

Nurse Letter



Head's Message

A Once in a Lifetime Fulbright Experience

Prof Agnes Tiwari
Professor and Head



I am delighted to be back at the School of Nursing after an exciting six months spent as a Fulbright scholar at Johns Hopkins School of Nursing in Baltimore. It was a truly exhilarating experience which has transformed many aspects of my professional and personal life!

During the six months working in a most inspiring learning environment and with the world's best researchers at Johns Hopkins School of Nursing, my research focus was transformed from a local concern (cultural adaptation of a safety decision iPlan App for abused Chinese women) to a global undertaking (measurement of psychological abuse/emotional violence under the auspice of the World Health Organization for the accomplishment of the United Nation's Sustainable Development Goals by 2030).

The Fulbright experience has also given me the rare opportunity of attending a briefing on Capitol Hill. On May 10, 2016, I joined the National Health

Collaborative on Violence and Abuse (a collaborative of over 30 professional societies sharing a common goal of engaging health professionals in addressing violence and abuse) for a congressional briefing on "Building partnerships to reduce violence and abuse and improve health care across the lifespan", in cooperation with Congresswomen Louise Slaughter, Lois Capps and Congressman Richard Hanna. This remarkable experience has sharpened my skills and enhanced my confidence as an advocate for those who are vulnerable, disadvantaged, and forgotten by others.

In April, I attended the 2016 Fulbright Visiting Scholar Enrichment Seminar on "Seattle: Where international efforts to combat climate change converge." I was excited to witness first-hand how the Duwamish River, after years of pollution, has once again become a living urban river (Mark Powell @mpwl). I also heard reports of how groups of youths in Seattle led the way to advance environmental policies through the court system (<http://www.westernlaw.org/andrea-rodgers>). The seminar has certainly renewed my commitment as an activist in environment protection.

While I was away from Hong Kong in the past six months, I used social media not only for connecting with students, friends,



and colleagues globally but also for keeping up with the fast-changing world. I am now a "devoted" Twitter and Facebook user. Hopefully, the social media will keep me on the same planet as my technology-savvy students and slow down the disappearance of the synapses in my brain!

My six months as a Fulbright scholar took me to nine cities in the United States, covering more than 22,000 miles. There are so many "first" experiences – my "first" baseball game (the Baltimore Orioles, and I quickly discovered that baseball was not the same as cricket!), my "first" UBER ride (and I learned a lot about the local history from the many wonderful UBER drivers), my "first" time working with the homeless in Washington DC (and found out how bitterly cold it was on New York Avenue in January), my "first" meeting with the Baltimore Fatality Review Team (and they inspired me that fatality was preventable), my "first" meeting with Congresswomen and Congressmen on Capitol Hill and so on.

I am most grateful to Johns Hopkins School of Nursing, Fulbright Scholar Program, US Consulate (Hong Kong & Macau), the University Grant Committee, and all those who have made it possible for me to have this once-in-a-life-time Fulbright experience. Now that I am back in the saddle as Head of School, it will be my very enjoyable task to draw upon what I have learned to support my students and colleagues in their professional endeavours.



Feature Story



Dr Janet Wong
Assistant Professor

Research

Visible Signs and Invisible Harm: Abused Women Presenting to Accident and Emergency Departments

Background

Intimate partner violence (IPV) is common among women presenting to Accident and Emergency Departments (AEDs)^[1]. Yet it has been a relatively hidden issue and so is little understood among health care providers. According to the latest CDC definition, IPV includes physical, psychological, sexual violence and stalking by a current or former intimate partner. An intimate partner is defined as a person having a close personal relationship that may be characterized by emotional connectedness, regular and ongoing physical or non-physical contact and sexual behaviors^[2].

Physical injuries in head, neck, and face regions

While physically abused women may suffer from different types of injuries, the majority of injuries have been found to involve the head, neck or face (HNF)^[3]. In 2014, we conducted a medical chart review of all IPV associated physical injuries experienced by women presenting at the emergency department of two local public hospitals in Hong Kong between January 2010 and December 2011^[4]. We examined the patterns of IPV-associated HNF injuries in Chinese women. We found that HNF injuries were the most frequently reported injuries (77.6%) in women. The majority of injuries affected the soft tissue; for example, contusion (28%), abrasion (16%), swelling (10%), erythema (7%), haematoma (6%), and laceration (5%). No fractures were found among the HNF injuries. The most common aetiology of the injury was punching with a fist (60.2%), followed by slapping (17.6%), pushing or shoving or grabbing (15.4%), weapon use (11.8%), and kicking (11.8%). For the weapons used, the majority were blunt objects (81.8%), such as wooden sticks, chairs, clothes hangers, slippers and umbrellas, and some were penetrating objects (18.2%), such as knives, scissors and needles. Around 70% of women reported that the abuse was not the first episode.

