



The Hong Kong Academy of Nursing

Newsletter

Dec 2020
18th Issue

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Patron

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Mr. Henry H.L. FAN
Dr. William S.W. HO
Dr. Frances HUGHES
Dr. Irene L.Y. LEE
Prof. Gilberto LEUNG
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Ms. Annie Y.P. CHAN
Ms. Macy M.C. CHAU
Dr. Yu Fat CHOW
Prof. Sylvia Y.K. FUNG
Ms. Carmen K.M. HO
Ms. Ivy C.Y. KONG
Dr. William H.C. LI
Dr. Wai Kwong POON

Message from President

2020 has been a busy and challenging year for healthcare professionals, especially our fellow nurses who have been fighting tediously and timelessly against COVID-19. With the new year approaching, it brings new hope for a speedy recovery, and I sincerely wish you all a healthy, happy and peaceful year of 2021.



The COVID-19 pandemic, however, has not abated HKAN in speeding up the development of advanced nursing practice in Hong Kong. In September, I attended the Government's 2020 Policy Address Consultation meeting. Apart from suggesting effective strategies to expand primary health care in line with the District Health Centres to be launched in the near future, I also conveyed the Academy's key message highlighting the importance of autonomy in advanced nursing practice, and the need to fully utilize all allied health professionals to increase competent health care providers as well as to avoid over focusing on any profession in primary health care delivery.

As invited by Nursing Council, Hong Kong joining the Voluntary Scheme on Advanced and Specialized Nursing Practice workgroup, HKAN's contributions in core-competency developments of specialties are well recognized. The Academy has also reformed the pathway for progression to its Fellowship, with rationales as follows: (a) enhancing education commitment for Ordinary Members; and (b) adopting the philosophy of inclusion in which heterogeneity is desirable and nurses from diverse backgrounds are valued with equal learning opportunities. This will enable the Academy to better serve and benefit the community as pledged.

The new pathway will take effect from May 2021, with details to be announced shortly on the HKAN website. This reform meets the need of young nurses who are eager to move forward in advanced nursing practice to benchmark with international standards and better support the health care reform in Hong Kong. With this new pathway, the Academy would be able to build up a strong specialized nursing workforce for providing quality advanced nursing care to local populations that they deserve. I strongly believe that this new pathway will motivate our Ordinary Members to get advanced to become Fellow Members, which is indeed a recognition of their academic and clinical achievements.



The Hong Kong Academy of Nursing

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Council Members (cont')

Mr. Michael K.F. MAK
Ms. Amy Y.M. OR
Mr. Andrew C.Y. TSE
Mr. Jimmy K.W. WONG

HKAN Committees

Accreditation Committee
Chair, Dr. Chi Chung CHAN

Community, Promotion & Public Relations Committee
Chair, Mr Jimmy K.W. WONG

Education Committee
Chair, Dr. Chi Chung CHAN

Professional Development Committee
Chair, Prof. Sylvia Y.K. FUNG

Fund Raising Committee
Chair, Mr. Vincent H.C. CHAN

Registration & Membership Committee
Chair, Ms. Carmen K.M. HO

We have launched a series of promotional activities since October this year to promote the professional image of the HKAN and our profession, and to enable the public to learn more about advanced nursing practice and up-to-date health knowledge. For instance, we publish health articles on the Hong Kong Economic Journal twice a month, and produce short videos on specialty nursing (“專科護理 3分鐘”) for posting on social media platforms at least once a month. We are also interviewed by RTHK “Healthpedia” (“精靈一點”) to share on health related topics every second Tuesday of the month. The nursing stories and valuable experiences shared by our members in these channels are so touching and inspiring.

Taking this opportunity, I would like to sincerely thank all our Academy Colleges and members for the concerted efforts and contributions. Together, you have well demonstrated that ‘Unity is Strength’, which is particularly important in this difficult time of COVID-19 pandemic.

Learning is a lifelong process. The pandemic has triggered me to come up with the idea of developing on-line CNE programmes for our members. Our Professional Development Committee are looking into this and will work out the details, in the hope of providing best support to our members in the journey to advanced nursing practice.

Happy New Year!

