Getting to Know The Board Members 2014-2016

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Paediatric Young Nurses’ Sharing – Invitation of Articles

**Submission**

**Aim:**
To facilitate young nurses working in paediatrics to speak up / out for professional growth and development that knows no boundaries, and share in the HKPNA Newsletter column.

![Nurses' stories banner](image)

Working with children in healthcare setting can be really challenging, especially for newly graduated nurses. Tell us about a touching, inspiring, or life-changing experience as a nurse in paediatrics or child health.

*Submission must be original and true. Nurses who have been working for less than 5 years in paediatrics / child care setting is not an issue.

*Am for 250 words in length.

*Authors’ names and contact details should be enclosed.

*It is the author’s responsibility to comply with patient privacy and data protection i.e. patient / family would not be identified. Where necessary, informed consent should be obtained before submission.

*The Editorial Committee reserves the right to select or reject the publishing of the submitted article.

Send submission to: Ms Lee Wan Ming at HKPNA@hongkong.com, Web: www.hktna.com, Tel: 25563473
The APPNA International Paediatric Nursing Conference 2014
— Moving the Frontiers of Paediatric Nursing in the Asia Pacific Region
Susanna Lee, President of The Asia Pacific Paediatric Nurses Association

The Asia Pacific Paediatric Nursing Conference 2014, organized by Asia Pacific Paediatric Nurses Association (APPNA), hosted by Hong Kong Paediatric Nurses Association (HKPNA) was held on 26th to 28th September 2014 in Hospital Authority Head Office (HAHO) in Hong Kong (HK). It was the first international paediatric nursing conference held by APPNA for paediatric nurses in the Asia Pacific (AP) region since its establishment in 2012. The theme of the Conference was "Moving the Frontiers of Paediatric Nursing in the Asia Pacific Region". In this Conference, the participants were able to have more understanding and discussion on 1) the global and current health care issues imparting impact on child health and paediatric nursing practice, 2) the importance of quality and safety in paediatric care, 3) leadership skills necessary to advance and make changes in the paediatric environment, 4) advances in clinical paediatric nursing practice and 5) parent and patient empowerment.

There were 28 expert speakers invited. Keynote speakers were world renowned experts including Dr. Chan Chok Wan, President of International Pediatric Association (IPA) (2007-2010), Honorary President of the Asia Pacific Pediatric Association (APPA); Dr. Naveen Thacker, President Elect, APPA; Dr. Masako Kanai-Pak, 1st Vice President of International Council of Nursing (ICN); Dr. Prakin Suchaxaya, WHO Coordinator of the Regional Office for South East Asia; Prof. Chen Jianjun, Chairman of Chinese Pediatric Nursing Association Professional Committee. Other prominent speakers coming from miles across the countries such as Mainland China, Australia, Japan, Thailand and Singapore were also invited to share their state-of-art information and knowledge at the Conference.

The Conference was well supported by international professional bodies. Congratulatory messages were received from Dr. Judith Shamian, President of International Council of Nursing (ICN) and Dr. Zulkifli Ismail, President of Asia Pacific Pediatric Association (APPA). Locally, we were honored to have the staunch support from Food and Health Bureau, HKSAR and Hospital Authority (HA). Professor Sophia Chan, Under Secretary for Food and Health, HKSAR; Dr. Leung Pak Yin, Chief Executive of HA, Dr. Chan Chok Wan, Honorary Adviser of APPNA and Dr. Ko Wing Man, Secretary for Food and Health, HKSAR being our Guests of Honor officiated the Conference Opening and the Outstanding Paper Presentation Award Ceremony respectively. Besides, Dr. Cheung Wai Lun, Director of Cluster Services and Ms. Jane Liu, Chief Manager (Nursing) of HA showed their support and encouragement to our nurses via their welcoming messages.
The paper submission to the Conference was overwhelming, we had received 67 abstracts from different countries in the AP region. The papers were reviewed by the Review Panel formed by 5 member countries under the Scientific Committee of APPNA. The selected papers were presented and scored by adjudicators in the Conference. Ms Germac Shen from Singapore presented the paper on “Nursing Assessment at Children’s Emergency” won the Outstanding Oral Presentation Award. Ms Ko Wai Fong from HK, presented the paper on “A Continuous Quality Improvement Programme to Enhance Medication Safety” won the Outstanding Poster Presentation Award.

The feedback on this Conference was extraordinary. Participants agreed unanimously that it had served as a good platform for nurses in cross pollination of paediatric nursing knowledge and advanced nursing care practices. Through this Conference, the cohesiveness, commitment and support from our paediatric doctors and nurses in AP region were well testified. I was deeply indebted to all our organizing committee and subcommittee members, our steering committee members, our APPNA member associations from different countries for their unfailing support, active participation and promotion, with days of hard work to enable this Conference to become realized. This amazing spirit and collaborative effort in achieving synergy was inspiring. We look forward to the partnership of The APPA and APPNA for the 15th Asia Pacific Congress of Pediatrics and the 5th Asia Pacific Congress of Paediatric Nursing to be held in Hyderabad, India in January 2016.

