

# SN NEWSLETTER

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

COVER STORY

## Winning InnoTech awards three times in succession

We are thrilled to learn that our student, **On-yu Eunice Mak**, a year-four general nursing student, snagged the Innovation and Technology Scholarship\* (Life and Health Technology category) 2024. This is the third time in succession that our student has been bestowed with the honour of the competitive award, which celebrates the achievement of the School in inspiring and supporting healthcare innovation.

**You are leading three health-tech projects and they contributed to your being selected as a winner of the Innovation and Technology Scholarship. What are these projects about?**

They are the EmoBay, Smart Insole, and TEMI Robot. EmoBay means a Bay for distressing emotions. Unlike traditional telephone counselling/crisis support hotlines run by volunteers/professionals, which could have a long waiting line, EmoBay is an AI chatbot designed to give timely and round-the-clock support to people experiencing emotional distress or difficult situations. Presole is an insole that integrates artificial intelligent technology for monitoring of foot pressure distribution to prevent chronic pain. Our TEMI Robot\*\* is designed to simulate patients' conversation and it will be used in self learning for training nursing students' communication skills.

**Many people have had frustrating experience with AI chatbot. Will EmoBay be able to provide a dynamic conversation experience to users?**

EmoBay provides users a web platform (e.g., perhaps a mobile application) to talk about their life struggles. The advanced AI algorithms is programmed to give responses adopting a manner as a friend of the users, who 'listens to' and 'converses with' the users about their concerns. Our team are collecting feedback from the users and are revising the AI prompts (have got loads of work to do!) for improving the programme and to reduce negative user experiences, such as the chatbot did not respond or answer 'I don't know'.

In Hong Kong, people tend to receive face-to-face talking therapies only when their emotions are unmanageable. EmoBay can provide a convenient early conversational intervention to support users managing emotional distress or life situations. Once login our service, users have to go through an emotion check-in, which serves as a mindful pause allowing them to tune into their emotional states. Users also have to fill in some questionnaires regularly so that their mental health condition will be assessed for early identification of problems, and referral to professionals, when needed.



Eunice (1<sup>st</sup> from left) and the TEMI team, which includes Dr Katherine Chang, Lecturer, the supervisor of the team).



Mr Michael Wai-lun Wong, GBS, JP, Deputy Financial Secretary of the Government, presented the award certificate to Eunice on 11 June at the ceremony.

### How will you use your scholarship?

I am interested in using technology to improve global health. The scholarship financed me to undergo a 2-week attachment programme at King's College London, the UK, in July, to study a course on *Global Health and Social Justice* (health and technology elements were included in the course).

A part of the scholarship money (a total sum of HK\$150,000) will be used to fund the refinement of the EmoBay's prototype. The scholarship programme will assign me an expert to mentor the EmoBay development. I also plan to add two new student members to the team, one from mental health nursing, one from computing. With the support from people with different specialised areas, my objective is to showcase the EmoBay in an event before the completion of the scholarship period.

### Did the UK attachment give you new insight into the development of EmoBay? What have you gained?

I have learnt the concept of normality and individuality, which has given me insights into the design of EmoBay. More personalised settings will be included in EmoBay. I have gained new knowledge about global health and social justice. For example, in one of the classes, students from all over the world discussed the impact and underlying implication of language in healthcare delivery. This was an eye-opening learning experience.

### What is your most impressive/inspiring learning experience at King's College London?

The visit to Wellcome Collection<sup>\*\*\*</sup>, led by our instructor, Dr Sam McLean, was inspirational. During the visit, we learnt a lot of things about global health challenges. One of the exhibitions, "Jason and the Adventure of 254" presented by artist Jason Wilsher-Mills, was impressive. He talked about his personal experience in the hospital ward, where he discovered that he would become disable as a child. This made me rethink the emotions experienced by patients and their families and importance of holistic care.



*Eunice got an opportunity to learn more about global health and social justice at King's College London.*



*(Left photo) Artist Jason Wilsher-Mills express how society perceives disability through his magic and colourful installation work. (Right photo) At the gallery, Eunice explored what it means to be human in the 21st century.*

<sup>\*</sup>Jointly established by the Innovation and Technology Commission of the HKSAR Government, HSBC and The Hong Kong Federation of Youth Groups in 2011. Candidates of the scholarship are students who study science, engineering and health-related subjects, and are nominated by the university presidents.

<sup>\*\*</sup> TEMI Robot is a Student-Staff Partnership project funded by PolyU with an aim to foster the application of technology-assisted pedagogy. Dr Katherine Chang is the Principal Investigator of the project.

<sup>\*\*\*</sup>A museum and library in London, UK featuring collections of items related to health, medicine and human experience.

## Exchange to top universities enhanced students' understanding of Mainland's medical and nursing services



Six nursing students, nominated by the School, received the sponsorships from the Project Empadurance (仁毅醫學教育獎學金計劃) to undergo two-week exchange programmes at two top Mainland's universities: Shanghai Jiao Tong University and Peking University. This exchange activity took place prior to the School's exchange programme that usually commenced at the end of July.



Upper photo: **Prof. E Angela Chan** (4<sup>th</sup> from left), Associate Head (Undergraduate Education) & Professor, and Mr David Lam Tzit-yuen who represents the medical and health services sector in the Legislative Council and chairs Project Empadurance, announced the kick-off of the Mainland exchange programmes at the press conference. Lower photo: Our students got an opportunity to undergo placement with medical or nursing students from other institutions.

Our students, underwent the placements at the universities' affiliated hospitals: Shanghai Sixth People's Hospital and Peking University Third Hospital, together with nearly 30 medical and nursing students from seven Hong Kong's tertiary institutions. They learnt more about Mainland's medical system, care delivery, as well as the collaboration between Chinese and Western medicine in the hospitals.



*'The exchange has given me a life lesson. The nurses from Peking University Third Hospital are highly competent and they are able to provide patient-centered care that influences patients' lives and give them warmth. This has encouraged me to keep my passion for nursing alive.'*

**Ms Lok-yi Chiu**

Year-4 mental health nursing student, PolyU

To reciprocate the warm reception our students received from the universities, the School received five students from Peking University Health Science Center (北京大學醫學部) for a two-week exchange. The students attended lectures on various topics, such as infection control practice in Hong Kong, gerontechnology, and paid visits to a local nursing home, the Comprehensive Oncology Centre of Hong Kong Sanatorium & Hospital and its nursing school, Kwong Wah Hospital, and an ambulance depot.



