

CONGRATULATIONS to Members' Excellent Achievements



Mr. Jingyu Tan, our newly inducted member and scholarship award recipient in 2015, presented his study in the PhD Student Research Forum organized by the School of Nursing of The Hong Kong Polytechnic University on 9 July 2015. The topic of his study is: **“Auricular Therapy for Chemotherapy-Induced Nausea and Vomiting in Cancer Patients: Current Evidence and Directions for Future Research and Practice”**

The Chapter would also like to congratulate two Nurse Leaders from Hong Kong - **Prof. Claudia Lai** and **Prof. Diana Lee**, for being inducted as the Fellows of the American Academy of Nursing and recognized with the new FAAN title.

Mr. Tan (4th from the right) received Best Presentation Award by presenting his study in the PhD Student Research Forum

Last but not the least, the Chapter would like to congratulate **Dr. Shirley SY Ching** and **Dr. Kin Cheung** (our Counselor and Treasurer respectively), as the STTI Research Grant recipients. **Siu Yin Ching, PhD, BSN (Pi Iota Chapter, HONG KONG)** Title of Project: **“Building Resilience in the Nursing Student Workforce: Qualitative study among nursing students in Hong Kong.”** It is hoped that the findings will give hints to the development of resilience building model for nursing students and employed nurses and ultimately contribute to the retention of nurses, reduction of burnout, promotion of their psychological well-being and enabling them to provide quality patient care.



Members of the Pi Iota Contributing to the STTI

While thanking **Prof Claudia Lai** in serving as **Asia Regional Coordinator** for two terms, we are delighted that three other members of the Pi Iota Chapter have been elected or selected to take part in the work of STTI, and further making our chapter more visible in the global network. They are:

- Prof Agnes Tiwari**, (Head of HKU's School of Nursing) our dual chapter member since 2015, is taking office of Leadership Succession Committee (2015-2019) at STTI House of Delegate by election.
- Dr Jesson Butcon**, (Community leader inducted in 2014) is recognized for his involvement as mentor in the Global Leadership Mentoring Program (2015 – 2017)
- Miss Kathleen Eviza**, MSN, RN (recently inducted in March 2015) was recognized as Inspiring Member Stories -Motivated to be a Nurse, and presented her phenomenological undertaking entitled “Essence-Driven Leadership: illuminating the lived experiences of Chief Nursing Officers” at the 43rd Biennial Convention in Las Vegas, Nevada, with trip funding partially sponsored under the STTI's Edith Anderson leadership Travel Grant.

I was a young professional with a dream to be a part of one of the most prestigious nursing organizations in the world. Now, as an STTI member, I'm thinking beyond the four corners of the nurse's station. STTI's global mission to apply evidence-based practice made me realize that I can change people's lives.

Kathleen Eviza
2015 Grant Recipient



Forthcoming Events

Induction Ceremony of the Pi Iota Chapter (28 May 2016)

The next Induction Ceremony will be held on 28 May 2016 at The Hong Kong Polytechnic University. As usual, a number of undergraduates and graduates from local universities, as well as community leaders from various organizations, will be inducted to the Chapter. Please mark the date in your diary and come to join for support. Relevant information including the Pre-induction Symposium on 27 May 2016 as part of the celebration event of PolyU's 40th Anniversary of School of Nursing, will be sent to you in due course.

Nursing Education Research Conference 2016 (7-9 April 2016)

The Nursing Education Research Conference will be held in Washington DC on 7-9 April 2016. It provides nurses with the opportunity to learn more about nursing education, and to network and develop collaborations with nurses from around the globe. To submit abstract and/or register for the conference, please visit:

<http://www.nln.org/NERC>

The 27th International Nursing Research Congress (21-25 July 2016)

The 27th International Nursing Research Congress will take place in 21-25 July 2016 in Cape Town, South Africa. The theme of the congress is “Leading Global Research: Advancing Practice, Advocacy, and Policy”. Abstract submission and registration are now open. Don't miss this great opportunity to join STTI and its members, and to learn more about nursing research and evidence-based practice. For details, please visit:

<http://congress.nursingsociety.org/index.html>

Editor-in-Chief

The PIC newsletter is published biannually. We welcome our members' work of articles and photos, and anything you feel would benefit our membership.

