Message from President - Ms Iris Yeung

It is a special honor and a privilege to begin my term (2016-2018) as the president of HKPNA. Since becoming a member of the Association many years ago, I have watched my predecessors work tirelessly on behalf of our members and our Association. I know that I have very big shoes to fill. My sincere gratitude to Ms. Winnie Lee, our founding president, Ms. Gloria Luk and Ms. Susanna Lee, prior presidents, Ms. Connie Wan, our outgoing president for their mentorship and support all through the years.

HKPNA was set up in 2000. Since its inception in the past 16 years it has gone from strength to strength and actively collaborates with different professional organizations.

Under the watchful eye of Ms. Cheung Mei Ying, our Honorary Treasurer and Ms. Ada Chan, our Honorary Deputizing Treasurer has done a wonderful job of shepherding the association funds. These funds support all of our activities, including production of Newsletter by Editorial Committee, management of our website by IT committee, organizing Annual General Meeting by Social Convener Committee, networking and communication with our community by Community Education Committee, professional growth and development by Professional Development Committee and build our members networking and cohesiveness in organizing activities such as annual spring dinner and autumn tour by Promotion Committee.

I will be focusing on three areas in the coming years: leadership, mentorship and collaboration. My vision for the coming year includes assisting our members in not only developing their clinical skills, but also their leadership skills. It is believed that leadership skills can be acquired, developed and honed over time. Those building their leadership skills need positive encouragement, support and advice. I believe that mentoring is so crucial to every aspect of our work from teaching student nurses and supporting new colleagues in clinical settings and in leadership roles in every area of health care. We must be much more mindful and purposeful in encouraging effective mentoring.

During the coming two years, I will be looking for opportunities to increase collaboration both within our organization and interprofessionally. We must explore opportunities for our members and leaders to participate in important discussions side by side with professionals from other specialties and disciplines on how best to meet the needs of children in the rapidly changing healthcare delivery system.

Sincerely yours
Iris Yeung
President

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Submission to HKPNA Newsletter
From Editorial Chair

Lee Wan Ming

It is my great honor to be appointed again as the chair-person of the editorial committee of HKPNA 2016-18. First of all, I would like to take this opportunity to thank our members, namely, Ms. Carol Lo (CMC), Ms. Cheng Sau Wai (QEH), Ms. Connie Tse (CMC), Ms. Ella Ma (PMH), Ms. Eugenie Chan (QMH), Ms. Mona Leung (TMH) and Mr. Tsang Shun Yu (QMH), for their unfailing contribution in producing each issue of HKPNA newsletters prudently. It is also great news that most of them remain members of editorial committee in the coming two years and Ms Law Shing Ping (PWH) is the new addition to our team.

Looking back at our achievement in the past two years, we had successfully created a new design for the newsletter and extended it to 6 pages. In order to attract more submissions from the young paediatric nurses, a “Story from the Youth” section was added for publishing their submitted stories. It is encouraging that we have been receiving a lot of positive feedbacks to these changes.
In the coming two years, we will continue to strive to make the newsletter a better and bigger platform for exchanging views and ideas on the various aspects of paediatric nursing. In order to diversify the contents, we plan to infuse other different elements into the newsletter, such as conveying messages about positive energy by inviting submissions of encouraging stories, adding entertainment corner e.g. puzzles & cartoon, setting up a letterbox etc. However, all these ideas would not be possible without your positive responses. We welcome your suggestions or opinions and appreciate your feedbacks. You can contact us through the details on the last page of every issue!!

Experience Sharing

The Parent Emotion Management Group (PEMG) for Highly Distressed Parents of Children with Disabilities

Chan Kit Ping, KCH, Nurse Consultant Child & Adolescent Psychiatry

Parents of children with developmental disabilities will experience greater stress in comparing with parents of normal children (Jones & Passy, 2004). Since children with developmental disabilities are at higher risk for exhibiting significant behavioral problems, parental stress has been revealed to have impact on the development of these problems (Cameron, 2014). Study supports this bidirectional relationship between parenting stress and child behavior problems for mothers and fathers (Cameron & Shulamite, 2012). Moreover, Kenndy’s (2012) study shows distorted thinking is related to the development of parental stress which, in turn, increases the likelihood of a parent to use maladaptive parenting behaviors and this lead to child psychopathology. It also shows the more distorted thinking the parents have, the greater depressive symptoms they will have.

Research evidence indicates strategies with appropriate treatment including training, education and emotion support to this high risk group can help to minimize children’s challenging behaviors and parental stress (Todd, Bromley, Ioannou, Harrison, Mellor, Taylor, and Crabtree, 2010). Like the Parent Emotion Management Group (PEMG) in Yaumatei Child Psychiatric Clinic, it is also aimed at helping those distressed parents with severe difficulties in parenting and home training, and their children have disabilities including ASD and ADHD. An evaluation of this program for two years reviewed similar therapeutic effect for this high risk group (Chan, 2014).
The PEMG is consisted of eight sessions and emphasized on adjusting distorted thinking related to parental stress particular towards their difficult parenting times. Apart from the core intervention of modifying the distorted thinking, mindfulness exercise, problem solving and coping card would be used as part of the interventions to facilitate the treatment effect of PEMG. Twenty-eight participants were recruited into the group with pre and post assessment of Beck Depression Inventory-II (BDI-II) and Beck Anxiety Inventory (BAI). The result indicated that there was a decreasing trend in parents’ depression and anxiety level after the program.

