



Head's Message

乙酉年



Dr. Sophia SC Chan  
Head

Chinese New Year is the most important time of the year for Chinese. As I write we are celebrating Chinese New Year and this has led me to reflect upon the implications for nursing and for the Department of some of the good wishes and hopes for the future that the New Year brings. The Year of the Rooster (雞年) is one of optimism and hope. Every morning the Rooster reports the good news that a new day is upon us. In heralding the new day the Rooster offers us the hope that today we may open ourselves to the potential that the day offers. The New Year wish of Kung Hei Fat Choi (恭喜發財) brings with it the hope of wealth and prosperity and other wishes permeating throughout all the festivities of Chinese New Year are that all our wishes for ourselves and our wishes for the good health (身體健康) and safety of others (出入平安) may also come true.

Nursing is a profession that focuses particularly upon bringing knowledge and skills together so as to promote the health and safety of others. Nurses work constantly with people whose health and safety is compromised and who are in need of the compassionate knowledgeable care that nurses bring to their practice. Nurses in their daily practice

regularly make decisions that impact significantly on the comfort, safety and well being of those in their care. Every day nurses hope for good news for their patients. Every day they hope they will accomplish the ethical standards and quality of care that the public expects of them. Every day nurses celebrate the hopes and wishes that are particularly expressed in our New Year celebrations.

I think it is highly appropriate that the tenth anniversary of the Department of Nursing Studies falls in the Year of the Rooster. This year particularly we are regularly proclaiming the good news of our achievements to date and our wishes and hopes for the future. I firmly believe sound education forms the basis of building wealth and fortune. Today, we are very proud of our students and our graduates and the role we have in preparing the next generation of nurses to be the type of practitioners who can serve the community well through the quality of their knowledge and skills. We are also proud of our record of scholarly achievements and academic excellence, and the contribution we are making to the society.

May I join all staff to wish you wealth, prosperity, and good health in the Year of the Rooster! **n**



Department of  
Nursing Studies  
The University of  
Hong Kong





## Issues Around the Provision of a Quality Nursing Workforce

Universities, agencies delivering health related services to the community and Government health authorities are facing a number of issues and problems which they tend to respond to in similar ways. Their missions are ostensibly somewhat different; Universities seek to produce well rounded graduates with abilities to provide leadership to the communities they serve; health agencies seek directly to provide high quality patient-centred health care to the community; and health authorities are accountable to the Government for the formulation of health policies aimed at safeguarding and promoting the general health of the community.

However, each of these sectors is engaged in reform processes stemming from global economic and technological imperatives that have resulted in similar patterns of response which have implications for nursing as a practice and a discipline. These reform processes include the need for greater accountability at all levels. Emphasis is now being given by health authorities and agencies to monitoring closely the nexus between the costs involved and the quality and outcomes of the use of the highly sophisticated means of investigation and treatment now available in health care. A similar focus on cost/quality connections is now given to the traditional activities of teaching and research within the University sector as responses are made to the implications of the demands for mass higher education and for increased research productivity.

Accountability is also being sought by Governments, health care providers and Universities as they seek to secure a greater evidential base to professional practices and Government and institutional policies, and ensure that the work force continues to develop knowledge and skills in the face of the onslaught of continuing change in the scope and dimensions of information, technology and practices.

University Schools of Nursing seek to produce graduates who are committed to life long learning, who can provide accountable, evidence based nursing care and who have the capacity to generate and disseminate knowledge within a quality framework. Many health agencies recognize the value of employing degree prepared nurses and encouraging those without degrees to upgrade their qualifications. Masters qualifications are now being expected for some advanced practice, research and quality improvement roles in hospitals and in some settings doctorally prepared nurses with well honed research skills are employed to take leadership roles in strengthening research based practice. In many places health authorities are taking leadership roles in promoting evidence based practices and in implementing initiatives to support nurses to upgrade their professional competencies and to develop further their professional accountability.

A major area of shared concern among these sectors is that of the provision of an appropriately qualified and experienced nursing workforce. For over fifty years now, concerns have been expressed periodically about nursing

shortages, particularly in hospitals. This has been a trend in countries such as USA, Canada, UK and Australia. However, nursing shortages in these countries now appear to have become chronic and seemingly intractable.

These shortages cannot be explained in terms of inability to attract suitable applicants to undertake nursing programmes. In most places there are many more applicants than there are places available. It is possible that insufficient funding is being provided for nursing education programmes and this matter is being addressed by governments and private educational providers in many countries. However, a key factor influencing the supply of nurses appears to be the capacity of hospitals to retain their nursing staff. This is a matter of major significance to Government, clinical agencies, Universities and the community generally.

Ensuring an adequate supply of nursing services is fundamental to the health and well being of the community and is a global issue of major concern to Governments, clinical agencies and Universities. The Department of Nursing Studies looks forward to the opportunities that will be provided through its 10th Anniversary Symposium on May 28, 2005 to consider policy, practice, research and educational issues that impact upon the supply of a nursing workforce that will meet the requirements of contemporary health demands. [n](#)



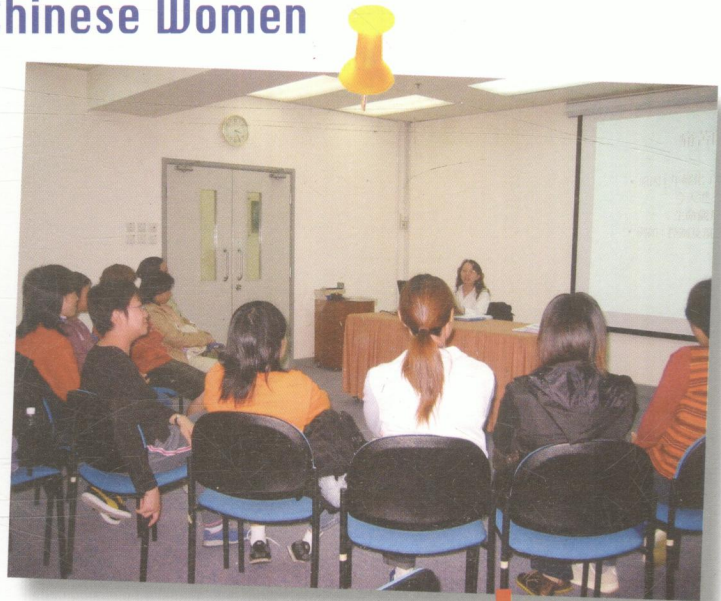


# An Evaluation of the Effectiveness of an Empowerment Intervention in a Group of Abused Chinese Women

I am working with a team of researchers on a project to empower Chinese abused women. They are Professor Farideh Salili, Ms Rose YP Chan, Dr Edward KL Chan, Ms Debbie Tang, and Miss Rebecca HS Chiu. The purpose of the project is find out how effective is an intervention which is designed to improve abused women's health concept, enhance their self-image and self-esteem, increase their parenting skills and advance their understanding of their rights. The project is supported by a Health & Health Services Research Fund. The harmful effects of intimate partner violence have motivated the researchers to conduct the study.

Intimate partner violence is a public health problem and abused women tend to have poorer health status and quality of life than their non abused peers. Abused women are not necessarily passive victims. Rather, they are active survivors capable of developing strategies to help themselves. It has also been suggested that empowerment intervention could be an effective strategy to counter the coercive effects of such violence. An earlier study between the Department of Nursing Studies and the Department of Obstetrics and Gynaecology of HKU has revealed that an empowerment intervention, modified for abused pregnant women, was effective in reducing psychological and minor physical violence and improving their quality of life. However, whether the intervention would also be effective for abused women with a history of more serious violence has not been established.

The intention of the current study is to evaluate the effectiveness of an empowerment intervention in a group of abused women who have had a long history of serious violence by their partners. A total of 200 Chinese abused women will be recruited from a shelter for abused women. Using a randomised trial, 100 of the women will be assigned to receive



Group Discussion on Chinese Dietary Practice For Women

an empowerment intervention, which consists of 4 group discussion sessions on concepts of health, Chinese dietary practices, the concept and protection of self, rights and entitlement, and parenting skills. The intervention model is underpinned by the belief that abused women are resourceful and capable of coping in a positive way. An example is the blending of everyday Chinese dietary practices into the way of life of these women so that they can assess their own health and choose their diets accordingly. A comparison group of 100 abused women will also be recruited who will receive the standard care routinely provided to abused women by the shelter. By having two groups of

women who receive different modes of care, a comparison of the outcomes can be made and the effects of the intervention scrutinised. The project is expected to last for 2 years. [n](#)

### 子女發脾氣，父母別生氣

#### 為何幼兒愛發脾氣呢？

- 發脾氣常見在學前兒童身上
- 發脾氣有助幼兒學習應付沮喪，亦未懂傾訴出來，因此只好利用發脾氣來宣洩。
- 輕微的發脾氣行為，如：撒嘴、嗚咽、大哭、吵著要媽媽...等等。
- 更甚的發脾氣行為，如：尖叫、腳踢、手抓、用口咬...等等。
- 嚴重至做些自我傷害的行為，如：把頭撞牆、閉氣不呼吸直至感到眩暈...等等。
- 父母的口頭命令訓練有助他們避免遇到失意，亦避免了需發脾氣。(父母的口頭命令，例如：「不要觸摸!」「不要跑到那裡!」)

#### 什麼情況的發脾氣，父母需格外留意呢？

- 子女不只在家中才發脾氣，很多時無原無故都發脾氣。
- 子女不論對著誰人都照樣發脾氣。
- 子女發脾氣的次數一天比一天增多。
- 子女發脾氣越來越變本加厲。
- 子女發脾氣時會傷害自己或會傷害他人。

#### 導致強烈發脾氣的成因

- 當子女發脾氣時會得到家人的額外呵護安慰。例如：會被擁抱、訓斥或多加教導。
- 你的家人嘗試滿足孩子的要求，以遏止他發脾氣。
- 很難找人願意替你暫時照料你這經常發脾氣的孩子。
- 甚至家人亦避免帶同這經常發脾氣的孩子外出。
- 是因孩子學懂利用發脾氣去達到某些目的
- 孩子知道發脾氣會得到家人額外的呵護安慰
- 孩子知道利用發脾氣可得到放任
- 發脾氣行為不只是用作宣洩失意，而是另有所為，這表示孩子被寵壞了!
- 孩子有語言障礙，故未能稱意地運用語言技巧來表達，這會令孩子感到沮喪，而需利用發脾氣來宣洩。
- 有不少疾病性不適(例如：胎兒酒精性症、自閉症、蔓延性生長障礙、唐氏綜合症、威廉斯綜合症...等等)。



