

COVER STORY

## MoU signed for the establishment of the “Nursing Alliance of Research and Knowledge Transfer” of the Greater Bay Area

The Hong Kong Polytechnic University (PolyU) signed a Memorandum of Understanding (MOU) on 25 February with eight universities/institutes/hospitals for the establishment of the “Nursing Alliance of Research and Knowledge Transfer” of the Greater Bay Area (the Alliance) in Shenzhen, Mainland China.

Initiated by PolyU as a response to the national strategy of the development of the Guangdong-Hong Kong-Macao Greater Bay Area (GBA), the Alliance was established to strengthen collaboration in nursing research and knowledge transfer among cities of the GBA.

**Prof. Alex Molasiotis**, Head of the School, represented PolyU to sign the MoU with the representatives of the following universities/institutes/hospitals:

- Dr Li Yanlian, Vice President, Macao Polytechnic Institute
- Prof. Zhou Ying, Associate Dean of the School of Nursing, Guangzhou Medical University
- Prof. June Zhang, Associate Dean of the School of Nursing, Sun Yat-Sen University
- Prof. Zhang Lili, Dean of the School of Nursing, Southern Medical University
- Prof. Chen Weiju, Secretary and Associate Dean of the School of Nursing, Director of the Nursing Department of the First Affiliated Hospital, Jinan University
- Ms Mo Beirong, Vice President of the Nanshan District People’s Hospital of Shenzhen
- Prof. Wang Chunmei, Vice Director of Zhuhai Campus Management Committee, Zunyi Medical University
- Ms Zhang Li, Director of the Nursing Department, The First People’s Hospital of Foshan

Dr Gangyi Peng, Consultant, the Health Commission of Guangdong Province; Prof. David Shum, Dean of the FHSS; **Prof. Frances Wong** (Professor of PolyU’s School of Nursing and the Expert Consultant of the GBA Hygiene and Health Collaboration) were among the guests who witnessed the signing at the ceremony held at Marco Polo (hotel) Shenzhen.

In his welcome remarks at the MoU signing ceremony, Prof. David Shum, Dean of the FHSS, said “The signing of the MoU heralds an important new page in the collaboration and nursing development among Guangdong Province, Hong Kong and Macau.” Prof. Frances Wong expressed her gratitude to the strong support from the collaborative universities/institutes/hospitals at the closing of the ceremony.

In the 3-year collaboration, the Alliance will actively promote nursing research cooperation, enhance the quality of care services, encourage sharing of information, resources, evidence-based nursing practice and research outcomes, as well as facilitate training of nursing personnel. “With our unique position as an international and a core city for driving the regional development, Hong Kong and PolyU will grasp the opportunities to further nursing development, develop inter-disciplinary, cross-institutional, or international collaborative research projects, and promote training and innovative services for the benefit of the people in the GBA, ” said Prof. Alex Molasiotis.

Prior to the ceremony, the Alliance was selected as one of the top projects at the 2<sup>nd</sup> Guangdong-Hong Kong-Macao Greater Bay Area Health Cooperation Conference. Prof. David Shum, Prof Alex Molasiotis, Prof. June Zhang (Sun Yat-Sen University) and Ms Beirong Mo (The Nanshan District People’s Hospital of Shenzhen) represented the Alliance to receive the honour.



Dr Gangyi Peng of the Health Commission of Guangdong Province gave the opening remarks at the ceremony.



Representatives of universities/institutions signed the MoU to turn a new page in the nursing development among Guangdong province, HK and Macau.



The Alliance aims to strengthen collaboration in nursing research and knowledge transfer among cities of the GBA.

## The School leapt forward in international rankings



The School has leapt forward four places, from 35<sup>th</sup> to 31<sup>st</sup> in the QS World University Rankings by Subject (Nursing) in 2019.

The QS World University Rankings by Subject highlights the world's top universities in individual subject areas, covering 48 subjects as of 2019. It aims to help prospective students identify the world's leading schools in their chosen field.

The rankings are based on academic reputation, employer reputation and research impact. This year, the overall score of the School is 80.9 (compared to 80.3 in 2018 and 82.8 in 2017).

