



## HEAD'S MESSAGE

### The American Academy of Nursing



**Professor Sophia SC Chan**  
*Professor and Head*

The American Academy of Nursing was established in 1973 with the aim of serving the public and the nursing profession through the advancement of health policy and practice by means of the development and dissemination of nursing knowledge. Its members, who are known as Fellows, are recognized leaders in education, management practice and research. The Academy is structured so that it seeks to anticipate national and international trends in health care and then to address resulting issues to inform health care knowledge and policy. The invitation to Fellowship recognizes accomplishments within the nursing profession and thereby provides opportunities for Fellows to work with other leaders within health care in addressing pressing contemporary issues.

The 35<sup>th</sup> Annual Meeting and Conference of the American Academy of Nursing took place in Arizona on 6-8 November and 90 new Fellows were admitted to the Academy at the Awards Ceremony and Induction Banquet. For only the second time, a category of international Fellows was included and I was privileged to be invited to join this eminent group within the international category.

I was admitted on the basis on the contribution I have made to academic leadership in the preparation for nurses to meet the changing needs of the healthcare workforce in Hong Kong and for my sustained local, regional and international program of research and service in smoking cessation. I feel honoured to have received this recognition which would not have been possible without the support I have received from the Department, Faculty and University.



This Fellowship is a first for Hong Kong and is important as it brings with it an Asian perspective to this significant nursing leadership group. Additionally, it opens the way for other nursing leaders in Hong Kong to be part of the type of key international collaborations that the Academy fosters. In bringing visibility to Hong Kong nursing it will enable further opportunities for us to contribute to global health initiatives.

## Research career - how far do I go?

Research



**Dr Angel CK Lee**  
*Assistant Professor*

I would like to share my personal journey towards an entry permit to do research in the hope I may perhaps inject a booster dose for those who have embarked on the same exciting journey.

I followed my interest in working with the aged, the vulnerable and the terminally ill in developing a research topic for doctoral study. At the same time, there has recently been an upsurge in the need to promote mental health. The idea of arriving at a topic that might draw on my interests and these concerns was consolidated once I met, my PhD supervisor, a dedicated scholar and psychiatrist, who undertook biochemical research and clinical applications in tackling depression. I therefore chose to study mental health issues among stroke victims, an under-researched area.

I was keen to extend and test the smiley-face-screening tool, which comprises three simple emotions; smiley face, an expressionless face, and a face with a frown, for assessing the mental health of stroke victims or others who have problems in speech or hearing.

In hindsight, I contemplate some tips for myself and anyone embarking upon the research journey as follows:

### **At commencement:**

- A zeal and determination in research - We need to ignite a burning fire within us by asking, 'Who can stop us from learning, researching and serving?'
- A good preparation in 3H- In searching and creating knowledge, we need 3 vibrant tools - Heart, Head and Hand. Heart stands for the passion; Head for cognitive vigor; Hand for doing it, working it out!

### **At doing phase:**

The research exercise is like an interdisciplinary relay. The race is open and undertaken under some set rules; violation will result in expulsion. Most importantly, we treasure team spirit and team skills to make a true success for your own discipline. Thus the nurturing and consolidation of collaboration and trust both within and between disciplines enhance a victory. But before the team works, it takes time for drills and disputes!

### **Additionally the researcher requires a range of well honed skills as follows:**

1. Physical skills: We are required to engage in a range of activities: writing, giving talks, monitoring the whole project and data management.
2. Psychological skills: We need robust and stable emotions, so that neither elation nor depression after the acceptance or rejection of a paper result in emotional turbulence - take it as easy as possible.
3. Social skills: We need to work in team of networks, connection and day-to-day communications.
4. Spiritual skills: We contemplate and search for the meaning and worth of research.

### **The final phase:**

Self discipline and perseverance provide the benefits to this tedious and vigorous activity that bring us to the next horizon in our personal and professional lives. On top of the output of scholarly papers is the belief that we have contributed to improving the health care of the vulnerable groups we care for.