Winnie KW So  
Lecturer



KH Yip  
Clinical Instructor

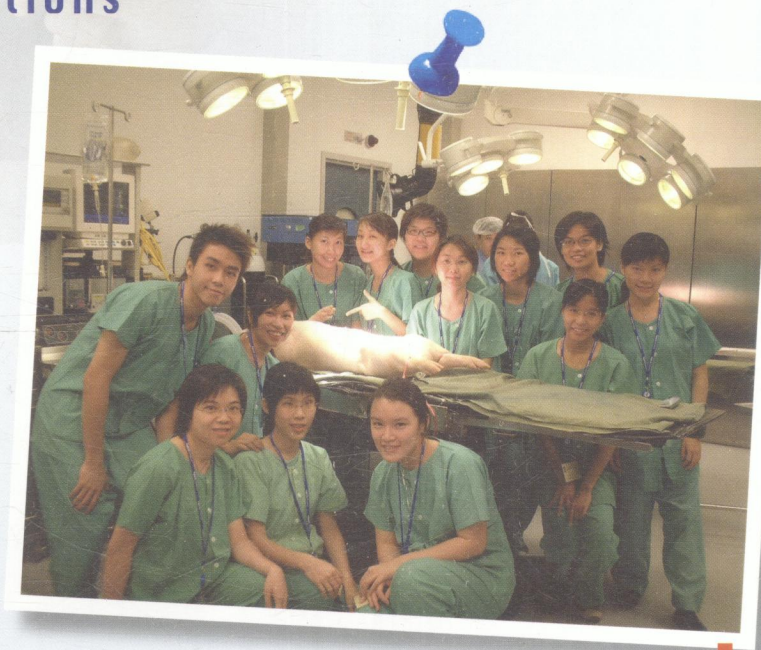
## Being a scrub nurse -Students' experience of participating in an Anatomy of Complications Workshop Program

Being a scrub nurse is one of the major roles of nurses working in the operating theatre. Scrub nurses need to have a sound knowledge of anatomy, surgical procedures, types of instrument used, modes of assisting the surgeon during surgery as well as perioperative care of the patient. A thorough training is essential to build up the competency of nurses in this specialty.

Students in the Bachelor of Nursing Programme learn about the theories underpinning operating theatre nursing and have an observational placement in the operating theatre. However, they do not usually have the opportunity to practise as a scrub nurse in a real situation.

On 27 November 2004, the Department of Obstetrics and Gynecology of HKU organized an Anatomy of Complications Workshop Program (ACWP) for obstetricians and gynecologists to improve their performance in the prevention and management of complications in obstetrics and gynecological surgery. Students in the Bachelor of Nursing Programme were given the opportunity to participate in this workshop and act as scrub nurses under the supervision of mentors.

In order to facilitate students' learning, our Department and the Operation Theatre Service of the Queen Mary Hospital jointly organized a preparation program for the nursing students prior to their participation in the ACWP. The preparation workshop included: 1) demonstration and return practice on surgical scrub, gowning technique, ligature techniques and suturing methods; 2) briefing session on principles of surgical asepsis, sutures and needles, instrument used for obstetrics and gynecological surgery, care in handling instruments, and electro-surgical unit safety; and 3) introduction to the intra-operative procedure of the management of complications in obstetrics and gynecological surgery. The preparation workshop was held in the operation theatre of the Queen Mary Hospital and the nursing skills laboratory of our Department of Nursing Studies. Students could practise their skills in a more realistic environment and then go back to school for further discussion.



Ms KH Yip, Clinical Instructor (left in front row) and the 12 participating students, who were Chan Ka Man, Chan Shuk Ling, Cheung Ka I, Hon Tin Tsz, Hui So On, Ip Oi Lam, Kwok Wing Yee, Lai Tsz Ling, Leung Siu Ha, See Lok Man, Tai Pak Hong and Wu Wing Man, in the Anatomy of Complications Workshop Programme on November 27, 2004.

On the day of the ACWP, a live pig was used in practising how to prevent and manage complications in obstetrics and gynecological surgery. The students were grouped in pairs and acted as scrub nurses under an experienced mentor's supervision. They had an opportunity to gain practical experience in assisting surgeons and learning about instruments and sutures.

Overall, students enjoyed and valued the preparation workshop and the ACWP. They were stimulated to learn more about theatre nursing and they found that the principles they learned and the experience they gained from the workshops were very useful to apply in a real situation. Through this experience, they have learnt not only technical skills about the procedure, but also other aspects of the nursing role such as aseptic technique, infection control, safety measures, and the importance of team work. While using a live pig for surgical purposes may obscure the role of the nurse in caring for patients

undergoing surgery, students gained considerably from discussions about the differences involved when surgery is undertaken on a pig rather than a person.

They agreed that the feedback they received from the mentors was very valuable. The jointly organized preparation program with the Queen

Mary Hospital was effective in terms of facilitating students' learning. The opportunity of participating in the AWCP was valuable for students and it is hoped that similar collaborative learning opportunities will occur in the future.



Chief Convener of the ACWP: Dr TY Ng; Convenors: Dr Ian Hammond and Mr John Taylor; Mentors: Ms Lee Kit Ching, Ms Beryl Chan, Ms Liu Lik Ning, Ms Polly Law, Ms Carol Cheng, Ms Chan Wing Sze and Ms KH Yip



A mentor demonstrates how to handle the sutures in the Preparation Program on 20 November, 2004.

### Reflections from the Participating Students

#### Chan Ka Man, Carmen

This was my closest contact with OT nursing, and the piggy! I acted as a real scrub nurse and helped the surgeons in the operation for the piggy. I could really feel the cooperation, responsibilities and stress of a nurse in the OT, which I couldn't experience in my OT practicum. Such a valuable experience!

#### Chan Shuk Ling

This workshop impressed me so much. The mentors were very nice and friendly. They were pleased to teach us the OT skills and techniques. We could learn how to wear the surgical gown in the preparation workshop and had a chance to be a scrub nurse on the OT table. These experiences were valuable and I will highly recommend this workshop to the others.

#### Hui So On

It was a good learning experience that I could put theory into practice. Scrub nurses need to be astute and they are not the handmaidens to surgeons. I learnt to think more critically and collaborate with surgeons. Thanks Ms Winnie So and mentors for their great support and guidance throughout the workshops. It was a memorable event before my graduation.

#### Kwok Wing Yee, Eunice

Doctor: Cut... Scalpel... Scissors... Diathermy... Clamp... Mosquito... Babcock... Suture...Tie... Needle...

Independence and satisfaction are...You can predict what instrument surgeons want and pass the right instrument to the surgeons. You can ensure the safety and the smooth running of the operation. It is so memorable to have the valuable chance to be the scrub nurse for the surgery on the intubated pig under the supervision of our supportive mentors. **n**

# 10th Anniversary



Vision to Lead, Mission to Serve  
放眼領導 致力服務

Happy 10th Birthday to the Department of Nursing Studies!

Let us make a toast to celebrate the 10th Anniversary of the Department of Nursing Studies! In 2005, the Department is ten years old and is honouring this important milestone with many activities.

### Winners of Anniversary Logo with Slogan

With enthusiastic involvement of students, an Anniversary logo with the slogan "Vision to Lead, Mission to Serve 放眼領導 致力服務" now appear on all Departmental stationery, promotional & publicity materials during 2005. The Logo consists of "N" printed in blue on the number "10" symbolizing all the students and graduates prepared by the Department of Nursing Studies of The University of Hong Kong over the last decade. The logo and slogan also represent the outstanding quality nursing education that the Department has delivered over the past ten years with high quality teaching staff and resources that will continue to grow through collaboration with local and international professionals. They also reflect our past achievements and future successes and advancement. A prize will be presented to the winners of the logo and slogan competition during the 10th Anniversary Symposium to be held on May 28, 2005.

Warm appreciation is extended to all the participants and to the adjudicators of this Competition which include Mr. George Ciofuli, Managing Director, Asia Pacific, Lippincott Williams & Wilkins Asia Limited; Mr. Alan Wong, General Manager (Nursing), Queen Mary Hospital; Dr. Richard Stanley-Baker, Head, Department of Fine Arts, HKU and Professor Raymond Liang, Associate Dean (External Relations and Fund-raising), Faculty of Medicine, HKU.


logo		slogan
		<b>The Best, We Nourish</b> (First Runner-up)
(First Runner-up)	(Second Runner-up)	<b>Leading the Present, Nurturing the Future</b> 帶領現在, 孕育將來 (Second Runner-up)

### Global Experts Get Together in the 10th Anniversary Symposium

As you know, the major event of our 10th Anniversary year is the International Nursing Symposium to be held on May 28, 2005 followed by a Gala Dinner to be held in the splendid Hong Kong Country Club. The theme of the symposium is "Education and Research for Quality Nursing Practice". The Department has invited a number of international and local experts to participate in the Symposium to address various aspects of our concerns about nursing development. Moreover, an Anniversary Celebratory Book will be disseminated to all Symposium delegates which covers the development, contribution to society and the achievements of the Department since 1995. For the Symposium's details, please refer to our Departmental website at [www.hku.edu/nurisng](http://www.hku.edu/nurisng) or contact us at 2819 2604.

Nursing students and Departmental staff members have formed a choir group and will perform a popular and meaningful song "Heal the World" guided by the Music Director, Dr. Gabriel GM Leung of the Department of Community Medicine during the Gala dinner. This will be a memorable occasion that will provide an outstanding opportunity for those present to honour the achievements of the Department.

### Welcome and Get Connected - the Nursing Alumni Society

In addition, the Department is excited to announce a new baby will arrive shortly- the HKU Nursing Alumni Society is soon to be established. All graduates are invited to join the Alumni Society. Participation will not only enable graduates to retain linkages with fellow classmates and alumni, but will also expand opportunities for personal networking to benefit further development in life. Alumni are precious assets of the Department and the University. We do treasure our connection with every one of you. If anyone would like to learn more about the establishment of the Nursing Alumni Society, please feel free to contact us by calling at 2819 2637 or 2819 2606. 

