

# 8th Hong Kong International Nursing Forum cum 2018 International Council on Women's Health Issues Congress

*Holistic Care Now and into the Future:  
Implications for Practice, Education and Research*

**December 17 – 18, 2018**





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The **8<sup>th</sup> Hong Kong International Nursing Forum cum 2018 International Council on Women's Health Issues (ICOWHI) Congress**, jointly organised by the School of Nursing of The University of Hong Kong and the School of Nursing of Johns Hopkins University, will be a special one with the theme on ***"Holistic care now and into the future: implications for practice, education and research"***. With partnership of the ICOWHI Congress which has a focus on women's health, we expect the event this year will attract audience from different disciplines and specialties.

The Event, including **The Grace Tien Lecture**, aims to bring together international and local leading authorities in nursing research, nursing education and clinical practice, to present and discuss their insights on the latest innovations and developments in holistic care.

## Organising Committee

Co-Chairpersons	Dr Patsy Chau	Dr Nada Lukkahatai	Dr Janet Wong
Advisors	Professor Patricia M Davidson	Professor Chia-Chin Lin	

### Scientific Sub-committee

Co-Chairpersons	Dr Chao Hsing Yeh	Dr Daniel Fong	
Members	Dr Diana Baptiste Dr Edmond Choi Dr Mandy Ho Dr Jay Lee Dr Kris Lok Dr Janet Wong	Dr Patsy Chau Dr Joyce Chung Dr Jojo Kwok Dr William Li Dr Nada Lukkahatal	Dr Derek Cheung Dr Eva Ho Dr Wendy Lam Dr Jessie Lin Dr Kelvin Wang

### Promotion and Sponsorship Sub-committee

Co-Chairpersons	Ms Samantha Chong	Ms Susanna Lee	
Members	Ms Joyce Chong Ms Zoe Ng Ms Vivien Tsang	Ms Cecilia Kong Ms Rebecca Poon Ms Alice Wong	Mr William Lam Ms Mary See

### Programme Sub-committee

Co-Chairpersons	Ms Claudia Chan	Dr Edmond Choi	
Members	Mr Joseph Chan Ms Winnie Chung Ms Angie Lam Dr Maggie Pun Ms Hellene Yiu	Dr Maggie Chan Ms Harmony Ho Ms Mable Lam Ms Cherry Sun Dr Grace Yuen	Ms Do Do Chow Ms Iris Ho Ms Michelle Pang Ms Dennis Tang

# Co-organisers (in alphabetical order)

School of Nursing  
Capital Medical University



Xiang Ya Nursing School  
Central South University



School of Nursing  
Centro Escolar University



Faculty of Nursing  
Chiang Mai University



Faculty of Nursing  
Chulalongkorn University



School of Nursing  
Dalian University



College of Nursing and Health Professions  
Drexel University



School of Nursing  
Fudan University



College of Nursing  
Jeju National University



College of Nursing  
Kaohsiung Medical University



Department of Nursing  
Kobe University



College of Nursing  
Korea University



Division of Nursing Science  
Kyushu University



Faculty of Nursing  
Mahidol University



Department of Nursing  
National Cheng Kung University



School of Nursing  
National Taiwan University



School of Health Sciences  
Ngee Ann Polytechnic



School of Nursing  
Peking Union Medical College



College of Nursing  
Pusan National University



School of Nursing  
Queensland University of Technology



Department of Nursing  
Shantou University Medical College



School of Nursing  
Sun Yat-sen University



College of Nursing  
The Catholic University of Korea



School of Nursing  
The Secondary Military Medical University



Department of Nursing  
The University of Melbourne



Cizik School of Nursing  
The University of Texas  
Health Science Center at Houston



School of Nursing & Midwifery  
Trinity College Dublin



Faculty of Nursing  
Universitas Indonesia



School of Nursing  
University of British Columbia



School of Nursing  
University of British Columbia  
Okanagan Campus



Sue & Bill Gross School of Nursing  
University of California, Irvine



Department of Nursing Sciences  
University of Malaya



Nursing Department  
University of Medicine and Pharmacy



School of Nursing  
University of Navarra



School of Nursing & Midwifery  
University of Newcastle



Susan Wakil School of Nursing and Midwifery  
The University of Sydney



College of Nursing  
University of the Philippines Manila



Health Science Center  
Xian Jiaotong University



# Welcome Messages



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**Professor Chia-Chin Lin**

Alice Ho Miu Ling Nethersole Charity Foundation Professor in Nursing  
Head

School of Nursing

The University of Hong Kong

It gives me great pleasure to welcome you all to participate at the 8<sup>th</sup> Hong Kong International Nursing Forum *cum* 2018 International Council on Women's Health Issues (ICOWHI) Congress, jointly organised by the School of Nursing of The University of Hong Kong and the School of Nursing of Johns Hopkins University.

We are also delighted to have 38 co-organisers from leading universities and institutions from around the globe supporting this Forum. This record high number is a significant recognition of our previous efforts and dedication in nursing collaboration.

The Forum theme of this year is "Holistic Care Now and into the Future: Implications for Practice, Education and Research". Based on Florence Nightingale's work, holistic nursing is defined as "all nursing practice that has healing the whole person as its goal" by the American Holistic Nurses Association. Not only do nurses focus on competent clinical practice, they also take into account one's mind, body, spirit, emotion and environment. The integration of self-care, self-responsibility, spirituality and refection would help nurses better connecting with patients to provide holistic care.

With increasing complexity of diseases, accumulating demands of personalised care and integrated health services, holistic nursing is at the forefront of the health care reform. This event brings together world renowned nurse leaders in the profession to exchange knowledge and provide insights on topics surrounding practice, education and research related to holistic care.

At this event, with partnership of the ICOWHI Congress, we will also discuss the latest innovations and developments in women's health. I hope this year's event would bring different inspirations to the attending participants.

Last but not least, I would like to express my heartiest gratitude to the Tien's family for their continued support to our School. The Grace Tien Lecture has been organised for the eleventh year. It would not be possible without the generosity and support of the Tien's family.

I wish you a fruitful and insightful experience at the 8<sup>th</sup> Hong Kong International Nursing Forum *cum* 2018 International Council on Women's Health Issues (ICOWHI) Congress. Thank you.



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**Professor Patricia M Davidson**

Counsel General

International Council on Women's Health Issues

Dean

Johns Hopkins School of Nursing

Greetings from the International Council on Women's Health Issues.

The International Council on Women's Health Issues (ICOWHI) welcomes you to the 22<sup>nd</sup> Congress held in the beautiful, cosmopolitan city of Hong Kong.

Both sex and gender dimensions of the health of women and girls is inextricably linked to the progress of the Sustainable Development Goals and the sustainability of our planet – and we have much work to do.

Convening in Hong Kong is an exciting opportunity to initiate meaningful conversations among researchers, clinicians, educators, and community advocates moving to enhance empowerment, decrease inequity, and promote the health and well-being of women and girls worldwide.

The International Council on Women's Health Issues is an international nonprofit association dedicated to the goal of promoting health, health care, and well-being of women throughout the world through participation, empowerment, advocacy, education, and research.

We sincerely thank our partners at The University of Hong Kong for hosting this important dialogue at such a critical time in our history.



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**Dr Janet Wong**  
Co-Chairperson  
School of Nursing  
The University of Hong Kong



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**Dr Patsy Chau**  
Co-Chairperson  
School of Nursing  
The University of Hong Kong



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**Dr Nada Lukkahatai**  
Co-Chairperson  
School of Nursing  
Johns Hopkins University

With great pleasure and on behalf of the Organising Committee, we would like to extend a warm welcome to all of you who are attending the 8<sup>th</sup> Hong Kong International Nursing Forum *cum* 2018 International Council on Women's Health Issues (ICOWHI) Congress.

The focus of nursing practice is to care for the whole person. The theme of this year is "Holistic Care Now and into the Future: Implications for Practice, Education and Research". We hope to bring together local and international nurse leaders, researchers, educators, and practitioners to discuss and share their experience relating to holistic care.

Our heartfelt thanks to the staunch support of our distinguished speakers, co-organisers, sponsors, many individuals and institutions that made the event possible. We thank you for your kind consideration and support for advancement in nursing practice, education, and research in holistic care and women's health.

We would also like to take this opportunity to express our sincere thanks to members of the Organising Committee and administrative staff for their dedication and hard work.

We hope you find this event inspiring and rewarding. Wishing you an enjoyable stay in Hong Kong!

# Programme at a Glance

## DAY 1 – December 17, 2018 (Monday)

10:00 – 12:00	<b>Simulation Lab Tour and Pre-Forum Networking Meeting (for invited guests)</b>	
11:30 – 13:30	<b>Pre-Forum Cultural Event</b>	Lecture Theater 4
13:00 – 13:30	<b>Registration</b>	Lobby
13:30 – 14:15	<b>Opening Ceremony</b>	Lecture Theaters 2 - 3
14:15 – 14:45	<b>Opening Keynote Address</b> <b>Dr Che-hung Leong</b> , G.B.M., G.B.S., O.B.E., J.P. Patron, The Hong Kong Academy of Nursing Limited  <i>Topic: The Nursing Profession in Today and World</i>	Lecture Theaters 2 - 3
14:45 – 15:30	<b>Grace Tien Lecture</b> <b>Professor Dame Nicky Cullum</b> , Professor of Nursing and Head, Division of Nursing, Midwifery and Social Work, University of Manchester, the United Kingdom  <i>Topic: Developing and Delivering Programmes of Useful and Usable Research: Reflections from Wound Care</i>	Lecture Theaters 2 - 3
15:30 – 16:00	<b>Tea Reception and Poster Presentations</b>	
16:00 – 17:15	<b>Keynote Addresses</b> <b>Professor Antonia M Villarruel</b> , Professor and Margaret Bond Simon Dean of Nursing, School of Nursing, University of Pennsylvania, the United States  <i>Topic: Digital Innovations in Improving Health: Promise or Peril?</i>  <b>Professor Mary McCarron</b> , Dean of the Faculty of Health Sciences, Professor of Ageing and Intellectual Disability, Director of the Trinity Centre for Excellence in Ageing and Intellectual Disability, Trinity College Dublin, Ireland  <i>Topic: Discovering the Future of Holistic Care for Older People with Intellectual Disabilities: What Ten Years of Ageing Research in Ireland is Teaching Us</i>	Lecture Theaters 2 - 3
17:15 – 18:15	<b>Concurrent Sessions</b> Concurrent Session I: Health Care Systems & Policy Concurrent Session II: Gerontology & Long-term Care Concurrent Session III: Nursing Education Concurrent Session IV: Information and Communication Technology Concurrent Session V: Nurse-led Interventions	Seminar Room 1 Seminar Room 2 Seminar Room 3 Seminar Room 4 Exhibition Area
19:00 – 21:00	<b>Forum Dinner (for invited guests)*</b>	

\* Transportation is available to the invited guests at 6:30pm at the main entrance of William M.W. Mong Block, 21 Sassoon Road, Pokfulam

## DAY 2 – December 18, 2018 (Tuesday)

8:30 – 9:00	<b>Registration</b>	<i>Lobby</i>
9:00 – 9:30	<b>Tea Reception and Poster Presentations</b>	
9:30 – 10:30	<b>Concurrent Sessions</b> Concurrent Session VI: Smoking Cessation & Tobacco Control Concurrent Session VII: Cancer & Palliative Care Concurrent Session VIII: Community & Mental Health Nursing Concurrent Session IX: Chronic Illnesses Concurrent Session X: Instrumentation & Mediation	<i>Seminar Room 1</i> <i>Seminar Room 2</i> <i>Seminar Room 3</i> <i>Seminar Room 4</i> <i>Exhibition Area</i>
10:30 – 12:00	<b>Plenary Session</b> <b>Speakers</b> <b>Ms Linda Wong</b> , Executive Director, RainLily, Hong Kong  <b>Dr Patrick Cheung</b> , Consultant Pediatrician, Chairperson, Against Child Abuse, Hong Kong  <b>Dr Anna Choi</b> , Associate Professor, Department of Social and Behavioral Sciences, City University of Hong Kong, Hong Kong  <b>Dr Pierre Chan</b> , Legislative Councillor (Medical), The Hong Kong Special Administrative Region, Hong Kong  <b>Moderators</b> <b>Dr Anne Teitelman</b> , Associate Professor of Nursing, The University of Pennsylvania, the United States  <b>Dr Janet Wong</b> , Associate Professor, School of Nursing, The University of Hong Kong, Hong Kong  <i>Topic: #MeToo Moment: Reflections on Sexual Assault and Abuse</i>	<i>Lecture Theaters 2 - 3</i>
12:00 – 13:30	<b>Lunch and Poster Presentation</b>	
12:45 – 13:15	<b>1-Minute Oral Presentation</b>	<i>Exhibition Area</i>
13:30 – 15:00	<b>Concurrent Sessions</b> Concurrent Session XI: Women's Health Concurrent Session XII: Specialty Nursing Concurrent Session XIII: Maternal & Child Health Concurrent Session XIV: Health Promotion & Disease Prevention Concurrent Session XV: Patient-Centred Care	<i>Seminar Room 1</i> <i>Seminar Room 2</i> <i>Seminar Room 3</i> <i>Seminar Room 4</i> <i>Exhibition Area</i>
15:00 – 15:30	<b>Tea Reception and Poster Presentations</b>	
15:30 – 17:00	<b>Keynote Addresses</b> <b>Professor Ann Kurth</b> , Dean and the Linda Koch Lorimer Professor of Nursing, School of Nursing, Yale University, the United States  <i>Topic: Global Non-Communicable Diseases: Challenges and Opportunities</i>  <b>Professor Pamela S Hinds</b> , Executive Director, Department of Nursing Science, Professional Practice & Quality Outcomes, William and Joanne Conway Endowed Chair, Children's National Health System, Professor of Pediatrics, The George Washington University, the United States  <i>Topic: Mothers' Well-Being When Parenting a Seriously Ill Child</i>	<i>Lecture Theaters 2 - 3</i>
17:00 – 17:15	<b>Award Presentation for Best Poster Awards &amp; Closing Remarks</b>	<i>Lecture Theaters 2 - 3</i>

# Keynote Speakers



## **Dr Che-hung Leong GBM, GBS, OBE, JP**

*Patron of the Hong Kong Academy of Nursing*

Dr Leong is a surgeon in private practice. He is currently Chairman of the Hong Kong AIDS Foundation, President of the Hong Kong Anti-Cancer Society and Patron of the Hong Kong Academy of Nursing.

Dr Leong was an unofficial Member of the Executive Council of the Government of the Hong Kong Special Administrative Region from 2005 to 2012. He was also an elected member of the Legislative Council from 1988 to 2000. Dr Leong has held many key posts in the public service sector, including Chairman of the Hospital Authority (2002-2004), Chairman of the Council on Human Reproductive Technology (2001-2010), Chairman of the Elderly Commission (2005-2011), Chairman of The University of Hong Kong (HKU) Council (2009-2015), Chairman of the ICAC Complaints Committee (2010-2015), Chairman of the Elder Academy Development Foundation (2009-2017) and Chairman of the Committee on Standard Working Hours (2013-2017).

