



THE HONG KONG  
POLYTECHNIC UNIVERSITY  
香港理工大學



醫療及社會科學院  
Faculty of Health and Social Sciences



School of Nursing  
ANNUAL REPORT

2023



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# The Hong Kong Polytechnic University

**T**he Hong Kong Polytechnic University (PolyU) has a proud and illustrious history dating back to 1937. Formerly known as The Hong Kong Polytechnic, it assumed full university status in 1994. PolyU is strategically located in Hung Hom in the heart of the city, and our campus continues to grow with extensive development and rapid expansion over the last 10 years.

**“PolyU offers a wide range of academic programmes that directly meet the industrial, commercial, and community needs of the city and the region. In addition to meeting Hong Kong’s manpower requirements, we make significant contributions towards the territory’s success and build strong partnerships by providing an expanding range of consultancy, professional training, and applied research services to the public and private sectors.”**





**PolyU was ranked ...**

**6th** in the **QS Top 50** under 50 Rankings 2021

**23rd** in the **QS Asia University** Rankings 2024

**65th** in the **QS World University** Rankings 2024

**4th** in the **Times Higher Education Young University** Rankings 2023

**14th** in the **Times Higher Education Asia University** Rankings 2023

**87th** in the **Times Higher Education World University** Rankings 2024

**Facts and Figures** *(as of December 2023)*

**5,987**

**Full-time Staff**

**28,410**

**Total Student Enrollment**



# Message from the New Head of School

**“ I feel privileged to be your new Head, especially at this time of transition, when we are witnessing an unprecedented advance in information and communications technology that is changing both how we provide nursing education and services and the design of our research and its impact. ”**

**T**here will be challenges along the way, with the University placing increasing emphasis on interdisciplinary learning and research, the application of big data analytics, artificial intelligence, virtual reality technology, and enhancing students' experience and international exposure. However, these are also driving forces for us to expand our thinking about nursing education and our role as leading educators and researchers.

I am glad to see that the School is well prepared for the upcoming challenges. We are one of PolyU's pioneers in delivering new and innovative models of educational experiences. Our research Areas of Excellence are aligned with the University's strategic direction and connect well with its Institutes and Centres.

As Chair Professor of Nursing and Head of the School, I will take the lead in mapping out the vision and direction for our future, as well as to refine our research focus to advance our strengths. I will foster high levels of engagement and commitment from all of us to move the School up to the next level.

Finally, it is my honour to be part of the PolyU community. With your expertise and dedication, I know that we will accomplish great things and create a greater impact together – as one School of Nursing team.



## **Prof. Janelle YORKE**

Angel S.P. Chan Lau Endowed Professor in Health and Longevity  
Chair Professor of Nursing  
Head, School of Nursing  
The Hong Kong Polytechnic University  
Hong Kong SAR, Global STEM Professor

## MESSAGE FROM THE INTERIM HEAD OF SCHOOL

The year 2023 marked the end of all COVID-19 social distancing measures. Despite a return to normalcy in our society, psychological distress and negative health consequences resulting from the pandemic have surfaced, amid increasing economic uncertainties and an ageing population. Such challenges, however, offer opportunities for us to reflect on gaps both in care services, especially in primary healthcare and elderly care, and in our research strategies, while opening up possibilities for proposing new care models and innovative solutions that are more sustainable.

In this context, the School has refined our research theme areas and renamed them Areas of Excellence (AoE). Primary Health Care is now one of our AoEs. Our strategy is to connect our AoEs with PolyU's interdisciplinary centres to achieve synergies and maximise outcomes. Accordingly, we took the lead in establishing the Joint Research Centre for Primary Health Care to build collaborative partnerships with researchers from different disciplines with the goals of producing the best evidence and promoting knowledge transfer and capacity building to support the delivery of sustainable primary healthcare services.

Our achievements in teaching and learning have been remarkable. As a leader of the Internationalisation at Home (IaH) team, I was thrilled that the University Grants Committee (UGC) presented our team with a Teaching Award in the Collaborative Teams category. The award recognises our pioneering efforts to integrate IaH activities into nursing education to nurture the cultural awareness and global competence of students. We were delighted to learn that two more awards were added to the growing list of accolades received by Virtual Hospital (HK Short-term Patent HK30083446): a Merit Certificate at the Hong Kong ICT Awards in the Smart People (Smart Education and Learning) category, and the PolyU Faculty Award in Teaching. These accolades demonstrate our excellence in teaching and learning innovation. In addition, a donation of around HK\$13 million has allowed Dr Grace HO (Associate Professor) to embark on the journey of developing a training hub to enhance student resilience. I look forward to seeing the outcomes of this project, which will promote the well-being of PolyU students.

Our innovations have continued to receive international and local acclaim. The Music-with-Movement System (HK Short-term Patent HK2222574-2) won an Innovation Award from the National Hartford Center

of Gerontological Nursing Excellence (NHCGNE) and the Immersive Virtual Reality Motor-Cognitive Training for Older People with Cognitive Frailty programme (HK Short-term Patent HK30085570) received a Merit Certificate at the Hong Kong ICT Awards in the Smart People (Smart Ageing) category. Another innovation of the School, the mHealth app, demonstrated its potential by securing a donation of over HK\$11 million for the launch of a health-social partnership project to support the health management of older adults living alone. The results of this project could have a significant impact by promoting the development of an exemplary community health management model.

Finally, we are proud to have a fourth Fellow of the American Academy of Nursing (FAAN), with Dr Justina LIU (Associate Professor) having been inducted in October; the first Nurse Model in Southern Guangdong (南粵護士楷模), with Prof. Frances WONG (Chair Professor of Advanced Nursing Practice and Associate Dean [FHSS]) having received the honour from the Guangdong Nurses' Association; and a fourth nursing student awarded an Innovation and Technology Scholarship. Among our alumni, Prof. Sophia CHAN has become one of five distinguished PolyU alumni to receive the Outstanding PolyU Alumni Award in recognition of significant achievements and contributions to society, and Mr Man Nok CHAN was honoured with the Outstanding Young Alumni Award in Professional Achievement by the PolyU Faculty of Health and Social Sciences. Their achievements will encourage us all to continue to excel in our performance and development.

The World Health Organization (WHO) has re-designated our School a WHO Collaborating Centre for Community Health Services for a period of three years, to December 2026. The Collaborating Centre organised the Healthy Ageing Conference in the context of the intensifying impact of population ageing and an unprecedented need for regional cooperation to achieve healthy ageing. The Conference gathered experts, policy makers, healthcare professionals, and other participants from 20 countries to share their experiences and knowledge and has laid a solid foundation for achieving healthy ageing in our region. The Conference was mentioned 149 times in the media, ranking it at the top of the School's overall media mentions (302) in 2023.

### Prof. E. Angela CHAN

Professor  
Interim Head, School of Nursing  
Associate Director, International Research  
Centre for Advancement of Healthcare  
Communication (IRCAHC), Department of  
English and Communication  
The Hong Kong Polytechnic University





# School of Nursing

## Motto

To excel in nursing for the well-being of mankind.

## Vision

To further excel the School's leadership in research and education to impact on nationally important and globally relevant healthcare issues.

## Mission

To cultivate world-class visionary scholars and graduates to advance nursing sciences and services, and to anticipate and drive change in addressing the evolving challenges of health.

## Facts and Statistics

### Academic Staff

(as of December 2023)



1

Chair Professor of Nursing



16

Associate Professor



8

Senior Teaching Fellow / Associate Professor of Practice



2

Clinical Instructor



3

Professor



13

Assistant Professor / Research Assistant Professor



28

Clinical Associate / Teaching Fellow / Assistant Professor of Practice

TOTAL

71

**Total**  
**1,983**

**Number of  
Students (Current)**

**1,455**  
Undergraduates

**490**  
Taught Postgraduates

**38**  
Research Postgraduates

**Total**  
**440**

**Number of  
Graduates in 2023**

**267**  
Undergraduates

**168**  
Taught Postgraduates

**5**  
Research Postgraduates

**Total**  
**17,254**

**Total Number of  
Graduates**

**5,289**  
Sub-degree Awards

**8,625**  
Undergraduates

**3,216**  
Taught Postgraduates

**124**  
Research  
Postgraduates

**98.1%**

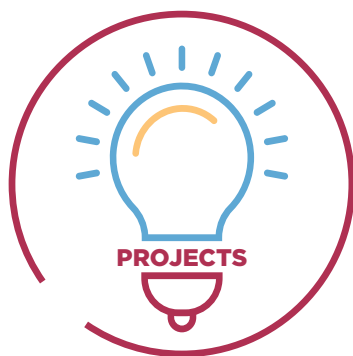
Bachelor of Science (Hons)  
in Nursing

**Employment Rate of  
Nursing Graduates in 2022**

**100%**

Bachelor of Science (Hons)  
in Mental Health Nursing

**Research Output in 3 Years  
(January 2021 – December 2023)**



**Externally Funded Projects**

**HK\$119,560,747**

**Publications in 3 Years  
(January 2021 – December 2023)**



**572**  
Journal Articles

**7** Books or  
Book Chapters

**Total No. of Publications**

**579**

# Academic Staff List

(as of December 2023)

## Interim Head

### **Prof. E. Angela CHAN**

- Interim Head, School of Nursing and Professor
- Associate Director, International Research Centre for Advancement of Healthcare Communication (IRCAHC), Department of English and Communication

## Associate Head

### **Prof. Angela LEUNG**

- Associate Head (Research) and Professor

### **Dr Martin CHRISTENSEN**

- Associate Head (Postgraduate Education) and Associate Professor

## Chair Professor

### **Prof. Frances WONG**

- Chair Professor of Advanced Nursing Practice and Associate Dean (FHSS)

## Professor

### **Prof. Harry QIN**

## Associate Professor

### **Dr Kin CHEUNG**

### **Dr Daphne CHEUNG**

### **Dr Eva HO**

### **Dr Grace HO**

### **Dr Janice HO**

### **Dr Doris Y.P. LEUNG**

### **Dr Sau Fong LEUNG**

### **Dr Justina LIU**

### **Dr Yim Wah MAK**

### **Dr Jed MONTAYRE**

### **Dr Vivian NGAI**

### **Dr Margaret O'DONOGHUE**

### **Dr Grace XIE**

### **Dr Lin YANG**

### **Dr Jerry YEUNG**

## Assistant Professor (Presidential Young Scholar)

### **Dr Yan LI**

## Assistant Professor

### **Dr Eileen CHENG**

### **Dr Teris CHEUNG**

### **Dr Joyce CHUNG**

### **Dr Vivian HUI**

### **Dr Patrick KOR**

### **Dr Katherine LAM**

### **Dr Winsome LAM**

### **Dr Arkers WONG**

## Research Assistant Professor

### **Dr Jonathan BAYUO**

### **Dr Jingjing SU**

### **Dr Shanshan WANG**

### **Dr Ivy ZHAO**





## ● Associate Professor of Practice

Dr Kitty CHAN  
Dr Sukki HO  
Mr Timothy LAI  
Mr Ricky LAU  
Mr Kevin LEUNG  
Ms Joyce TANG  
Mr Edmond TONG

## ● Senior Teaching Fellow

Dr Sijian LI

## ● Assistant Professor of Practice

Ms Bessie CHAN  
Ms Esther CHAN  
Mr Frankie CHAN  
Ms Wai Shan CHAN  
Ms Elaine CHEUNG  
Ms Frankie CHEUNG  
Ms Mimi CHEUNG  
Dr Betty CHUNG  
Mr Jeff FUNG  
Mr Keith FUNG  
Mr Franky HA  
Ms Jacqueline M.C. HO

## ● Assistant Professor of Practice

Dr Lily HO  
Mr Michael HO  
Dr Tommy HUNG  
Dr Ka Yan KO  
Ms Cordelia KWOK<sup>+</sup>  
Ms Evangeline LAM  
Mr William LAM  
Ms Wendy LEE  
Dr Shirley LO  
Mr Dennis MA  
Ms Tammy TSE  
Mr Hon Fat WONG  
Ms Ivy WONG

<sup>+</sup>temp staff

## ● Teaching Fellow

Dr Katherine CHANG  
Dr Winnie NG  
Ms Odile THIANG<sup>\*</sup>

<sup>\*</sup>half-time staff

## ● Clinical Instructor

Mr Harry CHAN  
Ms Sophia CHOW





### Appointments and Editorship

Prof. Angela CHAN (Interim Head and Professor) has been appointed Member of the Research Council Board of the Food and Health Bureau (HMRF) for a 2-year term from 2023 to 2025. Prof. CHAN also serves as a non-official member of the Research Council Board of the Food and Health Bureau, Chairperson of the Grant Review Board, and the Grant Review Broad Executive (GRBE) of the Health and Medical Research Fund from 2023 to 2025.

Prof. Angela LEUNG (Associate Head [Research] and Professor) was appointed President of the Asia Health Literacy Association for a 2-year term from 2023 to 2024. She also serves as Board Member of the International Union of Health Promotion and Education (IUHPE) from 2022 to 2025, responsible for capacity building and training in health promotion. Contributing to the research field, Prof. LEUNG serves as a member of three important Grant Review Boards: the Competitive Research Funding Schemes for the local self-financing degree sector (APSF) of the Research Grants Council (RGC) Biology and Medicine Panel from 2022 to 2024; the Humanities and Social Sciences (H) Panel of the RGC (2023–2026); and the Health and Medical Research Fund (HMRF) of the Health Bureau of the Government of the Hong Kong SAR. She has also been appointed as a member of the Hong Kong Housing Society (HKHS) (2023–2025) to serve on the Special Committee on Elderly Housing. For quality improvement in elderly service, she has been appointed as the Chairlady of the Task Force of Certification of Residential Care Homes for the Elderly, The Hong Kong Accreditation Service (HKAS) under the Innovation and Technology Commission (ITC) (2023–2025). She is also a member of the Accreditation Advisory Board (AAB) Working Party on Accreditation System Certification Bodies under the ITC (2023–2025). She also works closely with the social sector and was appointed as a member of the Specialized Committee on Elderly Service of The Hong Kong Council of Social Services from 2022 to 2024.

Prof. Frances WONG (Chair Professor of Advanced Nursing Practice and Associate Dean [FHSS]) was appointed as an Honorary Member of the Hospital Authority Clinical Ethics Committee from September 2023. She was also appointed as a member of the Expert Advisory Panel for the Centre for Health Education and Health Promotion, The Chinese University of Hong Kong from October 2023 onwards.

Dr Doris LEUNG (Associate Professor) is serving as a Special Issue Guest Editor for *Healthcare*, editing a special issue on Health Education's Contributions to Chronic Disease Management.

Dr Justina LIU (Associate Professor) served as a member of the Centre for Immersive Learning and Metaverse in Education (CILME) (in collaboration with The Education University of Hong Kong) in 2023. She is also a Grant Review Panel Member for PolyU's Teaching Development Grant 2022–2024. She was appointed as a member of the Editorial Review Board of *Journal of International Nursing Research* (since 2023), *BMC Geriatric* (since 2020), and *Gerontology and Geriatric Medicine* (since 2020).

Dr Jed MONTAYRE (Associate Professor) was appointed by the Australian government to serve as a member of the assessment panel of the National Health and Medical Research Council (NHMRC) for the MRFF 2023 Dementia, Ageing and Aged Care Grant Assessment Committee (GAC) 2024 and as a panel reviewer for the 2024 Targeted Research Call: Improving Infection Prevention and Control in Residential Aged Care Homes. He was also invited to serve as guest editor of the Special Issue on Healthy Ageing of the *Journal of Clinical Nursing*.

Dr Grace XIE (Associate Professor) was appointed as an Expert Member of the Guangdong and Hong Kong Critical Care Research Committee of the 9th Council of Guangdong Nursing Association 2023–2026.

Dr Lin YANG (Associate Professor) was appointed Youth Editorial Board Member for *China CDC Weekly*.

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Dr Jerry YEUNG (Associate Professor) is a member of the Programme Advisory Committee for the Higher Diploma in Health Sciences of Tung Wah College from 2021 to 2025.

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Dr Yan LI (Assistant Professor [Presidential Young Scholar]) was a visiting researcher at the Faculty of Medicine and Health at the University of Sydney from June to August 2023. At the John Walsh Centre for Rehabilitation Research, she worked with key researchers on collaborative projects relating to spinal cord injury rehabilitation. She also established collaborative relationships with renowned research teams, including the NeuroRecovery Research Hub at the University of New South Wales and the Brain Injury Rehabilitation Research Group at the Ingham Institute for Applied Medical Research.

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Dr Joyce CHUNG (Assistant Professor) was a member of the Organising Committee for the 10th AGM of the Hong Kong College of Education and Research in Nursing. She also served as Chairperson of the Hong Kong Society for Nursing and Internal Secretary of the Hong Kong College of Education and Research in Nursing.

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Dr Vivian HUI (Assistant Professor) has been appointed as a young member of the Advisory Council on Food and Environmental Hygiene through the Member Self-recommendation Scheme for Youth from 12 December 2023 to 31 March 2025. The Council is a non-statutory body established to advise the government on food and environmental hygiene issues. She also serves as a Medical Expertise Committee Member in Youth Cancer Hong Kong (YCHK) from 15 September 2023 to 31 December 2024 and has been re-appointed to serve as a committee member in the Prevention and Control of Non-Communicable Diseases, Health Bureau, from 30 December 2023 to 31 December 2024.

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Dr Patrick KOR (Assistant Professor) was elected to the Board of Directors and Treasurers of the Pi Iota At-large Chapter, Sigma Theta Tau International Honor Society of Nursing.

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Dr Winsome LAM (Assistant Professor) is serving as a nurse adviser for the Family of Spinal Muscular Atrophy Foundation.

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Dr Shanshan WANG (Assistant Professor) was appointed Guest Editor for the *Nursing Open* journal, Editorial Board Member for the *BMC Nursing* journal, and Editor-in-Chief for a book entitled *Writing and Publication of Nursing Papers in International Journals*, published by People's Medical Publishing House Co., Ltd.

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Dr Arkers WONG (Assistant Professor) served as a member of the Organising Committee for the Hong Kong College of Education and Research in Nursing Scientific Conference 2023. He was appointed to serve as the Vice President of the Pi Iota At-Large Chapter from 2022 to 2024 and as treasurer of the Hong Kong College of Education and Research in Nursing from 2021 to 2024. He is also a board member of the Young Fellow Chapter (2022-2024) and the Hong Kong Academy of Nursing (HKAN) (2024-2026), a Research & Development Subcommittee Member of the Hong Kong Jockey Club Innovative Learning Centre for Medicine (HKJCILCM) (2022-2024), and a member of the Registration Committee of the Nursing Council of Hong Kong (2023-2025).

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Dr Jonathan BAYUO (Research Assistant Professor) was appointed as Senior Editorial Board Member for *BMC Nursing*.

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Dr Kitty CHAN (Associate Professor of Practice) served as a member of the Registered Nurse (General) Examination Subcommittee of the Nursing Council of Hong Kong and as an Examiner for the Nursing Council Licensing Examination for Part 1 (General Registration-Written Examination).

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Mr Edmond TONG (Associate Professor of Practice) was appointed Chairperson of the Community Health Organization for Intervention, Care and Empowerment. He is also a Convenor of the Community Forum on AIDS, Hong Kong Advisory Council on AIDS, Department of Health for a 3-year term; a member of the expert panel on HIV Infection of Health Care Workers, Department of Health; and a member of the Hong Kong Advisory Council on AIDS, Food and Health Bureau.

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Dr Cynthia WU (Senior Teaching Fellow) is a Council Member of the Hong Kong Council for Accreditation of Academic & Vocational Qualification from 2021 to 2024 and an Editorial Board Member for the *Journal of Community Health Nursing*.

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Dr Betty CHUNG (Assistant Professor of Practice) has been appointed an External Examiner to three hospitals under the Hospital Authority (Caritas Medical Centre, Queen Elizabeth Hospital, and Tuen Mun Hospital) for the 4-year full-time Professional Diploma in Nursing programme launched in the academic year 2022/23.

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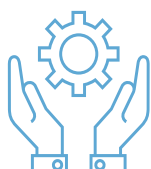
# Highlights of the Year



## RESEARCH DEVELOPMENT

### Refinement of Areas of Excellence to align with PolyU's strategic direction

The School has refined its research areas to align them with the strategic direction of PolyU and with the development of healthcare in our society. The School's new research Areas of Excellence (AoE) are as follows:



**Healthy  
Ageing through  
Innovations**



**Primary  
Health Care**



**Palliative Care  
in Cancer  
Trajectory and  
Survivorship**



**Mental Health  
and Psychosocial  
Support**

To achieve synergies and maximise outcomes, each AoE is connected to one of PolyU's interdisciplinary centres. Our JBI affiliated centre has also been renamed the Centre of Evidence-based Practice for Health Care Policy: A JBI Affiliated Group.



### Establishment of the Joint Research Centre for Primary Health Care

The Joint Research Centre for Primary Health Care (JRC-PHC) was established in November 2023 with the aim of integrating multidisciplinary efforts to promote health and prevent illness by designing and implementing novel interventions and innovative service models, optimising the use of health technology, and engaging stakeholders in these processes. The JRC-PHC collaborates with top universities to produce the best evidence on primary healthcare and partners with local and regional service providers for knowledge transfer and capacity building to support sustainable primary healthcare services with societal impacts. The four main research areas of the Centre are as follows:



Core members of the Joint Research Centre for Primary Health Care.



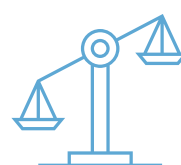
**Continuity and  
Continuum of  
Care**



**Health  
Information  
Technology**



**Implementation  
Science**



**Policy and  
Stakeholder  
Engagement**



► **PolyU research shows that an mHealth mobile app with interactive nursing support enhances health management for the elderly** ◀



► A research project by the School shows that the mHealth app empowers the elderly to monitor their chronic diseases and mental health conditions and enhances elderly health management. The findings were discussed by **Prof. Frances WONG** (Chair Professor of Advanced Nursing Practice and Associate Dean [FHSS]) (2nd from left), **Dr Arkers WONG** (Assistant Professor) (2nd from right), **Ms Sylvia TING** (Registered Nurse and Clinical Instructor) (1st from left), and Ms Yee Lin YU (Elderly Member of Elderly Centre Division of Hong Kong Lutheran Social Services, LC-HKS) (1st from right).

“ **Primary healthcare is an integral part of the healthcare system. The Hong Kong government put forward the Primary Healthcare Blueprint (‘the Blueprint’) at the end of last year, which proposed prevention-oriented and community-based strategies to improve the overall health of the general public.** ”



► **Dr Arkers WONG** (Assistant Professor) said that the research ‘illustrates that the approach of combining nursing support and digital technology can relieve the pressure brought by the rising demand for public medical services ... and improve the overall health condition of the elderly’.

The School has launched a pilot mHealth health management mobile app with interactive nursing support. Research data show that the app empowers the elderly to monitor their chronic diseases and mental health conditions. An interdisciplinary team formed of healthcare professionals and social workers offers support to the elderly, such as by providing timely medical referrals, thereby reducing the unplanned use of health services and enhancing elderly health management.

The mHealth app was jointly developed by the School and a local telecommunications company to help monitor the health conditions of elderly users. When a vital sign (such as blood pressure or blood glucose level) is detected as abnormal, a registered nurse is notified via the app and will contact the elderly person to understand their health condition. Another highlight of the mHealth app is the 24-hour nurse interaction function. By tapping a button in the app, an elderly user can make a video call to a registered nurse to support and evaluate their health and mental condition.

The research team, led by **Dr Arkers WONG** (Assistant Professor) recruited participants from five elderly service centres of the Hong Kong Lutheran Social Service. A total of 221 people aged 60 or above with at least one chronic condition (such as hypertension, pain, or diabetes) participated in the study.



