



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

2015



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The Hong Kong Polytechnic University

The 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 in 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 also make significant contributions towards the territory's success and enhance strong partnerships by providing an expanding range of consultancy professional training and applied research services to the public and private sectors.

PolyU Ranks

- 6th in the QS Top 50 Under 50 2015 of the world's top young universities
- 9th in the world and 1st in Hong Kong in engineering research disciplines, according to the Best Global Universities Rankings 2015 by the U.S. News and World Report
- 15th in the 2014 Ranking of Top Universities in Greater China (RTUGC) by Shanghai Jiao Tong University
- 27th in the QS Asian University Rankings 2015
- 23rd in the 100 Under 50 World University Rankings 2015 by Times Higher Education (THE)
- 29th in the Asia University Rankings 2015 by Times Higher Education (THE)
- 116th in the QS World University Rankings 2015/16

Facts & Figures



Full-time permanent staff

3,588

as at 30 June 2015



Students 2014/15

31,864

as at 1 September 2015



Taught programmes 2014/15

185



Head's Message

The School of Nursing of The Hong Kong Polytechnic University (PolyU) strives to excel in nursing for the well-being of mankind. Our talented students and diverse faculty members endeavor to demonstrate excellence in both nursing education and research. The School has quite a number of new accomplishments in 2015. I am happy to share with you the key achievements and activities of our excellent faculty members.

Our research team has always been a pioneer in carrying out nursing research studies; proposals we submitted for the GRF reached a historically high success rate of 45.5% in 2015/16. It was the third year that the School offered the International Nursing Scholarship for Pre-PhD in Research Excellence (INSPPIRE) programme for pre-PhD students from all continents, to prepare them for following a PhD programme at PolyU and engaging in research activities in Hong Kong. The School has also been working with different international organisations such as the Global Healthcare Innovation Academy,

the World Health Organisation (WHO) Collaborating Centre for Community Health Services, and the Asia Pacific Emergency and Disaster Nursing Network (APEDNN). These global networking opportunities provide useful platforms for school academics and students to exchange their research ideas and initiate collaborative research activities.

Meanwhile, enhancing students' learning and faculty members' professional development are always our priorities. This year, we have established our first massive open online course, 'Human Anatomy (ANA101X)'. A new online master's course, the Master of Science in Disaster Management (Resilience, Response and Relief) programme will also be launched in 2016-17, providing a platform to nurture disaster management professionals and facilitate inter-institutional research collaboration in the research priority area. This will be a joint degree with The University of Manchester, UK.

We would like to express our special thanks to our various

partners, including public and private hospitals, government departments and non-government organisations, for providing clinical placements for our students. These valuable opportunities prepare our graduates for the workplace, helping them to learn about the real working life of a Registered Nurse and prepare themselves for the upcoming challenges they will face as they graduate. This year we would also like to thank our donors, including the Angel S.P. Chan Lau Endowed Professorship in Health and Longevity, Community Health Organisation for Intervention, Care & Empowerment Ltd, The Hong Kong Sanatorium & Hospital Limited, NMS Technologies Co. Ltd., The Tai Hung Fai Charity Foundation, The Hong Kong Sanatorium & Hospital Nurses Alumni Association, and the Tin Ka Ping Foundation.

This report outlines the noteworthy developments of the last fiscal year mapped against the University's Strategic Development Plan. The progress we have made so far reflects not only the remarkable ingenuity of our staff and students, but also the engagement and support of our dedicated friends and supporters in Hong Kong, around the region and globally. We look forward to your continuous support in the years to come.

Professor Alex Molasiotis

Angel S.P. Chan Lau Professor in Health and Longevity
Chair Professor of Nursing and Head
Director of WHO Collaborating
Centre for Community Health
Services

School of Nursing

VISION

To become a leading School offering quality programmes and producing high calibre graduates in nursing.

MISSION

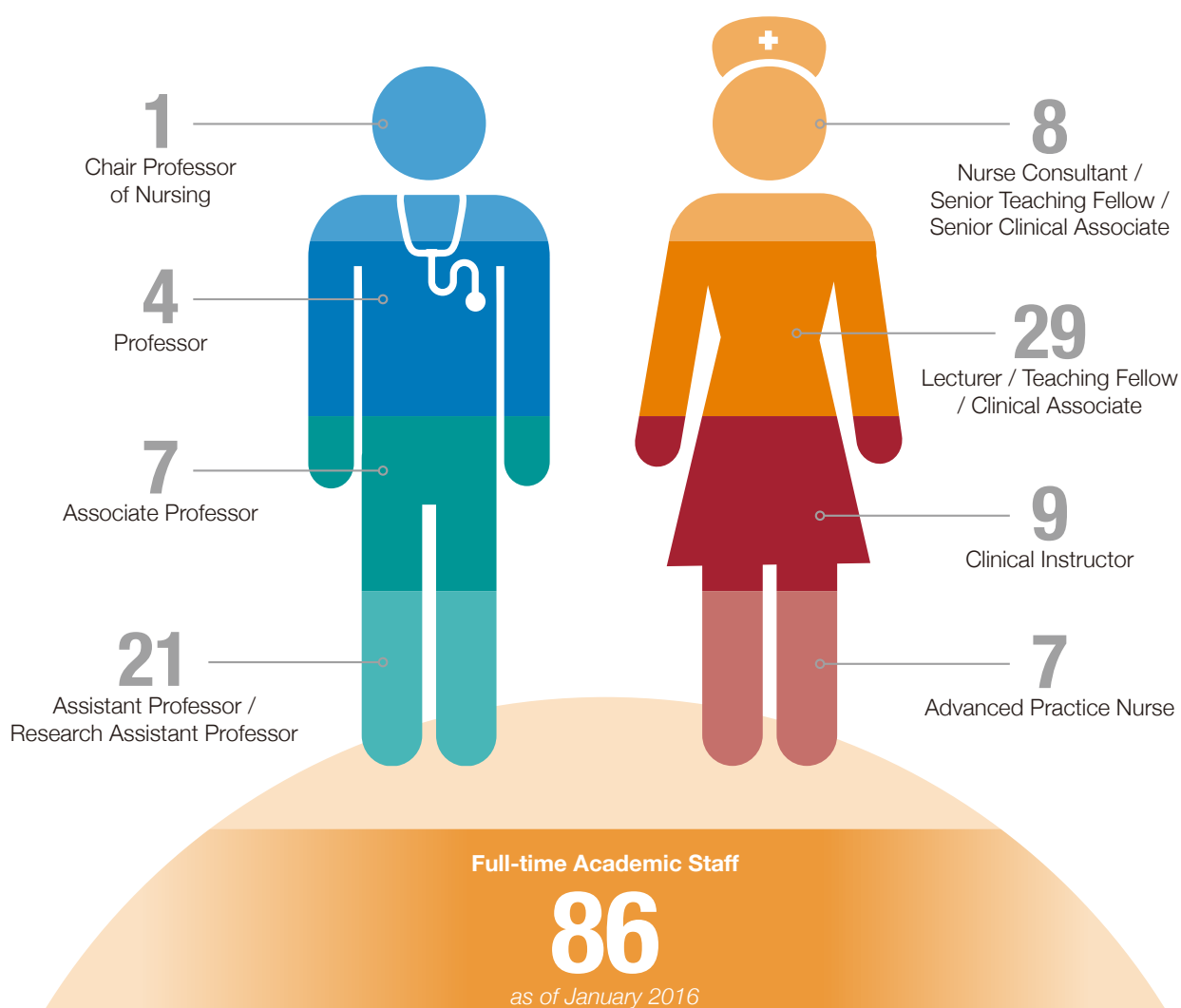
The School supports the vision of the University to be a leading university. We contribute to the well-being of mankind by:

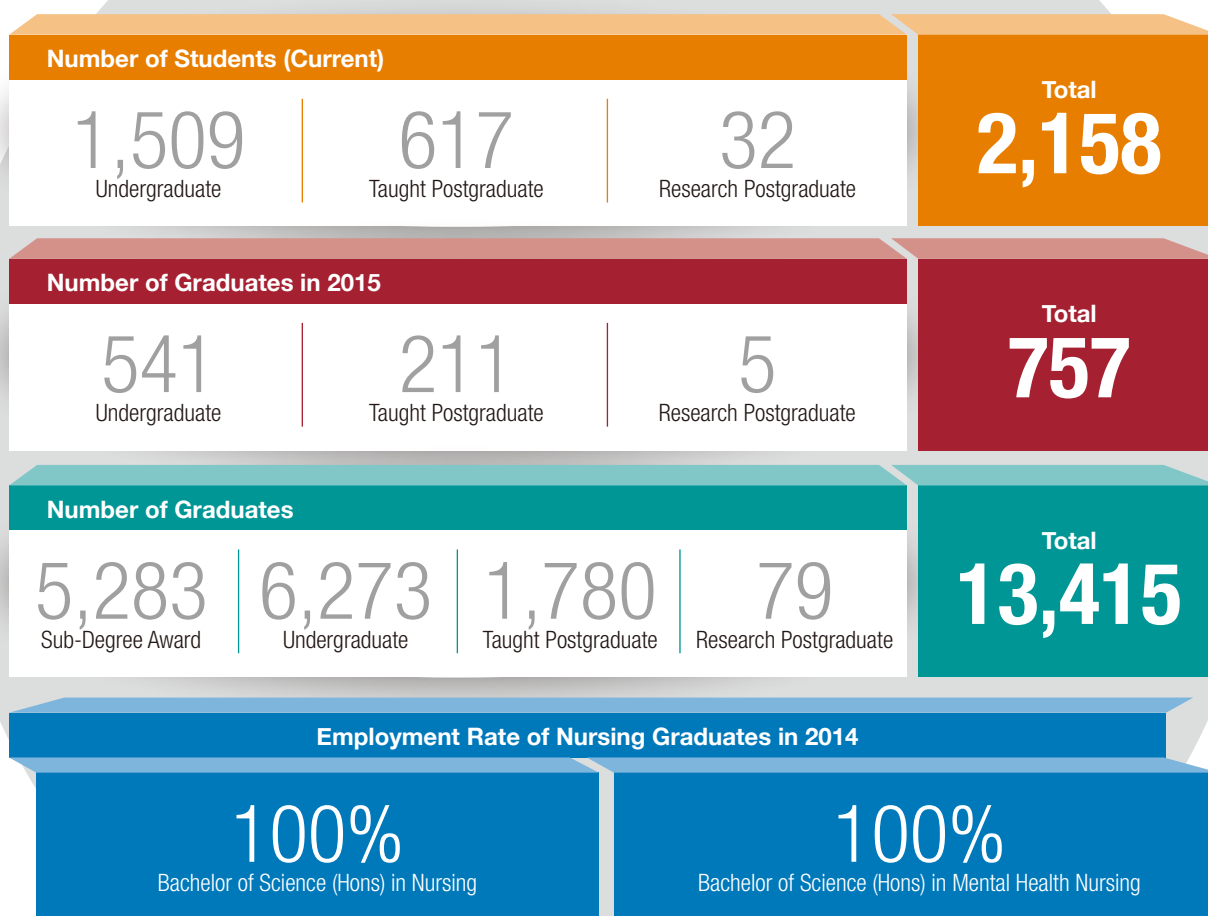
- Producing graduates with attributes of reflective practitioner and future nurse leader
- Performing research and consultancy leading to health enhancement and healthcare innovations
- Providing integrative health services and educational programmes for improving the health and health literacy of the community

MOTTO

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

Facts & Statistics

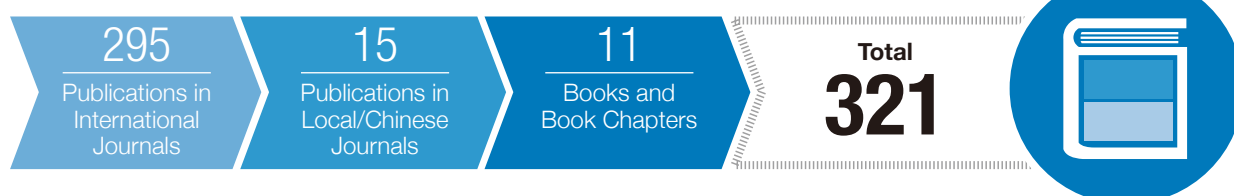




Research Output in the Past 3 Years (July 2012 – June 2015)



Number of Publications in the Past 3 Years (July 2012 – June 2015)



Academic Staff List

CHAIR PROFESSOR	Alex Molasiotis (Prof.) Angel S.P. Chan Lau Professor in Health and Longevity Chair Professor of Nursing and Head of the School	
PROFESSOR	Wai-tong Chien (Prof.) Associate Head (Research) Alice Yuen Loke (Prof.) Associate Head (Postgraduate Education) Frances Wong (Prof.) Associate Dean (Faculty of Health and Social Sciences) Claudia Lai (Prof.)	
ASSOCIATE PROFESSOR	Engle Angela Chan (Dr) Associate Head (Undergraduate Education) Zenobia Chan (Dr) Kin Cheung (Dr) Thomas Choi (Dr) Enid Kwong (Dr) Regina Lee (Dr) Lorna Suen (Dr)	
ASSISTANT PROFESSOR	Daniel Thomas Bressington (Dr) Choi-wan Chan (Dr) Vico Chiang (Dr) Shirley Ching (Dr) Olivia Fung (Dr) Janice Ho (Dr) Sarah Kong (Dr) Sau-fong Leung (Dr) Justina Liu (Dr) Yim-wah Mak (Dr) Vivan Ngai (Dr) Margaret O'Donoghue (Dr) Mimi Tse (Dr) Alice Wong (Dr) Marian Wong (Dr) Candy Wu (Dr) Lin Yang (Dr) John Yuen (Dr)	
RESEARCH ASSISTANT PROFESSOR	Daphne Cheung (Dr) Paul Lee (Dr) Grace Xie (Dr)	
LECTURER	Kitty Chan (Dr) Katherine Chang (Dr) Betty Chung (Dr)	
NURSE CONSULTANT	Sunshine Chan Frederick Yeung	