CHAIR Sek Ying
RN, PhD, FAAN, FHKAN (Cardiac-Medicine)
President, The Hong Kong Academy of Nursing

Executive Manager – Ms YEUNG Sim Heung, Catherine

It is my honor to work for the Hong Kong Academy of Nursing (HKAN) as a part time Executive Manager from 6 October 2020. With my years of experience in nursing management, I have always been passionate about operating a team efficiently and effectively. Besides, I see myself as a relentless problem solver and I am always looking for improvement while facing challenges. After joining the HKAN, I am committed to lead the Secretariat Office, along with the Operations Manager and Project Managers, in supporting or facilitating the operation and development of the HKAN and its Academy Colleges positively. I also believe that establishing a systemic management mode and approach is essential to securing HKAN future.

We, the 3 Musketeers, are looking forward to work cohesively with you all. Colleagues, members and Fellows are most welcome to approach us for any help in person, via telephone or email whenever necessary.

The Three Musketeers of HKAN



Responses to the Government

Response to a Manpower meeting held at Food and Health Bureau on August 6, 2020



Suggestions on enhancing and expanding primary health care in Hong Kong

Our Suggestions on enhancing and expanding primary health care in Hong Kong

The Hong Kong Academy of Nursing (HKAN) has been pleased to contribute to the discussion on enhancing and expanding primary health care in Hong Kong. The meeting was held on August 6, 2020, at the Food and Health Bureau. HKAN representatives were invited to share their views on the topic.

Primary health care (PHC) is the first level of contact between the health system and the community. It is a continuous process of promoting health, preventing disease, and providing care for the sick. PHC is essential for a healthy and productive society. In Hong Kong, PHC has been traditionally provided by general practitioners (GPs) and nurses. However, the demand for PHC services has increased significantly in recent years due to an aging population, rising chronic diseases, and increasing health inequalities. HKAN believes that PHC should be expanded and enhanced to meet the needs of the community. We propose several suggestions to achieve this goal.

First, to better address the needs of all Hong Kong residents, PHC services should be expanded to include mental health, geriatric care, and palliative care. Second, PHC services should be expanded to include community health workers (CHWs) and nurse practitioners (NPs). Third, PHC services should be expanded to include telemedicine and remote monitoring. Fourth, PHC services should be expanded to include health promotion and disease prevention. Finally, PHC services should be expanded to include health equity and social determinants of health.

Response to The Chief Executive's 2020 Policy Address



The Hong Kong Academy of Nursing
香港護理專科學院
161, St. Paul of Nursing, Princess Margaret Hospital, 232 Lat King Road, Lat Chee, Hong Kong
Email: info@hkann.hk Telephone: (852) 2778 8337 Fax: (852) 2778 6226 website: <http://www.hkann.hk>

Press Release dated 10 December 2020

Response to The Chief Executive's 2020 Policy Address

The Hong Kong Academy of Nursing (HKAN) fully supports the HKSAR government in conducting the COVID-19 pandemic through various actions aiming to achieve "zero infection" in HK. To combat the virus testing in all high risk groups (e.g. carriers of public transport, healthcare professionals, school teachers etc.) is important as it would break the transmission chain in the HK community.

In order to facilitate high risk individuals to take the test, HKAN suggests increasing the number of telephone and collecting sites. The vital sites are:

- 1) All HKHS and HKS's under Hospital Authority
- 2) All Elderly Center under Department of Health
- 3) District Health Centres (DHC)

For more HKAN's views, it would be convenient to get the test kits outside office hour, Accident and Emergency Department (A&ED) of hospitals, Post office, Convenience store (such as 7-11), canteen and mass MTR station etc. Thus, more areas suggestion may also be considered.

HKAN also welcomes the government to provide subsidised medical consultation services to DHC members who are newly diagnosed with diabetes or hypertension to ensure the pressure on the existing public healthcare system.

Enhancing Public Private Partnership (PPP) by introducing PPP program in DHC is highly supported. DHC plays a vital role in primary healthcare services in HK. To fully leverage resources and to reduce severity of illness so that the burden on hospital services is less, this could be achieved.

With Advanced Practice Nurses (APN) advanced competence and experience in primary health care settings, HKAN suggests that DHC services be by APN provide:

- 1. Enhance the better operation of DHC in following primary care, especially health education and prevention.
- 2. Facilitate members of DHC in seeking nursing services community based.
- 3. Contribute to further development of DHC in relieving hospital pressure.
- 4. Increase new model of care in the existing healthcare system.

In addition, Nurse Led Clinic in hospital or community settings is considered for covering health of clients with chronic medical problems. On top of providing advanced specialised patient centered nursing intervention, on patient medical consultation, first aid can also be offered and unnecessary hospitalizations can be reduced. HKAN suggests more HKAN's government to further support the implementation of the Nurse Led Clinic, that run by first-aid advanced practice nurses with specialty expertise, such as Diabetes, cardiac, wound status and respiratory clinic etc.

