



# Nurse Letter



## Head's Message

### Our School of Nursing

Prof Sophia SC Chan  
Professor and Head



Our first batch of Bachelor of Nursing Full-time graduates at Faculty of Medicine Graduation and Prize Presentation Ceremony 1999

This is our 15th anniversary year and we are very excited to have come to this milestone. We look forward to 2010 being a year of ongoing celebration as we acknowledge our achievements and anticipate some of the challenges lying ahead in the coming years. The major event to recognise this landmark will be an international Nursing Forum we are hosting in June with a grand finale celebration in December. However, what is exciting us very greatly indeed in this important year is our change of name! I am delighted to announce that our proposal to the University to change our name from the Department of Nursing Studies to

the School of Nursing has been accepted, effective from 1 March 2010. This is a memorable moment, worthy of celebration.

In making an application to change the title, we argued that such a change would reflect our growing reputation and status and our accomplishments in undergraduate and postgraduate education, research and community engagement locally, regionally and internationally. Our achievements have been recognised by the University and we are all overjoyed that our dream of becoming a School has finally come true.

There is no doubt that, since our small beginnings in 1995 with 42 students, we have grown substantially into a large and complex academic unit. We have major programme offerings, 44 teaching staff and 960 students enrolled in Bachelor of Nursing (full-time and part-time programmes), Master of Nursing, Doctor of Nursing, MPhil and PhD. We have also introduced a part time Bachelor program to enable enrolled nurses to upgrade their qualifications and have commenced an infection control stream into the Master of Nursing Course. We have managed this fast growth carefully, in a series of thorough and meticulously planned developments. Rapidly increasing student numbers, new programs, and new staff have all required that painstaking attention is given to every aspect of the expansion.

Our Bachelor of Nursing Full-time graduates at Nursing Graduation Celebration 2009



It is therefore opportune to reflect on the breadth and depth of our current achievements since our small beginnings just 15 years ago. All of our staff all highly committed teachers and four have been awarded esteemed Faculty Teaching Medals and two have been awarded prestigious University Outstanding Teaching Awards. We have achieved outstanding success with our problem based learning in classroom and clinical settings, and have developed some highly innovative simulations for teaching critical thinking and clinical nursing skills. We have also developed a programme in E-health literacy. Each of these points to the vibrancy, creativity and industriousness of our teaching staff.

Our research theme of Promoting the Health of Well and at Risk Populations, with its subthemes of Chronic Illness Prevention and Care and Women and Child Health has enabled us to ensure that our research is clearly focused. This strategy has been extremely successful as in the most recent Research Assessment Exercise (2006) we had a Research Index of over 90%, which was the highest score among all Schools of Nursing in Hong Kong and surpassed the University's overall Institutional Score of 85.47%. We submitted substantially more internal and external grant applications in 2008/9 than in the years preceding and increased our success rate as well. Our research has been published in highly ranked international journals such as American Journal of Health Promotion, International Journal of Nursing Studies, Journal of Nursing Education, International Journal of Psychiatry in Clinical Practice, Journal of Advanced Nursing, and Journal of Public Health. Our research findings have also been reported widely by the media.

We have been extremely productive in our community service activities. Since we established the Centre for Health Promotion in 2004, we have been very effective in promoting public health awareness through the action research we have undertaken, and through the preventive health education and health promotion services we offer. We have been able to provide our services to the general public and to clients with specific health problems. Currently we are working on a Youth Quit-line service, a Women Against Tobacco Taskforce, Support and Advice for Abused Women and Children and a Health Literacy Program for Older Adults.



Professor Sophia Chan, Head of the School, was awarded the Outstanding Teaching Award 2009

Our work in knowledge exchange and transfer has also been notable. We provide Hospital Authority and Department of Health funded training courses for nurses on smoking cessation counselling, research methods and primary health care. We have been funded by the Tamasek Foundation of Singapore to develop a Train the Trainer project to build capacity and advance nursing through training courses for nurse managers, nurse educators and community nurses in Guangdong province. We are working with the China Medical Board on a consultancy aimed at developing doctoral education for nurses in China to increase the number of nursing faculty. We are undertaking a capacity building project funded by Cancer Research UK to advocate for and implement smoking cessation among health care professionals in Beijing and Guangzhou.



We rallied in support of the increase of the tobacco duty in 2009



HKU-Temasek Foundation Training-of-Trainers Programme for Advancement of Nurses in Guangdong Province, China



We have a number of exciting student exchange programmes with universities across the globe.

Additionally, we have established collaborative links through partnerships with major universities in the USA, Sweden, United Kingdom, People's public of China and Taiwan and have a number of exciting student exchange programmes with universities across the globe.