Name	Results
<b>Logo Design Group</b>	
Ms. Chan Shuk Ling, Ms. Cheung Ka I, Ms. Hui So On, Ms. Kwok Wing Yee Eunice, Ms. Leung Siu Ha (Year 4)	Winner and First Runner-up
Ms. Chung Yuk Shan, Angie (Year 3)	Second Runner-up
<b>Slogan Design Group</b>	
Ms. Chung Yuk Shan, Angie (Year 3)	Winner
Ms. Lai Tse Ling, Ms. Ng Mui Lai (Year 4)	First Runner-up
Mr. Lai Yat Min (Year 3)	Second Runner-up

# Department Highlights

## Visitors

Professor Karen Luker, Head of School of Nursing, Midwifery and Social Work, University of Manchester, visited the Department on November 15-21, 2004. During her visit, Professor Luker gave a seminar to Departmental staff on "Improving Research Performance - Lessons from UK RAE 2001". She was also involved in various consultation meetings with staff members.



Prof Karen Luker (left) and Dr Sophia Chan, Head

Professor Linda Johnston, Professor and Chair of Neonatal Nursing Research, School of Nursing, The University of Melbourne, delivered a seminar on November 29, 2004 to members of the Nursing Research Sub-committee of the Queen Mary Hospital and staff members of the Department. The topic of the seminar was "Evidence-based Nursing - Getting Evidence into Practice".



Prof Linda Johnston (left) and Dr. Sophia Chan, Head

Professor Zhu Jingci, Head of School of Nursing, The Third Military Medical University, Chongqing, visited the Department from November 30 to December 9, 2004 via the support of the Sun Yat Sen Foundation Fund for Academic Exchanges with China Incoming Visitorship. During her 10-day attachment, a series of activities were arranged for Professor Zhu to gain a sense of the academic life and culture of the Department and the University, to undertake educational activities which could assist her in promoting academic development within her own institution, and to explore avenues for furthering academic collaborations between the two institutions.



(from left) Dr. Sophia Chan, Head, Prof Zhu Jingci and Dr. Agnes Tiwari, Assistant Professor and Co-ordinator of Master of Nursing Programme

Professor Karen Emmons, Professor of the Department of Health and Social Behavior, Dana-Farber Cancer Institute and Harvard School of Public Health, visited the Department and gave a seminar for the Medical and Health Research Network, The University of Hong Kong on December 8, 2004 on "Interventions to Increase Cancer Prevention in Economic and Medically At-risk Groups". Professor Emmons was also invited to be one of the keynote speakers of the third annual Faculty Research Meeting "Frontiers in Biomedical Research 2004" at the Faculty of Medicine, HKU.



On January 10-14, 2005, Ms JoAnne Saxe, Clinical Professor of the Department of Community Health Systems, School of Nursing, University of California, San Francisco, visited the Department and conducted a course "Advanced Health Assessment" for the students of Master of Nursing Programme. She also spoke on "Faculty Practice in the United States" to staff members in a seminar.



Ms Joanne Saxe (left) and Dr. Sophia Chan, Head

Dr. Carol Jillings, Associate Professor of the School of Nursing, University of British Columbia, visited the Department during January 10 - 16, 2005 as External Examiner for the Bachelor of Nursing (Part-time) Programme. During her stay, Dr. Jillings had various consultative meetings with teachers, and gave a seminar on "Strategies for Teaching Adult Learners".



Dr. Carol Jillings (left) and Ms Marie Tarrant, Assistant Professor and Co-ordinator of Bachelor of Nursing (Part-time) Programme

During January 26-27, 2005, Professor Lorraine Wright, Professor Emeritus of Nursing, Faculty of Nursing, University of Calgary, visited the Department and conducted a course on family nursing for the students of Bachelor of Nursing (Part-time) Programme and the Master of Nursing Programme.



Prof Lorraine Wright (right) and Dr. Agnes Tiwari, Assistant Professor and Co-ordinator of Master of Nursing Programme

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 were conducted.

School of Nursing, Sun Yat Sen University, November 15-17, 2004



Prof Lou Fenglan (right), Dean of the Nursing School, Shandong University meets with Dr. Felix KH Yeun, Director of International Relations of the Department, on January 21, 2005.



Prof Glenda Vargas, Dean of the College of Nursing, University of Santo Tomas and her faculty visit the Department on January 31, 2005



## 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, 2004. Staff from the clinical partners was invited to join the festive event. The Department was delighted to receive a large number of guests at the party.



## Clinical Education Series

In this academic year, a series of Clinical Education Seminars has been organized by the Department. The seminars are open to all teaching staff of the Department, the clinical mentors and other clinical staff interested.

The response to the first two seminars held on November 24, 2004 and December 18, 2004 was very encouraging. The seminar on "Understanding the role of Infection Control Nurses in acute hospital and collaboration from front-line health care workers" attracted 44 participants. The guest speaker was Ms. Patricia Ching, Senior Nursing Officer, Infection Control Unit of Queen Mary Hospital. One important point highlighted by Ms. Ching was the significant role of ward staff in facilitating infection control.



■ Ms Patricia Ching

The second seminar on "Pressure sore management" also attracted 44 participants. The guest speaker was Ms. Regina Ip, Nurse Specialist of Kwong Wah Hospital. Ms. Ip shared her experience in managing pressure ulcers and introduced different dressing solutions to various types of wounds, providing concrete examples and slides to illustrate the effectiveness of the dressings being used on different patients and the principles in managing the various types of pressure ulcers. From the feedback of the participants, the presentation was very informative and useful.



■ Ms Regina Ip

## Students' Poster Sessions

The Year 1 students of the Bachelor of Nursing (Part-Time) Programme conducted poster sessions on their projects "Nursing and Public Health" in the Exhibition Area of the Faculty of Medicine Building on November 23, 2004. Poster sessions for the Year 2 students of the Master of Nursing Programme to display their women's health promotion projects and dissertations were also held on January 7, 2005 and February 22, 2005. The sessions were well received by a number of teachers and students.

■ Students of Bachelor of Nursing (Part-time) Programme



■ Students of Master of Nursing Programme

## Departmental Retreat

On January 28-29, 2005 a Departmental Retreat was held to provide an opportunity for staff members to sit together and discuss the future directions of the Department. All teaching staff members attended the meeting and had candid and constructive discussions.



## International Nursing Consortium Policy Committee Meeting

The Department has joined as a member of the Hong Kong International Consortium for Sharing Nursing Student Assessment Banks. Its main purpose is to establish a voluminous high quality test item bank for nursing education, and share item banks with nursing schools and institutions thereby facilitating the development, maintenance and use of a much larger item bank by members of the Consortium. An International Nursing Consortium Policy Committee meeting was held to discuss and finalize the bylaws of the Consortium. The Committee meets annually. This year the meeting was conducted on January 13-15, 2005, hosted by the three nursing schools in Hong Kong in turn. The Department hosted the meeting on January 14, 2005 and was pleased to have fruitful exchanges of views with delegates from around the world.



# M Message from the Nursing Society

Hello, everyone! We are the executive committee of Nursing Society, Session 2004-2005. Nice to meet you!

This year, we have three main targets.

1. We will continue to promote the development of the society. We will try to increase the popularity of our society and improve the internal operations to increase efficiency.
2. We will enhance communication between the Department and our members. We will act as a bridge between them, release information from the Department to our members and reflect the opinions of our members to the Department.
3. We will continue to organize activities which have been popular in the past, and explore other interesting and meaningful activities. We will try our best to fulfill the wish of our members.

There are lots of functions waiting for our members to join. These include a Current Affairs Seminar, SuperPass Dinners, an Orientation Programme, a Nursing Festival, an Academic Seminar and Joint University functions. Some of these functions are new to our members. We will try to add as many new elements as possible into our programmes to make sure they are fresh to all of you and will be interesting.

Our first function will be the Current Affairs Seminar. It will be held in March, 2005. It is about a hot issue of the nursing profession. It provides a good chance for our members to keep in touch with current issues. Details will be released very soon. Hope everyone can keep an eye on it.

We need your support, our dearest members! We hope to see you all in our functions.



## C Congratulations

### Awards of Research Grants

Three research projects on teaching and learning have been granted since November 2004. Dr. Sophia SC Chan, Head, is Principal Investigator on one project and Ms Marie Tarrant, Assistant Professor, is Principal Investigator on the other two.

### Honorary Awards and Appointments

Dr. Sophia SC Chan, Head, has been appointed as a Member of the Nursing Council of Hong Kong.

Ms Angela YM Leung, Lecturer, has been appointed as Research Associate by the Sau Po Centre on Ageing, The University of Hong Kong.

Ms Angel CK Lee, Teaching Consultant, has been appointed as Advisor to the Hong Kong Catholic Nurses' Guild and to the Hong Kong Institute of Vocational Education (Lee Wai Lee) – Geriatric Section.



Dr. Agnes Tiwari (left) receives the Teaching Medal from Prof SK Lam, Dean, Faculty of Medicine

Dr. Agnes FY Tiwari, Assistant Professor, received the Faculty Teaching Medal 2004 at the Prize Presentation Ceremony of the Faculty of Medicine, The University of Hong Kong held on December 1, 2004. The Faculty Teaching Medals are established to identify, recognize and reward Faculty members who are excellent in teaching or in the promotion of good practice in teaching.

# Special news

## Grace Tien Visiting Professor in Nursing Studies

With the generous support of the family of the late Mrs. Grace Tien, the Department established the "Grace Tien Visiting Professorship in Nursing Studies" in 2003. It is our honour to have invited the well-known nursing scholar, Professor Angela B McBride, Distinguished Professor and University Dean Emerita, Indiana University, to be the second Professorship holder. Professor McBride will pay a visit to the Department on March 13 – 21, 2005. She will deliver the "Grace Tien Lecture" and participate in a series of academic activities.

## Serena Yang Postgraduate Scholarship in Nursing Studies

The Department is happy to announce the launch of Serena Yang Postgraduate Scholarship for MPhil or PhD research in the field of health promotion. Further information can be obtained from Ms Jocelyn Leung at 2819 2624 or joleung@hkucc.hku.hk.

