

# 科研成果概覽 RESEARCH PROFILE

4th Edition 第四版

## SCHOOL DIRECTOR 院長

“ The Nethersole School of Nursing is standing at the forefront of high impact research to promote the highest standards of nursing practices. We are committed to continuously extending the breadth, depth and richness of our innovation, collaboration and impact in research to achieve practice transformation and quality improvement for better health of all mankind.

那打素護理學院處於高影響力科研領先位置，致力推動最高水平的優質護理實踐。我們承諾持續更廣泛、更深入、更全面地擴展科研創新、合作和影響力，促進醫護革新及質量提升，造福人類健康。

”



**Prof. Wai Tong CHIEN**  
錢惠堂教授

## VICE-DIRECTOR OF RESEARCH 副院長（研究）

“ With a proven track record of success in cutting-edge research, CUHK Nursing has been dedicated to providing an intellectually inspiring environment for our researchers to leverage on our extensive research resources and international networks to actively engage in innovative research with local, regional and global significance.

中大護理在科研路上力求創新，往績卓越。我們一直致力營造一個能激發思考的學術環境，鼓勵研究人員善用學院的豐富研究資源及強大國際網絡，積極參與對本港、亞太區以至全球具有影響力的創新研究。

”



**Prof. Sek Ying CHAIR**  
車錫英教授

**The Nethersole School of Nursing**  
**Faculty of Medicine**  
**The Chinese University of Hong Kong**  
香港中文大學醫學院那打素護理學院



香港中文大學  
The Chinese University of Hong Kong



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



## OUR RESEARCH MISSION

### 學院科研使命

The Nethersole School of Nursing creates a supportive environment conducive to innovative discoveries and research excellence, generating new knowledge to inform best nursing practices and healthcare outcomes for a better and healthier tomorrow.

那打素護理學院致力營造一個有利於啟發創新、成就卓越的科研環境，推動發展新知識，以優化護理實踐及獲取最佳醫療成果，從而締造更美好、更健康的未來。

We adopt a **3-tier system** to achieve research excellence  
本院採用 **3層式架構** 實踐卓越科研

### Research Committee 科研委員會

#### Research Theme Groups 科研專題小組

**Cancer and Palliative Care**  
癌症及紓緩護理

Related Research 相關研究

**Cardiovascular, Metabolic and Stroke Care**  
心血管、代謝疾病及中風護理

Related Research 相關研究

**Ageing, Behavioural and Mental Wellness**  
老年、行為及精神健康

Related Research 相關研究

#### Research and Practice Centres 研究及實務中心



**Cochrane  
Hong Kong**

Trusted evidence.  
Informed decisions.  
Better health.

**ASIA-PACIFIC GENOMIC AND GENETIC NURSING CENTRE**

亞太遺傳學護理中心

**Croucher Laboratory for Human Genomics**

裘槎人類基因實驗室

**The Nethersole Evidence-based Nursing Practice Unit**

那打素循證護理實務中心

**Y. K. Pao Foundation Centre for  
Nursing Excellence in Chronic Illness Care**

包玉剛基金會慢性病優質護理發展中心

### Research Resources 科研資源

#### ◆ Internal funding 校內研究資助

Seeding money, research start-up fund, rewards for publishing 3- or 4-star papers, visiting fellowship scheme ...  
種子資金、科研啟動基金、三或四星評級論文發表獎勵、訪問學人資助計劃 .....

#### ◆ Research workforce 科研團隊

Professoriate and academic staff, senior research fellows, post-doctoral fellows, research associates, research assistants ...  
教授及教研人員、高級研究員、博士後研究員、副研究員、研究助理 .....

#### ◆ Research facilities and equipment 科研設施及設備





## TOP INTERNATIONAL RANKINGS

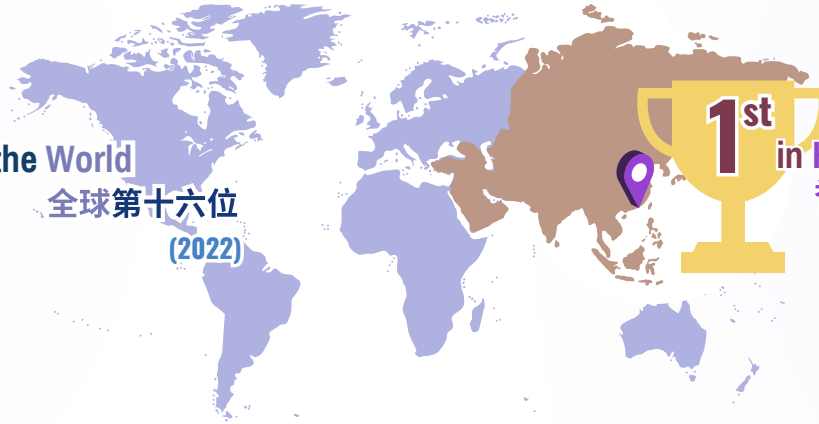
## 高踞國際排名



World University Rankings by Subject – NURSING  
世界大學護理學科排名



16<sup>th</sup> in the World  
全球第十六位  
(2022)



1<sup>st</sup> in HK and Asia  
香港及亞洲首位  
(2020 – 2022)



Our School remained 1<sup>st</sup> in HK and Asia, and 16<sup>th</sup> globally in 2023!  
本院於2023年再次蟬聯香港及亞洲第一、全球第十六!



