



# 科研成果概覽

## Research Profile

**The Nethersole School of Nursing**  
**Faculty of Medicine**  
**The Chinese University of Hong Kong**  
**香港中文大學醫學院那打素護理學院**



香港中文大學  
The Chinese University of Hong Kong



香港中文大學醫學院  
Faculty of Medicine  
The Chinese University of Hong Kong



## Mission and Achievements

## 使命及成果

The mission of the Nethersole School of Nursing is to excel in research so that nursing knowledge can be generated to inform nursing practice. Our research effort has been synergised through the establishment of three research theme groups: (1) Cancer and Palliative Care, (2) Cardiovascular, Metabolic and Stroke Care, and (3) Ageing, Behavioural and Mental Wellness. The Croucher Laboratory for Human Genomics in our School plays a key role in translating and advancing nursing knowledge using the leading molecular tools, and strengthening basic science elements in our nursing research. In addition, the School established Cochrane Hong Kong, the second nursing-led Cochrane affiliate in the world, in 2019 to support the development and dissemination of evidence-based interventions and practices through the production and use of Cochrane systematic reviews.

Our School has a proud record of success in obtaining external competitive grants from various funding sources, including Research Grants Council General Research Fund and Research Impact Fund, Health and Medical Research Fund, Health Care and Promotion Fund, Pneumoconiosis Compensation Fund Board Research Fund, Community Investment and Inclusion Fund, and AIDS Trust Fund. The results have been widely published in top-ranked international refereed journals, such as *Journal of the American Geriatrics Society*, *International Journal of Cardiology*, *International Journal of Nursing Studies*, and *Psycho-Oncology*, and extensively disseminated in international nursing and health care conferences.

Our academic members have repeatedly received scholarly and research awards from various professional organisations, which reflect the School's research excellence and significant contributions on improving the health of the community and advancing the development of nursing sciences.

Besides, our academic members have been frequently interviewed by the media to disseminate their research outputs and health care knowledge to the public for promoting community health.

那打素護理學院積極透過卓越科研，發展護理知識，促進優質護理實踐，這是學院的重要使命。為此，學院成立三個科研專題小組，分別負責三個不同領域的研究：(1)癌症及紓緩護理，(2)心血管、代謝疾病及中風護理，以及(3)老年、行為及精神健康。學院設有裘槎人類基因實驗室，其主要作用是透過分子生物學的數據來分析護理學上的研究課題，使我們的護理研究更具科學基礎。此外，學院於2019年成立考科藍香港，這是全球第二所由護士領導的考科藍附屬機構，旨在透過進行和運用考科藍系統綜述，協助制定及推廣以循證為本的介入和實踐方案。

學院一直以來都能成功獲得大量校外競逐研究撥款，撥款來源包括研究資助局優配研究金及研究影響基金、醫療衛生研究基金、健康護理及促進基金、肺塵埃沉着病補償基金委員會研究基金、社區投資共享基金及愛滋病信託基金等。有關的研究成果廣泛刊載於國際頂級學術期刊上，例如 *Journal of the American Geriatrics Society*, *International Journal of Cardiology*, *International Journal of Nursing Studies* 及 *Psycho-Oncology*，並在國際醫療護理學術會議上發表。

學院的教研人員屢獲不同專業機構頒發學術及研究獎項，表揚他們卓越的科研成就，以及在改善社區健康及促進護理科學發展方面的傑出貢獻。

此外，學院的教研人員經常透過傳媒專訪，發表科研成果，向市民傳遞健康護理知識，促進社區健康。





## Message from Vice-Director of Research

### 副院長(研究)的話

With the well-established leadership in nursing academia, the Nethersole School of Nursing at CUHK stands at the forefront of innovative and high-impact nursing and health science research to promote evidence-based nursing practice and to enhance high quality of nursing and health care for individuals, families and the community in need.

Over the years, our faculties have actively developed and implemented high-quality research to generate evidence or new knowledge and translated such evidence/knowledge to inform health care practices. We have also extensively disseminated our research evidences to wide varieties of audiences, service users and partners, in order to increase reach and significance of our research impacts on local and global health. In addition, this can enhance our School's visibility and reputation in research internationally.

The School's research achievements and impacts are widely recognised, reflecting from our high international rankings in Nursing consistently over the years. In the past five years, our School has been ranked as the top school of nursing locally, and one of the top-ranked nursing academic institutions in Asia, and worldwide, in the QS World University Rankings, in which research impact is one of the key assessment criteria.

By taking up the role of Vice-Director of Research, I am committed to leading the School to continue excelling in research based on our current successes, with the concerted efforts of our faculties and research theme groups and centres. We shall further extend the breadth and richness of our innovation, collaboration and impacts in research regionally and internationally to achieve continuous improvements and transformations in nursing and health care practices for the most significant benefits to people, societies and all mankind.