*'PolyU teachers and student ambassadors are very responsible and friendly. I have a very interesting and valuable experience.'*

**Ms Yanhong Wu**

Undergraduate nursing student, School of Nursing Peking University Health Science Center

## Service-learning activity in Manila deepened students' compassion for older people in nursing home

Thirty PolyU students taking the service-learning subject *Healthy Lifestyle Challenges for Developing Communities*, together with their teachers, **Dr Patrick Kor**, Assistant Professor, **Dr Jed Montayre**, Associate Professor, and **Dr Ivy Zhao**, Research Assistant Professor, visited a nursing home in Manila, the Philippines, to carry out the service-learning project.

Before launching the service-learning project, the PolyU teachers equipped the students from different disciplines with skills to communicate with and interview older people, assess the clients' physical and cognitive conditions, and deliver health education.

From 20 to 29 May, the PolyU team partnered with the team from Ateneo De Manila University to provide service in the nursing home, which has a capacity to accommodate 400 people, but was having 600 residents, including homeless older people, older people with cognitive and mental problems.

'The living conditions in the elderly home were much worse than we could ever imagine. Unpleasant odours filled in the air and meals for the residents lacked variety,' a year-one participating nursing student said. 'The living environment in the nursing home was poor. Most older residents were sleeping on sun loungers,' said Dr Kor. 'This, however, deepened our compassion for serving the residents'. The teams provided physical health and cognitive assessments, as well as intervention programmes (physical exercise and cognitive training) to about 200 residents.

The objectives of the subject are to raise students' awareness of health issues in developing communities and educate students on challenges and needs in maintaining a healthy lifestyle. Previously, the service projects were carried out in the slums and rural areas of Cambodia and Indonesia. Last year, the service was delivered to older people in a village in Cambodia. This was the first time the service-learning team reached out to a nursing home.



The School's service learning team partnered with the team from Ateneo De Manila University to serve older residents in a nursing home.



(From left) Students demonstrated the elastic band exercises and towel exercise for the wheelchair users, as well as played cognitive training games with the residents.

### GRF funded projects

Congrats to the following staff members who have received the General Research Fund (GRF) from the Research Grants Council, for carrying out their projects.

Project Title	PI	Total Grant (HK\$)
Effects of a closed-loop and neuroplasticity-based mindfulness program for reducing stress in family caregivers of people with dementia: a randomized controlled trial with a process evaluation	Dr Patrick Kor Assistant Professor	1.15 mil
Empowering homebound older adults in self-care using a mobile health-assisted, person-centred care approach: a hybrid effectiveness-implementation design	Dr Arkers Wong Associate Professor	1.13 mil
A co-designed screening tool development and concept analysis of social frailty in Hong Kong	Dr Jed Montayre Associate Professor	864,953

### Other externally funded research projects

Project Title	Funding Scheme	PI	Total Grant (HK\$)
Robot assistance to home-based care, cognitive training and home safety	Fu Tak lam Foundation	Prof. Angela Leung Associate Head (Research) & Professor	4.27 mil
Promoting emotional awareness and help-seeking in breast cancer patients with the Electronic Painting for Breast Cancer (EPBC) Platform	Global Chinese Breast Cancer Organizations Alliance Limited	Prof. Angela Leung	100,000
Using mindfulness with immersive virtual reality cave experience in promoting mental well-being: a feasibility study	Eteam Entertainment Limited	Dr Patrick Kor	60,000

### School funded research projects

The School have funded the following research projects each with an amount of HK\$ 350,000 in grant.

Project Title	PI
Development and validation of a new scale to assess sexual problems in people with prostate cancer and to design an electronic patient-reported outcome measure for this population (ePROM-SexPCare)	Prof. Janelle Yorke Chair Professor of Nursing & Head
Preliminary effectiveness and feasibility of transcutaneous electrical acupoint stimulation on chemotherapy-induced peripheral neuropathy in Hong Kong adolescents undergoing consolidation chemotherapy: a pilot randomized controlled trial	Dr Eva Ho Associate Professor
Clinical implications of large language models in diabetes patient education and management in primary healthcare: a mixed-method study	Dr Lin Yang Associate Professor
Combining machine learning and ecological momentary assessment of depression, cognitive function and daily activity behaviour to support self-management for post-stroke patients: a feasibility study	Dr Arkers Wong
Development and evaluation of a home-based action observation and motor imagery intervention on cognitive function and depression among adults with spinal cord injury: a pilot randomized controlled trial	Dr Yan Li Assistant Professor- Presidential Young Scholar
Development and validation of an electronic patient-reported outcome of the common terminology criteria for adverse events in lung cancer patients (ePRO-CTCAE-L)	Dr Katherine Lam Assistant Professor
Development and effects of AI-Chatbot to reduce the fear of cancer recurrence among adolescents and young adult (AYA) cancer survivors - A feasibility study	Dr Vivian Hui Assistant Professor

The School have funded the following projects with an amount of HK\$ 200,000 and above in grant.

Project Title	PI	Total Grant (HK\$)
Integrating generalist and specialist in cancer survivorship care: framework development and stakeholder consultation	Prof. Frances Wong Chair Professor of Advanced Nursing Practice & Associate Dean (FHSS)	300,000
Strategies to combat migraine-related misinformation in the AI era: A modeling study in Hong Kong	Dr Grace Xie Associate Professor	200,000

### ***Sharing experience in using technology to reinforce infection control***

**Prof. Angela Leung** (in the photo: 2<sup>nd</sup> from left), Co-leader of Healthy Ageing through Innovations, [Associate Head in Research & Professor], delivered a keynote address for the seminar and workshop titled 'Smart Care: Health Protection and Infection Control', held by PolyU's Jockey Club Smart Ageing Hub on 3rd May 2024. She shared her experience in leading the research team to apply technology to develop the 'Blended Gaming COVID-19 Training System', which aims to reinforce infection control practice among healthcare workers in elderly homes.



### ***e-bibliotherapy app debuted in Mainland's health expo***

**Dr Shanshan Wang**, Assistant Professor (& Principal Investigator<sup>#</sup>), showcased her e-bibliotherapy app at the China Nanchang International Health Industry Conference and Expo, held from 13 to 15 June. Supported by the Health and Medical Research Fund, Health Bureau of the Hong Kong Government, the app was designed to give users a convenient access to videos about caregiving and enable nurses' telephone coaching for improving psychological wellbeing of informal caregivers of people with dementia.

