

## COVER STORY

### Retreat ended with new suggestions on supervision and fantastic cocktail making

The School held a retreat on 5 December 2018 at Hong Kong SkyCity Marriott Hotel. Major topics for discussion included Training & Monitoring Research Student Supervision and Clinical Supervision; Team Building, Staff Development and Communications.

Our colleagues and research students raised new ideas for further action. A full body fitness session was organised to deliver the message of the importance of maintaining physical and mental well-being to all staff and research students.

Two concurrent forums were held in the afternoon. **Prof. Alex Molasiotis** and **Prof. Maritta Valimaki** gave a brief introduction of the School's strategy and progress in the preparation of the RAE 2020, and research track staff members discussed the internal review process for the applications of GRF/ECS/HMRF/HCPS. They also talked about how to promote the School's research and ways to increase the impact of research. Led by **Prof. Alice Yuen Loke** and **Dr E. Angela Chan**, teaching/clinical staff members discussed teaching innovation for enhancing student engagement and how to further improve teaching quality and effective learning.

This year, the team building activity was cocktail mixing. Participants formed into groups and one representative from each group learnt how to make cocktails and taught group members the skill to create a glass of colourful cocktail together. The activity created bonding among all participants, and our colleagues and research students enjoyed making the delicious drinks.

The retreat discussions were summarised for follow-up actions.



▲ Prof. Maritta Valimaki (left) and Mr Edmond Tong (right) reviewed what had been done and invited participants to give suggestions on training and monitoring of research student supervision and clinical supervision.



▲ Fitness time-Let's move your body!



▲ Two concurrent forums were held in the afternoon.



▲ Poured the fruit punch from the cocktail shaker into the glass and added the garnish. Cheers!

## The Asia Pacific Emergency and Disaster Nursing Network (APEDNN) Annual Conference 2018

As the Co-Secretariat of APEDNN, the School and the Faculty of Nursing, Mahidol University, Thailand, jointly organised the Asia Pacific Emergency and Disaster Nursing Network (APEDNN) Annual Conference 2018, on 15 to 16 November 2018, in Siem Reap, Kingdom of Cambodia. The Ministry of Health, Kingdom of Cambodia, was the co-organiser of this conference.

With the theme “Disaster Capacity and Resilience Building: Nursing Contributions”, the conference provided a unique regional platform for sharing vision on emergency and disaster nursing, exchanging new ideas, and strengthening collaborations and networks.

**Prof. Alex Molasiotis**, Head of the School, and Advisor of the APEDNN; Prof. Yajai Sittimongkol, Dean, Faculty of Nursing, Mahidol University, Thailand, and Advisor of the APEDNN; and HE Prof. Thir Kruey, Secretary of State, Ministry of Health, Kingdom of Cambodia, delivered the opening remarks to kick off the conference.

In the two day conference, speakers led the participants to review the role of nurses in disasters, to explore how to develop nursing curricula and training programmes for nurturing resilience-oriented nursing professionals, and to find ways to enhance capacity building in disaster management. Topics such as Psychosocial Distress of Disaster Responders; Climate Variability and Health Resilience were covered. An expert panel discussion on capacity and resilience building was held to give participants different perspectives and in-depth understanding of the theme.

**Prof. Alice Yuen Loke**, Professor and Associate Head of the School of Nursing, and Co-Secretariat of the APEDNN; Dr Orapan Thosingha, Head, Department of Surgical Nursing, Faculty of Nursing, Mahidol University, Thailand, and Co-Secretariat of the APEDNN; HE Dr Vandine Or, Director General of Technical General Department, Ministry of Health, Kingdom of Cambodia, delivered the closing remarks marking the finish of another successful conference.



▲ Prof. Alex Molasiotis delivered a welcoming speech at the opening ceremony (left photo). Prof. Alice Yuen Loke delivered the closing remarks at the closing ceremony.



▲ Dr Elizabeth Iro (Chief Nursing Officer, WHO) delivered a speech at the conference.



▲ Dr Sunshine Chan and Dr Sijian Li were honoured with the Long Service Awards in appreciation of their 10 years of dedicated service to APEDNN.



▲ PolyU staff members and students attended the conference.



▲ Over 100 participants from 11 countries/cities participated in the conference.

## Inaugural Ceremony of the Hong Kong Office of the Asia Health Literacy Association

The inaugural ceremony/seminar of the Hong Kong Office of the Asia Health Literacy Association (AHLA) was held on 14 January 2019.

**Prof. Alex Molasiotis**, Head of the School, gave a welcoming address to kick off the event. The inaugural ceremony was officiated by Prof. Alex Molasiotis, Prof. Terence Ming-Che Tsai (Immediate Past President, Asia Health Literacy Association; Dean/Professor, College of Medicine, Chung Shan Medical University, Taiwan), and **Dr Angela Leung**, Founding member, AHLA Hong Kong Office.

Prof. Terence Ming-Che Tsai was invited to give a congratulatory remarks and presented the Health Literacy Leadership Award. Prof. Don Nutbeam, Professor of Public Health, School of Public Health, University of Sydney, gave the keynote speech. Five seminar sessions and a round-table meeting were held following the keynote speech.

