

Dr. Sophia S. C. Chan

Head



Head's Message

I am pleased to announce the inaugural issue of the newsletter of the Department of Nursing Studies, Faculty of Medicine, The University of Hong Kong. The Department was established in 1995 and has rapidly grown over the years enjoying a reputation for excellence in teaching, research, and clinical practice.


Nursing is a science and a practice discipline and we have a strong mission to educate nursing leaders for the community. One of our strengths is our innovative curriculum responding to the health needs of the population. Currently, more than 500 students are enrolled in our undergraduate, post-graduate, and doctoral programmes, and we are expected to have a further increase in undergraduate student numbers in 2005-08 as directed by the University Grants Council. We strive to provide a challenging and holistic nursing education that prepares our graduates to become leaders of the profession and making a difference.

We have a dynamic team of well qualified academics, many of whom earned reputations of excellence in teaching and research. We are at the forefront of nursing research in Hong Kong and establishing international collaboration. Our research foci are public health, health promotion, tobacco and health, women's health, and clinical nursing. We are committed to working collaboratively in multi-disciplinary research teams within and outside the University, and strengthening our partnership with the newly established School of Public Health in the Faculty. Our ultimate goal

is to generate and disseminate knowledge to advance the practice and discipline of nursing, and to improve the health of the community.

We have established strong links with top class international university schools of nursing; for instance, we will be signing a Memorandum of Understanding with the School of Nursing, University of Pennsylvania, enabling further academic exchanges and research collaboration. We also have close links with the Hospital Authority and Department of Health, providing students with a cutting edge clinical learning environment.

We strive to develop excellence in clinical practice by modeling research-based practice and established a Centre on Health Promotion. This new centre has started to house innovative projects, which integrate teaching, research, and clinical practice. Professor Farideh Salili, Director of the Centre, has provided an overview of the objectives and activities of the centre in the special feature of this newsletter.

Lastly, may I wish you success and good health in the year of the monkey. It is my great honor to introduce you this exciting inaugural issue of our newsletter, and I hope you will enjoy reading it. Comments and suggestions are most welcome! 



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Department of
Nursing Studies

The University of
Hong Kong

Professor Farideh Salili
Director
Centre for Health Promotion


Centre for Health Promotion

Recent events in Hong Kong have highlighted the need for better and more effective disease prevention, health education, and health promotion measures. Through mass media and the Internet, Hong Kong people have become more health conscious and aware of the benefits of healthy living. However, Hong Kong people have never felt so vulnerable to infectious diseases as they had in the last two years. Since 1997, the number of people traveling to and from the Mainland China has increased drastically, and Hong Kong is becoming more integrated into the southern China. With increased traffic between the mainland and Hong Kong, there is also an increase in vulnerability of people to infectious diseases that originated in China. Hence in 2003, SARS caused havoc in terms of loss of lives, increased stress and economic hardship, and from the beginning of this year, the avian flu is creating great worries among the public.

The Faculty of Medicine of the University of Hong Kong has made major contributions in discovering the causes of SARS and avian flu and in preventing the spread of the diseases. During the SARS epidemic, the Department of Nursing Studies engaged in many health promotion and health education activities. One of the examples of these activities is the School Ambassador Program in which our nursing staff and students reached out to primary schools and taught young school kids about personal hygiene and the ways of prevention of infectious diseases.

An important step taken towards health education and health promotion is the establishment of the Center for Health Promotion in the

Department of Nursing Studies. It is operated by the staff and postgraduate students under the supervision of teaching staff. The teaching staff, with their diverse expertise, conduct research and provide health-related consultation and training for the public. Prominent health providers from different departments and agencies are also invited, from time to time, to give workshops on varieties of health-related topics and collaborate with members of the Department in providing services and conducting research.

Currently, the Centre is involved in several research and educational programmes on smoking cessation, and many other projects, such as illness prevention workshops for the general public, and continuing educational programmes for frontline nurses. It is hoped that the Centre will develop into a major venue for health promotion research and services. 



Enquires and Appointments: Appointment for services can be made, at least one week in advance, to Ms Winnie Ho via email at chphku@hkucc.hku.hk, by telephone at 2819 2650 or via fax at 2872 6079.

Fees: Fees for services are charged on the basis of a sliding scale, taking into consideration of the client's family income.

Address: Centre for Health Promotion, Department of Nursing Studies, Room 303, Academic and Administration Block, Faculty of Medicine Building, 21 Sassoon Road, Pokfulam, Hong Kong.

