



# Newsletter



## The Nethersole School of Nursing

ISSUE 2

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### Message from the Director



This is the second issue of School newsletter and much has happened since the successful launch and reception of the first one in June 2005. School highlights include the establishment and formal opening of the Wellness Centre in May and an unveiling ceremony of the Nethersole logo in June. The School also had the pleasure of the annual visit by the External Examiners for the Bachelor of Nursing (BN) Programme, Professors Hugh McKenna from the University of Ulster in the UK and Mary FitzGerald from the University of Newcastle in Australia, and the Master of Nursing (MN) Programme, Professor Roger Watson from the University of Hull in the UK. In September, a very successful Orientation Day was held with

over 2,000 prospective students and parents visiting the School to gain insights into the BN Programme. A major event for the School was the Third Pan-Pacific Nursing Conference and the Fifth Nursing Symposium on Cancer Care held in Hong Kong 11th – 12th November 2005. The Conference was hosted by the Nethersole School of Nursing in collaboration with the School of Nursing, Fudan University in Shanghai; the School of Nursing, the Hong Kong Polytechnic University; the Department of Nursing Studies, the University of Hong Kong; and the Department of Clinical Oncology, Prince of Wales Hospital, Hong Kong. The theme was “Excellence in Nursing Practice: Innovation and Creativity” and four international keynote speakers (two from the UK and two from the US) presented stimulating talks.

We hope you will enjoy reading the newsletter and please feel free to share with us your comments.

## Teaching and Learning

The external examiners for the Bachelor of Nursing Programme and Master of Nursing Programme paid an annual visit to the School and examined these programmes in June 2005. They met with staff and students, sampled examination and assessment scripts, visited students' clinical placement areas, and met with the Vice Chancellor to report on the quality of these programmes. Examiners of both programmes were very impressed with the high standard of these programmes.

This is the second year of the implementation of the revised Bachelor of Nursing curriculum. The transition from the 'old' to the 'new' curriculum has been smooth and feedback from staff, students and our clinical partners has been very positive and encouraging. Identification and evaluation of innovative teaching and learning strategies to promote student learning will continue to be our priority. The School has also successfully obtained a teaching development grant to evaluate the use of case-based learning in the BN programme and has been accredited by the Nursing Council as a Continuing Education provider for the period 2005 - 2008.

The School is working to prepare for the re-accreditation visit by the Nursing Council in December 2005.

## Clinical Practice

Following the commencement of the clinical mentorship scheme a year ago, it is encouraging to receive positive comments from students and hospital staff. They recognize the advantages of conducting clinical teaching using the clinical block system and using clinical mentors for supervising the clinical practice of senior-year students. Improvements in the clinical learning experiences of students have been observed. In addition, using the Nurse Instructors from the School in a hospital liaison role has enhanced communication between the School staff, clinical mentors, and hospital staff.

The School is pleased that 762 registered nurses have been appointed as clinical mentors for the academic years 2005 – 2007. Clinical teaching courses were provided to the clinical mentors during the summer months. A special badge has been designed and provided to clinical mentors in recognition of their important professional contribution to clinical teaching. The photos shown on the right side were taken during the clinical teaching courses.

## Research

The four research theme groups have continued to be very active since the production of the last newsletter. During the summer 10 internal review board meetings were held by the school for research proposals submitted for funding by the Competitive Earmarked Research Grant (CERG), the University direct grant (RGC allocation) and the teaching development fund. The purpose of the internal review board is to ensure the quality of competitive grants and maximize the potential for successful funding. Following the completion of the review process four grants were submitted for the CERG application, six grants were submitted to the direct grant fund and one for the teaching development grant. We are delighted to report that we have already been successful with the teaching development grant. We are looking forward to hearing the results of our other applications and hope to add to our success of achieving a CERG grant in July of this year. The School has also appointed two more research assistants to support the work of the theme groups so that each of the research groups now has a dedicated research assistant contributing to the development of the research capacity of the School.

It is also a great pleasure to announce the success of Ip Wan Yim in achieving her doctoral degree from the Department of Obstetrics and Gynecology at the Chinese University of Hong Kong.



## School Highlights

### Opening of the Wellness Centre on 23rd May 2005

In keeping with the mission of the School the aim of the nurse-led Wellness Centre is to enhance awareness of and promote healthy lifestyles among men and women living in the local community. The Wellness Centre, staffed by academic and clinical staff from the School with specialist knowledge in health assessment and health promotion, was developed in response to research evidence demonstrating that the most common causes of morbidity and mortality amongst the adult population of Hong Kong are chronic diseases such as cancer, coronary heart



disease and diabetes. The Wellness Centre collaborates closely with the Department of Community and Family Medicine at the Chinese University of Hong Kong and the Hospital Authority General Out-Patient clinics in the Shatin locality. The Wellness Centre was officially opened on 23rd May 2005 at a ceremony officiated by Ms. Kitty Chan (Department of Health), Dr. Philip Li (Deputy Hospital Chief Executive NT East cluster), Professors Albert Lee (Department of Community and Family Medicine), David Thompson and Sheila Twinn. The Centre is open once a week for booked appointments to undertake detailed health assessment and health promotion activities.

