital based nursing education, having spent 15 years on the teaching staff of major teaching hospitals in London and 3 years as Head. So when I came back to Hong Kong, it was very exciting to be part of the exhilarating project of developing curricula and teaching in an innovative University based program. I am passionately enthusiastic about teaching and learning and have been deeply involved in promoting student-centred learning, portfolio assessment and constructive alignment and I am humbled that the University has recognized my contributions through being awarded a Faculty Teaching Medal and a University Outstanding Teaching Award.

My time at HKU has enabled me to enhance my research skills and I have been privileged to receive a number of research grants enabling me to undertake work on the prevention of family violence. This has included work on primary prevention of violence against women and their unborn offspring by engaging men in antenatal care, undertaking secondary prevention of intimate partner violence, dealing with victimization and child

abuse among community-dwelling immigrant women from Mainland China, and managing tertiary prevention of adverse health effects from recurrent violence among women taking refuge in shelters for battered women in Hong Kong. More recently, I have begun tackling the challenge of elder abuse prevention in Chinese societies by providing evidence-based interventions to reduce caregiver stress among family caregivers. As a consequence of this work, I was awarded the Women of Influence award by the American Chamber of Commerce in 2011, elected to the Board of Directors of the Academy on Violence and Abuse in 2013 and voted as President-elect in 2015. My activities on evidence-based intervention models has been cited as key evidence to inform policy, practice and research to prevent violence against women and children globally. In 2015, I gained a Fulbright Senior Research Scholar Award and was able to further my work on violence prevention at Johns Hopkins University.

Over the last five years I have served as the Head of the School of Nursing and this has provided me with opportunities to hone my leadership skills, to mentor, support and guide staff and students, and to contribute more proactively within the wider university and beyond. As I look back over my time at HKU, I am extremely grateful to all those who have supported and guided me.

Having been at HKU for so long, I believe it is now is the time to test my skills in new challenges. I will not be saying goodbye to HKU as I will be continuing my research program here as an honorary professor of the School. I will continue to keep abreast of new developments in the School of Nursing and offer my warmest wishes for the continuing success of the School.



## Feature Story



Dr Joyce Chung  
Assistant Professor

## Research

### Reflections on My PhD Journey

The pursuit of my doctorate has accounted for an amazing four years of my life. Like every journey, it was an ups and downs journey. As I reflected on the years invested in studying for my PhD and conducting the research, I realise I was taken through different but challenging experiences. Some of those experiences were smooth and exciting; others presented great difficulties and frustration. In the following, I offer some reflections on my PhD study experience and on what I have learnt, especially in the process of writing my thesis, which was unforgettable but challenging.

#### How Did My Journey Come About?

I have been interested in conducting research that will lead to improving patient outcomes and quality of care. In 2008, I had the opportunity to participate in a research study on the impact of cancer on the physical, emotional and psychosocial well-being of Hong Kong Chinese children. The children had considerably high state anxiety scores upon admission, and more than half of them presented some depressive symptoms during their stay in hospital. Moreover, in the semi-structured interviews, nearly all of the children expressed some degree of sadness and worry. The findings have important implications for practice and future research. I gained an appreciation of various areas of cancer nursing care and of research being undertaken on behalf of children. This experience became a foundation for me and an important milestone toward my PhD study. It provided the blueprint for the rest of my journey.

Cancer is a lifetime battle, as children are expected to live longer as a result of advances in cancer treatment. One day, I asked myself what the consequences of cancer and its treatment on the psychological well-being of childhood cancer survivors would be. How could health care professionals contribute and support these children after the completion of their cancer treatment? Are there any effective interventions that can promote the psychological well-being and quality of life of such survivors? My experience told me there should be something that we could do to help such survivors face this lifetime battle and live normal, happy and healthy lives.

#### Early Activities

*What happened during my early activities?*

##### Descriptive Study I

A descriptive study (I) examining the physical and psychological well-being and quality of life of childhood cancer survivors in Hong Kong was conducted. The study showed that more than half of the participants were at risk of depression.

##### Descriptive Study II

I conducted another descriptive study with the aim of assessing the physical activities of childhood cancer survivors. The study revealed that many cancer survivors do not engage in regular physical activity and overlook or underestimate the importance of such activity. In fact, despite a substantial body of scientific evidence showing that regular moderate-intensity physical activity may help improve some of the cancer- or treatment-related adverse effects experienced by childhood cancer patients, insufficient physical activity is observed among Hong Kong childhood cancer survivors.



