

# Honor Society of Nursing Sigma Theta Tau International

NEWSLETTER Winter 2006 Vol. 9 No. 2

## President's Message

Angela CHAN

Dear Colleagues,

When time is as fleeting as smoke on the rise, we all wish that we could pause and reflect upon the moments of learning in our busy lives. So, in welcoming the New Year's arrival, the time is ripe to take stock of what has taken place in 2006 and what 2007 promises.

Looking back, Pi Iota's new board took office in April. Thanks to a dedicated group of board Chapter members, we have continued to work toward our strategic goal of promoting the Chapter by increasing visibility. This has been achieved through numerous activities from members' engagement in various professional functions to discussion of Chapter identity for souvenir designs. The theme of this newsletter issue is "scholarship and community". Both of these aspects are a part of our mandate, and the seminar *Holistic Care: Meaning and Application*, that was held at the end of November, was illustrative. Sr. Catherine Woo, at this seminar, has put it eloquently that holistic care is about self and self in-relation. Hence it is not merely the cognitive knowledge but also the aesthetic understanding of living and growing in caring for self and caring about others in our learning community.

Apart from this inspiring seminar, we are all looking forward with anticipation and much excitement to the international conference on evidence-based practice that will be held from the 19<sup>th</sup> to the 21<sup>st</sup> of April 2007. This particular conference will not only provide a forum for the critical explication of the paradigms and assumptions underlying evidence-based practice among scholars, researchers and clinicians, but it will also stimulate dialogue and debate, in a scholarly context, about evidence-based research and practice. Accordingly, it will surely create an international learning community through scholarship.

Turning to the service orientation of our Pi Iota community, programme committee members along with other chapter members have been working diligently on a community outreach programme aimed at helping women in Tin Shui Wai. In building our initial link, members contributed to a Chinese Opera performance, which is a fund-raising activity for the community. This involvement surely demonstrates the multi-talented nature of our organization and the engagement of nursing colleagues with this particular community.

As this is the last newsletter issue of 2006, I would like to express my sincere gratitude to the promotion and publication committee for their hard work in keeping our members apprised of the Chapter's activities. I have recently learned that Dr. Angie Soetanto, our newsletter editor, will be leaving us for Australia. She will certainly be sadly missed, but on behalf of the Chapter, we would like to wish her our best wishes for the future. We also extend much gratitude to Dr. Linda Lee, who has graciously taken on the role of editor.

Before I wrap up the newsletter for this year, I would also like to take the opportunity to wish all of you and your families a wonderful festive season!!

Best regards,



**E. Angela Chan**  
President

**Honorary Advisor**  
Professor Angela McBride

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As early as 6 May 2005, when the Programme Committee of the Pi Iota Chapter met to discuss the year's scholarly programme, members recognized the need to bring together scholars with different perspectives on evidence-based nursing practice (EBNP) to share their viewpoints. At that time, committee members Angela Leung, Esther Wong, Gemma Wong, and Claudia Lai, also saw that hosting an international conference would be a good opportunity to publicize our Chapter, to network with our nursing counterparts, and to engage our members. It was the Committee's intention to design "a conference with a difference". Committee members visualized a conference that involved the participants in in-depth discussions rather than having renowned scholars merely address an audience. Therefore, it was decided to design open forums and breakout sessions as an integral part of the conference so that participants would be able to present their views on EBNP.

Needless to say, adequate funding has been an important effort in allowing Pi Iota to host this event. Though the Committee submitted proposals for funding, regrettably they were unsuccessful. However, the Committee did not lose faith, and with the programme committee's determination and with the endorsement and support of the Board of Directors, the PIC will finally host its first international conference in time to celebrate the tenth anniversary of the honor society's establishment. Do spread the word and try to bring as many colleagues as you can – not just for the sake of promoting the chapter, but more importantly, for the development of nursing by engaging in scholarly exchanges. Be proud! Be an ambassador for your Chapter! I look forward to seeing you and your colleagues at the conference next April.

