



Pi Iota Chapter

NEWSLETTER 2019 Vol. 22

President's Message

Dr Angela Leung

Welcome to the Pi Iota Chapter (PIC), Sigma. It is my great honor to serve as the President of the PIC. I must take this opportunity to salute all the past Presidents, who have done a lot, spending lots of time to make PIC strong, and setting up a very good platform for us (researchers and practitioners, teachers and students) to grow. No one will oppose me if I say PIC is a home for nurses. The matter is how to make it continue, how to make it escalate, how to make it visible.

As the new President, I can feel the pressure... the loading, heavy loading on the shoulders. But I know I am lucky. I have all the supports from the Board members. They are good friends, good nurses, and good mentors. I know they are in support of the growth of the PIC and that is why they are willing to offer my hands to serve in the Board.

There are challenges ahead. I can see we are encountering a manpower shortage in nursing, not only in clinical areas, but also in academic settings. So in the upcoming years, I am hoping to devote some time to support the young scholars. I know doing scholarly activities is not easy. My personal growth is backed up by many of my respectful mentors, deceased Professor Robert Kane, Professor Iris Chi, Professor Sophia Chan, and Professor Alex Molassiotis. They all make my life easier and enjoyable. I try to shadow my mentors, continue the work of mentoring the young, supporting them to increase capacity in scholarship, strengthen their leadership, and making the public feel proud of nursing profession.

I am delighted to announce that we have two newly developed events in PIC: 1) Paper Writing Advanced Training for Nursing Scholars, and 2) PIC Early Career Fellowship Programme. Many thanks to Dr. Grace Xie and Dr. Eileen Cheng who have spent lots of time to develop the curriculum and coordinate the training. Dr. Shirley Ching and Dr. Grace Ho are the ones who have made the Early Career Fellowship Programme possible. My gratitude for their hard work.

The Paper Writing Advanced Training Workshop aims to help young scholars build up skills in SCI / SSCI paper writing. Experienced scholars from PIC will provide mini-lectures and one-on-one consultations to the young scholars so that they could refine their writing skills to prepare manuscripts for publication in international peer-reviewed journals.

The PIC Early Career Fellowship Programme is designed as a one-on-one mentorship programme that allows our young fellows to match with an experienced PIC member so that they could arrange their own mentor-and-mentee gatherings throughout the year. This programme aims to support the young fellows in personal, career and professional growth. Students in final years of their undergraduate study or practising nurses who have just graduated from their nursing training will find this fellowship valuable.

All PIC members are very welcome to participate in the activities. For the experienced PIC members, your willingness to serve as mentors is highly appreciated. Please approach Dr. Grace Ho for the detailed arrangements. For those who have just started your career, please seize these opportunities to mingle with other PIC members. The experiences you get from here will definitely benefit your development.

The upcoming induction ceremony and AGM will be on 25 May 2019 in the morning. I sincerely invite you all to join this special occasion. I look forward to meeting many of you there. Cheers!

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Annual General Meeting and the 19th Induction Ceremony Dr Daphne Cheung

Pi Iota Chapter hosted its Annual General Meeting (AGM) and the 19th Induction Ceremony on 19 May 2018 at The Hong Kong Polytechnic University. At the AGM, the immediate past President Dr Justina Liu and the committee chairs reported the programmes, scholarships and financial support.

The induction ceremony started with the presidential address from Dr Angela Leung. Followed by Prof. Kuei-min Chen's keynote address "Gerontological Nursing Leadership in the National and International Context". She demonstrated her excellent leadership in nursing practice and research that improve the health of the older adults.



Prof Chen delivered a keynote speech on "Gerontological Nursing Leadership in the National and International Context".



Happy memories in the 19th Induction Ceremony with the newly inducted Board Members, Community Leaders, Post-graduates and Undergraduates

This year, 15 outstanding community leaders and 24 undergraduates and postgraduates were inducted.

Community Leaders:

ADOLFO Cris	ANTIQUERA Reigner Jireh	BAYHAKKI
CHENG Hui Lin	CHENG Ming Wai Sean	CHUNG Man Hon
FUNG Keith	HO Yuen Wah	LI Man Pan
LUI Ching Yi Carmen	OR Yuen Mai Amy	SALUSTIANO Rosalinda
XU Hong	TANG Wai Ngun	CHAN Suk Wan Amy

Post-graduates:

LUK Tzu Tsun	WANG Tao	NG Yue Wai
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Undergraduates:

CHAN Kin Man	CHAN Sau Wai	CHAN Tak Yin
CHOI Tsun Ho William	CHUNG Man Yi	Heung Sin Man
HUNG Ho Daniel	LEE Men Ting Christina	LEE Wai Yin
LEUNG Ho Yan	LI Yeung	TSOI Carman
TSUI Kwai Tsz	WONG Ka Shun	WONG Nga Kay Ally
WONG Pui Ling	WONG Tsz Yau	WONG Yee Ching
WONG Yik Tung	YAN Cedar	YIU Shuk Yin

Professional Seminars

Dr Justina Liu and Dr Daphne Cheung

Prof. Kuei-min Chen, Director of the Center for Long-term Care Research, Kaohsiung Medical University, Taiwan, conducted a seminar about the Development and Testing an Exercise Intervention Programme for Older Adults. The seminar provided insight to the audience on how to develop a research programme by using exercise as complementary and alternative therapies to promote the health of older people.