Cynthia Wu (Dr)		SENIOR TEACHING FELLOW
David Chan (Dr) Stanley Ko Edmond Tong	Kitty Wong Annie Yip	SENIOR CLINICAL ASSOCIATE
Simone Ho (Dr) Doris Leung (Dr)	Sijian Li (Dr)	TEACHING FELLOW
Bessie Chan Wai-shan Chan Percy Cheng Sharon Cheung Teris Cheung Jeff Fung Keith Fung Jacqueline MC Ho Suki Ho Ellen Ku Rick Kwan Echo Lau	Shu-ming Lee Kevin Leung Shirley Lo Ka-ping Pang Phyllis Pang Bonnie Tam Fionca Tse Arkers Wong Daniel Wong Hon-fat Wong Ivy Wong Wai-kit Wong (Dr)	CLINICAL ASSOCIATE
Esther Kwok Timothy Lai Winsome Lam Ada Lau (Dr)	Rainbow Lee (Dr) Sylvia Ting Rebecca Wai	ADVANCED PRACTICE NURSE
Elaine Cheung Candy Choi Sophia Chow Bryan Ho Lily Ho	Patrick Kor Melody Mok Joyce Tang Kelvin Wu	CLINICAL INSTRUCTOR

Honorary Academic, Professorial and External Appointments

Honorary Academic and Professorial Appointments

Prof. Alex Molasiotis

- Visiting Professor, Department of Nursing Education, Faculty of Health Sciences, University of the Witwatersrand, Johannesburg, South Africa
- Visiting Professor, Jiangnan University, Wuxi Medical School, Wuxi, China
- Visiting Professor, Fujian University of Traditional Chinese Medicine, China

Prof. Wai-tong Chien

- Visiting Scholar, University of Brighton, UK

Prof. Alice Yuen Loke

- Honorary Professor, University of Hull, UK
- Honorary Professor, Wuxi Medical School, Jiangnan University, Jiangsu, China

Prof. Frances Wong

- Adjunct Professor in Nursing, University of Pennsylvania, USA
- Visiting Professor, Guangzhou Medical University, China
- Visiting Professor, Hangzhou Normal University, China
- Visiting Professor, Nangong University, China
- Visiting Professor, Nanjing Medical University, China
- Visiting Professor, Sun Yat-sen University, Guangzhou, China
- Visiting Professor, Tinjian University, China

Dr Engle Angela Chan

- Visiting Professor, School of Nursing, Medical Unit, Soochow University, China
- Honorary Visiting Fellow, School of Health Sciences, University of Brighton, UK

Dr Regina Lee

- Guest Professor, School of Nursing, Zhengzhou University, China
- Visiting Associate Professor, Macau University of Science and Technology, Macau

Dr Lorna Suen

- Honorary Professor, Fujian University of Traditional Chinese Medicine, Fuzhou, China

Dr Daniel Thomas Bressington

- Honorary Senior Lecturer, Faculty of Health, Social Care and Education, Kingston University and St George's, University of London, UK

Dr Vico Chiang

- Adjunct Lecturer, Department of International Nursing Development, Tokyo Medical and Dental University, Japan

Dr Olivia Fung

- Visiting Assistant Professor, Faculty of Health Science, Macau University of Science and Technology, Macau

Dr Janice Ho

- Honorary Assistant Professor, School of Biomedical Sciences, Li Ka Shing Faculty of Medicine, The University of Hong Kong, Hong Kong

Dr Justina Liu

- Visiting Lecturer, Okayama Prefectural University, Japan

Dr Lin Yang

- Honorary Assistant Professor, School of Public Health, The University of Hong Kong, Hong Kong

Dr David Chan

- Honorary Consultant & Professor at a number of hospitals and universities in China

Dr Doris Leung

- Assistant Professor (Status Only), University of Toronto, Canada

Dr Sijian Li

- Visiting Lecturer, Sichuan University–Hong Kong Polytechnic University Institute for Disaster Management and Reconstruction, Sichuan University, China

Ms Bonnie Tam

- Adjunct Assistant Professor, The Chinese University of Hong Kong, Hong Kong
- Adjunct Assistant Professor, The University of Hong Kong, School of Professional And Continuing Education (SPACE), Hong Kong

External Appointments

INTERNATIONAL

Prof. Alex Molasiotis

- Board Member, Nursing & AHPs Committee, International Society for the Study of Lung Cancer
- Chair, Multinational Association of Supportive Care in Cancer, Antiemetics Working Group
- Elected Board Member, Multinational Association of Supportive Care in Cancer

Prof. Wai-tong Chien

- International Scientific Advisory Panels, 2016 International Nursing Research Conference, Royal College of Nursing, Edinburgh, UK

Prof. Alice Yuen Loke

- Fellow, American Academy of Nursing, USA

Prof. Frances Wong

- Chairperson, Planning Committee for the International Council for Nurses, International Nurse Practitioner / Advanced Practice Nurse Network, Switzerland
- Elected Member, Core Steering Group of the Advanced Nursing Practice Network, International Council for Nurses, Switzerland
- Elected Member, The ICN International Nurse Practitioner / Advanced Practice Nurse Network, Australia
- Member, American Academy of Nursing, USA
- Member, Omaha System Board of Directors
- Member, Pi Iota Chapter, Sigma Theta Tau International Honor Society of Nursing, USA
- Member, the Advanced Nursing Practice Network, International Council for Nurses, Switzerland

Prof. Claudia Lai

- Fellow, American Academy of Nursing, USA
- Member, Council for the Advancement of Nursing Science, USA
- Regional Coordinator, Asia Region, Honor Society of Nursing, Sigma Theta Tau International, USA

Dr Engle Angela Chan

- Executive Member, Management Committee, Associate Director of International Research Center of Communication in Healthcare PolyU and University of Technology in Sydney
- Member, Pi Iota Chapter, Sigma Theta Tau International Honor Society of Nursing, USA

Dr Kin Cheung

- Treasurer, Pi Iota Chapter, Sigma Theta Tau International Honor Society of Nursing, USA

Dr Daniel Thomas Bressington

- Visiting Reader in Mental Health Research, School of Nursing, Canterbury Christ Church University, UK

Dr Vico Chiang

- Advanced Cardiac Life Support (ACLS) Instructor, American Heart Association, USA
- Community Leader, Pi Iota Chapter, Sigma Theta Tau International Honor Society of Nursing, USA

Dr Shirley Ching

- Chapter Counselor, Pi Iota Chapter, Sigma Theta Tau International, Honor Society of Nursing, USA

Dr Olivia Fung

- Board Member and Archivist, Pi Iota Chapter, Sigma Theta Tau International Honor Society of Nursing, USA

Dr Yim-wah Mak

- Certified Laughter Yoga Leader, Laughter Yoga International University
- Member, Global Alliance for Nursing and Midwifery, WHO Collaborating Centre for Nursing, Midwifery and Health Development
- Member, Pi Iota Chapter, Sigma Theta Tau International Honor Society of Nursing, USA
- Professional Member, Association of Contextual Behavioral Science
- Tobacco Treatment Specialist, Mayo Clinic, Nicotine Dependence Center, Rochester, USA

Dr Alice Wong

- President, Pi Iota Chapter, Sigma Theta Tau International Honor Society of Nursing, USA

Dr Marian Wong

- Founding Member, Pi Iota Chapter, Sigma Theta Tau International Honor Society of Nursing, USA
- Honorary Fellow, Australian Catholic University, Sydney, Australia

Ms Sunshine Chan

- Core Member, Asia Pacific Emergency Disaster Nursing Network (APEDNN), Western Pacific Region, World Health Organisation, Switzerland

External Appointments

INTERNATIONAL

Dr David Chan

- Instructor, Advanced Critical Care Nursing, Australian College of Critical Care Nurses
- TC Faculty (Instructor Trainer), Advanced Cardiac Life Support, American Heart Association, USA
- TC Faculty (Instructor Trainer), Basic Life Support, American Heart Association, USA
- Trainer, Advanced Clinical Skill, Edge Hill University, UK

Mr Edmond Tong

- Temporary Advisor, National HIV/AIDS and STI Programme Managers Meeting for Selected Asian and South Pacific Island Countries, WHO Regional Office for the Western Pacific

Ms Bessie Chan

- Counselors-Membership Nomination, Pi Iota Chapter, Sigma Theta Tau International Honor Society of Nursing, USA

Ms Wai-shan Chan

- Basic Life Support (BLS) Instructor, American Heart Association, USA

Mr Jeff Fung

- Basic Life Support (BLS) Instructor, American Heart Association, USA

Ms Shirley Lo

- Member, Pi Iota Chapter, Sigma Theta Tau International Honor Society of Nursing, USA

Mr Arkers Wong

- Basic Life Support (BLS) Instructor, American Heart Association, USA

Ms Ivy Wong

- Basic Life Support (BLS) Instructor, American Heart Association, USA

NATIONAL

Prof. Wai-tong Chien

- Board Member, International Psychology and Mental Health Association, Taiwan

Prof. Frances Wong

- Advisor, The Higher Education Curriculum Design Committee, Ministry of Health, China
- Advisor and Member, National Committee for Higher Education Curriculum Development, Ministry of Health, China
- Associate Chief Council Member, Community Nursing Specialty Group, China Nursing Association, China
- Honorary Advisor in Community Care, The Beijing University, China
- Overseas Consultant, China Nursing Centre, Ministry of Health, China
- Senior Consultant, Guangdong Province Nursing Education Centre, China

Prof. Claudia Lai

- Member, Expert Panel, Nursing Home Project of the Hong Kong Society of Rehabilitation, Shenzhen, China

Dr Enid Kwong

- Committee Member, Chinese Nurse Association, China

Dr David Chan

- Member, Chinese Medical Rescue Association
- Vice Chairman, ICU Committee, Chinese Nursing Association, China
- Vice Chairman, Male Nurses Committee, Chinese Nursing Association, China

Dr Sijian Li

- Honorary Consultant, Sichuan Expanded Mental Health Network, China

Ms Bonnie Tam

- Council Member, Specialty Committee of Nursing of World Federation of Chinese Medicine Societies, China
- Honorary Consultant, Lingnan Hospital, Sun Yat-sen University, China

Editorial Roles

Prof. Alex Molasiotis

- Editor-in-Chief, European Journal of Oncology Nursing
- Editorial Board Member, Complementary & Alternative Therapies in Clinical Practice
- Editorial Board Member, Health Sciences Journal
- Editorial Consultant, Supportive Care in Cancer

Prof. Wai-tong Chien

- Editor / Associate Editor of international peer-reviewed journals, including Trials, Journal of Translational Medicine, The Open Nursing Journal, and Nursing Reports
- Editorial Board Member of international peer-reviewed journals, including Neuropsychiatric Disease and Treatment, Journal of Nursing Interventions and Asian Nursing Research, International Journal of Multiple Research Approaches, and Nursing: Research and Reviews

Prof. Frances Wong

- Editorial Advisory Board, Nursing Management, Royal College of Nursing, UK
- Editorial Board Member, Journal of Chinese Nursing Management, China
- Editorial Board Member, Journal of Nursing Scholarship, USA
- Member, Editorial Advisory Board, Nurse Researcher, The Royal College of Nursing (RCN) Publishing Company Ltd., UK
- Member, Editorial Advisory Board, Nursing Management, The Royal College of Nursing (RCN) Publishing Company Ltd., UK

Prof. Claudia Lai

- Editorial Board Member, Asian Journal of Geriatrics and Gerontology, Hong Kong
- Editorial Board Member, The Scientific World Journal

Dr Engle Angela Chan

- Editorial Board Member, Global Qualitative Nursing Research, USA
- Member, International Editorial Reviewer Board of Clinical Nursing Studies, USA

Dr Zenobia Chan

- Editorial Committee Member, The Nurse Education in Practice, UK

Dr Enid Kwong

- Editorial Committee, Journal of Nursing Education, USA
- Editorial Committee Member, Journal of Nursing Audit

Dr Regina Lee

- Associate Editor, GSTF Journal of Nursing and Health Care, Singapore
- Editorial Advisory Board Member, Nursing Children and Young People Journal
- Editorial Board Member, Clinical Nursing Studies Journal
- Editorial Board Member, Journal of Nursing Management

Dr Lorna Suen

- Associate Editor, Global Science & Technology Forum (GSTF), Journal of Nursing and Health Care
- Editorial Board Member, International Scholarly Research Notes, Hindawi Publishing Corporation
- Editorial Board Member, Journal of Physical Therapy and Health Promotion (PHTP), USA
- Editorial Board Member, Science Postprint, Japan
- Editorial Board Member, Symbiosis Open Access Journal of Nursing & Health Care (SOJNHC), USA

Dr Daniel Thomas Bressington

- Editorial Board Member, Journal of Psychiatric and Mental Health Nursing, USA

Dr Vico Chiang

- Chief-editor, Newsletter of Hong Kong Association of Critical Care Nurses, Hong Kong
- Editorial Board Member and Member of the Board of Directors for the Journal of Problem Based Learning, Department of Nursing, Cheju Halla University, Jeju Island, South Korea

Dr Olivia Fung

- Editorial Board Member, Nursing Open, Wiley

Dr Janice Ho

- Editorial Board Member, Advances in Alzheimer's Disease, Scientific Research Publishing Inc.
- Editorial Board Member, Journal of Alzheimer's & Neurodegenerative Diseases, Herald Open Access

Dr Sau-fong Leung

- Editorial Board Member, Journal of Eating Disorders, Australia

Dr Justina Liu

- Editorial Board Member, The Journal of Nursing

Dr John Yuen

- Associate Editor, Journal of Pharmacology Research, USA
- Editor-in-Chief, Modern Chemistry and Applications (OMICS Group)
- Editorial Board Member, Clinical Nephrology and Urology Science

Dr Paul Lee

- Editorial Board Member, Scientific Reports

Dr Cynthia Wu

- Editorial Board Member, Journal of Community Health Nursing, USA

Dr David Chan

- Editorial Board Member, Dang Dai HuShi Nursing Journal, China
- Editorial Board Member, HuLiXueBao Nursing Journal, China

Highlights of the Year

Research Development

GRF success rate reached a new record high

There has been great progress in our success rate in the General Research Fund (GRF), administered by the Research Grants Council (RGC). Of our total submissions for the GRF, five applications were funded. All of our submitted proposals for the GRF achieved a 3.5* or above rating. The success rate of our applications for the GRF increased significantly from 10% in 2013/14 to 30.8% in 2014/15, and reached a new high at 45.5% in 2015/16.



