Hong Kong Society for Nursing Education

International Conference on Innovation in Nursing Education and Patient Care

Date: 15-16 March 2019
Venue: The Mira Hotel Hong Kong, 118 Nathan Road, Tsim Sha Tsui, Hong Kong
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The Hong Kong Society for Nursing Education (HKSNE) is going to organize an international conference on 15-16th March, 2019. Our theme of the international conference is Innovation in Nursing Education and Patient Care which the topics cover Simulation on Advanced Nursing Practice, Clinical Competence and Quality Patient Care, Innovation in Curriculum Design and Assessment, Enhance Patients’ Outcomes Through Quality Education, Integrating Digital Technology in Nursing Education.

The conference will allow speakers, delegates, educators, healthcare workers and partners from the nursing discipline to come together to exchange ideas. We want to strengthen the networking and create greater value of innovation for the ultimate goal of enhancing nursing education and patient care.

We look forward to welcoming you at the conference venue and wish you all will have a productive and enjoyable time at the International Conference 2019.
Congratulations Message

Professor the Hon. Sophia CHAN Siu-chee, JP
Secretary for Food and Health Bureau, HKSAR
It is a great pleasure for me to extend my heartiest congratulations to the 1st International Conference on Innovation in Nursing Education and Patient Care in Hong Kong organized by the Hong Kong Society for Nursing Education.

The conference provides a platform to crystallize insights and wisdom on the future advancement of nursing education and nursing care for the public. Indeed, its significant contributions to the professional development of nursing education are highly commended.

On this remarkable occasion, I would like to express my gratitude on the hard work and dedication of all the members of the Society. May I also take this opportunity to wish the event an every success.
I write to congratulate the Hong Kong Society for Nursing Education on organizing the 1st International Conference on Innovation in Nursing Education and Patient Care.

The nursing profession is one of the most important partners in the health care team. The profession is also the most front line member dealing with the day to day care of patient.

With the rapid advances in medical sciences and the increasing demand of patients not only do the profession need continuous education but also to develop specialization in nursing care.

This conference bringing together experts locally and overseas will be vital in spearheading the nursing profession to a newer height.

I am sure all health care professionals will benefit from this conference.

I wish the conference every success.
I am delighted to extend my warmest greetings to everyone taking part in the 1st International Conference on Innovation in Nursing Education and Patient Care in Hong Kong, hosted by Hong Kong Society for Nursing Education.

The conference gives invaluable opportunities for our aspiring professionals to network and hear from the seasoned nurse leaders and educators. The insights and information this conference provide will no doubt inspire participants to foster advancement in nursing education and patient care.

Please accept my best wishes for a fruitful conference.
On behalf of ALCEM, I am pleased and honored to congratulate the Hong Kong Society for Nursing Education for organizing the International Conference on Innovation in Nursing Education and Patient Care in Hong Kong.

The Hong Kong Society for Nursing Education (HKSNE) and Macao Sino-Portuguese Nurses Association (ALCEM) are good partners. Since 2003, we have held seven Macau-Hong Kong Nursing Conferences for the past 15 years. These experiences leave us remarkable and successful memories of working together. Macao Sino-Portuguese Nurses Association looks forward to continuing our partnership and lifelong friendship.

We thank HKSNE’s professional guidance and dedication to the nursing education in Macao. With your innovative ideas, professional excellence and advancing foresight in nursing, it contributes to the continuous development of the nurses in Macao.

We wish you great success in the International Conference on Innovation in Nursing Education and Patient Care in Hong Kong and have a bright future ahead of the Hong Kong Society for Nursing Education.
It is my great pleasure to write this congratulation message to The Hong Kong Society for Nursing Education for “1st International Conference on Innovation in Nursing Education and Patient Care in Hong Kong”.

The Hong Kong Society for Nursing Education is a non-profitable professional organization found in 1985 by a group of nurses interested in promoting the quality of Nursing Education with the target of providing quality education to prepare professional nurses for the good of the Hong Kong community. The International Conference that is going to be held on 15-16th March 2019 with the theme of Innovation in Nursing Education and Patient Care which covers diverse topics include Simulation in Advanced Nursing Practice, Clinical Competence and Quality Patient Care, Innovation in Curriculum Design and Assessment, Enhance Patient’s Outcomes through Quality Education, Integrating Digital Technology in Nursing Education etc.

The Federation of the Medical Societies of Hong Kong, as an umbrella organization of 141 members societies with the mission to promote a high standard of practice by medical, dental and nursing professionals in Hong Kong. We would like to take this opportunity to convey our warmest congratulation to the Organising Committee for their dedication in preparing this international conference to allow speakers, delegates, educators, healthcare workers and partners from the nursing discipline to come together to exchange ideas with the ultimate goal of enhancing nursing education and patient care in Hong Kong. Under the capable leadership of Chairperson Dr. William Li Ho Cheung and his council, I am sure The Hong Kong Society for Nursing Education will surely continue to flourish in years to come.

Dr Mario Wai-Kwong Chak
President,
The Federation of Medical Societies of Hong Kong
Congratulatory Message

Ms Jessie Childe
Hong Kong Society for Nursing Education Chairperson (1985-1986)

Congratulations to the Hong Kong Society for Nursing Education for the phenomenal achievements of a wide range of University Nursing Programs for Hong Kong Nurses, and the establishment of The Hong Kong Academy of Nursing.

My sincere regret for not able to attend your First International Conference on March 14 -15, 2019 with such a wonderful theme:

Innovation in Nursing Education and Patient Care.

May the Conference inspires and unites every Nursing Educator and every Nursing Student and Graduate in their Research and Practice for Quality Patient Care and Universal Community Health.

Although a retiree for more than twenty years and experiencing the decline of age, I rejoice at the chance of meeting one elderly classmate at my cardiac rehabilitation program class in Vancouver, who was and is a Hong Kong Miracle. She was one of the congenital heart baby girl that grew up surviving the multiple surgeries and hospitalizations in Hong Kong Government Hospitals. She married and raised a healthy family in Hong Kong, and became a grandmother before they immigrated to Vancouver.

The Medical and Nursing advances are the miracles of your studies and researches and discoveries today, and those of their students and graduates in the future, in a world united in goodwill and good health.

May God Bless You All.
I wish to congratulate the Society for Nursing Education for organising the first International conference on Innovation in Nursing Education and Patient Care. The Society continues to look after the interests of the Nurse Educators in Hong Kong after 35 years.

I hope that all the participants enjoy the Conference very much.
With the tremendous advance on technology which has made nowadays’ learning easier in many ways. Educational programs from many prestigious universities and colleges are being designed to the interest and attention of learners. And these programs are easily accessible and to be enrolled and accomplished at learners’ convenience and at their own pace. This is a paradigm shift for Nursing Education to venture into a new horizon in supporting the ongoing learning of the nurses as required by the profession. At this Anniversary on 2019, may I take the opportunity to wish the Society all the best in leading the Hong Kong Nursing Education into this new era!
As a proud member of the Hong Kong Society for Nursing Education, I congratulate this professional association on its 33rd Anniversary! The Society is dear to my heart as it is the platform where issues and innovations in nursing education are being explored and deliberated. The Society published its positions and proposed changes to the authorities with significant effects. Colleagues from both the academic and clinical sides of the Hong Kong nursing community all contributed actively to making changes in nursing education.

I am so grateful to all the members of the Society’s Executive Committee, past and present. They have been so committed to keeping the Society going despite the lack of resources. Continuing voluntary efforts are essential and I firmly believe that such efforts are driven by the shared value of preparing better nurses for the better healthcare for the society. These members deserve the highest respect by the nursing community as well as the Hong Kong society.

I wish the Society every success in its future endeavour! Happy anniversary!
Since its establishment in 1985, the Hong Kong Society for Nursing Education has taken a leading role in nursing education development in Hong Kong and the Region. Today, we celebrate the Society’s many achievements across multiple spheres of nursing education. Through its local and international network, the Society has made significant impact on nursing education standards. By publishing its positions, lobbying stakeholders and holding regular professional meetings, the Society has always at the forefront of influencing nursing education policies and professional development of nurse educators. The Society has contributed significantly to the establishment of the Hong Kong Academy of Nursing.

Through many years of voluntary efforts, the members of the Society’s Executive Committee have done a fantastic job. I am very impressed by the close bonds between members of academic and clinical settings. Such bonds are instrumental for continuing quality improvement of nursing education.

I congratulate the Hong Kong Society for Nursing Education on its outstanding contribution to the Hong Kong community and the Region over the past 33 years. I look forward to celebrating its success in the years to come.
As past Chairman, I am honoured and pleased to extend my congratulations to the Society for holding the First International Nursing Education and Practical Care Conference in Hong Kong. Since its inauguration, the Society is committed and has contributed significantly in the advancement of Nursing Education for more than three decades. In facing the ever changing challenges and demands in the health care settings, I am proud to applaud the members of the Society for dedicating to further exemplify the innovations in nursing education both locally and globally to enhance Advanced Nursing Practice.

May I extend my sincere congratulations to the Society in reaching new heights and success for the Conference.
As the past Chairman of the Hong Kong Society for Nursing Education (HKSNE), I am extremely pleased and honored to write this message to congratulate the 33rd birthday of HKSNE and the launching of 1st International Conference on Innovation on Nursing Education and Patient Care. The HKSNE has the daring vision to achieve excellence in nursing service through the enhancement of quality of nursing education. Both quality service and education involve intensive human efforts and strong beliefs in what one strive for. The HKSNE has demonstrated vision, courage and commitment to advance nursing through education. Congratulations on the achievement and great success!
My heartfelt congratulations to the Hong Kong Society for Nursing Education on its first International Conference on Innovation in Nursing Education and Patient Care. I am proud of the Society’s great effort and contribution in promoting nursing education advancement in the past decades. Building strength upon strength, the Society advances a step further to organize this two-day conference that provides an excellent platform for educators to sharing innovative teaching practices and educational designs.

Numerous innovative educational technologies and teaching strategies emerged in recent years. Considering the specific needs of nursing education, some new approaches may be suitable for classroom while others specifically appropriate for clinical teaching. In creating and adopting new technologies in teaching, nurse educators need to consider many factors in terms of student readiness, teacher capability and resources availability. The conference topics cover a wide range of educational issues from curriculum designs to digital technology and simulation training. Surely the keynote addresses and concurrent sessions would stimulate meaningful discussions and dialogues and contribute to the pursuit of excellence in teaching for all who participate. I wish the Society and the conference every success and all participants have a fruitful and rewarding time!
Due to the increased in long term conditions and diverse health care environment, now nurses must be prepared not only to give care to patients and promote self-care, but to team up with other health professionals, to utilize research when making clinical and managerial decisions for enhancing patient outcomes and encouraging safety. Education used to be time and place bound, but e-learning via smartphones and their applications as well as other innovative approaches are in place.

Nursing practice must be informed by best practices and so should nursing education, and in this journey the Hong Kong Society for Nursing Education has been a powerful force for collaborative development in Hong Kong, Mainland China, Asia, and globally. HKSNE as one of the drivers to make changes for promoting quality nursing education in the last 32 years, it is enormously exciting to ponder what can be accomplished in the next many years to come. I congratulate you on what you have accomplished and what you have set in motion that will reach more fruitful years ahead.

I am so happy and excited!!