<sup>#</sup>Team members: Patricia M. Davidson, former Vice-Chancellor and President of University of Wollongong; PolyU's School of Nursing: Prof. Angela Leung, Associate Head [Research] & Professor; Dr Daphne Cheung, Associate Professor; Prof. Harry Qin, Professor; Dr Stefanos Tyrovolas (has since left the School).



### ***Study on cleaners' occupational health announced***

On 6 May, the Caritas Labour-Friendly Communities Project jointly announced the results of a study, carried out by **Dr Kin Cheung's** (Associate Professor) team that explored the health conditions of cleaning workers, and the relationships between their strain injury, work patterns and occupational health risks. Among the 463 interviewed cleaning workers, nearly 70% of them indicated that their injuries over the knee, shoulder and lower back were caused by work. Dr Kin Cheung (in the photo: 4<sup>th</sup> from left) called for assessments and comprehensive lifestyle advice for cleaning workers to help them improve their health conditions.



## Research provides evidence for innovations managing insomnia and anxiety

In partnering with Neurovalens, a UK-based company merging Neuroscience and technology for improving people's mental health, **Dr Teris Cheung** (Assistant Professor) led her research team to conduct two pilot, double-blind randomised controlled trials respectively to evaluate the efficacy of Modius Sleep and Modius Stress, the devices invented by Neurovalens, in managing insomnia and anxiety.

These non-invasive home-use devices are designed to help people manage chronic disorders through vestibular neurostimulation being delivered to the mastoid process. One of the unique features of the devices is its short treatment hours (2.5 hours per week). It takes four consecutive weeks for the treatments to work.

The findings of Dr Teris Cheung's research studies, together with those findings from a UK university, were presented. The findings assisted the two devices to obtain approvals from the U.S Food and Drug Administration (FDA). To learn more about the Modius Sleep study, click [here](#) to view the paper published in *Brain Stimulation*.



Dr Teris Cheung's team explored the effectiveness of Modius Sleep in managing insomnia and anxiety.

## WHO Collaborating Centre for Community Health Services

### First-ever ICOPE training in Brunei

The Centre has been actively supporting World Health Organization (WHO) in implementing the WHO Guidelines on Integrated Care for Older People (ICOPE)<sup>###</sup> through evidence gathering and conceptual adaptation in the Western Pacific region.

Invited by the WHO and the Ministry of Health, Brunei Darussalam, Director of the Centre, **Prof. Angela Leung** [Associate Head (Research) & Professor] and Deputy Director, **Dr Yan Ivy Zhao** [Research Assistant Professor] made a big leap forward out on the Asia-Pacific stage to train healthcare professionals including geriatricians, medical doctors, nurses, physical/occupational therapists, psychiatrists, dietitians, medical social workers, etc., employed by the Ministry of Health in Brunei.

From 3 to 7 August, Prof. Leung and Dr Zhao trained the participants on the use of the WHO ICOPE Framework to assess the intrinsic capacity of older adults in the community and integrating the framework into their workplaces and communities for providing comprehensive care services and enhancing the intrinsic capacity of older adults in Brunei. The importance of the concept of intrinsic capacity for older adults to maintain their independence in the community was highlighted.

Case studies were used in the presentations and group discussions to guide the participants to understand the six domains of intrinsic capacity, which include cognitive capacity, vitality, locomotor, visual, hearing and psychological capacities. Prof. Leung and Dr Zhao shared their experience in promoting the use of the WHO ICOPE framework in the social service/health care centres in Hong Kong and encouraged the participants to mobilise available services and resources to develop personalised care pathways for older adults.

Promoting the implementation of the WHO ICOPE Framework locally and in Western Pacific is one of the key objectives of the Centre. The Brunei training is a big step forward in our 4-year effort in achieving this objective, responding to the United Nations' Decade of Healthy Ageing (2021–2030).

<sup>###</sup>Health assessment for older persons usually focuses on physical conditions and medical treatment. The WHO's Integrated Care for Older People (ICOPE) Framework offers a new assessment approach by highlighting the concept of intrinsic capacity that includes the assessment of both the physical and mental capacities of a person, such as cognition, nutrition, ppsychology, hearing and visual, locomotor ability, social care and support.



Photo 1: Prof. Angela Leung (1<sup>st</sup> from right) exchanged the souvenirs with the acting Deputy Permanent Secretary, Ministry of Health, Brunei government. Photo 2-3: Led by Prof. Angela Leung, the School's WHO CC for Community Health Services conducted the first-ever ICOPE training in Brunei, one of the Western Pacific countries.



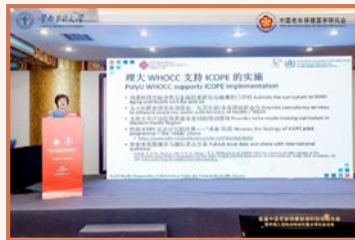
Photo 4: Prof. Angela Leung and Dr Ivy Zhao (left in the photo) and Dr Mikiko Kanda (right in the photo), Technical Leader of the WHO Western Pacific Region, demonstrated the specific care pathways to the health professionals. Photo 5: The health professionals presented their personalised care pathways for older adults and proposals on how to integrate the ICOPE framework into their workplaces and routine practices.

## WHO Collaborating Centre for Community Health Services

### ICOPE model showcased in Beijing

At the national level, Prof. Leung delivered a keynote speech at the Elderly Health Care Forum (老年健康護理論壇) in the Conference on Technological Innovation for Promotion of Healthy Ageing cum Chinese Academy of Engineering Strategic Research Priority Project Launching Ceremony<sup>^</sup> (中國老齡健康促進科技創新大會暨中國工程院戰略研究重點專案啟動會), which was organised by Capital Medical University (首都醫科大學) and Chinese Association of Geriatric Research, in Beijing, 13-14 July. She spoke about the experience in implementing the WHO's Integrated Care for Older People (ICOPE) model in primary care in Hong Kong, and the challenges and opportunities in promoting healthy ageing through the use of the ICOPE framework.

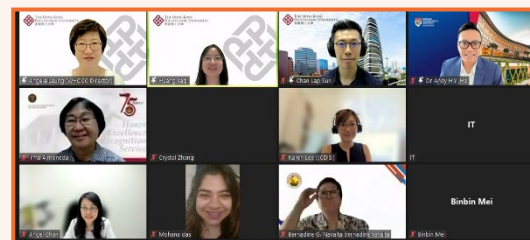
<sup>^</sup>Translated name.