We have exciting plans for the future and all the members of our School feel invigorated and inspired to continue the work of what is now developing into a mature School of Nursing.

# Feature Story

## Research

Dr Vivian Ngai  
Assistant Professor



### Psychometric Properties of a Chinese Version of the Self-Control Schedule

Transition to motherhood is a time to celebrate the arrival of a new member in the family. It is also a time of psychological stress that poses critical adaptation challenges for new mothers (Tulman & Fawcett, 2003). Although some women manage to integrate the developmental tasks of a mother and are satisfied with their maternal roles, there are others whose ability to cope is undermined by the stressful demands of motherhood and become depressed in the perinatal period. Perinatal depression is a worldwide health problem affecting between 8.5% and 19.2% of women across diverse countries and cultures (Gavin et al., 2005). In Hong Kong, perinatal depression has been found to affect 8.3% of women during pregnancy and 13.5% of mothers in the first three months after delivery (Lee et al., 2001, 2004). With an annual delivery rate of approximately 78,800 (Hong Kong Census & Statistic Department, 2008), it is estimated that 6,500 to 10,600 women suffer from perinatal depression every year. The impact on the women can be long lasting and has serious consequences on the psychosocial development of the child (Luoma et al., 2001). Thus, strategies that facilitate Chinese women's coping and promote their emotional well-being during this role transition period are essential.

Learned resourcefulness is an important personal capacity that might enable women to negotiate the demands of motherhood and stay emotionally healthy in adapting to the maternal role. Learned resourcefulness refers to a repertoire of cognitive-behavioral skills for the self-regulation of internal responses that interfere with the execution of a target behavior, measured by the Self-Control Schedule (SCS) (Rosenbaum, 1980). The literature supports the notion that learned resourcefulness plays a significant role in promoting perinatal health and reducing perinatal depression (Boonpongmanee et al. 2003; Chang et al., 2007). Thus, a reliable and valid Chinese version of the SCS (C-SCS) is crucial for the development of interventions to strengthen women's learned resourcefulness and promote perinatal health in the Chinese population. The aims of this study were to translate and evaluate the psychometric properties of the C-SCS in Chinese childbearing women.

#### Methods

The study consisted of two phases. In phase I, the SCS was translated into Chinese using the technique of translation and back-translation and was reviewed by an expert panel for cultural equivalence. In phase II, psychometric testing of the C-SCS was conducted using a convenience sample of 360 childbearing women recruited from an antenatal clinic of a regional public hospital. Four instruments including the C-SCS, General Self-Efficacy Scale (GSES), Rosenberg's Self-Esteem Scale (RSES), and Edinburgh's Postnatal Depression Scale (EPDS) were administered to the participants. Ninety two women participated in the 4-week retest.

#### Results

The C-SCS demonstrated good internal consistency (Cronbach's alpha = 0.83) and test-retest reliability (ICC = 0.91). Factor analysis revealed the presence of three factors supporting the conceptual dimension of the original instrument. Significant correlations with GSES ( $r = 0.48, p < 0.01$ ), RSES ( $r = 0.41, p < 0.01$ ) and EPDS ( $r = -0.46, p < 0.01$ ) demonstrated good construct validity.

#### Conclusions and Implications

The C-SCS has satisfactory psychometric properties. It has the potential to be used as a clinical and research instrument for measuring learned resourcefulness in the Chinese population. Health care professionals could use the C-SCS in the evaluation of interventions designed to strengthen Chinese women's learned resourcefulness and promote maternal well-being during childbearing.

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Dr Eliza Wong  
Teaching Consultant

## *Teaching and Learning*

### The Ways of Research, Teaching and Learning

Before becoming a teaching consultant I worked as a registered nurse in an Accident and Emergency Department (AED), and encountered many cases involving wounds and injuries. In this role, I undertook research into lacerations and for my PhD, I examined the effectiveness of post surgery outcomes among Chinese patients with traumatic limb fractures.

Lacerations are among the most common problems in the AED in Hong Kong and, in most cases, simple wound closure is normally performed through suturing undertaken by trained nurses. However, in 2005, I decided to investigate better treatment options for patients with lacerations. In 2006, a Health and Health Services Research Fund (HHSRF) was obtained to undertake a randomized controlled trial on the cost-effectiveness, outcome appearance, infection rate, pain and patient satisfaction of using Dermabond (2-Octyl cyanoacrylate) versus sutures for lacerated wound closure in AEDs in Hong Kong. The study, completed in 2007, revealed that patients in the Dermabond group had a statistically better cosmetic appearance score, lower infection score, and better overall wound management satisfaction level although no significant difference was found in the pain level between the two groups. The Dermabond group was cost-effective in terms of savings in nursing time with a lower rate of extra dressing required.

