

# **SN NEWSLETTER**

"To excel in Nursing for the well-being of mankind"

COVER STORY

## Healthy Ageing Conference ended with success

The World Health Organization Collaborating Centre (WHO CC) for Community Health Services of the School joined hands with the PolyU Research Institute for Smart Ageing and PolyU's Department of Rehabilitation Sciences and the Department of Health, Hong Kong Government, to organise the Healthy Ageing Conference on 26-27 October.

Our Guests-of-Honour: Mr Zhang Hui, Counselor (DG Level) Department of Ageing and Health, National Health Commission of the People's Republic of China; Prof. Lo Chung-Mau, Secretary of Health from the Health Bureau, whose remarks was delivered through a video recording; Dr Ronald Lam, Director of Health from the Department of Health; and Dr Hiromasa Okayasu, Director of Division of Healthy Environments and Populations, WHO Regional Office for the Western Pacific, and Prof. Teng Jin-Guang, President of PolyU kicked off the conference.

The two-day conference was a collective respond to the call from the World Health Organization for promoting healthy ageing through transforming societies in the region. Keynote speakers, Dr Raymond Ho, Assistant Director of Health (Elderly Health), Department of Health; Prof. Bei Wu, Vice Dean for Research, Dean's Professor in Global Health, Rory Meyers College of Nursing, New York University, USA; Dr Hiromasa Okayasu, Director of Division of Healthy Environments and Populations, WHO Regional Office for the Western Pacific; Prof. Somnath Chatterji, Coordinator of Surveys, Measurement and Analysis, Department of Information, Evidence and Research, World Health Organization; and Prof. Wenru Wang, Professor, Alice Lee Centre for Nursing Studies, Yong Loo Lin School of Medicine, National University of Singapore, Singapore; shared their views and knowledge by delivering keynote addresses.

Over 250 participants from 20 countries, including our speakers, partners, and the World Health Organization's nominees, etc., gathered in Hong Kong to discuss trends and issues on population ageing in different countries or places, share experience in promoting coordinated and integrated care for older people, exchange ideas for gerontechnological innovations, and identify ways and strategies for realising the visions set in the United Nations Decade of Healthy Ageing. Following this conference, field visits are organised for registered/invited participants to gain first-hand understanding of what have been done in Hong Kong in promoting healthy ageing.



Guests-of-Honour kicked off the conference at the opening ceremony.



The organising committee of the conference took a photo with the representatives from the Western Pacific region of the World Health Organization.

## IaH team awarded prestigious UGC Teaching Award

The School's Internationalisation at Home (IaH) team received the University Grants Committee (UGC) Teaching Award in the Collaborative Teams category for 2023 in recognition of their achievements in integrating IaH activities in nursing education.

IaH activities are integrated into the BSc (Hons) in Nursing programme to nurture cultural awareness and global competence of our students. To achieve these goals, the IaH team has been working closely with overseas institutions, including Malmo University, Sweden and La Trobe University, Australia, and University of Galway, Ireland, to design and implement a series of online student-led group activities that challenge students' abilities in managing health issues with global vision and competence. At postgraduate level, seminars about cultural sensitivity on research design have been organised to enhance students' understanding of cultural awareness to critically appraise research and the research process in health and social sciences.

Following the success of IaH in the undergraduate programme, the School leapt forward to integrate IaH activities into a Service-Learning subject, a summer exchange programme and collaborative projects to enhance students' global learning experience. Over 1,100 undergraduate and postgraduate students globally have been benefitted and IaH also serves as a platform for cultural exchange activities.

The findings of the team's study on IaH in nursing education have been published in nine journals and presented at seven international and local conferences. The team hopes to expand the IaH impact across disciplines and is planning to integrate virtual reality technology to provide students with an immersive learning experience.

The IaH team is led by **Prof. E Angela Chan**, Interim Head, members include **Dr Arkers Wong**, Assistant Professor; **Mr Timothy Lai**, Associate Professor of Practice; **Dr Betty Chung**, Assistant Professor of Practice; and **Dr Doris Leung**, Adjunct Assistant Professor.

Click <u>here</u> to watch the video about IaH & our award-winning team.



Prof. E Angela Chan (2<sup>nd</sup> from left) and members of the team received the award from Mr Tim Lui (3<sup>rd</sup> from right), Chairman of UGC, at the presentation ceremony held on 26 September.

## **Admission Summary**

The student admission for the School's master's level programmes was satisfactory for the 2023/24 academic year. The Master of Nursing programme achieved full enrollment of 45 students. The MSc in Nursing programme nearly reached the full intake quota of 120, with 118 students admitted. The applicants for this programme also increased from 186 in 2021/22 to 213.

The admission figures and scores of the undergraduate programmes were similar to last year with a slight increase in the total number of applicants. A total of 217 students (24 above the intake quota) were admitted to the BSc (Hons) in Nursing programme, including 176 through JUPAS and 41 through Non-JUPAS. The average HKDSE score (calculated based on students' results of 4 core subjects plus best 2 elective subjects) for this programme in 2023 is 27.7, which is very similar to the score last year. The programme attracted 4,595 (vs. 4,367 in 2022/23) JUPAS applicants and the admission ratio based on the first choice/Band A applicants (including both JUPAS and non-JUPAS) to the initial intake quota was 7.5.

Seventy-seven (the intake quota was 70) students were admitted to the BSc (Hons) Mental Health Nursing programme, including 62 from JUPAS and 15 from Non-JUPAS. The average HKDSE score for this programme is similar to last year at 26.3 (vs. 27.2 in 2022/23). The programme attracted 3,215 (vs. 3,203 in 2022/23) JUPAS applicants and the admission ratio based on the first choice/ Band A applicants (including both JUPAS and non-JUPAS) to the initial intake quota was 5.6.