*Prof. Wai Tong Chien*  
*Vice-Director of Research*

中大那打素護理學院在護理學界享有卓越的領導地位，並一直站在創新及具高影響力的護理及健康科學研究的最前端，致力促進循證護理實踐，提升為有需要人士、家庭和社群提供的優質護理及醫療服務水平。

多年來，本院的教研人員積極開發和進行高質素的研究，運用所發掘的研究證據及新知識，作為護理實踐的依據。我們亦廣泛地向社會大眾、服務使用者和合作夥伴推廣所得的證據，以擴大並提升我們的研究對本地和世界各地健康的影響範圍和重要性，這亦有助提高本院的研究在國際上的知名度和美譽度。

我們的研究成果和影響力獲得廣泛認可，這由本院在國際評級機構護理學科排名中持續多年名列前茅可見一斑。過去五年，本院於國際高等教育資訊機構公布的世界大學排名榜中，被評為本港首屈一指的護理學院，亦是亞洲及全球頂尖的護理學院之一；而研究影響力是此排名榜其中一項重要的評審準則。

作為學院的副院長(研究)，我將與全體教研人員、各科研專題小組及研究中心共同努力，帶領本院繼續在科研方面精益求精，更廣泛、更深入地擴展創新研究和科研合作，加強我們的研究在亞太區以至世界各地的影響力，不斷改善和革新護理及衛生保健實務，為個人、社會和全人類帶來最大裨益。

副院長(研究)  
錢惠堂教授



# Cancer and Palliative Care



## International research collaborations

- Rebuilding sexuality and intimacy after treatment for gynaecological cancer, through a nurse-led sexual rehabilitation intervention: A randomised controlled trial, in collaboration with Dr. Janine Porter-Steele from the Queensland University of Technology, Australia
- Harmonising principles, processes and outcome measures to enable culturally-specific health promotion after breast cancer, in collaboration with Prof. Alexandra McCarthy from the University of Queensland, Australia (previously from the University of Auckland, New Zealand)
- An international and interdisciplinary research collaboration for noncommunicable disease prevention using mHealth: A pilot study among Indian migrants in Hong Kong, in collaboration with Prof. Shelby Garner, Baylor University, USA
- Investigating the role of nurse in managing chemotherapy-induced nausea and vomiting: An international survey, in collaboration with faculties from Australia, Colombia, and mainland China
  - Krishnasamy, M., So, W. K. W., Yates, P., de Calvo, L. E. A., Annab, R., Wisniewski, T., & Aranda, S. (2014). The nurse's role in managing chemotherapy-induced nausea and vomiting: An international survey. *Cancer Nursing*, 37(4), E27-E35
  - So, W. K. W., Chan, D. N. S., Chan, H. Y. L., Krishnasamy, M., Chan, T., Ling, W. M., Lo, J. C. K., & Aranda, S. (2013). Knowledge and practice among Hong Kong oncology nurses in the management of chemotherapy-induced nausea and vomiting. *European Journal of Oncology Nursing*, 17, 370-374
- Survivorship care for patients with cancer after TrEatment completion in the Asia-Pacific Region: An international service-mapping study (The STEP Study), in collaboration with faculties from the Asia-Pacific Region

The mission of the Cancer and Palliative Care research group is to excel in the promotion of high-quality and effective cancer and palliative care through the development and utilisation of current research evidence.

## Signature research work

Research projects undertaken by this research group focus mainly on enhancing the quality of care for cancer patients and their families, with topics including: (a) cancer prevention and early detection of cancer for ethnic minorities; (b) sexuality care; (c) palliative care and advance directives; and (d) childhood cancer. The research has provided data to inform strategies for optimising the current health care services for cancer patients and their families.

### Key researchers and their contacts

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## Selected projects

- Development of an explanatory model to explore the cervical cancer screening behaviour of ethnic minority women
- A community health worker-led multimedia intervention to increase cervical cancer screening uptake among South Asian women: A randomised controlled trial
- Effect of a family-based multimedia intervention on the uptake of colorectal cancer screening among South Asian older adults in Hong Kong: A randomised controlled trial
- A randomised controlled trial of psycho-educational interventions for reducing uncertainty and anxiety, and improving sexual functioning among gynaecological cancer patients in Hong Kong
- Rebuilding sexuality and intimacy after treatment for gynaecological cancer, through a nurse-led sexual rehabilitation intervention: A randomised controlled trial
- Translation and validation of tools for assessing health-related quality of life and male sexual function in Hong Kong Chinese patients during transitional cancer survivorship
- Developing a conceptual model to predict the acceptance and completion of advance directives in the Chinese community in Hong Kong: A population-based survey
- Exploration of the palliative care needs of paediatric cancer patients and their families
- Effects of immersive virtual reality as a distraction intervention for paediatric cancer patients receiving their first chemotherapy: A randomised controlled pilot trial

Culturally tailored health website in 4 languages: English, Cantonese, Hindi, Urdu

For more information, please visit: <http://www.cancerhealth.cuhk.edu.hk> or Scan it to visit the webpage!