My PhD study involved developing a specifically designed educational intervention and examining the effectiveness of its outcomes post surgery among Chinese patients with traumatic limb fractures. The study had two phases. In phase I, qualitative interviews were conducted with 26 Chinese patients with traumatic limb fractures who were undergoing surgery, regarding their experiences and beliefs about pain management. Ten orthopedic nurses were also interviewed about their perceived pain management practices and the barriers to better pain control among patients.

The findings from these qualitative interviews were used to develop a cognitive behavioral approach educational intervention (C-BEI) to enhance knowledge of pain, modify patients' beliefs about pain management and promote positive coping thoughts and behavior. The main study was conducted in phase II, which evaluated the process and its outcomes. The results showed

that the C-BEI was effective in terms of reducing the pain barrier, post-operative pain, and anxiety. It also helped improve sleep satisfaction, and was perceived to have better self-efficacy in pain management in patients with fractured limbs during their first week of hospitalization after surgery. However, there was no statistically significant difference in the quality of life between the two groups over three months although the experimental group had a better score in the mental health dimension. The findings of the process evaluation also showed that most participants perceived the C-BEI as effective in enhancing their knowledge on pain management, and in helping them to cope with pain and regain self-control.

With my experience in research and my PhD studies, I have attempted to integrate the knowledge I learned into my present teaching through case sharing and discussion. As a teaching consultant responsible for teaching future nursing professionals, I try to ensure that not only do the students gain knowledge from text books and lectures, but that they are also able to reason and think about the different aspects considering the patients' belief, culture, and proper application of individualized care plan on different patients in real-life situations. In addition, I always encourage the students to search for evidence to support their learning. Last but not least, I believe that a lifelong learning attitude is the key to achieving excellence in our knowledge and skills.

## Clinical Excellence

**Ms Elaine Leung**  
Nurse Consultant  
Endocrine Division  
Queen Mary Hospital



### Development of Specialty Nursing – Diabetes Care

I have been working as a Diabetes Nurse in the Hong Kong West Cluster for around 15 years and, as a nurse in charge, have witnessed the growth and development of the Endocrine Division of Queen Mary Hospital. The K. K. Leung Diabetes Center is the first of its kind in Hong Kong where we provide comprehensive care and education for people with diabetes. With support from a multi-disciplinary team, which includes endocrinologists, diabetes nurses, dietitians, podiatrists and clinical psychologists, we have a long history of quality service provision to patients with diabetes mellitus.

To optimize diabetes care, we have been moved away from predominately providing patient education to service coordination and expansion. Faced with increasing demand upon the Diabetes Specialist Out-patient Clinic and to minimize unnecessary hospitalization, we were one of the pioneers in establishing a nurse-led, ambulatory drug adjustment clinic. Patients with unstable or sub-optimal diabetes control, who require more frequent medical interventions, are seen on an ambulatory basis for patient empowerment activities and anti-diabetic medication adjustment. To shorten hospital stay, this service has been extended to newly discharged patients from the Department of Medicine, Queen Mary Hospital.

Apart from providing direct patient education and care, I work hard to promote diabetes education among nurses. Through numerous seminars, center visits and clinical skill teaching, the importance of patient education and empowerment has been spread among our nursing colleagues. With close collaboration between the University of Hong Kong and the K.K. Leung Diabetes Centers, I am now coordinating the 14<sup>th</sup> Diabetes Education and Management Course. I have also been appointed as the convenor of Specialty Advisory Group (Endocrinology) by the Hospital Authority. Our group (previously named as Sub-Specialty Core Group -Diabetes Care), worked on the first "Guidelines for Specialty Nursing Service (Diabetes Care)" in 2001 and a revised version was launched in 2007.

Recently, I have been promoted to the position of Nurse Consultant (NC) of Diabetes Care in the HKWC. The Nurse Consultant post was piloted in 2009 and there are now seven NCs in post. Traditionally, the nursing career pathway did not



facilitate keeping nursing expertise and leadership at the clinical interface. Career development for senior nurses was either through academic or management fields. However, facing the increasing complexity of patient care and rapid changes in health care therapeutics and advancement, the need for expert nurses who are clinically based is essential. The introduction of NC is aimed at assisting the expansion of nursing roles to enable frontline clinical leaders to maximize their contribution in delivering safe and effective health care, as well as developing a variety of advanced nursing skills, to work across hospital and community health care settings.

