

COVER STORY

The School holds steady in rankings



The School has maintained its place at 31st in the QS World University Rankings by Subject (Nursing) in 2020. The QS World University Rankings by Subject highlights the world's top universities in individual subject areas, covering 48 subjects as of 2020. It aims to help prospective students identify the world's leading schools in their chosen field.

The rankings are based on employer reputation and research impact. This year, our scores on academic and employer reputation and H-index citations increased, contributing to a steady rise of the School's overall score to 82.8 (compared to 80.9 in 2019).

The table below shows our scores in details:

	School of Nursing, PolyU
Rankings in 2020	31 st
Overall score	82.8
Academic Reputation	85
Employer Reputation	71.9
H-index Citations	81.7
Citations per Paper	85.2

Data retrieved from <https://www.topuniversities.com/university-rankings/university-subject-rankings/2020/nursing>

PolyU teams scooped all awards at HK Innovation Day

The 4th Hong Kong Innovation Day (HKID) cum Innovation Awards Competition was held online and the results were announced on 26 February. This year, 14 teams were shortlisted for the final online presentation to compete for the Innovation Awards. Congratulations to the PolyU teams on winning ALL the awards! Here are the details:

Champion

Project Title: Flexible Scoliosis Brace with Artificial Hinge

Project Leader: Dr Joanne Yip, Associate Professor, Institute of Textiles & Clothing, PolyU

Click [here](#) to watch the video clip

First Runner-Up

Project Title: Enhanced Insulin Release by Ultrasound Stimulation for the Treatment of Diabetics

Project Leader: Dr Sun Lei, Associate Professor, Department of Biomedical Engineering, PolyU

Click [here](#) to watch the video clip

Second Runner-Up

Project Title: Four-dimensional Magnetic Resonance Fingerprinting: A Feasibility Study

Project Leader: Mr Tian Li, Department of Health Technology and Informatics, PolyU

Click [here](#) to watch the video clip

Best Social Innovation Award

Project Title: Dwarfs -Educational Kit about Emotions for Children with ASD (Autism Spectrum Disorder)

Project Leader: Mr Man-wai Wong, product design student, School of Design, PolyU

Click [here](#) to watch the video clip

Diverse online teaching and learning experiences

Editor's note: The School has been offering different modes of online learning during months of class suspension. How to make use of information technology to provide diverse learning experiences for students and fulfil their learning expectations? Let's review our online teaching and learning strategies and its effectiveness.

What we have done so far

Subject lecturers have been using different e-teaching platforms, such as the Blackboard Collaborate Ultra, Zoom, and MS Teams to deliver online lectures, tutorials, and lab sessions (facilitators demonstrated nursing skills in real-time), etc. These software programmes enable students to interact with their lecturers and classmates in virtual classes instantly. Teaching materials were uploaded for student revision. The clinical education team developed a set of online lectures and tutorials with topics, such as ventilator care, aerosol generating procedures and professional nursing competence assessment to allow students to continue to learn during the suspension of clinical practicum.

Teacher-student meetings and talks also go online. For example, online career talks were organised to give students more understanding of their professional development. The ICAC talk was delivered online for the first time to graduating students.

The Student Academic Advisors have also been communicating with our students regularly via Blackboard Collaborate Ultra and MS Teams to give emotional support and guidance to students throughout this special period.

Strategies & evaluation

The School's teaching teams attended webinars given by the EDC, ITS, and our online teaching support team to enhance online teaching skills and learn ways to facilitate E-learning. Various strategies have been using to facilitate student E-learning, such as preparing PowerPoint teaching materials with voice-overs, making short video lectures, encouraging discussion in online groups and chat boards. Web-based senior-student peer supervision was introduced in the service learning (SL) subject *Mentoring Health Ambassadors for School Communities*. Guided by the senior peers and the lecturers, students in small groups developed their activity plans.