To contribute, please contact our new Editor-in-Chief - Dr Dan Bressington by email at dan.bressington@polyu.edu.hk

Contact of new chapter Administrative Secretary (effective since Nov 2015)

Ms Kiki CHUNG

Email: kiki.chung@polyu.edu.hk

Phone: 2766-6406

Nomination for Membership of the Sigma Theta Tau International, Honor Society of Nursing (Community Leader of Pi Iota Chapter, Hong Kong)

If you wish to recommend any of your professional acquainted nursing community leaders to the Eligibility Committee for considering to be a new member of the society, please contact our Chapter Counselors – Dr Shirley Ching (email: shirley.ching@polyu.edu.hk) and Ms Bessie Chan (email: bessie.chan@polyu.edu.hk) for further information.

Honor Society of Nursing Sigma Theta Tau International

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President's Message

Alice WONG

Nursing experts share knowledge and best practices

After our Induction program held in March, our board members facilitated two program events and are now preparing for the new board installation and induction event scheduled for Saturday 28 May 2016. We are thankful to a number of members and colleagues for sharing best practice and contributing their time/expertise as honorary speakers by holding the Mental Health First Aid (MHFA) course and the Mindfulness and Cognitive-based Wellness Resilience program for our nursing community. These programs provided a platform for nurses to acquire more knowledge for continuing nursing education and to expand their skills for enhanced professional practice in different clinical settings. The courses also aimed to encourage them to personally nurture the habits and attitudes for wellness both at work and in their daily life.

Launching global initiatives while acting on local perspectives

Back in 2013, Dr E. Angela Chan (our past chapter president) invited Pi Iota Chapter to pledge support by signing up as one of the partners of the International Charter for Human Values in Healthcare. By June 2015, some of our chapter members from Hong Kong and the Philippines witnessed this global alliance chartering for advocating patient-centered care based on core human values, including compassion. In September this year, several PIC members and I joined counterparts from other Asia

chapters for the first Asia Regional Conference in Yerevan Armenia. This event aimed to facilitate the gathering of Asian scholars from our Asia regional network in order to further develop our strengths to improve global health through greater collaboration. Showcases of regional research collaborations were also presented at the meeting. Some of the details of all these events are followed up in this issue through brief reports which were contributed by our chapter members and a post-graduate student.



Pi Iota Chapter board members group photo: (Back row from left to right): Sammei Tam, Cynthia Huie-Rose, Esther Wong, Alice Wong, Alice Yuen Loke, and Olivia Fung (Front row from left to right): Kin Cheung, Bessie Chan, Shirley Ching, Maria Hung, and Pin Pin Choi (One board member absent from photo: Ms Rebecca Poon)

Next in line of governance for 2016

Members who are keen on serving in a board position must be active members. Ideally, these members should have been actively involved in the chapter and have had previous leadership service in Pi Iota Chapter, STTI and in other nursing organizations. After actively inviting a number of members to consider board positions over the past 12 months, along with call for nominations for the 2016 – 2018 Board of Directors Election (through our biannual publication announcement from 2014 to 2015), the 2 December Board Meeting accepted the President-Elect nomination. We are therefore delighted to confirm that Dr Justina Liu was successfully elected to be the President-Elect, and she will be installed in the 2016 induction ceremony of Pi Iota Chapter (2016 – 2018). President Justina has been inducted since the chapter was chartered in year 2000, and previously served on the PIC Board for two terms as one of the Treasurers (2002 – 2004) as well as the Finance Committee Chair (2004 – 2006). This issue will be my last presidential address on the PIC newsletter. I am grateful to the Past Presidents Council who always helped (often via virtual meetings) whenever I emailed them for their wisdom and support. I would particularly like to thank Prof Claudia Lai, our Asia Regional Coordinator, and Prof Alice Yuen Loke, past president and ex-officio for offering their precious time in mentoring the PIC board in many ways! Upon being close to completion of consecutive terms from 2012 – 2016 as president, I want to give credit to our Board of Directors for serving the PIC Board for another year! I am very grateful to all the board of directors, who supported Pi Iota Chapter from the initial planning process to the actual running of the chapter events together. The experience of working with your unfailing commitments in the past two terms are blissful and will never be forgotten. To all members of the Chapter, I want to encourage everyone to continue to excel in the work we do. I trust that Dr Justina Liu, the next president will continue to lead the chapter to contribute in scholarly nursing practice and nurture the future nurse leaders. As this newsletter marks the end of 2015, on behalf of the PIC Board members, we wish you ALL a very healthy and prosperous 2016!

Best regards,

Alice KY WONG
President

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Mental Health First Aid course

Maria HUNG

A 12-hour training course of 'Mental Health First Aid' that was co-organized with The Mental Health Association of Hong Kong was successfully held on 17 and 24 July, 2015. A total of 27 healthcare professionals attended the course. Our board members, Dr Shirley Ching, Dr. Kin Cheung and our honorable speakers Mr. Shu Ming Lee and Dr. Vico Chiang conducted the training course over the two days. This course aimed to increase the participants' knowledge of common mental health problems, first aid interventions and community resources available for individuals with mental health disorders.