Media enquiry:
Professor Jody Yung CHAIR, President, The Hong Kong Academy of Nursing
Tel: 9334 3473; 2378 8335 Email: info-enquiry@hkann.hk

Young Fellow Chapter Committee 2021-2023

Chair



Mick

It is my great honour to o be elected as the Chairman of the 2nd Young Fellow Chapter. I deeply believe that our YFC committee members are strongly committed to strive for the best in advanced nursing practices and prompting nursing professionalism. Based on previous success, YFC will nurture a lot of nursing leaders in the coming future.

3 Vice-Chairs

Thankful to have committed members at the helm of the YFC. I hope young fellows will join forces through all platforms of communication, to promote the nursing professionalism and share the glory of being a nurse.

**LEE
Wing Ki
HKCPN**



Peggy

I am delighted to be the committee member of the HKAN Young Fellow Chapter. I hope to recruit or encourage more professional nurses to become our fellow members in HKAN. Let HKAN show a positive professional images in the future.

Gary



**CHAN Siu Pang
HKCCN**



**MOK
Siu Chung
HKCCCN**

Chris

I am honoured to be one of the committee members of the Academy. The coming two years will certainly be my unforgettable life experience. With our passion and professionalism, we will strive for another milestone in academy of nursing for all the members.

Hon. Secretary

Year of 2020 is a crunch time for health professional due to COVID-19 pandemic in global. Fortunately, we are a best team of nursing professional. As a committee of YFC, I have been promoting Advanced Practice Nurse with other members and connecting with other health professionals in global.

Juliet



**NG Sze Ka
HKCPN**

Members

Despite working for my College, it is a great opportunity for me to contribute HKAN as a young fellow role, and to promote advanced nursing practice and the important role of HKAN in nursing development.

Karen



**YEUNG
Nga Man
HKCNHCM**



**WONG
Kwan Ching
HKCERN**

I am so delighted to join the young fellow chapter committee. Being a new committee member provides me an opportunity to infuse some innovative ideas to cherish an already serviceable organization. I am looking forward to meeting and working with all the young fellows.

Arkers



**CHIK
Yuen Man
HKCPN**

As a committee member of HKAN's website workgroup and newsletter "Young Fellow Chapter Column", I would like to united nurses from different specialties to familiar and participate HKAN's activities.

Chik Chik



**MAK
Ho Lam
HKCMN**

This year we are faced with pandemic, which in especially trying times. HKAN as our professional development organisation can play in terms of a support system to ensure our staff have the much-needed support to provide safe and effective care in managing a crisis.

Ho Lam

Joining Young Fellow Chapter is a good opportunity to contribute to our nursing profession and promote our nursing professional image in the community.

Fanessca



**LI
Chui Yan
HKCMW**



Members

As a young fellow committee member, I would like to promote evidence based practice to strive for better patient outcome and maintain a professional body in orthopaedic practice.

Alex



**CHAN
Ka Lok
HKCON**

I would like to motivate potential candidates on continuous professional advancement by attaining Fellowship qualification and to facilitate the operation of HKAN and YFC and promote the organisation to both the public and health care professionals.

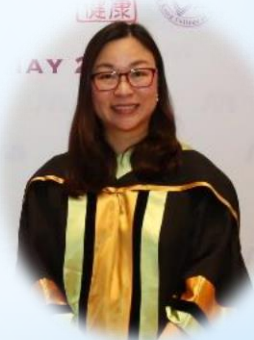
Pauline



**HA
Pui Kwan
HKCEN**

I wish my contribution to the Young Fellow Chapter will bridge the gap between academic, research and clinical contexts.

Julia



**WONG
Sze Wing
HKCERN**

As a paediatric diabetes nurse, I wish to support our diabetic kids, teenagers and their families for better coping and quality of life.

Iris



**POON
Yee Man
HKCPN**

As the committee member of the YFC, I would like to collaborate with clinical leaders in different specialties to further promote advanced practice nursing in Hong Kong.

Mei Ki



**CHEUNG
Mei Ki
HKCERN**

**MAK
Po Ching
HKCCCN**



"The power of youth is the common wealth for the entire world." In the coming two years, we would like to harness the power of young fellow to build a brighter YFC, strive to improve nursing professionalism.

