



Faculty of Medicine
The Chinese University of Hong Kong
香港中文大學醫學院



The Nethersole School of Nursing 20th Anniversary
那打素護理學院 二十周年

Shed light for the patients...



On the cover is a graphic presentation of the Turkish lantern used by Florence Nightingale in Scutari Hospital during the Crimean War. This iconic object gave rise to the Legend of *The Lady with the Lamp*, marking the beginning of modern Nursing.

1991-2011



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Message from the Vice-Chancellor 校長題詞



It gives me great pleasure to contribute a message in celebration of the 20th anniversary of the Nethersole School of Nursing of The Chinese University of Hong Kong.

Originally established as the Department of Nursing in 1991, being Hong Kong's first academic department to offer nursing education at the tertiary level, the School has grown to become a prominent nursing institution with an international reputation for excellence in teaching and research.

In the course of 20 years, the School has nurtured thousands of competent, caring and dedicated nursing practitioners, many of whom have now assumed leadership positions in the profession, making important contributions to the health and well-being of the local community. No less important are the School's outstanding achievements in pioneering innovative evidence-based research, which has helped advance not only the frontiers of nursing knowledge but also the development of the nursing profession in Hong Kong and beyond.

The success of the School has been built on the dedication and hard work of its faculty, staff and students, both past and present, and the generosity and staunch support of its many friends and benefactors. Particular acknowledgements are due to the Executive Committee of the Alice Ho Miu Ling Nethersole Hospital (now the Alice Ho Miu Ling Nethersole Charity Foundation), for bestowing in 2001 a munificent donation and the century-old name of the original Nethersole School of Nursing upon the then 10-year-old Department of Nursing of The Chinese University.

On the happy occasion of the 20th anniversary of the Nethersole School of Nursing, I extend my heartiest congratulations to its faculty, staff, students and alumni on their many accomplishments over the past two decades, and wish them continued success in the decades to come.

A handwritten signature in black ink, appearing to read 'Joseph J Y Sung'.

Professor Joseph J Y Sung

Vice-Chancellor and President

The Chinese University of Hong Kong



欣逢香港中文大學那打素護理學院成立二十週年，謹書數語以誌慶。

那打素護理學院原稱護理學系，創於一九九一年，是本港大學首設的護理學系，至今已成為一所以教研成就聞名於世的護理學府。

過去二十年，護理學院培育了數千名優秀護士，人才輩出，當中更不乏今日在護理專業獨當一面的精英校友，為市民的健康福祉貢獻力量；同時務實求新，推動循證研究，開拓學術新域，促進本港以至全球護理專業的發展。

護理學院多年來進步長足，全賴歷屆師生的共同努力和各方友好的鼎力支持。我們尤深感謝雅麗氏何妙齡那打素醫院執行委員會(今稱雅麗氏何妙齡那打素慈善基金會)於二零零一年惠捐巨款，並同意中大護理學系改為現名。

值茲院慶，謹向那打素護理學院全體師生校友表達誠摯祝賀與嘉勉之意。願學院同仁本乎百年樹人之旨，精益求精，是所至盼。

香港中文大學校長
沈祖堯教授



Message from the Dean

醫學院院長題詞



On this happy occasion of the 20th anniversary of the Nethersole School of Nursing, I would like to extend my heartiest thanks and congratulations to all the colleagues who have contributed to the success of the School in the past two decades.

The School was established in the Faculty of Medicine at The Chinese University of Hong Kong in 1991. In line with the Faculty mission, the School has been committed to serving the community through quality education, caring practice and the advancement of nursing sciences. Over the years, the many leading-edge developments and innovations achieved by the School have tremendously advanced the frontiers of nursing research and scholarship, and enhanced the healthcare development and the well-being of people in Hong Kong. Academic members of the School are also well recognized both locally and internationally for their academic and professional achievements.

Nurses today play an enhanced and extended role in the provision of healthcare services. I am glad that the School has sustained a track record of nurturing competent and caring nurses with excellent ability in delivering quality holistic care to patients in an increasingly complex healthcare environment. The School has also been very successful in preparing nurses for diversified advanced practice, leadership, managerial and academic roles. I have no doubt that the School will continue to place an uncompromising insistence on quality and innovation to scale new heights of excellence in nursing education and research, and to make greater contribution to the community.

I wish the School greater and further success in the decades to come.

A handwritten signature in black ink, appearing to read 'Tai-fai Fok'.

Professor Tai-fai Fok

Dean, Faculty of Medicine

The Chinese University of Hong Kong



在我們歡慶那打素護理學院成立二十週年之際，我衷心感謝學院同事過去二十年的努力，並祝賀學院發展取得驕人成果。

那打素護理學院由中大醫學院於一九九一年成立，一直秉承本院一的使命，積極提供優質教育，推廣實務護理及發展護理科研，造福社會。學院這些年來取得多項具前瞻性的創新發展，大大提升了本港護理科研及學術水準，同時推動醫護發展，促進市民的健康。我們的教研人員在學術及專業方面的成就，亦為本地及國際護理業界所廣泛認同。

今時今日的護士需要擔任更專業化及多元化的護理工作，我很高興學院培育出來的皆是具備專業知識與技能、熱誠投入、關愛病人的好護士，他們表現出眾，在複雜多變的醫護環境中，致力為病人提供優質全人護理服務。同時，學院亦積極培育護理專才擔任不同臨床領導、管理及教學職務，並取得顯著成果。我深信學院會一直堅持質素與創新兩項原則，繼續在護理教育及科研方面追求卓越，為社會作出更多貢獻。

我熱切期望學院在未來的日子，再創新的輝煌！

霍泰輝

香港中文大學醫學院院長
霍泰輝教授



Message from the Director

那打素護理學院院長題詞



Embracing the Past, Creating the Future

The year 2011 marks the 20th anniversary of the Nethersole School of Nursing at The Chinese University of Hong Kong. It is a memorable occasion for us to retrace our past, count our blessings and vision into our future.

Starting off as a small unit with only a handful of academic staff running a single undergraduate programme, the School is now a fully-grown academic department with about 120 staff running a full range of world-class undergraduate and postgraduate nursing programmes. The School's enviable record of research excellence is internationally recognized, significantly contributing to the enhancement of people's health and healthcare services in Hong Kong. All these achievements should be attributed to the capable leadership of our former chairmen/directors, the dedication of generations of staff and students, and the unfailing support of our university and all our partners.

Over the years, the School is proud to have built up a rich pool of nursing talents in Hong Kong. In this anniversary book, many of the pages are particularly reserved for our graduates to share their touching stories and valuable experiences in their career in nursing. I am sure you will find their sharing interesting and inspiring.

The future is rooted in the past. With a proud tradition of excellence in education, research and service, we look forward with confidence to achieving greater success in the future years.

A handwritten signature in black ink, appearing to read 'Diana Lee'.

Professor Diana Lee

Professor of Nursing and Director, The Nethersole School of Nursing
Faculty of Medicine, The Chinese University of Hong Kong



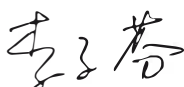
擁抱過去 締造未來

香港中文大學那打素護理學院於二零一一年慶祝成立二十週年。在這個別具紀念意義的日子裡，讓我們懷著感激之心，一起回顧過去，展望將來。

學院由成立初期只有數名教學人員提供一項本科課程，發展成為如今規模龐大、約有一百二十名教職員、提供一整系列具世界水準的本科及研究生課程的護理學院，且科研成果享譽國際，對促進本港市民健康及醫護服務發展貢獻良多。學院能夠有此佳績，全靠各位前院長的英明領導·歷屆師生的共同努力，以及中大與所有合作夥伴的全力支持。

學院多年來為本港培育大量護理人才，我們對此甚感欣慰。在本紀念特刊內，我們專誠預留部分版面，讓歷屆畢業生分享他們在護理工作中的一些感人故事與寶貴經驗，希望各位細閱，並能從中得到和啟發。

未來建基於過去，學院一直以來在教育、科研及服務方面表現卓越，使我們對日後發展充滿信心，並會繼續精益求精攜手同創更光輝的明天。



香港中文大學醫學院
那打素護理學院講座教授及院長
李子芬教授





ongratulatory Messages

院慶賀詞

Our three former chairmen/directors led the development of the School in different stages and have contributed tremendously to the success of the School. Their blessings from thousands of miles away carry special meanings to the School.