Over the years, diabetes specialty services in the HKWC have been mainly concentrated in Queen Mary Hospital. In order to enhance continual and consistent diabetes care across different hospitals and level of health care services, I am trying to extend our services to cover other areas within the cluster. Together with a diabetologist, we have established a Visiting Diabetes Team. We are now providing regular diabetes specialist services to Grantham Hospital and cluster General Outpatient Clinics. We plan to extend our service to cover the whole HKWC in the near future.

Facing manpower constraints, sustainability may become a threat to our specialty development. Comprehensive succession planning and quality enhancement programs may then be understood to be a cornerstone to support quality diabetes health services in Hong Kong.

## School of Nursing Highlights

### ■ Nursing Graduation Celebration 2009

An unforgettable and memorable nursing graduation celebration for the academic year 2008-09 was held at the Faculty of Medicine Building, the University of Hong Kong on 27 November 2009. It was our pleasure to invite Professor Gabriel Leung, Under Secretary for Food and Health Bureau to be one of the honourable guests to share the memorable moment with us. More than 300 undergraduate and master students attended the celebration with their families. Welcoming speeches were given by Professor Sum Ping Lee, Dean of the Faculty of Medicine, Professor Gabriel Leung and Professor Sophia Chan, Head of the Department of Nursing Studies. Awards were presented by the honourable guests to the five undergraduates and one masters student, who achieved a distinguished academic performance.



Following the awards' presentation, the graduates took an oath to be devoted nurses by declaiming the Nightingale's declaration and holding the candles which represent the spirit of Florence Nightingale. In addition, representatives from different classes delivered a vote of thanks to all the faculty staff and gifts were presented as tokens of appreciation. After group photos were taken, a tea reception was held in Fun Pui Garden. The Dean, Head, Program Directors, honorable guests and representatives from different classes were invited to the stage for the cake cutting toast. Following the celebration, most of the graduates remained in Fun Pui Garden to have photographs taken with the academic staff and their families. The organizing committee of the graduation celebration hopes all the participants, especially the graduates, had a memorable experience that will be treasured throughout their lives.

### Professor Gabriel Leung's Speech at Nursing Graduation Celebration 2009



Dean, Professor Chan, colleagues, graduands and families, ladies and gentlemen:

*Taking to the lectern in this theatre always brings me enormous joy and pride, as it was not so long ago that I used to preach from the same pulpit, often at 8:30 in the morning to a class of weary-eyed freshmen. I am sure you too may remember those mornings well, even as you have been busy starting a new chapter in your career. I think the Americans have it right when they call such an event a commencement ceremony. Our gathering today indeed marks the beginning of your journey of caring service as a nurse.*

*Being a nurse is a privilege, which you have earned through years of aspiration, inspiration and perspiration. The privilege carries with it much satisfaction to all disciples of Nightingale, whether you serve in theatres of war as she did or in the rather more civilised and sterile environs of operating theatres. But only a fool would believe that your prospects are all rosy all the time. There will of course be many and varied challenges in the days and years ahead, and there will be moments during which you will feel despondent, helpless or even hopeless. Allow me if you will to share a few lessons that have sustained me through the ebbs and flows of daily practice as a health care worker.*

*First, expect the unexpected. The inherent biological complexity of the human body, not to mention human behaviour, more often than not outwits even the most advanced predictive models. Statistical or mathematical science is as yet no match for the elegant randomness of life, at least not at the individual patient level. Robert Burns, a Scottish poet, captured it most beautifully*

*in the famous verse of the poem To a mouse:*

*"The best laid schemes o' Mice an' Men, gang aft agley"*

*Second, approach all things especially the unexpected with equanimity. Equanimity refers to an even temperament of the mind, which is neither elated or depressed. For those of you who may have experienced the pleasure of listening to, or perhaps even playing, Bach's 48 Preludes and Fugues, you would know what that state of mind really means. The reason I bring up these particular pieces is because they are also known as the Well-tempered Clavier, so called since Bach pioneered the well-temperament tuning system as opposed to the then prevailing meantone system. The nomenclature is self-evident as to which sounds in tune and which out of tune. Analogously if you can keep your head about you when all appears to be collapsing around you, then you would have fulfilled your role as a nurse and your patients would demand nothing less.*

*Third, if even-mindedness prepares a nurse's character then professionalism matures it. To be granted the privilege of becoming a professional by society surely compels us to demonstrate always that we are worthy of that trust. In practical terms this should translate into attributes including a high degree of clinical competence, respectful partnership and teamwork, service to others and the promotion of the public good, as well as integrity and morality. It will not be easy to live up to these ideals every day but we must never give up trying. Remember well that unless we keep our end of the social contract, society will eventually revoke the privilege.*

