



Hong Kong Society for Nursing Education

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

Newsletter

May 2005

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Chairman's Message

Professor Sally CHAN

Promote Quality Nursing Education and Practice

The Hong Kong Society for Nursing Education is now marching into its 19th year. The Society continues to work for its mission. We support one level nursing and believe that a programme leading to the award of "Bachelor of Nursing" is required to prepare competent registered nurses. At present, the number of first-year first degree places for nursing programme is inadequate to meet the present and future nursing manpower needs. To ensure the adequate supply of professional nurses in Hong Kong, we have been lobbying the Government since 1994 for an accurate nursing manpower projection and a long-term policy for nursing education. With the imminent shortage of qualified nurses, we sincerely hope that the Government would take responsible and visionary steps to consolidate a realistic plan for increasing degree places for nursing education, so as to ensure that Hong Kong has adequate number of qualified nurses providing safe and quality services for its citizens. The Society will continue to lobby and discuss with parties concerned for establishing a policy for nursing education development in Hong Kong.

In the past year, the Society had organised various continuing education activities for nurses in Hong Kong, which were well received by the participants. 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. To this end, the Nursing Council of Hong Kong has launched a pilot scheme in implementing mandatory CNE, commencing with the accreditation of CNE providers. In response to the invitation by the Council, the Society has applied for accreditation as a CNE provider. We recognise that it would take years for piloting the scheme and establishing legislation before CNE could become mandatory. We believe that, as professionals, all nurses should have responsibility towards self-development and life-long learning to upkeep their professional knowledge and skills. We will continue to organise quality continuing education activities to meet the learning needs of the nursing community.

The Society supports that a statutory body is needed to regulate advanced nursing practice in Hong Kong. In the past year, the Society contributed actively in the establishment of the Hong Kong Academy of Nursing. A proposal for the establishment of the Academy was drafted by the Steering Committee and was forwarded to the Secretary for Health, Welfare and Food Bureau. We hope that the proposal is agreeable to the Bureau. The Society will continue to participate in the work of the Steering Committee.

The Society continued to participate actively in matters related to the development of professional nursing in

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Hong Kong. The Secretary of the Health, Welfare and Food Bureau, the Hospital Authority and the Nursing Council of Hong Kong had consulted the Society 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 other related future endeavours to ensure the ongoing development of professional nursing in Hong Kong.

The Society believes that nurse educators must maintain a vision valuing excellence and innovation in advancing nursing through education, research and practice. To keep abreast with evidence-based practice, the Society has published a book "Evidence-based Nursing Education and Related Issues". This book was published to commemorate the 18th Anniversary of the Society and it was the first book on evidence-based nursing education published in Hong Kong. The book presents evidence on the effectiveness of various teaching and learning approaches in classroom and clinical settings and shared experience on innovative nursing curriculum development. All full members of the Society received a free copy of this book. The Society has also sent copies of it to all university libraries, public libraries as well as local and overseas nursing organisations. It is also available for purchase in major bookstores. We are grateful to all who had contributed to its successful publication. We are especially indebted to Dr. Leong Che Hung for writing a foreword for us. We receive many positive feedbacks from the readers. We hope that, through the sharing of research studies and discussions on related issues in nursing education, this book will raise the awareness of the parties concern about the importance of evidence-based nursing education in improving the learning outcome of students and hence, improving the standard of nursing practice. In view of the world-wide initiative to promulgate evidence-based practice in health care, nurse educators in Hong Kong are at the forefront in recognizing the best available evidence for improving teaching and learning strategies so as to improve learning outcome in students. This in turn will improve the quality of care as a result of the development of a competent and capable workforce of qualified nurses.

On the other hand, to communicate with members, the Society publishes a newsletter regularly. It serves to inform members of the activities of the Society and to provide a platform for member to discuss on current events or trends for nursing and nursing education development. We are grateful to all the contributors of the newsletter.

