



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

2020



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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 to 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 Rankings 2021
- 25th in the QS Asia University Rankings 2021
- 75th in the QS World University Rankings 2021
- 200th in the Best Global Universities Rankings 2020
- 195th in the University Ranking by Academic Performance 2019/20
- 129th in the Times Higher Education World University Rankings 2021
- 24th in the Times Higher Education Asia University Rankings 2020
- 28th in the Times Higher Education Asia-Pacific University Rankings 2019
- 19th in the Times Higher Education Young University Rankings 2020
- 17th in the Ranking of Top Universities in Greater China 2019



Facts & Figures *(as of October 2020)*

Full-time Staff

5,256

Total Student Enrollment

26,245

Head's Message

2020 was designated as the Year of the Nurse. And what a year it was! Early last year, COVID-19 spilled across mainland China's border, and what had begun as a local public health emergency quickly turned into a global pandemic with an unprecedented impact on the entire world. Amid fear and uncertainty, our students and graduates of the MSc in Disaster Nursing programme responded to the emergency and stood on the front lines to save lives and halt the spread of the virus. In Hong Kong, the School organised selected nursing teams to support the Government's Universal Community Testing Programme, which aimed at detecting asymptomatic COVID-19 patients. Once again, I would like to express my appreciation to our disaster nursing students and graduates for the tremendous courage and professionalism they demonstrated. We are all immensely proud of you! SN teams, thank you for defending us in the community against the virus.

I am glad to see the outstanding contributions made by two SN research teams against COVID-19. The prototype of the 'Blended Gaming COVID-19 Training System' was developed within weeks, under the leadership of Dr Angela Leung. The system was selected as a government-commissioned project, with over HK\$1.2 million in development funding. If proved effective, the innovation might be used widely in local elderly homes to enhance infection control practice among healthcare workers and reduce the infection risk of residents. Dr Simon Lam's efforts in testing the quality of face masks and giving recommendations for the sourcing and bulk purchasing of reliable masks for protecting users have earned him trust and credibility in the field of infection control. His team has received a grant worth HK\$4.7 million to establish a high-standard testing laboratory for examining the quality of filtering materials, such as those used in face masks. More tests will be done to map out the trends in face mask quality during and after the pandemic.

Another big event in 2020 was the re-designation of the School's World Health Organization Collaborating Centre (WHO CC) for Community Health Services and the steering of the centre towards healthy ageing. This move is our response to the WHO's 'Decade of Healthy Ageing' (2020-2030), and we are honoured to have the opportunity to be part of the global action for improving the health and lives of older people and their families.

The strength of the School in promoting optimal health for the elderly was also shown in the participation of Prof. Frances Wong's team in the Faculty's HK\$10-million multi-disciplinary study on detecting, preventing and intervening in local elder abuse cases. We were also thrilled to hear that Dr Daphne Cheung's team has secured over HK\$5.3 million to support their study on the effectiveness of the 'Stand-alone Therapeutic Music-with-Movement Programme' for people with cognitive impairment.

Furthermore, two of our PhD students, Ms Shan-shan Wang and Mr Laurence Parial, managed to shine amid the pandemic gloom. Shan-shan is the first PhD student from the School to be awarded the 'Fulbright-Research Grants Council (RGC) Hong Kong Research Scholar Award', which financed her studies at Johns Hopkins University. Laurence received a Doctoral Award from the National Hartford Center of Gerontological Nursing Excellence.

This annual report records the achievements of our colleagues and students during the pandemic. Looking back over the past year, I am happy to see how many of you took the opportunities to demonstrate the core values of nursing, to embark on innovations, initiatives or collaborations, and to strengthen our areas of expertise for future development. With our faculty of highly dedicated members, I am sure that we will find our way through this period of challenges and uncertainty.



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

MOTTO

To excel in nursing for the well-being of mankind.
創新護理 惠澤全人。

VISION

To further excel the School's leadership in research and education to impact on nationally important and globally relevant healthcare issues.
發揮學院在研究和教育上卓越的領導地位，加強其影響力，應對本地和國家着重及全球相關的醫療保健服務議題。

MISSION

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

培養世界一流，有高識遠見的學者和畢業生，以促進護理科學和服務的發展，並預期及推動改變，回應不斷變化的健康挑戰。

Facts & Statistics (as of December 2020)

TOTAL:

80

1 Chair Professor
of Nursing

3 Professor

15 Associate
Professor

20 Assistant Professor /
Research Assistant
Professor

7 Senior Teaching
Fellow / Senior
Clinical Associate

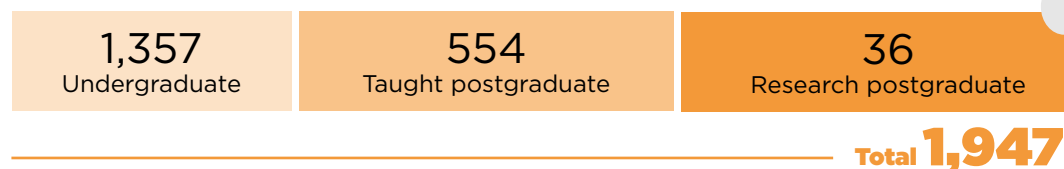
27 Teaching Fellow /
Clinical Associate

1 Advanced Practice
Nurse

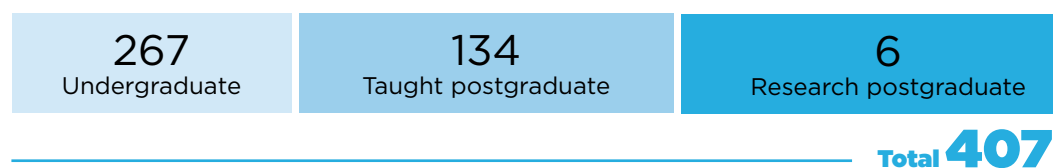
5 Clinical Instructor

Employment Rate of Nursing Graduates in 2019

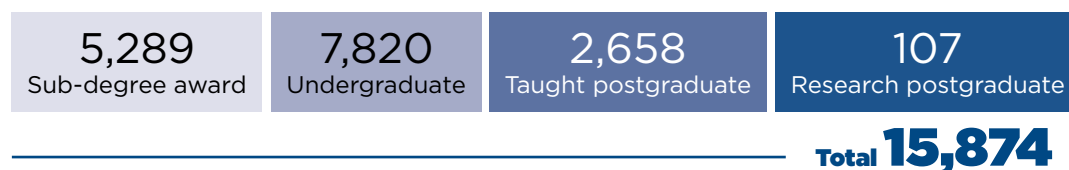
Number of Students (Current)



Number of Graduates in 2020



Total Number of Graduates



99.4%

Bachelor of Science (Hons) in Nursing

100%

Bachelor of Science (Hons) in Mental Health Nursing

Research Output in 3 Years (July 2017 - June 2020)

HK\$ 26,893,815
Externally funded projects



HK\$ 3,103,121
Consultancy projects

HK\$ 29,996,936

Publications in 3 Years (July 2017 - June 2020)

450
Publications in international journals

14
Publications in local / Chinese journals

16
Books and book chapters

Total no. of publications

480



Academic Staff List

(as of December 2020)

1

Chair Professor

Alex Molasiotis (Prof.)

Angel S.P. Chan Lau Professor in Health and Longevity
Chair Professor of Nursing and Head of the School

2

Professor

Alice Yuen Loke (Prof.)

Associate Head (Postgraduate Education)

Frances Wong (Prof.)

Associate Dean (Faculty of Health and Social Sciences)

Thomas Choi (Prof.)

3

Associate Professor

Engle Angela Chan (Dr)

Associate Head (Undergraduate Education)

Kin Cheung (Dr)

Vico Chiang (Dr)

Shirley Ching (Dr)

Angela Leung (Dr)

Sau-fong Leung (Dr)

Justina Liu (Dr)

Yim-wah Mak (Dr)

Margaret O'Donoghue (Dr)

Harry Qin (Dr)

Lorna Suen (Dr)

Mimi Tse (Dr)

Lin Yang (Dr)

Jerry Yeung (Dr)

John Yuen (Dr)

4 Assistant Professor

Choi-wan Chan (Dr)
Eileen Cheng (Dr)
Daphne Cheung (Dr)
Joyce Chung (Dr)
Eva Ho (Dr)
Grace Ho (Dr)
Janice Ho (Dr)
Patrick Kor (Dr)
Rick Kwan (Dr)
Simon Lam (Dr)
Paul Lee (Dr)
Vivian Ngai (Dr)
Arkers Wong (Dr)
Grace Xie (Dr)

5 Research Assistant Professor

Teris Cheung (Dr)
Katherine Lam (Dr)
Winsome Lam (Dr)
Doris YP Leung (Dr)
Yan Li (Dr)
Stefanos Tyrovolas (Dr)

6 Senior Teaching Fellow

Kitty Chan (Dr)
Sijian Li (Dr)
Cynthia Wu (Dr)

7 Senior Clinical Associate

Kevin Leung
Edmond Tong
Kitty Wong
Annie Yip

8 Teaching Fellow

Katherine Chang (Dr)
Betty Chung (Dr)
Odile Thiang

9 Clinical Associate

Bessie Chan
Esther Chan
Frankie Chan
Wai-shan Chan
Elaine Cheung
Sharon Cheung (Dr)
Oscar Chung
Jeff Fung
Keith Fung
Bryan Ho
Jacqueline MC Ho
Lily Ho (Dr)
Sukki Ho (Dr)
Tommy Hung (Dr)
Ellen Ku
Timothy Lai
Echo Lau
Shirley Lo (Dr)
Phyllis Pang
Joyce Tang
Fionca Tse
Hon-fat Wong
Ivy Wong
Wai-kit Wong (Dr)

10 Advanced Practice Nurse

Rainbow Lee (Dr)

11 Clinical Instructor

Frankie Cheung
Sophia Chow
Ka-yan Ko
Wing-sum Ng
Angel Tang

Highlights of the Year

Combating COVID-19

At the epicentre of the outbreak



▲ At the epicentre of the outbreak, our students and graduates fought together against COVID-19.

On 25 January, the first day of the Chinese New Year, one of our students was among the first group of medical teams from Sichuan to arrive in Wuhan, mainland China, the epicentre of the COVID-19 outbreak. By the end of April, 134 students and graduates of our Master of Science in Disaster Nursing programme had fought on the front lines against COVID-19. Among them, some had been serving in hospitals in Wuhan or elsewhere in Hubei, where they were assigned to care for COVID-19

patients. Some were deployed to the coronavirus epicentre to support the already exhausted medical staff. Others joined the COVID-19 teams in their provinces, making efforts to prevent the spread of the new virus. We are very proud of our students and graduates, who were at the forefront of the fight and applied their disaster nursing skills and infection control knowledge in the face of an unprecedented challenge.

Supported community testing

In Hong Kong, the School of Nursing organised a 135-strong nursing team (including our staff members, alumni and senior year nursing students) to support the Government's Universal Community Testing Programme for COVID-19. Launched in September, this two-week testing programme aimed at achieving early detection and timely isolation of asymptomatic patients.



▲ Dr Simon Lam preparing participants for the fit test of a given respirator.



▲ Team members attended workshops to refresh their knowledge of infection control and PPE.



▲ At the community testing centre, our team was committed to serving local residents with professionalism and a smile.



◀ Prof. Shum, Dean of FHSS and Prof. Loke visited the Java Road Testing Centre to show our support to the team.

To enhance the preparedness and safety of our teams, 12 half-day workshops were offered to refresh the team members' knowledge of infection control, personal protective equipment, and skill in taking a combined nasal and throat swab.

Our nursing team served four community test centres. Two high-level government officials visited the testing centres we served to give encouragement to our team.



▲ Prof. Sophia Chan, Secretary for Food and Health, visited the testing centre at North Point Government Primary School to give encouragement to our team.



▲ We received thank you messages expressing appreciation to our nursing teams.

Investigated the particle filtration efficiency of face masks

Amid increasing demand for face masks in the Hong Kong community, one of our academic staff members, Dr Simon Lam, carried out a research study to estimate the particle filtration efficiency (PFE) of face masks, based on samples of 160 brands from different sources and countries. The test was conducted using a self-established system that included two optical aerosol spectrometers. The result, published in the *American Journal of Infection Control* 2020 (48, 964–965), showed that about 43% of the tested face masks demonstrated insufficient filtration performance at 0.3 μm . The findings attracted considerable local media attention and have provided information for the sourcing and bulk purchasing of reliable masks for protecting their users. It is estimated that the study has benefitted over 5,000 healthcare workers and more than 150,000 members of the public in their infection control efforts.



▲ Dr Simon Lam testing the particle filtration efficiency of face masks.

Continuous research effort

Our team of infection control experts set up a video library of best practices in infection control, developed guidelines for health and safety, and conducted a number of research studies on COVID-19. In the early stages of the outbreak, Dr Lin Yang collaborated with the clinicians in Wuhan and reported clinical data from those COVID-19 patients in several international journals. Our research team was among the first to study and report the epidemiological characteristics of COVID-19 in mainland China and other Asian countries.

Dr Lin Yang has published 39 papers about COVID-19 in high-impact international journals, including *Clinical Infectious Diseases*, *the Journal of Infection*, and the *Journal of Travel Medicine*. In particular, her study¹ on the clinical outcomes of pregnant women with COVID-19 infection at delivery has over 200 citations. Dr Yang has been collaborating with overseas researchers to evaluate the impact of social distancing measures across countries.