# Life-long Learning Opportunities

## Occasional Students in Master of Nursing Programme

The following modules (20-hour) under the Master of Nursing Programme are now open to individual students to apply as occasional students:

### Health Services Management

Mondays, 9 May 2005 to 20 June 2005, from 5:00 to 8:00 pm;  
and 27 June 2005, from 5:00 to 7:00 pm

### Mentoring for Health Care Professionals

Fridays, 6 May 2005 to 10 June 2005, from 5:00 to 8:00 pm;  
and 17 June 2005, from 5:00 to 7:00 pm

### Tobacco Dependency Nursing Intervention and Management

Tuesday & Thursday, 3 & 5 May 2005, from 9:00 am to 6:00 pm;  
and a 3-hour clinical practicum at the Smoking Cessation Health Centre

Classes will be held in the seminar rooms located within the Faculty of Medicine Building, Sassoon Road, Pokfulam, Hong Kong.

An attendance certificate will be issued to students who have attended 80% of each of their chosen modules. No official transcript will be provided.

Course fees: HK\$3,550 per module

**Closing date for Applications: 15 April 2005**

Application forms and further information may also be obtained from the Departmental website at [www.hku.hk/nursing](http://www.hku.hk/nursing).

Enquiry Tel: 2819 2604

## Bachelor of Nursing (Part-time) Programme

The Department offers a two-year part-time honours degree programme for registered nurses who have registered with the Nursing Council of Hong Kong or hold recognised equivalent qualifications. The programme will cater for nurses from two streams: a generic stream (i.e. general and psychiatric) and a public health stream and will have its next intake in September 2005.

### Admission Requirement

To be eligible for admission to this programme, an applicant

- shall comply with the University General Regulations;
- shall be registered as a nurse with the Nursing Council of Hong Kong or hold recognised equivalent qualifications;
- shall normally have completed a minimum of one year's experience as a registered nurse; and
- may be required to take a qualifying test of language ability and nursing knowledge.

### Information Seminars

Date: 7 April 2005 (Thursday)  
Time: 2:30-4:00pm  
Venue: Lecture Theatre 4  
William MW Mong Block  
Faculty of Medicine Building  
21 Sassoon Road  
Hong Kong

Date: 18 April 2005 (Monday)  
Time: 2:30-4:00pm  
Venue: Lecture Hall  
The Federation of Medical  
Societies of Hong Kong  
4/F, Duke of Windsor Social  
Service Centre  
15 Hennessy Road, HK

**Closing date for Applications: 30 April 2005**

Application forms can be obtained from the Departmental website at [www.hku.hk/nursing](http://www.hku.hk/nursing).

Enquiry Tel: 2819 2604

## Dr. Daniel YT Fong (方以德)

### Assistant Professor

My adventure in the Department started in February 2005. I obtained both my first degree in mathematics and Master of Philosophy in statistics from The University of Hong Kong. Subsequently, I completed my doctoral training in statistics at the University of Waterloo in Canada. My research area is medical statistics with a special interest in longitudinal data analysis. I have had many years of experience in the design and analysis of clinical trials, and have collaborated extensively with medical researchers. Areas with publications include methodological research in medical statistics, cancer, data management, gastroenterology, liver diseases, microarray data analysis, nursing, obstetrics, ophthalmology, paediatrics, public health, quality of life research, radiology, rheumatology and surgery.



## Ms. Jocelyn SY Leung (梁淑儀)

### Administrative Assistant

I joined the Department as Administrative Assistant in November 2004. After my graduation from The University of Hong Kong, I started my career in administration. Prior to joining the Department, I worked in the Academic Secretariat of the Hong Kong Polytechnic University and the Human Resources Office of the Hong Kong Institute of Education respectively.



## Forthcoming events

### Grace Tien Lecture

**Topic:** Health Care and the Informatics Revolution  
**Speaker:** Professor Angel B McBride, Distinguished Professor and University Dean Emerita, Indiana University, USA and Grace Tien Visiting Professor, Department of Nursing Studies, HKU  
**Date:** March 14, 2005  
**Time:** 4:30 pm  
**Venue:** Lecture Theatre 3, Cheung Kung Hai Conference Centre, Faculty of Medicine Building, HKU  
**Fee:** Free of charge  
**Registration** Ms Annie Lau  
**or information:** Tel: 2819 2602

### Clinical Education Series

**Topic:** Acute Stroke Management  
**Guest** Ms Alice Yu Chow Fung, Advanced Practice Nurse,  
**Speaker:** Ruttonjee & Tang Shiu Kin Hospital  
**Date:** April 4, 2005  
**Time:** 3:30 pm – 5:30 pm  
**Venue:** Seminar Room, Laboratory Block, Faculty of Medicine Building, HKU  
**Fee:** Free of charge

### Clinical Education Series

**Topic:** Stoma Care  
**Guest** Ms Wong Ka Wai, Enterostomal Therapist, Queen Mary  
**Speaker:** Hospital  
**Date:** April 25, 2005  
**Time:** 3:30 pm – 5:30 pm  
**Venue:** Seminar Room 5, Laboratory Block, Faculty of Medicine Building, HKU  
**Fee:** Free of charge

### 10th Anniversary Symposium

**Theme:** Education and Research for Quality Nursing Practice  
**Date:** May 28, 2005  
**Time:** 9:00 am – 5:00 pm  
**Venue:** Cheung Kung Hai Conference Centre, Faculty of Medicine Building, HKU  
**Fee:** HKU nursing student – Free of Charge  
 HKU nursing alumni – HK\$200 full day (lunch included),  
 HK\$150 half day  
 Full registration – HK \$300 full day (lunch included),  
 HK\$200 half day

### 10th Anniversary Gala Dinner

**Date:** May 28, 2005  
**Time:** 7:30 pm (cocktail starts at 6:30pm)  
**Venue:** The Hong Kong Country Club, Deep Water Bay  
**Registration:** HK\$600

# Centre for Health Promotion Activities' Highlights

Prof Farideh Salili  
Director  
Centre for Health Promotion



## Workshops

27 Oct 2004 (Workshop 1) ; 28 Oct 2004 (Workshop 2)

Title: Workshops about Illness Beliefs and Illness and Spirituality in Clinical Work with Individuals and Families

Workshop 1: What You Believe Affects Your Health and Your Relationships: The Illness Beliefs Model Unpacked

Workshop 2: Spirituality, Suffering, and Illness: The Soul of Clinical Work with Individuals and Families

Speaker: Dr. Lorraine M. Wright  
Professor Emeritus of  
Nursing, University of  
Calgary, Canada



## Health Assessment Programme for the Elderlies

23 February, 2005

Venue: 3/F, Centre for Health Promotion, Department of Nursing Studies

Co-organiser: Sun Chui Lutheran Centre for the Elderly

Focus: Cardiovascular Health

Contents: Center-based Health Assessment Activities, Educational Talks and Exercise Training

## Recruitment of Student Helpers

We will be launching a series of health promotional programmes in 2005 for both in-house and outreach activities. We would like to recruit voluntary student members to participate in our health promotional programmes. This is a great opportunity for students to broaden their knowledge in health education and health promotion.

If you are a student of our Bachelor or Master's programme and interested in joining the programmes, please send us your correspondence information including your name, student number, class number, email address and telephone number. We will contact you shortly.

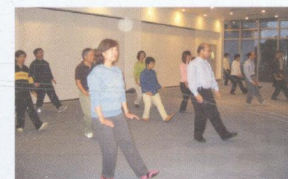
Upon completion of the programmes, certificates of participations will be issued. Yearly awards will be given to outstanding participants.

Come and join us! Email to Centre for Health Promotion at [chphku@hkucc.hku.hk](mailto:chphku@hkucc.hku.hk).

## Wu Style Tai Chi Class

January – June 2005

Tai Chi Chuan is always popular in China and now, worldwide. Research conducted in Britain, USA and local universities have demonstrated the benefits of Tai Chi Chuan in disease prevention and health enhancement. The response to the first Tai Chi class was overwhelming. The second Tai Chi class started in January, 2005.



## Forthcoming Events

15 April, 2005

**Seminar - Dietary Choices for pre-and post-natal mothers**

Venue: Hong Kong Science Museum, Tsim Sha Tsui

Time: 7:30 – 9:30 pm

Speaker: Ms Rose YP Chan, Clinical Instructor, Department of Nursing Studies

February – May, 2005

**Integrate teaching in Centre for Health Promotion**

Health Promotion Projects by undergraduate students

Trainer: Ms. Angel Lee, Teaching Consultant, Department of Nursing Studies

March – December, 2005

**Health Assessment and Consultation Programmes**

(as of March 2005 the Centre for Health Promotion offers clients health assessments and consultation programmes both on individual and group basis)

- Cardiovascular Sessions
- Stress Management Sessions
- Diabetic Sessions
- General Health Sessions

Appointments for health assessment and consultations can be made by calling at 2819 2650.

March – August, 2005

**Health Education Programmes for a Secondary School**

Topic: Sport and Diet

Contents: Educational talks, workshops, group projects and presentations

For registration or more information, please call 2819 2650 or email at [chphku@hkucc.hku.hk](mailto:chphku@hkucc.hku.hk).

## Department of Nursing Studies The University of Hong Kong

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Ms Angela YM Leung  
Professor Farideh Salili  
Managing Editor: Ms Renee SM Cheng



Department of  
Nursing Studies  
The University of  
Hong Kong

## 10<sup>th</sup> Anniversary Celebrations

Professor Judith Parker  
Visiting Professor and Chairperson  
10th Anniversary Planning Committee



*Saturday, 28 May, 2005 was the day selected for the major celebrations of the 10th Anniversary of the Department of Nursing Studies and this is a day that will stay long in the memories of all those who participated in the Symposium and Gala Dinner.*



### THE SYMPOSIUM

The esteem in which the Department is held by those in high places was clearly discernible in the speeches given by the Vice Chancellor Prof Lap-Chee Tsui, the Dean of the Faculty of Medicine Prof SK Lam and the Chief Executive of Hospital Authority Dr. William Ho.

The Symposium addressed the complex theme of the relationship between education, research and quality nursing practice and how these interrelationships play out in the current context of the global shortage of nurses. It brought together international and local experts to share research

findings and to identify strategic directions for managing these complex issues at the level of policy, education and research. The keynote speakers inspired the more than 300 enthusiastic participants with the breadth, depth and overall quality of their presentations. The liveliness of the panel discussions with strong audience participation attested not only to the timeliness and relevance of the topics addressed, but also to the dynamism and vibrancy of the speakers. **n**



Vision to Lead, Mission to Serve  
放眼領導 致力服務





**Professor Afaf I Meleis, Margaret Bond Simon Dean of Nursing of the University of Pennsylvania** pointed out the importance of fundamental and translational research for the future of safe and quality healthcare. However, the global shortage of nurse scientists who develop and translate evidence to ensure safe practice will impact upon the

quality of care if not addressed. She urged that attention be paid to creating safe healthcare environments, developing strategies to ensure an adequate workforce of nurse scientists, and increasing the public's awareness and knowledge of the importance of the contribution to health made by nursing science.