The Hong Kong office of the AHLA aims to improve health literacy skills and promote a better understanding and utilisation of health literacy strategies among health professionals to reduce health inequalities.

The HK Health Literacy Core Team of the Office is mainly consisted of academic scholars from local universities. A MPhil student and a PhD student of SN PolyU also join the team. Members work together to discuss current health literacy issues, research and practices, and collaboratively conduct projects and advocate for implementation of health literacy research findings into practice.

The Hong Kong office is open to patients, researchers, health educators, health professionals, policy makers, non-governmental organizations, media personnel and everyone who are interested in or passionate about health literacy.



▲ The officiating Guests of Honor, Prof. Don Nutbeam (6<sup>th</sup> from left) of University of Sydney and Prof. Terence Tsai (4<sup>th</sup> from left) of Chung Shan Medical University (Taiwan), celebrated the inauguration of Hong Kong Office of AHLA with the HK Health Literacy Core Team Members: Dr Padmore Adusei Amoah, Lingnan University (1<sup>st</sup> from left); Dr Phoenix Mo, CUHK (3<sup>rd</sup> from left); Prof. David R Phillips, Lingnan University (7<sup>th</sup> from left); & Dr Angela Leung, PolyU (8<sup>th</sup> from left). Dr Xiaoyu Zhuang, HKU, (9<sup>th</sup> from left) & Dr Eliza Wong, PolyU (2<sup>nd</sup> from left) were the speakers for the seminar sessions.



▲ Prof. Terence Tsai (1<sup>st</sup> from right) presented the Health Literacy Leadership Award to Dr Angela Leung's team [including Ms Adwoa Owusuaa Koduah (our MPhil student), Ms Xinyi Xu (our PhD student) and Mr Isaac Leung (our Project Associate)]. Dr Padmore Adusei Amoah received the award on behalf of Ms Adwoa Owusuaa Koduah.

## Interprofessional Team-based Learning received the FHSS Faculty Award

The teaching team for the subject “Interprofessional Team-based Learning (IPTBL)” received the FHSS Faculty Award for Outstanding Performance/Achievement in Teaching 2017/18. The team is led by **Prof. Frances Wong**. Members include **Dr Kitty Chan, Ms Jacqueline Ho, Mr Arkers Wong** (they are also members of the Transitional, Supportive & Palliative Care Research Theme) and **Ms Wai-shan Chan**.

## Project received over 3 million from the Innovation and Technology Fund

**Dr Thomas Choi** (PI) and his team (Co-I: **Dr Brenda Wang** [a PhD graduate], **Dr Harry Qin** and **Dr Rick Kwan**) have received an amount of HKD 3.2 million from the Innovation and Technology Fund, which is administered by the Innovation and Technology Commission, the Government of the HKSAR, for supporting the project entitled “Intelligent Dementia Risk Prediction System with Community Health Profile of Elderly”.

## CGN members received funding for their projects

Members of the CGN theme have received the following funding for supporting their projects:

- **Dr Rick Kwan** (PI) has received HKD 200,000 from PolyU in 2019 for the project entitled “Feasibility of Using the Smartphone to Measure Gait and Life-Space in Older People with Mild Cognitive Impairment”.
- Project leader, **Dr Rick Kwan** and CGN team members: **Dr Angela Leung**, **Dr Justina Liu**, **Dr Daphne Cheung**, **Mr Patrick Kor** have received HKD 953,224 for supporting a MOOC project, “Managing Frailty in Daily Living through Collaborative Approach”.

## Staff members are Co-Investigators of a 3 million international project

Dr Tella Lantta visited the School between 31 August 2017 and 1 March 2018 as a Visiting Postdoctoral Fellow. Beside her other duties at the Mental Health Care team, she prepared a grant application for her post-doctoral period. In January 2019, the Academy of Finland awarded her with the Postdoctoral Researcher funding for her international project “Development and Testing the Effectiveness and Feasibility of a Structured Violence Risk Management Intervention to Support Safety in Psychiatric Hospitals”. **Dr Paul Lee** and **Prof. Maritta Valimaki** are Co-Investigators of this study. The total funding granted for the project is about HKD 3 million (339,731 Euros).

## Seminar on music-with-movement activities created an impact on care for cognitive impairment

The research team led by **Dr Daphne Cheung** and **Dr Claudia Lai** organised a public seminar entitled “Music-with-Movement Activities for Older People with Mild or Early Cognitive Impairment and Their Caregivers” on 26 October 2018.

The team received an overwhelming registration with over 400 registrants. Three hundred registrants were caregivers of older adults. They found that the intervention was interesting and useful.

Professional registrants (e.g., nurses, social workers and occupational therapists) showed their interest to learn more about the intervention and suggested integrating the intervention into their routine care.



## Research Themes & Centres Update

### Ageing and Health



#### ***Congress on long term care & gerontology and seminar on cross-border elderly care***

The Centre and Hong Kong Association of Gerontology co-organised the the 15<sup>th</sup> World Congress on Long Term Care in Chinese Communities cum 25<sup>th</sup> Annual Congress of Gerontology & 7<sup>th</sup> Cross-border Elderly Care Seminar on 29 November to 1 December 2018 at PolyU. The event brought together around 700 academics, policy makers, and practitioners from Mainland China, Taiwan, Macau, Hong Kong, Australia and the USA to participate. The CGN took the lead to organise two nursing symposiums, namely Gerontechnology and Nursing Care and Symptom Management, and a pain management workshop.