We continued our work and examined the patterns of head-neck-face injuries, reasons for attack, abusive and social histories by reviewing 5-year hospital data^[6]. We found that 854 abused women presented to two AEDs in Hong Kong and 627 (73.4%) women had head-neck-face injuries. The mean age was around 38.6. The majority of them were married (82.3%) and some of them were cohabited (13.6%). Half of the women had reported multiple episodes of physical violence attack. The reasons of the attack episode including couple relationship problems, extra-marital affairs, sex problems, in-law conflicts, parenting issues, financial problems, alcoholism, drug addition, gambling and some trivial matters. There were 10% of women who needed hospitalization, but half of them discharged themselves against medical advice.

Possible mild traumatic brain injury

As the abused women suffered from soft tissue injuries rather than subdural or epidural hematomas that could be identified from current routine investigations (i.e. X-rays or CT scans), it is possible that we may underestimate the mild brain damages occurred at the cellular and vascular level. Magnetic resonance

imaging (MRI) or functional MRI may provide further evidence on the neuroanatomical and neurobiological impact in abused women. In fact, neuroimaging studies have revealed a reduction in gray matter volume in the prefrontal cortex (PFC) region in abused women with PTSD^[5]. As no related study was done in Chinese abused women, our research team is conducting a voxel-based morphometry study to compare the volume, thickness and area in PFC and other regions among abused and non-abused women. In particular, we are interested to further examine the anterior cingulate cortex, which plays an important role in decision making and decision conflicts between leaving and staying in the abusive relationships.

Challenges in emergency nursing care

Emergency nurses are extremely busy in saving lives every day. Too often, they miss the chance to help abused women because the women's visible signs and symptoms were not obvious enough. Providing caring and non-judgmental responses and addressing immediate safety concern and emotion needs are crucial if the women disclose their abusive history at AEDs. The World Health Organization published a clinical handbook for health care providers with the letters in the word "LIVES" to remind us 5 tasks that protect abused women's lives: **L**isten, **I**nquire about needs and concerns, **V**alidate, **E**nhance safety, and **S**upport^[7]. It is a practical handbook to enhance awareness and provide guidelines for how to provide first-line support and care to save abused women's lives. We hope all health care providers can join force to stop IPV in different healthcare settings.

Acknowledgement

This project was supported by University Grant Council, Early Career Scheme (HKU 757213H) and the University of Hong Kong, Small Project Funding (201209176110).

References

1. Bonomi AE, Anderson ML, Rivara FP, Thompson RS. Health Care Utilization and Costs Associated with Physical and Nonphysical-Only Intimate Partner Violence. *Health Services Research*, 2009. 44(3): p. 1052-1067.
2. Breiding MJ, Basile KC, Smith SG, Black MC, Mahendra RR. Intimate Partner Violence Surveillance: Uniform Definitions and Recommended Data Elements, Version 2.0. Atlanta (GA): National Center for Injury Prevention and Control, Centers for Disease Control and Prevention; 2015.
3. Bhandari, Dosanjh S, Tornetta P 3rd, Matthews D; Violence Against Women Health Research Collaborative. Musculoskeletal manifestations of physical abuse after intimate partner violence. *Journal of Trauma*, 2006. 61(6): p. 1473-9.
4. Wong JYH, Choi WM, Fong DYT, Wong JKS, Lau CL, Kam CW. Patterns, aetiology and risk factors of intimate partner violence-related injuries to head, neck and face in Chinese women. *BMC Women's Health*, 2014. 14(6): p. 1-9.
5. Fennema-Notestine C, Stein MB, Kennedy CM, Archibald SL, Jernigan TL. Brain morphometry in female victims of intimate partner violence with and without posttraumatic stress disorder. *Biological Psychiatry*, 2002. 52(11): p. 1089-1101.
6. Wong JYH, Choi WM, Fong DYT, Kam CW. Intimate partner violence-related head-neck-face injuries in women at hospital emergency departments: Visible signs and invisible harm. Presented at the 11th World Congress on Brain Injury, Hague, The Netherlands, 2-5 March 2016.
7. World Health Organization (2014). *Health care for women subjected to intimate partner violence or sexual violence: A clinical handbook*. Geneva: WHO. Online retrieved at www.who.int/reproductivehealth/publications/violence/vaw-clinical-handbook/en/index.html

