



## Head's Message

During my sabbatical year I have been able to spend some time at the University of Pennsylvania (UPenn) School of Nursing (SON). This has proven to be an extremely valuable professional experience for me in learning about how the School operates within its tripartite mission of research, education and practice. UPenn is a private Ivy League university and its structure is somewhat different from our public university system in Hong Kong. Nevertheless, many issues are similar and I have had a great time exploring this rich environment and discovering opportunities for research collaboration, benchmarking, and professional and student exchange.



(left) Prof Afaf Meleis, Margaret Bond Simon Dean of Nursing of UPenn and Sophia

The UPenn SON provides a superb environment with abundant opportunities for discussion and exchange of ideas and academic developments. It is a milieu where scholars create and translate knowledge, teach and mentor the next generation of leaders and scholars, and provide evidence based practice to enhance the quality of patient care. It is an outstanding entity against which to benchmark our own research and scholarly activities and our professional development initiatives.

During my time at UPenn, I have had opportunities to discuss and plan ongoing academic collaborations

and student exchange activities between HKU Department of Nursing Studies and UPenn SON for the 2006-07 academic year. I have attended seminars and presented my research here and I am currently exploring possibilities for research collaboration between our two schools. I have met with the Associate Dean for Research to discuss issues around the further development of our research capacity. I am also very interested in the possibility of undertaking projects on nursing outcomes studies. I have met with faculty of the UPenn Transdisciplinary Tobacco Use Research Centre to discuss research interests in smoking cessation and possibilities of collaboration. I would also like to explore opportunities for research collaboration at the UPenn Centre for Bio-behavioral Research.

I was delighted to meet the Associate Dean (Clinical Practice) to discuss possible participation by HKU students during future student exchange. Of particular interest is the UPenn SON LIFE program, which is a nursing home for older persons owned by the SON.

UPenn SON has an organized system for mentoring new and junior staff which I found quite inspirational. I met with the director of the mentorship program and I am hopeful that before too long a similar system will be fully implemented in our own Department of Nursing Studies at HKU.

I also had great fun teaching a class for the sophomore year nursing students in their Health Promotion Course on the topic of developing nursing interventions in smoking cessation.

My sabbatical year is providing me with astounding experiences of manifold variability and relevance which I will cherish when I return to Hong Kong. I have learned a great deal and I look forward to drawing upon these experiences in my future work in the life and further development of the Department of Nursing Studies at HKU. **n**







## Promoting Breastfeeding in Hong Kong: Reducing Barriers and Shaping Societal Norms

**B**reastfeeding is a key public health issue and the benefits of breastfeeding have been widely recognized. Hong Kong women are increasingly choosing to breastfeed their infants. Although approximately 60% of all new mothers now initiate breastfeeding, up from 19% in 1981<sup>(1)</sup> and 37% in 1997<sup>(2)</sup>, in comparison to other countries, Hong Kong still has a low breastfeeding rate. Despite recommendations for exclusive breastfeeding up to 6 months of age, few Hong Kong women exclusively breastfeed and most stop breastfeeding within the first few months<sup>(3)</sup>. The reasons Hong Kong women discontinue breastfeeding early are varied and unique to this population.

Research studies conducted both within the Department of Nursing Studies and the Department of Community Medicine at HKU have identified many factors which impact a woman's infant feeding choice and subsequent breastfeeding experience. The high proportion of women of childbearing

age working full-time, the short maternity leave and the lack of support for breastfeeding women provided by many Hong Kong employers are all examples of barriers faced by Hong Kong women who do choose to breastfeed. Around 75% of all women will return to work in the post-partum period, and one study has found that mothers who were employed full-time were 25% less likely to breastfeed<sup>(2)</sup>. Furthermore, with maternity leave so short, many women conclude that it is not worth starting breastfeeding if they can only do it for six weeks and women who do initiate

breastfeeding and face difficulties, often give up for the same reason<sup>(4)</sup>. If a woman does choose to continue breastfeeding after returning to work, she often finds that the work environment is not conducive to expressing and/or storing breastmilk as few workplaces provide adequate facilities and the required time for new mothers to undertake such activities<sup>(4)</sup>.

The Chinese tradition of desiring chubby babies means that breastfeeding women also face family pressure to discontinue breastfeeding or to supplement breastmilk with infant formula. Breastfed babies are leaner than artificially-fed babies and family members, in particular the mother or mother-in-law, often pressure the new mother to "fatten-up" the baby with infant formula<sup>(5)</sup>. Well-meaning family members also perceive that breastfeeding

places a burden on new mothers and interferes with the practice of "doing-the-month" (坐月)<sup>(6)</sup>. These influences can cause psychological distress for the breastfeeding mother who perceives that she has little control over the infant feeding method and will often comply with the wishes of her family members to maintain family harmony<sup>(6)</sup>. Infant formula supplementation or lack of exclusive breastfeeding, particularly within the first few weeks postpartum, negatively affects the duration of breastfeeding considerably<sup>(3)</sup>.

