

# NEWSLETTER

**Hong Kong Association of Critical Care Nurses Limited (HKACCN Ltd)**

Vol. 9, No. 1, May/June 2008

## **PRESIDENT'S Report 2007/08**

**WONG Esther**  
**President**  
**HKACCN**

As we gathered here today to attend and celebrate the first AGM of Hong Kong Association of Critical Care Nurses Ltd, we seek your blessings and recognition on our efforts and intentions.

For the past ten years, HKACCN has been a very active professional body in Hong Kong, Macau, Mainland China and overseas. During the year 2007/08 in Hong Kong, we conducted professional courses and seminars, and participated in celebration activities of the National Day and International Nurses' Day (IND).

This year, the Hong Kong Academy of Nursing Preparatory Committee (HKANPC), of which HKACCN is a member, has started to promote the establishment of HKAN in Hong Kong and altogether 16 specialties supported the idea of having a Nursing Carnival as one of the 2008 IND celebrating activities. With the theme “救心活命, 你做得得到”, we successfully held a health promotion booth at HAHO on 3 May and we taught the public to perform cardiac pulmonary resuscitation (CPR). Besides, Mr Dick CHENG Tak Lai of QEH represented the association and gave a talk on “健康心脏由你創” on that day.

Starting from late 2007, we changed our partner in the provision of Life Support Programs in Hong Kong. We worked with the Laerdal CPR Training Center, another American Heart Association's (AHA) International Training Office, to create a platform for all nurses in Hong Kong and Mainland China to acquire the international qualifications of both Basic and Advanced Cardiac Life Support (BLS & ACLS). We are honored to have two HKACCN's council directors qualified as faculties of the AHA's



Training Center. They carry the capacity to train and certify local ACLS Instructors. In the long run, this qualification largely facilitate the development of BLS and ACLS training in Hong Kong, Macau and China. As such, patient safety that we hold paramount is better assured. Since early 2008, we have revitalized our BLS and ACLS provider programs and started to have the training conducted in the Laerdal Training Center at Shatin.

To facilitate our local critical care nurses, especially those who have to perform mentors' role at work, to communicate competently with our colleagues in the Mainland, we have begun to run Putonghua classes for nurses since 2002 and the classes became more regular and popular since last year.

Subsequent to the Sigma Theta Tau International Conference entitled “Evidence-Based Practice in Nursing: Paradigms and Dialogue” at the Hong Kong Polytechnic University from 19 to 21 April.2007, sixteen conference participants who were faculties of nursing schools in Mainland China joined the Basic Life Support Program delivered by HKACCN instructors and obtained the certificates issued by the AHA. The class was conducted in Putonghua at the HKACCN office in Wanchai.



16 Basic Life Support program trainees (They are faculties of nursing schools in Mainland China) pictured with trainers after their training session on 23 April 2007 in Hong Kong

On 8 to 14 September 2007, HKACCN was invited by the Jilin University and Jilin Nurses' Association, and was sponsored by the Hong

Kong Nurses Training and Education Foundation to conduct a two-day program on Intensive Care Nursing in Jilin. Ms Frandia Wong, Ms. Wai Ling Mak and I formed a teaching team. More than 500 nurses attended the program and the feedback was very positive.

In early 2008, from 14 to 17 March, in response to ChongQing's request, a team comprising Mr. David Chan, Ms. Vilna Leung and I visited ChongQing. We delivered the essential topics of critical care nursing in a workshop. There were 166 critical care nurses from over 60 hospitals and more than ten provinces such as ChongQing, Yunnan, Sichuan, Guizhou, Guangxi, Beijing, Guangzhou, Lanzhou, Tianjin, and Shandong. The results of the evaluation were extremely encouraging.

With the training agreement between Hospital Authority and Guangdong Province, 120 nurses were sent to Hong Kong for specialty training of which 40 were placed under the ICU stream. From July 07 to April 2008, they undertook the Intensive Care Nursing Program in Hong Kong. During their stay in Hong Kong, they had the opportunity to attend the critical care lectures ran by HKACCN. They felt interested in joining the association as members and before the end of their course, they attended the Basic Life Support program and brought home the certificate issued by the AHA. They were satisfied with the arrangement made for them.