At the keynote address delivered in Beijing, Mainland China, Prof. Angela Leung shared the Hong Kong experience in promoting the use of the WHO ICOPE framework in social care/health centres.

### Webinar on ageing well and fall prevention

The Centre held the regular bi-monthly webinar themed 'Embracing Ageing in the Western Pacific: Innovations in Health and Wellness for the Elderly' on 21 June. Dr Andy Ho, Associate Professor; Head of Psychology; Provost's Chair in Psychology, School of Social Science, Nanyang Technological University, Singapore, (in the photo: top row, 1<sup>st</sup> from right) spoke about the arts for ageing well. Dr Wayne Chan, Assistant Professor, Department of Rehabilitation Sciences, PolyU (in the photo: top row, 2<sup>nd</sup> from right) talked about preventing falls in older adults with dementia through exercise and rehabilitation. **Prof. Angela Leung** (in the photo: top row, 1<sup>st</sup> from left) facilitated the discussion session in the webinar.



## PhD Research Showcase

### Scoping review of end-of-life communication strategies won 3MT<sup>®</sup>

**Ms Weilin Chen's** review of strategies for facilitating healthcare providers' end-of-life communication with their terminally ill patients and the families stood out from other candidates and won the Second Runner-up at the 3MT<sup>®</sup> competition, hosted by PolyU's Faculty of Health and Social Sciences.

Healthcare providers timely and effective communication with terminally ill patients and their families about end-of-life issues, including prognosis and goals of care, can improve the care satisfaction and quality of life of the patients, and ease the bereavement experience of their families.

Ms Weilin Chen<sup>+</sup> carried out a scoping review to systematically examines end-of-life communication strategies in literature. Guided by the Arksey and O'Malley framework, fifty-nine documents were analysed and the identified communication strategies were grouped into the following seven themes.

- Preparation-review the patient's medical facts and plan the communication agenda, etc.
- Exploration and assessment-assess the patients' perceptions and understandings of their diagnoses and prognoses, and explore their information preferences.
- Family involvement-explore the families' concerns and desires;
- Provision and tailoring of information to ensure that the patients understand their prognosis, etc;
- Acknowledge emotional reactions and verbalise empathy.
- Reframe and revisit the goals of care by expressing professional opinions, etc;
- Conversation closure- summarise the discussion and provide a contract for the next contact, etc.

This review provides a framework for healthcare providers to initiate and engage in end-of-life conversations. More research should be done to understand patients' and families' perspectives on healthcare professionals' communication strategies; and available strategies in non-Anglo-Saxon countries.



Prof. David H. K. Shum, Dean, Faculty of Health and Social Sciences, PolyU, presented the Second Runner-up award to Ms Weilin Chen (left) at the Faculty's 3MT<sup>®</sup> competition.

**Thesis Title: Development and Evaluation of a Culturally Specific End-of-life Communication Skills Training for Chinese Oncology Nurses**

**Awards:**

**Second Runner-up, Three Minute Thesis (3MT<sup>®</sup>) competition**, hosted by PolyU's Faculty of Health and Social Sciences, 2024 (Click [here](#) to view Weilin's presentation)

**Outstanding Poster Award, EAFONS, 2023**

<sup>+</sup>Supervisor: Dr Joyce Chung, Assistant Professor; Co-Supervisors: Dr Katherine Lam, Research Assistant Professor, and Prof. Alex Molasiotis Pro Vice-Chancellor and Dean, College Arts, Humanities and Education, University of Derby, UK [external supervisor].