Li N, Peng M, Han LF, Lv YX, Ouyang Y, Liu K, Yue LL, Li QN, & **Yang L**. (2020) Maternal and neonatal outcomes of pregnant women with COVID-19 pneumonia: a case-control study. *Clinical Infectious Diseases*. doi: 10.1093/cid/ciaa352



International Ranking



The School holds steady in rankings



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

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

The table below shows our scores in details:

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

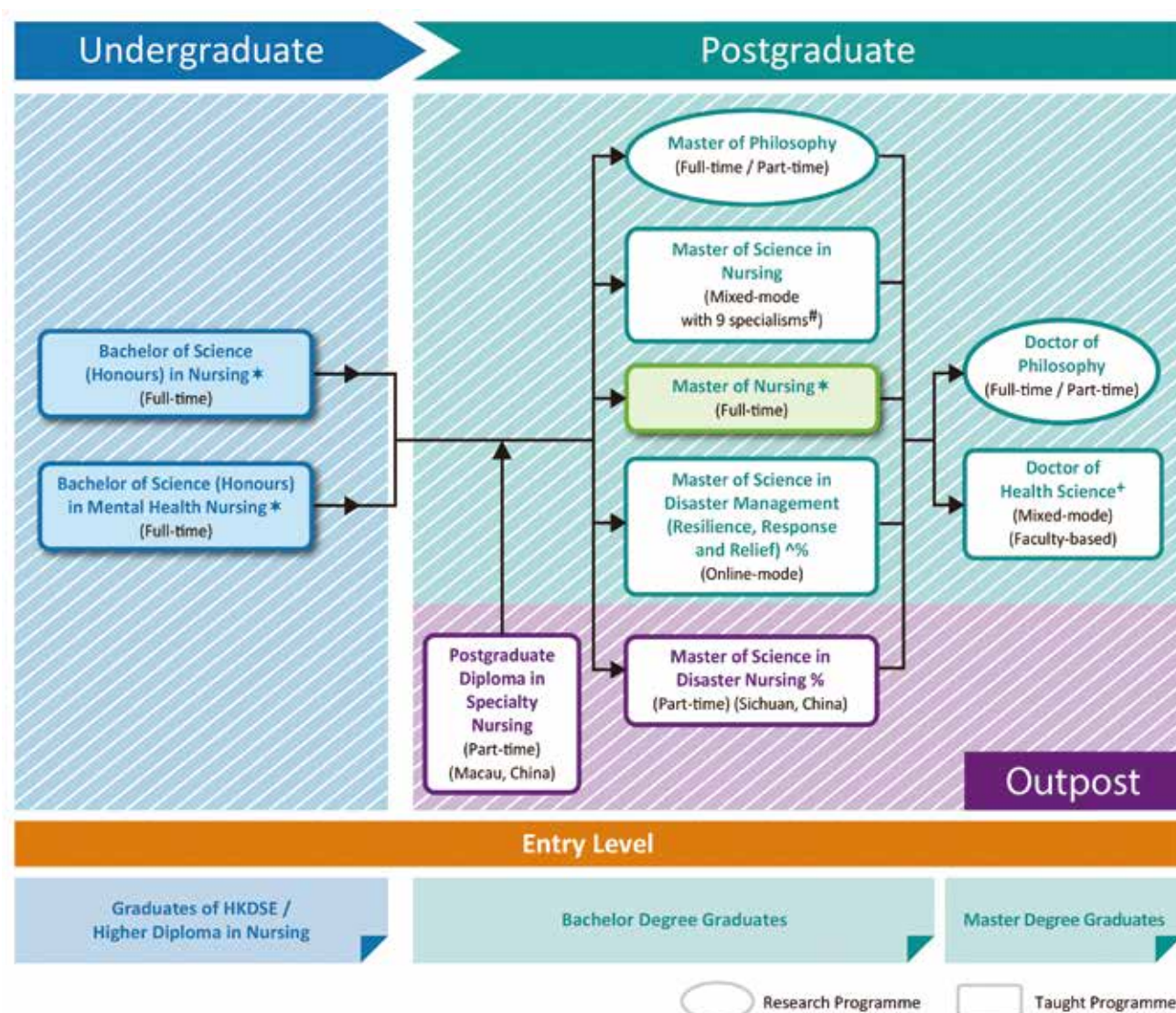
Data retrieved from <https://www.topuniversities.com/university-rankings/university-subject-rankings/2020/nursing>

Academic Development

The School has been preparing outstanding students for challenging careers in nursing for four decades. It was Hong Kong's first tertiary educational institution to offer a nursing degree programme, and remains a pioneer in nursing education in Hong Kong. Two

undergraduate degree programmes and eight postgraduate programmes are offered, aiming to produce all-round graduates with well-honed abilities to communicate, make decisions, lead and innovate.

Chart of Programmes



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

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

^ This programme is a purely distance learning course.

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

% Last intake in 2019

New MOOC course on frailty in daily living

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

This four-week, free online course was offered by the HKPolyUx and delivered via the edX* platform. It aimed to enhance local and global audiences’ understanding of frailty and promote frailty management. The instructors from our School introduced the theories, risk and protective factors,

assessment methods, and interventions in frailty, as well as the association between frailty, cognitive functions and nutrition. The course was open to global audiences, and over 680 learners enrolled.

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



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



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

Learners made positive comments about the course, such as:

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

Bruce McChullough

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

Specialisation in Chinese Medicine in Nursing to the bachelor's degree programmes

According to the Chief Executive's 2018 Policy Address, the first hospital specialising in Chinese medicine will be opened in 2024/2025. About 300 nurses will be needed to offer Chinese medicine service in the new hospital. To cater to these needs, the School is developing a new specialisation ("area of concentration") in Chinese Medicine in Nursing for its undergraduate students. This specialisation will equip our graduates with adequate knowledge and skills, as well as interprofessional collaborative competencies for effective communication and professional services in this distinct health care setting. The new specialisation is planned to be launched in the 2021/22 academic year.

Diverse online teaching and learning experiences during the period of social unrest and the pandemic

The School has been offering different modes of online learning during the months of class suspension due to social unrest and the outbreak of the pandemic. Teachers and students have been making good use of information technology to diversify their learning experiences and fulfill their learning expectations.

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

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

The student academic advisors have also been communicating with our students regularly via Blackboard Collaborate Ultra and MS Teams, to give them emotional support and guidance throughout this special period.



Strategies and evaluation

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

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

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



Effectiveness of online teaching and student feedback

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

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



For the service learning subjects, students' online engagement was generally high. Online senior peer supervision helped create good dynamics among student groups. Students' work was submitted on time and was of good quality.



▲ Student leaders worked online to produce posters and booklets about COVID-19 for health promotion services in developing countries.



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

Research Development

Development of an evidence-based protocol to tackle elder abuse



Hong Kong's ageing population and diminished observance of Confucian filial piety are contributing to the increasing rate of elder abuse in the city. To tackle this trend, PolyU received a generous donation from the Lee Hysan Foundation for a four-year interdisciplinary research project to create Hong Kong's first evidence-based practice protocol to detect, intervene in, and prevent elder abuse cases.

The research study is led by Prof. Frances Wong, the Co-Principal Investigator [Dr Arkers Wong and Dr Shirley Lo are team members], and Dr Elsie Yan (Co-Principal Investigator of the project; Associate Head, PolyU's Department of Applied Social Sciences).

The research team is expected to provide preventive and interventional strategies and perform general health screening and cognitive screening, as well as training social and health care professionals to give health education and service referrals. One full-time registered nurse and two full-time social workers, supported by a multi-disciplinary team (including our nursing students) will use the case management approach to deliver the service to those who are



confirmed or at risk of elder abuse. It is estimated that the study, to be launched next year for four years, will benefit 1,500 elders in the community, 1,200 caregivers, 600 social and health care professionals and students by equipping them with the knowledge needed to detect elder abuse.

Research achievement of projects with total grants over HK\$1 million

Dr Daphne Cheung

Total Grant: HK\$5,362,643

Innovation and Technology Fund for Better Living, Ho Cheung Shuk Yuen Charitable Foundation & School of Nursing, PolyU



Dr Daphne Cheung was funded HK\$4,748,643 by the Innovation and Technology Fund for Better Living, HK\$500,000 from the Ho Cheung Shuk Yuen Charitable Foundation and HK\$114,000 from the School of Nursing, PolyU for her project titled *"A Stand-alone Therapeutic Music-with-Movement Programme for People with Cognitive Impairment"*.

Project Information:

The project is to develop a stand-alone tablet-based music interactive programme for the elderly with cognitive impairment. The research group will create an intelligent cloud-based platform to track the health conditions and engagement levels of elderly people by using motion sensing technology. The

programme will motivate the elderly to participate in the music intervention by adopting multi-sensory stimulation and augmented reality technology. The engagement data will be used to adjust the regimen of the intervention and expand the usage of the music intervention to benefit more elderly people in the community through the engagement of nursing students in the use of the portable programme. Through this project, the research group will help staff and family caregivers to deliver the music intervention programme with the use of assistive technology. It is estimated that around 1,000 elderly, 140 staff or family caregivers and 200 nursing students will benefit from this project.



Dr Simon Lam

Total Grant: HK\$4,722,000

Hip Seng Quality Advancement Centre Company Ltd (under New World Construction Company Ltd)

Dr Simon Lam was funded HK\$4,722,000 by the Hip Seng Quality Advancement Centre Company Ltd (under the New World Construction Company Ltd) for his project titled *“Establishment of Testing Laboratory and Investigation of the Trends of Quality of Filtering Face Masks During and After the COVID-19”*.



Project Information:

According to the benefit of “masking” as a public health intervention, mass masking is expected to intercept the transmission link of COVID-19 in the face of limited alternatives to combat this novel epidemic in the community setting. The latest evidence also indicates that face masks help prevent the transmission of human coronaviruses and influenza viruses from symptomatic individuals, thus an increasing number of healthcare authorities have recommended the use of face masks in public spheres for self-protection and the protection of others. Consequently, Hong Kong people started a mass surge of surgical masks locally and nationally. This has presented a golden opportunity for the producers

of large quantities of fake masks and protective gear to flood the market ever since the beginning of the pandemic.

However, there is no local unit available to estimate and investigate the quality of filtering face mask based on the ASTM F2100-19 standard, and no study is investigating the trends of that quality during and after the COVID-19 pandemic. This establishment of a comprehensive testing laboratory and investigation of the quality of face masks in the market is timely and important to the community in infection control and combatting COVID-19 and future respiratory infectious diseases.

		ASTM F2100-19		
		Level 1	Level 2	Level 3
Barrier Testing	BFE % ASTM F2101, EN 14683	≥95	≥98	
	PFE % ASTM F2299	≥95	≥98	
	Synthetic Blood ASTM F1862, ISO22609	Pass at 80 mmHg	Pass at 120 mmHg	Pass at 160 mmHg
Physical Testing	Differential Pressure EN 14683	<5.0 mmH ₂ O/cm ²		<6.0 mmH ₂ O/cm ²
Safety Testing	Flammability 16 CFR Part 1610	Class 1 (≥ 3.5 seconds)		
	Microbial Cleanliness ISO 11737-1	Not required		
	Biocompatibility ISO 10993	510 K Guidance recommends testing to ISO 10993		
Sampling ANSI/ASQC Z1.4 ISO 2859-1		<ul style="list-style-type: none"> AQL 4% for BFE, PFE, Delta P 32 masks for Synthetic Blood (Pass = ≥29 passing, Fail = ≤28 passing) 14 masks for Flammability 		

Dr Rick Kwan

Total Grant: HK\$2,918,125

Innovation and Technology Fund for Better Living



Dr Rick Kwan was funded HK\$2,918,125 by the Innovation and Technology Fund for Better Living, for his project titled *“Virtual Reality Motor-cognitive Training for Older People with Cognitive Frailty”*.

Project Information:

Cognitive frailty is a clinical syndrome in which cognitive impairment (e.g., poor memory, visuospatial function) and physical frailty (e.g., slowness, poor muscle strength, and physical inactivity) co-exist. It is prevalent in community-dwelling older people. The progressive decline of cognitive and physical functions restricts older people from participating in activities (e.g., social get-togethers). Reduced participation further jeopardizes their life-space mobility (e.g., ability to travel to areas far away from home). Therefore, those with cognitive frailty are at risk of developing dementia and becoming dependent.

Simultaneous motor-cognitive training is more effective at promoting optimal functioning in older people than motor or cognitive training alone.

Gaming is effective at promoting the motivation to participate. The content of games in the market is unrelated to the context of daily living of the elderly. Currently, the available training is non-simultaneous. This makes it less transferable to the daily life of the elderly and reduces its effects.

Virtual reality (VR) technology can provide a virtual space that mimics the real environment, enabling clients to participate in daily activities in a virtual space. Older people can be trained to improve their cognitive and physical skills in a painless, fun way. However, the immediate effects of employing simultaneous motor-cognitive training on a VR platform to mimic the daily living environment in older people with cognitive frailty in terms of promoting cognitive (e.g., attention, memory) and physical functions (muscle strength) are poorly known. This trial aims to examine the effect primarily on cognitive function and frailty syndrome. If the intervention is effective, future studies should examine its longer-term effects on life-space mobility and risk of dementia.



Dr Angela Leung

Total Grant: HK\$1,276,732

Health and Medical Research Fund

Dr Angela Leung was funded HK\$1,276,732 by the Health and Medical Research Fund (HMRF) for her project titled *"Blended Gaming COVID-19 Training System (BGCTS) with WHO guidelines for Staff in Residential Care Homes: A Cluster Randomized Controlled Trial"*.