學院的三位前院長分別在不同時期帶領學院向前邁進，對學院發展貢獻良多。這是他們從千里以外寄來的祝賀，對學院別具特殊意義。



Professor Kenneth Sellick

(Founding Chairman, 1991-1995)

It is with great pleasure I offer this congratulatory message to the Nethersole School of Nursing on its 20th Anniversary. To reach this milestone is a great achievement, and all who have contributed should look back on with great pride. I feel honored and privileged to have been appointed in 1991 to establish the first university School of Nursing in Hong Kong. This could not have been achieved without the tremendous support of a small group of staff, nursing leaders in Hong Kong, the Faculty of Medicine of the Chinese University of Hong Kong, and the Hong Kong Government. Beginning with the post-registration nursing degree, the School's educational offerings expanded rapidly to include an undergraduate Bachelor of Nursing degree, postgraduate diplomas, and Masters and PhD programs. In addition to the contributions the School has made to the educational and professional development of Hong Kong nurses, it is now internationally recognized as a centre for nursing education and research excellence. Probably the greatest accolade that can be bestowed on the School is the quality of the graduates, most of whom are in senior leadership positions. I wish the School every success in meeting the many challenges that lay ahead.

A handwritten signature in black ink, which appears to read "Ken Sellick".

Ken Sellick



Professor Ann Mackenzie

(Chairman, 1995-2001)

Congratulations to Professor Diana Lee and all the staff for 20 years of progress. The Nethersole School of Nursing has progressed steadily since its foundation in 1991. It has become the leading nurse education establishment in Hong Kong and is known internationally for its research. Staff provide a level of excellence in teaching clinical practice in Hong Kong and continue to develop their innovative ideas. The School is recognised for its high standards by nursing institutions in China and the West. The Faculty of Health and Social Care Sciences at St. George's University of London and Kingston University have valued the establishment of a Memorandum of Agreement with the Nethersole School. The sharing of research and education this agreement has facilitated since 2000 has been of great value and both institutions have benefitted from it. Personally and professionally I gained a great deal from my time at CUHK, 1995-2001, as a senior lecturer and later as Chairman of the then Department of Nursing.

Ann Mackenzie



Professor David Thompson

(Director, 2002-2007)

I offer my warm congratulations and best wishes to Professor Diana Lee and all the colleagues on the 20th Anniversary of the Nethersole School of Nursing. This is indeed a special occasion and I join with you all in celebrating it. I have been privileged to serve as a Chair Professor and Director from 2002-2007 and witnessed its continued development and success since 1998 when I first became associated with it as an external examiner. The School has gone from strength to strength through the commitment, dedication and hard work of all associated with it.

The Nethersole School of Nursing has played a key role in nursing education in Hong Kong and beyond. It has sought to combine academic excellence with compassionate care and the nurses that have graduated have ultimately contributed to the improved health and well-being of the people of Hong Kong.

The School should be justly proud of its traditions and its achievements.

I wish you all continued success.

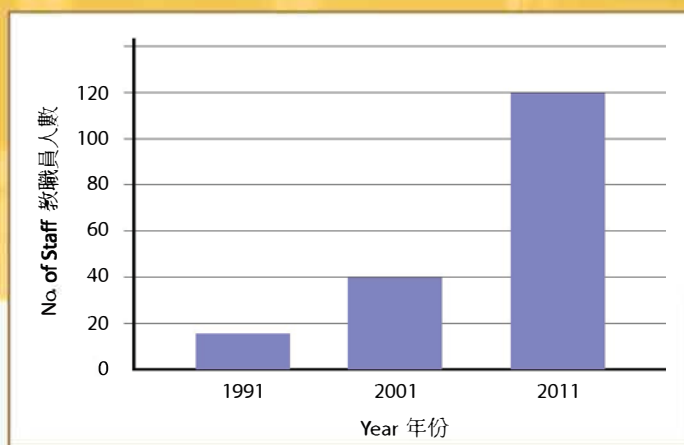
A handwritten signature in black ink that reads "David R Thompson". The script is cursive and fluid.

David R Thompson

Our History 歷史沿革

The Nethersole School of Nursing, formerly the Department of Nursing, was established in the Faculty of Medicine at The Chinese University of Hong Kong in 1991. It is the first university department of nursing in Hong Kong. The mission of the School is “to excel in teaching and research and in the promotion of the highest standards of nursing practice”. Over the past 20 years, the School has committed to leading and advocating tertiary nursing education in the territory, enjoying an international reputation for excellence in education, research and clinical practice.

那打素護理學院的前身是香港中文大學醫學院護理學系，於一九九一年成立，為本港首個由大學開辦的護理學系。學院的使命是「以卓越的教學及科研，促進優質護理實務」。過去二十年，學院一直帶領及推動本港的大學護理教育，其教學、研究及臨床實務方面的成就在國際上享負盛名。





Annual retreat
集思會 (2010)



Close-of-the-year lunch
團年聚餐 (2010)



International Nurses Day
國際護士節 (2008)

Diversified as we are,

we move forward together in harmonious

上下同心 團結同行

Unity!

Open Day
開放日 (2005)



Christmas lunch
聖誕聯歡 (2006)



External Examiners' dinner
校外考試委員周年晚宴 (2009)



CUHK spring walkathon
中大春季百萬行 (1997)

Staff photos 全體員工大合照



School relocation
學院遷址



Lady Shaw Building, Central Campus, CUHK
中大校園本部邵逸夫人樓



Tsang Shiu Tim Building, Union College, CUHK
中大聯合書院曾肇添樓

1991 1992—

Milestones

大事回顧

1991



The Department of Nursing in the Faculty of Medicine at CUHK was established and the 1st programme, Bachelor of Nursing (Post-registration), was introduced

中大醫學院護理學系成立，首個開辦的課程是護理學士(註冊後)課程

Introduced the Master of Philosophy in Nursing Programme

開辦護理哲學碩士課程



1992

1995

Introduced the Bachelor of Nursing Programme to replace the Bachelor of Nursing (Post-registration) Programme

開辦護理學士課程以取代護理學士(註冊後)課程



Introduced the Master of Nursing Programme

開辦護理碩士課程



Introduced the Doctor of Philosophy in Nursing Programme

開辦護理哲學博士課程

1996

1997

Established the Hong Kong Centre for Evidence Based Nursing – the 1st collaborating centre of the Joanna Briggs Institute in Asia

成立以實證為據實務護理香港區中心 - 亞洲首間祖安娜布麗士學院合作夥伴中心



Established the CUHK Nursing Alumni Association

成立中大護理校友會

1999

Organized the 1st Midwifery Conference

舉辦首屆助產士會議



Organized the 1st Hong Kong Nursing Symposium on Cancer Care in January and the 1st Pan-Pacific Nursing Conference in June – the two conferences were then combined to become a regular international nursing event organizing every three years

於一月及六月分別主辦首屆香港癌症護理研討會及首屆泛太平洋護理會議-其後兩項活動合併，成為護理業界一項三年一次的國際盛事

香港中文大學那打素護理學院命名典禮

Dedication Ceremony for

The Nethersole School of Nursing, The Chinese University of Hong Kong



With the generous support of the Executive Committee of the Alice Ho Miu Ling Nethersole Hospital and the United Christian Medical Service, the Department of Nursing at CUHK was renamed as The Nethersole School of Nursing with effect from 1 January

