

**Results:** Findings indicate that Chinese adolescents 14-16 years of age perceive themselves to possess the necessary cognitive abilities and maturity in judgment to be autonomous decision makers similar to their Western counterparts. Paradoxically, although they are hesitant to assert their autonomy, they are also unwilling to surrender that autonomy to their parents even under coercion or intimidation. Parents tend to under-estimate their adolescents' abilities and preferences to make autonomous decisions and over-estimate the importance of parental authority in decision-making.

**Conclusion:** "14-and-above" Chinese adolescents in Hong Kong perceive themselves to be capable of autonomous decision-making in medically-related matters, but they hesitate to assert their autonomy probably because of the Confucian values of parental authority and filial piety that are deeply embedded in the local culture.

### **Integrated Patient Care Plan in the Management of Acute Asthmatic Attack**

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**Introduction:** Asthma is one of the most common chronic illness among children and takes a significant toll on children. If not properly managed, asthma can cause life-threatening crisis and increased hospitalization. There are evidence that when proper medical treatment and asthma education are provided, many patients will be able to lead normal and active lives. With the implementation of the in-hospital integrated patient care plan (IPCP) protocol since March, 2006, asthmatic children and their families become competent in the care of their illness.

**Objectives:** Our IPCP protocol particularly focuses on: (1) Prompt relief of respiratory distress of acute asthmatic attack; (2) Early identification of severe cases for aggressive treatment and monitoring; (3) Provide education to family members and children on the use of medications and disease management in the care of asthma.

**Methodology:** A prospective study was carried out between March to June 2009. Children admitted to paediatric wards aged over or equal to 2 years old with the principle diagnosis of asthma were recruited. All patients were treated according to the IPCP. Outcome measures were (1) the incidence of acute asthmatic attack requiring intensive care, (2) percentage of subjects received a nurse-led education talk, (3) results of self-administered questionnaire assessing their knowledge in understanding their own illness. (4) assessment on the technique of using inhalation devices, (5) unplanned readmission rate within 28 days due to asthmatic exacerbation, (6) the mean days of hospitalization.

**Results:** From March, 2006 to June 2009, 671 children were recruited, aged 2-17, and results were analyzed, 231 (34.42%) were female, and 440 (65.5%) were male, mean age was 5.75. There were 5 children requiring PICU care. 70.6 % received post asthma education talk. All patients showed satisfactory result in the self-administered questionnaire and in the use of inhalation device. The unplanned readmission rate was 0 to 1.82% per year, (versus 8% in the pre care plan period). The mean day of hospitalisation was 2.27.

**Conclusion:** The IPCP protocol is effective in reducing unplanned readmission. It is also effective in improving patients' knowledge of asthma and correct use of inhalers.

### **Poster Presentation (Nurse's Session)**

#### **Understand How Children Cope with the Diagnosis and Treatment of Cancer: An Important Step to Implement Appropriate Psychological Interventions**

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**Introduction:** Understanding how children cope with the diagnosis and treatment of cancer is a crucial step toward designing appropriate psycho-educational interventions. This paper aimed to explore how Hong Kong Chinese children cope with the diagnosis and treatment of cancer, an area of research that has been underrepresented in existing literature.

**Methods:** A cross-sectional study was employed. Eighty-eight Hong Kong Chinese children aged 9 to 16 years, admitted for treatment of cancer in 2 paediatric oncology units, were invited to participate in the study. A one-to-one short interview was conducted. Content analysis was used to analyze the interview data. The differences in coping strategies used between children's sex and age group were assessed by using chi-square test.

**Results:** Findings from this study indicated that the most commonly reported coping strategy used by Hong Kong Chinese children was self-control (emotion-focused). This finding is incongruent with previous studies on Western children in which it was found that seeking social support (problem-focused) was the most commonly reported coping strategy. On the other hand, this study revealed that children used different coping strategies at different developmental stages, with younger children used less problem-focused and more emotion-focused coping strategies than older children.