The table below shows our scores in details:

	School of Nursing, PolyU
Rankings in 2019	31 <sup>st</sup>
Overall score	80.9
Academic Reputation	80.8
Employer Reputation	67.9
H-index Citations	79.1
Citations per Paper	87.2

Data retrieved from <https://www.topuniversities.com/university-rankings/university-subject-rankings/2019/nursing>

## Projects granted HMRF & Departmental General Research Fund

Three projects were granted the Health and Medical Research Fund (HMRF) by the Research Council of the Food and Health Bureau, HKSAR. The School also funded three projects. Details are as below:

Projects received the HMRF		
Project Title	PI	Total Grant (HK\$)
A Multicentre Randomized Controlled Trial of the Effectiveness of a Lifestyle Intervention Programme Using Mobile Application Vs Booklet for Adults with Metabolic Syndrome	Dr Eliza Wong	1,254,142
Self-Administered Acupressure for Knee Osteoarthritis in Middle-and Older-Aged Adults: A Randomized Controlled Trial	Dr Jerry Yeung	1,194,640
Understanding Needs of Paediatric Patients with Life-Limiting Diseases: Towards a Model of Paediatric Palliative Care	Prof. Frances Wong	565,725
Projects received the Departmental General Research Fund		
Project Title	PI	Total Grant (HK\$)
Self-Applied Acupressure for Arthralgia-Fatigue-Sleep Disturbance Symptom Cluster in Breast Cancer Survivors Receiving Aromatase Inhibitors: A Preliminary Randomized Controlled Trial	Dr Eileen Cheng	164,300
"Mind Space" - The Castle Peak Hospital Mental Health Experience Museum – An Initial Service Evaluation	Dr Daniel Bressington	149,764
Development and Validation of the Typologies of Response to Adversities Questionnaire (TRAQ)	Dr Grace Ho	132,300

## Research Themes & Centres Update

### Ageing and Health



#### *New scholarship supports students presenting research findings in conferences*

Building up young researchers' interests and capacities in aging research is the mission of the Centre. The "CGN Young Researcher Scholarship" was established last year to support students (full-time students who are engaging in the final-year projects/dissertations/theses and under the supervision of CGN members) to achieve high academic standard and present their work in regional/international conferences.

With the support of the scholarship, Mr Dauda Salihu (our PhD student; Supervisors: **Dr Rick Kwan and Dr Eliza Wong**) presented his paper titled "A Systematic Review of the Effects of Dance Therapy on Cognitive Functioning and Quality of Life of People Living with Dementia" on 16 March, at the International Conference on Innovation in Nursing Education and Patient Care, which was organised by the Hong Kong Society for Nursing Education Limited and co-organised by the PolyU School of Nursing. Mr Salihu was awarded with the Best Paper Award (poster presentation).

Another team of young researchers, comprising five students on the Master of Nursing programme, Mr Ting-ho Florio Chan, Ms Ka-pui Ip, Ms Hei-yu Hon, Ms Pui-ying Yeung, and Ms Elsa Ka-ling Kong, was awarded the Best Poster Presentation Award in the same conference. The title of the poster was "Culturally Specific Educational Interventions for Patients with Hypertension: A Systematic Review". Dr Eliza Wong was the supervisor of the team.

Earlier in 2018, Mr Ka-Shun Carson Wong, the first-ever awardee of the scholarship and a year-5 student on the BSc (Hons) in Mental Health Nursing programme, presented a paper titled "The Predictors for Transitions of Frailty Status among Older Adults in Hong Kong: A 5-year Longitudinal Study" at the 15<sup>th</sup> World Congress on Long Term Care in Chinese Communities cum 25<sup>th</sup> Annual Congress of Gerontology and 7<sup>th</sup> Cross-border Elderly Care Seminar, held on 29 November to 1 December 2018 at PolyU.

Mr Wong's team comprised eight undergraduate mental health nursing students. The presented paper is a secondary analysis, which examined the frailty transition patterns among Hong Kong older adults in recent years (2013-2017) and the factors predicting the transition of frailty status. The team won the 2<sup>nd</sup> runner-up in the outstanding paper presentations at the congress.



Congratulations to Mr Dauda Salihu (mid) and all young researchers! Dr Rick Kwan and Dr Eliza Wong were proud of your achievements.



Dr Rick Kwan (second row, 2<sup>nd</sup> from right) , Dr Angela Leung, Director of CGN (second row, 1<sup>st</sup> from left) , Mr Ka-Shun Wong (second row, 3<sup>rd</sup> from right) and the student team.

## Family and Community Health



### *Winner of Outstanding Poster Presentation Award*

Led by **Dr Lorna Suen**, the Centre's research team was granted the "Outstanding Poster Presentation Award" at the International Conference on Innovation in Nursing Education and Patient Care (15-16 March 2019), which was organised by the Hong Kong Society for Nursing Education Limited. The topic of the poster was "Application of Digital Hand Scanner to Enhance Hand Hygiene Practice in Nursing Education: A Feasibility Trial." (Authors: Dr Lorna Suen, Dr Simon Lam, Ms Kiki Lo, Ms Joy Wong and Mr Timothy Lai).



## Mental Health Care

### *Master's students shared research findings in seminar*

A seminar was held on 16 March to disseminate the research findings of the dissertations written by our students on the MSc (Hons) in Mental Health Nursing programme and discuss research conducted by hospital representatives. There were 35 participants, including students, their supervisors and guests from the psychiatric units of hospitals.