**Dr Rick Kwan** led his students to win the 2<sup>nd</sup> runner-up in the outstanding paper presentations in the World Congress. The paper titled “The Predictors for Transitions of Frailty Status among Older Adults in Hong Kong: A 5-year Longitudinal Study” was a secondary analysis using the Centre’s frailty dataset.

The presenting student, Mr Ka-shun Wong, a year-5 student on the BSc (Hons) in Mental Health Nursing programme, is the first-ever awardee of the CGN Young Researcher Scholarship. The scholarship supports students to achieve high academic standard and present their work in regional/international conferences.



### Family and Community Health



#### ***Certificate Course in Infectious Diseases and Infection Control for Health Care Professionals 2019***

Forty-three students enrolled in the Certificate Course in Infectious Diseases and Infection Control for Health Care Professionals 2019 organised by the Centre.

The course was accredited by the Hong Kong Council for Accreditation of Academic and Vocational Qualifications (HKCAAVQ, 香港學術及職業資歷評審局) in 2018 and is recognised as a Level 4 continuing education course of 12 credits.

The course includes three comprehensive sub-modules with a flexible schedule. Clinical microbiology laboratory sessions and clinical visits to hospitals will be organised to enrich student learning experience. Students with satisfactory attendance will be awarded 92 CNE points. The course was rigorously reviewed and it adheres to a strict quality assurance process of the Quality Assurance Council of the University.





## Transitional, Supportive & Palliative Care

### *Member received the Oral Audience Award*

**Ms Jacqueline Ho** received the Oral Audience Award in the Learning in Alliance: Inter-Professional Health Education and Practice at Frontiers in Medical and Health Sciences Education 2018, held on 18-19 December 2018.

In her presentation, Ms Ho shared the results of a qualitative study on experiences of undergraduate students undertaking inter-professional team-based learning activities. The co-authors of the study are Dr Arnold Wong (the Department of Rehabilitation Sciences) and **Prof. Frances Wong**.



## Mental Health Care

### *New theme leader*

**Dr Daniel Bressington** has taken up a new role as the theme leader of the Mental Health Care research theme (effective from 1<sup>st</sup> January 2019). All theme members would like to take this opportunity to thank **Prof. Maritta Valimaki** for her commitment and contribution to the research theme over the past few years.



### *Hosted a symposium on modern nursing practice in mental health services*

**Prof. Maritta Valimaki, Dr Sau Fong Leung and Mr Oscar Chung** and the Division of Nursing at Karolinska Institute (KI) jointly hosted a symposium entitled "Modern Nursing Practice in Mental Health Services" in Sweden on 17 December 2018. The symposium shared ideas about a new collaborative research project funded by the Collaborative Research Grants Scheme.