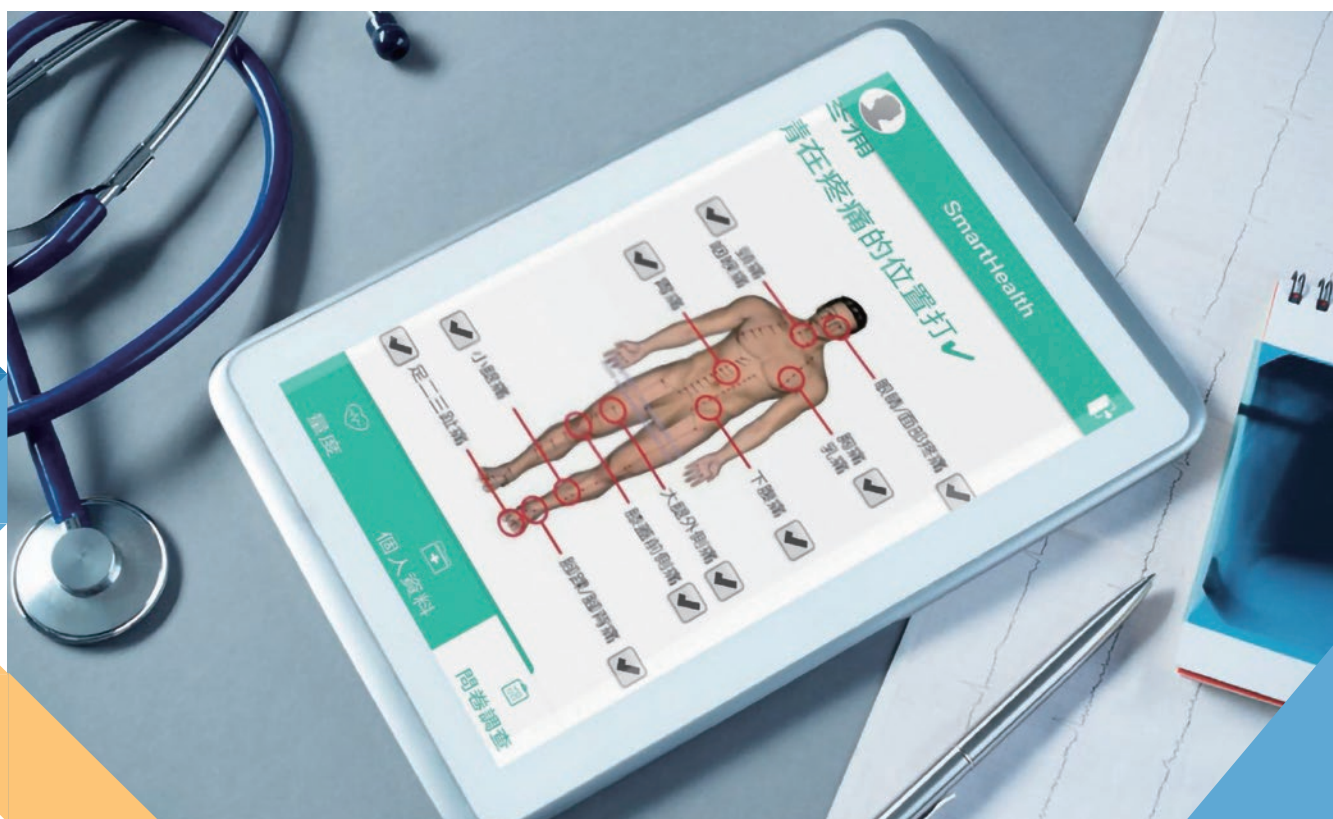
The study found that there was a significant increase in self-efficacy, a significant decrease in the level of depression, a reduction in the use of medical services, and an improvement in the physical aspects of quality of life\* after the elderly participants had used the app for three to six months.

Hong Kong has one of the most rapidly ageing populations in the world. The number of Hospital Authority patients with chronic diseases is projected to reach three million in the coming decade (by 2039), which will place a heavy burden on the public healthcare system.

**Dr Arkers WONG** said, 'There was a significant reduction in the unplanned use of health services and unplanned visits to general practitioners, by 76% and 72% respectively, after the elderly used the mHealth app with nursing support for three months. This illustrates that the approach of combining nursing support and digital technology can relieve the pressure brought about by the rising demand for public medical services, helping to achieve the goals set out in the Blueprint to improve the overall health condition of the elderly'.

The research team recommends promoting the use of digital technology for health management among the elderly and strengthening health-social collaboration on digital platforms. The research and development team will continue to enhance the mHealth app by adding functions such as artificial intelligence and incorporating content that is better suited to the needs and preferences of the elderly so that they will continue to use the app, which will contribute to the goal of reducing public medical expenses.

\*These physical aspects include four domains: general health, physical functioning (e.g. climbing several floors, moderate activities), role activities (limited kinds of activities), and bodily pain.



## Research achievements of projects with a total grant of over HK\$1 million



**Principal Investigator (PI)**  
**Dr Grace HO**

### Project Title

**Resilient Students Training Hub (ReST Hub): Creating a strengths-based, trauma-informed mental health promotive ecosystem and enhancing student resilience in tertiary education settings**

### Project Duration (months)

60

### Funding Source

Seal of Love Charitable Foundation Health and Service Impact Fund

### Total Grant (HK\$)

12,999,600

### Project information

The Resilient Students Training Hub (ReST Hub) is a research-driven education and service initiative with the vision of transforming university campuses into mental health and resilience promotive ecosystems. Made possible by generous funding and support from the Seal of Love Charitable Foundation, this initiative adopts a strengths-based, trauma-informed, and proactive approach to promote resilience and mental well-being in university students and aims to create an evidence-based model that can be adapted and implemented across tertiary education settings.

To engage students to elicit their input and insight into all of its activities, the ReST Hub will launch a series of student services, staff training sessions, education campaigns, and community events. Over a 5-year period, the objectives are to (1) provide a safe and accessible environment for students to explore and strengthen their capacity of resilience; (2) create systems and synergies across student-facing and supporting entities to promote student mental health; (3) develop, implement, and evaluate campus-wide resilience and mental health promotion activities; and (4) generate a roadmap and model for creating ReST Hubs across tertiary education settings in Hong Kong.





**Principal Investigator (PI)**  
**Dr Arkers WONG**

### Project Title

**A feasibility study of an mHealth-based healthcare professional-lay health worker partnership programme (mHLPP) among community-dwelling impoverished older adults**

### Project Duration (months)

27

### Funding Source

Li Ka Shing Foundation (Donation)

### Total Grant (HK\$)

11,153,650

### Project information

**Dr Arkers WONG** (Assistant Professor) received a donation of over HK\$11 million from the Li Ka Shing Foundation to carry out a project aimed at training female food delivery workers from Food Angel (惜食堂) to perform basic health checks for older adults living alone in the community.

After undergoing training, the female delivery workers will be equipped with basic health knowledge and the ability to measure physical vital signs, including blood oxygen levels, blood pressure, and pulse and pain indices, for around 100 older adults when they visit them to deliver meals. The health data collected by the delivery workers will be uploaded to the mHealth monitoring platform developed by

**Dr Arkers WONG's** research team. Registered nurses (RNs) will be given access to the platform to evaluate the health status of the older adults. When needed, an RN will give in-depth personal care and interventions via the mHealth app to the older adults. Referrals to allied health professionals or social workers can also be made by the RNs for early interventions.

The team hope that this first-of-its-kind grassroots community health model, undertaken in combination with the Health-Social Partnership, will provide scientific research evidence for the Hong Kong government to consider introducing the mHealth app and the service model to the community as a way to strengthen primary healthcare.

The mHealth app is a pilot health management mobile app with an interactive nurse support function. The app enables nurses to monitor the health status of users and allow users to communicate with nurses when they have health concerns. Research findings released by the team in March 2023 showed that older adults' use of the app for three to six months resulted in a significant increase in self-efficacy, a significant decrease in depression levels, a reduction in the use of medical services, and an improvement in quality of life.



**Dr Arkers WONG** (centre); Ms Mei Yee WONG (Senior Service Manager [Registered Social Worker]), representative of Food Angel (2nd from right); and **Ms Wing Yee CHAN** (Registered Nurse, School of Nursing) (2nd from left).





**Principal Investigator (PI)**  
**Prof. Harry QIN**

### Project Title

**Institute of Medical Intelligence and XR**

**Child project of the Institute of Medical Intelligence and XR (PC: Prof. Pheng Ann HENG).**

### Project Duration (months)

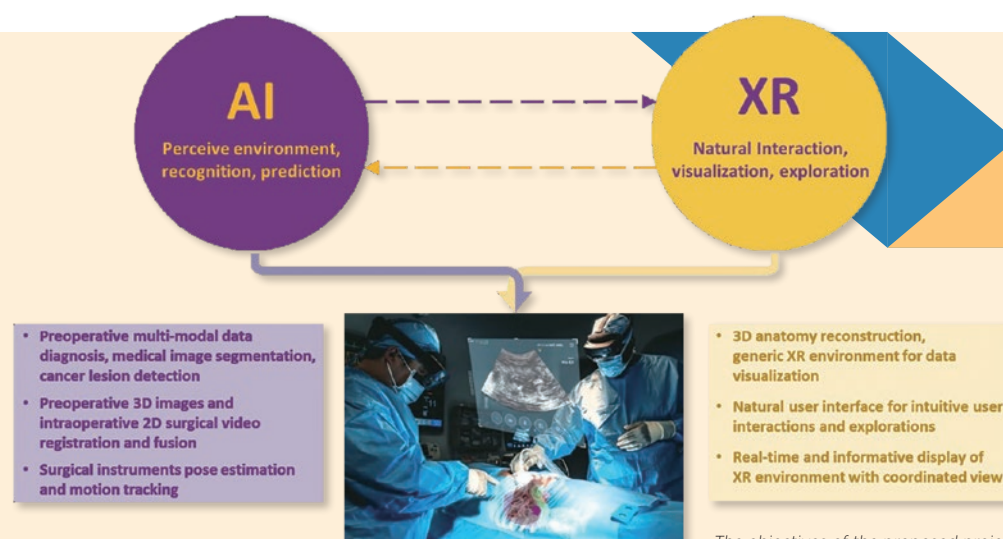
60

### Funding Source

RGC Theme-based Research Scheme

### Total Grant (HK\$)

3,869,873



*The objectives of the proposed project.*

### Project information

Technological innovations have led to new and promising ways to improve medical diagnoses, treatment, education, and healthcare services with ever-increasing rigour, subtlety, insight, and precision. Among advanced technologies, artificial intelligence (AI) and extended reality (XR) are growing rapidly and leading to huge transformations in medicine and healthcare. 'XR' refers to all real and virtual combined environments and human-machine interactions generated by computer technology and wearables. Integrating AI and XR research can open many new possibilities for achieving and delivering precision medicine for next-generation healthcare, but challenges remain in adopting AI and XR to medical image computing and computer-assisted interventions in real-world clinical applications.

The objective of this project is to build a world-class institute for medical intelligence and XR in Hong Kong by developing cutting-edge techniques aimed at overcoming these challenges and facilitating 'one-stop' medicine and healthcare services, covering screening, diagnosis, treatment, management, and prognosis. Specifically, we will address the following major challenges and important questions: (1) How do medical intelligence methodologies help to achieve precision medicine? (2) How can intelligent data analytics be delivered to clinicians/patients in a human-centred way by merging AI and XR developments? (3) How can intuitive and AI-enabled interactions be facilitated for clinicians with intelligent XR systems for optimising the delivery of precision medicine to patients? We will develop innovative solutions to these challenges, including (1) Intelligent Personalised Diagnosis (IPD) for diagnosis via advanced medical image analysis; (2) AI-XR Interaction & Virtual Surgery (IVS) for next-generation visualisation, assessment, treatment coordination, precise planning, and surgical training and education; (3) Intraoperative AI-AR Assisted Surgery (IAS) for dynamic medical interpretations, efficient execution of a surgical plan, and real-time fused intraoperative image guidance; and (4) an integrated multi-facet pipeline platform to demonstrate its usefulness for important applications for the diagnosis, treatment, prognosis, and medical training relating to liver cancer (hepatocellular carcinoma) and kidney cancer. Our research team has already collaborated fruitfully over a long period, and the backgrounds and strengths of the team members are complementary, enabling synergies to be achieved. Ultimately, our collective efforts will advance the frontier of AI and XR in medical and healthcare applications.





**Principal Investigator (PI)**  
**Prof. Harry QIN**

### Project Title

**Peer support virtual reality-based intervention for AD/HD carers – stress relieving and empathy improving programme**

### Project Duration (months)

24

### Funding Source

Mental Health Initiatives Funding Scheme

### Total Grant (HK\$)

1,975,044



Two potential scenarios of the proposed VR system.

### Project information

In this project, a novel peer support virtual reality-based therapy will be developed for AD/HD carers to reduce their stress and increase their empathy in dealing with children with AD/HD. Under the impact of COVID-19, children with AD/HD and their parents felt lost and worried and experienced changes in mood and behaviour. During the closure of schools and childcare centres, parents became responsible for the daily personal care and education of their children with AD/HD. A peer support VR intervention can relieve stress and increase empathy by providing carers with a leisurely, memorable, and immersive experience. Furthermore, with better stress management, carers will experience an improvement in well-being and develop fewer chronic health conditions, leading to improved caregiver performance. Empathy contributes to helping behaviours that benefit interpersonal relationships. Therefore, the relationship between carers and children with AD/HD will also be enhanced by the therapy approach developed in the project. In addition, arrangements will be made for two participants to be in the same therapy session so that they can share their experiences of and feelings and knowledge about taking care of children with AD/HD. This can promote mutual assistance among peer carers. It is anticipated that the project will help families with children with AD/HD to become better able to adapt to a rapidly changing society.





**Principal Investigator (PI)**  
**Dr Patrick KOR**

### Project Title

**Effects of a technology-enhanced horticultural programme for people with dementia and their family caregivers**

### Project Duration (months)

36

### Funding Source

Bright Future Charitable Foundation

### Total Grant (HK\$)

3,000,000

### Project information

Horticulture and multi-sensory stimulation interventions have been shown to be effective in alleviating the behavioural symptoms (e.g. agitation, wandering) and psychological symptoms (e.g. depression, anxiety) of older people with cognitive problems. However, such interventions have several limitations and constraints: (1) there is a lack of space and opportunities for conducting horticulture activities in high-density cities such as Hong Kong, especially in elderly centres with limited space; (2) unpredictable weather can affect the progress of the horticultural activities, and some older people might experience exhaustion due to extreme weather conditions (e.g. too hot or too cold); (3) outdoor plants, insects, and pests (e.g. mosquitos) can affect the outdoor environment and health of older people; (4) older people with cognitive problems (e.g. poor memory) often forget how to care for and water plants; and (5) family caregivers have limited involvement in the intervention and do not experience any beneficial effects.

To overcome the above limitations, the research team led by Principal Investigator **Dr Patrick KOR** (Assistant Professor) propose to develop and test the effects of a technology-enabled horticulture intervention with multi-sensory stimulation activities, which can be delivered by trained family caregivers at home at any time, supported by remote technical support. After three sessions of training in elderly centres, the programme will provide older people with a 'smart grower' to perform the horticultural activities with their family caregivers at home. The project is supported by the Bright Future Charitable Foundation (HK\$3 million).

Project team: **Prof. Frances WONG** (Chair Professor of Advanced Nursing Practice and Associate Dean [FHSS]), **Dr Daphne CHEUNG** (Associate Professor), **Dr Justina LIU** (Associate Professor), and **Dr Arkers WONG** (Assistant Professor).





**Principal Investigator (PI)**  
**Prof. Angela LEUNG**

### Project Title

**Increasing mental health literacy and peer support among caregivers: An Electronic Painting and Peer Supportive (EPPS) Platform**

### Project Duration (months)

24

### Funding Source

Mental Health Initiatives Funding Scheme (Round 2), Health Bureau, The Government of the HKSAR

### Total Grant (HK\$)

1,976,900



▲ A caregiver user (right) attended the press event and shared her positive experience of using the e-painting app.



▲ The app allows caregivers to reduce stress through drawing and connecting to other caregivers for social support.

### Project information

This project evaluates Hong Kong's first e-painting app for supporting family caregivers of persons with dementia. The app allows the caregivers to reduce stress through drawing and connecting to other caregivers for social support. A pilot study conducted by **Prof. Angela LEUNG** (Associate Head [Research] and Professor) and her team involved 28 family caregivers of persons with dementia using the e-painting app as an intervention for eight weeks. The findings show that the caregivers considered the e-painting app to be a feasible and acceptable technology-based psychosocial platform. Over two years, the team will recruit over 800 family caregivers and 80 people with previous caring experience to use the app for eight weeks to further evaluate and improve the functions of the app.

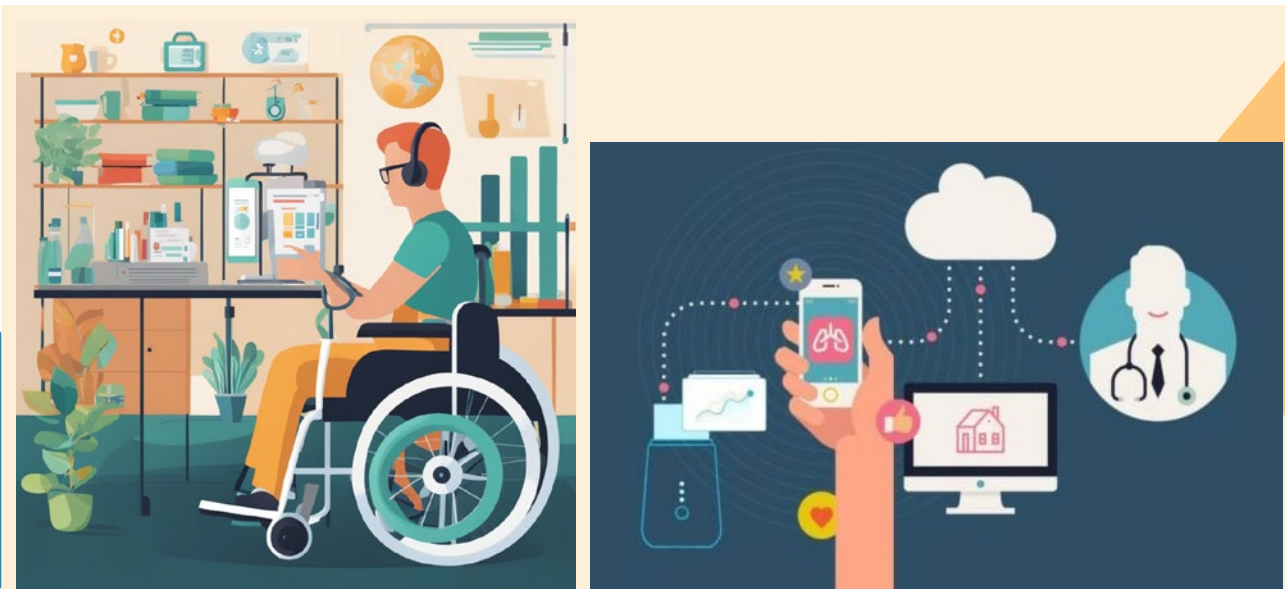
Project team: **Prof. Angela LEUNG**, **Dr Teris CHEUNG** (Assistant Professor), **Dr Patrick KOR** (Assistant Professor), and Prof. Hector TSANG (Chair Professor of Rehabilitation Sciences and Interim Director of Mental Health Research Centre, Department of Rehabilitation Science, PolyU).



Principal Investigator (PI)  
Dr Yan LI

**Project Title**  
**Digital preventive healthcare for people with physical disabilities: a programme of research**

Project Duration (months)	Funding Source	Total Grant (HK\$)
36	Strategic Hiring Scheme – Assistant Professor to Professor	1,711,000



**Project information**

This project builds upon several years of research conducted by **Dr Yan LI** (Assistant Professor [Presidential Young Scholar]) on delivering psychosocial care and community healthcare programmes for individuals with spinal cord injuries and on the development and evaluation of AI-based conversational agents in health-related interventions. It proposes a research programme that leverages digital health solutions to innovate preventive healthcare for individuals with physical disabilities in Hong Kong. The proposed research topics include, but are not limited to, the following: (1) utilising telehealth interventions to enhance cognitive functioning and mental health among community-dwelling spinal cord injury survivors, with the aim of preventing cognitive impairment and/or depression; (2) using ecological momentary intervention approaches to address the psychosocial needs of individuals suffering from ankylosing spondylitis; and (3) implementing conversational agents to train teenagers with adolescent idiopathic scoliosis in effective coping strategies, with the goal of preventing depression and disengagement from physical treatment. The research studies within this programme will involve a comprehensive literature review, the development of interventions, and pilot testing of the developed interventions. In summary, this research programme aims to address the healthcare disparities faced by individuals with certain physical disabilities through the development and implementation of a digital preventive healthcare programme. By leveraging digital technologies and user-centred approaches, the programme seeks to empower individuals with disabilities to manage their health, enhance their overall well-being, and reduce the risk of preventable health conditions. The funding for this project will be utilised to train research students, develop interventions, and implement studies.





**Principal Investigator (PI)**  
**Dr Shanshan WANG**

**Project Title**  
**Effects of e-bibliotherapy on the psychological wellbeing of informal caregivers of people with dementia: A randomized controlled trial**

Project Duration (months)	Funding Source	Total Grant (HK\$)
36	Health and Medical Research Fund (HMRF)	1,421,700



**Project information**

Dementia caregivers often encounter challenges to their psychological well-being due to limited access to community services, passive help-seeking behaviours, and a lack of face-to-face interventions. To overcome these barriers, this project introduces an innovative solution: e-bibliotherapy. We will develop an e-bibliotherapy app to deliver the intervention that we have worked on over recent years. This pioneering project aims to enhance the psychological well-being of caregivers by fostering self-awareness and promoting self-care practices. One hundred and ninety-two caregivers will be recruited and randomly assigned to either an intervention or a control group. The intervention group will receive eight weekly sessions of e-bibliotherapy, while the control group will receive information on daily living at an equivalent dosage. By harnessing technology and adopting an accessible intervention approach, this project represents a remarkable stride forward, as it addresses the challenges of caregivers while offering a novel means to augment their psychological well-being. The development and utilisation of the e-bibliotherapy app within this context exemplify the potential of technology to effectively support dementia caregivers. The project will contribute to the field of dementia caregiving while establishing a solid foundation for future interventions aimed at exerting positive impacts on caregivers' lives.



**Principal Investigator (PI)**  
**Dr Justina LIU**

### Project Title

**Effects of an Individualized Dietary Behavioural Change (IDBC) programme and exercise training in combination or separately on managing sarcopenic obesity in community-dwelling older adults: a randomized controlled trial**

### Project Duration (months)

36

### Funding Source

General Research Fund

### Total Grant (HK\$)

1,288,407



### Project information

Sarcopenic obesity is a health condition that significantly affects older adults, increasing their risk of heart disease, physical impairment, and even premature death. The condition is more harmful than sarcopenia or obesity alone and affects 9.95% of older adults in China and 11% worldwide, with a prevalence exceeding 23% among those aged over 75.<sup>1,2</sup> This study aims to address this issue by investigating the effects of a personalised diet and exercise programme on 380 older individuals with sarcopenic obesity. The participants will be divided into four groups: one will follow a combined diet and exercise programme, one will follow only the exercise programme, a third will follow only the diet programme, and a control group will receive health talks with no other intervention.

The diet programme is grounded in the Health Action Process Approach model, which is a proven method of improving self-efficacy. It is hypothesised that all three intervention groups will show better health outcomes than the control group, with the combined diet and exercise group expected to show the most significant improvement.

The findings of this study could have substantial implications for public health. If successful, it could pave the way for the development of similar programmes for other populations, such as those with sarcopenia, obesity, or symptoms of frailty.