Based on the findings of these two descriptive studies, an integrated adventure-based training and health education program was developed to promote regular physical activity among Hong Kong Chinese childhood cancer survivors.

#### Later Activities

##### Developing and Evaluating the Intervention

A randomised controlled trial (RCT) testing the effectiveness of the integrated adventure-based training and health education programme was conducted.

The whole process of the intervention study, in particular the implementation period, was painful and frustrating but challenging and rewarding. I was inspired by the children survivors of cancer during my interactions with them. I was particularly impressed by seeing the survivors making great effort to participate in the adventure-based training activities that were aimed at helping them improve their physical and psychological well-being. I was both encouraged and amazed when I eventually found out that my proposed intervention was actually effective in enhancing the psychological well-being and quality of life of the childhood cancer survivors.

##### Overall Reflection on My Thesis Writing

My PhD journey started with my curiosity about childhood cancer survivorship. At first, I was not sure what I could do. I struggled with the idea, with finding a researchable topic, with identifying the problems and with developing an appropriate intervention and research methodology. There were moments when I felt discouraged and uncertain. Despite these hurdles, I refused to give up.

The dissertation process has been an important journey for me that has gone beyond my expectations. It has, however, been challenging at times. Throughout the entire research project, there were many difficult situations and problems that I needed to resolve. Nevertheless, the positive aspects of the project definitely outweighed the negative aspects.

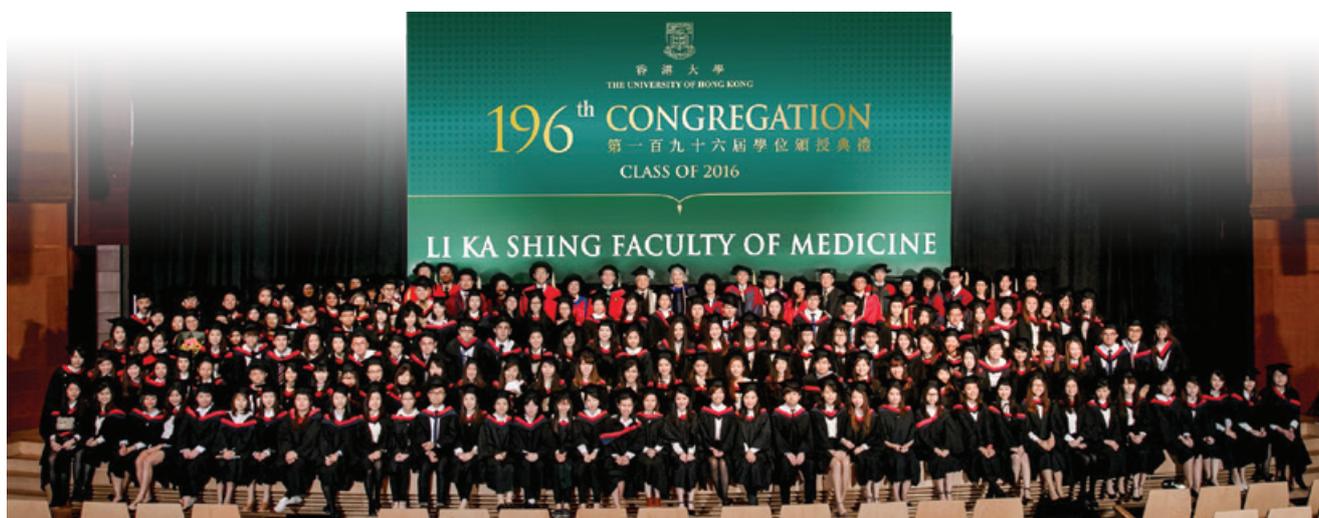
Looking back, I am aware of the extent of the improvement in my ability to conduct academic research. Through this process, I engaged in independent learning and developed self-discipline, practiced core scientific research methods, learnt to use criticism and accept feedback constructively and improved my time management skills.

Last but not least, I owe a great deal to the childhood cancer survivors who have shared their time, and their hearts with me for the value of what they have given can never be measured. In particular, I would like to express my thanks again to those people who had taken part in my PhD journey. Without their encouragement, generous help and support, my PhD journey would not have reached its successful ending but also the beginning of my professional career in cancer care.