## Research Publications

- Bressington, D., Mui, J., Yu, C., Leung SF., Cheung, K., Wu CST, Bollard, M., & Chien, W.T. (2019). Feasibility of a group-based Laughter Yoga intervention as an adjunctive treatment for residual symptoms of depression, anxiety and stress in people with depression. *Journal of Affective Disorders*, 248, 42-51. doi: 10.1111/inm.12568
- Chen, S.C., Yu, B.Y., Suen, L.K.P., Yu, J., Ho, F.Y., Yang, J.J., & Yeung, W.F. (2019). Massage therapy for the treatment of attention deficit/hyperactivity disorder (ADHD) in children and adolescents: a systematic review and meta-analysis. *Complementary Therapies in Medicine*, 42, 389-399.
- Kwan, R.Y.C., Cheung, D.S.K., Lo, S.K.L., Ho, L.Y.W., Katigbak, C., Chao, Y. & Liu, J.Y.W. (2019). Frailty and its association with Mediterranean diet, life-space and social participation in community-dwelling older people. *Geriatric Nursing*, S0197-4572(18), 30490-30497. doi: 10.1016/j.gerinurse.201812.011
- Laine, A., Välimäki, M., Löyttyniemi, E., Pekurinen, V., Marttunen, M., & Anttila, M. (2019). The impact of a web-based course concerning patient education for mental health care professionals: quasi-experimental study. *Journal of Medical Internet Research*, 21(3):e11198. doi: 10.2196/11198
- Lee, K.C., Tang, W.K., & Bressington, D. (2019). The Experience of mindful yoga for older adults with depression. *Journal of Psychiatric and Mental Health Nursing*, doi: 10.1111/jpm.12517
- Leung, A.Y.M., Chau, P.H., Leung, I.S.H., Tse, M., Wong, P.L.C., Tam, W.M. & Leung, D.Y.P. (2019). Motivating diabetic and hypertensive patients to engage in regular physical activity: a multi-component intervention derived from the concept of photovoice. *International Journal of Environmental Research and Public Health*, 16(7), 1219. doi:10.20944/preprints201809.0028.v2
- Li, Y.H.S., & Bressington, D. (2019). The effects of mindfulness-based stress reduction on depression, anxiety and stress in older adults: a systematic review and meta-analysis. *International Journal of Mental Health Nursing*, doi: 10.1111/inm.12568
- Lipardo, D. S., Leung, A. Y. M., Gabuyo C. M. A., Escuadra, C. J. T., Leung, P. A., Aseron, A. M. C., Hernandez, K. A. V., Diaz, J. B. & Tsang, W. N. T. (2019). Cross-cultural adaptation and psychometric properties of the Falls Efficacy Scale – International in Filipino community-dwelling older adults. *Disability and Rehabilitation*. doi: 10.1080/09638288.2018.1519045
- Liu, Y.W.L., Kwan R.Y.C., Lai, C.K.Y. & Hill, K.D. (2018). A simplified 10 step Tai-chi programme to enable people with dementia to improve their motor performance: a feasibility study. *Clinical Rehabilitation*, 32(12), 1609–1623.
- Metsäranta, K., Kurki, M., Välimäki, M., & Anttila, M. (2019) How do adolescents use electronic diaries? A mixed methods study among adolescents with depressive symptoms. *Journal of Medical Internet Research*, 21(2):e11711. doi: 10.2196/jmir.11711
- Molassiotis, A., Cheng, H.L., Lopez V., Au, J.S.K., Chan, A., Bandla A., Leung, K.T., Li, Y.C., Wong, K.H., Suen, L.K.P., Chan, C.W., Yorke, J., Farrell, C. & Sundar R. (2019). "Are we mis-estimating chemotherapy-induced peripheral neuropathy? Analysis of assessment methodologies from a prospective, multinational, longitudinal cohort study of patients receiving neurotoxic chemotherapy". *BMC Cancer*, 19(1), 132. doi: 10.1186/s12885-019-5302-4
- Molassiotis A., Suen, L.K.P., Cheng, H.L., Mok, T.S.K., Lee, S.C.Y., Wang, C.H., Lee, P., Leung, H., Chan, V., Lau, T.K.H. & Yeo, W. (2019). A randomized assessor-blinded wait-list controlled trial to assess the effectiveness of acupuncture in the management of chemotherapy-induced peripheral neuropathy. *Integrative Cancer Therapies*, 18, 1-12. doi: 10.1177/1534735419836501
- Molassiotis A., Suen, L.K.P., Lai, C., Chan, B., Wat, K.H.Y., Tang, J., To, K.L., Leung, C.O., Lee, L., Lee, P. & Chien,W.T. (2019). The effectiveness of acupressure in the management of depressive symptoms and in improving quality of life in older people living in the community: a randomised sham-controlled trial. *Ageing & Mental Health*, doi: 10.1080/13607863.2019.1584789
- Pekurinen, V., Välimäki, M., Virtanen, M., Kivimäki, M., & Vahtera, J. (2019). Work stress and satisfaction with leadership among nurses encountering patient aggression in psychiatric care: a cross-sectional survey study. *Administration and Policy in Mental Health and Mental Health Services Research*, doi.org/10.1007/s10488-018-00919-6
- Ran J.J., Sun S.Z., Yang A., Yang L., Han L.F., Mason T.G., Chan K.P., Li J., Tian L.W. (2019). Effects of ambient benzene and toluene on emergency COPD hospitalizations: a time series study in Hong Kong. *Science of the Total Environment*, 657, 28-35. doi:10.1016/j.scitotenv.2018.12.015
- Suen, L.K.P., Siu, G.K.H., Guo, Y.P., Yeung, S.K.W., Lo, K.Y.K. & O'Donoghue, M. (2019). The public washroom - friend or foe? An observational study of washroom cleanliness combined with microbiological investigation of hand hygiene facilities. *Antimicrobial Resistance and Infection Control*, 8, 47 (6 pages). <https://doi.org/10.1186/s13756-019-0500-z>
- Suen, L.K.P., Yeh, C.H., Yeung, S.K.W. & Yeung, J.W.F. (2019). Is the combined auriculotherapy approach superior to magneto-auriculotherapy alone in aging males with lower urinary tract symptoms? A randomized controlled trial. *Ageing Male*, doi: 10.1080/13685538.2018.1542673