SN Newsletter *RESEARCH AND SCHOLARLY ACTIVITIES Update on Areas of Excellence & Research Centres* Healthy Ageing through Innovations

## Member selected to receive NHCGNE Innovation Award

**Dr Daphne Cheung**, Associate Professor, has been selected to receive the Claudia J. Beverly Innovation Award 2023, presented by the National Hartford Center of Gerontological Nursing Excellence (NHCGNE) in recognition of her innovative Music-with-Movement System (HK Short-term Patent: HK2222574-2) that positively impact the nursing care of older adults. This is the 2<sup>nd</sup> staff member who has been selected to receive an Innovation Award from the NHCGNE.



The Music-with-Movement System was developed for improving cognitive and psychosocial well-being of older adults with cognitive impairment. As of August 2023, more than 700 people were benefited from this system and more than 150 people, including the staff members of the nursing homes and our nursing students were trained to use the system.

## **Innovations received Smart Ageing Awards**

**Dr Justina Liu** and **Dr Daphne Cheung**, both Associate Professors, received the Smart Ageing Awards from the Golden Age Foundation in recognition of the impacts created by their innovative products.

Dr Liu team's\* received the Silver Prize of the Smart Ageing Award for their invention, *Immersive Virtual-Reality Dual-Task Training System* (Hong Kong Short-term Patent: HK30085570) that aims to simultaneously provide motor and cognitive training to older adults with cognitive frailty for improving their health and wellness. The system was collaboratively developed with Pok Oi Hospital. As of August 2023, the invention trained more than 300 older adults. Dr Daphne Cheung's team\*\* received the Merit Prize for their *Music-with-Movement System*.

The Golden Age Foundation is a charitable organisation with an aim to address ageing issues through innovation and by empowering golden agers to become the next driving force of our society.



Left photo: 2<sup>nd</sup> from left, Dr Justina Liu at the award presentation ceremony. Right photo: 1<sup>st</sup> from left, Dr Daphne Cheung.

\*Co-investigators included Prof. Rick Kwan, Associate Dean (Programmes) & Professor School of Nursing, Tung Wah College; Prof. Kenneth Fong, Professor, Department of Rehabilitation Sciences; Dr Justina Liu, Associate Professor, Professor Harry Qin, and Claudia Lai, Honorary Professor; School of Nursing, PolyU.

\*\* Team members: Dr Lily Ho [Deputy Coordinator], Assistant Professor of Practice; Claudia Lai, Honorary Professior; Professor Harry Qin of the School; Dr Alan Lam (Chairman, Sengital Group) and Prof. Ken Ho, Assistant Professor, The Nethersole School of Nursing, The Chinese University of Hong Kong.

## Household Hydro Horticulture- An innovative therapy for dementia persons and caregivers



**Dr Patrick Kor**, Assistant Professor, suggested household hydro horticulture, as an innovative therapy for relieving pressure of both dementia persons and their caregivers.

In a press conference held on the World Alzheimer's Day, 21 September, Dr Kor released the findings of the study on household hydro horticulture therapy, conducted in collaboration with YWCA. The study found that household hydro horticultural therapy can relieve pressure of both dementia persons and their caregivers. Thirty pairs of dementia persons and their caregivers participated in a two-month horticultural therapy programme, designed by Dr Kor's team<sup>+</sup>. The cognitive functions and mental health of the participants were measured. Results revealed a significant decrease of over 23% in the behavioural and psychological symptoms of dementia (BPSD) after the programme. The self-measured happiness increased approximately by 14.5% in average. Caregivers' report on stress towards patients' BPSD was significantly lowered by around 40%, and their degree of happiness increased by 5%.

Dr Kor said that the positive results could be attributed to the use mobile app in assisting hydro horticulture, which made the activity easy to be done at home to achieve expected outcomes that gave the participants sense of achievement and satisfaction.

\* Team members: Dr. Daphne Cheung & Dr. Justina Liu, Associate Professors; Dr Arkers Wong, Assistant Professor; and Prof. Frances Wong, Chair Professor of Advanced Nursing Practice & Associate Dean (FHSS).



Dr Patrick Kor (right) and Ms Joan Hon (left), Chief Officer of YWCA Elderly Service Department at the press conference.

## Joint Research Centre established for promoting primary health care

The Joint Research Centre for Primary Health Care (JRC-PHC) has been established in November with an aim to integrate multidisciplinary efforts for promoting health and prevent illness through designing and implementing novel interventions and innovative service models, optimising the use of health technology, and engaging stakeholders in these processes. The JRC-PHC collaborates with top universities to produce the best evidence for primary health care, and partners with local and regional service providers for knowledge transfer and capacity building to support sustainable primary healthcare services with societal impacts. Four main research areas of the Centre are:

- Continuity and Continuum of Care
- Health Information Technology
- Implementation Science
- Policy and Stakeholder Engagement



Core members of the JRC-PHC.

#### WHO Collaborating Centre for Community Health Services

#### Media events promoting ICOPE & e-painting app

A series of press conferences were held in August to promote the work of the Centre and introduce to the public's the innovative E-painting app for supporting family caregivers. **Prof. Angela Leung**, Director of the Centre, [Associate Head (Research) & Professor], introduced the World Health Organization's (WHO) integrated care for older people (ICOPE) framework to the media. The framework, translated into Chinese language by the Centre for facilitating adoption locally, is a simple 9-item tool that is used in health assessment of older adults to evaluate their intrinsic capacity. The tool helps early identification of declining intrinsic capacity for referral to receive comprehensive health assessment and follow-up care. The Centre has developed a training package for promoting the use of the tool and are conducting training in the District Health Centres. Earlier, a study conducted by the Centre revealed that in Hong Kong, intrinsic capacity impairment in community-dwelling older adults are prevalent, particularly in locomotor and cognitive capacities.



Prof. Angela Leung, Director of the Centre, spoke about how the WHO ICOPE framework was implemented in Hong Kong on 17 August.