## Research Publications

- Anttila, M., Kurki, M. & Välimäki, M. (2018) Public Health and Ecological Approaches: The Example of eHealth for Adolescent Mental Health Support. In: Santos, J., & Cutcliffe, J. (Eds.) *European Psychiatric/Mental Health Nursing in the 21<sup>st</sup> Century. Principles of Specialty Nursing* (Under the auspices of the European Specialist Nurses Organisations (ESNO). Springer, Cham. doi 10.1007/978-3-319-31772-4\_18. ISBN 978-3-319-31771-7.
- Bressington, D., Yu, C., Wong, W., Ng, T. C. & Chien, W., T. (2018). The effects of group-based Laughter Yoga interventions on mental health in adults: a systematic review. *Journal of Psychiatric and Mental Health Nursing*, 25, 517–527. doi: 10.1111/jpm.12491
- Cheung, D.S.K., Ho, K.H.M., Cheung, T.F., Lam, S.C. & Tse, M.M.Y. (2018). Anticipatory grief of spousal and adult children caregivers of people with dementia. *BMC Palliative Care*, 17, 124. <https://doi.org/10.1186/s12904-018-0376-3>
- Cheung, D.S.K., Lai, C.K.Y., Wong, F.K.Y. & Leung, M.C.P. (2018). Is music-with-movement intervention better than music listening and social activity for alleviating agitated behaviours of people with moderate dementia? a randomized controlled trial. *Dementia*. <https://doi.org/10.1177/1471301218800195>
- Cheung, D.S.K., Li, B., Lai, D., Leung, A. Y. M., Yu, C. T. K. & Tsang, K. T. (2018). Cognitive stimulating play intervention for dementia: a feasibility randomized controlled trial. *American Journal of Alzheimer's Disease and Other Dementias*. <https://doi.org/10.1177/1533317518808036>
- Cheung, T., Lau, Joseph, T.F., Wang, J.Z., Mo, P.K.H. & Ho, Y.S.. (2018). Acceptability of HPV vaccines and associations with perceptions related to HPV and HPV vaccines among male baccalaureate students in Hong Kong. *PLOS One*, <http://doi.org/10.1371/journal.pone.0198615>
- Cheung, T., Lee, P. & Yip, P.S.F. (2018). The association between workplace violence and physicians' and nurses' job satisfaction in Macau. *PLOS One*. <https://doi.org/10.1371/journal.pone.0207577>
- Cheung, T., Mui, J., Ho, Y.S. & Chien, W.T. (2018). A Scale for the management of aggressive and violent behaviour (C\_MAVAS): psychometric properties testing in mental health nurses. *International Journal of Environmental Research and Public Health*, 15, 1496; doi:10.3390/ijerph15071496
- Chien, W.T., Bressington, D. & Chan S.W.C. (2018). A randomized controlled trial on mutual support group intervention for families of people with recent-onset psychosis: a four-year follow-up. *Frontiers in Psychiatry*, 9, 710. doi: 10.3389/fpsy.2018.00710
- Ho, G.W.K., Chan, A.C.Y., Chien, W.T., Bressington, D. & Karatzias, T. (2018). Examining patterns of adversity in Chinese young adults using the adverse childhood experiences – international questionnaire (ACE-IQ). *Child Abuse & Neglect*, 88, 179–188.
- Kor, P.P.K., Chien, W.T., Liu, J.Y.W. & Lai, C.K.Y. (2018) Mindfulness-based intervention for stress reduction of family caregivers of people with dementia: a systematic review and meta-analysis. *Mindfulness*, 9(1) doi: 10.1007/s12671-017-0751-9
- Kwan, R.Y.C., Cheung, D.S.K., & Kor, P.P.K. (2018). The use of smartphones for wayfinding by people with mild dementia. *Dementia*. <https://doi.org/10.1177/1471301218785461>
- Lai, C. K. Y., Kwan, R. Y. C., Lo, S. K., Fung, C. Y., Lau, J. K., & Tse, M. Y. M. (2018). Effects of horticulture on frail and pre-frail nursing home residents: a randomized controlled trial. *Journal of the American Medical Directors Association*, 19(8), 696-702.
- Leung, A. Y. M., Leung, I. S. H., Liu, J.W.Y., Ting, S. & Lo, S. (2018). Improving health literacy and medication compliance through comic books: a quasi-experimental study in Chinese community-dwelling older adults. *Global Health Promotion - Special issue in health literacy*, 25(4), 67-78.
- Ng, S. S. M., Tse, M. Y. M., Tam, E. W. & Lai, C. Y. Y. (2018). The psychometric properties of the toe tap test in people with stroke. *Disability and Rehabilitation*. 1-9. doi: [10.1080/09638288.2018.1479454](https://doi.org/10.1080/09638288.2018.1479454)
- Paasche-Orlow, M., Schillinger, D., Weiss, B. D., Bickmore, T., Cabral, H., Chang, P., Bailey, S. C., Dewalt, D. A., Fernandez, A., Fransen, M., Leung, A., McCaffery, K., Meade, C. D., McCormack, L. A., Protheroe, J., Parker, R., Rothman, R., Rubin, D., Rudd, R., Sorensen, K., Von Wagner, C., Wolf, M. S., Shonna Yin, H. & Ownby, R. L. (2018). Health literacy and power. *Health literacy Research and Practice*, 2(3), e132-133. <https://doi.org/10.3928/24748307-20180629-01>
- Tse, M. Y. M., Lau, J. L., Kwan, R. Y. C., Cheung, D.S.K., Tang, A. S. K., Ng, S. S. M., Lee, P. H. & Yeung, S. S. Y. (2018). Effects of play activities program for nursing home residents with dementia on pain and psychological wellbeing: cluster randomized controlled trial. *Geriatrics & Gerontology International*, 18(10), 1485-1490.
- 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* 30(1), 57-64. doi: 10.1093/intqhc/mzx166
- Wang, S.S., Cheung, D.S.K. & Leung, A.Y.M. (2018). Overview of dementia care of the three-tier long-term care system of China. *Public Health Nursing*. doi: 10.1111/phn.12573
- Yee, A., Tsui, N. B. Y., Chang, Y. N., Au, C. S. M., Fok, M., Lau, L-T., Chung, T., Cheng, G., Kwan, R. Y. C., Leung, A. Y. M., Lau, J. Y. N. & Dai, D. L. K. (2018). Alzheimer's disease: insights for risk evaluation and prevention in Chinese population and the need of a comprehensive program in Hong Kong/China. *Hong Kong Medical Journal*, 24(5), 492-500. doi: 10.12809/hkmj187244
- Yong, Y., Anderson, R.A., Wu, B., Scales, K., McConnell, E., Leung, A.Y.M. & Corazzini, K. (2018). Resident challenges with pain and functional limitations in Chinese residential care facilities. *The Gerontologist*. doi:10.1093/geront/gny154
- Zhou, Y.H., Mak, Y.W. & Ho, G.W.K. (2019). Effectiveness of interventions to reduce exposure to parental secondhand smoke at home among children in China: a systematic review. *International Journal of Environmental Research & Public Health*, 26(1), 1-17.