## 196<sup>th</sup> Congregation



The 2016 Faculty Graduation and Prize Presentation Ceremony took place on December 4, 2016 at the Grand Hall, Centennial Campus of HKU. The Ceremony was officiated by Professor Paul Tam, Provost and Deputy Vice-Chancellor. Also, we were honored to have Professor Linda Sarna as the Guest of Honour to deliver a speech to all the graduates and our important guests. The Ceremony was truly memorable and delightful. Happiness and excitement on Graduates' faces were found everywhere as they completed an important milestone in their study. Their achievements provide them with the capabilities to proceed to the next important milestone in their life. Prizes were also presented to graduates with outstanding academic achievements. Congratulation to our Class 2016 graduates and we wish them every success in their future!



## Grace Tien Lecture 2016

The Grace Tien Lecture 2016 was held successfully on December 5, 2016, in the presence of Professor Sophia Chan, Under Secretary for Food and Health, Professor Peter Mathieson, the President and Vice-Chancellor of the University, and other distinguished guests. This year, Professor Linda Sarna, Dean, School of Nursing, the University of California Los Angeles, was invited to deliver a Lecture entitled "Accelerating Nursing Action for a Smoke-free World". We were honored to have Professor Chan to deliver the Opening Address. The Lecture was well-attended with excellent feedback from the audience.



It was the 9<sup>th</sup> Grace Tien Lecture since the first lecture in 2004. The Grace Tien Visiting Professorship in Nursing Studies was established, in late 2003 with the sponsorship of the family of the late Mrs. Grace Tien. The School held the yearly named lecture to invite internationally renowned scholars to deliver a distinguished lecture in Hong Kong, to foster the exchange of experience and insights in nursing through the generous donation of the Tien family. We would like to express our sincere gratitude to the contribution of the Tien family and also our supporters.



# 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](mailto:askflorence@hku.hk)

*Dear Rona,*

*I do understand your concern. If I understand you properly, you are saying that the students are not permitted by the clinical agency to perform advanced skills. I am assuming the students have a set of learning objectives that they bring to their practicum. If these learning objectives include mastery of certain advanced skills, they should be coming to their practicum with a sound theoretical understanding of the knowledge required to exercise the skill and having practiced the skill in a simulated or laboratory setting. In this case, the students have the requisite knowledge and skills but are not permitted to undertake these activities because of a concern by the clinical agency that they may make a mistake. Is this the case and is it happening with the other clinical teachers you work with? You need to find out whether this is an isolated incident that has only happened to you or if it is a wider problem. If it is the former, you need to talk to the clinical staff involved, pointing out the knowledge and skill level of the students and the requirement of their programme that they demonstrate competence in a number of advanced skills. If it is the latter, you and your colleagues need to take this issue to your supervisor and explain your concerns. If the supervisor cannot resolve it, the matter needs to be escalated to a higher authority.*

*I do hope the matter can be resolved.*

*Best wishes,*

*Florence*

*Dear Florence,*

*There are many medical incidents currently which are related to nurses' negligence and the patient outcome is serious. As a clinical teacher, sometimes I feel I am struggling to ask for advanced skills for student to practice. However, I feel I am not a competent clinical teacher if my students cannot have these opportunities to learn the advanced skills during their practicum. They only can perform basic nursing skills. What can I do?*

*Yours sincerely,*

*Rona*



## School Highlights

### HKU Information Day for Undergraduate Admissions 2016

The HKU Information Day for Undergraduate Admissions was held successfully on October 29, 2016. Our theme this year was “We Learn, We Grow, We Serve”. A wide array of interesting and informative activities were offered, including the information seminars on our Bachelor of Nursing (Full-time) programme, consultation sessions, exhibitions and theme board displays, guided tours, nursing skills demonstrations in our Nursing Skills Laboratories, the popular health information booths on family harmony and smoking cessation, and many more.



The highlight of the day was the live nursing skills demonstrations delivered by our students. Demonstrations such as CPR, Wound Dressing and also the live simulation teaching, such as the Community Health Simulation were shared on our School's

Facebook page. It was truly encouraging that these live videos attracted few thousands of viewers! They were all impressed by our students' professionalism and the high quality demonstrations.