*Finally, I have never lost touch with my personal interests, no matter how busy work might have been, even during the exigencies of the melamine incident or the human swine influenza outbreak – two events that have sandwiched my first year in office. For me Burns, Bach and the arts generally have provided emotional*

sustenance to what could often be an exhausting and draining work life. Literature, music, art and architecture enrich the human experience and gives respite to one's spirit, thus in turn helping to achieve the goals of equanimity and professionalism. In this connection I am most gratified to note that this Faculty has recently established a Centre for the Humanities and Medicine. In closing, perhaps there is no better person to quote than Anton Chekhov, Russian author and physician, who lived over a century ago and personified the consilience of these two fields:

*"The desire to serve the common good must without fail be a requisite of the soul, a necessity for personal happiness..."*

Nauka

*Class of 2009, happily go forth in service of the people of Hong Kong with my very best wishes and appreciation.*



The graduating classes presented gifts to the Department as a token of thanks.

## 16th Hong Kong International Cancer Congress



The 16th Hong Kong International Cancer Congress was held on 4-6 November 2009 at Li Ka Shing Faculty of Medicine, The University of Hong Kong. The Department participated actively

as part of the team organizing the congress and hosted an Education Symposium entitled "Nursing Perspectives in Cancer Prevention and Management". Five renowned local speakers from the public sector, non-government organizations, academic and clinical institutions were invited to share their research studies and clinical experience in preventing, screening and managing cancer. The speakers included Dr TH Leung from the Department of Health, Dr Anthony Ying from the Anti-Cancer Society, Professor Sophia Chan from The University of Hong Kong, Ms WK Lee from Queen Mary Hospital and Ms Suzanne Mak from Prince of Wales Hospital. The Symposium was successful and well-received by the participants.

## Infection Control Courses:

### First Course on 21 and 22 Nov 2009 & MN New Study Stream

The School of Nursing, Department of Microbiology and Carol Yu Centre for Infection are co-organising a series of Infection Control courses with the teaching team led by Professor K Y Yuen. The courses aim to enable nurses and other healthcare providers to meet the demands for infection control in contemporary healthcare settings. The series of courses (six in total), with carefully planned multiple exit points, are specially designed to suit the learning needs and/or career plans of individual nurses. For example, participants may exit the courses with certificates, CNE points or a Master of Nursing degree having completed the necessary requirements.

An interactive, problem-oriented, evidence-based approach grounded in the reality of infection control in health care settings is a hallmark of the courses and has proved to be highly popular with the participants. Course 1 (Foundation of Infection Control I) was held on 21-22 November

2009 with over 190 participants. Course 2 (Foundation of Infection Control II) will take place on 17-18 April 2010 and the number of applications has been overwhelming.



## ■ Christmas Celebration 2009

The Social Sub-Committee of the Department organized the 2009 Christmas celebration on 10 December with a delicious banquet in the Jumbo Floating Seafood Restaurant at Shum Wan. We enjoyed a great variety of dishes including abalone, fresh steamed prawns, garoupa, seafood soup, roasted pigeons, and many more ... a real seafood experience! We all enjoyed the great fun and companionship with each other to celebrate a different Christmas there. We also had time for games and chances to gain greater lucky draw prizes like an MP4 player with a digital photos viewing capacity, mobile phone, computer printer and department store gift voucher, etc.

This exciting and joyful event enabled us to reflect on the successes of 2009 and look forward to a very prosperous and fruitful 2010.



Hey you ladies and gentlemen are all really good that the table doesn't look too messy after the feast. Cheers!

## ■ United We Run 2010



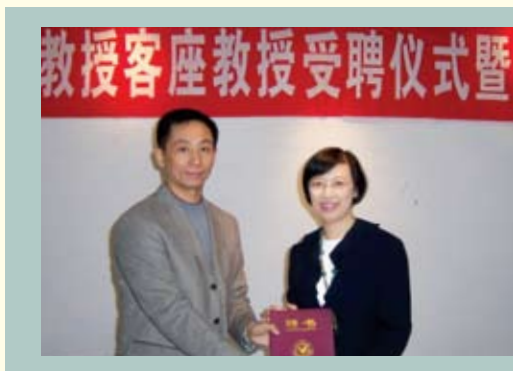
Our HKU Marathon Team ran again this year on 28 February with greatly increased numbers. In fact, the Team has doubled in size over 5 years and now comprises 2,238 members. Our Department has always fielded members and, this year, more than a dozen staff members from the Department joined the cheering group or ran for 10 km starting at various times. Although the day was rather warm and humid at around 23°C and 93%, our spirits were very high and strong. It took an extra effort to finish the run with such higher temperature and humidity but our fastest runner finished the 10 km in less than an hour! We were also very happy that, all of us completed the distance enthusiastically and safely, albeit with differing times. We felt even happier, to have yum-cha together with our Head after the run as we do every year.. And the good things never stop happening!. During our 15th Anniversary celebrations of the Department this year the fastest runners of our Department will be awarded a prize.