List of projects awarded grants from the GRF (2015-16)

Project Title	Principal Investigator	Total Grant (HK\$)
Effects of an Aging-in-place Health-social Partnership Program among Community-dwelling Older People: A Randomized Controlled Trial	Prof. Frances Wong	990,952
A Randomized Controlled Trial of the Effectiveness of a Mindfulness-based Psycho-education Program for People with Recent-onset Psychosis	Prof. Wai-tong Chien	573,518
Evaluation of the Efficacy of a Simplified 5-step Hand Washing Intervention Program verse the Conventional Hand Washing (7-step) Program for Students with Mild Grade Intellectual Disability: A Clustered Randomized Controlled Non-inferior Trial	Dr Regina Lee	557,240
A Contextualized Understanding of Nurse-patient Communication and Its Impact on Nurses' Learning and Patient Satisfaction	Dr E. Angela Chan	538,340
Power Dynamics in the Student-teacher Relationship: The Voices of Nursing Students	Dr Zenobia Chan	171,200

* Projects rated 3.5 and reaching the criteria set by PolyU are entitled to receive internal grants of HK\$105,000

Total awarded amount increased for HMRF

In 2015, five applications for the Health and Medical Research Fund (HMRF) were funded, and the total grants we received were higher than ever before, reaching a total sum of HK\$2,657,890. The HMRF is managed by the Research Council of the Food and Health Bureau, HKSAR.

List of projects awarded grants from the HMRF (2015-16)

Project Title	Principal Investigator	Total Grant (HK\$)
A Randomised Controlled Trial to Assess the Effectiveness and Cost Effectiveness of Acupuncture in the Management of Chemotherapy-induced Peripheral Neuropathy	Prof. Alex Molasiotis	969,700
The Effectiveness of a Pressure Ulcer Prevention Programme for Older People in For-profit Private Nursing Homes: A Cluster Randomised Controlled Trail	Dr Enid Kwong	875,000
An Evaluation of the Effectiveness of a Mindfulness-based Illness Management Program for Chinese People with Schizophrenia: A Randomised Controlled Trial	Prof. Wai-tong Chien	653,270
Can the wActiSleep-BT Accelerometer Accurately Measure Total Sleep Time, Awake Time After Sleep, and Sleep Efficiency?	Dr Paul Lee	80,000
Experience of Post-discharge Community Life of Patients with Mental Illness from the Integrated Community Centre for Mental Wellness (ICCMW): A Qualitative Exploration	Dr Vico Chiang	79,920





Hong Kong Innovation Academy

The Hong Kong Innovation Academy (HKIA) was established by the School in 2013 with the aim of providing a platform to enable local innovators to showcase and promote their novel innovations in healthcare. The HKIA organises a biennial event, 'The Hong Kong Innovation Day', where candidates compete for Innovation Awards and represent HK to compete with other champions from different parts of the world for the Innovation for Health Award of Excellence, which will take place in another city next year.

This year, to stimulate innovative ideas and concepts that bring immediate benefits to patients, clinicians, and the healthcare industry, the HKIA invited local healthcare institutions, universities and colleges to compete for the 2nd Hong Kong Innovation Awards. Inventors were invited to submit solutions and innovations tackling current issues in medical and healthcare science, and the submissions were judged according to the criteria of 'scientific or technological solutions', 'fully developed or implemented in healthcare settings after 6 to 9 months', 'potentially marketable products', and 'at the pre-commercial stage'. The champion will represent Hong Kong at the Global Healthcare Innovation Day, which will be held in Calgary, Alberta, Canada in 2016.



Champion and Audience Favourite Award

Project Title:

Scolioscan: Radiation-free Assessment of Scoliosis Using 3D Ultrasound Imaging

Project Leader:

Prof. Yong-ping Zheng,
Interdisciplinary Division of
Biomedical Engineering,
The Hong Kong Polytechnic
University



The champion winning team, Prof. Yong-ping Zheng (4th from right), Prof. Alex Molasiotis, Head of School of Nursing, PolyU (3rd from right), and Prof. Ming-sum Tsui (2nd from right), Associate Dean, Faculty of Health and Social Sciences, PolyU.

International Research Internship Scheme

To enhance cross-cultural interaction, inter-disciplinary education and international exchange opportunities, the School offered the international research internship scheme for overseas students in 2015. The scheme was funded by the School's Centre for Gerontological Nursing (CGN). From September to December 2015, a fourth-year pre-medical student from the Department of Biology, Northeastern University, the USA, came to the School and worked under the co-supervision of two professors from CGN.



During the internship, the intern worked with our postgraduate research students to guide the students to think from different cross-cultural perspectives. She presented and shared her experience in conducting a basic science research study with more than 120 undergraduate students studying a nursing research course. She was involved in the quality improvement project of the Yuen Yuen Institute, assisting our staff in preparing reports in the areas of fall prevention, restraint reduction and infection control.

The scheme has enriched the intern's understanding of policies and care practices of local nursing homes. She has gained knowledge on local and international healthcare policies and patient care issues. She was able to master skills needed for practice research, and develop insights on the importance of accurate and efficient data management in clinical trials.

International Nursing Scholarship for Pre-PhD in Research Excellence

Fifteen candidates from different places, including mainland China, USA, Ethiopia, Myanmar, Malawi, Nepal, Cyprus, Vietnam, and Hong Kong joined the International Nursing Scholarship for Pre-PhD in Research Excellence (INSPPIRE), a tailor-made programme for pre-PhD students from all continents, to prepare them for following a PhD programme at PolyU and engaging in research activities in Hong Kong.

From 28 June to 10 July, the participants took part in various activities, including lectures, an international symposium, a PhD Student Research Forum and research studies presentations. They commented that INSPPIRE provided a fantastic opportunity for finding out more about PhD studies at the School.

INSPPIRE was established in 2013 by the School. The scholarship provides monetary support to the awardees, such as accommodation costs for the PolyU student halls of residence and airfares (for non-local participants). The INSPPIRE programme brings together high calibre students to discuss the challenges and opportunities of doctoral education, and to promote cross-institutional collaborations. Suitable participants can apply for the scholarships offered by the School to support them in pursuing a PhD programme at the School.

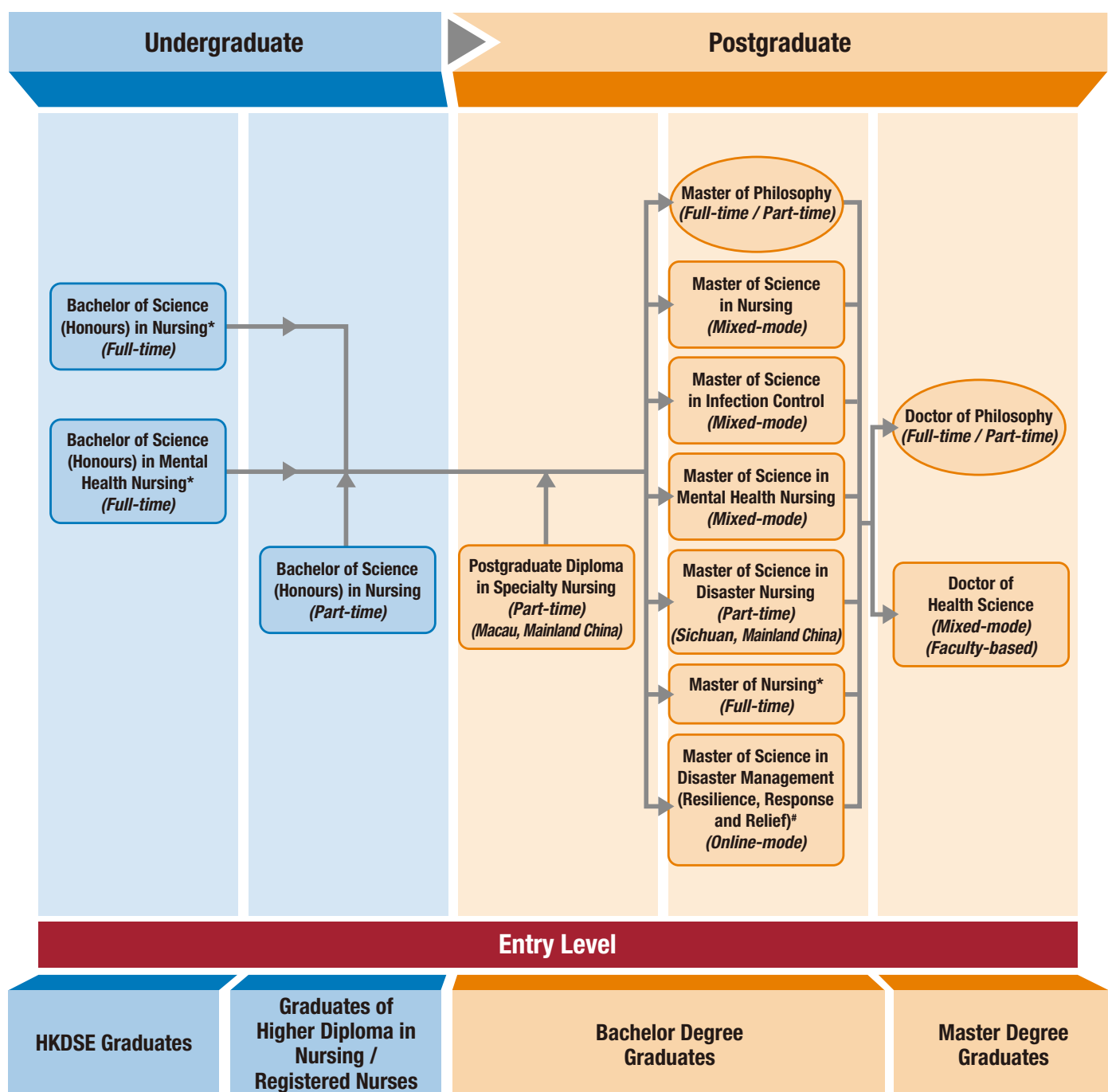


<http://sn.polyu.edu.hk/inspire>



Academic Development

The School has been preparing outstanding students for challenging careers in nursing for almost four decades. The School was Hong Kong's first tertiary educational institution to offer a nursing degree programme, and we remain a pioneer of nursing education in Hong Kong. Three degree programmes and ten postgraduate programmes are offered, aiming to produce all-round graduates with well-honed abilities to communicate, make decisions, lead and innovate.



* Graduates will be eligible to apply for registration with the Nursing Council of Hong Kong
 # Subject to approval



Taught Programme



Research Programme

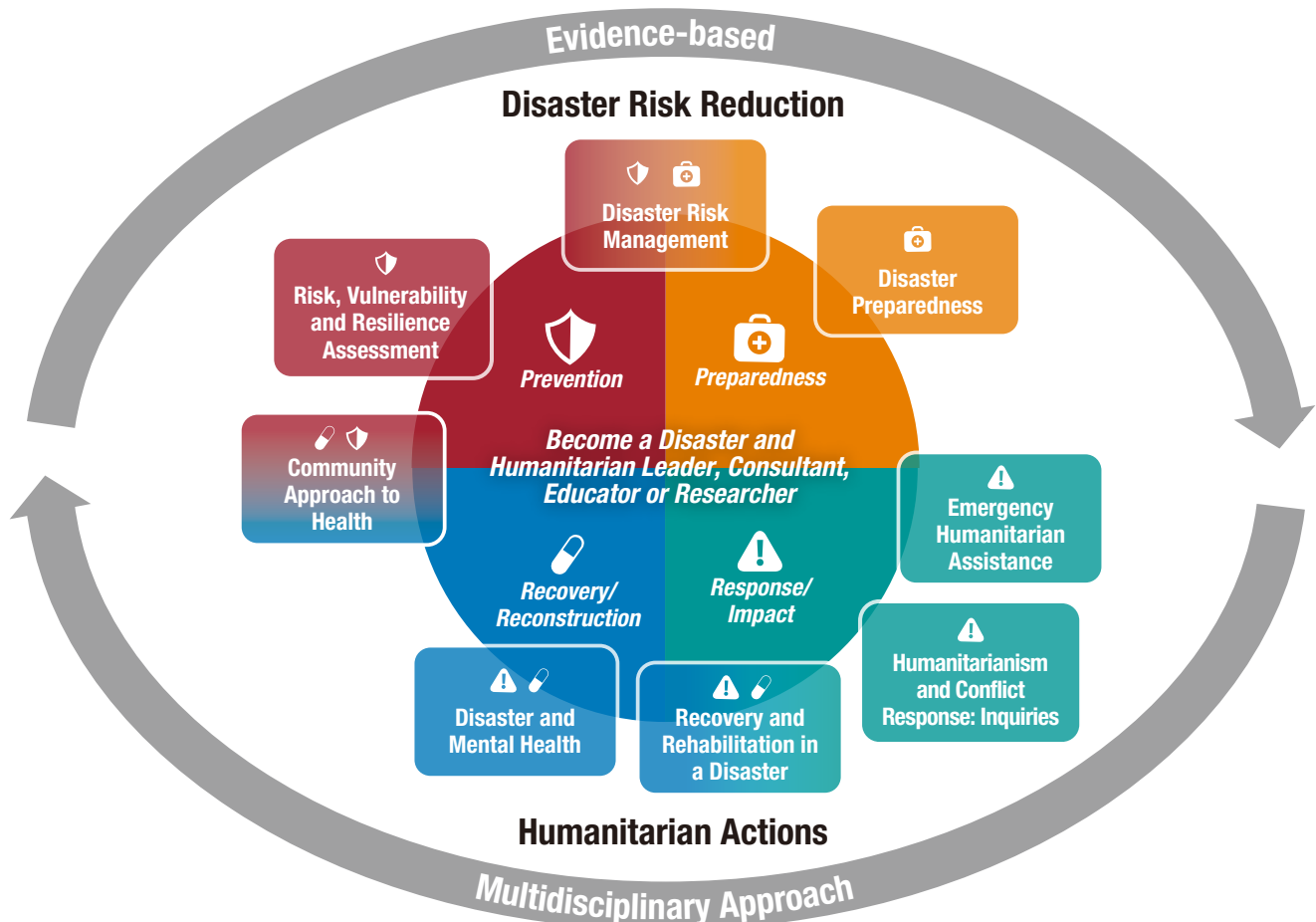


New Online Disaster Management Course

A new online Master of Science in Disaster Management (Resilience, Response and Relief) programme is in the final validation period in our University's approval process, and will be launched in 2016-17. This is a joint award programme offered with our collaborating partner, the Humanitarian and Conflict Response Institute (HCRI), the University of Manchester, UK, which has a long history of providing excellent humanitarian online programmes.

This programme is introduced in response to a global demand within the context of disaster reduction and humanitarian actions. It aims to provide students with the opportunity to develop and expand knowledge, understanding and judgment in theoretical and practical skills in the disaster management and humanitarian areas. The design of the curriculum is informed by the disaster management cycle, cutting across prevention, preparedness, response and recovery from disasters of natural and human origin. Underpinned by multi-disciplinary approaches, this programme enables students to analyse the impact of major social, economical, political, cultural, and environmental factors that are producing new challenges for humanitarian actions. Thus, this programme is able to equip, as well as support continuing personal development for disaster management and humanitarian professionals, or those who would like to pursue further postgraduate studies.

