

COVER STORY

Retreat ends with new perspectives on leadership and team building

The School held a retreat from 5-6 December 2017 at InterContinental hotel in Shenzhen. Major topics including training and monitoring of Research Student Supervisors, Clinical Supervisors and Preceptors; assessment of students on clinical placements; co-supervision of Research Students – roles and responsibilities of Chief and Co-Supervisors; ways to improve communication between SN and clinical partners were discussed.

Our colleagues and research students raised new ideas and concerns for further action. Team building activities were organised in the second day of the retreat to energise the participants. The participants engaged in the Trust Fall exercise team members to perform exercises or dancing.

The team building activities bonded all participants together, and enabled the participants to reflect how to create a workplace with trust and team spirit. All teams demonstrated their abilities to work together creatively and efficiently to solve problems.

The retreat discussions were summarised for follow-up actions.



- ▶ Prof. Valimaki and Mr Edmond Tong introduced the topics to kick off the discussions.



- ▶ Staff members experienced how it felt to trust and be trusted in the Trust Fall exercise.



Team building activities to explore leadership in a group (left photo) and staff members expressing their appreciation to each other.

SN staff excelled on the 3rd Hong Kong Innovation Day

Dr Harry Qin, Assistant Professor of the School, won the champion on the 3rd Hong Kong Innovation Day and Innovation Awards Competition, for the project titled “High-Fidelity and Real-time 3D/4D Ultrasound Visualization System via Advanced Image Denoising and Volume Rendering”.

Hosted by the School, the 3rd Hong Kong Innovation Day and Innovation Awards Competition was held on 22 November 2017 on PolyU campus. The event provided a platform for innovators to showcase their innovations in healthcare. This year, the School’s Hong Kong Innovation Academy invited healthcare institutions from the public and private sectors, universities and colleges, entities and small private enterprises from Hong Kong and the Pearl River Delta Region of Mainland China to submit their contributions regarding the solutions, discoveries and innovations in medical and healthcare sciences. Ten entries were shortlisted to compete for the Innovation Awards.

Dr Harry Qin will attend the Global Healthcare Innovation Day (held in Hong Kong, 2018) as a representative of Hong Kong to compete with other champions from different parts of the world for the Innovation for Health Award of Excellence.

Other results of the Innovation Awards of the 3rd Hong Kong Innovation Day:

First Runner-up

Project Title: **Use of Silicone Cannulation Model to Enhance Patient Safety in Extracorporeal Life Support Service**

Project Leader: *Mr Peter Chi-keung Lai, Queen Mary Hospital, Hospital Authority*

Second Runner-up

Project Title: **Preventing False Marker Incidence in General Radiography by Computer Vision Technology**

Project Leader: *Mr Hon-fung Tse, Pok Oi Hospital, Hospital Authority*

Audience Favourite Award

Project Title: **A Splicer with Controllable Multi-Function Drainage Tube**

Project Leader: *Ms Vicky Jingwen Liang, Guangzhou Women and Children’s Medical Center*



► Champion, Dr Harry Qin (5th from right).

Projects received external funds

Two projects received external research grants in December, with details as follows:

Project Title	PI	Funding Scheme	Total Grant (HK\$)
Partnership with the Community to Improve the Psychosocial Well-being of People with Dementia or Mild Cognitive Impairment, and their Caregivers with Music Interventions: An Effectiveness-Implementation Cluster Randomized Clinical Trials	Dr Daphne Cheung	Ho Cheung Shuk Yuen Charitable Foundation	1,354,502
An Enhanced Post-discharge Home-based Care Program (EHP) to Improve the Quality of Life for Stroke Survivors in Harbin China: A Randomized Controlled Trial	Prof. Frances Wong	T.S. Lo Foundation	250,000

Projects received PolyU/ Faculty grants

- **Dr Eliza Wong** (PI) has obtained a PolyU Start Up Fund of HK \$ 400,000 for the research project entitled “ Integrating E-Health Technology into a Life Style Intervention Programme on Exercise Behavior, Depression and Quality Of Life in Soon-To-Be Aged Adult with Metabolic Syndrome –A Feasibility Study”.
- **Dr Rick Kwan** has obtained a PolyU New Staff Startup Fund of HK\$ 400,000 for the research project entitled “The Use of Persuasive Technology to Promote Moderate-Vigorous Physical Activity (MVPA) through Habitual Brisk Walking in The Free-Living Environment of the Older People with Mild Cognitive Impairment (MCI): A Feasibility Study”.
- **Prof. Wai-tong Chien** (Co-PI; Faculty Collaborative Research Scheme between Social Sciences and Health Sciences) has obtained the Dean’s Reserve of an amount of HK\$ 250,000 for the project titled “A Peer-to-Peer Online Sharing Platform of Chinese Research Instruments in Health and Social Sciences” (January 2018- June 2020).
- **Dr Zenobia Chan** has received the grant of HK \$300,000 from the Faculty Collaborative Research Scheme between Social Sciences and Health Sciences, The Hong Kong Polytechnic University, for the project entitled “Understanding positive youth development among the ethnic minority adolescents in Hong Kong: Using a mixed-method approach.”