Another press event, held on 28 August, was the announcement of the launch of Hong Kong's first e-painting app for supporting family caregivers of persons with dementia. The app allows the caregivers to reduce stress through drawing and connect to other caregivers for social support. A pilot study was conducted earlier by Prof. Angela Leung's team<sup>#</sup> involving 28 family caregivers of persons with dementia, using the e-painting app as an intervention for 8 weeks. The findings showed that the caregivers considered the e-painting app as a feasible and acceptable technologybased psychosocial platform. The team is recruiting over 800 family caregivers and 80 people with previous caring experience to use the app for eight weeks within two years for further evaluating and improving the functions of the app.

<sup>#</sup>Angela Leung, Teris Cheung, Assistant Professor, and Ivy Zhao, Research Assistant Professor, School of Nursing, PolyU; Tommy KH Fong, Department of Psychiatry, HKU; Zarina N. Kabir, Department of Neurobiology, Care Sciences and Society, Karolinska Institute, Stockholm, Sweden.



Photo 1: A caregiver user [right in the photo] attended the press event and shared her positive experience in using the e-painting app.

Photo 2: The app allows the caregivers to reduce stress through drawing and connect to other caregivers for social support.

Photo 3: Prof. Angela Leung delivered a keynote address on 3 Oct at the PolyU Social Innovation Symposium themed Smart Urban Living with Dementia. She spoke about the electronic painting and peer support for supporting dementia persons and their family caregivers.



## **Research publications**

- Batalik, L., Filakova, K., Sladeckova, M., Dosbaba, F., Su, J., & Pepera, G. (2023). The cost-effectiveness
  of exercise-based cardiac telerehabilitation intervention: a systematic review. *European Journal of Physical and Rehabilitation Medicine*, *59*(2), 245-248. <u>10.23736/S1973-9087.23.07773-0</u>
- Bayuo, J., Abu-Odah, H., Su, J. J., & Aziato, L. (advance online publication). Technology: A metaparadigm concept of nursing. *Nursing Inquiry*. <u>https://doi.org/10.1111/nin.12592</u>
- Cai, H., Sha, S., Zhang, Q., Si, T. L., Liu, Y. F., Zheng, W. Y., Su, Z., Cheung, T., Ungvari, G. S., Teo, A. R., Kato, T. A., Ng, C. H., & Xiang, Y. T. (advance online publication). Hikikomori: A perspective from bibliometric analysis. *Psychiatry and Clinical Neurosciences*. <u>https://doi.org/10.1111/pcn.13573</u>
- Chan, E. A., Chung, B., Chang, K., Hiu, A., & Rafferty, AM. (2023). (advance online publication). Students' Learning in Theory-Based Medical Simulation: A Socio-material Study. *Medical Education*, 1-10. https://doi.org/10.1111/medu.15201
- Cheuk, N. K. W., Tse, W., Tsui, H. K. H., Ma, C. F., Chun, J. S. W., Chung, A. K. K., & Chan, S. K. W. (advance online publication). A systematic review and meta-analysis of the effect of clozapine on cognitive functions in patients with treatment-resistant schizophrenia. *Schizophrenia Research*. https://doi.org/10.1016/j.schres.2023.09.027
- Cheung, D. S. K., Lee, P. H., & Lai, C. K. Y. (2023). Inappropriate analysis of a cluster randomized controlled trial due to not accounting for nesting and clustering [Response to Letter]. *Clinical Interventions in Aging*, *18*, 231-233. <u>https://doi.org/10.2147/CIA.S403587</u>
- Cheung, D. S. K., Wang, S., Cheung, F. T. F., Ho, K. H. M., Liu, J. Y. W., Cheng, H-L., & Lam, S. C. (2023). Prevalence and risk factors of undernutrition among older adults living in nonsubsidized residential care homes: a cross-sectional descriptive study. *Korean Journal of Adult Nursing*, *35*(3), 264-272.
   <u>https://doi.org/10.7475/kjan.2023.35.3.264</u>
- Filakova, K., Janikova, A., Felsoci, M., Dosbaba, F., Su, J. J., Pepera, G., & Batalik, L. (2023). Home-based cardio-oncology rehabilitation using a telerehabilitation platform in hematological cancer survivors: a feasibility study. *BMC Sports Science, Medicine and Rehabilitation, 15*(1), Article 38. <a href="https://doi.org/10.1186/s13102-023-00650-2">https://doi.org/10.1186/s13102-023-00650-2</a>
- Fong, T. K. H., Cheung, T., Ngan, S. T. J., Tong, K., Lui, W. Y. V., Chan, W. C., Wong, C. S. M., & Cheng, C. P. (advance online publication). Transcranial pulse stimulation in the treatment of mild neurocognitive disorders. *Annals of Clinical and Translational Neurology*. <u>https://doi.org/10.1002/acn3.51882</u>
- Han, L., Zhao, S., Li, S., Gu, S., Deng, X., Yang, L., & Ran, J. (2023). Excess cardiovascular mortality across multiple COVID-19 waves in the United States from March 2020 to March 2022. *Nature Cardiovascular Research*, 2(3), 322-333. https://doi.org/10.1038/s44161-023-00220-2
- Hang, W., Li, Z., Yin, M., Liang, S., Shen, H., Wang, Q., Qin, J., & Choi, K. S. (2023). Deep stacked least square support matrix machine with adaptive multi-layer transfer for EEG classification. *Biomedical Signal Processing and Control*, 82, Article 104579. <u>https://doi.org/10.1016/j.bspc.2023.104579</u>