On the professional side, Dr Leong is the Hunterian Professor of the Royal College of Surgeons of England and a Regent of the Royal College of Surgeons of Edinburgh. Dr Leong was the Founding President of The College of Surgeons of Hong Kong. He served as President of the Hong Kong Academy of Medicine from 2000 to 2004.

### Current Position(s)

- Chairman, Hong Kong AIDS Foundation
- Hunterian Professor, Royal College of Surgeons of England
- Regent, Royal College of Surgeons of Edinburgh

### Past Position(s)

- Non-official Member, Executive Council, HKSARG
- Member, Legislative Council
- Chairman, Hospital Authority
- Chairman, Council on Human Reproductive Technology
- Chairman, Elderly Commission
- Chairman, HKU Council
- Chairman, ICAC Complaints Committee
- Chairman, Elder Academy Development Foundation
- Chairman, Committee on Standard Working Hours of Hong Kong
- Founding President, College of Surgeons of Hong Kong
- President, Hong Kong Academy of Medicine

## **OPENING KEYNOTE ADDRESS**

**December 17, 2018 | 14:15 – 14:45 | Lecture Theatres 2 - 3**

**The Nursing Profession in Today and World**



## **Professor Dame Nicky Cullum**

*Professor of Nursing and Head  
Division of Nursing, Midwifery and Social Work  
University of Manchester, the United Kingdom*

Nicky Cullum has a PhD in pharmacology and is a Registered General Nurse. Nicky gained postdoctoral research experience at the Universities of Surrey, Liverpool and York (where she worked until 2011). In 1995 she founded the world's first Centre for Evidence Based Nursing at the University of York and co-founded the journal Evidence Based Nursing, published by BMJ Publications and the RCN. She was also a founding member of the Cochrane Collaboration and has been Coordinating Editor of Cochrane Wounds since 1995.

Nicky is a health services researcher who applies epidemiological approaches to studying nursing questions, particularly in wound care. She has led large randomised trials (PRESSURE, VenUS I, VenUS II), cohort studies, mixed methods studies as well as evidence synthesis. She has been Chief Investigator on research grants of £9 million with a total grant income as named investigator of more than £60 million.

Nicky was appointed Professor of Nursing in the Division of Nursing, Midwifery and Social Work at the University of Manchester in September 2011 and made Head of the Division in August 2015.

Nicky has been a National Institute for Health Research Senior Investigator since 2008 (now Emeritus), is a Fellow of the UK Academy of Medical Sciences and the American Academy of Nursing and was made a Dame in the 2013 Queen's Birthday Honours for services to wound care and nursing research. She also holds honorary Chairs at the University of Queensland and Griffith University (both in Australia) and at Manchester University NHS Foundation Trust.

### **GRACE TIEN LECTURE**

**December 17, 2018 | 14:45 – 15:30 | Lecture Theatres 2 - 3**

#### **Developing and Delivering Programmes of Useful and Usable Research: Reflections from Wound Care**

Nurses are ideally placed, due to their proximity to patients and communities, to do impactful research that really makes a difference. This lecture will present a framework for researching clinical topics, describe different approaches to identifying and prioritizing research questions, examine some common problems with primary research and explore the role of evidence synthesis in all stages of the research process. The lecture will then move to examine how translation of research results into practice can be influenced by how we plan and conduct research and how we develop specific roles for knowledge translation. Nicky will draw on her research career in wound care to illustrate the main themes.



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### **Professor Antonia M Villarruel**

*Professor and Margaret Bond Simon Dean of Nursing  
School of Nursing  
University of Pennsylvania, the United States*

Antonia M Villarruel, PhD, RN, FAAN is the Margaret Bond Simon Dean of Nursing at the University of Pennsylvania School of Nursing and Director of the School's World Health Organization Collaborating Center (WHOCC) for Nursing and Midwifery Leadership. Dr Villarruel also holds an appointment as Senior Fellow at the Leonard Davis Institute of Health Economics, University of Pennsylvania.

As a bilingual and bicultural nurse researcher, Dr Villarruel has extensive research and practice experience with diverse Latino and Mexican populations, and health promotion and health disparities research and practice. Her research focuses on the development and testing of interventions to reduce sexual risk behaviors among Mexican and Latino youth. She has been the Principal Investigator and Co-Principal Investigator of over eight clinical trials regarding reducing sexual and other risk behaviors. She developed an efficacious program to reduce sexual risk behavior among Latino youth – entitled *Cuidate!* which was disseminated nationally.

Dr Villarruel currently chairs the NAM Roundtable on the Promotion of Health Equity. She also co-chairs the Strategic Advisory Council of the AARP/RWJ Center for Health Policy Future of Nursing Campaign for Action. She is also an invited member of the American Board of Internal Medicine Foundation and the Aspen Health Strategy Group.

Among her numerous honors and awards are: elected membership in the National Academy of Medicine and a Fellow in the American Academy of Nursing, and Sigma Theta Tau International Honor Society of Nursing. She was named one of NBC's Latino-20 for Hispanic Heritage month in 2017 and is a recently elected Fellow of the College of Physicians of Philadelphia.

## **KEYNOTE ADDRESS**

**December 17, 2018 | 16:00 – 17:15 | Lecture Theatres 2 - 3**

### **Digital Innovations in Improving Health: Promise or Peril?**

Digital technology has brought a host of changes to the healthcare landscape at a rapid pace. From mobile health apps to virtual reality to “smart” technologies, new opportunities for intervention and information exchange are arriving every day. These developments have impacted how providers offer care, how individuals care for themselves, how researchers gather data, and how the healthcare has expanded. While the growth and progress enabled by digital innovation make for promising prospects in improving health and healthcare, there are also perils to be considered. Overreliance on technology presents challenges and concerns that have not yet been fully appreciated or unpacked. This presentation will provide an overview of the state of digital technology and its impact on health and healthcare today. This includes general definitions of technology, as well as granular examinations of innovative research approaches enabled by digital tools. Exemplars describing the advantages and challenges of select digital technologies will demonstrate some of these innovations – especially as they relate to the health of women. This presentation will also outline potential perils and lessons learned in the application of digital technology to improve health.



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### **Professor Mary McCarron**

*Dean of the Faculty of Health Sciences*

*Professor of Ageing and Intellectual Disability*

*Director of the Trinity Centre for Excellence in Ageing and Intellectual Disability*

*Trinity College Dublin, Ireland*

Mary McCarron, PhD RNID, RGN, BNS. F.T.C.D is Dean of the Faculty of Health Sciences, Professor of Ageing and Intellectual Disability and Director of the Trinity Centre for Excellence in Ageing and Intellectual Disability.

Since joining Trinity College in 2002 Professor McCarron has held many senior leadership roles including, Director of Research and Head of the School of Nursing and Midwifery which is now one of the largest Schools in the University and ranked 31<sup>st</sup> in the World 2016. With excess of 1,400 students and over 100 staff this school and has a strong research programme with 18 undergraduate and postgraduate programmes. In 2011 Professor McCarron was elected Dean of the Faculty of Health Sciences, with responsibility for the School of Nursing and Midwifery, School of Pharmacy and Pharmaceutical Sciences, School of Dental Sciences, Medicine, with a student body in excess of 4,000 and a staff of 650. She is a member of the Senior Executive Management team of the University.

A leader in multidisciplinary health sciences, Professor McCarron is a committed ageing research leader at Trinity College and an international expert in the fields of intellectual disability, ageing, dementia, and palliative care. Professor McCarron is the founder and Principal Investigator for the first ever Longitudinal Comparative Study on Ageing in Persons with Intellectual Disability (IDS-TILDA) to be conducted in Ireland or internationally. This study is a supplement to The Irish Longitudinal Study on Ageing (TILDA). With its nationally representative sample, huge support from people with ID, their families and providers, and opportunities for comparisons with the general population, IDS-TILDA increases understanding how lives and chronic conditions change over time and provides insights on key issues at end of life. Professor McCarron's innovative and inclusive approaches are internationally recognized as an exemplar for ensuring meaningful involvement of persons with disability in the research process.

With extensive experience in working in the area of dementia in people with Down syndrome Professor McCarron has led large longitudinal cohort studies spanning over 25 years. Her special interest is on the early detection and presentation of dementia, and in the development of humane approaches to care and support. Her award winning approaches on environmental design and technology innovations are sustaining and improving quality of life for people across the continuum of dementia. She has been a key advisor of ageing and policy issues to various governmental and other groups at a National and International level. The emerging IDS-TILDA data is already informing needed policy responses to develop human and appropriate services for this increasingly at risk group. She has been successful in obtaining over €10,000,000 in research funding, as Principal Investigator or collaborator, and holds/has held grants from a variety of National International sources such as the Department of Health, Health Research Board, National Disability Authority, All Ireland Institute of Hospice and Palliative Care, Atlantic Philanthropies and Horizon 2020.

Professor McCarron is an active member of the International Association for the Scientific Study of Intellectual and Developmental Disabilities (IASSIDD), she plays a critical leadership role in EngAGE, the Trinity College Dublin consortium of over 140 multi-disciplinary researchers on ageing issues. In 2010 in conjunction with Professor Heleen Evenhuis, Professor McCarron led the Development of a PhD Exchange Programme between the School of Nursing and Midwifery at Trinity College and the Department of Intellectual Disability Medicine, Erasmus Medical Centre, Rotterdam, Netherlands.

She holds a research Professorship at the Centre for Excellence in Ageing & Community Wellness at the University at Albany NY. Her work is widely published.

## KEYNOTE ADDRESS

December 17, 2018 | 16:00 – 17:15 | Lecture Theatres 2 - 3

### Discovering the Future of Holistic Care for Older People with Intellectual Disabilities: What Ten Years of Ageing Research in Ireland is Teaching Us

Running in parallel with TILDA (The Irish Longitudinal Study on Ageing), an Intellectual Disability Supplement (IDS-TILDA) is identifying the principal influences on successful ageing in persons with ID and where they are the same or different from those reported for the general population.

*Method:* Data has been collected over three waves from a nationally representative sample of 609 individuals aged 40 years and older on diagnoses of chronic health conditions, medications, dental care, and health care utilization as well as on social connectedness, community integration, and day and employment programming.

*Results:* Multimorbidity increased from 60.6% in those under 50, to 72.7% in those aged 50-64 and 83.9% in those aged 65 and over. Mental Health was the most common condition at 52.2% followed by gastrointestinal disease 47.4%, and neurological disease at 39.6%. Disease patterns were different from the general ageing population. Polypharmacy, use of psychotropics, loss of teeth and eye disease were also higher for people with ID. Movement between settings was more likely to be to similar or more restrictive settings, often because of health or behavioural concerns. Smaller social networks reflected that people with ID as they age did not form their own families and smaller and more staff focused circles of support.

*Conclusion:* People with ID are living longer, healthier lives. It remains a challenge, however, to provide holistic care. Needed policy and practice changes in Ireland are now based on the data emerging from IDS-TILDA leading to holistic, person-centred healthcare.



### **Professor Ann Kurth**

*Dean and the Linda Koch Lorimer Professor of Nursing  
School of Nursing  
Yale University, the United States*

Ann Kurth, PhD, CNM, MPH, FAAN is Dean, and Linda Koch Lorimer Professor, Yale University School of Nursing. Dr Kurth is an elected Fellow of the Institute of Medicine (National Academy of Medicine) and a member of the 2014-2018 US Preventive Services Task Force, which sets screening and primary care prevention guidelines for the United States. Dr Kurth is chair of the Consortium of Universities for Global Health.

An epidemiologist and clinically-trained nurse-midwife, Dr Kurth's research focuses on HIV/reproductive health and global health system strengthening. Her work has been funded by the National Institutes of Health (NIAID, NIDA, NIMH, NICHD), the Bill & Melinda Gates Foundation, UNAIDS, CDC, HRSA, and others, for studies conducted in the United States and internationally. Dr Kurth has consulted for the NIH, Gates Foundation, WHO, USAID and CDC, among others.

Dr Kurth has published over 200 peer-reviewed articles, book chapters, and scholarly monographs and presented at hundreds of scientific conferences and invited talks. Dr Kurth has received awards for her science and leadership including the Friends of the National Institute of Nursing Research Ada Sue Hinshaw Research Award and the International Nurse Researcher Hall of Fame award from Sigma Theta Tau International.

#### **KEYNOTE ADDRESS**

**December 18, 2018 | 15:30 – 17:00 | Lecture Theatres 2 - 3**

##### **Global Non-Communicable Diseases: Challenges and Opportunities**

Non-communicable diseases (NCDs) kills 41 million people each year, and disproportionately affect people in low- and middle-income countries (WHO, IHME). As health providers, scientists, educators, and leaders, nurses have an obligation to meet the challenge of chronic disease burden impact on human health. In addition, climate change, population displacement, new disease patterns and health needs, stresses on air quality, food production and water systems, as well as the generation of sustainable energy are all intimately related to health. Nurses are the largest health cadre worldwide and deliver the majority of all health care services. Consequently, nurses are key to achieving the new Sustainable Development Goals that focus on a set of common goals to improve health, end poverty, protect the planet, and ensure prosperity for all. Nurses contribute to resilient health systems, as trusted leaders and providers of health care, and as advocates and change makers impacting the world (Langer et al., 2015). In this session we will discuss the global non-communicable disease burden, and the role of nursing in making health systems more resilient in an era of increasing stresses.

The Institute for Health Metrics and Evaluation (IHME). Accessible at <http://www.healthdata.org/>

Langer A, Meleis A, Knaul FM, et al. Women and health: The key for sustainable development. *Lancet* 2015; 386(9999):1165-210.

World Health Organization (WHO). Noncommunicable diseases key facts. June 1, 2018. Accessible at <http://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases>



## Professor Pamela S Hinds

*The William and Joanne Conway Chair in Nursing Research  
Executive Director, Department of Nursing Science, Professional Practice, and Quality Outcomes  
Research Integrity Officer  
Children's National Health System  
Professor, Department of Pediatrics  
The George Washington University, the United States*

Dr Hinds is the Director of the Department of Nursing Research and Quality Outcomes, the William and Joanne Conway Endowed Chair in Nursing Research at Children's National Health System in Washington, DC, and a Professor of Pediatrics at the George Washington University, School of Medicine and Health Sciences in Washington, DC. She is adjunct professor for the University of Pennsylvania, School of Nursing, Johns Hopkins University, School of Nursing, and the University of Maryland, College of Nursing. Dr Hinds received her undergraduate degree magna cum laude from the University of Vermont, Burlington, VT and her MSN and PhD degrees from the University of Arizona, Tucson in Psychiatric Nursing (summa cum laude) and Clinical Nursing Research, respectively.

For more than three decades, Dr Hinds has created and led research related to the pediatric cancer experience, quality of life, fatigue and altered sleep during the treatment of pediatric cancers, and end-of-life communication and decision making. She served on the Institute of Medicine (IOM) committee on end-of-life and palliative care for children in America (2003) and the National Quality Forum panel on palliative and end-of-life care in America, the Institute of Medicine (IOM) committee on Dying in America (2014) and is currently serving on the National Academies of Sciences, Engineering and Medicine Roundtable on Quality Care for People with Serious Illness (2016-2019).