Research Themes & Centres Update

Ageing and Health



Professor Tara Cortes visited CGN

Prof. Tara Cortes, the Executive Director of the Hartford Institute for Geriatric Nursing, and a Professor in Geriatric Nursing at the New York University College of Nursing, visited the CGN and contributed to the Centre’s research development.

During her visit, Prof. Cortes highlighted the important clues to write a good proposal to obtain research grants, and she reviewed the draft proposals from the CGN members.

CGN Members and local practitioners also attended Prof. Tara Cortes’s seminar “Nurses Specialized in Geriatrics /Gerontology: Preparation and Opportunities” on 30 November 2017. The CGN members and Prof. Tara Cortes shared the differences in practice regarding gerontological nursing between Hong Kong and the US.



Family and Community Health



Certificate Course of Infectious Diseases and Infection Control for Health Care Professionals 2018

The Centre kicked off the “Certificate Course of Infectious Diseases and Infection Control for Health Care Professionals 2018” in January. The course, delivered by over 40 distinguished speakers, has attracted over 57 participants from a wide range of health care disciplines, including nursing, medicine, physiotherapy and occupational therapy.

This year, the programme is expanded to three modules to include important topics such as emerging and re-emerging diseases, outbreaks of infectious disease, tropical diseases and the global crisis of antimicrobial resistance.

Module one aims to facilitate the understanding of the aetiology, transmission mechanisms and pathogenesis of common infectious agents in healthcare settings and the community. Module two enhances students’ awareness of infection control concepts and current guidelines on infection prevention and control. Module 3 addresses advances in infectious disease prevention and includes topics such as: handling weapons of mass destruction; simulation training for infectious-disease nursing; mathematical modelling for infection control; and research in infection control and infectious disease prevention. The course lasts for five months and an examination will be held in May 2018.



World Health Organization Collaborating Centre
for Community Health Services
世界衛生組織社區健康服務合作中心

Frontiers in HIV/AIDS Prevention and Treatment Seminar

The School’s WHO CC collaborated with the Community Health Organization for Intervention, Care and Empowerment to organise the Frontiers in HIV/AIDS Prevention and Treatment seminar to commemorate the World AIDS Day 2017. The event was officiated by Ms Amakobe Sande (UNAIDS, China). The keynote speakers included Dr Naoko Ishikawa (WPRO, WHO), Dr Jeremy Ross (TREAT Asia). Local HIV experts highlighted the latest advancements in AIDS prevention and treatment.



Mental Health Care

International visits

Dr Jacqueline Sin, (PhD, FHEA, RNT, RMN) NIHR Post-Doctoral Research Fellow, Population Health Research Institute, St George's, University of London, visited the Mental Health Research Team between 11 and 15 December 2017.

Prof. Maritta Valimaki visited the Harvard University, School of Public Health, from 13-15 November, 2017 for research work.



