

NEWSLETTER

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

Vol. 10, No. 2, September 2009

President's Message

LEUNG Fung Yee
President
HKACCN



Dear Members,
Our time together in HKACCN is a gift, especially in the field of critical care where we learn early how every breath patient takes, every move we make, could mean miraculously saving a life or tragically witnessing death. Together we care, we grow, and we achieve!

It is my privilege to have joined the Association since its establishment in 1997 and given the opportunity to contribute actively and serve on the Council (later Board of Directors) as Secretary (2000-2002), Chairperson of Administrative Committee (2002-2003), and Vice-President (2003-2009). I am most honored to continue and serve our almost 900 members this term as President of the Association.

Twelve years ago, the **Hong Kong Association of Critical Care Nurses (HKACCN)** was founded by a group of ICU nurse leaders. They pooled their collective expertise, efforts and devotion to promote critical care nursing locally and internationally. In 2007, HKACCN was successfully incorporated as a limited company for better protection of our members from liabilities. As you may be aware, the logo was redesigned with a bold line at its base to symbolize the solid foundation now secured for the Association.



What a 12-year it has been! Gould (2008) stated that if the history of Hong Kong's health system had to be summarized in one word that word would be "expediency". If a word was used to describe the history of HKACCN, I would use "brilliance". Our Association has grown and developed through the extraordinary leadership of former presidents, Mr. Stephen Ha and Ms. Esther Wong; and the hard work of all council members/directors in preceding



香港危重病學護士協會有限公司
Hong Kong Association of Critical Care Nurses Ltd.

terms of office. We set the standards of care and practice; provide innumerable training opportunities to our members and establish good networking with other professional bodies world-wide. Based on the strength of all members, we are now one of the structured and influential professional organizations in the arena of critical care. We proudly joined the World Federation of Critical Care Nurses as one of the founding members in 2001 to strengthen the contribution of critical care nurses to health care globally.

The profile and reputation of HKACCN are well established. Then, what next? What are we going to create for our future? We can expect to face a lot of exciting new challenges in the next decade ahead. Not only will we have to deal with the emergence and re-emergence of infectious diseases, outbreaks and disasters of all kinds, but master new technologies and discoveries timely, as well as to meet public expectations wisely. All these will stretch the capacity of critical care nurses to their limits. Together we must balance our resources and in particular how to cope realistically with the shortage of nursing manpower.

Through the years, HKACCN has been like a beacon of light shining and guiding our nursing professionals towards the highest standard of critical care. As your new President, I wholeheartedly hope to continue this vision and guide the Association by sharing with members my own memorable experiences over twenty years in ICU care. The SARS outbreak, as the same for many of you, was one important experience I would never forget, which left with many valuable lessons learnt. I see there to be a myriad of opportunities for the Association in the coming years including the following future plans:

1. Retreat – to better understand members' view on the way forward
2. Research grants – to support clinical nursing research
3. Award of excellence – to formally recognize those who have contributed to critical care nursing

I sincerely invite all members to become active participants because HKACCN is a professional body where critical care nurses can always step up their involvement and make a difference for themselves, and their profession.

I am now delighted to introduce to you the new Board of Directors (2009-2011) and we are committed to keep HKACCN at the forefront of critical care nursing in Hong Kong, SE Asia and beyond.

Position	Name
President	Ms. LEUNG Fung Yee, Georgiana
Vice-President	Mr. LUK Hing Wah
Secretaries	Ms. SO Kwok Po (1 st Secretary) Ms. NG Choi Ming (2 nd Secretary)
Treasurers	Ms. Grace WONG (1 st Treasurer) Ms. KWOK Lai Yin (2 nd Treasurer)
Professional Development Committee	Mr. David CHAN (Chairperson) Ms. MAK Wai Ling (1 st Vice Chairperson) Ms. CHAU Lai Sheung (2 nd Vice Chairperson)
Administrative Committee	Ms. Esther WONG (Chairperson) Ms. Flossie MAN (Vice Chairperson) Mr. CHEN Pui Kit Ms. Ruby WONG

Reference:
Gould, D (2008). A Historical Review: The Colonial Legacy. In Leung, G. M. & Bacon-Shone, J. (eds.), *Hong Kong's health system: Reflection, perspectives and visions* (pp. 17-26). Hong Kong University Press: Hong Kong.

Message from the Editor

CHIANG Chung Lim Vico
Chief Editor
HKACCN

It has been two years since the incorporation of HKACCN in 2007. Time flies as usual and I wish that you are all well and managing effectively with the ever coming new challenges in our professional careers and lives!

The contributions of our ex-president Ms Esther Wong is very significant and now the HKACCN has a new President Ms Leung Fung-Yee. Ms Wong continues to serve in the new Board of Directors and her great mission and wealth of experiences in critical care nursing has never left the Association and the field.