Project Information:

The prototype of the training system was selected as one of the COVID-19 research projects commissioned by the Food and Health Bureau of the Hong Kong government. Hong Kong's and perhaps the world's first interactive and blended learning training system aims to overcome non-adherence to infection control practice among health care workers in elderly homes.

The system is created based on international infection prevention and control guidelines, as well as the settings of local elderly homes, to engage users

in 'realistic' game scenarios for decision making, such as choosing appropriate personal protection equipment. Face-to-face training sessions will be given to the system users to ensure that they apply the appropriate knowledge and skills. A clustered randomised controlled trial will be carried out. If proven effective, the system will be used territory-wide to enhance infection control practice among healthcare workers against COVID-19.



▲ The system is designed considering the settings of local elderly homes to give users 'realistic' experiences for making decisions.



Knowledge Transfer: PolyU new N95 respirators-Patent filed and debuted in palliative care centre

PolyU has filed a patent at the Patents Registry, Intellectual Property Department, Hong Kong Government, for the unique 'adjustable elastic straps' of the new N95 surgical particulate respirators, developed and validated by Dr Simon Lam and his team* (filer's ref: HK32020021992.3) and a license agreement was signed on 11 January 2021 between PolyU Technology and Consultancy Company Ltd. and Vannex International Limited, which sets the ground for bulk manufacturing of the respirators for commercial and clinical uses.

Traditional N95 respirators have non-adjustable stripes and do not fit well on Chinese people. During the COVID-19 pandemic, shortage in the supply of traditional N95 respirators has turned healthcare workers to spend long hours in wearing N95 nano-fiber masks, particularly those with ear loops and clips to protect themselves against the novel virus. These tight fitted masks have left many healthcare workers with pain, pressure sores or bruises. Dr Lam had the same experience in the battle against SARS in 2003 when he was a nurse on the coronavirus frontline. Determined to find the solution, Dr Lam led our team of nursing and infection control experts to develop new N95 respirators.

The uniqueness of our new respirators lies in their innovative PVC (synthetic rubber) adjustable elastic straps that allow users to fit the respirators according to their facial contour and head size to optimise fit rates. All models of our new N95 respirators are certificated with FFP3 or FFP2 standards (highest respirator standards-at least 99% or 94% filter capacity in removing of all particles that are 0.3/0.4 microns in diameter or larger).

Our new N95 respirators were debuted in the Haven of Hope Sister Annie Skau Holistic Care Centre (基督教靈實協會靈實司務道寧養院), a centre providing palliative and elderly care, and have received very positive feedback. Dr Lam and his team performed fit tests with the new respirators on over 100 centre's staff and the new N95 respirators were proven outstanding. 'The fit rates of traditional N95 respirators are about 60% for Chinese people. The two models of new respirators obtained very good fit rates at 87% and 88%,' said Dr Simon Lam. Dr Paul

Wong, Deputy Medical Superintendent of the holistic care centre commented in a letter of appreciation to the School that 'the usability of these respirators, e.g., optimal tightness, comfort level and prolonged usage, were all satisfactory and better than any conventional model.'

Meanwhile, Dr Lam's team has provided samples of the new respirators to the Hospital Authority (HA) Head Office, hospitals under HA, and some private hospitals for trial and examination. 'The new respirators will certainly play an important role in protecting ten thousands of our healthcare professionals in hospitals and clinics, as well as healthcare workers in the community,' said Dr Simon Lam.

* Dr Simon Lam (Principle Investigator and Deputy Director of the School's Squina International Centre for Infection Control) and our team of nursing and infection control experts including: Dr Lorna Suen, Dr Sukki Ho, Ms Ka-Yan Ko, Mr Timothy Lai, Mr Keith Fung, and Ms Wing-sum Ng.



◀ PolyU new N95 respirators with unique adjustable elastic straps.



▶ Our team of nursing and infection control experts discussed how to improve the usability of the new respirators.

Collaboration and Networking

RTHK Community Involvement Broadcasting Service (CIBS): *Health GPS*

To implement the Community Involvement Broadcasting Service (CIBS), Radio Television Hong Kong (RTHK) provides a platform for the community, non-government organisations and the underprivileged to participate in broadcasting. Community organisations or individuals can produce their own radio programmes to promote social benefits such as social inclusion and civic-mindedness to the community. To enhance the education and health of the public, the School successfully bid on a 13-episode programme from the CIBS, naming it '*Health GPS*'. The programme serves as the healthcare navigator guiding audiences through four life stages, including "students with enthusiasm for entering the healthcare industry, i.e. how to become a nurse", "health tips for white collar workers", "caring trips for parents" and "health tips for caregivers." A group of nursing students from the School volunteered to host the programme. Our teachers, alumni and representatives from our collaborative partners were invited as guest speakers on the programme. The programme aired on RTHK Radio AM 621 every Friday from 8:30 p.m. to 9 p.m. from 10 April to 3 July 2020.



▲ Nursing students from the School volunteered to host the programme.

WHO Collaborating Centres steering the focus towards healthy ageing



◀ (Top left) **Prof Alex Molasiotis**, Angel S.P. Chan Lau Professor in Health and Longevity, Chair Professor of Nursing, Head of the School of Nursing and Director of the WHO CC for Community Health Services; (Top right) **Prof. Sophia Chan**, JP, Secretary for Food and Health, HKSAR Government; (Bottom left) **Dr Hiromasa Okayasu**, Coordinator, Healthy Ageing Data, Strategy and Innovation (DSI), WHO Regional Office for the Western Pacific; and (Bottom right) **Dr Angela Leung**, Associate Professor of School of Nursing and Deputy Director of the WHO CC for Community Health Services.

▶ Group photo of the guests and members of the WHO CC for Community Health Services at the re-designation ceremony.



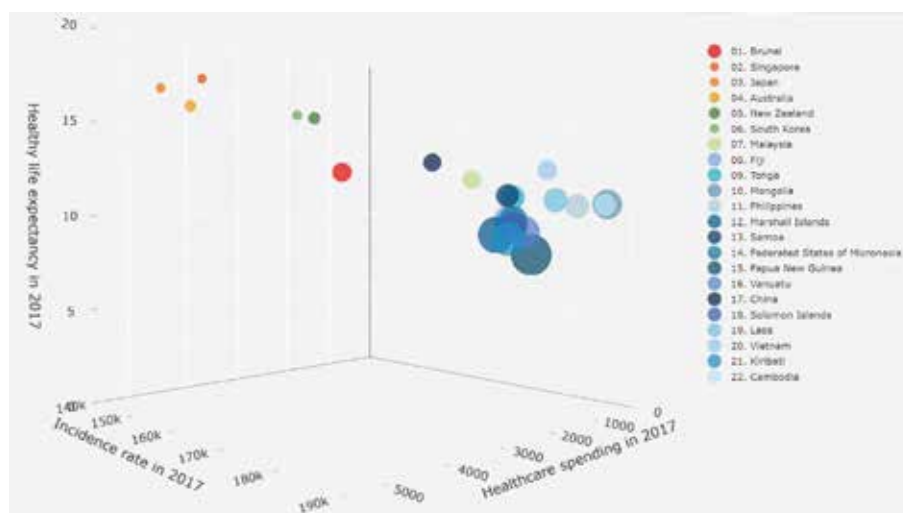
The School of Nursing at The Hong Kong Polytechnic University (PolyU) was re-designated by the World Health Organization (WHO) as a WHO Collaborating Centre (WHO CC) for Community Health Services for a period of four years, to the end of 2023.

A re-designation ceremony was held on 20 November, officiated by Prof. Sophia Chan, JP, Secretary for Food and Health, HKSAR Government; and Dr Hiromasa Okayasu, Coordinator, Healthy Ageing Data, Strategy and Innovation (DSI), WHO Regional Office for the Western Pacific. The ceremony included representatives from PolyU, namely Prof. David Shum, Yeung Tsang Wing Yee and Tsang Wing Hing Professor in Neuropsychology, Chair Professor of

Neuropsychology and Dean of the Faculty of Health and Social Sciences; and Prof. Alex Molasiotis, Angel S.P. Chan Lau Professor in Health and Longevity, Chair Professor of Nursing, Head of the School of Nursing and Director of the WHO CC for Community Health Services.

During the four-year designation period, the Centre will work towards the goals of identifying key indicators of ageing and health in the region, actively promoting and implementing the WHO Guidelines on Integrated Care for Older People (ICOPE) and providing a platform for inter-disciplinary collaboration among healthcare professionals and academia for initiating projects on healthy ageing.

- **Centre study supports integrated care for older people in Western Pacific**



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

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

For the past two months, members of the Centre assisted the WHO in translating the WHO Integrated Care for Older People (ICOPE) protocol into different languages. We also analysed the global data to identify crucial risk factors of the burden arising from age-associated diseases. The results indicate that developing economies have less healthcare

spending per capita, higher incidence rates of non-communicable diseases, shorter healthy life expectancy and a heavier disease burden at older ages than developed countries, despite their ageing populations. The findings support the implementation of evidence-based ICOPE for the Western Pacific Region.

- **Carers' needs and service expectations – A consultancy study to explore the needs and support required of carers of elderly person and of persons with disabilities in Hong Kong for the Labour and Welfare Bureau**

This is a three-stage mixed-method study which collects views from carers, service providers, officers in government departments on carers' needs, service expectations and financial supports to carers. The findings will inform relevant policy development in Hong Kong. The project team includes Dr Angela Leung, Dr Patrick Kor, Dr Daphne Cheung and Dr Doris YP Leung.

- A grant was received from WHO to work with the Cambodian National Institute of Statistics on a consultancy project to develop a themed report from their 2019 Census data on ageing and is expected to complete by March 2021.
- In September 2020, Prof. Alex Molasiotis and Dr Angela Leung were invited to **serve as the experts in gerontology in the WHO Global Network on Long-term care**.
- Prof. Alex Molasiotis and Dr Angela Leung have been invited to be part of the international panel on the ICARE package Delphi consensus process.
- Prof. Alex Molasiotis and Dr Angela Leung participated in the development of the long-term care COVID-19 guidelines developed and published by WHO.
- **Monthly webinars** on embracing ageing in the Western Pacific have been held since November 2020 to connect people who are interested in healthy ageing, and to enable them to acquire new knowledge and share ideas. The speakers of these webinars are WHO CC staff, advisers and invited speakers in Western Pacific Region.

The Chinese Consortium annual education programme

The Chinese Consortium for Higher Nursing Education (The Consortium) annual education programme was held online on 17 October. With the theme 'Enhancing Nurses' Competence in the New Era', the programme brought together 780 teachers and students in Greater China (from 120 institutes) to discuss the challenges and opportunities for higher nursing education in the context of global public health incidents and the age of information communications technology.

The online programme was jointly organised by the School, together with

- the West China School of Nursing, Sichuan University (四川大學華西護理學院); and
- the Nursing Teaching Steering Committee of the Guangdong Tertiary Education and School of Nursing, Southern Medical University (廣東省高等學校護理學專業教學指導委員會暨南方醫科大學護理學院).

Co-organisers included

- the School of Nursing, Fudan University (復旦大學護理學院);
- the School of Nursing, Peking Union Medical College (北京協和醫學院護理學院);
- the Xiang Ya Nursing School, Central South University (中南大學湘雅護理學院);
- the Department of Nursing, Health Science Center, Xi'an Jiaotong University (西安交通大學醫學院護理學系); and
- the School of Nursing, Sun Yat-sen University (中山大學護理學院).

The PolyU team was led by Prof. Frances Wong and supported by Dr Shaoling Wang, Dr Arkers Wong and Dr Rick Kwan (also a plenary speaker). This year, the lectures were focused on four contemporary health care issues: nursing education and clinical nursing development in the context of global public health incidents, the impact of information communications technology on nursing, critical thinking, and interdisciplinary collaboration.

To promote knowledge application, research ability, and creative thinking, participants were required to conduct a group research study on one of the above topics and present the findings. Forty-eight projects were presented. Participants exchanged their ideas and knowledge, and sharpened their research and presentation skills through the activity.

The School led the founding of the Consortium in 2005 and has been its Chief Convenor since 2015. The Consortium provides a platform for research collaboration, academic exchange, and sharing of teaching innovations, resources and training experience among nursing institutions in Greater China. To date, the Consortium has a 97-strong membership of nursing schools.



◀ The PolyU team and the teams of other core member institutions led the participants in exploring current health care issues and global public health incidents. Prof. Alex Molasiotis and Prof. Frances Wong delivered the welcome and closing speeches.

Awards received



Prof. Alice Yuen Loke was inducted to the International Nurse Researcher Hall of Fame by Sigma Theta Tau International Honor Society of Nursing (Sigma) on 23 July in recognition of her contribution to nursing research and significant national and/or international achievements that have influenced the profession and the people she served. This year 19 individuals—representing Australia, Canada, Hong Kong, Taiwan, the United Kingdom, and the United States—are recognised as members of the International Nurse Researcher Hall of Fame.

Dr Rick Kwan has been awarded the Emerging Nurse Researchers and Scholars Award by Sigma. The award recognises early career nurse researchers and scholars from each of the Sigma's seven global regions, whose research or scholarship has impacted the nursing profession.