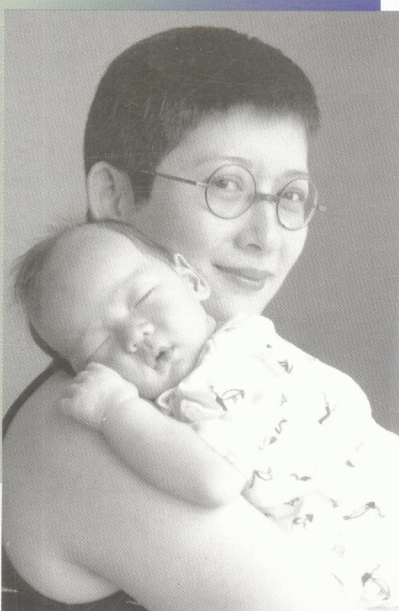
Women also face many societal barriers in the continuation of breastfeeding. Breastfeeding in public is frowned upon in Hong Kong and there are few places that provide clean and private facilities for breastfeeding women. Thus, breastfeeding women either restrict their activities outside the home, or when taking their infant out in public, prepare a bottle of infant formula to feed the baby<sup>(4)</sup>. Both practices are detrimental to the continuation of breastfeeding.

Positive early breastfeeding experiences and support from significant others are crucial to successful breastfeeding. Nurses and other health professionals are held in high regard in Hong Kong. With the public health-care system reaching such a large proportion of the Hong Kong population, health professionals are in an ideal position to focus on changing societal attitudes and perceptions toward breastfeeding. Governments can also play a key role in breastfeeding promotion by providing incentives and/or regulations that ensure work-place environments are supportive of breastfeeding women. Promoting breastfeeding as a practice that benefits women, children, their families, and society will help to reduce the barriers that Hong Kong women currently face. **n**

*Special acknowledgement goes to Ms Melanie Aldridge, the photographer of the lovely pictures.*

### References

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3. Dodgson JE, Tarrant M, Fong DYT, Peng XH, Hui Choi EWH. Breastfeeding patterns of primiparous mothers in Hong Kong. *Birth* 2003;30(3):195-202.
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Winnie KW So  
Assistant Professor & Yr IV Co-ordinator,  
Bachelor of Nursing Programme



## Professional Development Programme for the Graduating Class

The Department organized a professional development programme for the Bachelor of Nursing graduating class to give them the opportunity to think about and plan their career. The programme was held every Saturday morning for four consecutive weeks during the period 11 February to 11 March 2006. The aims of the program were to: 1) discuss with students how to plan for their professional development; 2) facilitate their transition from student to registered nurse; 3) help them prepare themselves for a professional life and 4) explore various opportunities for their professional development. The programme was fully supported by the Acting Head of the Department, Programme Coordinator of the Bachelor of Nursing Programme, General Managers of Nursing/Nursing Directors of various hospitals, and the Principal Nursing Officer of the Department of Health.

Over the course of the programme, students had the opportunity to discuss ideas about developing their own career plan. They were also given useful information about various opportunities for further study. Honorary speakers from various healthcare settings helped them to understand better the structure of different healthcare sectors and nurses' roles in various healthcare settings. Additionally, graduates were invited to share their transition experiences; their happiness and difficulties in the process of professional development and their career aspirations. The students were also given the opportunity to learn about ways to present their credentials in curriculum vitae and during interviews. They enjoyed the opportunities given to them to practise interviews techniques through role play.

Students will shape the future of the nursing profession, and as faculty members, we have a professional responsibility to facilitate their planning for their professional development, to prepare them to serve the community with high quality care and to move our profession forward. From students' feedback, the objectives of the programme were achieved and the programme will be refined according to their suggestions. We wish our students every success to their career and professional development. 



### Feedback from participating students:

#### CHEUNG Ka Ki, Kiri

It was worth attending the four sessions of the professional development program as many representatives from different hospitals and related organizations were invited. There was an opportunity for us to have a clearer picture of our future after graduation, to get more information from different settings, such as private or public hospitals, and to know about their expectations of a fresh graduate. In addition, the sharing session with our graduates and the mock interview with Departmental Operation Managers (DOMs) were extremely beneficial for preparing our career life.