Website: www.hku.hk/nursing/CHP

ew Faces

Eight new staff members have joined the Department after August 2003.

Chui Ying Yu, Caroline (徐英瑜)

Assistant Professor

I joined the Department in November 2003. I was first a registered psychiatric nurse in Hong Kong and then a registered general nurse in the United Kingdom. I possess clinical nursing experience both in Hong Kong and Australia in the areas of medical, surgical, gynaecological, oncology, psychogeriatric and aged care. I obtained the Bachelor of Nursing at the La Trobe University, and then the Master of Nursing (Nurse Education) at the University of Sydney. I completed the Doctor of Philosophy at the University of Technology, Sydney. Since 1991, I have started my academic career and my research interests are palliative care, mental health and nursing education.



Lam Wing Tak, Wendy (藍詠德)

Assistant Professor

I joined the Department in January 2004. I obtained my Bachelor of Science in Nursing from Queen's University, Canada, and then attended the University of Toronto to obtain my Master of Science in Nursing. I undertook my doctoral training in Psycho-oncology at the University of Hong Kong and graduated in 2002. I was honoured to be the foundation recipient of the Hong Kong Cancer Fund Scholarship in Psycho-oncology for 2001-2002. My doctoral research combined qualitative and quantitative studies of breast cancer to improve the clinical psychosocial management of women with breast cancer.



Kuan Hau Yee (關巧頤)

Teaching Consultant

I serve as a part-time teaching consultant since I joined the Department in August 2003. I received my nursing education and completed my Ph.D at a local university in Hong Kong. After graduation, I have been working in the School of Nursing, the Hong Kong Polytechnic University, for 2 years before joining the Department. I have been actively participating in



Hau Yee and her baby girl

working with families caring for children with cancer in an acute care hospital for some years. I developed a passion for exploring how nurses and health care professionals could better serve the families particularly the psychosocial aspect of family care. My doctoral research examined the needs of family caregivers of children with cancer and my research interests are paediatric oncology nursing, family care giving, and palliative care.

Chan Siu Ling, Polly (陳小玲)

Clinical Instructor

I joined the Department in September 2003. I was a registered nurse in Hong Kong and I received both my Bachelor of Health Science and Master of Primary Health Care at the University of Western Sydney. I possess clinical nursing experience in neonatal intensive care, medical, surgical, gynaecological, gerontological care, health education and health promotion. My research interests focus on gerontology, primary health care, health education and health promotion.



Chui Miu Ling, Maureen (徐妙玲)

Clinical Instructor

I joined the Department in August 2003. I was first a general registered nurse and then a registered midwife in Hong Kong. I obtained my Bachelor of Nursing at the Charles Stuart University, Master of Health Care Administration at the University of New South Wales, and Master of Nursing at the Chinese University of Hong Kong. I possess both local and overseas clinical experience in gerontology and obstetrics and my areas of research interests also focus on these areas. In the coming future, I do hope that I can learn more from different people in the Department.

Chung Oi Kwan, Joyce (鍾愛群)

Clinical Instructor

I joined the Department in August 2003. I was a registered nurse in Hong Kong. I obtained my Bachelor of Health Science and the Master of Public Health at the University of Western Sydney and the University of New South Wales respectively. I have clinical nursing experience in medical and gerontological care. My research interests focus on gerontology, public health, and health promotion.



Joyce (middle in the front row, in white shirt) and her students

Ku Wai Yin, Ellen (顧慧賢)

Clinical Instructor

I joined the Department in September 2003. I received my education in Hong Kong and worked in various clinical areas and settings of the public health care system. I have been actively involved in various service development and work process reengineering. My clinical interests are paediatric nursing, palliative care nursing to adult and paediatric clients. My research interests focus on the therapeutic communication in relation to clients' needs and the care for carers. My belief in career is to explore the best way to deliver care to those in need and perform the nursing role within a team of health care professionals. I would say that starting my academic career is another adventure for me to continue lifelong learning.




Lam Suk Fun, Veronica (林淑芬)

Clinical Instructor

I joined the Department in September 2003. I obtained my Bachelor of Applied Science at the University of Sydney. I then received my Master degrees both in Hospital Administration (the University of New South Wales) and Nursing (the University of Technology, Sydney). I possess clinical experience in neonatal intensive care, obstetrical nursing and paediatric nursing. My research interests include neonatal nursing and paediatric nursing.