Dr Yim Wah MAK
PhD, RN, RM.
FHKAN (Education & Research – Education),
FHKAN (Community Health Nursing)
Hong Kong Society for Nursing Education Chairperson (2012-2016)
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Organizer

Co-Organizers

THE HONG KONG POLYTECHNIC UNIVERSITY

香港護理學院
College of Nursing Hong Kong

The Hong Kong Academy of Nursing

Alice Lee Centre for Nursing Studies
Yong Loo Lin School of Medicine

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          Mr Edmond Tong
          Dr Joyce Chung

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Sponsorship Sub-committee (Co-opted member) Dr. Olivia FUNG
Sponsorship Sub-committee (Co-opted member) Dr. PUN Wai Ming, Maggie
Sponsorship Sub-committee (Co-opted member) Dr. CHAN Sau Man Conny
Sponsorship Sub-committee (Co-opted member) Mr. CHUI Wai To Patrick
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<td>Opening Ceremony</td>
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<td>09:30 - 10:15</td>
<td>Keynote Address 1 &lt;br&gt;Professor Sally CHAN &lt;br&gt;Upcoming Pro-Vice Chancellor, UON, Singapore &lt;br&gt;The University of Newcastle, Australia &lt;br&gt;&lt;em&gt;Topic: Application of Virtual Reality and Augmented Reality in Healthcare Education&lt;/em&gt;</td>
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<td>10:45 - 11:30</td>
<td>Keynote Address 2 &lt;br&gt;Professor Agnes TIWARI &lt;br&gt;Chair of The Nursing Council of Hong Kong &lt;br&gt;&lt;em&gt;Topic: The use of Multiple Mini-interview (MMI) as an admission test: lessons learned&lt;/em&gt;</td>
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<td>11:30 - 12:30</td>
<td>Keynote Address 3 &lt;br&gt;Professor Frances WONG &lt;br&gt;President of The Hong Kong Academy of Nursing &lt;br&gt;&lt;em&gt;Topic: Nursing Specialisation in Hong Kong: If it was not for you&lt;/em&gt; &lt;br&gt;Round Table Discussion</td>
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<td>Lunch</td>
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<td>14:00 - 14:45</td>
<td>Keynote Address 4 &lt;br&gt;Professor Violeta LOPEZ &lt;br&gt;Professor Alice Lee Centre for Nursing Studies, Yong Loo Lin School of Medicine, National University of Singapore, Singapore &lt;br&gt;&lt;em&gt;Topic: Rescuing nursing education: Innovative approaches to efficient curriculum design&lt;/em&gt;</td>
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<td>15:15 - 17:00</td>
<td>Concurrent Sessions I &amp; II &lt;br&gt;E-Poster Presentations</td>
<td>Function Room 2 &amp; 3 &lt;br&gt;Function Room 4 &amp; 7</td>
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<td>18:30 - 19:00</td>
<td>Conference Dinner Reception Start &lt;br&gt;Conference Dinner</td>
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# Scientific Programme - Day 2 (16 March 2019)

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<td>Keynote Address 5</td>
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<td>Professor Tracy Levett-Jones</td>
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<td>Professor of Nursing Education, The University of Technology Sydney, Australia</td>
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<td><strong>Topic:</strong> Developing clinical reasoning of nursing students for patient safety: Challenges and strategies</td>
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<td>Symposium Session I</td>
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<td>Dr. Vico Chiang, Associate Professor, Hong Kong Polytechnic University</td>
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<td><strong>Topic:</strong> Education Technology and Problem-based Learning: Are they at odds?</td>
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<td>12:00 - 12:30</td>
<td>Symposium Session II</td>
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<td>Dr. Kin Cheung, Associate Professor, Hong Kong Polytechnic University</td>
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<td><strong>Topic:</strong> Enhancing Senior Year Admitted Nursing Students’ Learning Experience: A Mixed Methods Approach</td>
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<td>12:30 - 13:00</td>
<td>Award Presentation &amp; Closing Remarks</td>
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Keynote Speakers

Professor Sally Chan

PhD, RN, FAAN
Hong Kong Society for Nursing Education Chairperson (2002-2006)
Upcoming Pro Vice Chancellor, University of Newcastle, Singapore
Deputy Director, Priority Research Centre for Brain and Mental Health Research
University of Newcastle, Australia

Professor Sally Chan is a global healthcare educator and researcher with more than 25 years experience in the university sector. Sally will take up the role of Pro Vice Chancellor, University of Newcastle Singapore from April 2019. In her role as Dean, School of Nursing and Midwifery, Sally has led significant achievements in the School over the past five years, including increasing the School's international student numbers.

Supported by more than 100 funded studies, more than 400 publications in international healthcare journals and international presentations, Sally has developed and sustained international inter-institutional partnerships. The results of her sustained research agenda and scholarship have made a recognized impact on healthcare practice and education in the Region. She has been named by the Journal of Advanced Nursing (JAN) as the top 10 Australia and New Zealand Professors with the highest education-focused citations (JAN 2018 https://doi.org/10.1111/jan.13698).

Sally has served on the editorial and advisory board of many renowned journals. She has been appointed by the World Health Organization (WHO) to the Primary Care Consultation group for Revision of ICD-10 Mental and Behavioral Disorder. She has been a member of the Council of Deans of Nursing & Midwifery, Australia & New Zealand.

Her leadership is evident in her appointment as member of the Expert Group on Mental Health Services by the Hong Kong Government; and the National Nursing Task Force by the Singapore Government.

Sally has been honored for her significant and sustained contributions to healthcare. In 2013, she has been awarded the ‘International Nurse Researcher Hall of Fame’ by the Sigma Theta Tau International Honors Society of Nursing and Fellow of the American Academy of Nursing.

In 2018, she received the Outstanding Achievement Award from the Hong Kong College of Mental Health Nursing; and the Research Supervision Excellence Award from the School of Nursing and Midwifery, University of Newcastle.

In 2017, she received the Outstanding Alumni Award from the Hong Kong Polytechnic University for her significant achievement and contribution to nursing development and Hong Kong community.

In 2016, she received the University of Newcastle Vice-Chancellor’s Award for International Engagement; and the Faculty of Health and Medicine International Award for her exceptional achievement in building and sustaining international relations and engagement for the University.

Her extensive list of accolades also includes the Chinese University of Hong Kong ‘Teacher of the Year’ awards in 1998, 2002, 2003, 2004, 2006, and the ‘Master Teacher’ in 2007 by the institute’s Faculty of Medicine.
Keynote Speakers

Professor Violeta Lopez
Professor Alice Lee Centre for Nursing Studies
Yong Loo Lin School of Medicine
National University of Singapore, Singapore

Professor Violeta Lopez completed her PhD at the University of Sydney. She has an extensive clinical experience, an academic and researcher. Before joining the Alice Lee Centre for Nursing Studies, National University of Singapore as the Director of Research, her previous work experiences had been at the National Australian University, Australian Catholic University (Head of School of Nursing from 2005 to 2008), Chinese University of Hong Kong, University of Sydney (Australia) and Applied Science University (Jordan). Her research interests are in transcultural nursing, development, translation and psychometric evaluation of research instruments, caregiving, and psychoeducational interventions. She is also a Board of Director (Media and Communications) of the World Federation of Critical Care Board.

Professor Tracy Levett-Jones
Professor of Nursing Education
The University of Technology Sydney, Australia

Tracy Levett-Jones is the Professor of Nursing Education Discipline Lead at UTS at the University of Technology Sydney. Her program of research focuses on patient safety, empathy, belongingness, clinical reasoning, interprofessional education, cultural competence, and simulation. Tracy is recognised as one of the top three nursing education researchers across Australia and New Zealand with a Google Scholar h-index of 39, a Scopus h-index of 29 and over 7000 citations. She has authored ten books, the most recent being ‘Clinical Reasoning: Learning to think like a nurse’ and ‘Critical Conversations for Patient Safety’; as well as over 200 journal articles. Tracy has also designed a number of educational websites including the Virtual Empathy Museum: https://www.virtualempathymuseum.com.au/ and the Patient Safety for Nursing Students website http://patientsafetyfornursingstudents.org/.

Tracy has been the recipient of multiple teaching and research awards and has been awarded over three million dollars of Category 1 funding for projects designed to improve healthcare students’ capacity to practice safely and empathically. Tracy’s current research includes the design and implementation of an Empathy Immersion Program for Registered Nurses and an Agency for Clinical Innovation project titled ‘What lies beneath: vulnerable populations and patient safety: A new approach to improving the quality of care’.
Keynote Speakers

Professor Agnes Tiwari
Chair of The Nursing Council of Hong Kong

Professor Agnes Tiwari is the Head of School of Nursing, Hong Kong Sanatorium & Hospital, Chairman of the Nursing Council of Hong Kong, and Member of the Hospital Authority Board. She is also the Honorary Professor of the School of Nursing, The University of Hong Kong. She has been closely involved in the education of nurses while taking up the multiple roles as an educator, clinician, researcher, and administrator throughout her career that has spanned over several decades in the UK and Hong Kong. She has published extensively on topics such as student assessment, pedagogy and evaluation.

Professor Frances Kam-Yuet Wong
RN, PhD FAAN FHKAN (Education & Research)
President, The Hong Kong Academy of Nursing & Professor,
School of Nursing, The Hong Kong Polytechnic University

Dr Frances Kam Yuet Wong is a nursing professor at the Hong Kong Polytechnic University. She has extensive clinical experience in the Intensive Care Unit, renal care and general medicine. Her research work and publications are in the areas of advanced nursing practice, transitional care and nursing education. She has published over 140 refereed articles, edited 3 books and her works have been widely cited with an h-index of 22. Her total research funding amounts to over $27 million. Exemplary works of such efforts include the development and empirical testing of transitional care models for different patient groups including those who have cardiac, renal, respiratory, stroke conditions and palliative needs, service models for advanced practising nurses and accreditation guidelines for nurse clinics. Locally at the government level, she is a Member of the Nursing Council, Hong Kong. Steering Committee on Primary Healthcare Development and Steering Committee on Prevention and Control of Non-communicable Diseases. Cross the region, Dr Wong is appointed by the government as a Guangdong-Hong Kong-Macao Greater Bay Area Hygiene and Health Cooperation Expert Consultant; and she is the leader (Hong Kong) of the “Guangdong-Hong Kong-Macao Greater Bay Area hygiene and health cooperation project: Guangdong-Hong Kong APN training and credentialing project”. She has visiting professor appointments in a number of key universities including McMaster University in Canada, Shanghai Xiaotong University, Sunyatsun University, Xichuan University in China. She is a Fellow of the American Academy of Nursing. At present, she is the President of the Hong Kong Academy of Nursing.
Abstracts - Oral Presentation

Wong Eliza, School of Nursing, The Hong Kong Polytechnic University

Title: Exercise pattern and the perception towards an e-health web-based support programme among Chinese patients with coronary heart disease

Background Coronary heart disease (CHD) is the leading cause of death globally, and more e-health educational programs are required to support the clients to adhere to exercise.

Objective This study aimed to explore the internet use, exercise pattern and the perception of Chinese patients with coronary heart disease toward the tailor-made e-health web-based support programme.

Method A mixed method was adopted by using a survey and a qualitative descriptive study design. A convenience of 326 coronary heart disease (CHD) clients who used internet were recruited from 2 cardiac clinics for a survey and then 24 clients were further invited to join the web-based support intervention which aimed to support clients’ exercise monitoring and health record. In-depth interview was conducted after 1 month.

Result A total of 326 CHD clients completed the survey. Of which, 70% (n=227) male with mean age 50.57 (5.09), 69% (225) has secondary education or above. There were no differences of internet use between male and female with mean use of internet per week is 9.8 (11.53). About 45 % clients frequently used internet for health information search. For the qualitative data of twenty four clients, content analysis was used. Two themes were identified: (1) barriers for exercise sustainability misconceptions of the effects of exercise on their cardiac health, lack of time of joining the exercise activity and lack of exercise peer (2) positive perception of the use of e-health technology to support their exercise. E-health technology support was regarded as additional professional support for self-exercise behavior maintenance and sustainability.

Conclusion The survey findings enhance the understanding about client’s internet use and the qualitative findings provide insight about the application of e-health technology into strategic planning for continual support for coronary heart disease clients in the community.

Wong Nga Sze, Master of Nursing Student, School of Nursing, The Hong Kong Polytechnic University
Eliza Wong, Assistant Professor, The Hong Kong Polytechnic University
Wong Kei Yan, Master of Nursing Student, The Hong Kong Polytechnic University
Lee Hiu Hung, Master of Nursing Student, The Hong Kong Polytechnic University
Chung Nga Yan, Master of Nursing Student, The Hong Kong Polytechnic University

Title: eHealth Interventions on Health of Adults with or At Risk Of Metabolic Syndrome: A Systematic Review

Background: eHealth interventions has become the new trend in the recent decade and have showed efficacy for behavioral modifications. Yet, little is known regarding their effective on management of Metabolic Syndrome (MS), a condition which is increasingly common especially in economically developed countries. This systematic review (SR) was undertaken to look into effectiveness of eHealth interventions for adults with or/at risk of MS in the domains of physical, psychological, Quality of Life (QoL) and lifestyle respectively.

Methods: Six electronic databases were searched for studies published between 2009 to 2018 and thirteen articles met eligibility criteria.

Results and conclusion: In short, the literature of benefits of eHealth on MS is growing with the proliferation of technology and easier access of Internet and smartphones. eHealth was shown to be considerably effective in improving physical parameters but not on the others domains. It is suggested that more longer-term studies that involves more advanced and up-to-date eHealth tools (such as smartphone apps) with psychological, QoL and lifestyle parameters should be conducted to provide stronger evidences and more in-depth analysis. Also, standardizing one unified definition of MS might encourage more studies to be conducted. Overall, it is worthwhile to invest more resources into eHealth tools for MS as the target population is growing worldwide.
Abstracts - Oral Presentation

Title: Development and Validation of the Student Team Leader Administrative Responsibilities (STeLAR) Checklist: A Pilot Study

Background: Leadership is an important characteristic expected from student nurses. In the clinical area, the student nurse team leader role has been observed to be unclear and inconsistent which may lead to misconceptions about the position and difficulty completing tasks. In the hope to improve the experience of student team leaders assigned in the Medical-Surgical Wards, the Student Team Leader Administrative Responsibilities (STeLAR) Checklist was used. The STeLAR checklist underwent the rigorous process of tool development and was implemented through a pre-experimental setting.

Methods: A pre-test and post-test was utilized to see if there was an improvement in the respondents’ student nurse team leader experience. Aided by the U.S.E. evaluation tool, the STeLAR checklist was evaluated for its perceived usability, satisfaction upon use, and ease of use.

Results and conclusion: Although the respondents found the STeLAR checklist to be useful, satisfactory, and easy to use, it has yet to show a significant effect on the team leader experience given the limited time of use.