**Say "No" to Chronic Diseases**

Find out the details about Common Chronic Diseases

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- Diabetes Mellitus
- Hypertension
- Heart Attack
- Stroke

Move More

- Healthy Food and Recipe Videos
- Tips On Quitting Smoking
- Health Screening
- Stress Management

Self Check Corner

- Individual Stress Test
- BMI Calculator
- Test Your Knowledge

Self Check Corner

- Let's check!

癌症及紓緩護理科研專題小組旨在透過發展及應用現有的研究證據，促進癌症及紓緩護理的最佳實踐，從而提升優質護理成果。

## 研究特色

此科研專題小組的研究，主要致力於提升癌症病人及其家人的照護，研究課題包括：(a) 向少數族裔推廣癌症預防及早期檢測；(b) 性健康護理；(c) 紓緩護理及預設醫療指示；以及 (d) 兒童癌症。這些研究提供的證據，有助制定策略以優化現時為癌症病人及其家人提供的醫護服務。

## 主要研究員及其聯絡方法

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## 國際合作研究項目

- 評估護士主導的性康復介入方案對重建香港婦科癌症病人於治療後的性生活及親密關係之成效：與澳洲昆士蘭科技大學 Dr. Janine Porter-Steele 合作進行的一項國際性研究
- 通過原則、過程與成效測量三者的協調來為乳癌康復者提供具有文化特色的健康促進服務：與澳洲昆士蘭大學 Prof. Alexandra McCarthy (前任教於新西蘭奧克蘭大學) 合作進行的一項國際性研究
- 有關居港印度人使用移動醫療資訊技術預防非傳染性疾病的國際性合作項目：與美國貝勒大學 Prof. Shelby Garner 合作進行的一項先導性研究
- 探討護士照顧因化療引致噁心和嘔吐的病人時所擔當的角色：與澳洲、哥倫比亞及中國內地的教研人員合作進行的一項國際性研究
  - Krishnasamy, M., So, W. K. W., Yates, P., de Calvo, L. E. A., Annab, R., Wisniewski, T., & Aranda, S. (2014). The nurse's role in managing chemotherapy-induced nausea and vomiting: An international survey. *Cancer Nursing*, 37(4), E27-E35
  - So, W. K. W., Chan, D. N. S., Chan, H. Y. L., Krishnasamy, M., Chan, T., Ling, W. M., Lo, J. C. K., & Aranda, S. (2013). Knowledge and practice among Hong Kong oncology nurses in the management of chemotherapy-induced nausea and vomiting. *European Journal of Oncology Nursing*, 17, 370-374
- 亞太區癌症病人完成治療後的康復護理：與亞太地區的教研人員合作進行的一項國際性服務對應研究

## 部分研究項目

- 探討少數族裔婦女參與子宮頸癌篩查的行為模式
- 評估由社區健康工作者主導的多媒體介入計劃對推動香港南亞裔婦女參與子宮頸癌篩查的成效：隨機對照試驗
- 評估以家庭為基礎的多媒體介入計劃對推動香港南亞裔長者參與大腸癌篩查的成效：隨機對照試驗
- 評估心理教育介入方案對改善香港婦科癌症病人的不確定感、焦慮及性功能之成效
- 評估護士主導的性康復介入方案對重建香港婦科癌症病人於治療後的性生活及親密關係之成效：隨機對照試驗
- 翻譯和驗證評估香港華裔男性患者在癌症康復期的健康相關生活質素及性能力的研究工具
- 制定一套概念模式以預測香港市民對預設醫療指示的接受程度及執行情況：以人口為基礎的研究
- 探討兒童癌症病人及其家屬的紓緩護理需要
- 沉浸式虛擬實境分散注意力介入措施用於接受首次化療的兒童癌症患者之成效：先導性隨機對照試驗



# Cardiovascular, Metabolic and Stroke Care

The mission of the Cardiovascular, Metabolic and Stroke Care research group is to generate new knowledge in cardiovascular, metabolic and stroke care through impactful research. Research in cardiovascular care addresses the needs of individuals who have or are at risk of developing cerebro-cardiovascular diseases (CVD). Research in metabolic care emphasises the prevention of metabolic syndrome, non-pharmacological management and CVD risk reduction in individuals with metabolic syndrome, and lifestyle interventions for individuals with diabetes, with inter-disciplinary and innovative approaches being adopted in the studies to maximise client and nursing outcomes. Research in stroke care focuses on empowering stroke survivors and their caregivers with knowledge, skills, and confidence to manage their conditions to promote health-related quality of life.

## Signature research work

To facilitate care coordination and transition, the research group adopts the illness-wellness continuum, placing the research focus on cardiovascular, metabolic and stroke care in preventive, acute and rehabilitation stages and on transferring the related knowledge to the community. The research areas include: (a) Cardiovascular care: lifestyle modification, risk assessment, cardiovascular risk factors, cardiac rehabilitation, Tai Chi; (b) Metabolic care: traditional Chinese medicine-based lifestyle intervention, diabetes self-management; (c) Stroke care: community-based rehabilitation, survivor/caregiver empowerment, virtual multidisciplinary stroke care clinic, interventions to promote stroke recovery; and (d) Knowledge transfer: e-health education, caregiver education and support.

