



# Hong Kong Society for Nursing Education

P.O. Box 98898, Tsim Sha Tsui Post Office, Kowloon, Hong Kong

Newsletter

January 2005

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## Chairman's Message

Professor Sally CHAN

The Hong Kong Society for Nursing Education is now marching into the year 2005. The Society has been very productive in promoting the development of the nursing profession in the past year. The Society affirms its position in supporting the four-year nursing education conducted at universities leading to the award of 'Bachelor of Nursing' as the basic requirement to prepare competent registered nurses. We also support the development of one-level nursing practice. With continued lobbying, the universities are able to achieve targets of increase in nursing student number in the 2005/06 and 2007/08 academic years. However, this number of nursing student places is unable to meet the nursing personnel demand. Hong Kong is expected to suffer from the shortage of nurses as a result of lack of long-term planning in nursing education. The Society will continue to lobby and discuss with parties concerned for establishing a policy for the development of nursing education in Hong Kong.

The Society considers continuing education as a life long process for nurses. The nursing regulatory body needs to develop a mandatory system of continuing nursing education (CNE) for ensuring safe and effective nursing practice. In response to the invitation by the Nursing Council of Hong Kong, the Society has applied for accreditation as a CNE provider. This is a pilot

scheme before the implementation of mandatory continuing nursing education. In the past year, the Society has organised various continuing education activities for nurses in Hong Kong and many were well received by the participants. We will continue to organise quality continuing education activities to meet the learning needs of the nursing community.

The Society continues to expand its network with nursing colleagues of the region. In November 2004, the Society collaborated again with the Macao Sino-Portuguese Nurses' Association in organising 'The Second Macao-Hong Kong Nursing Conference'. The theme of the conference was 'Promoting health for older adults in the 21st Century'. This Conference followed the successful collaboration between the two nursing groups at the First Macao-Hong Kong Nursing Conference in November 2003. We would like to continue our contribution in promoting the quality of nursing practice in the region and further strengthening the links between nurses in Macao and Hong Kong. Speakers of the Conference included the Advisor of the Society, Ms Kittie Chan and many nursing experts from Hong Kong and Macao. Details of the Conference are reported in this Newsletter. Through discussion and debate, the participants gained inspiration into the direction for promoting health for our elderly population in the region. We believe this

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Conference has provided an excellent opportunity for the exchange of professional expertise and strengthened the link between Macao and Hong Kong nursing colleagues and has brought together many useful ideas and innovative approaches in care provision. We are indeed very grateful to the nursing colleagues in Macao for their hospitality. We will continue our networking with nursing colleagues in the region.

In the past year, the Society continued to participate actively in matters related to the development of professional nursing in Hong Kong. The Society has been consulted by the Secretary of the Health, Welfare and Food Bureau and the Nursing Council of Hong Kong on issues related to health care delivery, nursing practice, and nursing education development. The Society will strive to be actively involved in such activities and in any future endeavours to ensure the continued development of professional nursing in Hong Kong.

The Society has sent our newly published book "Evidenced-based Nursing Education and Related Issues" to all our

full members, universities libraries, public libraries as well as local and overseas nursing organisations. We receive many positive feedbacks on this book. We shall continue to publish monographs or books which will serve as valuable tools for promoting the development of the nursing profession in Hong Kong.

We would like to invite you to join us as a member of our Society or to renew your membership if you are already a member. You can download the 'Membership Form' from our website: <http://www.fmshk.com.hk/hksne/en/index.htm> and mail the completed form together with the membership fee to our mailbox:

The Hong Kong Society for Nursing Education, P.O.Box 98898, Tsim Sha Tsui Post Office, Kowloon, Hong Kong.

Let us join hands and work together in the year 2005. With optimism and hope, we can contribute to promoting health for the Hong Kong community. On behalf of the Hong Kong Society for Nursing Education, I wish you all a prosperous and happy new year!