Prof Chen delivered a workshop on 18 May 2018.

PIC co-organized with the Centre for Gerontological Nursing (CGN), School of Nursing, PolyU in the two seminars "Caring for the elderly in Sweden: Clinical and psychological aspects" and "Working with family members in nursing care: Family nursing practice in a Nordic perspective", delivered by Dr Cecilia Moberg and Dr Hanne Konradsen respectively.



Dr Cecilia Moberg and PIC representatives.



Academic seminar provided with Dr Hanne Konradsen.

Community Programme

Dr Rick Kwan



Mental health seminar, blood test, and health education for older people on 17 March 2018.

Pi Iota Chapter has endeavored to promote healthy living in the community. On 10th March 2018, we conducted a talk about how exercise can benefit health, followed by a workshop teaching simple exercise to promote health. On 17th March 2018, we conducted a talk about mental health for older people, followed by an onsite blood test for glucose and cholesterol. After the blood test, our nurse experts provided an interpretation of the blood test results and related health education.

Three outstanding projects were awarded scholarship in 2018. The awardees are:

Undergraduate student category:	Mr YU Tak Long Roy, PolyU
Postgraduate category:	Ms CHONG Yuen Yu Connie, PolyU
Community leader category:	Dr WANG Man Ping Kelvin, HKU

Sharing by Mr Yu Tak Long Roy:

Association between mass media exposure and dementia literacy: a cross-sectional study.

The prevalence of dementia is escalating both globally and locally. It is timely to understand how much Hong Kong citizens know about dementia and how mass media may affect their dementia literacy (that is, knowledge, attitudes and help-seeking intention towards dementia). Therefore I worked with my classmates to conduct a survey to 540 Hong Kong citizens in July – September 2017. It was found that knowledge, attitudes and help-seeking intention were closely related. Television and hospital websites were the preferred media to get dementia information. There was a significant association between frequency of mass media exposure and help-seeking intention. With these findings, we have made some recommendations: practitioners should make good use of the preferred channels to conduct dementia education, and such public education should be conducted regularly via mass media.

It has been my greatest honor to receive the STTI scholarship at the end of my undergraduate study. This award not only belongs to myself, but also to my teammates and supervisor (Dr. Angela Leung) who contributed to our success. It also encourages me to engage in nursing research in the future.



Prof. Alex Molasiotis presented scholarship award to Mr Roy Yu

Sharing by Dr Chong Yuen Yu Connie:

Effects of a parental training program using group-based Acceptance and Commitment Therapy for managing children with asthma.

It is indeed my honor and pleasure to be awarded for the Pi Iota Chapter Scholarship - Postgraduate category for my PhD study – “Effects of a parental training program using group-based Acceptance and Commitment Therapy for managing children with asthma”

How often do you address the psychological difficulties experienced by parents when providing asthma education and developing an asthma action plan during a clinic visit? Many parents of children with asthma have greater anxiety- and depression-related symptoms than those with otherwise healthy children and more frequently utilize the emergency department for asthma visits, but how do you manage? In my PhD work, I proposed that fostering the psychological flexibility of parents via Acceptance and Commitment Therapy (ACT, pronounced as the word “act”) may help. In a nutshell, psychological flexibility refers to the state of acceptance and mindfulness surrounding stressful



Prof. Alex Molasiotis presented scholarship award to Dr Connie Chong

or difficult situations with the ability to modify actions according to an individual's core values – what parents truly treasure in their lives. By using ACT, we could empower parents to acknowledge and to accept the difficulty of caring for their child's asthma while exploring the values associated with providing this care. Hence, parents would perceive less psychological burden and acquire better ability to provide asthma care. In 2016-2017, our research team performed a randomized controlled trial involving 168 parent-child dyads aged 3-12 years in Hong Kong. One-half of the children were assigned to the control group and were provided two hours of standard asthma education in an outpatient clinic. The other half received the same asthma education combined with four weekly ACT sessions led by a nurse (Ms. Yuen-yu Chong) experienced with this therapy modality. These sessions focused on (1) acknowledging the psychological difficulties in caring for a child with asthma, (2) developing awareness and acceptance of these difficulties, (3) identifying a core set of personally-held values as a parent of a child with asthma and (4) creating short- and long-term action plans based on these values to improve the management of their child's asthma. The results were very impressive – an 80% reduction of emergency department attendance due to asthma attacks over the past 6 months, reductions of child's asthma symptoms and improvements in parent's psychological outcomes. I sincerely hope that these results can draw attention to researchers and healthcare professionals across the globe about the importance of addressing the psychological needs of caregivers of individuals with long-term conditions, such as children diagnosed with asthma, and the potential utility of ACT in clinical and community settings.