- Ho, K. Y., Lam, K. K. W., Wu, C., Leung, D. Y. P., Belay, G. M., Liu, Q., & Mak, Y. W. (2023). An integrated smoking cessation and alcohol intervention among Hong Kong Chinese young people: Study protocol for a feasibility randomized controlled trial. *PLoS ONE*, *18*(8), e0289633. https://doi.org/10.1371/journal.pone.0289633
- Huang, X., Choi, K. S., Zhou, N., Zhang, Y., Chen, B., & Pedrycz, W. (advance online publication).Shallow Inception Domain Adaptation Network for EEG-based Motor Imagery Classification. IEEETransactionsonCognitiveandDevelopmentalSystems,https://doi.org/10.1109/TCDS.2023.3279262
- Huang, Y., Ho, K. H. M., Christensen, M., Wong, D. W-C., Wang, S., Su, J., Zhao, I. Y., Kor, P. P. K., Liu, J. Y. W., Cheung, J. C-W., Leung, A. Y. M., & Cheung, D. S. K. (2023). Virtual reality-based simulation intervention for enhancing the empathy of informal caregivers of people with dementia: A mixed-methods systematic review. *International Journal of Mental Health Nursing*. https://doi.org/10.1111/inm.13240
- Hui, V., Eby, M., Constantino, R. E., Lee, H., Zelazny, J., Chang, J. C., ... & Lee, Y. J. (2023). Examining the Supports and Advice That Women With Intimate Partner Violence Experience Received in Online Health Communities: Text Mining Approach. *Journal of Medical Internet Research*, *25*, e48607. <u>https://doi.org/10.2196/48607</u>
- Lai, D. K. H., Cheng, E. S. W., Lim, H. J., So, B. P. H., Lam, W. K., Cheung, D. S. K., Wong, D. W. C., & Cheung, J. C. W. (2023). Computer-aided screening of aspiration risks in dysphagia with wearable technology: a Systematic Review and meta-analysis on test accuracy. *Frontiers in Bioengineering and Biotechnology*, *11*, Article 1205009. <u>https://doi.org/10.3389/fbioe.2023.1205009</u>
- Lai, D. K. H., Cheng, E. S. W., So, B. P. H., Mao, Y. J., Cheung, S. M. Y., Cheung, D. S. K., Wong, D. W. C., & Cheung, J. C. W. (2023). Transformer models and convolutional networks with different activation functions for swallow classification using depth video data. *Mathematics*, *11*(14), Article 3081. <u>https://doi.org/10.3390/math11143081</u>
- Lam, S. C., Suen, L. K. P., Huang, E. Y. Z., Wong, E. M. L., Cheung, D. S. K., & Kwan, R. Y. C. (advance online publication). Sensitivity and specificity of conventional and new face validation in determining the incomprehensible items by older people: Empirical evidence of testing 106 quality-of-life items. *Aging Medicine*. <u>https://doi.org/10.1002/agm2.12254</u>
- Leung, A. Y. M., Zhao, I. Y., Lin, S., & Lau, T. K. (2023). Exploring the presence of humanoid social robots at home and capturing human-robot interactions with older adults: experiences from four case studies. *Healthcare* (*Switzerland*), 11(1), Article 39. https://doi.org/10.3390/healthcare11010039
- Li, H. C. W., Lam, T. H., Ho, K. Y., & Lam, K. W. K. (2023). Instant messaging applications to promote smoking cessation in smokers with chronic diseases: abridged secondary publication. *Hong Kong medical journal*, *29*(1), 22-24. <u>https://www.hkmj.org/abstracts/v29%20Suppl%202n1/22.htm</u>

SN Newsletter

## **Research publications (con't)**

- Li, Y., Li, M., Yang, L., Bressington, D., Leung, S. F., Xie, Y. J., Qin, J., Molasiotis, A., & Leung, A. Y. M. (2023). Are people willing to take regular covid-19 vaccines? Prevalence and determinants of hesitancy for regular covid-19 vaccination: a random population-based survey in Hong Kong. *Vaccines*, *11*(8), Article 1388. <u>https://doi.org/10.3390/vaccines11081388</u>
- Liu, Q., Ho, K. Y., Lam, K. K. W., Lam, W., Ma, P., Abu-Odah, H., Belay, G. M., Yuen, J. W. M., Ling, D. L., Ching, S. S. Y., & Wong, F. K. Y. (advance online publication). The associations between spiritual well-being, hope and psychological symptoms in Chinese childhood cancer patients: A path analysis. *Psycho-Oncology*. <u>https://doi.org/10.1002/pon.6198</u>
- Liu, Z. H., Li, Y., Tian, Z. R., Zhao, Y. J., Cheung, T., Su, Z., Chen, P., Ng, C. H., An, F. R., & Xiang, Y. T. (2023). Prevalence, correlates, and network analysis of depression and its associated quality of life among ophthalmology nurses during the COVID-19 pandemic. *Frontiers in Psychology*, *14*, Article 1218747. <u>https://doi.org/10.3389/fpsyg.2023.1218747</u>
- Ma, H., Zhao, T., Ma, Y., Yuen, J. W. M., Ka Yan, H., Yung, J. Y. K., Lam, K. K. W., & Christensen, M. (advance online publication). Family caregivers' lived experience of caring for hospitalised patients with cancer during the COVID-19 lockdown: A descriptive phenomenological study. *Journal of Clinical Nursing*. <u>https://doi.org/10.1111/jocn.16817</u>
- Pang, T. S. W., Chun, J. S. W., Wong, T. Y., Chu, S. T., Ma, C. F., Honer, W. G., & Chan, S. K. W. (2023). A systematic review of neuroimaging studies of clozapine-resistant schizophrenia. *Schizophrenia*, 9(1). <u>https://doi.org/10.1038/s41537-023-00392-7</u>
- Parial, L. L., Amoah, P. A., Chan, K. C. H., Lai, D. W. L., & Leung, A. Y. M. (2023). Dementia literacy of<br/>racially minoritized people in a Chinese society: a qualitative study among South Asian migrants in<br/>HongHongKong.EthnicityandHealth,28(5),757-780.<a href="https://doi.org/10.1080/13557858.2022.2139818">https://doi.org/10.1080/13557858.2022.2139818</a>
- Shi, C., O'Donoghue, M., Yang, L., Tsang, H., Chen, J., Zou, J., Qin, J., Mak, Y. W., Pittet, D., Xie, Y. J., Lai, T., Li, C., & Cao, J. (2023). Factors associated with hand washing effectiveness: an institutionbased observational study. *Antimicrobial Resistance and Infection Control*, *12*(1), Article 85. <u>https://doi.org/10.1186/s13756-023-01293-1</u>
- Su, J. J. (2023). Exploring the Relationship between Usage and Outcomes of an eHealth Cardiac Rehabilitation Intervention: Subanalysis of a Randomized Controlled Trial. *CIN Computers Informatics Nursing*, 41(8), 578-585. <u>https://doi.org/10.1097/CIN.00000000000980</u>
- Su, J. J., Lin, R. S. Y., Paguio, J., Leung, A. Y. M., & Molassiotis, A. (2023). Palliative care for older adults hospitalized for stroke from the informal caregivers' perspectives: a qualitative study. *Journal of Cardiovascular Nursing*, *38*(3), E110-E119. https://doi.org/10.1097/JCN.00000000000923
- Tan, J. D. L., Maneze, D., Montayre, J., Ramjan, L. M., Wang, D., & Salamonson, Y. (2023). Family visits and depression among residential aged care residents: An integrative review. *International Journal of Nursing Studies*, 146, Article 104568. <u>https://doi.org/10.1016/j.ijnurstu.2023.104568</u>