Temesgen, A.W., Chien, W.T., & Bressington, D. (2019). Factors influencing subjective recovery of people with recent-onset psychosis: a cross-sectional study in a low-income Sub-Saharan country. *Psychiatry Research*, doi: 10.1016/j.psychres.2019.02.066

Turrini, G., Purgato, M., Acarturk, C., Anttila, M., Au, T., Ballette, F., Bird, M., Carswell, K., Churchill, R., Cuijpers, P., Hall, J., Hansen, L.J., Kösters, M., Lantta, T., Nosè, M., Ostuzzi, G., Sijbrandij, M., Tedeschi, F., Välimäki, M., Wancata, J., White, R., van Ommeren, M., Barbui, C. (2019). Efficacy and acceptability of psychosocial interventions in asylum seekers and refugees: systematic review and meta-analysis. *Epidemiology and Psychiatric Sciences*, 11:1-13. doi: 10.1017/S2045796019000027

Yang, L., Chan K.P., Wong C.M., Chiu, S.S.S., Magalhaes,R.J.S., Thach, T.Q., Clements, A.C.A., Peiris, J.S.M.,& Hu,W.B. (2019). Comparison of influenza disease burden of the elderly between Hong Kong and Brisbane: the impact of influenza and pneumococcal vaccine coverage. *BMC Infectious Diseases*. 19,162. doi:10.1186/s12879-019-3735-7

## Nursing students scooped champions in Social Enterprise Challenge

SN student and alumna are the biggest winners of the Hong Kong Social Enterprise Challenge (HKSEC香港社會企業挑戰賽). The innovative concept of applying Chinese medicinal therapies for injury prevention and sports rehabilitation to the general public and the ergonomic designed commode gained Ms Ka-yee Chan (our year-2 student on the BSc (Hons) in Mental Health Nursing programme) and Ms Ying-tung Chan (our alumna) and their multi-disciplinary teams the champions in the Hong Kong Social Enterprise Challenge (HKSEC).

The competition, organised by the Centre for Entrepreneurship of The Chinese University of Hong Kong, is an inter-collegiate social venture startup competition, which encourages students to employ a creative entrepreneurial approach to tackle social issues. Ms Chan, together with her three team members from the School of Chinese Medicine and the Department of Politics and Public Administration of The University of Hong Kong, beat over more than 120 teams. They were awarded the champion, with the startup prize money for an amount up to HK\$ 75,000 for each team member, which will enable them to implement the first phase of their social enterprise namely “**Chinese Medicine in Sports**” (中醫運動隊醫) under mentorship. The champion team also has the opportunity to represent Hong Kong to join the UNDP (United Nations Development Programme) Youth Co:Lab Summit 2019\*, held in Hanoi, Vietnam in April this year.

Since the successful hosting of the 2008 Beijing Olympic Games, Chinese medicine (CM) has been playing an important role in sports and many research studies have shown that CM therapies achieved good results for athletes. Unlike professional athletes, the public does not have easy access to sports team doctors and often neglects appropriate pre and post competition preparation and rehabilitation.