### Upcoming Events

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Date & Time	Event	Speaker	CNE Points
11 March 2005 (Friday) 5:30 - 6:00 P.M.	Annual General Meeting 2005		
6:00 - 7:00 P.M.	Scientific Meeting - Complementary and Alternative Therapy: Application in Nursing	Professor Lorna K.P. Suen	1
17, 24 February & 3, 10, 17, 24 March 2005 (every Thursday) 6:00 - 8:00 P.M.	Elementary Respiratory Care Course	Dr. Judith Shen, Mr. Marvin Mah, Ms. Anita Mei Hing Pang	12

*For detailed information, please refer to our flyers enclosed or visit our website at <http://www.fmshk.com.hk/hksne/home.htm>*

*The world was shocked by the tsunamis attack in South Asia on 26 December, 2004. At the beginning of the new year, our hearts are with those who are suffering from this natural disaster.*



## Promotion of Active Ageing in the 21st Century

Kittie CHAN

Principal Nursing Officer

The Department of Health, The Government of the Hong Kong Special Administrative Region

(Keynote Speech for the 2nd Macao-Hong Kong Nursing Conference on 27.11.2004)

Ageing is a lifelong process. According to the World Health Organization, it begins before birth and continues throughout life. It is a process of progressive change of an individual's biological, psychological and social structure.<sup>1</sup> It is well recognized that ageing is a societal achievement and also a challenge of the 21st century. The challenge impacts on all aspects of the society and has to be addressed by concerted efforts of both public and private sectors.<sup>2</sup>

The aging population is a global issue. The United Nations points out that in almost every country in the world, populations are ageing. The number of people aged 60 and above worldwide had grown from 200 million in 1950 to 629 million in 2002. It is predicted that by 2050, the number will increase to almost 2 billion and that one in every five persons will be 60 years or older by that time. In China, the proportion of population aged 60 and above will rise from 10% in 2002 to 30% in 2050. In Hong Kong, the percentage will increase from 14% in 2002 to 35% in 2050. Similarly, the number of older people in other countries such as Singapore, Japan, United States of America, Australia, and United Kingdom continues to grow within this period.<sup>3</sup> With the decrease in fertility rate and increase in longevity, Hong Kong's population is ageing rapidly. The Census and Statistics Department (C&SD) of the Hong Kong Special Administrative Region (HKSAR) projects that the number of our people aged 65 and above will increase from nearly 800,000 (11.7% of the population) with the median age of 38 in 2003 to more than 2.2 million (26.8% of the population) with the median age of 48.5 by the year 2033. The life expectancy at birth was 78.5 years for male and 84.3 years for female in 2003. It is projected that by 2033 it will increase to 82.5 years for male and 88 years for female. In other words, 30 years later, one out of four of our citizens will be of age 65 or above.

Facing the challenges of an ageing population, health promotion is of paramount importance. In formulating health promotion strategies, we have to adopt innovative ideas and base these on the determinants of health, which include biological, physical, social, environmental and lifestyle factors as well as health care services. The notion of health for all in an ageless society emphasizes freedom from man-made age barriers, work flexibility, lifelong learning, universal design and healthy ageing for all. Another concept that has been

frequently mentioned is successful ageing. Some authors consider active engagement, good physical and cognitive function as some of its essential elements.<sup>4,5</sup> It can also be defined as the enjoyment of health and vitality of the body, mind and spirit into middle age and beyond.<sup>6</sup> Factors associated with successful ageing include the adoption of a healthy lifestyle to promote health, active engagement in paid or volunteer work, development of hobbies, making better use of cognitive capabilities and coping strategies, and fostering self-efficacy through the acquisition of personal skills. Although chronic diseases and functional impairment may cause physical challenges for certain elderly people, increasing age is not equivalent to poor health.<sup>7</sup> They can also enjoy old age through selecting appropriate types and levels of activities to optimize their capabilities and to compensate for the functional decline.

The World Health Organization (WHO) advocates the concept of active ageing and produced a policy framework in 2002. Active ageing can be viewed as a process in optimizing opportunities for health, participation and security so as to enhance quality of life as people age. It conveys a more inclusive message than healthy ageing and recognizes factors other than health care that affect how individual and population age. The policy framework requires action in three basic pillars, including health, participation, and security. In action for health, the risk factors for chronic diseases and functional decline are to be kept low while protective factors should be maintained high so that people will remain healthy in old age. The second pillar recommends that the labour market, employment, education, health and social policies as well as programmes should support people's full participation in activities according to their capacities, needs and preferences. As a result, they can continue to contribute to society as they age. The third pillar addresses the needs and rights of older people so that they are ensured of protection, dignity and care when they are unable to support and protect themselves.<sup>8</sup>

In addition, in its document titled 'A life course perspective of maintaining independence in older age', the WHO points out that health and activity in old age are a summary of the environments and behaviours/actions of an individual in the whole life span. People can influence how they age by adopting healthier life styles and adapting to age related changes. Besides, the main cause for morbidity in old age is the

cumulative adverse effects of various health determinants throughout the course of life and it is the interplay of internal and external factors. The risk of developing non-communicable diseases (NCDs) increases as people age. Thus, the WHO emphasizes the importance of addressing risk factors, such as tobacco use, lack of physical activity, and inadequate diet, from early life to late life. This helps to prevent the development of NCDs at older ages.<sup>9</sup>