Dr Hinds is an Oncology Nursing Society Distinguished Nurse Researcher and the Association of Pediatric Oncology and Hematology Distinguished Nurse Researcher. She was the inaugural chair of the Nurse Scholars for the Children's Oncology Group and the inaugural Co-Director for the Patient-Reported Outcomes (PRO) Resource Center for the Children's Oncology Group. She served on the National Cancer Institute Symptom and Quality of Life Scientific Committee, and the National Institute of Nursing Research Ad Hoc Evaluation Advisory Committee, End-of-life and Palliative Care Science, and is the Editor-in-Chief for the journal, *CANCER NURSING: An International Cancer Journal*. Dr Hinds was named the Alumna of the Year in 2012 for the College of Nursing at the University of Arizona, received the 2015 Mentoring Award for Excellence in Clinical Research at Children's National Health System, and received the inaugural Nancy Klein Mentoring Award from the Association of Hematology/Oncology Nurses in 2016. She and her family are camping and kayaking, reading, and card playing enthusiasts.

### KEYNOTE ADDRESS

**December 18, 2018 | 15:30 – 17:00 | Lecture Theatres 2 - 3**

#### **Mothers' Well-Being When Parenting a Seriously Ill Child**

Mothering a child who is living with a life-threatening illness both differs and mirrors mothering a well child. One of the aspects of mothering a child with a life-threatening illness is involvement in decision making about treatment and actual care. A mother's satisfaction with this involvement may be a factor that influences her subsequent health and sense of well-being and thereby the health and well-being of the family unit. In this presentation, an inductively identified and defined construct, "being a good parent to my seriously ill child" will be described. The centrality of this construct in a developing theory will also be described. Additionally, how certain elements of the construct change over the course of the ill child's illness will be depicted. Differences between the reports of mothers and fathers in their definitions of "being a good parent to my seriously ill child" will be compared and the potential interactions (positive and negative) with the ill child's definition of "being a good ill child/good patient" will be highlighted. The emerging findings from an ongoing study will be presented. Finally, implications for family health will be noted and future steps related to the translation of this construct to actual clinical care will be shared.

# Concurrent Sessions

## Concurrent Session I: Health Care Systems and Policy

December 17, 2018 (17:15 – 18:15)

Seminar Room 1

- CSI-1     **Nurse Work Conditions and Nurse and Patient Outcomes in Comprehensive Nursing Care Service Units**  
Sung-Heui Bae, Jeonghyun Kim, Sujin Shin  
*College of Nursing, Ewha Womans University, South Korea*
- CSI-2     **Challenges in Providing End-of-Life Care in Rural Communities: Perspectives From Different Stakeholders**  
Jinfeng Ding<sup>1</sup>, Claire Johnson<sup>2</sup>, Angus Cook<sup>1</sup>  
*<sup>1</sup>School of Population and Global Health, The University of Western Australia, Australia, <sup>2</sup>School of Nursing and Midwifery, Monash University, Australia*
- CSI-3     **Early Post-Operative Breast Cancer Surgery Integrated Psychological Screening: What Can a Breast Care Nurse (BCN) Help?**  
Oi Kwan Chun, Yuen Mai Or, Nga Shan Wong, Wai Li Wong, Mei Lin, Irene Cheng  
*Department of Surgery, Kwong Wah Hospital, Hong Kong*
- CSI-4     **Experience and Challenge of Implementing SDM in Taiwan: A Nursing Perspective**  
I-Chin Huang, Chiu-Chu Lin  
*School of Nursing, Kaohsiung Medical University, Taiwan*

- CSII-1     **The Prevalence and Negative Effects of Thoracic Kyphosis in the General Chinese Community-Dwelling Older Population: A Cross-Sectional Study**  
**Weiyang Li**<sup>1</sup>, Yong Dai<sup>2</sup>, Pui Hing Chau<sup>1</sup>, Agnes Tiwari<sup>3</sup>  
*<sup>1</sup>School of Nursing, The University of Hong Kong, Hong Kong, <sup>2</sup>Public Health Department, Liyuan Hospital of Tongji Medical College of Huazhong University of Science and Technology, China, <sup>3</sup>School of Nursing, Hong Kong Sanatorium and Hospital, Hong Kong*
- CSII-2     **Time Trend and Seasonal Pattern of Fall Incidence Among Chinese Older Population in Hong Kong 2005-2014**  
**Xing Xing Qian**<sup>1</sup>, Pui Hing Chau<sup>1</sup>, Chi Wai Kwan<sup>2</sup>, Vivian Wei Qun Lou<sup>3,4</sup>, Angela Yee Man Leung<sup>5</sup>, Mandy Ho<sup>1</sup>, Daniel Yee Tak Fong<sup>1</sup>, Iris Chi<sup>6</sup>  
*<sup>1</sup>School of Nursing, The University of Hong Kong, Hong Kong, <sup>2</sup>Department of Statistics and Actuarial Science, The University of Hong Kong, Hong Kong, <sup>3</sup>Sau Po Center on Ageing, The University of Hong Kong, Hong Kong, <sup>4</sup>Department of Social Work and Social Administration, The University of Hong Kong, Hong Kong, <sup>5</sup>School of Nursing, The Hong Kong Polytechnic University, Hong Kong, <sup>6</sup>School of Social Work, University of Southern California, the United States*
- CSII-3     **Analysis on the Influencing Factors of Demand for Medical-Nursing Combined Service Among Elders in the Community**  
**Linglin Kong**, Jie Li, Jing Mao  
*Nursing Department, School of Nursing, Tongji Medical College, Huazhong University of Science and Technology, China*
- CSII-4     **Experiences of Disease Self-Management Among Empty-Nest Elderly Living with T2D in Mainland China: A Qualitative Study**  
**Yingjuan Cao**<sup>1</sup>, Xiaoyan Lv<sup>2</sup>, Jinghua Xia<sup>2</sup>  
*<sup>1</sup>Department of Nursing, Shandong University, China, <sup>2</sup>School of Nursing, Shandong University, China*

## Concurrent Session III: Nursing Education

December 17, 2018 (17:15 – 18:15)

Seminar Room 3

- CSIII-1     **Ageism Among Medical Students in China: A Cross-Sectional Survey**  
Huimin Zhao, Jie Li, Jing Mao  
*School of Nursing, Huazhong University of Science and Technology, China*
- CSIII-2     **Opportunities and Outcomes for Interprofessional Education in a Life Plan Community Using a Transformative Paradigm**  
Kathleen Fisher<sup>1</sup>, Elizabeth Gonzalez<sup>1</sup>, Kathleen Roberts<sup>2</sup>, Laura Gitlin<sup>1</sup>  
<sup>1</sup>College of Nursing & Health Professions, Drexel University, the United States, <sup>2</sup>Living Branches, Life Plan Community, the United States
- CSIII-3     **Evaluation of MOODLE as Learning Platform for Nursing Informatics Class**  
Josephine De Leon<sup>1</sup>, Anjanette De Leon<sup>2</sup>, Joylyn Mejilla<sup>1</sup>  
<sup>1</sup>School of Nursing and Graduate School, Centro Escolar University, the Philippines, <sup>2</sup>School of Nursing, Centro Escolar University, the Philippines
- CSIII-4     **Evaluation of Patient Safety Culture Among Registered Nurses in Hong Kong and China**  
Samantha Yuen Chun Chong<sup>1,2,3</sup>, NWS Pang<sup>4</sup>, XY Peng<sup>5</sup>, Edmond Pui Hang Choi<sup>3</sup>, Janet Yuen Ha Wong<sup>3</sup>, Daniel Yee Tak Fong<sup>3</sup>  
<sup>1</sup>Hong Kong College of Nursing and Health Care Management, The Hong Kong Academy of Nursing, Hong Kong, <sup>2</sup>HKU Health System, LKS Faculty of Medicine, The University of Hong Kong, Hong Kong, <sup>3</sup>School of Nursing, The University of Hong Kong, Hong Kong, <sup>4</sup>Prince of Wales Hospital, Hong Kong, <sup>5</sup>The Third Affiliated Hospital of Guangzhou University of Traditional Chinese Medicine, China

## Concurrent Session IV: Information & Communication Technology

December 17, 2018 (17:15 – 18:15)

Seminar Room 4

- CSIV-1     **Harnessing Email and Text Messaging to Deliver HELP Globally to Women in Intimate Partner Violence**  
Rose E Constantino, **Chi Ching Vivian Hui**  
*Health and Community Systems, School of Nursing, University of Pittsburgh, the United States*
- CSIV-2     **Feasibility of Applying Mobile App-Based Ecological Momentary Assessment for Adult Patients with Moyamoya Disease**  
**Yong Sook Yang**<sup>1</sup>, Gi Wook Ryu<sup>1</sup>, Mona Choi<sup>1</sup>, Kyu Won Shim<sup>2</sup>, Insun Yeom<sup>2</sup>  
*<sup>1</sup>Yonsei University College of Nursing, Mo-Im Kim Nursing Research Institute, South Korea, <sup>2</sup>Yonsei University College of Medicine, Department of Pediatric Neurosurgery, Severance Children's Hospital, South Korea*
- CSIV-3     **Enhancing Empathy Among Nursing Undergraduates via a Virtual Reality-Based (VR) Mental Health Education Programme**  
**Angie Ho Yan Lam**, Janet Yuen Ha Wong, Jessie Jingxia Lin  
*School of Nursing, The University of Hong Kong, Hong Kong*
- CSIV-4     **Non-Communicable Diseases Management and Prevention Using Mobile Health: Cardiovascular Disease Focused**  
**Ying Wu**  
*School of Nursing, Capital Medical University, Beijing, China*

## Concurrent Session V: Nurse-led Interventions

December 17, 2018 (17:15 – 18:15)

Exhibition Area

- CSV-1      **Design and Preliminary Results of a Randomized Controlled Trial of Self-Administered Acupressure for Symptom Management Among Caregivers with Caregiver Stress**  
**Denise Shuk Ting Cheung**<sup>1</sup>, Agnes Tiwari<sup>2</sup>, Wing Fai Yeung<sup>3</sup>, Lixing Lao<sup>4</sup>  
*<sup>1</sup>School of Nursing, The University of Hong Kong, Hong Kong, <sup>2</sup>School of Nursing, Hong Kong Sanatorium & Hospital, Hong Kong, <sup>3</sup>School of Nursing, The Hong Kong Polytechnic University, Hong Kong, <sup>4</sup>School of Chinese Medicine, The University of Hong Kong, Hong Kong*
- CSV-2      **Drug Screening and Brief Intervention for Drug Use in Emergency Departments: Key Stakeholders' Perspectives**  
**Celene Yap**<sup>1, 2</sup>, Marie Gerdtz<sup>1, 2</sup>, Catherine Daniel<sup>1, 2</sup>, Jonathan Knott<sup>2, 3</sup>, George Braitberg<sup>2, 3</sup>  
*<sup>1</sup>Department of Nursing, The University of Melbourne, Australia, <sup>2</sup>Centre for Integrated Critical Care, The University of Melbourne, Australia, <sup>3</sup>Emergency Department, The Royal Melbourne Hospital, Australia*
- CSV-3      **Feasibility and Acceptability of a Combined Mobile Technologies Enhanced Physical Activity Program on Nonpathological Fatigue**  
**Nada Lukkahatai**<sup>1</sup>, Reimund Serafica<sup>2</sup>  
*<sup>1</sup>Acute and Chronic Care, School of Nursing, Johns Hopkins University, the United States, <sup>2</sup>School of Nursing, University of Nevada Las Vegas, the United States*
- CSV-4      **Implementing an Enteral Nutrition Protocol to Improve Nutritional Care for the Critically Ill**  
**Man Hung Chan**, Chi Keung Peter Lai, Jason Chak Lam Wong, Ka Cheung Su, Tsz Shan Yau, Lok Ting Jennifer Ko, Wai Ling Phyllis Kwok, Kin Yip Kenneth Yu  
*Adult Intensive Care Unit, Queen Mary Hospital, Hong Kong*

## Concurrent Session VI: Smoking Cessation & Tobacco Control

December 18, 2018 (09:30 – 10:30)

Seminar Room 1

- CSVI-1     **Effectiveness of Thailand National Quitline Services: A Gender Analysis**  
**Suwimon Rojnawee**<sup>1</sup>, Jintana Yunibhand<sup>2</sup>, Orrawan Khongtor<sup>3</sup>  
*<sup>1</sup>Faculty of Nursing, Chulalongkorn University, Thailand, <sup>2</sup>Thailand National Quitline, Bangkok, Thailand, <sup>3</sup>Royal Thai Navy College of Nursing, Bangkok, Thailand*
- CSVI-2     **Smoking Behaviors of Hong Kong Chinese Hospitalized Patients and Predictors of Smoking Abstinence After Discharge**  
**Ka Yan Ho**<sup>1</sup>, Ho Cheung William Li<sup>1</sup>, **Ka Wai Katherine Lam**<sup>1</sup>, Man Ping Wang<sup>1</sup>, Tai Hing Lam<sup>2</sup>  
*<sup>1</sup>School of Nursing, The University of Hong Kong, Hong Kong, <sup>2</sup>School of Public Health, The University of Hong Kong, Hong Kong*
- CSVI-3     **Indoor Air Quality Investigation at Waterpipe Bars in Hong Kong**  
**Jay J Lee**<sup>1</sup>, KF Ho<sup>2</sup>, Man Ping Wang<sup>1</sup>, L Tian<sup>3</sup>  
*<sup>1</sup>School of Nursing, The University of Hong Kong, Hong Kong, <sup>2</sup>The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong, <sup>3</sup>School of Public Health, The University of Hong Kong, Hong Kong*
- CSVI-4     **Handgrip and Isometric Exercise Intervention for Smoking Cessation: A Feasibility and Pilot Randomized Trial**  
**Yee Tak Derek Cheung**<sup>1</sup>, Tai Hing Lam<sup>2</sup>, Ching Han Helen Chan<sup>3</sup>, Kin Sang Ho<sup>3</sup>, Wai Yin Fok<sup>3</sup>, Man Ping Wang<sup>1</sup>, William Ho Cheung Li<sup>1</sup>  
*<sup>1</sup>School of Nursing, The University of Hong Kong, Hong Kong, <sup>2</sup>School of Public Health, The University of Hong Kong, Hong Kong, <sup>3</sup>Tung Wah Group of Hospitals, Hong Kong*

## Concurrent Session VII: Cancer & Palliative Care

December 18, 2018 (09:30 – 10:30)