**Associate Professor Huaping Liu, Associate Dean of the School of Nursing of Peking Union Medical College** noted that the challenges stemming from nursing shortages in the West were also being felt in Mainland China, where recognition is now being given to the need for a larger and better educated nursing workforce. The

Ministry of Health is paying attention to these problems and is emphasizing the need for a scientific approach to nurse staffing, quality improvement and differentiating levels of nurses in the clinical environment.



**Ms Doris Grinspun, Executive Director of the Registered Nurses Association of Ontario** discussed the importance of building nursing as a "body politic". She pointed out that nursing has earned the public's trust but needs to earn the public's respect through communicating nursing as a knowledge profession, demonstrating nurses'

work as knowledge in action and using nursing knowledge to shape health policy and deliver quality patient care. She identified nursing as a significant social force to influence health and nursing policy in practice, public opinion and in decision making and funding allocation.



**Professor Sioban Nelson, Head of the School of Nursing at The University of Melbourne**, suggested that competing system and workforce pressures continue to impinge upon nurses' capacity to deliver quality nursing care. She identified a number of issues of concern in the Australian context: the impact upon nursing of workforce reforms

and the creation of a flexible workforce; health sector reform and the skilled workforce shortage with implications for patient safety; and challenges to the nursing profession itself stemming from State/Federal obstacles, professional disunity and higher education reform.



**Professor Kathleen A Dracup, Dean of the School of Nursing at the University of California, San Francisco** indicated that there is currently an RN vacancy rate of 14% in the USA with projections of much more acute nursing shortages over the next 15 years. The problem will not be easily solved because of the ageing of the nursing

workforce and the inability of Universities to increase intakes of students into nursing programmes because of the shortage of nursing educators. She pointed to the importance of investing in new nursing faculty, developing innovative programmes with a focus on patient safety, and partnering with health agencies to provide graduates with appropriate knowledge and skills.



**Dr Susie SS Lum, Senior Executive Manager (Nursing), Hospital Authority**, pointed out that nursing represents 40% of the staff in the public hospital system in Hong Kong. She noted that quality improvement of nursing practice is the central theme of HA nursing. She said that promoting evidence based nursing practice and knowledge

management are the key means of improving the quality of patient care. This is achieved through clinical audits and benchmarking, and developing evidence based nursing standards, and specialty guidelines. Additionally, supporting continuing education and competence based nursing professional development are key strategies in improving clinical quality.





**Miss Georgina KH Ho, Chief Nursing Officer in the Department of Health, HKSAR**, indicated that prior to 1999 there was a stable tenured nursing workforce in the Department of Health with few voluntary exits. However, subsequently staff members have been employed on contracts and later there were annual pay cuts, voluntary redundancies

in 2003 and redeployment of staff. Staff members have become stressed, have needed to learn new skills, fear lack of job security and there is staff turnover. However, strategies have been set in place to create a sense of belonging, reward good performance, enhance competence, identify determinants of staff retention, provide appropriate in-service training and monitor overall nursing workforce. Additionally support is being given to upgrade public health nursing education, and to expand workforce reserves. Long term strategies include commitment to appropriate staffing levels and competitive employment terms, developing a collaborative approach in workforce planning and improving the public recognition of public health nurses.



**Mr Alan SF Wong, General Manager (Nursing), Queen Mary Hospital**, spoke of the major challenges to nursing in Hong Kong stemming from the shortage of nurses. These shortages could be attributed to the transfer from hospitals to University based training of nurses, funding constraints, inflexible quotas of students, longer duration of nurse training,

and the phasing out of enrolled nurses. Additionally the recent economic upturn has led to an expansion in the private sector with increasing demand for nurses and competition between the public and private sector in recruiting nurses. He identified a range of proactive strategies that can be implemented to improve the situation in HA hospitals.



**Professor Thomas KS Wong, Dean, Faculty of Health and Social Sciences, The Hong Kong Polytechnic University** noted that the number of nurses per 1000 population in Hong Kong was similar to ratios in Japan, Singapore and the UK but considerably lower than those in Australia, New Zealand, Canada and the USA. In

addressing the issue of whether this constituted a shortage of nurses in Hong Kong, he presented data on the ageing of the Hong Kong population and the high health service utilization by elderly people in Hong Kong. He suggested that attention needed to be paid to nursing staff mix and role relationships; particularly those between Registered Nurses, Enrolled Nurses and Health Care Attendants; the development of advanced practice and specialist roles in nursing and that of Traditional Chinese Medicine.



**Professor David R Thompson, Director, The Nethersole School of Nursing, The Chinese University of Hong Kong** pointed out that while there was a clearly identified shortage of nurses in Hong Kong, it was important to avoid a knee-jerk response. A strategic approach to policy/interventions was needed that would address workforce forecasting and planning, recruitment and retention and deployment and skill mix.



**Dr Sophia SC Chan, Head of the Department of Nursing Studies at The University of Hong Kong**, focused on the importance of quality health outcomes and reported on research that had identified key areas for quality improvement. She discussed the impact of the nursing workforce shortage upon quality and noted that a quality nursing

workforce can save both lives and health care costs. She highlighted the importance of investment in quality education and research to ensure the provision of a quality nursing workforce for the future.





# The Gala Dinner

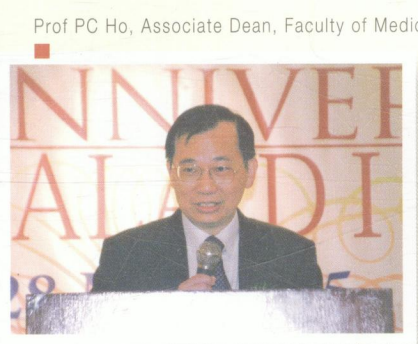
The Gala Dinner was held at The Hong Kong Country Club, Deep Water Bay and was a glittering occasion with over 160 guests.



## Guests of Honour



Prof Lap-Chee Tsui, Vice Chancellor, HKU



Prof PC Ho, Associate Dean, Faculty of Medicine, HKU



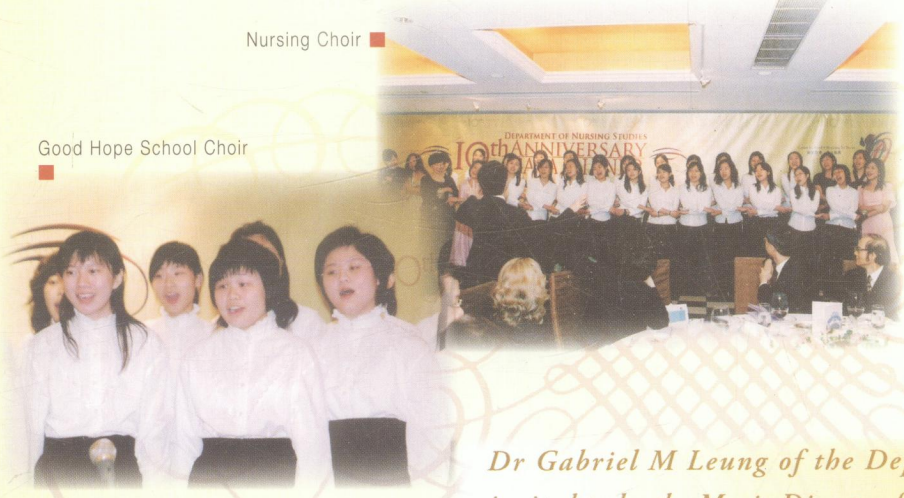
Prof Rosie TT Young, Honorary Professor, Department of Medicine, HKU

## Choir Performance

Guests were entranced with the singing of the Good Hope School and the Choir of the Department comprising staff and students.

Nursing Choir

Good Hope School Choir



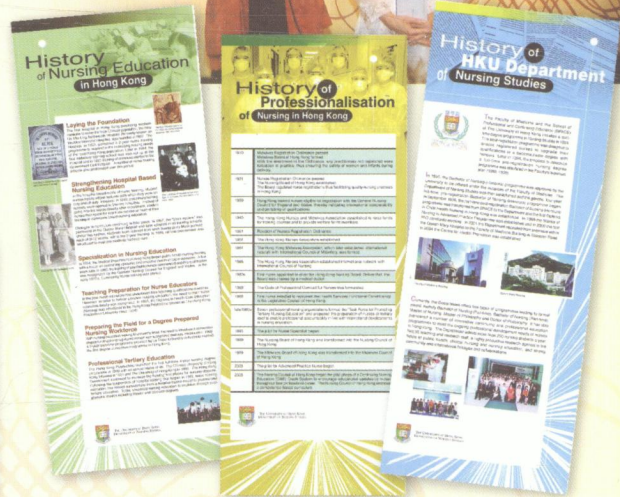
Dr Gabriel M Leung of the Department of Community Medicine was invited to be the Music Director for the Gala Dinner.

## Nursing History Game

Posters setting out the history of nursing in Hong Kong and at The University of Hong Kong were displayed and a lively game was held in which the audience was invited to answer questions about the content of the history posters. The history posters are now displayed at the Yu Chun Keung Medical Library.



