

# Nurse Letter



## Head's Message

### *Celebrating 20 years of Achievement*

Prof Agnes Tiwari  
Professor and Head



This issue of the newsletter captures some of the key moments of our wonderfully successful 6<sup>th</sup> Hong Kong International Nursing Forum "Excellence in Nursing Practice, Education and Research across the Life Span" which was held on 10-11 December. This was the final and major occasion of our event filled 20<sup>th</sup> year. Over 400 delegates from around the world attended our Forum and participated enthusiastically in this major celebratory event. Participants from Australia, Canada, China, Hong Kong, Philippines, Thailand, Taiwan, United Kingdom and United States of America contributed, consulted, networked and generally enjoyed themselves. The themes of the Forum were Family and Community Health, Paediatric Nursing, Chronic Disease Prevention and Care, Maternal and Child Health and Nursing Education. The opening Keynote Address was given by Professor Sophia Chan, Under Secretary for Food and Health in the Hong Kong Government. Her message on the importance of interdisciplinary collaboration and team learning to prepare for future challenges in health care was greatly appreciated. Included in the Forum was the Grace Tien lecture which was delivered by Professor Cindy-Lee Dennis from the University of Toronto, whose inspiring address was extremely well received. The international keynote speakers including Professor Ruth Anderson from the University of North Carolina at Chapel Hill, Professor Sanchia Aranda, CEO of the Cancer Council of Australia, Professor Faith Gibson from Great Ormond Street Hospital for Children in the United Kingdom,

are outstanding international research leaders. The stimulating panel discussion included six international nursing leaders from the United Kingdom, China, Thailand, Canada, Australia and the United States who cogently addressed the challenges facing us over the next decade. The plenary session speakers, strategic leaders in Hong Kong Nursing addressed some of the complexities around Public-Private partnerships in Health.

There were 82 poster and 34 oral presentations which demonstrated the excellent research being carried out by nursing academics and higher degree students in so many countries.

A highlight of the Forum was the Gala Dinner held at the Hong Kong Country Club in Deep Water Bay. Guests enjoyed a wonderful feast in this outstanding location and were entertained by our gifted staff members and students who demonstrated their musical talents to the enjoyment of us all. This was a delightful setting in which guests could also further network with colleagues and discuss mutual research, teaching and practice issues.

So, as we say farewell to an exciting, stimulating and action-packed 2015, we can reflect upon our achievements to date, and look forward with enthusiasm to the challenges and opportunities of the next decade in the life of our School.



## Feature Story

# Teaching and Learning

Professor Agnes Tiwari

### The Future of Nursing ...five years on.... What has Nursing Education in Hong Kong achieved in response to the recommendations on nursing education?

In 2010 the Institute of Medicine (IOM) released a report on the future of nursing. Four key recommendations were included in this report; that: "Nurses should practice to the full extent of their educational training"; that: "Nurses should achieve higher levels of education and training through an improved education system that promotes seamless academic progression; that: "Nurses should be full partners, with physicians, and other health care professionals, in redesigning health care in the United States" and that: "Effective workforce planning and policy making require better data collection and an improved information infrastructure".

In Hong Kong there are now multiple education pathways leading to an entry level license to practice. Nursing education is a

platform for continued lifelong learning and there is greater inter-professional education. However, there are major challenges in Hong Kong relating to ageing population with increased dependency levels and a shortfall of nurses.

In 2015 a document was produced on assessing the progress on the IOM report with recommendations to: create and fund transition to practice residency programs, further promote Doctoral programs, increase baccalaureate programs and promote lifelong learning opportunities. Funding of transition to practice programs is unlikely to be created in Hong Kong. The opportunity to do this with the introduction of the five year degree was not taken up. There is now greater flexibility in Hong Kong to increase the number of baccalaureate programs with the increase in private providers. However, the issue of the capacity of the system to enable this is uncertain. There are certainly opportunities for increased inter-professional education both within healthcare and in Universities. However, there are resource issues and questions have been raised about its perceived usefulness. Nurses in Hong Kong, though, are well prepared and resourced to engage in life-long learning which will ensure both skills and knowledge are continually updated.