In line with the WHO's life course perspective, the Department of Health (DH) of the HKSAR also adopts a life course approach to health promotion and diseases and disabilities prevention. Aiming at meeting the physical, psychological and social needs of clients, the DH provides services that encompass different stages of life including childhood, adolescence, adulthood and old age. Public health nurses play significant roles in the implementation of health promotion programmes, which contribute to the promotion of healthy ageing, in various service units. In the area of child health, services provided include the implementation of immunization and parenting programmes, and assessment of physical and developmental progress. The Maternal and Child Health Centres promote breast-feeding, offers antenatal and postnatal care, as well as family planning to women of child-bearing age. The School Dental Care Service provides basic and preventive dental care to primary school children and the Oral Health Education Unit promotes oral health awareness and oral hygiene practices through producing oral health education materials, organizing exhibition and campaigns, and collaborating with professional bodies and community groups.

In adolescence, the Student Health Service provides comprehensive, promotive and preventive health programmes for primary and secondary school students according to their needs at various stages of development. The Student Health Service Centres offers physical examination, health screening, health education and health counseling to the students. The Adolescent Health Programme is an outreach service for secondary school students, their parents and teachers. It aims at promoting the psychosocial as well as physical health of adolescents. The programmes are implemented in schools by the multidisciplinary teams.

During adulthood, the DH offers services such as health screening, physical examination, cervical smear screening, health education and counselling to women of the age 64 and below. The Men's Health Programme provides useful information concerning men's health issues through website, roving exhibition, and other health education materials.

As for elderly health, the Elderly Health Services use a whole-person, multi-disciplinary team approach to promote the health

of the elderly population through the provision of community-based, and client-oriented quality primary health care services. The services focus on holistic health and aim at promoting the maximum participation of everyone including the elderly themselves in health promotion. Service targets include elders, family carers, formal carers, private home staff and residents. Parallel to the 18 districts in Hong Kong, the DH established 18 Elderly Health Centres (EHCs), one in each district, with its corresponding Visiting Health Team (VHTs). The EHCs provide clinic service of health assessment, physical check up, health counselling, curative treatment and health education programmes to people aged 65 and above. The VHTs reach into the community and residential care settings to provide wellness programmes to increase the health awareness of elderly people and their self-care ability. The teams also adopt the train-the-trainer approach in providing training programmes to carers to enhance their knowledge and skills in the care of older adults. The teams also carry out regular influenza vaccination programmes for high-risk groups. After the outbreak of Severe Acute Respiratory Syndrome (SARS) in 2003, with close collaboration with the Licensing Office of Residential Care Homes for the Elderly of the Social Welfare Department, the VHTs have provided a series of continual training for Infection Control Officers of the homes for the aged. The programmes include briefing sessions, workshops, on-site training and follow-up, as well as open forums to facilitate the homes to enhance their measures in diseases prevention and infection control.

The threat of the 21st century includes communicable diseases such as avian influenza, dengue fever, and SARS. The report on tuberculosis control in the WHO western pacific region in 2004 indicates that a stagnation of notification rates, which shows a slow-down or reversal of the annual decline of the crude notification rate, has been observed. The stagnation in Hong Kong is mainly due to ageing of the tuberculosis epidemic and ageing of the population.<sup>10</sup> In 2002, the actual number of notifications for those aged 65 or above accounts for more than one-third of the total notifications.<sup>11</sup> To be more effective in the prevention and control of diseases in Hong Kong in collaboration with major local and international stakeholders, the Centre for Health Protection (CHP) of the DH was established in June 2004. The CHP comprises six functional branches including the Emergency Response and Information Branch, Infection Control Branch, Programme Management and Professional Development Branch, Public Health Laboratory Services Branch, Public Health Services Branch, and Surveillance and Epidemiology Branch.

Furthermore, the Chief Executive of the HKSAR has made 'Care for the Elderly' a strategic policy of the Government in 1997. The objective is to improve the quality of life of our

elderly population through providing them a sense of security, a sense of belonging, and a feeling of health and worthiness.<sup>12</sup> The Elderly Commission (EC) was established in the same year. Its main task is to offer advice to the Government of the HKSAR in the formulation of a comprehensive policy in the caring of its elderly population. With the aim at promoting healthy ageing along four strategic directions, including promotion of personal responsibility; strengthening of community action; creation of a supportive environment; and improvement of the image of ageing, the EC launched a three-year Healthy Ageing Campaign (HAC) in 2001. The Elderly Health Services of the DH supported the HAC through providing professional advice; offering resource support, such as the production of video, leaflet and resource book; and carrying out special projects which include the promotion of structured exercise programme as well as the provision of dietetic support service.