Dr Grace Xie (PI), **Prof. Alice Yuen Loke**, **Dr Daphne Cheung**, **Dr Angela Leung**, and **Prof. Alex Molasiotis** received the Paul Dudley White International Scholar Award from the American Heart Association in recognition of their contribution to the highest-ranked abstract, entitled “Associations of Sleep Quality with Body Mass Index and Obesity: The Health Needs Assessment Study of Macau Residents”. The award was presented at the Epidemiology and Prevention/Lifestyle and Cardiometabolic Health Conference in March.

SN staff members and students obtained five awards at the East Asian Forum of Nursing Scholars (EAFONS) 2020. **Dr Rick Kwan** and the team (Mr Mian Wong, Ms Alice Xiao, and Ms Ka Lee Chan) and Mr Dauda Salihu (PhD student) received two Outstanding Oral Presentation Awards; **Dr Simon Lam**, Ms Joanna Yin (PhD student) and Ms Xinyi Xu (PhD student) were awarded with Best Poster Presentation Awards. Excellent results!



▲ Top left: Dr Rick Kwan, top right: Dr Simon Lam, bottom left: Ms Xinyi Xu and bottom right: Ms Joanna Yin

Dr Daphne Cheung has received the National Hartford Center of Gerontological Nursing Excellence (NHCGNE) Recognition Programme for Distinguished Educator in Gerontological Nursing award.



PolyU organises the Outstanding Students Award Scheme annually to award full-time final-year students who excel in both academic and non-academic pursuits during their studies. Each year, each School or Faculty will select an excellent student to receive the "Outstanding Student Award".

Mr Tsun-hin Tam, our final year student on the BSc (Hons) in Nursing programme was awarded the Outstanding Student Award of the Department for 2019.





▲ Outstanding Paper Award from the Hong Kong Association of Gerontology



▲ Doctoral Award from the National Hartford Center of Gerontological Nursing Excellence

Mr Laurence Parial, our PhD student (Chief Supervisor: Dr Angela Leung; Co-Supervisor: Dr Simon Lam) has received the Doctoral Award from the National Hartford Center of Gerontological Nursing Excellence for his study entitled "Effects of Dual-Task Zumba Gold on the Cognition of Community-Dwelling Older Adults with Mild Cognitive Impairment: A Feasibility Study and Pilot Randomized Controlled Trial". He also received the Outstanding Paper Award (3rd prize) at the 27th Annual Congress of Gerontology organised by the Hong Kong Association of Gerontology.



Pioneering Education

Admissions



Our undergraduate nursing programmes have remained competitive in the JUPAS admission exercise, and all three postgraduate programmes taking new cohorts of students in this academic year have achieved full enrollment.

The total number of JUPAS applicants for the BSc (Hons) in Nursing programme increased by 4.1%, from 4,673 in 2019/20 to 4,867 in 2020/21. The admission ratio for JUPAS applicants is 1:31*. The JUPAS applicants for the BSc (Hons) in Mental Health Nursing programme increased slightly, by 0.61%, from 3,426 in 2019/20 to 3,447 in 2020/21. The admission ratio for JUPAS applicants is 1:59.

The total number of students admitted to the BSc (Hons) in Nursing programme increased slightly, from 196 in 2019/20 to 198 (5 above the intake quota) in 2020/21. As in the last academic year, 73 students (3 above the intake quota) were admitted to the BSc (Hons) in Mental Health Nursing programme.

The average admission score¹ for the BSc (Hons) in Nursing programme increased to 29.4 (vs. 27.4 in

2019/20), and the score increased to 27.5 (vs. 25.9 in 2019/20) for the BSc (Hons) in Mental Health Nursing programme.

For the self-financed postgraduate programmes, our PgD in Specialty Nursing (Macau), Master of Nursing, and MSc in Nursing programmes achieved full enrollment (the intake quotas for each programme are 30, 40, and 120 respectively). A total of 190 students were admitted to the above programmes. The total number of students admitted to the MSc in Nursing programme increased slightly, from 112 in 2019/20 to 120 this academic year.

There was a considerable increase in the number of applications. Applicants for the PgD in Specialty Nursing programme increased from 24 in 2018/19 to 196; those for the Master of Nursing programme increased to 352 (vs. 282 in 2019/20); and those for the MSc in Nursing programme increased by 31.9%, from 141 in 2019/20 to 186. This leap indicates that health care professionals are increasingly interested in pursuing postgraduate study at PolyU.

*Admission ratio = Intake quota for JUPAS: No. of JUPAS applicants.

¹The average admission score was calculated based on students' results in the Hong Kong Diploma of Secondary Education examination. The results in their four core subjects (Chinese language, English language, Mathematics, and Liberal Studies) plus their best two elective subjects were included to calculate the average admission score.

Student Clinical Learning Experiences

Use of alternative mode of delivery for clinical placement

Owing to the COVID-19 pandemic, the School suspended all clinical placements, including the long consolidation of all final-year students, in January 2020. The School resumed the practicum when the COVID-19 situation was mitigated in June 2020.

The Nursing Council of Hong Kong (the Council) has exempted the total clinical hours by up to 20% (i.e. 280 hours) and accepted all training institutes to use alternative modes of delivery to facilitate the graduation of all final-year nursing students in training on or before 31 December 2020.

The School has presented the use of simulated clinical experiences (SCEs) to replace clinical placement to the Council, and this proposal was well received during the presentations. Training in the alternative mode of delivery covered medical nursing, surgical nursing and specialty nursing, e.g. accident and emergency nursing and paediatric nursing using high-fidelity patient simulators for general nursing students. Master of nursing students were offered a mental health online clinical programme. For mental health nursing students, three special online clinical training programmes (Learning

Disability, Child & Adolescent Nursing and Community Psychiatric Nursing) were offered. PolyU teachers and clinical experts, including a paediatrician, psychiatric nurses, a social worker and a peer support worker were invited as visiting lecturers to share real clinical cases and experiences with the students. All other clinical enhancement workshops have changed to alternative modes, such as written assignments and return-demonstration videos.

The School also provided online lectures and tutorials and skill-based laboratories to reinforce general nursing students' fundamental competencies and psychomotor skills. Extra lectures on COVID-19 were also conducted to enhance students' infection control practices and to prepare them for the challenges of COVID-19 in the future.

The learning objectives of SCEs were aligned with the content of the medical/surgical nursing and specialty placements to achieve the expected competencies. All SCEs were assessed with various modes of assessment, including online quizzes, pre-clinical skill tests, report writing and objective structured clinical assessment (OSCA), as for all clinical subjects.

All nursing students attended four weeks of clinical placement in hospitals under the Hospital Authority before their graduation and after their intensive training. This is a valuable opportunity to take up the challenges of nursing and to serve the public as student health care professionals during the pandemic and before their graduation.

Preparation for clinical placement

The health and safety of our students is always our priority during their clinical placement. Before their clinical placement and with the support of the Faculty of Health and Social Sciences, the School provided all final-year students with additional personal protective equipment (PPE), including disposable gowns, face shields and surgical masks. The final-year students completed their practicum in July without a single COVID-19 infection. The preparation and training to prepare students for the COVID-19 pandemic have successfully challenged all students as competent nurses.

Interdisciplinary Research

Research Themes



The School aims to become internationally recognized 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	Mental Health Care	Transitional, Supportive & Palliative Care
Theme Leader	Dr Angela Leung	Prof. Alice Yuen Loke	Dr Leung Sau Fong	Prof. Frances Wong
Research Priority Areas	<ul style="list-style-type: none"> • Cognitive impairment • Symptom management • Health literacy and gerontechnology • Frailty 	<ul style="list-style-type: none"> • Child and adolescent health • Family health • Community health 	<ul style="list-style-type: none"> • Interventions for people with severe mental illness (SMI) • Challenging relationships, social adversity, and mental health 	<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 with a focus on transitional care and community-based chronic disease management
Related Centres	Centre for Smart Health			
	WHO Collaborating Centre for Community Health Services			
	Centre for Gerontological Nursing	Squima International Center for Infection Control		

A. Ageing and Health



▲ Ageing and Health Research Group.

Research Theme Leader

Dr Angela Leung

Associate Professor

*PhD (HKU), MHA (UNSW), BN (Deakin),
FHKAN (Gerontology), FHKAN (Education
and Research), CADENZA fellow*



The key research foci of the group are around four areas: cognitive impairment, symptom management, health literacy and gerontechnology, and frailty. Researchers in this theme are dedicated to advancing nursing practice and education, nurturing nurse leaders for the future, and improving community and long-term care for the older population in Hong Kong and Chinese societies.

Main research areas:

- Building scientific evidence for nursing practice and impacting policy on the ageing population.
- Strengthening research collaboration with international and regional partners in research, practice and education.
- Nurturing young researchers' capacity in research.
- Engaging actively in policy making: informing and shaping policy to improve care for older people.

Completed Projects in 2020

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grant (HK\$)
Evaluation of an Individualized Exercise Programme Plus Behavioural Change Enhancement Strategies for Managing General Fatigue in Community-Dwelling Frail Older People: A Cluster-Randomized Controlled Trial	Dr Liu Yat Wa Justina	36	General Research Fund	853,463
Integrating e-Health Technology into a Life Style Intervention Programme on Exercise Behavior, Depression and Quality of Life in Soon-To-Be Aged Adult with Metabolic Syndrome - A Feasibility Study	Dr Wong Mi Ling Eliza	28	Start-up Fund for New Recruits	400,000

Sensor-based Stress Monitoring and Alleviating (SbSMA) System for Enhancing Caregiving in Dementia: A Pilot Randomized Controlled Trial	Dr Leung Yee Man Angela	36	Start-up Fund for New Recruits	400,000
Enhancing the Physical Activity Levels of Community-dwelling Older People with Frailty through an Exercise Intervention with or without a Wearable Activity Tracker (WAT)-based Intervention: a Feasibility and Pilot Study	Dr Liu Yat Wa Justina	29	Dean's Reserve	239,600

Newly Funded Projects in 2020

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grant (HK\$)
A Stand-alone Therapeutic Music-with-Movement Programme for People with Cognitive Impairment	Dr Cheung Sze Ki	36	Innovation and Technology Fund for Better Living	5,362,643
Establishment of Testing Laboratory and Investigation of the Trends of Quality of Filtering Facemask During and After the COVID-19	Dr Lam Ching	24	Hip Seng Quality Advancement Centre Company Limited	4,722,000
Virtual Reality Motor-cognitive Training for Older People with Cognitive Frailty	Dr Kwan Yiu Cho	36	Innovation and Technology Fund for Better Living	2,918,125
Blended Gaming COVID-19 Training System (BGCTS) with WHO Guidelines for Staff in Residential Care Homes: A Cluster Randomised Controlled Trial	Dr Leung Yee Man Angela	18	Health and Medical Research Fund	1,276,732
The Secrets of Healthy Near-centenarians and Centenarians in Hong Kong: How Well are They Ageing	Dr Liu Yat Wa Justina	13	Sik Sik Yuen	600,000
Evaluation of the Filtering Efficiency, Fit Rate and Mask Usability of Two Newly Developed N95 Respirators	Dr Lam Ching	12	Vannex International Limited	543,720
Assessing Agitation in Individuals with Dementia Using Wearable Multimodal Physiological Sensors: A Feasibility Study	Dr Cheung Sze Ki	24	Start-up Fund for New Recruits	400,000

Disinfection and Reuse of Face Masks in Community Setting during COVID-19 Epidemic: An Experimental Study Design	Dr Lam Ching	12	New World Construction Company Limited	350,020
Investigation of Happiness Index and its Explanatory Model in Hong Kong: Repeated Cross-sectional Studies	Dr Lam Ching	24	Wofoo Foundation Limited	325,000
Effectiveness of the Nurse-led Support Programme Using a Mobile Application Versus Telephone Advice on Patients at Risk of Coronary Heart Disease - A Pilot Randomized Controlled Trial	Dr Wong Mi Ling Eliza	15	Nam Kee Noodle Foundation Ltd	270,000
Investigation of Happiness Index in the Guangdong-Hong Kong-Macau Greater Bay Area in Southern China: Three Phases Study	Dr Lam Ching	22	Shih Wing Ching Foundation Limited	75,000
Evaluation of a 25-day Home-based, Multisensory Cognitive Stimulation Program for the People with Dementia and Their Family Caregivers	Dr Kor Pui Kin	24	Mr Ma Kam Wah	60,000

Graduated Research Students in 2020

Student Name	Award	Thesis Title	Supervisory Team
Dr Kor Pui Kin	PhD	Effects of A Modified Mindfulness-based Cognitive Therapy for Family Caregivers of People with Dementia: A Randomized Controlled Trial	Chief Supervisor: Dr Liu Yat Wa Justina Co-Supervisor: Prof. Chien Wai Tong
Dr Wang Shanshan	PhD	Bibliotherapy for Improving Caregiving Appraisal of Informal Caregivers of People with Dementia: A Pilot Randomized Controlled Trial	Chief Supervisor: Dr Cheung Sze Ki Co-Supervisor: Dr Leung Yee Man Angela
Dr Xu Xinyi	PhD	Behavioral Activation for Improving Sleep Quality in Family Caregivers of People with Dementia: A Pilot Randomized Controlled Trial	Chief Supervisor: Dr Leung Yee Man Angela Co-Supervisor: Dr Kwan Yiu Cho

B. Family and Community Health



Research Theme Leader

Prof. Alice Yuen Loke

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 Research Group.

This research theme embraces an orientation towards health, focusing on populations at risk of ill health and engaging in research aiming at health promotion for all in the context of family, school, workplace, and community.