#### NG Miu Lai, Milly

I was pleased by the usefulness and really friendly atmosphere in the professional development program. All of the arrangements are aimed to help us to preview our career prospects and decide the most suitable career pathway. More importantly, I was granted with such a chance to ask and listen to comments from HKU nursing graduates and I gained precious interview tips from managerial seniors of all major hospitals. The program gave me insights to be a well rounded candidate before graduation.

#### PANG Wing Yan, Fanny

Throughout the professional development program, I understood how I should prepare myself to become a registered nurse. From writing a CV and interview techniques to planning my future career, most aspects of the program were useful. It is worth being held in the future.

#### WONG Nga Sze, Grace

Transforming from a student to a registered nurse has become the greatest concern of final year students...Through participating in the mock interview session with a DOM and sharing session with the graduates and General Managers, I gained enlightened insights for preparing a successful interview, as well as preparing myself to be a nurse with constructive attitudes and sensible visions in the future...I highly recommend that all junior students should join this kind of program to get the clear direction for career preparation.



# Assistant Dean's Message

Dr Agnes FY Tiwari  
Associate Professor & Assistant Dean  
(Education and Student Affairs)  
Li Ka Shing Faculty of Medicine



As an academic department charged with the responsibility of educating nurses, student learning is our core business. To be more precise, we should have mastery over a variety of teaching techniques that facilitates our students to learn. With the abundance of learning theories and the voluminous literature on how students learn, we, as teachers, are spoiled for choice. Yet, how much has such knowledge resulted in improved teaching? What's more, to what extent does mastery in teaching bring about student learning? For unless student learning takes place, even expert teaching is irrelevant.

Is student learning such an elusive pursuit? Maybe not. Over half a century ago, Alfred North Whitehead declared in the Aims of Education that student interest was the *sine qua non* of all learning. We also know that children have a natural sense of wonder and exploration, the very ingredient for a quest for learning. However, have we not witnessed time and again bright and enthusiastic students lose their interest for learning after they enter an academic learning environment? What should be natural inclination to learn does not seem to transfer naturally to a formal learning environment such as a lecture room.

Chet Meyers, a scholar known for his pioneering work in promoting teaching excellence, asserts that students' natural inclination to learn has to be nurtured so that they can once again derive pleasure from the discovery of something new. While what Meyers says may sound simple enough, in practice how often do we as teachers step back and try to see what we teach through the eyes of our students? In short, how often do we ask the questions "Why should students learn this subject matter?" and "What kind of learning environment will stimulate students' interest?"

John Holt, a long time critic of traditional pedagogy, declares that "We don't have to make human beings smart. They are born smart. All we have to do is to stop doing things that make them stupid." Surely, no teachers would do something that would make their students stupid? But what about those learning situations in which knowledge is transmitted in an orderly fashion from teachers to students? Orderly it may be but has any thought been given to its stifling effect on students' intellectual growth? Intellectual growth is not just the accumulation of more and more knowledge with increasing complexity. It is also students' eagerness to explore and question and willingness to suspend judgment and entertain new possibilities. Without such intellectual capacity, students are no more than passive recipients of truth, which will soon become outdated.

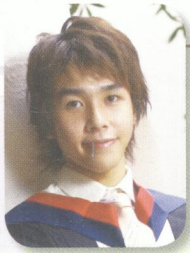
The Chinese motto 「明德」·「格物」 on our University's shield serves to remind us of the importance of moral and intellectual enrichment of human lives. It is no coincidence that 「格物」 ('the investigation of things') is the basis for 「明德」 ('illustrious virtue') according to the Confucian classic the Great Learning. The challenge to students and teachers is to find a way of applying such wisdom to everyday teaching and learning. [n](#)





# Reflections of Students

## Master's Students Sharing Learning Experience.....



**Chris Tai Pak Hong (Year 1 MN student)**

I was really excited when I read the Master's brochure and realized that this programme could offer me the knowledge and skills to achieve an advanced level of practice in patient care. Advanced health assessments, incorporating deeper knowledge of pathophysiology and pharmacotherapeutics, and more accurate diagnoses, will help my interventions to be more effective. The course also offers me a chance to participate in research projects, giving me skills to provide evidence and rationales for my decisions and actions and to evaluate my practice to ensure the greatest benefit to my clients. I am also very pleased to have the opportunity to gain a deeper understanding of health service management and health policy which are so essential in maintaining cost-effective health services.

Part time students need to strike a balance between their own career, family, social life and other numerous matters. Accordingly the Department has developed student progress reports to enable students to discuss their study plans with an experienced supervisor. With this support, the pathway to a Master's degree will be smooth and meaningful.