### Unveiling ceremony of the Nethersole logo on 3rd June 2005

An unveiling ceremony of the logo of the School was held on 3rd June 2005. The ceremony was well attended by colleagues from the Nethersole group of hospitals and the Chinese University of Hong Kong. The officiating guests were Prof. Tam Sheung-wai (Chairman of the Executive Committee of the Alice Ho Miu Ling Nethersole Hospital), Rt. Rev. Louis T.S. Tsui (Board Chairman of United Christian Medical Service), Prof. Fok Tai-fai (Dean, Faculty of Medicine), and Prof. David Thompson (Director of the Nethersole School of Nursing). The messages conveyed by the logo are profound and symbolize the strong links



and collaboration between the Chinese University of Hong Kong and the Nethersole group of hospitals. The School will continue to pursue the Nethersole tradition to serve the community with compassion, in the belief that Nethersole's caring culture and philosophy will merge with our School's position of distinction as a leading provider of nursing education in the region.



### Visit of External Examiners 29th May – 4th June 2005

Professors Hugh McKenna and Mary FitzGerald visited the School as the external examiners from 29th May – 3rd June 2005 for the Bachelor of Nursing Programme; and Professor Roger Watson from 30th May – 4th June 2005 for the Master of Nursing Programme. While visiting the School each of the examiners presented a seminar providing an opportunity for academic exchange.



### Orientation Day on 24th September 2005

Despite typhoon signal no. 3 being hoisted throughout the day, an unprecedented 2121 visitors visited the Nethersole School of Nursing. This year, the School set up boards displaying a wide range of information on the Bachelor of Nursing Programme curriculum. In addition, equipment displays and skill demonstrations were set up. Visitors showed great interest in learning the clinical skills being demonstrated. Six academic counselling sessions were arranged to introduce the School and the Bachelor of Nursing Programme, as well as answer visitors' questions. Attendance at all six sessions was overwhelming and visitors found the sessions were helpful and







informative. In addition to the academic counseling sessions, a chat room was set up as an informal way to allow visitors to raise questions and share their interest about the School.

Over 150 student volunteers from the School participated in the event and their enthusiasm, helpfulness and contribution was greatly appreciated. We observed the visitors and student volunteers having great fun as they exchanged studying and nursing experiences.

**Third Pan-Pacific Nursing Conference and the Fifth Nursing Symposium on Cancer Care 11th – 12th November 2005**

More than 450 delegates from Australia, Japan, Korea, Mainland China, New Zealand, Pakistan, Philippines, Taiwan, Thailand, UK, USA and Hong Kong attended the Third Pan-Pacific Nursing Conference and the Fifth Hong Kong Nursing Symposium on Cancer Care held at the Sheraton Hong Kong Hotel & Towers. The conference was organized by the



Nethersole School of Nursing, the Chinese University of Hong Kong and co-organised by the School of Nursing, Fudan University; School of Nursing, the Hong Kong Polytechnic University; Department of Nursing Studies, the University of Hong Kong and Department of Clinical Oncology, Prince of Wales Hospital. The theme of the conference was "Excellence in Nursing Practice Innovation and Creativity". The keynote speakers were: Professors Alison Kitson, Dame Jenifer Wilson-Barnett from the UK, and

Professor Marilyn J. Dodd and Dr. Sarah H. Kagan from the USA. The conference commenced with an Opening Ceremony at which the officiating guests included Professor Lawrence Lau, Vice Chancellor, the Chinese University of Hong Kong and Professor Tsui Lap Chee, Vice Chancellor, the University of Hong Kong. The feedback from delegates was very positive, in particular the opportunity to exchange views about innovative practices in nursing.



**Welcome**

The School is delighted to welcome several new members of staff including one academic member and two research assistants. The following appointees provide a snapshot of their views in joining the School.



**Angie L.F. Soetanto,**  
Assistant Professor  
joined the School on 3rd October 2005

"I came from the Hong Kong Polytechnic University where I obtained my Ph.D. in Nursing. My thesis was on gender differences in pain perception and a large part of my doctoral work involved studying the perception of pain of healthy individuals under the controlled environment of a laboratory. I am interested in extending this research to clients with clinical pain problems and hope that some of you will work with me on this area. Apart from work, I enjoy reading autobiographies of interesting people, teaching children and appreciating the beauty of nature. Looking at the magnificent view of the Tolo River from my office window makes me feel good to be here and I look forward to a great time of working together with all of you."