## First Town Hall Meeting-Sharing of career aspiration after a PhD

The School organised its first Town Hall Meeting on 7 December 2018 to provide an opportunity for our PhD graduates to share their perspectives and experiences of how their PhD launched new careers, and for our current research students to discuss career aspirations after a PhD.

The four PhD graduates were: Dr Benjamin Tan, Assistant Dean for International Affairs & Senior Lecturer in Nursing, College of Nursing and Midwifery, Charles Darwin University, Australia (sharing with our students via video conference) ; Dr Connie Chong, Postdoctoral Fellow at the Faculty of Social Sciences, The University of Hong Kong; Dr Ken Ho, Assistant Professor at the School of Nursing, Tung Wah College; Dr Rick Kwan, Assistant Professor at the School of Nursing, PolyU.

Dr Doris Leung, Teaching Fellow and research postgraduate programme coordinator of the School was the facilitator of the meeting. Prof. Maritta Valimaki, Associate Head in Research (& Professor), Chairperson of the School Research Committee, supported and attended the event. Around 20 people participated in the meeting.

In the meeting, tips were provided by the graduates to help the students on their PhD journey. These included the importance of prioritizing the life between family life, leisure and study; developing a good schedule for the study plan; seeking mentors and collaborators; gaining overseas study experience or attending international conferences for networking; exploring small grants and bursaries, and developing an understanding of the philosophy behind the methodology of the PhD project, etc.

Reflecting on his PhD journey, Dr Tan said that it was very important to put the confirmation and course work as the major focus in the first year of the PhD study and he urged the students to strike a balance between the publication plan and their PhD work. Dr Ho suggested that the students should get used to failure (for example, when a submission to a publication was rejected).

The graduates suggested that the students should acquire experience in teaching, research and engage in professional services and contribute to research communities, if they are preparing for an academic career, as these are the selection criteria for recruiting academic staff members.

Dr Chong, who chose to enter a research career in the field of Social Sciences, shared her career aspiration and the challenges of leading a multidisciplinary research team in a non-nursing faculty. The experience has informed her the importance of having effective communication and project management skills. She learnt how to appreciate the perspectives of others and this has expanded her horizon. She is collaborating with some local institutions and non-governmental organisations, and she told our students that it was crucial to learn how to disseminate the research knowledge to other people so that they understood the impact of the research.

Dr Kwan shared how he took the opportunities to attach to universities overseas to enhance his teaching and research knowledge. He also talked about how he overcame barriers and transited from Clinical Associate to Assistant Professor. Our research students found the meeting useful as it provided a valuable opportunity for them to learn from and exchange ideas with our graduates.



▲ Dr Connie Chong (left) and Dr Ken Ho (right) shared their perspectives with our current research students.



▲ Dr Rick Kwan talked about how the overseas attachments enhanced his teaching and research knowledge.

## Sharing from UK exchange students

*In September 2018, three master's students from City, University of London exchanged to the School for an intensive one-week programme. Nicole Seneque and David Kiy, two of the exchange students, talked more about their experience:*

### What was your experience of the exchange programme?

**David:** I came at this exchange from a slightly different angle as I used to live in Mainland China and have Chinese family. I found it interesting seeing the mix of Chinese and British culture within the healthcare system. It was interesting to see some of the issues that we struggle with are similar in HK. For example trying to deal with the stigma and a lack of resources for mental health. I also really enjoyed experiencing a university environment in HK and the lectures on traditional Chinese medicine and pain management.

### How will your participation in the programme benefit your further studies/ nursing career?

**Nicole:** For me, it was to see healthcare in a different part of the world. Last summer, I volunteered as a student nurse in Tanzania, so HK gave me a completely different experience. All experiences have made me value the NHS even more than I did. My experiences will help me relate to patients from different countries, cultures and religions. It also adds strength to your CV because it makes you stand out a little bit.

**David:** This exchange highlighted to me how lucky nurses are in the UK in terms of opportunities for developing skills and advanced practice. For example, nurses in HK cannot prescribe. Equally how initial training in the UK is much less than HK. They cover adult, child and basic midwifery as part of their five-year initial training. This encourages me to continue learning in future and to appreciate opportunities for advanced practice.

### Would you recommend the exchange programme to future nursing students?

**Nicole:** Definitely yes. We went to a really interesting evening lecture on pain management, listened to master's students presenting their research projects, visited a number of hospitals (including a drug and alcohol dependency unit, a learning disability ward, general adults and mental health wards. We got to visit their clinical skills labs where there was one for each of the areas of the curriculum e.g. older adult care and the Intensive Care Unit.

**David:** I would strongly recommend this exchange to future nursing students. Seeing other ways of training and practising helps us see the good points in what we do and areas to improve. Experiencing other cultures helps us understand our patients and appreciate their cultural differences. Finally, travelling abroad with classmates helps build closer ties, which are so beneficial when we begin working as nurses.



▲ David and Nicole (1<sup>st</sup> row: 2<sup>nd</sup> and 3<sup>rd</sup> from left) attending the class.



▲ David and Nicole enjoying HK style drinks with Dr Mimi Tse (sitting between David and Nicole), the programme leader of the MSc in Nursing programme.