- Tsang, T. W., Wong, L. T., Mui, K. W., Satheesan, M. K., & Yuen, J. W. M. (2023). Preparing for the next pandemic: Minimizing airborne transmission in general inpatient wards through management practices. *Energy and Buildings*, *294*, Article 113214. <u>https://doi.org/10.1016/j.enbuild.2023.113214</u>
- Tse, M. M. Y., Yan, E., Tang, A. S. K., Cheung, D., & Ng, S. (2023). A music-with-movement exercise programme for community-dwelling older adults suffering from chronic pain: A pilot randomized controlled trial. *Nursing Open*, 10(9), 6566-6574. <u>https://doi.org/10.1002/nop2.1915</u>
- Wang, P., Niu, M., Chen, Y., Wang, S., Wu, C., Zhao, D., Wang, P., Yang, H., & Guo, P. (2023). Developing Family-Community Interactive program for the disabled older adults at home: a study protocol. *BMC Geriatrics*, 23(1), 609. <u>https://doi.org/10.1186/s12877-023-04273-7</u>
- Wang, S., Wang, M., Leung, I. S. H., Ge, S., Xu, X., Chen, S., & Yin, Y. (advance online publication). The
  association of cognitive frailty and the risk of falls among older adults: A systematic review and metaanalysis. *International Journal of Nursing Practice*. <u>https://doi.org/10.1111/ijn.13181</u>
- Wong, K. C., Chan, E. A., Chung, P. M., LAI, T., & Ho, A. K. Y. (2023). Predictors of nursing students' intentions to participate in an internationalization-at-home program: The roles of expectancies for success and subjective task value. *Nurse Education Today*, Article 105918. <u>10.1016/j.nedt.2023.105918</u>
- Xie, Y. J., Liao, X., Hui, S. S. C., Tian, L., Yeung, W. F., Lau, A. Y. L., Tyrovolas, S., Gao, Y., & Chen, X. (2023). Tai Chi for the prophylaxis of episodic migraine: protocol of a non-inferiority randomized controlled trial with mechanism exploration. *BMC Complementary Medicine and Therapies*, 23(1), Article 328. <u>https://doi.org/10.1186/s12906-023-04154-x</u>
- Yang, Q., Zhang, Q., Ngai, F. W., Wang, S. L., Zhang, D., Gao, Y., Hao, C., Wang, H. H., Lam Nogueira, B. O. C., Liu, M., Molasiotis, A., Loke Yuen, J. T. A., & Xie, Y. J. (2023). The Multimorbidity and lifestyle correlates in Chinese population residing in Macau: findings from a community-based needs assessment study. *Healthcare*, *11*(13), Article 1906. <u>https://doi.org/10.3390/healthcare11131906</u>
- Yang, S., Zhang, X. D., Guo, W., Ho, K. Y., Lam, K. K. W., Dong, Y. Y., Pan, J. D., Liu, Q., Xu, R. D., Ling, D. L., & Yu, H. J. (2023). Implementation of a motivational programme based on existence- relatedness-growth theory in nursing undergraduate interns: A quasi-experimental study. *Nurse Education Today*, *129*, Article 105894. <u>https://doi.org/10.1016/j.nedt.2023.105894</u>
- Yang, Y., Zhang, E. L., Liu, Y., Ge, X., Su, Z., Cheung, T., Ng, C. H., Xiang, M., & Xiang, Y. T. (2023). Network analysis of suicidality and internet addiction symptoms among Chinese primary and secondary school students. *Journal of Affective Disorders*, 339, 145-152. <u>https://doi.org/10.1016/j.jad.2023.07.030</u>
- Yin, Y-H., Liu, J. Y. W., & Välimäki, M. (2023). Dietary behaviour change intervention for managing sarcopenic obesity among community-dwelling older people: a pilot randomised controlled trial. BMC Geriatrics, 23(1), Article 597. <u>https://doi.org/10.1186/s12877-023-04327-w</u>

SN Newsletter

## **Research publications (con't)**

- Zhao, I. Y., Parial, L. L., Montayre, J., Golub, J. S., Ng, J. H. Y., Sweetow, R. W., Chan, E. A., & Leung, A. Y. M. (2023). Social engagement and depressive symptoms mediate the relationship between age-related hearing loss and cognitive status. *International Journal of Geriatric Psychiatry*, 38(8), Article e5982. https://doi.org/10.1002/gps.5982
- Zhao, J., Liu, Y. W. J., Tyrovolas, S., & Mutz, J. (advance online publication). Exploring the concept of psychological frailty in older adults: a systematic scoping review. *Journal of Clinical Epidemiology*. <u>https://doi.org/10.1016/j.jclinepi.2023.05.005</u>
- Zhao, N., Zhao, Y. J., An, F., Zhang, Q., Sha, S., Su, Z., Cheung, T., Jackson, T., Zang, Y. F., & Xiang, Y. T. (2023). Network analysis of comorbid insomnia and depressive symptoms among psychiatric practitioners during the COVID-19 pandemic. *Journal of Clinical Sleep Medicine*, *19*(7), 1271-1279. https://doi.org/10.5664/jcsm.10586
- Zhou, J., Zhou, L., Duan, X., Shuai, H., Tan, Y., Xu, Q., Mao, X., Wang, S., & Wu, T. (advance online publication). Effect of peritoneal interposition flap to prevent symptomatic lymphoceles in robot-assisted radical prostatectomy with pelvic lymphadenectomy: a meta-analysis and systematic review. *Journal of Endourology*. <u>https://doi.org/10.1089/end.2023.0127</u>