To keep track of students' progress, subject lecturers have been using the Subject e-Engagement Reports to monitor student participation. "When lectures identified students with low participation, they will send them a reminder to encourage them to put more effort in E-learning," said Dr Sau-fong Leung, the programme leader of the BSc (Hons) in Mental Health Nursing programme.

Apart from online quizzes/examinations or written assignments, formative assessment, such as interactive Q&A sessions, peer assessment and reflective journal, etc., have been used by subject lecturers to evaluate students' learning and help students identify areas for improvement. Polls were conducted and student feedback was collected for refining teaching strategies. To overcome challenges of assessing online video assignments, uRewind has been used by subject lecturers for supporting students' creation and submission of videos. The software also allows subject lecturers to give online feedback on video clips. Before assessing group projects, the subject lecturers of *Mentoring Health Ambassadors for School Communities* communicated regularly with students online to sustain the group dynamics and ensure that students were on the right track in their learning.

Effectiveness of online teaching & student feedback

The School's teaching teams conducted a survey to understand the effectiveness of on-line teaching. The results of the survey showed that majority of students participated in the online synchronised sessions (median attendance=92%) and accessed the asynchronous online teaching materials (median hit rate=0.97). In some courses, the asynchronous learning materials were access repeatedly (Hit rate max=6.9).

Students commented that they enjoyed the convenience, safety and comfort of learning in their home during the COVID-19 pandemic. Shy students benefitted more as they have become more active in online learning activities. However, our teaching teams have been aware that some statistics showed that the engagement rates of small classes were lower than large classes.

For the SL subjects, student online engagement was generally high. Online senior peer supervision helped create good dynamics among student groups.

“All student work was submitted on time with good quality,” said Annie Yip, a lecturer of the subject. “Students also found it easier to ask questions online.”



▲ Ms Ellen Ku was delivering an online lecture to our service learning students.



▲ Three student leaders from the “Student Leadership Development Programme” worked online to produce posters and booklets about COVID-19 (left photo) for health promotion services in developing countries.



▲ An online health promotion programme was delivered by the SL students on the subject *Collaborative care in School Health and Safety* to promote healthy diet, exercises, hygiene and mental wellness for primary school children.

New MOOC course on frailty in daily living

Dr Rick Kwan, Dr Justina Liu, Dr Daphne Cheung, and Mr Patrick Kor delivered a new massive open online course (MOOC) “Frailty In Daily Living” in January. It was the first MOOC course led by SN staff members and the third MOOC project in which SN staff members were involved.

This 4-week free online course was offered by the HKPolyUx and delivered via the edX*platform. It aimed to enhance the understanding of local and global audiences on frailty and promote frailty management. The instructors from our School introduced the theories, risk and protective factors, assessment methods, and interventions of frailty, as well as association between frailty, cognitive functions and nutrition. The course was open to global audiences and over 680 learners enrolled.

Dr Rick Kwan, one of the instructors, said that mini-lectures, demonstrative videos and tests were conducted to facilitate learning. “We hoped that our learners will apply the skills they learnt for assessing and managing frailty or helping older adults managing their daily living,” said Dr Kwan. Another instructor, Dr Justina Liu said that this course equipped learners with the knowledge about frailty and the ability to differentiate between sarcopenia and frailty. “These are big steps forward for frailty prevention and management,” said Dr Liu.

Learners gave positive comments to the course, such as:

“Thank you, Dr Rick. Being a former (now retired) scientist, I like seeing issues defined and analysed in a scientific framework, as you did very nicely in your mini-lecture.”
Bruce McChullough

*PolyU is an institutional partner of the edX Consortium, an e-educational platform founded by Massachusetts Institute of Technology and Harvard University. HKPolyUx is an online platform established to facilitate online learning.



▲ Frailty In Daily Living-the first MOOC course led by SN staff members.



▲ Demonstrative videos were produced for the MOOC course to enhance learners understanding of frailty.