Experience Sharing

Implementation of Baby Friendly Hospital Initiative — QEH neonatal unit experience

By Fung Po Chi, APN, QEH (Paediatrics and Adolescent Medicine)

WHO and UNICEF launched the Baby Friendly Hospital Initiative (BFHI) in 1991 which is a global effort to protect, promote and support breastfeeding (BF). The initiative has been quantifiable and proven effective with the increasing babies being exclusively breastfed for the first six months. It is a long and arduous road in becoming “Baby Friendly Hospital”. In November 2014, Queen Elizabeth Hospital (QEH) has successfully achieved the criteria for BFHI Certificate of Level one Participation.

Breastfeeding initiation after birth is crucial. Neonatal Intensive Care Unit (NICU) and Special Care Baby Unit (SCBU) often are the starting places for the premature and ill babies. But initiation of breastfeeding or breast milk feeding would be hindered owing to the separation from their mothers and disease process. The Breast Feeding Promotion Committee of the neonatal units of QEH have been established to work along with the Obstetric Department to accomplish the goal. Several initiatives were launched to promote breastfeeding in NICU & SCBU in the last 2 years.

A designated staff who has obtained the qualification of an International Lactation Consultant (ILC) is responsible for overseeing all the BF issues in both NICU & SCBU. Two nursing staff members also completed the “Train the Trainer of the BF Counselling Training Course” this year. Overall, 90% nursing & supporting staffs have completed the basic 20 hours BF training course.

Colostrum Oral Care to the sick neonates has been launched to encourage mother expressing the first breast milk — colostrum — for her baby within 6 hours after birth. The objective is to enhance this group of vulnerable babies’ immunity and a healthy start by giving the precious and scarce “Liquid gold” — COLOSTRUM.

[Image of Colostrum Oral Care Pamphlet]

Continue on next page
Kangaroo (Skin-to-skin) Care is encouraged to promote mother & baby relationship, support & enhancing BF. Blinds & curtains are set up around bedside areas enabling mother to breastfeed her baby by the bedside of cot and incubator.

Breast milk management class is designed for the parents whose babies are not suitable for direct attachment to mother. The teaching contents include the benefits of BF and breast milk feeding, the storage, labeling, and transportation of expressed breast milk to hospital, the choice of right breast pump and sterilization method. BF classes have been running three times a week to facilitate mothers' skills and techniques in handling breastfeeding and breast milk expression.

Warm and comfortable BF rooms foster a good BF environment. Comfortable chairs have been purchased for mothers either for direct BF or expressing breast milk. Updated BF information is displayed on the notice board. Equipment also is one of the essential elements for supporting successful BF, as well as initiation and support of breast milk expression. Designated refrigerators, freezers, various types of breast pumps, milk collecting kits are purchased for mothers to pump, collect and store expressed breast milk.

Meeting the BFHI are significant to support and sustain exclusive BF in the hospitalized infants and after their discharge. With the above improvement measures in place, changes are prominent, therefore encouraging to both the mothers and health care professionals to promote, support and sustain BF particularly in this vulnerable group of sick babies in the neonatal units.

The 2nd Biennial Regional School Health Congress 2014 in Macau

Lee Wan Ming (NC, QMH), Editorial Committee Chair

The 2nd Biennial Regional School Health Congress was held in Macau on 24th – 26th October 2014. This three-days' event was organized by the Nurses Association of Macau, co-organized by The Hong Kong Polytechnic University, the World Health Organization (WHO) Collaborating Centre for Community Health Service, Kiang Wu Nursing College, Hong Kong College of Paediatric Nursing Limited, Hong Kong Paediatric Society and Hong Kong Paediatric Nurses Association; and supported by the Health Bureau of Macau.

The Congress theme was “A continuum of children care from hospital to the community”. This Congress offered a platform for health care and school nursing professionals from around the world to converse and discuss important health care issues concerning both children and adolescents. The topics covered children with special health care needs; school health policy; health care promotion within the community and the transitional care between hospital and community,...just to name a few.

One of the speakers, Dr. Howard L. Sobel from WHO, presented the keynote speech on “A Second Chance in the Second Decade”. He pointed out how the schools play an important role in providing a second home to children since they spend a large part of their youthful life in schools. Therefore, it is essential for us to ensure that our schools are both safe and supportive to the children so that it can provide timely childhood interventions.

On the same note, another keynote speaker, Professor Patricia Jackson Allen from Yale University of the United States, talked about the common health risks faced by children and adolescents. She then explored the important roles played by school nurses in screening, identifying and, finally referring children who suffer from those risks that may result in intentional or unintentional injuries, mental health or behavioural problems, obesity and learning disabilities, etc.
Various topics were also covered in the plenary and symposium sessions, namely, health care service in Macau and Hong Kong; the healthy lifestyle promotion programs in school and community; the continuum care in community for children with special health care needs as well as the transitional care from hospital to community.