Jasmine



Young Fellow Chapter Activities



1) Logo Design (YFC)

Young Fellow Chapter (YFC) has designed their own logo - **Green leaves** mean “Young”, “Vitality” and with “Growth and Development”. It implies that the Young Fellows (green leaves) will grow strong and succeed to fulfill the noble vision and mission of the HKAN.

2) Video Production by YFC

a) Video to pay tributes to nurses for their dedicated contributions in the COVID-19 Pandemic period



(Launched in YouTube in Sep 2020)



b) We are a Team - Young Fellow Chapter (Launched in YouTube in Nov 2020)



Special Recognition Award

Nurses Make a Difference in COVID - 19 Pandemic

Nurses play a very important role in combating the infection and protecting the health of the publics, this role is part of our life passion to Nursing no matter we are still at work or have already retired.

In honour of the extraordinary contribution of Fellows/Members/Associate Members in the COVID-19 pandemic, A Special Recognition Award exercise was conducted in September 2020.

A total of 49 nominations were received by the deadline. It was a keen competition. All nominees are contributory in their own way which gave the judge panel a difficult time in the selection process.

Congratulations !!

3 most outstanding awardees in sequence of highest scores were selected:

- 1st Ms. CHIM Chun King, HKCCPHN**
- 2nd Dr. LAM Ching Simon, HKCERN**
- 3rd Dr. TSO Shing Yuk Alice, HKCNHCM**

7 outstanding awardees in alphabetical order:

- Prof. CHAN Yip Wing Han Carmen, HKCERN
- Ms CHEUNG Po Fong, HKCCPHN
- Ms CHONG Yuen Chun Samantha, HKCNHCM
- Ms LAM Yan Ha, HKCMN
- Ms YEUNG Nga Man, HKCNHCM
- Dr. YIP Ka Huen, HKCSN
- Mr. YU Chung Tsang Mick, HKCMN



What have they contributed?



1st Special Recognition Award Winner

Ms CHIM Chun King, FHKAN(HKCCPNH-Community)

During the Covid-19 pandemic, Ms. CHIM exercised leadership and expertise in various aspects. She spearheaded and led her nursing team to safeguard the 112 nos. of residential care homes in New Territories East Cluster. She coordinated the innovative “Telemedicine Service” in Shatin district to enhance support to the age home residents. During the third wave COVID-19 infection in July 2020, three home/hostels’ care workers were tested positive for COVID-19. She went extra miles to extend her team’s support to those young age disability hostels during crisis. She initiated testing in those hostels timely so as to early detect symptomless COVID-19 residents and hence prevented the coronavirus from spreading. This effective measure was then adopted by other clusters’ community teams. Furthermore, she mobilized her team to support the quarantine camp at Cheung Muk Tau Holiday Elderly Centre. The residents from 7 homes/hostels (from different districts) were evacuated mostly during night time and weekends with very short notice. In order to reduce the infection risk, even during the night time and weekends, Ms. CHIM continued her dedicated efforts to coordinate the rapid segregation of high risk and close contact residents in different types of rooms in the quarantine camp. With Ms. CHIM’s and her team’s contribution, the widespread of COVID-19 in old age homes or hostels was successfully prevented in the New Territories East Area.



Ms. CHIM (left in the photo) worked in the evening to coordinate the rapid segregation of residents during the decant from the Old Aged Home to Site Y – Cheung Muk Tau Holiday Elderly Centre



Trained and empowered Quarantine Camp Carers (Private care workers) the gown up and de-gown procedures



Ms. CHIM led her team to perform NPS taking in another disability home for 37 close contacted residents



Telemedicine services

What have they contributed?

2nd Special Recognition Award Winner - Dr. LAM Ching Simon, FHKAN(CERN)



Dr. Lam established a system for estimating the PFE of facemask and provided volunteer services (PFE estimation) to many NGOs and hospitals in order to ensure the good quality of facemasks for infection control and prevention, which benefitted over 5,000 healthcare workers and more than 150,000 general public. The high percentage of fake face masks alerted the infection control and public health issues during the COVID-19 outbreaks, whereas published in American Journal of Infection Control.

He developed new N95 respirators (V8380+ and V9580+) with adjustable head-strap, better fit to Asian face anthropometrics, as an alternative for clinical use. The fit test passing rate is up to 78-89% based on the preliminary 400 healthcare workers. Such design has been filed in the short-term patent registration.



