

Pi lota

Honor Society of Nursing Sigma Theta Tau International

NEWSLETTER Summer 2006 Vol. 9 No. 1

President's Message

Angela CHAN

Dear Colleagues,

Although a couple of months have elapsed since April's induction ceremony, my memory of it remains vivid. What made the induction ceremony special was that it marked the birth of a new Board of Directors without sacrificing continuous support from the outgoing cohort. The ceremony was about not only the congregation of seasoned members and new inductees but also the inspiring presentation on leadership given by our honorary advisor, the distinguished Professor Angela McBride. The interplay between the professional and the personal became apparent with the recognition of one's professional achievement and the presence of proud parents, spouses and friends who witnessed the special milestone of the new inductees. The event is a celebration of the work of eminent academics and community leaders, as well as of our next generation of leaders: our students and new graduates. In their commitment to making a difference in nursing lies in our hope for the future.

The vitality and the vigor that emanated from this joyous occasion lingered as the new board members assembled and started to map out the strategic plan for the days and years to come. While planning an international conference on evidence-based practice, members shared ideas on the various possibilities for a focused community service initiative. Working with children in poverty was chosen as an area for further exploration and collaboration.

I believe that collectively we will continue to build on the many fine accomplishments of our past presidents, officers and members. As I write and look forward to May 7, International Nurses' Day, and the Walk for Unity, it reminds me of the importance of a unified vision and mission amidst diversity. Let our enthusiasm spread, let our passion grow and let us share with others the good work of nursing.

I wish you all a very restful summer break!!



Our President, Angela Chan, at the Induction Ceremony

Editor's Message

Angie Soetanto

Greetings from the Publication Committee!

The Pi Lota Chapter has achieved another milestone in nursing history as we celebrated our 7th induction ceremony in April. New members were inducted into the chapter and board members for the 2006-2008 office were sworn in. Since the theme of the ceremony was "Reflection & Leadership", we thought we would carry this theme through this issue of the newsletter. Therefore, you will be able to read about a new model of nursing leadership proposed by Ms. Sylvia Fung and some innovating nursing research initiated by our members. Also, nursing leadership has become more meaningful as we remembered Nurses' Week from May 6 – May 12. During Nurses' Week, nurses are honored for their contribution to improving the health of people in Hong Kong. A "Walk for Unity", organized by various nursing organizations, societies and universities on International Nurses' Day (May 7) marked the beginning of the celebration, and a dinner on May 12 (Florence Nightingale's birthday) brought it to a close. Highlights of these events are included in this newsletter to remind us of our past achievements and the challenges that lie ahead. Happy reading!

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Professor Angela McBride

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The Pi Iota Chapter of the Honor Society of Nursing, Sigma Theta Tau International (STTI), hosted its 7th Induction Ceremony on 22 April 2006 in the Li Ka Shing Tower of The Hong Kong Polytechnic University. Seven fulltime Hong Kong Polytechnic University nursing students and 23 nursing community leaders were successfully inducted into the chapter as official members. The new inductees were presented with certificates and welcomed into the society as they signed the chapter's book. New board members were acknowledged and presented with an orchid and purple honor cord to wear during the ceremony. Overall, the Pi Iota chapter now has 120 members.

As part of the STTI, the Pi Iota chapter acknowledges high-achieving nursing students and community leaders in Hong Kong. The society provides nurses with the opportunity to unite socially and professionally with academic staff. It also provides financial assistance to members by awarding scholarships. Although participation is voluntary, members are encouraged to take part in the society's community service projects. The induction ceremony is an important event that will create lifelong memories for our members.

During the induction ceremony, Professor Angela McBride, our chapter advisor delivered a motivating speech on "Reflections on Leadership". She shared with us why leadership in nursing is more important now than ever before. Professor McBride's encouraging words of wisdom to the new inductees and all those present during the ceremony will be long remembered.

INDUCTION *Ceremony* – 22 April 2006



Professor McBride with the in-coming and out-going board members during the induction ceremony



Professor McBride, distinguished professor as well as the Dean Emerita of Indiana University School of Nursing in the USA challenged us with a new vision for nurse leadership



Congratulations to all new inductees and new board members

Leadership in Nursing – A Trusting Relationship

Sylvia Fung

In March 1999, the International Council of Nurses (ICN) launched its first issue of the "ICN Leadership for Change Bulletin", which replaced the "Leadership for Change Newsletter" of 1996 and 1997. The ICN stipulated 8 key characteristics for leadership: vision, strategic management skills, negotiation skills, strength, confidence, well developed leadership attributes, and willingness to form strategic alliances. These are essential competencies and building blocks for a leader-to-be. However, I would like to look at leadership from a follower's angle. What do followers want from our leaders?