Honorary Appointment

Dr. Sophia S. C. Chan, Head, has been appointed Visiting Professor of the College of Nursing, The Third Military Medical University, Chongqing, China. 



Awards

Ms Winnie K. W. So, Lecturer, won *The Best Research Poster Award* at the 1st International Congress on Innovations in Nursing held in Perth, Australia, for a poster presentation entitled "Impact of Fatigue of Patients' Quality of Life (QOL) After Bone Marrow Transplantation (BMT) and Effects of Self-Initiated Fatigue-Relieving Strategies".

Miss Zhou Haiou and Miss Fiona Wong Yan Yan, MPhil and PhD students respectively, both attained the highest mark in their respective presentation sessions and were awarded Certificate of Merit at the 8th Research Postgraduate Symposium on December 13, 2003, at the Faculty of Medicine, HKU.



CONGRATUALIONS!!!

Miss Fiona Wong (left) received the Certificate of Merit

Message from the Nursing Society Changes Make a Brighter Future

Wong Yee Ah, Ear

Chairperson

Nursing Society, MS, HKUSU Session 2003 - 2004


I am delighted to share the joy of having our first published newsletter with members of our Department. Thus, an official publication would help the Department to reach more people in our community and around the world. On behalf of the Nursing Society, I wish to extend our heartfelt congratulations to the Department.

About a year ago, the Nursing Society was established. The development of the Nursing Society reflects members' active participation and support, and also the support given by the Department and the Faculty.

To shed light on the inaugural issue of the newsletter, I would like to thank the Department for its advice and resources. Furthermore, I wish to thank the Executive Committee of the Nursing Society of last session for organizing so many joyful activities for our members, especially the *Nursing Week*. I have to say that the Nursing Week was such a meaningful activity that provided a channel to unify all the students in the Department and created an enjoyable atmosphere among us. This year, we have planned to further expand the size of the activities and make it to become a "Nursing Festival". Our goals are the same, whatever it is named. We do hope this activity will ultimately become a tradition to us, the nursing students in HKU.

Being the chairperson of the Nursing Society, I am delegated to lead the Executive Committee to serve the members of the Society, and to achieve a structural internal and external development within the Society. In the coming year, the Committee is committed to organizing more valuable activities; providing low-priced stationeries as well as facilitating the communication between members and the Department. Meanwhile, it is also our goal to maintain a harmonic and co-operative relationship with other medical students of the Faculty and to enhance our popularity among the external entities.

I believe: Tomorrow is another day. Challenges, joys, hope, love and opportunities are all nearby. No matter how harsh, sad, poor we are, a brighter future is just next to us. We are all competent, autonomous and diligent. Step out bravely, listen and observe carefully, face the challenges and make changes in response to the world. When we open a window, we will discover there is a whole new sky.

I trust that the Department, the Nursing Society and all the nursing students of the Department will all make changes that correspond to the world in order to become perfect ones and make a brighter future. 



Members of the Executive Committee, Nursing Society, Session 2003 - 2004

D Department Highlights

Research Development

The Department held a Research Retreat at the Hong Kong Academy of Medicine on October 21, 2003. Dr. Sophia S. C. Chan, Head, gave a presentation on the University's research developments at the opening, while Professor Farideh Salili, Director of Research, presented a strategic plan for the promotion of research and future direction. After the presentation, staff members took turns to lead a candid and lively discussion to share with the participants about their research experience. The Department also invited two prominent international nursing scholars, Dr. Barbara Medoff-Cooper of School of Nursing, the University of Pennsylvania, and Dr. Beverly Roberts of School of Nursing, the Case Western Reserve University, to present in the Retreat. Dr. Medoff-Cooper delivered an insightful talk entitled "How to create a research environment" and Dr. Roberts shared her valuable research experience with all participants.



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Teaching Innovation - Clinical PBL

To share the expertise and provide training to staff members on problem-based learning (PBL), the Department organized a clinical PBL training workshop on December 20, 2003, and invited Dr. N. G. Patil of the Department of Surgery, and Dr. J. M. Nicholls of the Department of Pathology, to give briefing sessions and demonstrations. Dr. Nicholls started the programme by giving an introductory briefing on "PBL approach of teaching", and Dr. Patil followed to give a better picture of PBL through the talk entitled "How to run a clinical PBL case?". At the end of the programme, participating staff members were invited to join a tutorial session and work on a clinical-based PBL case in the Nursing Skills Laboratory. In order to arrange for a simulating environment, 2 patients and 8 nursing students were invited to participate in the tutorial session.