**Annemarie Cheung Hor Wan (Class 2004 Graduate)**

After completing my degree, I often felt I was drowning in the knowledge kaleidoscope of nursing and medical sciences. The Master's programme has provided me with opportunities to understand different perspectives that prevent me from losing my track. I enrolled in the Advanced Practice stream, which has enabled me to master both sophisticated and practical knowledge; from philosophy and advanced health assessment skills, to enhancement of research skills in evidence-based nursing.

I feel lucky that I pursued both my baccalaureate and master's degrees in The University of Hong Kong. Graduates were willing to help us through the challenging academic years. Now to my surprise, junior fellow students are motivated by our acts. Therefore, we have the mission to build a positive learning environment, so that the juniors will enjoy their studies, and be sustained in nursing.

The high application rate to our Master's programme spotlights the successful effort the Department has made throughout the profession, in addressing the demands and challenges in higher education. I am sure that we can generate ongoing pioneers and dynamic players at the forefront of the profession.



**Liza Lui Yan Yan (Year 2 MN Student)**

I graduated in 2000, have worked as a registered nurse for 5 years and am currently studying the Master of Nursing. I believe that, in order to enhance our status in the health care system, to function autonomously and to provide a better quality of care to patients, advanced knowledge and skills are the mainstay and this has given me the incentive to pursue further study.

There is a great difference between Bachelor's degree and Master's degree. Through this program, which focuses on adult learning principles, I have learnt to think more broadly and from different perspectives. Besides, the programme puts much more emphasis on daily practice than on theory, which I find useful when applying in my daily work. In short, this programme trains our thinking, which to me is the most important aspect for nurses to upgrade their status. We are not just doers, but also critical thinkers and this programme acts as a tipping point of building a bright future for nursing!



**Yuen Ming Kee (Class 2005 Graduate)**

Choosing the Master of Nursing programme during the SARS period in 2003 was a wise decision. That was a period of threat and hopelessness but I was attracted by both the course and the reputation of HKU as the top learning institute in Hong Kong.

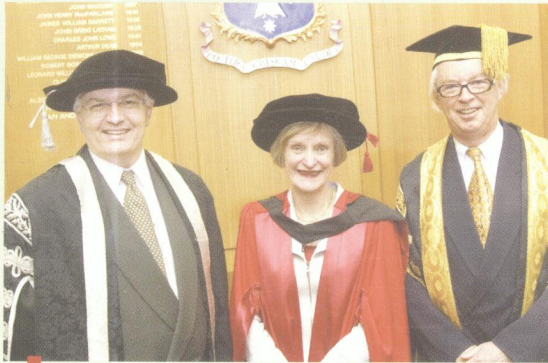
Through this course, I have widened my perspective in various areas especially in health policy, women's health, health promotion and different nursing specialties. I was also given the chance to exchange ideas with some nursing students from the United States and that helped me to understand more about different health care systems. With the increased knowledge and qualification, I can work better in the roles of clinical teacher, mentor and supervisor.

Although I was the only male student in my group, I enjoyed the discussion, sharing and group work with other classmates. Now we have graduated, our friendship and connection continues. I greatly value the network of mutual support. I highly recommend this Master's programme for self-development, advancement of the nursing profession and enhanced patient care.



# Department Highlights

## Honorary Professor Awarded Doctor of Medicine *honoris causa*



(from left) Prof Glyn Davis, Vice Chancellor of the University of Melbourne, Prof Judith Parker, Mr Ian Renard, the Chancellor of the University of Melbourne

Professor Judith Parker, who is now an Honorary Professor in Department of Nursing Studies, visited the Department for the week of 20-26 February, 2006. During her time here she conducted a workshop for staff members on supervising students undertaking Masters dissertations. The Department was delighted to learn that Professor Parker, now an Emeritus Professor of the University of Melbourne, was awarded a Doctor of Medicine *honoris causa* by the University in December 2005. Her citation noted that she is one of the pre-eminent figures in Australian nursing education and scholarship and has been a trailblazer, highly regarded and immensely influential in the establishment of Australian nursing in the higher education sector, in the development of higher degrees in the discipline and in the establishment of a research base for the discipline.

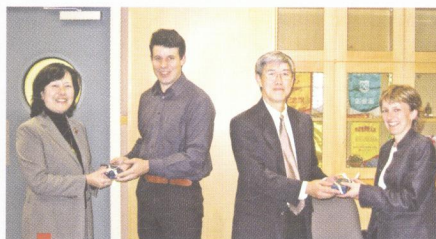
## Marathon.....United We Run!