No one could lead effectively without followers. "To follow" is a voluntary act. This distinguishes a leader from a manager. Positional authority can at the most bring about coercion, but it cannot sustain leadership. Faced with an era of continuing reform in Hong Kong's healthcare system, nursing is inevitably caught up in the wave of escalating changes. Nursing is an enormous profession with a large population of practitioners. We need leaders who can pave the way as well as channel and orchestrate our efforts towards our vision. There are numerous obstacles and opposition to our professionalization. The most detrimental barrier is the non-unity of nurses. One of the contributing factors is the hidden agenda for self-interest of individuals or groups. We need leaders who can be trusted to build up our profession. Trust comprises honesty and integrity.

Leaders must be perceived as credible and dependable to followers. The future is blur and full of perplexing uncertainties. Leaders must be open to criticism and share information with the team. Leaders work with people, not through people. They lead by example and track record. Followers should see their leaders as role models, ones who inspire and persevere through challenging times. In addition, they motivate, influence, assist, counsel, while at the same time develop followers and groom successors.

Changes are seen and in fact incur risks. Charisma, though an effective force for building a team, must be complemented by a capacity for robust decision-making. A leader should have the courage to make tough and difficult decisions, especially during a crisis, and will shoulder responsibility for failure. Yet a leader has also to be persistent and able to re-energize the team to move on again towards a breakthrough to reach the goal. S/he has to be passionate, not only about the mission but also about the people for and with whom s/he works. A leader cares with her/his heart. S/he is able to empathize with the limitations of followers and make the best out of their strengths.

The road ahead for nursing is still bumpy. Leadership has long been an important issue in our professionalization. Adapting the slogan of the International Confederation of Midwives ("The world needs midwives – now more than ever"), "The World Needs Nurse Leaders – now more than ever". Rome was not built in a day, and neither is trust.



Ms Sylvia Fung (2nd row 3rd from left) with colleagues of Community Nursing Services at their station

Nurses' Week, May 6-12

Nurses' Week is a time to celebrate the achievements of nurses. This year, nurses in Hong Kong joined in the celebration by participating in a "Walk for Unity" on International Nurses' Day (May 7). According to our chapter president, Angela Chan, the "Walk for Unity" signifies multiplicity and "has added strength to the Chapter through great networking...." Let us hear from some members about what the event meant to them....

"The Walk was a phenomenal success! It's the first time and very exciting to see a large crowd of nurses from different institutes gathered at the Peak early on a Sunday morning. I am so proud to be a member of this family and to Walk for Unity. It signifies our dedication to advancing the profession as one big body. Let's keep up the momentum!" – Dr. Sharron Leung, Vice-President, Pi Iota Chapter.

"It has been a wonderful experience to celebrate International Nurses' Day with my students. We discussed the history of Florence Nightingale outside the classroom and shared the joy of nurses from various institutions and societies. I strongly believe that the goal of the event, "Walk for Unity", was achieved." – Ms. Linda Lee, Promotion & Publicity Committee member, Pi Iota Chapter.

"For last year's International Nurses' Day, I was invited to be on a local TV program, the "Sunday File", where I was interviewed about my perspective as a student nurse. I can still remember what I said: I think of myself as an angel in white, not angelic in the sense of having a beautiful appearance, but possessing the beauty of a caring heart. I believe local nurses have vividly demonstrated nurses' attributes of caring and humanity with their sacrifices and devotion shown to caring for the sick, especially when we were fighting SARS. Victory over the disease would not have been achieved without their united efforts. This attribute of unity has been further demonstrated in this year's celebration activity, the "Walk for Unity", in which local nurses initiated a walk at the Peak to demonstrate unity within the nursing profession. Through engaging in these activities, I have been moved to think about what nursing means to me and appreciate the beauty of this profession. This is my final year of study and I am about to start my journey as a nurse. Being a member of the nursing profession is a great honor. On 12th May, when International Nurses' Day is celebrated around the world, I would like to express my heartfelt gratitude to all nurses worldwide, and I look forward to joining the profession and serving the community with our united caring hearts. Having joined the activities to celebrate International Nurses' Day for two years, I have been moved by nurses' spirit and unity." - Choi Pin Pin Sandy, BSN Year 4.