## International research collaborations

- Translation of instrument, in collaboration with Prof. Fadol from the MD Anderson Cancer Centre, USA
  - Chair, S. Y., Wang, Q., Yu, M., So, W. K. W., Tian, C., Sit, J. W. H., ... Fadol, A. (2017). A psychometric evaluation of the Chinese version of the M.D. Anderson Symptom Inventory-Heart Failure in Chinese cancer patients with concurrent heart failure. *Rehabilitation Nursing*, 42(6), 354-361. doi:10.1002/rnj.259
- Examining the association between nurse staffing levels, the practice environment and nurse-sensitive patient outcomes in hospitals, in collaboration with faculty members from the Centre for Health Outcomes and Policy Research, University of Pennsylvania, USA

## Selected projects

- A theory-based educational programme to improve cardiovascular health among Hong Kong Chinese post-menopausal women
- The cost-effectiveness and effects of a music-paced physical activity intervention on clinical outcomes and physical activity maintenance of post-cardiac rehabilitation patients with coronary heart disease
- Evaluation of the effectiveness of Tai Chi versus brisk walking in reducing cardiovascular risk factors: A randomised controlled trial
- The effectiveness and cost-effectiveness of a virtual multidisciplinary stroke care clinic for community-dwelling stroke survivors and caregivers: A randomised controlled trial
- "COMBO-KEY" (Coaching Ongoing Momentum Building On stroKe rEcovery journeY) – a home visiting and phone coaching programme to promote stroke survivors' recovery: A territory-wide project
- The effect of a Health Empowerment Intervention for Stroke Self-management (HEISS) on self-management behaviour and health outcomes among stroke rehabilitation patients
- ABCD–Fu Shin community asset networks for ageing in place
- Knowledge transfer to engage secondary school students for healthy living of elders in our community
- A randomised controlled trial of the effectiveness of a home-based interactive e-health educational intervention for middle-aged adults in improving total exercise, adherence rate, exercise efficacy and outcomes
- A longitudinal examination of the association between nurse staffing levels, the practice environment and nurse-sensitive patient outcomes in hospitals



## Key researchers and their contacts

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# 心血管、代謝疾病 及中風護理



心血管、代謝疾病及中風護理科研專題小組旨在透過進行具影響力的研究，發展與心血管、代謝疾病及中風護理相關的新知識。心血管疾病護理研究集中於探討心腦血管病患者或高危人士的護理需要。代謝疾病護理研究採用跨學科創新方法以提升護理效果，研究主要集中於探討代謝綜合症的預防，代謝綜合症患者的非藥物治療和如何降低心血管疾病風險，以及糖尿病患者的生活方式調整。中風護理研究的重點是賦予中風患者及其照顧者相關的知識及技能以提升他們的信心，從而能夠有效地控制病情及改善健康相關生活質素。

## 研究特色

為促進護理協調與過渡性護理的管理，此科研專題小組採用「健康-疾病連續體」理念，集中探討心血管、代謝疾病及中風在預防、治療及康復階段的護理，並向社會傳達相關的護理知識。其研究範圍包括：(a) 心血管疾病護理：生活方式調整、風險評估、心血管危險因素、心血管康復護理、太極；(b) 代謝疾病護理：以中醫為本的日常治理、糖尿病的自我管理；(c) 中風護理：社區康復護理、患者/照顧者賦權、虛擬綜合醫療中風護理診所、中風後促進康復的護理；以及(d) 知識轉移：網上健康教育、照顧者教育及支援。

## 國際合作研究項目

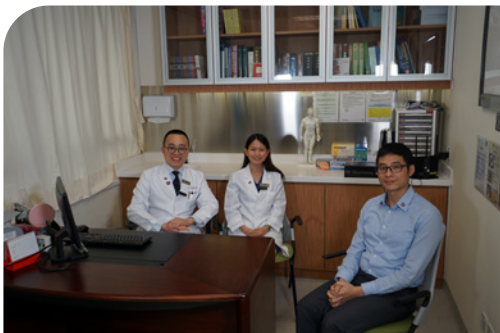
- 與美國德州大學安德森癌症中心 Prof. Fadol 合作翻譯研究工具
  - Chair, S. Y., Wang, Q., Yu, M., So, W. K. W., Tian, C., Sit, J. W. H., ... Fadol, A. (2017). A psychometric evaluation of the Chinese version of the M.D. Anderson Symptom Inventory-Heart Failure in Chinese cancer patients with concurrent heart failure. *Rehabilitation Nursing*, 42(6), 354-361. doi:10.1002/rnj.259
- 與美國賓夕凡尼亞大學健康成效及政策研究中心的教研人員合作，進行醫院護理人力配置、護士工作環境、與護理相關的病人結果三者之間關連性的縱向研究