**Lee Kit Yan,**  
Research Assistant  
joined the School on 18th July 2005

"Even though I have joined the School for a relatively short period, I have been impressed by the sheer professionalism and enthusiasm of its great diversity of research and academic work. The friendly and supportive atmosphere makes it much easier to adapt to the new working environment. When I come across any questions at work, my colleagues have been very helpful and are willing to give me useful suggestions. I appreciate and thoroughly enjoy being part of the research team. In the meantime, I am so delighted to have an opportunity to contribute substantially to the School."



**Tsui Yuen Yan,**  
Research Assistant  
joined the School on 5th September 2005

"The School has created a working environment that is personally and professionally challenging and enjoyable. I chose to join the School that provides a golden opportunity for me to have my input and knowledge valued."

**Hong Kong Centre for Evidence-Based Nursing**

**Training and workshop**

Two evidence based nursing workshops were offered in February 2005 to nursing staff of the Nethersole Group of Hospitals and New Territories East (NTE) hospitals focusing on methods to search for best evidence and ways to appraise research evidence. A similar workshop will be offered to Hospital Authority nursing staff on 29th December 2005.



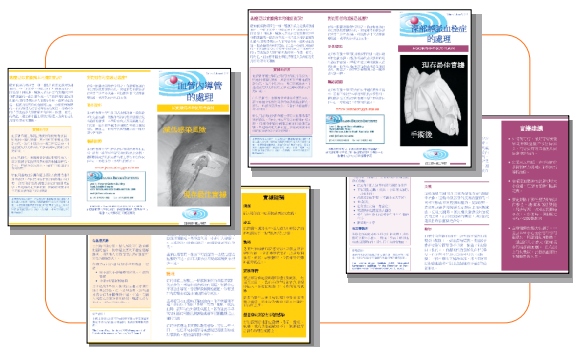
Professors David Thompson and Janita Chau attended a Joanna Briggs Institute systematic review train-the-trainer workshop in Purdue University, Indiana in September 2005.





### Consumer Information Sheets

The Hong Kong Centre has completed translating the following consumer information sheets into Chinese: Management of falls in hospital, Management of deep vein thrombosis, Management of IV cannulas, Management of nipple pain and trauma, Management of the child with fever, Strategies to help you quit smoking, Use of music in hospital, and Management of constipation. These sheets are available for downloading from the website.



### Implementation projects

The centre has completed a research project examining the barriers to implementation of evidence based practice in Hong Kong. The findings provide useful data for health care institutions and the Hong Kong centre to examine ways to support the use of research evidence in practice. A collaborative research project with the Thailand Centre for Evidence Based Nursing and Midwifery and the Fudan Evidence Based Nursing Centre in Shanghai continues.

The collaborative implementation project with the NTE Cluster Hospitals on tracheal suctioning of adults with an artificial airway is progressing well. We have completed the pre-implementation audit on current practice in the Intensive Care Unit of a major acute hospital and the hospital will start to disseminate the evidence based protocol soon.

### Nursing Society Activities

The Nursing Society provides a communication channel between the School and nursing students. We help the School to communicate information to nursing students and reflect their opinions and comments to the School. Looking back, we have received positive feedback on the activities held by the Society and we appreciate the support from our professors and students in helping us to run the activities smoothly.



The Nursing Orientation Camp in 2005 was successful. Despite only having a short time to arrange the Orientation Camp due to our clinical placements and examinations and bad weather in August, we received very positive and encouraging comments from our freshman students. Apart from the Orientation Camp, we organized a 3-day joint university exchange visit to Zhong Shan with the Nursing Society of the University of Hong Kong and the Hong Kong Polytechnic University. We visited hospitals and clinics to understand the working environment of the health care staff in Guangdong Province. This was our first exchange program and we thanked the Nethersole Institute of Continuing Holistic Health Education (NICHE) for their financial support.

To celebrate International Nursing Day, we held some health checkups in Jat Min Estate in March 2005. The checkups included taking blood pressures, weight, height, BMI and blood glucose levels. We also provided education and advice on healthy lifestyles. We appreciate the support provided by Lam Hong Wah, the District Councillor of Shatin in carrying out this activity.



### Fun and Life

In a busy workplace, a small gardening corner offers a respite from telephones and e-mails. With our busy schedule, we frequently have little time to go outside to interact with nature. We have therefore created our own piece of nature within the School. Various plants such as orchids, African violets, christmas flowers, aloe vera, anthurium, cactus, and even vegetables can be found in this small garden. Growing our own plants and vegetables is both fun and rewarding. This is also an effective way to reduce stress and we always try to spend some time during lunch enjoying the beauty of nature in our own School.



### Forthcoming Events

- Annual Retreat** | 20th January 2006
- Marathon 2006** | 12th February 2006

This Newsletter is published bi-annually. Copies are sent to local, national and international universities and health institutions associated with the School. The School also welcomes comments and contributions to the bi-annual newsletter. Please contact the Nethersole School of Nursing:

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