Seminar Room 2

- CSVII-1 **Readiness to Participate in Advance Care Planning: A Qualitative Study of Patients with Chronic Disease in Chinese Communities**  
**Xinru Wang**, Yu Sheng  
*Peking Union Medical College, Institute of Nursing, China*
- CSVII-2 **Women with Breast Cancer: The Relationship Between Age, Comorbidities and Use of Radiotherapy**  
**Sharyn Hunter**<sup>1</sup>, Jimmy Efird<sup>2</sup>, Sally Chan<sup>1</sup>, Sarah Jeong<sup>1</sup>  
*<sup>1</sup>School of Nursing and Midwifery, University of Newcastle, Australia, <sup>2</sup>Centre for Clinical Epidemiology and Biostatistics, School of Medicine and Public Health, University of Newcastle, Australia*
- CSVII-3 **What Are the Processes That Chinese Women Go Through in Living with Breast Cancer: A Grounded Theory Study**  
Jianxia Zhai<sup>1</sup>, **Jennifer M Newton**<sup>1, 2</sup>, Beverley Copnell<sup>3</sup>, Kaori Shimoinaba<sup>1</sup>, Hong Jiang<sup>4</sup>, Hong Chen<sup>4</sup>, Ting Ye<sup>4</sup>  
*<sup>1</sup>Nursing and Midwifery, Monash University, Australia, <sup>2</sup>School of Nursing, McMaster University, Canada, <sup>3</sup>School of Nursing and Midwifery, La Trobe University, Australia, <sup>4</sup>Nursing Department, Huashan Hospital, Fudan University, China,*
- CSVII-4 **Exploring the Impact of Migration Experiences on Chinese Immigrant Women Caring for a Relative at End-of-Life**  
**Mary T Heidenreich**<sup>1, 2</sup>, Fung Kuen Koo<sup>1</sup>, Kate White<sup>1, 3</sup>  
*<sup>1</sup>Susan Wakil School of Nursing and Midwifery, University of Sydney, Australia, <sup>2</sup>Palliative Care (Community), Calvary Health Care Sydney, Australia, <sup>3</sup>Cancer Nursing Research Unit, University of Sydney, Australia*

## Concurrent Session VIII: Community & Mental Health Nursing

December 18, 2018 (09:30 – 10:30)

Seminar Room 3

- CSVIII-1     **The Level and Influencing Factors of Parenting Stress in Parents of Preschool Children**  
**Yushuang Chen**, Leshan Zhou  
*Xiangya Nursing School, Central South University, China*
- CSVIII-2     **A Diabetes Prevention Program for South Asian Ethnic Minorities Families**  
**Janet Yuen Ha Wong**<sup>1</sup>, Nimisha Vandan<sup>1</sup>, Shirley Siu Ming Fong<sup>2</sup>, Kris Lok<sup>1</sup>, Daniel Yee Tak Fong<sup>1</sup>  
*<sup>1</sup>School of Nursing, The University of Hong Kong, Hong Kong, <sup>2</sup>School of Public Health, The University of Hong Kong, Hong Kong*
- CSVIII-3     **Increasingly or Chronically Overweight/Obese During Childhood Was Associated with Low Self-Esteem**  
**Wei-Jie Gong**<sup>1</sup>, Daniel Yee Tak Fong<sup>1</sup>, Man Ping Wang<sup>1</sup>, Tai Hing Lam<sup>2</sup>, Thomas Wai Hung Chung<sup>3</sup>, Sai Yin Ho<sup>2</sup>  
*<sup>1</sup>School of Nursing, University of Hong Kong, Hong Kong, <sup>2</sup>School of Public Health, University of Hong Kong, Hong Kong, <sup>3</sup>Student Health Service, Department of Health, The Government of the Hong Kong SAR, Hong Kong*
- CSVIII-4     **Patient-Centred Dementia Care: Learning From Innovation in Community**  
**Anne-Marie Brady**<sup>1</sup>, Mairead Bracken<sup>1</sup>, Brian Keogh<sup>1</sup>, Louise Daly<sup>1</sup>, Brendan Kenneally<sup>2</sup>, Geralyn Hynes<sup>1</sup>, Mary Mc Carron<sup>1</sup>  
*<sup>1</sup>Trinity Centre for Practice & Healthcare Innovation, Trinity College Dublin, Ireland, <sup>2</sup>Department of Economics, University College Galway, Ireland*

## Concurrent Session IX: Chronic Illnesses

December 18, 2018 (09:30 – 10:30)

Seminar Room 4

- CSIX-1     **Determine Structural Factors for Improving Linkage to Care of HIV Positive Men Who Have Sex with Men: A Mixed Methods Systematic Review and Meta-Analysis**  
Yafang Zhao<sup>1</sup>, Zhen Li<sup>2</sup>, Evelyn Hsieh<sup>3</sup>, Yu Sheng<sup>1</sup>  
*<sup>1</sup>School of Nursing, Peking Union Medical College, China, <sup>2</sup>Intensive Care Unit, Peking Union Medical College Hospital, China, <sup>3</sup>Department of Internal Medicine, Yale School of Medicine, the United States*
- CSIX-2     **Longitudinal Nurse-Led Behavioral and Nutrition Intervention for Improved Health of Rural Women Living with HIV/AIDS in India**  
Adeline N. Nyamathi<sup>1</sup>, Sanghyuk S. Shin<sup>1</sup>, Sanjeev Sinha<sup>2</sup>, Catherine L. Carpenter<sup>3</sup>, Maria L. Ekstrand<sup>4</sup>  
*<sup>1</sup>Sue and Bill Gross School of Nursing, University of California, Irvine, the United States, <sup>2</sup>Department of Medicine, All India Institute of Medical Sciences, India, <sup>3</sup>School of Nursing, University of California, Los Angeles, the United States, <sup>4</sup>School of Medicine, University of California, San Francisco, the United States*
- CSIX-3     **Knowledge of Sexually Transmitted Infections Prevention and Sexual Risk-Taking Behaviors Among Thai Adolescents**  
Punpilai Sriarporn<sup>1</sup>, Lawitra Khiaokhom<sup>1</sup>, Piyawan Sritawan<sup>1</sup>, Hiroya Matsuo<sup>2</sup>, Yuko Yamaguchi<sup>2</sup>, Lesley Dorman<sup>1</sup>  
*<sup>1</sup>Department of Obstetrics and Gynecological Nursing, Faculty of Nursing, Chiang Mai University, Thailand, <sup>2</sup>Department of International Health, Graduate School of Health Sciences, Kobe University, Japan*
- CSIX-4     **Nurse Practitioner Memory Clinic and Memory Wellness Program; Timely Diagnosis of Dementia; Improving Cognition and Mental Health**  
Helga Merl<sup>1</sup>, Ashlee Turner<sup>2</sup>, Indra Arunachalam<sup>3</sup>, Carolyn King<sup>2</sup>, Christine Stirling<sup>2</sup>  
*<sup>1</sup>School of Nursing and Midwifery, University of Newcastle, Australia, <sup>2</sup>School of Nursing and Midwifery, University of Tasmania, Australia, <sup>3</sup>Community Care, Integrated living Australia, Australia*

## Concurrent Session X: Instrumentation & Mediation

December 18, 2018 (09:30 – 10:30)

Exhibition Area

- CSX-1      **The Translation, Revision and Application of the Cambridge Worry Scale in Chinese Version**  
**Yang Luo**  
*Xiang Ya School of Nursing, Central South University, China*
- CSX-2      **The Nonrestorative Sleep Scale Is Reliable and Valid for the Chinese Population**  
**Sha Li**<sup>1</sup>, Daniel Yee Tak Fong<sup>1</sup>, Janet Yuen Ha Wong<sup>1</sup>, Kate Wilkinson<sup>2</sup>, Colin Shapiro<sup>2</sup>, Edmond Pui Hang Choi<sup>1</sup>, Bradley McPherson<sup>3</sup>, Cindy Lo Kuen Lam<sup>4</sup>, Mary Sau Man Ip<sup>5</sup>  
*<sup>1</sup>School of Nursing, The University of Hong Kong, Hong Kong, <sup>2</sup>Department of Psychiatry, University of Toronto, Canada, <sup>3</sup>Division of Speech and Hearing Sciences, Faculty of Education, The University of Hong Kong, Hong Kong, <sup>4</sup>Department of Family Medicine and Primary Care, The University of Hong Kong, Hong Kong, <sup>5</sup>Department of Medicine, The University of Hong Kong, Hong Kong*
- CSX-3      **Agreement in Classifying Different Levels of Frailty Between FRAIL-NH and Frailty Index in Nursing Home Older Adults in Mainland China: A Cross-Sectional Study**  
**Feng Ge**<sup>1</sup>, Minhui Liu<sup>1, 2</sup>, Siyuan Tang<sup>1</sup>, Yongjin Lu<sup>1</sup>  
*<sup>1</sup>Community Nursing Department, Xiangya Nursing School of Central South University, China, <sup>2</sup>Center for Innovative Care in Aging, Johns Hopkins School of Nursing, the United States*
- CSX-4      **Skeletal Muscle Mass and Visceral Fat Area Ratio is a Complete Mediator of Vigorous Physical Activity and HbA1C Among Chinese Type 2 Diabetes**  
**Sophia H Hu**<sup>1,2</sup>, Yen-Kuang Lin<sup>2,3</sup>, Sen-Te Wang<sup>4</sup>  
*<sup>1</sup>Post-Baccalaureate Program in Nursing, Taipei Medical University, Taiwan, <sup>2</sup>School of Nursing, Taipei Medical University, Taiwan <sup>3</sup>Biostatistics Center, Taipei Medical University, Taiwan, <sup>4</sup>Family Medicine, Taipei Medical University Hospital, Taiwan*

## Concurrent Session XI: Women Health

December 18, 2018 (13:30 – 15:00)

Seminar Room 1

- CSXI-1      **Women's Empowerment and Contraceptive Use: Recent Evidence From ASEAN Countries**  
Ferry Efendi<sup>1, 2</sup>, **Sonia Reisenhofer**<sup>2</sup>, Susy K. Sebayang<sup>3</sup>, Erni Astutik<sup>3</sup>, Lisa McKenna<sup>2</sup>  
*<sup>1</sup>Faculty of Nursing, Universitas Airlangga, Indonesia, <sup>2</sup>School of Nursing and Midwifery, La Trobe University, Australia, <sup>3</sup>Faculty of Public Health, Universitas Airlangga, Indonesia*
- CSXI-2      **Women's Knowledge, Attitudes, and Practices About Health: Qualitative Study in a Fishing Village of Central and Southern Taiwan Coastal Area**  
**Shu Wei Wang**<sup>1</sup>, Yu O Yang<sup>1</sup>, Yi Pei Cheng<sup>2</sup>  
*<sup>1</sup>School of Nursing, Kaohsiung Medical University, Taiwan, <sup>2</sup>Centers for Disease Control (Southern District), Ministry of Health and Welfare, Taiwan*
- CSXI-3      **Women's Perception of Safety During Labour and Birth: A Qualitative Study**  
**Margaret McCormick**<sup>1, 2</sup>, Marie Gerdtz<sup>1</sup>, Wendy Pollock<sup>1</sup>, Kiran Kalian<sup>3</sup>  
*<sup>1</sup>Department of Nursing, School of Health Sciences, Faculty of Medicine, Dentistry and Health Sciences, University of Melbourne, Australia, <sup>2</sup>Centre of Education, Western Health, Australia, <sup>3</sup>Melbourne Medical School, Faculty of Medicine, Dentistry and Health Sciences, University of Melbourne, Australia*
- CSXI-4      **Self-Appraisal of Cognitive Status in Women with Mild Cognitive Impairment and the Influence Factors**  
**Li Xiaoxue**<sup>1</sup>, Li Zheng<sup>1</sup>, Gao Guifang<sup>2</sup>, Wang Lingyun<sup>3</sup>  
*<sup>1</sup>School of Nursing, Peking Union Medical College, China, <sup>2</sup>Health Management, Tiancun Community Health Service Center, China, <sup>3</sup>Health Management, Desheng Community Health Service Center, China*
- CSXI-5      **The Relationship Between BMI and Depressive Symptoms in Middle-Aged and Elderly Women – a Cross-Lagged Analysis**  
**Zhang Hai-yu**, Zou Hai-ou  
*School of Nursing, Peking Union Medical College, China*
- CSXI-6      **Relationship Between Demographic Characteristics and Lifestyle Among Indonesian Pregnant Women with Hypertension**  
**Yosi Maria Wijaya**, Florisma Arista Tegu  
*Nursing, Santo Borromeus School of Health Sciences, Indonesia*

## Concurrent Session XII: Specialty Nursing

December 18, 2018 (13:30 – 15:00)

Seminar Room 2

- CSXII-1     **Evaluation of Patient Satisfaction on the Early Discharge Rehabilitation Program (EDRP) - Breast Care Nursing**  
**Oi Kwan Chun**, Yuen Mai Or, Nga Shan Wong, Wai Li Wong, Mei Lin Cheng, Chi Wing Chan, Chi Mui Chan  
*Department of Surgery, Kwong Wah Hospital, Hong Kong*
- CSXII-2     **Exploring and Defining Expertise in Cancer Nursing. Insights From a Comprehensive Cancer Centre**  
**Mei Krishnasamy**<sup>1, 2</sup>, Donna Milne<sup>3</sup>, Susannah Babos<sup>1</sup>, Jessica Duong<sup>1</sup>, Jacqueline Rohde<sup>1</sup>, Nathan Ting<sup>1</sup>, Ursula Webb<sup>1</sup>  
<sup>1</sup>*Department of Nursing, University of Melbourne, Australia,* <sup>2</sup>*Nursing, Victorian Comprehensive Cancer Centre, Australia,* <sup>3</sup>*Nursing, Peter MacCallum Cancer Centre, Australia*
- CSXII-3     **The Impact of Education Program on Nursing Staff About Prone Position Protocol for ARDS Patients in QMH AICU**  
**Ka Cheung Su**, Wing Hong Tse, Kit Chun Poon, Chun Man Chan, Lok Ting Jennifer Ko, Ka Man Carman Lam  
*Adult Intensive Care Unit, Queen Mary Hospital, Hong Kong*
- CSXII-4     **Does Hanging Additional White Curtain Increase Efficacy of Phototherapy for Neonatal Jaundice?**  
Shalin Lee<sup>1</sup>, **Khatijah Lim Abdullah**<sup>2</sup>, Norsiah Rahmat<sup>2</sup>, Lee Gaik Chan<sup>3</sup>, Henrietta Albeta<sup>3</sup>, Olive Lee Pei Ee<sup>3</sup>  
<sup>1</sup>*Department of Nursing, Faculty of Medicine & Health Sciences, Universiti Malaysia Sarawak, Malaysia,* <sup>2</sup>*Department of Nursing Sciences, Faculty of Medicine, University of Malaya, Malaysia,* <sup>3</sup>*Sarawak General Hospital, Sarawak General Hospital, Malaysia*
- CSXII-5     **Symptom Changes in Acute Lymphoblastic Leukemia During Chemotherapy: Differences Among Different Age Groups**  
Courtney Garry<sup>1</sup>, Alan Ikeda<sup>2</sup>, Marianne Tejada<sup>3</sup>, **Nada Lukkahatai**<sup>1</sup>  
<sup>1</sup>*Chronic and Acute Care, Johns Hopkins School of Nursing, the United States,* <sup>2</sup>*Children Specialty Center of Nevada, Children Specialty Center of Nevada, the United States,* <sup>3</sup>*School of Nursing, Arizona College, the United States*
- CSXII-6     **Caring Dilemma and Grow-Up Learning Needs From the Nurse's Perspective in Perinatal Palliative Care**  
**Ya-Ling Yang**, Wen-Yu Hu  
*Nursing, National Taiwan University, Taiwan*