ICU Nurses from Guangdong Province  
(students undertook ICU program in HA, HK – 1st intake 2008)  
pictured with seminar speakers and HKACCN directors  
after the seminar on 16 April 2008

Since the first year of new era as HKACCN (Ltd.), we have been visible at various levels in the field of critical care nursing in Hong Kong, Macau, and Mainland China and overseas. We

continue to collaborate closely with more professional organizations in the form of nurses' training, particularly in the development of the specialty. We also work hard on the development of professional recognitions and academic qualifications of critical care nursing by active participation in the Hong Kong Academy of Nursing Preparatory Committee. It is hoped that with the establishment and subsequent assistance of the Hong Kong Academy of Nursing, HKACCN can participate in devising specialty programs thus enabling critical care nurses to have ongoing development and learning opportunities comparable with our counterparts overseas.

Recently, in response to the Sichuan disaster, some of our members joined the HA team to serve in Sichuan. Others have enrolled as volunteers and waiting to be called in due course. A total of HK\$11,000 were donated for the rescue purpose under the name of HKACCN.

In the international arena, we keep making efforts to enable Hong Kong to be a part of the critical care nursing world of practice. On behalf of HKACCN, I joined the Critical Care Congress held in South Africa from 14 to 17 August 2007. In response to the invitation from the Philippines Heart Association Convention, Ms Betty TANG Yuen King of Union Hospital was recommended to be one of the overseas speakers. Her talk on 29 May 2008 put emphasis on life style modification in preventing coronary artery diseases. HKACCN will continue to work hard in representing critical care nurses and share our achievement in Hong Kong with members of the World Federation of Critical Care Nurses (WFCCN). This year's the WFCCN Critical Care Congress will be held on 12 to 14 November in Mexico City. Those who are interested in joining this international congress are welcome to call HKACCN office for further information or visit <http://www.ameu.org.mx/00%20congresol.htm>.

I must take this opportunity to thank all council members, subcommittee members, co-opted members, BLS/ACLS instructors and editors for their hard work throughout the years. I must also take this opportunity to thank our advisors, honorary legal advisor and auditor for their practical advice and professional support. Furthermore, I thank the senior management of HA and private hospitals for their support to critical care nursing. Last but

not least, I thank members of the association. Each member is an integral part of HKACCN. I am very confident that together we can accomplish great things – things more important and more meaningful than I have outlined earlier on. You will be the driving force that launches us in the right direction. Do give us comments and suggestions through our company e-mail [hkaccn@yahoo.com.hk](mailto:hkaccn@yahoo.com.hk). Without your feedback and involvement, the HKACCN would not have achieved so much in the past and your continuous support to the HKACCN Ltd. is very much valued and treasured.



### **Primary Health Care and Critical Care Nurses**

CHIANG Vico  
Chief Editor  
HKACCN Newsletter

Most nurses would still remember the famous Declaration of Alma-Ata (WHO, 1978) which was made 30 years ago on primary health care (PHC),

*Primary health care is essential health care based on practical, scientifically sound and socially acceptable methods and technology made universally accessible to individuals and families in the community through their full participation and at a cost that the community and country can afford to maintain ... It is the first level of contact of individuals, the family and community with the national health system bringing health care as close as possible to where people live and work, and constitutes the first element of a continuing health care process.*

Nevertheless, the target of attaining health for all by the year 2000 through PHC (Ibid) has been an ongoing journey. Thirty years later, PHC is continually believed to be a fundamental model of health care, yet to be globally, fully

and successfully implemented to achieve health for all. The journeys of PHC in different countries have had successes and losses. Inequalities of health status still exist across and within countries (ICN, 2008)

The WHO Director General Dr. Margaret Chan said that, “*Decades of experience tell us that primary health care is the best route to universal access, the best way to ensure sustainable improvements in health outcomes, and the best guarantee that access to care will be fair*” (WHO, 2007). On the other hand, numerous cases have demonstrated that PHC initiatives and services led by nurses are effective and efficient in both developed and developing countries (ICN, 2008). International evidence also demonstrated that health systems based on a strong PHC orientation were more efficient, had better and more equitable health outcomes, lower costs, and good user satisfaction (Pan American Health Organization, cited in Ibid). This year, ICN set the theme for International Nurses Day (IND) as “*Delivering Quality, Serving Communities: Nurses Leading Primary Health Care*”. This is a re-affirmation of PHC, which actually comes timely for us because in Hong Kong we are examining our health care system based on the consultation document entitled “*Your Health, Your Life*” (Food and Health Bureau, 2008). In this document, the PHC model is proposed to be one of the key areas that will improve ways of achieving health and efficiency of care for the residents in Hong Kong.