Visitors who came to our medical campus not only enjoyed very much our School's activities, but they also gained

a better understanding on our BNurs undergraduate programme, the mission and vision of our School, and the teaching and learning facilities. Overall, the event was a huge success in terms of promoting our programme and projecting a positive image of our School to the public.

With deepest appreciation, we would like to thank all academic and administrative staff, and our nursing students who worked together closely in order to make this annual occasion a successful one!



### Youth Quitline Press Conference for Achievements and Smoking Cessation Research Findings

The School's smoking cessation hotline “Youth Quitline” was established in 2005, which is the first youth-oriented smoking cessation hotline in Hong Kong. The Youth Quitline press conference for reporting the achievements of Youth Quitline, the latest findings of the research and the use of electronic cigarettes in the past three years was held on November 10, 2016. The speakers included Dr. William Li Ho-cheung, Project Director of the “Youth Quitline” and Associate Professor of

School of Nursing, Li Ka Shing Faculty of Medicine, HKU, Prof. Lam Tai-hing, Sir Robert Kotewall Professor in Public Health and Chair Professor of Community Medicine, School of Public Health, Li Ka Shing Faculty of Medicine, HKU and Ms. Vienna Lai, Executive Director, Hong Kong Council on Smoking and Health.

“Youth Quitline” aims to raise the awareness of smoking cessation service among young people in Hong Kong and to provide free of charge smoking cessation service to youth smokers. It also aims to provide training to young people as peer smoking cessation counsellors. All these are always done together with vigorous research and evaluation to improve the Quitline service and generate new knowledge and evidence to support tobacco control.

For more information of the press conference, please visit: <http://www.hku.hk/press/press-releases/detail/15513.html> .



## ■ The School in Celebration of 130 Years of Medicine in Hong Kong

The School in celebration of Faculty's 130th Anniversary opened its simulation laboratories and arranged a series of nursing demonstrations for the public on October 16, 2016. We were honoured to have the presence of the Secretary for Food and Health, Dr Ko Wing-man and the Under Secretary for Food and Health, Professor Sophia Chan at one of our simulation demonstration sessions. Dean of the Li Ka Shing Faculty of Medicine, Professor Gabriel Leung attended the opening of the Suen Chi Sun Clinical Skills Laboratory and Simulation Training Centre. Six Nursing students and eight MBBS students participated in several simulated medical scenarios.

Our students demonstrated their nursing skills with the aid of the simulation facilities: SimMan and SimBaby, in infant care, wound treatment and antenatal assessment scenarios. Participants admired the simulations and enjoyed the hands-on experiences very much.



We thank the School's staff and students for their invaluable support in making the event sessions possible.

## ■ Career Seminar for BNurs Class 2017

The Career Seminar for the Bachelor of Nursing Programme Year V was held on November 8, 2016. The objectives of this seminar were to enhance students' understanding on nurses' role in different settings and students' readiness to explore future career possibilities.

Nursing alumni, working in different professions and pursuing further studies, were invited as guest speakers to share their experiences and the latest career information. This enabled the final year students to get prepared for their future.

Professor Agnes Tiwari, the Head of School, delivered the welcoming speech. Ms Claudia Chan, Year V Coordinator, then introduced the guest speakers who had different career



backgrounds. Their working areas included public and private hospitals, Correctional Service Department, Immigration Department, a medical technology company, a private medical group and research. The students participated actively in the interactive question-and-answer session. They were interested not only in nursing field, but also other working fields. We wished our graduands a prosperous future.

## Invited Lecture on End-of-Life Care by Rev. Fr. Pablo Requena



Rev. Fr. Pablo Requena, Associate Professor of Bioethics and Secretary of the Moral Theology Department, Pontifical University of the Holy Cross, Rome, Italy was invited to conduct a lecture entitled “The Grey Area in End-of-Life Care: Distinguishing Between Sound Medical Practice and Euthanasia” on Oct 17, 2016.

The Lecture was jointly organized by the School and East Asian Educational Association, to explore the grey area of end-of-life care. Audience from different disciplines participated in the Lecture and was delighted to attend this fruitful event.

