



White Guardian



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

37,203 registered nurses in Hong Kong (as at Sept 2015).

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

The employment rate of HKU nursing graduates is almost

100%.

Over 1900 registered nurses educated 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

EDITOR-IN-CHIEF
Professor Judith Parker

STAFF MEMBERS
Professor Agnes Tiwari
Dr William Li
Dr Janet Wong
Ms Joyce Chong

STUDENT REPORTERS
Elite Mok
Shelia Wan

“ Work with love. Work with passion. ”

Inside a busy and hectic medical ward in Queen Mary Hospital, a caring and loving angel in white appears at the bedside. Her helping hands relieve the patients from pain and stress, bringing them hope amidst suffering. She is Miss Poon Wai Shuen, an Advanced Practice Nurse and our graduate from Class 2002.

Being a **patient** and **empathetic** person, the nursing profession suits Miss Poon as if it is measured for her. However, stress is one of the major challenges that every nurses face. Back in Miss Poon's junior days in the field, people were always comparing the working ability between fresh graduates from traditional hospital nursing schools and university degree programmes. Miss Poon worked hard to become a good example for the profession to see that HKU trained Registered Nurses excel in not only theoretical knowledge and clinical skills, but also critical thinking and problem solving. Moreover, university education also inspired Miss Poon to be passionate about her future career.

Miss Poon recalls her very first night shift when she was new to the medical neurology ward. Her duty was to look after a patient in acute stroke with left hemiplegia, recently treated with intravenous rTPA (an enzyme to dissolve blood clots). The patient's whole family was distressed and cried and shouted at his bedside. Miss Poon kept close and vigilant



Poon Wai Shuen

(Class 2002)

Advanced Practice Nurse
Department of Medicine
Queen Mary Hospital

observation of the patient's ever changing condition, while constantly taking care of the family members' needs and feelings by giving them timely explanations and reassurances. Fortunately, after three hours, the patient resumed his lost left side power, and he was discharged on only day 5 post-stroke with near full limb powers. It was an amazing moment for Miss Poon to see the patient happily and gratefully went home with his relatives, and it is all these touching stories that support and encourage her all along the way.

"What is the difference between human and machine?" Miss Poon's answer is **"Love"**. Her motto and message for us nurses-to-be is to **"Work with love. Work with passion."** Miss Poon, who has graduated from our School since a decade, is full of passion in her nursing career and our excellent role model. ■



“Be willing to learn from others’ best practices, and reflect on their mistakes.”

Mandy Tong (Class 2003)

Advanced Practice Nurse

The Duchess of Kent Children’s Hospital at Sandy Bay

Mandy Tong, an outstanding graduate of our School of Nursing, is now working at The Duchess of Kent Children's Hospital as an Advanced Practice Nurse in the Pediatric ward.

Mandy wholeheartedly enjoys her career as an APN because nurses perform multi-tasking.

Nurses act as:

1. **A bridge** connecting doctors, allied health staff and patients; a channel between patients and their relatives; and an administrator who puts doctors’ prescriptions into action;
2. **An assistant** to medical staff during various procedures, such as assisting doctors in the operating theatre;
3. **A caregiver** to patients who spend most of their time in the wards during hospitalization;
4. **A researcher** who does research and investigations aiming at improving current nursing practices;
5. **A teacher** who mentors and guides juniors, students, healthcare assistants, and the general public.

There are many other nurses’ roles in each and every healthcare setting, e.g. community centres for the elderly, nursing homes, out-patient clinics, etc. The multiple roles of nurses with their colourful and fruitful professional life are the major reasons why Mandy loves her occupation as a nurse, as do many other fellow nurses.

The world is ever-changing, medical knowledge on diseases and technologies are advancing day by day. Therefore Mandy suggests that in order to be a competent nurse, we must equip ourselves by joining courses and conferences in the field so as to keep our knowledge up-to-date. We would then be able to provide better nursing care to our patients, which is the ultimate goal of a nurse.

The importance of learning from others is also emphasized by Mandy. “Learn from others and do not be restricted by one’s post, working span or experience, or whether something is done correctly or wrongly,” she points out. No one is always right, and even doctors or senior nurses can err sometimes. As nurses, we must interpret and evaluate each situation individually and critically. We shall learn from best practices, while alerting and preventing ourselves from repeating the same mistakes in the future. ■

Reflections from White Guardians

I am overjoyed to be one of the White Guardians. It is a treasurable experience to conduct interviews with our distinguished alumni, as their invaluable experience helps me grow as a professional nurse. Through talking to them, I have learnt that to be an excellent nurse is to be passionate, considerate, and caring. A brilliant nurse must also have the ability to understand and feel the patients' suffering, so as to provide them with the best possible care. ♥



Shelia Wan, Year 1

The interview with Ms Tong was a boost in my nursing journey. Just a few months ago, I completed my very first hospital practicum at a sub-acute setting. I was a bit overwhelmed and frightened that there seemed an endless road ahead with a million things for me to learn, to experience, and to explore. Thankfully Ms Tong's lively and passionate sharing of her own valuable experiences relighted my path. Ms Tong loves her patients so much that she was like a motherly figure to them. Her signature big smile appeared whenever she retold some impressive and rewarding stories, such as how she witnessed how some of her very young patients got better and better under her care. There was also this "miracle" of a little boy. It was estimated that his lifespan would be three years at most. To everyone's surprise, the little boy strived beyond his "deadline" and was still alive and well on our interview day. I won't forget how he greeted me with a gentle smile and a waving hand when Ms Tong introduced us two. Imagine how gratifying it would be for the nursing team, taking great care of the boy since his birth and witnessing his amazing progress day by day! ♥



Elite Mok, Year 2