### **References:**

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# Learning in a Simulated Environment

Teaching  
and  
Learning

## Background

The use of advanced Human Patient Simulators (HPS) for nursing education is generally believed to aid excellence in teaching and learning, and objective measurement of competence in the application of knowledge and clinical skills by baccalaureate and graduate students (Nehring, Lashley, & Ellis, 2002). Nevertheless, evaluation in the usage of such advanced stimulation technology for teaching and assessment in nursing is relatively recent, and the literature on usage of HPS in nursing curricula is sparse (Nehring & Lashley, 2004; Bremner, Aduddell, Bennett, & VanGeest, 2006). The available evidence we have indicates a positive trend of nurse educators in acquiring and applying the advanced stimulation technology in teaching and learning (Bearnson & Wiker, 2005; Bremner, et al, 2006). Results of current studies also show promise of establishing a foundation for best practices by the use of HPS in baccalaureate nursing education (Bremner, et al, 2006). The ultimate goal of using advanced stimulation technology for nursing education is to successfully educate a new generation of professional nurses who are capable of critical thinking and problem-solving to satisfy the increasing health care needs and expectations of the society.

## Our Mission

The mission of the LKS Faculty of Medicine and the Department of Nursing Studies focuses on advancing teaching and learning in the art and science of medicine and health; and fostering and managing an environment conducive to the teaching and learning of nursing, which promotes the well-being and development of students, staff, and clients. To achieve our mission, first and foremost, we need to enhance teaching and learning of clinical nursing skills in the nursing curriculum, which is a centre piece of nursing practice.

## Our Plan

We therefore propose to equip the teaching team and students in the Department of Nursing Studies with state of the art simulators which are multiple, functional and capable of providing creative scenarios for critical learning of health assessment, clinical skills, clinical decision making and life support. Further research and evaluation are also warranted when structured clinical scenarios are integrated in the students' learning through advanced stimulation. Therefore, we submitted a proposal to the University Development Fund for Equipment in March 2008. We were granted 2.484 millions to



**Dr Vico Chiang**  
Teaching Consultant

acquire 5 HPS (SimMan Universal Patient Simulators) and to re-construct our existing clinical skills laboratories to accommodate the new equipment. With such advanced technology, we will apply for a Teaching Development Grant to evaluate its use in enhancing clinical skills learning, and the learning outcomes of using structured clinical scenarios and simulation in developing clinical decision making skills.

Effective training of staff to use the new technology is essential. After reviewing the curriculum and courses involved, a set of clinical based scenarios will be designed to create appropriate learning opportunities for students. We look forward excitedly to the full implementation and effective outcomes of the new teaching and learning approach under the advanced simulation environment for our students!



**A SimMan Universal Patient Simulator**

(Use by permission of Goodwin Health Care Ltd, HK)

## References:

- Bearnson, C. S., & Wiker, K. M. (2005). Human patient simulators: a new face in baccalaureate nursing education at Brigham Young University. *Journal of Nursing Education, 44*(9), 421-5.
- Bremner, M. N., Aduddell, K., Bennett, D. N., & VanGeest, J. B. (2006). The use of human patient simulators: best practices with novice nursing students. *Nurse Educator, 31*(4), 170-4.
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## Acknowledgement for the Development of UDF (Equipment) 2008 Proposal

Professor Sophia Chan, Head, Department of Nursing Studies  
Dr Winnie So, Assistant Professor, Department of Nursing Studies



**Ms Ng Sau Loi**

*Honorary Tutor, Department of Nursing Studies, HKU*

**H**i, everybody! I am NG Sau-loi and have been working in the Urology Ward of Queen Mary Hospital for more than 13 years. I have been the Advanced Practice Nurse in Surgery and a Specialist Nurse in Urology for 5 and 9 years respectively. I love nursing and it has been my dream to be a nurse since I was in primary school.

Ten years ago, I was selected to undertake urology nurse training for seven months at Sheffield University in the United Kingdom. It was really fantastic and broadened my career opportunities. I shared what I had learnt to my colleagues when I returned. We worked together to set urology nursing protocols and guidelines in the ward so as to provide useful information for newcomers or new graduates. I now provide mentorship for ward staff through an on the job urology nursing skill training program. I am also an honorary lecturer and from 1999 to 2008 have contributed actively to programmes at the University of Hong Kong, Open University, Tung Wah Hospital, Queen Mary Hospital and Association of Hong Kong Nursing Staff. Due to my expertise and excellent performance in urology care, I was given an Outstanding Nurse Award from the Department of Surgery, Queen Mary Hospital in year 2000.

