



School of Nursing

Li Ka Shing Faculty of Medicine
The University of Hong Kong



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White Guardian

Nurses represent 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



NEVER CEASE EXPLORING

You Will Find Your Way

Secret Hero of our Society

To me, Colen is like a secret hero of our society, who works hard in improving the local health care system, yet without the recognition of general citizens. We should all thank his team for the betterment of Hong Kong health care!

N18 Corinna Wan

Rethink & Explore

Interviewing our alumni is an eye-opening experience to me. I have always assumed that nursing is a profession that focuses on one major field throughout one's career. However, Colen gives us brand new ideas. I think it is time for all of us students, not only nurses-to-be, to rethink and explore our future career options instead of aiming only at the starting point.

N18 Bianca Wong

Keep Exploring

Colen reminds us to keep exploring and widening our views, so that we will be able to go for suitable careers for ourselves when the time comes.

N18 Chung

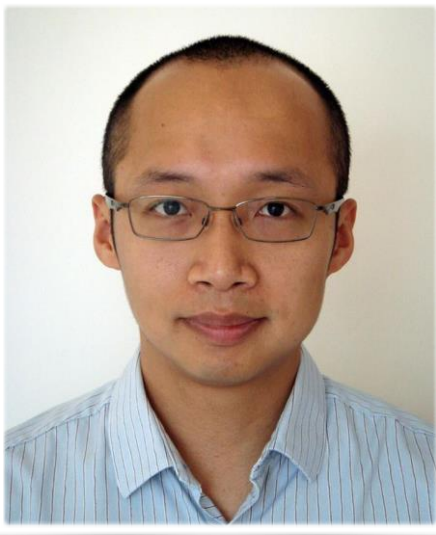
Nurses Make a Difference

'Sure. I shall be free after 6 p.m. every weekday.' With wonder, we meet with this smart-looking gentleman dressed up in well-fitted suit. Mr Colen Chiu, our 2001 alumni, is about to tell his wonderful story of transition from a front-line nurse to an administrative staff, now working at the Hospital Authority Head Office, Hong Kong.

'Accept challenges & explore own career'

Colen describes his work as a bridge between programmers and frontline healthcare staff. Currently in charge of the Clinical Management System, Colen is now





Explore More, Learn More, You Will Eventually Find Your Own Way

Colen emphasizes this message to us a few times during the interview. It is no doubt that a strong clinical background enables nurses to engage in various future occupations. He reminds us that throughout the five years of undergraduate training, we are to have passion and courage in participating and exploring different settings, from primary healthcare institutions to acute hospital wards. It is way too early for us to decide our destination for the time being. "Being a frontline nurse is not the only way to help your clients," he states. Indeed, enhancing and improving the medical system, no matter in ways of policy-making or updating IT system, can surely facilitate and better the Hong Kong medical system as a whole.

Profile:

Mr Colen Chiu
Health Informatician
Information Technology & Health
informatics Division,
Hospital Authority Head Office

responsible in designing and maintaining it for the entire local public healthcare sector. The CMS enables sharing of patients' electronic health records among healthcare professionals in a timely manner.

Colen had quite a few transitions throughout his career: from working in an acute setting at Kwong Wah Hospital, to primary healthcare setting; from being a frontline nurse at Hospital Authority, to an administrative staff in a private medical group, and now a Health Informatician in HA. He encourages us nurse-to-be to explore our own career, and not to believe that working at frontline is our only final destination. 'The School of Nursing well prepared and provided me with choices and prospects of various career paths.' He thanks the rich curriculum and knowledge equipped at our School.

'Why would this once-a-warrior who fought in the battlefield become the man pulling strings in the office?'

Colen shares his stories and struggles. Once a nurse working in Geriatrics, Colen confesses that he dislikes the grief of death. He recalls the passing away of an old gentleman for whom he had cared for almost a month. They had developed a very good rapport, yet Colen was the one who had to perform the last offices for the man. This is one of the moments that made Colen consider a change, from the unavoidable facing of death in the daily work of frontline caregivers.

'Transitioning from a frontline to an administrative staff working in the office had been my biggest challenge,' Colen told us with a sigh. 'Pulling strings from behind is not easy at all. Your clients are no longer just patients, but also your colleagues, business partners, and the entire frontline service. You are dealing with more and more problems day by day.' However, he firmly believes that working for a better system and management, hopefully with adequate resources and manpower, helps to facilitate frontline staff in providing better quality healthcare service. He realizes his own fulfillment comes from these indirect, yet very genuine, relations to healthcare and the patients.