The HKU Marathon Team won the top prize for the Most Supportive Group Award in The Standard Chartered Hong Kong Marathon 2006 which was held on 12 February 2006. A number of nursing students and staff of the Department joined the race together with Vice Chancellor Prof Lap-Chee Tsui and successfully completed the run. Among the 1,100 members of the HKU Team, 67 were staff members and the Department took up 7 places (over 10%) in the staff proportion which highly demonstrated our team spirit. Staff members participated in the Marathon included Dr Agnes FY Tiwari, Dr Felix FH Yuen, Ms Winnie KW So, Dr Caroline YY Chui, Ms Sabrina CC Chan, Mr Bernard WS Yeung and Ms Winnie Lo.



## Visitors

Academics from around the world have paid visits to the Department over the past few months. The undergraduate and postgraduate programmes were introduced and tours of the Department were conducted.



King's College London, U.K.,  
13 January 2006



University of Worcester, U.K.,  
6 February 2006



Peking University, Mainland China,  
8 December 2005



Peking Union Medical College,  
Mainland China,  
12 January 2006



## National Oncology Nursing Conference in China

Ms Winnie WK So, Assistant Professor, was invited to give a presentation on "Development of Oncology Nursing in Hong Kong" at The Second National Oncology Nursing Conference which was held from 26-28 November 2005 in Fujian, Mainland China.



## Postgraduate Students' Poster Session

A poster session was held on 21 February 2006 for Year 2 students of the Master of Nursing Programme to present the findings and generalizations of their Dissertations/Advanced Practice Projects. The event was well received by the viewers including teachers, undergraduate and postgraduate students of the Department. To promote the Master students' research spirit, these poster sessions are held annually and have provided the postgraduate students with a very good opportunity to share their research experience.



Ms Zarina Ismail

## MN Student Gave Presentation at International Congress

Ms Zarina Ismail, Year 2 student of Master of Nursing programme, gave a presentation together with Assistant Professor Ms Winnie WK So, on "Preoperative Anxiety and Uncertainty in Gynaecological Cancer Patients" at the 12th Hong Kong International Cancer Congress held on 8-12 December 2005.

## Health Education Talk

Clinical Instructors Ms Denise MK Chow and Ms Ka Huen Yip together with four Year 2 undergraduate students, conducted a health education talk on "Growth and Nutrition for Children and Adolescence" at the Tung Wah Group of Hospitals Yu Mak Yuen Integrated Services Centre on 14 January 2006. The talk was well received by over 30 families which participated in the talk.



Jönköping University,  
Sweden,  
9 February 2006

Prof Jane Barnsteiner, Professor of Pediatric Nursing, University of Pennsylvania School of Nursing, visited the Department during 21-24 March 2006. During her visit, Prof Barnsteiner had various consultative meetings with teaching staff and gave a seminar on "Transforming Practice in Healthcare: Applying the Evidence" to Departmental staff.



The Third Military Medical University, Chong Qing,  
28 March 2006



Prof Jane Barnsteiner






## Message from Alumni Association

We are pleased to announce that over 40 graduates have enrolled as members of The University of Hong Kong Nursing Alumni Association (HKUNAA). Our Association was registered under the Societies Ordinance in June 2005. The purposes of the Alumni are to form an affiliation with nursing graduates from the Department, maintain continuous linkage with the University, promote the academic advancement in nursing profession and participate in public affairs. We now have 8 committee members who are responsible for different assignments (see the table below).

In the near future we hope to recruit more nursing graduates from this University. We plan to conduct briefing sessions with both our undergraduate and post-graduate students before they complete their programmes.

In order to increase our sharing with professional bodies and maintaining linkage with other nursing association, we are planning an exchange visit to the Macao Polytechnic Institute School of Health Sciences (澳門理工學

院高等衛生學校) as well as holding a seminar with the Macao Polytechnic Institute Nursing Alumni Association (澳門理工護理學同學會) on 27-5-2006 (Saturday). Details of the programme schedule will be sent to individual members through by e-mail. As space is limited to 20, we would welcome early replies. If you are interested in joining our family, please feel free to contact a committee member in your hospital or send an e-mail to the Secretary requesting an enrollment form.

Last but not the least, we must thank the Department of Nursing Studies for their great support in helping during the establishment of the Nursing Alumni Association. Our mailing address is: HKUNAA, 4/F., Department of Nursing Studies, William M.W. Mong Building, 21 Sassoon Road, Pokfulam, Hong Kong. 