## 部分研究項目

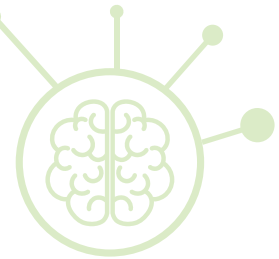
- 探討以理論為基礎的教育計劃對改善香港更年期後婦女心血管健康之成效
- 「隨樂起動」運動介入計劃對冠心病患者的臨床指標和運動維持性的成效和成本效益之研究
- 太極與急步行對減低心血管健康風險因素之成效：隨機對照試驗
- 虛擬綜合醫療中風護理診所對社區中風康復者和照顧者的成效及成本效益：隨機對照試驗
- 「甘寶」中風復康動力教與練-家訪電話雙軌支援：全港性研究計劃
- 探討中風護理賦權方案能否有效改善中風患者的自我管理及健康狀況
- ABCD-構建富善長者安居圖寶網
- 中學生參與建構社區長者健康生活：知識轉移計劃
- 以家為本的網上互動健康教育計劃能否有效改善中年冠心病患者的總運動量、堅持程度、運動效能及效果：隨機對照試驗
- 醫院護理人力配置、護士工作環境、與護理相關的病人結果三者之間關連性的縱向研究

## 主要研究員及其聯絡方法

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# Ageing, Behavioural and Mental Wellness



The mission of the Ageing, Behavioural and Mental Wellness research group is to conduct high-quality research in mental health promotion and intervention and guiding/facilitating people's adoption of healthy lifestyle/behaviour, and maintain physical, mental and behavioural wellness across lifespan. Its main research priorities include: (a) improving mental health and well-being across lifespan, particularly in adults and older people; (b) development and evaluation of innovative psychosocial and family interventions for people with chronic physical/mental illnesses; and (c) community-based rehabilitation for disabling physical and mental illnesses.



## Key researchers and their contacts

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## Signature research work

The group has adopted various psychosocial approaches and interventions, such as motivational interviewing and mindfulness-based psycho-education, to empower and improve the well-being of the community-dwelling people with mental health problems, patients with chronic conditions and their family members in Chinese communities. For example, a mindfulness-based psycho-education programme is developed for people with recent-onset psychosis, motivational interviewing is adopted to improve advance care planning in people with advanced illness, and a strength-oriented programme is developed for stroke survivors' family carers to improve their psychological well-being. The group has also conducted an interventional study to examine the effects of home-based rehabilitation services for community-dwelling older patients with chronic illnesses and their family caregivers, and a territory-wide descriptive survey to examine the implementation of respiratory protection measures in residential care homes.

## International research collaborations

- International collaboration on family bibliotherapy and (medication) adherence therapy in schizophrenia and psychotic disorders with psychiatrists, clinicians, medical and nursing researchers, social workers, and psychologists in Australia, Hong Kong, Thailand, United Kingdom, and United States
- A cross-regional collaboration with researchers and clinicians in Japan, South Korea, Singapore, and Taiwan to explore and delineate the concepts of advance care planning

## Selected projects

- A randomised controlled trial of the effectiveness of a mindfulness-based psycho-education programme for people with recent-onset psychosis
- An evaluation of the effectiveness of adherence therapy for patients with schizophrenia: A randomised controlled trial
- A randomised controlled trial of problem-solving based bibliotherapy programme for family caregivers of people with schizophrenia spectrum disorders
- A prospective cohort study on perceived stigmatisation of patients with mental illness and its psychosocial correlates
- Effectiveness of a family-facilitated self-learning for caregiving programme for adult family carers of people with first-episode psychosis: A randomised controlled trial with 18-month follow-up
- Effects of a modified mindfulness-based cognitive therapy for family caregivers of people with dementia in stress reduction: A randomised controlled trial
- Effects of a motivational-interviewing-tailored programme for promoting advance care planning behaviours on patients with palliative care needs: A randomised controlled trial
- Effects of a structured advance care planning guide among patients with advanced illness in hospital care settings: A stepped-wedge cluster randomised controlled trial
- Development of micro-movies to empower senior citizens in advance care planning
- Evaluation on the implementation of respiratory protection measures among health care workers and visitors in residential care homes for the elderly (RCHes)
- Evaluating the effectiveness of the Home Based Rehabilitation Service (HRBS) model of the Nethersole Outreaching Rehabilitation Mission (NORM): A mixed methods study
- Enhancing psychological resilience to manage difficulties positively and to promote the mental health of junior secondary school students: A pilot study
- Family caregivers affective touching for improving depressive symptoms of community dwelling stroke survivors through security priming
- Comprehensive risk assessment of people with silicosis: A population-based study
- Planning ahead: Preparing people with chronic progressive diseases and their carers to plan for end-of-life care
- Exploring stakeholders' views, preferred structure and content of a blended (online and face-to-face) delivery-mode Acceptance and Commitment Therapy (ACT) for parents of children with autism spectrum disorders
- Mindfulness- and acceptance-based interventions for improving psychosocial health in stroke survivors [Protocol]. Cochrane Database of Systematic Reviews