“Chinese Medicine in Sports” aims to fill the gap in the existing service by providing affordable and quality CM therapies, such as acupressure, massage, and cupping to public participants engaging in sports events or competitions (such as the Standard Chartered HK Marathon) and at the same time, providing employment with a decent wage for the visually impaired massage therapists. “Our project can bring mutual benefits to the service providers and users. This is the key for our success in the competitions,” said Ka-yee Chan.

At present, the unemployment rate of the visually impaired persons is more than 85%. The team is recruiting visually impaired massage therapists and planning to provide training that integrates CM theories and sports science so as to enhance the knowledge of the therapists. As a mental health nursing student, Ms Chan’s role in the team is to recruit massage therapists, organise sharing events and provide psychological support to the recruits. “Many visually impaired persons have low esteem and they find it difficult to survive in the society. We hope that our social enterprise can help them enhance their professional status and demonstrate their potential,” said Ka-yee Chan. By improving the access of CM sports rehabilitation service, the team also hope to raise the public’s awareness of sports injury and rehabilitation, as well as promote the use of CM in sports science.



The awarding students (from Left): Mr Woon Tong, Mr Ryan Chiang (both from HKU), Ms Ka-yee Chan (PolyU), and Mr Ka-lung Chan (HKU).



The awarded social enterprise aims to help visually impaired massage therapists enhance their professional status and earn decent livings.



### Past Achievements of “Chinese Medicine in Sports”

1. Awarded Silver medal at the 4<sup>th</sup> China Internet+College Students Innovation and Entrepreneurship Competition, 2018. (第四屆「中國互聯網+大學生創新創業大賽」銀獎)
2. Awarded Bronze medal at the China College Students' Entrepreneurship Competition 2018. (創青春浙大雙創杯全國大學生創業大賽-公益創業賽銅獎)

### \*Youth Co:Lab

Co-created in 2017 by the United Nations Development Programme (UNDP) and the Citi Foundation, Youth Co:Lab aims to establish a common agenda for countries in the Asia-Pacific region to empower and invest in youth, so that they can accelerate the implementation of the Sustainable Development Goals through leadership, social innovation and entrepreneurship.

### Alumna won another champion

Another champion project, **Squatty Commode** (爽屎啦!), is led by our alumna, Ms Ying-tung Chan (registered nurse) and guided by **Dr Kin Cheung** (Faculty Advisor of the project). The ergonomic designed commode helps guard against its rolling-over and prevent users from standing up, hence, reduces fall risks. The step-stool brings one's legs up to mimic a squatting position, which promotes defecation.



Ms Ying-tung Chan (2<sup>nd</sup> from right) and Dr Kin Cheung (3<sup>rd</sup> from right).



The ergonomic designed commode helps users reduce fall risks and promote defecation.

## Outstanding student awarded the “Healthcare Spirit Award”

Mr Tsun-hin Tam, a year-4 student on the BSc (Hons) in Nursing programme was given the “Healthcare Spirit Award 2018” (Spirit in Nursing-Student Category) on 27 March as a result of his excellence and dedication in nursing.

The awards, set up by Classified Post, cpjobs.com and Jiu Jik in 2017, and supported by the School, salute the exemplary contribution and compassion of healthcare practitioners in serving patients and the society, and aim to set a higher bar for excellence in healthcare and caring services. In 2018, a total of seven winners from four major categories were honoured, and a new student category was created.

Four of our students were selected as the finalists for the student award. A public voting was then carried out, which contributed 10% to the total score. Mr Tam beat over other candidates and has become the first PolyU nursing student who received this award.

“His passion and hard work in the nursing field is unquestionable. He has a strong desire for knowledge and always strives for improvement,” said **Dr Yim-wah Mak**, the programme leader of the BSc (Hons) in Nursing programme. “He also has good interpersonal relationships with schoolmates and teachers.”

“When applying the nursing knowledge in clinical settings, Tsun-hin has demonstrated the ability to practise maturely and decisively,” said **Ms Kitty Wong**, Senior Clinical Associate and the School’s Clinical Coordinator.

With his outstanding academic performance, Mr Tam has received nine scholarships in the past three years, which included the HKSAR Government Scholarship, the Purviz & Rusy Shroff Scholarship, and the HSBC Hong Kong Scholarship. Mr Tam was awarded the “Gold Award for Volunteer Service” by the Social Welfare Department in recognition of his remarkable contribution in serving the community for nine consecutive years from 2009 to 2017.

With the new honour bestowed upon him, Mr Tam is determined to serve as a role model for the nursing students of the School and a living example of caring spirit. “For me, this award serves as a reminder of how a nurse should be. We should always keep in mind that ‘providing care with care’ is the most important quality of a good nurse,” said Mr Tam.