### Reference:

<sup>1</sup> Lu L, He X, Song Y, Zhuang M, Wu X, Chen N. Prevalence and risk factors of sarcopenia without obesity and sarcopenic obesity among Chinese community older people in suburban area of Shanghai: A cross-sectional study. *Front Aging Neurosci.* 2022;14:1034542. doi:10.3389/fnagi.2022.1034542

<sup>2</sup> Gao Q, Mei F, Shang Y, et al. Global prevalence of sarcopenic obesity in older adults: A systematic review and meta-analysis. *Clin Nutr.* Jul 2021;40(7):4633-4641. doi:10.1016/j.clnu.2021.06.009





**Principal Investigator (PI)**  
**Dr Grace XIE**

### Project Title

**Tai Chi for the prophylaxis of episodic migraine: the efficacy examination and mechanism exploration**

### Project Duration (months)

36

### Funding Source

General Research Fund

### Total Grant (HK\$)

1,227,648

### Project information

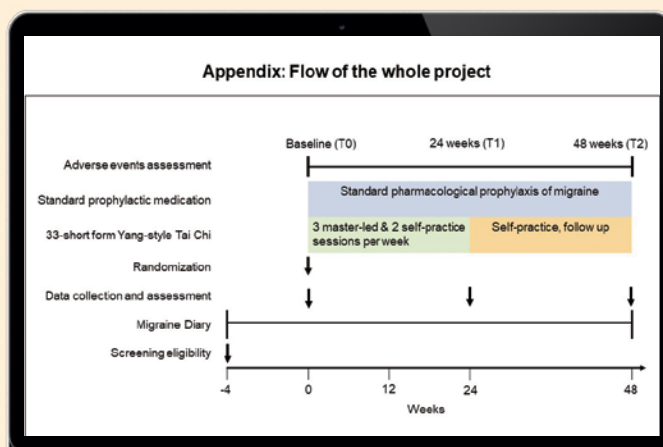
Many studies have found that aerobic exercise can significantly reduce the frequency of migraine attacks and alleviate the intensity and duration of headaches. However, as exercise might also be a trigger, the type, frequency, intensity, and duration of exercise should be carefully determined for migraine prophylaxis. Tai Chi, a traditional Chinese martial art, can be easily and conveniently practised in daily life. Most prophylactic medications treat migraineurs merely through general biochemical mechanisms. As a traditional Chinese martial art and a complementary and alternative therapy, Tai Chi differs from conventional medication in that it can be considered a holistic approach to healthcare. We are interested in investigating the underlying mechanisms of how Tai Chi works to alleviate migraine attacks. The key issues that we want to address are whether Tai Chi is appropriate as a stand-alone preventive strategy that is comparable in treatment efficacy with standard prophylactic medications, or is at least not worse than these; and, if it is proven to be effective, what mechanism leads to such treatment efficacy.



Participants practicing Tai Chi in the atrium at PolyU.

Supported by the General Research Fund, **Dr Grace XIE** (Associate Professor) and her team are implementing a two-arm individual-level non-inferiority randomised controlled trial. A total of 220 local women aged from 18 to 65 who have been diagnosed with episodic migraine will be randomly assigned to one of two groups: (1) a Tai Chi training group receiving the 33-short form Yang-style of Tai Chi training; or (2) a standard prophylactic medication group receiving regular medication prescribed by a neurologist. The intervention period will be 24 weeks with another 24 weeks of follow-up. The frequency of migraine attacks, number of days with migraine, and intensity and duration of headaches will be recorded using a migraine diary at baseline, 24 weeks, and 48 weeks. MRI and a Transcranial Doppler will be used to measure white matter lesions and cerebral vasculature activity before and after the intervention, respectively. The clinical efficacy will be determined by comparing the differences in outcomes between the two groups from baseline to the end of the trial. The mechanism of the intervention effect will be explored by analysing the changes and associations of migraine features with the process of brain white matter and neurovascular changes after the Tai Chi training.

Flow of the study





**Principal Investigator (PI)**  
**Dr Winsome LAM**

#### Project Title

**Is nurse parental support using a proactive mobile health application more effective than the usual community care in enhancing parental self-efficacy in symptom management for children with medical complexity in communities? A randomized control trial**

#### Project Duration (months)

36

#### Funding Source

General Research Fund

#### Total Grant (HK\$)

1,218,370

#### Project information

Parents of children with medical complexity (CMC) are at risk of high stress levels because CMC have multisystem diseases, including severe neurological conditions or cancer, with the potential for premature death. These children experience one or more physical and psychological symptoms simultaneously, which can seriously affect their quality of life and increase their use of health services. Parents of CMC may feel challenged and lack confidence in their abilities when managing their child's symptoms. Studies have suggested that increasing parents' self-efficacy in managing their children's symptoms could improve the children's health. Home-based nursing services for CMC and their parents are available in Hong Kong but these services face challenges because of a serious nursing workforce shortage and the recent coronavirus pandemic. Having nurses support parents with symptom management using a proactive mobile health application is considered a more accessible alternative to home-based nursing, and nurse-parent interactivity is a way to continue home-based support for CMC and their parents. This proposed randomised controlled trial will test the effectiveness of a proactive mobile app with nurse support in enhancing parental self-efficacy in symptom management for CMC in communities. If significant positive outcomes are found, the evidence can be used to inform policies and seek resources to provide this programme to all families with CMC in Hong Kong to improve symptom management and paediatric nursing services.







**Principal Investigator (PI)**  
**Dr Eva HO**

**Project Title**

**Listening to the patient’s cancer journey: A randomised controlled trial of digital storytelling (DST) in reducing depressive symptoms, enhancing self-esteem, and promoting quality of life among Hong Kong Chinese childhood cancer survivors**

Project Duration (months)	Funding Source	Total Grant (HK\$)
36	General Research Fund	1,192,520



**Project information**

Cancer in childhood has a devastating impact on the psychological well-being of survivors. Unlike their Western counterparts, Chinese cancer survivors tend to adopt emotion-focused coping strategies, owing to the strong influence of fatalism in Chinese society. Psychosocial interventions developed in the West may therefore not be generalisable to Chinese survivors of childhood cancer. Digital storytelling (DST) is an emotion-focused psychotherapy that may be suitable for this population. However, there has been little research on the use of DST among survivors of childhood cancer, particularly in the Chinese context.

This study aims to examine the effectiveness of DST in reducing depressive symptoms, enhancing self-esteem, and promoting quality of life among Chinese survivors of childhood cancer. The study will be conducted as a mixed-methods, randomised, wait-list controlled trial. A sample of 186 patients aged 13 to 18 years who have survived cancer in childhood will be recruited from Hong Kong Children’s Hospital. The participants will be randomised into either an experimental group ( $n = 93$ ), who will receive a 4-day DST intervention, or a control group ( $n = 93$ ), who will receive a placebo control intervention. All of the participants will complete a set of validated questionnaires to assess their depressive symptoms, self-esteem, and quality of life at baseline, immediately after completion of the intervention, and at 1-, 3-, and 6-month follow-ups. The primary outcome for evaluation will be depressive symptoms at six months. An analysis of covariance will be used to examine the effects of DST on depressive symptoms and on a range of secondary outcomes, including self-esteem and quality of life, among the participants.

Promoting psychological well-being in survivors of childhood cancer is considered a major responsibility of healthcare professionals. This study will bridge a gap in the literature regarding the effectiveness of DST among Chinese childhood survivors. If DST is found to be effective, it can be extended for use among Chinese children with chronic or complex medical conditions who similarly adopt emotion-focused coping strategies.



Principal Investigator (PI)  
Dr Janice HO

**Project Title**  
**Investigation of electroacupuncture as paramedicine to alleviate cognitive impairment in depression: a pre-clinical study**

Project Duration (months)	Funding Source	Total Grant (HK\$)
30	Health and Medical Research Fund (HMRF)	1,188,760



**Project information**

Major depressive disorder (MDD) is a common mental illness with a high rate of recurrence and chronicity. Cognitive impairment is one of the core features of MDD. Acupuncture can improve cognition in patients with dementia and stroke; however, its effectiveness in improving cognition in MDD remains unclear. This project aims to investigate the effects of electroacupuncture (EA) on depression-associated cognitive impairment. The hypothesis is that EA attenuates corticosterone-induced cognitive impairment, tau pathology, neuroinflammation, and neurogenesis. We will use a well-established depression model with a Sprague Dawley rat to study the effects of a 4-week EA protocol. Behavioural tests (coat state, splash test, open-field test, novel object recognition test, Morris water maze, burrowing test, nest building) will highlight changes in depression- and anxiety-like symptoms, cognitive function, and motivation. Tau phosphorylation and mislocalisation, the activation of glial cells and the release of inflammatory cytokines, and neurogenesis in the frontal cortex and hippocampus will provide insights into the mechanism underlying the observed EA effects. This study will illuminate the effects of EA on tau modulation, synaptic degeneration, and cognitive impairment in a rat depression model. Our results could reshape future clinical practice by promoting the use of Chinese medicine to treat depression and the associated cognitive impairment.



**Principal Investigator (PI)**  
**Dr Yim Wah MAK**

### Project Title

**Jockey Club Men's Space: Development of clinical protocol and related training, and project evaluation**

### Project Duration (months)

33

### Funding Source

Jockey Club Men's Space

### Total Grant (HK\$)

1,000,000

### Project information



The Mental Health Association of Hong Kong (MHAHK) has secured funding from the Jockey Club Charity Trust to implement a mental health project for men with mental health issues in Hong Kong (JC project) using a stepped-care model. PolyU has been engaged by the MHAHK to fulfil the following objectives in its capacity as an independent academic institution:

1. To assess the impact and effectiveness of the JC project for men with different mental health issues and their peer supporters, helping professionals, and others.
2. To measure the level of satisfaction and examine the experiences of the participants.
3. To develop a workable and sustainable group-based clinical protocol of Acceptance and Commitment Therapy (ACT) for the target population, to be effectively delivered by MHAHK staff after training.

Work on the project started on 1 February 2023 and will last for 33 months through to October 2025. Our team has designed a group-based ACT programme to be delivered by the MHAHK for men experiencing mild to moderate emotional distress. We will provide ongoing ACT-related professional training for MHAHK staff. Quantitative and qualitative data will be used to evaluate the impact and effectiveness of the JC project. Our team has developed quantitative and qualitative measures to evaluate the project services provided by the MHAHK and will oversee the processes of data collection and analyses as well as the preparation of the evaluation report.

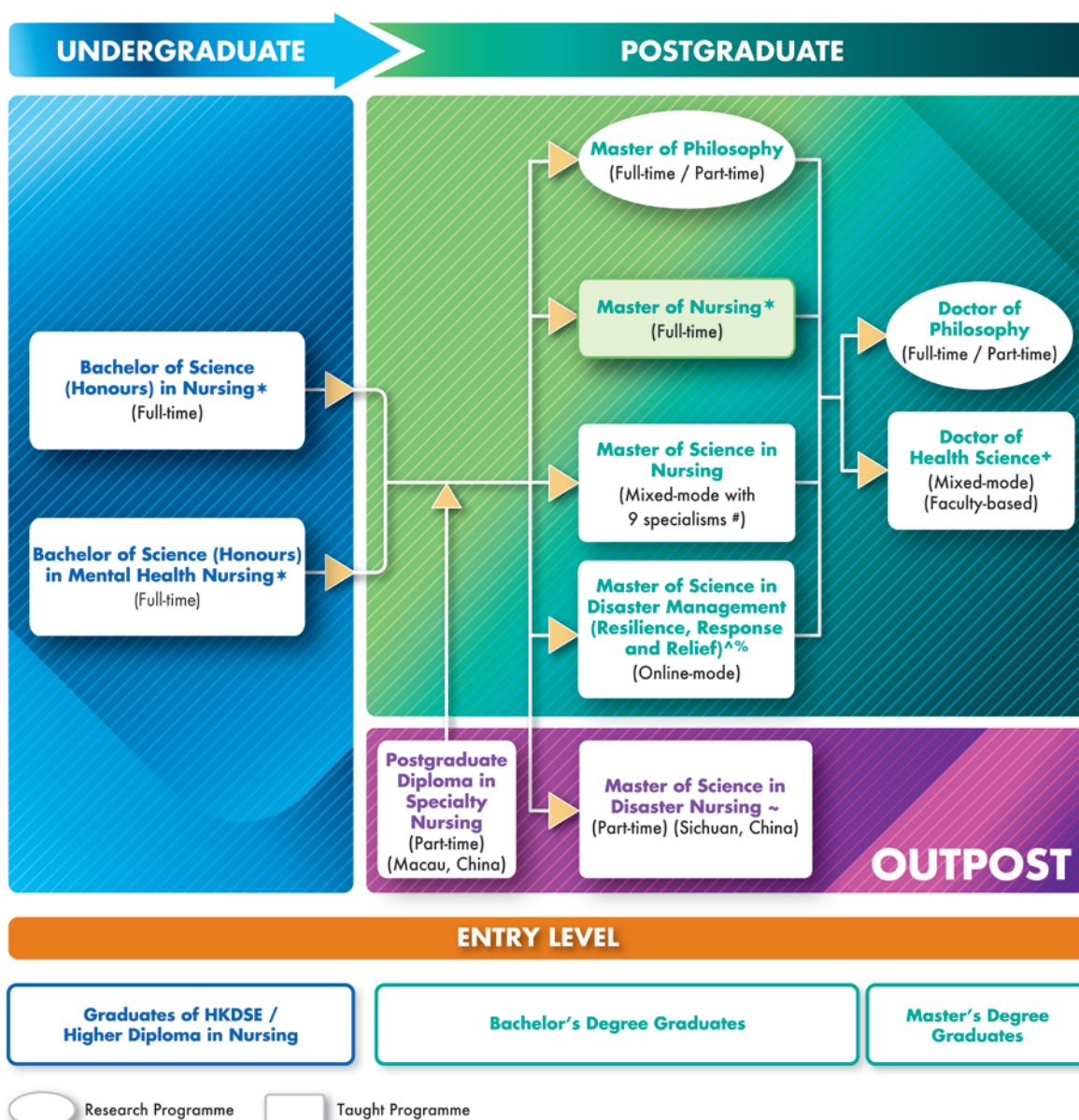




## ACADEMIC DEVELOPMENT

The School has been preparing outstanding students for challenging careers in nursing for more than four decades. It was Hong Kong's first tertiary educational institution to offer a nursing degree programme and remains a pioneer in nursing education in Hong Kong. Two undergraduate degree programmes and eight postgraduate programmes are offered, aiming to produce well-rounded graduates with sophisticated communication, decision-making, leadership, and innovation skills.

### CHART OF PROGRAMMES



\* Graduates will be eligible to apply for registration with the Nursing Council of Hong Kong.

# Nine specialisms: Cancer and Palliative Care, Critical Care, Community Health Nursing, Gerontological Nursing, Infectious Diseases and Infection Control, Maternity, Mental Health Nursing, Nursing Education, Traditional Chinese Medicinal Nursing

^ This programme is a purely distance learning course.

+ Students from nursing can opt for graduation with "Doctor of Health Science" (generic award) or "Doctor of Health Science (Nursing)" award.

% Last Intake in 2019

~ Last Intake in 2022

## NETWORKING AND SERVICE DEVELOPMENTS

### Healthy Ageing Conference 2023: Advancing healthy ageing in the Western Pacific, moving forward with the UN Decade of Healthy Ageing



The guests of honour kick off the conference at the opening ceremony.

The Healthy Ageing Conference 2023 was an international event organised by the World Health Organization (WHO) Collaborating Centre for Community Health Services, School of Nursing of PolyU, and co-organised by the Department of Health of the Government of the Hong Kong SAR, PolyU's Research Institute of Smart Ageing, and PolyU's Department of Rehabilitation Sciences. The conference ran from 26 to 27 October 2023. Prof. Jin-Guang TENG, the President of PolyU, kicked off the conference, together with the following guests of honour: Mr Hui ZHANG (Counselor [DG Level] Department of Ageing and Health, National Health Commission of the People's Republic of China); Prof. Chung-Mau LO (Secretary of Health, Health Bureau), whose remarks were delivered through a video recording; Dr Ronald LAM (Director of Health, Department of Health); and Dr Hiromasa OKAYASU (Director of the Division of Healthy Environments and Populations, WHO Regional Office for the Western Pacific).



The organising committee of the conference and representatives from the Western Pacific region of the World Health Organization.





▲ The keynote speakers at the Conference

The 2-day conference was a collective response to the call from the WHO to promote healthy ageing by transforming societies in the region. The keynote speakers who shared their views and knowledge in their keynote addresses were Dr Raymond HO (Assistant Director of Health [Elderly Health], Department of Health), Prof. Bei WU (Vice Dean for Research, Dean's Professor in Global Health, Rory Meyers College of Nursing, New York University, USA), Dr Hiromasa OKAYASU (Director of the Division of Healthy Environments and Populations, WHO Regional Office for the Western Pacific), Prof. Somnath CHATTERJI (former Director, Department of Data and Analytics and Senior Adviser, Division of Data, Analytics and Delivery for Impact, WHO), and Prof. Wenru WANG (Professor, Alice Lee Centre for Nursing Studies, Yong Loo Lin School of Medicine, National University of Singapore, Singapore).

Over 250 participants from 20 countries, including our speakers, partners, and the WHO's nominees, gathered in Hong Kong to discuss trends and issues related to ageing populations in various countries and regions, share experiences in promoting coordinated and integrated care for older people, exchange ideas about gerontechnological innovations, and identify pathways and strategies for realising the visions set out by the United Nations for the Decade of Healthy Ageing.

Following the conference, field visits were organised for registered and invited participants to gain a first-hand understanding of what has been done in Hong Kong to promote healthy ageing. The participants could select one of the following four sites for a field visit:

- Hong Kong Sheng Kung Hui Tseung Kwan O Aged Care Complex;
- Hong Kong Housing Society – The Tanner Hill Joyous;
- Industrial Centre and Smart Ageing Hub of The Hong Kong Polytechnic University; or
- Wong Tai Sin District Health Centre.

For instance, **Prof. Angela LEUNG** (Associate Head [Research] and Professor) and the two co-chairs of the Conference, **Dr Jed MONTAYRE** (Associate Professor) and **Dr Ivy ZHAO** (Research Assistant Professor), together with other members of the organising committees, led the invited guests on a field visit to Wong Tai Sin District Health Centre (WTS DHC). WTS DHC is a district-wide hub for enhancing district-based primary healthcare services. Organised around the concepts of 'district-based' 'medical-social collaboration' and 'public-private partnerships', WTS DHC provides a diverse range of health promotion and education, health risk factors assessment, and chronic disease management services for the local community through its network of multi-disciplinary teams and partner organisations.



## International Hybrid-Mode Conference on Healthcare Communication: Create safer and more compassionate healthcare practices in nursing and communication

The International Hybrid-Mode Conference on Healthcare Communication was held on 28 December 2023, co-organised by the School of Nursing of PolyU and the Department of English of The City University Hong Kong. The Hospital Authority was the supporting organisation.

This conference provided a platform for internationally recognised and multidisciplinary healthcare professionals and communication experts to work together, particularly on the nursing issues of translating research into education and practice and improving patient safety and the quality of healthcare practices around the world. The Conference brought together leading local and international practitioners, educators, academics, and leaders to share and discuss innovative practices, educational strategies, and cutting-edge research to effectively promote compassionate healthcare, attention to core values, and skilled communication in different healthcare settings.



## Collaboration with the Fire Services Department to enhance emergency preparedness

PolyU and the Fire Services Department (FSD) signed a Memorandum of Understanding (MoU) on 7 June 2023 to establish a collaborative partnership between the School and the Fire and Ambulance Services Academy (FASA) to jointly offer to all PolyU undergraduate students a cluster area required subject, *Fundamentals of Emergency Care and Critical Response*.

The subject equips PolyU students with knowledge and skills in basic life support, mental health first aid, fire safety measures, and emergency evacuation procedures to enhance their emergency awareness, preparedness, and response, as well as communication skills for offering psychological support to peers or other persons experiencing emotional crisis.



Prof. David SHUM, Dean of the Faculty of Health and Social Sciences, and Mr Andy YEUNG, Director of FSD, witness the signing of the MoU by Prof. E. Angela CHAN (Interim Head and Professor) and Mr Men-yeung YIU, Commandant of the FASA.



A student learns how to operate an AED.



Students squeeze the handles together to discharge the extinguishing agent inside the fire extinguishers.



Ambulance officers demonstrate how they rush to an accident scene to save a life.

Following the signing of the MoU, the first 1-day workshop was launched on 20 June 2023, with 48 students attending the training at the FASA. The workshop covered a wide range of topics, including cardiopulmonary resuscitation (CPR), automated external defibrillators (AEDs), fire safety and the use of fire extinguishers, basic first aid skills, and a tour of the FASA's facilities. The feedback from the students was positive, as they described the workshop as interactive, enjoyable, and informative. Some of the students reported feeling more confident and prepared to help others in emergency situations after attending the workshop.



## SN team won the Social Innovation Award on Hong Kong Innovation Day

The School's Innovation Awards returned this year as a feature of Hong Kong Innovation Day (HKID), with 15 finalist teams giving pitches in front of the judging panel. They were bidding for unique opportunities to represent Hong Kong in competing for the highest innovation awards at the Global Healthcare Innovation Day. Among them were six staff members of the School presenting four innovations: a Virtual Hospital, an Osteoporosis Prediction Tool, Edge Artificial Intelligence for Hand Hygiene Monitoring, and a Feasible Moxibustion Device.

**Dr Kitty CHAN** (Associate Professor of Practice) and her team won the Social Innovation Award. This was the fifth HKID hosted by the School, and the number of project submissions (30 projects) was the highest in the 10-year history of the event.

The following projects received awards:

### Innovation Award of Excellence



#### Champion

Prof. David SHUM (Dean of FHSS (right) and **Prof. E. Angela CHAN** (Interim Head of School and Professor) (left) with Prof. Young-ping ZHENG (centre). Club Smart Ageing Hub, Department of Biomedical Engineering, PolyU

**Project title:** Liverscan: Palm-sized real-time b-mode ultrasound imaging guided system for liver fibrosis and steatosis assessment

**Project leader:** Prof. Yong-ping ZHENG (Henry G. Leong Professor in Biomedical Engineering, Chair Professor of Biomedical Engineering, Director of the Research Institute for Smart Ageing and Director of the Jockey Club Smart Ageing Hub, Department of Biomedical Engineering, PolyU)



#### First Runner-up

Mr Yonghao LONG (centre), representative from the first runner-up project group, with the judges: Prof. Hong-ning DAI (Associate Professor, Department of Computer Science, Hong Kong Baptist University) (right) and **Prof. Harry QIN** (Professor) (left).

**Project title:** Robotic surgery remote mentoring via AR with 3D scene streaming and hand interaction

**Project leader:** Dr Qi DOU (Assistant Professor, Department of Computer Science and Engineering, The Chinese University of Hong Kong)



#### Second Runner-up

Second runner-up, Dr Ziheng ZHANG (centre), CEO of Ecolar Technology Limited, with the judges: Prof. Zheng LI (Associate Professor, Department of Surgery, The Chinese University of Hong Kong) (right) and **Prof. Harry QIN** (Professor) (left).

**Project title:** A novel green wide-spectrum antiviral/antimicrobial material: Polyhydroxyalkanoate (PHA) oligomer

**Project leader:** Dr Ziheng ZHANG (CEO, Ecolar Technology Limited)



#### The Social Innovation Award

**Dr Kitty CHAN** (Associate Professor of Practice) (left) with the judges: Dr Calvin MAK (centre), Consultant from the Department of Neurosurgery of Queen Elizabeth Hospital, and **Prof. Thomas CHOI** (Professor) (right).

**Project title:** Virtual Hospital – An immersive virtual reality game to strengthen nursing education

**Project leader:** **Dr Kitty CHAN** (Associate Professor of Practice).

Team members: **Dr Justina LIU** and **Dr Kin CHEUNG** (Associate Professors), **Mr Timothy LAI** (Associate Professor of Practice), and **Dr Patrick KOR** (Assistant Professor).



## Promoting ICOPE in the community



Prof. Angela LEUNG speaks about Hong Kong's implementation of the WHO ICOPE framework

**Prof. Angela LEUNG** (Associate Head [Research] and Professor), Director of the World Health Organization (WHO) Collaborating Centre for Community Health Services, introduced the WHO's integrated care for older people (ICOPE) framework to the media. The framework, which was translated into Chinese by the Centre to facilitate its local adoption, is a simple nine-item tool that assesses the health of older adults to evaluate their intrinsic capacity. The tool facilitates the early identification of declining intrinsic capacity to allow for referrals for an individual to receive a comprehensive health assessment and follow-up care. The Centre has developed a training package to promote the use of the tool and is conducting training sessions in District Health Centres. Earlier, a study conducted by the Centre revealed that the impairment of intrinsic capacity, particularly of locomotor and cognitive capacities, is prevalent among community-dwelling older adults in Hong Kong. On 17 August 2023, **Prof. Angela LEUNG**, Director of the Centre, spoke about how the WHO ICOPE framework has been implemented in Hong Kong.



The simple nine-item tool applied in health assessments of older adults to evaluate their intrinsic capacity.

## Youth Quitline

The Youth Quitline, funded by the Tobacco and Alcohol Control Office of the Department of Health, held a press conference on 30 May 2023 to announce the outcome of phase one of the youth-oriented (aged 25 or below) and peer-led smoking cessation hotline. Operated by our nursing students, the Youth Quitline helped 30% of the young smokers who joined the service (638 persons) to successfully quit smoking within six months. Among those who had not yet quit in six months, 15.3% had reduced their cigarette consumption by at least half. Two young smokers who had successfully quit smoking shared their experiences of how the hotline had helped them. Year 3 nursing students who were trained in smoking cessation counselling skills served as peer counsellors. This training prepared them to offer smoking cessation counselling and health education and helped them to put their learning into practice.