Main research areas:

- Child and adolescent health with a focus on promoting health, mental well-being, and healthy behaviours for children and adolescents in family, school and community settings.
- Family health with a focus on studies of the health of women as mothers, men as fathers, parenting transitions and experience, families as the source of social support, partner support, and the sense of coherence in families.
- Community health with a focus on developing and disseminating knowledge and information relating to health threats to the community. Studies are developed and implemented to evaluate strategies that protect and strengthen resilience at the personal and community levels.

Completed Projects in 2020

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grant (HK\$)
Association of Green Space with Quality of Life and Health Status of Neighborhood Residents: A Mix-method Research Project	Dr Yang Lin	36	Dean's Reserve	1,000,000
Computer-Assisted Precise Partial Nephrectomy Using Advanced Deep Learning, Visualization, and Physically-Based Modeling Techniques	Dr Qin Jing	36	General Research Fund	550,000
Towards Precise Planning and Prediction of Shock Wave Lithotripsy via Advanced Causality Discovery Modelling, Machine Learning and Virtual Reality	Dr Qin Jing	36	Start-up Fund for New Recruits	400,000
Effectiveness of a Novel Self-disinfecting Coating for Inactivation of Healthcare-associated Pathogens and Environmental Decontamination in the Healthcare Setting	Dr O'Donoghue Margaret May	28	Ecolab	251,348

A Study on the Multiple-disciplinary Team Management Model of Upper Limb Lymphedema in Post-operative Breast Cancer Survivors	Dr Mak Yim Wah	12	Mainland University Joint Supervision Scheme	167,377
Effects of Indoor Environmental Factors on Influenza Like Illness in the Older Population of Hong Kong - Phase II Study	Dr Yang Lin	30	Departmental General Research Fund	122,450
Migraine Features and Cardiovascular Risk Profile in Hong Kong Chinese Women: a Prospective Cohort Study: a Pilot Study	Dr Xie Yaojie	27	Central Research Grant	105,000

Newly Funded Projects in 2020

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grant (HK\$)
Intelligent Recognition of Movement Intention with Brain-Computer Interface for Lower-limb Rehabilitation	Prof. Choi Kup Sze	36	General Research Fund	528,999
Patient-specific Planning and Intraoperative Guidance System for Precise Left Atrial Appendage Occlusion via Weakly-supervised Deep Learning, Perception-aware Visualization, and Context-driven Touchless Interaction	Dr Qin Jing	36	General Research Fund	528,999

Graduated Research Students in 2020

Student Name	Award	Thesis Title	Supervisory Team
Dr Ma Haixia	PhD	The Stigma of Sex Work and Associated Health Care Services from The Perspectives of Sex Workers, Nurses, and Nursing Students in Hong Kong: The Development of An Intervention to Reduce Stigma towards Sex Workers among Nurses	Chief Supervisor: Prof. Loke Yuen Jean Tak Alice Co-Supervisor: Dr Chan Chung Yee Zenobia
Dr Mao Xiaorong[#]	PhD	Disaster Resilience: The Development and Validation of a Tool for Measuring Disaster Resilience of Disaster Healthcare Rescuers	Chief Supervisor: Prof. Loke Yuen Jean Tak Alice Co-Supervisor: Prof. Xiuying Hu*

[#] Joint PhD Programme with Sichuan University

* Former Dean, West China School of Nursing, Sichuan University

C. Mental Health Care



Research Theme Leader

Dr Sau Fong Leung

Associate Professor

*PhD (Syd.); MSc (HC) [PolyU (H.K.)]; BN (Syd.);
Dip(PN) (H.K.G.H.S.P.N.); PRegDip(N) (H.K.Poly.);
RN (H.K.); RN (N.S.W.); RN (U.K.C.C.); RNT (H.K.)*



▲ Mental Health Care Research Group.

This research team is committed to building capacity and developing a strong research profile in the field of mental health care that is closely linked to local, regional, and international mental health needs, services, and education.

Main research areas:

- Interventions for people with severe mental illnesses (SMI): scientific evidence and essential skills are needed to develop, test and establish physical and psychosocial interventions for people with SMI and their families, to improve self-management and patient and illness outcomes.
- Challenging relationships, social adversity and mental health, with a focus on understanding the causes, risk factors, and mental health sequelae associated with challenging relationships and social adversity.

Completed Projects in 2020

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grant (HK\$)
Mobility, Well-being and Community Participation Among People with Depression: Geographically-explicit Ecological Momentary Assessment (GEMA)	Dr Leung Sau Fong	20	Departmental Earnings	108,557

Graduated Research Student in 2020

Student Name	Award	Thesis Title	Supervisory Team
Dr Temesgen Worku Animaw	PhD	Progress of Recovery and Its Associated Factors in Recent-Onset Psychosis: A Mixed-Methods Study	Chief Supervisor: Dr Daniel Thomas Bressington Co-Supervisor: Prof. Maritta Anneli Vaelimaeki, Prof. Chien Wai Tong

D. Transitional, Supportive & Palliative Care



Research Theme Leader

Prof. Frances Wong

Professor & Associate Dean
(FHSS)

*BSc (Nursing) (St.Olaf); MA (Ed), PhD
(CUHK); Dip (NEd) (RCN); RN; SRN*



▲ Transitional, Supportive & Palliative Care Research Group.

This research theme is committed to fostering partnerships between individuals, families, healthcare providers and communities to achieve the optimal benefits of transitional care. Members conduct empirical testing of interventions, develop models for symptom management and complex health needs, and evaluate the mechanisms of therapies for enhancing the quality of care.

Main research areas:

- Symptom management in cancer, palliative care and life-limiting illnesses
- Traditional Chinese medicine and complementary therapies
- Models of care delivery with a focus on transitional care and community-based chronic disease management

Completed Projects in 2020

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grant (HK\$)
Determining the Role of Acupuncture in the Modulation of Peripheral Oxidative Stress in Patients with Insomnia: A Randomized Placebo-Controlled Trial	Dr Yeung Wing Fai	30	Early Career Scheme	735,971
Collaborative Learning in the Global Classroom - Widening the Horizon	Dr Chan Engle Angela	30	Dean's Reserve	181,572
Psychometric Evaluation of the Chinese Version of the Resilience Scale for Children	Dr Chung Oi Kwan	35	Health and Medical Research Fund	100,000
Electromoxibustion and Knee Health Education for Knee Osteoarthritis in Older Adults	Dr Yeung Wing Fai	12	Yan Chai Hospital	77,080

Newly Funded Projects in 2020

Project Title	Principal Investigator (PI)/ Rep. PI	Project Duration (Months)	Funding Source	Total Grant (HK\$)
A Research for Chinese Medicinal Nursing Training for Chinese Medicine Hospital in Hong Kong 香港中醫醫院中醫護理培訓研究	Dr Ho Yuen Shan	24	Chinese Medicine Development Fund	890,300
Zero-time Exercise - Integrating Exercise into Daily Life Activity at No Extra Time and Cost to Improve Sleep in Physically Inactive Adults with Insomnia Disorder: a Randomized Controlled Trial with Mixed-method Process Evaluation	Dr Yeung Wing Fai	24	General Research Fund	827,372
Reach out the drug abusers- establishing a community-based network through training Anti-Drug Ambassadors	Dr Ho Ka Yan	18	Beat Drugs Fund Regular Funding Scheme	498,137
Symptom Clusters in Hong Kong Chinese Children with Blood Cancer: A Longitudinal Study	Dr Ho Ka Yan	36	Start-up Fund for New Recruits	400,000
A Health-social Partnership Programme for Improving Health Self-management of Community-dwelling Older Adults: A Hybrid Effectiveness-implementation Pilot Study	Dr Wong Kwan Ching	24	Departmental General Research Fund	146,000
A Brief Hope Intervention to Increase Hope Level and Decrease Stress Level of Parents with Children with Medical Complexity in the Community? A Feasibility Study	Dr Lam Yuk Yin	18	Departmental General Research Fund	129,410
Development and Validation of the Exercise Fit Test (EFT) for Adolescents with Cancer	Dr Lam Ka Wai Katherine	18	Departmental General Research Fund	122,000
Effects of a Video-based mHealth Program for the Homebound Older Adults: A Pilot Randomized Controlled Trial	Dr Wong Kwan Ching	24	NICHE Research Grant	119,865

Research-related Centres

Four research-related centres have been established to facilitate and support research initiatives within or across the research themes and inter-disciplinary research projects conducted by research theme members with PolyU and non-PolyU collaborators.



Prof. Thomas Choi

Director | Centre for Smart Health
PhD (Computer Science and Engineering, CUHK)



Aim of the Centre

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



Dr Angela Leung

Director | Centre for Gerontological Nursing
*PhD (HKU), MHA (UNSW), BN (Deakin), FHKAN (Gerontology),
FHKAN (Education and Research), CADENZA fellow*



Aim of the Centre

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



World Health Organization Collaborating Centre
for Community Health Services
世界衛生組織社區健康服務合作中心

Prof. Alex Molasiotis

Director | World Health Organization
Collaborating Centre for Community
Health Services
*PhD [Birmingham (U.K.)]; MSc [Hull (U.K.)]; BSc
[Iraklio, Greece]; RGN (1st Level); RN (U.K.)]*



Aim of the Centre

Identifies key indicators of ageing and health in the region, actively promoting and implementing the WHO Guidelines on Integrated Care for Older People (ICOPE) and provides a platform for inter-disciplinary collaboration among healthcare professionals and academia for initiating projects on healthy ageing.



SQUINA INTERNATIONAL
CENTRE FOR INFECTION CONTROL
雪肌蘭國際感染控制中心

Dr Lorna Suen

Director | Squina International Centre for
Infection Control (CIC)
*RN (H.K.), RM (H.K.), BN (Syn.), MPH (Syn.), DipClinAcup (H.K.U.),
PhD (PolyU)*



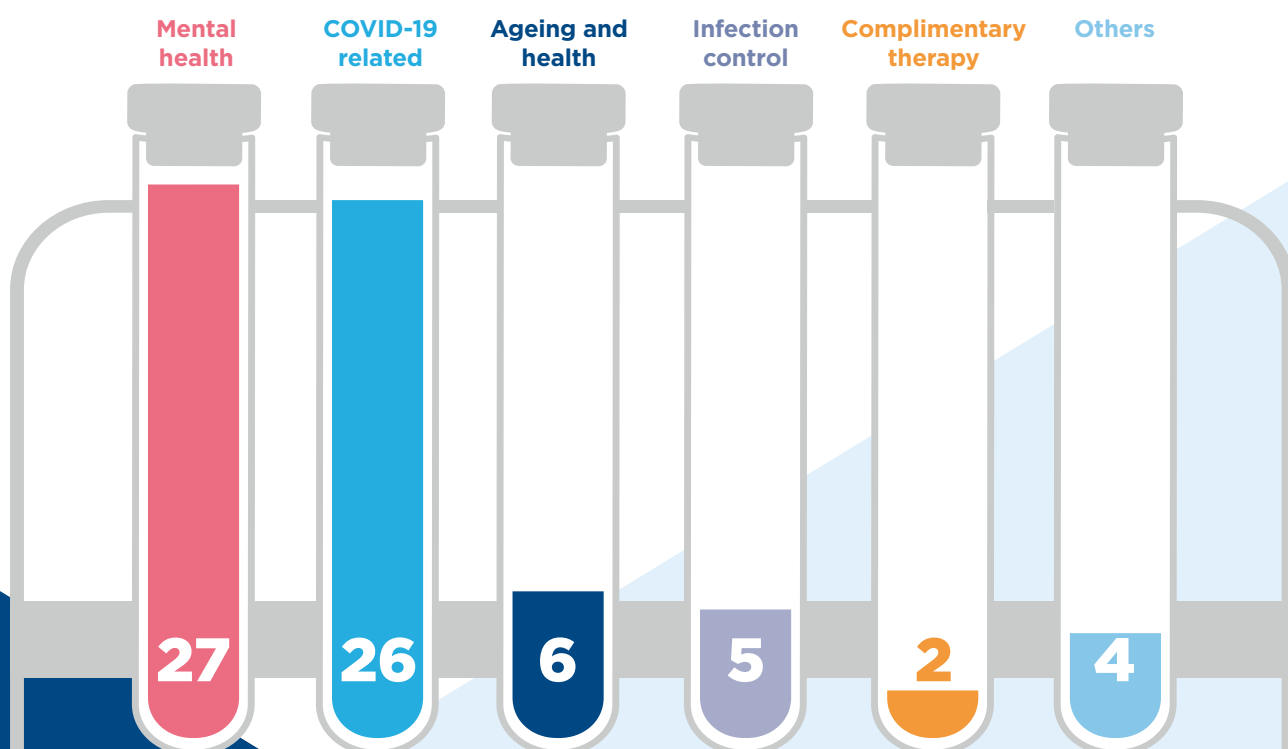
Aim of the Centre

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

Research in the Headlines

In 2020, the School of Nursing was featured in the media 70 times. Various topics were covered, demonstrating the wide range of research being conducted by our nursing scholars, spanning from infection control to the happiness index of Hong Kong people.

