



# Hong Kong Society for Nursing Education

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

Newsletter

September 2005

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Professor Sally CHAN

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(in alphabetical order)

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Principal Nursing Officer  
Department of Health

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The University of Hong Kong

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Professor Violeta LOPEZ

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## Chairman's Message

Professor Sally CHAN

### Nursing Leaders Taking Actions

The election of the Chief Executive (CE) of the Hong Kong Special Administration Region held in June 2005 prompted the formation of the Nursing Leaders Action Group (NLAG), which comprised nursing members from the 800-person Election Committee (for electing the CE) and some nurse leaders in Hong Kong. Three of our Society's former Chairpersons, Ms. Alice Tso, Ms. Shirley Wong and Mr. Cheng Bing Shu, as well as the honorary advisors of the Society, Dr. Susie Lum and Ms. Adela Lai were members of the Election Committee. These members supported Mr. Donald Tsang to run for the EC election. Through meeting with Mr. Tsang and an open letter, the NLAG expressed their concerns for the development of the health care system and the nursing profession in Hong Kong. The main concerns included the development of public health services, mental health services, nursing workforce and regulation of the nursing profession. The open letter is published in this Newsletter and has been posted at the Society's website. The NLAG will follow up with the government's responses via further meetings with the government and nursing colleagues.

### Networking with Nurses in Mainland China

Members of the Society had two educational visits to Mainland China in August 2005. We visited the College of Nursing of Xinjiang Medical University and the University's teaching hospitals. We also visited the Clifford Hospital at Guangzhou. Both visits were very eye opening and productive. We have established a close relationship with these institutes and are planning for joint ventures in the near future. Reports of these visits are published in this Newsletter.

### Local Functions

The Society recognizes the importance of maintaining close relationship with health care colleagues in Hong Kong and has been active in participating in local functions. For example:

1. The Society is a member of the Working Group on Celebration of International Nurses Day (IND) 2006. We are working with nursing colleagues from the Department of Health, Hospital Authority, tertiary education institutes and various nursing associations in planning activities to celebrate the 2006 IND. We shall keep members posted.

The Newsletter can be read on the web site: <http://www.hksne.org.hk>

2. The Society has joined the Core Group for the Government's Preparedness Plan for Influenza Pandemic.
3. As a member of the Hong Kong Health Services Sector National Day Celebration Committee, the Society participates in organising the National Day Celebration Dinner to be held on 22 September 2005.

**Health Care Reform in Hong Kong**

The long-awaited health care reform has come to a pivotal stage when the government recently issued the discussion paper on the future service delivery model for Hong Kong's health care system. We believe that, with a strong voice, we could make a difference. Members are encouraged to study this document and forward their comments to the Health, Welfare and Food Bureau before 31 October 2005. The document can be downloaded from the website (<http://www.hwfb.gov.hk/hmdac/>).

**Farewell to a Member of the Society's Executive Committee (EC)**

Professor Violeta Lopez, a member of our EC, will be leaving Hong Kong to return to Australia. She has contributed greatly to the development of the Society especially in the area of publication. Her farewell message to members is published in the newsletter. On behalf of the Society, I thank her for her invaluable contributions to the nursing development in Hong Kong and wish her all the best in her future endeavours.

**Election of the Coming EC**

The term of office for the current EC members will come to an end in March 2006. An election for the new EC will be coming soon. I hope Members could participate actively in this election by nominating and voting for members of the new EC. I firmly believe that, with a clear vision, commitment and concerted efforts, the Society will continue to promote the quality of nursing education and nursing practice in Hong Kong.



**Reflections of being a member of the  
Hong Kong Society for Nursing Education (HKSNE)**

*Violeta LOPEZ*

I am bidding farewell to the Hong Kong Society for Nursing Education (HKSNE) as I will be returning to Australia to embark on a new project of my professional career, but will remain a life member of the Society. I have been a member of the Society now for nearly four years and have been a member of the Publication Committee. I thank you all for the opportunity to be one of you and to participate in the activities of the Society. I will always cherish such memorable experiences. I have always been very careful in choosing nursing professional organization I want to be a member in, and the aims and objectives as well as the activities provided by the Society made the decision of joining an easy task for me.



education. The Society's response to crisis during the SARS outbreak had been enormous, timely and well recognized by other nursing bodies and the public.