Teaching and Learning

Dr Lap Ki Chan
Principal Project Supervisor
Inter-professional Team-based Learning
for Health Professional Students
Assistant Dean (Pedagogy)
Li Ka Shing Faculty of Medicine
The University of Hong Kong



Learning Together for Better Health: The Inter-Professional Team-Based Learning (IPTBL) Programme for Health Professional Students in Hong Kong

The complexity of patients' healthcare needs is best addressed not by one discipline but by several disciplines working as a team. This practice results in reduction of medical errors and increased patient safety and satisfaction. However, this will not happen if the training provided to the healthcare professionals occurs in disciplinary silos.

This realization led to the conceptualization of inter-professional education involving healthcare students in Hong Kong, to prepare them for collaborative practice. Students from two or more disciplines learn with, from, and about one another, so that at the end they can (a) collaborate with students in other professions in solving clinical problems;

(b) compare roles, responsibilities, expertise, and limitations of different health professions; (c) communicate opinions to other professionals and listen respectfully to others' opinions; (d) critically reflect on their relationships within a team; (e) recognize the need to work collaboratively in the best interest of the patient; (f) recognize the stereotypical views of other health workers held by themselves and others; (g) recognize that views held by other health care workers are equally valid and important.

To achieve these IPE learning outcomes, the Inter-professional Team-Based Learning (IPTBL) Programme was created in early 2016 with the support of an UGC grant. It involves twelve disciplines from two collaborating universities offering healthcare programs: The University of Hong Kong (Biomedical Sciences, Chinese Medicine, Medicine, Nursing, Pharmacy, and Social Work) and The Hong Kong Polytechnic University (Medical Laboratory Sciences, Nursing, Occupational Therapy, Physiotherapy, Radiography, and Social Work).

In each IPTBL session, there are three activities: pre-class study, readiness assurance tests, and an application exercise. Prior to the face-to-face session, students need to study a number of assigned materials (e.g., journal articles, book chapters, videos, etc.). When

they come to class, they form teams, consisting of students from two or more disciplines. They then take the readiness assurance test individually (called iRAT) and then the same test again but as teams (called tRAT). It is in the tRAT that they start to learn with, about, and from one another. Students are provided with immediate feedback on their answers and they are given the

opportunity to appeal. The next activity is the application exercise, which is central to the IPTBL process. Students are provided with an authentic clinical case scenario and then each inter-professional team of students will need to discuss and answer a number of questions, which are designed to stimulate discussion among students from different disciplines.

The IPTBL program is not only a novel learning experience for the students, it is also

an adventure for the teachers, as teachers seldom have such an opportunity to work with those from other disciplines, for example, developing the clinical scenarios and the questions around them and in facilitating the face-to-face sessions. Inter-professional education starts with the teachers. Moreover,

teachers also need to learn to use a new electronic platform specifically developed within the Learning Activity Management System (LAMS). It allows the easy and instantaneous tracking of the progress of a large number of students.

After spending a year on developing the materials and the electronic platform, the first three IPTBL sessions were conducted in early 2016, after overcoming a number of logistic and technical difficulties. The initial experience was very encouraging. Students were excited about this opportunity to learn in this way and wrote about the experience in their log books. Our initial evaluation data also showed that the IPTBL programme has a positive impact on the students' attitude toward collaborative practice. We hope that such inter-professional education will further enhance the health of Hong Kong citizens.





Dr Elaine Leung

Diabetes Nurse Consultant
K. K. Leung Diabetes Centre
Queen Mary Hospital

Clinical Excellence

Effectiveness of a Diabetes Nurse-led Clinic in Treating People with Type 2 Diabetes Mellitus

Background

Diabetes Mellitus (DM) has become a global epidemic. It is estimated that DM prevalence in China will be increased from 98.4 million people in 2013 to 142.7 million by 2035 (Guariguata, Whiting, Hambleton, Beagley, Linnenkamp & Shaw, 2013). This rapidly growing prevalence will inevitably put a heavy burden on the health care system (Ng, Lee, Toh & Ko, 2014). Current DM management is sub-optimal due to patient treatment non-adherence and the lack of timely treatment intensification. There is an urgent need to develop effective and affordable health care delivery approaches for DM patients.