Group photo taken in the press conference



Dr Yim Wah MAK (Associate Professor) (left) and Dr Katherine LAM (Assistant Professor) (right), members of the School's research team specialising in smoking cessation, interviewing service users and peer counsellors at the press conference.

## Results of the first parenting programme adopting Acceptance and Commitment Therapy released



Dr Yim Wah MAK (Associate Professor) (2nd from left) found that the ACT approach was effective in reducing parental stress.

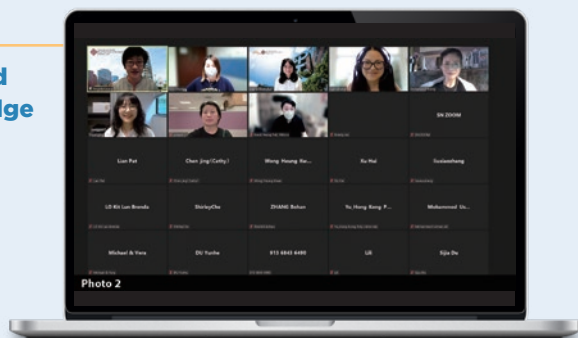
The School and the Christian Family Service Center held a press conference to announce the results of the first parenting programme (賽馬會「家·添晴」家長支援計劃) in Hong Kong to adopt Acceptance and Commitment Therapy (ACT) to reduce parental stress. Dr Yim Wah MAK (Associate Professor), a programme advisor, found that ACT was effective in motivating parents to adopt a more effective and harmonious parenting style, enhancing their psychological flexibility, and reducing the stress, anxiety, and depression caused by parenting, which resulted in an improvement in quality of life for the parents and their children.

## Webinars for Embracing Ageing in the Western Pacific

The School's World Health Organization Collaborating Centre for Community Health Services hosted a series of bi-monthly webinars under the theme 'Embracing Ageing in the Western Pacific'. These webinars aimed to bring people with an interest in healthy ageing together and enable them to acquire new knowledge and share ideas.

17 Feb 2023

### Health literacy and dementia knowledge



### Understanding of dementia prevention among Chinese older adults

Dr Dan SONG

Associate Professor, Shenzhen Shekou People's Hospital, Shenzhen, Mainland China

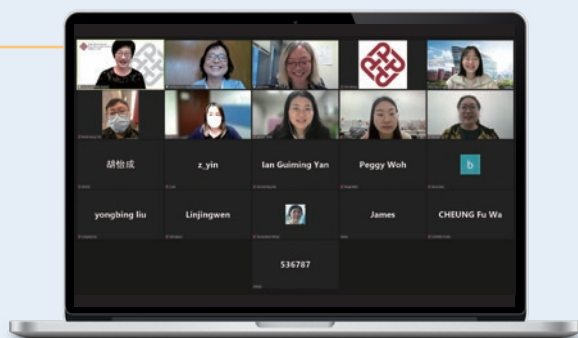
### The missing puzzle in long term care: financial literacy and health literacy

Prof. Angela LEUNG

Director of the School's WHO CC for Community Health Services  
Associate Head (Research) and Professor, School of Nursing, PolyU, Hong Kong

21 Apr 2023

### T&CM and spatial interventions for older adults



### Traditional and Complementary Medicine (T&CM) and elderly health in Malaysia

Dr Cheng Soon GOH

Director, Traditional and Complementary Medicine Division, Ministry of Health Malaysia / WHO Collaborating Centre for Traditional, Complementary and Integrative Medicine, Malaysia

### Bedroom privacy and social networks in a long-term care facility for Hong Kong older adults: a spatio-social network analysis approach

Dr Aria YANG

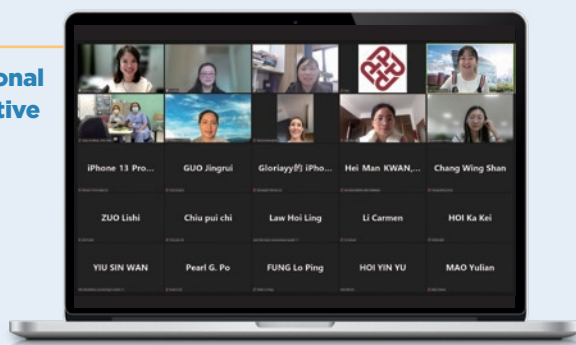
Research Assistant Professor, School of Design, PolyU, Hong Kong





16 Jun 2023

### Advocating emotional support and palliative care



### Palliative care in the community: opportunities and challenges in China

**Dr Can GU**

Professor, The Xiang-Ya School of Nursing of Central South University, Mainland China

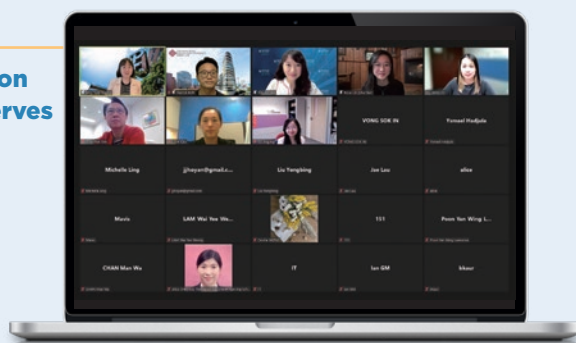
### Make your favourite music curative: artificial intelligence generated music for anxiety reduction

**Dr Yan LIU**

Associate Professor, Department of Computing, PolyU, Hong Kong

18 Aug 2023

### Interplay of emotion and cognitive reserves in ageing



### Get young people's feet wet: enhancing empathy toward ageing

**Dr Pei-Lee TEH**

Professor, School of Business; Head of Department, Department of Management; Director, Gerontechnology Laboratory, Monash University Malaysia, Malaysia

### Embracing the golden years: cultivating positive emotions and preserving cognitive vitality in ageing

**Dr Rose LIN**

Postdoctoral Research Associate, School of Nursing, University of Rochester, United States



## STAFF, ALUMNI, & STUDENT ACHIEVEMENTS

### UGC Teaching Award

The School's Internationalisation at Home (IaH) team received the University Grants Committee (UGC) Teaching Award in the Collaborative Teams category for 2023 in recognition of their achievements in integrating IaH activities in nursing education, which goes beyond conventional clinical practices to develop students' cultural awareness and global competence.

IaH activities have been integrated into the BSc (Hons) in Nursing programme to nurture the cultural awareness and global competence of our students. To achieve these goals, the IaH team has been working closely with overseas institutions, including Malmo University in Sweden, La Trobe University in Australia, and the University of Galway in Ireland, to design and implement a series of online student-led group activities that nurture students' ability to manage health issues with global vision and competence. At the postgraduate level, seminars on demonstrating cultural sensitivity when designing studies have been organised to enhance students' understanding of cultural awareness so they can critically appraise research and the research process in the health and social sciences.



Prof. E. Angela CHAN (2nd from left) and members of the team receive the award from Mr Tim LUI (centre), Chairman of the UGC, at the presentation ceremony on 26 September 2023.

Following the success of IaH in the undergraduate programme, the School proceeded to integrate IaH activities into a service learning subject, a summer exchange programme, and collaborative projects to enhance students' global learning experience. Over 1,100 undergraduate and postgraduate students globally have benefited. IaH also serves as a platform for cultural exchange activities.

The findings of the team's study on IaH in nursing education have been published in nine journals and presented at seven international and local conferences. The team hopes to expand the impact of IaH across disciplines and is planning to integrate virtual reality technology to provide students with an immersive learning experience.

The IaH team was led by **Prof. E. Angela CHAN** (Interim Head and Professor). The team members included **Dr Arkers WONG** (Assistant Professor), **Mr Timothy LAI** (Associate Professor of Practice), **Dr Betty CHUNG** (Assistant Professor of Practice), and **Dr Doris LEUNG** (Adjunct Assistant Professor).



### Nurse Model in Southern Guangdong

In honour of International Nurses Day 2023 and to express gratitude and appreciation to nursing colleagues in Guangdong province, who have been working tirelessly to provide health services to the community, the Guangdong Province Nurse Association in Mainland China organised the 5th Yangcheng Conference of Nursing Science and Art on 11 May 2023 in Guangzhou, China. At the conference, **Prof. Frances WONG** (Chair Professor of Advanced Nursing Practice and Associate Dean [FHSS]) was honoured with the prestigious Nurse Model in Southern Guangdong award for her significant contributions to higher education in nursing and her devotion to academic research.

### Smart Ageing Awards

**Dr Justina LIU** and **Dr Daphne CHEUNG** (Associate Professors) received Smart Ageing Awards from the Golden Age Foundation in recognition of the impacts of their innovative products.

**Dr LIU's** team\* received the Silver Prize in the Smart Ageing Award for their invention, Immersive Virtual-Reality Dual-Task Training System (Hong Kong Short-term Patent no. 32023070917.4), the aim of which is to simultaneously provide motor and cognitive training to older adults with cognitive frailty to improve their health and well-being. The system was developed in collaboration with Pok Oi Hospital.

**Dr CHEUNG's** team\*\* received the Merit Prize for their Music-with-Movement System (HK Short-term patent no. 32023075903.9), developed to improve the cognitive and psychosocial well-being of older adults with cognitive impairment.

The Golden Age Foundation is a charitable organisation that aims to address issues of ageing through innovation and by empowering golden agers to become the next driving force of our society.

**Dr Justina LIU** (2nd from left) at the Smart Ageing awards presentation.



**Dr Daphne CHEUNG** (left) receiving her award.

\* The co-investigators were Prof. Rick KWAN (Associate Dean [Programmes] and Professor, School of Nursing, Tung Wah College), Prof. Kenneth FONG (Professor, Department of Rehabilitation Sciences), **Dr Justina LIU** (Associate Professor), **Prof. Harry QIN** (Professor), and **Dr Claudia LAI** (Honorary Professor).

\*\* The team members were Deputy Coordinator **Dr Lily HO** (Assistant Professor of Practice), **Dr Claudia LAI** (Honorary Professor), **Prof. Harry QIN** (Professor), Dr Alan LAM (Chairman, Sengital Group), and Prof. Ken HO (Assistant Professor, The Nethersole School of Nursing, The Chinese University of Hong Kong).



### Hong Kong ICT Awards 2023

The School's teams won two merit awards at the Hong Kong ICT Awards 2023. A project entitled 'Immersive Virtual Reality (IVR) Motor-Cognitive Training for Older People with Cognitive Frailty' received a merit award in the Smart People (Smart Ageing) category in recognition of its effectiveness in promoting healthy ageing, and Virtual Hospital won a merit award in the Smart People (Smart Education and Learning) category. Congratulations to both teams!

With Virtual Hospital having earlier won the PolyU Faculty Award in Teaching, two more awards were added to Virtual Hospital's growing list of accolades this year.



The Virtual Hospital team at the Hong Kong ICT Awards 2023.

### Fellow of the American Academy of Nursing (AAN)

**Dr Justina LIU** (Associate Professor) was inducted as a Fellow of the American Academy of Nursing (AAN) in recognition of her significant contribution to nursing and healthcare. **Dr LIU** is the fourth person at the School to have received this prestigious honour: **Prof. Frances WONG** (Chair Professor of Advanced Nursing Practice and Associate Dean [FHSS]), **Dr Claudia LAI** (Honorary Professor), and **Prof. Alice Yuen LOKE** (Professor of Practice [Family and Community Health]) were inducted as AAN Fellows in 2012 and 2014.



Dr LIU at the FAAN Induction Ceremony in the United States on 7 October 2023.

### ▶ **NHCGNE Innovation Award** ◀



**Dr Daphne CHEUNG** (Associate Professor) was selected to receive the Claudia J. Beverly Innovation Award 2023, presented by the National Hartford Center of Gerontological Nursing Excellence (NHCGNE) in recognition of her innovative Music-with-Movement System (HK Short term patent no. 32023075903.9), which has had a positive impact on the nursing care of older adults. She is the second staff member from the School to have been selected to receive an Innovation Award from the NHCGNE.

The Music-with-Movement System was designed to improve the cognitive and psychosocial well-being of older adults with cognitive impairment. As of August 2023, more than 700 people had benefited from this system and more than 150 people, including staff members of nursing homes and our nursing students, had been trained in its use.

### ▶ **2023 Yonsei International Nursing Conference** ◀

At the 2023 Yonsei International Nursing Conference, held on 5–7 October in Seoul, South Korea, **Dr Yan LI** (Assistant Professor [Presidential Young Scholar]) won two Best Poster Presentation Awards and **Dr Katherine LAM** (Assistant Professor) received a Best Oral Presentation Award.

**Dr LI**'s awarded studies were entitled 'The Development of a Web-based Psychoeducation Programme with a Motivational Artificial Intelligence-based Chatbot to Decrease Vaccine Hesitancy' and 'Feasibility and Effectiveness of Artificial Intelligence-Driven Conversational Agents in Healthcare Interventions: A Systematic Review of Randomized Controlled Trials', and **Dr LAM**'s awarded paper was entitled 'Through Thick and Thin: Developing a Community-Based Network to Promote Anti-Drug Messages and Identify Hidden Drug Abusers'.

### ▶ **Co-Innovation Award in the Health Future Challenge 2023** ◀

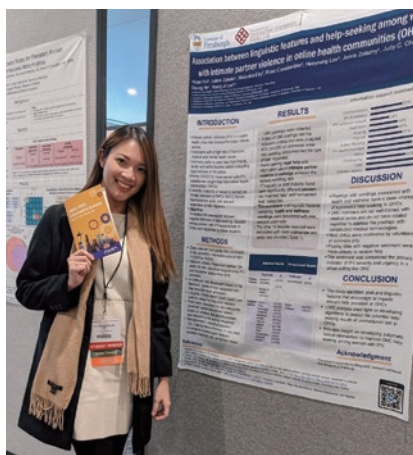
**Dr Ivy ZHAO** (Person-in-charge and Research Assistant Professor), **Prof. Angela CHAN** (Interim Head and Professor), and **Prof. Angela LEUNG** (Associate Head [Research] and Professor) were awarded the 1st Runner Up and Co-Innovation Award in the Health Future Challenge 2023 organised by the PolyU Knowledge Transfer and Entrepreneurship Office for their start-up project 'A Web-Based Game-Like Dual-Task Hearing-Cognitive Training System'. The system aims to enhance the hearing efficiency, cognitive functions, and social engagement of older adults with hearing loss. The project also received a Translational Research Grant from the Faculty of Health and Social Sciences. Other members of the team included Dr Richard LI (Assistant Professor, Department of Applied Social Sciences) and Dr Janet NG (Associate Professor of Practice, Department of Chinese and Bilingual Studies).



### Faculty Prize in Teaching and Faculty Award in Knowledge Transfer 2023

**Dr Eileen CHENG** (Assistant Professor) and **Prof. Frances WONG** (Chair Professor of Advanced Nursing Practice and Associate Dean [FHSS]) and their teams were awarded the Faculty Prize in Teaching and the Faculty Award in Knowledge Transfer 2023, respectively. **Dr Eileen CHENG** contributed to the development of the subject *Introduction to Interdisciplinary Cancer Research* offered by the Department of Health Technology and Informatics and **Prof. Frances WONG** contributed to a project entitled 'Promoting Family Resilience among Hong Kong Families during the COVID-19 Pandemic'.

### American Medical Informatics Association (AMIA) Leadership and Education Award Donation (LEAD) Fund



**Dr Vivian HUI** (Assistant Professor) received an Early Career Award from the Leadership and Education Award Donation (LEAD) Fund of the American Medical Informatics Association (AMIA) in March 2023 at the Informatics Summit in Seattle, USA. The award covered her registration for the AMIA 2023 Clinical Informatics Conference to present her research study entitled 'Association between Linguistic Features and Help-seeking among Women with Intimate Partner Violence in Online Health Communities (OHCs)'.

### Best Poster Presentation Award at PAIR Conference 2023



**Prof. Angela LEUNG** (Associate Head [Research] and Professor), together with Dr Aria YANG (Research Assistant Professor, School of Design) (front row, 3rd from right) and Dr Richard LI (Research Assistant Professor, Department of Computing) (front row, 1st from right), co-designed a sensor-enabled urban green care farm for older adults. The poster for the project won the Best Poster Award at the first conference hosted by the PolyU Academy for Interdisciplinary Research (PAIR) in May 2023.

### Excellent Paper Award 2022

**Dr Yim Wah MAK** (Associate Professor) and **Ms Yanfei LIU** (Research Assistant) received an Excellent Paper Award 2022 from *Chinese Nursing Management* (中國護理管理) for 'Design and Implementation of an Exercise Prescription for the Prevention of Arm Lymphedema in Breast Cancer Survivors.'

### 2023 THE Awards Asia

**Dr Arkers WONG** (Assistant Professor) is a member of the Interprofessional Education and Collaborative Practice (IPECP) team led by the Faculty of Medicine at the University of Hong Kong. The team won the 2023 THE Awards Asia Gold Award for Teaching and Learning Strategy of the Year.



Dr Arkers WONG and the team raise a toast at the IPECP Planning and Awards Celebration on 21 June 2023.

### Excellent Health Promotion Project Award

**Prof. Angela LEUNG** (Associate Head [Research] and Professor) and her team received the Excellent Health Promotion Project Award from the Food and Health Bureau of the Hong Kong government.

### Outstanding PolyU Alumni Award 2023



Prof. Sophia CHAN, the first nurse to take up a ministerial position in the Hong Kong government, was selected to receive the Outstanding PolyU Alumni Award (left); and Mr Man Nok CHAN (right) received the Outstanding Young Alumni Award in Professional Achievement.

Congratulations to Prof. Sophia CHAN, an alumna of the School, for receiving the Outstanding PolyU Alumni Award 2023 in recognition of her significant achievements and contributions to society.

Prof. Sophia CHAN, currently Professor in Nursing and Senior Advisor to the President's Office at the University of Hong Kong, was the first nurse to be appointed Secretary for Food and Health (2017-2022). She is also well known for her leadership in promoting tobacco control and smoking cessation programmes.

Another outstanding alumnus of the School, Mr Man Nok CHAN, received the Outstanding Young Alumni Award in Professional Achievement. Mr Man Nok CHAN is the Manager (Nursing) and Chief Nursing Officer of the Nursing Services Department, Hospital Authority Head Office.

### Cyberport Creative Micro Fund

A proposal for an innovative insole that uses artificial intelligence technology to monitor foot pressure distribution to prevent chronic pain received HK\$100,000 from the Cyberport Creative Micro Fund (2022). The proposal was developed by two of our Year 3 nursing students, Ms Eunice MAK and Mr Killian TANG (BSc (Hons) in Nursing), together with students from the Faculty of Business and the Department of Computing.



The incubated innovation, named PRESOLE, is designed for people whose work requires prolonged standing, such as teachers and nurses. Sensors embedded in PRESOLE can detect uneven foot pressure and a notification will be sent via a mobile app to alert the user. The student team believes that PRESOLE can help users maintain good posture to prevent chronic pain and reduce muscle discomfort.

PRESOLE was presented at the Dare To Change 2021-23 business pitch competition (青年企業家發展局「敢闖。敢創」創業比賽) organised by the Young Entrepreneurs Development Council, a non-profit-making charitable organisation that aims to inspire and cultivate an entrepreneurial spirit among Hong Kong's young people.

### PolyU Outstanding Student Award



Ms Mei Tak TSANG, a Year 5 student in the BSc (Hons) in Mental Health Nursing programme, received the PolyU Outstanding Student Award of Department; Mr Wai Chun TSO, a Year 2 student in the BSc (Hons) in Nursing programme, received the Presidential Student Leadership Award of Department on 20 March 2023.

### Innovation and Technology Scholarship

Mr Killian TANG, a Year 3 general nursing student, was among the four PolyU students awarded an Innovation and Technology Scholarship in 2023. He is the fourth nursing student to have received this award. As an awardee, Killian received up to HK\$150,000 to participate in various elite training programmes. He used these funds to attend the Health and Technology summer course at King's College London in July 2023 and joined a summer exchange programme at the National University of Singapore in August 2023. These eye-opening experiences enabled him to learn more about advanced technology and the integration of technology to create innovations for nursing care in the future.

The Innovation and Technology Scholarship was jointly organised by the Innovation and Technology Commission, HSBC, and The Hong Kong Federation of Youth Groups.

Mr Killian TANG (2nd from right) with members of our academic staff and his mother (3rd from the right) at the scholarship award presentation ceremony on 13 June 2023.





### Best Abstract Awards from the International Qualitative Research Conference 2023

Ms Mining LIANG, our PhD student, presented her work *'The Lived Experience of Secondary School Teachers in Supporting Students with Mental Health Issues: a Descriptive Phenomenological Study'* at the International Qualitative Research Conference 2023 and was awarded second place in the Best Abstract Awards. Ms Lok Yee LI, our Master of Science in Nursing student, won third place for presenting her thesis entitled *'To Better Understand The Lived Experiences of Psychiatric Nurses of Workplace Violence from Patients in Psychiatric Units in Hong Kong'*.



Ms Mining LIANG (left) and Ms Lok Yee LI (right) presenting their works at the International Qualitative Research Conference 2023.

### Research Student Attachment Programme (RSAP)

Ms Yaqian LIU, our PhD student, was offered a place in the Research Student Attachment Programme (RSAP) offered by the Graduate School of PolyU. The RSAP is a visiting programme that allows PhD students to spend between three months and one year at a host institution. Ms LIU will visit the University of British Columbia, Canada for three months.

### Best Poster Award at the 26th EAFONS Tokyo

Ms Wei-lin CHEN, our PhD student, received the Best Poster Award at the 26th East Asian Forum of Nursing Scholars (EAFONS) held in March 2023 in Tokyo, Japan.

### Best Oral Paper Award at the Interdisciplinary Conference in Health Care Science



At the Interdisciplinary Conference in Health Care Science held in Hong Kong on 4 November 2023, Ms Lok-yi CHIU and Mr Tony WU, Year 4 Mental Health Nursing students (and research assistants of **Dr Teris CHEUNG**, Assistant Professor), and Mr Wai-lam Derek CHAN, Year 5 BSc in Nursing student (and research assistant of **Dr Eileen CHENG**, Assistant Professor) won Best Oral Paper Awards.

# Pioneering Education



## ADMISSIONS

**“The number of students admitted to the School’s master’s level programmes was satisfactory for the 2023/24 academic year. The Master of Nursing programme achieved full enrolment, with 45 students. The MSc in Nursing programme nearly reached the full intake quota of 120, with 118 students admitted. The number of applicants to this programme also increased from 186 in 2021/22 to 213.”**

**T**he admission figures and scores for the undergraduate programmes were similar to those of last year, with a slight increase in the total number of applicants. A total of 217 students (24 above the intake quota) were admitted to the BSc (Hons) in Nursing programme, including 176 through JUPAS and 41 through non-JUPAS channels. The average HKDSE score (calculated based on the students’ results for four core subjects plus the best two elective subjects) for this programme in 2023 was 27.7, which was very similar to last year. The programme attracted 4,595 (vs 4,367 in 2022/23) JUPAS applicants and the admission ratio, based on the first choice/Band A applicants (including both JUPAS and non-JUPAS) to the initial intake quota, was 7.5.

Seventy-seven (seven above the intake quota) students were admitted to the BSc (Hons) Mental Health Nursing programme, including 62 from JUPAS and 15 from Non-JUPAS. The average HKDSE score for this programme was similar to that of last year, at 26.3 (vs 27.2 in 2022/23). The programme attracted 3,215 (vs 3,203 in 2022/23) JUPAS applicants. The admission ratio, based on the first choice/Band A applicants (including both JUPAS and non-JUPAS) to the initial intake quota, was 5.6.

## STUDENT EXCHANGE PROGRAMMES

In collaboration with partner universities and hospitals, the School provided seven outbound exchange programmes for 44 undergraduate and postgraduate students from June to September 2023.

The School also hosted two inbound exchange programmes for our partner institutions in July and November 2023, respectively. A total of 69 students in healthcare-related disciplines were given exclusive opportunities to acquire a better understanding of nursing care outside their home countries and to broaden their horizons on the hospital settings and healthcare system in Hong Kong.