Sharing by Dr Wang Man Ping Kelvin:

“Quit to Win” smoke-free community campaign

It is totally my honour and pleasure to be awarded the Pi Iota Chapter Scholarship for my project “Quit to Win” Smoke-free Community Campaign.

Over 6000 people in Hong Kong succumbed to diseases caused by active and passive smoking every year. As a nurse and healthcare researcher, safeguarding public health from the harm of tobacco smoke to me is a calling and an unshirkable duty. Yearly from 2015 onward, I have been leading my research team to co-organize the “Quit to Win” campaign with the Hong Kong Council on Smoking and Health. The campaign includes a series of territory-wide smoke-free promotion activities, featuring media promotion, smoking cessation counselling and scientific research. Every year, over 1000 community smokers participate in the “Quit to Win” contest and try to quit through competition and prizes. We conducted randomized controlled trials within the contest whereby participants were randomized to receive different smoking cessation treatments and then followed prospectively for six months to evaluate the effectiveness of novel intervention. Over 300 nursing undergraduates and volunteers from non-governmental organizations were also trained as smoking cessation counsellors to motivate smokers to quit and help them to walk through the difficult quitting process. The project has been very successful and the findings from the trials have been very promising with substantial local and global impact.

The Pi Iota Chapter Scholarship is reputable for its support to nurses committed to a scholarly life to advance healthcare provision. I would like to express my heartfelt gratitude to the Pi Iota Chapter for recognizing my years of work and commitment to protecting the public from the harms of tobacco smoke. I will reciprocate your kindness and generosity by continuing my endeavour to make Hong Kong a model of successful tobacco control across the globe.



Prof. Alex Malasiotis presented scholarship award to Dr Kelvin Wang

The 29th International Nursing Research Congress Dr Daphne Cheung



Dr Justina Liu, Dr Rick Kwan, Dr Daphne Cheung and Dr Vico Chiang presented their research projects in the 29th International Nursing Research Congress held in Melbourne, Australia on 19 – 25 July 2018.

National Day Dinner

Dr Daphne Cheung

PIC President and members joined the National Day Dinner on 21 September 2018. They had a wonderful evening networking with friends as well as fellow professionals from different health services sectors.



19 Oct 2018 and 5 Nov 2018 Professional seminars by scholars from Karolinska Institute, Sweden

Sigma Asia Region Chapter Leaders Meeting

Dr Daphne Cheung

Sigma Asia Region Chapter leaders met at the 22nd EAFONS 2019 in Singapore on 17 - 18 Jan 2019. Dr Janet Wong and Mr Patrick Kor represented the PIC to attend the meeting.



Sigma Asia Region Chapter leaders meeting

Congratulatory Notes

Dr Justina Liu

Congratulations to Prof. Claudia Lai, an ex-officio of PIC was inducted into the 2018 International Nurse Researcher Hall of Fame during Sigma's 29th International Nursing Research Congress in Melbourne, Australia. The International Nurse Researcher Hall of Fame recognizes nurse researchers who have achieved significant and sustained national and international recognition and whose research has improved the profession and the people they serve. Prof. Lai is the first person in Hong Kong to receive this award.



Prof Claudia Lai was the awardee of the Research Hall of Fame, Sigma in 2018.



The Sigma Small Grant awardee,
Mr Patrick Kor

Congratulations to Mr Patrick Kor for receiving a competitive grant (Sigma Small Grant) of US\$5,000 for his research "Effects of a modified mindfulness-based cognitive therapy for family caregivers of people with dementia in stress reduction: a pilot randomized controlled trial". The study aims to explore the feasibility, acceptability and preliminary effects of the modified mindfulness-based cognitive therapy (MBCT) in reducing stress in the family caregivers of people with dementia. The modified MBCT helps the caregivers to develop accepting and non-judgmental attitude via different mindful activities (e.g. mindful eating, mindful walking) and provide caregivers with diverse experience and understanding of stress and mindfulness. The findings from this pilot study can inform us the limitations and feasibility issues and help us to prepare a larger scale study to investigate the effect of the modified MBCT in stress reduction for the family caregivers of PWD.

Upcoming Events

Dr Daphne Cheung

1. Pi Iota Chapter Early Career Fellowship Programme – Now accepting applicants
This Programme is designed to provide a tailored mentorship experience to promote personal, career, and professional development for early career PIC members.
To apply or for more details, enter the following website (<https://www.polyu.edu.hk/pfs/index.php/347644?lang=en>)
Application deadline is extended to 30 April 2019.
2. Paper Writing Advanced Training Workshop for Nursing Scholars organized by Pi Iota Chapter (23 – 25 May 2019)
Online Registration: <https://www.polyu.edu.hk/pfs/index.php/445539?lang=en>
3. The 30th International Nursing Research Congress, Sigma (25 – 29 July 2019, at Calgary, Alberta, Canada)
For details: <https://www.sigmanursing.org/connect-engage/meetings-events/congress-2019>
4. The 45th Biennial Convention, Sigma (16 – 19 November 2019, at Washington, DC, USA)
For details: <https://www.sigmanursing.org/connect-engage/meetings-events/convention>

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