## SDS (Research) Seminar by Dr. Anne Teitelman

Dr. Anne Teitelman was invited to deliver a SDS (Research) Seminar entitled “Developing Theory-Based Health Promotion Interventions”, which was held on September 6, 2016. Dr. Teitelman is the Patricia Bleznak Silverstein and Howard A. Silverstein Endowed Term Chair in Global Women’s Health Associate Professor of Nursing at the University of Pennsylvania. She demonstrated how to use behavioural theory to design and evaluate behavioural interventions to promote health. Examples of her own work in developing interventions designed to prevent cervical cancer, HIV and partner violence were also drawn upon, thus enriching her presentation. The well-attended Seminar received positive feedbacks, and inspired many in the audience.



## The 9<sup>th</sup> International Council of Nurses Conference Study Visit



The School supported the 9<sup>th</sup> International Council of Nurses Conference held in Hong Kong by hosting a Study Visit on September 8, 2016, organized by the Hong Kong Academy of Nurses. Showcased were the Simulation Centre, the Interactive Teaching & Learning AV System and Inter-Professional Team-Based Learning (IP-TBL) in clinical education in the Pauline Chan Building. Multi-media demonstrations and interactive role play sessions were held for visitors from various countries. With the facilitation of Senior Lecturer, Dr. Veronica Lam and Assistant Lecturers, Ms. DoDo Chow, Ms. Mary See, Ms. Alice Wong and Ms. Grace Yuen, the Study Visit was very successful. Our nursing students also participated in the role play session. The visitors were interested in taking part in the scenes and were impressed by the demonstration and arrangement of the School.

## ▪ Organ Donation: Train-the-Trainers Workshop and Promotional Roadshow



The School is one of the signatories of the Organ Donation Promotion Charter and is committed to promoting organ donation through encouraging members and staff to register at the Centralised Organ Donation Register, as well as providing support at organ donation events. On September 27, 2016, 10 Assistant Lecturers took the lead to attend a Train-the-Trainers Workshop for better preparation in implementing promotion plans of organ donation in both the School and the wider community.

On October 15, 2016, the Organ Donation Campaign hosted by the Food and Health Bureau and the Department of Health, had its kickoff ceremony held in the Hong Kong MTR Station. The School in supporting the Campaign, solicited the support from some lecturers, for a promotional roadshow at the Jordan MTR station. It was one of the 15 promotional booths on the day for advocating the Campaign to the general public.

## ▪ “East-meets-West” Luncheon 2016 with Incoming Exchange Students from Four Universities

The “East-meets-West” luncheon with incoming exchange students was held successfully on 24 October 2016. During this event, our teachers and student representatives met with a total of 36 incoming exchange students. They included eight from Case Western Reserve University (USA), eight from Edinburgh Napier University (UK), ten from Peking Union Medical College (China), and ten from Sun Yat-sen University (China).

Professor Agnes Tiwari (School Head), Dr Janet Wong (Chair of Teaching and Learning Committee & Director of Bachelor of Nursing (Full-time) Programme) and Dr Polly Chan (International

Visitor Coordinator), Ms Cecilia Kong, Dr Athena Hong, Ms Gladys Hui, Dr Patsy Chau and Ms Claudia Chan (Year Coordinators) welcomed the guests. Professor C.S. Lau, Associate Dean of Teaching & Learning, highlighted the importance of the International Student Exchange Programme to the guests.

Throughout the luncheon, the students shared their cultural views and learning experiences. The luncheon was a fruitful event in bringing our students together to expand their social network with students from different parts of the world.



## ▪ Student Exchange

### Incoming Student Exchange

In the past few months, the School has been happy to receive incoming exchange students from Case Western Reserve University (USA) for the fall semester exchange, and students from Edinburgh Napier University (UK), Peking Union Medical College (China) and Sun Yat-sen University (China) for short visits. They were introduced to the School of Nursing and the curriculum of the Bachelor of Nursing (Full-time) Programme. During their visits, students attended lectures with our students of different years and laboratory sessions to experience the simulation learning environment. They also had tours in the Medical Campus and Main Campus, and visits to community centers and hospital.

### Outgoing Student Exchange

The School is dedicated to organizing outgoing exchange programs in order to enhance the global perspective of students and to promote international education. Through the exchange programs, our outgoing exchange students learn about the health care systems and nursing practice outside Hong Kong. With the guidance and support of teachers and students in the partner universities, our outgoing exchange students also explore the nursing education and cultures of the foreign countries. In the academic year 2015-16, a total of 83 students had participated student outgoing exchange programs in the United States of America, the United Kingdom, Sweden, Taiwan, and China.