### Inbound Student Exchange Programmes

**4-week Inbound Exchange Programme for 12 universities\*** (consisting of a 2-week online segment and a 2-week face-to-face segment)



Group photo taken after orientation.

**\*List of universities:** Institut et Haute Ecole de la Santé La Source, Switzerland | La Trobe University, Australia | National University of Singapore, Singapore | School of Nursing, Hangzhou City University, Mainland China | School of Nursing, Peking Union Medical College, Mainland China | School of Nursing, Sun Yat-sen University, Mainland China | School of Nursing, Yangzhou University, Mainland China | Shantou University Medical College, Mainland China | Tongji Medical College, Huazhong University of Science and Technology, Mainland China | West China School of Nursing, Sichuan University, Mainland China | Wuxi School of Medicine, Jiangnan University, Mainland China | Xiangya School of Nursing, Central South University, Mainland China

**5-day Visit Programme for Sun Yat-sen University**



Group photo taken during the sharing session.

### Outbound Student Exchange Programmes

Chengdu, Mainland China

**Sichuan University 四川大學**

(West China Hospital 華西醫院)

Clinical Placement | Participants: 5



Hangzhou, Mainland China

**Zhejiang University City College 浙江大學城市學院**

(Sir Run Run Shaw Hospital 浙江大學醫學院附屬邵逸夫醫院)

Clinical Placement | Participants: 6





## Outbound Student Exchange Programmes

Shanghai, Mainland China

**Fudan University 復旦大學**

(Huadong Hospital 華東醫院)

Clinical Placement | Participants: 10



Yangzhou, Mainland China

**Yangzhou University 揚州大學**

Clinical Placement | Participants: 5



**National University of Singapore, Singapore**

Short Exchange Visit | Participants: 6



**Universidad de Navarra, Spain**

Clinical Placement | Participants: 2



**University of Applied Sciences and Arts Western Switzerland, Switzerland**

(La Source, School of Nursing Sciences)

Short Exchange Visit | Participants: 10



## CLINICAL LEARNING EXPERIENCES

### Restructuring of the Clinical Education Team

To enhance the learning experience and more effectively cater to student needs, the Clinical Education Team underwent a structural expansion during the year. The number of deputy clinical coordinators for general nursing students was increased to four, each of whom was assigned the task of overseeing a specific year of students from Year 1 to Year 5. This expansion allowed for a more focused approach to clinical learning experiences, with each coordinator emphasising specific areas, such as primary healthcare, simulated clinical experiences, clinical reasoning, and professional clinical competencies.

### Use of Virtual Hospital



The Clinical Education Team worked to actively integrate Virtual Hospital into the student learning experience to offer our students a unique opportunity to enhance their clinical skills in a safe and controlled environment. Arrangements were made for all Year 3 students in the BSc (Hons) in Nursing programme and Year 2 students in the BSc (Hons) in Nursing (Senior Year) programme to experience Virtual Hospital during their orientation.

Virtual Hospital simulates the complex and chaotic environment of a real-life hospital ward. More than 1,200 combinations of randomised situations and multiple choices make it difficult for students to predict the tasks they will be handling, and they are required to provide instant responses to multiple tasks and make appropriate nursing decisions by assessing patients' condition and interpreting their health information. The innovative Virtual Hospital was developed by the School of Nursing and has gained international recognition and received prestigious awards for its creative ideas and effective use of technology.

### Enhancement of clinical experience

To enhance the clinical learning of Mental Health Nursing students, the Clinical Education Team integrated the use of concept maps and a clinical reasoning model into all pre-, interim-, and post-clinical placement orientations, briefings, and conferences. An evaluation questionnaire was conducted and the feedback received from the students was highly favourable, indicating the effectiveness of these enhancements in facilitating their learning experience.

Meanwhile, the team successfully created new learning and teaching materials for the CEW-AT & AOM workshop using simulation-based pedagogies. Building on this success, the team is currently focusing on designing a simulated psychiatric placement for all Year 3 Mental Health Nursing students, scheduled to be implemented in Semester Two of the 2023/24 academic year.

### Simulated Ward Practice Programme for junior-year students

To improve their practical experience, a Simulated Ward Practice Programme was introduced to our junior-year students in June 2023. This programme spanned three weeks and provided the students with an opportunity to familiarise themselves with the hospital environment. By participating in this programme, junior students can better adapt to the ward setting before starting their actual placement.

## CLINICAL PARTNERS / STUDENT ACTIVITIES

### Expanding clinical placement network

In the current academic year, the School has made significant progress in expanding its network of venues for clinical placements, both in hospital and community settings.



#### Hospital Setting

- The Hong Kong Children's Hospital admitted PolyU students to its pilot clinical placement programme. Upon evaluation, further opportunities for collaboration will be explored.
- Evangel Hospital and other private hospitals have either signed or renewed their Memorandums of Understanding to provide venues for PolyU students.

#### Community Setting

- Po Leung Kuk and Shing Keung Hui extended warm welcomes to our PolyU students during the summer placement at their community venues. With the invaluable assistance provided by these organisations, the School plans to increase the percentage of clinical hours spent in community settings in the coming years.



### Meeting with the Nursing Section of the Hospital Authority Head Office (HAHO)

A clinical meeting was arranged to meet with Dr Danny TONG (Senior Manager [Nursing] and Principal Nursing Officer), Mr Man Lok CHAN (Manager [Nursing] and Chief Nursing Officer), and the HAHO Nursing Section on 3 March 2023. The School introduced our technology-assisted teaching and arranged a tour of Virtual Hospital, Simulated Ward, and the High-Fidelity Patient Simulator in the ICU laboratory for the guests. The delegates also visited the Hybrid and Immersive Virtual Environment Centre at PolyU's Industrial Centre and were very impressed by PolyU's use of technology in learning and teaching.



### List of clinical partners

A total of 49 clinical partners, including hospitals under the Hospital Authority, private hospitals, government departments, non-governmental organisations, non-profit organisations, and charity groups, collaborated with the School to provide opportunities for clinical placements for General Nursing and Mental Health Nursing students in 2023.

Public Hospitals Under Hospital Authority	
Hong Kong East Cluster	
Pamela Youde Nethersole Eastern Hospital	General Nursing & Mental Health Nursing
Ruttonjee Hospital	General Nursing
Hong Kong West Cluster	
Queen Mary Hospital	General Nursing & Mental Health Nursing
The Duchess of Kent Children's Hospital at Sandy Bay	General Nursing
Kowloon Central Cluster	
Hong Kong Buddhist Hospital	General Nursing
Kowloon Hospital	General Nursing & Mental Health Nursing
Kwong Wah Hospital	General Nursing
Our Lady of Maryknoll Hospital	General Nursing
Queen Elizabeth Hospital	General Nursing
The Hong Kong Children's Hospital	General Nursing (Paediatric Nursing)
Kowloon East Cluster	
United Christian Hospital	General Nursing & Mental Health Nursing
Haven of Hope Hospital	General Nursing
Kowloon West Cluster*	
Caritas Medical Centre	General Nursing
Kwai Chung Hospital	Mental Health Nursing
North Lantau Hospital	General Nursing
Princess Margaret Hospital	General Nursing
Yan Chai Hospital	General Nursing
New Territories East Cluster	
Alice Ho Miu Ling Nethersole Hospital	General Nursing & Mental Health Nursing
North District Hospital	General Nursing & Mental Health Nursing
Prince of Wales Hospital	General Nursing
Shatin Hospital	Mental Health Nursing
Tai Po Hospital	Mental Health Nursing
New Territories West Cluster	
Castle Peak Hospital	Mental Health Nursing
Pok Oi Hospital	General Nursing
Tuen Mun Hospital	General Nursing
Tin Shui Wai Hospital	General Nursing

### Private Hospitals

Evangel Hospital	General Nursing
Hong Kong Sanatorium & Hospital	General Nursing
St. Paul's Hospital	General Nursing
St. Teresa's Hospital	General Nursing

### Government Department

Tobacco and Alcohol Control Office of the Department of Health	General Nursing & Mental Health Nursing
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### NGOs/NPOs/Charity Groups

Alumni Association of Nursing Studies, The Federation of The Hong Kong Polytechnic University Alumni Associations	General Nursing
Association of Baptists for World Evangelism Hong Kong	General Nursing
Caritas Community Development Service	General Nursing
Christian Family Service Centre	General Nursing
Evangelical Lutheran Church Social Service – Hong Kong	Mental Health Nursing
Haven of Hope Christian Service	General Nursing
Hong Kong Christian Service	General Nursing
Hong Kong Housing Society	General Nursing
Hong Kong Sheng Kung Hui Welfare Council	General Nursing
ImpactHK	General Nursing
The Hong Kong Federation of Youth Groups	Mental Health Nursing
Hong Kong Red Cross	Mental Health Nursing
The New Life Psychiatric Rehabilitation Association	Mental Health Nursing
Richmond Fellowship of Hong Kong	Mental Health Nursing
Po Leung Kuk	General Nursing
The Society of Rehabilitation and Crime Prevention, Hong Kong	Mental Health Nursing
Sham Shui Po District Health Centre	General Nursing
Social Development Practice and Research Centre	General Nursing

\* The main supporting cluster for the clinical placements of PolyU and the School of Nursing.



### Service learning in Cambodia



Together we can do something wonderful! Students from True Vision International School (Phnom Penh) and PolyU joined hands to deliver health services.



Students assess the cognitive and nutritional status of older people.

Forty PolyU students taking the service learning subject *Healthy Lifestyle Challenges for Developing Communities*, together with their teachers,\* visited Phnom Penh, Cambodia, from 5 to 14 June 2023 to carry out service learning projects. They collaborated with a local secondary school, True Vision International School, to provide cognitive and nutritional assessments and education for older people living in a rural area in Phnom Penh. Over 100 older people received the service.

\*Subject Leader: **Dr Patrick KOR** (Assistant Professor). Teaching team: **Dr Stefanos TYROVOLAS** (Assistant Professor) and **Dr Jingjing SU** (Research Assistant Professor).



### Global Leadership Scheme: Building a leadership foundation for master's students

Led by **Dr Patrick KOR** (Assistant Professor), a 3-day leadership training and team-building camp was organised from 19 to 21 December 2023 for students in the Master of Nursing programme.

Based on the Action-Centred Leadership model, the leadership training programme was tailored to test students' ability to balance task needs, team maintenance needs, and individual needs, which is essential for effective leadership. The students engaged in a 'boat sailing' activity and a team crossover aerial challenge. Strong leadership was a must for enable the students to navigate when sailing the 'boat'. The students coordinated their members to work together to contend with wind and waves to achieve their 'sea missions'. The aerial challenge tested the students' ability to engage in inter-team cooperation and communication, which is crucial for nursing students. The students also learnt that a true leader must appreciate teamwork.

The training programme concluded with group interviews and reflections, providing the students with an opportunity to review their performance and identify areas for improvement. The students commented that the training helped them to develop a solid foundation of leadership skills and strategies that has prepared them for future challenges in their clinical placements and careers.

The team-building camp was part of the Global Nursing Leadership Scheme, which aims to attract the top 10% of students to join various local, national, and international activities. The Master of Nursing programme 2023 cohort representatives joined the Scheme's first activity in December 2023.



Strong leadership was a must for navigation in the boat sailing activity.



Student rings bell to mark their victory in the competition, thanks to good teamwork.



Group photo taken at the camp.

## STUDENTS AND ALUMNI SHARING

### Master students' sharing



Yuk Lam (left) and Louisa (right).

Ms Yuk-lam LI (left) and Ms Louisa CHIN (right), registered psychiatric nurses, are both serving in public hospitals while studying part-time in the School's Master of Science in Nursing programme. As recipients of the Sir Robert Black Trust Fund Scholarship, they and their seniors in the hospitals, who strongly recommended them for the scholarship, have high hopes for their studies. Halfway through their 2.5-year master's study, this is a good time for Yuk-lam and Louisa to reflect on their progress and talk about what comes next.



#### Are you gaining more specialist skills in your area of study?



#### Yuk-lam [Mental health nursing specialism]:

The subject *Advanced Medication Management* has given me a deeper understanding of the administration of medicines, the relationship between doses and side effects, factors to take into consideration when switching medicines, etc. With this knowledge, I am more capable of giving practical advice and management tips to my patients when they express concerns about the side-effects of their anti-psychotic medicines. For example, one patient complained about drooling after taking medicine, and I had learnt in the course that this problem could be drug-induced and the patient could wear a mask to improve his physical appearance and chew gum to manage the amount of saliva. The subject has given me a better knowledge of medicines and a greater understanding of patients' concerns.



#### Louisa [Mental health nursing specialism]:

The subjects *Advanced Medication Management* and *Recovery-focused Counselling Skills for Severe Mental Illness* are impressive. The medication management subject has provided me with useful statistics and in-depth knowledge with which to convince unwilling patients to take their prescribed medication. I also had opportunities for hands-on practice of cognitive behavioural therapy (CBT) techniques with my classmates, which helped me to explore the needs of patients. During my master's study, I successfully managed a patient diagnosed with delusional disorder. Her mental condition had deteriorated due to medication non-compliance. During a home visit, I noticed that hand tremors were one reason that the patient was refusing to take her medicine. I had learnt in the medication management subject that a high dosage of this medicine can cause hand tremors, so I helped her to seek advice to adjust her medication. After several home visits and providing her with enough support, she gave me her trust and decided to take her medicine again (at lower doses and with more frequent intakes). Her mood and condition is now stable.





### What's next? How could these skills be applied in your future practice?



#### Yuk-lam:

After earning my master's degree, I will be qualified to pursue a career as an advanced practice nurse (APN). I have learnt plenty about the latest evidence-based recovery programmes for psychiatric in-patients and would like to introduce and coordinate these programmes in my hospital. The activities provided in public hospitals now, such as light exercises and paper crafts, lack integration and coherence. I am planning to study the possibility of introducing horticultural therapy in my hospital as its therapeutic effect is scientifically proven. Using dried herbal plants to create patients' life stories could be a good activity. For dementia psychiatric in-patients, I suggest iPad activities to engage them with fun and cognitive stimulation.



#### Louisa:

Previously, when I worked in a psychogeriatric ward, I encountered many caregivers who did not know how to manage their older family members with mental illnesses. If the caregivers had more knowledge and skills and a positive caring attitude to support the well-being of their beloved older family members, there would be fewer re-admissions. Therefore, I am working on a dissertation about attitudes towards dementia and support for caregivers of persons with dementia to reduce their stress and caregiving burden. I hope that my research findings will create an impact and be implemented in local hospitals or community settings. When I become an APN, I will advocate for setting up caregivers' mutual support groups and for the organisation of regular and structured educational talks for family caregivers of persons with dementia in my hospital.



Ms Louisa CHIN presenting her thesis proposal at the Postgraduate Conference on Interdisciplinary Learning organised by the School of Graduate Studies of Lingnan University.

### Alumnus at correctional services lives up to the spirit of nursing



Mr Kai-tai WONG, a graduate of our BSc (Hons) in Nursing programme in 2003, took up the post of Senior Superintendent (Health Care) of the Correctional Services Department (CSD) in November 2021. Mr WONG joined the CSD as an Officer in 2005 and worked in various on-premises hospitals in correctional institutions. As Head of the Health Care Section of the CSD, he currently oversees the provision of healthcare in correctional institutions.

Mr Kai-tai WONG lives up to the spirit of nursing and PolyU.

#### ***From nurse to correctional officer***

After graduation, Mr WONG worked as a registered nurse in the orthopaedic ward of a public hospital. His interest in the disciplinary services motivated him to join the CSD as an Officer. He played dual roles while serving as a correctional officer: on the one hand, he was a professional nurse who could provide nursing care and handle emergency medical incidents; on the other hand, he was a correctional officer who had to maintain discipline among persons in custody. Mr WONG said that his work was challenging but his sense of mission helped him to pursue his career and attain his goals.

**Challenges**

Mr WONG's role is challenging because the demand for healthcare services in correctional institutions is rising due to an ageing population, the increasing prevalence of chronic diseases, and the large number of persons in custody with a history of drug abuse. Externally, he has to coordinate and collaborate with stakeholders, including the Department of Health and the Hospital Authority, to ensure that basic healthcare services and visiting medical specialist services are provided in correctional institutions. Internally, he has to ensure that all on-premises hospitals are operating properly and well managed. This includes the formulation of healthcare and infection control policies and nursing staff management and training. In addition to providing clinical healthcare services to persons in custody, the healthcare section is responsible for health promotion and education in correctional institutions, such as the implementation of the Smoking Cessation Counselling Programme.

**Looking back on university life**

'Thanks to the strict training/guidance of PolyU's School of Nursing, a high bar has been set for nursing education. Do no harm to patients is the basic principle of nursing. Nurses can achieve this principle only when they are professionally competent', Mr WONG said. He also provided words of encouragement to our current undergraduate nursing students: 'Nursing work is hard but meaningful. No matter which position or workplace you are in, you must uphold the professional quality of your nursing to serve the public, society, and people with passion.'

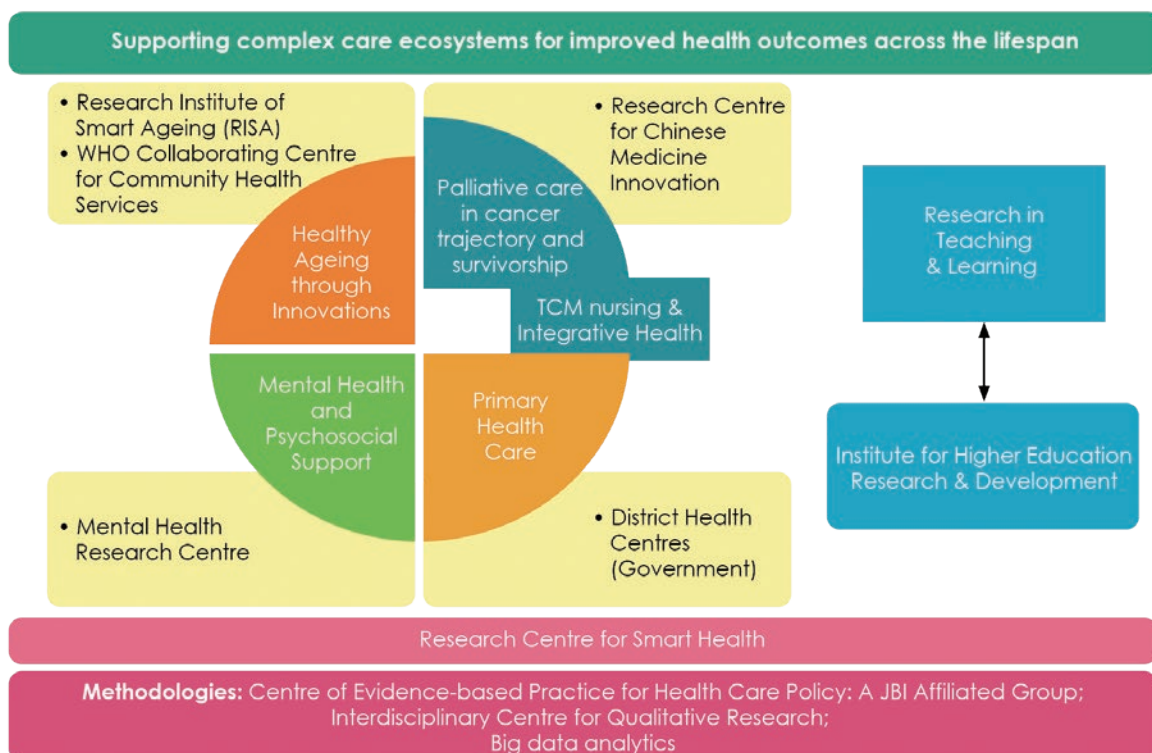




# Interdisciplinary Research



## AREAS OF EXCELLENCE



## A. Healthy Ageing Through Innovations



Co-leader  
**Prof. Angela LEUNG**  
Associate Head (Research) and Professor



Co-leader  
**Dr Justina LIU**  
Associate Professor

The Healthy Ageing Through Innovations team endeavours to advance the field of gerontology by promoting optimal health and well-being for the ageing population and their dedicated caregivers. Through multidisciplinary research collaborations, the team concentrates on identifying innovative strategies and state-of-the-art gerontechnologies to address a broad spectrum of health challenges frequently encountered by older adults, including dementia, mild cognitive impairment, frailty, sarcopenia, and psychological concerns. Our mission is to identify vulnerable populations and deliver tailored care that empowers older individuals to take a proactive approach to manage their health and well-being. With diverse areas of expertise, we utilise cutting-edge technologies to develop evidence-based solutions that enhance health outcomes and elevate the quality of life of the ageing community.

### Projects Completed in 2023

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grants (HK\$)
A stand-alone therapeutic Music-with-Movement Programme for elderly with cognitive impairment	<b>Dr Daphne Sze Ki CHEUNG</b>	36	Innovation and Technology Fund for Better Living	5,412,643
Virtual reality motor-cognitive training for older people with cognitive frailty	<b>Dr Justina Yat Wa LIU</b>	39	Innovation and Technology Fund for Better Living	2,968,125
Assessing agitation in individuals with dementia using wearable multimodal physiological sensors: A feasibility study	<b>Dr Daphne Sze Ki CHEUNG</b>	42	Start-up Fund for New Recruits	400,000
Effects of Facebook-based bibliotherapy on improving the wellbeing of informal caregivers of people with dementia: a pilot randomized controlled trial	<b>Dr Shanshan WANG</b>	23	Nethersole Institute of Continuing Holistic Health Education (NICHE) Research Grant	180,000
GAMified HOme-based COgnitive-Nutritional training (GAHOCON) for older people with cognitive frailty: A feasibility study	<b>Dr Daphne Sze Ki CHEUNG</b>	21	Departmental General Research Fund	150,155
Evaluation of a 25-day home-based, multisensory cognitive stimulation program for the people with dementia and their family caregivers	<b>Dr Patrick Pui Kin KOR</b>	28	Mr Kam Wah MA	75,000
The secrets of healthy near-centenarians and centenarians in Hong Kong: how well are they ageing – one year follow up	<b>Dr Justina Yat Wa LIU</b>	17	Sik Sik Yuen (Donation)	57,291
Using a web-based mind-body intervention program for reducing stress in family caregivers of frail older people in Mainland China: An intervention protocol development	<b>Dr Patrick Pui Kin KOR</b>	24	鄭州悅來蘋果酒店有限公司	30,000

**Projects Newly Funded in 2023**

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grants (HK\$)
Effects of a technology-enhanced horticultural program for the people with dementia and their family caregivers	<b>Dr Patrick Pui Kin KOR</b>	36	Bright Future Charitable Foundation	3,000,000
Increasing mental health literacy and peer support among caregivers: An Electronic Painting and Peer Supportive (EPPS) Platform	<b>Prof. Angela Yee Man LEUNG</b>	24	Mental Health Initiatives Funding Scheme	1,976,900
Effects of e-bibliotherapy on the psychological wellbeing of informal caregivers of people with dementia: A randomized controlled trial	<b>Dr Shanshan WANG</b>	36	Health and Medical Research Fund (HMRP)	1,421,700
Effects of an Individualized Dietary Behavioural Change (IDBC) programme and exercise training in combination or separately on managing sarcopenic obesity in community-dwelling older adults: a randomized controlled trial	<b>Dr Justina Yat Wa LIU</b>	36	General Research Fund	1,288,407
Healthy Ageing and risk factors among the oldest old: A big-dataset analysis including China	<b>Dr Stefanos TYROVOLAS</b>	25	Start-up Fund for New Recruits	400,000
Developing a co-designed intervention to address subjective cognitive decline and social frailty as precursors of mild cognitive impairment in older adults	<b>Dr Jed Ray Gengoba MONTAYRE</b>	36	Start-up Fund for New Recruits	400,000
Auditory-Cognitive dual-task intervention for older adults with hearing loss: A pilot randomized controlled trial	<b>Dr Ivy Yan ZHAO</b>	14	Start-up Fund for RAPs under the Strategic Hiring Scheme	250,000
Pain and stress detection and relief in people with dementia using portable EEG headband: A feasibility study	<b>Dr Shanshan WANG</b>	15	Start-up Fund for RAPs under the Strategic Hiring Scheme	250,000
A web-based game-like dual-task hearing-cognitive training system	<b>Dr Ivy Yan ZHAO</b>	14	Faculty Reserve	250,000
The Hong Kong beyond 90s (HKB90) study	<b>Dr Stefanos TYROVOLAS</b>	13	Start-up Fund for RAPs under the Strategic Hiring Scheme	240,000
Taiko Drum-playing for older adults with potentially reversible cognitive frailty for improving cognitive and physical functions: a randomised controlled feasibility study	<b>Dr Daphne Sze Ki CHEUNG</b>	24	Departmental General Research Fund	135,030



**Projects Newly Funded in 2023**

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grants (HK\$)
Developing an fMRI paradigm to explore functional brain network engagement in relationship to changes in loneliness and cognitive performance after a robot-mediated interactive intervention: A pilot single-arm trial	<b>Dr Ivy Yan ZHAO</b>	13	Departmental General Research Fund	135,030
Virtual-reality based mindfulness practice for promoting mental health among older people with chronic illness and their family caregivers: A feasibility study	<b>Dr Patrick Pui Kin KOR</b>	24	Departmental General Research Fund	135,030

**Research Student Graduated in 2023**

Student Name	Award	Thesis Title	Supervisory Team
<b>Dr Adwoa Owusuaa KODUAH</b>	PhD	Examining the role of acculturation in dementia literacy among Africans in a Chinese society: A mixed methods study	Chief Supervisor: <b>Prof. Angela Yee Man LEUNG</b>  Co-Supervisor: <b>Dr Teris Cheuk Chi CHEUNG</b>

## B. Primary Health Care



Co-leader  
**Prof. Frances WONG**  
 Chair Professor of Advanced Nursing  
 Practice and Associate Dean (FHSS)



Co-leader  
**Dr Lin YANG**  
 Associate Professor

The Primary Health Care (PHC) Area of Excellence (AoE) aims to produce impactful research in the field of primary healthcare through interdisciplinary approaches and cutting-edge technologies. Members of the PHC AoE focus on identifying vulnerable, high-risk populations and those with potential and early signs of illness, promoting patient empowerment and self-management to maintain optimal health for chronic conditions, and encouraging aspects of healthy lifestyles (such as vaccination, exercise, and smoking cessation). With a diverse range of backgrounds, including nursing, public health, and engineering, and with collaborators from varied disciplines, the members of the PHC AoE bring a unique perspective to managing health problems, utilising AI and other advanced technologies to improve health and healthcare for people in community settings.

