



謹  
賀  
新  
年



# Newsletter

Issue 68 Jan 2025



In this Issue:

56<sup>th</sup> Hong Kong Children's Health Competition highlights

8<sup>th</sup> APCPN Highlights

11<sup>th</sup> ACPID 2024 Highlights

Promotion Activities





The 56th Hong Kong Children's Health Competition, themed “親子FUN FUN動起來，至FIT快樂又夠CHILL”，took place on November 3, 2024. Co-organized annually by the Hong Kong Pediatric Foundation, the Hong Kong Paediatric Nursing Association, and the Boys' and Girls' Clubs Association of Hong Kong, this event encourages children to cultivate healthy living habits and maintain a fit body.

Targeting children aged 3 to 11, the competition featured a range of activities, including basic health examinations, physical fitness assessments, mental and physical intelligence tests, talent performances, and award ceremonies.

Participants underwent two rounds of health tests: the "Basic Health Checkup" and the "Vitality Test" to qualify for the finals. In addition to meeting height and weight ratios, children also had to complete vision and oral hygiene examinations, as well as simple language ability tests and various vitality challenges.

All finalists participated in a "Physical and Mental Intelligence Test", where they engaged in fun activities directed by occupational therapists. These activities assessed self-care skills, learning abilities, fine motor development, and bilateral coordination. The test also evaluated auditory memory, number sequencing, eye-tracking skills, visual perception, and reaction time through games, providing a comprehensive overview of each child's cognitive and perceptual abilities.

We firmly believe that children's health is crucial for their development, which is why our association is dedicated to organizing diverse activities that cater to their developmental needs. A healthy and supportive family environment significantly impacts children's growth. Through participating in engaging activities, children can achieve physical, mental, and spiritual well-being. Additionally, the event featured lectures from various professionals aimed at parents, enhancing their awareness of their children's holistic development through diverse experiences.

Canise Wong  
Board Member, HKPNA





# 8<sup>th</sup> Asia Pacific Congress of Paediatric Nursing

organized by The Asia Pacific Paediatric Nurses Association  
Hosted by Mother and Child Nurses Association of the Philippines



**16 and 17 November 2024**

**Venue: Waterfront Cebu City Hotel, Cebu, Philippines**

**Theme: Redesigning the Horizon of Paediatric Nursing in the Asia Pacific**

by Ms Tang Sze Kit, Board Member, Hong Kong Paediatric Nurses Association

Asia Pacific Paediatric Nurses Association (APPNA) was formed by paediatric nurses in Asia Pacific Region in 2012, with the aim to work collaboratively to promote and advocate the health and development of children, to promote excellence in Paediatric Nurses and to deliver highest standard of care to the children, to promote excellence in Paediatric Nursing and to deliver highest standard of care to the children in Asia Pacific region.

The Asia Pacific Paediatric Nurses Association comprises of 8 country/region member associations. Act as founding members APPNA, representatives from Hong Kong Paediatric Nurses Association attended the 8<sup>th</sup> Asia Pacific Paediatric Congress of Paediatric Nursing (APPCPN), which was held on 16-17 November 2024, Cebu, Philippines. This is the first time of physical attendance after the COVID-19 pandemic since 2020. The conference consisted of various topics which ranges from community health to advance technology in paediatric nursing and the nursing participants also from different Asia region including Australia, Singapore, Japan, Indonesia, Malaysia, China, Hong Kong SAR and Philippines. Over 100 nurses joined together to update and share their nursing experience and achievement in child health.

APPNA also took the opportunity to hold the physical council meeting with the council members from different countries and areas. In the council meeting, the representatives of the membership of APPNA were updated. Furthermore, the President of APPNA was handover the term from Ms KHOO Shi Min, Singapore, to Ms Balbina BORNEO President Elect. Ms BORNEO will lead the association in the coming three years. The secretariat general, the treasurer of APPNA and its the location of secretariat remained in Hong Kong from HKPNA. Ms Tang Sze Kit and Ms Peggy Lee takes up the role of the Secretariat of General and the Treasurer respectively. All the council members and conference participants joined together to support the change of the term and the certificate of appointment were issued in the meeting.



President Ms KHOO presented the certificate of appreciation to Dr. Joseph Stephen Descaller, Philippines Nurses Association, Board of Governors



APPNA Council Meeting on 16 Nov 2024



APPNA Council representatives from 8 countries/ areas



From right to left: Ms KHOO Shi Min, Singapore, Ms. Balbina BORNEO, Dr. Susanna LEE and Chair of Cebu, Mother and Child Nurses Association of the Philippines



Group photo of Hong Kong Paediatric Nurses and invited speakers.