This will be the first full online master's programme at PolyU. The delivery of a flexible online mode of teaching and learning is a new trend in education, as it enables students to obtain an academic degree without residency or boundary restrictions.





Human Anatomy: First Massive Open Online Course

With the full support of the University Advisory Committee on e-learning funds (ACE), PolyU has established the HKPolyUx platform as an initiative to facilitate online learning. The University is an institutional partner of Edx xConsortium, which is an E-educational platform founded by Massachusetts Institute of Technology and Harvard University. Two MOOCs were launched, aiming to enrich learning experiences in a global context with the use of novel teaching approaches, interactive videos and live broadcasts.

Dr John Yuen, Assistant Professor in the School of Nursing, launched the first massive open online course (MOOC), 'Human Anatomy (ANA101X)' and recorded a high enrollment of 22,541* students. This was an 8-week course exploring the structure of the human body through the real-life case scenario of a stroke, covering knowledge of body systems and important organs, anatomical orientation and the skeletal system, the muscular system, the nervous system and special sense, cardiovascular and pulmonary systems. Dr Yuen is the leader of the project to develop this course, which is also the first of its kind in offering generic anatomy e-learning to global audiences.

* As of December 2015.

Networking and Service Development

Redesignation of World Health Organization (WHO) Collaborating Centre for Community Health Services

The School was redesignated as a WHO Collaborating Centre (WHO CC) for Community Health Services in 2015 for a period of four years to December 2019, with the following three terms of reference (TORs):

- Develop and pilot-testing of minimum standards to promote psychosocial aspects of adolescent health in school setting in collaboration with eight WHO CCs in the WHO Western Pacific Region (WPRO) and South-East Asia Regional Office (SERO). The research outcome will support the regional action plans both for the maternal child and adolescent health, and mental health.
- Improve health outcomes by developing and testing effective psychosocial services delivery model / programme via community-based interventions for people across the life span in Asian countries. Our research outcome will support the regional action plans for the non-communicable diseases, psychosocial problems and mental health illness.
- Contribute and influence WHO member states' policies and programmes in matters relating to health service provision through policy, research programmes and education related to our WHO CC's activities.

A series of working plan of the collaborative research projects and workshops related to the TORs will be held in the coming years in line with the WHO mandate.



Asia Pacific Emergency and Disaster Nursing Network (APEDNN)

The School has been appointed as APEDNN co-Secretariat, working with the Faculty of Nursing, Mahidol University, Bangkok, Thailand for a term of four years starting from January 2016, with Prof. Alice Yuen Loke, Professor and Associate Head, taking the lead. The APEDNN was launched in 2007 at a Joint Asia Pacific Informal Meeting of Health Emergency Partners and Nursing Stakeholders, convened in Bangkok, Thailand. The World Health Organisation (WHO) Regional Offices for the Western Pacific and South-East Asia Regions convened the meeting in collaboration with the International Organisation for Migration (IOM). The network was formed to build the capacities of nurses and midwives to fully contribute to coordinated and effective prevention, preparedness and response efforts, improved service delivery, and the building of community resilience during times of emergencies and disasters.

The APEDNN holds meetings combined with capacity-building workshops that take place annually through co-sponsorship arrangements with network institutional members, including WHO Collaborating Centres and relevant government authorities.



Chief Convenor of the Chinese Consortium

The Chinese Consortium for Higher Nursing Education was founded in 2005. The School was one of the founding members of the Consortium. It aims to strengthen our collaborative partnerships with higher education institutes in mainland China, Macau, and Taipei, to build a networking platform that allows the sharing and communication of innovative education and resources, and to promote regular teacher and student exchange programmes among member schools. The Chinese Consortium has a 92-strong membership of nursing schools as of 2015. Led by the School of Nursing, a committee consisting of the convenor and four core members was formed to lead the development of the Consortium. The School was elected as the Chief Convenor in 2015.

Chief Convenor

School of Nursing, The Hong Kong Polytechnic University

Convenor

West China School of Nursing, Sichuan University

Core Members

- School of Nursing, Sun Yat-sen University
- Xiang Ya Nursing School of Central South University
- Department of Nursing, Xi'an Jiaotong University Health Science Center
- School of Nursing, Kaohsiung Medical University





Renewal of Red Cross Agreement for On-Campus Blood Donation

The School collaborated with the Hong Kong Red Cross Blood Transfusion Services (BTS) under the Hospital Authority (HA) to set up an on-campus blood donation centre at the School's Integrative Health Clinic (IHC) in 2014. A total of 3,225 units of blood has been collected from its inception in September 2014.

After a pilot run in 2014, the agreement between the Hong Kong Red Cross and PolyU for providing an on-campus venue for blood transfusion services was renewed for two more years starting from 2015. This represents a win-win situation for both the School and the Hong Kong Red Cross, where the University offers a very easily accessible venue for a blood donation centre in the heart of Kowloon. Research students and academics can use the data collected for conducting different research topics. For instance, in May to August 2015, a group of students conducted a project entitled '*The association between haemoglobin level and the lifestyle characteristics of Chinese blood donors in Hong Kong*'. This was a pilot project in the University, in which final year students used the data collected from the blood donation centre for data analysis of the haemoglobin levels in relation to the lifestyle of donors in the Hong Kong community. The project concluded that several lifestyle factors, including diet, exercise, sleep duration, coffee intake and alcohol consumption, influenced haemoglobin levels. Establishing a healthy lifestyle could be a key strategy to improve haemoglobin levels. This is a leading example of the IHC providing services to the community, while students and academics can also utilize the data collected for research analysis.



Generous Donations from Partners

Over the years, the School has been highly recognised by our partners and the industry for producing high quality nursing graduates that serve the community. The School has received generous donations, a total of HK\$23.3 million in the past 3 years, in support of our services and students' learning activities.

Donor	Purposes
Angel S.P. Chan Lau Endowed Professorship in Health and Longevity	<p>To support our research and educational activities in health and longevity</p> <p>A research proposal has been developed to study the effectiveness of acupressure. On-going projects include the development of a protocol for a post-doctoral fellowship to assess the effectiveness of Chinese medicinal herbs and proposals to study herbal medicine.</p> <p>In 2015, we developed an online database of Chinese medicinal herbs to facilitate teaching and learning in TCM nursing.</p>
Community Health Organisation for Intervention, Care & Empowerment Ltd	To support academic development
Fok's Charity Foundation Ltd	To provide scholarship for the new 3-3-4 curriculum of an Integrated Bachelor of Science in Nursing with a study option of master level subjects
Hong Kong Sanatorium & Hospital Limited	To provide scholarships and bursaries for students on the full-time pre-registration Master of Nursing programme
Hong Kong Sanatorium & Hospital Nurses Alumni Association	To support a research project on improving continuity of care for patient safety through effective nursing handover
NMS Technologies Co. Ltd.	To support research development in the School
St. Paul's Hospital & St. Teresa's Hospital	To provide scholarship for students on the full-time pre-registration BSc(Hons) in Nursing programme
Tai Hung Fai Charity Foundation	To support the operation and development of the PolyU-Henry G. Leong Mobile Integrative Health Centre for 2015-2017
Tin Ka Ping Foundation	<p>To support the Visiting Scholars from the Chinese Mainland Scheme; and</p> <p>To establish a collaborative education and training relationship between the School and Meizhou People's Hospital in the mainland China</p>
The Yuen Yuen Institute	To support the School's Ageing and Health Research Group in areas of education and training, research to promote evidence-based practice, and practice change in the home through collaborations and introducing interventions

Pioneering Education

Admissions

PolyU Nursing programme remains first choice among JUPAS applicants

The School's admission statistics released in August 2015 show that our undergraduate nursing programmes remained competitive in the 2015/16 JUPAS admission exercise. The School's BSc (Hons) in Nursing programme (53455) ranked first among 27 JUPAS programmes within the health sciences discipline, based on the total number of first choice applications. The ranking of our BSc (Hons) in Mental Health Nursing programme (53482) climbed two places from 16 in 2014/15 to 14 this year. The average admission score* of the BSc (Hons) in Nursing (53455) programme was 24.1 (vs. 23.6 in 2014), and that of the BSc (Hons) in Mental Health Nursing programme (53482) was 22.8 (vs. 23.1 in 2014). A total of 283 students were admitted into the two UGC-funded undergraduate nursing degree programmes in 2015/16 (vs. 284 in 2014/15).

Enrolment in our self-financed programmes remains steady, with 333 students enrolled this year (vs. 339 in 2014/15). The new MSc in Mental Health Nursing programme (53086) recorded a full enrolment (30 intake quotas) in its first cohort.

* The average admission scores were calculated based on students' Hong Kong Diploma of Secondary Education examination results in Chinese, English and their best three subjects.

Capstone Projects

The School recognizes the importance of the application of knowledge and skills and developing students' abilities to conduct independent nursing studies. Thus, we became the very first tertiary educational institution in Hong Kong to introduce honours projects in our first nursing degree programme, launched in 1990.

Today, a six-credit capstone project, namely the "Honours Project" in the BSc(Hons) in Nursing (BSN) and BSc(Hons) in Mental Health Nursing programmes and the "Clinical Research Project" in the Master of Nursing programme, is included in all pre-registration nursing programmes offered by the School.

By taking the project, students can integrate and consolidate the knowledge and skills accumulated during their study to deal with research questions related to clinical nursing practice. Students are expected to spend two semesters to complete the project under the supervision of our academic staff.

For instance, a project entitled 'Psychometric Evaluation of Chinese Version of Acceptance and Action Questionnaire-II (AAQ-II)*' was conducted by a group of BSN students. As a multifaceted assignment, students conducted a cross-sectional survey to compare the psychometric properties of two versions (7-item and 10-item) of the AAQ. Apart from giving a class presentation, they were also invited to submit an abstract to the "Four Places Cross-Straits" Nursing Conference. By taking this honours project, students can have a better understanding on the importance of using a valid and reliable instrument to evaluate clinical practice.

The project not only helps senior year students develop generic competencies such as project planning, critical thinking, and presentation skills, but also prepares them for professional practice, academic pursuits and lifelong learning. In conclusion, the project contributes to the achievement of the Programme Intended Learning Outcomes and serves to provide a capstone experience for students.



<http://4yc.polyu.edu.hk/curriculum.html#>

* AAQ-II is a self-reported measure used to assess the psychological flexibility (PF) of an individual. PF is an indication of an individual's experiential avoidance and psychological acceptance, which is the central component of Acceptance and Commitment Therapy (ACT). ACT is a psychological intervention aiming at helping individuals to enhance PF through willingness to experience physical sensations, emotions, and thoughts while making behavioral changes with value-driven actions.

Service Learning

In addition to developing students' professional knowledge and skills, the School has been promoting service learning to foster a sense of social responsibility among students and to broaden students' horizons through community serving.

Service learning subjects are integrated in our nursing curricula and are offered to all UGC-funded undergraduate students of PolyU. The subjects enable students to gain practical learning experiences outside the classroom. Students are given the opportunities to interact with people from diverse backgrounds and to identify the health needs of their clients (including children and adolescents, the underprivileged and the needy).



Four service learning subjects have been offered:

1. SN2S01 Collaborative Care in School Health and Safety

Students serve children and adolescents from kindergartens, primary or secondary schools in Hong Kong. Students construct plans and implement different activities such as classroom talks, games, role plays, poster displays and students' self-initiated events to promote health for children and adolescents at schools.

2. SN3S02 Promotion of Healthy Ageing in the Community

Students provide basic health assessment services for the local elderly clients of the PolyU-Henry G. Leong Mobile Integrative Health Centre (MIHC) and organise workshops relevant to healthy ageing.

3. SN2S03 Healthy Lifestyle Challenges for Developing Communities

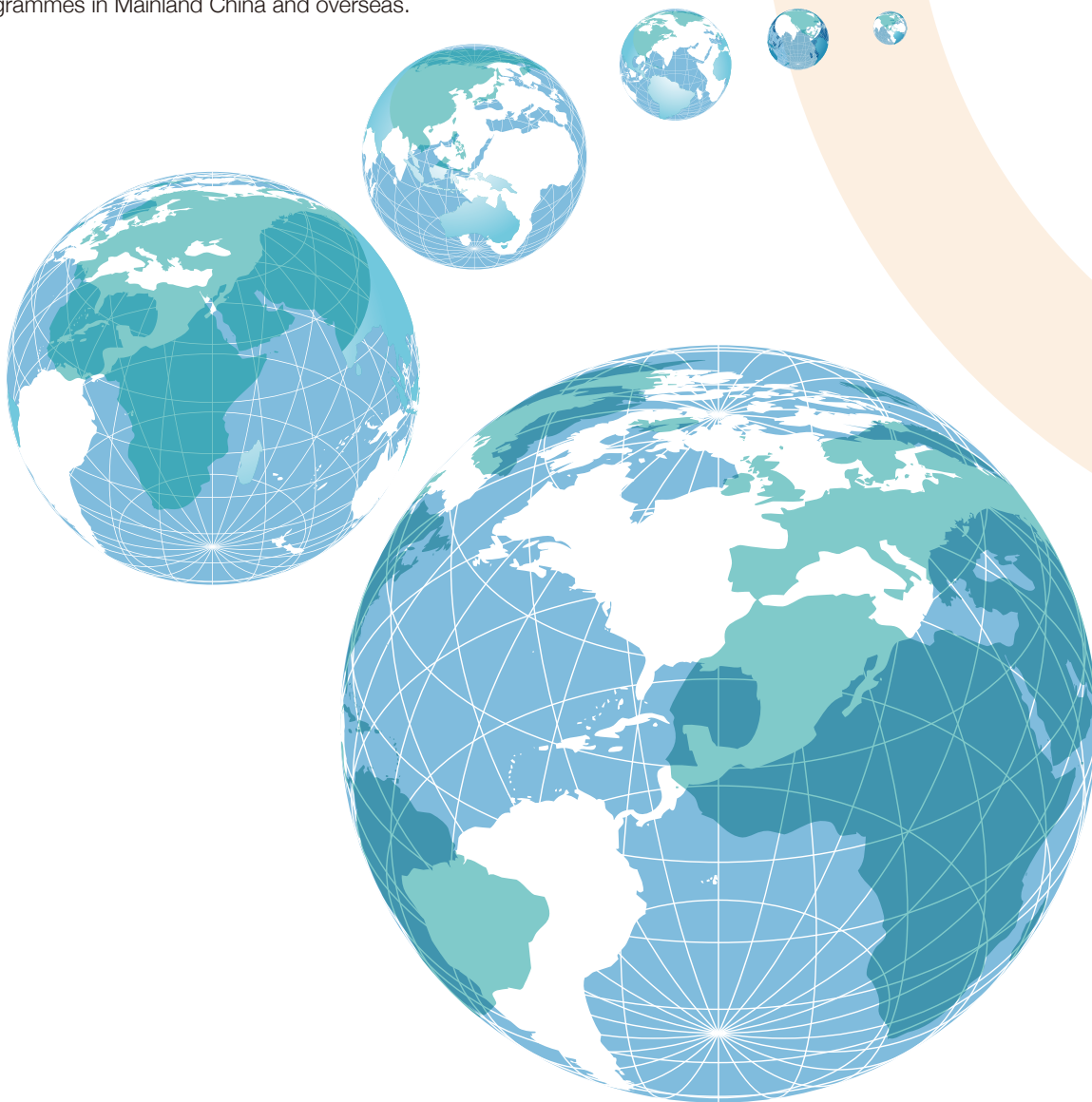
Students serve people/families that live in developing communities in Cambodia.