Research Publications

- Bressington, D.T., Wong, W.K., Lam, K.K.C. & Chien, W.T. (2018). Concept mapping to promote meaningful learning, help relate theory to practice and improve learning self-efficacy in Asian mental health nursing students: a mixed-methods pilot study. *Nurse Education Today*, 60, 47-55. doi: 10.1016/j.nedt.2017.09.019
- Chan, A.H.L., Wong, S.Y.S. & Chien, W.T. (2018). A prospective cohort study of community functioning among psychiatric outpatients. *Psychiatry Research*, 259, 125-134. doi: 10.1016/j.psychres.2017.10.019
- Kurki, M., Anttila, M., Koivunen, M., Marttunen, M., & Välimäki, M. (2017). Nurses' experiences of the use of an internet-based support system for adolescents with depressive disorders. *Informatics in Health and Social Care* 2017; 31:1-14. doi: 10.1080/17538157.2016.1269110
- Li, Y., Bressington, D. & Chien, W.T. (2017). Systematic review of psychosocial interventions for people with spinal cord injury during inpatient rehabilitation: implications for evidence-based practice. *Worldviews on Evidence-based Nursing*, 14(6), 499-506. doi: 10.1111/wvn.12238
- Lloyd, J., Välimäki, M. & Ho, G. (2017). Video games for schizophrenia (Protocol). *Cochrane Database of Systematic Reviews* 2017, 10. Art. No.: CD012844. doi: 10.1002/14651858.CD012844
- Ng, C.F. Luke, S., Yee, C.H., Leung, S.C., Teoh, J.Y.C., & Yuen, J. (2017). Extracorporeal shockwave lithotripsy could lead to a prolonged increase in renal fibrotic process of up to 2 years, *Journal of Endourology*, doi: 10.1089/end.2017.0684
- Ng, C.F., Luke, S., Yee, C.H., Chu, W.C.W., Wong, K.T., & Yuen, J.W.M. (2017). A prospective randomized study investigating the effect of different kidney protection treatment protocol on acute renal injury after extracorporeal shockwave lithotripsy, *Journal of Endourology*, 31: 57-65.
- Pekurinen, V., Välimäki, M., Virtanen, M., Salo, P., Kivimäki, M. & Vahtera, J. (2017). Organizational justice and collaboration between nurses as correlates of violent assaults by patients in psychiatric care. *Psychiatric Services* 2017, 1, 68(5):490-496.
- Pekurinen, V., Willman, L., Virtanen, M., Kivimäki, M., Vahtera, J. & Välimäki, M. (2017). Patient aggression and the wellbeing of nurses: a cross-sectional survey study in psychiatric and non-psychiatric settings. *International Journal of Environmental Research and Public Health* 2017, 18;14(10). pii: E1245. doi: 10.3390/ijerph14101245
- Vähäniemi, A., Warwick-Smith, K., Hätönen, H. & Välimäki, M. (2018). National evaluation of community-based mental health strategies in Finland. *International Journal for Quality in Health Care* 2018. doi: 10.1093/intqhc/mzx166
- Välimäki, M., Anttila, K., Anttila, M. & Lahti, M. (2017). Web-based interventions supporting adolescents and young people with depressive symptoms: systematic review and Meta-Analysis. *Journal of Medical Internet Research* 2017, 5(12):e180. doi: 10.2196/mhealth.8624
- Välimäki, M., Kannisto, K., Vahlberg, T., Hätönen, H. & Adams, C.E. (2017). Short text messages to encourage adherence to medication and follow-up for people with psychosis (Mobile.Net): randomized controlled trial in Finland. *Journal of Medical Internet Research* 2017, 12, 19(7):e245. doi: 10.2196/jmir.7028
- Yuen, J.W.M., Tsang, W.W.N., Tse, S.H.M., Loo, W.T.Y., Chan, S.T., Wong, D.L.Y., Chung, H.H.Y., Tam, J.K.K., Choi, T.K.S., & Chiang, V.C.L. (2017). The effects of Gua sha on symptoms and inflammatory biomarkers associated with chronic low back pain: a randomized active-controlled crossover pilot study in elderly, *Complementary Therapies in Medicine*, 32: 25-32.

Current Issues



The Assessment Team: (Front row, from left :Ms Helena Li, Dr Marcus Chiu, Ms Alice Sham, Dr Eva Dunn, and Ms. Phyllis Pang).

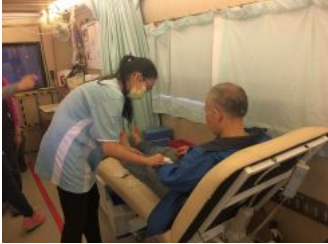
(11 Nov 2017)

- ▶ Ms Phyllis Pang was invited to participate in the assessment exercise for Hong Kong Academy of Nursing.



(2-3 Dec 2017)

- ▶ The School showcased its innovative services, organised health booths, talks and laboratory tours on the PolyU 80th Anniversary Open Day (bottom photo: visitors explored the health assessment and education service at MIHC).



(7 Dec 2017)

- ▶ The senior management of the School attended the PolyU 80th Anniversary Celebration Dinner.



(8 Dec 2017)

- ▶ CGN collaborated with the Hong Kong Society for Rehabilitation, the Institute of Active Ageing, the Helping Hand, Hong Kong Association of Gerontology, Sau Po Centre on Ageing, Asian-Pacific Institute of Ageing, and Hong Kong Lingnan University to organise the 6th Cross-Border Elderly Care Seminar themed “The Opportunities of Cross-border Medical Services under Cross-border Elderly Care”.