Toast and Cake Cutting

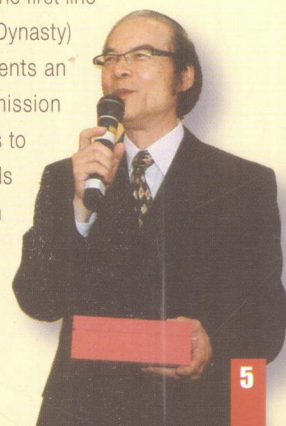


明德格物培精英  
護理學系育賢能  
郁蔥杏林霑玉露  
十年樹木百年人

港大校訓，出自朱熹的「大學」。首四句說「大學之道，在明明德，在親民，在止於至善」。明德的意思是上天賜與人明悟，明白事理。但有時人為入欲所蔽，人會有時昏然。明明德的意思，即經常省覺天理的存在，並摒除私欲。格物是用分析的態度、方法，研究事物發生、活動的道理。所以，明德格物，一在修德，是德育，一在用分析方法去學習，是學育。港大護理學系本著大學的校訓，培育精英賢能為社會服務。港大醫學院歷史悠久，已生長為一叢茂盛的杏林（醫學群體）。但杏林也必需吸收（霑）營養水份（玉露），才能繼續生長、發枝、茁壯，而護理學系就是醫學院的玉露，這就是詩中第三句的含意。令樹木生長具形，十年已看到成績，但培養一個真正優質的人才，還需近百年的磨練，所以大家還要不斷努力，以達至善境界，故有「十年樹木百年人」之收句。

香港大學內科學系馮啟雲講座教授

Prof Peter CW Fung, Chair Professor of the Department of Medicine, HKU has kindly written four beautiful lines of Chinese verse with his calligraphy to commemorate the Department's 10th anniversary. The first line of the verse is taken from the HKU's motto which comes from a classic written by ZhuXi (Sung Dynasty) on "Adult's Learning" and refers to the truth that moral as well as intellectual learning represents an importance in educating talented individuals. The second line describes the Department's mission that it is to cultivate persons of virtue and capability who are committed to making contributions to the community. The third line says that the Faculty of Medicine is a luxuriant forest which needs nutrients and water to grow, to sprout and to be robust, and that the Department has been taking the role of nutrients and water. The fourth line emphasizes that it might take ten years for trees to flourish, but it would take almost a hundred years' efforts to nurture a talent of quality. The verse closes with the subtle meaning that we all need to make the best of our effort to achieve excellence.



明德格物培精英  
護理學系育賢能  
郁蔥杏林霑玉露  
十年樹木百年人

香港大學護理學系成立十周年紀念  
馮啟雲書



## Building Science in Smoking Cessation:

# A Mission to Save Lives



為兒童健康著想  
請勿吸煙

為兒童健康著想  
請勿吸煙

為兒童健康著想  
請勿吸煙

Smoking is the single most preventable cause of death and a proven health hazard in our society. It is discovered that tobacco use is responsible for nearly one in two deaths in developed countries and about 6,000 deaths were attributable to smoking in Hong Kong. Empirical evidence supported that intervention from health professionals can increase cessation rates. Even though the hazards of tobacco use are well known and it is cost-effective for health professional to provide smoking cessation counseling to patients, it is disappointing to note that the number of patients who reported receiving advice on smoking cessation from health professionals is low.

Nurses represent the largest proportion of the health care workforce in Hong Kong and have the most frequent contact with patients. They are in a unique position to act as leaders to assess, plan, implement, and evaluate smoking cessation interventions to promote, protect, and maintain the health of the community. Given the cumulative evidence that smoking and passive smoking is a major cause of death and disability, nurses have a pivotal role in providing evidence based smoking cessation interventions to clients.

A multi-disciplinary team including myself, Professor TH Lam and Professor AJ Hedley from the Department of Community Medicine, developed various tobacco control initiatives one of which is a smoking cessation counselor training programme. This is the first of its kind in Hong Kong, to educate nurses, social workers, pharmacists, and physicians to helping clients quit smoking using psychological, behavioral and pharmacological therapies. The program has provided comprehensive knowledge on the current trends on tobacco dependency treatment and it also inspires the development of an expanded role of nurses in smoking cessation counseling which ultimately promotes patients' health, prevents death and disability, and saves health care costs for our society.

Research shows that smokers benefit from the help of health care professionals when trying to quit smoking. Previous studies indicated the potential benefits of smoking cessation advice and counseling delivered by nurses to their patients and the best cessation rates are achieved using a combination of behavioural intervention and pharmacological intervention. One of the major research foci and strategies in the

www.hku.hk/quit

**2855 9557**

**親切 關心**

**戒煙熱線 青少年 Youth Quitline**

**QuitFit 新一代 健康有神采!!!**

特點

- 專為12至25歲的青少年而設
- 由年青的專業輔導員提供度身訂造的戒煙輔導
- 輔導員將提供體能訓練及日常飲食指導，以配合青少年的需要
- 服務時間特長，周末照常服務

香港大學醫學院護理學系、社會醫學系  
社會工作及社會行政學系、香港吸煙與健康委員會  
合辦  
健康護理及促進基金 資助

為兒童健康著想 請勿吸煙

盡快戒煙保健康

關心愛護你心臟

護士一心服務你

**Today... is your Quit Day**

Quitting is a must  
Nurses give you trust

為兒童健康著想 請勿吸煙

為兒童健康著想 請勿吸煙

為兒童健康著想 請勿吸煙

為兒童健康著想 請勿吸煙

Department of Nursing Studies is to evaluate the efficacy of innovative state-of-the-art smoking cessation interventions for clients across the lifespan such as youth, women, elderly, and various disease patient groups. We have conducted a series of randomized controlled trials with specific intervention strategies and will continue to design new interventions and test their effectiveness. Our goal is to inform best practice in smoking cessation, develop and test strategies to confront the tobacco epidemic effectively; and to develop a critical mass of nurses and physicians involved in tobacco control. We are committed to our mission to save lives by developing smoking cessation education programmes for undergraduates, post-graduates, and health care professionals, and use an evidenced-based approach through research to orientate clinical services so as to reduce premature deaths and the enormous disease burden of our society. **n**





# Health Promotion and Health Education -Innovation and Teaching



## Health Promotion and Health Education course in HKU

What do nursing students learn in a year 1 course in Health Promotion and Health Education? Why is this course important to nursing students and the nursing profession?

The World Health Organization has recently advocated that health authorities globally should invest in and direct more effort towards Health Promotion and Health Education (HPHE). (WHO website: <http://www.who.int/healthpromotion/en/>). The course on Health Promotion and Health Education developed by the Department of Nursing Studies, The University of Hong Kong is delivered by both lectures and tutorials that examine the concepts of health promotion and primary health care. It gives students the opportunity to integrate theory into practice through conducting a health promotion project to a target group based upon available current evidence and needs assessment.

## Innovation and Teaching

### • Multi-discipline collaboration in aligning students' learning needs

It is known that learning is more than simply the acquisition of knowledge. Learning also involves instructional elements such as critical thinking, skill development and real-life application. The HPHE is directed towards this teaching goal.

The course has fostered multi-disciplinary collaboration, community partnership and learning effectiveness among students by streamlining the course material and maximizing learning skills. Students are required by the English Centre to submit some assignments that emphasise reviewing literature and developing critical appraisal skills. Teachers in our Department communicated with the English Centre to enable students to choose a topic relevant to HPHE for the assignments issued by the English Centre without losing sight to literature review skills development and to ensure that duplication of course material and workload did not result. In fact, the two Departments communicate frequently with each other to

monitor students' progress and learning outcomes, in particular unresolved problems in accessing, appraising and applying information in justifying a topic for health promotion.

### • Incorporating evidence-based nursing practice

Students hold true autonomy in the topic selection to stimulate self directed learning. At the same time the need for evidence-based nursing is fulfilled through the practice of literature appraisal and needs assessment on target groups for health promotion. Tutorials are available to offer practical guidance to students' field work and participation in tutorials contributes to the final health promotion activity and poster presentation to reduce excessive after-class workload.

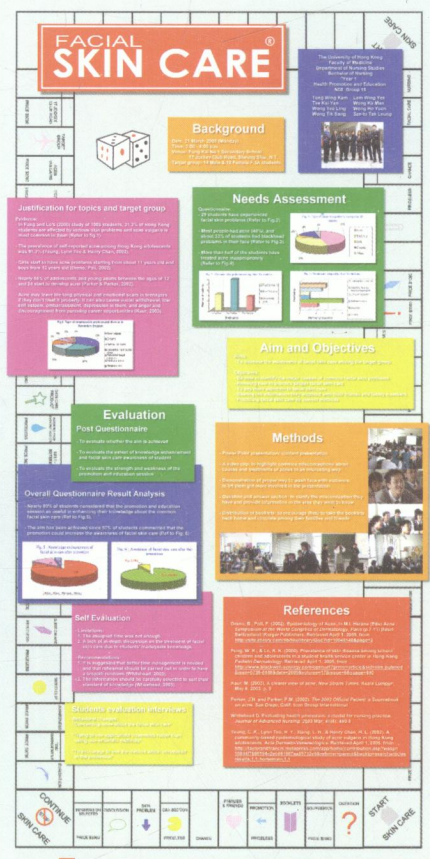
### • Focusing life-long learning skills

The course fosters experiential learning opportunities and innovation in teaching strategies that base on needs assessment and outcome focused

evaluation. Students have to initiate, negotiate and maintain effective liaison with secondary school principals or teachers, secondary school students (target group), their tutors and their group members all through the project. They are also encouraged to practice useful life-long learning skills such as interpersonal communication and Information Technology (IT) skills in disseminating results to the target group, the faculty and the general public if indicated. The process stimulates creativity and empowers students in their confidence and competence in teaching strategies. The practice of verbal presentation skills, writing up an evaluation report, and devising an electronic poster all help students learn how to concisely disseminate findings and results of the project to the public.

## Summary

The Health Promotion and Health Education course has fostered extensive exposure of the HKU nursing students to the community (secondary schools). At the same time, members of the general public are able to acknowledge the scope and contribution of nursing to the society. **n**



Poster presentation by Year 1 students:  
Lam Wing Yee, Sze-to Tak Leung, Tong Wing Kam, Tse Kai Yan,  
Wong Ho Yuen, Wong Ka Man, Wong Tik Sang, Wong Yee Ling



## Reflections of the 10th Anniversary Celebrations: Building for the Future



On 28 May 2005, all staff of the Department of Nursing Studies exhibited tremendous energy and dynamism to celebrate our 10th anniversary international nursing symposium and gala dinner. Professor Judith Parker and members of the planning committee have exercised excellent planning and organization, which has contributed to the success of these events. Everyone was extremely impressed with the timeliness of the symposium and the wonderful dinner, and I am sure these activities have served as part of our very fond memories.

With the main events of our celebrations now behind us, it is an opportune moment to consider future directions of the Department so that we can build upon the excellent foundation established in our first decade. A major issue addressed in our 10th Anniversary Symposium was that of the world wide shortage of nurses in practice, education and research. We heard of various strategies that are being adopted around the world to manage this perilous situation. In our own situation in Hong Kong, a key strategy for addressing shortages is by increasing student intakes into University programmes.