Promote Unity and Networking

To enhance unity of the nursing profession, the Society has continued to expand its network with nursing colleagues of the region. In the past year, the Society had organized a visit to the School of Nursing, Sun Yat-sen University and hospitals in Guangzhou. We had a very fruitful exchange with the nursing academics and clinical nurses there. We believe that through networks and links, nursing colleagues could learn from one

another and work together to promote nursing development in this 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 was subsequent to the successful collaboration between the two nursing groups at the First Macao-Hong Kong Nursing Conference in November 2003. We would continue to dedicate our efforts to promoting the quality of nursing practice in the region and to further strengthen the links between nurses in Macao and Hong Kong. We would like to express our gratitude to all the speakers of the conference who helped us to gain inspiration into the direction for promoting health for our elderly population in the region. We believe this Conference has provided an excellent opportunity for the exchange of professional information and networking between Macao and Hong Kong nursing colleagues. We will continue to expand our network with nursing colleagues in the region.

The Society works collaboratively with other health care groups in Hong Kong. It remains an affiliated member of the Federation of Medical Societies and has co-organised education activities with the Federation. In the past year, we participated in activities of other health care groups, for instance, in the Celebration of the National Day, we work with the Association of Hong Kong Health Care Professionals as a major organiser. We look forward to having more collaborative work with other nursing and health care groups in our future endeavours.

The membership of the Society continued to grow during the past year. It reflected that the Society's work was supported by the Hong Kong nursing communities. The Society would like to thank its members for their contribution, support and participation in the Society's activities. Members are invited to work closely with the Executive Committee for accomplishing the missions of the Society to improve the quality of nursing education and practice, ultimately promoting the health and well being of the Hong Kong community.

The current Executive Committee has completed its first year of service. I would like to express my sincere thanks to all its members for having done a wonderful job in the past year. On behalf of the members of the Society, I would like to express our deep gratitude to Dr. Leong Che Hung, the Patron of the Society for his unfailing support to us. We are also very appreciative of the contribution of the Society's Honorary Advisors, Honorary Legal Advisors, and Honorary Auditor. Their support and encouragement are crucial for the healthy growth of the Society.

The Society will be celebrating its 20th anniversary in the coming year. The members of the Executive Committee are working zealously to prepare for the 20th anniversary celebration. We look forward to join hands with you as we marched forward.

Global Ageing and Dementia Care: Its Relevance to the Education of Future Nurses

Claudia K Y LAI

Associate Professor, School of Nursing, The Hong Kong Polytechnic University

(Paper presented at the Second Macao-Hong Kong Nursing Conference, 25 November 2004)

Global Ageing and Dementia

The prevalence rate of dementia increases dramatically with advancing age. Depending on the criteria used to arrive at a diagnosis, some overseas communities have reported prevalence rates of dementia of around 2-10% at age 65 (Lai, 2003). The increase in the prevalence rate is even greater for elderly people in the old-old category (i.e., those 85 and over), at well over 30% (Gilleard, 2000). Similar to other parts of the world, the population of Hong Kong is ageing. For the past 40 years, the number of older persons increased at an average annual rate of 5.5% (Census and Statistics Department, 2001 Thematic Report). In 2003, 11.7% of Hong Kong's population was 65 years old and above, and this figure is projected to reach 27% in 2033 (Ho, 2004). Society as a whole, and in particular, the health services sector, is therefore facing a health care challenge that warrants expeditious action.

Care of People with Dementia

Caring for a person with dementia is not as simple or straightforward as caring for someone with a chronic illness. The care of this particular client group and their families is much more complex because the patient's cognitive functioning is impaired. Relevant clinical experience enables healthcare practitioners to incorporate learned knowledge to develop practicing skills that are essential to quality care. Yet, theory and concepts must be solidly grounded in a nurse's knowledge base before the integration of knowledge with practice can occur. Regrettably, the preparation of nurses in caring for people with dementia is limited, with no more than a couple of hours of instruction given to the topic in the current baccalaureate programme. It is therefore not surprising to find that in surveys of health professionals on their perceptions of their own knowledge of dementia and dementia services, nurses report a significantly lower level of knowledge than rehabilitation therapists such as physical and occupational therapists (Chung & Lai, 2003).

How should we, as members of the nursing profession, who often proclaim ourselves the champions of care and caring, prepare ourselves and future generations of nurses to care for this particular client group and their families?

Post (2000) described the modern world as one that is strongly influenced by the values of rationalism and capitalism. Clarity of the mind and one's economic productivity have become the criteria by which a person's worth is gauged. In this context, a person with dementia is disadvantaged, as both the mind and the ability to engage in economic activities decline as the disease progresses.