Ms Leung is not unfamiliar among the critical care nursing colleagues in Hong Kong. In the beginning of this Newsletter, she has shared with us her experience and visions in her role as the new President of HKACCN. In the remaining part of this issue, Ms Mak Wai-Ling will share her views and experience regarding the preparedness of critical nurses against the H1N1 flu. Last but not the least, Mr Yang Wah-Yung will tell us about his great participation and feelings about his trip in July 2009 to the Yinchuan City (银川市) with a team of members from the HKACCN.

I wish you all enjoy reading this new issue of the HKACCN Newsletter.

**Best Wishes to the
2nd Anniversary of
the HKACCN (Ltd) !**



Critical Care Nurses are Ready to Manage H1N1 Influenza

MAK Wai Ling
Nurse Specialist
ICU (PMH & YCH)

Introduction

On 11 June 2009, the World Health Organization (WHO) declared H1N1 influenza (swine flu) a pandemic, confirming the sustained worldwide spread of the virus, which was first reported in April in La Gloria, Mexico. 'Tsunami' was the best natural phenomenon used to describe the outbreak of H1N1 Influenza in this year. As of August 6, WHO reported more than 177,450 H1N1 cases in more than 168 countries worldwide, resulting in at least 1,462 deaths.

In Hong Kong, the first case was reported on May 1, which was an imported event. And as of August 6, Hong Kong discovered more than 4,970 cases, of which 16 of them categorized as serious and critical, and 11 cases required ICU admission. However, the number was continuous to rise and on August 16, more than 7,000 cases were reported, of which 27 of them were serious and critical, and 14 cases required ICU admission. With the painful SARS experience that we learnt in 2003, we are now always prepared and ready to face with the new challenges.

Infection Control Readiness

Standardized infection control guidelines were already prepared by infection control teams and drills were performed at different levels of the health care system. In ICU, some procedures including endotracheal intubation, endotracheal suctioning, and bronchoscopy, etc, are identified as high risk procedures and stringent infection control measures are emphasized. These greatly diminish the chances of unprotected exposure from the silent cases.

Specific Knowledge and Skill Readiness

In leading of the critical care nursing field, we need to equip our staff and keep them with the most updated knowledge and skills. Staff members need to be alert to the key advances and new medical trends to ensure their competence. Various knowledge and skill enhancement programmes have been organized to enhance our staff's preparedness. Nursing journal club is one of the effective means to update knowledge. It provides a good platform for nurses to familiarize themselves with the advanced literature in such field of work. High risk procedures like airway management are strongly targeted for skill proficiency and the related workshops are arranged for staff to enhance their skills.

Psychological Readiness

To fight against the swine flu, we do not only need to have high quality equipment and proficient skills,

psychological wellness is also extremely essential to win the battle. Psychological preparation workshops have been organized for frontline nurses. Center for Personal and Crisis Intervention (OASIS) in HA has played a substantial role in developing staff's inner resources and strengthen their preparedness in the past few years.

During the critical period, with the overwhelming information available from various sources, an effective and good communication channel is one of the most important ways to allay worries of the frontline staff. Direct and professional communication means should be provided in the clinical areas. These must be opened, transparent and reciprocal, which provide immediate, congruent and updated information to minimize confusion. We work as a team and we care for our carers.

Experiences Sharing

The first patient of swine flu who needed intensive care was admitted on July 7 and the number quickly increased thereafter. Swift responses of experienced doctors in various hospitals were drawn and a sharing seminar on the management of these critically ill patients was held in late July. Doctors and nurses from both public and private hospitals were invited to join this seminar. Updated information was provided and a very fruitful discussion was made. Another sharing seminar with nursing perspectives was also organized promptly in early August. Apart from the medical management of H1N1 influenza, nursing issues including uncommon nursing procedures, infection control measures, physical and psychological wellbeing of patients and staff, manpower issues and handling of the mass media were discussed. The seminar provided a good platform for critical care nurses to share their experiences, and also learn and gain from others.

Conclusion

Critical care nurses should always be prepared and ready for any kinds of pandemic. Critical care nursing leaders should take up an active role in identifying current knowledge and skills to ensure the delivery of safe and best nursing care.

Bibliography

WHO (2009). *Situation updates - Pandemic (H1N1)*. Available <http://www.who.int/csr/disease/swineflu/updates/en/index.html>

CHP (2009). *Situation update*. Available http://www.chp.gov.hk/files/pdf/Daily_update_on_swine_influenza_bilingual.pdf

The Professional Trip to Yinchuan City (银川市)

YANG Wah Yung
Advanced Practice Nurse
ICU (PMH & YCH)

Our Association was again invited to organize a Critical Care Nursing Course at one of the provinces in China. This year, we are honored by the nursing colleagues in Ningxia (宁夏), where a specially arranged 3-day critical care course was held for the nurses in that region. Where is Ningxia? Ningxia Hui Autonomous Region is a Hui (回族) autonomous Islamic region of the People's Republic of China, located in the northwestern part and into the middle and lower reaches of the Yellow River. We actually conducted lectures in Yinchuan City (银川市), the capital of Ningxia.