Thus, managing growth is one of the major tests confronting us in the coming years. From our initial intake of 40 students into our Bachelor of Nursing programme in 1995, we have grown to the point where we will be enrolling 168 into this programme in September. This has implications not only for our staffing levels but also for the resources available to us in the University such as offices, libraries, lecture theatres and other teaching space. We have developed a robust staff development plan to manage our need for additional staff members taking into account the mission and vision of the department and we are very fortunate, indeed, that previous space planning has taken our likely growth into account.

The world wide nursing shortage is a complex and multifaceted phenomenon. Ensuring an adequate supply of nurses is but one part of this phenomenon. Increasing student numbers is only one means of addressing the issue of supply. Nursing shortages cannot be dealt with simply by increasing student numbers. The issue of recruitment, retention, and providing a conducive environment for appropriate professional and career development are also key issues to solve this worldwide problem. Discussions are now being

held between government, health agencies and universities to find ways of ensuring the best way forward. It is a matter high on everyone's agenda and I feel confident that there is the good will among all parties to ensure we will find a solution that is acceptable to all stake holders.

Being one of the key players in preparing nurses for the 21st century, we have a strong mission to produce quality nursing graduates who will become leaders, scientists, and nurse professionals. Our objectives are to provide education for nurses, as well as developing science in nursing so as to improve the health of the community. While it is high priority to meet the needs of the workforce in clinical practice, it is also critical to developing educators and scientists for leadership in nursing, who are vital to strengthening our capacity in meeting future challenges.

Building on our foundations in the past 10 years, we aspire to making further contributions to the future of nursing by educating a new generation of leaders. Our staff is committed to bringing the frontiers in nursing science to improve human's health, and we look forward to sharing with you our accomplishments in the next 10 years to come. **n**



# Department Highlights

## Grace Tien Lecture

With the generosity of the family of the late Mrs Grace Tien, the Department established the first named Visiting Professorship and invited Prof Angela B McBride, Distinguished Professor and University Dean Emerita, Indiana University, U.S.A. to be the second Grace Tien Visiting Professor in Nursing Studies.



Prof Angela B McBride

Prof McBride visited the Department on 13 – 21 March 2005, and delivered the Grace Tien Lecture entitled "Health Care and the Informatics Revolution" on 14 March 2005 in Cheung Kung Hai Conference Centre of the Faculty. The auditorium was packed by an audience of over 160 participants. During her visit, Prof McBride also gave 2 other seminars, one of which was for the Departmental staff and the other for the Medical and Health Research Network, HKU on "Building a culture of quality".

(from left) Prof William Wei of the Department of Surgery, Prof Angela McBride, Mrs Mary Tien, donor representative and Dr Sophia Chan



## Collaboration with HK West Cluster in Evidence Based Practice - The Clinical Scholars' Programme



of researchers from HKU who help them to refine their question, review relevant literature and undertake critical appraisal of published material. They then work intensively to draw conclusions about the quality of the evidence that underpins the practices they investigate and to identify whether there is a need to change practice and if so, to make recommendations about facilitators and barriers to change.

The Clinical Scholars' Programme, is an exciting and innovative collaboration between the Hong Kong West Cluster and the Department of Nursing Studies. It is part of a broader long term strategy to develop further the research culture in nursing at Hong Kong West Cluster hospitals. Fifteen high flying clinicians, with an interest in improving patient outcomes through research, were identified through a careful selection process and invited to participate.

The specially designed programme of eight days conducted over a four month period, comprises five intensive days of workshops and three days of group work and individual skill development. Clinical Scholars are released from work for the eight days to work on a research question that has arisen from their practice. They are supported by a team



Prof Linda Johnston

The first two day workshop got off to a stimulating start in April 2005 led by Professor Linda Johnston from the University of Melbourne and the Royal Children's Hospital, Melbourne. Professor Johnston is a notable researcher and neonatal intensive care nurse who is Associate Editor of *Worldviews on Evidence Based Nursing*. She has developed a strong international reputation in the field of evidence based practice and the workshop was a lively combination of seminar presentations and hands on computer work. Evaluations indicated that the participants found the workshops extremely valuable.

The HKU team comprising Professor Judith Parker, Visiting Professor, Dr HY Kuan and Ms Emmy MY Wong, Teaching Consultants conducted the subsequent follow up workshops and supported the participants in developing their Evidence Based Nursing presentations which will be given before an invited audience of key stake holders on 5 August.

## Clinical Education Series

The Department has organized two more seminars for the Clinical Education Series in April. The third seminar of this academic year was held on 4 April 2005 on "Acute Stroke Management". The guest speaker was Ms. Alice Yu Chow Fung, Advanced Practice Nurse, Ruttonjee & Tang Shiu Kin Hospital.

The fourth seminar was held on 25 April 2005 on "Stoma Care". The guest speaker was Ms. Wong Ka Wai, Enterostomal Therapist, Queen Mary Hospital. Both speakers presented the most updated management on the two specific topics and had attracted 45 and 41 participants respectively. The feedback and comments for both seminars were in general very positive. Many of the participants suggested that the information provided by the speakers were very useful for their clinical practice.



## Visitors

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 were conducted.



School of Nursing, Sun-Yat Sen University, 11-22 April 2005

Delegation from The Hong Kong Nurses Training & Education Foundation, 20 April 2005

(right) Ms Cynthia A Witney, Manager, Registration and Education of the Nurses Board of Western Australia, 3 June 2005



## World No Tobacco Day

This year's World No Tobacco Day is dedicated to the important role of health professionals in tobacco control. As part of our Department's support for a smoke-free HK, a team of 13 staff and students participated in the local World No Tobacco Day event entitled "Health professionals joint hands to create smoke-free Hong Kong" on 29 May 2005. This event was organized by the Hong Kong Council on Smoking and Health (HKCOSH) and took place at the Golden Bauhinia Square in Wan Chai. Dr. Sophia SC



Dr. Sophia Chan received an award from the Director of Health, Dr. PY Lam, JP for her outstanding contribution to tobacco control in Hong Kong.

Chan, Head, was honored with an award from HKCOSH for her outstanding contribution to tobacco control in HK. Highlights of the programmes included the "Declaration Ceremony of Smoke-free HK" and the "Let's Bring Smoke-free Message to the Community" event, in which health professionals and secondary students traveled via the organizer's buses to Grand Century Place, Mongkok, Island Resort Mall, Chai Wan, and Maritime Square, Tsing Yi to deliver smoke-free messages and smoking cessation kits to the public.

## Launch of TVB Health Channel

The Faculty of Medicine of the HKU has collaborated with TVB Health Channel to produce quality health education programmes for the public. At the official launch ceremony, the Department displayed some health related exhibition boards and arranged a few nursing students to conduct health assessment for the general public.





# M Message from the Nursing Alumni Association

The University of Hong Kong Nursing Alumni Association (HKUNAA) was established on 27th April, 2005 with great support from the Head of the Department, Dr. Sophia SC Chan. The HKUNAA was formed by a group of graduates of the Master's, the post-registration bachelor's and the full time bachelor's programmes. The association was registered as a society under the law of Societies Ordinance.

Our Association has four missions. Firstly, we will form an affiliation with nursing graduates of HKU. Although we work in different hospitals and specialties, there will be links established with nursing colleagues across all clusters in HK and overseas with our colleagues working in foreign countries.

Secondly, our association will link up proactively with the graduates of the wider University to promote the university family and develop through periodical meetings and sharing forums.

Thirdly, our association wants to promote the academic advancement of the nursing profession. We will collaborate with nursing colleagues from different specialties for experience sharing and organizing seminars and lectures on specialty nursing.

Fourthly, we aim to participate in public affairs. Through our connections with the wider society, we want to deliver the important messages of primary health care and public health nursing services to Hong Kong people. We will demonstrate the importance of nursing through voluntary work and joint projects with non government organisations to conduct health promotion activities.

Finally, on behalf of the Executive Committee of the HKUNAA I would like to thank the staff of Department of Nursing Studies and Dr. Sophia Chan for the unflinching support they have given us in establishing the HKUNAA.

The University of Hong Kong Nursing Alumni Association

Website: [www.hkunaa.org](http://www.hkunaa.org)

Email: [contact@hkunaa.org](mailto:contact@hkunaa.org)

Kam Ching Han  
Internal Vice-Chairperson  
Nursing Society, MS, HKUSU Session 2004-2005

# M Message from the Nursing Society

First of all, on behalf of the Nursing Society, we sincerely congratulate the Department of Nursing Studies, HKU for her tenth anniversary, and wish her to continue to have glorious development in the future. It was our honor to be invited to participate in this great event. Many guests came and each of them is a big star in every organization or association. It was a very memorable day with a really impressive atmosphere.

Time passes by. An academic year has passed. In this semester, we had organized two functions, the academic seminar and Superpass dinner. They were both very successful, with many members joining our functions.

For the academic seminar, this time, our topic was hospital violence. It is quite common in the hospital. Organizing this seminar, we wished to raise our members' concern to this issue. That day, there were about 40 people participated. Their feedback was positive towards this seminar. Most of them thought that this seminar could help them understand more about hospital violence and some preventive measures. Still, some commented that the seminar could be more focused and in-depth.

The Superpass dinner, under the sponsorship of some staff, was held successfully in a restaurant in Mongkok and 36 members enjoyed the dinner. The peak was the roasted pig-chopping event, a traditional HKU custom. Every participant came out and cut the roasted pig to half in one trial. If you failed to do so, it is implied that you will not Superpass in your exam! We also had pocket money distribution, which is another HKU tradition to hope that our GPA will be high. But this time, we gave \$10.3 to imply they must have GPA larger than 3.0! Everyone was excited about it. The last activity in Superpass dinner was "Fai Chun (Good Wishes)" writing. Our members wrote many different "Fai Chun (Good Wishes)" to greet each other. Overall, our members were happy about this event.

Here is our summer vacation. Although our lessons decrease, our activities do not stop. Our first Joint University Interflow will be held on 4-6 July and an Orientation program in August. We are all a bit nervous but we promise we will try our best to do a good job. Also the Orientation program is important for freshmen to meet new friends and help them familiarize themselves with the new environment. We hope these two programs can be well organized and supported.



# Messsage from the Graduating Class

It's really exciting for me to express my feeling after the completion of the Graduation Dinner 05. On behalf of the Organizing Committee, I would like to thank those who devoted themselves to the activity and made it so successful.

If you were there on that night, I could assure that you would be impressed with everything inside the ballroom: smart decorations, funny pictures of our classmates and their classy dressing, brilliant MCs and the heart-touching performance from Bertha, etc. Without our supportive teachers, the whole event would not be so great though.