Dr. York Chow, Mr. Shane Solomon and nurses from all over Hong Kong at the opening ceremony of the International Nurses Day celebration.



Pi Iota members proudly represent the chapter in the Walk for Unity

Dinner Banquet

With beautiful music from the opera in the background, streams of nurses carrying lighted candles flowed into the banquet hall to announce the commencement of the dinner celebration - there was a feeling of nostalgia in the air....Nurses laughed and sang with other nurses that evening... excited at the opportunity to meet new friends, enjoying the company of old ones, and reminiscing about past events that brought them together in one spirit. It was an evening to remember!



Nurses from various backgrounds came together to celebrate International Nurses Day at a dinner banquet

Pi Iota Scholarship Award

Sharron LEUNG

This year, five scholarship awards were offered to students and community leaders to recognize and promote scholarly activities. The call for applications was made on 24 Oct, 2005, and applications were received until the extended deadline of 31 Dec 2005. Three reviewers were invited from among members of the PIC, from The University of Hong Kong (HKU; Ms Ellen KU), The Chinese University of Hong Kong (CUHK; Prof. Sheila Twinn), and The Polytechnic University of Hong Kong (PolyU; Dr. Alice Wong). Twelve applications were received altogether, and the categories of awards and number of applications are listed below.

1. Community Leaders: 1 from David Trench Rehabilitation Center
2. Research Students: 1 from CUHK
3. Master of Nursing (Part-time): 2 from PolyU
4. Bachelor of Nursing (Part-time): 3 from PolyU and 1 from HKU
5. Bachelor of Nursing (Full-time): 2 from PolyU and 2 from HKU

One awardee was identified from each of the five categories, and each was presented with a HK\$1000 cash coupon during the Induction Ceremony. Here are the abstracts from the awardees' applications....



A Smart and Happy Elderly Project entitled "Forget-me-not" - Chui Sing Kwan, community leader, David Trench Rehabilitation Center.

Dementia and depression are common mental health problems in elderly people. In order to draw public attention to this issue in the rapidly increasing aging population, a local non-government organization, the St James' Settlement, launched a project known as "Forget-me-not" in 2005. This project was generously funded by MINDSET, the mental health initiative of the Jardine Ambassadors.

The aim of this project was to promote the mental well-being of elderly people in Hong Kong through information leaflets, a psycho-education program and exhibition tours. Seventeen educational talks were conducted at various places in Hong Kong from October 2004 to June 2005. The locations selected were those with large elderly populations. As a professional nurse working in the field of psycho-geriatric nursing, I participated in this project by providing clinical information on the nature of illnesses and related interventions for the information leaflet, conducting training for the volunteers working in the exhibition tours, and giving educational talks to the general public.

The most crucial and distinctive issue for this project was to triage and make instant referrals if necessary. The volunteers would identify potential clients, counsel them with regard to their problems, and then make referrals to the psycho-geriatric team for follow-up management. This strategy enabled us to reach out and target the needy elderly. The overall outcome was obvious and successful.

Children's Emotional Manifestation Scale: An objective behaviour observation tool for children - William Li Ho Cheung, research student, CUHK.

Background: The availability of a valid and reliable instrument that accurately documents the manifestation of children's emotions during stressful medical procedures is crucial before any intervention can be appropriately planned and evaluated. There is a lack of such an instrument with effective psychometric properties in the literature.

Aims and Objectives: The study aimed at developing an objective and operationalized behavioural observation scale that can be used to document children's emotional responses during stressful medical procedures. It also tested the psychometric properties of this newly developed scale.

Design: A cross-sectional study was employed, and 82 children admitted for day surgery were invited to participate in the study.

Method: Based on a systematic literature search, a number of observable emotional behaviours with different levels or intensities were identified. A panel of nurse experts was then set up to review this finding and develop the scale.

Results: Results showed that there were adequate inter-rater reliability, high internal consistency reliability, good content validity and excellent convergent validity.

Conclusions: This study addressed a gap in the literature by developing an objective tool to document children's emotional responses during stressful medical procedures, which are under-researched in the literature.