Nurse-led DM management programs have been proven effective in Western countries. However, inadequate studies have been conducted to evaluate nurse-led DM intervention in Chinese people. Awareness for the need for cultural sensitivity when applying those effective nurse-led programs to Chinese people is important. Therefore, I conducted a study to evaluate the effectiveness of Diabetes Nurse Clinic (DMNC) in improving glycaemic control of Chinese patients with type 2 DM.

Methodology

A 24-week, randomised controlled trial was undertaken. One hundred and fifty Chinese type 2 DM patients with sub-optimal glycaemic control, i.e. at HbA1c level between 7.5% and 9.5%, were recruited. Patients in the intervention group received Diabetes Self-Management Education (DSME) and protocol driven medication intensification, which were arranged in three bimonthly DMNC visits and a telephone call one month following each DMNC. Patients in the control group received usual group DM education and medical care. The primary outcome was Haemoglobin A1c (HbA1c), while the secondary outcomes were lipid profiles, body mass index, waist hip ratio, body fat analysis, blood pressure and the Chinese version of the Diabetes Empowerment Scale-20 items (C-DES-20). All these measurements were taken before and at 24 weeks after randomisation.

Results

The 150 patients had a mean age 63.6 years (SD = 9.7, range = 37 to 79), with duration of DM at a mean of 13.7 + 8.5 years and 88 (59 %) of them were male. Five patients (7%) in the intervention group, four patients (5%) in the control group withdrew before 24 weeks. At baseline, there were no significant differences in all clinical characteristics of the 75 patients in the intervention group and the 75 patients in the control group. At 24 weeks, patients under the management in the DMNC had HbA1c significantly reduced by 0.7% (95% CI = 0.4% to 1.0%, $p < 0.001$) more than those under the usual care. The corresponding reductions in the intervention and control groups were 1.0% (95% CI = 0.8 to 1.2, $p < 0.001$) and 0.3% (95% CI = 0.1 to 0.6, $p=0.002$), respectively.

For other metabolic risk factors, there was significant reduction in triglycerides ($p= 0.003$), body weight ($p= 0.011$) and body mass index ($p = 0.012$) among the intervention group at the end of the study. However, there was no significant difference on these risk factors between the control and intervention groups at the end of the study. For C-DES-20, which was used to measure the change in psychosocial self-efficacy of study subject, there was significant improvement on the total C-DES-20 score ($p < 0.001$) in the intervention group. Moreover, no significant between groups difference was found on the C-DES-20 score at the end of the study.

Conclusion

In conclusion, this study provided evidence to support that DMNC could improve glycaemic control of Chinese type 2 DM patients with sub-optimal glycaemic control. The effectiveness of DMNC is deemed to be due to the more effective delivery of DSME resulting in better treatment adherence, and protocol driven medication intensification. Including DMNC as routine medical care for Chinese people with type 2 DM is therefore recommended. Further study to evaluate the sustainability of glycaemic improvement by DMNC is indicated.

Reference

Guariguata L., Whiting D.R., Hambleton I., Beagley J., Linnenkamp U. & Shaw J.E. (2013). "Global estimates of diabetes prevalence for 2013 and projections for 2035". *Diabetes Research and Clinical Practice*. 103: 137-149.

Ng C.S., Lee J.Y.C., Toh M.P. & Ko Y. (2014). "Cost of illness studies of diabetes mellitus: A systematic review". *Diabetes Research and Clinical Practice*. 105: 151-163.

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 always prepare a lot of learning opportunities for my students to participate in during their practicum. However, the students have complained about me to the School, stating that I am too harsh and not helpful to the students. It appears that I make them confused and frustrated. Am I missing anything? I desire to teach them well but why do my students not see me as helpful? Is there anything I need to do to improve, e.g. teaching style, communication skill?

I would be grateful for your advice

Best Regards

Jonquil Cheung

Dear Jonquil,

My heart goes out to you. You are a dedicated teacher who wants the very best for your students and who prepares optimal learning opportunities for them. However, something has gone seriously wrong. The students are clearly very unhappy with you if they have complained about you to the School.