### Completed Projects in 2023

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grants (HK\$)
Establishment of testing laboratory and investigation of the trends of quality of filtering facemask during and after the COVID-19	<b>Dr Lin YANG</b>	36	Hip Seng Quality Advancement Centre Company Limited	5,512,500
An automated urine cytopathology reporting system via advanced deep learning models driven by both data and human knowledge	<b>Prof. Harry Jing QIN</b>	24	Innovation and Technology Fund - Innovation and Technology Support Programme (ITF-ITSP)	2,475,760
Generalizable, robust, and interpretable deep learning for clinically applicable AI-empowered diagnosis and intervention systems: methodologies & clinical applications	<b>Prof. Harry Jing QIN</b>	24	Project of Strategic Importance	2,050,000
Patient-specific abdominal aortic aneurysm rupture risk assessment via advanced deep learning and computational fluid dynamics 基於先進深度學習和計算流體力學的個體化腹主動脈瘤破裂風險評估的研究	<b>Prof. Harry Jing QIN</b>	24	Innovation and Technology Fund - Mainland-Hong Kong Joint Funding Scheme (ITF-MHKJFS)	2,048,600
Effects of a Physical-Psychological Integrative (PPI) intervention on physical inactivity, depression and chronic pain for community-dwelling spinal cord injury survivors: a pilot randomized controlled trial	<b>Dr Yan LI</b>	24	Health and Medical Research Fund (HMRF) Research Fellowship Scheme	952,685
A pilot study to evaluate the feasibility and effectiveness of telecare consultation in nurse-led post-acute stroke clinic	<b>Dr Arkers Kwan Ching WONG</b>	27	Start-up Fund for New Recruits	400,000

**Completed Projects in 2023**

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grants (HK\$)
Young people-assisted, individualized motion-based video games on physical, cognitive, and social frailty among frail community-dwelling older adults 樂齡 NET 叻 GO	<b>Dr Arkers Kwan Ching WONG</b>	24	The Social Innovation and Entrepreneurship Development Fund	300,000
Chatbot-based mindfulness interventions for young adults with symptoms of depression: a feasibility study	<b>Dr Yan LI</b>	24	Start-up Fund for RAPs under the Strategic Hiring Scheme	250,000
A health-social partnership programme for improving health self-management of community-dwelling older adults: a hybrid effectiveness-implementation pilot study	<b>Dr Arkers Kwan Ching WONG</b>	29	Departmental General Research Fund	146,000
Development and evaluation of an online multidimensional musculoskeletal health promotion program for low-skilled workers in the low-income community in covid-19 pandemic situation: a feasibility study	<b>Dr Kin CHEUNG</b>	20	Association of Hong Kong Nursing Staff Professional Development Fund	40,000

**Projects Newly Funded in 2023**

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grants (HK\$)
A feasibility study of an mHealth-based healthcare professional-lay health worker partnership program (mHLPP) among community-dwelling impoverished older adults	<b>Dr Arkers Kwan Ching WONG</b>	27	Li Ka Shing Foundation	11,153,650
Institute of Medical Intelligence and XR*	<b>Prof. Harry Jing QIN</b>	60	RGC Theme-based Research Scheme	3,869,873
Peer support virtual reality-based intervention for AD/HD carers – stress relieving and empathy improving programme	<b>Prof. Harry Jing QIN</b>	24	Mental Health Initiatives Funding Scheme	1,975,044
Digital preventive healthcare for people with physical disabilities: A programme of research	<b>Dr Yan LI</b>	36	Strategic Hiring Scheme - Assistant Professor to Professor	1,711,000
Tai Chi for the prophylaxis of episodic migraine: the efficacy examination and mechanism exploration	<b>Dr Grace Yaojie XIE</b>	36	General Research Fund	1,227,648
Jockey Club Men's Space: development of clinical protocol and related training, and project evaluation	<b>Dr Yim Wah MAK</b>	33	Jockey Club Men's Space	1,000,000

\* Child project of the Institute of Medical Intelligence and XR (PC: Prof. Pheng Ann HENG)



**Projects Newly Funded in 2023**

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grants (HK\$)
Psychological distress and quality of life in palliative care patients with cancer cachexia and their primary family caregivers: Does dyadic symptom appraisal matter?	<b>Dr Eileen Huilin CHENG</b>	24	General Research Fund	975,734
Developing an interdisciplinary care protocol for osteoarthritis patient 跨專業基層治療膝痺症方案構建研究	<b>Dr Arkers Kwan Ching WONG</b>	18	Chinese Medicine Development Fund - Industry Support Programme	525,100
Effectiveness of social virtual-reality on enhancing social interaction skills in children with attention deficit/hyperactivity disorder: a three-arm pilot randomized controlled trial	<b>Prof. Harry Jing QIN</b>	18	Health and Medical Research Fund (HMRP)	498,676
Refinement, pilot implementation, and testing of the Carer Support Needs Assessment Tool intervention (CSNAT-I) in Hong Kong palliative care settings	<b>Dr Eileen Huilin CHENG</b>	20	Health and Medical Research Fund (HMRP)	422,200
Exploring the online help-seeking and health information-seeking behavior among people with domestic violence experiences in Hong Kong	<b>Dr Vivian Chi Ching HUI</b>	36	Start-up Fund for New Recruits	400,000
Mindfulness-based eHealth cardiac rehabilitation for patients with coronary heart disease: Program development and feasibility testing	<b>Dr Jingjing SU</b>	13	Start-up Fund for RAPs under the Strategic Hiring Scheme	250,000
Self-acupressure with or without Tai Chi Zhan-Zhuang for pain, fatigue, and sleep disturbance in breast cancer survivors: A pilot randomized controlled trial	<b>Dr Eileen Huilin CHENG</b>	15	Projects of Research Centre for Chinese Medicine Innovation (RCMI)	150,000
Real-time 3D motion analysis feedback for home-based Tai Chi training for people with metabolic syndrome: A pilot randomized controlled trial	<b>Dr Jingjing SU</b>	15	Projects of Research Centre for Chinese Medicine Innovation (RCMI)	120,000
Effects of a video-based gaming intervention on psychosocial outcomes for homebound older adults: A pilot feasibility study	<b>Dr Arkers Kwan Ching WONG</b>	24	Nethersole Institute of Continuing Holistic Health Education (NICHE) Research Grant	83,139
Migration motivation and transition experiences of African migrant nurses working in Europe, Americas, and Australasia: A mixed-method study	<b>Dr Jonathan BAYUO</b>	12	Sigma Small Grants	39,255

**Research Student Graduated in 2023**

Student Name	Award	Thesis Title	Supervisory Team
<b>Dr Ting GAN</b>	PhD	An evidence-based behavior change intervention for improving multiple dietary behaviors in Chinese gastric cancer survivors: intervention development and pilot randomized controlled trial	Chief Supervisor: <b>Dr Eileen Huilin CHENG</b>  Co-Supervisor: Prof. Mimi Mun yee TSE
<b>Dr Xiao XIAO</b>	PhD	The feasibility of an online intergenerational co-parenting programme for father-mother-grandmother triad on the intergenerational co-parenting relationship in the perinatal period	Chief Supervisor: <b>Dr Vivian Fei Wan NGAI</b>  Co-Supervisor: <b>Dr Doris Yin Ping LEUNG</b> Prof. Alex MOLASIoTIS

### C. Palliative Care in Cancer Trajectory and Survivorship



Co-leader  
**Dr Eva HO**  
Associate Professor

The Palliative Care in Cancer Trajectory and Survivorship research team strives to promote the well-being of child and adult cancer patients, their family members, and healthcare professionals throughout the disease trajectory and survivorship in both hospital and community settings. Our research priorities are in three areas:

1. Symptom management in cancer;
2. Complementary and alternative medicine; and
3. Using biomarkers to elucidate the disease and intervention mechanisms and to evaluate intervention effectiveness.

#### Projects Completed in 2023

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grants (HK\$)
A study of Chinese Medicinal Nursing Training for a Chinese Medicine Hospital in Hong Kong 香港中醫醫院中醫護理培訓研究	<b>Dr Janice Yuen Shan HO</b>	29	Chinese Medicine Development Fund	890,300
Exploring the feasibility of simulation-based education on undergraduate students' palliative care communication: Innovating a practice-based theory approach	<b>Prof. Angela Engle CHAN</b>	30	General Research Fund	631,984
Effectiveness of the professional-led support programme using a mobile application versus phone advice on patients at risk of coronary heart disease – A randomized controlled trial (Phase 2)	<b>Dr Doris Yin Ping LEUNG</b>	25	Nam Kee Noodle Foundation Ltd	270,000
The effectiveness of virtual reality hypnosis in reducing chemotherapy-induced nausea and vomiting (CINV) among Hong Kong Chinese children with cancer: a pilot randomized controlled trial	<b>Dr Eva Ka Yan HO</b>	24	RGC Direct Allocation Grant - Funding Support to Small Projects	200,000
A brief hope intervention to increase hope level and decrease stress level of parents with children with medical complexity in the community? A feasibility study	<b>Dr Winsome Yuk Yin LAM</b>	29	Departmental General Research Fund	129,410
Development and validation of the exercise fit test (EFT) for adolescents with cancer	<b>Dr Katherine Ka Wai LAM</b>	36	Departmental General Research Fund	122,000
The use of a positive psychology intervention (PPI) to promote the psychological well-being of children living in poverty: a feasibility randomised controlled trial	<b>Dr Eva Ka Yan HO</b>	24	Health and Medical Research Fund (HMRF)	100,000



**Projects Newly Funded in 2023**

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grants (HK\$)
Is nurse parental support using a proactive mobile health application more effective than usual community care in enhancing parental self-efficacy in symptom management for the children with medical complexity in communities? A randomized control trial	<b>Dr Winsome Yuk Yin LAM</b>	36	General Research Fund	1,218,370
Listening to the patient's cancer journey: A randomised controlled trial of digital storytelling (DST) in reducing depressive symptoms, enhancing self-esteem, and promoting quality of life among Hong Kong Chinese childhood cancer survivors	<b>Dr Eva Ka Yan HO</b>	36	General Research Fund	1,192,520
Investigation of electroacupuncture as paramedicine to alleviate cognitive impairment in depression: a pre-clinical study	<b>Dr Janice Yuen Shan HO</b>	30	Health and Medical Research Fund (HMRP)	1,188,760
Learning while serving: Training secondary school students as anti-smoke ambassadors using the service-learning model	<b>Dr Katherine Ka Wai LAM</b>	36	Health and Medical Research Fund (HMRP)	727,400
An integrated program led by nursing students as peer role models with robots to promote anti-cannabis messages in parents and their children	<b>Dr Katherine Ka Wai LAM</b>	21	Beat Drugs Fund Regular Funding Scheme	482,655
Perception of a 'good death' and associating factors in the views of patients with advanced cancer and their family members in Hong Kong: a concurrent mixed method study	<b>Dr Hammada M.M. ABU-ODAH</b>	24	Nethersole Institute of Continuing Holistic Health Education (NICHE) Research Grant	133,810
Around the turn: A feasibility cluster randomized controlled trial of using auricular acupressure to abstain from drug abuse through training nursing students	<b>Dr Katherine Ka Wai LAM</b>	14	Projects of Research Centre for Chinese Medicine Innovation (RCMI)	120,000

**Research Student Graduated in 2023**

Student Name	Award	Thesis Title	Supervisory Team
<b>Dr Dereje Chala DIRIBA</b>	PhD	Effects of a nurse-led, community-based self-management programme for people with type 2 diabetes in Western Ethiopia: a pilot randomised controlled trial	Chief Supervisor: <b>Dr Doris Yin Ping LEUNG</b>  Co-Supervisor: Prof. Lorna Kwai Ping SUEN

### ► D. Mental Health and Psychosocial Support ◀



Co-leader  
**Dr Grace HO**  
Associate Professor



Co-leader  
**Dr Sau Fong LEUNG**  
Associate Professor

Mental health problems are one of the most common causes of disabilities worldwide and are forecast to be one of the top 10 causes of mortality/morbidity this decade. The promotion of mental health and the provision of timely interventions and support for people with mental health challenges and their families are important areas to be developed locally, regionally, and globally.

The members of this Area of Excellence are committed to capacity building and developing a strong research profile in the field of mental health and psychosocial support. Our team has a focused research strategy that is closely linked to local, regional, and international mental healthcare needs, services, and education.

#### Projects Completed in 2023

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grants (HK\$)
Evaluating the efficacy and safety of Transcranial Pulse Stimulation on young adolescents with Attention-Deficit-Hyperactivity Disorder – a pilot randomized, double-blinded, sham-controlled trial	<b>Dr Teris Cheuk Chi CHEUNG</b>	18	Associated Medical Supplies Co. Ltd.	645,000
Evaluating the efficacy and safety of Transcranial Pulse Stimulation on young adolescents with ADHD – a double-blind, randomized, sham-controlled trial	<b>Dr Teris Cheuk Chi CHEUNG</b>	18	Projects of Mental Health Research Centre (MHRC)	599,572
Intelligent recognition of movement intention with brain-computer interface for lower-limb rehabilitation	<b>Prof. Thomas Kup Sze CHOI</b>	42	General Research Fund	528,999
Enhancing the resilience of parents by understanding their perceptions, behaviour, attitudes, and experiences related to cancer and its treatment of their child	<b>Dr Joyce Oi Kwan CHUNG</b>	39	Start-up Fund for New Recruits	400,000
Effects of transcranial pulse stimulation (TPS) on young adults with symptoms of depression 1 – a pilot randomized controlled trial	<b>Dr Teris Cheuk Chi CHEUNG</b>	24	Departmental General Research Fund	177,462
Adverse and benevolent childhood experiences and health: a population-based telephone survey of Hong Kong adults	<b>Dr Grace W.K. HO</b>	24	Departmental General Research Fund	150,000
Needs assessment to guide the development of a paediatric survivorship programme in Hong Kong to promote physical and psychological well-being of children after cancer treatment	<b>Dr Joyce Oi Kwan CHUNG</b>	15	Health and Medical Research Fund (HMRP)	115,000

**Projects Newly Funded in 2023**

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grants (HK\$)
Resilient Students Training Hub (ReST Hub): creating a strengths-based, trauma-informed mental health promotive ecosystem and enhancing student resilience in tertiary education settings	<b>Dr Grace W.K. HO</b>	60	Donation for Research (Mental Health Research Centre (MHRC))	12,999,600
Parent-administered pediatric tuina for improving sleep quality and appetite in school-aged children with ADHD: a pilot randomized controlled trial 家長操作的小兒推拿改善學齡兒童注意力缺陷多動障礙的睡眠質量及食欲：先導性隨機對照試驗	<b>Dr Shucheng CHEN</b>	18	Chinese Medicine Development Fund - Industry Support Programme	797,608
Efficacy of mountain craft training at enhancing the resilience and physical and psychological well-being of children from low-income families: A pilot randomised controlled trial	<b>Dr Joyce Oi Kwan CHUNG</b>	12	Nethersole Institute of Continuing Holistic Health Education (NICHE) Research Grant	79,598

**Research Student Graduated in 2023**

Student Name	Award	Thesis Title	Supervisory Team
<b>Dr Xiuyu HUANG</b>	PhD	Predictive analytics in motor imagery brain-computer interfaces using deep learning techniques	Chief Supervisor: <b>Prof. Thomas Kup Sze CHOI</b>



## RESEARCH-RELATED CENTRES

Five research-related centres have been established to facilitate and support research initiatives within or across the Areas of Excellence and interdisciplinary research projects conducted by research theme members from PolyU and non-PolyU collaborators.

### Centre for Smart Health



**Prof. Harry QIN**

#### Aim of the Centre

Devoted to research and development in smart health through innovation and technology.

### World Health Organization Collaborating Centre for Community Health Services



**Prof. Angela LEUNG**

#### Aim of the Centre

Play a proactive role in strengthening evidence-based community health services and improving the health outcomes of local, regional, and global populations.

### Squima International Centre for Infection Control



**Dr Margaret O'DONOGHUE**

#### Aim of the Centre

Assume a leading role in advancing the specialty of infection control through the professional development and training of healthcare professionals, conducting research to enhance the prevention and control of infection, and providing community education to promote healthy behaviours and foster healthy environments.

### Interdisciplinary Centre for Qualitative Research



**Dr Martin CHRISTENSEN**

#### Aim of the Centre

Provide and promote excellence in qualitative inquiry for those who seek to advance a better quality of life for all and foster a collaborative, integrative, and translational forum to enhance qualitative research through education and training.

### Centre of Evidence-based Practice for Health Care Policy: A JBI Affiliated Group



The Centre of Evidence-Based Practice for Health Care Policy  
A JBI Affiliated Group



**Dr Jed MONTAYRE**

#### Aim of the Centre

Develop clinical practice through active engagement in evidence-based knowledge generation, translation, and implementation and in clinical education, quality improvement, and research.

## SN IN THE HEADLINES

In 2023, the School of Nursing was featured in the media 302 times. Various topics were covered, demonstrating the wide range of research being conducted by our nursing scholars, ranging from horticultural therapy, Music-with-Movement, mental research studies, and mHealth applications to collaborations with the Fire Services Department, Food Angel, the Youth Quitline, and an e-painting platform for caregivers to community education for caregivers. The media also reported on our outstanding students, staff, and alumni, among other key topics.



## WORLD-LEADING AND HIGH-IMPACT PUBLICATIONS

### Effect of a mobile health app with nurse support on quality of life among community-dwelling older adults

Wong, A. K. C., Wong, F. K. Y., Chow, K. K. S., Wong, S. M., Bayuo, J., & Ho, A. K. Y. (2022). Effect of a mobile health application with nurse support on quality of life among community-dwelling older adults in Hong Kong: A randomized clinical trial. *JAMA Network Open*, 5(11), Article e2241137. <https://doi.org/10.1001/jamanetworkopen.2022.41137>



**Dr Arkers WONG**  
Assistant Professor



**Prof. Frances WONG**  
Chair Professor of Advanced  
Nursing Practice and Associate  
Dean (FHSS)



**Dr Jonathan BAYUO**  
Research Assistant Professor



**Ms Annie Ka-ying HO**  
Year 5 student in the  
BSc (Hons) in Nursing  
programme

At present, most health promotion mobile apps lack a theoretical foundation and do not meet the needs and preferences of older adults with chronic diseases.\* Can an interactive mobile health (mHealth) smartphone app delivered by a nurse case manager supported by a health-social partnership team help older adults in the community better manage their chronic diseases and improve their quality of life (QoL)?

To address this question, **Dr Arkers WONG** (Assistant Professor) and his team designed a single-blinded, 3-group randomised clinical trial to examine the effects of their innovation involving an interactive nurse support mHealth app\*\* that features unique nurse notification, interaction, and evaluation functions when an abnormal vital sign (such as blood pressure and blood glucose level) is detected in its users.

A total of 221 older adults aged 60 or above with at least one chronic condition, including hypertension, pain, and diabetes, were recruited from five elderly service centres to participate in this research project. The participants were randomly assigned to the mHealth with interactivity (mHealth+I) group, which received the mHealth app and nurse case management supported by a health-social partnership team (including social workers and general practitioners to provide coordinated care and referrals); the mHealth group, which received the mHealth app only; and the control group, which received no mHealth app or health-social care services. The primary outcome was change in quality-of-life (QOL) from baseline to 3 months after completion of the intervention. Health service utilisation outcomes were also measured.

The findings show that compared with the control group, there were no statistically significant differences in the mHealth+I group in either the physical component summary (mHealth+I:  $\beta = -1.01$  [95% CI,  $-4.13$  to  $2.11$ ];  $p = .53$ ; mHealth:  $\beta = 0.22$  [95% CI,  $-3.07$  to  $3.50$ ];  $P = .90$ ) or the mental component summary (mHealth+I:  $\beta = -0.87$  [95% CI,  $-4.42$  to  $2.69$ ];  $P = .63$ ; mHealth:  $\beta = 1.73$  [95% CI,  $-1.89$  to  $5.34$ ];  $P = .35$ ) QOL scores. However, there were significant improvements in secondary outcomes in the mHealth+I group, including self-efficacy ( $\beta = -2.31$  [95% CI,  $-4.26$  to  $-0.36$ ];  $P = .02$ ), systolic blood pressure ( $\beta = -2.30$  [95% CI,  $-5.00$  to  $-0.13$ ];  $P = .04$ ), pain levels ( $\beta = 1.18$  [95% CI,  $0.52$  to  $2.00$ ];  $P = .02$ ), and health services utilisation ( $\beta = 0.98$  [95% CI,  $0.32$  to  $2.09$ ];  $P = .048$ ) compared with the control group.

The School's mHealth app contains a variety of functions that enable users to monitor their health. With the support of a nurse case manager for the app, older adults are equipped with sufficient health skills and knowledge and are empowered to lead a relatively independent life at home. Future studies could consider integrating an artificial intelligence decision support system into the app to facilitate disease management for older adults.

\*Petersen M., & Hempler, NF. (2017). Development and testing of a mobile application to support diabetes self-management for people with newly diagnosed type 2 diabetes: a design thinking case study. *BMC Medical Informatics and Decision Making*, 17(1):91. doi:10.1186/s12911-017-0493-6

\*\*The interactive nurse support mHealth app was jointly developed by the School and a local telecommunications company.





## Effect of couple-based interpersonal psychotherapy on postpartum depressive symptoms

**Ngai, F.W.**, & Gao, L.L. (2022). Effect of couple-based interpersonal psychotherapy on postpartum depressive symptoms: A randomised controlled trial. *Asian Journal of Psychiatry*, 78. <https://doi.org/10.1016/j.ajp.2022.103274>



**Dr Vivian NGAI**  
Associate Professor

Postnatal depression is a significant public health problem that has a long-term impact on the family and the child's psychosocial development. Interpersonal psychotherapy (IPT) is one of the most effective interventions for postnatal depression. This study was the first large randomised controlled trial to examine the effect of a couple-based IPT on postpartum depressive symptoms among Chinese mothers and fathers.

Four hundred and fifty-five childbearing couples were recruited from two hospitals and randomly allocated to the couple-based IPT ( $n = 224$ ) and usual care ( $n = 231$ ) groups. At 6 weeks and 6 months postpartum, postpartum depressive symptoms were assessed using the Edinburgh Postnatal Depression Scale (EPDS).