1<sup>st</sup> in the World for Citations Per Paper 論文平均被引用次數全球首位  
(2021)



1<sup>st</sup> in Asia for Citations Per Paper 論文平均被引用次數亞洲首位  
(2020 – 2022)



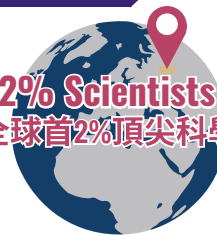
3<sup>rd</sup> in Asia for H-index Citations H指數亞洲第三位  
(2021 & 2022)

## TOP NURSING RESEARCHERS

## 頂尖科研團隊

10

Researchers ranked **World's Top 2% Scientists** by Stanford University  
位教研人員名列美國史丹福大學**全球首2%頂尖科學家** 排行榜



7

Fellows of the **American Academy of Nursing**  
位美國護理科學院院士



27

Fellows of the **Hong Kong Academy of Nursing**  
位香港護理專科學院院士



## AWARDS &amp; RECOGNITIONS

## 屢獲獎項殊榮

Our academic staff received  
本院教研人員獲頒



58 local and international awards  
項本地及國際獎項

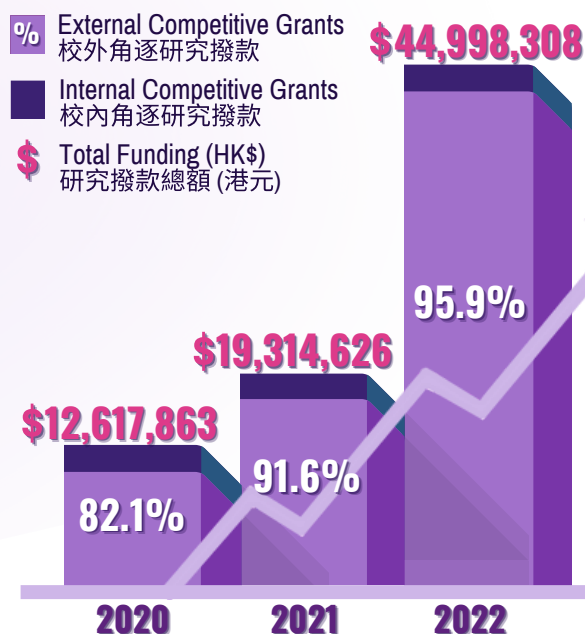
## KEY ACHIEVEMENTS

### 主要科研成果 2020-2022

## RESEARCH FUNDING

### 研究撥款

In the capacity of principal investigator or co-investigator  
以首席研究員或合作研究員身分獲得撥款



Funding sources  
撥款來源

- General Research Fund (GRF) 優配研究金
  - Early Career Scheme 傑出青年學者計劃
  - Health and Medical Research Fund (HMRF) 醫療衛生研究基金
  - HMRF Fellowship Scheme 醫療衛生研究基金研究獎學金計劃
  - Innovation and Technology Fund for Better Living 創科生活基金
  - Public Policy Research Funding Scheme 公共政策研究資助計劃
  - Collaborative Research Fund 協作研究金
- ..., etc.