We heard many positive feedbacks from our classmates after the graduation dinner. In fact, we did not really have adequate time to prepare for it. It is because in the meantime we had practicum, research projects and not to say the revision of our upcoming final exam. However, our classmates are really helpful to us. Especially thank to our Editorial Board Members, they had made loads of effort in making the nice Graduation Book for all of us. I understand that it was really hard to collect all the information from our classmates and design the contents, while the time in particular was rush and critical for all of us. So let me give you a round of applause for what all you have done to us. Well done!

I had a very good memory in the organization of the graduation dinner. Tom, Roy and Kenix, THANK YOU VERY MUCH. They all are really helpful and enthusiastic to hold the event, without any responsibility bonds. It is an essential element to motivate us to make it complete. Starting from the decision of site, souvenirs, invitation cards and decoration plan, to the rundown and everything that happened on that memorable night, we all learnt a lot from each other and developed deeper understandings among each other. That was really a rare and commendable experience for us.

We are now moving up to another stage of life, may I wish all of us a blossom future and every success. God bless all of us.



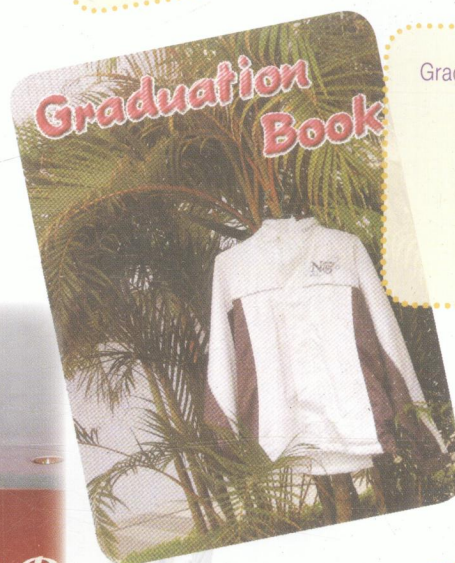
Graduation Dinner Organising Committee

Ms Roy CM Chou

Ms Kenix SM Lau

Ms Tom KM Mak

Ms Tracy CS Ng



Graduation Book Editorial Board

Ms Kit Ming Au

Ms Shuk Ling Chan

Ms Ka I Cheung

Ms So On Hui



**How SUPPORTIVE our male students were to their Year Coordinator Ms Winnie KW So!**

Master and Mistress of Ceremonies

Mr Yu Ki Hui

Ms Siu Ha Leung

In the past few months, five of the Department's staff members were reported in various newspapers for their studies or innovative projects.

## 港大全球首項研究 孕婦輔導30分鐘 受虐減八成

**健康教育系列** 中大研究顯示，婦女受虐率很高，但大多都難以求助。中大研究發現，婦女受虐率很高，但大多都難以求助。中大研究發現，婦女受虐率很高，但大多都難以求助。



**港大出書教婦女虐後調理**

中大研究發現，婦女受虐率很高，但大多都難以求助。中大研究發現，婦女受虐率很高，但大多都難以求助。

May 2005  
 "Empowerment Intervention" Saved Abused Women from Suffering  
 Dr. Agnes FY Tiwari, Assistant Professor

## 青少年戒烟 熱線度身輔導

**脫癮不適 難抗誘惑 成功率低**

**健康教育系列** 本局青少年戒烟熱線，由中大研究發現，青少年戒烟成功率低，但大多都難以求助。中大研究發現，青少年戒烟成功率低，但大多都難以求助。



**提供健康餐單防增磅**

中大研究發現，青少年戒烟成功率低，但大多都難以求助。中大研究發現，青少年戒烟成功率低，但大多都難以求助。

June 2005  
 Pilot Local First Smoking Cessation Hotline for Youth  
 Dr. Sophia SC Chan, Head

## 七成乳癌病人 手術後困擾

**憂影響生活社交 醫護宜多溝通**

**健康教育系列** 中大研究顯示，乳癌病人手術後，有七成病人感到生活及社交受到影響。中大研究顯示，乳癌病人手術後，有七成病人感到生活及社交受到影響。



**中醫師設計食譜**

中大研究顯示，乳癌病人手術後，有七成病人感到生活及社交受到影響。中大研究顯示，乳癌病人手術後，有七成病人感到生活及社交受到影響。

April 2005  
 Postoperative Psychological Morbidity of Breast Cancer Strongly Related to Treatment Decision Making Difficulties  
 Dr Wendy WT Lam, Assistant Professor

## 1/4中風病人患抑鬱症

**情緒低落感疲倦 經常失眠想自殺**

**健康教育系列** 中大研究顯示，中風病人患抑鬱症的比例為四分之一。中大研究顯示，中風病人患抑鬱症的比例為四分之一。



**中風後出現抑鬱症的指標**

情緒低落	感疲倦	經常失眠	想自殺
0	1	2	3

中大研究顯示，中風病人患抑鬱症的比例為四分之一。中大研究顯示，中風病人患抑鬱症的比例為四分之一。

March 2005  
 Depression after Stroke in Hong Kong  
 Ms Angel CK Lee, Teaching Consultant

## 坐月壓力大 易產後抑鬱

**20%產婦罹患 較歐美日高**

**健康教育系列** 中大研究顯示，產後抑鬱症的發病率為百分之二十，較歐美日高。中大研究顯示，產後抑鬱症的發病率為百分之二十，較歐美日高。



**「坐月」小貼士**

中大研究顯示，產後抑鬱症的發病率為百分之二十，較歐美日高。中大研究顯示，產後抑鬱症的發病率為百分之二十，較歐美日高。

April 2005  
 Understanding Sources of Stress during "Doing the Month" Period to Avoid Postpartum Depression  
 Dr Sharron SK Leung, Assistant Professor

# Honorary Appointment

## Honorary Appointment

Professor Farideh Salili, who joined the Department in 2002, retired in June 2005. The Department and all the staff members organized a big reception to bid farewell and express their best wishes for her future. In appreciation of her valuable service and contribution to the Department over the years, Prof. Salili has also been appointed as Honorary Professor of the Department.



Prof. Farideh Salili, middle in the first row and administrative staff.

# Congratulations

## Awards of Research Grants

Four research projects on smoking cessation have been granted since April 2005. Dr. Sophia SC Chan, Head, is Co-Investigator on two projects and Principal Investigator on the other 2 projects, of which Dr Daniel YT Fong, Assistant Professor and Ms Angela YM Leung, Lecturer, are Co-Investigators.

# Life-long Learning Opportunities

## Occasional Students in Master of Nursing Programme

The following modules (20-hour) under the Master of Nursing Programme are now open to individual students to apply as occasional students:

### Legal & Ethical Issues in Nursing

16 September to 2 December 2005, alternate Fridays from 5:00 to 8:00 pm; and 16 December 2005, from 5:00 to 7:00 pm

### Women's Health Issues

8 September 2005, from 5:00 to 7:00 pm; and 22 September to 8 December 2005, alternate Thursdays from 5:00 to 8:00 pm

# New Departmental Homepage



Application forms and further information can be obtained from the Departmental website at <http://www.hku.hk/nursing>.

**Closing date for Applications: 29 July 2005**

Enquiries: 2819 2604

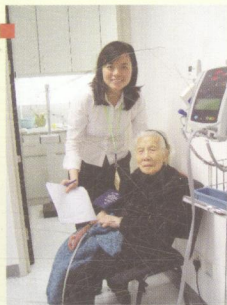
The Department has brought a new face to the departmental homepage. Please visit [www.hku.hk/nursing](http://www.hku.hk/nursing) and have a look! Comments and feedback are welcome.

# Centre for Health Promotion Activities' Highlights

## Health Assessment Programme for the Elderlies

Co-organized with Sun Chui Lutheran Centre for the Elderly, the programme was successfully held on 4 April 2005. It was aimed at increasing elderly clients' concepts about prevention of cardiovascular diseases. Through educational talk, exercise training and individual health counseling, clients' knowledge of both disease prevention and health enhancement was enhanced.

Health Assessment for a  
91-year-old lady



## Health Ambassador Training (HAT) Programme



Specially designed for the Health Education Group of the Diocesan Girls' School, the programme was aimed at providing a comprehensive health educational experience and training to secondary school health ambassadors.

From March to June 2005, various lectures, training and guided practice covering adolescent mental health, smoking, drinking, drug abuse, infection control, nutrition, sports and weight management, were given to equip the participants with the knowledge and skills essential for the effective practice of health promotion in school and community.



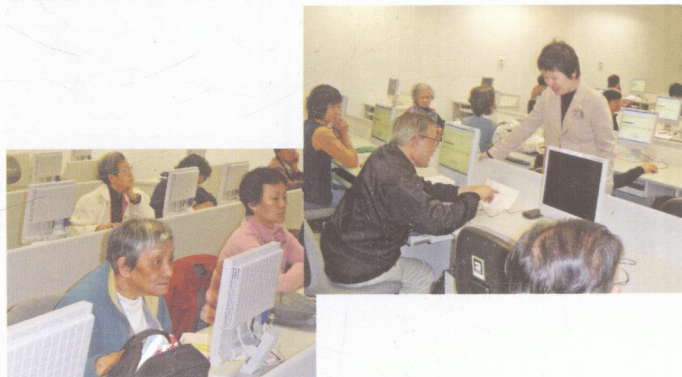
## Educational Seminar

Co-organised with the Cell Therapy Technologies, the Centre held an educational seminar entitled "Dietary Advice for Pregnant Women" on 15 April 2005 in the Hong Kong Science Museum. Ms Rose YP Chan, Clinical Instructor of the Department, was invited to be the speaker and 60 couples participated and enjoyed a warm and informative speech.



## Cyber Health Programme for Older Adults

Co-organized with RTHK, the programme was designed to promote primary health concepts to older adults through the development of web searching skills to health-related websites. It also provided our nursing students with an opportunity to have direct contacts with older adults who are still active learners. Several talks were given to participants by Ms Angela YM Leung, Lecturer in March 2005.



## Wu Style Tai Chi Class

The second Wu Style Tai Chi Class ended in June 2005 and the response was overwhelming. Graduates of the Jan-June Class participated in a public performance in May, 2005 to advocate the benefits of Tai Chi Chuan in prevention of disease and health enhancement.

Department of Nursing Studies

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