Research topics and number of times mentioned in the media in 2020



World-Leading and High-Impact Publications

Mapping geographical inequalities in childhood diarrhoeal morbidity and mortality in low-income and middle-income countries, 2000–17: Analysis for the Global Burden of Disease Study 2017

10.1016/S0140-6736(20)30114-8 | Journal Impact Factors: 60.39

Dr Paul Lee

Assistant Professor and a member of the Local Burden of Disease Diarrhoea Collaborators



Childhood mortality due to diarrhoea has largely been reduced in low- and middle-income countries (LMICs). Understanding the variation within countries in diarrhea incidence and mortality can help identify geographical inequality and pinpoint locations where interventions are most needed.

This study is an international collaborative effort to map subnational regions with the highest prevalence of childhood diarrhoea, those regions with the lowest levels of interventions, and the associated risk factors. Dr Paul Lee, a member of the Local Burden of Disease Diarrhoea Collaborators, contributed to this study by critically reviewing the data analysis methods and results.

The collaborators used Bayesian model-based geostatistics and a geolocated dataset comprising 15,072,746 children under 5 years old from 466 surveys in 94 LMICs, in combination with the findings of the Global Burden of Diseases, Injuries, and Risk Factors Study (GBD) 2017, to estimate posterior distributions of diarrhoea prevalence, incidence, and mortality from 2000 to 2017. From these data, the burden of diarrhoea at varying subnational levels (termed units) was estimated by spatially aggregating draws. The drivers of subnational patterns were investigated by creating aggregated risk factor estimates.

The greatest declines in diarrhoeal mortality were seen in south and southeast Asia and South America, where 54.0% (95% uncertainty interval [UI] 38.1–65.8), 17.4% (7.7–28.4), and 59.5% (34.2–86.9) of units, respectively, recorded decreases in deaths from diarrhoea greater than 10%. Although children in much of Africa remain at high risk of death due to

diarrhoea, the regions with the most deaths were outside Africa, with the highest mortality units located in Pakistan.

Indonesia showed the greatest within-country geographical inequality. Some regions had mortality rates nearly four times the average country rate. These regions require targeted interventions to alleviate the problem. Reductions in mortality were correlated to improvements in water, sanitation, and hygiene (WASH) or reductions in child growth failure (CGF). Similarly, most high-risk areas had poor WASH, high CGF, or low oral rehydration therapy coverage. In view of the limited resources in many LMICs, quantification of both the local burden of diarrhoea and its drivers is important to maximise impact.

Effectiveness of a brief self-determination theory-based smoking cessation intervention for smokers at emergency departments in Hong Kong: A randomised clinical trial

10.1001/jamainternmed.2019.5176 | Journal Impact Factors: 18.65

Dr Eva Ho

Assistant Professor



Dr Katherine Lam

Research Assistant Professor



Believing that interventions that allow freedom of choice and self-determination would promote internalised behavioural changes in individuals, the research team carried out a single-blinded, multicentre, intention-to-treat, randomised clinical trial in the emergency departments of four major acute care hospitals in different districts of Hong Kong to explore the effectiveness of a brief intervention based on the self-determination theory of promoting abstinence in Chinese smokers at emergency departments.

This research was supported by the Health and Medical Research Fund of the Food and Health Bureau of the Hong Kong government. A total of 1,571 smokers, aged 18 years or over, who presented at four major emergency departments between July 4, 2015, and March 17, 2017, were randomised into an intervention group ($n = 787$) and a control group ($n = 784$). The intervention group received brief advice (about 1 minute) and could choose their own quit schedules (immediate or progressive). The control group received a smoking cessation leaflet. Follow-up visits were conducted at 1, 3, 6, and 12 months. The primary outcome measure, by intention to treat, was biochemically validated abstinence at 6 months.

Participants included 1,381 men (87.9%), and the mean (SD) age at baseline was 47.4 (16.4) years. Among participants who self-reported abstinence at 6 months, 50.3% (85 of 169) had biochemical validation by both an exhaled carbon monoxide test and a saliva cotinine test. Compared with the control group, the intervention group had statistically higher biochemically

validated abstinence at 6 months: 6.7% (53 of 787) vs 2.8% (22 of 784) ($P < .001$), with an adjusted relative risk of 3.21 (95% CI, 1.74-5.93; $P < .001$). The intervention group also had higher self-reported quit rates at 6 months (12.2% [96 of 787] vs 9.3% [73 of 784], $P = .04$) and 12 months (13.0% [102 of 787] vs 8.5% [67 of 784], $P < .01$), as well as higher biochemically validated abstinence at 12 months (7.0% [55 of 787] vs 3.7% [29 of 784], $P < .001$). The additional cost for each intervention group participant was US \$0.47, with an estimated gain of 0.0238 quality-adjusted life years. The incremental cost per quality-adjusted life-year (US\$19.53) fell within acceptable thresholds.

This brief, low-cost self-determination theory-based intervention for smokers presenting at emergency departments effectively increased the biochemically validated quit rate at 6 months. If delivered routinely, such a simple intervention may offer a cost-effective and sustainable approach to help many smokers quit smoking.



Aprepitant for cough in lung cancer: A randomised placebo-controlled trial and mechanistic insights

10.1164/rccm.202006-2359OC | Journal Impact Factor: 17.45

Prof. Alex Molasiotis

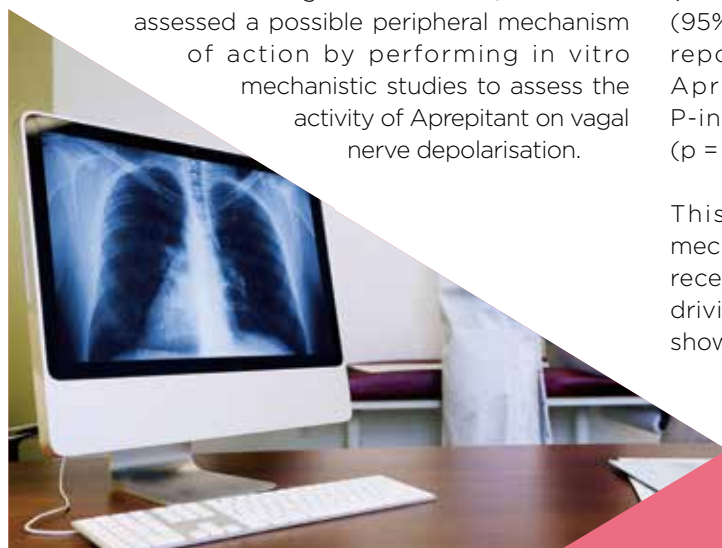
Angel S.P. Chan Lau Professor in Health and Longevity
Chair Professor of Nursing and Head
Director of WHO Collaborating Centre for Community Health Services



This UK-Sweden-HK collaborative effort is the first placebo-controlled study to objectively demonstrate the anti-tussive efficacy of a neurokinin-1 antagonist in humans, and the first trial to employ acoustic cough monitoring in patients with lung cancer.

Chronic coughing leads to pain, fatigue, dyspnoea, social isolation and anxiety. Effective cough therapies are lacking due to our limited understanding of the underlying pathophysiology and insufficiently well-designed trials incorporating validated endpoints. Believing that cough in lung cancer is driven by substance P activating NK-1 receptors, the multi-disciplinary research team conducted this study to prove that NK-1 antagonists such as Aprepitant can improve cough associated with lung cancer.

A randomised, double-blinded, placebo-controlled study was carried out measuring objective cough frequency and validating patient-reported outcome measures in patients with lung cancer and troublesome cough. In addition, the team assessed a possible peripheral mechanism of action by performing in vitro mechanistic studies to assess the activity of Aprepitant on vagal nerve depolarisation.



This research was part of the PhD study of Ms Amélie Harle (the second author of this paper). Prof. Alex Molasiotis was her co-supervisor and contributed to the development of the protocol, analysis of the patient-reported outcome data and interpretation of findings alongside the chief supervisor, Prof. Jaclyn Smith (the first author of the paper).

Twenty lung cancer patients in the UK were enrolled in the study, with mean age 66 years (± 7.7), 60% female; 80% non-small cell cancer, 50% advanced stage and 55% WHO performance status 1*. They received three days of Aprepitant treatment or matched placebo, following a three-day wash out, and patients crossed over to the alternative treatment.

Cough frequency improved with Aprepitant, being reduced by 22.2% (95% CI 2.8-37.7%) over the placebo group during waking hours ($p = .03$), 30.3% (95% CI 12.7-44.3) over 24 hours ($p = .02$) and 59.8% (95% CI 15.1-86.0) during sleep ($p = .081$). Patient-reported outcomes all significantly improved. Aprepitant significantly inhibited substance P-induced depolarisation by 78% in guinea pig ($p = .0145$) and 94% in human vagus ($p = .0145$).

This study offers insights into the possible mechanism of action. Substance P activation of NK-1 receptors appears to be an important mechanism driving cough in lung cancer, and NK-1 antagonists show promise as anti-tussive therapies.

** The WHO performance status classification categorises grade 1 patients as restricted in physically strenuous activity, but ambulatory and able to carry out work of a light or sedentary nature, e.g., light housework, office work.*

Effects of particulate matter exposure on the transmissibility and case fatality rate of COVID-19: A Nationwide Ecological Study in China

10.1093/jtm/taaa133 | Journal Impact Factors: 7.09

Dr Lin Yang

Associate Professor



This multi-disciplinary study aimed to examine whether particulate matter is an environmental determinant of COVID-19 transmissibility or its crude case fatality ratio (CFR) in mainland China. Dr Lin Yang contributed to the study design, result interpretation and manuscript writing.

The research team obtained the data of COVID-19 cases and deaths for 303 Chinese cities from December 2019 to March 2020 from the Chinese provincial health agencies and the China National Health Commission.

The basic reproductive number (R_0) was calculated to quantify the COVID-19 transmissibility for each city by the Euler-Lotka equation, with a gamma-distributed generation interval having mean (\pm SD) values of 5.5 (\pm 3.3) days. The crude CFR was calculated as the ratio of cumulative confirmed deaths over confirmed cases during the period. Three categories of environment monitoring data were collected, including PM_{10} (particulate matter with an aerodynamic diameter less than 10 μm), $PM_{2.5}$ (particulate matter with an aerodynamic diameter less than 2.5 μm) and $PM_{10-2.5}$. Mean concentrations of the three PM categories for each city during the same period were calculated.

The relationship between R_0 s and PM concentrations was examined by the nonlinear univariable and multivariable (adjusted for temperature and relative humidity) regression analyses. The research team carried out the fitting procedure with a scheme weighted by the total number of cases from each city. They also adopted the generalized linear model with the quasi-binomial framework to estimate the associations between CFRs of COVID-19 and PM concentrations. The gradient variable adjustment, from univariable to multivariable, was performed to control potential confounders, including meteorological and demographic covariates.

The crude CFR was about 4.0% (all cities) and 2.4% (with Wuhan excluded). Since the number of COVID-19 deaths in Wuhan was modified in April 2020, Wuhan was removed from the dataset. A total of 132 and 83 Chinese cities had cumulative cases ≥ 30 and ≥ 50 , respectively. PM_{10} concentrations ranged from 26.3 to 143.1 $\mu g/m^3$, $PM_{2.5}$ and concentrations ranged from 21.4 and 109.4 $\mu g/m^3$ among the included 154 Chinese cities. $PM_{2.5}$ was highly correlated with PM_{10} . The Pearson correlation coefficient was 0.96 ($p < .001$). In the regression analysis, the relationships between COVID-19 transmissibility R_0 and the three PM categories in both univariable and multivariable models were not statistically significant, indicating that the association between PM exposure and COVID-19 transmission was not statistically evident. However, all three PM categories were positively associated with the mortality risk of COVID-19 at the population level, showing that PM exposure could potentially increase the mortality risk among COVID-19 infected cases. More research studies are needed to demonstrate the effects of PM on the severity of SARS-CoV-2 infections.

Electroacupuncture trigeminal nerve stimulation plus body acupuncture for chemotherapy-induced cognitive impairment in breast cancer patients: An assessor-participant blinded, randomized controlled trial

10.1016/j.jbbi.2020.04.035 | Journal Impact Factors: 6.63

Dr Jerry Yeung

Associate Professor



Chemotherapy causes various side effects, including cognitive impairment, which manifests as decreased memory, forgetfulness, difficulty in learning, attention, concentration and coordination of multitasking. Breast cancer survivors displayed higher prevalence of post-treatment cognitive impairment.

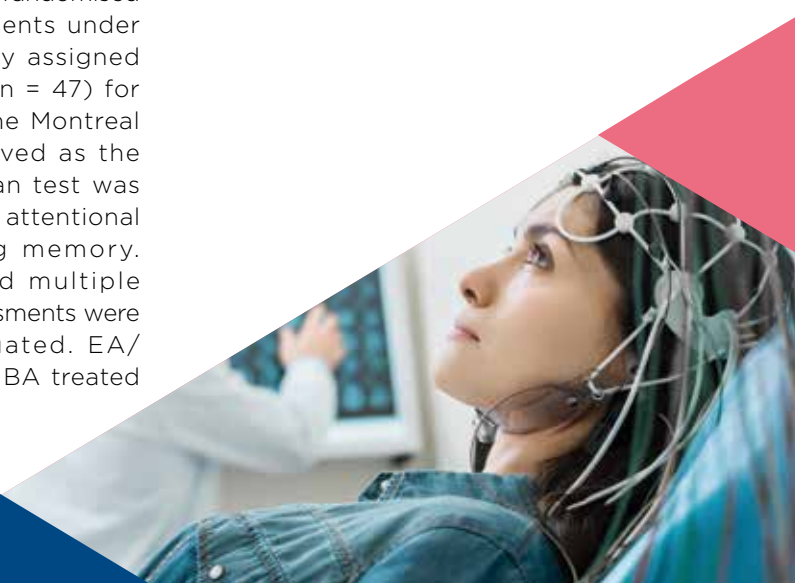
Supported by the Health and Medical Research Fund of the Food and Health Bureau, Hong Kong, and the National Key R&D Programme of China, the research team aimed to find out whether a novel acupuncture mode called electroacupuncture trigeminal nerve stimulation (in which electrical stimulation is conducted on forehead acupoints that are innervated by V1 trigeminal branches) plus body acupuncture (EA/TNS + BA) could produce better outcomes than minimum acupuncture stimulation (MAS) as controls in treating cognitive impairment and other symptoms in breast cancer patients.