Dr. Simon LAM in his study

3rd Special Recognition Award Winner -

Dr. TSO Shing Yuk Alice, FHKAN(Nursing & Health Care Management)



Dr. TSO introduced and requested Robotic Solution company to provide free trials to public hospitals during the Pandemic. The robots served the functions of item deliveries, temperature patrol, environmental disinfection and cleaning which enhanced hospital services in the critical COVID-19 pandemic period. Besides, Dr. TSO coordinated a series of fundraising and supportive campaigns with NGOs in the business field to donate healthy items to frontline nurses of 6 regional public hospitals. She also supported the UCTP by actively coordinated the recruitment of nurses to participate in this program.



Dr. Alice TSO was busy coordinating fundraising and supportive campaigns to nurses and hospitals



Robots for disinfection and item deliveries

2020 CE Honour List



10 Fellows were awarded the 2020 CE Honour List

Ms KO Siu Shan Lucia, FHKAN (Public Health)

Ms LO Kit Lun Brenda, FHKAN (Public Health)

Ms MAK Tsz Mei, FHKAN (Public Health)

Ms CHOW Shuk Fan Nana, FHKAN (Public Health)

Ms LEE Kam Chee Angela, FHKAN (Public Health)

Ms LEE Wan Mui, FHKAN (Medicine – ICN)

Ms LAI Wan Man Yvette, FHKAN (Medicine – ICN)

Ms CHENG Wai Yan, FHKAN (Medicine)

Ms WONG Hay Tai, FHKAN (CEN –Trauma)

Ms WONG Kit Ming, FHKAN (Ortho)

Universal Community Testing Program (UCTP)

A government initiative to rule out the asymptomatic COVID-19 citizens to stop the transmission chain

What have we been doing?



HKAN Office (Coordinated by Ms Pauline TANG)

Operating 3 Community Swabbing Centres :

- Central Coordinating
- Speedy Recruitment of Team Members
- Duty Roster Arrangement and Manpower Backup

HKAN 1st centre



Shamshuipo
Centre

HKAN 2nd centre



Tuen Mun
Tai Hing
Centre

HKAN 3rd centre



Tuen Mun
Leung Tin
Centre

Preparation and duty arrangement



Train the trainers



The Team Leaders

Universal Community Testing Program



Kick off of the Shamshuipo Centre by Prof. CHAIR Sek Ying, President, Prof. Frances WONG, Immediate Past President, Council Members of HKAN and UCTP team



Appreciated by Prof. Sophia CHAN, Secretary for Food and Health



Visited by Prof. Sophia CHAN, Secretary for Food and Health at Community Testing Centre



Visited by Mr. FAN Hung Ling, Henry, Hospital Authority (HA) Chairman and Mr. Tony KO, Chief Executive, HA at Community Testing Centre



Appreciations from citizens



supported by Nurses
• Excellent team
• spirit with passion
• We unite
• We achieve

Community, Promotion & Public Relations Committee

A series of promotion activities have been launched to promote the image and visibility of HKAN through Social Media. Go visit HKAN Website.



- **Every Second Tuesday of the month**
- **live at 2:00 pm at RTHK**

**精靈一點，
健康你主場**

「香港護理專科學院」系列



Series I - Professor CHAIR Sek Ying, President, HKAN and Ms Carmen HO, President, Hong Kong College of Critical Care Nursing kicked off the 1st On Air Program on 30 October 2020



Series II - Ms Cindy LAM and Ms Packy YUEN introduced Hong Kong College of Medical Nursing on 10 November 2020



Series III - Ms Annette LAM and Mr. Steve CHAN of Hong Kong College of Community and Public Health Nursing spoke in the On Air Program at RTHK on 8 December 2020



Community, Promotion & Public Relations Committee

Monthly Video Production 專科護理三分鐘 in YouTube

- By Academy Specialty Colleges to introduce Advanced Nursing Practices of their specialties
- YouTubes will be uploaded in Facebook and Instagram every month.