承蒙雅麗氏何妙齡那打素醫院執行委員會及基督教聯合醫務協會的慷慨捐贈，中大護理學係由月日起更名為那打素護理學院

Introduced the Clinical Mentorship Scheme to excel in clinical teaching and organized Clinical Teaching Skills Workshop as an annual professional training activity for clinical mentors

推出臨床帶教導師計劃以加強臨床教學，并每年為11備床帶教導師舉辦臨床教學工作坊



1998

2002

2004

2005

The logo of The Nethersole School of Nursing was unveiled on 3 June
那打素護理學院徽於六月二日揭幕



Established the Nethersole School of Nursing
Wellness Centre
成立那打素護理學院保健中心

Introduced the Student Exchange Programme
推出學生交換計劃



Established the Nethersole Nursing Practice
Research Unit
成立那打素護理實務研究中心

2006

2007

The Bachelor of Nursing Programme achieved
excellent results in the University Programme
Review and was awarded by the University with
a positive budget adjustment

護理學士課程在大學課程檢討中表現突出，
獲大學提升經費預算作為獎勵



Introduced the Student Ambassador Programme
推出學生大使計劃



Kicked off the CADENZA Training Programme
流金頌培訓計劃揭幕



Launched the "Ca ring for Yourself Managing your Diabetes Website"
「護理小百科糖尿病人士健康生活網站」啟用

2008

2009

Introduced the Master of Nursing Science (Pre-registration) Programme and Doctor of Nursing Programme

開辦護理科學碩士(註冊前)課程及護理博士課程



Established the Nethersole Scholarships for Undergraduate and Postgraduate Studies

為護理本科生及研究生設立那打素獎學金



Established the Consultative Committee with Dr. the Hon. Che-hung Leong, GBS, JP, member of the Executive Council as Chairman, and leading experts from different professional fields as members

成立諮詢委員會，由行政會議成員梁智鴻醫生擔任主席，委員包括來自不同行業的專家領袖

2010

Introduced the Master of Philosophy - Doctor of Philosophy in Nursing (MPhil-PhD) Programme to replace the existing MPhil and PhD Programmes

開辦護理哲學碩士博士課程，以取代現有的哲學碩士及哲學博士課程



Launched the "CV Health - Cardiovascular Info Site" "護您健康心血管健康資訊網站" 啟用



Commenced senior year intake for the Bachelor of Nursing Programme

護理學士課程開始招收高年級學生

2005



1997



2000



Sino Building, Chung Chi College, CUHK
中大崇基學院信和樓



Esther Lee Building, Chung Chi College, CUHK
中大崇基學院利黃瑤璧樓

Since
-1999 2000

Research Achievements

科研成果

The School enjoys an international reputation in nursing research, which is demonstrated by the encouraging number of research awards received, research grants obtained and research papers published. Our research findings have significantly contributed to improving the health of the community and advancing the development of nursing sciences.

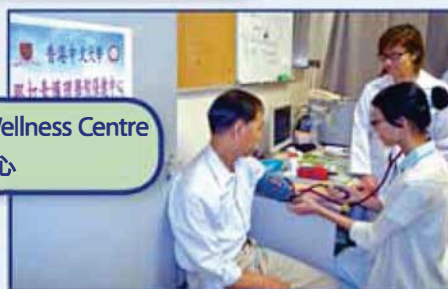
學院的護理科研在國際上享負盛名，屢獲研究獎項及撥款資助，並出版大量論文，有關研究的成果對提升社區健康及促進護理科學發展貢獻良多。

Clinical Research & Teaching Centres

臨床研究及教學中心

The Nethersole School of Nursing Wellness Centre

那打素護理學院保健中心



The Nethersole Nursing Practice Research Unit

那打素護理實務研究中心



The Hong Kong Centre for Evidence Based Nursing

以實證為據實務護理香港區中心





Research Awards

研究獎項

The following are some examples of awards received in recent years.

以下是近年獲頒的部分獎項。



Prof. Diana Lee was awarded the **Excellent Research Award** at the "Health Research Symposium 2007" organized by the Food and Health Bureau, Hong Kong, for her research project entitled "A care protocol to reduce hospital readmissions of elderly residential care home patients with chronic obstructive pulmonary disease".

李子芬教授在本港食物及衛生局舉辦的「二零零七年衛生醫護研討會」中，憑探討如何減低居住於院舍的慢性阻塞性肺病年長患者重複出入醫院的研究，獲頒**卓越研究獎**。



Prof. Sek Ying Chair was awarded the **Cardiac Nursing Awards 2007 – the 1st Prize of Excellence or Innovation in Acute or Critical Care** and the **3rd Prize of Excellence or Innovation in Cardiac Intervention or Surgery** by the British Journal of Cardiac Nursing and the British Association for Nursing in Cardiac Care.

車錫英教授獲《英國心臟護理雜誌》及英國心臟護理學會頒發二零零七年度**心臟護理傑出獎**—「卓越 / 創新性或危重護理獎」一等獎及「卓越 / 創新心臟介入或手術獎」三等獎。



Prof. Sek Ying Chair (co-author) received the **Best Paper Award** at the "HKEC Symposium on Community Engagement IV - Healthy Community: We can Make a Difference" for the paper entitled "Eat healthy and get active: a lifestyle to start and keep!" in 2009.

車錫英教授於二零零九年憑以持守健康飲食及積極生活模式為題的合著論文，在「港島東醫院聯網及社區夥伴合作研討會四一醫社合作創新獻」中，獲頒**最佳論文獎**。

Funded Research Projects

獲資助的研究計劃

The School has been awarded about 250 numbers of completed and on-going research projects. The following are some examples of the School's research work.

學院已完成及進行中的研究計劃約有250項，以下是部分例子。

Research Project	Investigators	Funding Agency
Adjusting to living with chronic heart failure: A culturally relevant framework for Chinese elders	Lee, T.F.D., Yu, D.S.F., Thompson, D.R., & Woo, J.	RGC Earmarked Grant
Developing a culturally relevant theoretical framework of successful aging for Chinese elders	Lee, T.F.D. (PI)	RGC Earmarked Grant
Privacy and dignity in residential care homes: A culturally relevant framework for Chinese elders	Lee, T.F.D. (PI) & Low, L.P.L.	RGC Earmarked Grant
Chinese families' experiences with residential care placement of their elderly relatives	Lee, T.F.D. (PI) & Mackenzie, A.E.	RGC Earmarked Grant
A benefit-finding intervention for family caregivers of persons with Alzheimer disease	Cheng, S.T., (PI), Lai, J.C.L., Chan, A.C.M., Chou, K.L., Fung, H.H.L., Kwok, T.C.Y., Lam, L.C.W., & Lee, T.F.D.	RGC Strategic Public Policy Research Fund
A survey on health status of childhood cancer survivors	Chan, C.W.H. (PI), Goggins, W., Cheng, K.K.F., Chien, W.T., Li, C.K., & Yuen, H.L.	Health & Health Services Research Fund
The effect of motivational interviewing on the clinical outcomes, psychological outcomes and health-related quality of life of cardiac rehabilitation clients with poor motivation	Chair, S.Y. (PI), Chan, S.W.C., Thompson, D.R., Leung, K.P., Ng, K.A., & Chui, S.	Health & Health Services Research Fund
An evaluation of the SARS and droplet infection control practices in acute and rehabilitation hospitals in one region in Hong Kong	Chau, J.P.C. , Thompson, D.R., Twinn, S., Lee, T.F.D. , Lopez, V., & Ho, L.S.Y.	Research Fund for the Control of Infectious Disease
An integrated approach to treatment using auriculotherapy and Western medication for uncontrolled hypertension	Suen, L.K.P. (PI), Chair, S.Y. , Thompson, D.R., Yu, C.M., Lin, Z.X., & Lee, P.W.	Health & Health Services Research Fund
Effects of an interactive eLearning information package (eLIP) for hospitalized older people and their families to make decisions about discharge locations	Low, L.P.L. (PI)	The Hong Kong Jockey Club Charities Trust
Relieving insomnia in Chinese community-dwelling older people: The effects of cognitive-behavioral therapy	Yu, D.S.F. (PI)	The Hong Kong Jockey Club Charities Trust
Achieving an outcomes-based approach: Evaluation of web-enriched resources in enhancing baccalaureate-nursing students' learning of clinical nursing skills	Chau, J.P.C. , McNaught, C., Chan, C. , Chan, D., Shiu, A. , Ip, W.Y. , & Lee, I.	Teaching Development Grant (2009-2011)