## Staff

- *Dr Angela Leung* received the recognition as the “Distinguished Educator in Gerontological Nursing” by the National Hartford Center for Gerontological Nursing Excellence (NHCGNE). The award was presented to her at the 2018 NHCGNE Leadership Conference on Aging, held on 13-14 November, 2018 in Boston, the USA. She was also one of the facilitators of the networking luncheon session (topic: International Collaborations) in the conference.
- *Dr Claudia Lai* has been elected as one of the Board of Directors of the National Hartford Center for Gerontological Nursing Excellence for the term 2018-2020.
- *Dr Claudia Lai* received the Fellow Golden Award and *Ms Phyllis Pang* received the Fellow Recognition Award from the Hong Kong Academy of Nursing on 3 November 2018.
- *Dr Thomas Choi* was nominated by the Food and Health Bureau as a Governor of the HL7 Hong Kong. HL7 HK is an accredited international affiliate of Health Level Seven International, the global authority on standards for interoperability of health information technology. He was elected and appointed at the Annual General Meeting of the HL7 Hong Kong on 12 December 2018.
- *Prof. Maritta Valimaki* was appointed as a member of the Academy of Finland (1 January 2019 to 31 December 2021) on the Research Council for Biosciences Health and the Environment. She is the only member with a nursing background.

## Staff Movement

Welcome to *Ms Bobo Ng* and *Ms Denise Lau* who joined the School as Assistant Officers on 31 December 2018 and 22 January 2019.

Farewell to *Dr Candy Wu*, Assistant Professor; and *Ms Anthea Lin*, Assistant Officer. We thank them for their contributions during their time with us.

- The staff and students of the School record with deep sorrow the passing of a valued staff member, *Mr Percy Cheng*, Clinical Associate in November 2018. We extend our sincere condolences to the Cheng family. Percy will always be remembered for his contribution to nursing education and the development of mental health nursing.

## Students

- Two PhD students, *Dr Brenda Guanjin Wang* [Joint PhD Programme –PolyU CS: Dr Thomas Choi, Co-S: Dr Vico Chiang, Co-S: Dr Justin Kin-Man Lam (a urologist); At University of Technology Sydney Co-Chief Supervisor: Prof. Jie Lu] and *Dr Connie Yuen-Yu Chong* (CS: Dr Yim-wah Mak; Co-S: Prof. Alice Yuen Loke) received the Faculty Distinguish Thesis Awards in the Faculty Congregation held on 12 November 2018. The awards were given in recognition of their high quality PhD theses.

The title of Dr Wang's thesis is: Health Care Predictive Analytics Using Artificial Intelligence Techniques. The title of Dr Chong's thesis is: Effects of a Parental Training Program Using Group-Based Acceptance and Commitment Therapy for Managing Children with Asthma: A Randomized Controlled Trial.



▲ Left photo: (From left) Dr Yim-wah Mak, Dr Connie Chong and her mother. Right photo: Dr Brenda Guanjin Wang.

- Our PhD student, *Ms Shuk-kwan Tang* (CS: Dr Mimi Tse; Co-S: Dr Sau-fong Leung and Dr Theofanis Fotis [Principal Lecturer, the School of Health Sciences, University of Brighton, UK; Honorary Lecturer, PolyU's School of Nursing]) was awarded the best poster award at the 22<sup>nd</sup> East Asian Forum of Nursing Scholars (EAFONS), held on 17-18 January, 2019 in Singapore. The title of her presentation is “Validating an Electronic Pain Management Programme (ePain) for Working Population in Hong Kong: Reviews from Expert Panels and Chronic Pain Sufferers.”



▲ Ms Shuk-kwan Tang (2<sup>nd</sup> from left) at EAFONS.

- On 20 December 2018, around fifty of our final-year students attended a career talk to get updated information on the career path and new staff development of nursing. The talk was organised by the Kowloon East Cluster of the Hospital Authority for the final-year nursing students of the pre-registration programmes.



## Alumni



**(19-20 Oct 2018)**

- ▶ Alumni Association of Nursing Studies (AANS) organised a hospital visit to Bangkok Hospital. It is a Joint Commission International accredited hospital with advanced telcare service.



**(10 Nov 2018)**

- ▶ AANS organised a talk entitled "Prevention of Sports Injuries and Management of Sports Injuries by Physiotherapy & Chinese Medicine" on the PolyU campus. One hundred participants (including our alumni and their friends) attended the event.



**(6 Dec 2018)**

- ▶ The 23<sup>rd</sup> Annual General Meeting of AANS was held in Hyatt Regency Hotel.