## ▪ Incoming School Visit

### Homantin Government Secondary School 8 July 2016

A group of secondary 5 students who were very interested in our School of Nursing came to visit our campus on 8 July. A mini-talk on the five year full-time Bachelor of Nursing programme by Assistant Professor, Dr Janet Wong was delivered, followed by a guided tour to our Yu Chun Keung Medical Library and Nursing Skills Laboratory at Pauline Chan Building.

In particular, students showed great interest in our well-equipped Medical Library and were fascinated by the extensive medical collections supporting teaching and learning. Our librarian was impressed by this group of visiting students for their enthusiasm in learning about various facilities and materials in the library.

Students also very much enjoyed and appreciated the clinical skills demonstrations such as maternity abdominal assessment and SimBaby conducted by our laboratory coordinator, Ms Celina Leung. At the end of the visit, they showed appreciation of our warm welcome and all the arrangements we made for them.



## ▪ Outreach Information Session

### Shatin Pui Ying College

19 March 2016

We were invited to conduct an information session at the Shatin Pui Ying College on 19 May 2016 and were warmly received by teachers and a group of secondary 4 and secondary 5 students. Dr Janet Wong, our Assistant Professor, first introduced our



five-year full-time Bachelor of Nursing programme. This was followed by a presentation about the career prospects of nursing.

Dr. Wong also gave a detailed presentation about the distinctive features of our School, including our aims at nurturing students with all-rounded education and international exposure. Teachers and students were very impressed by the various innovative teaching and learning strategies that we adopted in our programme and also showed great interest in Dr. Wong's sharing on her valuable experiences of being a nursing professional.

This introductory talk ended with a question and answer session. Students were eager to raise questions concerning admission requirements and interviews. We were pleased that students and teachers found the session very informative and inspiring, which could help in deepening their understanding about our School and our nursing programme.

### SKH Lam Kau Mow Secondary School

13 April 2016

It was our great pleasure to organize an information session for the SKH Lam Kau Mow Secondary School on 13 April 2016. We were warmly received by teachers from the Careers Team and a group of secondary 4 and secondary 5 students. Our Assistant Lecturer, Ms Hellene Yiu, began the session with an introduction about the nursing profession. This was followed by a presentation with up-to-date information about our Bachelor of Nursing (Full-time) programme which emphasized the integration of theories and practices and aimed at preparing our students with comprehensive and holistic nursing education. The career prospects and the diversified career pathways of a nursing student were also shown during the session. A number of questions concerning the curriculum details, admission

requirements and interviews were raised by the students which showed that they were interested in our full-time degree programme. Few of them shared with us after the session that they always felt compassionate toward people who were sick and had a passion for caring people in need since they were young. We were very glad to learn that they were enthusiastic about joining the healthcare and nursing industry after graduation.



## Message from Undergraduate

**Wan Wai Hin Abraham** Year 2, BNurs Student

Being a nurse student, learning is never be limited to the classroom. Serving and reaching out to the community is part of becoming a good nurse in the future. Our School of Nursing has provided us with numerous opportunities to serve the public, and we seized the opportunity to take part in preparing a fun fair to promote the message of smoking cessation to the Sham Shui Po residents on 28th August 2016.

We prepared a simple mini game to enhance the Sham Shui Po residents' knowledge about diseases caused by smoking, the ways of going about quitting smoking and the benefits of quitting. It was a huge success which attracted over a hundred people to join us. We are able to share the message with them and understand their needs during the game time. Their keen participation encouraged us to keep doing community services. We are grateful that their reactions are positive and some of them told us our game booth enhanced their knowledge about the harm of cigarette smoking. We were surprised that a lot of parents brought their young



children to visit our booth to try to teach their children not to smoke through our game.

It is incumbent upon us, as nurses, to spread health information to the public. We are pleased to have had the chance to utilize our skills and knowledge to serve the community. We hope that we can have more chances like this to serve the public in the foreseeable future.

## New Faces



**Ms Mary Au**  
Assistant Lecturer

I am pleased and honored to join the School of Nursing as a member of the teaching team. Having worked in the Accident and Emergency department and radiology department for a number of years, I deeply understand that a knowledgeable, competent and kind-hearted nurse plays an important role in achieving positive patient health outcomes and better patient experiences. Thus, I look forward to sharing with our next generation of nurses my knowledge and clinical experience and nurturing them to become responsible and compassionate nurses. I am particularly interested in simulation teaching and I hope that my contribution in this field can also enhance student learning experience.