1. Emergency Nursing - 院前緊急護理



2. Surgical Nursing – Urology 男仕排尿問題



3. Critical Care Nursing- ICU 深切治療

Please



Like

Behind the Scene



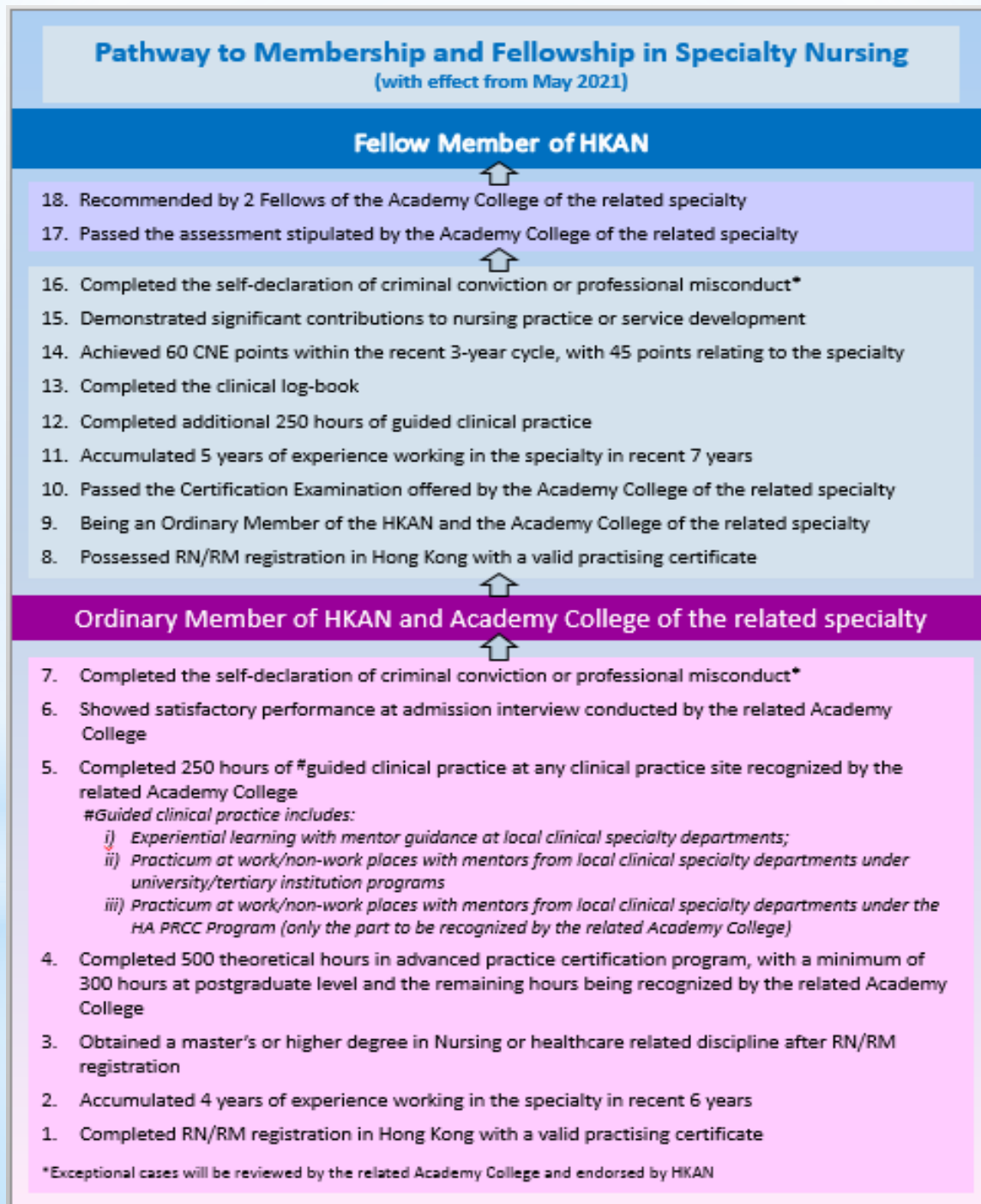
Our Video Production Team headed by Dr. Esther WONG (middle of the row), Honorary Project Consultant (Promotion), HKAN



Education Committee

While taking an opportunity for the launch of the Voluntary Scheme by Nursing Council Hong Kong, HKAN revisited the pathway to achieve Fellowship with a view to welcome potential members. The New Pathway will be implemented in May 2021.

“New Pathway for Achieving HKAN Fellowship”



Accreditation Committee

The vetting exercise of the following four College applications for re-accreditation was conducted on 7 November 2020:

- 1) Hong Kong College of Medical Nursing
- 2) Hong Kong College of Nursing & Health Care Management
- 3) Hong Kong College of Orthopaedic Nursing
- 4) Hong Kong College of Perioperative Nursing

Overall the panel members found all the submission documents were satisfied with the standard of HKAN. Approval for renewal would be issued after the final endorsement by Council.