STRIKE FOR YOUR BEST

Search Your Own Passion and Work Hard for it

Be Who You Are

Kelvin reminds us that it is very important to be who we are. Act according to our own will and passion shall lead us to the true destination.

N18 Corinna Wan

Explore & Explore

It is interesting to have talked to Kelvin, who works for public-private partnership (PPP) in healthcare; which offer more choices to patients. I truly appreciate his work in helping the general public.

N18 Bianca Wong

Never Drift With the Tide

Sometimes people want to give up because they are not doing what they love, what they are truly interested in. Finding your interest and choosing the one career you love are really essential. We should all think about this and never just drift with the tide.

N18 Chung

A winner never
stops trying.

- Tom Landry-

Mr Kelvin Cheng

Whenever we hear the term NURSES, frontline nurses working at wards are the ones who first come into our mind. In reality, there are many supporting colleagues working in the background to ensure efficient delivery of medical services to our patients. It is our honor to have Mr Kelvin Cheng, our 2002 alumnus, to share with us his experience of working in a supporting role.





‘Do Your Best and You Will Gain’

Kelvin reminds us nurses-to-be that we should always make our best effort in every single assignment, no matter how trivial or minor it might seem. If we finish our work wholeheartedly, we would be able to learn from such experience and enrich our own capability gradually. Accepting new challenges and gaining from experiences are excellent ways to make us stronger. Apart from these, Kelvin once again reminds us of always having passion and interest in the things that we work with. They are the keys that motivate us to aim high and perform well.

Profile:
Mr Kelvin Cheng
Manager
Transformation Projects
Hospital Authority Head Office

‘Try as hard as you can & perform as best as you could’

Kelvin worked in various settings after his graduation. He is now serving as a Manager in the Service Transformation Department of the Hospital Authority Head Office. His main duty is to assist in the planning and implementation of several clinical PPP Programmes. ‘My work is to facilitate the collaboration between public and private healthcare sectors, in expanding healthcare services and choices for our patients. PPP helps to manage demands and enhance public patients’ access to clinical services.’

Kelvin was once a Liver Transplant Coordinator at Queen Mary Hospital. It was there that he became aware of the bigger picture and decided to try something new, so that he could make use of his knowledge and effort in enhancing the healthcare system of Hong Kong. ‘Do expose yourselves to new things and look for your interest and passion before choosing the next step of your career path. I found out that I’d love to help improving the healthcare system at a policy level,’ Kelvin shared. ‘It got me where I am today.’

‘Don’t reject challenges, they are useful!’

‘HKU School of Nursing prepared us all well in critical thinking, which is highly useful when you get to work,’ Kelvin recalls. He believes that nurses have to know ‘why and how’ when they perform skills or carry out any actions. Moreover, he always looks for solutions when facing difficulties, not neglecting them. ‘Never reject challenges,’ Kelvin stresses. ‘Although it can be harsh in overcoming such moments, one day you will surely be thankful for such opportunities, which invariably strengthen and equip you for the journey ahead.’

Back in his days as LT Coordinator, Kelvin spent time listening to what the patients wanted. The experience enabled him to work better with a comprehensive perspective in his field. Kelvin’s well-trained mindset also helps in overcoming the pressure of his busiest days. ‘I had to work days and nights for some time. Now I am happy, for I can see that these clinical PPP programmes do benefit patients.’



Corinna Wan (BNURS Year 3)

The meetings with our alumni Colen and Kelvin inspire me a lot. One important message I get is that being a frontline nurse is not our only career choice. With the knowledge we gain in studying and the clinical experience we are getting along the way, we can always do better and contribute more for the betterment of healthcare in Hong Kong. Our alumni remind me that it is vital to keep a passionate heart no matter how tough the road might be. I would like to take this chance to thank them once again for spending time and sharing with us.



Bianca Wong (BNURS Year 3)

The precious chance to interview our alumni Kelvin and Colen makes me think and start planning for my future career. It is our privilege to be able to talk to these graduates who work and serve the public at a whole different level. With clinical knowledge and experiences acquired in the field, they contribute and aim to better the healthcare system via policy making or change. Talking to these gentlemen inspires me to explore more on different fields, and search for the one that suits me. One should never be afraid of trying and failing, as there will always be a road.



Chung (BNURS Year 3)

Colen and Kelvin always follow the motto of 'Doing their best'. Learning from their valuable experiences, I feel empowered in facing my own future as a nurse. I shall not give up easily in face of difficulties, and will see every challenge as a golden opportunity to widen my world.