## ■ Lead a Colorful Life - Charity Walk 2009

The Hereditary Gastrointestinal Cancer Registry, The University of Hong Kong organized a walkathon named "Lead a Colorful Life - Charity Walk 2009" at Aberdeen Country Park on **29 November 2009**. The aim of the event was to raise funds for the Hereditary Gastrointestinal Cancer Registry in order to continue its work in serving families at high-risk of colon cancer in Hong Kong. Professor Sophia Chan, Head of the Department of Nursing Studies, and our Nursing students also joined this fundraising walkathon to enhance public awareness of hereditary colorectal cancer.



## Visit to School of Nursing Guangzhou Medical College on 18 November 2009



Professor Sophia Chan, Head of the Department, has been invited to be the Visiting Professor of the School of Nursing, Guangzhou Medical College, China. An appointment ceremony was held on 18 November 2009 in Guangzhou, in which Professor Chan was invited to share her academic and research achievements with colleagues.

## Networking with Secondary Schools on 25 Nov 2009

Eight Principals and Career Masters/Mistresses from top-ranked local secondary schools were invited to meet with the Head and Bachelor of Nursing (Full-time) programme team members of our School on 25 November 2009. Professor Sophia Chan, Head of School, warmly welcomed the guests before the luncheon.

Participants enjoyed the gathering and shared views on recent educational issues and discussed developments in the nursing profession. To further collaborate with these schools, our School will organize visits for their students in the coming semester to provide them with the opportunity to learn about our programme.

The School of Nursing is working to strengthen relationships with local secondary schools. Over the past two years, more than 40 representatives from top secondary schools had accepted the invitation to visit our School. We expect the network will expand



A group photo of our guests, colleagues and nursing students at the luncheon on 25 November 2009

considerably in the near future to include more Schools and provide opportunities for more secondary school students to learn about nursing.

## In the Media

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



Feb 2010  
Professor Sophia Chan  
Smoking Cessation for Women Smokers

天下沒有不愛美的女人，雖然明知吸煙會加速衰老，但為了那幾秒鐘的快感，仍難以抗拒。香港中文大學醫學院護理系教授陳少嫻，最近與同事合作，為女性煙民提供一項戒煙輔導計劃，至今已為24名女性煙民戒煙。這項輔導計劃的成功率為24%。

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Feb 2010  
Professor Sophia Chan, Smoking Cessation for Youth Smokers

## Message from Nursing Society

This year is a major milestone for the newly titled School of Nursing as we celebrate its fifteenth anniversary and look forward to a very bright future.

We are the executive committees of Nursing Society, MS, HKUSU, session 2010. The name of our cabinet is ER, which is the abbreviation of Enhance Relationship. ER will act as a bridge that provides different activities in a bid to enhance communication between members.

We would also like to maintain a harmonious relationship with the Medical Society, MS, HKUSU and the Chinese Medicine Society, MS, HKUSU. The Joint Societies orientation programme will also enhance relationships among students undertaking different curricula and let them taste the warming atmosphere of the Medical Faculty. Moreover, we will enhance relationships between us and the Medical Faculty, the School of Nursing, and other health-related organizations in Hong Kong.

In November we will organize a Nursing Festival, which is the traditional activity of Nursing Society, and we hope that all of you will have fun and enjoy our activities. As for other issues, an academic seminar and current affairs seminar will be held to broaden their horizons. Furthermore, Caduceus Cup, which is an inter-university sports event, will be held in July.

To conclude, we will try our best to serve our members and strengthen relationships between members and us. We hope you will support us and enjoy what we will provide for you.



## New Faces



**Dr Ngai Fei Wan, Vivian (魏飛雲)**  
Assistant Professor

I am very honored to join the School as an Assistant Professor. I have years of clinical and teaching experience in various specialties and institutions. I obtained my PhD from the Nethersole School of Nursing (CUHK). My research interest is on the promotion of women's health and the provision of quality care for childbearing and childrearing families.



**Mr Lam Wing Kuen, William (林詠權)**

I was very pleased to join the School as a Clinical Instructor in November, 2009. I completed my general nursing training in United Christian Hospital and served in the same hospital as a Registered Nurse and Advanced Practice Nurse for 15 years. I graduated from Monash University with a Bachelor of Nursing in 2000 and obtained my Master of Primary Health Care from the University of Western Sydney in 2005. My clinical experiences include orthopaedic and traumatology, surgical and ICU nursing. It is a great honour for me to teach in this excellent School and I am glad to share my clinical experiences to the staff and students here.