4. SN2S04 Mentoring Health Ambassadors for School Communities

Students are trained to be mentors of the primary school students who received training as health ambassadors in the school communities. This can collaborate with the schoolchildren to deliver health education and health promotion for their peers and assist those schoolchildren who have inadequate health knowledge in adopting healthy lifestyle behaviors in their daily lives.

Student Exchange Programmes

An increasing number of inbound and outbound exchange programmes in 2015 proved that the School is committed to broadening students' international perspective through exchange programmes in Mainland China and overseas.



Number of participants in the exchange programmes from 2013-2015

Types of exchange programme	2013	2014	2015	Percentage increase in the past 3 years
Inbound exchange	35	50	55	57%
Outbound exchange	104	174	199	91%
Total	139	224	254	83%

Inbound Exchange

In 2015, the School organised four inbound exchange programmes, and nursing students from Australia, Germany, Indonesia and Sweden joined the School's exchange programme for the first time.

Inbound clinical placement

Mr Marcel Wachtel, a Year-3 student studying a Bachelor of Arts in Nursing Science at the Osnabrueck University of Applied Sciences in Germany, undertakes a six-week placement in the medical and surgical wards at Caritas Medical Centre with our BSN students.



2-week inbound exchange programme

40 exchange students from Asian and overseas countries visit the Hong Kong Red Cross Blood Transfusion Services.



1-week inbound exchange programme

4 Japanese exchange students visit the House of Innovation at the PolyU campus.

2-week inbound exchange visit

14 exchange students from mainland China and Japan and 3 visitors from Japan visit the Lai King Building at Princess Margaret Hospital.



Outbound Exchange

The scope of the outbound exchange programme was progressively extended to cover countries including Australia, Germany, Indonesia and Sweden.

Outbound exchange programme 2015



2

No. of Participants

**Osnabrück University
of Applied Sciences**
Germany



2

No. of Participants

La Trobe University
Australia



6

No. of Participants

**Saitama Prefectural
University**
Japan



2

No. of Participants

Riau University
Indonesia

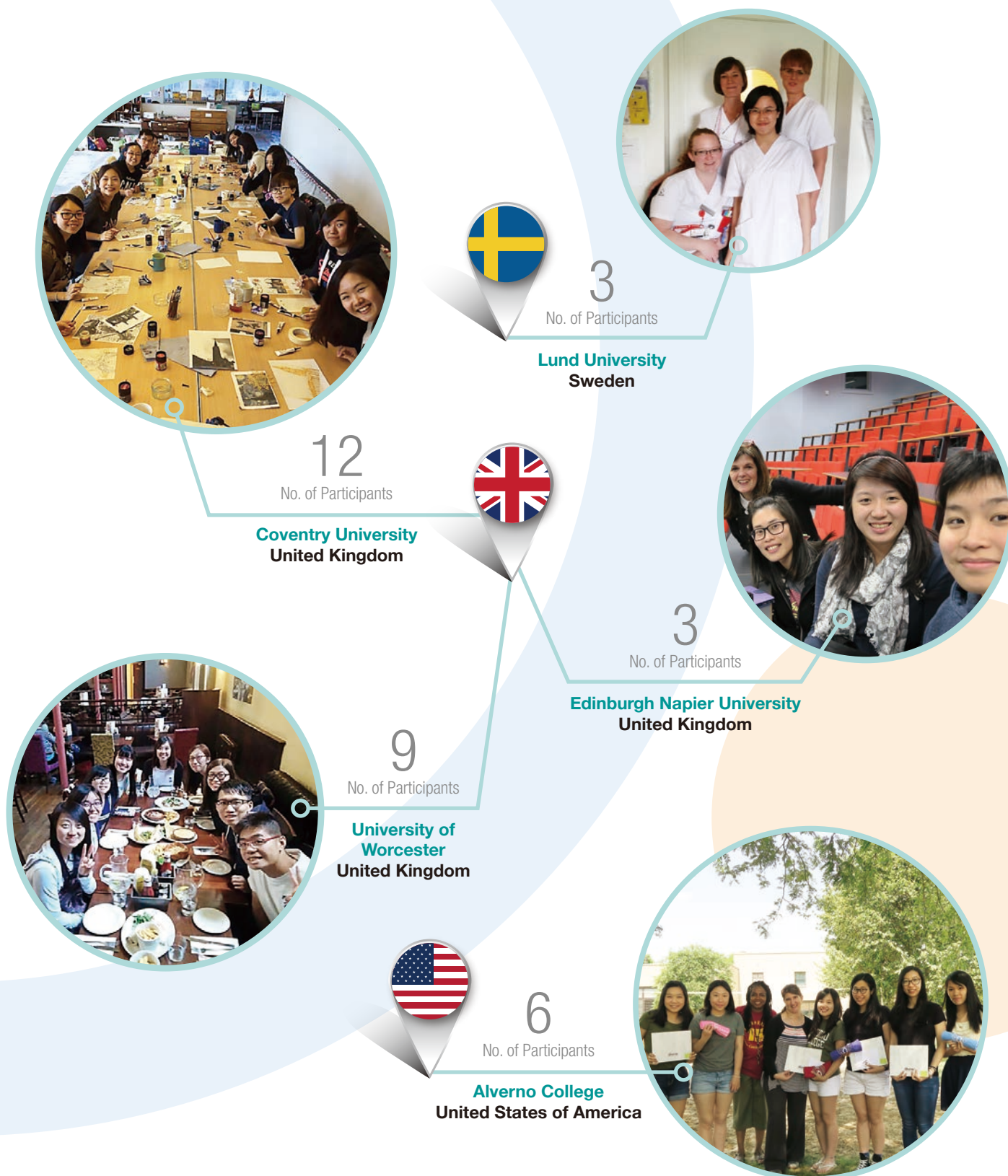


4

No. of Participants

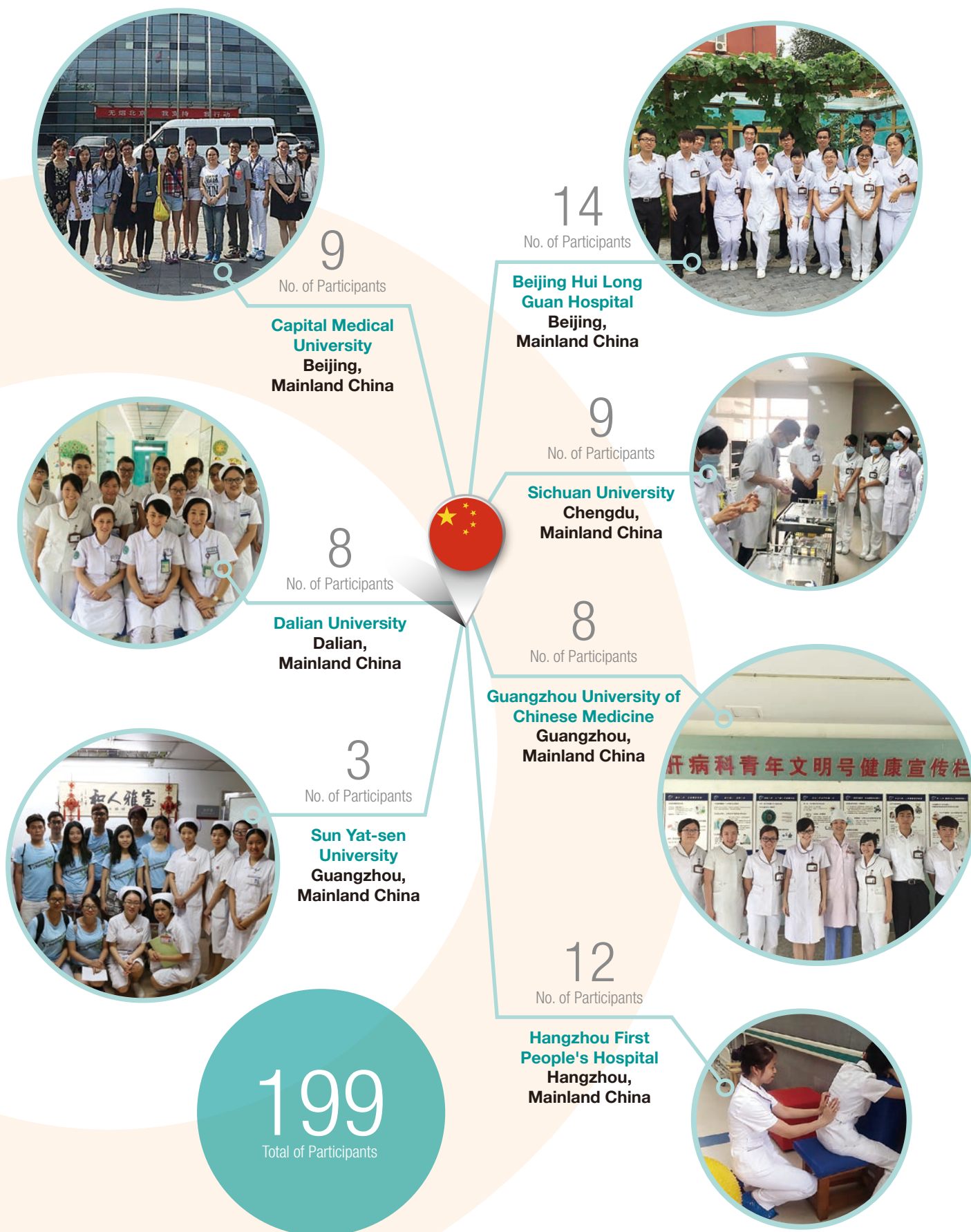
**National University of
Singapore**
Singapore





* In collaboration with PolyU Student Affairs Office & Faculty of Health and Social Sciences





* In collaboration with PolyU Student Affairs Office & Faculty of Health and Social Sciences

The School strives to nurture students' global vision by establishing collaborative networks among the world's famous nursing institutions to provide more opportunities for student exchange. In 2015, we have 37 exchange partners all over the world.

List of current and potential exchange partners in 2015

Country	Partner University / Hospital	Department / Affiliated Hospital
 Australia	La Trobe University	
 Australia	University of Wollongong	Faculty of Science, Medicine and Health
 Brazil	University of São Paulo	Ribeirão Preto College of Nursing
 Denmark	Metropolitan University College	Department of Nursing
 Germany	Hochschule Osnabrück - University of Applied Sciences	The Faculty of Management, Culture and Technology and Faculty of Business Management and Social Sciences
 Indonesia	Riau University	School of Nursing
 Japan	Saitama Prefectural University	
 Japan	University of Hyogo	College of Nursing Art and Science and Research Institute of Nursing Care for People and Community
 Mainland China	Beijing Hospital* (北京醫院)	
 Mainland China	Beijing Hui Long Guan Hospital (北京迴龍觀醫院)	
 Mainland China	Capital Medical University (首都醫科大學)	Beijing Ditan Hospital (北京地壇醫院)
 Mainland China	Dalian University (大連大學)	The Affiliated Zhongshan Hospital (中山醫院)

Department / Affiliated Hospital	Partner University / Hospital	Country
Huadong Hospital (華東醫院)	Fudan University (復旦大學)	Mainland China 
College of Nursing (護理學院)	Guangzhou University of Chinese Medicine (廣州中醫藥大學)	Mainland China 
	Hangzhou First People's Hospital (杭州市第一人民醫院)	Mainland China 
	Hangzhou Seventh People's Hospital (杭州市第七人民醫院)	Mainland China 
School of Nursing (護理學院)	Huazhong University of Science & Technology, Tongji Medical College (華中科技大學同濟醫學院)	Mainland China 
Wuxi Medical School (無錫醫學院)	Jiangnan University (江南大學)	Mainland China 
School of Nursing (護理學院)	Shandong University (山東大學)	Mainland China 
Xinhua Hospital (新華醫院)	Shanghai Jiao Tong University School of Medicine* (上海交通大學醫學院)	Mainland China 
West China School of Nursing (華西護理學院)	Sichuan University (四川大學)	Mainland China 
	Sun Yat-sen University (中山大學)	Mainland China 
Zhejiang Hospital of Traditional Chinese Medicine (浙江省中醫院)	Zhejiang Chinese Medical University (浙江中醫藥大學)	Mainland China 
Department of Nursing (護理學院)	Zhejiang University City College (浙江大學城市學院)	Mainland China 
Sir Run Run Shaw Hospital (邵逸夫醫院)	Zhejiang University School of Medicine* (浙江大學醫學院)	Mainland China 
Alice Lee Centre for Nursing Studies	National University of Singapore	Singapore 

* In Collaboration with Student Affairs Office & Faculty of Health and Social Sciences

Country	Partner University / Hospital	Department / Affiliated Hospital
 Sweden	Karolinska Institutet	
 Sweden	Lund University	
 Taipei	Taipei Medical University (台北醫學大學)	College of Nursing (護理學院)
 United Kingdom	Coventry University	Coventry University Higher Education Corporation
 United Kingdom	The University Court of Edinburgh Napier University	
 United Kingdom	University of Brighton	
 United Kingdom	University of Cumbria	School of Nursing and Midwifery
 United Kingdom	University of Worcester	
 United States of America	Alverno College	JoAnn McGrath School of Nursing
 United States of America	University of California, Los Angeles	School of Nursing
 United States of America	University of Illinois	College of Nursing
 United States of America	Yale University	Yale School of Nursing

* In collaboration with Student Affairs Office & Faculty of Health and Social Sciences

Clinical Placements

Pre-Clinical Workshop (PCW)

To strengthen students' clinical senses and practical skills, a Pre-Clinical Workshop (PCW) was introduced for Year 3 students from the 53482 BSc (Hons) Mental Health Nursing programme. This 5-day workshop was offered as a clinical placement for students to fulfill 40 clinical hours out of the 1,640 clinical hours stipulated in the programme curriculum.