Both mothers and fathers in the couple-based IPT demonstrated a significant and sustained reduction in depressive symptoms at 6 weeks (mean difference in mothers = 1.91,  $p < .001$ ; mean difference in fathers = 1.14,  $p = .005$ ) and 6 months postpartum (mean difference in mothers = 0.89,  $p = .039$ ; mean difference in fathers = 1.29,  $p = .003$ ) compared with those receiving the usual care. The proportions of mothers and fathers who were at risk of postnatal depression (EPDS  $> 9$ ) were significantly lower in the IPT group than in the usual care group at 6 weeks postpartum (difference in mothers = 21.9%,  $p < .001$ ; difference in fathers = 10.7%,  $p = .005$ ), but no significant differences were found at 6 months postpartum.

Supported by the General Research Fund of the Research Grants Council, this study highlights the benefits of couple-based IPT and the importance of incorporating IPT into perinatal services to promote perinatal mental health for both partners.



## Indoor environmental factors and acute respiratory illness in older adults

**Han, L.,** Ran, J., Chan, K. H., **Mak, Y. W.,** Suen, L., Cowling, B. J. & **Yang L.** (2023). Indoor environmental factors and acute respiratory illness in a prospective cohort of community-dwelling older adults. *The Journal of Infectious Diseases*, 222(222), 967-978. <https://doi.org/10.1093/infdis/jiaa188>



**Dr Lin YANG**  
Associate Professor  
(Corresponding Author)



**Dr Yim Wah MAK**  
Associate Professor



**Dr Lefei HAN**  
PhD student\* (2017-2021)



This was the first prospective cohort study to investigate the impact of indoor environments on the risk for older adults of developing an acute respiratory illness (ARI) in the subtropical city of Hong Kong.

The research team recruited 285 community-dwelling older adults. Individual household indoor environment data and ARI incidence were continuously collected. A time-stratified case-crossover analysis was conducted to estimate the excess risk of ARI associated with a per-unit increase in daily mean indoor temperatures, relative humidity, and absolute humidity (AH).

A total of 168 episodes of ARI were reported with an average risk of 36.8% per year. There was a negative association between ARI and indoor AH of up to 5 lag days in cool seasons, with a 6-day cumulative excess risk estimate of -9.0% (95% confidence interval, -15.9% to -1.5%). Negative associations between household temperature or relative humidity and ARI were less consistent across warm and cool seasons. Lower indoor AH in households was associated with a higher risk of ARI in community-dwelling older adults in Hong Kong during cold seasons.

The findings fill an important research gap relating to the impact of indoor environmental factors on ARI risks in community and household settings. The findings could provide important evidence of the mechanism of influenza or seasonal outbreaks of other respiratory infections in tropical and subtropical regions. Large-scale studies are warranted to comprehensively understand the impacts of indoor and outdoor environments on the risk of influenza infections and may lead to novel interventions to minimise the transmission of respiratory pathogens.

\*Supervisor: **Dr Lin YANG**; Co-supervisor: **Dr Yim Wah MAK**

## Nurse-led education programme for pneumoconiosis caregivers

**Cheung, K.**, Tsang, C. Y. J., Zhang, L. W., & Chan, S. K. Y. (2020). A nurse-led education program for pneumoconiosis caregivers at the community level. *International Journal of Environmental Research and Public Health*, 18, Article 1092. <https://doi.org/10.3390/ijerph18031092>



**Dr Kin CHEUNG**  
Associate Professor

In caring for pneumoconiosis patients with breathlessness and functional limitations, caregivers in the community face challenges in dealing with demanding caregiving tasks and experience a caregiving burden. However, there is a lack of evidence-based education programmes specifically designed for these caregivers. To fill this gap and better support pneumoconiosis caregivers, the research team developed the first nurse-led programme, guided by Orem's self-care deficit theory, and evaluated its effectiveness.

A single-group, repeated-measures study design was adopted. Forty-nine family caregivers (mean age 65.9 years [SD 10.08] with a range of 37–85 years) were recruited from the Pneumoconiosis Mutual Aid Association to receive the programme, which consisted of four weekly 90-minute workshops.

Caregivers' mental health (Hospital Anxiety and Depression Scale, HADS, with four single items for stress, worriedness, tiredness, and insufficient support), caregiving burden (Caregiving Burden Scale, CBS), and unmet direct support and enabling needs (Carer Support Needs Assessment Tool, CSNAT) were measured at baseline (T0), immediately after the intervention (T1), and 1 month after the intervention (T2). A total of 49, 41, and 28 female participants completed the T0, T1, and T2 measurements, respectively.

The results show that the programme improved the caregivers' mental well-being and reduced their caregiving burden and their unmet support and enabling needs, both immediately (T1) and 1 month after the intervention (T2). In particular, the intervention significantly improved the caregivers' mental well-being, specifically their depression symptoms, stress, and tiredness immediately after the intervention, and reduced most of their unmet support needs and unmet enabling needs 1 month after the intervention. This study can serve as a foundation for further studies to tackle and support the needs of caregivers.

Two posters about the nurse-led education programme for pneumoconiosis caregivers.

**照顧者護理工作坊**

為加強對照顧者的支援，本會獲肺塵埃沉着病補償基金委員會資助，並得到香港理工大學護理學系的支持，將會舉辦一連串照顧者護理工作坊，希望各位照顧者積極參與，工作坊每次為4堂，於不同時間及地點舉行，敬請留意！

**只限工友及照顧者參加**

**照顧者護理工作坊**

為加強對照顧者的支援，本會獲肺塵埃沉着病補償基金委員會資助，並得到香港理工大學護理學系的支持，將會舉辦一連串照顧者護理工作坊，希望各位照顧者積極參與，工作坊每次為4堂，於不同時間及地點舉行，敬請留意！

節數	節數一	節數二	節數三	節數四
內容	胸肺病的護理常識 飲食技巧及注意事項 拍痰技巧	扶抱及轉移技巧 輪椅及助行器的使用 技巧家居安全知識	簡易伸展運動 舒緩氣促方法	肺塵病併發症認識 與預防藥物應用知識及須知

照顧者護理工作坊(天水圍)	照顧者護理工作坊(沙田)
日期：2019年4月18, 25日 5月2, 9日 (星期四) 共4堂	日期：2019年3月7, 14, 21, 28日(星期四) 共4堂
時間：下午2:30-4:00	時間：下午2:30-4:00
地點：天水圍天瑞體育館 (天水圍天瑞路7號)	地點：沙田瀝源村貴和樓地下信義會 金齡服務中心

Annual Report 2023



## **Brief motivational interviewing delivered via mobile instant messaging to promote physical activity in pediatric cancer survivors**

Cheung, A. T., A. T., Li, W. H. C., Ho, L. L. K., Chan, G. C. F., Lam, H. S., & **Chung, J. O. K.** (2022) Efficacy of mobile instant messaging-delivered brief motivational interviewing for parents to promote physical activity in pediatric cancer survivors: A randomized clinical trial. *JAMA Network Open*, 5(5), Article e2214600. <https://doi.org/10.1001/jamanetworkopen.2022.14600>



**Dr Joyce CHUNG**  
Assistant Professor

Studies have found that approximately 92% of Hong Kong Chinese children who have survived cancer do not adhere to the minimum physical activity (PA) guideline of 60 minutes of moderate to vigorous PA per day recommended by the World Health Organization<sup>1,2,3</sup> and many of these children experience higher levels of cancer-related fatigue.

This cross-institutional collaborative project is perhaps the first randomised clinical trial to explore the efficacy of motivational interviewing (MI) delivered via mobile instant messaging in enhancing the motivation of parents to promote their child's engagement in regular PA.

The participants were recruited from two local paediatric oncology outpatient clinics. A total of 161 children aged 9 to 16 years who had survived cancer and their parents were randomised to an intervention or control group. Parent-child dyads in both groups received a health advice session and were directed to a physical activity website at baseline. The dyads in the intervention group also received a 6-month mobile instant messaging-delivered brief motivational interview using a strategy menu.

The primary outcome was the children's physical activity levels at 12-month follow-up, measured by the Chinese University of Hong Kong Physical Activity Rating for Children and Youth. The secondary outcomes were cancer-related fatigue levels, handgrip strength, peak expiratory flow rate, and quality of life. An intention-to-treat analysis was performed.

The generalised estimating equation analyses showed a significant improvement in outcomes in the intervention group compared with the control group: physical activity levels (group-by-time interaction, 6 months:  $\beta = 3.09$ ; 95% CI, 2.65 to 3.53;  $P < .001$ ; 12 months:  $\beta = 3.91$ ; 95% CI, 3.45 to 4.36;  $P < .001$ ), cancer-related fatigue (6 months:  $\beta = -5.69$ ; 95% CI,  $-8.03$  to  $-3.35$ ;  $P < .001$ ; 12 months:  $\beta = -9.16$ ; 95% CI,  $-11.31$  to  $-7.00$ ;  $P < .001$ ), left handgrip strength (6 months:  $\beta = 2.69$ ; 95% CI, 0.96 to 4.43;  $P = .002$ ; 12 months:  $\beta = 5.52$ ; 95% CI, 3.70 to 7.33;  $P < .001$ ), right handgrip strength (6 months:  $\beta = 2.75$ ; 95% CI, 1.01 to 4.50;  $P = .002$ ; 12 months:  $\beta = 5.45$ ; 95% CI, 3.62 to 7.27;  $P < .001$ ), peak expiratory flow rate (12 months:  $\beta = 28.51$ ; 95% CI, 16.10 to 40.92;  $P < .001$ ), and quality of life (6 months:  $\beta = 5.01$ ; 95% CI, 1.19 to 8.82;  $P = .01$ ; 12 months:  $\beta = 14.19$ ; 95% CI, 10.84 to 17.54;  $P < .001$ ). The intervention effects remained up to 12 months after the 6-month brief MI intervention.

These findings provide evidence of the clinical significance of the brief MI in promoting PA, which could help to attenuate cancer-related fatigue. The intervention might alleviate parents' concerns and misconceptions about their child's engagement in PA and hence increase their willingness to promote PA for their child. The researchers concluded that the intervention can be integrated into paediatric survivorship care to reduce cancer- and treatment-related adverse effects.

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2. Stolley, M. R., Restrepo, J., & Sharp, L. K. (2010). Diet and physical activity in childhood cancer survivors: a review of the literature. *Annals of Behavioral Medicine*, 39(3):232-249. doi:10.1007/s12160-010-9192-6
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## RESEARCH PUBLICATIONS

## Papers published in Reporting Period

(1 January 2023 to 31 December 2023)

**Abu-Odah, H. M. M.**, Molassiotis, A., & **Liu, Y. W. J.** (2023). A distress thermometer with a cutoff score of  $\geq 6$  is the optimal point to identify highly distressed patients with advanced cancer stages in resource-limited countries without palliative care services. *Frontiers in Oncology*, 13. <https://doi.org/10.3389/fonc.2023.970164>

Bai, W., Zhang, J., Smith, R. D., **Cheung, T.**, Su, Z., Ng, C. H., Zhang, Q., & Xiang, Y. T. (2023). Inter-relationship between cognitive performance and depressive symptoms and their association with quality of life in older adults: A network analysis based on the 2017-2018 wave of Chinese Longitudinal Healthy Longevity Survey (CLHLS). *Journal of Affective Disorders*, 320, 621-627. <https://doi.org/10.1016/j.jad.2022.09.159>

Batalik, L., Filakova, K., Sladeckova, M., Dosbaba, F., **Su, J.**, & Pepera, G. (2023). The cost-effectiveness of exercise-based cardiac telerehabilitation intervention: a systematic review. *European Journal of Physical and Rehabilitation Medicine*, 59(2), 245-248. <https://doi.org/10.23736/S1973-9087.23.07773-0>

Cai, H., Chow, I. H. I., Lei, S. M., Lok, G. K. I., Su, Z., **Cheung, T.**, Peshkovskaya, A., Tang, Y. L., Jackson, T., Ungvari, G. S., Zhang, L., & Xiang, Y. T. (2023). Inter-relationships of depressive and anxiety symptoms with suicidality among adolescents: A network perspective. *Journal of Affective Disorders*, 324, 480-488. <https://doi.org/10.1016/j.jad.2022.12.093>

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**Chan, E. A.**, **Chung, B.**, **Chang, K.**, Hiu, A., & Rafferty, A.M. (2023). Students' learning in theory-based simulation: A socio-material study. *Medical Education*, Advance Online Publication. <https://doi.org/10.1111/medu.15201>

Chen, M. Y., Zhang, Q., Liu, Y. F., Zheng, W. Y., Si, T. L., Su, Z., **Cheung, T.**, Jackson, T., Li, X. H., & Xiang, Y. T. (2023). Schizophrenia and oxidative stress from the perspective of bibliometric analysis. *Frontiers in Psychiatry*, 14, Article 1145409. <https://doi.org/10.3389/fpsy.2023.1145409>

Chen, P., Feng, Y., Li, X. H., Li, J. X., Wang, Y. Y., Zheng, W. Y., Su, Z., **Cheung, T.**, Ungvari, G. S., Ng, C. H., Sha, S., & Xiang, Y. T. (2023). Systematic reviews and meta-analyses on major depressive disorder: A bibliometric perspective. *Frontiers in Psychiatry*, 14, Article 1136125. <https://doi.org/10.3389/fpsy.2023.1136125>

Chen, P., Zhang, L., Sha, S., Lam, M. I., Lok, K. I., Chow, I. H. I., Si, T. L., Su, Z., **Cheung, T.**, Feng, Y., Jackson, T., & Xiang, Y. T. (2023). Prevalence of insomnia and its association with quality of life among Macau residents shortly after the summer 2022 COVID-19 outbreak: A network analysis perspective. *Frontiers in Psychiatry*, 14, Article 1113122. <https://doi.org/10.3389/fpsy.2023.1113122>

**Chen, S. C.**, **Cheng, H. L.**, Wang, D. D., **Wang, S.**, **Yin, Y. H.**, Suen, L. K. P., & **Yeung, W. F.** (2023). Experience of parents in delivering pediatric tuina to children with symptoms of attention deficit hyperactivity disorder during the COVID-19 pandemic: qualitative findings from focus group interviews. *BMC Complementary Medicine and Therapies*, 23(1), Article 53. <https://doi.org/10.1186/s12906-023-03891-3>

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Cheng, H., Yu, X., Li, Y.-T., Jia, Z., Wang, J.-J., **Xie, Y. J.**, Hernandez, J., Wang, H. H., & Wu, H.-F. (2023). Association between METS-IR and Prediabetes or Type 2 Diabetes Mellitus among elderly subjects in China: A large-scale population-based study. *International Journal of Environmental Research and Public Health*, 20(2), Article 1053. <https://doi.org/10.3390/ijerph20021053>

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Cheung, A. T., Ho, L. L. K., Li, W. H. C., **Chung, J. O. K.**, & Smith, G. D. (2023). Psychological distress experienced by nurses amid the fifth wave of the COVID-19 pandemic in Hong Kong: A qualitative study. *Frontiers in Public Health*, 10, Article 1023302. <https://doi.org/10.3389/fpubh.2022.1023302>

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Cheung, J. C. W., **Cheung, D. S. K.,** Ni, M., Chen, K. W., Mao, Y. J., Feng, L., Lam, W. K., Wong, D. W. C., & Leung, A. K. L. (2023). X-reality for phantom limb management for amputees: A systematic review and meta-analysis. *Engineered Regeneration*, 4(2), 134–151. <https://doi.org/10.1016/j.engreg.2023.02.002>

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## SCHOOL ACTIVITIES IN 2023

## January

## 7 Jan

The PolyU Info Day for Taught Postgraduate Programmes was held.



▼ **Dr Martin CHRISTENSEN** (Associate Head [Postgraduate Education] and Associate Professor), **Dr Vivian NGAI** (Programme Leader and Associate Professor), and **Dr Betty CHUNG** (Deputy Programme Leader and Assistant Professor of Practice) introduce the MSc in Nursing programme to prospective students.



▼ **Dr Patrick KOR** (Programme Leader and Assistant Professor) and **Dr Tommy HUNG** (Deputy Programme Leader and Assistant Professor of Practice) introduce the Master of Nursing programme to participants of the information seminar.



▼ A group photo taken on the first day of the course.

## 12 Jan

The Squina International Centre for Infection Control held the Certificate in Infectious Diseases and Infection Control for Health Care Professionals course. This year, 63 students were admitted to the part-time course, which was delivered in face-to-face and online modes.

## 16 Jan / 18 Mar

**Dr Patrick KOR** (Assistant Professor) was invited to an online seminar on 16 January 2023 held by the PolyU's Jockey Club Design Institute for Social Innovation (JCDISI), where he talked about supporting people with dementia.

On 18 March, at the JCDISI's Social Innovation Symposium, Dr KOR presented his project and, together with his collaborative partner, the YWCA, showcased their latest research project on using a home-based multi-sensory cognitive stimulation intervention to support older people with dementia.



▼ **Dr Patrick KOR** (2nd from the left) with representatives from the YWCA at the JCDISI's Social Innovation Symposium.

## February

### 9 Feb

A spring lunch was organised for 15 research postgraduate students to provide an opportunity for them to mingle with supportive audiences from the School and exchange ideas with each other. **Dr Hammoda ABU-Odah** (Research Fellow) and **Dr Adwoa Owusuaa KODUAH** and **Dr Robbie WANG** (Postdoctoral Fellows) attended the lunch together with **Prof. Angela LEUNG** (Associate Head [Research] and Professor) and **Dr Kin CHEUNG** (Associate Professor).



▼ A group photo taken during the spring lunch.

### 18 Feb

The Alumni Association of Nursing Studies (AANS) organised the 3rd Clinical Bridging Workshop on 18 February 2023. Fourteen final-year students from the BSc in Nursing and MSc in Nursing programmes participated in the workshop as case nurses in the scenarios. The participants reinforced their clinical skills, including blood product transfusion, medication reconstitution, and laboratory result interpretation.

▼ A group photo taken at the Clinical Bridging Workshop.



▼ A group photo taken during the visit.

### 23 Feb

Prof. David SHUM (Dean of FHSS) (5th from right) together with School representatives **Dr Justina LIU** (Associate Professor), **Dr Daphne CHEUNG** (Associate Professor), and **Dr Kitty CHAN** (Associate Professor of Practice), showcased their research projects to delegates from the Hong Kong Productivity Council.



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## March



Prof. Angela LEUNG shared information on social media usage in Hong Kong with the attendees.

### 4 Mar

**Prof. Angela LEUNG** (Associate Head [Research] and Professor) delivered a training workshop to prepare caregivers to achieve digital health literacy. The workshop was part of a study commissioned by the Health and Medical Research Fund of the Health Bureau. In the workshop, caregivers learnt how to use social media and ways to increase awareness of fake healthcare information.

### 7 Mar

**Prof. E. Angela CHAN** (Interim Head and Professor) was invited for a podcast by Prof. Kevin EVA (Professor and Director of Educational Research and Scholarship, Department of Medicine, Faculty of Medicine, University of British Columbia), the Editor in Chief of *Medical Education*, to discuss the published paper '*Students' Learning in Theory-Based Medical Simulation: A Socio-material Study*'.



Colleagues with Prof. Mari IKEDA, Chair of EAFONS.



Mr Wilson KWOK presenting his work at EAFONS.

### 10-11 Mar

The 26th East Asian Forum of Nursing Scholars (EAFONS) was held in Tokyo, Japan. Our PhD student Mr Wilson KWOK (Supervisor: **Prof. Frances WONG** [Chair Professor of Advanced Nursing Practice and Associate Dean (FHSS)]; Co-supervisor: **Dr Arkers WONG** [Assistant Professor]), **Dr Eva HO** and **Dr Grace XIE** (Associate Professors), and **Ms Annie YIP** (Senior Clinical Associate) attended the forum and gave oral presentations. Other colleagues gave poster presentations. **Dr Kin CHEUNG** (Associate Professor) was one of the members of the Executive Committee of EAFONS.





▼ The production team producing videos for the course.

## 16-17 Mar

Funded by the Tobacco and Alcohol Control Office of the Department of Health, Co-PIs **Dr Katherine LAM** (Assistant Professor) and **Dr Eva HO** (Associate Professor) and their team carried out a project to develop an online training course

on motivational interviewing for smoking cessation. Motivational interviewing has been proven effective for smoking cessation. The course was designed for local healthcare professionals and is offered in both English and Chinese to address the needs of the Chinese-speaking population in the region. Course participants can gain CNE/CME points after completing the course.

The team members are **Dr Yim Wah MAK** (Associate Professor), **Dr Teris CHEUNG** (Assistant Professor), **Dr Cynthia WU** (Senior Teaching Fellow), **Dr Bryan HO** (Clinical Associate), and Prof. Phoenix MO (Associate Professor, School of Public Health, The Chinese University of Hong Kong).

## 22 Mar

Around thirty participants (including alumni, and current students) attended a seminar on 22 March 2023 organised by the Alumni Association of Nursing Studies (AANS) entitled '*The Role of Nurses in End-of-life Care*'.

Prof. Helen CHAN (Professor, Nethersole School of Nursing, The Chinese University of Hong Kong), a PolyU alumna, was the invited speaker for this event.

▼ Prof. Helen CHAN (4th from right) with attendees after the event



## 29 Mar

**Prof. Frances WONG** (Chair Professor of Advanced Nursing Practice and Associate Dean [FHSS]), Prof. David SHUM (Dean of FHSS), representatives of FHSS's constituent departments/schools, and SN colleagues, together with a group of nursing students, visited the Legislative Council and met with Dr David LAM (5th from right), the Legislative Councillor representing the functional constituency of medical and health services. The PolyU team engaged in a dialogue with the Legislative Councillor on current health policy issues.



▼ Dr David LAM (5th from right) with the PolyU team during their visit to the Legislative Council.

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## March



Prof. Angela LEUNG chaired a panel discussion on Community-based Health Promotion for the Conference on 31 March 2023.



Dr Betty CHUNG chaired a panel discussion on Higher Education in Contemporary Societies for the Conference on 1 April 2023.

### 31 Mar to 1 Apr

The School partnered with the School of Graduate Studies of Lingnan University to organise the Postgraduate Conference on Interdisciplinary Learning, with the theme of 'Intersections of Research, Society and Postgraduate Education'. **Prof. Angela LEUNG** (Associate Head [Research] and Professor), **Dr Kin CHEUNG** (Associate Professor), **Dr Eileen CHENG**, **Dr Winsome LAM**, and **Dr Vivian HUI** (Assistant Professors), and **Dr Betty CHUNG** (Assistant Professor of Practice), chaired the parallel sessions. Our students performed the roles of masters of ceremonies for the conference.

## April

### 12-15 Apr

**Dr Daphne CHEUNG** (Associate Professor) and her team showcased the Standalone Therapeutic Music-with-Movement Programme for older adults with cognitive impairment at the InnoEX, organised by the Hong Kong Trade Development Council.



Dr Daphne CHEUNG showcasing her research at InnoEx.ft.



Mr PAN (1st from left) and Ms PAN (2nd from left).

### 13 Apr

Ms Shang Xia PAN, Deputy Director, and Mr JianChun PAN, Coordination Department, from the Liaison Office of The Central People's Government in The Hong Kong S.A.R. (中央人民政府駐香港特別行政區聯絡辦公室協調部潘尚霞副處長及潘健春先生) visited the School's laboratories during a tour of FHSS departments/schools.





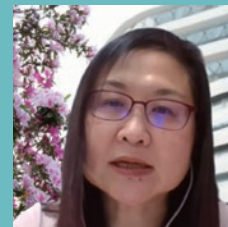
### 15 Apr

On the RTHK Radio 1 programme *Letter to Hong Kong* (香港家書), **Prof. Frances WONG** (Chair Professor of Advanced Nursing Practice and Associate Dean [FHSS]) shared her views on the development of a nurse specialist pathway at the primary healthcare level and

spoke about her suggestion of allowing a statutory body, such as the Nursing Council of Hong Kong, to monitor the quality of non-locally trained nurses, in response to a recent proposal to allow non-locally trained nurses to register in Hong Kong.

### 18 Apr

An information seminar on the MSc in Nursing programme was held, at which **Dr Vivian NGAI** (Associate Professor) (left), Programme Leader, and **Dr Betty CHUNG** (Assistant Professor of Practice) (right), Deputy Programme Leader, introduced the programme to about 20 prospective students.



### 27 Apr

A Senior Student Nurse Leader Programme scholarship presentation ceremony was held by the Alumni Association of Nursing Studies (AANS). Five final-year undergraduate nursing students received monetary support of HK\$1,000 each.