I was particularly impressed by the comprehensive primary healthcare service in Macau when visiting one of the Community Health Centres. There are various free services provided to all the legal Macau residents and include the prenatal care, family planning, children’s and adult health care, health education and traditional Chinese Medicine Services. Moreover, there are also family visits, hospital referral, life-long vaccination, medical social work, the quit-smoking consultation as well as other nursing services to look after the healthcare and health promotion needs across the life span of different age group of people.

Collaboration with Project Hope世界健康基金會- Care for Premature Infants Parents Seminar

Editorial Group

In response to the World Prematurity Day (17 November), the Project Hope (Shanghai Office) had co-organized a seminar for the families of premature babies with HKPNA in Hong Kong on 22 Nov. More than sixty parents or grandparents as well as paediatric nurses attended the seminar.

The aims of this seminar were to provide a platform for parents to share their journey in taking care of their premature babies at home, inform parents about the premature baby’s home care tips and safety.

Distribute the premature baby home care booklet for parents and to listen to the parents’ concerns and needs for premature baby’s development and to promote the “Society of Early Arrival (早到同學會)” Facebook network for to support the parents of the premature baby.

Dr. Rosanna Wong, Paediatrician; Ms Eva Lui, Social Worker; Dr Marian Wong from the Nursing Faculty of The Hong Kong Polytechnic University and three local nurses representatives, namely, Ms Connie Wan, The President of HKPNA; Ms Rebecca Hui from HKPNA; Ms Audrey Chan, a local neonatal expert nurse were invited to give talks and host the seminar. In addition, three representatives from local parent support groups were also invited to share their experiences in caring premature babies at home.

At the end of the seminar, Ms Lily Hsu, the Project Hope director launched and distributed the newly published booklet on home care for premature babies to all participants. The seminar ended successfully with positive feedbacks from the audiences and speakers.
Professional Development Activities

Simulation Based Neonatal Resuscitation Program co-organized with the Hong Kong Society of Neonatal Medicine, Hong Kong College of Paediatricians and A&E Training Centre with four classes were held on 7 & 28 Sept and 19 & 26 Oct 2014, with attendance 40.

Hong Kong Society of Paediatric Gastroenterology, Hepatology and Nutrition 15th Annual Scientific Meeting 2014 co-organized with the Hong Kong Society of Paediatric Gastroenterology, Hepatology and Nutrition the Hong Kong Paediatric Society, was held on 19 Sept 2014 with attendance 44.

The Asia Pacific Paediatric Nursing Conference 2014 co-organized with The Asia Pacific Paediatric Nursing Association on 26 to 28 Sept 2014 with attendance 423.

6th Cross-Straits Paediatric Respirology Congress, 2nd Asian Paediatric Respirology Forum, 17th HKSPR Annual Meeting co-organized with The Hong Kong Society of Paediatric Respirology on 18 to 20 Oct 2014 with attendance 38.

Forthcoming Events

Short Course- Breastfeeding course in Feb-Mar 2015

Single Lecture - Triple P Therapy/ Parenting in Apr 2015

Renewal & Application of Membership

Registered and Enrolled nurses who have experience in paediatric care are welcome as members. Any nursing undergraduate and pupil nurse, of the universities and nursing schools, who has interest in paediatric nursing are also welcome.

Please complete the Membership Application/Renewal Form and return it to Ms Caroline Lee, Hon. Dep. Secretary, Ward 89, QEH, Gascoigne Road together with a cheque made payable to “Hong Kong Paediatric Nurses Association Ltd”. Application forms can be obtained from HKPNA Hospital Coordinators or downloaded from web site http://www.hkpna.com.hk. Kindly fill in your email address when returning the completed form, so that we can keep you informed of the activity / course information updates.

Life Members are also welcome to update any personal particulars annually and furnish your email address using the same form.

Member’s Communication Channel

HKPNA treasures every idea and comment from members. Please forward your suggestions or input in writing to either the President, Ms Connie WAN at DOM (PAM) Office, KG34, QMH or the Hon. Secretary, Ms Ella Ma, ward E4, PMH. Besides, you can contact us via email address: hkpna@ymail.com

Submission to HKPNA Newsletter

The HKPNA Newsletter is published three times annually. Articles such as case studies, research findings, work reports, member’s views and ideas are welcome.

Each article is preferably no more than 250 words. Submit either the hard or electronic copy of full text and photographs with subtitles. Author name(s) and contact details should be included. It is the author’s responsibility to comply with patient privacy and data protection. Where necessary, informed consent should have been obtained before submission. The Editorial Committee reserves the right to select or reject the submitted article.

Send submission to: Ms Lee Wan Ming, at NC (PAE/Neonatal) Office, K-1007, Block K, QMH OR e-mail: leewm1@ha.org.hk

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<tr>
<th>Chair</th>
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<th>Tel: 2255 3473</th>
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<td>Members</td>
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<td>Tel: 3506 7340</td>
</tr>
<tr>
<td></td>
<td>Eugenie Chan, QMH</td>
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<td>Mona Leung, TMH</td>
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<tr>
<td></td>
<td>Connie Tse, CMC</td>
<td>Tel: 3408 7822</td>
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<tr>
<td></td>
<td>Carol Lo, CMC</td>
<td>Tel: 3408 7827</td>
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