Nursing education in Hong Kong has improved greatly since its apprentice style system of education. However, as in other international jurisdictions there is still a long way to go.



# Research

Professor Sanchia Aranda

## Population Perspectives on Patient-Centred Care in Cancer

Patient-centred care refers to an approach to care that respects the individual's preferences and values while ensuring a comprehensive approach to delivery of care focused on the needs of that individual. The overarching focus is on improving the patient and family's experiences of their interactions within the health care system. From a positive viewpoint this is laudable as it has led to greater focus on the patient-professional relationship and the critical role of information provision and communication, care planning and care coordination and evidence suggests this approach does improve experiences of care.

On the down side, individuals can have great experiences of care while receiving treatment that might be considered inferior if judged against best practice and there is little information available to guide individual patients in their choices to ensure they receive best possible treatment. Patient-centred approaches fail with respect to missing a focus on outcomes and further seem to suggest the solution lies in the individual behaviour of clinicians within patient-professional relationships rather than focusing on improving the systems of care to ensure good outcomes for all.

I would argue that for us to improve cancer outcomes we must adopt more population based approaches to the evaluation of our health care system and its impact on outcomes and that this information should be used to guide clinicians in their service delivery, not just for those patients they see, but for all patients. Population perspectives on patient-centred care would argue that we should be aiming to ensure that in the context of cancer the following is achieved:

- All patients understand cancer risk factors and receive preventive health care focused on their needs;
- All patients have equal opportunity to participate in screening and early detection;
- All patient receive timely and appropriate diagnostic services when cancer is suspected;
- All patients have access to appropriate and best evidence based treatment delivered by skilled health professionals; and,
- Ultimately all patients have an equal chance of survival when controlling for stage at diagnosis and other patient/disease factors.

Yet we know this is not the reality. In any study international that looks at clinical practice there is variation. In the Australian context this means that you are less likely to survive cancer if you

are poor, Aboriginal or rural dwelling. Globally outcomes from cancer vary dramatically between high to low income countries. These differences are largely due to social determinants of health and must be the focus of our efforts to improve outcomes for people with cancer.

Julian Tudor Hart (1971) described the Inverse Care Law as being that "the availability of good medical care tends to vary inversely with the need for it in the population served". To understand this we must understand the difference between equality and equity so that this informs decisions about service design.

Equality essentially refers to the degree to which all persons are treated as indistinguishable, thus treating them identically or granting them the same quantity of a good per capita. Programs such as universal health insurance coverage can be understood as about equality.

Equity on the other hand is about how fairly and socially just resources are distributed throughout the population. Special parking for people with a disability is a social response that is about equity.

Thus it is insufficient to say that a service is available to a population (equality) and not understand whether social factors reduce uptake of that service by sections of the population and that this lack of uptake results in poorer health outcomes (equity). Levesque et al (2013) provide a very useful framework for thinking about access to services that takes account of the many factors that influence whether a service is used and sees access as an inter-relationship between the accessibility of services with the ability of the population to gain access. Concepts such as service approachability, acceptability, availability, affordability and appropriateness interact with user factors such as ability to perceive or understand, ability to seek, ability to reach, ability to pay and ability to engage. Thus when we examine our service provision we need to understand how we ensure the most disadvantaged in our communities require different approaches to receive the same level of care.

From a nursing perspective this might seem all too hard – how can an individual nurse change the system of care to meet the needs of everyone. The challenge here is for the individual nurse to see past the people she does see in practice to those that are not. Understanding the demographics of the population served against those seen will give insights into the problem and be the first step in defining a solution.



Professor Faith Gibson

## Advancing Care/Advancing Nursing: how do we ensure a balance between the two..... in children's cancer care

Children's cancer care is a story of success; over 85% of children in the high income countries will survive for 5 years or more. That success has not been easy, and there are many reasons why that has been achieved and sustained: knowledge of disease patterns and genetics, advances in therapies, availability of national and international clinical trials, effective multi-professional working, and specialist cancer nursing. The role of the children's cancer nurse has evolved to meet these challenges (Gibson, 2005). More recently, that evolution has encompassed the need to advance practice and consider "what nurses do", "need to do", to deliver timely, effective, safe, and high quality care. There has been a desire by and for nurses to develop and advance their practice, revealing opportunities for change.