As the ultimate objective in promoting healthy ageing is to facilitate a cultural change in the attitudes of the society towards ageing and lifestyle, it is a long-term undertaking and the fundamental change of the general public's concept of ageing cannot be achieved in a three-year period. To work in line with international development, to sustain the efforts and further enhance the impacts that have been achieved by the HAC, the EC considers that it would be a natural progression to evolve the promotion of healthy ageing and the HAC to active ageing. Therefore, a task group to promote active ageing has been formed since April 2003. It identified four priority topics for the promotion of active ageing. The topics consist of life long learning; financial security, retirement and work practices; intergenerational solidarity; and transportation/built environment. To promote active ageing to a wider population, the task group will concentrate on networking with various sectors; and to support its work, it will also consider the development of research on local issues of ageing.<sup>13</sup>

To conclude, ageing is an inevitable process that spans every stage of life. Promotion of active ageing should commence as life begins and continues throughout the life course. To be effective, it requires the coordinated efforts of individual, family, and community together with the support of policy. Similarly, the preparation for retirement should begin at an early age. The nursing profession serves people of various ages, at different service settings and from all walks of life. Together, we contribute significantly to promote active ageing in the 21st century. Let us work closely together to realize our missions and establish a healthy and caring society for our elderly population and, at the same time, prepare for our old age.

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**Renewal of Membership**

*The term of membership starts in January each year. Old members are reminded to renew their membership by paying the Subscription Fee.*

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## The Second Macao-Hong Kong Nursing Conference

*Dr. Violeta LOPEZ*

*Coordinator, Publication Subcommittee*

Once again, through the collaboration between the Hong Kong Society for Nursing Education and the Macao Sino-Portuguese Nurses Association, the 2nd Macao-Hong Kong Nursing Conference held on the 27th of November 2004 at the Hospital Centre S. Januario, Macao, had been a successful event attended by more than 120 participants. This year, the focus of the conference in on "*Promoting health for older adults in the 21st century: nurses' contribution*". The conference had the pleasure of having Honourable Doctor Kun Sai Hoi, the Deputy Director of the Health Bureau, Macao, as the guest of honour at the opening ceremony and who also presented a souvenir to the keynote speaker, Ms. Kittie Chan, Principal Nursing Officer, Department of Health, Hong Kong.

In addition to Miss Kittie Chan's enlightening and inspiring keynote speech, there were six very informative papers presented at this conference. I would like to summarise some of them here:

Ms. Ada Lau, Nurse Specialist (Geriatrics), United Christian Hospital, presented the important work of the nurse-led clinic for the care of older adults in providing an alternative model of care to bridge the gap between hospital care and home care for the discharged older person. The clinic is attached to the Specialist Outpatient Department and is being managed by the Nurse Specialist three times per week. Patients attending the clinic include those with hypertension, stroke, heart failure, diabetes mellitus, dementia and chronic obstructive pulmonary disease. Since the beginning of the programme, they have found some significant outcomes with regards to the older patients' functional capacity in terms of mobility, exercise tolerance, feeding and elimination. They also found significant improvements in wound healing, drug adherence, and early detection of urinary tract infection and swallowing impairment.

Ms. Cara Tang, formerly nursing officer from the Jockey Club Centre for Positive Aging, explored the use of physical restraint in the care of the elderly and its failure to prevent falls. She stated that physical restraint brings about adverse outcomes in patients such as feelings of strangulation, anger, resistance, humiliation, demoralization, regressive behaviour, confusion, and resignation. Other patients who see the patients being restrained viewed them as dangerous, disturbed and mentally incompetent thus resulting to feeling of isolation of the restrained person. She reiterated that restraining the patient defeats the whole purpose of rehabilitation which centres around the promotion of independence and function. The Jockey Club Centre for Positive Ageing adopts and promote restrain-free environment to promote the quality of life of the demented elderly by providing activities and programmes such as music therapy, reminiscence and life review, horticulture, cookery, sensory stimulation, spiritual advice and exercise programmes.