Fund granted for supporting study on serial concept map for enhancing student achievements

Dr Daniel Bressington, Dr Grace Ho, Dr Sau-fong Leung and Dr Wai-kit Wong were awarded the PolyU Teaching Development Grant for the study entitled 'Using Individual Serial Concept Maps to Enhance Reflective Thinking, Reduce the Theory-Practice Gap and Improve Learning Self-Efficacy, Academic-Related Stress and Academic Achievement in Mental Health Nursing Students.'

Research Themes & Centres Update

Ageing and Health



Members received funding support

Dr Daphne Cheung has been granted a sum of HK\$ 400,000 from the PolyU Start up Fund for New Recruits for supporting the project entitled 'Assessing Agitation in Individuals with Dementia Using Wearable Multimodal Physiological Sensors: A Feasibility Study'.

Dr Justina Liu and her team have been granted a sum of HK\$ 625,000 from the Poly Teaching and Development Grants for supporting the project entitled 'Virtual Reality (VR)-Assisted Experiential Learning: To See, Feel, and Create an Age-Friendly Society.'

Family and Community Health

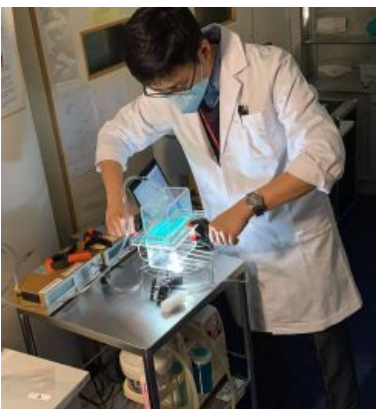


All-round effort to counter COVID-19

- The Centre set up a video library of instructions on how to perform hand hygiene properly, don and doff PPE correctly, wear masks and respirators appropriately, and maintain general environmental cleanliness for preventing novel pneumonia viral transmission. Most videos are available in English, Cantonese and Putonghua and can be accessed by clicking [here](#).

Dr Sijian Li, the programme leader of the MSc in Disaster Nursing programme, and members of the Centre produced a video (in Putonghua) entitled 'Self-protection of Managing Patients with Suspected New Coronavirus Pneumonia' (做好疑似新型冠狀病毒肺炎的自我防護) in January. This video has been uploaded to 'YOUKU' (優酷視頻-教育頻道) (to view please click [here](#)), and the website of CIC.

- In January, **Dr Lorna Suen** was invited by the University to join the Task Force against Severe Respiratory Disease associated with a Novel Infectious Agent. **Ms Suki Ho** was invited by the PolyU Facilities and Management Office to offer coaching on temperature taking using infrared thermometers.
- **Dr Simon Lam** was interviewed by the media on examination of particle filtration efficiency of a number of face masks by the use of self-established system on optical aerosol counters. The news attracted 346K views, 490 comments and 1,216 shares (dated on 31 March) in social media platforms. Click [here](#) to see the interview.



- **Dr Lin Yang** was interviewed by La Vanguardia, a Spanish newspaper on the impact of COVID-19 to Mainland China. Click [here](#) to see the interview. She was also interviewed by the National Public Radio, one of largest news media in the US, on issues relating to COVID-19. Click [1](#), [2](#), [3](#) to read the interviews.

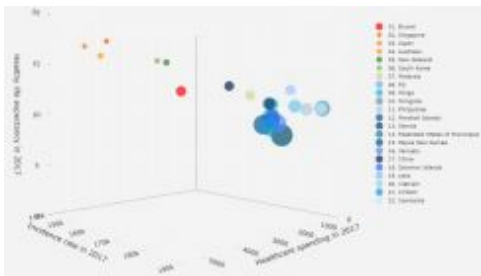


World Health Organization Collaborating Centre
for Community Health Services
世界卫生组织社区健康服务合作中心

Centre's study supports integrated care for older people in Western Pacific

For the past two months, members of the Centre assisted the WHO in translating the WHO Integrated Care for Older People (ICOPE) protocol into different languages. We also analysed the global data to identify crucial risk factors of burden arising from age-associated diseases. The results indicate that developing economies have less healthcare spending per capita, higher incidence rate of non-communicable diseases, shorter healthy life expectancy and heavier disease burden at older ages than developed countries despite population ageing. The findings support the implementation of evidence-based ICOPE for the Western Pacific Region.