People with dementia lose their ability to communicate with others because of their progressive deterioration. They are easily relegated to non-person status as their cognitive abilities decline. It is almost as if their existence is being dissected into parts. There are studies focusing on their biochemical and genetic profiles, the structures in their brain, morbidity and mortality rates, problematic behaviour, and so on. As health care professionals, we need to be aware of our own perceptions of dementia, and to determine whether we are unknowingly treating those who are unfortunately suffering from this disease in the same impersonal manner.

In caring for this unfortunate client group, we are faced with numerous questions. How should we understand them as individuals? Do they have sufficient self-awareness for us to make that crucial connection between humans? How do we make ourselves understood during care activities? All of these are questions that nurses need to ask, and also to teach our students to ask, in order to stimulate our thinking about the best way to prepare ourselves to face the challenges of care giving. One point, however, is certain – we do not only need to identify physical and behavioural problems and clinical needs, but also to seek an understanding of the lived experience of those suffering from dementia.

Families as Victims of Dementia

In dementia, there are also other victims, often hidden – the families. Caring for families afflicted with dementia is a challenge profoundly different from caring for frail or disabled individuals. Progressive cognitive loss renders the afflicted individual progressively less accessible to the caregiver. Grieving for the loss of the loved one begins long before the loved one's physical departure from the world. Caregivers also face the challenges and hardship associated with prolonged care giving, including social isolation, financial strain, and heavy physical labour. Family care giving in dementia care is therefore an important aspect that deserves the attention of nurses. In this regard, we need to teach our students how to care for families with members afflicted by the disease – and not hurriedly in an hour or two, but in a curriculum that has undergone structural changes. We need to teach our students to attend to the needs of the families who shoulder a care giving burden that is heavy and that has lasted/will last for a considerable period of time. We need to teach our students that in order to support the afflicted individual, families must be supported at the same time to prevent caregivers from becoming additional victims to this tragic disorder.

Conclusion

In contemplating the care of people with dementia and their families, we need to reflect on whether the design of our curriculum has made provisions addressing these learning needs; whether our teaching-learning goals as well as our methods of teaching are in alignment with the outcomes (and qualities) we expect of our young. In developed countries, dementia has been called “the disease of our time”. No doubt it will be a major nursing challenge in the years ahead. A person's worth and dignity should not be diminished by his or her forgetfulness (Post, 2000). Our nursing students should be taught the basics of dementia

care, which include the right attitudes, values, and principles in care. People with dementia have special needs that are vastly different from those without dementia. Families looking after a patient with dementia also have needs that are different from those involved in looking after someone with a chronic disease without cognitive impairment. Health professionals have to understand these needs, and to undertake special training to meet these needs. As nurse educators, we need to teach our young to care for these unfortunate people and their families with compassion, creativity, and respect for humanity despite their failing cognition.

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Our Society participated in the Joint Fund Raising Walkathon at the Peak on 9 January 2005 for the Tsunami Victims many of whom lost their families in a few seconds.

醫護齊心 行出善心 賑災籌款山頂行

印尼大地震所引發的大海嘯，在短短的數分鐘內，奪去數以萬計的生命，令無數災民家園盡毀。本會也齊心響應全港醫護界賑災籌款行動，共同參與2005年1月9日之山頂行，為災民出一分力。



The Annual General Meeting 2005 & Scientific Meeting of the Hong Kong Society for Nursing Education

*Speech given by Ms Kittie CHAN, Principal Nursing Officer
Department of Health*

I am honored to be invited to attend the dinner party of the Annual General Meeting 2005 & Scientific Meeting of the Hong Kong Society for Nursing Education. To my knowledge, since its establishment in 1985, the Hong Kong Society for Nursing Education has been actively involved in activities geared towards realizing its goals of achieving excellence in nursing service through the enhancement of quality nursing education. For the past years, we have seen that the Society has not only significantly contributed to promoting the advancement of nursing education towards tertiary level; it has also relentlessly advocated for enhancing the quality of nursing care through evidence-based practice. With its vibrant group of Executive Members comprising experienced and knowledgeable nurse educators from various education and health care institutes, it has organized various educational and professional activities conducive to the updating and strengthening of the professional competencies of nurses. The Scientific Meeting of this evening exemplifies these activities. Participants of many of its well-organized lectures, seminars, workshops, educational visits, conferences, exhibitions and public meetings have been enriched in various ways.