Title: A preoperative educational programme for colorectal cancer patients with lower gastrointestinal surgeries

Background: According to World Health Organization, colorectal cancer ranks the third commonest cancer worldwide. While, lower gastrointestinal surgeries are regarded as effective treatments to colorectal cancer patients. Besides, our local population remains on an aging trend and an increase in incidence rate and volume of lower gastrointestinal surgeries are expected.

Literature review showed a preoperative educational programme with appropriate format could enhance colorectal cancer patients’ outcomes, such as less anxious feeling, low postoperative pain level and short length of hospital stay. Therefore, it is necessary for nurses to develop a comprehensive preoperative programme for colorectal surgery patients to improve the surgery outcomes and sustain quality service in our local health service.

Method: A preoperative educational programme for colorectal cancer patients with lower gastrointestinal surgeries will be designed. A randomized controlled trial will be adopted. All participants will be randomized into intervention and control groups. The educational programme will be provided to intervention group, while usual care will be delivered to control group. The educational programme will consist of a preoperative educational session and a booklet which include information about preoperative and postoperative nursing management, pain relief method and stoma care. The Chinese version of State-Trait Anxiety Inventory for assessment of anxiety level and Numeric Rating Scale for Pain for assessment of postoperative pain level will be adopted. Length of hospital stay of each participant will also be recorded. All data will be analyzed to evaluate the effectiveness of proposed programme.

Summary: Developing a preoperative educational programme for colorectal cancer surgical patients is important to alleviate their anxiety, reduce postoperative pain and shorten length of hospital stay. The proposed project will also provide directions for nurses to improve current practices, strengthen communication between patients and nurses, improve the quality of preoperative patient education and provide strong evidence for further nursing research.
O104

Title: The Influence of Age, Sex and strand on the knowledge on HIV/AIDS among Senior High School Students: An Assessment

Background: Reported cases of HIV/AIDS have been rampant and is uncontrollably increasing. Thus, the government has been focusing on how it could be treatment and is losing sight on the importance of prevention. The researchers aimed to identify the knowledge of Senior high school students with an aim of determining further interventions that could be of help for the society and for the government, such as health education, health seminars, etc. In relation with the current findings from the Department of Health, this age group is also one of the age groups that are at risk of acquiring HIV.

Method: A descriptive comparative design was utilized in the study. A total of 300 Senior High school students, aged 18-21 years old, was purposively chosen as respondents and a 45-item questionnaire was utilized as a tool in this study. Percentage analysis was applied for the profile and knowledge of the respondents on HIV/AIDS. ANOVA was used to determine the significant difference on the knowledge on HIV/AIDS when grouped according to age, and strand, while T-test was used when grouped according to sex.

Results: Results showed that age 21 years old are more knowledgeable than those who are 20 years old and below. Furthermore, male Senior High school Students are more knowledgeable than female students. Results also revealed that students who are enrolled in the STEM strand are knowledgeable than those enrolled in the HUMMS and ABM strand.

Conclusion: Results showed a significant difference on the knowledge on HIV/AIDS among grade 12 Senior high school students when grouped according to sex and strand. However, there is no significant difference on the knowledge on HIV/AIDS among grade 12 senior high school students when grouped according to age based on the deviation between the corresponding values and interpretations that are presented.

O105

Title: Development and validation of an online pain education program

Background: Internet, as an innovative approach to deliver therapeutic and educational program, has been used to deliver the pain management and education program in many western countries. In china, 38% Chinese is disturbed by pain, however, online pain management program is limited.

Methods: A 4-week pain education program is developed using a free plug-in in WeChat called Subscription. Contents of the program include basic knowledge of pain, impact of pain, pharmacological and non-pharmacological treatments were uploaded to the subscription in a short article format. Each article takes 5-10 minutes to read. For validity test, five expert panel were invited including registered nurse (n=2), physicians working on pain specialty (n=2) and traditional Chinese medicine (n=1). The rating of the content validity used a 4-point Likert scale ranges from 1 (not relevant) to 4 (highly relevant). Suggestions and other comments were collected. Reliability was determined through Cronbach alpha coefficient and a test–retest procedure by 10 pain suffers two weeks apart.

Results: The program was developed in the WeChat subscription. The average rating for the contents was 0.95 which indicated an excellent relevancy and validity. The expert panel reported the contents are comprehensive and informative, and suggested that reminders should be sent to the users during the program to check users' compliance. Cronbach alpha ranged from 0.78 to 0.92 and intraclass correlation coefficients for the test-retest reliability were 0.82 to 0.96. The results indicated a good reliability of the contents.

Conclusion: The online pain education program is a valid and reliable program to be used in pain management.
Joyce Chung, Assistant Professor, School of Nursing, The University of Hong Kong

Title: Professional and Ethical Use of Social Media to Enhance Learning among Nursing Students

Background: Though social media has tremendous potential in enhancing teaching and learning in nursing education, there are plausible risks. A recent study conducted by the Universitas 21 showed that nursing students uploaded sensitive materials on social media without prior permission, despite being aware of the university policy guidelines on the use of social media in education. Furthermore, teachers of these students did not feel that they were confident as to how best to incorporate social media in their teaching even though they used social media in education ‘informally’.

Objectives: To engage nursing students to promote professional and ethical use of social media in nursing education.

Methods: Nursing students in their Year 3 clinical practicum were invited. SoMe-eD was developed by them and implemented during the clinical practicum. They were asked to complete a set of questionnaires, i.e. the Revised two-factor Study Process (R-SPQ-2F), the California Critical Thinking Disposition Inventory (CCTDI), the Social Media for Education in Health before and after the intervention. A paired-sample t-test was conducted to test whether students changed their learning approaches and whether any improvement in critical thinking. A process evaluation was used to evaluate whether SoMed-eD is appropriate in promoting the professional and ethical use of social media in learning.

Result: SoMe-eD did not contribute to a significant change in learning approach adopted by students. The overall scores of CCTDI in both teacher and student cohorts did not show statistical significant difference (P<0.05). Qualitative findings suggested that SoMe-eD enhanced collaborative learning.

Conclusion: Better understanding of students' learning styles can improve the student engagement in teaching and learning via the social media. Training and providing guidance is required to enhance teachers’ confidence in the use of social media. Further studies are needed to investigate how social media can be integrated into nursing curriculum.

Mimi Tse, Student, School of Nursing, The Hong Kong Polytechnic University
Nada Lukkahatai, School of Nursing, Johns Hopkins University

Title: The Experience of Using Social Media to Enhance Learning Experience in Symptoms Management Among Nursing Students in Hong Kong & in USA

Background: All health-related professionals encounter patients with pain throughout their career. Pain is also a culturally moderated phenomenon. It is, therefore, teaching and learning collaborative with students across culture may lead to the development of new approaches and new perspectives in pain management. This project describes a journey of using social media to enhance the learning experience in Pain & Symptoms Management among master students from the School of Nursing, the Johns Hopkins University (JHU) and the Hong Kong Polytechnic University (PolyU).

Methods: For this collaborative effort, faculties from the two institutes set up a Facebook closed group page as a tool for collaboration. The faculties uploaded videos on the use of non-pharmacological strategies and Chinese Traditional Medicines. Master students from JHU & PolyU were invited to join, share and discuss the pain management topics on the Facebook closed group page from October to December 2018. Students were asked to reflect on their learning experience at the end.

Results: Sixty-nine PolyU students taking the Pain & Symptoms Management and ten JHU students participated in the sharing and discussion. Students from both schools treasured this international learning experience and enjoyed the flexibility of using social media. They actively participated in the discussion and sharing relevant articles and photos and local news related to topics. Students found this activity rewarding and widening the cultural sensitivity perspective. As health becomes a global issue, the distance collaborations among health care professionals are common. Social media platforms can be used as tools to overcome scheduling issues and encourage interaction and deliberation. However, this project is limited by specific social media (Facebook). Not all students are regular Facebook users. For the future collaboration, we will need to explore other social media options.

Conclusion: In conclusion, the use of social media embraces the technology-assisted approaches and enhancing an effective international teaching and learning experience to students, the teaching team will continue to develop and refine collaborative mode to facilitate students learning.
Lee Po Man Natalie, Senior Lecturer, School of Nursing, Tung Wah College
Chiang C. L. Vico, Associate Professor, School of Nursing, The Hong Kong Polytechnic University

Title: The Mentorship Experience of Students (mentees) and Nurses (mentors) in Pre-registration Nursing Education: A thematic synthesis of qualitative studies

Background: Mentors play an important role in the education of nursing students. Formal systems of mentorship have been integrated in higher education institutions for nursing.

Aim: To review and explore the experiences of mentorship in the education of pre-registration nursing students.

Methods: A thematic synthesis was performed based on the review question formulated from the PICOS framework. Qualitative evidence was selected to review the interpersonal and social dimensions of mentorship, and analytical themes were developed.

Results: Three themes were identified: (a) the capability and readiness of mentors to undertake a pre-registration nursing student mentorship; (b) the humanistic approach that recognizes the importance of caring with reciprocal relationship is essential to pre-registration nursing student mentorship; and (c) the collaboration between stakeholders in healthcare and educational institutions to enhance pre-registration nursing student mentorship. A model of mentorship in pre-registration nursing education was proposed.

Conclusions: Further research is needed to investigate practical strategies for applying those themes to the mentoring of students and to devise a methodology for building mentor-mentee relationships.

Keywords: pre-registration, nursing education, mentorship, mentoring, relationship, thematic synthesis

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Title: Development and Validation of Intravenous Therapy Algorithm

Introduction: Intravenous (IV) fluid therapy is one of the most common invasive procedures in healthcare settings. Current trends have allowed for better care and management of IV fluid therapy but lack of standardization, variations in practice, breakdowns in communication and insufficient knowledge and skills continually impede safety, quality, and efficacy in patient care. Thus, the study developed an algorithm and its effectiveness in identification and management of intravenous therapy complications was determined.

Methods: A quantitative quasi-experimental design, and pretest-posttest design, was employed in the study where subjects were chosen through purposive sampling technique. After determining potential participants through the inclusion criteria, the power analysis rendered a sample size of 100. The cluster sampling technique was employed to gather participants. 129 senior nursing students enrolled at a university in Manila, Philippines were chosen as participants. Random assignment was done through fishbowl technique and 62 subjects were assigned in the experimental group and 67 subjects were assigned in the control group. Tools that were developed by the researchers, including the intravenous therapy algorithm, case vignettes, and the adapted USE Questionnaire were validated by a panel of intravenous therapy experts. To measure the algorithm’s effectiveness, descriptive, paired and independent t-test statistical designs were used. The study underwent ethics approval with the following ethical considerations; principle of anonymity, autonomy, beneficence, confidentiality, free and informed consent, justice, and non-maleficence

Results: Results of the study showed that the posttest mean scores of the experimental group (M= 12.5000), when compared to the control group (M= 8.8939), is significantly different (p=.000). In addition, majority of the subjects strongly agreed that the algorithm was useful (M= 3.3548), easy to use (M= 3.3387), and satisfactory (M= 3.3065). All statistical tests were performed at a significance level of 0.05.

Conclusion: The use of the algorithm is effective in identifying and managing IV therapy complications. It is useful, easy to use and satisfactory.
Title: Managing Knee Osteoarthritis with Yoga or Aerobic/Strengthening Exercise Programs in Older Adults: A Pilot Randomized Controlled Trial

Background: Although exercise is often recommended for managing osteoarthritis (OA), limited evidence-based exercise options are available for older adults with OA. This study compared the effects of Hatha yoga (HY) and aerobic/strengthening exercises (ASE) on knee OA.

Methods: Randomized controlled trial with three arms design was used: HY, ASE, and education control. Both HY and ASE groups involved 8 weekly 45-min group classes with 2-4 days/week home practice sessions. Control group received OA education brochures and weekly phone calls from study staff. Standardized instruments were used to measure OA symptoms, physical function, mood, spiritual health, fear of falling, and quality of life at baseline, 4 and 8 weeks. HY/ASE adherences were assessed weekly using class attendance records and home practice video recordings. Primary analysis of the difference in the change from baseline was based on intent-to-treat and adjusted for baseline values.

Results and conclusion: Eight-three adults with symptomatic knee OA completed the study (84% female; mean age 71.6 ± 8.0 years; mean BMI 29.0 ± 7.0 kg/m2). Retention rate was 82%. Compared to the ASE group at 8 weeks, participants in the HY group had a significant improvement from baseline in perception of OA symptoms (−9.6 [95% CI -15.3, -4]; p = .001), anxiety (−1.4 [95% CI -2.7, -0]; p = .04), and fear of falling (−4.6 [-7.5, -1.7]; p = .002). There were no differences in class/home practice adherence between HY and ASE. Three non-serious adverse events were reported from the ASE group. Both HY and ASE improved symptoms and function but HY may have superior benefits for older adults with knee OA.

Title: Correlates of Disaster Preparedness among Filipino Persons with Disabilities

Background: Disasters are life-threatening and unexpected events caused by environmental factors posing real and severe danger to people, infrastructures and economy to affected areas. Thus, disaster preparedness is essential in order to reduce their impacts especially to vulnerable populations, to respond and effectively cope with the consequences.