Mr Tsun-hin Tam (4<sup>th</sup> from left) and the finalists took a photo with Dr E. Angela Chan (5<sup>th</sup> from left), one of the judges, and other SN academic staff members.

### What other SN finalists said about their achievements

#### Questions from the editor:

- *What qualities you have that contribute to your being selected as one of the finalists?*
- *What will you do to keep your passion for nursing and caring spirit alive?*



**Ka-yan Lorelei Ip**, year-2 student on the BSc (Hons) in Nursing programme

- “I am a reflective person and always strive for improvement. Before studying in PolyU, I worked in several elderly homes, which gave me opportunities to learn from the experiences of the seniors. Their life stories have reminded me the beauty of love and life, and nurtured me to have perseverance in the face of obstacles. I have the courage to change and I am flexible. These are vital healthcare spirit in nursing.”
- “I will engage in international activities to widen my horizon. This helps to keep my passion for nursing and caring spirit alive. I will participate in an exchange programme to visit Switzerland in June and I hope that I will have a chance to see the latest medical technology. I will join more voluntary work to contribute myself to the society and engage in the community.”



**Pui-yu Miki Hung**, year-5 student on the BSc (Hons) in Mental Health Nursing programme

- “I am just an ordinary nursing student and the honour should go to our teachers. All entry candidates engaged actively in community services and clinical learning. According to my observation, I believe that my passion for caring others might contribute to my being selected.”
- “In psychiatric nursing, the recovery journeys of service users are usually non-linear and full of ups and downs. Service users may relapse right after prominent clinical improvements. This can be frustrating. It is the belief in hopes that keeps my passion and caring spirit alive. There are many obstacles, but the care and concern given by nurses support service users on their ways of recovery.”



**Pui-ling Dora Wong**, year-5 student on the BSc (Hons) in Nursing programme

- “Determination. My goal is to be a holistic nurse that provides quality nursing care. I will try my best to achieve it”.
- “I always keep in mind that ‘I can choose to be a nurse but patients cannot choose their responsible nurses.’ It is the sense of responsibility for providing quality nursing care that keeps my caring spirit alive.”

## Staff

- *Prof. Maritta Valimaki* has been invited to join the EVBRES (Evidence-Based RESearch), a four year EU-funded COST (European Cooperation in Science & Technology) Action (CA-17117). With over 35 countries participating globally, the international network aims to encourage researchers and other stakeholders to use an Evidence-Based Research (EBR) approach while carrying out and supporting clinical research, thus avoiding redundant research. The Hong Kong Polytechnic University has applied a membership in this network. (For details, please click <https://www.cost.eu/actions/CA17117/#tabs|Name:overview>).



- *Prof. Maritta Valimaki* has been awarded Knight, First Class, of the Order of the White Rose of Finland, in December 2018, by the President of the Republic of Finland, in recognition of her lifetime achievement. She has also been invited to take up the role as a visiting professor at Xiang Ya Nursing School of Central South University, Mainland China.
- *Dr Grace Xie (PI) and Prof. Alice Yuen Loke* received the Paul Dudley White International Scholar Award from the American Heart Association, in recognition of their contribution to the highest ranked abstract entitled “Associations of Bone Mineral Density With Blood Pressure and Obesity in Hong Kong Chinese Adults” at the Epidemiology and Prevention/Lifestyle and Cardiometabolic Health Conference, held in March 2019.



- *Dr Jerry Yeung and Dr Shirley Ching* received the Outstanding Professional Services Awards 2018, which were given by the PolyU Technology and Consultancy Co. Ltd. Dr Yeung received the Most Active New Consultant Award (merit award). Dr Shirley Ching is a team member of the FHSS's project entitled “Consultancy Services for Review of Hong Kong Rehabilitation Programme Plan”. The team was awarded both the Most Valued Project and Multi-departmental Participation Awards (team / project Awards).
- *Dr Sunshine Chan, Dr Sharon Cheung, and Ms Stella Yuen* received the PolyU Long Service Awards 2017 on 22 February. Congratulations on reaching a service milestone and thank you for your continued dedication and hard work.



## Staff Movement

Welcome to *Dr Joyce Chung*, who joined the School as Assistant Professor on 11 March.

Congratulations to *Dr Thomas Choi* on his promotion from Associate Professor to Professor; *Dr Mimi Tse* and *Dr Lin Yang* on their promotion from Assistant Professors to Associate Professors. The promotions are effective in July.

Farewell to *Ms Jessica Yuen*, Assistant Officer. We thank her for her contribution during the time with us.

## Students

- *Ms Hoi-tung Wong*, a year-5 student on the BSc (Hons) in Mental Health Nursing programme received the PolyU "Outstanding Student Award of Department (2018) on 21 February.