Students attended the PCW prior to their clinical placement to reinforce the wide-ranging clinical knowledge and skills required, such as an orientation on ethics and professionalism, management of violence (MoV), ward routine, first-aid, de-escalation skills, basic principles in medication management, and so on.

Both hospital clinical coordinators and students agreed that the PCW equips students for clinical practice and reduces their anxiety about working in real clinical settings.





Clinical Partners

A total of 53 clinical partners, including hospitals under the Hospital Authority, private hospitals, government departments, non-government organisations and corporations collaborated with the School to provide clinical placement opportunities for both general nursing and mental health nursing students in 2015.

List of clinical partners in 2015



Public Hospitals Under Hospital Authority

Kowloon West Cluster

(The main supporting cluster for the clinical placement)

- Princess Margaret Hospital
General Nursing
- TWGHs Wong Tai Sin Hospital
General Nursing
- Caritas Medical Centre
General Nursing
- Kwai Chung Hospital
Mental Health Nursing
- Our Lady of Maryknoll Hospital
General Nursing
- Yan Chai Hospital
General Nursing

Kowloon Central Cluster

- Queen Elizabeth Hospital
General Nursing
- Kowloon Hospital
General Nursing & Mental Health Nursing

Kowloon East Cluster

- United Christian Hospital
General Nursing & Mental Health Nursing
- Tseung Kwan O Hospital
General Nursing

Hong Kong East Cluster

- Pamela Youde Nethersole Eastern Hospital
General Nursing & Mental Health Nursing
- Ruttonjee Hospital & Tang Shiu Kin Hospital
General Nursing
- Tung Wah Eastern Hospital
General Nursing

Hong Kong West Cluster

- Queen Mary Hospital
General Nursing & Mental Health Nursing

New Territories East Cluster

- Prince of Wales Hospital
General Nursing
- North District Hospital
General Nursing
- Shatin Hospital
Mental Health Nursing
- Alice Ho Miu Ling Nethersole Hospital
Mental Health Nursing

New Territories West Cluster

- Tuen Mun Hospital
General Nursing
- Pok Oi Hospital
General Nursing
- Castle Peak Hospital
Mental Health Nursing



Private Hospitals

- Hong Kong Sanatorium & Hospital
General Nursing



Government Departments

- Public Health Nursing Division, Department of Health
General Nursing
- Tobacco Control Office, Department of Health
General Nursing



Corporation

- Sun Hung Kai Properties
General Nursing



NGOs

- Alumni Association of Nursing Studies
General Nursing
- Association for Engineering and Medical Volunteer Services
General Nursing
- Centre for Gerontological Nursing, School of Nursing, PolyU
General Nursing
- College of Nursing, Hong Kong
General Nursing
- Community Health Organisation for Intervention, Care and Empowerment Limited
General Nursing
- Community Services Sub-Committees of the Federation of PolyU Alumni Associations Limited
General Nursing
- Cross-university Collaboration (The Hong Kong Polytechnic University School of Nursing, The Chinese University of Hong Kong, The University of Hong Kong, City University of Hong Kong)
General Nursing
- Fong Shu Chuen District Elderly Community Centre
General Nursing
- The Family Planning Association of Hong Kong
General Nursing
- Hong Kong Kidney Foundation Limited
General Nursing
- Hong Kong Red Cross Blood Transfusion Service
General Nursing
- Hong Kong Society of Nephrology
General Nursing
- Playright Children's Play Association
General Nursing
- Rotary Club of New Territories
General Nursing
- The Lok Sin Tong Benevolent Society, Kowloon
General Nursing
- The S.K.H. Holy Carpenter Church District Elderly Community Centre
General Nursing
- The Salvation Army Yau Ma Tei Multi-service Centre for Senior Citizens
General Nursing
- TWGHs Integrated Centre on Smoking Cessation
General Nursing
- University Health Service, The Hong Kong Polytechnic University
General Nursing
- Wong Tai Sin District Healthy and Safe City
General Nursing
- "World Diabetes Day 2014" activities of the Preparatory Committee for Hong Kong Station
General Nursing
- Baptist Oi Kwan Social Service
Mental Health Nursing
- Hong Kong Lutheran Social Service, Lutheran Church - Hong Kong Synod, Evergreen Lutheran Centre
Mental Health Nursing
- Long Ke Training Centre, Wu Oi Christian Centre
Mental Health Nursing
- New Life Psychiatric Rehabilitation Association
Mental Health Nursing
- Richmond Fellowship of Hong Kong
Mental Health Nursing
- The Hong Kong Jockey Club Drug InfoCentre
Mental Health Nursing
- The Providence Garden for Rehab, Hong Kong Sheng Kung Hui Welfare Council Limited
Mental Health Nursing

Interdisciplinary Research

Three Research Themes

The School aims to become internationally recognised for excellence in applied research, teaching and community healthcare services, and is already renowned for its research in the following areas:

Research Theme	Ageing and Health	Family and Community Health	Transitional, Supportive & Palliative Care
Theme Leader	Prof. Claudia Lai	Prof. Alice Yuen Loke	Prof. Frances Wong
Research Priority Areas	<ul style="list-style-type: none"> Community and long-term care Care of the frail older person Dementia care 	<ul style="list-style-type: none"> Child and adolescent health Family and women's health Mental health* Disaster nursing* 	<ul style="list-style-type: none"> Symptom management in cancer, palliative care and life-limiting illnesses Traditional Chinese medicine and complementary therapies* Models of care delivery
Related Centres	Centre for Smart Health		
	Centre for Gerontological Nursing	<ul style="list-style-type: none"> WHO Collaborating Centre for Community Health Services Squima International Centre for Infection Control* 	

* Developing themes encompassing high priority areas in the school to become independent themes in the future



Research Theme Leader

Claudia Lai (Prof.)

Professor

*BHS (C.Sturt); MN (Tor.); PhD (HK); PRegDip(N) (HK Poly); RM (HK); RN (HK);
SCM (UKCC); SRN (UKCC) ; FAAN*



Ageing and Health

Researchers in this group are dedicated to advancing nursing practices and education, nurturing nurse leaders for the future, and improving community and long-term care for the elderly population in Hong Kong.

Main research areas:

- Frailty with a focus on developing models that can characterize frailty over time and improve the quality of life of frail older people and their families.
- Community and long-term care with a focus on improving the physical and psychological well-being and quality of life of older people and their families.
- Dementia care with a focus on developing innovative interventions to enable people with dementia to manage their behavioural and psychological symptoms.

Completed projects in 2015

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration	Funding Source	Total Grant (HK\$)
Effectiveness of Non-pharmacological Interventions for Residents with Sleep Disturbance in Nursing Homes: A Systematic Review	Dr Enid Kwong	24 Months	Mainland University Joint Supervision Scheme	188,000
An Exploratory Study on the Effect of Horticultural Therapy for Mentally Handicapped Adults	Prof. Claudia Lai	21 Months	Hong Kong Association of Therapeutic Horticulture Limited	50,000

New projects in 2015

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration	Funding Source	Total Grant (HK\$)
The Effectiveness of A Pressure Ulcer Prevention Programme for Older People in For-profit Private Nursing Homes: A Cluster Randomised Controlled Trail	Dr Enid Kwong	24 Months	Health and Medical Research Fund (HMRP)	875,000
A Study to Review Clinical Practice Issues of the Aged Homes of the Yuen Yuen Institute to Enhance Quality Residential Care	Prof. Claudia Lai	12 Months	The Yuen Yuen Institute Social Service Department	496,447
A Cross-cultural Study of Comparision of the Burden of Caring for People with Dementia	Prof. Claudia Lai	18 Months	Departmental Earnings Account	455,734

Research Theme Leader

Alice Yuen Loke (Prof.)

Professor & Associate Head (Postgraduate Education)
*PhD [The University of Hong Kong-Community Medicine and Behavioral Science];
 MN & BSN [Louisiana State University Medical Center [USA]; RN (HK)*



Family and Community Health

This research theme embraces a health orientation, focusing on populations at health risk, and on health promotion for all in the context of family, school and community.

Main research areas:

- Family and adolescent health with a focus on identifying health risks and developing early preventive interventions for all.
- Mental health with a focus on development and implementation of high-quality research and programmes to enhance understanding of mental health and improve mental health care services.
- Disaster nursing with a focus on disseminating disaster knowledge and information; developing and evaluating resilience strategies; and establishment of a repository for disaster nursing research.
- Infection control with a focus on advancing infection control practices and strategies.

Completed projects in 2015

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration	Funding Source	Total Grant (HK\$)
Flight Simulator in Modern Nursing Education: An Intelligent Training System for Nasogastric Tube Placement	Dr Thomas Choi	36 Months	General Research Fund	725,000
An Evaluation of the Effectiveness of Adherence Therapy for Patients with Schizophrenia: A Randomized Controlled Trial	Prof. Wai-tong Chien	27 Months	Health and Medical Research Fund (HMRP)	611,120
Risk and Protective Factors of Adolescents Mental Health in Hong Kong: A Community-based Screening Survey	Dr Yim-wah Mak	36 Months	Internal Competitive Research Grant (CRG)	240,821
Examining the Effectiveness of a Mindfulness-based Illness Management Program for Chinese Patients with Schizophrenia: A Pilot Study	Prof. Wai-tong Chien	9 Months	Central Research Grant	105,000
Theater Production Advocating Smoke-free Life by School Health Ambassadors: A Controlled Trial Study	Prof. Alice Yuen Loke	35 Months	Central Research Grant	105,000
Prevalence of Carriage and Characterisation of Strains of Staphylococcus Aureus from Elderly Living in the Community	Dr Margaret O'Donoghue	18 Months	Squima International Centre for Infection Control	100,000
Testing the Psychometric Properties of a Chinese Version of Dementia Management Strategies Scale among Family Caregivers in Hong Kong	Prof. Wai-tong Chien	14 Months	Health and Medical Research Fund (HMRP)	79,992

New projects in 2015

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration	Funding Source	Total Grant (HK\$)
Individual, Acceptance and Commitment Therapy in smoking cessation for people with schizophrenia: A randomized control trial	Dr Yim-wah Mak	36 Months	RGC General Research Fund	1,025,000
A Biometeorological Indices-based Spatiotemporal System for Forecasting weather-related Disasters and Demands for Accident and Emergency Services	Prof. Alice Yuen Loke	24 Months	Central Research Grant (Postdoctoral Fellowship Scheme)	700,000
An Evaluation of the Effectiveness of a Mindfulness-based Illness Management Programme for Chinese People with Schizophrenia: A Randomised Controlled Trial	Prof. Wai-tong Chien	25 Months	Health and Medical Research Fund (HMRF)	653,270
A Randomized Controlled Trial of Problem-solving Based Bibliotherapy Program for Family Caregivers of People with Schizophrenia Spectrum Disorders	Prof. Wai-tong Chien	24 Months	RGC General Research Fund	513,784
Associations between Lifestyle Behaviors and Psychosocial Health Conditions in Hong Kong Adolescents: A cross-sectional and Cross-cultural study	Dr Regina Lee	18 Months	Departmental Earnings	300,000
Evaluation of a Conceptual Framework for Identifying of a Disaster Resilience Workforce	Dr Olivia Fung	24 Months	Departmental General Research Fund	300,000
The Development of the Chinese Health Improvement Profile (CHIP) and its Efficacy in Improving the Physical Health of People Diagnosed with Severe Mental Illness	Dr Daniel Thomas Bressington	24 Months	Start-up Fund for New Recruits	269,400
The Process of Decision Making on Mode of Delivery among Women Living in Hong Kong	Prof. Alice Yuen Loke	12 Months	Departmental General Research Fund	136,929
Work Engagement of Nurse Aides at Long-term Care Institutions: Its Relationship with Work Stress, Job Satisfaction and Intension to Leave	Dr Kin Cheung	16 Months	One-line Budget	130,104
Preliminary Studies to Determine Acceptability and Feasibility of Use of Alcohol Products for Hand Hygiene and Evaluation of an Education Programme for Improving Hand Hygiene Compliance and Reducing Hand and Near-patient Environmental Contamination in Elderly Subjects in Long Term Care	Dr Margaret O'Donoghue	9 Months	One-line Budget	101,956
Experience of Post-discharge Community Life of Patients with Mental Illness from The Integrated Community Centre for Mental Wellness (ICCMW): A Qualitative Exploration	Dr Vico Chiang	12 Months	Health and Medical Research Fund (HMRF)	79,920

Graduated Research Students in 2015

Student Name	Award	Project Title	Funding Source
Jeffery Ho	PhD	Characterisation of Nasal Colonization and Hand Contamination of Food Handlers with Staphylococcus Aureus and Investigation of Virulence and Resistance Determinants of Isolates	Chief-supervisor: Dr Margaret O'Donoghue Co-supervisor: Dr Maureen Valerie Boost
Qiuping Li	PhD	The Feasibility and Effects of a 'Caring for Couples Coping with Cancer (4Cs)' Programme to Support Couples Coping with Cancer as a Unit	Chief-supervisor: Prof. Alice Yuen Loke Co-supervisor: Dr Yim-wah Mak & Dr Wan-chaw Shae
Rose Yuk Pui Chan	PhD	The Effect of Chinese Herbal Medicine for Treatment of Allergic Rhinitis: A Randomized Controlled Trial	Chief-supervisor: Prof. Wai-tong Chien Co-supervisor: Mr Sonny Tse

Research Theme Leader

Frances Wong (Prof.)

Professor [& Associate Dean (FHSS)]
BSc(Nursing) (St.Olaf); MA(Ed), PhD (CUHK); Dip(NEd) (RCN); RN; SRN



Transitional, Supportive & Palliative Care

The group's research priority is in three areas:

- Transitional care with focus on models of care delivery and chronic disease management.
- Supportive and palliative care with a focus on symptom management in cancer and life-limiting illnesses.
- Supportive care with a focus on traditional Chinese medicine and complementary therapies.