## Visitors



**Date** : 4 Dec 2018  
**Institution / Organisation** : FHSS, PolyU  
**Country** : Hong Kong SAR  
**Visitors** : Prof. David Shum  
Dean, FHSS, PolyU



**Date** : 19 Dec 2018  
**Institution / Organisation** : Trinity College Dublin  
**Country** : Ireland  
**Visitors** : Prof. Mary McCarron  
Dean, Faculty of Health Sciences  
  
Prof. Anne-Marie Brady  
Head, School of Nursing & Midwifery  
  
Dr Frances O'Brien  
Director of International Initiatives,  
Assistant Professor in General Nursing,  
School of Nursing & Midwifery





**Date** : 20 Dec 2018  
**Institution / Organisation** : North Sichuan Medical School  
**Country** : Mainland, China  
**Visitors** :

- 川北醫學院代表團成員
- 川北醫學院院長、教授杜勇
  - 眼視光學系主任、教授蘭長駿
  - 護理學院院長、教授王曉明
  - 外事港澳臺辦處長、副教授張思國
  - 醫學影像學院副院長、教授楊漢豐



**Date** : 22 Jan 2019  
**Institution / Organisation** : Charles Darwin University  
**Country** : Australia  
**Visitors** :

Prof. Catherine Turner AM  
The Dean of College of Nursing and Midwifery

Mr Michael Robertson  
College Manager

Dr Benjamin Tan, RN MMed PhD  
Assistant Dean International



A MoU was signed between the School and Charles Darwin University for promoting collaborations in learning, teaching and research.

## Current Issues

2018



(25 Oct)

Dr Simon Lam was invited as a keynote speaker for the 2<sup>th</sup> International Biosafety Symposium organised by Fluminense Federal University, Rio das Ostras, Rio de Janeiro, Brazil. He delivered a (Skype) presentation entitled "Infection Control Practice among Nursing Staff: Multi-Country Comparative Study".



(28 Oct to 16 Nov)

The 24<sup>th</sup> Congregation for the conferment of PolyU awards was held. Congratulations to all fresh graduates!



(Oct &amp; Nov)

The School organised the Halloween and Thanksgiving Week blood donation activities at the campus blood donor centre located in the Integrative Health Clinic (IHC). On 24 Jan 2019, the School and the Hong Kong Red Cross Blood Transfusion Service jointly organised a Seminar cum Blood Drive to support Thalassaemia patients.



Lower photo: Dr C K Lee, Consultant, Chief Executive and Medical Director of the Hong Kong Red Cross Blood Transfusion Service presented certificates to eight SN students who had completed the Programme Young Blood (2018) at the end of the seminar.



(22 Nov)

Prof. Sophia Chan, Secretary for Food and Health, hosted a meeting in the Central Government Office with senior students from FHSS (including two nursing students), who have some training exposure to primary healthcare to share their views and vision. Students from medical schools of other universities also attended the meeting.



(22-23 Nov)

Prof. Alex Molasiotis and Dr Timothy Sim met with Dr Margaret Chan, the Director-General of WHO [2007-2017] at the Third Regional Forum of WHO Collaborating Centres in the Western Pacific. The forum was held in Ho Chi Minh City, Vietnam.



(22-25 Nov)

The Centre for Gerontological Nursing participated in the Gerontech and Innovation Expo cum Summit, held at the Hong Kong Convention and Exhibition Center. Upper photo: Mr Lawrence Poon (right), Chief Manager (Nursing) / Chief Nurse Executive, the Hospital Authority, visited the PolyU booth. Lower photo: A nursing student introduced the research findings of the Centre to the visitor.



**管理慢性痛症，重拾自信與生活質素**

痛症是一種持續性的痛楚，對病人影響甚為深遠。不幸的是，痛症亦對病人造成心理、社會及生活影響。在痛症發生後，病人往往感到焦慮、恐懼、憂鬱、失眠、食慾不振等問題。這些問題往往會導致病人對生活失去信心，甚至產生自殺念頭。因此，我們需要採取多方位的治療方法，包括藥物治療、物理治療、心理治療等，以減輕病人的痛苦，提高病人的生活質素。

日期	時間	地點	講者	主題
11/22	18:30-19:00	香港會議展覽中心	李國章教授	慢性痛症之最新研究
11/22	19:00-19:30	香港會議展覽中心	李國章教授	慢性痛症之最新研究
11/22	19:30-20:00	香港會議展覽中心	李國章教授	慢性痛症之最新研究
11/22	20:00-20:30	香港會議展覽中心	李國章教授	慢性痛症之最新研究
11/23	18:30-19:00	香港會議展覽中心	李國章教授	慢性痛症之最新研究
11/23	19:00-19:30	香港會議展覽中心	李國章教授	慢性痛症之最新研究
11/23	19:30-20:00	香港會議展覽中心	李國章教授	慢性痛症之最新研究
11/23	20:00-20:30	香港會議展覽中心	李國章教授	慢性痛症之最新研究

網上報名: <http://www.polyu.edu.hk/gerontech/2018/gerontech>

(Nov to Dec)

The School's IHC organised three courses with the topics "Understanding Stress and improving preparation for examinations", "Chronic Pain Management and Quality of Life" and "Prevention and Management of Flares of Allergic Rhinitis and Asthma".