Figure 1. 5D data visualisation in a 3D space: Disease burden of non-communicable diseases (per 100,000) (bubble size) at age 65-69 years by healthcare spending (in PPP per capita) (x-axis), incidence (per 100,000) (y-axis) and healthy life expectancy (z-axis) of 22 countries (colour groups) in the Western Pacific Region in 2017.



▶ Red-orange: High-income countries; Green: Medium-income countries; Blue: Low-income countries.

Mental Health Care

Member talked about COVID-19 and mental health challenges

Ms Odile Thiang talked about the challenges and impact of COVID-19 on mental health in the Foreign Correspondents Club's lunch panel and an interview by the CNN. Click here to read the article and watch the video clip:

[CNN](#) (28/02) and [TVB Pearl](#) (06/4)



Club Lunch Panel – COVID-19: How to Deal with the Physical and Mental Challenges Facing Hong Kong

► Ms Odile Thiang (2nd from left).

Research Publications

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Chien, W.T., Chow, K.M., Chong, Y.Y, Bressington, D., Choi, K.C. & Chan, K.W (2020). The role of five facets of mindfulness in a mindfulness-based psychoeducation intervention for people with recent-onset psychosis on mental and psychosocial health outcomes. *Frontiers in Psychiatry*, 11:177.doi: 10.3389/fpsy.2020.00177

Chien, W.T., Ma, C.F., Bressington, D. & Suen, L.K.P. (2020). Family-based interventions versus standard care for people with schizophrenia (Protocol). *Cochrane Database of Systematic Reviews*, Issue 2. Art. No.: CD013541. doi: 10.1002/14651858.CD013541

Chu, L. Y., Chang, T. W., Dai, T. Y., Hui, L., Ip, H. T., Kwok, S. Y, Ying, K.L. Chan, F.M. & Bressington, D. (2020). Mental health nurses in non-uniform: facilitator of recovery process? *Journal of Psychiatric and Mental Health Nursing*. doi: 10.1111/jpm.12599

Lam, A.H.Y., Leung, S.F., Lin, J.J. & Chien, W.T. (2020). The effectiveness of a mindfulness-based psychoeducation programme for emotional regulation in individuals with schizophrenia spectrum disorders: *a pilot randomised control trial*. *Neuropsychiatric Disease and Treatment*, 16, 729-747,doi: <https://doi.org/10.2147/NDT.S231877>

Leach, M., Jones, M., Bressington, D., Jones, A., Nolan, F., Muyambi, K., Gillam, M. & Gray, R. (2020). The association between mental health nursing and hospital admissions for people with serious mental illness: a systematic review. *BMC Systematic Reviews*, 9:35. doi: 10.1186/s13643-020-01292-y

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Li, Y. & Tse, M. M. Y. (2020). An online pain education program for working adults: a pilot randomized controlled trial with one-month follow-up. *Journal of Medical Internet Research*, 22(1), e 15071. doi: 10.2196/15071

- Li, Y., Coster, S., Norman, I.J., Chien, W.T., Qin, H. & Bressington, D. (2020). Feasibility, acceptability and preliminary effectiveness of mindfulness-based interventions for people with recent-onset psychosis: a systematic review. *Early Intervention in Psychiatry*, doi: 10.1111/eip.12929
- Lin, Q.Y., Zhao, S., Gao, D.Z., Lou, Y.J., Yang, S., Musa, S.S., Wang, M.H., Cai, Y.L., Wang, W.M., Yang, L. & He, D.H. (2020) A conceptual model for the outbreak of novel coronavirus (2019-nCoV) in Wuhan, China, with individual reaction and governmental action. *International Journal of Infectious Diseases*. Mar 4; 93:211-216. doi: 10.1016/j.ijid.2020.02.058
- Ng, K. C., Wu, L. H., Lam, H. Y., Lam, L. K., Nip, P. Y., Ng, C. M., Leung, K. C. & Leung, S. F. (2020). The relationships between mobile phone use and depressive symptoms, bodily pain, and day time sleepiness in Hong Kong secondary school students, *Addictive Behaviors*, 101, doi: <https://doi.org/10.1016/j.addbeh.2019.04.033>
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Xu, D. D., Rao, W. W., Xiao, L. C., Wen, S. Y., Che, W. I., Bressington, D., Cheung, T., Ungvari, G. & Xiang, Y. T. (2020) Prevalence of depressive symptoms in primary school students in China: a systematic review and meta-analysis. *Journal of Affective Disorders*, <https://doi.org/10.1016/j.jad.2020.02.034>