Verbal feedback from participants also showed they had gotten better understanding of themselves, such as the relationships among their thinking, feeling and behaviors. Some participants reported better stress management, problem solving skills and emotion control, which, in return, improved their parent-child relationship. For instance, during the time participants got angry with their children, they would try to keep themselves calm and stand on children’s perspective to see the problem. They realized if they could keep themselves calmer, they would feel more relaxed and adopt better attitude in communicating with their children. The participants did treasure a lot about such positive changes within the family.

Moreover, the participants felt the group could provide a safe platform for them to share feelings and opinions as they expressed that it was difficult for them to be understood by others who didn’t have a disable child. They treasured the mutual support among themselves. When the contents of the coping cards written by the participants were further categorized, all of them were positive and realistic. The themes were functional and most of them were similar to the suggestions for better stress management. This further echoed the finding of Azar (1999) that parents could learn to adjust their distorted cognition with better ability in stress management and problem solving.

The PEMG indicated that highly distressed parents of children with disabilities who also had severe difficulties in parenting and home training could be benefited from the group. Yet, similar treatment program as PEMG is seldom found, the PEMG is worth to be continued for these highly stressed parents.

References
Their Smiles Keep Me Going

Ho Ying Ying, CMC, RN, Paediatric and Adolescence

I have been working in pediatrics ward for over six months. Being a nurse has always been my dream since my childhood. I choose paediatric because I have three younger sisters. I love taking care of children.

The ward I am working at has two parts. One part is for patients on ventilator support. There are total seven patients. They have been staying in our ward for a long time. It feels like they are part of our family. We will hold birthday parties for them. Although they may not be able to speak or even move, you can see from their smiles that they are happy. Every day if I have time, I will talk to one of the patients there. She is very cute with the same age as me. Sometimes, I feel like she is my sister. Even though she cannot speak, it does not affect our communication or our bonding. She can nod her head to express herself. She may not like the other children who can say thank you to you but her smile tells me everything.

Like everything else, there are always up and down. In paediatric ward, it is not always smiling and cute children present. In contrast, there are always crying, screaming and angry parents around. Parents of sick children are always worried, upset and frustrated. They may not know how to control their emotion, and they will even put their anger on you. I can understand their worries, but all those yellings make me feel frustrated and sometimes sad.

Nevertheless, when I see the children going home healthily, those smiles on their face are the biggest prizes for me. All those negative feelings will be vanished. Those smiles are my energy.

To be honest, it is not an easy job to work in a paediatric ward. Sometimes, I feel sad or frustrated. The children’s smiles keep me going. Their smiles are always my motivation. I enjoy my life of being a paediatric nurse.

The 16th Annual General Meeting

Eugenie Chan, Editorial Committee

The 16th Annual General Meeting of HKPNA was held on 17 June 2016 at Choi Fook Restaurant in Nathan Road, Jordan with about 120 participants, including honourable guests and members. The highlight of the evening was the lecture by Dr. Andrew Luk Leung, Director of Nethersole Institute of Continuing Holistic Health Education, with the title “Caring for self”. Dr. Luk stated nurses were facing intensified emotional impacts at a stressful workplace environment every day, he taught us ways to take good care of ourselves while providing holistic care for our patients. Through the exercise of Self-Determination Scale, we understood the importance of making choices and keeping physically, psychologically and socially fit.
Following the enlightening talk by Dr. Luk, Ms Connie Wan passed her Presidency to Ms Iris Yeung as the new president of HKPNA 2016-2018. After former and present presidents’ speech and photo-taking of new board members, we started our annual dinner. Each member got a newly designed HKPNA T-shirt as souvenir. In sum, we had great times that evening and we look forward to our next joyous gathering.

HKPNA Board Members 2016 - 2018

Professional Development Activities

Short Course of Metabolism in Paediatrics was held on 29/4, 13/5 and 26/5/2016 with 56.

Update Series on Child Health 2016 co-organized with the Hong Kong Paediatric society and the Hong Kong College of Paediatricians with last lecture on 13/8/2016 at the Jordan Valley St. Joseph’s Catholic Primary School with more than 300-400 nurses attended each session.

HKPNA 16th Annual General Meeting (AGM) was held on 17/6/2016 with 141 attendance.

forthcoming Events

Short Course – Paediatric Emergency will be held on 29/9, 6/10 and 27/10/2016 at the MG, Lecture theatre, Queen Elizabeth Hospital.

BGCA 80th Anniversary Scientific Conference will be held on 7-8/10/2016 at Yasumoto International Academic Park, The Chinese University of Hong Kong.

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, S404, QEH 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.