**Ms Lam Ching Yee, Yobie (林靜宜)**

I joined the School as a Clinical Instructor in the end of 2009. Having been a Registered Nurse in the public hospital system for over 10 years, I obtained valuable clinical experiences in peri-operative, peri-anesthesia, intensive care and pain management nursing. After completing Bachelor study at La Trobe University I undertook my Masters degree at HKU. I also completed postgraduate study in Healthcare Service Management in the SPACE HKU. Apart from the part-time teaching previously in the Open University HK for the Bachelor of Nursing, I have also served as an instructor in the ICS of the North District Hospital for the nurses' courses. At this time, I am looking forward to share my experiences and knowledge with students and colleagues of the School.

## Our Graduates' Promotion

A dinner gathering was held on 10 March 2010 with four of our graduates who have been promoted to APN. Professor Sophia Chan, Head of the School and two of our Clinical Instructors, Ms Janet Wong and Ms Claudia Chan joined the dinner to share the happiness of our graduates' promotion.

Ms Jenny Yau graduated in 1999 and is now APN in the cardiac care unit of Kwong Wah Hospital. She worked in a general medical ward in Kwong Wah Hospital after her graduation. She then attended a 1-month ICU training course following SARS and was transferred to the general cardiac ward afterwards. She was promoted to APN in February 2009.

Ms Phoebe Wong, who graduated in 2000, worked in a general surgical ward at Queen Mary Hospital for eight years following graduation. She then looked for opportunities in other clusters and was promoted to APN in United Christian Hospital in 2009. She is now working in a general surgical ward.

Ms Sindy Wong worked in the United Christian Hospital for two years after graduation in 2000. She then changed her position to work in a mixed ward in St. Paul's Hospital and she was the first university nursing graduate employed by St Paul's Hospital. After working in St. Paul's Hospital for six years, she was promoted to Deputy In-Charge of her own ward in 2008 and was further promoted to Nursing Officer eight months later.

Mr Deyoung Kam is now the Nursing Officer in Operation Theatre in St. Paul's Hospital. He has been working in the operation theatre in St. Paul's Hospital for about eight years following his graduation in 2002. He was promoted to Deputy In-Charge in 2007, then Nursing Officer in 2008.

The graduates shared with us their knowledge of the different promotion systems in the various sectors. For the public hospitals, i.e. the Hospital Authority, 5 – 6 years of clinical experience and a Master's degree is normally required to be eligible for promotion. The applicants participate in a written test (optional) and an interview. Private hospitals usually require nurses to have 8 – 10 years of clinical experience and a recommendation from a Nursing Officer or Senior Nursing Officer. Involvement in some service quality enhancement projects and an interview are also part of the assessment.

Our graduates all thought they had gained a great deal from their promotion, such as, higher job satisfaction, better management and team building skills, and problem solving skills. Since their communication and interpersonal skills were further enhanced, they felt more confident in being accepted by colleagues and senior staff. More importantly, the promotion extended their vision as they learnt how to view an issue from different aspects.

They admitted that they had been encountering many challenges following promotion. All of them noted that being unable to receive recognition from their colleagues is the most difficult situation they faced after promotion. To overcome the challenges, they thought being humble and open minded were important



so as to ensure their colleagues felt they were respected. Being available to help colleagues with problem solving was also important. They felt that good working experiences help to establish rapport with colleagues and facilitate future cooperation. In addition, the support and guidance from senior managerial staff provides the young new leaders with directions and empowers them for further development.

They agreed that there are some important elements that paved their way to success.

1. Self confidence: It was important not to feel defeated after failing their interviews, and to trust in one's own ability and think of ways to equip oneself better for next time.
2. Contribution to the clinical setting: Active involvement in service quality enhancement projects in clinical settings can extend one's vision and train one's mind. Furthermore, one's contribution to the clinical settings will be examined during interviews as part of the assessment for promotion.
3. Value every opportunity available: Our young leaders pointed out that valuing and grasping every opportunity available is very important. Even if they did not initially succeed, they gained experience in interview and then knew more about their requirements, which enabled them to perform better next time.
4. Be well prepared in advance: Not only be well prepared for the interview, they felt it was important to equip themselves well for unpredictable challenges and opportunities. Continuous education is one of the methods to become better prepared, but to extend one's vision and viewpoint is even more important.
5. Be flexible and open minded: Enhancing service quality and reducing error are main objectives for both the public and private medical sectors. They felt it was important to keep an open mind for changes and be flexible in adopting new practice.
6. Not to be calculative: Under the great stress and heavy work load in clinical settings, they saw that it was necessary to sacrifice time after work for projects or study.
7. Hard working: Hard working is always one of the keys to success.