There are different approaches in the delivery of PHC. In *Your Health, Your Life* (Ibid), family doctors are proposed to be the first health care provider of contact under the PHC model. Nurses, though not clearly mentioned in the consultation document, can actually be the central figures in PHC on first-point-of-contact care, health promotion and education, patient empowerment, and co-ordination of care across the lifespan of individuals, families and communities (ICN, 2008). This approach of PHC focuses on the primary prevention, which differs from the family doctors approach with a more or less medical perspective.

One may ask whether critical care nurses play a role in the PHC model for the health of people in Hong Kong. The reflexive answer for many may be “no” due to the second level of contact with patients or the secondary prevention contexts where critical care nurses

usually work. Nevertheless, ICN argues that nurses getting involved in community health promotion and services is one of the key elements of successful PHC (ICN, 2008). In that regard, we are able to see that there is no exclusion for critical care nurses. All nurses, including critical nurses, are free to make a professional decision in participating community health activities, which promote the well-being and educate for the health of populations. The health promotion activities held by the HKACCN and critical care nurses on 3 May which celebrated the 2008 IND was a good example of such PHC opportunities. Are you ready to take up this type of challenge by thinking out of the square of your practice context?

#### Reference

- Food and Health Bureau (2008). *Your health, your life; Healthcare Reform consultation document*. Hong Kong: Hong Kong Special Administrative Region Government.
- ICN (2008). *Delivering quality, serving communities: Nurses leading primary health care*. Geneva: International Council of Nurses. Retrieved April 6, 2008, from <http://www.icn.ch/indkit2008.pdf>
- WHO (1978). *Declaration of Alma-Ata*. International Conference on Primary Health Care, Alma-Ata, USSR, 6 – 12, September. Retrieved April 8, 2008, from [http://www.who.int/hpr/NPH/docs/declaration\\_almaata.pdf](http://www.who.int/hpr/NPH/docs/declaration_almaata.pdf)
- WHO (2007). *The contribution of primary health care to the Millennium Development Goals*. Opening address at the International Conference on Health for Development. Buenos Aires, Argentina, 16 August. Retrieved April 8, 2008, from [http://www.who.int/dg/speeches/2007/20070816\\_argentina/en/index.html](http://www.who.int/dg/speeches/2007/20070816_argentina/en/index.html)

**LEUNG Vilna**  
**APN (W&U Management), CMC**  
**Secretary, HKACCN**

In December 2007, the Hong Kong Association of Critical Care Nurses (HKACCN) was invited by the Third Military Hospital in ChongQing to deliver talks in a specially organized critical care seminar for nurses. There were approximately 150 audiences from nearby cities who attended the seminar. Three council directors including the president Ms Esther Wong; the PDC chairman Mr. David Chan; and myself traveled and joined the seminar from 15 – 16 March 08 in ChongQing. Our travel expenses were sponsored by Chairlady Yiu of the Hong Kong Nurses Training and Education Found-

ation, who is devoted in advancing the nursing standards in the Mainland.

The seminar was for us in the HKACCN to share our nursing experiences with the nurses there. They hope that, through our sharing, their standards and quality of critical care could be improved and gradually be comparable to international benchmarks. The seminar ran for three days with comprehensive coverage of different issues in critical care nursing. The significance of clinical research was introduced on the first day by Nursing Faculty of the Third Military University. It was supplemented with updated research evidence Talks on the second and the third day were conducted by us. It started with an introduction of advance practice nurse (APN) to enlighten them with our new direction of nursing development and career prospect in Hong Kong. Furthermore, updated clinical knowledge was also presented. It included patient assessment which integrated nursing theories and practice experience, new ventilation modes and techniques of care, neurological care update, revised resuscitation guidelines, acute coronary care, acute arrhythmia care, haemodynamic care, and infection control in critical care nursing. All these clinical updates were summarized under the topic “evidence-based nursing practice”, which emphasized very much the needs and techniques of knowledge generation and validation. Entire structure of the seminar aimed to introduce the importance and application of academic knowledge and research findings in clinical practice.