**秋冬轉季 請發氣道敏感的防治**

隨著天氣轉冷，「發聲」的季節也隨之而來。發聲是一種常見的疾病，其症狀包括鼻塞、流鼻涕、喉痛、咳嗽等。發聲往往會導致病人對生活失去信心，甚至產生自殺念頭。因此，我們需要採取多方位的治療方法，包括藥物治療、物理治療、心理治療等，以減輕病人的痛苦，提高病人的生活質素。

課程名稱	日期	地點	講者
理解壓力與應付技巧	11/22	香港會議展覽中心	李國章教授
慢性痛症之最新研究	11/22	香港會議展覽中心	李國章教授
預防及治療發聲	11/23	香港會議展覽中心	李國章教授

網上報名: <http://www.polyu.edu.hk/gerontech/2018/gerontech>



(4 Dec)

Dr Timothy Sim gave a presentation entitled "University Social Responsibility: Promoting Resilience in Disaster via Art and Culture" in the Parallel Session III: Art and Culture and Social Responsibility of the University Social Responsibility Summit 2018, held in Israel in December 2018. The Summit is a biennial flagship event of the University Social Responsibility Network.



(14 Dec)

▶ The School held the Honorary Clinical Instructor Orientation Workshop (General Nursing). A total of 127 Honorary Clinical Instructors from 18 hospitals attended the workshop.



(18 Dec)

The School held the first Interprofessional Clinical Education (IPE) Workshop. Over 20 senior year students from the School of Nursing, Department of Rehabilitation Sciences and Department of Applied Social Sciences joined the workshop. Medical students from the University of Hong Kong were also invited to participate. Very positive feedback related to communication, collaboration and cooperation among various health care disciplines was obtained from the students.

**2019**



(Jan)

Following a Memorandum of Understanding signed between our School and the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled in 2018, over twenty nursing students were recruited to assist the boccia athletes during training and game times. Our students will provide onsite support to the athletes with physical impairments. It is envisaged that through sporting excellence and our support, our boccia athletes will be able to become great medalists for Hong Kong in the 2020 Paralympic Games.



(7 Jan)

PolyU Council Chairman, Dr Tai-fai Lam; Deputy Chairman Dr Lawrence Kwok-chang Li, together with three Council Members, held a meeting with Dean of FHSS and Heads from FHSS's constituent departments and schools. A visit to the School's Integrative Health Clinic was arranged after the meeting.



(12 Jan)



▶ 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.





(22 Jan)

Dr E. Angela Chan and Dr Shirley Ching were commissioned to conduct a study entitled "Uncovering the Meanings of Psychosocial Care Experience of the Patients at Maggie's Cancer Caring Centre". A press conference was held at the Hong Kong Council of Social Service to present the research findings. The research was supported by the funding from the Hong Kong Jockey Club.

## Seminars

Date	Topic	Speaker	
2018			
1 Nov	The Future is Nursing: How Can We Get Ahead of the Care Curve?	Prof. Anne Marie Rafferty CBE Professor of Nursing Policy, Florence Nightingale Faculty of Nursing and Midwifery, King's College, UK	
5 Nov	Working with Family Members in Nursing Care: Family Nursing Practice in a Nordic Perspective	Dr Hanne Konradsen, RN, PhD Senior Lecturer Karolinska Institute, Sweden	
9 Nov	Tin Ka Ping Visiting Scholar Sharing Seminar	<ul style="list-style-type: none"> <li>Ms Feng Xinwei Assistant Professor, Capital Medical University</li> <li>Dr Wang Zonghua Lecturer, Army Military Medical University</li> </ul>	
19-20 Nov	<p><u>Consultation sessions</u> on research proposal writing and paper for publications</p> <p>&amp;</p> <p>Seminar on the Development of Cancer Care Research in Australia</p>	<p>Prof. Jane Phillips Director IMPACCT, Professor of Palliative Nursing, ImpACCT Faculty of Health, University of Technology Sydney Australia</p>	  <p>A visit to the CGN.</p>
20 Nov	<p><u>Consultation session</u></p> <p>An external consultant, Prof. Michael Prosser visited PolyU and conducted a departmental consultation session to SN colleagues on drafting the School's grading descriptors, reviewing completed assessment rubrics and matters related to subject quality assurance and assessment practices.</p>	<p>Prof. Michael Prosser Visiting Professor, University of Tasmania, Australia</p>	

3 Dec	Interprofessional Team-based Learning: Impacts and Experience		
	Topic: Introduction and Background of the Study	Prof. Frances Wong Professor, School of Nursing, PolyU	
	Topic: Effects of IPTBL on Readiness, Attitudes and Perceived Collective Efficacy towards Interprofessional Learning among Nursing Students	Mr Arkers Wong Clinical Associate, School of Nursing, PolyU	
	Topic: Cultivating Professional Identity among Nursing Students through IPL	Dr Kitty Chan Lecturer, School of Nursing, PolyU	
	Topic: Student Learning Experiences in IPTBL Activity	Ms Jacqueline Ho Clinical Associate, School of Nursing, PolyU	
2019			
9 Jan	Epidemiology, Big Datasets Management and Harmonisation of Cohorts Specifically in Health (with examples from the EU (HORIZON 2020) funded Projects ATHLOS and SYNCHROS and next generation cohorts planning)	Dr Stefanos Tyrovolas Postdoctoral Researcher, Parc Sanitari Sant Joan de Déu	
10 Jan	International Big Data Analytics: Analysis of the Global Burden of Disease Study, Data Download and Visualisation - Tools - Opportunities for Paper Writing	Dr Stefanos Tyrovolas Postdoctoral Researcher, Parc Sanitari Sant Joan de Déu	