The Society's commitment to assisting the development of nursing education in Hong Kong and in Mainland China show how nurses from both places could work together towards the same goal.

The Society continues to provide on-going continuing education for nurses that benefit their future professional and personal development.

The Society is a professional organization but it has the warm and caring atmosphere similar to that of a close-knit family with its members regarded as valued members. No other nursing organizations have given me such feeling of camaraderie and care as the HKSNE.

I wish you all the best for any endeavours and challenges you may face in the future. I am sure that the Society as a whole, working as one, will be able to meet all these challenges.

## **An Open Letter to Mr. Donald Tsang when he was a candidate of the Election for Chief Executive of the HKSAR in June 2005**

5<sup>th</sup> June 2005

Dear Mr. Tsang,

We are a group of nurse leaders in Hong Kong. We envisage that you will cherish the health for all citizens. Health is the requisite and a good return-on-investment for the economic growth and prosperity of Hong Kong. As nurses, we are able to contribute towards the betterment of health and would like to forward to you our views.

Following are our concerns and recommendations:

### **1. Public health problems**

The change in the social structure towards nuclear families has led to problems like abandoned elders, neglected youths, over-stressed women. We also see the return of infectious diseases, problems with occupational health and safety, and the doubled burden of chronic illnesses. All these pose difficulties and demands onto our health care services. Much more efforts are needed in the area of promoting health and preventing illnesses. The current methods of tackling aftermaths of ill health are costly, piece-meal, fragmented and unsatisfactory. Public money is not spent cost-effectively.

#### **Recommendations:**

- 1.1 To combat the culprits of ill health, we must build up the community's capacity to look after their own health.
- 1.2 Nurses should be appointed as a core member of different policy forums such as the Women's Commissions, Commission for Elders, Youth's Commission. Through these platforms, health-oriented perspectives should be put forth to formulate appropriate strategies especially for disadvantaged groups.
- 1.3 Specialist nursing services should be established to safeguard the health in areas such as geriatric care especially in old-age home, school health, family health, women's health, and occupational health. Bringing these preventive services to the grass root community will contribute to promotion of the general health status, hence relieving the burden on the expensive medical services.

### **2. Mental health problems**

Mental health problems have become increasingly severe in Hong Kong resulting in enormous economic loss, care burden, social unrest, and poor quality of life. Psychiatric services have been strained leading to premature discharges from hospitals and lengthy waiting time. Community support for discharged patients is not sufficient. Preventive measures are obviously lacking. More strikingly, the workforce of mental health nursing is shrinking with no government-funded education program for training of mental health nurses.

#### **Recommendations:**

- 2.1 Additional resource should immediately be put into education of mental health nurses.
- 2.2 More mental health nurses should be deployed to provide mental health promotion programs, e.g. counselling services in schools and workplace, facilitating family support, education of the public, etc.
- 2.3 Deinstitutionalization of the psychiatric service must be coupled with adequate post-discharge support by adequately funded community psychiatric nursing services.

### **3. Nursing workforce**

Shortage of nurses has become a universal concern. Hong Kong is threatened not only by the possibilities of brain drain. The increasing healthcare demands of the society poses an intensive work stress on nurses. This is evidenced by the high participation rate of nurses in the recent earlier retirement scheme, both in the Hospital Authority and the Civil Services. Many experienced nurses left the services leaving gaps in the nursing workforce. This leads to the vicious cycle of increased workload, poor morale, and more nurses leaving the practice. Health care services are being adversely affected.

#### **Recommendations:**

- 3.1 Immediate action should be taken to increase first-year-first degree places for nursing programs in local universities to re-build the nursing workforce for healthcare system in Hong Kong.
- 3.2 There should be a legislated nursing workforce indicator, i.e. a population to practicing nurse ratio.
- 3.3 A proactive approach must be adopted in the nursing workforce planning and there should be nurse representation in the Health and Medical Development Advisory Committee to address the nursing workforce issue.