It was an honor for us having the opportunity to participate in and make contribution to such a meaningful seminar. Among the speakers, I had the least experience in teaching and lower capacity to speak Puotonghua. It was therefore a great language challenge to me. In order to ensure what I presented would be understood by the audiences, I spent a lot of time in preparation. Such hard work was worthwhile as the feedback showed that though the talks were not spoken in perfect Puotonghua, the key messages were conveyed. It turned out to be a great learning opportunity for me to practise Puotonghua and refresh my clinical knowledge. Before receiving the final feedback, I did worry a lot about not speaking comprehensible language to most of the audiences. It was good that coordinator of the seminar, Professor Chu,

acted as an interpreter for me to save time and she ensured that the audiences understood what I said during the question and answer session. The interpretation was also made on what I thought as quite fluently spoken Puotonghua. Was it funny? To me it was a good chance for reflection and it indicated the inadequacy of my language ability which required improvement.



Ms. Esther Wong, Ms. Vilna Leung and Mr. David Chan pictured with Professor Chu (Third Military Hospital) in the attractive night scene of ChongQing

The other two members, especially Mr. David Chan, delivered very good talks which provided good insights for their ways of practice. They was filled with feverish questions by the audiences following each of their talks. We hope that the insights will inspire and steer the professional team in ChongQing and nearby cities, and to constructively challenge their daily practice for continuous improvement. Overall, the purpose of the seminar was achieved.

## **UPCOMING PROGRAMS**

### **I) 醫學普通話班 (2008 / 2 - 3)**

#### **課程簡介:**

香港醫療人員與內地人員交流日增,而從內地來港的人士也大幅增加,需要應用普通話的機會也增多,但不是每位醫療人員也講得一口流行普通話,特別是醫學名詞.本課程旨在提高醫療人員的普通話溝通能力及技巧,特別針對醫療人員如醫生,護士,物理治療師,接待員等等。

#### **課程特色:**

1. 小組形色, 學員有更多機會參與討論及學習
2. 內容豐富, 包括:

- 基礎拼音, 拼讀等
- 時事討論
- 課本研讀
- 日常及醫學會話
- 醫學名詞及詞彙

3. 高效率, 短時間內提高溝通能力

4. 實用性高, 可應用如日常工作中

(學員可將 1 至 2 份文章或講章 <word format> 交回本會,本會可代加普通話拼音,並將其中一部份交與講師教授)

#### **上課日期:**

第二班: 7月 4, 11, 18, 25日,  
8月 1, 8, 15, 22, 29日,  
9月 5日 (共10晚)

第三班: 10月 3, 10, 17, 24, 31日,  
11月 7, 14, 21, 28日,  
12月 5日 (共10晚)

#### **上課時間:**

逢星期五 晚上 6時 至 9時

#### **上課地點:**

香港危重病學護士協會 (HKACCN)  
香港灣仔道230號佳城大廈501室

#### **人數:**

15-20人

#### **講員:**

楊詠男老師  
理工大學普通話兼職講師  
前城市及浸會大學普通話講師

#### **教學語言:**

普通話為主,輔以廣東話

#### **學費:**

\$ 1500 (會員), \$2000 (非會員)  
包括課本及補充材料

出席率達80%,可獲發本會之修讀證明書 (CNE:  
30分)

#### **Convenor:**

Ms. Frandia WONG , APN (W&UM), ICU / QMH

### **II) ECG Course for Beginners**

This ECG course is designed to help frontline nurses understand basic ECG concepts and common arrhythmias. All nurses who show interest to ECG are welcome to join this course.