Outstanding  
Poster  
Presentation  
8th APCPN

CONGRATULATIONS



**Kwong Wah Hospital**  
Hong Kong Hospital Authority



SINCE 1978

Nursing Education & Research in Paediatrics:



## Effectiveness of "Five Minutes Talk" program to promote evidence-based practice among paediatric nurse in acute general paediatric ward

Ng CMS, Chang BL & Tam WSC  
Department of Paediatric & Adolescent Medicine

### Background

Evidence-based practice (EBP) in nursing refers to the process through which nurses make clinical decisions grounded in the best available research evidence. However, the adoption of EBP in nursing practice remains relatively sluggish. Key barriers include insufficient time and a lack of support for promoting EBP. Therefore, it is essential to identify and implement appropriate strategies to enhance the integration of EBP within the nursing profession.

### Method

All nurses in the acute general pediatric ward were recruited to participate in an evidence-based practice study focused on point-of-care initiatives, with facilitation support provided. A condensed presentation titled "Five Minutes Talk" was delivered to the nursing staff in the general pediatric ward. The "Taipei Evidence-Based Practice Questionnaire" (TEBPQ) was administered through a self-completed questionnaire. To assess the effectiveness of the evidence-based practice education, Cronbach's alpha was calculated.



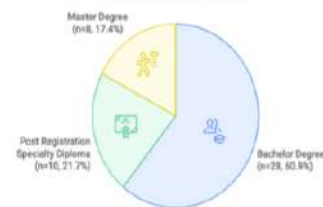
### Results

A total of 46 pediatric nurses participated in the "Five Minutes Talk" program & subsequently completed the TEBPQ.

Overall Cronbach's alpha was 0.84, indicating good internal consistency and suggests "Five Minutes Talk" program as effective in promoting evidence-based education.

Specifically, the Cronbach's alpha values were 0.81 for nurses with a Bachelor's degree (n=28, 60.9%), 0.88 for those with a post-registration specialty diploma (n=10, 21.7%), and 0.89 for nurses holding a Master's degree (n=8, 17.4%). These findings demonstrate that nurses with higher educational qualifications reported a greater effectiveness of the "Five Minutes Talk" program in evidence-based education.

Educational Qualifications



Effectiveness of "Five Minutes Talk" Program by Educational Level



### Conclusions

"Five Minutes Talk" program was an appropriate and effective strategies in promoting EBP in acute general paediatric ward, and can increase the awareness of the need to establish and EBP culture among the general paediatric ward.

(852) 3517 1303 ncm497@ha.org.hk



# The 11<sup>th</sup> Asian Congress of Pediatric Infectious Diseases

13 - 15 December 2024 | Hong Kong SAR

The Asian Society for Paediatric Infectious Diseases (ASPID) is being held for the first time in Hong Kong. The theme of ACPID 2024 is “United, Work Together for Our Children” (團結、合作為兒童).

Globalization has led to an increase in cross-border activities, allowing infectious diseases to spread rapidly around the world. The experience of the COVID-19 pandemic over the past four years highlights the importance of global cooperation in exchanging the latest advancements in research and clinical practice, resulting in enhanced expertise in managing infectious diseases.

The conference covers a wide spectrum of topics, including advancements in patient management, public education, prevention strategies, and the prevalence of infectious disease across Asia. Its aim is to promote the best paediatric practices to improve health and protect the vulnerability of our paediatric population.

The conference is also focus on new vaccinations, such as Dengue, EV71, and Nirsevimab for RSV, which can target a wider variety of pathogens, thereby protecting populations from multiple infectious diseases that may have previously gone unaddressed.

However, the global rise in vaccine hesitancy has coincided with the resurgence of many childhood diseases, leading to the return of illness like measles in some countries. As paediatric nurses, we must increase our cultural sensitivity and equip ourselves to communicate effectively the safety, efficacy, and risk-benefit of vaccines to parents.

To establish herd immunity, effectively combat infectious diseases, and protect the health of our children, we must strengthen immunization programs, enhance surveillance systems, and promote public health education.

Leung Hoi Yee  
Member, HKPNA



# PROMOTION ACTIVITIES

2025 乙巳年

二月 FEBRUARY 初一

28

宜

歡聚

夫



忌

加班

Hong Kong Paediatric Nurses Association  
Spring Dinner 2025

日期：2025年2月28日 (星期五)

時間：下午6時恭候  
下午7時30入席

地點：湖·悅 (始創中心)  
太子彌敦道750號始創中心4樓(太子地鐵站B2出口)

Member: \$350  
Non-member: \$450

節目內容：  
麻雀耍樂  
佳餚美食  
幸運抽獎



Scan to enroll  
歡迎掃碼報名



FRIDAY  
星期五

Welcome to join our Spring Dinner



## SUBMISSION TO HKPNA NEWSLETTER

The HKPNA Newsletter is published twice annually. Articles such as case studies, research findings, work reports, members' views and ideas are welcome. Each article is preferably no more than 250 words. Submit either hard or electric 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.

## RENEWAL & APPLICATION OF MEMBERSHIP

RN and EN who have experience in paediatric care are welcomed 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 from HKPNA Hospital Coordinators, downloaded from website [www.hkpna.com.hk](http://www.hkpna.com.hk) or scan the QR code. Kindly fill in your email address so that we can update any personal particulars 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 our email: [hkpna@ymail.com](mailto:hkpna@ymail.com)