Completed projects in 2015

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration	Funding Source	Total Grant (HK\$)
Design and Evaluation of Effects of Peer Education Intervention Program on Healthy Eating in Elementary Schools	Dr Marian Wong	31 Months	Health and Medical Research Fund (HMRF)	517,300
The Predictive Value of Auricular Reflective Points and the Metabolic Syndrome (MS) in Chinese Population	Dr Lorna Suen	29 Months	Departmental General Research Fund	150,000
Adoption of Health Promoting Lifestyle among Chinese Breast and Colorectal Cancer Survivors during the First 5 Years after Completion of Treatment	Dr Shirley Ching	18 Months	Health and Medical Research Fund (HMRF)	80,000

New projects in 2015

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration	Funding Source	Total Grant (HK\$)
A Randomised Controlled Trial to Assess the Effectiveness and Cost Effectiveness of Acupuncture in the Management of Chemotherapy-induced Peripheral Neuropathy	Prof. Alex Molasiotis	24 Months	Health and Medical Research Fund (HMRF)	969,700
Building Resilience in the Nursing Student Workforce: Qualitative Study among Nursing Students in Hong Kong	Dr Shirley Ching	12 Months	Sigma Theta Tau International	38,772.50
Investigation of Sleep Quality and Executive Functioning in Hong Kong Adolescents	Dr Janice Ho	12 Months	Start-up Fund for New Recruits	290,400

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration	Funding Source	Total Grant (HK\$)
Existential Loneliness of the Frail Older Adults and Their Caregivers: A Cross-cultural Study	Dr Betty Chung	24 Months	Dean's Reserve	203,913
Learning from and with Each Other: Seminars in the Global Classroom	Dr Engle Angela Chan	12 Months	Dean's Reserve	153,600
Comparison of Respiratory Protection and Comfort of Different Types of N95 Masks during Nursing Procedures in a Simulated Clinical Setting	Dr Lorna Suen	18 Months	One-line Budget	150,000
Building Resilience in Nursing and Health Care Student Workforce	Dr Shirley Ching	24 Months	Departmental General Research Fund	149,235
Effects of a Multiple-component Program to Reduce Sedentary Behaviors Among Young Adults: A Randomized Controlled Trial	Dr Paul Lee	24 Months	Central Research Grant	105,000
The Experiences for Receiving Auriculotherapy for Osteoarthritis Knee: A Randomised Controlled Feasibility Study	Dr Lorna Suen	24 Months	Central Research Grant	105,000
Assessment of In-use Reliability of N95 Respirators for Respiratory Protection of Health Care Workers	Dr Lorna Suen	21 Months	Hong Kong Infection Control Nurses' Association	93,500
Can the wActiSleep-BT Accelerometer Accurately Measure Total Sleep Time, Awake Time After Sleep, and Sleep Efficiency?	Dr Paul Lee	12 Months	Health and Medical Research Fund (HMRF)	80,000

Graduated Research Students in 2015

Student Name	Award	Project Title	Supervisors
Xiaobin Lai	PhD	A Nurse-led Care Program on Quality of Life and Health Care Utilization for Cancer Patients in a Chemotherapy Day Center: A Randomized Controlled Trial	Chief-supervisor: Dr Shirley Ching Co-supervisor: Prof. Frances Wong
Xingjuan Tao	PhD	The Effects of a Nurse-led Case Management Program on Home Exercise Training for Hemodialysis Patients: A Randomized Controlled Trial	Chief-supervisor: Dr Susan Chow Co-supervisor: Prof. Frances Wong

Research Centres

Four research centres were established to facilitate and support inter-disciplinary research underpinning teaching and practice development by research theme members and other PolyU and non-PolyU collaborators.



Centre for Gerontological Nursing



Centre Director
Prof. Claudia Lai

Dedicated to the promotion of elderly health and their families through endeavours in research, practice and education in various healthcare settings.



Deputy Centre Director
Dr Enid Kwong



Centre for Smart Health



Centre Director
Dr Thomas Choi

Devoted to research and development towards smart health through innovations and technology.



Squina International Centre for Infection Control



Centre Director
Dr Lorna Suen

Assumes a leading role in the advancement of the specialty of infection control through professional development and training of health care professionals; conducting research to enhance the prevention and control of infection; and community education to promote healthy behaviours and foster healthy environments.



Deputy Centre Director
Dr Margaret O'Donoghue



World Health Organization Collaborating Centre for Community Health Services



Centre Director
Prof. Alex Molasiotis

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



Deputy Centre Director
Dr Regina Lee

World-Leading and High-Impact Publications

Prevalence and Correlates of Unmet Supportive Care Needs in Patients with Resected Invasive Cutaneous Melanoma



Alex Molasiotis (Prof.)

Angel S.P. Chan Lau Professor in Health & Longevity

Chair Professor of Nursing and Head

Director of WHO Collaborating Centre for Community Health Services

PhD [Birmingham (U.K.)]; MSc [Hull (U.K.)]; BSc [Iraklio, Greece]; RGN (1st Level); RN (U.K.)

Many people die each year because melanoma has risen worldwide. For instance, 12,818 new cases of melanoma were diagnosed, with 2,203 deaths reported in the UK in 2010. Mortality rates increase proportionally with age, but a relatively large number of deaths occur in young people. Surgery is the most common curative measure chosen, but for patients with advanced melanoma there is currently no curative therapy available. Knowledge of the unmet supportive care needs of patients after definitive treatments of stage I-III cutaneous melanoma is relatively limited. Together with other academics from the UK and Australia, Prof. Alex Molasiotis studied the unmet needs of melanoma patients treated with surgery and examined various factors correlated with these needs to help health professionals figure out areas that require clinical attention.

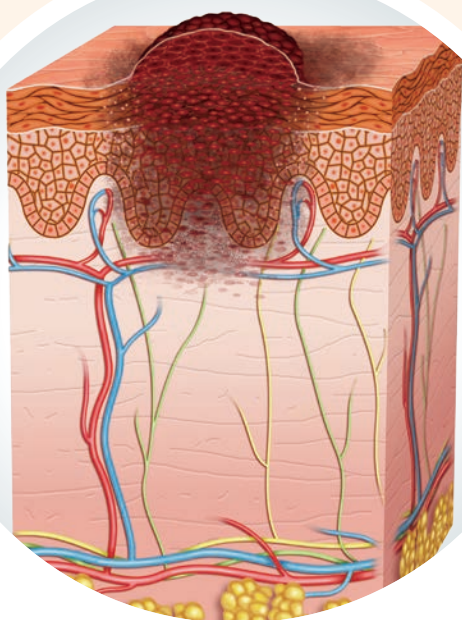
This research study carried out a cross-sectional multisite survey of UK patients 3 months to 5 years after completing stage I-III cutaneous melanoma resection. Participants completed the three validated questionnaires in: (1) the Supportive Care Needs Survey (SCNS-SF34 with melanoma module); (2) the Hospital Anxiety and Depression Scale, and (3) the Functional Assessment of Cancer Therapy – Melanoma quality-of-life scale. A total of 472 participants joined with a mean age of 60; among them, 255 were female. Specifically, there were a total of 34 items in five domains for the SCNS-SF34 applied in this study, namely: psychological, health system and information, physical and daily living, patient care and support, and sexuality needs.

Fears of cancer returning, future uncertainty, insufficient information about risk of recurrence and understanding about possible outcomes for the spreading of melanoma were the most frequently stated unmet needs from the

participants. The study investigated the unmet supportive care needs of patients with invasive melanoma, with and without lymph node involvement after surgery follow-up, and explored variables associated with such needs. Low energy levels, anxiety, and depression were only slightly higher than among healthy controls. These results suggest that a significant number of patients showed higher levels of psychological distress (and anxiety in particular) requiring clinical assessment.

Recognising patients' needs can assist clinical practitioners to prioritise interventions. Sociodemographic factors such as younger age, leaving school at an early age, or social class; clinical characteristics including primary lymph node involvement, reflecting a more advanced stage and poorer prognosis; and the presence of anxiety or





depression were the associated factors found in the study for unmet needs. Higher quality of life tends to mean fewer unmet needs. Understanding patients' unmet needs could help to improve their quality of life. Patients with lymph node involvement have higher unmet needs. Patients leaving high school before 18 and those with emotional or social difficulties were particularly at risk of psychological distress and unmet needs requiring more clinical attention and psychosocial support. Around one quarter of melanoma patients may have unmet support needs in the mid to long term after primary treatment. In particular, younger, less educated, and distressed patients, as well as those with less active social lives, could benefit from more support.

Identifying characteristics that placed people at high risk of unmet needs, even when some are outside the control of healthcare providers, enables clinicians to identify at-risk subgroups of patients and customise clinical and support services to these particular subgroups. The implementation of supportive care needs screening in regular practice in patient follow-ups helps provide a more person-centred approach in caring and

improving services that directly address unmet needs. This also facilitates referrals and linkages with other services available in the hospital or in the community. The BPS model is a good way of explaining unmet needs, showing that demographic (personal), clinical (biological), psychological and social factors all play a role in combination, although different factors are associated with different types of needs.

In conclusion, patients with resected melanoma appear to enjoy a higher level of quality of life with a low level of unmet needs.

Molassiotis, A., Brunton, L., Hodgetts, J., Green, A.C., Beesley, V., Mulatero, C., Newton-Bishop, J.A. & Lorigan, P. (2014). Prevalence and correlates of unmet supportive care needs in patients with resected invasive cutaneous melanoma. *Annals of Oncology*, 25(10), 2052-2058. doi: 10.1093/annonc/mdu366

[Journal's impact factor = 7.040]

Interventions for Cough in Cancer (Review)

Cough is a distressing common symptom in patients with malignancies, especially in patients with lung cancer. Cough is not well controlled in clinical practice, and clinicians have few management options to treat it. There is an urgent need to evaluate the available evidence on the management of cough in cancer to provide evidence-based recommendations for the management of this symptom and to provide some direction for future research. Hence, Prof. Alex Molassiotis and Dr Jing-Yu Tan from the School of Nursing, The Hong Kong Polytechnic University worked together with Dr Chris Bailey from School of Nursing, University of Southampton and Prof. Ann Caress from School of Nursing, Midwifery & Social Work, University of Manchester to conduct an extensive literature review and analyse the data from the existing studies in this area.

Seventeen studies yielded data for the evaluation of cough management in cancer patients in order to improve practice recommendations. The primary objective of the study was to determine the effectiveness of interventions, both pharmacological and non-pharmacological, (other than chemotherapy and external beam radiotherapy) in the management of cough in malignant disease (especially in lung cancer). Among them, eight of the studies were about the use of brachytherapy (a technique where a radiation source is placed inside the bronchus in the lung for lung cancer or next to the area requiring treatment), use of laser resection or photodynamic therapy (a treatment that uses a drug plus a special type of light to kill cancer cells). Nine studies assessed the effects of a number of different medications, including codeine and morphine. Randomised controlled trials (RCTs) and clinical trials (quasi-experimental trials and trials where there is a comparison group but no mention of randomisation) were selected in participants with primary or metastatic lung cancer or other cancers. Two review authors were independently assessed with the titles and abstracts of all studies for inclusion, and extracted data from all included studies independently before reaching consensus. A third review author arbitrated on any disagreement. Meta-analysis was not attempted due to the heterogeneity of the studies.

Overall, the research was of poor quality with significant methodological problems, thus no credible evidence was available in the literature to guide practice. Acknowledging these limitations, brachytherapy was found to be helpful in a variety of radiation doses in selected patients. Some pharmacological treatments were found to be helpful, in particular morphine, codeine, dihydrocodeine, levodropropizine, sodium cromoglycate and butamirate citrate linctus (a cough syrup), although all studies had significant risk of bias and some reported side effects. No practice recommendations could be drawn from this review. There is an urgent need to increase the number

and quality of studies evaluating the effects of interventions for the management of cough in cancer.

For this update, no additional trials were identified for inclusion. Two ongoing trials were identified but no study results were available. No new trials were included since the publication of the original version of this review, while 11 new studies that were identified were eventually excluded from the review. Therefore, conclusions remain unchanged. No practice recommendations can be drawn from this review. There is an urgent need to increase the number and quality of studies evaluating the effects of interventions for the management of cough in cancer.

The results of this review update show the significant research gap that exists in relation to cough management. This is common in palliative care research, with most Cochrane reviews of similar topics providing little useful data despite being well conducted (Wee 2008), and with the existence of a limited number of RCTs and good quality observational studies (Hadley 2009).

Future research should focus on developing methodologically sound and sufficiently powered studies testing pharmacological (and potentially non-pharmacological) interventions for the management of cough in cancer patients. Accurate and reliable assessment of cough is urgently required, and the development and testing of the necessary measures is a priority. Objective cough counts could be used as an outcome measure of cough. Samples should be carefully selected to be homogeneous for a number of clinical characteristics that might be implicated in the development of cough. Studies should also assess the impact of the interventions on patients' quality of life, rather than on the frequency or severity of cough alone. The impact of the intervention may extend to improvements in other symptoms that are present concurrently with cough (for example night time length and quality of sleep, breathlessness, or anxiety), and such symptoms could be used as secondary outcomes. Essentially, what is needed is a higher investment in research on this distressing symptom, and closer, more effective collaboration between respiratory, speech pathology, and oncology clinicians and researchers to improve the management of cough in cancer patients.

Molassiotis, A., Bailey, C., Caress, A. & Tan, J.Y. (2015). Interventions for cough in cancer. *Cochrane Database of Systematic Reviews* 2015, Issue 5. Art. No.: CD007881. doi: 10.1002/14651858.CD007881.pub3

[Journal's impact factor = 6.035]



Mindfulness-based Psycho-education Programme: A Promising Approach for Chinese Patients with Schizophrenia



Wai-tong Chien (Prof.)

Professor & Associate Head (Research)

PhD (KCL); MPhil (CUHK); PGDip NEdu (HKPU); BN (Hons, CUHK); RMN (HK); RTN (HK); FHKAN



Conventional psycho-education programmes for people with schizophrenia have been shown to reduce patient relapse and enhance their adherence to medication. However, the effects of these psycho-education programmes on patients' awareness of and insight into illness or its treatment, as well as their functioning, are inconclusive in schizophrenia. Prof. Wai-tong Chien (with Prof. David R. Thompson) conducted a randomised controlled trial to test the effects of a mindfulness-based psycho-education programme (so-called 'MBPP') for Chinese patients with schizophrenia on a variety of clinical outcomes.

The findings of this controlled trial provide support for the MBPP as a promising intervention approach in schizophrenia, therefore the MBPP appears to be an effective alternative community-based intervention for Chinese people with schizophrenia, compared with the conventional psycho-education programme or usual psychiatric outpatient care.