(9-10 Dec 2017)

- ▶ A mental health promotion event “From Hopeless to hopeful” was co-organised by the School of Nursing, Rotary Club of Mid-level and the Christian Family Service Centre at PolyU. The event included exhibitions, workshops and talks to promote adolescent mental health.



(15 Dec 2017)

- ▶ A total of 129 Honorary Clinical Instructors from 19 hospitals attended the School’s Honorary Clinical Instructor Orientation Workshop (General Nursing).



(20 Dec 2017)

- ▶ A Christmas celebration lunch was held. The highlight of the event was a lucky draw, and we had a wonderful gathering.



(Dec 2017)

- ▶ Dr John Yuen and Mr Ego Ho attended the edX Global Forum 2017 at Whistler (BC, Canada). PolyU has announced to be the first Asian university (number 15th in the world) joining the University Advisory Board of edX as a contributing charter member.



(13 Jan 2018)

- ▶ The School organised information seminars to promote the MSc in Nursing, Master of Nursing and MSc in Disaster Management programmes on the PolyU Info Day for Taught Postgraduate Programmes.

(25 Jan 2018)

- ▶ The School organised the “Healthy Families Healthy Minds” workshop for parents with primary school children. The workshop aimed to help parents establish harmonious parent-child communication and prevent mental health issues of their children.

Seminars

Date	Topic	Speaker	
2017			
21 Nov	<u>Seminar:</u> Tin Ka Ping Scholar Sharing Seminar	<ul style="list-style-type: none"> Ms Xiao Shuqin, Associate Professor, School of Nursing, Capital Medical University; Ms Zhang Lijuan, Teaching Assistant, School of Nursing, Liaoning University of Traditional Chinese Medicine 	
29 Nov	<u>Workshop:</u> Grant Writing Workshop	Prof. Tara Cortes Executive Director, Hartford Institute for Geriatric Nursing & Professor in Geriatric Nursing, New York University College of Nursing	
30 Nov	<u>Seminar:</u> Nurses Specialised in Geriatrics/Gerontology: Preparation and Opportunities	Prof. Tara Cortes	
30 Nov	<u>Seminar:</u> Home-Based HIV Self-Testing with Online Real-Time Counseling - An Innovative and Effective Means to Improve Coverage of HIV Testing in Community Setting	Dr Zixin Wang Research Assistant Professor, The Chinese University of Hong Kong	
2018			
12 Jan	<u>Seminar:</u> Novak's Concept Mapping for Teaching and Research - A Practical Workshop	Dr Daniel Bressington Assistant Professor, School of Nursing, The Hong Kong Polytechnic University	
19 Jan	<u>Seminar:</u> The MOOC Journey of PolyU & Possibilities in SN	Dr John Yuen Associate Professor, School of Nursing, The Hong Kong Polytechnic University	

Staff

- *Dr Zenobia Chan* has been nominated by the Faculty to be the member of the Working Group on Subject Quality Assurance (WGSQA), Learning and Teaching Committee, PolyU.
- *Prof. Wai-tong Chien* has taken up the position as a member of International Scientific Advisory Panel for Royal College of Nursing (RCN) International Nursing Research Conference 2018. In PolyU, he has been appointed as Associate Dean, FHSS (effectively from 1 October 2017) ; Chairperson, Faculty Research Committee, Faculty of Health & Social Sciences (effectively from 1 October 2017); Member of the Ethics Committee (1 July 2015 – 30 June 2019) ; and Member of the Academic Appeals Committee (1 July 2016 – 30 June 2018).
- *Dr Daniel Bressington* was appointed as Associate Editor for Nursing Open (John Wiley & Sons) in December 2017.
- *Dr John Yuen* has been appointed as Member (Scientific Advisor) of the Promotion Sub-committee, Health Care and Promotion Committee, Health Care and Promotion Scheme (HCPS) under the Health and Medical Research Fund (HMRF), Research Council of Food and Health Bureau, The HKSAR Government to provide advice and recommendations with regard to funding, monitoring and assessment of the outcomes of approved health promotion projects. The appointment period is from 1 Sep 2017 – 31 July 2018.

We are proud of our students. A team of students under *Dr Rick Kwan's* supervision were selected to present their final year study in the outstanding paper presentation section at the 24th Annual Congress of Gerontology. The title of their paper is "The Association between Mediterranean Diet and Frailty in Community-Dwelling Older People in Hong Kong: A Preliminary Result of an Ongoing Cross-Sectional Study".