Implications for Nursing Practice: The Children's Emotional Manifestation Scale was developed to provide a simple, objective and consistent method for nurses to document children's emotional behaviour during stressful medical procedures. Clinical nurses can also use this scale to evaluate nursing interventions directed toward minimizing anxiety and bolstering coping mechanisms in children undergoing medical procedures.

****** For more details about the Children's Emotional Manifestation Scale, please refer to the article published in the Journal of Clinical Nursing, 14, 223-229.

Whether the Wound Bed Colour Concept is a Reliable Assessment Tool for Surgical Wounds? - Ho Chi Wai, MSN P/T student, PolyU.

Background: Wound discharge is one of the clinical indicators predicting the nature of a wound and healing phase. However, wound discharge is difficult to interpret in colour and amount. This study undertook to examine the correlation between the colour pattern and amount of wound discharge and the presence of white blood cells.

Aims: To develop a new quantitative and non-invasive method of wound assessment using colour mapping.

Methodology: Patients with deep surgical wounds were recruited by convenience sampling. Apart from the routine data (wound discharge and wound swab for white cell count), digital images of the dressing were taken on days 1, 15 and 29 respectively in a standardized manner. Colour pattern was then measured using the commercial software Photoshop 6.0. The correlation between the wound discharge, colour and presence of white cells was analysed using a 2-way scatterplot. Result: The colour pattern (red, green, blue) was statistically correlated to the white cells. The greater the number of wound discharge colours, the more minimal the discharge and the fewer the white cells.

Discussion: The concepts of colour and wound are indistinguishable. Colour interpretation is highly subjective and contains human bias. Colour mapping provides a rapid and accurate wound assessment method which quantifies wound discharge. This helps to differentiate between healthy and unhealthy wounds, and the clinician can then look for any inhibitory factors for wound healing.

Conclusion: Colour mapping is a feasible method in wound assessment. Further work can be conducted to further improve the method.

Factors influencing the adaptation of parents with Down's syndrome children - Peggy Wong, BSN P/T student, HKU.

Giving birth to a child with Down's syndrome (DS) is distressing. Most parents go through a difficult time in the adaptation process, experiencing anxiety, guilt, fear, anger and sorrow.

The aim of this study is to explore how parents adapt to having children with DS, and to identify the factors influencing the parents' adaptation. The research problem was studied through an integrative literature review. The studies found that the parents of DS children experienced significant stress, common stressors being not accepting the diagnosis, knowledge deficit about DS, the lack of parenting skills, low family income, strain in marital relationship and social restriction, as well as the children's school placement, health status and their ability to be independent in future.

Various factors affecting the adaptation were identified. These included good adaptation, which comprised cognitive factors, positive and correct information on the diagnosis of DS and the different avenues of support available, such as a supportive spousal relationship, professional support, early intervention program, genetic counseling and the positive perception of parents. Poor adaptation included the maternal psychological factor of mothers blaming others for having a DS child, and the lack of parenting skill and support. Low socioeconomic status and poor knowledge of the condition as well as the child's difficult behavior can affect the mother-child interaction. In addition, health professionals played a crucial role, where insensitive attitudes and incorrect information caused negative parental feelings. Also, mothers using avoidance, self-blame and pessimism were poor adaptation factors, while reframing, optimism and attentive children were good adaptation factors.

Back Disorders among Nursing Personnel - Hui So On, BSN F/T student HKU.

Occupational back injuries are a serious problem worldwide, accounting for considerable morbidity and cost. Back injuries among hospital workers, especially among personnel who perform frequent patient-handling tasks, are of particular concern. Common risk factors identified were static work postures, frequent lifting and handling of objects, transferring patients, etc. Consequences resulting from back disorders deserve greater academic attention. Injured nursing staff suffers not only physically, but also psychologically and financially. Back disorders lead to decreased job performance and loss of productivity, and quality of patient care might be affected.

An extensive search was made of the scientific literature published from 1995 to 2004, looking for studies of back disorders among nursing personnel. Studies with practical implications confined to nursing personnel in hospitals and interventions against the physical factors of back disorders were included. Interventions against psychological factors and other non-job related factors were excluded. The level of significance was set at 0.05.

After analyzing the data from the studies reviewed, critiques were carried out. Among the dimensions, the heart of a research critique lies in the analysis of the methodology decisions adopted. The reliability and validity of the instrument was the most crucial point in assessing the degree of confidence of the quality of the studies reviewed. Focusing on the instruments used in the fifteen studies, five studies were categorized with a high degree of confidence, while six were categorized as having a medium degree of confidence.