# THE GENESIS OF THE CONFERENCE ON *EBNP Practice in Nursing* – Paradigms and Dialogue

## A Pi Iota Chapter Seminar on Holistic Care

Alice WONG



Back row (left-right): Dr. Angela Chan, Mr. Stanley Au. Middle row: Dr. Claudia Lai, Ms. Shirley Lo, Dr. Alice Wong, Ms. Leong Heng Leng, Sr. Catherine Woo, Ms. Iong Pui Chan, Ms. Guan Run Miao, Ms. Ao Ieong Wai Kun, Ms. Chan Siu Chui. Front row: Ms. Zhou Li Shong, Ms. Ye Bi Ling, Ms. Wen Wei Rong

On November 30, 2006, the Pi Iota Chapter hosted a seminar entitled: "Holistic Nursing: Meaning and Applications". Sr. Catherine Woo, our keynote speaker, shared with us about the need to take a whole person approach to nursing by recognizing the body-mind-spirit connection of our patients. Next, Ms. Hong Lin presented a student project on: "Exploration of nursing staff towards recognition of occupational hazards and self-protection measures in Macau". A mentor-mentee initiative was also started that evening and during the fund raising activity, we raised over HK\$1400 for the Chapter. We would like to thank the Program Planning Committee for the successful event!



**A Piece of Scholarly Work Coming Full Circle**

Angie SOETANTO

Are there gender differences in pain perception? To answer this question, a laboratory study using pressure-induced pain was conducted to examine the pain threshold and pain tolerance levels of 178 Hong Kong Chinese adults (89 men and 89 women) between the ages of 18-45 years. The results of the study suggest that the women had a significantly lower threshold and tolerance for pain than the men and that anxiety is an important factor in determining the pain reports of men. These findings are consistent with overseas studies. What then is the significance of these findings for men and women in Hong Kong with regard to their pain experience? The fact that Hong Kong women are living longer today means that they are likely to suffer from chronic pain conditions. Greater understanding of gender differences in pain perception will ensure that women will not be disadvantaged in pain management. Also, since anxiety may affect the sensory perception of pain in men, it is helpful for men to learn strategies to reduce anxiety in order to cope more effectively with pain. Research interest in pain and gender is only beginning to emerge in Hong Kong and more attention to gender issues should help ease pain for both men and women.

This piece of scholarly work, which began as part of a doctoral study, has attracted local as well as international attention. In Hong Kong, a press interview was conducted and a feature article about the study was reported in the Hong Kong Economic Times on 17 Aug 2006. Internationally, the abstract of this study has been selected by the American Academy of Pain Management for inclusion in the 'Abstract' section of their monthly e-newsletter, *Currents: Pain Management News and Research*. As well, the Academy has invited the authors (Angie Soetanto, Joanne Chung and Thomas Wong) to present their study at the next clinical meeting in 2007. Receiving local and international recognition for a piece of research work is every researcher's dream – in a sense, my scholarly journey has literally come full circle!



*P.S. Thank you so much for giving me the opportunity to serve you as the editor of the Pi Iota Newsletter - it has indeed been a great learning experience for me.*

*All the best!*



## A Collaborative Project with the Hong Kong Women's Development Association (HKWDA) and the Hong Kong Tin Shui Wai Women's Association (HKTSWWA)

Claudia LAI

During summer, PIC met with representatives of the HKWDA and the HKTSWWA twice to discuss how we can collaborate on primary health care projects to promote the health of women and their families living in the area. The HKWDA and HKTSWWA developed a project for residents called 心悅計劃 targeting stress management and promotion of mental well-being. The HKTSWWA is located on the first floor of the Ancillary Facilities Block in Tin Yuet Estate. Talks for 50-60 persons can be held in its multi-function room. The collaboration is a good opportunity for our members and students to take part in the project's community education programme. Those who are interested in joining this meaningful activity can please PIC member Claudia Lai at 2766-6544 or email [hsclai@inet.polyu.edu.hk](mailto:hsclai@inet.polyu.edu.hk)



From left to right: Mr. Stanley Au (member, PIC), Ms. Natalie Wong (Hong Kong Women Development Association), Ms. Esther Wong (Chair, Programme Committee, PIC), Ms. Kwong Yuet Sum (District Councillor, Yuen Long District Council), Ms. Betty Au (member, PIC), and Dr. Claudia Lai (member, PIC)

## A Night at the Opera!

As part of a fund raising activity for the HKWDA and the HKTSWWA, a Chinese opera performance will be held on 13th January 2007 at the Yuen Long Theatre auditorium. It should be an enjoyable evening, so do come and show your support for this worthwhile cause. For ticket information, please call: 2447-7204 or 2447 7670.