## Research publications

- Abu-Odah, H., Chan, E. A., & Molassiotis, A. (2022). Factors impacting on patient-centered communication skills and their opportunities to be involved in decision-making from the perspective of patients with cancer, informal caregivers, and/or healthcare professionals: a systematic review. *Cancer Nursing*, 10-109. <https://doi.org/10.1097/NCC.0000000000001357>
- Abu-Odah, H., Sheffield, D., Hogan, S., Yorke, J., & Molassiotis, A. (2024). Effectiveness of creative arts therapy for adult patients with cancer: a systematic review and meta-analysis. *Supportive Care in Cancer*, 32(7), 430. <https://doi.org/10.1007/s00520-024-08582-4>
- Bonus, C. G., Hatcher, D., Northall, T., & Montayre, J. (2024). Using a co-design methodological approach to optimize perioperative nursing care for older adult patients from ethnically diverse backgrounds: a study protocol. *International Journal of Qualitative Studies on Health and Well-being*, 19(1), Article 2349438. <https://doi.org/10.1080/17482631.2024.2349438>
- Cai, H., Chen, P., Zhang, Q., Lam, M. I., Si, T. L., Liu, Y. F., Zheng, W. Y., Su, Z., Cheung, T., Jackson, T., Ungvari, G. S., Ren, Z., Li, X., Li, X. H., & Xiang, Y. T. (2024). Global prevalence of major depressive disorder in LGBTQ+ samples: A systematic review and meta-analysis of epidemiological studies. *Journal of Affective Disorders*, 360, 249-258. <https://doi.org/10.1016/j.jad.2024.05.115>
- Chan, P. S. F., Fang, Y., Xie, Y. J., Wong, M. C. S., Nilsen, P., Leung, S. F., Cheung, K., Wang, Z., & Yeoh, E. K. (2024). Applying the Consolidated Framework for Implementation Research to investigate factors of implementing alcohol screening and brief intervention among primary care physicians and nurses in Hong Kong, China: an exploratory sequential mixed-method study. *Implementation Science Communications*, 5(1), Article 52. <https://doi.org/10.1186/s43058-024-00590-z>
- Chen, J., Li, Y. T., Niu, Z., He, Z., Xie, Y. J., Hernandez, J., Huang, W., & Wang, H. H. X. (2024). Association of visceral obesity indices with incident diabetic retinopathy in patients with diabetes: prospective cohort study. *JMIR Public Health and Surveillance*, 10(1), Article e48120. <https://doi.org/10.2196/48120>
- Chen, J., Li, Y. T., Niu, Z., He, Z., Xie, Y. J., Hernandez, J., Huang, W., & Wang, H. H. X. (2024). Investigating the causal association of generalized and abdominal obesity with microvascular complications in patients with type 2 diabetes: A community-based prospective study. *Diabetes, Obesity and Metabolism*. Advance online publication. <https://doi.org/10.1111/dom.15598>
- Chen, M. Y., Bai, W., Wu, X. D., Sha, S., Su, Z., Cheung, T., Pang, Y., Ng, C. H., Zhang, Q., & Xiang, Y. T. (2024). The network structures of depressive and insomnia symptoms among cancer patients using propensity score matching: Findings from the Health and Retirement Study (HRS). *Journal of Affective Disorders*, 356, 450-458. <https://doi.org/10.1016/j.jad.2024.04.035>
- Chen, M. Y., He, F., Rao, W. W., Qi, Y., Rao, S. Y., Ho, T. I., Su, Z., Cheung, T., Smith, R. D., Ng, C. H., Zheng, Y., & Xiang, Y. T. (2024). The network structures of mental and behavioral problems among children and adolescents in China using propensity score matching: A comparison between one-child and multi-child families based on a nationwide survey. *Journal of Affective Disorders*, 360, 206-213. <https://doi.org/10.1016/j.jad.2024.05.121>
- Chen, P., Rao, S. Y., Zhang, W., Jiang, Y. Y., Xiang, Y., Xiang, N. X., Li, Y. Z., Zhu, H. Y., Su, Z., Cheung, T., Zhang, Q., Ng, C. H., & Xiang, Y. T. (2024). Mental health status among children and adolescents in one-child and multichild families: A meta-analysis of comparative studies. *Current Opinion in Psychiatry*, 37(3), 147-161. <https://doi.org/10.1097/YCO.0000000000000935>
- Chen, P., Sun, H. L., Zhang, L., Feng, Y., Sha, S., Su, Z., Cheung, T., Wong, K. K., Ungvari, G. S., Jackson, T., Zhang, Q., & Xiang, Y. T. (2024). Inter-relationships of depression and insomnia symptoms with life satisfaction in stroke and stroke-free older adults: Findings from the Health and Retirement Study based on network analysis and propensity score matching. *Journal of Affective Disorders*, 356, 568-576. <https://doi.org/10.1016/j.jad.2024.04.036>
- Chen, S. C., Yeung, W. F., Cheng, H. L., Li, M. H., & Ho, Y. S. (2024). Views of Hong Kong Chinese medicine practitioners on the application of the "Chinese Medicine Anti-Epidemic Plans" prepared by the Chinese medicine expert group of central authorities: a focus group study. *BMC Complementary Medicine and Therapies*, 24(1), Article 184. <https://doi.org/10.1186/s12906-024-04469-3>
- Chen, S., Wang, S., Sun, Y., & Liu, Y. W. J. (2024). Development of a contextualized index of multiple deprivation for age-friendly cities: Evidence from Hong Kong. *Applied Geography*, 167, Article 103285. <https://doi.org/10.1016/j.apgeog.2024.103285>
- Chen, X., Wang, S., Liao, X., Li, Y., Leung, S. F., & Bressington, D. T. (2024). Interventions to decrease health students' stigma toward schizophrenia: A scoping review. *International Journal of Nursing Studies*, 158, Article 104837. <https://doi.org/10.1016/j.ijnurstu.2024.104837>
- Cheung, T., Fong, K. H., & Xiang, Y. T. (2024). The impact of urbanization on youth mental health in Hong Kong. *Current Opinion in Psychiatry*, 37(3), 172-176. <https://doi.org/10.1097/YCO.0000000000000930>
- Cheung, T., Yee, B. K., Chau, B., Lam, J. Y. T., Fong, K. H., Lo, H., Li, T. M. H., Li, A. M., Sun, L., Beisteiner, R., & Cheng, C. P. W. (2024). Efficacy and safety of transcranial pulse stimulation in young adolescents with attention-deficit/hyperactivity disorder: a pilot, randomized, double-blind, sham-controlled trial. *Frontiers in Neurology*, 15, 1-16. Article 1364270. <https://doi.org/10.3389/fneur.2024.1364270>
- Fu, Q. W., Liu, Y., Chen, S. C., Zhang, L. Z., Liu, W. T., Liu, Z. Q., Liu, Y., Xie, Y., Fu, L., Liu, M., Zhang, D. Z., Yang, S. S., Zhang, F. B., Huang, H. Y., Zhong, J., Pang, K. Y., Chen, Y. N., Yang, Y. P., Dai, M. L., ... Li, X. R. (2024). Extending the Grading of Recommendations Assessment, Development and Evaluation (GRADE) in Traditional Chinese Medicine (TCM): The GRADE-TCM. *Phytomedicine*, 127, Article 155487. <https://doi.org/10.1016/j.phymed.2024.155487>
- Ho, G. W. K., Chan, K. L., Karatzias, T., Hyland, P., Fung, H. W., & Shevlin, M. (2024). Prevalence and validity of ICD-11 posttraumatic stress disorder (PTSD) and complex PTSD: A population-based survey of Hong Kong adults. *Asian Journal of Psychiatry*, 96, Article 104045. <https://doi.org/10.1016/j.ajp.2024.104045>