Research Output 研究成果

Publication 學術著作 (2000-09)

International refereed journal papers	國際期刊論文	718
Books and book chapters	書籍及書章	67
Conference papers and presentations	會議論文	622



Press conferences to release research findings 舉辦新聞發布會公佈研究結果



Press conference on "Non-specific somatic complaints signal depressive symptoms in older people"

「長者小病小痛或為抑鬱徵狀的先兆」新聞發布會 (2010)



Press conference on "Health-related quality of life of cardiac patients"

「心臟病人生活質素的研究」新聞發布會 (2010)

Research Seminars 研究研討會

The School invites local and international distinguished scholars to conduct research seminars every year.

學院每年邀請本地及國際著名學者主持研究研討會。



A seminar on "Small-N research" by Prof. Glynn Owens, University of Auckland, New Zealand

舉辦「少量個案研究方法」研討會，講者為新西蘭奧克蘭大學Prof. Glynn Owens (2009)



A seminar on "Undertaking clinical trails in nursing research: an exemplar from a program of cardiovascular nursing research" by Prof. Kathryn King, University of Calgary, Canada

舉辦「在護理研究中進行臨床追蹤以一項心血管護理研究計劃為例」研討會，講者為加拿大卡爾加里大學Prof. Kathryn King (2007)

Teaching & Learning Excellence 卓越教學

Nurturing nursing leaders for the community and for tomorrow is the mission and commitment of the School. We deliver nursing education of an international standard, with pioneering and high quality programmes ranging from undergraduate to postgraduate levels sophisticatedly designed to equip students with the art and science of nursing.

為社會培育未來的護理精英是學院的使命及承諾。學院提供一系列具有國際水準的本科及研究生課程，配合嶄新的課程設計，幫助同學掌握護理的藝術與科學特性。



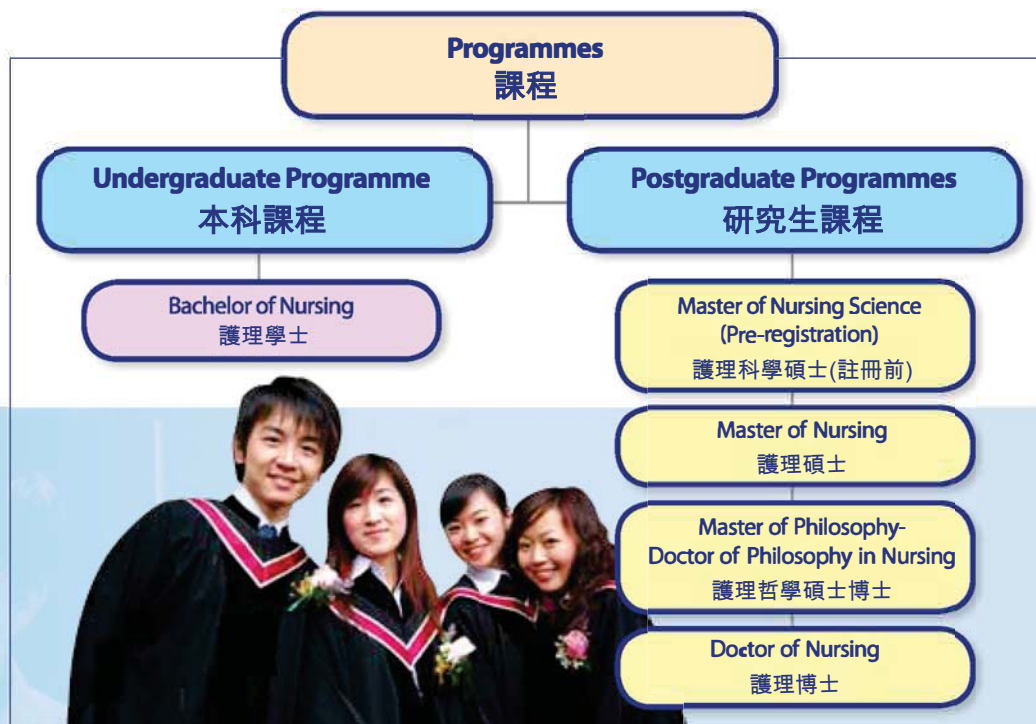
Prof. Janita Chau (3rd right) received the Vice-Chancellor's Exemplary Teaching Award
周柏珍教授(右三)獲頒校長模範教學獎(2009)



Teachers' and Students' Awards Ceremony
杰出教師及學生頒獎典禮(2010)



Teachers' and Students' Awards Ceremony
傑出教師及學生頒獎典禮(2009)



Bachelor of Nursing – The programme is the largest programme of its kind in Hong Kong and its admission GPA has remained the highest among all local undergraduate nursing programmes since 1995. In recent years, it has been ranked among the top two most competitive programmes in CUHK with the highest number of applicants selecting the programmes as their first 3 choices.

護理學士課程 – 自一九九五年起，學院的護理學士課程在本港的同類課程中，一向都是規模最大、入學成績最好的課程，最近幾年更成為中大最熱門、即最多學生報讀首三志願的兩項課程之一。

Clinical Teaching – The School works extensively and collaboratively with clinical partners throughout the territory in both hospital and community settings to provide excellent clinical learning opportunities for our students. Currently the School has 1,600 clinical mentors who provide guidance to students in clinical learning.

臨床教學 – 學院與本地醫院及社區醫護機構緊密合作，為同學提供優越的臨床實習機會。學院目前有1,600名臨床帶教導師，負責指導學生進行臨床實習。



Clinical teaching workshop for clinical mentors
為臨床帶教導師而設的臨床教學工作坊



Laboratory teaching
實驗室教學



Clinical placement in hospitals
在醫院進行臨床實習



External Examiners – A number of external examiners visited the School and delivered academic seminars for our teaching staff and students in the past few years.

校外考試委員 – 過去幾年有多名校外考試委員到訪學院，並為我們的教學人員和學生主持學術研討會。

External Examiners 校外考試委員 (2004-10)

Prof. Helen Edwards (Queensland University of Technology, Australia 澳洲昆士蘭科技大學)

Prof. Steven Ersser (Bournemouth University, UK 英國伯恩茅斯大學)

Prof. Mary FitzGerald (James Cook University, Australia 澳洲詹姆斯庫克大學)

Prof. Kevin Gournay (King's College London, UK 英國倫敦國王學院)

Prof. Hugh McKenna (University of Ulster, UK 英國阿爾斯特大學)

Prof. Mike Nolan (University of Sheffield, UK 英國雪菲爾大學)

Prof. Emma Ream (King's College London, UK 英國倫敦國王學院)

Prof. Kate Seers (University of Warwick, UK 英國華威大學)

Prof. Roger Watson (University of Hull, UK 英國赫爾大學)

Public Lectures – The School regularly invites internationally renowned scholars to deliver public lectures in the School.