As we know, the aging problem is one of the big issues around the world. So, I attended the local continence care course with two weeks overseas practicum in the year 2000. One year later, I had an opportunity to contribute to the establishment of the Geri-Urology Clinic (GUC) in Tung Wah Hospital. Yuk Wa (the nurse in GUC) and I used our spare time in preparing a series of continence pamphlets and leaflets before the opening of GUC in 2001. With great support from our supervisors and consultants, the GUC extended and expanded its services rapidly. The Centre is now running smoothly providing an excellent and efficient service to a huge number of patients.

Under the encouragement of Dr Simon Leung, we decided to establish the first urology nurses association in Hong Kong. During the process, we overcame many obstacle. Finally, our inauguration ceremony took place on 31<sup>st</sup> December 2005. I was elected the first Chairperson of the Urology Nurses Association of Hong Kong (UNAHK). Besides me, there are six council members from different HA hospitals and the private sector who have a similar mission and vision upon being elected. I was so impressed that we could just like brothers and sisters in organizing different activities. Very meaningful! We not only have our own web site ([www.unahk.org](http://www.unahk.org)) but also a seasonal newsletter (UroWorld) for our members to search updated urology nursing or online registration of symposia. We now have more than 400 members. In order to share our expertise, we hold public talks on urology and continence care every year. Our first Chinese version of Continence Care has just already published in August and will be sent to different hospitals and old-aged home for public information.

Nothing is impossible, I believe!



Urology Nurses Association of Hong Kong



Working area - doing assessment and examination of incontinence clients

# DEPARTMENT HIGHLIGHTS

## Graduation Celebration 2008

A memorable and enjoyable graduation celebration for the academic year 2007-8 was held at the Faculty of Medicine Building, The University of Hong Kong on 18 November 2008.

Welcoming speeches were given by Prof SP Lee, Dean of the Faculty of Medicine, and Prof Sophia Chan, Head of the Department of Nursing Studies. A total of 209 undergraduate and graduate students received degrees with eight achieving a distinguished academic performance. Ms Vicky Fung, representative of the Bachelor of Nursing (Full-time), Mr Hui Chi Hoi, representative of Bachelor of Nursing (Part-time), and Mr Peter CK Lai, representative of the Master of Nursing, delivered a vote of thanks to all faculty and staff of the Department. Mr Ng Kuen To, Chairperson of the Alumni Association took this opportunity to introduce the association to all fresh graduates and encourage them to become alumni.

Following group photos, all participants went to Fun Pui Garden for a tea gathering. In order to retain the traditional custom of celebration and enhance the joyful atmosphere, the Dean, Head, Program Directors, guests and class representatives came up to the stage for the roasted pig-chopping event. Prof S Chan then proposed a toast and delivered a wish of good health to everybody. All graduates, faculty and guests shared their valuable memories, joys and achievements in this meaningful event.

The organizing committee worked for months to create a pleasurable and warm atmosphere, and leave all participants with an unforgettable experience which they will cherish for the rest of their lives.

### Organizing committee members:

Prof Sophia Chan  
Ms Jocelyn Leung  
Dr William Li  
Ms Ariel Poon  
Ms Jasmine Shum  
Dr Winnie So (co-ordinator)  
Dr Felix Yuen



The Dean, Head, Program Directors, guests and class representatives held the roasted pig-chopping event at the Fun Pui Garden before tea reception.



Professor Sophia Chan (the left), Head of the Department and Professor Lee Sum Ping (the right), Dean of Li Ka Shing Faculty of Medicine, presented certificate to our First Honor Class and outstanding graduates.



It is our great honor to have the presence of Professor Lee Sum Ping, Dean of Li Ka Shing Faculty of Medicine, and Professor Sophia Chan, Head of the Department at the Celebration and delivered a welcoming speech.



All guests, teaching staff and administrative staff took a group photo with our graduates of Bachelor Full-time and Part-time Programmes and Master Programme.

## Open Day 2008

Hundreds of visitors, including prospective students and their parents, were attracted to the various activities prepared by Departmental staff and students for Information Day held in October, 2008. Activities included seminars about our undergraduate programme; exhibitions; interactive health-related computer games; demonstration of clinical skills and health assessment and health education stations. Altogether it was a full-filled and informative day.



