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Dr. LAI Tze Kwan, Theresa

Mr. NG Wai Keung, Roger



### Vice President's message Dr William LI

#### Combating the COVID-19 pandemic—Enlightenment from Florence Nightingale

The World Health Organization has designated 2020 as the 'International Year of the Nurse and the Midwife' in honour of the 200th birth anniversary of Florence Nightingale, the founder of modern nursing. Because the coronavirus disease 2019 (COVID-19) pandemic continues to ravage the world, many celebratory activities for the 200th birth anniversary of Florence Nightingale have been cancelled or postponed.

Nurses, who form the largest proportion of the healthcare team, are at the frontline in the fight against the COVID-19 pandemic. Nurses providing patient care at this precarious time are working under enormous pressure. They are not only fighting the virus, but also experiencing fears of contagion and of spreading the virus to others, including their loved ones. The coincidence of the emergence of COVID-19 at the beginning of this year and the 200th anniversary of the birth of Florence Nightingale has highlighted the value and relevance of her contributions in today's nursing profession. How Florence Nightingale overcame all difficulties to become a nurse and how she played a key role in the development of the nursing profession are particularly inspiring.



## Enlightenment from Florence Nightingale

During the 18<sup>th</sup> century in the United Kingdom, only four types of people could work as a nurse: female drug addicts, female prisoners, prostitutes and underprivileged women with very low social status.<sup>1</sup> They were even synonymous with military prostitutes at that time. Unsurprisingly, the decision of Nightingale, who was born into a wealthy family at the time, to become a nurse was strongly opposed.

During the Crimean War in 1854, Nightingale provided nursing care to injured soldiers despite being in an unsafe environment that lacked essential resources, such as protective equipment. Nightingale regarded the job of nursing to be closest to dealing with people's diseases and pain. She believed that being able to take care of the sick and relieve their pain is not just a job but a divine task. Known as 'the Lady with the Lamp', Nightingale's dedication and determination continue to enlighten the path of nursing. Even today, her dedication inspires nurses to keep improving and advocating for the best health care for patients. The contributions of Nightingale to the nursing profession and their relevance today could be explained by her promotion of holistic education for nurses, which focused on cutting-edge science education and high ethical standards. She suggested that nurses are not merely doctors' attendants or escorts, but need to have independent thinking, analytical and judgment capabilities and should play an important role in infection prevention, infection control, isolation, containment and public health. Her greatest contribution to nursing was to lift its status from a discriminated against job to that of a profession.

I am reminded of a quote from Mother Teresa, 'Not all of us can do great things. But we can do small things with great love,' which is being lived by nurses worldwide. In combating the COVID pandemic today, we find that most nurses, like Nightingale, do not care that their lives may be endangered by the lack of appropriate protective equipment. They perform their duties with complete sincerity and work together to defend the nursing profession and uphold the spirit of Nightingale. Let us celebrate the 200th anniversary of the birth of Florence Nightingale by remembering her contributions to the nursing profession and paying the highest tributes to all of the nurses who, like her, have demonstrated their professionalism and commitment during this time of crisis in combating the COVID-19 pandemic.

## **Reference**

張文亮. (1999). 南丁格爾與近代護理. 校園書房出版社.



# Activities and Highlights

**Celebrating the 71<sup>st</sup> anniversary of the founding of the People's Republic of China by Hong Kong Health Care Professionals on 23 Sept 2020 (on line)**



Opening speech by Professor Sophia CHAN, JP  
Secretary for Food and Health  
Government of the Hong Kong SAR



Keynote speech by Mr Shih Wing Ching 施永青

HKAN and 14 Colleges, including HKCERN, co-hosted the on line National Day Celebration Ceremony on 23 Sept 2020



# Activities and Highlights

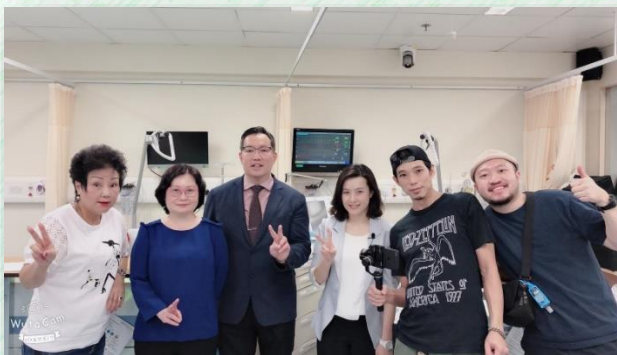


## Ordinary Membership Exam on 19 Sept 2020



10 candidates attended the Ordinary Membership on 19 Sept 2020

## Video Clips on Social Media 專業護理三分鐘



Dr William Li, Dr Gladys Hui and Ms Angie Lam represented HKCERN to join this events on 21 October 2020 to show the significance of Advanced nursing practice to the public.