Our board member Ms Sammei Tam and honorary guest speaker Dr. Vico Chiang (back row: the 6th and 7th from the right) together with the participants posing with certificates of attendance



Our board member, Dr. Kin Cheung (Standing in front of screen) is having small group discussion with the participants.



Our honorable guest, Dr. Vico Chiang is having lecture with the participants.

Mindfulness-based stress reduction course

Maria HUNG



Our honorable guest, Ms. Annie Yip is conducting lecture with the participants.



Ms. Annie Yip is having stretching exercises with the participants.

A 2-day workshop of 'Mindfulness and Cognitive-based Wellness Resilience' was successfully held on 2 and 30 October 2015. The approaches taught are based on Mindfulness-based Stress Reduction (MBSR) and concepts of Cognitive Therapy. Our honorable speaker Ms. Annie Yip specially developed the workshop for frontline nurses to experience how these approaches facilitate their resilience from both work-related and personal stressful life events. A total of 14 participants joined the 2-day workshop. Upon completion, all the participants could appreciate the concept of mindfulness practice; experience the ways of mindfulness practice and understand how mindfulness practice brings attention to present; understand the model of cognitive therapy; differentiate levels of cognitions; identify dysfunctional thoughts and cognitions; and alleviate psychological distress by restructuring cognitive schema.



Our honorable guest speaker Ms. Annie Yip posing with board members, Dr. Esther Wong (back row, 3rd and 4th from the right) and Ms Bessie CHAN (front row, 3rd from the right), together with the participants holding their certificates of attendance.

The 43rd Biennial Convention

Pin Pin CHOI

Our President, Dr. Alice Wong, attended the biennial convention on behalf of the Chapter on 7-11 November 2015 in Las Vegas, Nevada, USA. The theme of this year's biennial convention was "Serve Locally, Transform Regionally, Lead Globally". Through participating in the biennial convention, STTI members/delegates were facilitated to identify strategies that help to promote inter-professional collaboration and excellence in global nursing, and enhance clinical, patient and educational outcomes through transformative nursing practice.

A new STTI president presided over the House of delegates, in which Dr Cathy Catrambone initiated a new Presidential Call to Action (2015 – 2017) on Influence to advance global health and nursing, by summoning STTI members to action by leveraging our expertise to influence the health of the world's people, and to advance the profession through advocacy, policy, philanthropy, and lifelong learning. More information about the biennial convention can be retrieved from the following website: <http://convention.nursingsociety.org/>

A photo taken in Las Vegas with the new STTI President, Dr Cathy Catrambone (sixth from the left), Prof. Claudia Lai, Dr. Alice Wong together with Thailand delegates led by Prof. Wipida Kunavittikul.



Korean delegate and Hong Kong delegate were bearing the country flag for the opening of the convention



Get together with Japanese delegates and our newly elected Asia Regional Coordinator – Prof Misae Ito (second from the left)

Members' Involvement in Scholarly Activities

Ms. Gloria Cheung, an active PIC member, was invited to attend the 3rd International Symposium on Healthcare Communication, held on 29 June 2015 at the Hong Kong Polytechnic University. As PIC was one of the partners with The International Charter for Human Values in Healthcare in supporting this event, the following is a piece of reflection shared by Ms. Cheung:

Reflection on the 3rd International Symposium on Healthcare Communication - Communicating for Compassionate Healthcare

Gloria S.Y. Cheung, Member, PIC, RN, RM, BN, MHA, MMedSc

The Third International Symposium on Healthcare Communication - Communicating for Compassionate Healthcare was held on 29 June 2015. The Symposium was organized by the International Research Centre of Communication in Healthcare (IRCCCH) in collaboration with the Hong Kong Polytechnic University, University of Technology, Sydney and Curtin University. Both the faculty and the participants of the Symposium were multidisciplinary, comprising local and international healthcare practitioners, educators, and academics. This year the theme was "Communicating for Compassionate Healthcare, Mobilizing Values in to Practice"

The Symposium started off with a comprehensive introduction of the aims and past achievements of the IRCCCH and by promoting the awareness for compassionate communication which is essential in all healthcare settings. This was followed by a local story-telling session presented by a cancer patient and a carer (relative) of a deceased cancer patient. They shared their experience and feelings in going through the treatment process and communication with healthcare professionals. Their courage and endurance brought a deeper understanding of the values of compassionate care and communication in healthcare interaction. Throughout the day, all presentations and discussions were focused on communication practice at different healthcare settings around the world as well as the need for compassionate care. The highlight of the Symposium happened in the afternoon session of the Symposium. It was the launch of the Asia – Pacific Healthcare Hub of Charter for Compassion International (CCI). This event was officiated by the Undersecretary for Food and Health Bureau, HKSAR, Professor Sophia Chan. The Charter, being a core initiative of IRCCCH, aims to promote core human values in healthcare interaction around the world, notably compassion, respect for persons, commitment to integrity and ethical practice, and commitment to excellence and justice in healthcare.