In this assessor- and participant-blinded, randomised controlled trial, 93 breast cancer patients under or post chemotherapy were randomly assigned to EA/TNS + BA (n = 46) and MAS (n = 47) for 2 sessions per week over 8 weeks. The Montreal Cognitive Assessment (MoCA) served as the primary outcome. The digit span test was the secondary outcome for attentional function and working memory. Quality of life and multiple functional assessments were also evaluated. EA/TNS + BA treated

group performed much better than the MAS-treated group on the reverse digit span test at Week 2 and Week 8, with medium effect sizes of 0.53 and 0.48 respectively.

No significant differences were observed in MoCA score and the prevalence of chemotherapy-induced cognitive impairment between the two groups. EA/TNS + BA markedly reduced incidences of diarrhoea, poor appetite, headache, anxiety, and irritation, and improved social/family and emotional wellbeing compared to MAS.

These results suggest that EA/TNS + BA may be particularly beneficial in improving chemotherapy-induced impairment of working memory and the incidence of certain digestive, neurological, and distress-related symptoms. It could serve as an effective intervention for breast cancer patients under and post chemotherapy.



Effect of an ICU diary on psychiatric disorders, quality of life, and sleep quality among adult cardiac surgical ICU survivors: A randomized controlled trial

10.1186/s13054-020-2797-7 | Journal Impact Factors: 6.40

Dr Vico Chiang

Associate Professor



A large proportion of patients suffer from post-traumatic stress disorder (PTSD) symptoms, with rates ranging from 15.93 to 25.69% in the first year following discharge from the ICU. Given the potential negative impacts on long-term quality of life, effective interventions to prevent PTSD and promote mental health recovery in ICU survivors are urgently needed.

Funded by the Fujian Province Science and Technology Innovation Joint Fund Project and Fujian Provincial Health and Family Planning Research Talents Training Project, this study aimed to investigate the effects of an ICU diary on psychiatric disorders, sleep quality, and quality of life (QoL) in adult ICU survivors in mainland China.

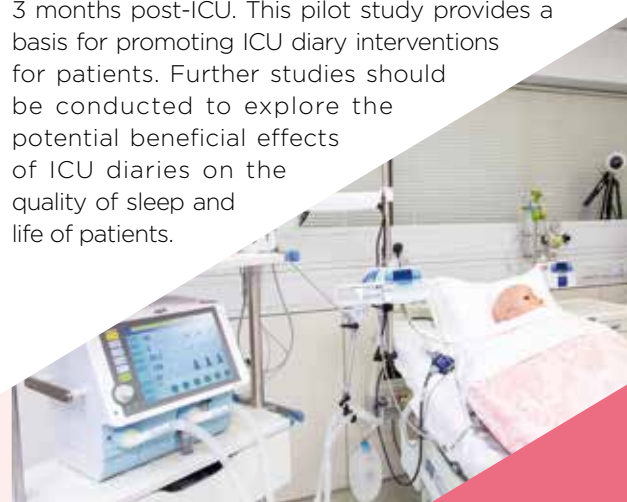
One hundred and twenty-six patients, who had undergone a scheduled cardiac surgery and were expected to stay ≥ 24 hours in the ICU, were recruited. They were randomised into two groups (63 in each group). Patients in the control group received usual care without ICU diaries. Patients in the intervention group received ICU diaries, which were filled in by the researchers and the ICU nurses, with information such as ward events, treatments, and photos of the ICU environment and equipment. During the post-ICU follow-up period, patients in the intervention group were encouraged to read their diaries, learn the details of the treatment they had received and share their ICU experiences.

The primary outcomes were significant PTSD symptoms (Chinese version of Impact of Event Scale-Revised, IES-R; the total score ≥ 35 was defined as a significant PTSD symptom) and its severity in patients at 3 months post-ICU. The secondary outcomes included memories of the ICU at 1 month, QoL (Medical Outcomes Study 36-item Short-Form, SF-36), sleep quality (Pittsburgh Sleep Quality Index Questionnaire, PSQI), anxiety, and

depression symptoms (Hospital Anxiety and Depression Scale, HADS) at 3 months.

Eighty-five and 83 patients completed the follow-up interviews at 1 and 3 months post-ICU respectively. Significant PTSD symptoms were reported by 6 of 41 (14.63%) in the intervention group vs 9 of 42 (21.43%) in the control group (risk difference, -9% [95% CI, -2% to 21%], $p = .10$). There was no significant difference between groups in IES-R score, symptoms of intrusion, symptoms of avoidance, numbers of memories of feeling and delusional memories, SF-36 score, and anxiety score ($p > .05$); while significant differences were found in hyperarousal score, numbers of factual memories, and PSQI score ($p < .05$).

Although the ICU diaries were not useful for preventing PTSD symptoms, anxiety symptoms, and preserving health-related quality of life in the patients three months after discharge from the ICU, the results demonstrated that ICU diaries helped to increase the survivors' factual memories of the ICU at 1 month post-ICU, improve subjective sleep quality, and prevent hyperarousal at 3 months post-ICU. This pilot study provides a basis for promoting ICU diary interventions for patients. Further studies should be conducted to explore the potential beneficial effects of ICU diaries on the quality of sleep and life of patients.



The psychological impact of a nurse-led proactive self-care program on independent, non-frail community-dwelling older adults: A randomised controlled trial

10.1016/j.ijnurstu.2020.103724 | Journal Impact Factors: 3.78

Dr Arkers Wong

Assistant Professor



Prof. Frances Wong

Professor & Associate Dean
(FHSS)



Previous proactive self-care programmes carried out by multi-disciplinary teams have produced inconclusive evidence of their effectiveness on psychological outcomes among older adults. Funded by the General Research Fund of the Research Grants Council, this single-blinded, randomised controlled study acknowledged the importance of the health-social partnership in providing integrated health and social care and examined its effectiveness in addressing the physical and psychosocial needs of older adults with chronic illnesses.

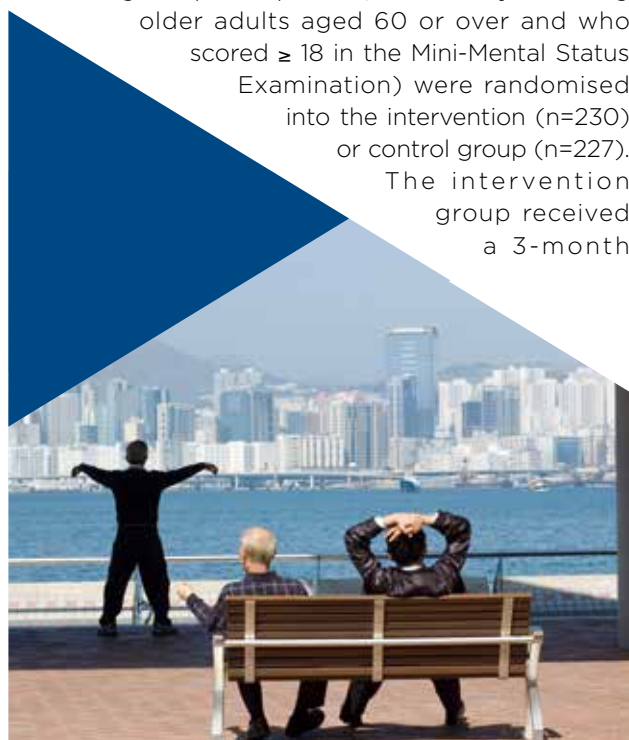
In this study, the health-social partnership team was led by a registered nurse and supported by social workers and community workers. A total of 457 eligible participants (community-dwelling older adults aged 60 or over and who scored ≥ 18 in the Mini-Mental Status Examination) were randomised into the intervention (n=230) or control group (n=227).

The intervention group received a 3-month

self-care programme that included a comprehensive assessment, health and self-management information, empowerment, four home visits and four telephone follow-ups by the health-social service team led by the nurse case manager. The control group received usual care. Data were collected using questionnaires at baseline (T1), at 3 months when the programme was completed (T2), and at 6 months (T3) to test the sustained intervention effect. The research team evaluated participants' depressive symptoms, life satisfaction, and the mental component of health-related quality of life.

The results showed a significant time effect between T1 and T2 (Wald $\chi^2 = 25.7$, $p < .001$) and T1 and T3 (Wald $\chi^2 = 7.40$, $p = .007$) in terms of the presence of depressive symptoms. There was also significant increased life satisfaction ($p < .001$) in the intervention group but not in the control group. With the support of nurses and social workers, participants in the intervention group were empowered to discuss and decide on their own care plan. Through active involvement in their care planning, older adults developed a sense of control that reduced their sense of powerlessness and strengthened their self-efficacy and feelings of self-worth. This helped prevent or reduce depressive symptoms.

The reported study is a sub-analysis of the main randomised controlled trial. Its results revealed a significant difference in health-related behaviours between the intervention and control groups. The intervention group performed better. Inter-professional collaborations requiring commitment and shared goals could be a challenge at times. The strength of this programme was the building of a high-functioning health-social partnership team and a model that can be further tested in other settings.



Research Students Sharing

PhD project contributes to palliative care in Palestine

Mr Hammuda Abu-Odah (our PhD student, Chief Supervisor Prof. Alex Molasiotis) was awarded six overseas scholarships from 2014 to 2018, but he lost those chances to study abroad because of the blockade in his hometown, the Palestine-Gaza Strip, a place where confrontation and strife are almost part of everyday life. “I needed to have permission from the Israeli authorities to travel. The airports are in Jordan and Egypt, but the Gaza border was closed, and I could not leave Gaza,” says Hammuda. After receiving an invitation to join the Hong Kong PhD Fellowship Scheme in 2018, it took him another three months to sort out issues related to travelling out of Gaza, before arriving in Hong Kong to embark on his PhD study*.

Previously an emergency nurse in Gaza, Hammuda is going to be the first nurse in Palestine with a PhD degree, specialising in palliative care. Driven by his experiences of caring for his cancer relatives, Hammuda is determined to use his research findings to promote the development of the first-ever palliative care programme in Gaza.

In Gaza, healthcare priorities are given to emergency care, primary health care, and mother and children’s health, leaving cancer care fragmented with limited resources. There are about 8,000 cancer patients, but only two nurses who have received three months of special training in palliative care. Medication for pain management is insufficient for advanced cancer patients. Services relevant to palliative care are provided within the general oncology services, and no specific structure or department is available for this service.



▲ Hammuda’s efforts have begun to bear fruit as more nurses will be trained to provide palliative care.

Hammuda’s research on ‘Factors Associated with the Successful Development of a Palliative Care Programme into Palestinian Healthcare System’ has been providing important information and statistics to enable the Palestinian Ministry of Health to review cancer care services. In his study, Hammuda found that 96.8% (N=379) of the advanced cancer patients he interviewed in Palestine experienced “moderate to severe” unmet supportive care needs and high psychological distress. Among

► “My findings have given evidence and the officials have to face the problems,” says Hammuda.



the 169 Gazan healthcare professionals (nurses and physicians) interviewed, 57.2% showed knowledge deficits with regard to palliative care. He places training for healthcare professionals at the top of his list of positive factors for developing a palliative care programme in Palestine. “The relationship between healthcare workers and patients [is] reflective. Healthcare workers have to understand the physical, psychological, and sexual needs of their patients first,” says Hammuda.

Hammuda’s research findings have led to some changes. Recently (in October), the Palestinian Ministry of Health has established a new committee for palliative care. As Hammuda points out, “This was a very good sign. My findings have given evidence, and the officials have to face the problems.” With the support of an international humanitarian organisation, a new palliative care unit will also be opened inside a hospital in Gaza to provide the services. Thrilled by this new development, Hammuda has no hesitation in taking up the trainer/educator role and is delivering two online lectures monthly to 15 healthcare professionals. He hopes that the healthcare professionals he has been training will provide quality services in this, Palestine’s first palliative care unit.

Next year is the final year of his PhD study. Hammuda, however, is busy acquiring new practical knowledge.

In 2021, he will be on a 1-week placement in the Jockey Club Home for Hospice to learn more about the operation of a

palliative care hospital, such as the administrative and discharge procedures. He is also thinking of developing a screening tool to be used during patient admission to identify those in need of palliative care in Palestine. “Perhaps, in the future, I can act as a bridge to liaise between Hong Kong and Palestine for placement or learning opportunities, so that more healthcare workers can come here to learn,” says Hammuda.

In reality, the Palestinian government has to make a lot of effort at the policy level, to develop a palliative care programme within the healthcare system. The political and economic situations in Palestine make it harder to predict the future of palliative care. However, we can be sure that the efforts made by Hammuda have begun to bear fruit as some nurses have been trained to provide quality palliative care.