# Activities and Highlights

## HKCERN Council Member Election 2021 - 2024

Existing office bearers of Hong Kong College of Education & Research in Nursing Limited (the HKCERN) Council will be completing their 3-year term of service in March 2021. Invitation for nominations for the candidates for the election of Council Members (2021 to 2024) was sent in October 2020. With encouraging responses, the Election Committee has received a total of 18 nominations and confirmed that all candidates were eligible to be considered as Council Members. Since the number of nominees does not exceed the stipulated number of the Council composition, all candidates were accepted and recommended as Council Members for the coming term from 2021 to 2024 in the Election Committee Meeting. This recommendation was endorsed in the 54th HKCERN Council Meeting which held on 19 November 2020. Announcement and appointment of new Council Member & office bearer would be held on 27 February 2021 at AGM.

Successful Candidates are:

*Congratulations!*

Candidates	Candidates
CHEUNG Yuk Yin Angela	LAI Tze Kwan Theresa
CHAN Mei Fung Wendy	LI Ho Cheung William
CHAN Wai Chi Sally	LO Wai Sze
CHEUNG Mei Ki	TANG Wing Ki
CHIANG Chung Lim Vico	WONG Cho Lee
CHOW Ka Ming	WONG Kwan Ching
CHOW Mei Kuen	WONG Sze Wing Julia
CHUNG Oi Kwan	YEUNG Wing Yan
HUI Gladys	YIP Ka Huen



# Sharing from Earned Fellows 2020



## **Some sharings on the pathway towards being an HKCERN Fellow (Education and Research)**

**Dr Lorna Suen 孫桂萍**

I am very grateful for being recognized as a College of Education and Research in Nursing (HKCERN) Fellow (Education and Research) in May 2020. Having been an academic of tertiary education for nearly 24 years, I am happy to share with you how I have demonstrated evidence of educational leadership and research scholarship over the years.

As member of the academic staff in tertiary education, I have faithfully adhered to the guiding principles of adult education. Particularly, I consistently utilise methods that enhance my classroom communication and teaching skills and foster life-long learning for the learners. I have accumulated experience in programme coordination and curriculum development owing to my stint as a programme leader of programmes at the post-graduate level. During these activities, I have always emphasised the importance of self-direction and independent learning amongst my students.

At the same time, I have nurtured an intense interest in conducting research, as I believe in the importance of research to inform action and contribute to knowledge development towards the improvement of the quality of care. My research output likewise exhibits wide international impact, and I have collaborated with academics from the US, the UK, Australia, Singapore, South Korea, and China, among many others. My research findings have also resulted in significant societal impact. For example, a number of non-governmental organisations have invited me as a consultant to facilitate the 'Train the Trainers' workshops for their staff due to the findings I have published through my research.

Being distinguished as an HKCERN Fellow in Education and Research does not only represent the recognition of my efforts in tertiary education and research, but has also served as my great motivation to continuously pursue excellence in nursing education and research activities in the years ahead.



# Sharing from Earned Fellows 2020



Ms KO Mei Kei 高美姬

I am grateful to be recognized as a fellow of the Hong Kong College of Education and Research in Nursing (HKCERN) of the Hong Kong Academy of Nursing. Thanks for the generous support from the committee members to help me go through the application and examination. The journey reminds me to keep reviewing my teaching strategies to prepare our new professional nurses. As a nurse educator, I have an ethical and professional role in creating an environment which is conducive for the learning of students in spite of different challenges.

I would like to express my heartfelt gratitude to my mentors and leaders for their encouragement and guidance. It is a great honour to be appointed as a panel member for Education and Research under the Voluntary Scheme on Advanced and Specialised Nursing Practice. It allows me to learn more from the experts and provides me the opportunities to have a better understanding about the direction and teaching approach to facilitate growth of our future professional nurses. I will continue collaborating with the fellows of HKCERN; contributing to advance nursing education and supporting the development of nursing specialization in Hong Kong.



# Sharing from Earned Fellows 2020



Ms LAM Ho Yan, Angie 林可恩

It is my great honour to achieve the fellowship of The Hong Kong College of Education and Research in Nursing to recognize my professional development and advanced nursing practice in nursing education.