Received a record high of **8** GRF grants  
破紀錄成功獲得 **8** 項優配研究金撥款

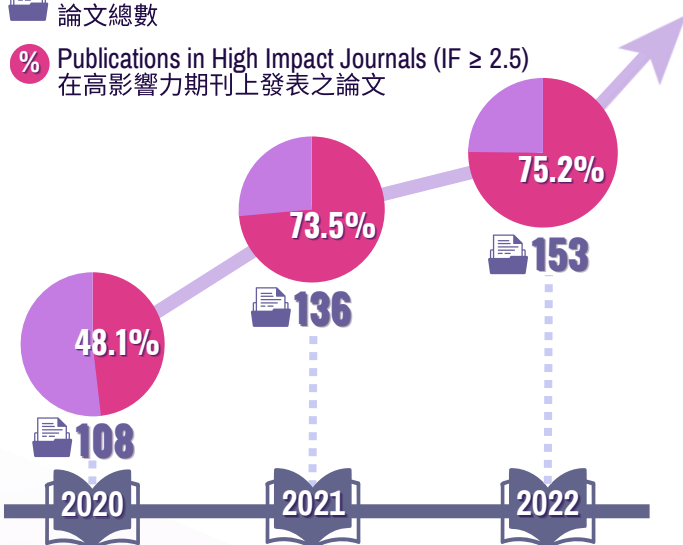
## PUBLICATIONS

### 學術著作

In the capacity of first author or co-author  
以第一作者或共同作者身分發表

Total No. of Publications  
論文總數

Publications in High Impact Journals (IF ≥ 2.5)  
在高影響力期刊上發表之論文



High Impact Journals  
高影響力學術期刊

- Lancet Infectious Diseases
- JAMA Network Open
- Cochrane Database of Systematic Reviews
- Expert Reviews in Molecular Medicine
- International Journal of Nursing Studies
- Stroke
- Cancers
- Frontiers in Psychiatry

- Schizophrenia Research
  - Frontier in Public Health
  - Journal of Psychosomatic Research
  - Addiction
  - Trauma, Violence and Abuse
  - Gerontologist
  - Journal of Clinical Nursing
- ..., etc.

## CONFERENCE PRESENTATIONS

### 會議演講

Our academic staff delivered a total of  
本院教研人員共發表



**285**

presentations, including  
場演講, 當中

**55**

keynote or invited presentations  
場為主題或應邀演講





### Advance care planning (ACP) in end-of-life care 透過「預設照顧計劃」規劃晚期照顧服務

#### Brief description of the programme 計劃簡介

Our work on ACP could be categorised into exploratory research, experimental studies and knowledge transfer. We conducted a qualitative study to explore different stakeholders' perspectives towards advance directives, and a population-based survey to develop a conceptual model to predict the acceptance and completion of advance directives in the Chinese community in Hong Kong. We also developed a culturally-specific ACP programme 'Let Me Talk' to facilitate ACP implementation. To further equip health and social care professionals with skills and confidence for ACP conversation, we translated the evidence into practice by developing on-the-job training workshops in hospital and community settings.

本院在預設照顧計劃方面的研究，可以分為探索性、實驗性及知識轉移三大類型。我們已進行了一項定性研究，以探討不同持份者對預設醫療指示的看法；並透過一項人口調查建立了一套概念模型，以預測香港華人社區對預設醫療指示的接受和完成程度。我們亦因應服務對象的不同文化背景，開發了「讓我說說」項目，以促進預設照顧計劃的實施。為了進一步提升醫護及社福界專業人員與患者討論預設照顧計劃的技巧與信心，我們將研究證據轉化為教材，在醫院及社福機構內舉辦有關預設照顧計劃的在職培訓工作坊。

#### Key research impacts 主要成果

Our ACP-related scholarly research studies have had impacts beyond knowledge generation, contributing to changes in practice by developing culturally-specific interventions and changes in social attitude towards death and dying by developing a variety of educational materials. These deliverables are cornerstones for building professional capacity, raising ACP awareness among the public including ethnic minority groups, and supporting legislation of advance directives. Our team was invited by the Hospital Authority and some non-governmental organisations in Hong Kong and mainland China to serve as advisors in formulating guidelines, developing services and optimising processes for ACP promotion and implementation.

本院有關預設照顧計劃的學術研究，不但推動新知識的產生，更透過制訂各種具文化特色的干預方案，優化醫護實踐；以及透過設計各式各樣的教材，改變社會大眾對死亡及臨終的態度。這些研究成果奠下基石，有助建設專業能力、增進公眾包括少數族群對預設照顧計劃的認識，以及推動預設醫療指示立法。我們的團隊應邀為醫院管理局以及本港和國內多個非政府組織擔任顧問，助其推廣和實施預設照顧計劃、研發配套服務及優化相關流程。



# HIGH IMPACT RESEARCH PROGRAMMES

高影響力研究計劃  
2020-2022



## Coaching Ongoing Momentum Building On stroke rEcovery journeY ('COMBO-KEY') – A community-based stroke self-management programme

「甘寶」中風復康動力教與練 — 一個促進中風後自我管理的社區支援計劃

### Brief description of the programme 計劃簡介

COMBO-KEY is an enhanced community-based stroke self-management programme aiming to assist stroke survivors in setting their recovery goals and action plans to actively improve their self-management behaviours. The programme is grounded in Bandura's principles with evidence-based strategies to promote survivors' self-efficacy and outcome expectations. It provides support and coaching through weekly home visits and follow-up phone call sessions conducted by healthcare professionals and trained lay volunteers. It features enriched text-, video- and web-based resources, pioneers the use of video-based peer-sharing of post-stroke survival experience, and highlights the importance of collaboration between healthcare professionals and volunteers in providing tailored support.