## Student Exchange

A total of 34 students joined the exchange programme in the academic year 2007-08. Students went to six destinations, three overseas and four in Mainland China. Two students who participated in this programme would like to share their experiences with us in this issue.

### University of Pennsylvania, USA

#### Hon Yuen Lam

*Bachelor of Nursing Programme Year 4*

What is life like overseas where you are away from home? What are the differences between nursing in Hong Kong and in another country? The two-week exchange at the University of Pennsylvania (UPenn), School of Nursing, not only answered the questions above, but also was an unforgettable and invaluable experience!

During our time in UPenn, we audited lectures, participated in lab sessions and had on-site clinical visits. It was really fabulous for us to have these various kinds of academic activities as well as exposure to the health care system in the United States.

The lectures we attended were about nursing practicing skills and some local hot topics which were useful in helping us to understand issues surrounding local health problems in the States. Students were very active in the classes, eager to raise questions and initiate discussion all the time which impressed us greatly. Some of our classmates were degree holders or even parents with children. Their learning attitudes impressed us greatly.

Regarding the lab sessions, we attended one topic on a simulation exercise regarding tracheal suctioning and physical assessment. Students were not required to attend the sessions, and could make appointments with their tutors and prepare the topics beforehand which was very self-directed.

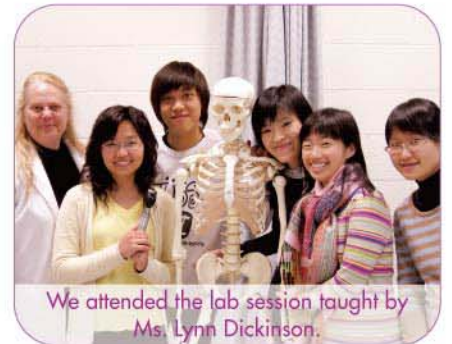
Like students in Hong Kong, nursing students in UPenn have to wake up early for practicum in the Hospital of the University of Pennsylvania. The environments in the wards were comfortable, spacious and well-equipped with only one or two patients arranged in each room. In such an environment, patients could enjoy their personal space. Meanwhile, chances of cross infection between patients were also reduced. To my surprise, the ratio of nurse to patient in the US is at most 1:4, far less than that in Hong Kong.

We tasted the very famous Cheese steak in Philadelphia and we also tasted the life and culture there; from the people we met in the hostel and other exchange students in UPenn, to famous sightseeing sites like the Liberty Bell and the Independence Hall, which enabled us to learn more about American history.

Lastly, we would like to extend our deep gratitude to the two Departments and Universities, as well as other people involved in coordinating the program and making it such a success. Without the help offered by the teachers and administrative staff, it is hard to imagine how this exchange program would ever be possible, not to mention the unique and unforgettable memories we have. We hope to see more students joining the exchange programs and share their experiences in the future.



Enjoying the delicious Chesse Steak, famous food in Philadelphia.



We attended the lab session taught by Ms. Lynn Dickinson.

### Jönköping University, Sweden

#### Fung Wai Kei, Vicky

*2008 Bachelor Full-time Graduate*

The experience we gained from this exchange programme in Sweden is very precious. We spent two weeks in elderly homes which are administered by local government and are very different from those in Hong Kong. There are spacious common living and dining areas and each resident has their own bed room and bathroom and their own decorations. They can insert their reminiscences into any part of their rooms. We deeply appreciated the Swedish attitude towards human dignity. Nurses tried their best to protect people's dignity and autonomy. We were also impressed by some of the medical treatments such as honey dressings and tap water dressings. We also had an opportunity to observe their out-reach service where all-round home care services provided by nurse assistant were very impressive.

After two weeks of clinical visits, we spent a further three weeks in lectures and discussions. It was exciting to have discussions with people from different parts of the world including Holland, US, Africa and Sweden. We were able to learn about public health issues from different countries and cultures. Our visit to a Sweden health care agency where we gained a better understanding of the Sweden health care system, its problems and future plans was excellent. We discussed problems relating to the ageing population and possible solutions with the manager of the agency.