Yang Y., Li, W., Zhang L., Zhang Q., Cheung, T. & Xiang, Y.T. (2020). Mental health services for older adults in China during the COVID-2019 outbreak. *The Lancet Psychiatry* 7:1, [https://doi.org/10.1016/S2215-0366\(20\)30079-1](https://doi.org/10.1016/S2215-0366(20)30079-1)

Yang, S., Cao, P., Du, P., Wu, Z., Zhuang, Z., Yang, L., Yu, X., Zhou, Q., Feng, X., Wang, X., Li, W., Liu, E., Chen, J., Chen, Y. & He, D.H. (2020) Early estimation of the case fatality rate of COVID-19 in mainland China: a data-driven analysis. *Annals of Translational Medicine*. Feb; 8(4):128. doi: 10.21037/atm.2020.02.66

Yin, Y.H., Liu, J.Y.W. & Välimäki, M. (2020). Effectiveness of non-pharmacological interventions on the management of sarcopenic obesity: a systematic review and meta-analysis. *Experimental Gerontology*. doi: <https://doi.org/10.1016/j.exger.2020.110937>

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Zhao, S., Zhuang, Z., Cao, P., Ran, J., Gao, D., Lou, Y., Yang, L., Cai, Y., Wang, W., He, D. & Wang M. (2020) Quantifying the association between domestic travel and the exportation of novel coronavirus (2019-nCoV) cases from Wuhan, China in 2020: a

correlational analysis. *Journal of Travel Medicine*. Mar 13;27(2). pii: taaa022. doi: 10.1093/jtm/taaa022

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Zhuang, Z., Zhao,S., Lin, Q.Y., Cao, P.H., Lou, Y.J., Yang, L. & He, D.H. (2020). Preliminary estimation of the novel coronavirus disease (COVID-19) cases in Iran: a modelling analysis based on overseas cases and air travel data. *International Journal of Infectious Diseases*. Mar 11. pii: S1201-9712(20)30138-7. doi: 10.1016/j.ijid.2020.03.019

林清、黃韻芝、孫桂萍 (2020) 。〈新型冠狀病毒肺炎疫情中一次性醫用口罩使用及消毒方法的可行性探討〉。《護理管理雜誌》，20卷，優先網絡版。

Disaster nursing students and graduates fought on the frontline against COVID-19

A hundred and thirty-four students and graduates of the School's Master of Science in Disaster Nursing programme coped with a climate of fear and have fought on the frontline against COVID-19. Among them, nine who have been serving in Wuhan or Hubei hospitals joined the combat COVID-19 team to care for patients suffering from the new virus. Fifteen were deployed from Sichuan, Fujian, and Yunnan provinces to Wuhan and Hubei in support of the medical staff in fighting against COVID-19.