## About Brain Health United

Claudia LAI

On 2nd June 2005, the Faculty of Health and Social Sciences of The Hong Kong Polytechnic University and the Hong Kong Alzheimer's Disease Association signed a collaborative agreement to jointly study and develop services to diagnose and care for people suffering from Alzheimer's disease. Subsequently, "Brain Health United" (BHU) was established as an alliance of these interested parties to join hands to promote brain and mental health for our seniors. The mission of BHU is not only to provide services to the cognitively impaired, but also to arouse public interest in holistic health, especially brain health.

Knowledge-based society is a hallmark of the 21st Century. Cognition is one requisite for an individual's participation and growth in society. Through education and the development of applied technologies, BHU aims to study methods that would promote brain health. Because the brain is the mastermind of our bodies and our lives, brain health is integral to our well-being. We cannot afford to ignore brain health.



### Core members of the Brain Health United at a meeting in March 2006

From left to right: Prof. Tang Pak-Lai (PolyU), Dr. David Dai (HKADA), Dr. Raymond Tong (PolyU), Mrs. Teresa Tsien (PolyU), Dr. Claudia Lai (PolyU), Mr. Timothy Ma (Senior Citizen Home Safety Association), Ms. Elsie Chung (HKADA), Dr. Jenny Chung (PolyU), and Dr. Mimi Tse (PolyU).



## News & Events

**Congratulations** to Alice Yuen Loke who was recently promoted to Professor!

**Congratulations** to Linda Lee who successfully defended her PhD thesis on "Promoting psycho-social health of elderly residential care home residents: Implementation of a Tai Chi programme".

**Congratulations** also to Angela Leung on successfully defending her PhD thesis "Health-related learning in later life: Factors affecting Hong Kong Chinese soon-to-be-aged adults' engagement".

**The 2007 International Awards for Nursing Excellence** are now open for nominations. These awards recognize nurses who demonstrate professional excellence in the fields of technology, media, chapter excellence, research and leadership. If you know someone who excels in any of these areas, do nominate him/her for the award. Self-nominations are accepted. More information about the awards is available at [www.nursingsociety.org/programs](http://www.nursingsociety.org/programs). The submission deadline is 1 March 2007.

**World Congress on Aging and Dementia in Chinese Communities** will be held in Hong Kong from 7th – 10th March 2007. The Congress aims to provide a platform for Chinese communities in different countries to share their experiences, expertise, and resources on aging and dementia care. It also aims to facilitate in-depth exchanges between East and West on the latest research findings concerning the care of people with dementia and their families.

In view of the ageing world population, dementia is becoming an important item on the global agenda. It is projected that by 2040 there will be as many people with dementia in China alone as in the whole of the developed world put together. The above alarming figures call for immediate action by all stakeholders – the public, professionals, health and social service providers and policy makers – to join together in working out solutions to deal with this emerging "epidemic". Further information is available at [www.hkada.org.hk/worldcongress2007](http://www.hkada.org.hk/worldcongress2007) or you can email the conference secretariat at [cocopoon@zenithevents.com](mailto:cocopoon@zenithevents.com)

## Time to renew your STTI membership!

Please make a check payable to "The Hong Kong Polytechnic University" and mail your renewal form and membership payment before 31 December 2006 to:

### Pi Iota Chapter

In care of Ms. Kiki Chung  
School of Nursing  
The Hong Kong Polytechnic University  
Hung Hom, Kowloon, Hong Kong

### Have you moved?

If you have recently moved, please let us know by contacting Ms. Lorraine Leung at [hslorraine@inet.polyu.edu.hk](mailto:hslorraine@inet.polyu.edu.hk) with your new address, phone and email. We would like to keep in touch!