#### 4. Regulation of the nursing profession

With the great advancement of the medical and health forefront, the nursing profession must keep up to contemporary standard. The Nurses Registration Ordinance is the legislature under which the basic nursing practice is regulated in Hong Kong. It does not require a nurse to continually update his/her professional knowledge and skills. Many well-established areas of advanced nursing practices, e.g. Intensive Care Nursing, are not regulated. More than six years ago, the Nursing Council of Hong Kong proposed to amend the Ordinance by adding elected members to keep up with the pace of nursing development. However, time slot for discussion this in the Legislation Council has not been allocated. Members of the nursing community are very frustrated by the crippling mechanism of legislation.

##### Recommendations

- 4.1 A legislated mandatory requirement of continuing nursing education should be established.
- 4.2 A statutory body for regulating advanced nursing practice, i.e. the Hong Kong Academy of Nursing should be established.
- 4.3 The subsidiary legislation of the Nurses Registration Ordinance for the election of members of the Nursing Council of Hong Kong should be passed as soon as possible.

The above issues are considered the most urgent ones by our group. We sincerely hope that you would consider these and give us your views, and should be grateful if you could arrange a meeting with our group for an in-depth discussion. We are looking forward to hearing from you.

Yours sincerely,

**Nurse Leaders Action Group**



Members of the Nurse Leaders Action Group meeting Mr. Donald Tsang in June 2005.  
(From left: Mr. Cheng Bing-chu, Dr. Susie Lum, Mr. Tsang, Ms. Tso Shing-yuk, Ms. Shirley Wong)

#### Members of the Nurse Leaders Action Group (NLAG)

<b>LUM, Susie</b>	Convenor, NLAG; Senior Executive Manager (Nursing), Hospital Authority; Convenor, Steering Group for Academy of Nursing, The Nursing Council of Hong Kong; Member of the Election Committee
<b>CHENG, Bing Shu</b>	Nurse Educator; Council Member, Hong Kong College of Mental Health Nursing; Member of the Election Committee
<b>LAI, Adela</b>	General Manager (Nursing), Princess Margaret Hospital; Member of the Election Committee
<b>LUI, Michael</b>	Chairperson, Enrolled Nurses Branch of Hong Kong Chinese Civil Servants' Association; Member of the Election Committee
<b>TSO, Alice</b>	General Manager (Nursing), Queen Elizabeth Hospital; President, Hong Kong College of Nursing Management; Member of the Election Committee
<b>WONG, Shirley</b>	School Principal, Queen Elizabeth Hospital ; Secretary, Hong Kong Society for Nursing Education; Member of the Election Committee
<b>AU, Betty</b>	General Manager (Nursing), Pok Oi Hospital
<b>CHAN, Jennifer</b>	General Manager (Nursing), Kwai Chung Hospital
<b>CHAN, Sally</b>	Chairperson, Hong Kong Society for Nursing Education
<b>CHEUNG, Georgiana</b>	Public Health Nursing Services
<b>FUNG, Sylvia</b>	General Manager (Nursing), Kwong Wah Hospital; Hong Kong Midwives Association
<b>HO, Georgina</b>	Public Health Nursing Services; College of Nursing, Hong Kong
<b>KAN, Chuen Kow</b>	General Manager (Nursing), Tung Wah Eastern Hospital
<b>LEUNG, Civy</b>	General Manager (Nursing), Pamela Youde Nethersole Eastern Hospital
<b>MAK, Lucy</b>	Public Health Nursing Services
<b>NG, Ada</b>	Public Health Nursing Services
<b>TSANG, Wing Wah</b>	Deputy General Manager (Nursing), Alice Ho Miu Ling Nethersole Hospital; Chairman, Hong Kong Association of Orthopaedic Nurses
<b>WONG, Alan</b>	General Manager (Nursing), Queen Mary Hospital
<b>WONG, Esther</b>	General Manager (Nursing), Ruttonjee Hospital and Tang Shiu Kin Hospital, Chairperson, Hong Kong Association of Critical Care Nurses