**Date and Time:**

ECG 2008-3: 7, 14, 21, 28 Aug; 4, 11  
Sept 2008 (Thur) (6:30-9:30pm)  
ECG 2008-4: 6, 13, 20, 27 Nov; 4, 11  
Dec 2008 (Thur) (6:30-9:30pm)

**Venue :**

HKACCN  
Rm 501, 5/F Great Smart Tower,  
230 Wan Chai Road, Hong Kong

**Speakers :**

Nursing experts from critical care areas

**Language medium :**

Both English & Cantonese

**Award :**

Certificate will be issued for those who attended all the sessions and passed the quiz

**Program Fee :**

HK\$1200 (Member), HK\$1800 (Non-member)

### III) Elementary Critical Care Nursing ECCN Series Module 2 (Cardio-vascular Care)

**Date and Time:**

2 Jun – 28 Jul, 2008 (8 Mondays, except 9 Jun) (6:30-8:30 pm)

**Venue :**

HKACCN  
Rm 501, 5/F Great Smart Tower,  
230 Wan Chai Road, Hong Kong

**Speakers :**

Nurse Specialists and APNs from various critical care areas

**Language medium :**

English & Cantonese (with English Handouts)

**Award :**

Certificate will be issued for those who attended all the sessions and passed the quiz (16 CNE points)

**Program Fee :**

HK\$1600 (Member), HK\$2000 (Non-member)

### IV) Elementary Critical Care Nursing ECCN Series Module 3 (Reno-Neuro-

## Trauma Care)

**Date and Time:**

1 Sept – 27 Oct, 2008 (8 Mondays, except 15 Sept) (6:30-8:30 pm)

**Venue :**

HKACCN  
Rm 501, 5/F Great Smart Tower,  
230 Wan Chai Road, Hong Kong

**Speakers :**

Nurse Specialists and APNs from various critical care areas

**Language medium :**

English & Cantonese (with English Handouts)

**Award :**

Certificate will be issued for those who attended all the sessions and passed the quiz (16 CNE points)

**Program Fee :**

HK\$1600 (Member), HK\$2000 (Non-member)

## V) Auscultation Workshop



This workshop is designed to help improving nurses' knowledge and skills in listening patients' heart sounds and lung sounds.

**Date and Time:**

25 Nov 2008 (Tue) (6:30-8:30 pm)

**Venue :**

HKACCN  
Rm 501, 5/F Great Smart Tower,  
230 Wan Chai Road, Hong Kong

**Speaker :**

Dr. CHAN Wai Ming, Consultant  
AICU, Queen Mary Hospital

**Language medium :**

Cantonese (English handouts)

**Award :**

Attendance certificate will be issued to those who attended the workshop (2 CNE Points)

**Program Fee :**

With stethoscope: HK\$600 (Member),  
HK\$900 (Non-member)

Without stethoscope: HK\$200 (Member),  
HK\$300 (Non-member)

## VI) Basic Life Support and Advanced Cardiac Life Support Courses

### a) Basic Life Support (for Health Care Provider) Course

This BSL – HCP Course is organized by the HKACCN Ltd. The HKACCN Ltd is an official AHA training site under Laerdal International Training Center (ITC), which is the ITO of AHA CPR and ECC Course in Hong Kong, China and Macau.

**Target Groups**

- Health care providers, such as nurses, doctors, paramedics, and ambulance personnel
- Nursing and medical students
- Other interested personnel

**Date and Time:**

8:30am – 1:00pm (a half-day program)  
1, 21, or 22 Jun; 30 or 31 Aug; 6 or 7 Sept;  
22, 23, 29, or 30 Nov 2008

**Venue :**

1. Laerdal CPR Training Centre  
Unit 2101 – 2103, Level 21, Tower 2,  
Grand Central Plaza, 138 Shatin Rural  
Committee Road, Shatin, NT (same  
building as Shatin Ikea), or
2. HKACCN Ltd Office

**Language medium :**

English & Cantonese (with English Handouts)

**Award :**

AHA BLS – HCP Course Completion Card –  
valid for 2 years (4 CNE points; 2 – 7 CME  
points)

**Program Fee :**

HK\$400 (Member), HK\$600 (Non-member)

### b) Advanced Cardiac Life Support Provider Course



This Advanced Cardiac Life Support (ACLS) Provider Course is organized by the HKACCN Ltd. The HKACCN Ltd is an official AHA training site under Laerdal International Training Center (ITC), which is the ITO of AHA CPR and ECC Course in Hong Kong, China and Macau.

**Target Groups**

- Health care providers, such as nurses, doctors, paramedics, and ambulance personnel
- Nursing and medical students
- Other interested personnel

**Date and Time:**

8:30am – 5:30pm (a 2-day program)  
12 – 13 July; 19 – 20 July; 9 – 10 Aug;  
11 – 12 Oct; 18 – 19 Oct; 1 – 2 Nov;  
6 – 7 Dec; 13 – 14 Dec; 20 – 21 Dec 2008

**Venue :**

Laerdal CPR Training Centre  
Unit 2101 – 2103, Level 21, Tower 2, Grand  
Central Plaza, 138 Shatin Rural Committee  
Road, Shatin, NT (same building as Shatin  
Ikea).