Professor Claudia Lai from the Hong Kong Polytechnic University presented her research on dementia care for the elderly and the problems faced by caregivers. She stated that people with dementia have special needs and caregivers need to understand these needs. Many aspects of the physical and social environment affect the functioning of people with dementia and the environment plays an important part in improving their functioning and quality of life. Even though they cannot express their feelings and needs, their behaviour, in many ways, represents and conveys these feelings and needs that caregivers should be aware of. In a survey she conducted to explore problems in caring for dementia patients, the results showed that the majority of carers did not know how to take care of these patients. Other problems included service information, aggressive behaviour, worry and guilt, long caring time, own health, accessing service, attitudes of health care workers, insufficient workers in day care centres, insufficient activities in the old age homes, and public misunderstanding of dementia. At present, there is inadequate undergraduate preparation in dementia care among health care professionals. She compared the hours of training in dementia care between health care professionals, and found that nurses only received a total of two to three hours during their training compared to eight hours among occupational therapists and six hours for social workers. In caring for patients with dementia, she reiterated the importance of understanding the attitudes, values, worth, humanity and dignity of those suffering from dementia.

Professor Irene Wong from the Nethersole School of Nursing, Chinese University of Hong Kong, presented the impact of leg ulcer and strategies to care for patients with this problem. In Hong Kong, the incidence of leg ulcer, particularly lower limb ulcer is 11% and there is a lack of data differentiating other forms of leg ulcers when compared to overseas data. The most common physical impact of leg ulcer is pain and immobility while the psychological impacts include feelings of helplessness, lack of control and embarrassment. In addition, leg ulcer affects the patient's social life in terms of altered working life and diminished human interactions. Professor Wong presented different strategies to treat leg ulcer, from using mechanical controls such as foam wedges, heel protector rings, cushioning insole, felt padding and casts to biological wound treatment using larvae of flies. However, managing leg ulcer is multi-factorial for the main purpose of providing an optimal environment for healing including high humidity; freedom from toxic chemicals, infection and slough; optimum temperature and acid-base; and avoiding frequent dressing change.

The conference also organized professional visits to the hospital and community centres as well as a conference dinner at a Chinese restaurant in Macao. Overall, the conference was a successful event with lots of ideas generated in improving the care of the elderly in Hong Kong, Macao and Mainland China.

## Reflection on the Second Macao-Hong Kong Nursing Conference

*AU Man Yee, Mary*

*Year 4 student, Bachelor of Nursing, The Nethersole School of Nursing, The Chinese University of Hong Kong*

It was a valuable experience to have attended and worked as a student helper in the Second Macao-Hong Kong Nursing Conference on "Promoting health for older adults in the 21st century- nurses' contributions" in Macao on 27th November, 2004. This was my first time to join such kind of conference. It was really a combination of work and pleasure. Moreover, I was impressed by the speeches delivered by the honorable guests and speakers from Hong Kong and Macao, which greatly widened my scope of knowledge on elderly care. These speeches addressed the specific issues on providing physiological and psychosocial care for the older adults who are easily undermined. Some of the papers presented were especially inspiring which positively changed my attitude and increased my awareness of the importance of elderly care. With the sharing of experiences and exchanging views on professional nursing practice, I am sure nurses will be able to contribute more to improving the quality of care for the elderly in both regions and hence, promoting their health and quality of life.

After the conference, we student helpers joined the visit to the largest hospital in Macao and were able to visit the Intensive Care Unit and the Medical Unit. What impressed me most was the trilingual communication used by the health care professionals: Chinese, English and Portuguese. We had compared the similarities and the differences of the ward settings between those in Macao and Hong Kong, and we found out that each region has its strengths and limitations. The way that health care is delivered is much influenced by the socio-economical needs of the society.

This visit has broadened my vision, which will certainly strengthen my commitment to the future development of nursing in Hong Kong. I hope that more similar activities can be held in the near future, so that more nursing students can be benefited from it.



Honorable guests and speakers together with the whole organising committee and helpers from Hong Kong and Macao brought the Second Macao-Hong Kong Nursing Conference to a great success.



Inspired by Professor Sally CHAN, (Middle), a group of vibrant student helpers made significant contribution to the successful launching of the Conference.



The whole organising committee with its dedicated members and helpers from Hong Kong and Macao worked in perfect harmony making the conference a fruitful and memorable event.



Dr. KUN Sai Hoi, the Deputy Director, Health Bureau, Macao, presents a souvenir to the keynote speaker, Ms. Kittie CHAN, Principal Nursing Officer, Department of Health, Hong Kong SAR.





# Hong Kong Society for Nursing Education Ltd.

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