## Educational Visit to Xinjiang Province

On August 8-14, 2005, the Society organized an educational visit to Urumqi, Xinjiang Province. This visit was organised in response to the encouragement from Professor Pan Yong Hua of the Liaison Office of the Central People's Government in the Hong Kong Special Administrative Region. The aims of this visit were to gain an understanding of the nursing and nursing education development of Xinjiang; to explore linkage with the nursing staff at the College of Nursing of Xinjiang Medical University, with a view to assist in further developing nursing education, research and practice in this province. 19 members of the Society joined this very successful visit. The group visited four hospitals: (1) No. 1 Affiliated Hospital of Xinjiang Medical University, (2) No. 5 Affiliated Hospital of Xinjiang Medical University, (3) Xinjiang Uygur Autonomous Regional Hospital of Traditional Chinese Medicine, and (4) Xinjiang Uygur Autonomous Regional Oncology Hospital. We were impressed by the advanced technology and environment in some hospitals. We were also very impressed by their development in community health care services. We met with nurses and doctors and had fruitful discussion about patient care and nursing practice.

A whole day was scheduled for discussions and presentations. In the morning session, the chairperson of the Society, Sally Chan, spoke about the Society's aims, objectives and its activities contributing to the ongoing development of nursing education in Hong Kong, Macau and Mainland China. Members also discussed on nursing curriculum requirements of the Nursing Council of Hong Kong and curriculum design in nursing education programmes. The postgraduate education programmes in nursing were also discussed from international and national perspectives. The morning session was attended mainly by the faculty members and Master degree students of the College of Nursing, Xinjiang Medical University. During the discussion, we learnt that the College runs associate degree, degree and master degree nursing programmes.

The afternoon session had attracted the attendance of 150 nurses and students from different schools of nursing and hospitals in Xinjiang Province. Several topics were discussed, including curriculum design, innovative teaching and learning strategies, nurses' role in health promotion and nursing education development in Macau. Nursing students also expressed their views about their experiences as students in the universities as well as during their clinical placements. They also emphasized that although learning had been tough, they enjoyed and valued what they had learnt and had never regretted for being a student nurse.

There were numerous activities prepared for us during these visits such as lunch gatherings and dinner receptions with government officials, Deans and Deputies of Health Sciences and nursing faculty members. We were also presented with souvenirs and learned their traditional dance. We were given traditional colourful sequined hats which we all wear with pride and joy.

Although the professional visits were rather packed, we were able to visit other parts of Xinjiang. Urumqi is an international metropolis of oasis in the sea of deserts. It is situated on the northern slopes of the Tianshan mountain range and is the capital of Xinjiang. We also visited the Bezklik Thousand Buddha Caves in Turfan which were damaged. The statues had disappeared and some good murals remained intact though others were incomplete. These caves are now under the protection of the United Nations and the Xinjiang Region as the treasure house of historical and cultural relics on the Silk Road. We tasted the honey sweet seedless grapes and Hami melons and visited the Emin Minaret in Turpan, the ruins of ancient Gaochang city, as well as the Karez underground water irrigation works. Some of us also experienced riding donkey-drawn carts, horses and even camels. The Flaming Mountain in Turpan is the hottest place in China. The thermometer was registering a temperature of 52 degrees Celsius when we visited the place.

From these visits, we have learnt to appreciate other cultures, their values, belief, language, and ways of living. There have been a lot of new developments in Xinjiang and we believe that these will continue on for the years to come. We were impressed by the overall generosity and hospitality of the people. In general, the people were happy and contented although they had to face various adversities. It is apparent that China is developing very rapidly.

The Chairperson and Vice-Chairperson of the Society will continue their discussion with nursing professionals in Xinjiang for future collaboration in the areas of teaching, research and knowledge exchange. With members' support, we have demonstrated that we are a group of highly committed nursing advocates, and that the Society is ready to contribute to the nursing development in Xinjiang and to other parts of Mainland China as far as possible.

On behalf of the Society, we would like to express our heartfelt gratitude to Professor Pan Yong Hua. This trip would not have been possible without his encouragement, generous help and support.

### An experience of East-meet-West in health care

In Hong Kong, the integration of traditional Chinese medicine (TCM) into the health care system remains a rather slow process, despite the fact that most residents in Hong Kong are Chinese and the use of TCM is rather common. However, in Mainland China, the health care system has long been integrating TCM into western medicine. What is the current status of such a development? Some answers were obtained from a recent educational visit to a hospital in Mainland China organised by the Society.