### CONTACT LIST OF COMMITTEE MEMBERS

Name	Post	Current Work Place	Specialty	E-mail
Mr. Ng Kuen To	Chairman	TMH	Medical	hku2004mph@yahoo.com.hk
Miss Shum Suet Kam	Vice-chairman	QMH	Pediatric oncology	skshums@netvigator.com
Miss Kitty Tang	Treasurer	PMH	Pediatric	sktangk@graduate.hku.hk
Miss Penny Wong	Secretary	PMH	Community Nursing	penny_care@yahoo.com.uk
Mr. Chui Sing Kwan	External Affairs Officer	QMH	Psychogeriatrics	chuis@ha.org.hk
Mr. Thomas Lam	Internal Affairs Officer	QMH	Surgery	thomaslam@graduate.hku.hk
Miss Veronica Tsui	Welfare Officer	TWEH	Medical	vttychan@yahoo.com.hk
Miss Florence Chan	Welfare Officer	DH	Department of Health	florenceemail2002@yahoo.com.hk



## Message from Nursing Society

I am greatly honoured to have been elected as the chairperson of Nursing Society, MS, HKUSU, Session 2006. The name of our cabinet is Achilles, named after the heroic warrior in Greek mythology. Achilles was a fearless, intelligent, and well-trained soldier. We named our cabinet after him to show our passion toward our society. In addition, his name helps to inspire ourselves to become a group of brave, smart and well-prepared members.

Ever since I was admitted into the Department of Nursing Studies, I have hoped for a chance to dedicate my time and effort to the Department. Now, I am finally able to commit by representing the Nursing Society and all of our members.

This is not an easy task, as there are only 7 committee members this year. However, we do try our best to organize as many functions as we can, so that everyone can enjoy a similar level of services to previous years. Some of the upcoming functions are within the Department, while other will be held with other societies in HKU, or with other universities.



Our society has several goals in this Session. First, we are hoping to bring as much welfare as we can to our members. To achieve this, we will try to find more sponsors and get discounts for our members. Secondly, we would like to deliver to the public the concept that Medicine, Nursing Studies, and Chinese Medicine are actually one big family. Thus, we will be holding Joint-Society functions, with the largest being the Orientation Program in August. Finally, we would also like to promote our society by interacting with other societies in HKU, other institutions, and organizations in Hong Kong.

In April, we had functions such as the Academic Seminar and Super-Pass Lunch. These are meant to enhance the knowledge of our members, and to give them encouragement for the upcoming examinations.

As the representative of our committee, I am here to promise all students that "your benefit is always our first priority." With help from the Nursing Council, we will work as hard as we can to make every function a valuable and enjoyable experience. **n**



## Congratulations

### Honorary Appointments

Dr Sophia SC Chan, Head, has been appointed an Adjunct Associate Professor of Nursing in the University of Pennsylvania School of Nursing, and an Visiting Associate Professor in the School of Nursing of Sun Yat Sen University.

### Awards of Research Grants

The following staff members are the Chief Investigators on projects recently awarded through various funding bodies:

#### Dr Daniel FY Fong

Cost and clinical effectiveness of the Hong Kong scoliosis screening programme

*(Public Policy Research)*

#### Dr Sophia SC Chan

Promoting women's health: a gender specific smoking cessation program for female smokers in Hong Kong

*(Health Care and Promotion Fund)*

A feasibility study on providing smoking cessation counseling training to health care professional and establishing a smoking cessation health centre in Guangzhou.

*(Cancer Research United Kingdom)*

A pilot project to help medical professionals to stop smoking in China.

*(American Cancer Society)*

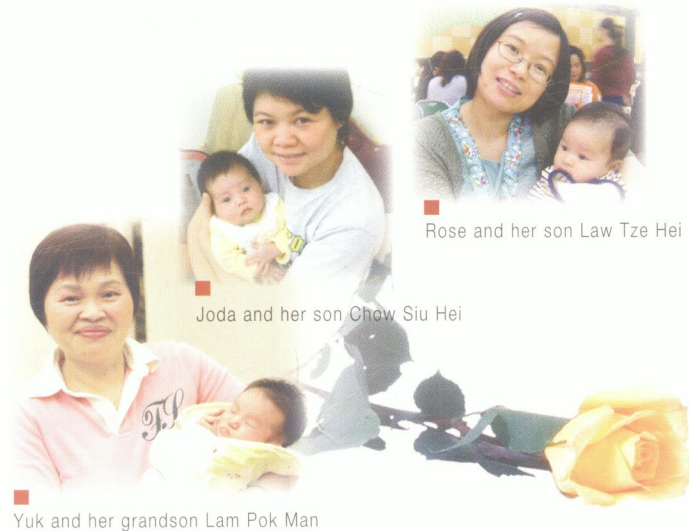
### Promotion

Ms Veronica SF Lam, who joined the Department as Clinical Instructor in 2003, has recently been promoted to Teaching Consultant.