This landscape of change is not yet constant, we more often witness uncoordinated evolution of expanded roles, where nurses are being asked to take on new roles with little preparation, training/education or reward, and where unclear boundaries of practice exist, where accountability and responsibility lie, leaving some nurses vulnerable and in some cases patients potentially at risk. Career paths are becoming more certain, well at least on paper, but on the ground, and in practice some confusion remains, leading to multiple expectations and unrealistic views of what 'advancing practice' means, with 'others' directing what 'nursing' will look like in the future. Nursing can be pressured to change, where the need to be responsive to political interests and financial crises become the drivers, as opposed to professional requirements: tension and conflict with other professions can and do emerge.

We have made clear our position in children's cancer care, a position that has been documented (Gibson and Hooker, 1999; Royal College of Nursing, 2014); where we clarify the

difference between extended and advanced practice and reflect upon roles/tasks to explore what that means in terms of levels of practice. The pillars of advanced nursing practice have also been articulated and professional bodies in the United Kingdom (see for example [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/215935/dh\\_121738.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/215935/dh_121738.pdf) and <http://www.advancedpractice.scot.nhs.uk/definitions/advanced-practice-as-a-level-of-practice.aspx>) and elsewhere (<http://www.nursingworld.org/MainMenuCategories/ANAMarketplace/ANAPeriodicals/OJIN/TableofContents/Vol-19-2014/No2-May-2014/Advanced-Nursing-Practice-Worldwide.html>) are together providing helpful direction, providing clarity around definition, roles, educational preparation, and continuing professional development.

Education must keep up with practice changes. Nurses must take leadership positions, work collaboratively with other professional groups, in order to keep patients and their families at the centre of the decisions we make. Research is essential, to evaluate change, and provide evidence that underpins nursing role and service change that can influence care all over the world.

### References

1. **Gibson F.** (2005) Evidence in action: fostering growth of research-based practice in children's cancer nursing. *European Journal of Oncology Nursing* **9** (1) 8-20.
2. **Gibson F.** and Hooker L. (1999) Defining a framework for advancing clinical practice in paediatric oncology *European Journal of Oncology Nursing* **3** (4) 232-239.
3. Royal College of Nursing (2014) Specialist and advanced children's and young people's nursing practice in contemporary health care: a guide for nurses and commissioners. Royal College of Nursing, London

# The 6<sup>th</sup> Hong Kong International Nursing Forum Snapshot



▲ Opening keynote address by Professor Sophia Chan, Under Secretary of Food and Health of the Food and Health Bureau

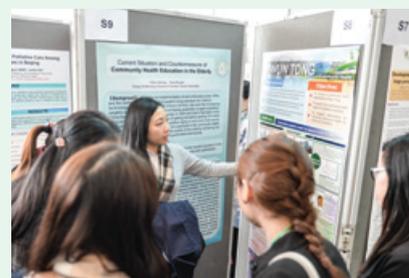
▼ Opening Ceremony



▲ Pre-Forum Workshop on Intervention Design and Testing using the Medical Research Council Framework delivered by Professor Sanchia Aranda



▶ Grace Tien Lecture by Professor Cindy-Lee Dennis



▲ Poster Presentation



▶ Post-Forum Tour to the University of Hong Kong – Shenzhen Hospital in China

▼ HKU School of Nursing 20<sup>th</sup> Anniversary Gala Dinner



# School Highlights

## ▪ Incoming Student Exchange –

### Peking Union Medical College

September 2015

A group of ten students from Peking Union Medical College visited our School in September 2015. We introduced them to the School of Nursing and the Bachelor of Nursing (Full-time) Programme curriculum. During the visit, the students attended lectures in several courses of the Bachelor of Nursing (Full-time) Programme with our students. They also visited the skills laboratory to experience the simulation learning environment. The students found the learning environment in Hong Kong quite different from that in their hometowns and they enjoyed their stay in Hong Kong very much.