The AANS donated the scholarships to implement the Senior Student Nurse Leader Programme for the subject *Fundamentals of Nursing Therapeutics I* (SN2121). The programme aims to reinforce the practical skills of junior year students and develop the leadership skills of senior students.



▼ Dr Lin YANG delivering her talk on 'AI and Big Data in Healthcare'.

### Apr-Jul

**Dr Lin YANG** (Associate Professor) gave a talk on '*AI and Big Data in Healthcare*' for three institutes in Mainland China in April and July. The institutes were the School of Public Health, Sun Yat-sen University; the School of Public Health, Southern Medical University, Guangzhou; and the Maternal and Child Hospital of Hubei Province, Huazhong University of Science and Technology in Wuhan, where Dr Yang spoke during a workshop.



▼ Five undergraduate nursing students in a group photo with the Committee Members of AANS.

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## May

### 3 May

Mr Tim LUI, Chairman of the University Grants Committee (UGC) [top photo, right side, centre], and Prof. James TANG, Secretary-General of the UGC [photo 2, right] visited PolyU and learnt more about the School's Virtual Hospital and therapeutic Music-with-Movement programme for elderly persons with cognitive impairment during a tour of the School's nursing laboratories.



### 8-11 May

▼ Ms Grace Yaqian LIU with Mr Terence LAU at the PolyU Research Student Conference



Ms Grace Yaqian LIU, our PhD student (Chief Supervisor: **Prof. Angela LEUNG** [Associate Head (Research) and Professor]; Co-supervisor: **Dr Jed MONTAYRE** [Associate Professor]) showcased her research at the first conference hosted by the PolyU Academy for Interdisciplinary Research (PAIR). Together with another PhD student, Mr Terence LAU, Ms LIU presented their research work in the first PolyU Research Student Conference held by the PolyU Graduate School on 8-9 May.

During the PAIR Conference 2023, **Prof. Angela LEUNG** took the opportunity to increase her student's exposure. Together with Ms LIU, Prof. LEUNG met with the speaker of the session, Prof. Wendy MOYLE (Programme Director, Healthcare Practice and Survivorship [HPS], Menzies Health Institute Queensland, Griffith University, Australia).

▼ **Prof. Angela LEUNG** (2nd from right) and Ms Grace Yaqian LIU (1st from left) with Prof. Wendy MOYLE (2nd from left) during the PAIR Conference 2023.



▼ Group photo taken during the visit.

### 11 May

**Prof. Frances WONG** (Chair Professor of Advanced Nursing Practice and Associate Dean [FHSS]) (back row, 3rd from left), co-leader of the Primary Health Care Area of Excellence, visited the School of Nursing of Sun Yat-sen University, Mainland China, on 11 May 2023 to discuss conducting collaborative research in the proposed Joint Primary Health Care Centre at PolyU, which will involve institutes from across the Greater Bay Area.





Prof. Frances WONG (2nd from right) at the International Nursing Conference.

## 13 May

**Prof. Frances WONG** (Chair Professor of Advanced Nursing Practice and Associate Dean [FHSS]) was an invited speaker for the International Nursing Conference held in Macau and celebrated International Nurses Day with Macau nurses.



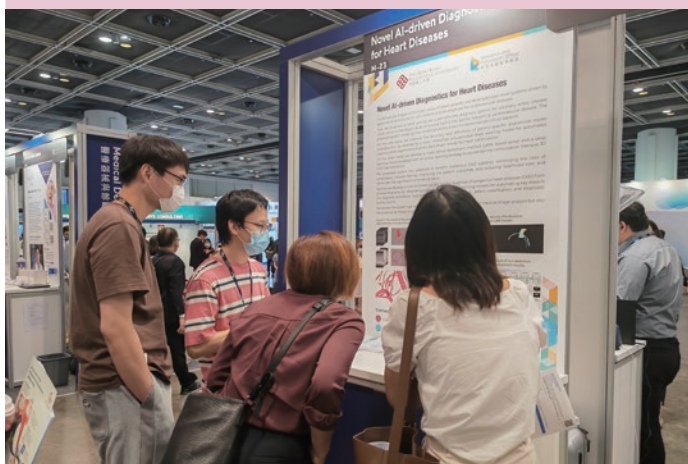
Poster advertising the seminar.

## 16 May

**Dr Justina LIU** (Associate Professor) was an invited speaker for the seminar 'University-wide Facilities in Immersive Technologies for Teaching', organised by PolyU's Educational Development Centre and Communities of Practice. She shared her experiences of engaging students in immersive learning with Virtual Hospital.

## 17-18 May

**Prof. Harry QIN** (Professor) and his team set up a booth themed 'Novel AI-driven Diagnostics for Heart Diseases' at the Asia Summit on Global Health to showcase their two projects. The summit was jointly organised by the Hong Kong government and the Hong Kong Trade Development Council.



Summit attendees visiting the booth.

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▼ **Dr Eva HO** (left) and **Dr Katherine LAM** (right) speaking at the Legislative Council meeting.

## 19 May

**Dr Eva HO** (Associate Professor) and **Dr Katherine LAM** (Assistant Professor) represented the Youth Quitline and the School respectively to express concerns at the Legislative Council meeting over the proposed relaxation of the current ban on the trans-shipment of alternative smoking products (such as e-cigarettes and heated tobacco products) via Hong Kong for re-export to overseas markets, which may result in these products being diverted back into the community.

## 20 May

Prospective students attended the School's information seminars and consultation sessions during the PolyU JUPAS Consultation Day to obtain the latest information on our undergraduate programmes.



▼ Potential students attending the PolyU JUPAS Consultation Day.



▼ The School hosting the flag-raising ceremony.

## 22 May

To promote national education and help members of PolyU community to develop a sense of belonging to the country and an affection for the Chinese people and to enhance their sense of national identity, all PolyU academic and non-academic units participate in weekly flag raising ceremonies on a rostered basis. On 22 May 2023, staff and students from the School were invited to join the weekly flag raising ceremony on the PolyU campus.



## June

### 5 Jun

The departmental review was held on 5 June 2023. Led by Prof. David SHUM (Dean of FHSS), the review panel, composed of two independent advisors, Prof. Jyu Lin CHEN (Professor & Chao Presidential Chair in Global Health Nursing, Department of Family Health Care Nursing, School of Nursing, University of California, San Francisco [UCSF]), Prof. Jane PHILLIPS (Head, School of Nursing, Faculty of Health, Queensland University of Technology Emerita Professor, University of Technology Sydney), and Dr Andrew LAM (Associate Head, School of Optometry), met with our academic staff, students, graduates, and partners to learn more about the latest developments at the School. The review covered the quality of the School's academic and research activities, programme delivery, strategic planning, and other matters.



1st row: Prof. Jane PHILLIPS (2nd from left), Prof. Jyu Lin CHEN (3rd from left), and Dr Andrew LAM (1st from right).

### 26 Jun

PolyU was Hong Kong's first nursing school to launch a pilot clinical placement programme at the Hong Kong Children's Hospital. Ms May FUNG (Senior Nursing Officer in the Nursing Services Division of the hospital) welcomed our staff members and students, and Ms Vivian TAM (Advanced Practice Nurse) gave an orientation on placements to our Year 3 general nursing students to help them to become familiar with the hospital. The students enjoyed the 2 weeks of clinical learning at this new centre of excellence in paediatrics and received positive feedback from their Honorary Clinical Instructors.



Nursing students with Ms FUNG (4th from left) and Ms TAM (2nd from left) at the Hong Kong Children's Hospital.



Dr Kitty CHAN (right) and Mr Timothy LAI (left) (Associate Professors of Practice) representing the Virtual Hospital team to present their innovation in Japan.

### 10-12 Jun

The Virtual Hospital team was nominated by the University to present their innovation at the 2023 Association of Southeast Asian Institutions of Higher Learning (ASAIHL) Conference organised by Soka University in Japan from 10 to 12 June 2023.



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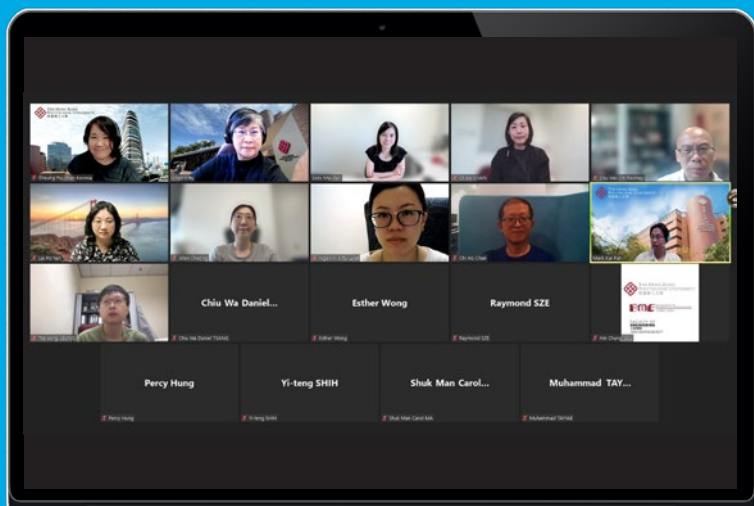
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▼ **Dr Kitty CHAN** (2nd from left) speaking at the online seminar.

## 26 Jun

**Dr Kitty CHAN** (Associate Professor of Practice), the Project Leader of Virtual Hospital, continued to promote the innovation by sharing the team's experience in winning the Asia Gold Award at the Reimagine Education Regional Awards 2022. The online seminar was organised by PolyU's Educational Development Centre.

## 28 Jun

Ms Irene SO (Executive Director of ZeShan Foundation) visited the School where **Dr Daphne CHEUNG** (Associate Professor) introduced her Music-with-Movement programme designed for elderly persons with cognitive impairment.



▼ **Dr Daphne CHEUNG** (standing) introducing her programme during the visit.



▼ **Dr Teris CHEUNG** speaking at the research seminar.

## 30 Jun

**Dr Teris CHEUNG** (Assistant Professor) was an invited speaker at a research seminar organised by the PolyU Mental Health Research Centre. She introduced the latest noninvasive brain stimulation (NIBS) techniques to the audience and spoke about the efficacy and safety of Transcranial Pulse Stimulation in patients with major depressive disorder.

## July

## 3 Jul / 8 Aug / 17 Dec

**Prof. Harry QIN** (Professor) was invited to give talks in three institutes in Mainland China on 3 July, 8 August, and 17 December 2023. The institutes were the School of Bioengineering, Shenzhen University in Shenzhen; School of Nursing, Capital Medical University in Beijing; and The Hong Kong University of Science and Technology (Guangzhou), where he spoke at a forum on '*Intelligent Sensation and Perception in Open Environments*'.



▼ **Prof. Harry QIN** speaking at the forum in The Hong Kong University of Science and Technology (Guangzhou).



▼ **Prof. Angela LEUNG** (2nd from left) with staff members of Zunyi Medical University.

## 4-5 Jul

**Prof. Angela LEUNG** (Associate Head [Research] and Professor) delivered a keynote speech at a conference about primary support for hospice care hosted by the Zunyi Municipal Health Bureau and held at the Affiliated Hospital of Zunyi Medical University (遵義醫科大學附屬醫院). Prof. LEUNG shared her knowledge and experiences with the academic staff members of the Zunyi Medical University, who were organising a summer programme for ASEAN (東盟) medical students.

## 24-25 Jul



Prof. Mei SUN 孫玫 (1st from right) and Min HUANG [translated] 黃敏 (1st from left), both from the Xiangya School of Nursing, Central South University (中南大學湘雅護理學院) met with **Prof. Angela LEUNG** (Associate Head [Research] and Professor) to discuss research collaboration.

▼ **Prof. Angela LEUNG** (centre) with delegates from Central South University.

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## August



▼ New students attending the orientation programme.

### 9 Aug

The orientation programme for the MSc in Nursing was held by the School. An overview of the programme and the subject information were given to around ninety new students.

### 15 Aug

The School received delegates from the School of Public Health, Zhejiang University, Mainland China.



### 16-20 Aug

**Prof. Angela CHAN** (Interim Head and Professor) was invited to speak on 'Theory-based Simulation in Nursing Education for Palliative Care' during the Humanistic Nursing and Quality Care Forum 2023, which was held at Suzhou University from 16 to 20 August 2023.



▼ **Prof. Angela LEUNG** (2nd from left) with delegates from Peking University.

### 24 Aug

The School received delegates from the School of Nursing, Peking University, Mainland China.



## September

### 10 Sept



At the press conference, **Prof. Angela LEUNG** (7th from right) joined hands with representatives from several local medical and social welfare organisations to urge high-risk populations to receive a pneumococcal vaccination.

A press conference was held to announce the findings of a survey conducted in partnership with the Hong Kong Alliance of Patients' Organizations to explore knowledge on pneumococcus and attitudes towards vaccination.

The survey targeted individuals aged 50 years and above. Over 2,000 completed surveys were collected. The results revealed that the general public's knowledge of pneumococcal infection was limited. About half of the respondents had not been vaccinated due to a lack of sufficient vaccine information/knowledge, and half were unaware that they were eligible for subsidised or free government vaccination services.

### 13 Sept

The School received delegates from the Chinachem Group, Hong Kong.



**Prof. Angela LEUNG** (standing) introduces the School to delegates from Chinachem Group.

### 27 Sept

Led by **Dr Martin CHRISTENSEN** (Associate Head [Postgraduate Education] and Associate Professor), Ms Erika YUEN and Ms Michelle CHAN (students in the MSc in Nursing [Critical Care] programme) presented their studies at the British Association of Critical Care Nurses (BACCN) Conference in the UK. BACCN is dedicated to the promotion of nursing in critical care and has over 2,000 members in the UK and internationally.

Ms Erika YUEN (1st from right), Ms Michelle CHAN (2nd from right), and **Dr Martin CHRISTENSEN** (left)



### 22 Sept

The School received a delegation from Nanjing Medical University, Mainland China.



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## October

▼ **Prof. Angela LEUNG** delivering her keynote speech at the PolyU Social Innovation Symposium.



### 3 Oct

**Prof. Angela LEUNG** (Associate Head [Research] and Professor) delivered a keynote address on 3 October 2023 at the PolyU Social Innovation Symposium on the theme of 'Smart Urban Living with Dementia'. She spoke about electronic painting and peer support to support persons with dementia and their family caregivers.

### 7 Oct

Over 230 undergraduate general nursing students joined the interprofessional education programme held in HKU and 10 received the 'best team' award.



▼ Subject lecturers **Dr Arkers WONG** (Assistant Professor) and **Dr Lily HO** (Assistant Professor of Practice) (circled) with the participating students.



▼ **Dr Arkers WONG**, Vice President of the PIC, presenting the certificate for the Best Paper Award to the student awardee.

### 7 Oct

An induction ceremony was held to the Pi Iota At-large Chapter (PIC), Sigma Theta Tau International Honor Society of Nursing. **Dr Arkers WONG** (Assistant Professor), as Vice President of the PIC, presented the certificate for the Best Paper Award to the student awardee.





## 20 Oct

**Prof. Angela LEUNG** (Associate Head [Research] and Professor) gave a keynote speech at the Patient Relations & Engagement Forum themed Health Literacy. The forum was organised by the New Territories East Cluster of the Hospital Authority and was broadcast to the Greater Bay Area via Zoom.

## 20 Oct

**Dr Vivian HUI** (Assistant Professor) was the invited keynote speaker for Career Exploration Day at the Tseung Kwan O Government Secondary School in Hong Kong.



Dr Vivian HUI receiving the Certificate of Appreciation.



PolyU's Senior Management Team visiting our booth on Info Day.

## 21 Oct

About 3,000 people, including parents, secondary school students and teachers, visited our booth on PolyU Info Day. The number of visitors to our lab was more than double that of the previous year.

## 26 Oct

**Prof. Frances WONG** (Chair Professor of Advanced Nursing Practice and Associate Dean [FHSS]) and **Dr Shao-ling WANG** (half-time Research Fellow) were invited speakers at the Hong Kong-Harbin Nursing Management Forum and Seminar on New Advances in Rehabilitation Nursing (香港 - 哈爾濱護理管理論壇暨康復護理新進展研討會) co-organised by the Nursing Branch of the Harbin Physician Association, the Harbin Nursing Quality Control Center, and the First Hospital of



Prof. Frances WONG joining the Forum online to speak about opportunities and challenges for nursing development in an ageing society.

Harbin (哈爾濱市醫師協會護理分會、哈爾濱市護理品質控制中心和哈爾濱市第一醫院) and held on 26 October 2023.

**Prof. Frances WONG** spoke about opportunities and challenges for the development of nursing in an ageing society and **Dr Shao-ling WANG** spoke on the topic 'Enhancing the Value of Transitional Care'.



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## November

4-5 Nov

**Prof. Frances WONG** (Chair Professor of Advanced Nursing Practice and Associate Dean [FHSS]) was an invited keynote speaker for the Conference held by Sir Run Run Shaw Hospital, Zhejiang University School of Medicine (2023 浙大邵逸夫醫院護理繼續教育學習班).



Prof. Frances WONG speaking at the Conference.



Prof. Frances WONG, 3rd from left.

10-11 Nov

**Prof. Frances WONG's** (Chair Professor of Advanced Nursing Practice and Associate Dean [FHSS]) project on 'Standardising Nursing Terminology in the Guangdong-Hong Kong-Macau Greater Bay Area for Developing a Clinical Nursing Decision Support System and Webpage Integrating Service, Research and Industry' was among the 60 projects showcased at the 3rd Guangdong-Hong Kong-Macau Greater Bay Area Health Cooperation Conference hosted by the governments of Guangdong, Hong Kong, and Macau from 10 to 11 November 2023.



Mr Ching Chuen LAW took a group photo with the students.

11 Nov

A clinical seminar on 'Dialectical Behaviour Therapy' was delivered by **Mr Ching Chuen LAW** (Associate Nurse Consultant) of Castle Peak Hospital. Year 3-5 students from the Bachelor of Science (Honours) in Mental Health Nursing were invited to join alongside staff.

13-15 Nov

**Dr Jed MONTAYRE** (Associate Professor) attended the 70th JBI Collaboration Meeting in Adelaide, Australia. This was the first time that Hong Kong had a representative at the JBI Collaboration Network meeting.



Dr Jed MONTAYRE represented the School's Centre of Evidence-based Practice for Health Care Policy: A JBI Affiliated Group to join the meeting.



▼ A group photo taken with the visitors.

## 22 Nov

The School received a delegation from the Faculty of Electronic and Information Engineering, Xi'an Jiaotong University (西安交通大学电子与资讯学部), Xian Tongli International College (西安通理国际深造培训学院) and the Department of International Cooperation & Exchanges, Office Of Hong Kong, Macao & Taiwan Affairs (西安交通大学 - 国际合作交流处暨港澳臺事務辦公室).



▼ **Dr Martin CHRISTENSEN** attended the Conference as one of the keynote speakers.

## 23-25 Nov

**Dr Martin CHRISTENSEN** (Associate Head [Postgraduate Education] and Associate Professor), Director of the School's Interdisciplinary Centre for Qualitative Research (ICQR), was a keynote speaker at the 11th International Qualitative Research Conference held in Malaysia.

## 23-25 Nov

**Dr Eva HO** (Associate Professor) was an invited keynote speaker on interdisciplinary research in paediatric oncology at the National Conference for Nursing Development organised by the Academic Degrees Committee of the State Council of People's Republic of China from 23 to 25 November 2023.



▼ **Dr Eva HO** speaking at the Conference.



▼ **Dr Yan LI** speaking at the Workshop..

## 23-30 Nov

**Dr Vivian NGAI** (Associate Professor) and **Dr Yan LI** (Assistant Professor [Presidential Young Scholar]) delivered the Faculty Grant Writing Workshops for the Health and Medical Research Fund - Research Fellowship Scheme on 23 and 30 November 2023, respectively, for the Faculty of Health and Social Science.



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▼ The School hosting the flag-raising ceremony.

### 27 Nov

Staff and students from the School were invited to voluntarily join the weekly flag raising ceremonies on the PolyU campus.



▼ Mental health students from the School giving talks to PolyU students about mental health challenges.

### 29-30 Nov

To raise students' awareness of mental health challenges, our Year 3 mental health nursing students gave talks to PolyU students about the causes and care of various mental health disorders at the Resilient Students Training Hub (ReST Hub), a 5-year initiative made possible by the Seal of Love Charitable Foundation.



## December

### 4-5 Dec

The Virtual Hospital team, including team leader **Dr Kitty CHAN**, **Mr Timothy LAI** (Associate Professors of Practice), **Dr Patrick KOR** (Assistant Professor), and **Dr Shao-ling WANG** (half-time Research Fellow), advisor to the Greater Bay Area version of Virtual Hospital, gave an invited lecture on 'Transforming Healthcare Education and Research' at the Hangzhou Normal University's School of Nursing.



▼ The Virtual Hospital team delivered a lecture at the School of Nursing of Hangzhou Normal University.

### 1-2 Dec

**Prof. Frances WONG** (Chair Professor of Advanced Nursing Practice and Associate Dean [FHSS]) was an invited keynote speaker at the Guangdong-Hong Kong-Macau University Alliance of Young Scholars Nursing Forum. She also delivered a guest of honour's speech at the opening ceremony.



▼ **Prof. Frances WONG** delivering a keynote speech at the Guangdong-Hong Kong-Macau University Alliance of Young Scholars Nursing Forum.

### 13 Dec

The School received a delegation from the Global Chinese Breast Cancer Organization Alliance.

▼ **Prof. Angela LEUNG** (2nd from right) with the visitors.



### 8 Dec

**Prof. David SHUM** (Dean of FHSS) led the Faculty Advisory Committee (FAC) members to visit various facilities within FHSS's constituent departments and schools. **Mr Timothy LAI** (Associate Professor of Practice) introduced the general nursing laboratory to the FAC and **Mr Edmond TONG** (Associate Professor of Practice) introduced them to the Dorothy Wong Intensive Care Laboratory. The FAC members were Prof. Neville PANKHURST (Emeritus Professor, Griffith University [Chair]), Prof. Lili LIU (Professor and Dean of the Faculty of Health, University of Waterloo), Prof. Gerry MCKENNA (Senior Vice President, Royal Irish Academy), and Dr Carl LEUNG, (Dental Surgeon and Forensic Odontologist).



▼ **Prof. David SHUM** (4th from left) led FAC members to visit the nursing laboratories.

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



▼ **Dr Arkers WONG** (left) delivered a talk at a forum held by PolyU's Department of Food Science and Nutrition.

## 16 Dec

**Dr Arkers WONG** (Assistant Professor) was a keynote speaker at the PolyU Department of Food Science and Nutrition's forum, at which he shared his experiences of conducting simulated teaching at the School.



▼ **Dr Eva HO** attended the event as the keynote speaker.

## 19-21 Dec

**Dr Eva HO** (Associate Professor) was invited as a keynote speaker to share strategies for writing Science Citation Index (SCI) papers at Fuzhao Medical University from 19 to 21 December 2023.

## 20 Dec

The School and the Hong Kong Lutheran Social Service announced the results of a study conducted by **Dr Arkers WONG** (Assistant Professor) to examine the effect of a programme integrating the use of gerontechnology and rehabilitation therapy combined with support and guidance from young instructors on physical and psychological wellness among older adults with mild cognitive impairment recruited from community elderly centres. Significant improvements were found in body mass index, cognition ability, levels of depression, and e-health literacy among the older adults who participated in the programme.



▼ **Dr Arkers WONG** (right) announcing the results of the research study with a representative from the Hong Kong Lutheran Social Service.



▼ **Dr Eva HO** speaking at the Conference.



▼ **Dr Katherine LAM** receiving the Certificate of Appreciation at the Conference.

## 27 Dec

**Dr Eva HO** (Associate Professor) and **Dr Katherine LAM** (Assistant Professor) were invited as keynote speakers to share strategies for writing Science Citation Index (SCI) papers and tips on grant applications, respectively, at an academic conference for young scholars held at Central South University on 27 December 2023.



▼ **Dr Jed MONTAYRE** was one of the keynote speakers of the event.

## 29 Dec

**Dr Jed MONTAYRE** (Associate Professor) delivered an online keynote for The Philippine Gerontology Nurses Association on Embracing Evidence-based Practice in Geriatrics and Gerontology Nursing Care, which had over 500 attendees.






*To excel in nursing for the well-being of mankind*

創新護理 惠澤全人


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