## Research publications (con't)

- Ho, L. Y. W., Kwan, R. Y. C., Yuen, K. M., Leung, W. C., Tam, P. N., Tsim, N. M., & Ng, S. S. M. (2024). The Effect of Aerobic Exercises on Arterial Stiffness in Older People: A Systematic Review and Meta-Analysis. *Gerontologist*, 64(5), Article gnad123. <https://doi.org/10.1093/geront/gnad123>
- Hui, V., Zhang, B., Jeon, B., Wong, K. C. A., Klem, M. L., & Lee, Y. J. (2024). Harnessing health information technology in domestic violence in the United States: A scoping review. *Public Health Reviews*, 45, 1606654. <https://doi.org/10.3389/phrs.2024.1606654>
- Kang, J.X., Wang, S., Yi, J.N., Zhang, Q.S. (2024). Effects of health education on screening rate of first degree relatives of cancer patients: a systematic review and meta-analysis. *Journal of Medical Screening*. <https://doi.org/10.1177/09691413241233993>
- Li, W., Tang, L. M., Montayre, J., Harris, C. B., West, S., & Antoniou, M. (2024). Investigating health and well-being challenges faced by an aging workforce in the construction and nursing industries: computational linguistic analysis of Twitter data. *Journal of Medical Internet Research*, 26, e49450. Article e49450. <https://doi.org/10.2196/49450>
- Li, W., Xiang, M., Zhang, E. L., Liu, Y., Ge, X., Su, Z., Cheung, T., Jackson, T., & Xiang, Y. T. (2024). Inter-relationships between suicidality and depressive symptoms among children and adolescents experiencing crisis: A network perspective. *Journal of Affective Disorders*, 354, 44-50. <https://doi.org/10.1016/j.jad.2023.10.029>
- Li, Y., Li, J., Li, M., Ho, Y. S., Sun, T. C., Wang, S., Wong, W. K., Zhang, S., Kwan, R., Wong, A. YL., & Yeung, W. F. (2024). Effect of home-based acupressure on constipation in people with spinal cord injury: A study protocol for a randomized controlled trial with a mixed-method approach. *European Journal of Integrative Medicine*, 68, Article 102360. <https://doi.org/10.1016/j.eujim.2024.102360>
- Liu, T. W., Ho, L. Y. W., Lai, C. Y. Y., Wong, T. W. L., So, B. C. L., Xu, R. H., Chen, P., Tsoh, J., & Ng, S. S. M. (2024). Psychometric testing of the Chinese version of the International Classification of Functioning, Disability, and Health Measure of Participation and Activities Screener in people with stroke. *Topics in Stroke Rehabilitation*. <https://doi.org/10.1080/10749357.2024.2356419>
- Lu, W., & Ngai, S. B. C. (2024). Social media communication and public engagement in different health crisis stages: The framing of COVID-19 in Chinese official media. *Communication and the Public*. <https://doi.org/10.1177/20570473241246291>
- Peng, L., Xiong, S. S., Li, J., Wang, M., & Wong, F. K. Y. (2024). Promoting psychological support services for parents of children with sarcoma through health-social partnership: A quality improvement project. *Journal of Pediatric Nursing*, S0882-5963(24)00207-0. Advance online publication. <https://doi.org/10.1016/j.pedn.2024.05.025>
- Shi, N., Ching Wong, A. K., Yuet Wong, F. K., Zhang, N., Zhu, W., Shen, K., Lai, X., Jin, Y., Gu, C., Nie, L., & Dong, X. (2024). Feasibility of a mobile health app-based self-management program for Chinese patients with breast cancer receiving chemotherapy: A randomized controlled pilot study. *Digital health*, 10, 20552076241231560. <https://doi.org/10.1177/20552076241231560>
- Shi, N., Zhang, N., Wong, F. K. Y., Zhu, W., Lai, X., Jin, Y., Gu, C., Nie, L., Dong, X., & Wong, A. K. C.\* (2024). [Advance online publication]. Perceptions of utilizing a symptom self-management app for breast cancer patients receiving outpatient chemotherapy. *European journal of oncology nursing*, 71, 102624. <https://doi.org/10.1016/j.ejon.2024.102624>
- Sun, H. L., Chen, P., Bai, W., Zhang, L., Feng, Y., Su, Z., Cheung, T., Ungvari, G. S., Cui, X. L., Ng, C. H., An, F. R., & Xiang, Y. T. (2024). Prevalence and network structure of depression, insomnia and suicidality among mental health professionals who recovered from COVID-19: a national survey in China. *Translational Psychiatry*, 14(1), Article 227. <https://doi.org/10.1038/s41398-024-02918-8>
- Sun, H. L., Chen, P., Zhang, Q., Si, T. L., Li, Y. Z., Zhu, H. Y., Zhang, E., Chen, M., Zhang, J., Su, Z., Cheung, T., Ungvari, G. S., Jackson, T., Xiang, Y. T., & Xiang, M. (2024). Prevalence and network analysis of internet addiction, depression and their associations with sleep quality among commercial airline pilots: A national survey in China. *Journal of Affective Disorders*, 356, 597-603. <https://doi.org/10.1016/j.jad.2024.03.022>
- Sun, Y., Liu, Y., Zhu, Y., Lou, R., Luo, Y., Wang, S., Feng, Z. (2024). Risk prediction models of mortality after hip fracture surgery in the elderly: a systematic review. *Current Medical Research & Opinion* <https://doi.org/10.1080/03007995.2024.2307346>
- Tian, L., Xie, Y. J., Deng, Y., Wang, H. H. X., & Liu, Y. W. J. (2024). Women with migraine had higher progression of 10-year stroke risk than those without migraine: findings from a nested case-control study. In *Circulation* (Vol. 149 (Suppl\_1)). Article AP248 [https://doi.org/10.1161/circ.149.suppl\\_1.P248](https://doi.org/10.1161/circ.149.suppl_1.P248)
- Wang, T., Cheung, K., & Cheng, H. (2024). Death education interventions for people with advanced diseases and/or their family caregivers: A scoping review. *Palliative Medicine*, 38(4), 423-446. <https://doi.org/10.1177/02692163241238900>
- Wang, Z., Xu, X.Y., Yang, X., Wang, S., Zhou, Y., Li, Y. (2024). Effects of multicomponent exercises on cognitive function in people with mild cognitive impairment: A systematic review and meta-analysis. *International Journal of Nursing Studies*. <https://doi.org/10.1016/j.ijnurstu.2024.104843>
- Wong, K. C., Wang, S. L., So, C., Lian, J., Yan, Y., Li, H., Wu, L., Pei, H., Wang, W., & Wong, K. Y. (2024). Economic Evaluation of an Enhanced Post-Discharge Home-Based Care Program for Stroke Survivors. *Value in Health*, 27(4), 405-414. <https://doi.org/10.1016/j.jval.2024.01.012>
- Xie, Y. J., Deng, Y., Sun, Q., Yang, L., & Hao, C. (2024). Association of healthy lifestyle score with metabolic syndrome in Hong Kong Chinese women: an age-matched nested case-control study. In *Circulation* (Vol. 149(Suppl\_1)). Article AP401 [https://doi.org/10.1161/circ.149.suppl\\_1.P401](https://doi.org/10.1161/circ.149.suppl_1.P401)
- Xie, Y. J., Liao, X., Lin, M., Yang, L., Cheung, K., Zhang, Q., Li, Y., Hao, C., Wang, H. H., Gao, Y., Zhang, D., Molassiotis, A., Siu, G. K. H., & Leung, A. Y. M. (2024). Community engagement in vaccination promotion: systematic review and meta-analysis. *JMIR Public Health and Surveillance*, 10, e49695. <https://doi.org/10.2196/49695>