At the gathering, the graduates expressed their gratitude to the School and the University in which the all-round education facilitated their success. The training in presentation skills made them confident to speak out in front of crowd. The training in documentation/ writing enabled them to present ideas systematically and concisely. With the holistic nursing education they received, they developed critical thinking and analytical mind development, as well as the willingness to face new challenges. We will be meeting with more graduates who have been promoted, and more stories will be in the pipeline.

# Congratulations

## Award

### Outstanding Teaching Award 2009

**Professor Sophia Chan**, Head of the Department of Nursing Studies, was awarded the Outstanding Teaching Award 2009 by the University of Hong Kong in recognition of her excellence in teaching and engagement with students and their learning, and in curriculum design, renewal and innovation.

### Faculty Teaching Medal 2009

**Dr Daniel Fong**, Assistant Professor,, was awarded the Faculty Teaching Medal 2009 by the Faculty Selection Committee in recognition of his outstanding performance in teaching and in promotion of good practice in teaching.

## Award of Research Grants

The following staff members are the Chief Investigators on projects recently awarded through the University:

### Small Project Grant - The University of Hong Kong

#### Professor Sophia Chan

A three-year follow up of female smokers receiving gender specific smoking cessation counseling in Hong Kong.

#### Dr Agnes Tiwari

The role of post-traumatic stress disorder in mediating the effects of intimate partner violence on chronic pain in Chinese women.

#### Dr Marie Tarrant

Hong Kong women's knowledge, attitudes, and behaviours toward influenza vaccination during pregnancy.

#### Dr Daniel Fong

Cognitive debriefing of the Function Living Index – Chinese for Hong Kong Chinese patients with cancer.

### Seed Funding for Basic Research – New Staff – The University of Hong Kong

#### Dr Doris Leung

Incorporating personality traits into the Attitude-Self Influence-Efficacy Model for predicting intention and behaviours of smoking cessation among Chinese smokers: a prospective study

# Upcoming Events

## 4<sup>th</sup> Hong Kong International Nursing Forum

The School is pleased to announce the 4th Hong Kong International Nursing Forum and Grace Tien Lecture which will be held on 4 - 5 June 2010 (Fri. & Sat.) at Cheung Kung Hai Conference Centre, G/F William M.W. Mong Block, 21 Sassoon Road, Pokfulam. The theme this year is **"Health Care Reform: Nurses' Role in Promoting and Managing the Health of the Community"**, which aims to support the work of the Hospital Authority in achieving its goal of health care reform. We have invited distinguished healthcare professional and nursing academics to be our keynote and plenary speakers to talk about the role that nurses play in their health care systems. Speakers are:

#### Dr Chow Yat Ngok, York

Secretary for Food and Health, Government of the Hong Kong Special Administrative Region

Health Care Reform in Hong Kong: Nurses as Key Contributors in Promoting Health in the Community

#### Professor Alison While

Associate Dean (Education & External Affairs), Florence Nightingale School of Nursing & Midwifery, King's College London, U.K.

Health Care Reform: The Role that Nurses Play in Promoting Health in the Community

#### Professor Judith Parker

Emeritus Professor, Nursing, Melbourne School of Health Sciences, University of Melbourne, Australia

Health Care Reform in Australia: Emerging Roles for Nurses in Primary Health Care

#### Professor Jeanette Lancaster

Medical Center Professor of Nursing, School of Nursing, University of Virginia, U.S.A.

Health Care Reform in the United States: The Role that Nurses Play in Promoting Health

#### Professor Bonnie Stevens

Professor, Lawrence S. Bloomberg Faculty of Nursing, University of Toronto, Canada

Health Care Reform in Canada: Role of Nursing Researchers

The Forum will be an ideal platform to foster the exchange of innovative ideas and to strengthen collaboration among local and international nursing leaders.



Online Registration:

**Available at Forum Website**  
**hknf.hku.hk**  
**(Early Bird Deadline: 9 April 2010)**

CNE:

**8.5 pts for 1.5 day Forum**

Enquiry:

**Tel: (852) 2819 2606**  
**Fax: (852) 2872 6079**

Email:

**hknf@hkucc.hku.hk**

**School of Nursing**  
**The University of Hong Kong**

4/F, William M. W. Mong Block,  
21 Sassoon Road, Pokfulam, Hong Kong.  
Tel: (852) 2819 2600  
Fax: (852) 2872 6079  
Website: [www.hkucc.hku.hk](http://www.hkucc.hku.hk)  
Website: [www.hku.hk/nursing](http://www.hku.hk/nursing)

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