Registration & Membership Committee

Big Welcome to the new Ordinary Members (OM) from:

College	No. of new OM	College	No. of new OM
HKCCN	3	HKCEN	6
HKCERN	10	HKCMW	3

Status of Fellows as at 31 Oct 2020

College	No.	College	No.
HKCCN	124	HKCMHN	89
HKCCPHN	211	HKCMW	169
HKCCCN	173	HKCMHCN	107
HKCERN	106	HKCON	137
HKCEN	170	HKCPN	258
HKCGN	59	HKCPON	218
HKCMN	462	HKCSN	239


Total no. of Fellows : 2522

Professional Development Committee

On-line Learning Platform 1st Article from the House

In view of the lingering of COVID-19, the 1st Online Learning activity has been launched on 24 December 2020.

Paper on “**The Power of Two: One Academic-Practice Partnership’s Response to Coronavirus Disease 2019 (COVID-19)**” has been posted up in HKAN Website for nurse’s access. There is no end date of this paper.



The Hong Kong Academy of Nursing
香港護理專科學院

Online Learning (Course Code CNE2020-001)

The Power of Two: One Academic-Practice Partnership’s Response to COVID-19

by: Prof. Staci Reynolds, Prof. Mary Ann Fuchs, Prof. Diane Uzarski & Prof. Marion Broome
<http://doi.org/10.1016/j.mnl.2020.07.006>

Learning Objectives
The participant should be able to :


- Understand the contingency management of COVID-19
- Be aware of the overseas experience in nursing management of patients during COVID-19 pandemic.

**1 CNE point will be granted after successfully
completed the Quiz with a score of ≥ 4 out of 5
Multiple Choice Questions
(2 attempts will be allowed)**

Open to All Nurses

(1) Please [click here](#) or scan QR code to access the Journal

(2) Please [click here](#) to enroll



The link to the QUIZ will be sent to you after payment :
Fee: **HK\$40 (waived) for all HKAN Fellows / Members**
HK\$80 for non-members

Payment methods (All course fees are non-refundable and non-transferable)

Bank Transfer	By Cheque
<p style="text-align: center;">Hang Seng Bank a/c no. 227-452992-001</p> <p>please email to eo@hkan.hk:</p> <ul style="list-style-type: none">• the copy of your bank-in slip, and• your name and mobile phone number.	<p style="text-align: center;">payable to “The Hong Kong Academy of Nursing Limited”</p> <ul style="list-style-type: none">• please write down your name, email address and mobile phone number on the back of the cheque• and post to “HKAN Office, LG1, School of Nursing, PMH, 232 Lai King Hill Road, Lai Chi Kok, Kowloon”

1st International Advanced Practice Nursing Conference (IAPNC) cum Fellow Conferment Ceremony 2021

Due to COVID-19, postponed to 22 & 23 May 2021
as Webinar



Visit HKAN Website for updates.....
All abstracts received will be selected as planned



The Hong Kong Academy of Nursing
香港護理專科學院

Collaborating Organizations:



1st International Advanced Practice Nursing Conference 2021

cum Hong Kong Academy of Nursing
Fellow Conferment Ceremony

**NURSES AND MIDWIVES -
CATALYST for A Brighter Future in Health**

Change to WEBINAR on 22 & 23 May 2021

INTERNATIONAL SPEAKERS

Prof. Susan CROWTHER
International Confederation of Midwives (ICM)

Professor Rebecca JESTER
*Institute of Health,
University of Wolverhampton, UK*

Prof. Jack NEEDLEMAN
University of California Los Angeles, USA

Prof. Christine PATCH
Wellcome Genome Campus, Cambridge, UK

Ms. Ausilia PULIMENO
Ordine Delle Professioni Infermieristiche, Italy

Dr. Melanie ROGERS
International Council of Nurses (ICN)

Mr. David STEWART
International Council of Nurses (ICN)

PROGRAMME HIGHLIGHTS

- Fellow Conferment Ceremony
- Development & Transformation of Advanced Practice Nursing in a Global Perspective (including Nurse Prescribing)
- Nurses Make a Difference in Fighting the Battle of COVID-19
- Pathing Midwifery for Future Pandemic – Assuring and Excelling Quality



Deadline for
Abstract
Submission:
10 November 2020

Announcement
of Result:
10 December 2020

Early Bird
Registration:
before

Scientific Paper Column

By NG Sze Ka, Fellow of Hong Kong College of Paediatric Nursing

An Effective Nurse-led Asthma Program for Asthmatic Children and Their Family

Ng SK^{1,2}, Chau PC², Chan WK², Li TY¹, Shek MY¹, Wong JCL¹, Cheng JW¹, Ma PK¹, Chiu WK¹