Here, I would like to express my heart-felt appreciation for the Society's contribution to promoting the quality of nursing via sharing with nurses the various aspects of professional issues, research findings and evidence-based practice through the publication of newsletters and thematic reference books, as well as via the launching of professional nursing conferences.

It is well reckoned that nursing is a profession that will be greatly influenced by demographic and epidemiological changes. With the aging population, the increase in chronic illnesses and the re-emergence of infectious diseases, the shift of the focus of health care services from the hospital to the community is imminent. Hence, there is an increased demand for responsive nursing services. Nowadays, nurses not only provide care in the hospitals and institutions, but also play an important role within the community. In fact, nursing services embrace an array of personal and

community health services that deal with various aspects of disease prevention, health promotion, treatment, rehabilitation and palliative care through a holistic, interdisciplinary approach in different health care settings. Nurses in the public health sector have a major role to play in disease prevention and health promotion of the population across the life span. Nurses working in different health care settings, including those in the public health sector, need to update and strengthen their competencies continuously in response to the changing demands of the community. Hence, continuing nursing education programmes have to be proactively structured to meet the diverse learning needs of nurses. The Public Health Nursing Division of the Department of Health has been organizing various educational activities and employing different competency building strategies to continuously enhance the professional competencies of public health nurses. As the Society for Nursing Education also provides various quality nursing education programmes, we hope that it can include public health nursing subjects or related themes in planning its future educational programmes, so that public health nurses and their counterparts in different settings can be benefited.

Moreover, the organization of intersectoral nursing conferences, like the one the Society launched in collaboration with the Macau nurses in November last year would greatly facilitate the sharing of knowledge and experience among nurses and professionals from different strata and nursing specialties. On the other hand, the launching of conferences on nursing themes with a multi-disciplinary team of speakers is also recommended, as nurses need to work in close partnership with a multi-disciplinary team of health care workers. This would enhance understanding among disciplines and facilitate their future collaboration. This in turn, may improve the quality of health care as a whole.

To conclude, I would like to congratulate the Chairman and members of the Society of Nursing Education on their fabulous achievements for the past years and wish them continued success in their future endeavours.

Letter to the Hong Kong Society for Nursing Education at Its 19th Anniversary

Professor David THOMPSON

*Director and Professor of Clinical Nursing, The Nethersole School of Nursing
The Chinese University of Hong Kong*

May I offer my warm congratulations to the Hong Kong Society for Nursing Education on its 19th Anniversary. It has rightly made an important contribution to the educational development in nursing in Hong Kong. I am only sorry I cannot be at the meeting to join you all in celebrating the Society's achievements.

Perhaps, it is an apposite time to reflect not only on the progress nursing has made to date in Hong Kong but also on the challenges it faces and the opportunities that lie ahead.

Hong Kong is fortunate in having nursing education located in the university sector. Nurses now undertake a four-year degree programme that prepares and equips them to respond to the health and health-care challenges of Hong Kong and beyond. Universities are mindful of producing nurses who are 'fit for practice', but it is vital that students have a strong theoretical grounding as well. Competence is a necessity, but it is not sufficient. Competence enables the newly qualified nurse to deal with a range of known situations, but education also enables the nurse to deal with a range of unknown situations. The competent nurse

will be able to do what is needed; the capable nurse will help to develop the profession.

It is, therefore, of some concern to the profession and to the people it serves to hear of plans to reintroduce the enrolled nurse in some quarters. This is a retrograde step that will lead to division in the profession and confusion for patients. Surely, nursing needs to enhance the quality of its education, not retard it.

University departments of nursing in Hong Kong are now collaborating more in an effort to focus their efforts on areas of need, reduce duplication and enhance the quality of their programmes. But there continue to be real challenges such as the clinical placement of students, the maintenance of standards, benchmarking performance of programmes and departments, and the integration of teaching, research and clinical practice. I am confident that the Society, in collaboration with its partners in the universities, hospitals and government will rise to meet these challenges.

I wish the Society continued success.



Report on the 19th Annual General Meeting

The 19th Annual General Meeting (AGM) together with the Scientific Meeting and annual dinner was held on 11th March 2005 at the Royal Pacific Hotel & Towers. It was a very successful event.