A team of four people including of Ms Esther Wong (President), Ms Leung Fung-Yee (Vice-president), Ms Villa Leung (Secretary) and the author took the trip to Ningxia from 10/7/09 to 13/7/09. The trip was well arranged and supported by our respectful predecessor, Ms Sheila Lu (retired Senior Nursing Officer), who has ever devoted to develop the nursing standards in mainland China. The coordinator, Ms Ma Cheuk-Lan (馬竹蘭女士) in Yinchuan City wished that, through this exchange of nursing knowledge and experience, HKACCN could introduce and connect them to the international service standards and enhance their capabilities in acute illness management, critical care delivery and technological advancement. There were around 200 participants from nearby cities who joined the seminars.

After the welcome speech conducted by Ms Ma and Ms Guo Yan-Hong (郭燕紅, 卫生部医政司护理管理处处长), the 3-day course with comprehensive coverage of different topics commenced. The talks on the first two days were conducted by our team. It started with the Advance Cardiac Life Support (ACLS) 2005 Guidelines to refresh and update the nurses' CPR skills and knowledge in managing cardiovascular emergencies. To address the current development and advancement of critical care nursing, updated clinical knowledge was delineated. It included patient assessment which incorporated nursing theories into the wisdom and art of practice, advanced ventilatory modes and care updates, neurological care updates, acute coronary care & anti-arrhythmic care, hemodynamic monitoring, and infection control issues in the critic-

al care settings. On the third day, the final session was delivered by Ms Wong Siu-Ling, the representative of the Hong Kong Polytechnic University with the topic on basic knowledge of nursing research and stress management for ICU nurses.



Lecturing at the Affiliated Hospital of Ningxia Medical University

It is a great honor to participate in and contribute to such an extraordinary seminar. Among the speakers, the author has the least experience in teaching. It was a great challenge to me and in fact, it was also a good learning opportunity for me to practise teaching in Putonghua and refreshes the clinical knowledge.

Concurrently, the Ningxia International Nursing Academic Conference was organized by the Association of Ningxia Nurses and the nursing faculties of Ningxia Medical University. There were many nurse experts coming from different places of mainland China, USA, Hong Kong and Macau who delivered speeches and shared experience intensively. Our ex-president, Ms. Esther Wong was invited to give a talk to introduce critical care nursing and the specialty nurse development in Hong Kong.



Ms Esther Wong and the group at the Ningxia International Nursing Academic Conference

After the seminar and conference, we visited the ICU of the Affiliated Hospital of Ningxia Medical University, the biggest hospital in Yinchuan City. I was very surprised and amazed to see the advanced technology and facilities in their Unit

which are currently available in many advanced countries too. During the visit, they enquired a lot about infection control measures and ventilatory care practiced by Hong Kong nurses. We had a hot and fruitful discussion.

After the conference, we had dinner together with the participants coming from different regions. We were all cheered by their fantastic shows of singing and dancing; and each of us was also being invited to have a simple instant performance on the stage. A shout of applause was seen everywhere and we all had a wonderful night.

In summary, this Ningxia-Yinchuan trip gave me a thought that although we are coming from different backgrounds with different cultures, we, as ICU nurses, share the same aspiration: To uphold our "Nightingale" spirit in compassion and commitment to patient care. I wish this feverish exchange of experience and knowledge generated in this trip will continue to stimulate our daily nursing practice.

CONFERENCE ANNOUNCEMENT

14 - 16 Sept 2009

2009 International Conference of the British Association of Critical Care Nurses (BACCN)

Place: Belfast, North Ireland

Website:

<http://www.baccnconference.org.uk/>

29 Oct - 31 Oct 2009

ANZICS / ACCCN ASM 2009

Place: Perth, WA, Australia

Website:

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

USEFUL LINKS

Australian Collage of Critical Care Nurses (ACCCN)

www.acccn.com.au

Australian & New Zealand Intensive Care Society (ANZICS)

www.anzics.com.au

British Association of Critical Care Nurses (BACCN)

www.bacon.org.uk

European Federation of Critical Care Nurses (EFCCNa)

www.efccna.org

World Federation of Critical Care Nurses (WFCCN)

www.wfccn.org

CONTRIBUTIONS TO THE NEWSLETTER

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 2009. Please email your contribution to the editorial board at vchiang@hkucc.hku.hk or 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

January 2010 issue - 30 November 2009