My first suggestion is that you reflect upon what happened during the practicum. Did the students complain to you at the time? If not, do you think they find you unapproachable? Did they try to raise the issues with you and you brushed their concerns aside, leaving them no alternative but to take the matter further?

My second suggestion is that you meet with the students and try to ascertain from them the reasons for their complaints. You need to approach this meeting in an open and friendly manner. The students will not open up to you if they think you have a closed mind and are not willing to listen to them. Once you have ascertained their reasons for complaining, you need to take these on board. There is a saying in business that the customer is always right. This is an important insight into clinical teaching. If we are truly trying to deliver student centred teaching, we must start from where the student is. You need to ascertain the current clinical knowledge of the students and start from there in developing their knowledge and skills further during their practicum. This can be very frustrating when you see that they are struggling to perform activities that you find second nature. But the essence of teaching lies in understanding that what is easy for you can be not only difficult but perhaps psychologically overwhelming for the students. They need guidance in developing their knowledge and skills, but also they need support when they are facing the challenges of delivering compassionate and skillful nursing care.

Good luck,

Florence

School Highlights

■ The Pinning Ceremony

The Pinning Ceremony held on April 22, 2016 marked the conclusion of an educational journey and the commencement of a new chapter of our final year students. We were very honored to have Dr. Leong Che Hung and Professor Sophia Chan as our guests of honor to deliver the opening addresses. The speeches delivered by our final year student representatives were heartwarming.



This pinning ceremony is rich with symbolism and traditionally a true testament to the nursing profession. During the ceremony, the student representatives were pinned by Prof. Marie Tarrant and received the lamp which symbolizes the spirit of Florence Nightingale being passed to the students to embark courageously on their journey as a professional nurse. The ceremony ended by reciting the Nightingale Pledge while the pins were put on and candles lighted.



■ SDS (Research) Seminar by Prof. Thanos Karatzias

Prof. Thanos Karatzias was invited to offer an SDS (Research) Seminar on "Childhood Psychological Trauma: Impact & Treatment" on 29 April 2016. Prof. Karatzias is a Clinical and Health Psychologist and Professor of Mental Health in Edinburgh Napier University. He has long standing experience in mental health related research in various areas including psychological trauma (childhood and adulthood), eating disorders, stress and well-being. He is also a Consultant Clinical Psychologist at the Rivers Centre for Traumatic Stress in the Royal Edinburgh Hospital. The participants enjoyed and were deeply impressed by the seminar.



■ Light Up Lives!

Support Organ Donation with the HKU

The University took part in the organ donation promotion campaign launched by the Government and signed the promotion charter on June 25, 2016, at the Organ Donation Promotion Charter Launching Ceremony at the Central Government Offices, Tamar. Executive Vice-President (Administration and Finance), Dr Steven Cannon of the University, Associate Dean (Clinical Affairs) Professor Law Wai-lun of the LKS Faculty of Medicine, and Chair of Knowledge Exchange and External Relations, Dr Janet Wong of the School of Nursing attended the Launching Ceremony.



The officiating guest Dr Ko Wing-man, the Secretary for Food and Health said “we have set a target for the campaign, that is, to double the current 200 000 registrations recorded in the CODR to 400 000 by the end of this year”. As one of the supporting organisations pledging to support related activities, the University will participate in encouraging more HKU community members to accept organ donation and actively register their wish to donate organs after death in the Centralised Organ Donation Register (CODR) of the Department of Health (DH). The encouragement of the HKU community members will then further solicit support from their family members to help

promote the culture of donation in the community. The School, as part of the University, will also take the lead in promoting this life-changing campaign, seeking more support from people to express their wish to donate organs.

Let’s work hand in hand with the School and the University in lighting up the lives of needy patients. You are encouraged to register your wish at the CODR, by visiting DH’s organ donation

thematic website at www.organdonation.gov.hk for more information on organ donation or register their wish in DH’s CODR at www.codr.gov.hk.



■ Pride of HKU

- Team of HKU School of Nursing reigned the champion and 1st runner-up at “Nurses’ Got Talent” at World Health Day 2016

Singing team “N17 Girls” from HKU School of Nursing, has reigned the champion of the “Nurses’ Got Talent” Talent Show, on the World Health Day 2016, held on 9 April 2016 at Sun Yat-sen Place in HKU. Another singing team from the School, “Nurtruism” has awarded the 1st Runner Up of the Show.