## **Outstanding Alumnus met Excel Students**

Our alumnus, Dr Danny Tong Wah-kun, who recently has been promoted to the position of Chief Manager (Nursing)/Chief Nurse Executive of the Hospital Authority, had a stimulating conversation with our two outstanding nursing students, Hannah Chau and Killian Tang. They were supported by the Innovation and Technology Scholarships to study summer courses in the world-leading universities, Harvard University and King's College London respectively.

From talking about the overseas learning experience to sharing insights on the impact of advanced technology on nursing profession, this dialogue between experienced and emerging nurses reflected the core value of PolyU: 'To learn and to apply, for the benefit of mankind'.



A conversation between the earlier and next generations of nurses. From right: Dr Danny Tong Wah-kun, and our outstanding students, Hannah Chau and Killian Tang.

Dr Tong: I am very glad to see how excellent my juniors are. When I was a student, we were on placement in local hospitals and did not have the opportunity to study overseas. Can you share what you have learnt from the world-leading universities? How did their teaching differ from that in Hong Kong?

**Hannah:** In Hong Kong, we do not have lab learning on immunology. At Harvard, I studied *Immunology with Laboratory Techniques*. At the Flow Cytometry Laboratory, we performed different experiments to observe and analyse cells. For example, we identified and observed white blood cells from pig samples through microscopic overlapping cell images. The knowledge I gained in the laboratory has deepened my understanding of immunology.

Professors at Harvard relied less on lecture notes. They used interesting videos and interactive activities to stimulate our thinking. The videos shown in the lectures might not be directly related to the topic taught and we had to find out the associations. In the lectures, after you gave out an answer to a question, the lecturer might continue to challenge you with follow-up questions!

I felt lost in the learning at the beginning because I did not know how to integrate the knowledge gained. However, some questions asked by the professors helped me sort things out. At Harvard, I was a self-directed learner.



Photo 1: Hannah at Harvard University. Photo 2: Videos were shown in the lectures.

Photo 3: Observing pig neurons under a microscope.

Photo 4: Microscopic overlapping white blood cell images.

#### FEATURE STORY

**Killian:** I took the *Health and Technology* course. At King's College London, nursing students can access the resources of the Medical Faculty and learn anatomy together with medical students. I attended classes at the Anatomy Theatre and observed the instructor demonstrating different parts of the body from several Great Body Teachers. I had the opportunity to touch the inner organs and vessels to feel their textures and differences. These were valuable hands-on experiences.

I have learnt that most innovations are developed from an electronic circuit board. At King's College London, I started with the basics of creating an Arduino circuit board (an electronic circuit board) to rotate a fan or illuminate an LED light. I observed how the master's students in biotechnology engineering turned a game joystick into a tool for performing medical operations. This experience also made me understand that the foundation of innovations is clinical observation. It is through clinical observation that we know what the need is.



Photo 5: Killian visited one of the historical medical buildings at Guy's Campus, Hodgkin Building, which houses a library, anatomy museum, dissection room, and more.

Photo 6: Designing an Arduino circuit board to complete clockwise fan rotation and controlled LED illumination with different patterns and timings. Photo 7: A game joystick turned into a tool for performing medical operations.

**Dr Tong:** With exposure to multiple disciplines, you have to explore how to apply this experience to nursing practice for caring patients. The experience is valuable only when you can apply it. Hannah, you learnt big data analytics during your internship in Hong Kong and took a computer sciences course at Harvard University. What motivated you to pursue these specialised subjects, and how did you overcome your lack of foundational knowledge?

**Hannah:** The use of big data analytics can help nurses discover trends, patterns, and progression of diseases, as well as predict the health outcomes of patients. For example, in Queen Mary Hospital, fibrosis index was collected to conduct big data analyses for examining the effects of certain medicine given to patients with liver fibrosis.

To stay on track with the course, at Harvard, I had to review my learning materials every night, sometimes until 2-3 am.



Hannah: Dr Tong, with the use of AI technology, will nurses' role be extended, further specialised or redefined?

**Dr Tong:** In the process of using AI technology, nurses play a key role in providing clinical data for information analysis and integration to generate accurate predictions for clinical practice. Therefore, AI technology is a new tool assisting healthcare professionals in decision-making.

However, advanced technology is not able to provide human touch and fulfil the emotional and spiritual needs of patients. Nurses remain essential in caring for patients and assisting their independence during recovery. For those who are at a terminal stage of their illness, nurses offer them support and comfort. Advanced technology cannot replace nurses in this regard.

Hannah: Which area of professional competence do you expect all nursing graduates should be well-equipped with? Which area do they need to improve?

**Dr Tong:** Nursing is a PRACTICE profession. It is through clinical practice and accumulation of experience that we develop our professional competence. Nursing students and graduates should not underestimate the importance of clinical exposure and should seize every possible opportunity to gain real practice experience.



PolyU values passed on from one generation to the next.

#### **ABOUT our outstanding students**

#### Hannah Chau (left in the photo)

A nursing graduate this year and the winner of the Innovation and Technology Scholarship 2022. The award had given her an intern opportunity to learn about the use of big data analytics in the Gastroenterology and Hepatology Department of Queen Mary Hospital. This summer, she studied two short courses: Computer Science with Python and Immunology with Laboratory Techniques at Harvard University.