### New Babies

Ms Rose SM Heung and Ms Joda PS Yu, Clinical Instructors, recently had newly born sons and Ms Yin Yuk Tang, Office Assistant, also became a proud grandmother. The Department warmly congratulates the arrival of their juniors!



Rose and her son Law Tze Hei

Joda and her son Chow Siu Hei

Yuk and her grandson Lam Pok Man



# **N**ew Research Publication

## Evaluation of an Education Programme for Chinese Women Receiving Internal Radiation for Uterine Cervical Cancer

*Journal of Clinical Nursing, 15: 358-360*

**Winnie KW SO<sup>1</sup>, & JKT Yuen<sup>2</sup>**

A combined pretest/posttest, longitudinal design was used to examine the effectiveness of an education programme in terms of the participants' knowledge about their disease, treatment, skill with performing vaginal douching, and attitudes towards self-care. Thirty Chinese women receiving internal radiation for uterine cervical cancer in a regional teaching hospital during the period of June 2003 to August 2004 participated and completed the whole study. They were asked to complete an author-developed quantitative questionnaire at three points in time: 1) before the education programme; 2) after the programme; and 3) at the first day of admission for internal radiation. Overall, participants' knowledge was significantly enhanced and they were more likely to perform self-care after attending the education programme ( $p < 0.001$ ). Significant differences were found between educational level and knowledge level ( $F=5.01$ ,  $df=1$ ,  $p < 0.05$ ), and a significant interaction for age on attitudes towards self-care ( $F=4.22$ ,  $df=2$ ,  $p < 0.05$ ) was shown. Results of the study will enhance nurses' sensitivity to patients' needs, and help nurses to design and implement an effective programme for women with uterine cervical cancer. [n](#)

<sup>1</sup>Assistant Professor, Department of Nursing Studies, The University of Hong Kong

<sup>2</sup>Nurse Specialist, Department of Clinical Oncology, Queen Mary Hospital

## **N**ew Face

**Amanda YS Au (區婉珊)**

**Executive Officer**

I joined the Department in December 2005. Having graduated from The University of Hong Kong, my first job was at the Labour Department. Before coming here, I worked in the School of Continuing and Professional Education at The City University of Hong Kong. Now my responsibilities in the Department are primarily in areas related to the administration of all nursing programmes including coordination of activities related to admission of students and programme promotion, liaison with clinical partners and serving as Secretary for various committees related to programmes, etc.



## **G**oodbye

**Dr Wendy WT Lam**, who joined the Department in January 2004 as Assistant Professor, left the Department in December 2005 to pursue her own endeavors. The Department and all staff members bid farewell to her at a Christmas reception and sent her the best wishes for the future.



(from left) Sophia and Wendy at the reception



# In the Media

In the past few months, some Department's staff members were reported or interviewed by the media on their studies, research and expertise.



December 2005  
**Ms Winnie Kwok So**  
**Taking temperature, hand washing and wearing mask**  
 TVB Health Channel

**教育及職業博覽特輯 Education & Careers Expo 2006**

**選修香港大學護理學學士課程**  
 化身白衣天使 用愛心貢獻社會

【本報專訊】香港大學護理學系將於今年秋季開辦護理學學士課程，為有志從事護理工作的學生提供一個專業培訓平台。該課程為期三年，課程內容包括基礎護理、臨床護理、社區護理、急症護理、老年護理、兒童護理、精神科護理、感染病學、藥理學、護理研究、護理倫理、護理管理、護理教育、護理資訊科技等。課程結束後，學生可獲得香港大學護理學學士學位。該課程的開辦，將為香港護理界注入更多專業人才，為社會服務。

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February 2006  
**Dr Agnes FY Tiwari**  
**Bachelor of Nursing Programme**  
 Ming Pao

**選購合適血壓計**

【本報專訊】血壓計是家庭必備的醫療器材，選購時應注意其準確度、易用性及耐用性。專家建議，應選擇經過國際標準認證的電子血壓計，並定期校準。此外，正確的測量方法亦至關重要，包括保持安靜、避免運動後立即測量、手臂與心臟同高、袖帶鬆緊適中、測量時應休息五分鐘等。

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January 2006  
**Ms Angela YM Leung**  
**Choosing the right sphygmomanometer**  
 Senior Magazine