There is no doubt that these experiences have broadened our horizons and we have learnt a great deal about Sweden policy towards aging populations.



Last day photo with our overall mentor



The elderly home in Sweden

## Networking With Secondary Schools on 21 May 2008 (Wednesday)

We would like to share with you the success of our Second Luncheon with Secondary School Principals which was held on 21 May 2008 at Alumni Chamber. Five Principals and Career Mistresses from top-ranked local secondary schools met with the Head of the Department and BN(FT) programme team members. Professor Niv Patil, Assistant Dean of the LKS Faculty of Medicine and Professor Sophia Chan, Head of Department of Nursing warmly welcomed the guests.

The event successfully achieved its purpose in bringing our honoured guests, our staff and nursing students together to exchange ideas concerning current educational issues and nursing programmes in Hong Kong as well as the establishment of a co-operative spirit between our department and the participating schools.



A group photo of our guests, colleagues and nursing students at the luncheon on 21 May 2008

## MESSAGE FROM GRADUATES

The 29 students who graduated from the Master of Nursing (MNurs) programme this year are the first cohort to have successfully completed their Dissertation based on a translational nursing research approach. It all started in September 2006 when translational nursing research was introduced in the MNurs programme. Designed to promote nurses' inclination and capacity to translate research findings into evidence-based practice, translational nursing research in the MNurs takes the form of a 200 hour Dissertation supported by a 20-hour module to provide students with the necessary knowledge and skills. As true of any curricular changes, the introduction of translational nursing research in the MNurs programme requires more than just the support and commitment of the students and their supervisors. It has indeed been a change on a large scale requiring strategic planning and close collaboration between the various stakeholders and the organization. Has it been worth it? The 100% successful completion rate of Class 2008 has provided a resounding assurance that we are moving in the right direction. We are sure that much more will be realised as these graduates take a lead to adopt evidence-based practice in the real-world.

**Dr Agnes Tiwari**

Associate Professor and Director of Master of Nursing Programme



**Ms Chu Wai Ling** (Class 2008 Graduate, Master Programme)

Current Post: Registered Nurse, Department of Intensive Care Unit, Tuen Mun Hospital

I feel a sense of accomplishment having completed my translational research project for my Master of Nursing Dissertation. It was not an easy task. In fact, I would regard it as a 16-month battle. During these two years, I have had to do my best and put great efforts into my dissertation. Despite the challenges, I am so pleased to be one of those students in the first class to adopt translational nursing research in our dissertation.

Throughout the whole process of my dissertation, I have found that translational research is beneficial to professional nursing practice. Firstly, being a nurse, it is important to understand how to translate the theoretical evidence into real clinical practice. Secondly, the best evidence-based practice guidelines or protocols can be used to inform nursing practice across clinical settings. Thirdly, this practical approach to research dissemination encourages nurses to think critically whenever we practice evidence-based nursing.

The dissertation for the Master of Nursing is divided into three parts (D1, D2 and D3). A total 6 tutorials were provided by Dr Agnes Tiwari and Dr Daniel Fong to help us understand and apply the concepts of translation nursing research. I really enjoyed the time of interactive group discussions in the tutorials because it stimulated and enhanced our critical thinking and collaborative skills. Moreover, the discussions also generated useful ideas, comments, advices and hints for my own dissertation. After each tutorial, a helpful comprehensive list of evidence-based practice resources was provided at the web site specially designed for the purpose of our dissertations.

Frankly speaking, I encountered various difficulties during my translational nursing research project. D1 was a time-consuming phase in which I had to work out an integrative review. I spent nearly three months just selecting a topic for my project. Because of the efforts that I made, my search skills have improved greatly especially in searching electronic databases. I have also learnt the critical appraisal skills for reviewing and appraising research reports.

During D2, the most challenging task for me was to design an evidence-based practice guideline. Finally, I succeeded in writing a practice guideline on skin care to prevent radiation-induced dermatitis for women with breast cancer. Throughout the process, I enjoyed the freedom of trying out ideas with the support of my supervisor.

I think that the most difficult part of the dissertation was D3. It was because I had to identify and plan communicating strategies with the different stakeholders and convince them about the usefulness of the proposed guideline. I found that by using the 5 "W", that is, what, why, when, where and whom, I was able to come up with a sound communication plan.