Objective: This study aimed to correlate the attitudes, social norms, perceived behavioral control, intention, and level of disaster preparedness of Filipino persons with disabilities (P WDs). It also ascertained the relationship between the demographic profile and their disaster preparedness. To explore the relationship between and among the mentioned variables, the study utilized a descriptive correlational design.

Methods: A total of 117 respondents from Metro Manila and its nearby cities was purposively selected based on inclusion criteria. To collect the data needed, the study utilized a multi-aspect questionnaire. The first part assessed the demographic profile. The second part consisted of statements pertaining to attitudes, social norms, perceived behavioral control, and intention of P WDs towards disaster preparedness wherein a 6-point likert scale was used.

Result: The study revealed that there is a significant relationship between and among the demographic profile, attitude, social norms, perceived behavioral control, intention and behavior towards disaster preparedness. Among the four factors, social norms has the strongest relationship with P WDs while attitude has the weakest relationship with preparedness.

Conclusion: Several factors affect a person's level of preparedness. Nonetheless, the decision to prepare for disasters still depends on the individual itself. Collective efforts from the government and non-government organizations are needed to raise awareness and put appropriate plans into action.
Title: Building mental health literacy through photos among older adults

Background: Photos are shown to be a powerful tool to identify the missing signs of mental health problems. It has been well evidenced that salient depressed mood and feeling of social isolation can be unveiled in the photos.

Aim: This presentation aims to describe a mental health literacy intervention which supports older adults to recognise depression and their rights to seek help, and assess its implementation in the community.

Methods: Descriptive qualitative study with observations and individual interviews.

Results: This 4-week community-based intervention was developed by multi-disciplinary professionals. Protocols were developed to train up the community workers how to facilitate older adults to take photos with digital cameras or mobile phones, share their photos, and talk about their mood and feelings. Introduction of the mental health services in the neighbourhood was included. By now, 37 community workers were trained, and they had supported 154 older adults to participate in all the activities. Most of the participants were willing to share their photos and feelings. A few male participants seemed to be hesitant in some occasions. Comments about the implementation were collected.

Conclusion: This is the first community-based mental health literacy intervention in Hong Kong. Photos seem to be an appropriate channel for older adults to express their mood, however, further investigation on the actual effects of this intervention on mental health is needed.

Title: A Systematic Review of the Effects of Dance therapy on Cognitive Functioning & Quality of life of people living with Dementia

Background: Dementia affects many people globally. It is treated using different approaches; however, the pharmacological approach fails to provide adequate results.

Objective: To determine the effect of dance therapy on cognitive and quality of life outcome among dementia adults.

Methods: Nine databases were utilized for the identification of related articles that are published from the year 2002 to 2016 and they includes Academic search elite, Allied and Complementary Medicine Database (AMED), ALOIS register for dementia studies, CINAHL Plus with full text, Global health, ISI web of Science, Medline, PsyclINFO and SportDiscus with full text. The search was conducted between October 2016 to January 2017. Study selection was made by two autonomous reviewers in line with the eligibility criteria. Quality appraisal of the selected studies was conducted by two independent reviewers using the PEDro Scale and Crowe Critical appraisal tool. A spreadsheet is employed for data extraction, and the outcomes are presented in themes.

Results: Seven studies including 3 RCT’s, with a total sample of 206 participants of which 117 (56.80%) are females while 85 (41.26%) were males and one of the studies did not report the gender of the participants and that amount to 4(1.9%). Quality appraisal results of included studies were “good” in five studies, moderate and fair in 1 study each. A moderate improvement in quality of life was seen in two studies with the effect sizes of 0.63(95% CI 0.3-1.3) and 0.91(95% CI 0.4-1.4). There was a small to moderate improvement in the cognitive functioning of people living with dementia with the following effect sizes: 0.38(95% CI 0.1-0.7); 0.53(95% CI 0.2-0.8); 0.25(95% CI 0.1-0.4) and 0.85(95% CI 0.3-1.4).

Conclusions: dance therapy is beneficial for cognitive functioning of people with dementia. More studies will be required to confirm the effect for quality of life.
Title: Social Media Profile on Internet Addiction of Nursing Students: An Emerging Model

Background: With the internet becoming universally available, the accessibility and attractiveness of social media have increased. Social media is already widely used across the health sector but, little is currently known of the social media use profile (purpose, duration, and mode) by health profession students in the Philippines. The study aimed to determine the relationship of social media profile on internet addiction of nursing students.

Methods: The study utilised a descriptive correlational design and Stratified Random Sampling. Data were obtained from 250 nursing students from 1st to 4th year in a well-established university in Metro Manila, Philippines. The study utilised a two-part self-report questionnaire: (1) Demographic and Social Media Profile and (2) Internet Addiction Test (IAT). Structural Equation Modeling (SEM) determined the relationship between and among the variables under study.

Results: After model trimming, the fit parameters has improved. The duration of social media use significantly influenced Internet Addiction, that is, as the duration of social media use increases, internet addiction scores increase by 0.36 unit. In terms of the purpose of using social media, it can be noted that both Educational and Non-Educational Purposes significantly influenced Internet Addiction. These results indicate that using social media for Educational Purposes increase Internet Addiction scores by 0.03 units, while using it for Non-Educational Purposes increase it by 0.13 unit. In terms of the mode or device, only Non-handled devices contribute to Internet Addiction as it significantly affected the outcome weight variable. This results denoted that using non-handheld devices in accessing social media platforms increases internet addiction score by 0.17 units.

Conclusion: Focusing on the emerging model, it can be noted that the strongest predictor was the Duration of Social Media usage and the weakest predictor was using social media for Educational Purposes.

Title: Effectiveness Health Promotion Audiovisual Materials In Reducing The Nicotine Dependence Among Young Adults

Introduction: Nicotine dependence is an addiction to tobacco and the biggest public health threats the world has ever faced. In spite of all the efforts and interventions made by the government to curb smoking, there seemed to be a steady growth in the number of smokers through the years. The purpose of this study is to determine the effects of health promotion audiovisual material on nicotine dependence scores among young adults.

Methods: A quasi-experimental pretest-posttest design was used. The study population was consisted of 50 young adult smokers, ages 18-35 years old. Pre-test was done at the start of the first meeting to establish baseline scores and post-test on every after meeting on the 2nd day in each week to evaluate change in nicotine dependence level through the use of Fagerstrom Test for Nicotine Dependence Assessment Toolkit. Utilizing the Fagerstrom Test for Nicotine Dependence, researchers assessed the level of dependence of the subjects. These audiovisuals are experiential one for 5-10 minutes. The study was conducted for three weeks. Independent T-test was used in comparing the pre-test of control and experimental group; however, ANCOVA was utilized to analyze the whole collated data.

Results: Data showed that there was a significant decrease between the post-test mean scores of the experimental group as compared to their pre-test scores (p=.014) and nicotine dependence of the experimental group significantly reduced after the intervention.

Conclusion: The audiovisuals were presented to the experimental group that stated topics about cigarette smoking. There were significant differences between the pretest and posttest scores of the experimental and control groups which indicate that the audiovisuals utilizing the health promotion model were effective in reducing the nicotine dependence among young adults. Long-term intervention and research about nicotine dependence may be implemented in future study.
Abstracts - Oral Presentation

C109

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Title: Effects of Horticultural Therapy on Self-Concept and Coping of Elderly in the Community

Background: Horticulture Therapy (HT) has been widely used and proven to improve the facets of mental and physical well-being of an individual. Although horticulture therapy has been propagated to most countries in the world including Philippines, there is an insignificant number of researches pertaining its use on elderly living in the urban community. With this reason, the researchers have purposively conducted the study about the effects of horticulture therapy with the focus on addressing the self-concept and coping needs of elderly people.

Methods: A Four (4) week program entitled “I Nurture” was created as an intervention to measure the effect of Horticulture Therapy in Self-Concept and Adaptive Coping of the elderlies. Mixed Method Design was utilized supporting the quantitative and qualitative findings of the study. A total of thirty-five respondents aged sixty (60) and above voluntarily participated in the study. Data instruments include Rosenberg’s Self-Esteem Questionnaire and Roger’s et al Coping Styles Questionnaire. Repeated measures ANOVA was statistical treatment rendered, which has led for the analysis and the interpretation of the data in a numerical form.

Results and Findings: Findings revealed that the pretest, post-test and post-test 2 scores of self-concept and adaptive coping showed significant difference after completion of the 4-week program. The elderly perceived “I Nurture” as important because it positively influence with the enhancement of their well-being by increasing their physical productivity, self-appreciation and adaptive coping.

Conclusion: The study has shown the potential capacity of Horticultural therapy in improving the self-concept and adaptive coping of community elderlies. In an overall perspective of the study regarding nursing service, education, and research, the study can be a therapy of choice for elderly people and does provide an opportunity for other researchers in augmenting and uncovering more unknown aspects about the study of horticulture.

C110

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Title: Predisposing, Reinforcing and Enabling Factors Of Nicotine Dependency Among Filipino Young Adults In A Community In The Philippines.

Background: Smoking in the Philippines is still rampant, especially among young adults. Throughout the years, the government and the Department of Health has been implementing programs to counteract smoking in the population. Laws for the national level and ordinances in cities and barangays have passed. However, despite of these measures, smoking is still prominent. There is a need to thoroughly assess the situation of the people before implementing a generalized program. The purpose of this study is to determine the relationship of factors (predisposing, reinforcing, and enabling) to nicotine dependency.

Methods: A predictive-correlational design was used where in data was collected from 2 barangays in Apalit, Pampanga, Philippines. 190 respondents (inclusion criteria: 18-29 years old; smoker) were included using compact segment sampling. The instruments are as follows: an adapted questionnaire from the study of Martini (2005) and Fagerstrom Test for Nicotine Dependency. The statistical analyses that were used were descriptive statistics and multiple linear regression. All respondents in the study were assured of the privacy and confidentiality of their responses and an informed consent was given as well.

Results and Conclusions: The significant predictors of nicotine dependency in this study are other relatives (β=0.179, p=0.23), radio advertisements (β=-0.224, p=.008) and availability of cigarettes (β =0.228, p=.003). Being aware that other relatives, radio advertisements and availability of cigarettes affects nicotine dependency, this could now be a focal point for assessing factors that can reinforce or enable a person to smoke and be dependent. Better education and focused programs should be given to rural areas with regards to the ill effects of smoking. Through this study, policies on the regulation on the sale of cigarettes to minors can be instituted. Also, better implementation of the sin tax law and smoking bans can be reinforced.
Abstracts - Oral Presentation

Sharis Kwan, Student, School of Nursing, The University of Hong Kong

Title: The effectiveness of using adventure-based training in enhancing the competency, self-efficacy and resilience among nursing students for clinical practicum

Background: Clinical practice is a vital component in nursing education that provides students with real-life opportunities to practice in hospital and community settings. Nevertheless, with an increasing complexity of the healthcare system, accountability for patient care and expectations for higher-quality service from the general public, clinical practicum can be a very stressful experience for nursing students. This study aimed to examine the effectiveness of using adventure-based training in enhancing the self-efficacy, resilience and competency among nursing students towards clinical practicum.

Methods: A pilot randomized controlled trial (RCT), two-group pretest and repeated posttest, between-subjects design was conducted in a tertiary institution. Twenty baccalaureate nursing students were invited to participate, with 10 students received 1-day adventure-based training (experimental group) and another 10 students received the same amount of time and attention as the experimental group but not in such a way as to have any specific effect on the outcome measures (placebo control group) before clinical practicum. Adventure-based training was based on the experiential learning theory that emphasize on physical challenge, periods of reflection, overcoming adversity and team work building. Most importantly, the training allowed students to experience the “cannot” and learn to achieve the “can”; such experience could enhance students’ self-efficacy and resilience, consequently improved their competency for clinical practicum. Participants’ self-efficacy, resilience and competency were assessed at the time of recruitment, 1-week, 3- and 6-months after clinical practicum.

Results: Participants in the experimental group reported statistically significant higher levels of self-efficacy (p<0.01), resilience (p<0.01) and competency (p<0.01) than those in the placebo control group.

Conclusions: Adventure-based training was found to be effective in enhancing nursing students’ competency, self-efficacy and resilience towards clinical practicum. The findings of the pilot study support for a large RCT on the effectiveness and sustainability of such training.

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Title: Using simulated patient to enhance nursing students’ awareness regarding patient safety

Background: In order to well equip the final-year students for their long consolidation practicum and future work after graduation, a simulation workshop provided them with experiential learning opportunities in order to strengthen their clinical judgment ability. With the use of simulated patients, students are stimulated to reflect on their performance of clinical skills, decision making and patient safety.

Method: This project adopted the FIRST2ACT (Feedback Incorporating Review and Simulation Techniques to Act on Clinical Trends) model which was developed by Cooper et al. (2012). This project which was conducted in four phases: 1) developing a set of simulation teaching kit; 2) Briefing for students assessors and simulated patients; 3) simulation exercise; 4) focus group interview.

The Situation Awareness Global Assessment (SGAT) Technique (Cooper et al., 2012) was used to investigate nursing students’ ability in managing a deteriorating patient and the Laster Clinical Judgement Rubric was used to engage students in reflection-on and reflection-in their action during the learning process which allowed development of new perspective for further improvement in clinical judgement. Besides, the nursing students’ knowledge, confidence and competence in managing a deteriorating patient were also assessed.