On August 25-26, 2005, 30 members of the Society and their families had a 2-day trip to the Clifford Hospital located in a residential area close to Guangzhou. Many Hong Kong people are having houses or apartments in this area. The lack of quality health care services has long been a concern of these Hong Kong residents. It seems that this recently built private hospital is to meet such needs. The purpose of our visit was to gain an understanding of how the integrated service survives in the market-driven health care system in Mainland China. Insights gained might shed light on some related issues in the health care reform in Hong Kong.

The Clifford Hospital offers comprehensive health care services that not only combine TCM with western medicine, but also incorporate alternative medicine interventions. In addition to all the essential departments as in a typical western hospital, this 600-bed hospital has many units for TCM and alternative medicine. The advanced medical equipment and the hotel-like environment are especially impressive. Clients may choose from a long list of therapies with the advice from the medical professionals. Many of these therapeutic interventions are simply incorporated into the clients' every day life including meals and daily activities. The Alternative Medicine Centre

offers acupuncture and massage, rehabilitation and physiotherapy, herbal baths and sauna, as well as herbal food therapy. The Centre has various sections specializing in rheumatism and cancer treatment, pain management as well as health and fitness maintenance. Some members had a personal experience of alternative therapies like massage and herbal sauna. For lunch, members had herbal cuisine. All members enjoyed the experience and the special meal.

We were told that more than 30% of clients of this hospital were from Hong Kong. It was expected that a group of 14 Hong Kong doctors would start their careers in this hospital in September 2005. These doctors would provide services in medicine, surgery, gynaecology and paediatrics. It was also planned that students from the Chinese Medicine Departments of three universities in Hong Kong would do their internships at this hospital. These arrangements were intended to facilitate the interchange of knowledge, ideas and experiences among health care professionals from Hong Kong and those in Mainland China.

How are the nurses doing in this hospital? The senior nurse manager admitted that there was ample room for improvement. It was discussed that the Society could contribute to promoting the quality of nursing practice by organising educational activities for them. In return, the Society could learn from the development of integrated health care services. It is believed that both parties could benefit from the collaboration.

On the next day, members and their families had a relaxing and enjoyable morning in the nearby farm and recreational facilities. These happy moments made the visit a well-balanced and healthy function.



### The Government's Preparedness Plan for Influenza Pandemic

To prepare for the outbreak of influenza pandemic, a core group is formed to work out the logistics and arrangements for mobilising nursing professionals in the event of public health crises. This core group is chaired by Ms Kittie Chan, Principal Nursing Officer of the Department of Health. The Hong Kong Society for Nursing Education is one of the core group members. Should there be any outbreak of influenza pandemic, additional nursing manpower would be needed because of the expected surge in demand for public health and medical services, and the expected higher than usual incidence of illness among health care staff. Therefore, it is important that nurse volunteers from various sectors be recruited as surge capacity for public health crises and a volunteer list be drawn up to facilitate the coordination of volunteers. The Society therefore

appeals to you for your support in this plan. If you are interested in serving as a volunteer, please fill in the attached form **Volunteer List of Hong Kong Society for Nursing Education for Public Health Crisis**. The form is self-explanatory. Please put your name and necessary information on the volunteer list and send it back to us via fax: 2314 8550. Alternatively, you can download the form from the Society's website <http://www.hksne.org.hk/> and send it back to us through e-mail: [chairperson@hksne.org.hk](mailto:chairperson@hksne.org.hk). In time of crisis, the Society will contact you to solicit your help. Training sessions will be provided to volunteers. Five repeated sessions will be held (please refer to the following table). Please attend the session if you are interested to be a volunteer. Thank you for your support in advance.

	Date	Time	Venue
1.	8 Oct 2005 (Sat)	9:00 a.m.–12:00 noon	Auditorium, 4/F, Jockey Club School Dental Clinic, 147J Argyle Street, Kowloon
2.	25 Oct 2005 (Tue)	9:00 a.m.–12:00 noon	
3.	25 Oct 2005 (Tue)	2:30 p.m.–5:30 p.m.	
4.	3 Nov 2005 (Thu)	9:00 a.m.–12:00 noon	
5.	3 Nov 2005 (Thu)	2:30 p.m.–5:30 p.m.	

