



White Guardian



Nurses represents the **LARGEST** group of professionals in our health care system in Hong Kong.

35,853 registered nurses in Hong Kong (as at Feb 2015).

HKU trained 180-190 registered nurses every year to serve Hong Kong community.

The employment rate of HKU nursing graduates is always

100%.

Over 1500 registered nurses trained in our full-time Bachelor of Nursing programme over the last 20 years.

White Guardian is a HKU School of Nursing undergraduate student publication. Through a series of interviews and reflections, we aim to inform interested readers of our student and alumni activities, as well as discover and showcase our graduates' career paths and achievements.

On the following pages are stories from two of our **distinguished alumni** who excel in their careers, lead the nursing profession, and serve our local community. They were interviewed by our **student reporters**.

Interested readers:

- ❖ Secondary school students or career masters
- ❖ HKU students and alumni
- ❖ Any person interested in the nursing profession

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*“To go through the mill of nursing,
one needs humility and passion.”*

Inside a room of chalky walls and milky tiles sits a man wearing a smart bleached white uniform. His eyes glitter with spirit. His mouth opens with determination. His arms move with boldness. He is Steven Chan, the Advanced Practice Nurse with one mission to accomplish --- “to strive and not to yield”.

Specializing in Stoma and Wound Care, Steven describes nurses as professionals with **two ‘E’s**:

Energy, the essential quality of nurses, is required in the face of challenges and opportunities. Recalling his studying days, besides the transition and adaptation to English as medium of instruction in lectures and tutorials, Steven accentuated the importance of psychomotor skills in nursing. As “studying” and “doing” are very different, theories should integrate with skills whenever nursing care is delivered. Being a team player with other allied health workers is also crucial to the efficiency and safety of the patients. What’s more, prioritization in critical times requires nurses to possess a high emotion quotient as well. In practicum and workplace, Steven takes a proactive approach to learn the knowledge and practice skills from scratch.

Empathy of nurses enhances understanding and facilitates improvement of conditions of the patients. Mere acknowledgement of their



Steven Chan (Class 1999)

Advanced Practice Nurse
Department of Surgery
Queen Mary Hospital

medical conditions does not necessarily provide patients with a full recovery passage. A patient with Crohn’s disease had his affected parts surgically removed, and was then managed effectively by Steven’s highly specialized nursing team. Unfortunately, upon the patient’s discharge from hospital and return to his home country where the mode of care was different, he passed away a few months later. “Nurses are there to deliver the utmost care to a patient,” Steven stressed.

“Why did you choose nursing?” Steven’s firm tone and strong voice echoed in our hearts. Going through the nursing mill, his willpower stems from humility and passion. It is deep satisfaction from the caring process that propels him forward and strives for achievement in his career. ■



*“Opportunities in career are retained
for those who prepare well.”*

Phoebe Wong is a brilliant alumna who graduated from our School of Nursing in Year 2000. She is currently a Ward Manager in United Christian Hospital.

A typical day for nurses can be very hectic, and as a ward manager, the workload is even heavier and more challenging. To be a successful nurse, Phoebe points out some significant criteria. A nurse should be a good listener, always eager to learn, and also make great efforts to improve oneself. More importantly, being considerate and respectful to colleagues, patients, and their families are also essential.

“If you are willing to sacrifice, you can learn more than you can ever imagine.” Phoebe finds her job rewarding every time she looks after a patient, sees the patient making progress, and finally getting discharged from the hospital. Over the years, she has overcome many difficulties while gaining invaluable experiences.

“Practice makes perfect” and **“Experiences are accumulated through the years”** are Phoebe’s reminders for us all. She encourages every



Phoebe Wong (Class 2000)
Ward Manager
Department of Surgery
United Christian Hospital

nursing student to grasp every opportunity, and to work diligently and cautiously. This way, we will all become competent and knowledgeable nurses one day. Moreover, studying hard is also a key to success, which allows us to implement theory into practice, enabling our knowledge to back and support our skills and tasks.

The motto of Phoebe is “Opportunities in career are retained for those who prepare well”. In order to become an accomplished and competent nurse like Phoebe, the best way is to equip ourselves well, and do not hesitate to work harder starting from today. Opportunities and a bright future await us all who stand ready. ■



Reflections from White Guardians

I am privileged to be a member of the White Guardian.

This experience provided me with an exceptional learning opportunity. I have learnt so much from the interviews. Our brilliant alumni shared with us their working experiences as well as difficulties they encountered.

From the interviewees, I realised the many roles of a nurse and that nurses should always be responsible and do their best for the patients.

White Guardian indeed widens my perspectives and offers me a new way of learning. ♥



Iris Yiu, Year 2

Lifting the veil of APN Mr Chan's serious outlook, I saw footsteps full of memorable moments on his road to success. Seizing the opportunities, he engaged himself in competitions of music society as a guitarist in HKU. Broadening his horizons, he participated in specialty training in gastrointestinal system at work. I learnt from him that nurses can and should be life-long learners as nursing itself is ever-changing.

As my own Year 2 community practicum commenced, I have been seeing novel cases and filling each day with surprises and wonder. To achieve a sense of autonomy like Mr Chan, I believe that one has to strike for a good balance of knowledge and skills, which could be developed over time. I am confident that my nursing journey will be fruitful as my enthusiasm in nursing has already been ignited. ♥



Katie Sum, Year 2

Interviewing nurses was a precious experience, during which I learnt not only ways and attitudes which are helpful for my own development into a future nurse, but more importantly the life principles and spirit of the interviewees. To be a competent nurse can be a challenging journey. This is because we must keep our passion all along, and should always bear in mind our original intention of why we pursued nursing in the first place ---

these were take-home messages for us all. ♥



Elite Mok, Year 2

It has been a great privilege to interview our remarkable HKU Nursing alumni. The White Guardian program has provided me with the opportunity to conduct an interview through which I gain invaluable knowledge, especially nursing professional ethics and conduct. I realised the reason why both theories and practices are vitally important for a nurse and that they should be considered equally essential. Last but not least, being a nursing student and a soon-to-be nurse, I shall always keep in mind my original goals of studying nursing, so that passion can be kept throughout my nursing life. ♥



Gigi Kwok, Year 2