During the simulation exercise, students were required to manage two scenarios with patients’ health conditions deteriorating. They were not only expected to be alert to patients’ physical changes, but also to patients’ safety in general. A 20-minute debriefing on students’ performance was conducted after the first session. Students then had five minutes for self-reflection before working on the second scenario.

Result: Nursing students perceived that this simulation workshop enhanced their confidence and confidence in managing deteriorating patients. Students felt this project could enhance their clinical judgement and patient safety.

Conclusion: This project demonstrated that simulation-based education can enhance nursing students’ clinical judgement and patient safety.
Abstracts - Oral Presentation

C119

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Title: Effectiveness of a multidisciplinary approach to geriatric hip fractures in improving clinical outcomes and cost of care

Background: Geriatric hip fracture is imposing a substantial burden on the healthcare system which requires intensive health service utilization during the first year of fracture. Multidisciplinary approach in form of clinical pathway has been reported to shorten hospital stay and improve clinical outcomes in the early 21st century. In 2007, a geriatric hip fracture clinical pathway (GHFCP) was developed to meet the local needs. The initial results were encouraging with shortened length of hospital stay.

Method: Hip fracture data in 2006 were compared with those from 2008 to 2011 retrospectively. Efficiency of the programme was indicated by the preoperative length of stay and total length of stay in acute and convalescence hospitals. Clinical outcomes included short-term, long-term mortality rates; rate of complication; with cost of manpower being evaluated.

Results: After implementation of the GHFCP, the preoperative length of stay shortened from 5.76 days to 1.32 days (p<0.001). The total length of stay in both acute and convalescence hospitals was also shortened by 6.05 and 14.24 days respectively. The rate of postoperative pneumonia decreased from 1.25% to 0.25%. Besides, the in-patient mortality, 30-day mortality, and 1-year mortality were dropped from 2.86%, 5.36% and 23.93% to 0.95%, 1.67% and 13.81% correspondingly. Furthermore, around 30% cut in average staff cost for each geriatric hip fracture patient (HK$23,907 to HK$16,598). The marked deduction in the manpower costs should be related to shortened length of stay despite extra workload generated from the GHFCP.

Conclusion: Implementation of GHFCP resulted in shortened preoperative waiting time and length of hospitalization, decreased mortality and complication rates, reduced manpower cost and increased efficiency. Investment of manpower to manage the GHFCP is cost-effective. Yet, a larger-scale, prospective study is required to prove the efficacy of the multidisciplinary approach to geriatric hip fractures, and to identify factors that affect clinical outcomes.

Ho Long Kwan, PhD student, School of Nursing, The University of Hong Kong

Title: Comparing the Impact of Cancer and Treatment-related Effects on the Psychological Well-Being and Quality of Life between Hong Kong Survivors of Childhood Solid Tumours and Leukaemia

Background: Despite evidence showing that survivors of solid tumours have a lower survival rate and shorter disease-free survival time than survivors of leukaemia, no study has compared the psychological well-being and health-related quality of life (HRQOL) of survivors between these two types of cancer.

Objective: To examine and compare the impact of cancer and treatment-related effects on the psychological well-being and HRQOL between survivors of childhood solid tumours and leukaemia.

Methods: We conducted a cross-sectional study to 65 Hong Kong survivors of solid tumours and 70 survivors of leukaemia aged 8–18 years who had their medical follow-up in a paediatric outpatient clinic. Participants’ depressive symptoms, self-esteem and HRQOL were assessed. Of whom, 22 survivors of childhood solid tumours and 15 survivors of childhood leukaemia were then selected for semi-structured interview.

Results: Survivors of childhood solid tumours reported significantly higher mean scores in depressive symptoms, lower mean scores in self-esteem and HRQOL than survivors of childhood leukaemia. The qualitative data revealed that survivors of childhood solid tumours faced more challenges in their daily life than survivors of childhood leukaemia.

Conclusions: Survivors of childhood solid tumours reported poorer psychological well-being and HRQOL than survivors of childhood leukaemia, which warrant more attention and support. Implications for Practice: It is vital for healthcare professionals to understand the impact of cancer and treatment-related effects on different types of cancer before appropriate psychological intervention can be developed and evaluated to promote childhood cancer survivors’ psychological well-being and HRQOL.
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Title: Medical Simulator for Post-thyroidectomy Hematoma

Background: Hematoma after thyroidectomy is a rare complication, but it is unpredictable and can potentially be lethal. Once identified, airway and surgical intervention are needed urgently. Simulation training would allow surgeons and nurses to practice and enhance their team skills in dealing with post-thyroidectomy complications.

Methods: Our team has developed SIMATOMA, a high-fidelity medical simulator that mimics the surgical condition of post-thyroidectomy hematoma. SIMATOMA can be placed on top of the neck of most existing manikins. During simulation, fake blood can be pumped out to simulate the blood leakage from the suture after thyroid surgery. The bleeding rate can be adjusted by the simulation technician via a Bluetooth remote controller to minimize disturbance during training.

Results and discussion: SIMATOMA is anatomically correct with high-fidelity thyroid anatomy. The user can apply suture to the reusable and replaceable silicone outer skin. The user can also clamp on the artery to stop the simulated bleeding. The technologies used in SIMATOMA can be further adopted to simulate other training scenarios to enhance clinical competence and quality patient care.

P104

Naohiro Hohashi, PhD, RN, PHN, FAAN, Graduate School of Health Sciences, Kobe University, Japan

Title: Providing support to local families in Japan through a new type of CSFET-based Family Nurse Consultation Service

Background: Family nursing knowledge development includes the use of family nursing practice units that provide education and live supervision of advanced practice skills for graduate students and faculty, while offering a rich context for family intervention research. These family nursing practice units/clinics now exist in Canada, Sweden and the United States. In Japan, however, such clinics have faced legal restrictions. With the objective of providing support to local families based on nursing theory, a new Family Nurse Consultation Service was begun in Kobe, Japan.

Method: The clinic is guided by the Concentric Sphere Family Environment Theory (CSFET) (Hohashi, 2005). It offers knowhow about managing health care at home, such as to families caring for adult members or children with chronic illnesses and single-parent families. The clinic was approved by the Institutional Review Board of Kobe University, but is operated by Hohashi Lab under the supervision of Professor Hohashi.

Result: The clinic operates 9:00-17:00, Monday through Saturday. The service is offered at no charge, by appointment only. Consultations are undertaken at either Kobe University or the family’s home. Efforts to promote this clinic include the distribution of 5,000 brochures to local residents. The client families’ needs are assessed based on the Family Environment Assessment Model (FEAM) and Family Environment Care/Caring Model (FECCM), with family care/caring practiced. Staff include university instructors and postgraduate candidates in the Certified Nurse Specialist (CNS) in Family Health Nursing Program, as well as nursing students as a part of their practical training.

Conclusion: Family health nursing by nursing professionals has become essential. This clinic, the first of its kind in Japan, will serve as a point for practice by instructors and their students, and also as a convenience for supporting the lives of families. In the future, it is expected more such clinics will be operated.
Among the 280 caregivers, their mean age was 50.0 (SD=14.6), 33.6% were male, 87.1% had secondary education or above, 36.1% were child and 37.5% were spouse of Chinese version of the SPUNS-SF.

Method: A convenience sample of 280 patient-caregiver dyads was recruited from oncology outpatient clinics of two hospitals in Hong Kong between April and June 2018. Caregivers Survey (SPUNS-SF) in Chinese caregivers of patients with cancer.

Background: Cancer is among the most common conditions requiring supportive care from informal caregivers. Many caregivers often taking up the important roles and responsibilities of caring for ethnic minorities. interventional studies in addressing the cultural-care needs for ethnic minorities in the world.

Aim: To present the available findings regarding the effects and influencing components of CAHE interventions applied to hypertensive patients around the globe.

Methods: Randomized controlled trial studies examined the effects of CAHE interventions on ethnic patients with hypertension were systematically reviewed. Six English electronic databases were searched within 2008-2017. Quality appraisal of the selected articles was conducted by two independent postgraduate reviewers to secure the analysis eligibility. The outcomes of interest included blood pressure control, diet compliance, medication adherence and quality of life. Narrative analysis was adopted for data synthesis.

Results: 10 RCT studies with a total sample size of 4931 hypertensive patients were systematically selected. Quality appraisal results of the included studies were "strong" in four articles and "moderate" in six articles. CAHE interventions were identified in all included studies, with the employment of educational components in health information education, professional follow-up, encouraging sharing, assistance, and religious support. The systematic findings of this review projected significant outcomes in improving blood pressure control, diet compliance, medication adherence and QoL for hypertensive patients from ethnic minority groups. The effective mode of delivery with a combination of professional follow up and peer sharing and assistance was observed, though the optimal delivery patterns of duration, frequency and length of CAHE interventions were not evidently described.

Conclusion: Enhanced patients' outcomes through quality education were systematically reviewed with the aid of predominating components. Nevertheless, the delivery patterns of CAHE interventions were not well-established. Examination of the effects and optimal delivery mode was proposed as future studies focus, to advance health outcomes for hypertensive patients from ethnic minorities.

Objective: To explore the effect of blending learning based the flipped class using in the experimental teaching among foreign nursing specialty.

Method: 180 foreign-related nursing students from the undergraduate class of 2016 in our school was selected by convenience sampling method, then they were randomly divided into two groups, 90 in the observation group and 90 in the control group. In the one-year experimental teaching of fundamental nursing, the traditional teaching method which based the flipped classroom was used for the control group, the blended teaching method based on flipped classroom was used for the observation group. A self-eating instrument was used to measure and compare the self-directed learning of nursing students between two groups, and the experimental learning of the two groups were compared by means of operation assessment, and the online teaching participation of students and their satisfaction with the course were investigated.

Results: The results showed that the performance of the experimental group was higher than that of the control group (P < 0.001), and the self-directed learning ability score was higher than that of the control group (P < 0.001).

Conclusion: The blended approach based the flipped class using in the experimental teaching is worth to be generalized in the teaching of experimental nursing.

Background: Hypertension is a major long-term medical condition which leads to life-threatening diseases worldwide. Culturally appropriate health education (CAHE) was introduced in several interventional studies in addressing the cultural-care needs for ethnic minorities in the world.

Aim: To present the available findings regarding the effects and influencing components of CAHE interventions applied to hypertensive patients around the globe.

Methods: Randomized controlled trial studies examined the effects of CAHE interventions on ethnic patients with hypertension were systematically reviewed. Six English electronic databases were searched within 2008-2017. Quality appraisal of the selected articles was conducted by two independent postgraduate reviewers to secure the analysis eligibility. The outcomes of interest included blood pressure control, diet compliance, medication adherence and quality of life. Narrative analysis was adopted for data synthesis.

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Conclusion: Enhanced patients' outcomes through quality education were systematically reviewed with the aid of predominating components. Nevertheless, the delivery patterns of CAHE interventions were not well-established. Examination of the effects and optimal delivery mode was proposed as future studies focus, to advance health outcomes for hypertensive patients from ethnic minorities.

Background: Cancer is among the most common conditions requiring supportive care from informal caregivers. Many caregivers often taking up the important roles and responsibilities but demanding with little or even no formal training, making themselves a vulnerable group of chronic diseases. Yet, there is no instrument available in Chinese for assessing unmet supportive care needs of caregivers of patients with cancer. This study aims to examine the factorial validity of a Chinese version of the short form of the Support Person's Unmet Needs Survey (SPUNS-SF) in Chinese caregivers of patients with cancer.

Method: A convenience sample of 280 patient-caregiver dyads was recruited from oncology outpatient clinics of two hospitals in Hong Kong between April and June 2018. Caregivers were asked to complete a questionnaire including the 26-item SPUNS-SF measuring needs in five domains: Information, Personal and emotional needs, Work and finance, Healthcare access and continuity, and Future concerns. Exploratory factor analysis (EFA) was conducted to examine the factorial structure and Cronbach alpha values were calculated for the Chinese version of the SPUNS-SF.

Results: Among the 280 caregivers, their mean age was 50.0 (SD=14.6), 33.6% were male, 87.1% had secondary education or above, 36.1% were child and 37.5% were spouse of the cancer patient. A high completion rate of 96.8% (271/280) in caregivers was noted for the SPUNS-SF. EFA revealed that the original 5-factor structure solution was produced in the current sample which accounts for 72% of the total variation. Cronbach's alpha values ranged from 0.666 to 0.944.