## Concurrent Session XIII: Maternal & Child Health

December 18, 2018 (13:30 – 15:00)

Seminar Room 3

- CSXIII-1 **Why Is “Normal Birth” More Than Ideology?**  
**Sally K Tracy**  
*Susan Wakil School of Nursing and Midwifery, Faculty of Medicine and Health, The University of Sydney, Australia*
- CSXIII-2 **Chinese Lactating Women’s Knowledge and Attitude Regarding Human Milk Donation**  
**Ce Tian, Hong Zhao**  
*School of Nursing, Peking Union Medical College, China*
- CSXIII-3 **Association of Glycosylated Albumin with Metabolic Parameters, Neonatal Weight in Gestational Diabetes: A Retrospective Study**  
**Hou Yixuan<sup>1</sup>, Wu Liping<sup>1</sup>, Liu Yanping<sup>2</sup>**  
*<sup>1</sup>School of Nursing, Peking Union Medical College, China, <sup>2</sup>Nutrition Department, Peking Union Medical College Hospital, China*
- CSXIII-4 **The Effect of Maternal Voice on Procedural Pain in Neonates Hospitalized in the Neonate Intensive Care Unit**  
**Yanjun Chen<sup>1</sup>, Yang Li<sup>1</sup>, Jing Sun<sup>2</sup>, Dongren Han<sup>3</sup>, Shuju Feng<sup>2</sup>, Xin Zhang<sup>1</sup>**  
*<sup>1</sup>School of Nursing, Peking Union Medical College, China, <sup>2</sup>Department of Pediatrics, Peking Union Medical College Hospital, China, <sup>3</sup>Department of Neonate, Beijing Obstetrics and Gynecology Hospital, China*
- CSXIII-5 **Prevalence and Influencing Factors of Antenatal Depressive Symptoms Among “Two-Child” Pregnant Women in Their Third Trimester: A Cross-Sectional Survey**  
**Meili Xiao<sup>1</sup>, Chunli Yan<sup>2</sup>, Bing Fu<sup>2</sup>, Dongqi Yang<sup>1</sup>, Beimei Lei<sup>1</sup>, Ruirui Huang<sup>1</sup>, Jun Lei<sup>2</sup>**  
*<sup>1</sup>Xiangya Nursing School, Central South University, China, <sup>2</sup>The Third Xiangya Hospital, Central South University, China*
- CSXIII-6 **Clinical Analysis of the Effect of Previous Cesarean Section on Re-Pregnancy and Delivery with the "Two-child" Policy**  
**Yue He, Tian Zhang, Ying Qin**  
*International Medical Services, Peking Union Medical College Hospital, China*

## Concurrent Session XIV: Health Promotion & Disease Prevention

December 18, 2018 (13:30 – 15:00)

Seminar Room 4

- CSXIV-1 **The Mediating Role of Family Communication in the Associations of Problematic Smartphone Use with Family Functioning: A Population-Based Study**  
**Man Ping Wang**<sup>1</sup>, Ningyuan Guo<sup>1</sup>, Agnes YK Lai<sup>2</sup>, Alice Wan<sup>3</sup>, Tzu Tsun Luk<sup>1</sup>, Shengzhi Zhao<sup>1</sup>, Sai Yin Ho<sup>2</sup>, Sophia Siu-chee Chan<sup>1</sup>, Tai Hing Lam<sup>2</sup>  
<sup>1</sup>*School of Nursing, The University of Hong Kong, Hong Kong*, <sup>2</sup>*School of Public Health, The University of Hong Kong, Hong Kong*, <sup>3</sup>*Aberdeen Kai-Fong Welfare Association, Hong Kong*
- CSXIV-2 **Effectiveness of Foot Care Education Toward the Foot Care Practice in Risk Prevention of Diabetic Foot Ulcer on Diabetic Patients**  
**Heri Hermansyah**, Yana Hendriana  
*Nursing Department, Health College (STIKes) Kuningan, Indonesia*
- CSXIV-3 **Health Literacy, Self-Efficacy and Self-Care Management on Diabetes Type 2 Patients in Indonesia**  
**Kusrini S Kadar**, Elly L Sjattar, Saldy Yusuf, Fitri A Sabil  
*Faculty of Nursing, Universitas Hasanuddin, Indonesia*
- CSXIV-4 **The Influencing Factors of Self-Monitoring of Blood Glucose Among Chinese Women with Gestational Diabetes Mellitus: A Mixed Methods Study Based on the Framework of Self and Family Management**  
**Qing Long**, Jia Guo, Mei Sun, Junrong Li, Yixuan Li, Shan Jiang  
*School of Nursing, Central South University, China*
- CSXIV-5 **Promote Patient Wellness by Musical Instrument Performance Program for Clinical Oncology Department and Mixed Specialties Services Unit of Queen Mary Hospital**  
**Kithelia Lai**, Anson Li  
*Department of Clinical Oncology, Queen Mary Hospital, Hong Kong*
- CSXIV-6 **Healthy Ageing, Yet Unmet Need in Australian War Widows: A Sequential Mixed Methods Study**  
**Michelle DiGiacomo**<sup>1</sup>, Sungwon Chang<sup>1</sup>, Lesley Mann<sup>2</sup>, Serra Ivynian<sup>1</sup>, Binu Koirala<sup>3</sup>, Lawrence Lam<sup>1</sup>, Joanne Lewis<sup>1</sup>, Deborah Parker<sup>1</sup>, Jane Phillips<sup>1</sup>  
<sup>1</sup>*Faculty of Health, University of Technology Sydney, Australia*, <sup>2</sup>*War Widows' Guild of Australia, New South Wales, Australia*, <sup>3</sup>*School of Nursing, Johns Hopkins University, the United States*

- CSXV-1 **Description of Daily Functioning Among Post-Stroke Patients Through Sensor Application: A Study Protocol**  
**Andi Masyitha Irwan**<sup>1</sup>, Mayumi Kato<sup>2</sup>, Syahrul Syahrul<sup>1</sup>, Yudi Hardianto<sup>3</sup>, Ilham Bakri<sup>4</sup>, Elly Lilianty Sjattar<sup>1</sup>, Miho Shogenji<sup>2</sup>  
<sup>1</sup>Faculty of Nursing, Hasanuddin University, Indonesia, <sup>2</sup>Graduate School of Health Sciences, Kanazawa University, Japan, <sup>3</sup>Department of Physiotherapy, Faculty of Nursing, Hasanuddin University, Indonesia, <sup>4</sup>Faculty of Engineering, Hasanuddin University, Indonesia
- CSXV-2 **Self-Treatment of Wounds. A Mixed Methods Study**  
**Suzanne Kapp**, Nick Santamaria  
 Department of Nursing, The University of Melbourne, Australia
- CSXV-3 **Being in the Moment – A Fundamental Element of Patient-Centered Care**  
**Jennifer Newton**<sup>1, 2</sup>  
<sup>1</sup>Department of Nursing, The University of Melbourne, Australia, <sup>2</sup>School of Nursing, McMaster University, Canada
- CSXV-4 **Patient-Centered Intensive Outpatient Perinatal Mental Health Mother-Baby Day Program: Mental Health Outcomes after 24 Months of Operation**  
**Barbara Posmontier**<sup>1</sup>, June Horowitz<sup>2</sup>, Pamela Geller<sup>3</sup>, Lisa Chiarello<sup>1</sup>, Alexa Bonacquisti<sup>4</sup>  
<sup>1</sup>College of Nursing and Health Professions, Drexel University, the United States, <sup>2</sup>College of Nursing, University of Massachusetts Dartmouth, the United States, <sup>3</sup>Department of Psychology, Drexel University, the United States, <sup>5</sup>School of Arts & Sciences, Holy Family University, the United States
- CSXV-5 **The Nursing Framework of the University of Navarra: The Interpersonal Relationship Between the Nurse and the Patient**  
 Maribel Saracíbar<sup>1, 2</sup>, Mercedes Pérez<sup>1, 2</sup>, Amparo Zaragoza<sup>1, 2</sup>, **Ana Choperena**<sup>1, 2</sup>  
<sup>1</sup>Innovation for a Person Centered Care, University of Navarra, Spain, <sup>2</sup>Institute for Health Research in Navarra (IdisNA), University of Navarra, Spain
- CSXV-6 **Caring for Pregnant Women Requiring Mechanical Ventilation**  
**Vinciya Pandian**  
 School of Nursing, Johns Hopkins University, the United States

# Concurrent Sessions Abstracts

## Concurrent Session I: Health Care Systems & Policy

December 17, 2018 (17:15 – 18:15)

Seminar Room 1

### **(CSI-1) Nurse Work Conditions and Nurse and Patient Outcomes in Comprehensive Nursing Care Service Units**

**Sung-Heui Bae**, Jeonghyun Kim, Sujin Shin

*College of Nursing, Ewha Womans University, South Korea*

**Background and Objectives:** The appropriateness of the workload and nurse staffing in comprehensive nursing care service units are critical factors for patient safety and high-quality of nursing care. Therefore, it is necessary to establish a standard for nurse staffing. This study examined nurse work conditions and nurse and patient outcomes in comprehensive nursing care service units.

**Methods:** A survey was conducted for 361 nurses and 265 patients in comprehensive nursing care service units of eight general hospitals in Seoul and Gyeonggi-do.

**Results:** The average daily working time of nurses in these units was  $9.20 \pm 1.42$  hours. The average proportions of working time were  $35.40 \pm 17.41\%$  in direct nursing care,  $22.37 \pm 13.14\%$  in nursing records, and  $13.75 \pm 8.80\%$  in indirect nursing care. One hundred twelve (34.5%) participants reported experiencing mandatory overtime work, and 206 (63.4%) reported voluntary overtime work; 257 (79.6%) nurses had considered leaving, and the main reason was excessive workload (115, 59.8%). mandatory overtime work was correlated positively with workload and negatively with job satisfaction. Voluntary overtime work was correlated positively with burnout. The characteristics of the comprehensive nursing care service units were more detailed education (94, 34.7%), faster response when patient needs it (86, 31.8%), and provision of patient-oriented comprehensive nursing (93, 33.9%). Most patients reported that they satisfied nursing care in comprehensive nursing care services units.

**Conclusions:** Considering the long working hours and high turnover intention of nurses in comprehensive nursing care service units, workload reduction and proper nurse staffing are required for these nurses.

**(CSI-2) Challenges in Providing End-of-Life Care in Rural Communities: Perspectives From Different Stakeholders**

**Jinfeng Ding<sup>1</sup>**, Claire Johnson<sup>2</sup>, Angus Cook<sup>1</sup>

<sup>1</sup>*School of Population and Global Health, The University of Western Australia, Australia,* <sup>2</sup>*School of Nursing and Midwifery, Monash University, Australia*

**Background and Objectives:** Provision of quality end-of-life (EOL) care in rural communities is a policy priority in many nations. A comprehensive understanding of scope and challenges of delivering such care is needed. This study aims to explore the views on community-based EOL care in rural Australia from a diverse groups of stakeholders.

**Methods:** Face to face focus groups with GPs from rural Western Australia and in-depth interviews via phone with other stakeholders were conducted to identify what and how EOL is provided in rural areas and the challenges in providing this care. Interviews were verbatim transcribed and analyzed thematically with assistance of Nvivo 11.

**Results:** Five focus groups with 26 GPs and eleven in-depth interviews with other stakeholders (four palliative care researchers, four policy makers and 3 palliative care specialists) were performed. There was no consensus on GPs' primary coordinating role in providing EOL care. GPs regarded longstanding relationships with patients rather than financial benefit as the primary motivator in providing palliative care, although many were discouraged by low levels of remuneration for their efforts. Home death was not always considered the best option for all patients considering suboptimal symptom control and inadequate supportive care at home. Inappropriate payment models, problematic multidisciplinary collaborations and resource limitations were identified as the predominant challenges. Commitment of community palliative care specialists and nurses were the most commonly reported facilitators.

**Conclusions:** Government health agencies should invest more in integrating palliative care services into primary care and facilitating multidisciplinary approaches in rural areas. There is an urgent need to develop palliative care-specific reimbursement model for GPs. To achieve these goals, we require a better understanding of EOL patient management models and business models for the delivery of EOL care in rural general practice.

**(CSI-3) Early Post-Operative Breast Cancer Surgery Integrated Psychological Screening: What Can a Breast Care Nurse (BCN) Help?**

**Oi Kwan Chun**, Yuen Mai Or, Nga Shan Wong, Wai Li Wong, Mei Lin, Irene Cheng

*Department of Surgery, Kwong Wah Hospital, Hong Kong*

**Background and Objectives:** Background: Advanced breast cancer treatment can significantly improve the survival rate of patients. However, these treatments very often caused different levels of complications, which induced distress to patients. In Kwong Wah Hospital, early discharge practice implemented after breast cancer surgery and patients would come back weekly for post-operative rehabilitation program. Objective: To evaluate the effectiveness of early rehabilitation program and the role of BCN for post-operative breast cancer patients. Target sample: 1. Early post-operative breast cancer patients 2. Chinese speaking (Cantonese) 3. Mentally sound

**Methods:** 1. Patients assessed once a week for 3 weeks with self-completed Memorial Symptoms Assessment Scale (MSAS) questionnaire. 2. BCN used the MSAS questionnaire to make enquiry onto patients. 3. For items score > 3, BCN would provide corresponding intervention immediately to address problems and prevent future development of complications.

**Results:** From Jan 2016 to Dec 2017, > 400 patients were assessed. Results indicated the distress level progressively decreased along the assessments after timely and effective problem solving by BCN service.

**Conclusions:** Physical symptoms and psychological symptoms were interacted to each other. Professional nursing support in the early phase of breast cancer rehabilitation program could smooth out the cancer pathway of breast cancer patients. Results suggested that using MSAS questionnaire helped to identify patients' immediate problems and timely nursing intervention by BCN could effectively reduce patients' distress. Results also supported tailored treatment can facilitate better recovery and better outcome of breast cancer patients.

**(CSI-4) Experience and Challenge of Implementing SDM in Taiwan: A Nursing Perspective**

**I-Chin Huang**, Chiu-Chu Lin

*School of Nursing, Kaohsiung Medical University, Taiwan*

**Background and Objectives:** Shared decision-making (SDM) is an important health issue worldwide. SDM is a communication process of clinician support patients to decide the suitable treatment. In Taiwan, we initiated the SDM in health service from 2014. Nevertheless, specific barriers to implement the SDM existed. To discuss what we experienced and the barriers we faced when implementing the SDM in Taiwan.

**Methods:** Based on a review of literature on SDM, Taiwan government reports, and our clinical experience, we propose the strategies for coping with the restrictions faced from nursing perspective.

