



## President's message

### From 'Evidence-based Practice' to 'Practice-based Evidence'

I was exposed to the concept of 'Practice-Based Evidence' in a conference. The term struck me like a thunderclap, particularly as I had been teaching 'Evidence-based Practice' for years to students! The concept made me ask myself: **Are we doing research to improve service, or are we 'using' service to produce research?** The conduct of research in clinical settings and the translation of research findings into practice has not been easy. While academic research is sometimes condemned as irrelevant or bothersome to practice, practitioners are criticized for failing to practise, based on research evidence.

'Evidence-based practice' (EBP) is recognized as the key to utilize/integrate the best research evidence to inform clinical practice<sup>1</sup>. The scientific method is built on an understanding of the world that infers cause and effect. Thus, EBP refers to interventions proven to be effective via randomized controlled trials, before implementation<sup>1</sup>. The assumption is that evidence-based interventions are more likely to be effective than interventions that are not evidence-based. However, there are several drawbacks to using findings from efficacy studies, extended to real-world 'effectiveness' trials only after first being conducted in academic settings.

First, the protocol developed from efficacy studies may restrict inclusion of participants, and may not fully address unique physical, psychological, emotional, environmental, social, and cultural perspectives of patients. Second, recommended intervention protocols require human or monetary resources that clinical settings do not necessarily have. Third, practitioners find that such recommendations, adhering to specific protocol are often unrealistic and guidelines are so restrictive that they take away from practitioners' clinical reasoning and decision-making. So while EBP recommendations make good sense and often give great ideas, most are difficult or impossible to implement in 'real-world' practice. As a result, much of such work (academic and research) is shelved.

In comparison, the concept of 'Practice-Based Evidence' recommends that complicated uncontrolled practice, delivered in the clinical world, follows a process of measurement and tracking to document and measure effects of practice just as it occurs. Patients are not 'controlled', and no restrictions on inclusion/exclusion criteria need occur in research. In doing so, high-quality scientific evidence is established in the process of using interventions, and refining them with evidence that supports ways to readily incorporate them into similar practice settings.

In answer to the initial question, whether it is practice informing research, or research informing practice, the two concepts are inseparable; connectedness by each other and neither complete on its own. As academia/researchers, it is our responsibility to measure the efficacy of service provided and the outcomes of all patients to create a rich database of clinical scenarios to improve clinical guidelines. Hence, as thoughtful practitioners, we need to observe the effects of interventions for each unique patient, and take part in measuring the results of every clinical decision made. **Researchers and practitioners have an obligation to work together towards the goal of developing /documenting best practice for patients we serve. The ultimate goal is to achieve 'Evidence-Based Practice' AND 'Practice-Based Evidence'.**

#### References:

1. Rycroft-Malone J., Seers K., Titchen A., Harvey G., Kitson A. & McCormack B. (2004). What counts as evidence in evidence-based practice? *Journal of Advanced Nursing* 47(1), 81-90.
2. Green L (2008). Making research relevant: if it is an evidence-based practice, where's the practice-based evidence? *Family Practice*. 25 (suppl1): i20-i24. doi:10.1093/fampra/cmno55

**Prof Alice JT Yuen Loke RN, PhD, FAAN, FHKAN (Education & Research)**  
**President, HKCERN**

### Newsletter Committee

**Chairperson:** Dr. Winnie So

**Members:** Dr. Theresa Lai, Mr. Ha Kong Nam

**Editor:** Dr. Doris Leung

# Activities and Highlights

**9<sup>th</sup> May, 2015**  
**International Nurses Day**

International Nurses Day 2015 was held. The theme was Nurses: A Force for change – Care effective, cost effective 「變革的動力、關愛為根、效益為本」. In the operation of HKCERN's information booth, members were invited to join the celebration dinner in the same evening.



Group photos of members



Members enjoy the celebration dinner



# Activities and Highlights

**8th August, 2015**

**HKAN AGM, Professional Seminar, Fellow Recognition Award Ceremony, Annual Dinner**

The 4th Annual General Meeting, Professional Seminar, Fellows Recognition Award Ceremony, and Annual Dinner 2015 of the Provisional Hong Kong Academy of Nursing (PHKAN) were held in the Jade Ballroom, 2/F Eaton Hotel.

Distinguish guest speakers were Prof. Sophia Chan Siu Chee, Prof. Yeoh, Eng Kiong and Prof. Peng Gang Ai. They spoke about: The “Development of Specialization in Nursing” . “Professionalism and regulation: The Yin and Yang of Nursing Excellence” and “廣東省中醫藥局關於專科護士管理試行辦法” representatively.

Fellows were given recognition during the award ceremony, after the professional seminar. These events were followed by the annual dinner.



Award Ceremony



Annual dinner group photo

# Activities and Highlights

**24<sup>th</sup> September, 2015**  
**National dinner**

The PHKAN and her 14 Colleges, including HKCERN, co-hosted the National Day dinner to celebrate the anniversary of the founding of the People's Republic of China.



Colleges was enjoying National dinner



## Activities and Highlights

**21<sup>th</sup> November, 2015**

**The 3rd AGM and Scientific Meeting**



Prof. Sophia Chan was giving opening remarks

Prof. Desley Hegney was listening attentively



- To foster based p
- To assu the edu
- To shap through
- To foster advance



For the year

Income

- Member
- Course 1
- Program
- AGM 50

Expenses

- Surplus for t
- Cash and cas
- Cash in hand
- Fund
- Deposit
- Deposit with
- Cash and cas
- the statement

The HKCERN hosted a scientific meeting and luncheon at Eaton Hotel. Professor Alice Loke, the Chairperson of the HKCERN, provided the welcoming address.