Conclusion: The Chinese version of SPUNS-SF has suitable factor structure and excellent internal consistency. It is simply and easy to use and has a high potential for the use in clinical and research practice for the Hong Kong Chinese populations after further examination on its construct validity.
Background: Cardiac arrest always comes tactfully, unexpected, and flustered. HCP needs self-equipped themselves to benefit the victim’s survival rate. Evidence indicated that resuscitation training can enhance HCP’s knowledge, practical skills and performance in CPR procedure. Department of Psychiatric of PVYEH had implemented series resuscitation training programs for psychologists and nurses with collaboration of A&E. To update the latest knowledge, guideline and protocol about resuscitation. To enhance the awareness of CPR practical skills. A series of training programs were conducted by Department of Psychiatric to psychologists and nurses. Nurses would have sponsors to attend Basic Life Support training every 3 years, also could apply sponsorship to attend other resuscitation related training, so they could receive the latest resuscitation knowledge and technique. Nurses would ward attend CPR drill every 2 months, and CPR Drill for psychologists and nurses would be organized every 6 months by Department of Psychiatric. A&E Doctors were invited to become the speaker to provide teaching sessions and participate in the department CPR drill annually. Furthermore, 2 video clips were produced to promote resuscitation technique for clinical HCPs. One video clip is about Nurse Initiated Defibrillation, and other is about briefing on end-tidal CO2 detector operation.

Methods: Total 194 HCPs had attended the department CPR drill that organized from 2017 to 2018. Total 98% participants agreed the department CPR drill met their needs. To measure the effectiveness of the drill, participants were asked to complete a pre- and post-CPR drill test.

Results: The result showed that over 60% of participants’ post-test result had significant increased than pre-test. Conclusion: CPR program was implemented successfully in these 2 years. It cannot only enhanced HCPs resuscitation knowledge, experience, and practical skills, but to increase their confidence to deal with the unexpected cardiac arrest incidents that leads to improve HCPs’ performance and the victims’ survival rate.

Title: Service Innovation Protect: The Effectiveness Of Health Education Program For Patients With Type 2 Diabetes Mellitus

Background: Diabetes mellitus (DM) was rated as the third most common chronic illness in Hong Kong and has been postulated to be the seventh leading cause of death in 2030 worldwide. The growing prevalence of DM with associated complications may lead to substantial economic burden to the society. Research has suggested health education was effective in improving clinical outcomes and quality of life, reducing morbidity and mortality for patients with DM, however, existing DM education program in the primary care settings in Hong Kong is underused and limited by lack of objective guidance and uncertain effectiveness. Besides, telephone follow-up is not commonly used. Hence, the suggestion of a DM health education program for patients with T2DM in Hong Kong is crucial.

Project Plan: This project is a parallel, double-arm, randomized controlled trial. Participants will be randomly allocated to the intervention group and control group through simple randomization. The control group will receive usual care. The intervention group will receive a structured DM health education program which will be delivered using a multi-disciplinary approach and include four-two hour group-based lectures with role model sharing and a three-month telephone follow-up. According to the Self-Efficacy Theory, self-management will be enhanced through behavioral change. The measurement outcomes will be self-management behavioral adherence, diabetic knowledge and HbA1c levels.

Conclusion: In addition to improving glycomic control, the proposed service innovation project is important in enhancing diabetic knowledge level and self-management behavioral adherence. Through telephone follow-up, role model sharing, and multi-disciplinary approach, peer support among participants will be enhanced and the sense of team care will also be strengthened. This project is valuable to the benefits of patients, clinical practice and future research. The service innovation project is anticipated to lay the foundation for future research on systematic T2DM health education program.

Title: Enhancement Program for Health Care Provider (HCP) in Cardiopulmonary resuscitation (CPR) in Psychiatric Unit

Background: In a wide-varieties types of surgical procedures, energy-generating devices, such as electrosurgical unites and laser are indispensable to be used. The commonality of these instruments is to causing tissue vaporization, achieving tissue resection. When tissues vaporized, a visible and malodorous smoke is then generated and spread into the air, which is named as surgical smoke. Surgical smoke cause harm to all medical staffs in the operation theatre due to the prolong exposure at work. It compiles of harmful chemical, viruses, and bacteria, may lead to different health problems. The aim of the review is to identify effective strategies or interventions that can effectively eliminate surgical smoke in daily practice.

Method: Electronic databases were used to search the related journals, including Medline via OvidSP, CINAHL Complete, and Cochrane Library. The keywords used included “surgical smoke” or “surgical smoke plume” or “diathermy smoke” or “surgical smoke plume” or “diathermy plume” or “surgical bioaerosols” or “surgical vapours” or “surgical air contaminants” with the keywords “hazards” or “preventive strategies” or “intervention”. The publication date was set to limit from 2008 to 2018. The literature search finally yielded total 20 referent articles.

Result: Effective Strategies including the use of surgical smoke evacuation system, ventilation control, respiratory protection. Besides, compliance level of using surgical smoke evacuation measures are critical to reduce surgical smoke hazard.

Conclusion: Evidence support that surgical smoke harms to all peroperative member. Therefore, it is necessary to eliminate all generated smoke in Operating theatre.
Abstracts - Poster Presentation

**P110**

**Title**: Preceptorship experience and perceived clinical competence of final year nursing students

**Background**: Despite the shortage of nurses, there is a continued emphasis and demand for new graduate nurses to demonstrate competence in improving the quality of patient care. The performance of an individual is affected by multiple factors, the extrinsic factors that affecting competence including instructional format, feedback and communication.

**Aim**: To examine the preferred and actual preceptorship experience, and the correlation between the actual preceptorship experience and perceived clinical competence of final year nursing students.

**Methods**: The study was conducted in a self-financing tertiary institution in Hong Kong. The sample included all final year students studying Bachelor of Health Science (Nursing) program. Students studying sub-degree nursing programs were excluded. The instrument to investigate preceptorship experiences was the "Course and teaching evaluation questionnaire for clinical practicum—Honorary Clinical Instructor". The 5-item scale was tested for construct validity and reliability test. The perceived clinical competence was examined by the 47-item "Clinical Competence Questionnaire" developed by Liu & Cheng. The scale has demonstrated good reliability and validity for measuring the perceived competence of upcoming baccalaureate nursing graduates.

**Results**: There were 193 valid questionnaires returned. For preferred and actual preceptorship experience, the paired t-test showed significant differences in all items, p<0.001. The sample items are "accepted goal for clinical learning" and "provided feedback". For level of perceived clinical competence, students rated highest on the Core Nursing Skills and lowest on Advanced Nursing Skills. There were significant positive moderate correlations (correlation coefficients between 0.269-0.345) between "to provide useful feedback" and the four components of competence: nursing professional behaviours, general performance, core nursing skills and advanced nursing skills.

**Conclusion**: Preceptors are highly encouraged to develop trusting relationship and to set goals and objectives with students based on their learning needs. To provide constructive feedback to learners is important to integrate their roles in the professional practice environment.

**P111**

**Title**: The Effectiveness of Lifestyle Intervention Programs in Adults with Metabolic Syndrome: A Systematic Review of Randomised Controlled Trials

**Background**: Metabolic syndrome (MetS), which is a risk factor of cardiovascular diseases and type-2 diabetes mellitus, is epidemic that many countries in the world are facing. Currently, lifestyle intervention programs (LIPs) is identified as the primary management of the syndrome. Numerous studies on LIPs showed evidence of improvement in both physical and psychological outcomes of adults with MetS. Yet, there was still lack of investigation on how components, duration and types of interventions contributed to the effectiveness of LIPs.

**Methods**: 7 databases including British Nursing Index, CINAHL, Cochrane, Embase, Medline, ScienceDirect and Scopus were searched from January 2008 to January 2018. The eligibility and quality of each paper were reviewed by a pair of independent investigators, guided by framework of PICO and EPHPP respectively. The data extracted was represented and summarized in a review matrix, which facilitated the categorization of outcomes variables for MetS in terms of physical parameters, biomarkers, psychological outcomes and quality of life, for further analysis of the effectiveness of LIPs.

**Results**: 15 randomised controlled trials (RCTs) involving 1931 adults with MetS were discovered. All the included trials determined changes in physical and/ or psychological outcomes measured induced by LIPs. The findings of present review found that exercise and diet combined intervention was more effective compared with exercise-only and diet-only intervention, in terms of improvements in physical outcomes, biomarkers, depression and health-related quality of life (HRQoL). Use of technology and group-based approach were essential to increase effectiveness of LIPs. The evidence of optimal duration and gender effect for LIPs was not established.

**Conclusion**: This review emphasized the importance of hybrid interventions on LIPs, which led to higher effectiveness compared with single interventions. It provided insight for medical professionals to formulate efficient LIPs, maximizing the power of the program and benefiting patients with MetS.

**Sheena Ramazanu, PhD Candidate, RN, The Hong Kong Polytechnic University, Yishun Community Hospital (Singapore)**

**P112**

**Title**: Moving beyond psychoeducation to facilitate stroke couples’ transition from hospitalization to home after discharge: A systematic review

**Background**: Stroke can adversely affect stroke patients and their spousal caregivers living in the community. It is essential for nurses to provide effective support to patients and their spouses as a dyad of care, in particular for the time when patients transit home in the community from hospital after discharge. The aim of this review is to identify the evidence of effectiveness from the available support interventional studies for stroke couples. The secondary aim is to deepen nurses understanding on the future directions for the development of couple-based (dyadic) interventions to better support stroke couples during rehabilitation hospitalization toward home in the community after discharge.

**Methods**: Literature pertaining to couple-based stroke interventions were searched from five databases, PsychINFO, CINAHL, Pubmed, Embase, and MEDLINE via OvidSP from January to December 2018. The keywords utilized were stroke, intervention, therapy, support, couple, hospital, dyadic and home. Quality appraisal of the included articles were performed with Mixed Methods Appraisal Tool. Results were synthesized using thematic analysis technique and reported according to PRISMA 2009 checklist guidelines.

**Results**: Three studies with psychoeducation and various degrees of counselling as the interventions were included. Of these, two were randomized controlled trials and the other was a mixed-methods pilot study. Through the synthesis, some positive effects on stress appraisal, dyadic coping, and depression of stroke couples were identified.

**Conclusion**: Psychoeducation is a promising support intervention for couples. However, this review calls for a deeper understanding of what stroke recovery means for couples. A recent qualitative study conducted in Singapore highlighted that shared decision-making amongst stroke couple is an important element that may be incorporated to strengthen existing psychosocial interventions for stroke couples as dyads. This may further enhance stroke couples’ positive health outcomes on stress appraisal, dyadic coping, and alleviation of depression.

**Wong Yuen Ping Ivy, Clinical Associate, The Hong Kong Polytechnic University, Lai Kam Hung Timothy, Clinical Associate, The Hong Kong Polytechnic University, Tong Tak Fal Edmond, Senior Clinical Associate, The Hong Kong Polytechnic University, Chan E. Angela, Associate Professor, The Hong Kong Polytechnic University**

**P113**

**Title**: Develop an innovative learning module for interprofessional simulated clinical learning

**Background**: In the real clinical setting, different healthcare professionals will work together to provide the best care to patients. Communication failures and breakdowns in team interactions are increasingly common with a focus on enhancing communication and collaboration. The School of Nursing from PolyU has developed a learning module of interprofessional clinical education before their real clinical practice.

**Aim**: To examine the preferred and actual preceptorship experience, and the correlation between the actual preceptorship experience and perceived clinical competence of final year nursing students.

**Methods**: The study was conducted in a self-financing tertiary institution in Hong Kong. The sample included all final year students studying Bachelor of Health Science (Nursing) program. Students studying sub-degree nursing programs were excluded. The instrument to investigate preceptorship experiences was the "Course and teaching evaluation questionnaire for clinical practicum—Honorary Clinical Instructor". The 5-item scale was tested for construct validity and reliability test. The perceived clinical competence was examined by the 47-item "Clinical Competence Questionnaire" developed by Liu & Cheng. The scale has demonstrated good reliability and validity for measuring the perceived competence of upcoming baccalaureate nursing graduates.

**Results**: There were 193 valid questionnaires returned. For preferred and actual preceptorship experience, the paired t-test showed significant differences in all items, p<0.001. The sample items are "accepted goal for clinical learning" and "provided feedback". For level of perceived clinical competence, students rated highest on the Core Nursing Skills and lowest on Advanced Nursing Skills. There were significant positive moderate correlations (correlation coefficients between 0.269-0.345) between "to provide useful feedback" and the four components of competence: nursing professional behaviours, general performance, core nursing skills and advanced nursing skills.

**Conclusion**: Preceptors are highly encouraged to develop trusting relationship and to set goals and objectives with students based on their learning needs. To provide constructive feedback to learners is important to integrate their roles in the professional practice environment.

**Chow Ka Yee Susan, Associate Professor & Associate Dean, Tang Wah College**

**Hon Chaydon, Master Student in The Hong Kong Polytechnic University**

**Sheena Ramazanu, PhD Candidate, RN, The Hong Kong Polytechnic University, Yishun Community Hospital (Singapore)**
Title: Psychological First Aid Training of Nurses for Disaster Preparedness: A Randomized Control Trial

Background: Disasters and the magnitude of destruction are ever increasing worldwide. Disasters have substantial physical and psychological effects on community and responders. Many studies reported the psychological trauma and the long-lasting psychological problems such as post-traumatic stress disorder (PTSD), and acute stress disorder (ASD) among responders. It is important to prepare responders psychologically to better respond to disasters.

 Aim: The aim of this proposed study is to investigate psychological preparedness for disasters among nurses in terms of self-efficacy, self-esteem, trait-anxiety, and dispositional optimism after receiving psychological first aid training (PFA).