### Edinburgh Napier University

October 2015



A group of eight students from Edinburgh Napier University visited our School in October 2015 and stayed with us for three weeks.

On the first day of their visit, they were welcomed by Professor Agnes Tiwari, our School Head, Dr. William Li, Programme Director of BNursing (Full-time) Programme and Dr. Polly Chan (International Visits Coordinator) and they met with their HKU buddies who will visit their university later. The visiting students attended lectures in several courses of the programme with our students, and also visited the skills laboratory to experience the learning environment in Hong Kong. In addition, they did some sight-seeing in Hong Kong and went hiking with Dr. William Li and the buddies. Having participated in several cultural activities in Hong Kong and met our nursing students, the students enjoyed their exchange experience very much.

### Sun Yat-sen University

October and November 2015



Three groups of undergraduate and postgraduate students from Sun Yat-sen University visited our School in October and November 2015. During the visits, the students attended several lectures with our students, including Advanced Nursing Care of the Adult, Nursing Care of the Children and Evidence Based Practice. They also attended sessions in the skills laboratories where they experienced the simulation teaching facilities.



## ▪ Orientation for Bachelor of Nursing Full-time Programme



The Bachelor of Nursing Full-time Programme Year I Orientation was held on 2 September 2015. The freshmen are first warmly welcomed by Professor A. Tiwari, our Head of School. Dr. William Li (Programme Director) then introduced all the teaching staff for the Undergraduate Programme and provided general programme information to the students. Dr. Daniel Fong gave a presentation on Student Evaluation of Teaching and Learning, followed by an overview on Trends in the Nursing Profession by our honorable guest, Ms. Becky Pui Yee Ho (Cluster General Manager, NTEC), a presentation on Clinical

Education by Dr. Joyce Chung and a briefing on Life Sciences Courses by Dr. Stephen Shiu. We were pleased to have Professor G. Kochhar-Lindgren (Director of the Common Core Curriculum) introduce the common core courses. Our Assistant Lecturers led the students to 3/F MMW Block and the Pauline Chan Building for a tour of our laboratories. The Orientation ended with an introduction to the School of Nursing and curriculum information given by Ms. Cecilia Kong (Year I Year Coordinator). Overall, students enjoyed the event and showed interest, and we wish them a fruitful academic year ahead.

## ▪ Madam Lau Kam Lung Secondary School of M.F.B.M.

The School was happy to receive 27 students from Madam Lau Kam Lung Secondary School of M.F.B.M. on 25 September 2015. Dr. William Li gave a welcome speech and introduced the Bachelor of Nursing (Full-time) Programme. Dr. Janet Wong gave a mini talk to enable students to gain a better understanding about nursing and future career paths. Afterwards, a Year III student shared different aspects of her school life. The Secondary School students also visited the nursing skills laboratory and observed a simulation activity demonstration by our Assistant Lecturers, Ms. Kathy Kan and Ms. Hellene Yiu in the Pauline Chan Building. They were interested in the SimMan and SimBaby demonstrations. Later, they had a library tour in Yu Chun Keung Medical Library. The students participated actively throughout the visit and showed interest in our programme.



## ▪ Hong Kong True Light College visit



Students of Hong Kong True Light College paid a visit to the HKU School of Nursing on 30 October 2015. Dr. William Li gave a welcome speech and Dr. Janet Wong introduced the Bachelor of Nursing (Full-time) Programme to the visiting principal, teachers and the students. One of our Year III students also shared some aspects of nursing school life to the visitors. Ms. Claudia Chan, Mr. Edmond Chan and Ms. Chloe Yan demonstrated physical assessments on SimMan and the visiting students enjoyed the return demonstration.

## Information Day for Undergraduate Admissions 2015

The information day was held on 7 November 2015. The theme this year is "Pursuing My Dream of Nursing in HKU". A series of events and exhibitions was held including information seminars, poster exhibition, clinical nursing skills demonstration in the Clinical Skills Laboratories and theme board displays. As well as experiencing the teaching and learning environment of the School of Nursing, visitors obtained information about the Bachelor of Nursing (Full-time) programme and interacted with the students and teachers. The devotion and enthusiasm of all the teachers and students were greatly appreciated.