In the scientific meeting, the Undersecretary, Food and Health Bureau, Professor Sophia Chan, delivered opening remarks to our Fellows. The two invited speakers of the scientific meeting were Professor Desley Hegney and Ms Peng Gang Ai. Prof. Hegney presented the topic: 'An Open Trial of a Mindful Self-care and Resiliency (MSCR) Intervention to Reduce Compassion Fatigue and Improve Emotional Well-being in Nurses'. As Director of the Guangdong Provincial Health Department of Pharmaceutical Affairs, Ms Peng presented the topic: "廣東省關於專科護士管理".

The scientific meeting was followed by the Annual General Meeting, and then the luncheon.

## Activities and Highlights

**21<sup>th</sup> November, 2015**  
**The 3rd AGM and Scientific Meeting**

Ms Peng Gang Ai (left)



Prof. Desley Hegney (left)



## Congratulation Message

CUHK Prof. Diana Lee (right) & HKPU Prof Claudia Lai (left) were inducted as Fellow of The American Academy of Nursing (FAAN) on 17 October 2015.



## New Website

With the help of HKAN staff, the HKCERN Webpage information was updated.  
The link is:

<http://www.hkan.hk/main/en/members/institutional-members/hong-kong-college-of-education-and-research-in-nursing/information>

## HKCERN would like to hear from our Fellows!

If you have any news or anything that you would like to share with other Fellows, please let us know. We can feature it in the upcoming HKCERN newsletter!

Please contact us at: [hkcern@gmail.com](mailto:hkcern@gmail.com)

# Upcoming Events

## Micro-teaching Course

A Micro-teaching course will be held on February 19th, 2016 to April 1st, 2016 at The Hong Kong Polytechnic University. This course will provide novice teachers with comprehensive knowledge and skills about practical aspects of teaching in clinical and classroom settings. It will also improve and update skills to address the changing roles of teachers and students. An environment for practice-based teaching will be used to instill participants with self-evaluative skills in small groups. CNE points will be offered by the HKCERN.

**9th ICN INP/APNN CONFERENCE**  
9-11 September 2016  
**HONG KONG**

**9th International Council of Nurses (ICN)  
International Nurse Practitioner / Advanced Practice Nursing Network (INP/APNN)  
Conference**

Organizers:

- The Provisional Hong Kong Academy of Nursing
- Association of Nurses in Hong Kong
- World Health Organization Collaborating Centre
- College of Nursing, Hong Kong

Enquiry:  
Conference Secretariat  
International Conference Consultants Ltd.  
Tel: (852) 2559 9973  
Fax: (852) 2547 9528  
Email: [info@icn-inpapn2016.org](mailto:info@icn-inpapn2016.org)

**SAVE THE DATE**

Website: [www.icn-inpapn2016.org](http://www.icn-inpapn2016.org)

## The 9th International Nurse Practitioner / Advanced Practice Nursing Network Conference

Theme: Advanced nursing practice: Emerging Possibilities

Date: September 9th – 11th, 2016

Website: <http://www.icn-inpapn2016.org>

**Please mark your calendars and save the date to attend.**

**More information will soon be announced.**

*Centre for Gerontological Nursing, School of Nursing*

## Inaugural Conference

Translating Evidence into **IMPACT**:  
Creating a Road Map in Caring for the Frail

**27 May 2016**

## Call for Poster Abstracts

<b>Conference Venue</b>	ST111, The Hong Kong Polytechnic University (PolyU), Hong Kong SAR
<b>Abstract Submission Deadline</b>	20 March 2016 midnight (Hong Kong time [UTC + 8:00])
<b>Abstract Submission Method</b>	Email to the conference secretariat at <a href="mailto:hiky.ng@polyu.edu.hk">hiky.ng@polyu.edu.hk</a>
<b>Conference Aim</b>	To explore the means to translate evidence into impact in the care of frail older people and their families in an era of global ageing
<b>Theme areas</b>	<ul style="list-style-type: none"> <li>• Innovations in care</li> <li>• Technological Advances</li> <li>• Evidence-based practice and outcomes</li> <li>• The impact of care for special older populations</li> <li>• Health economics and/or Cost benefit analysis</li> <li>• Ethical and legal issues in caring for the vulnerable</li> </ul>
<b>Conference Website</b>	<a href="http://sn.polyu.edu.hk/cgn_conference2016">http://sn.polyu.edu.hk/cgn_conference2016</a>
<b>Language</b>	<ul style="list-style-type: none"> <li>• The Conference will be conducted in English</li> <li>• Both Chinese and English posters will be accepted</li> <li>• One concurrent session will be held in Cantonese</li> </ul>

## Registration Fee Schedule

	Hong Kong, Macau & Mainland China	Overseas
Early bird registration (Deadline: 6 April 2016)	HK\$450	US\$95
Full registration (7 April midnight – 18 May 2016)	HK\$900	US\$150
Registration after 19 May 2016 midnight and onsite registration	HK\$1,000	US\$165
Full-time PolyU & SPEED students	HK\$100	Only PolyU & SPEED students can enjoy the discount
All current PolyU & SPEED staff	HK\$450	N/A

### Enquiries

Ms Hiky NG  
 [hiky.ng@polyu.edu.hk](mailto:hiky.ng@polyu.edu.hk)  
 (+852) 2766 6761  
 (+852) 2364 9663

Conference Website  
[http://sn.polyu.edu.hk/cgn\\_conference2016](http://sn.polyu.edu.hk/cgn_conference2016)



### Co-organizers



### Sponsors