The School was one of the Co-organisers of the World Health Day 2016, which was an event echoing the World Health Organisation’s theme of the year, “Diabetes”. The event first commenced with an Opening Ceremony, which was jointly officiated by the Secretary of Food and Health, Dr Ko Wing-man,

Under Secretary for Food and Health, Professor Sophia Chan, Executive Vice-President (Administration and Finance) of the University, Dr Steve Cannon, Patron of Hong Kong Academy of Nursing, Dr the Hon Leong Che-hung, President of Hong Kong Academy of Nursing, Dr Susie Lum, Honorary President of Diabetes Hongkong, Professor Rosie Young, Associate Professor of the HKU School of Nursing, Dr Daniel Fong and many other important guests.

The Opening Ceremony was then followed by the “Nurses’ Got Talent” Talent Show, which aimed to raise the awareness of community health, and to project positive image of nurse to the society. Besides, Nurse Clinic, an on-site nurse consultation to all participants supported by 23 HKU nursing students and many other volunteers from several professional institutes, was also set for providing blood glucose, blood pressure and Body Mass Index measurement.

We would also extend our congratulations to the Champion Team and 1st Runner Up Team for their outstanding performance at the talent show. For more photos, please visit School’s Facebook page: <https://www.facebook.com/hkuson/>.

International Nurses Day 2016

Celebration Dinner



International Nurses Day is celebrated around the world for the anniversary of Florence Nightingale's birth (May 12). This year, our School joined all nurses in Hong Kong to celebrate International Nurses Day 2016 with a joyful dinner. This was organised by the Hong Kong Academy of Nursing, and was held at the Kowloon Bay International Trade & Exhibition Centre on May 7, 2016. The theme of the dinner was "Nurses: A force for change: Improving health systems' resilience", in order to help guide improvements in the quality of health service delivery and promote the nursing voice. Nurses' input into



health sector policies was stressed to help ensuring supportive work environments for practice. The meaningful theme message was conveyed through nurses' declaration and variety performances.

Twelve teachers and twelve students participated in the inspiring and enjoyable dinner. We believe our students will continue to uphold the spirit of Florence Nightingale and put the idea into practice in their future career.

One Night Stay@HKU'16

2 - 3 July 2016

Embraced by the bright sunlight and the fine weather, the One Night Stay@HKU'16 was held successfully with vitality and appreciation on 2-3 July at the HKU medical campus. The Sassoon Road campus was permeated with cheers and laughter from our excited participants and nursing students during the weekends.

About thirty secondary school students participated in this summer camp. With the tremendous and exuberant support of our Year One nursing students in leading the groups, each participant enjoyed our 2-day programme very much. They not only showed great excitement in having an opportunity to experience the teaching and learning environment in our campus, they also were enthusiastic about taking part in various activities such as the check-point and compassion building games which enabled them to learn more about the quality and personality of a nurse as well as practical nursing skills and knowledge in a more relaxed and interesting way.

The highlight of this summer camp was a taste of hall life at HKU. Participants stayed at our Patrick Manson Student Residence for one night. It was a very precious chance for them to experience the one-night residential life in the University and to taste the unique energy of our campus. We were delighted to learn that participants treasured, in particular, the happy chatting and recreation time with our nursing students. Also, they very much valued the new friendships that they formed in the camp.

The 2-day summer camp came to a close with the presentation of prizes and certificates. The prize-winners' joy and happiness were shared by everyone present in the room. Certificates were presented to all the secondary school students for their full and active participation in this special event.

We received considerable positive feedback from our participants as the interesting and informative activities also helped deepening their understanding towards our School and our nursing undergraduate programme.

Sincere thanks to the concerted effort of our staff in nursing programme team and our Year One nursing students for making this memorable occasion a successful one!



■ Incoming School Visit

Tang Siu Kin Victoria Government Secondary School

11 March 2016

On 11 March 2016, we were very happy to meet students of Tang Shiu Kin Victoria Government Secondary School as they came to visit our School. Students were warmly welcomed by Dr. Janet Wong (Assistant Professor), followed by a mini talk about the nursing profession and future career pathways and an introduction of our Bachelor of Nursing (Full-time) programme. Our visiting students showed great interest in our programme which stressed the importance of quality teaching and inter-disciplinary learning. Also, students showed great excitement when they visited our Nursing Skills Laboratory. They all very much enjoyed the SimBaby and SimMan demonstrations given by our laboratory coordinator, Ms. Cherry Sun.