From the studies reviewed, the use of body mechanics, physical exercises and assistive devices were most frequently documented as preventive measures. The implications for practice in the local context were considered, since constraints may exist. It is suggested that increased resources for manpower and acquisition of assistive devices, training programs for nursing staff and environmental modifications would enhance the effectiveness of the above-mentioned preventive strategies.



Professor McBride (3rd from left) with awardees - Chui Sing Kwan, William Li, Ho Chi Wai, Peggy Wong and Hui So On

Report on a Pi Iota scholarly activity on 2 December 2005

Winnie TAI

Research is both an easy and difficult subject for me. The easy part is the theory component, such as the steps of finding a research topic, reviewing the literature, seeking ethical approval, the pilot study, data collection, and data analysis. The difficult part is how you actually process it or the use of statistics, and how you can use your result to make a change in daily nursing practice so that patients can have better care. Therefore, when I learnt that there was to be a seminar on "Improving the care of people with chronic illness: Research and Applications", I enrolled in it as soon as it was first announced and looked forward to the seminar. Around 100 participants like me joined the seminar on 2 December, 2005.

The seminar involved three speakers from different specialties. Ms Wang Shao Ling from The Hong Kong Polytechnic University presented the results of her survey on the medication compliance of community-dwelling older people with diabetes mellitus (DM) in Guangzhou. She proposed different factors that would hinder the medication and follow-up compliance of Guangzhou geriatrics with DM and suggested specific solutions for modification. She reminded us of the need to review our compliances in Hong Kong as well.

Ms Angel Lee from The University of Hong Kong clearly described the challenge posed to healthcare professionals by depression in after-stroke patients. The physical disability and feelings of being a burden to the family frequently cause depression. Depression has generally been the main cause of self-harm activities. Prompt identification and appropriate action can certainly prevent tragedies from happening. Ms Lee's presentation struck a chord with every audience member that night.

Mr Tsang Ka Kit from the Department of Orthopaedics and Traumatology of The Queen Elizabeth Hospital showed us how we should manage chronic ulcer wounds. He demonstrated evidence, using real-life examples, that different types of lotion and dressings can dramatically improve the management of wounds. Clinical photographs showing the progress of different kinds of wounds were alarming to most of the audience.

This was really a wonderful seminar which gave me considerable inspiration, not only in terms of the applications and results presented by the speakers, but also in the knowledge that there are so many nurses striving to make the best of limited resources for the benefit of their patients.



Guest speakers and chapter members after the seminar presentation on: "Improving the care of people with chronic illness: Research and Applications"

Acknowledgement

We would like to extend a special thanks to Professor Angela McBride for her generous donation of US\$1000 to the Pi Iota Chapter. The donation will play an integral part in promoting the scholarship activities within the chapter. Thank you again for your support!



New co-opt members to the Pi Iota Chapter

The Pi Iota Chapter is very pleased to have Ms. Simone Ho and Dr. Gemma Wong join the board as co-opt members. Your willingness to support and contribute to the activities of the chapter is greatly appreciated!

Conference/Seminar/Special Announcements

19-20 April 2007

The Pi Iota Chapter, Sigma Theta Tau International under School of Nursing, The Hong Kong Polytechnic University together with the Department of Nursing Studies (HKU); The Nethersole School of Nursing (CUHK); and the School of Science & Technology- Nursing (OU) will host a conference on April 19-20, 2007. The conference theme is "Evidence-Based Practice in Nursing: Paradigms & Dialogue."

For further details, please visit our website:
<http://sn.polyu.edu.hk/picstti/ebp2007>

22-23 February 2007

The East Asian Forum on Nursing Science (EAFONS) is pleased to announce the 10th EAFONS Conference to be held in Silliman University, Dumaguete City, Philippines on February 22-23, 2007. The conference theme is "The Last Decade of Doctoral Nursing Education in Asia: Generating Knowledge and Advancing Nursing Science."

Details of the conference can be found in the following website:

<http://www.su.edu.ph/sucn/eafons/index.html>

Have a message to communicate to other Pi Iota members?

Why not use the STTI e-newsletter, "Create the Future through Renewal", it is free! Just remember to post your message by the 24th of each month otherwise you will have to wait for another month before you can post a message again.