公開講座 – 學院定期邀請國際著名學者來校主持公開講座。



Distinguished Visiting Scholar Lecture 到訪傑出學人公開講座

(By Prof. Janice Morse, Professor and Director, International Institution of Qualitative Methodology, University of Alberta, Canada)

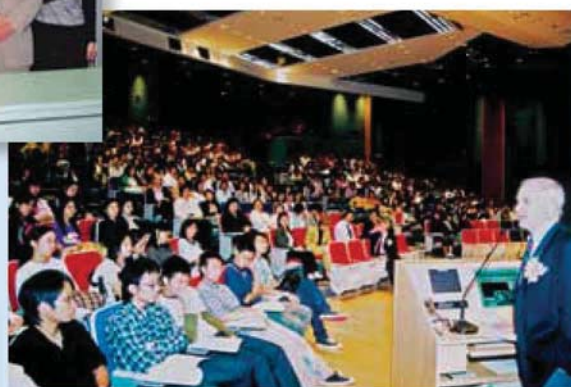
由加拿大亞伯達大學定質方法國際學院講座教授及院長 Prof. Janice Morse 主講，1999)



Public Lecture 公開講座

(By Prof. Sally Thorne, Professor and Director, School of Nursing, University of British Columbia, Canada)

由加拿大英屬哥倫比亞大學護理學院講座教授及院長 Prof. Sally Thorne 主講，2010)



Wei Lun Visiting Professor Public Lecture 偉倫訪問教授公開講座

(By Prof. Neil Oldridge, Distinguished Research Scientist, College of Health Sciences, University of Wisconsin-Milwaukee, USA)

由美國威斯康星大學密爾沃基分校健康科學院傑出研究教授 Prof. Neil Oldridge 主講，2004)

Public Lecture 公開講座

(By Prof. Fiona Ross, Dean, Faculty of Health and Social Care Sciences, Kingston University and St. George's, University of London, UK)

由英國金士頓大學及倫敦大學聖喬治醫學院健康及社會護理科學院院長 Prof. Fiona Ross 主講，2009)



Seminars and Workshops – The School regularly organizes such activities to facilitate effective teaching and learning.

研討會及工作坊 – 學院定期舉辦此類活動，促進有效教學與學習。



Guest seminar 學術研討會
(By Prof. Joseph Sung, CUHK 由中文大學沈祖堯教授主講，2009)



Teaching & learning seminar 教與學研討會
(By Prof. Carmel McNaught, CUHK 由中文大學麥嘉敏教授主講 2009)



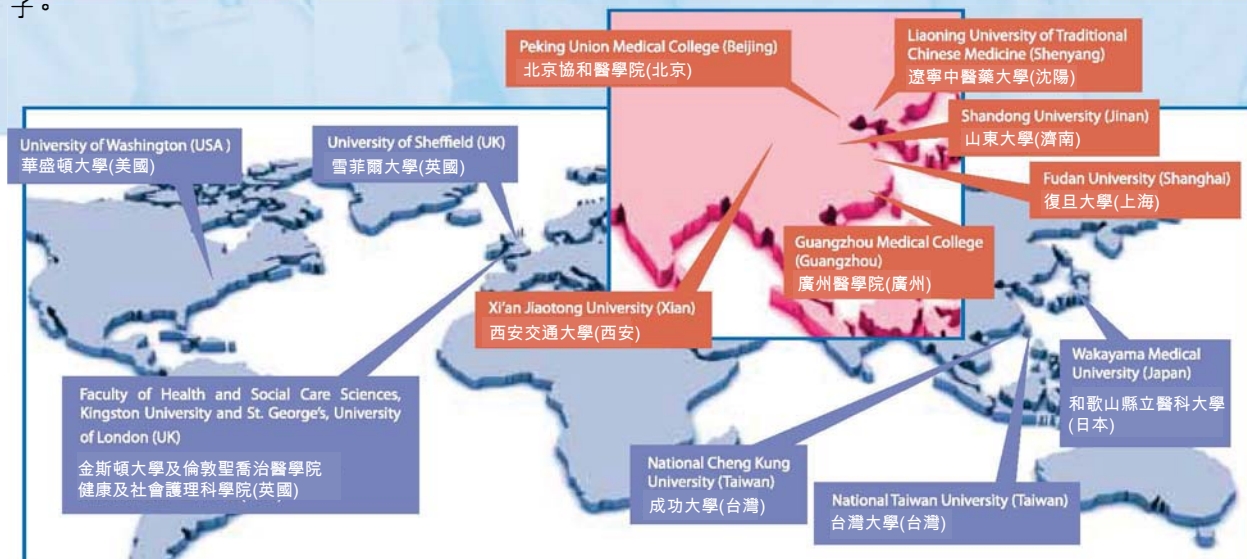
Teaching and learning workshop 教與學工作坊



Student development workshop 學生發展工作坊

Academic Collaborations – The School continues to expand its academic links in Mainland China and overseas, and currently has 12 academic partners. Below are some examples of the academic and professional visits.

學術交流 – 學院不斷加強與內地及海外的學術聯繫，現時有十二個學術合作夥伴。以下是些學術及專業交流的例子。



Outgoing exchange visits 外出交流



University of California, San Francisco, USA
美國加州大學三藩市分校(2010)



University of Washington, USA
美國華盛頓大學(2010)



Bellarmine University, USA
美國貝拉明大學(2009)



Fudan University, China
中國復旦大學(2008)



University of British Columbia, Canada
加拿大英屬哥倫比亞大學(2010)



Faculty of Health and Social Care Sciences, Kingston University and St. George's, University of London, UK
英國金士頓大學及倫敦大學聖喬治醫學院健康及社會護理科學院 (2009)



Wakayama Medical University, Japan
日本和歌山縣立醫科大學(2009)

Incoming exchange visits 來校交流



University of British Columbia, Canada
加拿大英屬哥倫比亞大學(2010)



Wakayama Medical University, Japan
日本和歌山縣立醫科大學(2007)



Fudan University, China
中國復旦大學(2008)



International Islamic University, Malaysia
馬來西亞國際伊斯蘭大學(2009)



A group of 100 distinguished delegates comprising heads of medical faculties and nursing departments of various universities in Mainland China

由內地多所大學的醫學院及護理學院主管人員組成的百人代表團(2005)



Mahidol University, Thailand
泰國國立瑪希隆大學(2008)



National Cheng Kung University, Taiwan
台灣成功大學(2007)

Local academic and professional visits 本地學者及專家來訪



Mr. Shane Solomon, Chief Executive, Hospital Authority
醫院管理局行政總裁蘇利民先生(2008)



Prof. Gabriel Leung, Under Secretary for Food and Health Bureau
食物及衛生局副局長梁卓偉教授(2010)



Prof. Jack Cheng, Pro Vice Chancellor, CUHK
中文大學副校長鄭振耀教授(2008)




Dr. the Hon. Che-hung Leong, GBS, JP, Member of the Executive Council
行政會議成員梁智鴻醫生(2008)



Ms. Sylvia Fung, Chief Manager (Nursing)
Hospital Authority
醫院管理局總護理行政經理馮玉娟女士(2010)

Engaging with the Community 造福社群



Our staff and students actively and enthusiastically engage in various community-based research projects and community services to promote the health and well-being of people in Hong Kong.

學院的師生積極及熱心參與各類社區為本研究計劃及社區服務，促進本港市民的健康。

Community-based Research Projects

社區為本研究計劃

CADENZA Training Programme - The School received HK\$73.8 million funding from The Hong Kong Jockey Club Charities Trust to launch this programme in 2008. The programme aims to provide general and professional education in gerontology for the general public, informal and family caregivers, and professional social and healthcare workers working with the ageing population.