On 25 January, the first day of Chinese new year, our student Ms Ren Yang (楊人) was among the first group of medical team from the Affiliated Hospital of Chengdu University of Traditional Chinese Medicine, Sichuan (成都中醫藥大學附屬醫院) to arrive in Wuhan. Three days later, our alumna Ms Ya-qing Zhang (張亞清), who worked at the ICU of Sichuan Mianyang Central Hospital (四川綿陽中心醫院), headed to Wuhan Red Cross Hospital (武漢市紅十字會醫院). She organised the second Sichuan medical team providing nursing support to a hospital in Wuhan. Ms Xiu Hong Ying (應秀紅), our graduate, joined the first nursing team from the First Affiliated Hospital of Fujian Medical University (福建醫科大學附屬第一醫院) to support Wuhan Jinyintan Hospital (武漢市金銀潭醫院) on 26 January.

In Wuhan, our graduate Ms Fang Zhang (張芳), who was working in Xiehe Hospital (華中科技大學同濟醫學院附屬協和醫院), joined the 30-strong combat COVID-19 team and have been caring patients. Mr Baoguo Fu (傅保國) our alumnus and the head nurse of the emergency department at the Jingzhou Central Hospital of Hubei (湖北省荊州市中心醫院), has been providing care to many fever cases.

From late January to the end of April, 13 students and graduates of the School's MSc in Disaster Nursing programme, mostly with emergency, critical and intensive care, as well as prevention and infection control background, headed to Wuhan or Hubei in support of the hospital staff there. They devoted themselves and served on the frontlines in mobile cabin hospitals (e.g., Wuhan Dongxihu Fangcang Hospital [武漢東西湖方艙醫院], Wuhan City Vocational College Fangcang Hospital [武漢城市職業學院方艙醫院]), a prison hospital, the critical care units in Tongji Hospital (華中科技大學同濟醫學院附屬同濟醫院), Xiehe Hospital (華中科技大學同濟醫學院附屬協和醫院) and Renmin Hospital of Wuhan University (武漢大學人民醫院).

To honour their self-sacrificing efforts, the Sichuan University–The Hong Kong Polytechnic University Institute for Disaster Management and Reconstruction, the institute that offers the MSc in Disaster Nursing programme, issued a letter of

appreciation to the students and graduates in recognition of their professionalism and devotion in fighting against COVID-19.

Here are some of their names:

From Sichuan

-Ms Xin Li 李鑫, Head Nurse, Emergency Department, Sichuan Provincial People's Hospital;

-Ms Wen-jiao Huang 黃文姣, Deputy Head Nurse of West China Hospital, Sichuan;

-Ms Ming-xuan Li 李明軒, Mr Zheng-dong Wang 王正東, Ms Ya-ling Liu 劉亞玲, and Mr Jian-xiong Wang 王建雄, Emergency Department, West China Second Hospital 華西二院急診;

-Mr Zhong-man Zhang 張鐘滿, ICU, Chengdu Second People's Hospital 成都市第二人民醫院;

-Ms Ying-fang Tang 唐瑩芳, Head Nurse, Sichuan Judicial Police General Hospital 四川省司法警官總醫院;

From Fujian

-Ms Xiao-yan Zheng 鄭曉燕, The First Affiliated Hospital of Fujian Medical University 福建醫科大學附屬第一醫院;

- Ms La Shi 石嵐, Emergency Department, Fujian Provincial Hospital 福建省立醫院;

From Yunnan

Mr Xiao-ming A, 阿曉明, ICU, First People's Hospital of Yunnan Province 雲南省第一人民醫院.

It is worth mentioning that when a COVID-19 outbreak occurred in Ganzi Daofu County 四川甘孜道孚縣 in February, our student Ms Shan-shan Chen 陳珊珊, who was working at the ICU of the People's Hospital of Sichuan Ganzi Tibetan Autonomous Prefecture 四川甘孜藏族自治州人民醫院重症 immediately went to Daofu County to care for the patients.



▲ Ms Ren Yang (front row, 2nd from right)



▲ Ms Xiu-hong Yin (4th from left)



▲ Ms Lan Shi (mid, in blue surgical cap) provided nursing service at Xiehe Hospital.



▲ At Wuhan Red Cross Hospital, Ms Ya-qing Zhang (2nd from right) in PPE with a Hello Kitty drawing on the gown.