I have served the nursing industry for more than ten years following my general and psychiatric nursing training. I am inspired to pursue teaching when I witness the growth and the transformation of students, and see my small influence growing and reaching thousands of patients.

Nurturing younger generations requires innovations in nursing education to promote their creativity, problem-solving and preparedness for real-world practice. I have delegated myself in developing the teaching innovations. My previous project applied Virtual Reality (VR) to replicate the lived-experience of patients with mental illness. This VR mental health simulation aims to provide nursing students to understand better how debilitating mental health disorders can be, and allows them to put themselves in the figurative shoes of an individual suffering from mental illness. My team found that VR mental health simulation strongly increases the students' empathy and positive attitudes towards mental illness. The students enjoyed the learning process and had a clearer understanding of the patient's experience and difficulties from VR simulation. This teaching innovation becomes a usual practice in my class to provide the students to see through the eyes of people diagnosed with mental illness as a first-person perspective.

Besides, I observed that nursing students experience different psychological disturbance nowadays. The literature also showed that our students experienced a high level of stress and anxiety throughout the nursing education, especially during the clinical placement, leading to psychological disturbance and poor academic performance (Rafati, Nouhi, Sabzevari, & Dehghan-Nayeri, 2017; Cheung et al., 2016; Delaney et al., 2016; Rafati et al., 2017). My newly proposed project is an Online Mindfulness-based Pre-Clinical Practicum Program (iMBCP) which aims to equip the students' psychological competence in clinical learning by cultivating their mindfulness capability and clinical preparedness. I hope this structured program can foster the psychological well-being of the next generation of nurses.

The Hong Kong College of Education and Research in Nursing brings the unity and vision of the nursing profession. As the fellows in HKCERN, I am sure we can impact social change by encompassing the integration of practice, education, and research in the nursing industry.



# Sharing from Earned Fellows 2020



Dr YEUNG Wing Yan, Joanna 楊詠恩

## Challenges with Courage

It is my honour to receive this professional recognition as a fellow of The Hong Kong College of Education and Research in Nursing (HKCERN) this year.

This fellowship certainly signifies as a significant milestone in my career journey. As a nurse, it is my mission to provide the care to sick people in the hospital. However, one's power is limited. Therefore, I am grateful to have an opportunity to become an educator to contribute in nurturing the next generation to become nurses, not only equipping them with skills and knowledge but also with integrity, kindness and empathy. Furthermore, nurses nowadays should demonstrate vital roles in generating knowledge to support evidence-based practice and high-quality healthcare, especially in this era of uncertainty, i.e. unhealthy diet in children, stress and mental illness in adult, and various chronic diseases in older people. Educators also need to adopt different teaching methodologies and technologies to adapt to the changing needs in the healthcare system and to the students' learning needs.

After being a fellow in HKCERN, I wish I can join the other fellows and other practitioners to collaborate in exchanging ideas in education and research, in this valuable platform. I am looking forward to contributing myself to nursing education further. I am sure the fellows in HKCERN have the courage to welcome the challenges ahead in healthcare and nursing education.

Lastly, I would like to express my gratitude to my mentors and advisors in my nursing career for their unfailing support.



# CONGRATULATIONS

## Welcome 10 Ordinary Members admitted by HKAN Oct 2020



AHMAT, Ricky

馬域祺

CHAN, Man Yu Faye

陳丘敏如

CHAN, Ngo Sheung Dorothy

陳傲霜

CHENG, Ho Yu

鄭可瑜

CHUNG, Yuk Seng

鍾玉倩

HO, Shuk Yin

何淑賢

KWAN, Wing Gi Sharis

關詠之

KWOK, Ching Man

郭靜雯

LAM, Kwun Yu

林冠羽

LAW, Pui Sze Queenie

羅佩詩



Fellow Members – 106

Ordinary Members – 15

Associate Members – 9

(updated in Nov 2020)



# Upcoming Events



## ❖ Examination Progress

19 Dec 2020 - Examination for Fellowship

22 May 2021 - Fellowship Conferment

## ❖ AGM on 27 Feb 2021

❖ 1st International Advanced Practice Nursing Conference is postponed to 21 – 23 May 2021 (Main Conference day: 22 May and 23 May 2021)

❖ HKAN Fellowship Conferment Ceremony will be held on 22 May 2021

*Please mark your calendar and reserve the date to attend.  
More information will soon be announced.*

***Wish all a Merry Christmas and  
a Safe & Happy 2021***



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

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