流金頌培訓計劃 - 二零零八年，學院獲香港賽馬會慈善信託基金撥款7,380萬港元推行此計劃，目的是為市民大眾、非正規及家庭照顧者、以及從事護老工作的醫護及社福界專業人員提供般性及專業性的老年學教育。



Public seminar 公眾講座



Carnival 嘉年華



Informal caregiver workshop 非正規照顧者工作坊



Road show 巡迴展覽



Caring for Yourself - Managing your Diabetes Website
護理小百科—糖尿病人士健康生活網站
<http://www.cuhk.edu.hk/med/nur/caring/dm.html>

Health Websites - The School has developed two websites to promote health management of diabetes and cardiovascular diseases.

健康網站 - 學院建立兩個健康網站，推廣糖尿病及心血管疾病的健康護理資訊。



CV Health - Cardiovascular Info Site
護您健康—心血管健康資訊網站
<http://www5.cuhk.edu.hk/proj/CVHealth/>

Community Health Education and Services

社區健康教育及服務

Health Education

健康教育



CPR for ALL Campaign to break Guinness Record

勇破健力士大全一心肺復蘇齊齊操(2010)

Healthy Campus Workshop for Kindergartens, Primary & Special Schools

為幼稚園、小學及特殊學校舉辦促進健康校園工作坊(2008)



Workshop on Epidemic Prevention in Schools/Elderly Homes

學校 / 老人院舍齊防疫工作坊(2009)



Health Services 健康服務



Health check for elders
長者健康檢查(2008)



Students received appreciation letters for active participation in health screening activities in the open day of Bradbury Hospice

學生積極參與自理寧養中心開放日的健康檢查活動，獲主辦單位頒發嘉許狀(2008)



Health check and consultation for the public
市民健康檢查及諮詢(2010)

Fundraising 籌款活動



Charity walkathon for United Christian Hospital
聯合醫院慈善百萬行(2007)



The Nethersole School of Nursing fundraising walkathon
那打素護理學院步行籌款(2001)

Laurels of Nursing Students 護理學生獲殊榮



Won the debating contest organized by the Association of Hong Kong Nursing Staff
在護協杯辯論比賽中勝出(2011)



Won individual championship of Annual Cross Country Meet
大專越野賽個人冠軍(2009)



Sharing from Graduates

畢業生分享

Tracing Graduates

校友蹤迹

The School has nurtured thousands of competent and caring nurses over the past 20 years. Our graduates are highly sought after because of their devotion, excellence and professionalism in nursing. Many of them are now leaders in the healthcare or related fields making significant contributions to the well-being of people locally and internationally.

過去二十年，學院培育了數千名優秀護士，他們在專業知識及技能方面表現出眾，對護理工作充滿熱誠，是各大醫護機構爭相羅致的對象，其中不少畢業生更已成為護理或相關行業的領袖，為本港及世界各地人民的健康作出貢獻。

Florence Hau 侯慧莉

School Principal, School of Midwifery,
Prince of Wales Hospital, Hong Kong
香港威爾斯親王醫院助產士學校校長
(2009 Master of Nursing Graduate
2009 年護理碩士畢業生)



Simon Lam 林清

Lecturer, The Open University of Hong Kong
香港公開大學講師
(2001 Bachelor of Nursing Graduate 2001 年護理學士畢業生)

Miran Cheung 張美茵

Advanced Practice Nurse, School of General Nursing,
Queen Elizabeth Hospital, Hospital Authority, Hong Kong
香港醫院管理局伊利沙伯醫院普通科護士學校資深護師
(2001 Bachelor of Nursing Graduate 2001 年護理學士畢業生)



Ralph Lee 李繼業

Occupational Hygienist, Occupational Hygiene Division,
Labour Department, Hong Kong
香港勞工處職業環境衛生科職業環境衛生師
(1999 Bachelor of Nursing Graduate 1999 年護理學士畢業生)

Hing Fu Cheung 張興富

Advanced Practice Nurse (Psy), Kowloon Hospital,
Hospital Authority, Hong Kong
香港醫院管理局九龍醫院資深護師(精神科)
(1996 Bachelor of Nursing & 1999 Master of Nursing
Graduate 1996 年護理學士及1999 年護理碩士畢業生)



Wilson Chiang 蔣偉傑

Registered Nurse, Prince of Wales Hospital, Hospital
Authority, Hong Kong
香港醫院管理局威爾斯親王醫院註冊護士
(2001 Bachelor of Nursing & 2008 Master of Nursing
Graduate 2001 年護理學士及2008 年護理碩士畢業生)

Pui Shan Yuen 袁佩珊

Advanced Practice Nurse, Queen Elizabeth Hospital,
Hospital Authority, Hong Kong
香港醫院管理局伊利沙伯醫院資深護師
Chairperson, CUHK Nursing Alumni Association
中大護理校友會主席
(1997 Bachelor of Nursing Graduate 1997年護理學士畢業生)



Blondi Kwok 郭現秋

Manager (Community & Hospital),
Playright Children's Play Association, Hong Kong
香港智樂兒童遊樂協會經理(社區及醫院)
(1994 Bachelor of Nursing Graduate 1994年護理學士畢業生)

Sunny Chan 陳繁豐

Supervisor, Amberwood Gardens, California, USA
美國加州Amberwood Gardens護理督察
(1994 Bachelor of Nursing Graduate 1994年護理學士畢業生)



Frances Kung 龔若詩

Former Nursing Officer, Queen Mary Hospital,
Hospital Authority, Hong Kong
香港醫院管理局瑪麗醫院前護理主任
(1993 Bachelor of Nursing Graduate 1993年護理學士畢業生)

Chit Lau 劉哲

First Officer, Hong Kong Dragon Airlines Limited
香港港龍航空有限公司副機長
(2003 Bachelor of Nursing Graduate 2003年護理學士畢業生)



Simon Kwong 鄺挺中

Partner, Leung Kin & Co., Hong Kong
香港樑堅律師行合夥人
Legal Advisor, CUHK Nursing Alumni Association
中大護理校友會法律顧問
(1994 Bachelor of Nursing Graduate 1994年護理學士畢業生)

Graduate Voices

校友心聲

“ The School provided me with high quality nursing education and research opportunities which have tremendously contributed to my career development and personal growth.

學院為我提供優質護理教育及研究的機會，對我日後的事業及個人發展有很大幫助。 ”



“ The School has nurtured me to respect life and humanity, and to devote myself to the well-being of my patients and the society.

學院的教導使我更加尊重生命及人性尊嚴，並積極投身護理工作，服務病人，造福社會。 ”

“ Studying at the School has broadened my vision, strengthened my critical thinking ability, and laid a solid foundation for my career development. Best wishes to the School for continuing to scale new heights in education, research and clinical practice!

學院的教育擴闊我的視野，增強我的批判思考能力，為我的事業發展奠定穩固根基。祝愿學院：學術研究攀高峰，臨床實證領風騷，師生互勉志氣高！ ”

“ Sometimes a caring word or gesture is more powerful than any medication. Thank you for enriching my life with such crucial interpersonal elements which are applicable everywhere.

一份親切的關心，一句體貼的話語，往往勝過靈丹妙藥，感謝學院教導這些人際關係的重要元素，使我無論何時何地都能學以致用，活出豐盛人生。 ”

“ The School has a team of devoted professors. I am so proud to be a graduate of the School. Best wishes for fruitful teaching in the upcoming years!

學院的教授對教學充滿熱誠，我很榮幸能成為學院的畢業生。希望學院未來繼續作育英才，結出累累碩果！ ”

“ Teaching with mission, caring with passion; leading nursing education, making further contribution.

孜孜不休，師生同舟；努力不懈，愛心澎湃，廿載根深，作育功宏；護理英才，貢獻未來。 ”

“ The Nethersole School of Nursing is a pioneer in high quality tertiary nursing education and research in Hong Kong!

那打素護理學院是本港優質大學護理教育及科研的先驅！ ”

“ The past 20 years marks the success of the School in promoting the development of nursing profession in Hong Kong. Congratulations!