Currently, She is an intern in the GeronTech Cluster of the Smart City Division of the Hong Kong Productivity Council, assisting the preparation work of the Gerontech and Innovation Expo, going to be held in November.

#### Killian Tang (1st from left in the photo)

A year-4 BSc in Nursing student and the awardee of the Innovation and Technology Scholarship 2023. Applying AI technology, his team is designing an insole called Presole that can detect uneven foot pressure to help users maintain a good posture and prevent chronic pain. He went to King's College London to study a summer course on Healthcare and Technology



#### OUR PEOPLE

## **Achievements**

*Dr Justina Liu*, Associate Professor, was inducted as a Fellow of the American Academy of Nursing (AAN) in recognition of her significant contribution to nursing and health care. Prof. Frances Wong, Chair Professor of Advanced Nursing Practice & Associate Dean (FHSS), Claudia Lai, Honorary Professor, and Alice Yuen Loke, Professor of Practice (Family and Community Health) were inducted as AAN's Fellows in 2012 and 2014. Dr Liu is the 4<sup>th</sup> person in the School who was selected to receive this prestigious honour. Congratulations!



Dr Liu attended the FAAN Induction Ceremony on 7 October, held in the US.

Congratulations to nine scholars (including seven nursing scholars) on being ranked top in the world! *Dr Doris Yin Ping Leung*, Associate Professor; *Prof. Frances Wong*, Chair Professor of Advanced Nursing Practice & Associate Dean (FHSS); *Alice Yuen Loke\**, Professor of Practice; *Alex Molassiotis\** [subject field Oncology & Carcinogenesis] and *Claudia Lai\** Honorary Professors; as well as our former colleagues: *Thomas Choi\** [subject field: Artificial Intelligence & Image Processing], *Zenobia Chan\**, *Esther Mok\** and *Mimi Tse\** were ranked among the world's top 2% most-cited scientists in the newly released metrics compiled by Stanford University based on career-long impact. [\*has since left the PolyU full-time position]

The scholars were named in the latest release of the Stanford University-led compilation of citation covering over 100,000 top scientists. They were grouped into 22 subject fields and 174 sub-fields using indicators including information on citations, individual's scientific research output, co-authorship and a composite indicator for career-long citation impact up to the end of 2022.

- Dr Li Yan, Assistant Professor (Presidential Young Scholar), won two Best Poster Presentation Awards at the 2023 Yonsei International Nursing Conference, held on 5-7 October. The awarded research studies titled 'The Development of a Web-based Psychoeducation Programme with a Motivational Artificial intelligence-based Chatbot to Decrease Vaccine Hesitancy' and 'Feasibility and Effectiveness of Artificial Intelligence-Driven Conversational Agents in Healthcare Interventions: A Systematic Review of Randomized Controlled Trials'.
- Dr Ivy Zhao (Person-in-charge & Research Assistant Professor), Prof. E Angela Chan (Interim Head of the School), Prof. Angela Leung (Associate Head [Research] & Professor), were awarded the 1st Runner Up and the Co-Innovation Award in the Health Future Challenge 2023, organised by the PolyU Knowledge Transfer and Entrepreneurship Office for the start-up project "A Web-Based Game-Like Dual-Task Hearing-Cognitive Training System". The system aims to enhance hearing efficiency, cognitive functions and social engagement of older adults with hearing loss. The project also received the Translational Research Grant from the Faculty of Health and Social Sciences. Members of the team includes Dr Richard Li, Department of Applied Social Sciences, and Dr Janet Ng, Department of Chinese and Bilingual Studies.

The School's teams won two Merit awards in the Hong Kong ICT Awards 2023. The Immersive Virtual reality (IVR) Motor-Cognitive Training for Older People with Cognitive Frailty<sup>+</sup>[HK Short-term Patent: HK30085570] received a merit award in the Smart People (Smart Ageing) category in recognition of its for its effectiveness in promotional healthy aging, while Virtual Hospital won another merit award in the Smart People (Smart Education and Learning) category. Congratulations to both teams!

Earlier, Virtual Hospital [HK Short- term Patent: HK30083446] won the PolyU Faculty Award in Teaching, together with this ICT award, two more awards were added to the Virtual Hospital's growing list of accolades in this year. Members of the Virtual Hospital team include Dr Kitty Chan, Associate Professor of Practice (Team Leader); Dr Justina Liu and Dr Kin Cheung, Associate Professors; Dr Patrick Kor, Assistant Professor, Mr Timothy Lai, Associate Professor of Practice, and Ms Elaine Cheung, Assistant Professor of Practice.

<sup>+</sup>Members of the IVR Motor-Cognitive Training team include Dr Justina Liu, Prof. Harry Qin, Professor, Claudia Lai, Honorary Professor; Prof. Kenneth Fong, Professor, Department of Rehabilitation Sciences; Prof. Rick Kwan, Associate Dean (Programmes) & Professor, Tung Wah College; Olive Shuk Kan Sin, Pok Oi Hospital.



Left photo: The Virtual Hospital team. Right photo: Dr Justina Liu (2<sup>nd</sup> from left), Prof. Rick Kwan (1<sup>st</sup> from right), Tung Wah College; and Mr Cartus Lam, Sengital Limited, represented the IVR Motor-Cognitive Training team to receive the ICT award.

Dr Eileen Cheng, Assistant Professor, and Prof. Frances Wong, Chair Professor of Advanced Nursing Practice & Associate Dean (FHSS), both as members of the teams, were awarded the Faculty Prize in Teaching and Faculty Award in Knowledge Transfer 2023 respectively. Dr Cheng contributed to the developing of the subject 'Introduction to Interdisciplinary Cancer Research' offered by the Department of Health Technology and Informatics. Prof Wong contributed to the project titled 'Promoting Family Resilience among Hong Kong Families during the COVID-19 Pandemic'.