Clinical Research Partnership

To strengthen the research partnership with clinical nurses, Dr. Sophia S. C. Chan, Head, together with some staff members of the Department, have worked on research projects with nurses of the Department of Paediatrics at Queen Mary Hospital. Other members of the Department have also been collaborating with clinical nurses in various research projects such as SARS, domestic violence, oncology nursing, etc.



Clinical Connection

In an effort to strengthen the linkage with clinical agencies and explore more opportunities for collaboration, the Department organized a Christmas party at the Fan Pui Garden, Faculty of Medicine Building, on December 15, 2003. Nursing staff from the West Cluster's hospitals were invited to join the festive event. The Department was delighted to receive over 40 guests at the party. Genuine views and dialogues were exchanged between the guests and our staff members in the party.



Poster Session of Postgraduate Students

On February 10, 2004, the Year 2 students of the Master of Nursing programme conducted a poster session on their dissertation/advanced practice projects in the Department. The event was well received by a number of teachers, undergraduate and postgraduate students.



Visits and Exchanges

Dr. Barbara Medoff-Cooper, Professor of Nursing of the School of Nursing, the University of Pennsylvania, visited the Department on October 18-24, 2003. During her visit, Dr. Medoff-Cooper gave two seminars on "How to create a research environment" and "Infant feeding patterns as an index of neurobehavioral development: A program of research". She was also involved in various consultation meetings with staff members.



Dr. Sophia S. C. Chan (left) presented a souvenir to Dr. Barbara Medoff-Cooper.

Dr. Beverly Roberts, Professor of Nursing of the Frances Payne Bolton School of Nursing, the Case Western Reserve University, visited the Department on October 18-25, 2003. Dr. Roberts delivered a seminar entitled "Problem based learning in nursing education", and gave advice on the overall development of the nursing curriculum for a Bachelor degree.



Professor Linda Brown, Professor of the School of Nursing, the University of Pennsylvania, gave a seminar on "Breastfeeding services for low birth weight infants-outcomes and cost" to the Department on November 12, 2003. Prof. Brown also gave a presentation entitled "Leveraging a program of research to inform: Education, clinical practice, and health care policy" for the Medical and Health Research Network on November 14, 2003, at HKU.

Professor Judith Parker, Foundation Professor and Head of School of Postgraduate Nursing, the University of Melbourne, visited the Department on November 10-12, 2003, and participated in some consultation activities.

Dr. Sarah Kagan, Associate Professor of Gerontological Nursing of School of Nursing, the University of Pennsylvania, paid an 8-day visit to the Department on December 11-18, 2003. Dr. Kagan conducted a workshop on "Challenges in undergraduate education teaching for *Nurses Thinkers*" and gave a series of seminars on "Progress with your publications: Creating an outline list" respectively. She was also invited to be one of the keynote speakers of the Second Faculty Research Meeting "Frontiers in Biomedical Research" at the Faculty of Medicine, HKU.



Dr. Sarah Kagan demonstrated how to facilitate online searching during the seminar on 'Progress with your publications: Creating an outline list'.

On December 11-18, 2003, Ms JoAnne Saxe, Clinical Professor of School of Nursing, the University of California, San Francisco, visited the Department and conducted a "Health Assessment Course" for the students of Master of Nursing.



Ms JoAnne Saxe addressed us at the Welcoming Lunch.

Three nursing institutions had paid educational visits to the Department over the past few months. The undergraduate and postgraduate programmes were introduced, and tours of the Department and the Faculty were conducted.

Faculty of Nursing, Chiang Mai University, September 30, 2003


School of Nursing, Sun Yat Sen University, November 17-19, 2003



School of Health Sciences, Macao Polytechnic Institute, December 5, 2003



News on the Grace Tien Visiting Professorship

With the generous support of the family of the late Mrs. Grace Tien, the Department has established the "Grace Tien Visiting Professorship in Nursing Studies". It is our honour to have invited the distinguished nursing scholar, Professor Neville E. Strumpf, Edith Clemmer Steinbright Professor of Gerontology of School of Nursing, the University of Pennsylvania, to be the first Professorship holder. Professor Strumpf will pay a visit to the Department on February 20-28, 2004. She will deliver the "Grace Tien Lecture" and participate in a series of academic activities. 

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