# 老年、行為及精神健康

老年、行為及精神健康科研專題小組旨在進行有關精神健康推廣及介入方案的高水準研究，指導或推動市民實踐健康的生活方式或行為模式，從而幫助他們維持整個生命週期的身體、精神及行為健康。其主要研究範疇包括：(a)改善整個生命週期尤其是成年及老年階段的精神健康與福祉；(b)制定及評估為長期身體/精神疾病患者而設的創新心理社交及家庭介入方案；以及(c)為身體殘障人士及精神病患者提供的社區康復護理。

## 主要研究員及其聯絡方法

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## 研究特色

此科研專題小組通過不同的心理社交措施和介入方案，例如動機性訪談和正念為本心理教育，幫助華人社區內有精神健康問題的人士、長期病患者及其家人掌握與疾病相關的知識與技能，從而改善他們的健康與福祉。這些措施包括為新近發病的精神病患者制定一套以正念為本的心理教育計劃，透過動機性訪談幫助末期病患者實踐預設照顧計劃，以及制定一套優勢為本計劃幫助中風康復者的家庭照顧者改善其精神健康。小組亦進行了一項介入性研究，評估家居康復服務對社區內患有長期疾病的長者及其家庭照顧者的成效，以及通過一項全港性調查，探討呼吸系統防護措施在安老院舍的推行情況。



## 國際合作研究項目

- 探討家庭閱讀治療及(藥物)依從治療於精神分裂症及精神病之應用：與澳洲、香港、泰國、英國和美國的精神科醫生、臨床醫護人員、醫療及護理研究員、社工及心理學家進行的一項國際性合作研究
- 探討及闡釋預設照顧計劃的概念：與日本、南韓、新加坡和台灣的研究員及臨床醫護人員進行的一項跨地區合作研究

## 部分研究項目

- 評估正念為本心理教育計劃對新近發病的精神病患者之成效：隨機對照試驗
- 評估依從治療對思覺失調症患者的成效：隨機對照試驗
- 為思覺失調類群病患者的家庭照顧者提供解難為本閱讀治療計劃：隨機對照試驗
- 探討精神病患者感知被標籤及其相關的心理社會因素：前瞻性群組研究
- 探討「家庭促進自學照顧課程」對首次發病思覺失調症患者的家庭照顧者的成效：18個月跟進的隨機對照試驗
- 評估靜觀認知治療對減輕認知障礙症患者的家庭照顧者的壓力之成效：隨機對照試驗
- 評估動機性訪談計劃對促進需要紓緩護理的患者制定預設照顧計劃之成效：隨機對照試驗
- 評估預設照顧計劃指南對住院末期病人的成效：階梯式楔形群隨機對照試驗
- 製作微電影以增進長者對預設照顧計劃的認識
- 探討針對醫護人員及訪客的呼吸系統防護措施在安老院舍的推行情況
- 評估那打素外展康復事工家居康復服務模式的成效：混合方法研究
- 提升初中學生心理抗逆力先導計劃
- 評估家庭照顧者通過安全依附作用觸動情感對改善社區中風康復者抑鬱症狀之成效
- 香港矽肺病患者的全面健康風險評估：以人口為基礎的研究
- 提前計劃：幫助慢性病患者及其照顧者計劃晚期護理
- 探討持份者對「接受與承諾治療」以網上及面對面方法支援有自閉症譜系障礙兒童家庭的看法
- 改善中風康復者心理社交健康的正念及接納為本介入方案：考科藍系統綜述

# Cochrane Hong Kong

Cochrane is the world's leading and most respectable network in producing high-quality systematic reviews and disseminating review evidence to support effective and efficient health decision-making. As an international not-for-profit organisation, Cochrane has over 11,000 members and 68,000 supporters from more than 130 countries around the world.

Cochrane Hong Kong is a Cochrane affiliate supporting the mission of Cochrane and promoting Cochrane and its work in Hong Kong, mainland China and the Asian regions. Cochrane Hong Kong also supports members in their engagement with Cochrane and builds links with particular regional and national bodies in mainland China, South Korea, Japan, Singapore, and Taiwan for more targeted dissemination of Cochrane Reviews.