Staff Movement

Welcome to *Mr Chung-kwan Law*, who joined the School as Assistant Information Technology Officer on 30 December 2017; *Dr Jingyu Tan*, who joined us as Postdoctoral Fellow on 8 January.

Farewell to *Dr Regina Lee*, Associate Professor; *Dr Yeung-tsz Kwok*, Advanced Practice Nurse; *Ms Mabel Lee*, Technical Support Assistant; *Mr Tsz-chun Leung*, Executive Assistant. We thank them for their contributions during their time with us.

Students

Nursing Departmental Society

(6-11 Nov 2017)

NDS helped members order ward equipment to facilitate student practice before placement.

A variety of products were also designed for members to order, these included hoodies, black and white T-shirts, bags, ward books, etc.

(30 Dec 2017)

NDS organised an annual ball, which attracted nursing students from different colleges to join. Participants enjoyed a night of dancing and live music.



Alumni

(21 Oct 2017)

Alumni Association of Nursing Studies (AANS) and the Federation of PolyU Alumni Association held an eye check up event "Vision of Love" to promote eye health to elders.



(22-26 Oct 2017)

AANS held a cultural visit to Korean Social Welfare Centers (Samsung Noble County & Jongno Senior Welfare Center). The social welfare centers aim at promoting good quality of life and social life interaction for the elderly.



(3 Dec 2017)

Members of AANS joined the "8 x 80 Cycling at PolyU 80th Anniversary Open Day. Earlier in November, four alumni members volunteered to provide first aid service to the participants who took part in the cycling ability test.



(7 Dec 2017)

AANS joined the PolyU 80th Anniversary Celebration Dinner in Hong Kong Convention and Exhibition Centre.

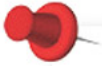


(12 Dec 2017)

AANS held the 22nd Annual General Meeting. AANS has more than 600 life members and a 170% life membership growth was recorded in 2017.



Visitors



Date : 7 Dec 2017

Institution / Organisation : Okayama Prefectural University

Country : Japan

Visitors : Dr Hideyuki Ito
Dean of Health and Welfare Science Faculty;
Dr Mieko Yamaguchi Former
Dean of Nursing Science Department;
Dr Sachiko Takahashi
Professor of Nursing Science Department;
Dr Rie Ikeda
Associate professor of Nursing Science Department;
Mr Junji Abe
Director of International Exchange Centre;



Date : 11 Dec 2017

Institution / Organisation : Jiangsu Vocational College of Medicine
江蘇醫藥職業學院

Country : Mainland China

Visitors : A group of nursing students



Student received innovation award

Ms Wing-lam Lui, a year three student on the BSc in Nursing programme (53455), was granted the Innovation and Technology Scholarship Award 2017 (創新科技獎學金計劃), which is established by the Hong Kong Federation of Youth Groups (香港青年協會), Innovation and Technology Commission (創新科技署) and HSBC. She was the second nursing student of the School who received the honour. With the scholarship of a cash amount up to HK\$150,000, Wing-lam went to Johns Hopkins University in the USA to study two summer courses in last July. Let's hear her experience at Johns Hopkins.

What courses did you take at Johns Hopkins?

I studied two summer courses: Mind, Brain, Beauty and Techniques in Molecular Biology at Johns Hopkins. The former was about neuro-science and our visual and auditory systems. It examined how the neurons in the brain are transmitted while we are listening to music and explored how music and visual art affect our perception and evoke our emotional responses. The second course provided students hands on laboratory experience, which allowed me to apply the microbiology knowledge I gained from PolyU to conduct experiments. For example, I performed DNA protein extraction and the ELISA, a technique that aims at finding out the source of infection.

What was the difference in teaching and learning between PolyU and Johns Hopkins?

At Johns Hopkins, teachers did not distribute notes or power-point files, and student participation and involvement were encouraged. Compared with PolyU, the classes at Johns Hopkins were more interactive and students actively engaged in classes. Students raised hands and asked questions in the middle of the lecturer, and they were willing to come to the front to discuss their ideas with the teacher.

What was the most inspiring learning experience?

At the end of the "Mind, Brain, Beauty" course, students had to submit a research project proposal. My proposal examined how does music therapy alleviate anxiety and pain of cancer patients. This assignment gave me a unique opportunity to integrate my knowledge to write my own argument and hypothesis, and to propose the experiment. I learn much more about research.

What have you gained from the learning at Johns Hopkins?