**Results:** Barriers to carry out the SDM in Taiwan include (1) Traditional Chinese culture made patients simply accredit and comply with physician's authority; most patients do not aware their rights to make decision. (2) Time pressure due to heavy workloads like surgery, an excessive number of outpatients made the physicians hard to communicate with patients facing the decision conflicts. (3) Lack of the knowledge and skills regarding SDM made health care providers not familiar with the SDM process and had no ideas about tools as patient decision aids (PDAs).

**Conclusions:** To carry out the SDM in the current situations is still challenging in Taiwan; however, it has a great potential to promote the SDM from nursing perspective. We believe that the APN is capable to play a key role as manager, consultant and educator throughout the process of SDM. Accordingly, it is suggested to make an advantage of APN collaborating with the physicians so that it may effectively promote the SDM in Taiwan.

**(CSII-1) The Prevalence and Negative Effects of Thoracic Kyphosis in the General Chinese Community-Dwelling Older Population: A Cross-Sectional Study**

**Weiying Li**<sup>1</sup>, Yong Dai<sup>2</sup>, Pui Hing Chau<sup>1</sup>, Agnes Tiwari<sup>3</sup>

<sup>1</sup>*School of Nursing, The University of Hong Kong, Hong Kong,* <sup>2</sup>*Public Health Department, Liyuan Hospital of Tongji Medical College of Huazhong University of Science & Technology, China,* <sup>3</sup>*School of Nursing, Hong Kong Sanatorium & Hospital, Hong Kong*

**Background and Objectives:** Thoracic kyphosis refers to an excessive outward curvature of the thoracic spine. The increased angle of thoracic kyphosis has been reported to be associated with diminished physical function, impairment of cardiopulmonary function, decreased balance and decreased gait performance. Worldwide, the prevalence of thoracic kyphosis ranges from 20% to 40% among community-dwelling population aged  $\geq 60$ -year-old. In China, 57% of older female patients with primary osteoporosis also report thoracic kyphosis. In the past twenty years in China, the prevalence and the negative effects of thoracic kyphosis were only studied among osteoporosis in-patients. The current study aims to estimate the prevalence of thoracic kyphosis and investigate negative effects of thoracic kyphosis in the community-dwelling older Chinese people.

**Methods:** A cross-sectional survey was conducted in Wuhan, China. Chinese elderly aged  $\geq 60$  without cognitive impairment were recruited from the community. Each participant completed a questionnaire including socio-demographic information, illnesses, exercise habit; an inclinometer kyphosis angle assessment; a set of physical assessments including one gait assessment, one balance assessment (namely One Leg Standing Test), and two cardiopulmonary function assessments (namely Six Minutes Walking Test, and Chest Expansion). The prevalence of thoracic kyphosis was calculated according to kyphosis angle  $>40^\circ$ . Logistic regression was conducted to examine the effects of thoracic kyphosis on gait performance, balance, and cardiopulmonary functions.

**Results:** Among the 350 participants, 77.1% had the inclinometer angle  $>40^\circ$ . The logistic regression found after controlling the socio-demographics, exercise intensity, and illnesses, compared with no kyphosis participants, participants with kyphosis had higher risk of impaired performance in gait assessment (OR=4.1, 95% CI 1.7-9.6), One Leg Standing Test (OR=4.1, 95% CI 2.1-8.0), Six Minutes Walking Test (OR=3.4, 95% CI 1.4-8.3), and Chest Expansion (OR=2.5, 95% CI 1.2-5.3).

**Conclusions:** Majority of the community-dwelling older Chinese people in this survey had thoracic kyphosis with negative effects on gait performance, balance and cardiopulmonary function.

**(CSII-2) Time Trend and Seasonal Pattern of Fall Incidence Among Chinese Older Population in Hong Kong 2005-2014**

Xing Xing Qian<sup>1</sup>, Pui Hing Chau<sup>1</sup>, Chi Wai Kwan<sup>2</sup>, Vivian Wei Qun Lou<sup>3,4</sup>, Angela Yee Man Leung<sup>5</sup>, Mandy Ho<sup>1</sup>, Daniel Yee Tak Fong<sup>1</sup>, Iris Chi<sup>6</sup>

<sup>1</sup>*School of Nursing, The University of Hong Kong, Hong Kong*, <sup>2</sup>*Department of Statistics and Actuarial Science, The University of Hong Kong, Hong Kong*, <sup>3</sup>*Sau Po Center on Aging, The University of Hong Kong, Hong Kong*, <sup>4</sup>*School of Nursing, The Hong Kong Polytechnic University, Hong Kong*, <sup>5</sup>*School of Social Work, University of Southern California, the United States*, <sup>6</sup>*Department of Social Work and Social Administration, The University of Hong Kong, Hong Kong*

**Background and Objectives:** It remains unclear about the time trend in fall incidence among older population in Hong Kong. The seasonal pattern of fall reported in existing local studies need to be further confirmed. To examine time trend and seasonal pattern of fall from 2005 to 2014 among Hong Kong community-dwelling Chinese adults aged 65 years and over (seniors).

**Methods:** A large cohort of Hong Kong seniors first applying for long-term care services from 2005 to 2014 was obtained for secondary data analysis. The incidence of fall was calculated based on the number of falls reported by seniors within past 90 days. Age-sex-standardized fall incidence was calculated, and logistic regression model was used to examine both time trend and seasonal variation in fall occurrence, while controlling for gender, age and all two-way interaction terms.

**Results:** About 32% of this cohort of 89,100 seniors experienced at least one fall in 90 days prior to interview. The age-sex-standardized incidence of fall (per person-years) among the seniors in Hong Kong decreased from 2.40 in 2005 to 1.97 in 2014. In the logistic regression model, there was an annual reduction of 2.3% (95% CI 1.8%-2.8%) in 90-day fall risk, and the seasonal variation was indicated by the highest odds ratio (1.35, 95% CI 1.25-1.45) within 90-days prior to February (i.e. falls during November to February), compared with lowest one within 90-days prior to July. There was no significant age or gender difference in annual declined rate and seasonality of fall occurrence.

**Conclusions:** There was a downward trend in fall incidence among older Hong Kong Chinese from 2005 to 2014. For seasonal variation, the fall risk peaked during winter months. Further interventions need to address potentially modifiable factors, such as implementing educational publicity and sending reminder to community-dwelling seniors in the fall season to prevent falls.

**(CSII-3) Analysis on the Influencing Factors of Demand for Medical-Nursing Combined Service Among Elders in the Community**

**Linglin Kong**, Jie Li, Jing Mao

*Nursing Department, School of Nursing, Tongji Medical College, Huazhong University of Science and Technology, China*

**Background and Objectives:** Currently, the elderly living in the nursing homes usually not obtain medical treatment timely and effectively because of the segmentation of healthcare and daily care. The medical-nursing combined service is developed to strengthen the accessibility of healthcare for the elderly and has been put into practice in several cities in China. The aim of this study is to investigate the demand for medical-nursing combined service and its influencing factors among the community elderly in Xianning city.

**Methods:** A total of 305 older people in Xianning community were investigated with the general information questionnaire and the demand for medical-nursing combined service questionnaire.

**Results:** The demand rate of the elderly for medical-nursing combined service was 44.92%. Significant differences existed in the demand rate for medical-nursing combined service among elders with status of living alone, types of medical insurance, disease burden, children's support for medical-nursing combined service ( $P < 0.05$ ). According to Logistic regression analysis, the status of living alone, types of medical insurance, and children's support for medical-nursing combined service were influencing factors for medical-nursing combined service demand among elders ( $P < 0.05$ ).

**Conclusions:** The demand rate for medical-nursing combined service among elders in Xianning community is low. The government should strengthen the publicity of medical-nursing combined service, establish a long-term nursing insurance system, improve the purchasing power of the elderly, promote the training of medical-nursing combined service talents, so as to build a sound medical-nursing combined service system.

**(CSII-4) Experiences of Disease Self-Management Among Empty-Nest Elderly Living with T2D in Mainland China: A Qualitative Study**

**Yingjuan Cao**<sup>1</sup>, Xiaoyan Lv<sup>2</sup>, Jinghua Xia<sup>2</sup>

<sup>1</sup>Department of Nursing, Shandong University, China, <sup>2</sup>School of Nursing, Shandong University, China

**Background and Objectives:** Diabetes has been one of the most common chronic diseases among the seniors in China and globally. China is experiencing the wave of aging and around half of the elderly living alone or living only with their spouses. The population of so-called elderly empty nesters keeps arising both in urban and rural areas. Self-management of chronic diseases like diabetes is crucial for the elderly's quality of life and clinical outcomes. This qualitative approach is to explore the experiences of those elderly empty-nesters with type 2 diabetes in self-management and understanding the facilitators and barriers for their self-management.

**Methods:** A descriptive phenomenological design was used in this study. Purposive sampling was utilized to recruit the potential participants who were hospitalized with a primary diagnosis of type 2 diabetes in a tertiary teaching hospital in Shandong, China. Semi-structured one to one interviews were organized in the hospital ward.

**Results:** A total of 15 participants were recruited in this study. Five themes were identified which under the umbrella of blood glucose monitoring, medication intake, lifestyle modification, prevention of complications and dealing with negative emotions. The participants varied largely in the frequency of blood glucose monitoring and showed their inability to deal with abnormal blood glucose. Most of them valued more highly with the adherence of medication intake and physical activity than the prevention of complications and psychosocial care. Living without children was perceived a positive side in terms of dietary management.

**Conclusions:** The study has shown the experience of disease self-management and their perceived pros and cons considering living without adult children in the management of type 2 diabetes.

**(CSIII-1) Ageism Among Medical Students in China: A Cross-Sectional Survey**

**Huimin Zhao**, Jie Li, Jing Mao

*School of Nursing, Huazhong University of Science and Technology, China*

**Background and Objectives:** Ageism is a common social issue in the world, including China, yet few studies are currently available regarding ageism among medical students in China. This study aimed to explore the attitudes towards ageism and its influence factors among Chinese medical students.

**Methods:** In this cross-sectional study, we surveyed 1,974 medical students from nine universities in China. We used the Fraboni Scale of Ageism (FSA), which was created by Fraboni and colleagues, to assess ageism. All data analyses were performed using the Statistical Package for Social Sciences (SPSS) version 22.0.

**Results:** The mean score of FSA was 64.56. Multiple regression analyses showed that the significant contributors to ageism for students were sex, year in school, cohabitation experience with older adults, and attitudes towards working with older adults after graduation.

**Conclusions:** Chinese medical students tended to have negative attitudes towards aging. Sex, year in school, cohabitation experience with older adults, and attitudes towards working with older adults after graduation are determinants of ageism. It is therefore critical for medical schools to teach more geriatric curriculum and arrange more clinical practice at institutions with an elderly population to help students develop positive attitudes.

**(CSIII-2) Opportunities and Outcomes for Interprofessional Education in a Life Plan Community Using a Transformative Paradigm**

**Kathleen Fisher**<sup>1</sup>, Elizabeth Gonzalez<sup>1</sup>, Kathleen Roberts<sup>2</sup>, Laura Gitlin<sup>1</sup>

<sup>1</sup>College of Nursing & Health Professions, Drexel University, the United States, <sup>2</sup>Living Branches, Life Plan Community, the United States

**Background and Objectives:** A life plan community in Pennsylvania, representing 1250 older adults, approached university researchers to promote healthy living and support an emerging memory care program in their facility.

**Methods:** We used a transformative paradigm to empower change by engaging in participatory action research (PAR) through a collaborative partnership. We used a qualitative approach to determine the needs of persons with dementia (PWD), informal, and formal caregivers. Four focus groups, facilitated by the same two researchers, were audio recorded, transcribed verbatim and analyzed using qualitative software (N-Vivo-10).

**Results:** Twenty-five adults (9 formal caregivers, 11 informal caregivers, 5 PWD) participated in focus groups. Findings identified the following concerns related to living with and caring for a person with dementia: 1) Taking on new roles and responsibilities; 2) Communication; 3) Fear of the future: (e.g. worried about behavior changes); and 4) Self-care needs. Responding to a request by focus group participants related to the challenges of "being a couple" when one partner has dementia, a memory cafe was started. We completed a research practicum for this study with a creative arts therapy PhD student who assisted with data collection and analysis. Further educational opportunities and clinical placements for physician assistant students and creative arts therapies ensued. Stimulating health care workforce development is a 3-year grant to provide internships for students to learn all aspects of care and service delivery in a life plan community.

**Conclusions:** Our transformative paradigm and PAR strategies provides a model for engagement of educators, researchers, clinical practitioners and students. The goals of our collaborative partnership include conducting research on aging issues and concerns, providing student clinical placements, providing educational sessions on dementia, and aiding in workforce development. Development of educational programs among interdisciplinary faculty and older adults are under discussion.

**(CSIII-3) Evaluation of MOODLE as Learning Platform for Nursing Informatics Class**

**Josephine De Leon**<sup>1</sup>, Anjanette De Leon<sup>2</sup>, Joylyn Mejilla<sup>1</sup>

<sup>1</sup>*School of Nursing and Graduate School, Centro Escolar University, Philippines,* <sup>2</sup>*School of Nursing, Centro Escolar University, Philippines*

**Background and Objectives:** The efficacy of innovative web based teaching for engaging learners in enriching their ways of knowing cannot be evaluated adequately without obtaining a measure of learners' evaluation of their online classroom environment.

**Methods:** This research is a descriptive type of research which assess the evaluation of the nursing students in the use of MOODLE as learning platform for Nursing Informatics class. 178 nursing students who have taken nursing informatics from the 3 campuses of Centro Escolar University were chosen as the respondents of the study. The Constructivist On-Line Learning Environment Survey was used to determine the quality of on-line learning environment according to relevance, reflection, interactivity, tutor support, peer support and interpretation. Mean and Standard Deviation was used to described the evaluation of students.

**Results:** There is a general perception among the class that there exist the substantial degree of quality of on-line environment in the MOODLE. Among the five qualities, students perceived that the MOODLE is relevant while, the value to interact with each other in the on-line environment is less appealing to them.

**Conclusions:** The MOODLE as learning platform in nursing informatics is promising however, other measures to evaluate its effectiveness in engaging students in more dialogical form of online discourse must be done.

**(CSIII-4) Evaluation of Patient Safety Culture Among Registered Nurses in Hong Kong and China**

**Samantha Yuen Chun Chong**<sup>1,2,3</sup>, NWS Pang<sup>4</sup>, XY Peng<sup>5</sup>, Edmond Pui Hang Choi<sup>3</sup>, Janet Yuen Ha Wong<sup>3</sup>, Daniel Yee Tak Fong<sup>3</sup>

<sup>1</sup>Hong Kong College of Nursing and Health Care Management, The Hong Kong Academy of Nursing, Hong Kong, <sup>2</sup>HKU Health System, LKS Faculty of Medicine, The University of Hong Kong, Hong Kong, <sup>3</sup>School of Nursing, The University of Hong Kong, Hong Kong, <sup>4</sup>Prince of Wales Hospital, Hong Kong, <sup>5</sup>The Third Affiliated Hospital of Guangzhou University of Traditional Chinese Medicine, China

**Background and Objectives:** Background: To improve quality and safety in health care settings, it is needed to create a patient safety culture. Patient safety culture is a complex concept which involves different dimensions that guides the discretionary behaviours of patient. According to the Agency of Healthcare Research and Quality (AHRQ), achieving a culture of safety requires an understanding of the values, beliefs, and norms about what is important in an organization and what attitudes and behaviors related to patient safety are expected and appropriate. Therefore, if hospitals want to improve patient safety in order to provide better quality of care, the first step is to explore patient safety culture from a hospital staff perspective. Objectives: There is a dearth of information about patient safety culture among registered nurses in Hong Kong and China. The study aims to evaluate the culture of patient safety among nurses in these two areas.