過去二十年學院積極推動本港護理專業的發展，成效卓著，可喜可賀！ ”





Nursing Stories 護理點滴

Six of our graduates, by sharing their stories and inspirations, stimulate us to have an insightful look into the work of nurses, the essence of nursing and the meaning of life.

六位畢業生透過分享經驗和感受，引領我們更深入地去思考護士的職責、護理的本質和生命的價值。

Leave No Regrets

不要留下遺憾

Charles Wong (2009 Bachelor of Nursing Graduate)

黃彬成 (2009 年護理學士畢業生)

Suffering from terminal liver cancer, Wah Goh gets in and out of the hospital and has a bad temper. One day, his wife kept sobbing outside the ward after knowing his condition. She dared not go inside for fear of being scolded by her husband. At last, she left quietly.

It was sad to see this, so I tried to talk to Wah Goh. "Let her go! She doesn't care a bit about me!" he said angrily. "Of course she cares about you. Just earlier, she wept when the doctor told her your condition." He stared in surprise. I encouraged him to clear up misunderstandings with his wife so as to leave no regrets in the future. The next night Wah Goh had not lost his temper and his wife stayed until the visiting period ended.

Few days later, Wah Goh suddenly shook me by the hand and said "thank you" to me. He sighed with tears in his eyes, "I don't know how much time I still have, so unwilling to let go!" I felt heart-sored, "We never know what will happen in the future. Most importantly, we should treasure the time with our family. Please don't give up!"

華哥是一位末期肝癌病人，經常出入醫院，脾氣暴躁。有一天，他太太得悉其病情後，直站在病房外哭泣，怕被他罵而不敢進去，最後悄悄地離開了。

我實在不忍心，便嘗試去跟華哥談。「由她去吧！她根本就不關心我！」華哥很生氣。「其實她很關心你，剛才她知道你的病情後，傷心地哭了。」他呆了一下。我於是勸他跟太太好好談談，消除誤會，以免將來留下遺憾。翌晚，華哥沒有再發脾氣，他太太逗留至探病時間完結才離開。



Providing health assessment for orphans in Myanmar

到緬甸為當地的孤兒進行健康評估

幾天後，華哥突然誠懇地跟我握手道謝，含淚地說：「不知道還有多少日子，真捨不得！」我的鼻子也酸了：「將來如何大家都不知道，最重要的是珍惜與親人相聚的時間，你要加油呀！」

*Communication is the best medicine to
heal old sores in the heart.*

坦誠溝通是解開心底鬱結的最佳良藥。

Delivering Love through Stars

藉星星傳達關愛

Serene Tung (2008 Bachelor of Nursing Graduate)

董慧欣 (2008年護理學士畢業生)

I have a glass bottle which is filled with paper stars. Each star carries a name on it, representing an unforgettable patient who has strengthened my persistence in the profession of nursing. Here are two of my stars:

- A patient with agnosia whose desperate cry and helplessness still saddens my heart.
- A patient with liver cirrhosis who once vented his anger on me. This reminded me that "patients need love most when they are most unlovely".



We are colleagues; we are brothers and sisters!

我們是情同手足的好同事!

My clinical placement at a labour ward made me understand that the birth of a new life is never easy. Choosing to serve geriatric patients is because it gives me a chance to accompany patients to the end of their lives. One night, I witnessed three patients passing away. Although everything needed to be done were done, I still felt so sad and so sorry for failing to do something more for them.

We should serve our patients with compassionate love and transfer the love to other patients when a patient's life comes to an end. This is a continuation of love for our patients.

我有個滿載紙星星的玻璃樽，每顆星星上面寫著個令我難以忘懷的名字，他們都是我曾經遇見並使我堅持走護理之路的病人，其中包括：

- 一位患失認症的病人，他那絕望無助地嚎哭的表情，至今仍讓我感到心酸。
- 一位曾向我發脾氣的肝硬化病人，他令我想起：當病人最不可愛的時候，就是他最需要愛的時候。

到產房實習，使我明白生命的誕生殊不容易；而選擇老人科服務，是希望可以陪伴所遇到的生命走到最後。曾經在晚之內看到三位病人離世，雖然可以做的都做了，心裡還是很難過，總覺得可以再做一些。

當生命在我們面前時，讓我們用生命去回應。當他們離開了，我們就把對他們的關愛轉傳給其它病人，作為愛他們的延續。

The mission of nurses is to deliver love and every experience in the caring process, no matter happy or sad, counts.

護士的天職是傳達關愛，在護理過程中，苦樂皆有意義。



What Makes a Good Nurse

我眼中的好護士

Viki Lee (2007 Bachelor of Nursing Graduate)

李穎琪 (2007 年護理學士畢業生)

One of our professors asked in the first week of our undergraduate study: "What makes a good nurse?" My answer at that time was: "A good nurse ought to be cautious, detail-oriented, compassionate and caring, treating patients as they were his or her family."

After four years of study, I realized that only a compassionate heart is far from enough: "A good nurse ought to have professional knowledge and a strong belief in nursing, and be physically fit so as to take care of a high volume of patients and help them through their difficult time in life."

I joined the Prince of Wales Hospital as a clinical nurse after graduation. Half a year ago, I came to UK to pursue my master's degree in public health at the University of London. I believe that: "A good nurse ought to commit to life-long learning, and be able to see and tackle people's health problems from different points of view."

Although the schoolwork is tough, learning in a multi-cultural and stimulating environment is an invaluable experience. Such experience will enrich my knowledge, broaden my vision, and contribute to my personal growth.

入讀中大的首個星期，教授問：「一個好護士應該具備什麼條件？」我當時的答案是：「一個好護士做事小心謹慎，對病人有愛心，把他們當成親人般看待和照顧。」

經過四年的學習，我明白只憑愛心並不足夠：「一個好護士還要有專業知識、堅定信念及良好體魄，才能照顧更多病人，協助他們跨越生命的難關。」

畢業後到威爾斯親王醫院擔任前線護理工作，半年前來到英國倫敦大學進修公共衛生碩士課程，因我認為：「一個好護士應該持續學習，懂得從不同角度了解和處理市民的健康問題。」

雖然課程十分緊湊，但能夠與不同國家的同學一起學習交流，實在是難能可貴的經驗，有助我增進知識，擴寬視野，促進個人的成長。

Personal growth, academically and socially, inspires us to know more about how to be a good nurse.

隨著學識與見識的增長，對如何做一
好護士，會有更多的體會。



A happy get-together on Friday night
周五晚上聯歡聚會



Sharing the Story of Life 訴說生命的故事

Amy Chan (2004 Bachelor of Nursing Graduate)

陳敏華 (2004 年護理學士畢業生)

I had been a nurse from general to psychiatric settings in the past five years. There were millions of challenges every day, sometimes made me laugh, sometimes sad.

I still remember my working in a paediatric surgery unit. One day, I was asked to pick up a six-month-old patient from the Paediatric Intensive Care Unit (PICU). The little girl was connected with dozens of lines. Due to the incurable disease, she could not eat and could only use total parental nutrition to maintain her life. She seldom cried or nagged. Gradually, she became part of our unit, staying quietly, day by day. One day, the colostomy on her abdomen started to bleed non-stop. She was then sent back to PICU. It so happened that I was the one who sent her back. Finally, she passed away in PICU.

With a lot of stories like this happening in the hospital every day, the matter of life and death seems not unusual anymore. But actually, not many jobs can provide us with a chance to share people's life. So be patient to your patients. They are sharing their stories with you, telling the meaning of life.