**With the help of Gisha, an Israeli not-for-profit organisation, the process of granting leave permission to cross the border was accelerated for Hammuda. Without their support, Hammuda would have lost the opportunity to study for his PhD in Hong Kong. Hammuda would also like to thank Prof. Alex Molasiotis for keeping the PhD candidacy open for him until his arrival.*



◀ During a visit in June, Hammuda was impressed by the facility, environment and management of the Jockey Club Home for Hospice. He had an opportunity to be on a 1-week placement in this first-rate hospice centre in November.



▼ Nice Palestinian food for gathering with other PhD students at PolyU.

Fulbright Research Scholar Shan-shan Wang and her research journey at Johns Hopkins

Dr Shan-shan Wang, currently our Postdoctoral Fellow, was awarded the Fulbright-Research Grants Council (RGC) Hong Kong Research Scholar Award in support of her research activity on bibliotherapy and dementia caregiving at Johns Hopkins University (JHU) School of Nursing, one of the best nursing schools in the world, from September 2019 to April 2020.

During the 8-month visit at Johns Hopkins, Shan-shan (at that time our PhD student) was under the mentorship of Prof. Patricia Davidson (Professor, Dean of the School of Nursing and our Departmental Academic Advisor), Dr Valerie Cotter (Associate Professor), and Dr Rebecca Wright (Assistant Professor), who are renowned researchers and nursing experts. Prof. Davidson invited Shan-shan to participate in the mentor group meetings with her PhD students, where she was encouraged to discuss with the PhD students the difficulties she had experienced in thesis writing. Dr Wright helped Shan-shan improve her qualitative data analysis skills.

► Ms Shan-shan Wang participated in volunteer work with other Fulbrighters in the US.



Under their guidance, Shan-shan explored the effectiveness of bibliotherapy in improving the caregiving appraisal of informal caregivers of people with dementia, and reviewed the effects of bibliotherapy in improving the coping skills and experience of caregivers, as well as their psychological wellbeing. Taking advantage of this overseas learning opportunity, Shan-shan worked with her JHU mentors and PolyU supervisors to generate two manuscripts. One was published in a top nursing journal, the *International Journal of Nursing Studies*, and the other in the *Journal of Clinical Nursing*. The team are now working on the third manuscript.



◀ Prof. Davidson encouraged Shan-shan to explore her potential.

Apart from focusing on her research work, Shan-shan joined the dementia working group of the Center for Innovative Care in Aging at Johns Hopkins to learn about teamwork in dementia-related research. She also visited the Hopkins Memory and Alzheimer's Treatment Center to know more about their care delivery. Shan-shan paid home visits to dementia patients, where she observed the differences in caregiving between American and Chinese dementia caregivers. "This experience has provided me insights into developing supportive strategies for dementia caregivers," says Shan-shan.

Shan-shan has been impressed by the confidence and expressiveness of JHU's students. She thinks that the emphasis on nurturing leadership abilities can be attributed to the students' qualities. "My mentors suggested that I act on my ideas. Prof. Davidson encouraged me not to set limits but

to explore my potential," says Shan-shan. For her, the JHU visit was unforgettable and has helped her build confidence for her future career and personal development.



▲ Dr Cotter enriched Shan-shan's knowledge of nurses' roles in dementia diagnosis, treatment, and caregiving.



◀ Shan-shan attended the workshop given by Dr Gregg L Semenza, one of the winners of the 2019 Nobel Prize in Physiology or Medicine.

Research Publications

Journal Papers in 2020

Reporting Period (1 July 2019 to 30 June 2020)



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School Activities



▲ 8-10 Jan

Prof. Alex Molasiotis, Dr Vico Chiang, Dr Mimi Tse, Dr Simon Lam, and Dr Rick Kwan, together with a group of our postgraduate and undergraduate students, attended the N3 Nursing conference in Bangkok, Thailand.

▶ 10-11 Jan

Staff members and PhD students participated in the 23rd East Asian Forum of Nursing Scholars (EAFONS) as invited panelists for symposiums/plenary sessions or PhD student discussions. The forum was held in Thailand this year, with around 1,300 participants. Hong Kong was the area with the highest number of participants.



JAN- MAY



▲ Jan-May

The three-module Certificate Course in Infectious Diseases and Infection Control for Health Care Professionals 2020 is delivered.

FEB

■ 26 Feb

The School held the 4th Hong Kong Innovation Day (HKID) cum Innovation Awards Competition online. Fourteen teams were shortlisted for the final online presentation to compete for the Innovation Award.

■ May

Ms Phyllis Pang, Dr Patrick Kor and Dr Oscar Chung have given support to an NGO in Bangladesh (sharing Hong Kong experiences on COVID-19 infection control, quarantine, community support and preventive measures).



◀ 23 May

The Annual General Meeting of Pi Iota Chapter, Sigma Theta Tau International Honor Society of Nursing was held online. Dr Joyce Chung and Dr Xiao-rong Mao (PhD graduate) were inducted as Nurse Leaders and seven SN students as members.

MAY

▶ 30 May

The PolyU online JUPAS Consultation Day was held. Around 300 prospective students attended the information and consultation sessions to learn the strategies for programme selection and interview skills.



JUNE

■ June

Dr Mimi Tse and Ms Angel Tang were invited as speakers of "Nonpharmacological strategies in managing pain" organized by Hong Kong Association of Gerontology.

DATA & FIGURES

World University Ranking
1st January 2023
Top 2000 Universities in the World

14,000 Graduates

14,000 Graduates

Competitive Researcher
Family Orientation
14,000 Graduates

1,300 Staff
Research & Innovation
14,000 Graduates

Academic staff members participated in the Faculty's online strategic plan presentation, hosted by Prof. David Shum, Dean of FHSS.



Freshmen attended an online orientation programme organised by the School and met with our programme leaders and student academic advisors.

The International Health Literacy Association held a series of webinars on the topic 'Health literacy response to COVID-19'. In the 3rd webinar, Dr Angela Leung, the invited speaker, talked about the effects of digital health literacy on anxiety among older adults during the COVID-19 pandemic. The webinar attracted over 300 registrations from all over the world.



SEPT

4-8 Oct

Dr Harry Qin attended online meeting of the 23rd International Conference on Medical Image Computing and Computer Assisted Interventions (MICCAI). MICCAI is one of the prestigious academic conference in medical image analysis. In this year's MICCAI, with a fiercely competitive acceptance rate of 30%, Dr Qin and his students and collaborators have 7 papers accepted, demonstrating that the Centre for Smart Health's research capability on AI-powered medical image computing has reached international leading level.

10 Oct

Staff members introduced our undergraduate programmes at the PolyU online Info Day. Prospective students attended our information seminars, live consultation, and lab demonstration.



Prof. David Shum (2nd from right) and the representatives of Hong Kong Red Cross Blood Transfusion Service attended the launching ceremony.

14-16 Oct

The launching ceremony of the PolyU blood donation campaign was held. Nursing students set up promotional booths and supported blood drawing at the mobile donor unit and the donor centre at the Integrative Health Clinic.

24 Oct

Pi Iota Chapter and four nursing schools from local higher education institutes jointly organised the 'Meeting with Nurse Consultants' seminar. Nurse consultants described their journeys to become nurse leaders, and 389 attendees learnt how to prepare for and pursue their career to the next level.





NOV

▲ 4 Nov

Dr Claudia Lai, our Honorary Professor, met our freshmen online to answer questions related to nursing, share her career journey and give encouragements to the students.



◀ 5-21 Nov

Dr Yim Wah Mak was invited by Christian Family Service Centre, to conduct a 6-session train-the-trainer workshop for using Acceptance and Commitment Therapy in the support of parents of school aged children: a Jockey Club funded community support project 賽馬會「家・添晴」家長支援計劃。



◀ 6 Nov

Dr Patrick Kor received a donation of HK\$60,000 from Mr Timothy Ma Kam-wah (MH, JP) and the School's matching fund in support of his pilot trials on using "a 25-day home-based, multisensory cognitive stimulation programme for the people with dementia and their family caregivers". Other members of the project include: Dr Angela Leung (Co-Investigator), Dr Justina Liu, Dr Rick Kwan, Dr Daphne Cheung, and Dr Yan Li.

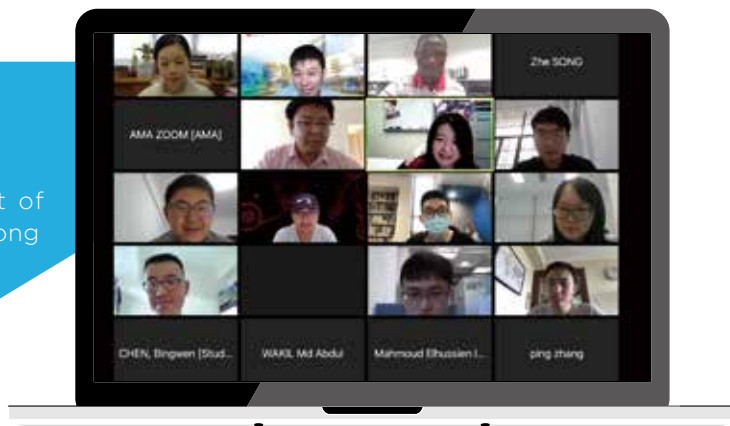
▶ 20 Nov

WHO Collaborating Center (WHO CC) organized a webinar on "Embracing Ageing in the Western Pacific: WHO Action Plan, Life Expectancy and Living in Good Health", where around 230 registrants gathered together online, acquired new knowledge and shared ideas related to healthy ageing in the Western Pacific Region.



► 24 Nov

The School joined hands with the Department of Applied Mathematics to hold the Guangdong-Hong Kong-Macao Greater Bay Area Workshop on the evolution and spread of influenza. Eighty people participated in the workshop.



◀ 24 Nov

Dr Lin Yang and Dr Simon Lam were the speakers of the workshop “Innovative ‘Contactless’ Teaching & Learning in Hybrid Classrooms with ATLAS” held by the PolyU Educational Development Centre (EDC). They shared their experiences in using the Augmented Teaching and Learning Advancement System (ATLAS) in enhancing students' learning interests and efficacy and promoting question asking as well as teacher-student interactions during classes.



▲ 27 Nov

PolyU collaborated with the Hong Kong Council for the Accreditation of Academic and Vocational Qualifications (HKCAAVQ) and the Federation for Self-financing Tertiary Education (FSTE) to organise an online conference on the theme of “Credit Transfer Practices in Higher Education: Partnership for Success”, with the Education Bureau (EDB) as the supporting organization. The conference attracted more than 300 officials, academics and administrators from 55 organisations, including government, sub-degree, self-financed and UGC-funded institutions and professional accreditation bodies, which offered a platform for local and overseas experts from Canada, Netherlands, and the USA to share valuable experiences in the development of, challenges on and support for credit transfer practices in higher education.



▲ 27-28 Nov

The School collaborated with the 5th Affiliated Hospital of Zunyi Medical University, Zhuhai, and the Guangdong Provincial Nurse Association to jointly organise the Conference on Zhuhai's Cutting-Edge Funded Scholarly Exchange Projects, which gathered nursing and medical experts in the Greater Bay Area to exchange research findings and nursing experiences under the challenges of the new coronavirus. Led by Prof. Alex Molasiotis, a team of SN speakers including Prof. Frances Wong, Prof. Alice Yuen Loke, Dr Angela Leung, and Dr Simon Lam delivered speeches on various topics.

■ Dec

Dr Vico Chiang was invited by the School of Nursing, Fujian Medical University (China), as a Visiting Professor to deliver an online workshop on evidence-based nursing for their PhD students. In the workshop, they discussed topics such as qualitative data analysis, meta-synthesis, appraisal and reporting of qualitative studies, and knowledge transfer.



Ms Echo Lau, the speaker, helped a participant to identify the acupoints for pain relief.

◀ 3 Dec

The School's Integrative Health Clinic held a workshop on chronic muscle strain and acupressure for pain management.

■ 7-8 Dec

Dr John Yuen served as member of the programme committee of the 15th eLearning Forum Asia.

◀ 10 Dec

An online webinar "The Public Participation in the COVID-19" was jointly organised by the School and the Asian Health Literacy Association. Over 250 scholars and policy makers in Asia attended the webinar and discussed challenges and opportunities of health literacy during the COVID-19 pandemic.

Dr Patrick Kor was invited to give a talk on 'COVID-19 Information Seeking and Digital Health Literacy in People with Chronic Diseases'.



▶ 12 Dec

The 21st Induction Ceremony of Pi Iota Chapter, Honor Society of Nursing, Sigma Theta Tau International was held online via Zoom.

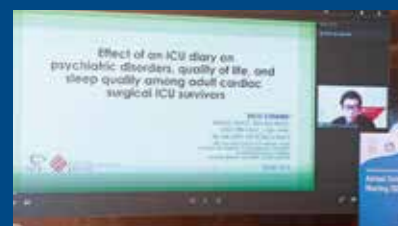


■ 13 Dec

Dr Vico Chiang was invited by the Hong Kong Society of Critical Care Medicine (HKSCCM) to present in the Critical Care Nursing Seminar during the 2020 HKSCCM Annual Scientific Meeting for the topic 'Effect of an ICU diary on psychiatric disorders, quality of life, and sleep quality among adult cardiac surgical ICU survivors'.

◀ 18 Dec

The WHO Collaborating Centre (WHO CC) organized the second webinar on 'Embracing Ageing in the Western Pacific: Ageing Trends and Cognitive Frailty'.






To excel in nursing for the well-being of mankind

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