Methods: This is a randomized control trial (RCT) with two arms, which will be taken place in West Bank, Palestine. According to the power analysis, 84 nurses will be required for each arm. In the intervention arm, nurses will receive the PFA training for a duration of a total nine hours (maximum two hours per week). The control group is wait-listed. Both groups will be asked to complete a pre-test (T0) and post-test (T1) at the time when the programme is complete. The set of questionnaires will include the demographic information, a PFA self-report survey, Psychological Preparedness for Disaster Threat Scale (PPDTs), General Self-Efficacy Scale, The Life Orientation Test, State-Trait Anxiety Inventory, and Self-Esteem Scale.

Data analysis: Descriptive statistics will be performed to outline the nurses’ characteristics and their responses; with generalized estimating equation (GEE) utilized for the inferential analysis of pre- and post-test data, followed by independent t-test for post-hoc analysis as necessary.

Significance and value: Through snowballing of the experience and learning of those participating nurses after the PFA training in this study, other nurses in the related region may have a better awareness of PFA and the need for psychological preparedness to disasters. Recommendations will also be made based on the results and evidence generated from this study to refining and developing better psychological preparedness training for nurses.

Xia Wei, PhD Candidate, School of Nursing, The University of Hong Kong
Li Ho Cheung William, School of Nursing, The University of Hong Kong
Ka Yan Ho, School of Nursing, The University of Hong Kong

Title: The Effectiveness of a Video-led Smoking Cessation Intervention in Helping Chinese Smoking Expectant Fathers to quit: A Randomized Controlled Trial

Background: More than one-third expectant fathers are smokers in China. 73% of them do not recognize the hazards of smoking to the health of pregnant women, fetus and newborns. Providing related knowledge can motivate these smokers to quit. However, the traditional methods to deliver smoking cessation information has persistently demonstrated to be not effective. There has been an increase in the use of video to enhance the information delivery. This study examined the effectiveness of a video-led intervention in helping expectant fathers to quit smoking.

Methods: A randomized controlled trial was conducted. Male smokers whose partner got pregnant were eligible for this study. A total of 1023 participants were recruited and randomly allocated into a video-led intervention group (n=333) to receive four videos focusing on the smoking hazards to pregnant women, fetus and newborns via smartphones, a text message intervention group (n=323) to receive text information related to the smoking hazards to pregnant women, fetus and newborns via smartphone, and a control group (n=368) to receive a leaflet on smoking cessation. The outcome was self-reported 7-day point prevalence of abstinence and biochemically validated abstinence at 6 months. Intention-to-treat analysis was employed.

Results: The result of multivariate logistic regression analysis revealed that self-report point prevalence 7-day abstinence (Video group: OR=2.49, 95% CI: 1.65-3.77, p< .001; Text group: OR=1.59, 95% CI: 1.02-2.47, p=.039) and biochemically validated abstinence (Video group: OR=2.82, 95% CI: 1.81-4.40, p<.001; Text group: OR=1.67, 95% CI: 1.04-2.69, p=.034) at 6-month follow-up in the video intervention group and the text massage intervention group was significantly higher than that in control group.

Conclusions: The video-led smoking cessation intervention is effective in helping expectant fathers to quit smoking.

Kong Hoi Mei Wei Cecilia, RN PhD, School of Nursing HKU
Jessica Cheuk Yue Ting, School of Nursing HKU

Title: Using Virtual Reality Game Design in Undergraduate Nursing Education

Academics and nurse educators have adapted new teaching and learning approaches to accommodate the different learners’ needs. The new ways of learning are using virtual reality (VR) and game-based for undergraduate nursing education. These technologies enable to influence and support student learning across a VR online platform and 3D virtual stimulation environment and virtual objects in which individuals can interact. VR environments are suitable to measure of many variables of interest to nurses, such as; complex cognitive, social and psychomotor variables. These technologies can improve the teaching impact in positive learning experience, and students are able immersive and interactive in their learning process in different models of learning, e.g on-campus, off-campus and different clinical setting in VR environments (Emergency Department, Medical Nursing, Intensive Care Unit, Per-Operative Theater). These technologies can promote reflection in learning, skill acquisition and practice with deeper engagement which can promote richer understanding. It is effective to develop skills for interpersonal interactions with enhancing motor skills or intra-professional (ITP) collaboration with social and communication skills. Researchers have reported that VR tools can offer both opportunities and challenges in next disruptive innovation in nursing education, but additional benefits in teaching and learning is invaluable. Recommendations are made from researcher more experimentation and well-designed researches are needed to demonstrate the effectiveness in VR applications to achieve for educational aims.

Ho Choi Yin Cherry, Lecturer, School of Nursing, Union Hospital

Title: The effectiveness of pictorial COPD action plan on reducing hospital readmissions in elderly patients with COPD: An integrative Review

Background: Chronic Obstructive Pulmonary Disease (COPD) is a highly prevalent chronic illness among elderly in Hong Kong and worldwide. Evidences unveiled that acute exacerbation action plan could effectively reduce the related negative impact to patient, while elderly, usually with low health literacy, could not be benefit from the text-based action plan. The aim of this integrative review of literature is to review research evidence regarding the effectiveness of pictorial action plan on patients with respiratory disease.

Method and results: An integrated review was conducted with database searching of Academic Search Ultimate, CINAHL Complete, Cochrane Library, ERIC, MEDLINE, PubMed, China Journal Net and WanFang Data and Chinese Dissertations Database. 69 records have been identified through database searching and 3 additional records have been identified through bibliographies and manual search. Removing duplicated records, 50 records were screened, in which 38 records were excluded following title and abstract screening. 12 full-text articles are eligible for assessed and 5 of them were excluded due to unrelated topics (1 health system action plan, 1 visual thematic analysis, 1 unrelated and 2 comments/ letters to the editor). 7 studies have been included in the integrative review that positive effect of pictorial aids was found toward comprehension, adherence, counselling-related outcomes, health-related outcomes and reducing health care utilization.

Conclusion: Patients with low literacy skills had diminished knowledge on disease progress and treatment regimen and thus, their self-management skill are lower to make appropriate health decisions than literate patients. Existing research evidence has shown that action plans were effective in managing COPD, while the efficacy of these action plans on patients with low health literacy is not known. Therefore, as COPD was disproportionately significant in elderly population, further study on providing evidence regarding to the effectiveness of pictorial action plans among elderly patients with COPD was recommended.
Background: By increasing health knowledge and attitudes regarding HPV infection and HPV vaccination among university students in Hong Kong, traditional sex educations have been replaced by HPV vaccination Campaigns since 2016. In 2018, the University Health Service (UHS) has further integrated the "HPV Vaccination Campaign" with "Love and Sex Campaign" to our students and staff.

Method: All participants were required to attend one of the lunch health talks conducted by Advanced Practice Nurse with supports from UHS doctors before receiving their vaccination. Apart from introducing how to prevent cervical cancer and HPV related diseases via vaccination, the health talks last year discussed about the meaning of searching for and receiving love and care, raising awareness to the spiritual level of love and sex among participants by Family Planning Association. Through small group discussion and interactive games, sex educator led our students to better understanding to the topics of love and sex among young people on "Why We Care" and "Love, Sex & Choices" workshops. It enabled participants to acquire knowledge, skills and values to make informed and responsible decisions about their sexual and social relationships, as well as being better equipped to protect themselves. UHS has also collaborated with the nursing students in organizing the sex health station in these workshops in primary health care project.

Result: Over 1000 students have participated in HPV vaccination campaigns and "Love & Sex Campaign" with over 90% of positive feedbacks received. Participants would be able to receive health knowledge by a natural and mutual way inspired by nursing professional.

Conclusion: Sex health promotion can be enhanced by including whole person wellness elements to our students and staff members, not only providing traditional one-way sex education but also working towards the goal of promoting primary sex health care to our community by an innovative way.

Title: Enhancing sex education by integrated health Campaigns in university

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Abstracts - Poster Presentation

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Title: Effects of a transitional palliative care model for patients with end-stage renal failure

Background: Palliative care was increasing adopted for irreversible chronic disease in the recent decade. A nurse-led transitional palliative care model was adopted in the process of care.

Objectives: This randomized clinical trial examines the difference of intervention effect between the intervention and control groups.

Method: Purposeful criterion sampling was adopted. There were 76 ESRF patients (intervention: 38 and control: 38) recruited from a general regional hospital in Hong Kong. Demographic data such as gender, age, education level, accommodation, cohabitants, occupation, and comorbidity illness were collected. Primary outcome variables include non-scheduled readmission rate, length of stay in the hospital and utilization of Accident and Emergency Department. Secondary outcomes variables including health-related quality of life with subscale of symptoms problem list, effects of kidney disease, burden of kidney disease, physical and mental composite score, physical symptom manifestation; palliative performance Scale; Hospital Anxiety and Depression; Satisfaction with care and Zarit carer burden. Data collection was carried out from August 2014 to October 2017 at the baseline, 1, 3, 6 and 12 months after recruitment. Repeated measures of analysis of variance were adopted for comparing the group difference over five time-points of two independent random samples.

Results: The mean age of the participants was 80.8 ± 10.8 years old with comparable demographic characteristic in both groups. There were significant between group differences with intervention group presented better in the primary (readmission rate p<0.005, LOS & AED services, p<0.000) and secondary outcome (p<0.001) except no group difference in anxiety.

Discussion and conclusion: The findings evidenced the positive effects of the nurse-led transitional palliative care model between the intervention and control groups. In addition, caregivers of the intervention group presented less burden in caring the patient that echoed the implications of appropriate and timely support to the patient and their caregivers.

Title: The Effect of Peer Support Program (Pap) to Academic Stress, Self-Esteem and Self-Efficacy of Nursing Students

Background: Nursing students happen to experience a significant amount of stress due to academic related stressors which predisposes a student to have lower self-esteem and self-efficacy. Due to the high rate of academic stress among nursing students, the importance of stress management programs is becoming more prevalent. However, the evidence-based researches for peer to peer support is limited by the smallness in number of studies. Thus, the research aimed to assess the academic stress, self-esteem and self-efficacy of nursing students and determine the effectiveness of a 3-day peer support program entitled "The We Strategies" in reducing academic stress and improving self-esteem and self-efficacy of nursing students.

Methods: The study utilized a pre-experimental pretest-posttest design and purposive sampling was used in order to determine the subjects along with the inclusion criteria set by the researcher. A total of seven nursing students from the first year level of a tertiary educational institution in Metro Manila participated in the program. The Tasks for Measuring Stress, Rosenberg Self-esteem Scale and Student Self-efficacy Scale were utilized in measuring the academic stress, self-esteem and self-efficacy of nursing students and Wilcoxon Signed Rank Test was used for the statistical analysis to assess the effectiveness of the intervention. The same set of questionnaires was given before the 3-day program to determine the participants awareness of the problem to determine its effectiveness.

Results and conclusion: The results revealed that there is a decreased academic stress (p=0.028), and increased level of self-esteem (p=0.018) and self-efficacy (p=0.026) among the nursing students. Therefore, the peer support program (PSP) is found to be effective in reducing academic stress, improving self-esteem and self-efficacy of nursing students.

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Title: Develop a New Rehabilitation Approach to Dementia and Mild Cognitive Impairment (MCI) Clients in Psycho-geriatric Ward

Background: Clients suffer from mild cognitive impairment and dementia tend to develop a prognosis of losing Activities of Daily Living (ADLs), Instrumental Activities of Daily Living (IADLs) and mobility function. Hong Kong dementia therapies nowadays such as life review, reminiscence therapy which are focused on self- actualization. A new approach of rehabilitation project which focus on human's basic needs: Integrated ADLs and IADLs Rehabilitation and Mobility Training Program for Dementia and MCI Elderly was launched. Objectives: The aim is to maintain clients with ADLs, IADLs and mobility function and promote the importance of ADLs, IADLs and mobility training of MCI and dementia clients to care givers and health workers. A structured training workshops are tailored made for MCI and dementia clients for 12 months with morning and evening sessions every day. Workshops include cooking class, computer class, hair grooming class, shirt and tie wearing class, clothes washing class, money management class, transportation orientation class. Those tailored made training workshops were accordance with client's ability and aptitude.

Methods: Total 106 clients joined the program in 2017-2018. Pre and Post assessment were conducted. Three assessment tools include Barthel Index of Activities of Daily Living, Lawton Instrumental Activities Scale and Montreal cognitive Assessment (MOCA).

Results and conclusion: Barthel Index showed the increase from 60% to 70 % of clients got 15-18 marks which indicated clients' progress in ADL. For IADLs findings, significant increase from 60% to 85% of clients got 16-18 marks which indicated clients with improvement in shopping, food preparation, cooking and transportation. Nearly 95% of participants received the statistical difference among those pre and post assessments which showed our target group could maintain ADLs, IADLs and mobility function. 106 positive feedbacks were received from clients and relatives. They supported the program. To conclude, this new rehabilitation approach to MCI and dementia clients are worthy to implement in psycho-geriatric ward and recommended to develop in Hong Kong.
Title: The Effectiveness Of Audio-Tactile Teaching Method in the Hand and Oral Hygienic Practices of Visually Impaired School-Aged Children

Introduction: Visually impaired school-aged children are less likely to have better hygiene practices compared to their normally sighted peers due to the reduced ability for self-care secondary to their condition. Audio-aids were found useful in doing health education as this is an effective medium in teaching them and also the acquisition of information is easy. Tactile teaching, on the other hand, helps the visually-impaired in perceiving things since they cannot view their surroundings effectively. This study aimed to improve and promote better oral and hand hygiene practices, increase awareness and foster independence among visually impaired children.