¹ Department of Paediatrics and Adolescent Medicine, United Christian Hospital, Hong Kong

² The Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong, Hong Kong

Background

There is no doubt how the adverse effects of uncontrolled asthma, thus many universal guidelines on asthma management and therapy were developed. Asthma education as a usual practice for asthmatic children and their family. However, there is still a significant proportion of individuals having asthma that remains uncontrolled and with persistent symptoms and exacerbations. Based on the results of an integrative review, an effective asthma education program included information provision, tailored action plans, family-centred approached, multimedia and gamification of the delivery methods in asthma education program. Nevertheless, there was less this asthma education program available in clinical areas of Hong Kong. A nurse-led evidence-based smartphone application asthma education programme was thus developed which guided by health belief model theoretical framework.

Aims

To examine the effectiveness of an asthma programme on improving physical and psychological outcomes among asthmatic children and enhancing knowledge, attitude and practice (KAP) among their parents.

Methods

A single-blind, two-arm randomised controlled design were used in this study. The study setting was a paediatric unit in Hong Kong. The inclusion criteria were as follows: children who (1) admission diagnosis of asthma (ICD-10); (2) were aged between 4 and 11 years old; (3) were able to communicate in Cantonese and understand Chinese. The exclusion criteria were as follows: children who (1) had chronic lung disease (2) had developmental delay; (3) had participated in similar study; and (4) parent has non smartphone only. One hundred and twelve eligible child-parent dyads were randomly assigned to either the intervention or control group randomly. The intervention group received the nurse-led MAEI programme, while the control group received the usual care at the same study period. Data collection was carried out at baseline (T0), post-intervention (T1), at 8 weeks (T2), and at 6 months (T3). Outcomes measurement: (1) number of unscheduled visits and hospital readmissions of participating children; (2) KAP of participating parents, (3) anxiety level to inhaler, and (4) asthma control among participating children. Generalised estimating equations were used to compare changes in outcomes over time between groups.



An Effective Nurse-led Asthma Program for Asthmatic Children and Their Family (Continue)

Main Findings

Study found parents in intervention group have significantly improved KAP compared to control group over time ($p < .001$). Number of unscheduled visits, readmissions and anxiety level to inhaler of the participating children were significantly reduced (mean difference was -1.16 , $p < .001$ for unscheduled visits, mean difference was -0.38 , $p = .005$ for readmissions, and mean difference was -0.80 , $p = .025$ for anxiety level to inhaler) in the intervention group. A higher mean score of Childhood Asthma Control Test in intervention group ($M = 21.33$, $SD = 4.12$) than control group ($M = 20.30$, $SD = 5.10$) was detected.

Discussion and Conclusions

The nurse-led asthma education programme was effective on KAP in parents and reduced the anxiety level to inhaler in their children. The unscheduled visits and readmissions for asthma exacerbations were reduced. Since the participants can access the intervention programme anytime and anywhere after discharge, the correlation between outcomes and the dose of intervention, the number of times of video animation and video watched and web-based games played were counted. Nonetheless, the correlation (r_s) among them were ranged from 0.46 to 0.64. It shows that a single element for health education may not be effective on enhancing KAP and reducing unscheduled visits. The importance of the nurse role in health education was demonstrated. The results of this study serve as the evidence for future study on educational intervention for adolescents with asthma.



2020 has brought with many challenges to we nurses.
May a new year to come will bring with love, peace and joy to all
of us throughout the year!

Warmest Wishes From President and The Council Members



Upcoming Events and Activities

In view of the COVID-19 is still lingering on, the plan for the Health Carnival in April 2021 will be suspended, the 1st International Advanced Practice Nursing Conference (IAPNC) and the Fellowship Conferment Ceremony will be changed to Online mode. Please stay tuned to the announcement in the HKAN web.

**Until the next edition, please
take care and stay vigilant!**

The Hong Kong Academy of Nursing is always with you!



**Recruitment of Volunteers for HKAN Profession / Publicity / Fund-raising,
If you are interested, please send email to info-enquiry@hkan.hk**



Editorial : V.P. (Internal) and the Secretariat Office

LG1, School of Nursing, Princess Margaret Hospital, 232 Lai King Hill Road, Lai Chi Kok, Kowloon

Email: info-enquiry@hkan.hk Telephone: 2370 0335 Fax: 2370 0216 Website: www.hkan.hk

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