**健康工地安全小贴士**  
 Health tips in a construction site

【本報專訊】建築工地是發生工傷的高風險地區，工人應注意以下安全事項：佩戴安全帶、安全鞋、手套及護目鏡；避免在危險區域逗留；注意腳下安全，避免被工具或材料絆倒；保持工作區域整潔，減少滑倒風險；如發現任何安全隱患，應立即報告。

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February 2006  
**Ms Ka Huen Yip**  
**Health tips in a construction site**  
 Surveyors Times

**港聞 醫健 2006年4月28日 星期五 A11**

**低下層較嚴重 患產後抑鬱機會高兩倍**  
**一成孕婦曾被伴侶虐待**

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April 2006  
**Dr Agnes FY Tiwari and Dr Daniel YT Fong**  
**Intimate Partner Violence Against Pregnant Women**  
 Sing Pao

**成功戒煙第一步 減少吸煙癮法**

【本報專訊】戒煙是改善健康的關鍵一步，但如何減少吸煙癮是許多煙民面臨的難題。專家建議，應採取漸進式戒煙方法，包括減少每日吸煙量、避免在壓力大時吸煙、尋求家人朋友的支持、使用戒煙藥物等。此外，參加戒煙小組或尋求專業人士的協助，亦能增加戒煙的成功率。戒煙不僅能減少患心臟病、肺癌及慢性阻塞性肺病等疾病的風險，亦能改善生活質素。


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March 2006  
**Dr Sophia SC Chan**  
**HKU offers Smoking Reduction Programme**  
 Hong Kong Economic Times





## Integrate Teaching and Learning via CHP Activities

Primary health care has been one of the key emphases in our programs, particularly in the Bachelor of Nursing (Full-time) program. Following the establishment of Centre for Health Promotion (CHP), we can better integrate our teaching activities into the health promotion and education effort. The Health Promotion projects of Year I students are now being planned in collaboration with CHP. Several secondary schools will be our targeted audience and liaison is done with the assistance of CHP Coordinator. Our students will assess the audience's needs for health education. They will then plan, organize and conduct educational talks in those schools. Depending on the needs and interests of the audience, the talks may cover a wide range of topics such as eye care, skin care, diet, sleep, and managing stress and emotion. With the support of CHP, better planning can be done for long-term health promotion and education in schools and community. 



## Upcoming Events

### EndNote Workshops

#### Introductory Workshop

**3 June 2006 (Saturday)**

Speaker: Dr. Marie Tarrant, Assistant Professor,  
Department of Nursing Studies  
Venue: Room 314, Multi-media Laboratory,  
William MW Mong Block, 21 Sassoon Road, Pokfulam  
Time: 9:30 am - 1:30 pm  
Focus: Introductory Endnote Workshop  
CNE credits: 4 CNE points  
Enrollment: Maximum of 35 \*(first-come first-served)

#### Advanced Workshop

**8 July 2006 (Saturday)**

Speaker: Dr. Marie Tarrant, Assistant Professor, Department of  
Nursing Studies  
Venue: Room 314, Multi-media Laboratory,  
William MW Mong Block, 21 Sassoon Road, Pokfulam  
Time: 9:30 am to 1:30 pm  
Focus: Advanced Endnote Workshop  
CNE credits: 4 CNE points  
Enrollment: Maximum of 35\* (first-come first-served)

Fee : Each workshop HK\$400 (Full-time Student HK\$200)  
Both workshop HK\$750 (Full-time Student HK\$350)

Enrollment forms can be downloaded from [http://www3.hku.hk/nursing/health\\_endnote.php](http://www3.hku.hk/nursing/health_endnote.php).  
For enquires, please call 2819 2650 or email to [chphku@hku.hk](mailto:chphku@hku.hk).

### 5<sup>th</sup> Annual Conference of the International Society for the Prevention of Tobacco Induced Diseases

The Department of Nursing Studies is a co-organiser of the 5<sup>th</sup> Annual Conference of the International Society for the Prevention of Tobacco Induced Diseases to be held in Hong Kong in November 2006. This is the first time this important meeting has been held in Asia. It will be broadly interdisciplinary in focus targeting nurses, dentists, medical practitioners, and other health professionals. It will also be of interest to scientists, public health researchers and policy makers interested in tobacco induced disease and its prevention. The Conference will be held on 24-26 November, 2006 and following is a post conference workshop on the treatment of tobacco dependency. Dr Sophia SC Chan, Head of the Department of Nursing Studies, is a keynote/plenary speaker along with eminent researchers from the United Kingdom, the USA, Canada, Korea, India, Hong Kong, the Philippines, Japan and New Zealand.

For registration and more information, please visit <http://www.hku.hk/ptid/>



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