Methods: A total of seventeen visually impaired children in Metro Manila purposefully chosen for this a Pre-experimental. A pre-test was done prior to the intervention was evaluated by the SpEd teachers with the tool provided to see the usual technique, timing, frequency and duration of the children's hand and oral hygiene practices. Instructions on the proper technique, timing, duration and frequency of both oral and hand hygiene were implemented with audio-tactile teaching by verbally directing and guiding the child's hands through touch. An immediate post-test was done afterward. The scores were recorded and were compared using Paired T-test.

Results & Conclusion: The weighted mean of post-test scores were higher compared to that of the pre-test scores with a computed p-value for both indicating a significant difference between the two variables. Additionally, the audio-tactile teaching method in teaching oral and hand hygiene to visually impaired school-aged children was found to be effective in terms of the proper technique, timing, duration, and frequency.

Keywords: Audio-Tactile, Visually Impaired School-aged Children, Oral Hygiene, Hand Hygiene, Filipino

Title: The Effectiveness Of Mandala Art Therapy On The Level Of Anxiety Of Fourth Year Nursing Students

Background: This study was conducted through a descriptive correlational design with a sample population of 110 nurses from tertiary hospitals within Manila, Philippines. The primary purpose of the study was to determine if Mandala Art Therapy was an effective management for the anxiety of fourth-year nursing students.

Results & Conclusion: The p-value accepts the alternative hypothesis of the study. There was a significantly difference between the pre-test and post-test scores of the experimental group which determined that the use of Mandala Art Therapy was effective in decreasing the level of anxiety of senior nursing students.

Keywords: Levels of Anxiety, Art Therapy, Mandala, Pre-designed Mandala

Title: The Effectiveness Of Laughing Yoga On Short-term Memory and Concentration of Freshmen Nursing Students

Background: Laughter Yoga is a unique exercise routine, which combines unconditional laughter with yogic breathing (Kataria, 1999). Laughter yoga may be a tool that may be useful and helpful to improve the respondents with the years ahead as a nursing student. This study aims to identify the effects of laughter yoga on the short-term memory and mental concentration, of selected freshmen nursing students in a university in Manila.

Methods: This study used a quasi-experimental research design composed of the control and experimental groups — that was determined through cluster sampling technique. Laughter Yoga was administered to the experimental group during the session while no intervention was done on the control group. Quizlet was used as the instrument to measure the short-term memory of the respondents and for the mental concentration the application MentalUp was used. The data was analyzed using T-test independent to get the statistical significance of the mean scores of both groups from the instruments used.

Results: The post-test mean scores of the experimental group in short-term memory recall is 14.0263 while the post-test mean score of the control group in short-term memory recall is 10.7105. Meanwhile, the post-test mean score of the experimental group in mental concentration is 77.1316 while the post-test mean score of the control group in mental concentration is 79.5263.

Conclusion: The researchers conclude that laughter yoga has a significant effect on the short-term memory recall of freshmen nursing students as evidenced by having higher scores compared to the students who did not undergo the laughter yoga therapy. While laughter yoga therapy does not have significant effect on the mental concentration of freshmen nursing students as evidenced by having lower scores compared to the students who did not undergo laughter yoga.

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Title: Nurses’ Perception Of Factors Affecting Hand Washing Practices In Manila, Philippines

Background: Nurses’ compliance to hand washing can prevent the development of nosocomial infections that are the most frequent adverse effect inducing more deaths than any other illness combined. This study aimed to explore nurses’ perception on the factors and the relationships between and among the variables, that affect the compliance of tertiary hospital nurses to hand washing.

Methods: This study was conducted through a descriptive correlational design with a sample population of 110 nurses from tertiary hospitals within Manila, Philippines.

Results: The results of the study showed that among the 13 presented factors, though all had significant impact, the shortage and inconveniently located sinks under environmental factors was ranked as the number 1 factor that affects the nurses’ compliance to handwashing practice. This study also revealed that the personal and social factors are correlated and so are the social and environmental factors. However, there was no statistical relationship between personal and environmental factors.
C115

Title: Quitting trajectories of Chinese female smokers following telephone smoking cessation counseling: A longitudinal study

Methods: We employed a retrospective longitudinal study design. A total of 474 female smokers (aged 25-81) who had received telephone follow-up at baseline, 1 week, 1, 3, 6, 9 months, and 6 years were included. Smoking-related information, cessation history, readiness to quit, self-efficacy to quit, social and environmental influences, knowledge of smoking hazards, living habits, depressive symptoms, and demographics. Quitting trajectories were mapped using latent growth modeling. Multinomial logistic regression analysis was performed to identify factors associated with class memberships.

Results: Our study revealed three trajectories: (1) quitters who completely stopped smoking at 6-month follow-up and continuously abstained from cigarettes for 6 years; (2) reducers who cut down their cigarette consumption to 40% at 3-year follow-up and maintained the reduced levels to 6-year follow-up; and (3) increasers who increased smoking after telephone counseling and continued smoking for 6 years. Female smokers who perceived more difficulties in quitting were more likely to be increasers. Those having higher daily cigarette consumption were more likely to be reducers.

Conclusion: This study revealed the profile of female smokers in different trajectory groups. The results guide the improvement of existing cessation services, especially for female smokers who do not intend to quit after receiving telephone counseling. A concrete quit plan should be developed with female smokers who are reducers to guide them how to achieve abstinence by smoking reduction. Also, instant messages can be considered as a complement of telephone counseling to support female smokers who are increasers to overcome difficulties throughout their quitting process.

C118

Title: The Psychological Well-being and Quality of Life of Hong Kong Chinese Paediatric Brain Tumour Survivors

Methods: We employed a retrospective longitudinal study design. A total of 474 female smokers (aged 25-81) who had received the quitline service. Factors correlated with different trajectories were examined.

Results: Conclusion: This study revealed the profile of female smokers in different trajectory groups. The results guide the improvement of existing cessation services, especially for female smokers who do not intend to quit after receiving telephone counseling. A concrete quit plan should be developed with female smokers who are reducers to guide them how to achieve abstinence by smoking reduction. Also, instant messages can be considered as a complement of telephone counseling to support female smokers who are increasers to overcome difficulties throughout their quitting process.

C121

Title: The Effectiveness Of A Student-Formulated Algorithm For Nursing Diagnosis Of Fluid And Electrolyte Problems

Methods: We employed an experimental design. A total of 474 female smokers (aged 25-81) who had received telephone follow-up at baseline, 1 week, 1, 3, 6, 9 months, and 6 years were included. Smoking-related information, cessation history, readiness to quit, self-efficacy to quit, social and environmental influences, knowledge of smoking hazards, living habits, depressive symptoms, and demographics. Quitting trajectories were mapped using latent growth modeling. Multinomial logistic regression analysis was performed to identify factors associated with class memberships.

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Background: Teaching self-compassion and self-care skills has been recommended as an important direction to aim for reducing burnout and compassion fatigue (Duarte, Pinto-Gouveia, Cruz, 2016). Yet, it was not widely practise clinically. One can only find random articles on this related topic, such as the effects of online mindfulness-based self-help intervention on Stress and underlying mechanisms (Gu, Cao, & Strauss, 2018) as well as Burnouf and mindfullness & self-compassion in Nurses of Intensive care Units (Garcia, Olivan-Blazquez, 2017). It is suggested that education on self-compassion and self-care skill can initiate earlier, starting from early days of nursing education. According to Neff, Self-compassion involved desire to alleviate ones’ suffering and to heal oneself with kindness (Neff, 2003a). Nursing students are more receptive to learn, and being inspired on not only how to compassionately care about their clients’ suffering, but also how to be kind with themselves, which has shown that it can alleviate stress, burnout and increase resilience (Neff, 2003b, Gilbert, 2009, Neff and Germer, 2013). Among all possible exercises that cultivate the concept of self-compassion, the training program on Focused Music Imaging (PMI) developed by Fran Goldberg, is proposed as a special technique that nursing students can practice to enrich their inner self and prepare them for their professional life (Goldberg, 2015).

Methods: 30 mental health nursing students have been recruited for experiential workshops, which was conducted in small groups format. The imageries drawn from these experiential workshops were photographed and reviewed. All of the students completed the evaluation forms and submitted their feedbacks, both written and orally. A resembled experiential workshop on PMI will be conducted to illustrate this technique in this concurrent session.

Title: Application of digital hand scanner to enhance hand hygiene practice in nursing education: A feasibility trial.

Background: Hand Hygiene (HH) practice is educated by standard steps to ensure the adequate coverage. However, traditional teaching methods are insufficient to instill teaching concepts and maintain long-lasting improvement in HH practices. A digital technology tool called ‘Hand-in-Scan’ Semmelweis Hand Hygiene Scanner was developed recently primarily for enhancing HH practice via integration in nursing education and training. It is used with ultraviolet-marked alcohol-based handrub (ABHR) that produces digital images of hand covers and indicate the percentages of coverage on hands and the regions missed during HH practice.

Method: A single-blinded quasi-experimental feasibility study was conducted on a group of undergraduate nursing students. A two-hour lecture on HH was delivered by the same lecturer to both the experimental group (n=33) and control group (n=19). In addition, visual feedback provided by the ‘Hand-in-Scan’ was provided to the experimental group about the neglected hand regions during hand rubbing. Conversely, no visual feedback was provided to the control group. The HH performance between the two groups across different time points (baseline, after the intervention, and at 6-month follow up) was compared via a generalized estimating equation model. Participants were also invited to feedback the satisfaction of the use of hand scanner in curriculum.

Results: Significant HH practice in terms of overall hand coverage by ABHR was observed in the experimental group, with sustained effect at 6 months. The participants had high satisfaction towards the use of the hand scanner as a learning device in HH teaching.

Conclusion: The visual feedback of the hand scanner has a positive impact in improving the HH practice of students and in increasing their alertness to previously neglected hand regions during hand rubbing. Future trials of a wider scale should be conducted to inform decisions on the routine use of a hand scanner in nursing education.

Title: Factors Affecting Health Service Utilization Among Health Allied College Students: A Correlational Study

Background: As health professionals, an integrative healthcare that would focus on the comprehensive and holistic approach in improving healthcare delivery system of an institution is important. However, students optimizing the use of the available healthcare services in the university still need to be understood. Identifying the factors that may affect their health seeking behaviors may give insights on health care providers and perspectives. The study aims to determine and correlate factors that affect health utilization and provide perspectives on the health allied students’ health care practices and beliefs, health seeking behaviors, and health utilization of health care services offered in the university.

Methods: The Pearson’s Correlation Coefficient was utilized to explore the factors affecting the health service utilization of health allied college students. A total of 144 first year to fourth year students were randomly selected from varied health allied programs who have enough knowledge regarding their own health and have used the health service of the university at least once.

Discussion: Results showed that Perceived Trust, Efficacy and Effectiveness as the highest determinant of health service utilization followed by Accessibility and Availability. Surprisingly, the perception on the severity of illness has a negative relationship with health service utilization. Furthermore, the perception of Trust, Efficacy and Effectiveness may directly affect health literacy and accessibility and availability. Lastly, health seeking behavior and health literacy are not significantly correlated with one another.

Conclusion: Out of all the independent variable, Perceived Trust, Efficacy and Effectiveness surfaced to have the highest correlation with a student’s health service utilization. Nonetheless, insight and perspective about the study correlates that Health Utilization is not highly dependent on one variable but a connection between factors that affect Health Service Utilization.

Keywords: Health Service Utilization, Health Seeking Behavior, Health-Allied College Students

Title: Residential Satisfaction and Quality of Life Among Relocated Older Adults in the Community

Background: Quality of life is a broad multidimensional concept that usually includes subjective evaluations of both positive and negative aspects of life. Although the term “quality of life” has meaning for everyone and every academic discipline, individuals and groups, what makes it challenging is that it can be defined differently (Health-Related Quality of Life, 2016). This descriptive-correlational study aims to determine the residential satisfaction and the quality of life among relocated older adults in the community and the association between the two.

Method: Three questionnaires were used to measure the said study: demographic data profile, residential satisfaction questionnaire, and quality of life questionnaire. Since relocation has been an increasing concern among relocated older adults, the researchers wanted to know their residential satisfaction and quality of life via the use of linear regression to derive a conclusion from the gathered data to address issues about them. A total of 120 respondents were selected using random selection.

Result and Conclusion: There is a significantly high positive correlation between relocation satisfaction and internal neighborhood reputation, social climate, and dwelling satisfaction. There is a significant positive moderate correlation between Quality of Life and health, independence, control over life, freedom, and financial circumstances. There is a significant positive correlation between residential satisfaction and quality of life.

Keywords: quality of life, residential satisfaction, relocated older adults
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