Dr Sau-fong Leung, the programme leader (2<sup>nd</sup> from right), and Dr Zenobia Chan, the project supervisor (3<sup>rd</sup> from right), shared the joy with the awarded student (4<sup>th</sup> from right).

- A letter of appreciation was forwarded by the Central Nursing Division of Queen Elizabeth Hospital (QEH) to the School for giving an encouragement to our year-5 student, *Mr Ting-fung Lo*. Mr Lo is studying the BSc (Hons) in Nursing programme and has undergone clinical practicum at QEH. The appreciation letter, written by a patient in R8 ward (an oncology ward) of QEH, expressed gratitude to the student for providing quality care. Well-done Ting-fung! We are proud of your excellent job.
- *Mr Laurence Lloyd Parial*, a prospective PhD student from the Philippines, has been awarded the Hong Kong PhD Fellowship Scheme 2019/2020. He will start his PhD study in the semester one of 2019/2020 academic year, under the supervision of Dr Angela Leung and Dr Simon Lam. His research theme in the School is on Ageing and Health.



- To celebrate the World Health Day, eight year-1 undergraduate nursing students supported the Health Carnival 2019 by providing cognitive assessment (using the Abbreviated Mental Test) and promoting stimulating games (e.g., pairing-up games, reminiscence exercises and finger exercises) at a booth on 6 April. The carnival was organised by The Hong Kong Academy of Nursing Limited.

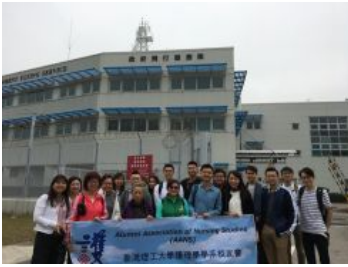


Ms Phyllis Pang (2<sup>nd</sup> row, 1<sup>st</sup> from right) and the nursing students supported the Health Carnival.

## Alumini

**(22 Feb)**

Alumni Association of Nursing Studies (AANS) organised a day trip to the Government Flying Service. Eighteen Alumni members joined the trip.



**(26 Feb)**

AANS attended the PolyU Graduating Class Ambassador 2019 Kick-off Ceremony and Reception to develop closer relationships with our young alumni and motivate them to stay connected with PolyU after graduation.



**(16 & 23 Mar)**

AANS members shared their working experience and promoted the life membership to our final year undergraduate students. Eighty-six undergraduates joined the life membership.



## Visitors



**Date** : 26 February 2019  
**Institution / Organisation** : Hong Kong Civic Association  
**Country** : Hong Kong SAR  
**Visitors** : A delegation of Hong Kong Civic Association



**Date** : 11 March 2019  
**Institution / Organisation** : Po Leung Kuk & Lutheran Social Service  
**Country** : Hong Kong SAR  
**Visitors** : A delegation of Po Leung Kuk & Lutheran Social Service



**Date** : 25 March 2019

**Institution / Organisation** : Health and Family Planning Capacity Building and Continuing Education Center of Shenzhen Municipality (深圳市衛生計生能力建設和繼續教育中心)

**Country** : Mainland China

**Visitors** : A delegation from the Health and Family Planning Capacity Building and Continuing Education Center of Shenzhen Municipality



**Date** : 24 April 2019

**Institution / Organisation** : Government of Foshan Municipality

**Country** : Mainland China

**Visitors** : A delegation from the Government of Foshan Municipality (佛山市政府)



The delegation met with Ir Prof. Alexander Wai, PolyU Vice President (Research Development) [1st row, 3rd from right], Prof. David Shum, Dean, FHSS, and our staff members.



Current Issues



(23 Jan)

CGN held a networking lunch and members of the Centre met with their collaborators and partners.



(18 Feb)

Three new automated external defibrillators have been installed in the School. Colleagues attended the workshops to learn how to use the advanced life-saving equipment.

(19-22 Feb)



Dr Justina Liu and Dr Rick Kwan presented a paper entitled “Feasibility Study of Electronic Lifestyle Activity Tracker (ELAT)-based Intervention for Managing General Fatigue on Community-Dwelling Frailty Older People” in the International Conference of Frailty and Sarcopenia Research in the USA. They took the opportunity of attending the conference to interview some internationally renowned scholars for the development of the CGN’s MOOC project, entitled “Managing Frailty through a Collaborative Approach.”



(Mar)

The School co-organised the International Conference on Innovation in Nursing Education and Patient Care, held on 15-16 March (Prof. Frances Wong was one of the keynote speakers) and the HKPADS (the Hong Kong Paediatric and Adolescent Dermatology Society) Paediatric Dermatology Symposium on 16-17 March.



(3 Apr)

Members of the CGN met Prof. Wendy Moyle, Programme Director of Healthcare Practice and Survivorship, Mensies Health Institute Queensland, Griffith University, Australia, to discuss the future research development.