**Methods:** It is a cross-sectional study. One hundred registered nurses in Hong Kong and one hundred registered nurses in China were recruited by convenience sampling. The Hospital Survey on Patient Safety Culture is used for the measurement.

**Results:** Two hundred participants were included. Results were analysed on the twelve safety culture dimensions which included teamwork within units, supervisor/manager expectations & actions promoting patient safety, organizational learning & continuous improvement, management support for patient safety, overall perceptions of patient safety, feedback & communication about error, communication openness, frequency of events reported, teamwork across units, staffing, handoffs & transitions as well as nonpunitive response to errors. It was important to understand staff's values and belief on patient safety issues in order to identify areas for improvement and education.

**Conclusions:** It was the first study to compare the evaluation of the patient safety culture among registered nurses in Hong Kong with China. Further educational programs and projects are recommended to nurture and promote the culture of patient safety in health care settings.

**(CSIV-1) Harnessing Email and Text Messaging to Deliver HELP Globally to Women in Intimate Partner Violence**

Rose E Constantino, Chi Ching Vivian Hui

*Health and Community Systems, School of Nursing, University of Pittsburgh, the United States*

**Background and Objectives:** Online and text messaging are increasingly used as conduits to prevent and manage chronic illnesses, violence, and trauma. Given the global challenge of an ever-expanding demand for healthcare management, our research team explored how to harness Email and text messaging to deliver HELP (Health, Education on safety, Legal rights, and Privileges) to women in Intimate Partner Violence (IPV). Our objective was to 1) explore email and text messaging as a method of delivering HELP, and 2) assess which method is efficient and effective. We used Disruptive Innovation (DI) as our conceptual framework (Christensen, 1984).

**Methods:** We used mixed methods design in data collection and data analysis. Quantitative data were collected using self-report questionnaires and qualitative data were collected via email and text messaging interviews. Quantitative data were analyzed using a detailed descriptive analysis and comparisons of the effect of the intervention used the intention-to-treat principles. Qualitative data were analyzed using a phenomenological approach.

**Results:** The HELP intervention when delivered via email (1) decreased anxiety (diff.3.6%), depression (diff. 3.8%), and anger (diff. 4.3%), and (2) increased social support (diff. 14.5%). Qualitatively, the HELP information and intervention was shown to be feasible, acceptable, and effective among IPV survivors in the email participants. Results for the text messaging intervention showed that there was an increase in knowledge level pre to post-test scores, from  $2.00 \pm 1.00$  to  $2.7 \pm 0.48$  ( $p < 0.001$ ) and confidence level pre to post-test score increased from  $2.89 \pm 0.60$  to  $3.30 \pm 0.68$  ( $p < 0.001$ ).

**Conclusions:** The barriers to email are that each participant must have their own Internet connectivity and must be proficient in using the computer. Participants who experienced IPV before 18 years old preferred using text messaging to receive the HELP intervention.

**(CSIV-2) Feasibility of Applying Mobile App-Based Ecological Momentary Assessment for Adult Patients with Moyamoya Disease**

**Yong Sook Yang**<sup>1</sup>, Gi Wook Ryu<sup>1</sup>, Mona Choi<sup>1</sup>, Kyu Won Shim<sup>2</sup>, Insun Yeom<sup>2</sup>

<sup>1</sup>Yonsei University College of Nursing, Mo-Im Kim Nursing Research Institute, South Korea, <sup>2</sup>Yonsei University College of Medicine, Department of Pediatric Neurosurgery, Severance Children's Hospital, South Korea

**Background and Objectives:** Ecological momentary assessment (EMA) assesses individuals' momentary experiences, moods, and stress in their natural environment. Moyamoya disease is known as a progressive obstructive cerebrovascular disease. Managing stress is a critical issue for adult patients in maintaining optimal blood flow. However, only limited studies are available that examined stress and influencing factors. We aimed to explore feasibility of EMA method for adult patients with moyamoya disease in measuring stress and moods.

**Methods:** In a sample of 19 patients admitted in a tertiary hospital in Korea, a mobile application installed in patients' smart phones for capturing daily changes of moods and stress. We measured moods and stress four times per day for seven consecutive days. Alarms were set at semi-random interval with 60 minute-block to notify patients. We measured positive affect (PA), negative affect (NA) and stress including patients' environment such as where, with whom, and what they were doing at the time of answering. Multilevel model was applied to analyze factors related to the momentary stress.

**Results:** Median age of subjects was 37 years old (range: 22-64) and 68.4% was female. Subjects completed 71.2% out of 532 measures. The mean stress level was 16.62 out of 40 (SD=6.07). Significant relations were found between the momentary stress level and NA and time order in a day ( $p = 0.001$ ) and with whom and what participants were doing at the moment ( $p = 0.05$ ).

**Conclusions:** We found that assessing stress and moods by EMA method using a mobile application in smart phones was acceptable for adult patient with moyamoya disease. It provides information on factors affecting momentary stress of patients and presents possible application of EMA method in various clinical research.

**(CSIV-3) Enhancing Empathy Among Nursing Undergraduates via a Virtual Reality-Based (VR) Mental Health Education Programme**

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**Background and Objectives:** Mental health education in nursing programme aims to develop students' empathetic understanding of lived experience in patients with mental illness. Currently, role play scenarios with simulated psychiatric symptoms were commonly used to enhance students' learning experience. However, this method failed to show the comprehensive picture of mental illness. This study investigated the use of VR mental health simulation in enhancing student empathetic understanding towards mental illness.

**Methods:** This study used an uncontrolled design, pre- post- measures to evaluate initial benefits of VR simulation in mental health nursing education. Year 4 nursing undergraduate students received VR mental health simulation which presented 'typical' symptoms associated with the common mental illness which allow learners to experience the illness as the first person. Student also experienced the stigma and misunderstanding from the society around them by the VR characters. The outcomes measures were empathy by Empathy Scale in Patient Care (ES-PC), with pair-t test analysis. Student's satisfaction towards VR simulation with 5-point Likert scale and narrative feedbacks were also collected.

**Results:** 204 students participated in the VR simulation. Pair-t test showed statistically significant in improving student's empathy towards mental illness ( $t=3.45$ ,  $p=.001$ ). Students showed satisfactory towards VR simulation in questionnaires with mean score 3.85 (SD=0.687, range 3.72 – 3.91). Positive comments were received presenting VR simulation as a good and interesting experience to improve understanding towards mental illness. However, negative comments were also received to reflect the technical problems, physical discomfort, and similar experience with pure 2-D video.

**Conclusions:** These results suggest that VR mental health simulation may have a beneficial effect on improving student empathetic understanding towards mental illness. Further data is warranted to evaluate the effectiveness of VR simulation.

**(CSIV-4) Non-Communicable Diseases Management and Prevention Using Mobile Health: Cardiovascular Disease Focused**

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**Background and Objectives:** NCDs Challenges Worldwide. Non-communicable Diseases (NCDs) have been the number one cause of death worldwide, and over three quarters of NCD deaths (30.7 million) occurred in low- and middle-income countries (LMICs), with cardiovascular disease (CVD) being the major component. However, the current interventions for CVD management are not sustainable, and even not feasible in LMICs where the shortage of health care resources especially nurses are very severe. How can we reduce the mortality of CVD by 1/3 by the year 2030?

**Methods:** Mobile Health: A Viable and Sustainable Solutions in LMICs. Mobile Health (mHealth) is a term for the use of mobile devices, wearable devices and wireless internet, in the delivery of health care and health information. With the Substantial advances in mobile technologies and the popularity of mobile phones use globally as well as in LMICs (mHealth has a reduction of 35%-45% in costs when used in manage NCDs in LMICs), even in remote areas and low-income countries, it makes mHealth a promising new tool to facilitate behavior changes and NCD management and prevention. Several studies that using mHealth in behavior changes and NCD management will be introduced such as the iCare study, the SimCard Study, the Happy Quit study, Virtual Paradise study, etc.

**Conclusions:** There are increased studies exploring mHealth in NCD management in China. mHealth may be a promising tool for NCD like CVD management. Most of the well-designed study are still on-going. The long-term effectiveness and its cost-effectiveness should be also addressed.

**(CSV-1) Design and Preliminary Results of a Randomized Controlled Trial of Self-Administered Acupressure for Symptom Management Among Caregivers with Caregiver Stress**

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**Background and Objectives:** Complementary and alternative therapies such as acupressure are thought to be effective in alleviating stress-related symptoms but there is no evidence of its effects in caregivers. The study aimed to evaluate the effects of a self-administered acupressure intervention on caregiver stress among caregivers of elderly family members.

**Methods:** This is a randomized, wait-list controlled trial which commenced in July 2016 and will end in December 2018. Participants were randomly assigned (1:1) to either an 8-week self-administered acupressure intervention or a wait-list control group. The primary outcome is caregiver stress (Caregiver Burden Inventory). Secondary outcomes include depressive symptoms (Patient Health Questionnaire), fatigue (Piper Fatigue Scale), sleep disturbance (Pittsburgh Sleep Quality Index), and health-related quality of life (SF-12 Health Survey).

**Results:** As in November 2018, a total of 207 caregivers with caregiver stress were recruited, of which 6 participants (2.9%) withdrew from the study. Preliminary analysis was conducted among 143 participants who have completed the study. At post-intervention, as compared to the wait-list control group, the caregivers in the intervention group had a significantly lower level of caregiver stress (23.19 [SD = 17.81] vs 32.07 [SD = 15.51],  $p < 0.01$ ), depressive symptoms (5.20 [SD = 4.90] vs 8.15 [5.48],  $p < 0.01$ ), fatigue (1.51 [SD = 2.27] vs 2.57 [SD = 3.10],  $p = 0.02$ ), sleep disturbance (6.55 [SD = 3.51] vs 8.20 [SD = 3.89],  $p < 0.01$ ), and a higher level of physical component of health-related quality of life (47.86 [SD = 8.71] vs 43.74 [SD = 10.16],  $p = 0.01$ ).

**Conclusions:** Our preliminary findings support our hypothesis that self-administered acupressure can improve the caregiver stress and other associated symptoms in caregivers. Analysis will be performed upon completion of the study to conclude the findings.

**(CSV-2) Drug Screening and Brief Intervention for Drug Use in Emergency Departments: Key Stakeholders' Perspectives**

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**Background and Objectives:** Illicit substance use contributes to substantial morbidity, mortality, and social problems. Many people with a potential drug dependence issues are unaware that their drug use pattern is a problem and do not routinely seek help in primary care. Emergency department (ED) presentation associated with illicit drug use, therefore, represent a window of opportunity for screening and brief interventions (SBI). This study aims to examine knowledge and attitudes of ED clinicians in relation to working with drug using patients and to explore the potential role of nurses in drug SBI.

**Methods:** We used a mixed method study that involved a questionnaire and focus groups with multidisciplinary ED clinical staff. Demographics information and responses from Drug and Drugs Problems Perceptions Questionnaire (DDPPQ) were analysed using descriptive statistics, independent-sample t-test and one-way between-groups analysis of variance. The total score for DDPPQ can range between 20 and 140. Higher scores denote more negative attitudes. Data from focus groups with nurses (N=30) were analysed using thematic analysis.

**Results:** A total of 85 staff members completed the DDPPQ and the mean (SD) total score was 65 (16). The length of time staff had worked in the ED and the posts they held did not affect their attitude significantly. Participants who had received training in alcohol and other drug (AOD) use held less negative attitudes toward drug users than those who had not received training [mean (SD):52(14) vs. 67 (14),  $p < 0.001$ ]. Findings from focus groups showed that challenges for nurses to initiate drug SBI in the ED included time poor, low perception of role legitimacy and lack of training.

**Conclusions:** This study highlighted the importance of AOD trainings for the development of more positive attitudes toward drug using patients. Nurses may play an important role in SBI if adequate training is provided.

**(CSV-3) Feasibility and Acceptability of a Combined Mobile Technologies Enhanced Physical Activity Program on Nonpathological Fatigue**

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**Background and Objectives:** One in every four adults are affected daily by extreme fatigue, which affects cognitive function, psychological well-being, and performance ability. Exercise is one of the recommended intervention for managing fatigue. However, motivation and program compliance are the main challenges. The use of immediate feedback has been found to increase motivation. This study aims to assess the feasibility, acceptability and potential effectiveness of a combined the notification and heart rate (HR) and step monitoring technologies of a wearable device and a mobile ecological momentary assessment (mEMA) on nonpathological fatigue.

**Methods:** This randomized controlled pilot study include healthy adults with no history of chronic illness reported. Participants were randomly assigned to a control group and physical activity group. Participants in both groups were asked to wear a wearable device (Microsoft band 2) 24 hours for 5 days and download mEMA on a smartphone to answer questions about energy level daily. Participants in the intervention group will receive a text reminder to increase their physical activity daily, while the control group maintained their normal physical activity. Before and after the program, fatigue and fatigability were measured using the PROMIS and Pittsburgh Fatigability Scale (PFS). Data were analyzed using SPSS version 24.

**Results:** Thirty healthy adults age range from 20-46 with the mean of 25.6 years old were included in this study. The majority are white, single, college female. The feasibility analysis showed that the mEMA application successfully sent out 80% of scheduled notification to the participants with 85% response rate for daily fatigability question. The wearable devices showed the activity group had 10% higher active minutes/day than the control group. There was no significant change in self-report fatigue and fatigability scores for both groups.

**Conclusions:** The combined Mobile Technologies of a wearable device and a mobile phone application was found to be feasible and acceptable for healthy adults. This preliminary finding showed the potential ability to enhance a person's effort to increase physical activity. However, this pilot study was tested in the healthy younger participants. The replication and testing of the system in the older participants with chronic illness are needed.

**(CSV-4) Implementing an Enteral Nutrition Protocol to Improve Nutritional Care for the Critically Ill**

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**Background and Objectives:** Enteral nutrition (EN) is of pivotal importance in maintaining wellbeing of critically ill patients. Protocol-driven administration of EN can reduce practice variation and optimize nutrition delivery to critically ill patients in intensive care setting. The objective is to evaluate the impact of EN protocol in a critically ill population in the adult Intensive Care Unit (ICU) of a local public hospital in Hong Kong.