## Research publications (con't)

- Yang, H. L., Wang, M., Xu, Y. F., Mo, B. R., Liu, X. L., & Redding, S. R. (2024). Understanding adherence to continuous positive airway pressure in patients with obstructive sleep apnea post-stroke: A prospective study based on the Andersen model. *Nursing & Health Sciences*, 26(2), e13129. <https://doi.org/10.1111/nhs.13129>
- Yang, Q., Xie, Y. J., Yang, L., & Hao, C. (2024). Increased trunk fat and decreased limb fat linked to elevated cardiovascular risk in Hong Kong Chinese Women. In *Circulation* (Vol. 149 (Suppl\_1)). Article AP350 [https://doi.org/10.1161/circ.149.suppl\\_1.P350](https://doi.org/10.1161/circ.149.suppl_1.P350)
- Yang, Y., Guo, T., Zhao, Q., Li, Y., Cheung, T., Zhang, L., Zhu, X., Jackson, T., Li, X. H., & Xiang, Y. T. (2024). Mapping prodromal symptoms in patients with bipolar disorder: A network perspective. *Psychiatry Research*, 335, Article 115842. <https://doi.org/10.1016/j.psychres.2024.115842>
- Yeung, W. F., Chen, S. C., Cheung, D. S. T., Wong, C. K. H., Chong, T. C., Ho, Y. S., Suen, L. K. P., Ho, L. M., & Lao, L. (2024). Self-administered acupressure for probable knee osteoarthritis in middle-aged and older adults: a randomized clinical trial. *JAMA network open*, 7(4), E245830. <https://doi.org/10.1001/jamanetworkopen.2024.5830>
- Zhang, X., Ho, W. K. G., & Mak, Y. W. (2024). Effectiveness of a videoconferencing group-based dyad acceptance and commitment therapy on the quality of life of chronic heart failure patients and their family caregivers: A study protocol for a randomized controlled trial. *PLoS ONE*, 19(4). <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0298178>
- Zhang, Y., Xie, Y. J., & Deng, Y. (2024). Prolonged sitting time was associated with central obesity-related parameters among Hong Kong Chinese women: A cross-sectional study. In *Circulation* (Vol. 149 (Suppl\_1)). Article AP222 [https://doi.org/10.1161/circ.149.suppl\\_1.P222](https://doi.org/10.1161/circ.149.suppl_1.P222)

## Achievement

- *Dr Eva Ho*, Associate Professor, has been named the Kuok Group Young Scholar in Child and Adolescent Health (郭氏集團兒童及青少年健康青年學者), under the PolyU Endowed Young Scholar Scheme. The scheme provides donors with the unique opportunity to partner with the University to advance research and academic activities. The Endowed Young Scholar donation will advance our research in promotion of physical and psychological well-being of children and adolescents.



## Appointments

- *Prof. Angela Leung*, Associate Head in Research & Professor, has been appointed Associate Director of PolyU's Research Institute for Smart Ageing.
- *Dr Jed Montayre*, Associate Professor, has been appointed Editor for the *Journal of Clinical Nursing* (Journal Impact Factor: 4.2 In 2022; ranked 7<sup>th</sup> in the top 20 nursing journals, according to the Journal Citation Reports [2022] from Web of Science).
- *Dr Grace Xie*, Associate Professor has been appointed a member of the Editorial Board of *Scientific Reports* (Journal Impact factor 3.8 in 2023, according to the Journal Citation Report from Web of Science. )

## Visitors

2 May

Prof. Mark Hayter  
Head of School of Nursing and Public Health; and the delegates, Manchester Metropolitan University, UK



22 May

Mr John Yoo  
Chief Executive Officer and the delegates, Virginia University of Integrative Medicine, USA



11 Jun

Dr Yan-qun Liu  
Associate Dean & Associate Professor;  
Ms Baijie Yin  
Director, Office of Teaching and Research; & the delegates,  
Wuhan University School of Nursing, Mainland China





**11 Jun**

Dr Justina Tan  
Associate Professor  
Vice President,  
Strategic Partnership and Engagement, Singapore University of  
Social Sciences , Singapore

**12 Jun**

Prof. Min-hui Liu,  
Dean; Prof. Zhao-jun Li,  
Associate Dean;  
Prof. Chong-mei Huang,  
Director of the Office of International Cooperation, Ningxia  
Medical University School of Nursing, Mainland China



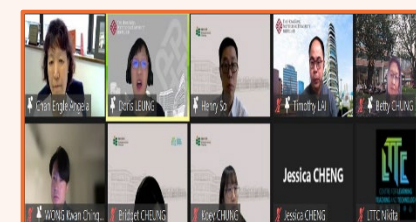
## Current Issues

**22 Mar**

Prof. Justina Liu, Professor & Associate Head (Postgraduate Education) was an invited speaker for the 3rd National Conference Clinical Reasoning, Nursing Research and Nursing Innovation Development, held in Thailand.

**3 May**

At the 'UGC Awardees' Sharing Seminar', hosted by the Education University of Hong Kong, the School's Internatoinalisation at Home (IaH) team shared how they integrated the IaH activities in the nursing subjects to nurture students' inter-cultural awareness and sensitivity.



Members of the IaH team, [top row, from left]: 1<sup>st</sup>, Prof. E Angela Chan, Associate Head & Professor; 2<sup>nd</sup>, Dr Doris Leung, Associate Professor; 4<sup>th</sup>, Mr Timothy Lai, Associate Professor of Practice; 5<sup>th</sup>, Dr Betty Chung, Assistant Professor of Practice; [bottom row]: 1<sup>st</sup> from left, Dr Arkers Wong, Associate Professor.

**May**

The School's mental health clinical education team organised several visits for our mental health nursing students. At a visit to the Mind Space, Castle Peak Hospital, 75 year-one students learnt more about the development of psychiatric hospitals and services and experienced hallucinations, a symptom of a psychosis-related disorder, through virtual reality simulation (Photo 1).



The visit to the Siu Lam Psychiatric Centre, a high-security prison, enriched 67 senior-year students' knowledge on forensic mental health services and they gained information on working at the correctional facilities (photo 2). The visit to the "Human Library", which was run by the Alliance of Ex-mentally Ill of Hong Kong (香港精神康復者聯盟) allowed 76 year-one and year-two students to interact with a group of mentally ill people in recovery to develop empathy and awareness of social stigma in the society (photo 3)



12-15 May

Prof. Angela Leung, Associate Head (Research) & Professor, delivered an opening remarks and a keynote speech about 'Collaborative Actions in Health Literacy in Asia' at the 10<sup>th</sup> AHLA (Asian Health Literacy Association) International Health Literacy Conference in Vietnam. She also chaired the General Assembly Meeting of the AHLA, which was held during the conference period.