**Language medium :**

English & Cantonese (with English Handouts)

**Award :**

AHA ACLS Provider Course Completion Card  
–valid for 2 years (13 CNE points; 5 – 13  
CME points)

**Program Fee :**

HK\$1200 (Member), HK\$2500 (Non-member)

**Enquiries for ALL COURSES:**

2861 2972 (Mr. Leo LAM)

(報名及繳費: 填妥報名表格, 連同劃線支票, 親自  
遞交或郵寄至 HKACCN Ltd.)

## **CONFERENCE ANNOUNCEMENT**

### **27 – 30 August 2008**

3rd National Conference for Emergency Nurses

Place: Sheraton Perth Hotel, Western Australia

Website:

<http://www.cdesign.com.au/cena2008/>

### **9 – 11 October 2008**

3rd EfCCNa Congress / 27th Aniarti Congress: Influencing Critical Care Nursing in Europe

Place: Florence, Italy

European federation of Critical Care Nursing associations (EfCCNa) and Italian Association of Critical Area Nurses (Aniarti)

Website:

<http://www.efccna2008.aniarti.it/>

### **30 Oct – 2 Nov 2008**

Asian Pacific Critical Care 2008 Congress Past, Present and Future; Celebration of Intensive Care 15th APACCM Congress

Place: Darling Harbour, Sydney, Australia

Website:

<http://www.intensivecareasm.com.au/content/view/91/121/>

### **29 Oct – 1 Nov 2009**

ANZICS / ACCCN ASM 2007

Place: Perth, Australia

Website:

<http://www.intensivecareasm.com.au/content/view/112/144/>

## **USEFUL LINKS**

International Nurses Day 2008  
Positive practice environments: Quality work-

place = quality patient care

IND Kit Download:

<http://icn.ch/indkit.htm>

Australian Collage of Critical Care Nurses (ACCCN)

<http://www.acccn.com.au/>

Australian & New Zealand Intensive Care Society (ANZICS)

<http://www.anzics.com.au/>

European Federation of Critical Care Nurses (EfCCNa)

[www.efccna.org](http://www.efccna.org)

World Federation of Critical Care Nurses (WFCCN)

[www.wfccn.org](http://www.wfccn.org)

## **CONTRIBUTIONS TO THE NEWS-LETTER**

The HKACCN Newsletter is published quarterly. The editor welcomes articles reporting news and views relevant to critical care nursing. The following deadlines for submission of issues, news clips, short articles, and research briefs must be adhered to for 2006. Please email your contribution to the editorial board at [vchiang@hkucc.hku.hk](mailto:vchiang@hkucc.hku.hk) and [hkaccn@yahoo.com.hk](mailto:hkaccn@yahoo.com.hk)

### Article Preparation

Individual submission should be double-spaced and can be sent through emails. Accompanying photographs must be of good quality. The editor reserves the right to accept, modify, reject and/or check material to corroborate information.

### Submission Deadlines

July 2008 issue - 30 May 2008

October issue - 30 August 2008

January 2009 issue - 30 November 2008

#### ***Editorial Panel***

Chief Editor

Dr. Vico CHIANG

Associate Editors

Ms. Esther WONG

Mr. David CHAN

Ms. Anita PANG

## Errata (HKACCN Newsletter, vol. 9, no. 1, 2008)

1. p.8, line 28 (left column):  
“ANZICS / ACCCN ASM 2008” should be read as “ANZICS / ACCCN ASM 2009”
2. p.8, line 35 (left column) – line 1 (right column):  
“Positive practice environments: Quality work-place = quality patient care” should be read as “Delivering quality, serving communities: Nurses leading primary health care”
3. p.8, line 4 (right column):  
“Australian Collage of Critical Care Nurses” should be read as “Australian College of Critical Care Nurses”
4. p.8, line 24 (right column):  
“2006” should be read as “2008/09”

Chief Editor of the HKACCN Newsletter apologizes for the inconvenience caused by these errata.