甘寶是一項為中風患者加強社區支援的計劃，旨在幫助患者訂定康復目標及行動計劃，以改善其自我管理能力和促進康復進程。此計劃以班杜拉理論為基礎，制訂不同循證介入方案，助患者提升自我效能和成果預期。我們會安排醫護人員及受訓義工，每週進行家訪及電話跟進，為中風人士提供支援與指導。透過這計劃，我們製作了多元化閱讀材料、視頻短片及網上資源，率先讓中風同路人以短片形式分享康復心得，亦突顯了醫護及義工緊密合作對為患者提供適切支援的重要性。

### Key research impacts 主要成果

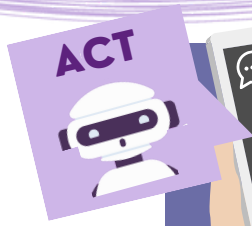
Evidence from a randomised controlled trial showed that the COMBO-KEY programme significantly improved stroke survivors' self-efficacy, self-management behaviours and community reintegration. A collaborative team of over 30 healthcare professionals and trained lay volunteers was well established to deliver the COMBO-KEY programme, attesting that this collaborative approach is efficient in optimising resource utilisation and building community capacity. The programme has been made accessible to all community-dwelling stroke survivors in Hong Kong, with an extensive network comprising over 500 community-based institutions for referring survivors to participate in the programme.

隨機對照試驗的研究證據顯示，甘寶顯著改善了中風患者的自我效能、自我管理及社會參與。由三十多位醫護人員及受訓義工組成團隊攜手推行此計劃，印證了這種協作模式有助於更充分地善用社會資源，建設社區能力。此計劃開放予全港所有中風患者參與，並與五百多間社福機構組成龐大網絡，支援中風患者並轉介他們參加此計劃。



▲ Collaborative planning for stroke self-management through discussions during home visits  
透過家訪與中風患者共同討論並一起制訂自我管理計劃





### Transforming mental health care in the new era: Artificial intelligence (AI)-driven Acceptance and Commitment Therapy (ACT) for parents of children with special needs

新時代下心理支援服務的變革轉型：以人工智能配合接納與承諾療法為育有特殊健康需要兒童的家長提供心理輔導

#### Brief description of the programme 計劃簡介

This Programme aims to develop a cutting-edge deep learning analytics tool that can comprehend the counselling principles of ACT and integrate them into a mobile app for providing 24/7 mental health services to all Chinese-speaking parents of children with special needs worldwide. The uniqueness of this mobile app lies in its ability to go beyond existing machine learning applications in mental health care, which are limited to prediction and diagnosis. This Programme, supported by the Innovation and Technology Fund for Better Living, features a voice-to-text chatbot system that mimics human-like responses from trained ACT counsellors, allowing parents using the app to engage in conversations and receive assessments, consultations, and personalised stepped-care mental health interventions.

此計劃旨在研發一套創新的深度學習分析系統，能理解接納與承諾療法的諮詢原則，並將之應用於手機應用程式中，為全球以粵語溝通、需要照顧有特殊需要兒童的家長提供全天候心理支援服務。這手機應用程式的獨特之處，在於它能夠超越現有機器學習在心理健康層面的應用，不再局限於預測和診斷。此計劃由創科生活基金資助，採用語音轉為文字的聊天機器人系統，模擬受訓輔導員與家長進行實時對話，運用接納與承諾療法為家長提供評估、諮詢及個人化的階梯式心理健康介入措施。

#### Key research impacts 主要成果

The Programme is well supported/sponsored by various funding sources:

- Innovation and Technology Fund for Better Living
- The Lions Club of Hong Kong Sun
- Social Innovation Research Collaboration Platform Research Fund

During the development of this mobile app, four non-governmental organisations covering 60% of rehabilitation services in Hong Kong collaborated on the project. Over 300 non-mental health workers were trained to deliver ACT-based counselling sessions to more than 200 parents of children with special needs. More than 1,000 counselling sessions were analysed using the Bidirectional Encoder Representations from Transformers (BERT)-based model for natural language processing tasks in the development of the AI chatbot system for the mobile app.

此計劃獲得多個研究基金/贊助機構撥款資助：

- 創科生活基金
- 香港太陽獅子會
- 社會創新研究合作平台研究基金

在研發手機應用程式的過程中，研究團隊與提供全港60%康復服務的四個非政府機構合作，為超過三百位非心理健康工作者提供培訓，使其能夠運用接受與承諾療法為二百多位特殊需要兒童家長提供心理輔導服務。團隊使用雙向編碼轉換器表示技術，進行自然語言處理任務，分析了超過一千場諮詢對話的數據，以構建手機應用程式的人工智能聊天機器人系統。



▲ ACT volunteer training workshop 接納與承諾療法義工培訓工作坊