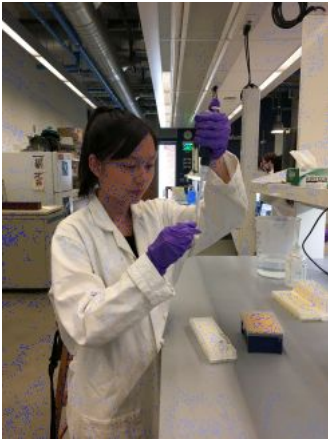
The "Mind, Brain, Beauty" course was about the psychological experience of humans. The exploration of visual art, music and perception has given me new insight into the use of artwork as a tool for expressing our emotions and adjusting our mental state. Nursing is about the wellness of patients in both physical and psychological health. I believe that the use of music and artwork are good approaches for caring patients. The conducting the experiments in the "Techniques in Molecular Biology" course has widened my horizon and made me realise that engaging in laboratory work can help resolve global health problems, such as the problem of virus resistance.

How did the learning at Johns Hopkins help you for your future career plan?

I have been inspired by a professor at Johns Hopkins, who shared her story about giving up medicine study for neuro-science. Her story made me understand that we can create new knowledge, and contribute to health care and patients' wellness beyond hospitals. The learning experience at Johns Hopkins has given me a clear direction of the future, and I would like to engage in laboratory or research work.

If there is an opportunity, I will go overseas to study a master's course in infection control or a research-related master degree. I hope that in the future, I can apply new biotechnology knowledge in caring of patients and enhance their wellbeing.





▶ Performing experiments in the lab.



▶ Visited the Inner Harbor during the weekend.



A photo with the instructor of the “Mind, Brain & Beauty”, Monica Lopez-Gonzalez, who is a cognitive scientist and multidisciplinary artist.
▶

Student attending MSF sharing on “Humanitarian people and things”

Five student leaders from the Service-Learning subject (SN2S03-A) and Self-Initiated Project (2016-17), attended a sharing session by the Medecins Sans Frontieres (MSF) on “Humanitarian people and things” (救援人 救援事) on 24 Nov 2017. The event was organised by the Institute of Active Ageing, PolyU.

The Sharing of Prof. Vincent Lee and Dr Shannon Chan of the MSF have inspired our students and made them more aware of their preparation if they plan to participate in humanitarian service after graduation.



Sharing by the student leaders

“Thing that is easily accessible in Hong Kong is not always granted in South Sudan, particularly the medical facilities and healthcare professionals. With the creativity and determination of Dr Chan and her team members, they overcame the seemingly insurmountable challenges in South Sudan, including the lack of anesthetic drugs for delivery and infection control before performing operation for a infectious patient, etc. I realised that creativity and flexibility are important in managing medical challenges. The most impressive part of the sharing was about the empowerment of the local young doctors by Dr Chan. The local people did not just passively receive the service, they also learnt from the service. I think the ultimate goal of the service is to equip the local people with knowledge and skills and it is the key for a community to change and sustain a change.” Tang Wing Yee (53455-4)

“Medical professionals always need to uphold the principle of equity and treat patients regardless of their background, religious belief, races and standpoint. Dr Chan from the MSF shared some insights on this point. All people coming into their hospitals will be treated, even they are on the enemy side. She also shared with us how to treat patients with limited resources, perform surgery under limited electricity and her determination to treat a baby with an absence of anus. Their selfless dedication has inspired me to be a medical professional with head and heart. Working in a harsh environment is not easy and I sincerely appreciate their dedication to humanitarian work. Being a worker for humanitarian service is my dream too as I always believe that we live on the same globe and we have the obligation to help those in need. The sharing by Dr Chan has empowered me to work hard and fulfill my dream in the future.” Leung, Sin Tung (53455-5)

“I attended a talk about the sharing of working experiences as an engineer and a doctor in Afghanistan and South Sudan respectively. It gave me some insight into the outside world and an opportunity to reflect myself. The talk was useful and informative. The engineer has limited medical based knowledge, but still contributed a lot by providing the best environment for the medical team and the patients. This has inspired me that even though I am studying a medical-related programme, which is not widely applicable in underdeveloped countries, there must be a chance for me to serve those communities in need in the future. In addition to the difficulties described by the doctor in South Sudan, I learnt more about the main differences of working settings between Hong Kong and the developing countries. I hope that in the later stage of my life, I can integrate this learning with my own experience in services in Cambodia and put further effort in the communities.” Chan Cheuk Him (55403-4)