It was an exciting and inspiring experience to attend the Symposium. The organizers strived to elaborate a burning issue: the need for human values in various healthcare interactions. Modern healthcare practice, with its cutting-edge technology and advanced medical treatment modalities means that many previously untreatable diseases become treatable, and/or the unpleasantness of many symptoms can be much reduced. Nevertheless, in many occasions, patients still often express embarrassment and report having humiliating experiences during the treatment process. This might arise from the inadequacy of respecting human values in healthcare interactions. A strong message that emerged from the Symposium was that compassionate care and communication should be practiced by healthcare professionals at each encounter with the patient, so as to enhance patients' feelings of being worthy and respected as human beings. It is proposed that compassionate care should be fundamental to the design of healthcare systems, the delivery of care, measurement of healthcare quality and within the education of healthcare professionals.



A photo taken in the 3rd International Symposium: Dr Alice Wong, Ms. Kathleen F. Eviza, Dr E. Angela Chan and Ms. Gloria Cheung (From left to right)

Brief report of the 1st Asia Regional Conference in Yerevan, Armenia (26 Sept 2015)

Ms Amy HUANG, Postgraduate student, PolyU

As the witness of milestone of the Sigma Theta Tau International (STTI) Honor Society of Nursing in Asia Region, The Pi Iota Chapter (PIC) president, Dr. Alice Wong, and the PIC members including Mr Rick Kwan, Dr Jordan Salvador, Dr Jesson Butcon, and Prof Claudia Lai joined the 1st Asia Regional Conference held at Yerevan, Armenia on 26 September, 2015. This conference hosted by Chi Delta chapter aimed to bring nurse leaders, scholars, and STTI representatives together to facilitate the global partnership for nursing research, education and practice in Asia region.

The opening ceremony was held at the Marriot Hotel in Yerevan. The Asia Regional Coordinator, Prof. Claudia Lai, President of the Chi Delta Chapter, Dr. Alina Kushkyan, STTI CEO Prof. Patricia Thompson, STTI President Prof. Hester Kloppe and STTI's Past President Dr Karen Morin jointly delivered their speeches consisting of welcome messages and appreciation to all the participants.

In the first plenary session, Prof. Hester Kloppe presented her statement on "STTI as change agent for leadership, education, policy and practice". Dr. Anne Marie Brooks from Global Education Development Institute talked about "International Collaboration...Benefits to Nursing Education". Following that, Dr. Liliane Chan from social work discipline shared the Hong Kong experience on "Integrating Research to Inform Practice and Building Capacity". In the second plenary session, chapter representatives from Lebanon, Hong Kong, Macau, Armenia, Philippines, and China discussed the development of nursing scholarship in their own countries or region. The discussion was opened to all the participants for embracing the nursing collaboration, advocacies and actions across the Asian region.

The showcases of collaborative projects were reported in the afternoon session. Prof. Claudia Lai shared about the project of "A cross-cultural comparison of the burden of caregiving of people with dementia", which is being conducted by a team from Japan, Philippines, Singapore, and Hong Kong. After that, Dr. Alice Wong led a discussion of "The impacts and partnership support of infertile couples: a cross countries comparison study", by representing a team led by Professor Alice Yuen Loke from Hong Kong and including research collaborators from Japan, Philippines and China. On the other side of the spectrum on reproductive health issues in Asia, Dr. Jordan Salvador from Philippines presented his study on teenage pregnancy.

The Closing ceremony ended with gratitude being expressed towards the hosting members, guests and participants, and the STTI's CEO announcement of the separation of the Middle East Region from Asia. The separation is hoped to further encourage improvements of nursing practice and research in those areas. Throughout this conference, PIC worked closely with other Asia chapters to promote STTI membership to the conference attendees. The chapter booklet provided information about PIC members and included their brief CVs in order to introduce their research work, these efforts to promote the scholarly work of members were recognized and well-appreciated by other STTI chapter leaders.



Pi Iota members Mr Rick Kwan (first from the left), and potential member Ms Amy Huang (third from the left), together with Dr Jesson Butcon, Prof Claudia Lai and Dr Alice Wong (first, second, and third respectively from the right)