The title of the Scientific Meeting was 'Complementary and Alternative Therapy (CAT): Application in Nursing'. We were honored to have Professor Lorna Suen from the Chinese University of Hong Kong as the speaker at the Meeting. The topic was very timely and important because of the rapid growth and development of CAT, not only in Asia but internationally. The lecture focused on the concepts of CAT and the basic principles of its use. Professor Suen presented different CAT including aromatherapy, auricular therapy, acupuncture, moxibustion and reflexology. Her demonstration of the use of magnetotherapy was so intriguing that it had created a lot of interest and fun among the participants. It was indeed, a very impressive and informative lecture.

The Scientific Meeting was followed by a dinner gathering with members of the Executive Committee, Patron, Advisors and guests. We were indeed honored to have our Patron and

Advisors addressing the members before the dinner gathering. Dr. Leong Che-Hung, the Patron of the Society congratulated the past accomplishments of the Society. He commended on the effort of the Society in promoting the quality of nursing practice in Hong Kong. He valued the contributions of nursing to the community and would continue to support the development of nursing as well as nursing education. He also emphasized on the importance of establishing an Academy of Nursing for directing the development of advanced nursing practice. His professional sharing was thought provoking and encouraging.

The Honorary Advisors of the Society had deliberated on their vision on the development of nursing. Ms Kittie Chan offered her congratulations to the Society on its past achievements. She emphasized the need for nurses to update and strengthen their competencies continuously in response to the changing demands of the community, as well as to work in close partnership with a multi-disciplinary team of health care workers. Ms Kittie Chan's address to the Society's members is published in this issue of the newsletter.

Dr. Susie Lum, and the honorable Dr. Joseph Lee both supported one level nurse and that a bachelor degree programme is essential to prepare competent registered nurses in Hong Kong. In addition, Dr. Lum highlighted the urgency of establishing the Nursing Academy to regulate advanced nursing practice. Professor Frances Wong pointed out the importance of collaboration among nursing professionals from the education, clinical and management sectors to establish the direction of nursing development in Hong Kong. Mr. Michael Mak stressed the importance of life-long learning.

Professor David Thompson, Director of the Nethersole School of Nursing sent in his apology for not being able to the join event. However, he had written an open letter to the Society, which Professor Sally Chan read out for the

audience on his behalf. Professor Thompson stressed the importance of degree level preparation for competent nurses and commented that the reintroduction of enrolled nurses' training was a retrograde step that would lead to division in the profession. Professor Thompson's letter is published in this issue of the newsletter.

During the discussion, it was ascertained that the contribution of nurse leaders was essential in advancing nursing and nursing education development in Hong Kong. Well-planned strategies were needed for nursing to move forward.

We are grateful to the Society's Patron, Advisors, guests, members and colleagues for their unfailing support to the Society. We look forward to having your continuing support and collaboration in the future.



Sally Chan (2nd from left) Chairperson of the Society chaired the AGM with Winnie So (Vice-chairperson), Chair Yek-Ying (Secretary) and Edmond Tong (Treasurer).



The Patron, Honorary advisors and members of Executive Committee.



A happy group of Executive Committee members at the AGM.



Professor Lorna Suen demonstrated auricular therapy in the Scientific Meeting.



Ms Kitty Chan, Honorary advisor, presented a gift to Ms Anne Marie Wong.



Dr. Leong Che-Hung, the Society's Patron, addressed the members.

Happy Nurses Day
12 May 2005



Hong Kong Society for Nursing Education Ltd.

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3. Please mail the completed form and a crossed cheque payable to "Hong Kong Society for Nursing Education Ltd." to PO Box 98898, Tsim Sha Tsui Post Office, Hong Kong.
4. Receipt will be issued to you when the subscription is accepted and processed.
5. No membership card will be issued. Please keep the receipt for your own reference.
6. No matter when a member pay the subscription fee, the annual membership always starts in January and ends in December of the same year.
7. Categories of membership are:

Category	Eligibility	Subscription Fees*
Full Member	Qualified nurse educator, or registered nurse whose area of responsibility involves basic / post-basic nursing education	HK\$100 per annum
Associate Member	Any person who is not a registered nurse but interested in nursing education	HK\$80 per annum
Affiliate Member	All full-time students undergoing hospital / tertiary based nursing program	HK\$50 per annum
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