(8-9 Apr)

Our Departmental Academic Advisor, Prof. Patricia Davidson, Professor and Dean at the School of Nursing, Johns Hopkins University, visited the School and met with Head and Associate Heads of the School, our academic staff members and students to discuss the academic programme development and quality assurance, student learning experience and outcomes, as well as research scholarship and research programme development.



(16 Apr)

The MSc in Nursing Information seminar was held. Registered nurses attended the seminar to learn more about the programme.



(24 & 29 Apr)

The School's Integrative Health Clinic (IHC) organised a workshop on "Chronic Pain Management: Motivation and Capabilities to Change". Mr Oscar Chung and Mr Raymond Lo (Physiotherapy Clinical Associate, PolyU's Department of Rehabilitation Sciences) were the lecturers for the workshop.

**Using Qualtrics for Research, Teaching & Learning**  
 Date: 30 April 2019 (Tuesday)  
 Time: 3:00pm - 4:30pm  
 Venue: BC302, PolyU Campus  
<https://polyu.hk/zh/BHY> 3400.3184

Qualtrics is an online software for creating surveys and generating reports. It provides a user-friendly survey system for collecting and analyzing data. To facilitate FHSS staff and students to better understand the potential of using Qualtrics in research, teaching and learning, three colleagues will introduce a variety of Qualtrics features and share their personal experiences of applying them to different research, teaching and learning projects.

**Overview of Qualtrics — Dr Kevin Chan**  
 Dr Kevin Chan Hin-wang is Instructor of the Department of Applied Social Sciences. He serves as FHSS representative on PolyU's Advisory Committee on e-Learning and is actively involved in cross-university inter-institutional research on e-learning. A team led by Dr Chan won the Grand Award in the Best Use of ICT Basic category of the Outstanding Symptom Manager Education Awards 2016/17 for their project "Collaborative Learning with Technology — Peer Instruction with Clusters for Large Classes". Dr Chan also participated in the creation of a support classroom for the SPSC course "Introduction to Psychology", which was supported by a SPSC. Dr Chan has used Qualtrics and Poll Everywhere for conducting evaluations in his USC-funded projects and in his courses that incorporate SPSC. He will share his experience of the basic functions of Qualtrics and how they can be used for evaluation in teaching and learning projects.



**Application of Qualtrics in research Designs — Dr Jacky Ng**  
 Dr Jacky Ng Che-Kit is a postdoctoral fellow of the Department of Applied Social Sciences. He received a PhD in psychometrics from the Chinese University of Hong Kong. Dr Ng's research interests include integration of qualitative and quantitative, traditional structural equation modeling, and cross-cultural research methodologies. Different research designs (e.g. cross-sectional, experimental, and longitudinal designs) have their own distinctive settings. Dr Ng will introduce some useful functions in Qualtrics that help to collect data in these settings.

**Application of Qualtrics in teaching & learning — Dr John Yuen**  
 Dr John Yuen Wai-man is Associate Professor at the School of Nursing, and Co-Chair of PolyU's Advisory Committee on e-Learning. He led the development of PolyU's "Therapist Assistant" MOOC, which was launched in 2015 on edX. To date, a total of more than 100,000 learners from around the world have enrolled in the 8-week MOOC. Both Qualtrics and Poll Everywhere have been used for supporting the pre- and post-course surveys for the MOOC. Dr Yuen will demonstrate the application of Qualtrics in an edX course and will compare it with MySurvey.

(30 Apr)

Dr John Yuen was invited as one of the speakers for the FHSS seminar entitled "Using Qualtrics for Research, Teaching and Learning". He talked about how to apply Qualtrics in an edX course and compared Qualtrics with MySurvey.

## Seminars

Date	Topic	Speaker	Photo
14 Mar	A Learning Journey on UGC Teaching and Learning Fund: Enriching Senior Year Places Students' Learning Experience through Curricular and Co-curricular Activities in Hong Kong's Universities	Dr Kin Cheung Associate Professor, School of Nursing, PolyU	
3 Apr	Challenging Relationships, Social Adversity, and Mental Health		
	Recent Advances in the Assessment and Treatment of Traumatic Stress	Prof. Thanos Karatzias Director of Research, School of Health & Social Care, Edinburgh Napier University, UK	
	Violence and Aggression towards Nurses in the Healthcare Setting in Hong Kong	Dr Teris Cheung Research Assistant Professor, School of Nursing, PolyU	
	Adverse Childhood Experiences and Mental Health	Dr Grace Ho Assistant Professor, School of Nursing, PolyU	
17 Apr	Develop an Innovative Learning Module for Interprofessional Simulated Clinical Learning	Ms Ivy Wong Clinical Associate, School of Nursing, PolyU	