## Management structure

Executive Committee	Steering Committee
<p><b>Co-Directors</b></p> <p>Prof. Wai Tong Chien Vice-Director of Research and Professor, The Nethersole School of Nursing, CUHK</p> <p>Prof. Janita P.C. Chau Professor, The Nethersole School of Nursing; Assistant Dean (Alumni Affairs), Faculty of Medicine, CUHK</p>	<p><b>Chairperson</b></p> <p>Prof. Sek Ying Chair Director and Professor, The Nethersole School of Nursing, CUHK</p>
<p><b>Associate Director</b></p> <p>Dr. Kai Chow Choi Senior Research Fellow, The Nethersole School of Nursing, CUHK</p>	<p><b>Members</b></p> <p>Mr. Ben Hui Cluster General Manager (Nursing), Hong Kong East Cluster; General Manager (Nursing), Pamela Youde Nethersole Eastern Hospital, Hong Kong</p> <p>Prof. Taewha Lee Dean, College of Nursing, Yonsei University, South Korea</p> <p>Prof. Vivian W.Y. Lee Associate Professor, Centre for Learning Enhancement And Research, CUHK</p> <p>Prof. Yiing-Mei Liou Dean and Professor, Institute of Community Health Care, School of Nursing, National Yang Ming University, Taiwan</p> <p>Prof. Hiromi Sanada Professor, Department of Gerontological Nursing / Wound Care Management; Director, Global Nursing Research Centre, The University of Tokyo, Japan</p> <p>Prof. Wilson W.S. Tam Assistant Professor, Alice Lee Centre for Nursing Studies, National University of Singapore, Singapore</p> <p>Dr. Danny W.K. Tong Senior Manager (Nursing) / Principal Nursing Officer, Nursing Services Department, Hospital Authority, Hong Kong</p> <p>Prof. Qun Wang Associate Professor, School of Nursing, Health Science Centre, Shenzhen University, China</p>
<p><b>Members</b></p> <p>Prof. Helen Y.L. Chan Associate Professor, The Nethersole School of Nursing, CUHK</p> <p>Prof. Winnie K.W. So Associate Professor, The Nethersole School of Nursing, CUHK</p>	



## Functions

- To build capacity for Cochrane Review production and facilitate dissemination and application of high-quality evidence into practice;
- To provide consultancy services on improving clinical effectiveness and outcomes;
- To assist institutions and policy-makers in making evidence-based decisions in health care;
- To initiate regional and international collaborative work to expand the scope, reach and impact of Cochrane evidence on health care practice within and across disciplines.

## Services and consultation

Cochrane Hong Kong promotes Cochrane to health care institutions in Hong Kong and supports members for their engagement with Cochrane. By joining the Cochrane China

Network, Cochrane Hong Kong is also dedicated to promoting and ensuring Cochrane evidence to be increasingly used in health care services and practices, and representing Cochrane to support the Cochrane community of volunteers in China.

Cochrane Hong Kong leads the Nursing workgroup of the Cochrane China Network to initiate local and national collaborative work to expand the scope, reach and impact of Cochrane evidence on nursing and health care practice, to facilitate dissemination and application of high-quality evidence into nursing practice, and to build capacity for Cochrane Review production.

Cochrane Hong Kong has organised or participated in joint activities with other working groups of the Cochrane China Network to support and facilitate knowledge translation initiatives across diverse health disciplines within the network.

# 考科藍香港



考科藍是國際公認的權威組織，透過提供高水準系統綜述及發表相關實證，協助制定高效率和高效益的醫療決策。作為國際性非營利組織，考科藍現有超過 11,000 名成員及 68,000 名支持者，分別來自全球 130 多個國家。

考科藍香港是考科藍的附屬機構，致力實踐考科藍的使命，推動考科藍在香港、中國內地和亞洲地區的工作。考科藍香港亦積極推動各成員與考科藍的合作，並與中國內地、南韓、日本、新加坡和台灣的一些相關的地區性和全國性機構建立聯繫，以加強考科藍系統綜述的傳播及應用。



## 管治架構

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## 職能

- 提升進行考科藍系統綜述的能力，以及促進高水準研究證據的傳播及應用，從而推動循證實踐；
- 提供專業諮詢服務以改善臨床療效及醫療成果；
- 協助醫療機構及政策制定者進行以實證為基礎的醫療決策；
- 提倡及推動區域及國際合作，擴大考科藍實證在學科內及跨學科醫療實踐中的應用範圍及影響力。

## 服務及諮詢

考科藍香港向本港不同醫護機構推廣考科藍的工作，並支援各成員與考科藍的合作。作為考科藍中國聯網的一員，考科藍香港致力促進和加強考科藍實證在醫療服務及實踐中的應用，並代表考科藍為國內的考科藍志願者提供支援。考科藍香港帶領考科藍中國聯網內的護理工作小組，推動地區及全國性合作，進一步擴大考科藍實證在護理及醫療實踐中的應用範圍及影響力；並積極促進高水準研究證據的傳播及應用，推動循證護理實踐；以及提升醫護人員進行考科藍系統綜述的能力。

考科藍香港還與考科藍中國聯網內的其他工作小組合作籌辦活動，或透過參與活動，共同促進及開展聯網內不同醫療學科的知識轉譯工作。

# The Croucher Laboratory for Human Genomics



The Croucher Laboratory for Human Genomics plays a key role in translating and advancing nursing knowledge using the leading molecular tools, and promoting the importance of basic science knowledge in nursing research. With the state-of-the-art instrumentation and expertise, we are able to support, explore and integrate genetic factors, bio-behavioural markers and psychosocial factors to advance our research in different biomedical areas, such as cell culture, genotyping, biomarker analysis, microbiome analysis, immunoassay and different biochemical analyses (e.g. cortisol measurement), so as to strengthen basic science elements in our nursing research.