▲ Photo Booth



▲ Clinical Nursing Skills Demonstrations



◀ Nursing Society



▼ Admission Talk

▲ Research and Community Projects Board Display



## ▪ St. Paul's School (Lam Tin) visit

Students of St. Paul's School (Lam Tin) visited to the HKU School of Nursing on 17 December 2015. Dr William Li gave a welcome speech and introduced the Bachelor of Nursing (Full-time)



Programme to 2 visiting teachers and 58 students. The visiting students joined a guided tour in Yu Chun Keung Medical Library. Afterwards, Ms. Kathy Kan, Ms. Cherry Sun, Ms. Grace Wong and Ms. Hellene Yiu gave a lab demonstration to students including SimMan and SimBaby has allowed students to understand more about nursing care in practice. Overall, the students learned a lot from the visit and showed great interest in our programme.



## ▪ Liu Po Shan Memorial College visit

Students of Liu Po Shan Memorial College visited to the HKU School of Nursing on 19 December 2015. Followed by Dr Janet Wong's welcome speech and introduction on the Bachelor of Nursing (Full-time) Programme, a current year 3 nursing student

gave sharing on her nursing student life in HKU. The students showed strong interest on nursing study in HKU and they learnt a lot from the experience shared by our student. The visiting students then joined a lab demonstration session conducted by Ms. Claudia Chan and medical library tour in which they could experience the real learning environment of a nursing student on a Saturday morning.



## 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 Florence,*

*I am a clinical teacher and I have puzzle in my head now. A student I have supervised in the past called me yesterday. She said she is very stressed with the clinical teacher she has right now, She said the teacher will fail her practicum most likely due to her performance. She doesn't want to have clinical any more. She told me that she needs to take sleeping pill for insomnia. I reassured her and advised her to talk with her teacher and see how to help her, but she said she just wants to ventilate and does not want to get others involved. I want to help the student, but what can I do?*

*Best Regards*

*Winnie*

*Dear Winnie,*

*It is clear to me that you are an excellent clinical teacher, who students feel they can call upon even if you are no longer supervising them. This student trusts you and it is important that you listen to the student. The student has told you what she wants. She wants to ventilate her feelings with you, her feelings of fear of failing, of feeling that she is fed up with clinical and wants to quit. I recall feeling like this as a student, feeling that I could never meet the high expectations of my teachers and feeling that the whole experience of nursing was quite overwhelming. I needed to get these feelings off my chest, express them to an empathic listener. This is what this student has done with you. You have provided her with a safe space in which she can say how she feels. She does not want it to go any further. You need to respect her wishes on this matter. As nurses we often feel as if we have to fix problems, but sometimes we need to simply listen.*

*My best wishes,*

*Florence*

## New Faces



**Mr. Vincent Chan**

It is my pleasure to join the School of Nursing of the University of Hong Kong as Information Technology Officer in October 2015. I have worked in School of Nursing of The Hong Kong Polytechnic University in IT services for over eight years. In February 2015, I completed study in Project Management Profession (PMP). In my previous career, I specialized in IT support and AV design of laboratory and meeting room renovation. I am pleased to serve the School with my experience and knowledge.

**Ms. Claudia Chan**

I am honoured to have the opportunity to serve my mother School again as an Assistant Lecturer. I graduated from the Bachelor programme in 2002 and worked in the School from 2008 to 2013. Both learning and working in HKU were enjoyable and valuable. I look forward to meeting the next generation of HKU students and am glad to be able to contribute in their nursing journey by sharing with them my knowledge and experience.



**Ms. Carmen Fung**

It is my honor to become part of our School of Nursing at HKU. I have worked in Accident and Emergency Departments, and a Medical and Intensive Care Unit. I am currently an Advanced Cardiovascular Life Support Instructor and Basic Life Support Instructor.