**Discussion:** The diagnosis and treatment of childhood cancer have been described as extremely stressful and threatening experiences in the life of a child. This study has addressed a gap in the literature by examining how Hong Kong Chinese children coped with and responded to the diagnosis and treatment of cancer. It is anticipated that the information derived from this study would help nurses to shape and design appropriate psycho-educational interventions that can help ease the burden of cancer treatment and provide support for childhood cancer survivors to flight cancer and its subsequent adverse treatment effects at every step of their long and difficult journey.

### **Survey on Adolescent Health Problems and the Effectiveness of Adolescent Talks**

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**Introduction:** Recent extensive report on substance abuse by adolescents in different mass media has drawn great public attention. This only reflects part of the adolescent problems. In the frontline, nurses undoubtedly play an important preventive and remedial role. Hospitalization of adolescents often offers a good opportunity for nurses to see to the underlying problems and do the health education.

**Methods:** A questionnaire-based survey titled "Survey on Adolescent Health Problems and the Effectiveness of Adolescent Health Talks" was conducted to understand how adolescents assess their own health problems before and after health talks from September 2004 to March 2009. An evaluation was also performed on the effectiveness of health talks.

**Results:** The surveys mainly focused on three different aspects i.e. self identity and self image, stress management and prevention of drug abuse. The overall response rate was 100%. The sample included 83 adolescents. The age range was from 10-18 years old. The participants were invited to attend different health talks. In the first aspect including four talks: "Love Yourself", "Keep Fit Formula", "Fitness by Healthy Diet" and "Acne Care" were conducted to understand the "self identity and self image" of the adolescents. It was found out that 62% of the participants expressed that "Self Understanding" was important to them. 100% of the participants were not satisfied on their body shapes. 50% had attempted weight reduction before. 80% adolescents chose junk foods as most preferred foods. 44% adolescents had trouble with acne. 33% answered that they would squeeze the acnes. None of the participants would seek medical advice.

The second aspect on stress management included two topics: "Goodbye to Stress" and "Positive Thinking". 86%

adolescents expressed that they had stress in their daily lives. The origin of stress was mainly from academic performance (55%). The methods used to cope with stress included: sleeping (30%), watching T.V. /listening to music (18%) etc. "Lost of family member" (37%) were found to the most unhappiest event. The coping strategies included: chat with someone (38%), eating (16%) etc. 13% adolescents were willing to talk with the medical staff. Therefore, nurses played a significant role to help them.

In the third aspect on substances abuse preventive health talk, 100% adolescents could give the correct answers on the adverse effects of substances abuse. All participants reported that they would not abuse substances when being asked by friends or relatives.

In general, for all talks, 89% adolescents reported that the health talks were useful to them. 34% adolescents said that they would apply the knowledge gained in the health talks to their daily lives. 33% adolescents said that they had increased health knowledge after the talks.

**Discussion and Conclusion:** Results from this study indicate that self-identity and self-image are some of the main adolescent concerns. Having limited knowledge, adolescents usually adopt incorrect methods to deal with their problems, for example, inappropriate managing their acnes. Therefore nurses should play a vital role to health promotion, such as teaching them correct methods in treating the acnes. The study also showed the effectiveness of health talks. Positive feedback from adolescents further supports the role of the nurses in providing health education for adolescents.

### **The Correlation Between Parental Fever Phobia and the Daily Routine of Fever Management in Paediatric Ward**

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**Introduction:** The symptoms and signs of a febrile response are the most common presentation of illness in childhood. A number of reports have shown that the condition of undue fear about the danger of fever lead to excessive use of health care services. A term "fever phobia" is used to describe the exaggerated fear of fever due to misconception. This phenomenon has been found among parents of all socioeconomic classes and different ethnic groups. In Hong Kong, insufficient knowledge of fever management also exists in Chinese culture; aggressive treatments for the fever children are expected by the parents. Especially in private health care sectors, the parents have more autonomy to influence the fever management practices. Lots of complaints and dissatisfaction have occurred because of the different beliefs of fever management practices