## **Appointments**

*Dr Li Yan* was in the Faculty of Medicine and Health at the University of Sydney from Jun to August, as a visiting researcher. At the John Walsh Centre for Rehabilitation Research, she worked with key researchers on collaborative projects about spinal cord injury rehabilitation. She also established collaborative relationships with renowned research teams, including the NeuroRecovery Research Hub at the University of New South Wales and the Brain Injury Rehabilitation Research.



Dr Li (left row, 1<sup>st</sup>) and the researchers from the John Walsh Center for Rehabilitation Research.

#### **OUR PEOPLE**

## Alumni News

*Prof. Sophia Chan*, an alumna of the School, is among the five distinguished PolyU alumni, who has been selected to receive the Outstanding PolyU Alumni Award 2023, in recognition of their significant achievements and contributions to the society. Congratulations!

Prof. Chan, currently Professor in Nursing and Senior Advisor to the President's Office at the University of Hong Kong, was the FIRST nurse appointed Secretary for Food and Health (2017-2022). She is also well-known for her leadership in promoting tobacco control and smoking cessation programmes.

Earlier, the Faculty of Health and Social Sciences announced conferring the

Outstanding Alumni Award in Professional Achievement to Prof. Chan and the Outstanding Young Alumni Award in Professional Achievement to *Mr Chan Man Nok*, Manager (Nursing)/Chief Nursing Officer of the Nursing Services Department, Hospital Authority Head Office. They were both nominated to complete for the Outstanding Alumni Award at the University level.



Prof. Sophia Chan (left), the first nurse took up the ministerial position in the Government, is selected to receive the Outstanding PolyU Alumni Award and Mr Chan Man Nok (right).

15 Aug

Delegations from the School of Public Health, ZheJiang University, Mainland China

Visitors



## 24 Aug

Delegations from the School of Nursing, Peking University, Mainland China

13 Sep

Delegations from the Chinachem Group, HK





22 Sep

Delegations from the Nanjing Medical University, Mainland China





#### **EVENTS**

9 Aug

### **Current Issues**





## 7 Oct

Over 230 undergraduate general nursing students joined the interprofessional education programme held in HKU and ten of them received the best team award.

In the photo: Subject lecturers Dr Arkers Wong, Assistant Professor, and Dr Lily Ho, Assistant Professor of Practice (circled) and the participating students.

## 7 Oct

Induction ceremony of the Pi Iota At-large Chapter (PIC), Sigma Theta Tau International Honor Society of Nursing was held.





Dr Arkers Wong, Vice President of PIC, presented the certificate of Best Paper Award to the student awardee.

## 10 Sep

The orientation programme for the MSc in Nursing was held.



At the press conference, Prof. Angela Leung (7<sup>th</sup> from right) joined hands with the representatives of several local medical and social welfare organisations to urge the highrisk populations to receive pneumococcal vaccination.

A press conference was held to announce the findings of a survey, which was partnered with the Hong Kong Alliance of Patients' Organizations, to explore knowledge of pneumococcus and attitudes towards vaccination.

The survey targeted individuals aged 50 and above. Over 2,000 completed surveys were collected. The results revealed that the general public's knowledge of pneumococcal infection is limited. About half of the respondents had not been vaccinated due to lack of sufficient vaccine information/knowledge. Another half of the respondents were unaware that they are eligible to receive subsided or free government vaccination services.

#### 20 Oct

Prof. Angela Leung, (Associate Head [Research] & Professor) gave a keynote speech to the Patient Relations & Engagement Forum themed Health Literacy. The forum was organised by the New Territories East Cluster of the Hospital Authority and was broadcast to Greater Bay Area via zoom.

#### 27 Sep

Led by Dr Martin Christensen, Associate Head (Postgraduate Education) & Associate Professor, Ms Erika Yuen and Ms Michelle Chan, students on the MSc in Nursing (Critical Care) programme presented their studies at the BACCN (British Association of Critical Care Nurses) Conference, held in the UK. BACCN is dedicated to the promotion of nursing in critical care, with over 2,000 members in the UK and internationally.



Ms Erika Yuen ( 1st from right) and Ms Michelle Chan (2<sup>nd</sup> from right), and Dr Martin Christensen (left)



PolyU's Senior Management Team visited our booth on the Info Day.

## 21 Oct

3,000 people visited our booth on the PolyU Info Day, with the numbers of our lab visitors reached more than double that of the previous year.

#### Seminar

## Seminar

## 16 Aug

**Topic:** Sharing Session : Generative AI Use in Presentation

#### Speaker:

- Dr Kai Pan Mark, Educational Development Officer (Senior Digital Learning Specialist)
- Dr Martin Christensen, Associate Head & Professor; Dr Kitty Chan, & Mr Timothy Lai, Associate Professors of Practice, School of Nursing, PolyU



## Webinars for WHO Collaborating Centre (WHO CC) for Community Health Services

-				
60		A	- Jon	
			VOIR SER IN	Samed Barbak
viteria.	jinganigan ku.	to trading		
Veda	DOI NO NO NO.			Four Ten Wing L.
(HAM Towns	0	n		
Emiliana.	7.4-0420 Manual America			

Top row: Dr Pei-Lee Teh  $(3^{rd} \text{ from left})$ and Dr Rose Lin  $(4^{th} \text{ from Left})$ .

## 18 Aug

Embracing Ageing in the Western Pacific: Interplay of Emotion and Cognitive Reserves in Ageing

#### <u>Topic</u>:

#### **Get Young People's Feet Wet: Enhancing Empathy toward Ageing** <u>Speaker</u>:

Dr Pei-Lee Teh, Professor, School of Business; Head of Department, Department of Management; Director, Gerontechnology Laboratory, Monash University Malaysia, Malaysia

#### <u>Topic</u>:

## Embracing Golden Years: Cultivating Positive Emotions and Preserving Cognitive Vitality in Ageing

#### <u>Speaker</u>:

Dr Rose Lin, Postdoctoral Research Associate, School of Nursing, University of Rochester, United States