24 Jun

The School hosted the flag-raising ceremony

25 Jun

Dr Phyllis Pang, Clinical Associate, was among the three PolyU teachers invited to share the experience in developing and teaching a Service-Learning course for the Higher Education: Teacher Development Course, offered by PolyU's Service-Learning and Leadership Office. In the sharing, she also talked about her personal growth as a Service-Learning teacher to the teachers from higher education institutions in Hong Kong, the Philippines, Malaysia and Vietnam.

18 May

Prospective students attended the School's information seminars and consultation sessions on the JUPAS Consultation Day to prepare for admission at PolyU.

23 May

Dr Yan Li (2nd from left), Assistant Professor (Presidential Young Scholar), visited the Guangdong Mental Health Center to discuss research collaboration opportunities with the Center Director, Prof. Fu-jun Jia (4th from left).

3-4 Jun

Prof. Janelle Yorke, (Chair Professor of Nursing and Head of the School) [2<sup>nd</sup> from left] and Dr Shanshan Wang (Assistant Professor) [1<sup>st</sup> from left] visited Nanjing Medical University, Nanjing University of Chinese Medicine, and Jiangsu Provincial People's Hospital in Nanjing to discuss plans for collaboration. Earlier in May, Dr Shanshan Wang, conducted a workshop on how to develop a research programme and provided consultation sessions at the School of Nursing, Ningxia Medical University, Mainland China.

15-19 Jul

The International Nursing Scholarship for Pre-PhD in Research Excellence (INSPIRE) programme was held. The programme aimed to prepare high calibre students to study a PhD programme at the School and encourage future cross-institutional collaborations.

Thirteen pre-PhD candidates from Mainland China, Vietnam, India, the Philippines and Ethiopia, attended the programme, in which they presented their previous research experience and preliminary research ideas and received feedback from our scholars.

23 & 25 Jul

Sixty students who joined the Faculty hosted PolyU Residential Summer Camp visited the School's laboratories to learn about the Virtual Hospital and our simulated learning



17 Jun

The School signed the Memorandum of Understanding (MoU) with the College of Nursing, University of the Philippines Manila to facilitate further collaboration in research, student and faculty exchange, and consultancy services, etc.



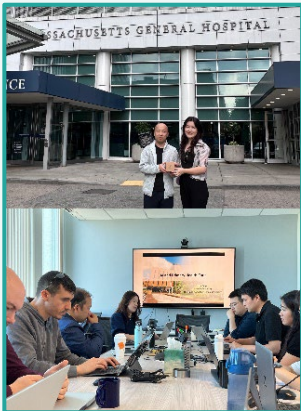
31 Jul

The orientation cum networking night was held to allow new students on the Master of Science in Nursing programme to connect with our faculty members, senior year students and alumni and learn more about the programme as they began their studying journey.



Jun - Jul

Dr Yang Lin, Associate Professor, was a visiting scholar in the Harvard Medical School Massachusetts General Hospital and she paid a visit to the T.H.Chan School of Public Health.



Jul to Aug

Eight-five<sup>^</sup> nursing students exchanged to 12 institutes around the world to learnt more about nursing services and practice in other places. Nearly 60<sup>^</sup> students exchanged to PolyU and experinced different styles of teaching and learning, as well as the hustle and bustle of Hong Kong's hospitals.



<sup>^</sup>including those students who joined the exchange programme sponsored by Project Empadurance.



Lower photo: Students exchanged to PolyU and immersed in the Virtual Hospital experience.

25-28 Jul

Dr Justina Liu, Professor & Associate Head (Postgraduate Education), and Dr Arkers Wong, Associate Professor, were inducted into the International Nurse Researcher Hall of Fame and awarded the Emerging Nurse Researcher/Scholar at the 35<sup>th</sup> International Nursing Research Congress of Sigma Theta Tau International Honor Society of Nursing, held in Singapore.



Photo 1: Dr Justina Liu (right) was inducted into the International Nurse Researcher Hall of Fame.  
Photo 2: Dr Arkers Wong (2<sup>nd</sup> from right) was among the other four Emerging Nurse Researchers/Scholars honoured by Sigma.

## Seminars



2 May

Topic:  
**Publishing for impact in relation to RAE**

Speaker:  
**Prof. Mark Hayter**  
Head of School of Nursing and Public Health Manchester  
Metropolitan University, UK

20 May

Topic:  
**Research translation with impact: a case study in creating local research partnerships with health services**

Speaker:  
**Prof. Don Nutbeam**  
Executive Director, Sydney Health Partners; Professor of Public Health, School of Public Health, The University of Sydney, Australia



28 May

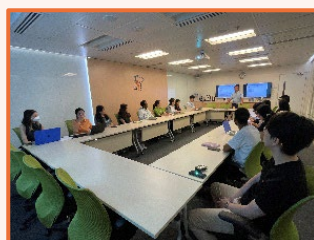
Topic:  
**Integrating Arts & Humanities with Nursing Science**

Speaker:  
**Prof. Alex Molasiotis**  
Pro Vice-Chancellor and Dean  
College Arts, Humanities and Education, University of Derby, UK

30 May

Topic:  
**How to get published in Q1 journals**

Speaker:  
**Prof. Alex Molasiotis**  
Pro Vice-Chancellor and Dean  
College Arts, Humanities and Education, University of Derby, UK



30 Jul

Academic exchanges to advance nursing scholarship in the international context

Topic:  
**An analysis of the nursing organizations in Europe**

Speaker:  
**Prof. Alessandro Stievano**  
Research Coordinator, Centre of Excellence for Nursing Scholarship of OPI\* Rome, Italy; Professor, University "Our Lady of Good Counsel" Tirane, Albania; Tor Vergata University, Rome, Italy; Unicamillus University Rome, Italy

Topic:  
**The Centre of Excellence for Nursing Scholarship in Italy**

Speaker:  
**Prof. Gennaro Rocco**  
Director, Centre of Excellence for Nursing Scholarship-OPI Rome, Italy



*Prof. Gennaro Rocco (left) and Prof. Alessandro Stievano (right).*

\* Regulatory Authority for the Nursing Professions in Italy.



*Ms Sylvia Fung (4<sup>th</sup> from left), former Chief Nurse Executive of Hong Kong Hospital Authority (2008-2012) was among the participants of the seminar.*