**Ms Iris Ho**  
Assistant Lecturer

I feel extraordinarily grateful and honoured to be back in the School of Nursing in HKU as an academic staff member. To me, HKU is a very special place where I have gained knowledge from textbooks, acquired techniques and skills in the relevant laboratories, and most importantly, learned the wisdom and spirit to become a decent and moral person. I feel grateful not only because I could share my experience with our future generations, but also because I could keep learning in this ever-changing world from educating students. Previously, I completed my Bachelor and Master in Nursing in HKU and I worked in the specialty of Renal Nursing. I look forward to sharing my knowledge and practical experience with students, and assisting them to become professional, competent and virtuous persons.



**Dr Jessie Lin**  
Research Assistant Professor

It is my honor to join the School of Nursing as a Research Assistant Professor. I graduated from the Medical College of Zhejiang University, China and worked as a clinician for two years. Before attaining PhD in the Department of Psychiatry of HKU, I studied Neuro-Cognitive Psychology in LMU, Germany for a Master's degree, and worked in the Department of Clinical Psychology of Guangdong Medical University as a lecturer for 1.5 years. My research mainly focuses on the mind-body connection and the effects of physical exercise and mindfulness intervention on symptoms and neuro-cognition in people with mental health disorders.



**Dr Mandy Ho**  
Assistant Professor

It is my pleasure to have joined the School of Nursing as an Assistant Professor in October 2016. With double qualifications in nursing and dietetics, I have been involved in various community and clinical research projects on the promotion of child and adolescent health, prevention and management of obesity, insulin resistance, pre-diabetes and diabetes, both in Hong Kong and Australia, and acquired solid experience in health promotion and research. In addition to clinical nursing, nurses also play important roles in health promotion and research. I am hoping that my expertise and experience will make a positive contribution to nursing education and research.



**Dr Jay Lee**  
Research Assistant Professor

I feel honoured to become a part of the School of Nursing at the University of Hong Kong (HKU). I started my early career as a nurse at a tertiary hospital in South Korea. Prior to joining HKU, I went on to pursue my Masters and recently completed my PhD in Nursing Studies in University of Edinburgh, UK. I am currently interested in the research topics of smoking cessation, nursing education and nursing informatics. I look forward to contributing to the university's global reputation in healthcare research through sharing my experience and knowledge.

# Congratulations

## Award of Research Grants

Local and International Funding Bodies	Principal Investigator	Project Name
Seed Funding for Basic Research	Dr Daniel Fong	Feasibility of assessing ambulatory blood pressure in the natural environment
Seed Funding for Basic Research	Dr Kelvin Wang	Proactive Minimal Cessation Advice plus Nicotine replacement therapy(PMCAN) for smoking cessation in smokers at smoking hotspots: a pilot randomized controlled trial
Seed Funding for Basic Research	Dr William Li	Effects of Musical Training in the Improvement of the Neurocognitive Function and Psychological Well-being of Children Surviving Brain Tumours
Hong Kong Council on Smoking and Health (COSH)	Dr William Li	Evaluation Study on Smoke-free Ambassador Leadership Training Programme 2016-2017
Research Grants Council General Research Fund	Dr Deng Wen	Role of IL-6/IL-6Ra signaling activation in supporting persistent EBV infection in premalignant nasopharyngeal epithelial cells
Chow Tai Fook Charity Foundation - We are With You Project Fund	Dr Noel Chan	Rethink your drink

## Promotion



**Dr Joyce Chung**

Congratulations to Dr Joyce Chung, who was promoted to the post of Assistant Professor, with effect from September 21, 2016. Her meritorious accomplishments and invaluable contribution to the School were signified by the offer of the Assistant Professorship.



**Dr Kris Lok**

Congratulations to Dr Kris Lok, who was promoted to the post of Research Assistant Professor, with effect from June 22, 2016. Her creditable contribution to the School was signified by the offer of the Research Assistant Professorship.



**Ms Claudia Chan**



**Ms Jessica Cheuk**



**Ms Michelle Pang**

Ms Claudia Chan, Ms Jessica Cheuk and Ms Michelle Pang were promoted to the post of Lecturer, with effect from August 1, 2016. Their invaluable contributions to the School were signified by the offer of the lectureship.

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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