## 香港—烏魯木齊護理學術交流後感

黎子禎，香港大學 護理學系 學生

陳俊傑，香港大學 護理學系 學生

林華娜，香港中文大學 那打素護理學院 學生

郭潔雯，香港中文大學 那打素護理學院 學生

我們四位同學為能參加由香港護理教育學會籌辦的交流團而感到非常榮幸，這是個難得的機會，也是個令我們大開眼界的旅程。在新疆，我們深深地領略到當地的風土人情，主人家的豪爽與熱情款待，為我們的交流活動增添了不少色彩！

在兩日的交流活動中，我們參觀了當地的四所醫院（新疆醫科大學附屬第一，第三，第五及中醫院）以及新疆醫科大學護理學院。第二天，我們跟護理學院的師生們一同參與一個介紹香港及澳門護理教育發展的座談會，原來這座談會是一個為全新疆護士長舉辦之延續教育培訓課程的首天活動。能夠向來自南疆及北疆的護理同業介紹我們護理學習生涯，實在令人興奮。

醫科大學的幾所附屬醫院都各具特色，它們保存了一些在五十年代由蘇聯專家協助建造充滿俄羅斯風格的建築物，其餘的都是在這幾年剛建成的新樓。在未來數年，將會有更多新的大樓投入啓用，蘇俄的舊建築就會被保存成為文物古蹟。院內的醫療設施比我們想像中還要好。例如：約二百呎的病房裏最多只有四張病床，並且有獨立的洗手間。而醫院四周的環境多有綠樹和石路圍繞，使病人有更多活動的地方，有助他們病情康復。此外，醫院也不乏先進的儀器，例如MRI，CT scanner等。醫院領導很明確地指出其服務理念是以病人的利益放於首位。

此外，當地護士與病人的比例也比較優勝：平均是 1:2 或 1:3。由於具備足夠的護理人手，護士與病人之間的溝通多了，關係也更密切了。記得在參觀期間，我們有機會跟一位患有抑鬱症的女士閒談。在談話的過程中，她對醫院的護士讚口不絕，感謝他們對她細心的關懷和聆聽，這實在也令我們非常感動。感動的並不僅是那一份謝意，而是病人對護士的尊重和信任。我們認為，作為醫護人員，最重要的是與病人建立互信的關係。

第二天的座談會上，我們四位同學負責學生分享的環節。我們分享的內容主要分兩部份：分別是大學生活（university life）與實習分享（practicum sharing）。在我們的分享期間，很高興見到台下聽眾專注的場面。後來，新疆醫科大學護理學院院長讚賞香港護理學生能靈活開放地反影專業成長生涯，那一刻，我們真覺得十分感動及鼓舞。

此外，我們也和當地的護士學生進行交流。兩地學生對彼此的學校生活及護理行業都充滿好奇，我們談到護理事業在兩地的發展，也談到了護理將來走向國際化的課題。晚上，護理學院的師生們邀請我們一同出席晚宴，他們熱情地款待我們，而當我們一起跳維吾爾民族歌舞時，更是將整個晚宴的氣氛推至頂點。

這次交流既充實，又具意義，我們期待很快有下次的交流團，我們一定會積極參與！



Members with postgraduate students who dressed in their Uyghur ethnic group costume



Sightseeing at Emin Minaret

# Snapshots

## Photo of Xinjiang visit in August 2005



Sally Chan introducing the Society to faculty members and postgraduate students of the College of Nursing, Xinjiang Medical University



Sally Chan, the Chairperson and Winnie So, Vice-Chairperson of the Society at the discussion session with faculty members of the Xinjiang Medical University



Members of the Society and faculty members of the Xinjiang Medical University



An ICU setting in an affiliate hospital of the Xinjiang Medical University



A kitchen inside the ward for the use by clients' families



Members of the Society with university administrations, nurse academics and clinical nurses

## Visit to Clifford Hospital in Guangzhou in August 2005



Members of the Society and family members visiting the Clifford Hospital



Sally Chan presenting a souvenir to Mr. Yu, the representative of Clifford Hospital