The study was a multi-centre randomised controlled trial with a repeated-measures design to compare patient outcomes between three study arms/groups (i.e., the MBPP group, the psycho-education group and the usual psychiatric care group), undertaken in Hong Kong between August 2010 and March 2013. It was conducted with 107 outpatients with schizophrenia, of whom 36 and 35 received a 6-month MBPP and a conventional psycho-education programme (CPEP) respectively, and 35 received routine psychiatric care only. All participants were followed up over 24 months, regardless of whether the intervention was completed or not. Patient outcome measures were the severity of psychotic symptoms, level of functioning, perceived social support, insight into illness/treatment, and frequency and duration of psychiatric re-hospitalisations.

The MBPP consisted of seven components in three phases, where individuals were requested to practise

their intention regularly, focus awareness on their self-body sensations, thoughts and feelings, and to engage in mindful walking starting from the early stages; they were then assisted in selecting self-empowering and constructive perspectives for working with negative/distressing thoughts and feelings during the later sessions. The MBPP helped the participants to enhance their self-acceptance by addressing their cultural needs and relieving their guilt related to the illness and its symptoms. The study helps us answer some of the queries of mindfulness intervention studies that have been carried out by global scholars/researchers; one of them was whether mindfulness practice can provide insight, acceptance and motivation to self-manage the illness and its (positive and negative) psychotic symptoms for patients with schizophrenia. The findings provide guidance for future research in this area.

Schizophrenia is quite a common mental illness in today's society, where people encounter a wide variety of difficulties in their lives. This controlled trial offers an alternative treatment method, MBPP, for this group of patients with moderately severe psychotic symptoms; hence, it can reduce the medical costs of community rehabilitation of people with schizophrenia. Nevertheless, increased social and self acceptance and better self-management of illness among those with severe mental illness may be effective ways of yielding improvements in the illness condition, without further increased demands or costs in terms of community health services and/or medication use.

Chien, W.T., & Thompson, D.R. (2014). Effects of a mindfulness-based psycho-education programme for Chinese patients with schizophrenia: two-year follow-up. *British Journal of Psychiatry*, 205, 52-59. doi:10.1192/bjp.bp.113.134635

[Journal's impact factor = 7.991]

The Association between Time Spent in Sedentary Behaviours and Blood Pressure: A Systematic Review and Meta-Analysis



Paul Lee (Dr)

Research Assistant
Professor

*BSocSc (HKU); PhD (HKU);
PStat*

In order to examine the association between sedentary behaviours and adverse health outcomes, Dr Paul Lee and Prof. Frances Wong conducted a systematic review and meta-analysis on the association between the time spent in sedentary behaviours and blood pressure (BP). Sedentary behaviours are waking behaviours with low energy expenditure similar to a resting level while sitting for a range of purposes, such as work, travel, and screen-based activities (i.e. computer usage, playing electronic games and watching TV).

This systematic review and meta-analysis included a total of 31 good-quality papers identified in PubMed, MEDLINE, and Web of Science that were published before August 2014. Among these papers, 18 found no association (58.1%). Pooled effects from 28 papers revealed that an additional hour spent in sedentary behaviours was associated with an increase of 0.06mmHg in systolic blood pressure (SBP) and of 0.20mmHg in diastolic blood pressure (DBP), whereas the odds ratio of having high BP with an additional hour of time spent on sedentary behaviours per day was 1.02.

High BP can lead to various health problems. It causes more than 9 million deaths worldwide annually, and leads to stroke, myocardial infarction, heart failure, cancer, type two diabetes mellitus, etc.

This review showed that watching TV was the most common sedentary behaviour, and had been widely investigated for its association with BP. TV watching is regarded as a passive activity. Audiences tend to pay more attention to a TV screen than to video or computer screens. Research studies revealed that TV watching is one cause of the increase in body mass index (BMI). Diet quality was also assessed in the study, with the result showing that a healthy diet can alleviate the depressive symptoms caused by sedentary behaviours. In this study,



Dr Lee and Prof. Wong concluded that TV watching, screen time usage and total sitting time were associated with BP.

The limitations of this study are that we could not accurately identify the types of accelerometer-measured sedentary behaviours. Because the effect of TV watching may have been diluted by other types of sedentary behaviours that were less likely to affect dietary habits, such as reading, this may explain why accelerometer-measured time spent in sedentary behaviours showed no associations with SBP and DBP.

The main conclusion is that, in addition to the well-known risk factors of hypertension, such as modifying one's diet, engaging in regular physical exercise, and controlling one's body weight, prolonged sedentary behaviour is also an important factor. Reducing the amount of time we spend in sedentary behaviours could be effective in controlling our blood pressure, and most importantly reducing our risk of mortality.

Lee, P.H. & Wong, F.K.Y. (2015). The association between time spent in sedentary behaviors and blood pressure: a systematic review and meta-analysis. *Sports Medicine*, 45(6), 867-880.

[Journal's impact factor = 5.038]

A Virtual Reality Based Simulator for Learning Nasogastric Tube Placement



Thomas Choi (Dr)

Associate Professor

BSc(Hons); MPhil; PhD

Nasogastric tube (NGT) placement is a common clinical procedure where a plastic tube is inserted into the stomach through the nostril for feeding or drainage. However, the placement is a blind process in which the tube may be mistakenly inserted into other locations, leading to unexpected complications or fatal incidents. The placement techniques are conventionally acquired by practising on unrealistic rubber mannequins or on humans. Dr Thomas Choi Kup-Sze and his team have proposed a virtual reality-based training simulation system to facilitate the training of NGT placement. It focuses on the simulation of tube insertion and the rendering of the feedback forces with a haptic device. To enhance the realism of the simulation, a hybrid force model is developed to compute the forces analytically or numerically under different conditions, and to simulate complex interactions during the insertion of the NGT, including situations when the patient is swallowing or when the tube is buckled at the nostril due to suboptimal tube-nostril alignment.

To ensure real-time interactive simulations, an offline simulation approach is adopted to obtain the relationship between the insertion depth and insertion force using a non-linear finite element method. The offline dataset is then used to generate real-time feedback forces by interpolation.

The virtual training process is logged quantitatively with metrics that can be used for assessing objective

performance and tracking progress. The system has been evaluated by nursing professionals. They found that the haptic feeling produced by the simulated forces is similar to their experience during real NGT insertion. The proposed system provides a new educational tool to enhance conventional training in NGT placement.

Choi, K.S., He, X., Chiang, V.C. & Deng, Z. (2015). A virtual reality-based simulator for learning nasogastric tube placement. *Computers in Biology and Medicine*, 57, 103-15.



[Journal's impact factor = 1.24]

Research Publications

* Reporting Period (1 July 2014 to 30 June 2015)

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Chan, K.L., Wong, A.S.W., Tam, E. & **Tse, M.M.Y.** (2015). Testing the smart phone and its mobile application using behavior among older adults in Hong Kong: An exploratory study. *Global Science and Technology Forum*.

Chan, L.N. & **Lai, C.K.Y.** (2014). The Effect of Patient Education With Telephone Follow-up on Wound Healing in Adult Patients With Clean Wounds: A Randomized Controlled Trial. *Journal of Wound, Ostomy and Continence Nursing*, 41(4), 345-355. doi: 10.1097/WON.0000000000000047

Chan, M.F. & **Wong, F.K.Y.** (2014). The risk factors for hospital re-admission in medical patients in Singapore. *Health & Social Care in the Community*, 22(5), 488-496. doi: 10.1111/hsc.12108

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Chan, S.S.C., Cheung, Y.T.D., Leung, D.Y.P., **Mak, Y.W.**, Leung, G.M. & Lam, T.H. (2014). Secondhand Smoke Exposure and Maternal Action to Protect Children from Secondhand Smoke: Pre- and Post-Smokefree Legislation in Hong Kong. *PLoS ONE*, 9(8), 1-9. doi:10.1371/journal.pone.0105781

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Chan, Z.C.Y. (2014). Nursing problem-based learning activity: Song writing and singing. *Nurse Education in Practice*, 14(4), 380-384. doi:10.1016/j.nepr.2014.01.012

Chan, Z.C.Y. (2014). Students' and experts' perspectives on three learning and teaching activities. *Nurse Education in Practice*, 14(5), 449- 454. doi:10.1016/j.nepr.2014.03.002

Chan, Z.C.Y. (2015). Policy matters: medical education for whom? Are locally or globally trained doctors best? *Medical Education*, 49(1), 7-9. doi: 10.1111/medu.12614

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School Activities

School Special Event of the Year



The 2nd Hong Kong Innovation Day

Symposium

Diabetes Symposium 2015



7

February

25-27

February

4

March

25

November

9

December

Symposium



The 4th Cross-Border Elderly Care

Workshop



Roadshow and Workshop on Music Therapy



Seminars

Ebola Control in West Africa and Elsewhere

Prof. Didier Pittet
University of Geneva
Hospitals, Switzerland



Curriculum development
Strategies and a case of
demonstration

Professor Maritta Välimäki
Department of Nursing Science
Faculty of Medicine
FINLAND



Curriculum Development (CD)
– Strategies and a Case for
Demonstration

Prof. Maritta Välimäki
University of Turku, Finland

8

January

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January

21

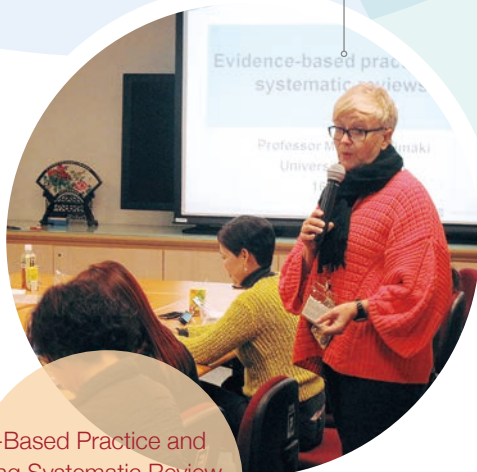
January

11

February

Evidence-based practice
systematic reviews

Professor Maritta Välimäki
University of Turku, Finland



Evidence-Based Practice and
Conducting Systematic Review

Prof. Maritta Välimäki
University of Turku, Finland

Exploring the art of nursing
through enabling nursing to
have the courage to care
during their workplace
experience

Ms Maria Mackay – Senior Lecturer – College of Health Sciences
Feb 2015



Exploring the Art of Nursing through Enabling
Nursing to Have the Courage to Care during
Their Workplace Experience?

Ms Maria Mackay
University of Wollongong, Australia

Open Access Publications

Prof. Roger Watson

University of Hull, UK



11

February

12

February

Writing Qualitative Papers

Prof. Mark Hayter

University of Hull, UK



12

February

11

March



Facilitating a Culture of Positive Learning through Practice Development - Seminar Overview

Ms Maria Mackay

University of Wollongong, Australia



Opportunities and Challenges in Practicing Midwifery in Australia

Ms Allison Cummins

University of Technology, Australia

Seminars

Creating A Student-centered
Learning & Teaching
Environment

Dr Chin-Nu Lin

University of Southern
Mississippi, USA



Testing the Effectiveness of
Psychological Therapies

Prof. Thanos Karatzias

Edinburgh Napier University, UK

14

April

3

June

18

September

23

September



Psychological Therapies
for Childhood & Adulthood
Psychological Trauma

Prof. Thanos Karatzias

Edinburgh Napier University, UK

University Nursing Education in the Next Decade

Prof. Margaret Grey

Yale University, USA

Prof. Karen Luker

University of Manchester, UK

Prof. Emily Ang

National University of Singapore, Singapore



Feminization of Aging: Implications for Policy, Practice, Education, and Research

Prof. Patricia Davidson
Johns Hopkins University, USA



Advance Practice Nursing: The Nurse Practitioner in Canada and North America

Ms Barbara Fox
The University of Victoria School of Nursing, Canada

5

November

19

November

20

November

18

December



Building Resilience in Nurses: The Results of An Open Trial of A Mindful Self-care and Resiliency (MSCR) Prevention Intervention

Prof. Desley Hegney
The University of Southern Queensland, Australia



Utilising Computer Graphical Modelling for the Design of Orthopaedic Implants

Dr Beat Schmutz
Queensland University of Technology, Australia

Visitors

University of Wollongong
Australia



Metropolitan University College
Denmark



3-23
February

10
February



23
February



6
March



United Nations Office for
Disaster Risk Reduction
(UNISDR) for Asia and Pacific



The University of
Washington
USA

The University of Technology, Sydney
Australia



Sun Yat-sen University
Mainland China



11
March



20
March



27
March



17
April



Griffith University
Australia

Deakin University
Australia



Visitors



40 health professionals and
nurses from Shenzhen
Mainland China

Edinburgh Napier
University
UK



22
April



28
April



8
May



18
May



National Taipei University of
Nursing and Health Sciences
Taiwan



MacEwan University
Canada

Okayama Prefectural University
Japan



University of Wollongong
Australia



19
May



2
June



12
June



15
June

University of Southern
Mississippi
USA



Edinburgh Napier University
UK



Visitors

San José State University
California, USA



Edinburgh Napier University
UK



8
July



10
August



11
September



14
September



Haute École De Santé Vaud
Switzerland



Oxford Brooks University
UK



Okayama Prefectural University
Japan

University of Applied Sciences
of Western Switzerland
Switzerland



14

September



14

September



16

September



13

October

The University of Sydney
Australia



Fujian University of Traditional
Chinese Medicine
Mainland China



Visitors

University of Manchester
UK



University of Victoria
Canada



2

November



3

November



17

November



19

November



Sun Yat-Sen University
Mainland China



Bergen University College
Norway



Chiang Mai University
Thailand



9

December



10

December



University of the Highlands
and Islands
UK

Forthcoming Conferences

2016

9th International Council of Nurses (ICN) International Nurse Practitioner / Advanced Practice Nursing Network (INP/APNN) Conference

Confirmed Keynote Speakers:

- Sophia Chan, PhD, RN, FAAN
Under-Secretary for Food and Health, Government of the Hong Kong Special Administrative Region, Hong Kong
- Frances Day-Stirk
President, International Confederation of Midwives
- Glenn Elizabeth Gardner, RN, PhD, FRCNA, HFACNP
Professor of Nursing, Queensland University of Technology, Australia
- Ann Baile Hamric, PhD, RN, FAAN
Associate Dean, Academic Programs and Professor, School of Nursing, Virginia Commonwealth University, Richmond, VA, USA

To read more, please visit the conference website at



<http://www.icn-inpapn2016.org/>

Date:

9-11 September 2016

Venue:

Hong Kong Convention and Exhibition Centre, Hong Kong

Key Theme:

Advancing nursing,
Advancing health:
Emerging possibilities



2017

20th East Asian Forum of Nursing Scholars (EAFONS)

Date:

9-10 March 2017


Venue: Hong Kong

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