過去五年從普通科到精神科，每天面對各式各樣的挑戰，有喜亦有悲。

還記得在小兒外科時，有天到兒童深切治療部接收位身上插滿喉嚨的病人，她只有幾個月大，患有不治之症，不能進食，只能接受全靜脈營養治療。她很少哭鬧，一天復一天，安靜的她成為病房的一部分。有一天，她肚子上的造口開始流血不止，醫生決定把她送回兒童深切治療部，恰巧送她這一程的也是我。後來，她在兒童深切治療部去世了。

類似的故事在醫院每天都在發生，生離死別似乎來得很平淡。但事實上，並非很多工作可以讓我們這樣分享別人的生命。因此‘我們要時刻心系病人’他們的故事在我們身邊靜靜地發生‘訴說著生命的可貴。

*From the professors of the School,
I've learnt how to be a nurse and how to
respect patients and life.*

從學院的教授身上，我學習如何做一個護士，如何尊重病人，尊重生命。



To Learn and to Apply 學以致用的喜悅

Virginia Lam (2004 Bachelor of Nursing Graduate)

林玉珍 (2004 年護理學士畢業生)

Gordon's functional health pattern, nursing diagnosis, and nursing care plan are our "old buddies" accompanying us through our undergraduate years. However, these buddies would rarely appear in the real practice. There were countless occasions when I sat in front of the computer at two o'clock in the morning asking myself why I spent sleepless night doing the useless care plans. Thanks to the teaching of the School, the belief of these buddies being keys to nursing professionalism kept me going.

After being a staff nurse, these buddies got far away from me and sometimes I didn't even remember their existence. Then I came to work at the Royal Marsden Hospital in UK. It was such a surprise to see "Reference: Gordon's functional health pattern" at the bottom of my assessment chart. I nearly cried out, so amazing that finally I can work with these "buddies"!

The university study has equipped me with nursing knowledge and skills, trained me to be a critical thinker and most importantly, portrayed a role model for delivering the art and science of nursing. I will continue to apply what I have learnt from the School to deliver the best possible care to patients.



A photo with my course mates and lecturer when I was studying my master's degree in the University of Surrey

在薩里大學就讀碩士課程時與師生合影

對護理本科生來說，高登的健康功能評估模式、護理診斷及護理計劃是陪伴我們成長的「老友記」，但在日常實際工作中，這些「老友記」根本用不著。曾多次在凌晨二日才對著電腦，質疑自己為什麼要熬夜做些沒有用的護理計劃。感謝學院的悉心教導，使我堅信它們是護理專業的關鍵，這信念推動著我繼續向前。

正式成為醫院護士後，離這些「老友記」越來越遠，有時甚至忘記它們的存在。直至來到英國的Royal Marsden Hospital工作，看到評估表格下端註明參考資料為高登的健康功能評估模式時，那種久別重逢的喜悅使我差點大聲歡呼，終於可以與這些「老友記」一起工作，多麼令人振奮！

大學護理教育使我掌握護理知識與技巧，具備批判思考能力，更重要的是懂得如何實踐護理的藝術與科學。我會繼續努力，務求學以致用，為病人提供最佳護理服務。



What we have learnt at university is not just textbook knowledge - it can also be applied in real practice!

在大學學到的知識不僅存在於課本內 —
更可以應用在實際工作上！

Caring with an Empathetic Heart 將心比心 關愛病人

Mei Po Ng (1999 Bachelor of Nursing Graduate)

吳美寶 (1999 年護理學士畢業生)



I was working at a geriatric ward in the second year after graduation. One day a patient passed away. When comforting the grieving family, I found myself unable to hold back my tears. Such behaviour seemed unprofessional and had perplexed me for a while. Until receiving a letter from the family of the deceased, I realized that my behaviour did help ease their grief. This encouraged me to insist on serving patients with an empathetic heart.

Few years later when I was working at a medical clinic, a middle-aged man came to seek for doctor's signature for renewal of his comprehensive social security allowance. During the conversation, he kept on sweating and breathed with difficulty. After conducting initial check-up for him, I immediately escorted him to A&E department. He was then diagnosed with induced heart attack and had to be hospitalized at once. However, he refused to do so. Worrying about his condition, I called and explained the situation to the nurse-in-charge in the cardiac clinic, and requested for an early cardiac clinic appointment for the patient. Finally, he was arranged to see a doctor in the next morning.

One week later, I received a letter from the head of the Division of Cardiology and was glad to know that the patient's condition had improved after percutaneous transluminal coronary angioplasty. This case once again reminded me about the importance of caring for patients.

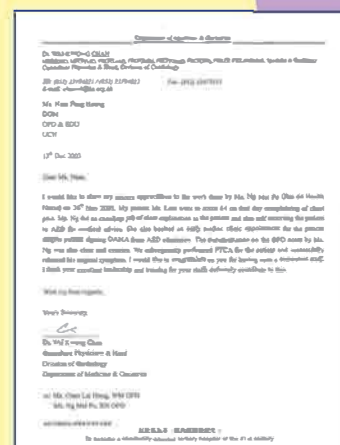
畢業後的第二年，我在老人科病房工作。有一天一位病人去世，我在安慰其家人時，自己也忍不住流淚。曾質疑自己這樣的表現是否不夠專業，直至收到其家人的一封信，才知道我的表現有助減輕他們的傷痛。這使我堅信，在護理工作中應常懷一顆赤子之心。

數年後當我在內科門診工作時，有一位中年男子因綜緩福利金到期，要求見醫生簽名續期。在對話過程中，他一直冒汗及呼吸不暢順，我為他進行初步檢查後，立即陪同他到急症室求診，結果證實是誘發性心髒病，必須即時入院，然而病人拒絕入院。我擔心他的病情，於是致電心臟科門診的護士主管，交待病人的情況並要求給予個特快覆診期，最後病人獲安排翌日早上見心臟科醫生。

一個星期後收到心臟科主管來函，得悉病人已進行俗稱「通波仔」的手術，病情得到改善，我感到十分欣慰，不期然再次想起關愛病人的重要性。

*Empathy is a trait fundamental for nurses,
and caring is the essence of nursing practice.*

將心比心，是護理人員的天性；
關愛病人，是護理工作的本質。



Diversified as we are,
we move forward together in harmonious *Unity!*
上下同心 團結同行!



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<http://www.cuhk.edu.hk/med/nur>



The Nethersole School of Nursing 20th Anniversary Celebrations

那打素護理學院二十週年院慶活動

Jan

Kick-off Ceremony & Carnival

院慶開幕及嘉年華

Date 日期	15 January 2011 (Saturday) 二零一一年一月十五日 (星期六)
Time 時間	12:00 noon 中午十二時
Venue 地點	Lingnan Stadium, Chung Chi College, CUHK 中大崇基學院嶺南體育館

Jun

Gala Dinner 院慶晚會

Date 日期	11 June 2011 (Saturday) 二零一一年六月十一日 (星期六)
Time 時間	6:30 pm 下午六時半
Venue 地點	Hong Kong Convention and Exhibition Centre 香港會議展覽中心

Nethersole Keynote Seminar 主題研討會

Theme 主題	Nursing in a Time of Change 護理專業的蛻變與發展
Date 日期	13 June 2011 (Monday) 二零一一年六月十三日 (星期一)
Time 時間	6:00 pm 下午六時
Venue 地點	Lecture Theatre 1 Esther Lee Building, Chung Chi College, CUHK 中大崇基學院利黃瑤璧樓一號演講廳
Speakers 講者	Prof. Kenneth Sellick, Prof. Ann Mackenzie & Prof. David Thompson 施力勤教授、麥建思教授及湯迪偉教授

Sept

Fifth Pan-Pacific Nursing Conference & Seventh Nursing Symposium on Cancer Care 第五屆泛太平洋護理會議暨第七屆癌症護理研討會

Theme 主題	Issues, Challenges, and Future Directions of Evidence-based Healthcare 循證醫療護理的探討、挑戰及未來發展
Date 日期	22-24 September 2011 (Thursday to Saturday) 二零一一年九月二十二至二十四日 (星期四至六)
Venue 地點	Royal Plaza Hotel, Hong Kong 香港帝京酒店