Established in 2003, the Croucher Laboratory for Human Genomics is now located in the Nethersole School of Nursing.



## ***Key equipment in the laboratory***

1. Class II safety cabinet
2. Inverted microscope
3. High-performance real-time PCR system
4. Micro-volume UV-Vis spectrophotometer
5. Bioanalyzer system
6. Gel documentation system
7. Filter-based microplate photometer
8. High-performance thermal cyclers
9. Refrigerated centrifuge
10. Fluorometer

## ***Selected nursing research projects with basic science elements***

- Effect of heat-stabilised rice bran on gut microbiome composition in healthy Chinese adults: A pilot study
- Profiling of the silica-induced pro-inflammatory molecular events in macrophages using the RNASeq approach
- Comprehensive risk assessment of people with silicosis: A population-based study (including investigation of insulin resistance, C-reactive protein, plasma vitamin C, hemoglobin, fasting blood glucose and lipid profiles among people with silicosis)
- Genetic studies of complex diseases, including psychiatric disorders

# 裘槎人類基因 實驗室

裘槎人類基因實驗室的主要作用，是透過分子生物學的數據來分析護理學上的研究課題，從而推廣基礎科學於護理研究的重要性。此實驗室配備先進的科研儀器，由具備相關專業技能的研究人員，透過探討及解讀遺傳基因、生物行為標記及心理社會因素，加強融合護理研究與生物醫學不同領域的研究，例如細胞培養、基因定型、生物標記分析、微生物組分析、免疫分析及各種生化分析（如皮質醇檢測），使我們的護理研究更具科學基礎。

裘槎人類基因實驗室於2003年成立，現位於那打素護理學院。

## 實驗室主要儀器設備

1. 二級生物安全櫃
2. 倒裝顯微鏡
3. 高性能實時聚合酶連鎖反應系統
4. 微量紫外可見分光光度計
5. 微流體電泳分析儀
6. 凝膠成像系統
7. 微孔板光度計
8. 高性能熱循環儀
9. 冷凍離心機
10. 螢光計



## 部分結合基礎科學的護理研究項目

- 熱穩定米糠對華裔健康人士的腸道微生物組成的影響之初步研究
- 使用轉錄組測序技術分析在巨噬細胞中二氧化碳誘導的促炎分子事件之分布
- 矽肺病綜合風險評估：一項以人口為基礎的研究（包括矽肺病患者的胰島素抗性、丙種反應蛋白、血漿維生素C、血紅蛋白、空腹血糖及脂質譜）
- 複雜疾病（包括精神病）的基因研究



## Selected Publications

### **Cancer and Palliative Care 癌症及紓緩護理**

- Chan, C. W. H., Choi, K. C., Chan, H. Y. L., Wong, M. M. H., Ling, G. C. C., Chow, K. M., Chow, A. Y. M., Lo, R., & Sham, M. M. (2019). Unfolding and displaying the influencing factors of advance directives from the stakeholder's perspective: A concept mapping approach. *Journal of Advanced Nursing*, 75(7), 1549-1562.
- Chan, C. W. H., Law, B. M. H., Waye, M. M. Y., Chan, J. Y. W., So, W. K. W., & Chow, K. M. (2019). Trimethylamine-N-oxide as one hypothetical link for the relationship between intestinal microbiota and cancer - Where we are and where shall we go? *Journal of Cancer*, 10(23), 5874.
- Chan, C. W. H., Wong, M. M. H., Choi, K. C., Chan, H. Y. L., Chow, A. Y. M., Lo, R. S. K., & Sham, M. M. K. (2019). Prevalence, perception and predictors of advance directives among Hong Kong Chinese: A population-based survey. *International Journal of Environmental Research and Public Health*, 16(3), 365.
- Chan, D. N. S., So, W. K. W., Choi, K. C., & Gurung, S. (2019). Development of an explanatory model to explore cervical cancer screening behaviour among South Asian women: The influence of multilevel factors. *European Journal of Oncology Nursing*, 40, 2-9. doi.org/10.1016/j.ejon.2019.03.001.
- Chow, K. M., Chan, C. W. H., Choi, K. C., Siu, K. Y., Fung, H. K., & Sum, W. M. (2019). A theory-driven psycho-educational intervention programme for gynaecological cancer patients during treatment trajectory: A randomised controlled trial. *Psycho-Oncology*. doi: 10.1002/pon.5284.
- Chow, K. M., Chan, C. W. H., Leung, A. W. Y., Wong, M. M. H., & Choi, K. C. (2019). Relationship between body image and health-related quality of life in Chinese cancer survivors during the transitional cancer survivorship. *Psycho-Oncology*, 28(2), 324-328.
- So, W. K. W., Law, B. M., Chan, C. W. H., Leung, D. Y. P., Chan, H. Y. L., & Chair, S. Y. (2019). Development and evaluation of a multimedia intervention to promote cervical cancer prevention among South Asian women in Hong Kong. *Ethnicity & Health*, 1-13.
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