In my mind, the most amazing part of my dissertation was the presentation sessions at the end of D1, D2 and D3. Like a mini open forum, every one in the audience (and they were supervisors and students) participated by asking questions and giving comments. The discussion was rational and constructive. I have gained a lot from the presentations, such that by D3, my presentation technique was much improved compared with that of D1.

To sum up, during my dissertation, I have strengthened my critical thinking, clinical judgment, decision-making and presentation skills. In the future, I hope that the popularity of translational research can be extended to the whole nursing arena in Hong Kong.

# IN THE MEDIA

In the past few months, some staff members were reported or interviewed by the media on their research, achievements and expertise:



June 2008  
Dr William Li  
Child and Adolescents Care  
Apple Daily



Sept 2008  
Dr Sharron Leung  
Post-natal Care  
Oriental Daily



June 2008  
Dr Winnie So  
Breast Cancer  
Apple Daily



# CONGRATULATIONS

## Faculty Teaching Medal 2008

Dr Marie Tarrant has been awarded the Faculty Teaching Medal in 2008 in recognition of her outstanding performance in Teaching and in promotion of good practice in teaching.

## Award of Research Grants

Seed Funding Programme for Basic Research

### Dr Chan Ya Fen

Gender differences in parental monitoring on adolescent risk behaviors in Hong Kong: a prospective analysis.

## Promotion

Ms Jocelyn Leung, who joined the Department as Administrative Assistant II in 2004, has recently been promoted to Administrative Assistant I.

Dr Felix Yuen, who joined the Department as Teaching Consultant in 2002, has recently been promoted to Senior Teaching Consultant.

# NEW FACES



Professor Jeanette Lancaster  
Visiting Professor

I am pleased to be part of the staff at the Department of Nursing Studies this year. I will serve as a Visiting Professor from October 2, 2008 until October 1, 2009. During this time I will co-teach a variety of courses and assist department staff in any way possible. Prior to coming to the University of Hong Kong, I served as the Sadie Heath Cabaniss Professor and Dean at the University of Virginia School of Nursing in the United States. During the last two years, it was my privilege to serve as president of the American Association of Colleges of Nursing. In this role I was able to learn about many health care and nursing issues in the US and internationally. I look forward to working with the staff and students in the Department of Nursing and to learn as much as possible from my new colleagues in Hong Kong.



Ms Chan Priscilla Wing Yin (陳詠妍)  
Clinical Instructor

I joined the Department of Nursing Studies, HKU as a Clinical Instructor in August, 2008. I obtained my RN qualification from the School of Nursing, Queen Mary Hospital. I gained my clinical nursing experience in O&T, surgical and in the adult intensive care unit. I also obtained my Bachelor of Nursing at Hong Kong Polytechnic University. I feel honoured to join the Department of Nursing Studies, The University of Hong Kong.



Ms Yuen Nicole Lai Ming (阮麗明)  
Clinical Instructor

I joined the department as a clinical instructor in August 2008. My student nurse training was in the School of General Nursing in Queen Elizabeth Hospital. I worked as a registered nurse in the QEH paediatric department for 14 years including general paediatrics, paediatric SARS ward, neonatal and paediatric intensive care unit and isolation ward. Apart from nursing duties in the wards, my main responsibilities were to be a preceptor and clinical mentor to teach Higher Diploma student nurses and new graduates as well as new-comers. In order to develop my professionalism, I obtained a Bachelor degree in 1999 and Masters degree in 2007 as well as speciality training in child health nursing. My research interests focus on child health and infection control. I hope I can share my previous clinical working experience with students so as to facilitate them to become competent registered nurses and deliver efficient and effective quality patient care.



Ms Chan Ngai Yue Yvonne (陳藝瑜)  
Executive Assistant (Programme)

I joined the Department as an Executive Assistant in August 2008. This year I also finished my degree in Translation and Interpretation. I like learning languages as it allows me to understand more about the world.

Though at first I felt quite unfamiliar to the traffic, facilities or working procedure of the Department, thanks to the assistance of my colleagues, I feel quite comfortable now working here. Besides working, I plan to study a certificate of Spanish, so that in the future I can go traveling around most of the continents.

## Department of Nursing Studies

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