



School of Nursing

Li Ka Shing Faculty of Medicine
The University of Hong Kong



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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 graduated from our full-time Bachelor of Nursing programme over the last 20 years.



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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

Inside a cozy coffee shop, walking towards us with a big smile is our interviewee of the day – Ms Angel Yuen. Looking energetic and wing-footed, it is hard to believe that the lady has just gotten off from a whole day of work. The interview starts with Angel asking us a question,



“Why did you want to become a nurse in the first place?”

Angel Yuen (BNurs Class 2002)

Advanced Practice Nurse
Ruttonjee and Tang Shiu Kin Hospitals

Angel had chosen nursing over other disciplines in the medical field. It is her belief that nurses provide the most comprehensive and holistic patient care. As an Advanced Practice Nurse at Ruttonjee Hospital, besides routine clinical work, Angel helps in coaching, leading, and teaching new staff and nursing students. She also works on quality improvement programs, and cooperates with other departments in sharing forums. Nonetheless, being a nurse leader is much more than all these. Knowledge, like a sea, is boundless. In order to provide quality care and patient education, Angel also seeks and takes on in-house training and courses on evidence based practice, both locally and overseas. ***“You are always a student, never a master. You have to keep moving forward.”-- Conrad Hall***

“Action is the foundational key to all success.”-- Pablo Picasso

“What is your impression towards us nursing students nowadays?” Without hesitation, Angel says that a lot of us are in fact way more proactive than our counterparts in the past. Despite our lack of working experience and the job nature of taking care of what most might find unpleasant, Angel observes that we seldom idle away our time, but instead ask for how we could be helping in ward. She encourages us young and green ones that when we encounter difficulties, do not hesitate in raising questions and asking for assistance; and that the importance of grabbing every chances to learn and practice cannot be overemphasized – “Do not be afraid to fail, be afraid not to try.”

“The obstacle is the path.”-- Zen Proverb

Obstacles often come in our way, and there is no exception for Angel. She recalls her student days when she lacked clinical experience, while realizing that the theories taught in lectures could not always be applied in real life scenarios, often due to varying hospitals’ protocols and cultures. “I felt hopeless back then,” she said as she chuckled. From then on, challenges never really stopped emerging. It was testing, for instance, for Angel to adapt to the transition from a RN to an APN. She had to start handling and dealing with ward management issues and external affairs, such as complaints from patients and relatives and even liaisons with other departments. “One can never find guidelines to everything – yet as we learn from others’ as well as own experience, there is always a way.” ***“I attribute my success to this -- I never gave or took any excuse.”-- Florence Nightingale***



“We have the knowledge and the courage. Just explore.”

Clarie Lee (BNurs Class 2002)
Regional Product Manager (Asia Pacific)

Unlike the majority of our HKU Nursing graduates who become Registered Nurses and work in hospitals, Clarie has chosen a unique career path. She is now a Regional Product Manager in an internationally acclaimed pharmaceutical enterprise. In an elegantly tailored suit, a dashing businesswoman greets and tells us about her inspiring story.

Clarie decided to study in our School for she was deeply interested in the medical field and truly appreciated the professionalism of nurses. Upon graduation, she started as a RN in Bone Marrow Transplant Unit of Queen Mary Hospital. She was very anxious on her first days since it was a highly specialized ward requiring particular nursing skills. With hard work and dedication, Clarie learnt and improved a lot and turned into an experienced nurse in just a few years' time.

“Eventually, we only regret the chances we did not take.”

“Hospital is a nice and stable working environment for many, but I am an adventurous person who loves trying out new things,” said Clarie. At this point of her nursing career, she made a life-changing decision – quitting her hospital job for a position as Sales Representative in a large pacemaker manufacturing company. “Everybody I knew kept talking me out of it, claiming that it was too risky a move. No one really supported my decision at the time, but it never stopped me from accepting the exciting challenge.”

Moreover, the new job of selling medical devices was not as easy as it seemed. Fortunately, with the medical knowledge learnt and experience gained in both our School and Queen Mary hospital, Clarie found herself quite competent at the novel tasks. For instance, in a typical day she would be discussing medical cases with doctors and cardiologists, helping them make clinical judgments in a cardio-catheterization laboratory setting. “This trade is so much more than being a salesperson. I gain satisfaction through forming an interdisciplinary partnership with doctors, while clients also consult me as a nursing professional. I am glad I did change my job.” Now, she has been promoted to a higher position as Regional Product Manager, which focuses more on marketing. With joy, Clarie interprets each of her job changes as precious chances of growth and development.

“Learn more, explore more, and never be afraid of trying new things.”

Clarie is currently planning a startup of her own medical-related business in the near future. In order to prepare herself for the unprecedented challenges as a young and new entrepreneur, she is getting a MBA (Master of Business Administration) and has recently obtained the IBHRE certificate (International Board of Heart Rhythm Examiners), a worldwide exam testing one's proficiency and knowledge in cardiology.



Helen So (BNurs Year 3 student)

Clarie has inspired me a lot about the diverse career choices of our HKU Nursing graduates. Before meeting her, I could only imagine myself as a hospital nurse. Now the future promises many possibilities. It was Clarie who reminded me that with our practical skills and critical thinking nourished in School, we can explore many opportunities and thus broaden our horizons upon graduation.

Zoe Fung (BNurs Year 3 student)

Interviewing our alumni is not only interesting and enjoyable, but also inspiring and eye-opening for us. I get to see beyond myself, like how much I can do and how far I can go as a future nurse. I used to think that nurses are bound to be angels-in-white, wearing proper uniforms and working in hospitals. Now I understand the possibility of us making use of our professional knowledge in other fields. "Explore" is the word. The only limitations are the ones we ever put on ourselves.



Kiana Cheung (BNurs Year 3 student)

As a university student, I am always finding my way as a nursing student. Also, I am always seeking ways to be a better nurse in the future. These valuable chances to conduct the alumni interviews have enabled me to be more acquainted with the profession. As students who lack clinical exposures, the sharing of experiences and advice from interviewees are precious: ways to equip ourselves for practicum, tips on grabbing opportunities for practice, etc. Stories of tears and joy were also shared, so that we know no matter how busy and hectic a ward is, there are always touching and impressive episodes to be found. Last but not least, our interviewees expressed their expectations and encouragement to us new generation nurses, reminding us of how much we can learn and how great we can become, as long as we have good heart and attitudes.