King's College

6 May 2016

On 6 May 2016, about 25 students of King's College were very happy to learn that they had become the very first group of students from a boys' school to visit our School! They were warmly welcomed by our Assistant Professor, Dr. Janet Wong. Dr. Wong introduced our five-year full-time Bachelor of Nursing programme, outlining the key aspects of the curriculum structure which provides a balance between the areas of nursing and biological, behavioural and social sciences. Dr. Wong also provided a detailed presentation about the distinctive features of our School, including our aim to provide students with an all-rounded education. She also outlined the various innovative teaching and learning approaches utilised within the School. The range of career prospects in nursing were also discussed.



Our current Year 1 student, Mr. Joe Ho, who was also a graduate of King's College was excited to share aspects of his University life with the students, such as his memorable experience of joining the O Camp. He also shared his views on being a male nurse and his reasons for studying nursing at HKU.

A guided tour of our Nursing Skills Laboratory at Pauline Chan Building was also arranged for the students. They were greatly impressed by the state-of-the-art audio-visual simulation equipment in our laboratory and enjoyed very much the demonstrations of some basic physical assessments and clinical skills given by our Assistant Lecturers, Ms. Joyce Chong and Mr. Edmond Chan.

■ Outreach Information Session

PLK Choi Kai Yau School

10 March 2016

We received an invitation from PLK Choi Kai Yau School to conduct an information session at their school on 10 March 2016 (Thursday). Our Assistant Professor, Dr. Janet Wong was very pleased to have this chance to share information related to the nursing profession and our Bachelor of Nursing (Full-time) programme. Our full-time degree programme provides students with the whole spectrum of nursing knowledge and holistic nursing practice, which not only aroused great interest among the students, but also impressed a number of parents who came to join us during the session. Both students and parents wanted to know more about the entry requirements of our degree programme. We were truly delighted that we received very positive feedback about this nursing information session. Many of the students were considering entering the healthcare industry after graduation.



Yuen Long Public Secondary School

30 March 2016



On 30 March 2016 we were very happy to meet a group of students at Yuen Long Public Secondary School. We were warmly welcomed by the School Principal, teachers from the Careers Team and some Secondary 4 and 5 students. Our Assistant Lecturer, Ms. Mary See was truly delighted to have this chance to share her experiences of being a nursing professional and also introduce our Bachelor of Nursing (Full-time) programme to the students. During the information session, students gained a better understanding about our full-time degree programme which aims at equipping students with an integration of the knowledge, attitudes and skills required in the nursing profession. Students and teachers showed great interest in knowing the admission requirements of our programme. Some students who were enthusiastic about entering into the healthcare industry stayed behind to raise further questions after the information session.

United Christian College (Kowloon East)

6 April 2016

It was our great pleasure to conduct an information session at the United Christian College (Kowloon East) on 6 April 2016. Our Assistant Lecturer, Ms Claudia Chan, first gave the secondary 4 and 5 students an overview on the nursing profession and trends, followed by an introduction of our Bachelor of Nursing (Full-time) programme. Students were impressed by the great diversity of the nursing career pathways and also showed interest in Ms. Chan's sharing on her valuable experience of being a nursing professional. We were happy that students and teachers found the session very informative and they looked forward to visiting our School in the near future.



STFA Lee Shau Kee College

6 April 2016

On 6 April 2016, an information session was held at Shun Tak Fraternal Association Lee Shau Kee College. We were happy that about 65 students expressed interest in joining the session. Our Assistant Lecturer, Ms. Claudia Chan, was warmly welcomed by the Principal, teachers from the Careers Team and the students. Ms. Chan commenced the information session with an overview on the nursing profession and trends, followed by an introduction of our Bachelor of Nursing (Full-time) programme.



A presentation was also given to the students showing the great diversity of career pathways available to nurses. Teachers and students were particularly concerned about our programme admission requirements with questions concerning JUPAS admission and curriculum details raised by them. We believe the information session will deepen the students' understanding about our School, the full-time programme and also the healthcare and nursing industry.