▲ Ms Xin Li (1st from left) was caring a patient at Wuhan Dongxihu Fangcang Hospital.



▲ At Xiehe Hospital, two senior patients photographed with the nurses, including Ms Ming-xuan Li (first row, 1st from left) and Ms Ya-ling Liu (second row, 2nd from left) before discharge.

OUR PEOPLE

Staff

- *Dr Grace Xie (PI) , Prof. Alice Yuen Loke, Dr Daphne Cheung, Dr Angela Leung, Prof. Alex Molasiotis* 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 Sleep Quality with Body Mass Index and Obesity: The Health Needs Assessment Study of Macau Residents ”. The award was presented at the Epidemiology and Prevention/Lifestyle and Cardiometabolic Health Conference in March.

The American Heart Association

Presents this

**Paul Dudley White
International Scholar Award**

To Recognize the Authors with the Highest Ranked Abstract
from **Hong Kong** at the Epidemiology and Prevention | Lifestyle and
Cardiometabolic Health Conference 2020

Tao Jie Xie, Alice Yuen Loke, Daphne Cheung, Denise D.C. Lam Nogueira, Kary Liu, Angela Leung,
Debbie Fong, Alice Tsang, Cindy Leung, Joe Cheong, Florence Voon, Alex Molasiotis


Kevin Lo, MD, MPH
EPIDEMIOLOGY Program Committee Co-Chair




Deborah Selvin, PhD, MPH, MBA
EPIDEMIOLOGY Program Committee Co-Chair

- *Dr Mimi Tse* was appointed a member of the Programme Advisory Committee for the BSc (Hons) in Applied Gerontology and the Diploma in Health Studies programmes of the School of Nursing, Tung Wah College.
- *Dr Daniel Bressington* was an invited speaker for a cross-faculty workshop ‘Identifying and Managing Depression in University Students– Basic Counselling Techniques and Interventions for Lecturers’, held at Suranaree University of Technology, Nakhon Ratchasima, Thailand, in January 2020. He was also an invited facilitator for the workshop ‘Adherence Therapy for Mental Health Clinicians’, held in the same month at Nakhon Ratchasima Rajanagarinda Psychiatric Hospital, Thailand.
- Congratulations to *Mr Patrick Kor* (CS: Dr Justina Liu;Co-S: Prof. Wai- tong Chien [CUHK]) who has passed his PhD oral examination.

Staff movement

- *Dr Timothy Sim* will pass the torch on to *Dr Angela Leung*, who will take up the new role as the Deputy Director of the School's WHO Collaborating Centre for Community Health Services by the end of June. Under the new leadership, the direction of partnership between the WHO and the School will steer towards a focus on Healthy Ageing. We thank Dr Sim for his contribution during the time with us.
- Congratulations to *Dr Daniel Bressington*, *Dr Jerry Yeung*, *Dr Harry Qin* and *Dr Sau-fong Leung* on their promotion from Assistant Professors to Associate Professors.
- Welcome to *Ms Natalie Chow* who joined the School as Assistant Officer on 6 February; *Mr Rey Loo* as Clinical Assistant on 2 March.
- Farewell to *Prof. Maritta Valimaki*, Professor; *Dr Doris Leung*, Teaching Fellow; *Mr Winson Yee*, Executive Assistant. We thank them for their contribution during the time with us.

Students

Editor's note: **Ms Shanshan Wang**, our PhD student (Supervisors: Dr Daphne Cheung and Dr Angela Leung), was awarded the Fulbright - Research Grants Council (RGC) Hong Kong Research Scholar Award for supporting her research activity on bibliotherapy and dementia caregiving at Johns Hopkins University School of Nursing. Shanshan shared with us her valuable eight-month (Sept 2019 to April 2020) learning at Johns Hopkins.

What goals did you plan to achieve in Johns Hopkins?

- Learnt more about the cultural difference in dementia caregiving.
- Improved quantitative and qualitative data analysis skills.
- Participated in the mentors' research meetings and joined their writing team.
- Improved my academic writing skills, including thesis writing, writing for publication and grant funding.
- Published one to two papers

What is the significance of your research project?