Nursing is an art and science which involves love, caring, professional knowledge, theory and communication. I am inspired to be a clinical educator as I love to share my clinical knowledge and experiences with my students, facilitate their learning and strengthen their clinical reasoning and critical thinking skills using different teaching strategies. My teaching focus emphasises on knowledge application and theory transfer into real life case management in clinical settings. It gives me great satisfaction to see my students graduate and become registered nurses working hand in hand to serve our community.

**Dr. Esther Lo**

It is my honor to join the School of Nursing as a tutor. After years of working in several clinical specialties, I decided to further enrich my professional knowledge by embarking on the Doctor of Nursing programme in the University of Hong Kong.

It is my pleasure to return to the place where I learned how to pursue excellence in nursing. I am delighted to become a member of this energetic school and am looking forward to sharing my knowledge and clinical experience with the future nursing professionals.

Furthermore, I would like to take this opportunity to thank all my colleagues who have given me various kinds of support in my new workplace.



**Ms. Cherry Sun**

I am glad and honored to come back and become one of the members in the School of Nursing, HKU big family. I was an alumnus of the School of Nursing and completed my bachelor and master degrees in 2010 and 2014 respectively. The clinical laboratory is a multi-purpose designated place with a similar setting to the ward environment for students at all levels to learn, self-practice and apply the acquired knowledge and skills prior to clinical implementation. The laboratory keeps expanding its services and upgrading its facilities. I hope I can contribute to smoothing the day-to-day operation of the laboratory and its setting, promoting flexible and best use of the laboratory resources and participating in laboratory teaching and guiding school tours in the future.

**Dr. Grace Wong**

I am honored and excited to join my alma mata, the School of Nursing. Apart from being an ophthalmic specialty nurse, I also have a deep interest in simulation training for nursing students. I believe simulation education is a promising means of clinical education for our students, which will bring a positive impact on the safety of patient care and improvements in service quality. With my clinical experience and passion in this field, I hope our students can be prepared to be compassionate, loving and brilliant nurses for Hong Kong.



## Message from Nursing Society

Nursing Society, MS, HKUSU aims at providing welfare for members, developing a sense of belonging among its members, and strengthening the communication between the School of Nursing and members. Apart from these, the Society also maintains a close interaction with external nursing-related student bodies and organizations.

In the past year, various activities were held by the 13th cabinet of the Society, including Nursing Orientation Camp as a token of welcoming to freshmen and the HKU-specific Superpass

events, hoping to wish our members all the best in examinations. Moreover, activities like the Joint Universities Caduceus Competition and Joint-Universities Christmas Ball were held as well to provide opportunities for members to meet new friends from different disciplines.

With a view to serve our members sincerely, we, the Nursing Society, MS, HKUSU, are devoted to explore more welfare and activities to the members' needs in various aspects in the foreseeable future.



▲ Superpass Blessing 2015



▲ Mentorship Programme 2015

## Congratulations

### Award of Research Grants

Local and International Funding Bodies	Principal Investigator	Project Name
Seed Funding Programme for Basic Research	Dr. Kelvin Wang	A pilot study on electronic cigarette use and their impact on smoking and quitting in youth
Seed Funding Programme for Basic Research	Dr. Janet Wong	Can long working hours damage your heart?
Seed Funding Programme for Basic Research	Dr. Angela Leung	Framework and Components for Advance Care Planning Intervention for Dementia (ACP-D): A Delphi study

### Honors and Awards

Mr. Edmond Choi (PhD student) was awarded the Poster Presentation Prize of the 6th Hong Kong International Nursing Forum.  
Ms. Tun Wing Yee (MNurs student) was awarded the Poster Presentation Prize of the 6th Hong Kong International Nursing Forum.  
Mr. Eric Y F Wan (PhD student) was awarded the Poster Presentation Prize of the 6th Hong Kong International Nursing Forum.  
Ms. Nimisha Vandan (PhD student) was awarded HKU Foundation Postgraduate Fellowship.

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 Dr Janet YH Wong  
Dr Marie Tarrant Dr Polly SL Chan  
Managing Editor : Ms Heather KY Chan