Message from Graduates

Mr Au Yeung Man-king Kenny
Class of 2016

We are class 2016, Bachelor graduates in Nursing of the University of Hong Kong. Time flies, it has been four years since we first set our foot on the University. In our journey from layperson to professional, we have been filled with knowledge and skills as well as passion for modelling our life mentors. We have been offered careful guidance as well as meticulous support, which indeed are vital in preparing us in the nursing career.

While our expertise lies in our clinical work, we are grateful this bachelor programme not only laid our foundation for nursing, but also equipped us with skills for critical thinking. As nurses in the frontiers of medical care, we pledge ourselves to practice our profession faithfully as well as to improve quality of nursing care continuously. We shall live up to the reputation of the nursing profession, and seek future directions on the level demanded by our profession.



New Faces



Dr Emmy Wong

I am honoured to join the School of Nursing in such a renowned and prestigious University. As a Senior Lecturer, I have excellent opportunities to be involved in programme management and can draw upon my strong experience in this area. Currently, I have been invited as a co-opted member of the Curriculum Development Council Committee on Technology Education of the Education Bureau. This will enable me to develop a strong collaboration with local secondary schools and facilitate the introduction of our nursing programmes to secondary students as well as developing different health related community projects in school settings. With the building of our strength in nursing education and further consolidating this through the development of teaching scholarship, I sincerely hope our School can play a distinctive role in leading nursing education and in shaping nursing as a prominent discipline regionally and internationally.

Congratulations

Award of Research Grants

Local and International Funding Bodies	Principal Investigator	Project Name
Seed Funding for Basic Research	Dr Noel Chan	Effects of a Sugar-Sweetened Beverage Intake Reduction Programme for Weight Control in Adolescents: A Pilot Randomized Controlled Study
Seed Funding for Basic Research	Dr Patsy Chau	A Pilot Randomized Controlled Trial to Reduce Salt Intake Among Young Adults in Hong Kong
Seed Funding for Basic Research	Dr Daniel Fong	Assessing Objective Personal Noise Exposure on Blood Pressure: A Feasibility Study
Seed Funding for Basic Research	Dr William Li	Effects of Musical Training in the Improvement of the Neurocognitive Function and Psychological Well-being of Childhood Brain Tumours Survivors: A Pilot Study
Teaching Development Grants	Dr Janet Wong	Enhancing Critical Thinking Skills Among Nursing Undergraduates by Developing Real life Scenarios Using Community Dwelling Simulated Patients
Teaching Development Grants	Prof Agnes Tiwari	Professional and Ethical Use of Social Media to Enhance Learning among Nursing Students
Hong Kong Council on Smoking and Health (COSH)	Dr Kelvin Wang	Provision of Research Study, Recruitment and Follow-up Services of Community-based Smoke-free Publicity Campaign

Honors and Awards

Mr Choi Pui Hang, Edmond (PhD Student) was awarded YS and Christabel Lung Postgraduate Scholarship 2015/16.

Mr Wan Yuk Fai, Eric (PhD Student) was awarded YS and Christabel Lung Postgraduate Scholarship 2015/16.

Ms Ho Ka Yan, Eva (PhD student) was granted a Scholarship awarded by the PI Iota Chapter, Sigma Theta Tau International, Honor Society of Nursing.

Ms Leung Lai Yee, Elaine (Doctoral graduate) was granted a Scholarship awarded by the PI Iota Chapter, Sigma Theta Tau International, Honor Society of Nursing.

Mr Choi Pui Hang, Edmond (PhD student) was awarded the Scholarship of the 2nd World Chinese Quality of Life Conference cum 7th National Quality of Life Conference.

Mr Choi Pui Hang, Edmond (PhD student) was awarded the Best Poster Award of the Hong Kong Primary Care Conference 2016.

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.



iNursing App HKU
Can be downloaded here



Google Play



App Store

School of Nursing
Li Ka Shing Faculty of Medicine
The University of Hong Kong

4/F, William M. W. Mong Block,
21 Sassoon Road, Pokfulam, Hong Kong.
Tel: (852) 3917 6600
Fax: (852) 2872 6079
Website: www.hku.hk/nursing

Editorial Board

Editor-in-Chief : Professor Judith Parker
Members : Professor Agnes FY Tiwari
: Professor Marie Tarrant
: Dr Janet YH Wong
: Dr Kelvin MP Wang
: Dr Polly SL Chan
Managing Editor : Ms Heather KY Chan