My research project explores the effectiveness of bibliotherapy in improving caregiving appraisal of informal caregivers of people with dementia. Bibliotherapy is a self-help intervention that requires minimal professional involvement. My study has important implications for areas where limited resources are provided to dementia caregivers.

I believe that bibliotherapy helps to improve caregiving appraisal and brings benefits to both caregivers and care recipients by providing better caregiving experience, improving coping skills, psychological wellbeing and quality of life. In the long run, it may reduce premature institutionalization, thus saving resources.

How did you benefit from your visit to Johns Hopkins?

I am privileged to visit Johns Hopkins School of Nursing (JHSON), one of the best nursing schools in the world. JHSON is very open in communication with students.

Prof. Patricia Davidson, Dr Valerie Cotter and Dr Rebecca Wright were my mentors. They are excellent researchers and experts in dementia related areas. I am glad to be able to participate in Prof. Davidson's mentor group meetings with her PhD students and join the dementia working group of the Center for Innovative Care in Aging, as well as to observe care delivery in Dr Cotter's dementia clinic and learn qualitative data analysis skills from Dr Wright. I also had the opportunity to be involved in a project of Dr Yeh and Dr Cotter to experience the cultural differences in caring by attending several home visits of dementia patients.

I attended a variety of workshops. The data-analysis workshop helped me to identify the suitable data analysis method for my study and I learnt how to perform data analysis. JHSON also conducted customised workshops and symposiums for supporting the learning needs of visiting scholars. I also attended some research methodology classes to observe the teaching of prestigious professors. I was impressed by the interactions between the lectures and students during the classes.

Prof Davidson always encouraged me to talk about my difficulty in writing the thesis during the group meeting, so that I could gain insights while discussing with others. In JHSON, many professors are editors of journals and they taught me the skills on writing for publication from editors' viewpoints. During the visit, I worked intensively with my PolyU supervisors and JHU mentors to produce a manuscript, which was submitted to the *International Journal of Nursing Studies*. I hoped that this could open up more research collaboration opportunities between PolyU's SN and JHSON.

What other activities did you participate in Johns Hopkins?

Prof. Davidson invited the visiting scholars to attend all kinds of social activities, such as alumni week cocktail party, potluck, thanksgiving dinner, etc. She also held a Chinese New Year party for us.

What was the most valuable experience?

I really appreciate the opportunities of working with different supervisors and mentors during my PhD study. I made many new friends who have different research interests in JHU. JHU emphasizes nurturing of leadership abilities. Teachers provide all kinds of resources and opportunities to students, hence, their students were confident and very expressive. These qualities impressed me. I tended to think a lot before acting. My mentors in JHU, however, suggested me acting on my ideas. Prof. Davidson asked me not to set limits, but explore my potential. I followed her advice and put effort to try. Finally, I achieved the goals of my visit. This experience helps me build confidence for future career development.



▲ Ms Shanshan Wang, the Fulbright-RGC Hong Kong Research Scholar.



▲ Prof. Davidson, the mentor, asked Shanshan don't set limit but explore her potential.



▲ Shanshan attended the workshop given by Dr Gregg L Semenza, one of the winners of the 2019 Nobel Prize in Physiology or Medicine.



▲ Dr Cotter, Associate Professor of JHSON, and the only NP of Johns Hopkins Memory and Alzheimer's Treatment Center, enriched Shanshan's knowledge on nurses' roles in dementia diagnosis, treatment and caregiving.

Alumni

(Mar)

- Four executive committee members (Ms Susanna Chan, Mr Wilson Lo, Dr Michael Ho and Mr Samuel Cheng) of The Alumni Association of Nursing Studies (AANS) joined the membership of the Sub-committee of PolyU's Alumni Affairs and Development Office.

(Apr)

- AANS delivered an online membership promotion talk to the final year students of BSc in Nursing programme on 6 April.