**Methods:** A multidisciplinary protocol for EN administration was developed and implemented using evidence-based practice model in Jan 2015. The protocol was refined in July 2017, which aimed to standardize practice of ICU doctors, nurses and dietitians to promote early EN initiation, minimization of interruption to EN and to improve nutrition intake of critically ill patients. Primary outcomes included frequency of interruptions to EN, EN initiation time and calorie intake target achievement. Process outcomes including pattern of dietetic assessment and adverse events were also measured. Comparisons were made with matched historical controls before protocol implementation. Student's t-test and chi-square test were used to analyze numerical and categorical data, respectively. Protocol compliance and implementation logistics were evaluated.

**Results:** A total of 890 patients were recruited. No between-group difference was found between the pre-implementation and post-implementation cohorts regarding length of stay (days) in ICU ( $8.9 \pm 8.3$  versus  $8.7 \pm 9.5$ ,  $p=0.85$ ) and ICU mortality (20.2% versus 20.0%,  $p=0.92$ ). Interruptions to EN related to management of gastric residual volume was lower in the post-implementation cohort (13.2% versus 23.1%,  $RR=0.57$  [95% CI: 0.36, 0.90],  $p=0.03$ ). Calorie intake target achievement was higher in the post-implementation cohort (66.3% versus 51.3%,  $RR=1.29$  [95% CI: 1.02, 1.63],  $p=0.02$ ). No significant difference was identified in daily calorie intake (kcal/kg/day) ( $17.7 \pm 7.9$  versus  $18.3 \pm 7.8$ ,  $p=0.47$ ). Incidence of adverse events was lower in the post-implementation cohort (4.4% versus 10.6%,  $RR=0.42$  [95% CI: 0.19, 0.90],  $p=0.04$ ).

**Conclusions:** Findings confirmed that Implementation of EN protocol in intensive care setting can reduce practice variation and unnecessary interruption to EN delivery, resulting in improved calorie intake target achievement for the critically ill patients without causing significant adverse events.

**(CSVI-1) Effectiveness of Thailand National Quitline Services: A Gender Analysis**

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**Background and Objectives:** Thailand National Quitline (TNQ) provides reactive and proactive counseling to smokers calling with the aim of helping them to quit. The TNQ service has been continuously developed from traditional telephone counseling to innovative cessation services. In 2016, TNQ begin offering Short Message to Quit (SMS2Quit), which be sent twice a day for 21 days.

**Methods:** This correlational study aimed to investigate gender difference in the effectiveness of TNQ services. The 650 smokers who called TNQ during September 2016 to February 2017 were simple randomly recruited. These smokers were voluntary assigned into three interventions; 1) SMS2Quit only (n=143), 2) telephone counseling only (n=121), and 3) SMS2Quit and telephone counseling (n=386). Data collection was done by telephone interviewing. Descriptive analysis for the demographic data indicated that most of subjects were male (85.85%), 25-44 years old (43.38%), smoked 11-20 cigarettes per day (43.38%). Data were analyzed with descriptive statistics, chi-square, and logistic regression.

**Results:** The findings of this study emphasize that men and women smokers had a significant difference of being nicotine dependent (Chi-square=6.92, p-value = 0.03), which the odds of being nicotine dependent for males is 0.23 times that of females (OR = 0.23, 95% CI = 0.01-0.52). However, there were no statistically significant differences in continuous abstinence rate at 3 and 6 months of both sexes.

**Conclusions:** The results revealed that TNQ services were effective for helping smokers to attain quitting smoking and suitable in both male and female. Consequently, there is not necessary for a gender-specific cessation intervention.

**(CSVI-2) Smoking Behaviors of Hong Kong Chinese Hospitalized Patients and Predictors of Smoking Abstinence After Discharge**

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**Background and Objectives:** Hospitalization is an excellent teachable moment for smoking cessation as patients being hospitalized with smoking-related diseases may increase their awareness and change their perceptions of vulnerability, consequently enhancing their motivation to quit smoking. Additionally, hospitalized patients are refrained from smoking temporarily due to the smoke-free policies. Hospitalization also offers more time for patients to receive smoking cessation interventions. However, smoking behaviors and factors that lead to smoking abstinence after discharge among hospitalized patients in Hong Kong remain relatively underexplored. This study aimed to examine the smoking behaviors of hospitalized patients and factors leading to smoking abstinence after discharge.

**Methods:** A cross-sectional design was conducted in three outpatient clinics in different regions in Hong Kong. A total of 382 Chinese patients were recruited. They were invited to complete a structured questionnaire assessing their smoking behaviors before, during and after hospitalization.

**Results:** The results indicated that more than one-fifth (23.6%) of smokers smoked secretly during hospitalization. More than three-quarters (76.1%) of smokers resumed to smoke after discharge. The results of multivariate logistic regression analysis found that number of days of hospitalization admission in the preceding year (OR: 1.02; 95%CI: 1.01–1.27;  $p=.036$ ), patients' perceived correlation between smoking and their illness (OR: 1.08; 95%CI: 1.01–1.17;  $p=.032$ ), withdrawal symptoms experienced during hospitalization (OR: 0.75; 95%CI: 0.58–0.97;  $p=.027$ ), and smoking cessation support from healthcare professionals (OR: 1.18; 95%CI: 1.07–1.36;  $p=.014$ ) were significant predictors of smoking abstinence after discharge.

**Conclusions:** Despite of the implementation of smoke-free policies, some smokers continued to smoke secretly during hospitalization. A majority even resumed smoking after discharge. This study identified the predictors of smoking abstinence after discharge, aiding the development of appropriate and innovative smoking cessation interventions to assist patients achieve more successful smoking abstinence and less relapse.

**(CSVI-3) Indoor Air Quality Investigation at Waterpipe Bars in Hong Kong**

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**Background and Objectives:** World Health Organization has urged that an immediate action is required to prevent and control waterpipe smoking (WPS). There is a dearth of research in dealing with WPS in Asia. This study aims to assess the indoor air quality in waterpipe bars in Hong Kong and analyse the data with respect to its potential impact on public health.

**Methods:** Eight waterpipe bars that allows indoor smoking were identified through internet. Airborne PM2.5, carbon monoxide, formaldehyde, benzo[a]pyrene and nicotine were collected for 2 hours using air quality measurement devices between February and June 2018. Air quality in five smoke-free bars was also measured for the comparison with air quality in waterpipe bars. Air quality in all the bars were measured two times during weekday and weekend. Descriptive statistics were adopted to analyse the collected air quality data.

**Results:** The means of PM2.5 were 613µg/m<sup>3</sup> on weekdays, and 1,256µg/m<sup>3</sup> on weekends in waterpipe bars, while 49µg/m<sup>3</sup> and 28µg/m<sup>3</sup> in smoke-free bars respectively. The means of carbon monoxide were 22.02ppm (weekday) and 30.49 ppm (weekend) in waterpipe bars, and 0.78ppm and 0.57ppm in smoke-free bars respectively. In the waterpipe bars, formaldehyde, benzo[a]pyrene, and nicotine were detected at 61.01µg/m<sup>3</sup>, 15.24ng/m<sup>3</sup> and 4.93µg/m<sup>3</sup> during weekdays while 75.94µg/m<sup>3</sup>, 24.64ng/m<sup>3</sup> and 14.31µg/m<sup>3</sup> during weekends. The levels of formaldehyde at 14.48µg/m<sup>3</sup> and 14.65µg/m<sup>3</sup> were measured in the smoke-free bars during weekdays and weekends respectively.

**Conclusions:** The results of air quality measurements in this research were the worst among waterpipe studies. Urgent actions for controlling WPS are required.

**(CSVI-4) Handgrip and Isometric Exercise Intervention for Smoking Cessation: A Feasibility and Pilot Randomized Trial**

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**Background and Objectives:** Isometric exercises reduce craving, negative affect, and withdrawal symptoms during smoking cessation. This pilot randomized trial was the first to test if a simple intervention using a handgrip and isometric exercises was efficacious and feasible.

**Methods:** Participants were smokers who consumed 10 or more cigarettes a day and were seeking cessation services in community-based cessation clinics. The exercise group watched a 5-minute video on exercises to relieve craving, received a free handgrip, and installed a smartphone app providing exercise reminders. The healthy-diet group (control) received a similar dosage of intervention on diet (low salt, oil, and sugar). The primary outcome was self-reported abstinence in the previous 4 weeks at 6-month follow-up. Post-intervention satisfaction and exercise adherence were also assessed.

**Results:** The exercise group (n = 108) showed significantly higher ratings on interest, understanding, perception that the exercise helps quitting, confidence, and plan to adhere to the intervention (do the exercises, in general and when craving) than the healthy-diet group (n = 100). No significant difference in quit rate (primary outcome) was found between groups (34% vs. 39%, OR = 0.80, p = 0.40). A posteriori analysis showed that self-reported adherence to doing the exercises when craving (49% vs. 26%, OR = 2.69, 1.18–6.15, p = 0.02) and total adherence (including doing the exercises when craving, once a day, and for 2 weeks) (53% vs. 23%, OR = 3.70, 1.15–11.92, p = 0.03) were significantly associated with greater abstinence.

**Conclusions:** Simple handgrip and isometric exercises were feasible, but showed low adherence. Preliminary evidence of efficacy was observed when these exercises were done when craving.

**(CSVII-1) Readiness to Participate in Advance Care Planning: A Qualitative Study of Patients with Chronic Disease in Chinese Communities**

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**Background and Objectives:** Advance care planning (ACP) denotes the ongoing process by which people think and discuss their treatment choices and goals of care with their families, and healthcare professionals, choose someone to speak for them, and document their wishes in an advance directive, in the event they are unable to make decisions for themselves. Chronic diseases have become the leading cause of death in Chinese residents. It is necessary and important to know patient's willingness to treatments and care in end of life. "Readiness" is defined as being prepared for action, which has been shown to be an important predictor of engagement in ACP. Addressing readiness within chronic disease is currently scarce and worthy of future study. Our objective was to assess readiness of patients with chronic disease to participate in ACP in Chinese communities.

**Methods:** A purposive sampling method was used to recruit twenty participants from four different communities in Beijing. Semi-structured interviews were conducted. Data were analyzed based on Colaizzi phenomenological research method.

**Results:** Readiness for ACP in patients were classified into 5 themes, including "feeling difficult to think about dying", "delaying discussion until the critical period", "thinking the discussion as 'unlucky' and trying to avoid it", "giving the right of decision-making to doctors and family", "feeling ready with the hope to not burden family".

**Conclusions:** Patients are in different states of readiness for ACP according to personal attitude and perception. The health care members should evaluate patients' readiness before initiating discussion, help the patients to realize meaningfulness of ACP discussion at the same time.

**(CSVII-2) Women with Breast Cancer: The Relationship Between Age, Comorbidities and Use of Radiotherapy**

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**Background and Objectives:** Progress has been made in effective breast cancer treatments but these gains are less evident in older women. Radiotherapy (RT) is one of the key treatments used in the management of women with breast cancer. The aim of this study was to examine the association between age, comorbidities, and use of RT in older women.

**Methods:** Patients diagnosed with breast cancer from 2004–2013 were identified from the American College of Surgeons National Cancer Database (NCDB). Follow-up time was measured from the date of diagnosis (baseline) to the date of death or censoring. Adjusted hazard ratios (aHR) and 95% confidence intervals (95% CI) were used as the measure of association.

**Results:** Women older than 65 years of age who received RT survived significantly longer than those who did not receive RT (aHR = 0.53, 95% CI = 0.52–0.54) and this was independent of comorbidities and other factors. However, as women aged, those with comorbidities were less likely to receive RT (adjusted p-trend by age < 0.0001).

**Conclusions:** The number of women with breast cancer is expected to continue to increase as the world population ages. Decision-making tools and processes, which help clinicians and older women with breast cancer and comorbidities make treatment decisions, are required to ensure aging women with comorbidities are not inappropriately precluded from receiving RT. Nurses are well placed to facilitate the process of making breast cancer clinical treatment decisions, which support the best outcomes for older women.

**(CSVII-3) What Are the Processes That Chinese Women Go Through in Living with Breast Cancer: A Grounded Theory Study**

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**Background and Objectives:** Post-traumatic growth (PTG) refers to the positive psychological changes following traumatic events. There is limited research which has explored the PTG experience of women in a Chinese cultural context, who have experienced breast cancer. Given that PTG may be a cultural-dependent phenomenon, the applicability of a Western-based PTG model (Tedeschi & Calhoun, 2004) to explore the experience of Chinese women with breast cancer is yet to be determined. Hence, the study aimed to construct a theory to understand Chinese women's adjustment processes in living with breast cancer.

**Methods:** A constructivist grounded theory method advocated by Charmaz (2014) was adopted. Twenty-four women were recruited through purposive and theoretical sampling. In-depth, semi-structured audio-recorded interviews were undertaken with the women. Initial coding, focused coding and theoretical coding approaches were used to identify subcategories and categories to construct a theory.

**Results:** The basic social process that these women used to deal with breast cancer diagnosis was identified as, Emerging from the 'ku': Fluctuating in adjusting with breast cancer. Four categories emerged from the analysis: confronting challenges, orienting to reality, accommodating the illness, and transforming their lives, which encapsulated the main cognitive and emotional processes in which Chinese women engaged in their adjustment to living with their illness. This core social process was influenced by a variety of contextual influences such as personal, social and cultural factors.

**Conclusions:** Healthcare professionals need to have an increased awareness and knowledge of PTG when providing care to women, with breast cancer, from a Chinese cultural background. Specific Chinese cultural values were identified that contributed to the women's adjustment processes and PTG experiences. Hence, there is a need to consider Chinese cultural features, such as 'Wuwei' coping strategies and Chinese self-disclosure, in designing culturally tailored supportive programs in multicultural clinical settings.

**(CSVII-4) Exploring the Impact of Migration Experiences on Chinese Immigrant Women Caring for a Relative at End-of-Life**

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**Background and Objectives:** There is limited research information about the impact of migration experiences on the caregiving experience of Chinese immigrant women caring for a relative at end-of-life. While palliative care focuses on a person-centred approach recognising the patient and caregivers as the unit of care, a gap in service needs and provision for Chinese immigrant women caregivers in Australia was identified. There was a need to explore the individual migration stories of caregivers in order to provide holistic person-centred care to both caregivers and patients. The study aimed to explore how migration experiences influence the caregiving experience for Chinese immigrant women caring for a relative in the palliative care phase of their illness at home.

**Methods:** A qualitative design with exploratory, descriptive and interpretive framework was chosen for this study. Data were collected by conducting semi-structured, face-to-face interviews with Chinese immigrant women caregivers in their homes and analysed employing thematic analysis, using key-words in the context method.

**Results:** Twelve Chinese female participants were recruited for this study. Interviews were conducted in English and lasted between 60 and 90 minutes. The findings illustrated that the experience of migration for the participants involved self-perceived loss, trauma, and represented profound life-changing experiences encompassing the complex interplay of pre-migration and post-migration experiences. The study demonstrated that individual migration experiences had an impact on the caring role experience requiring person-centred care to overcome cross-cultural communication and cultural barriers to access services.

**Conclusions:** A key implication is that regardless of cultural backgrounds, trusting communication relationships can be developed to enable nurses to understand the individual contextually-driven nature of being a Chinese immigrant woman caregiver providing end-of-life care at home in Australia.

**(CSVIII-1) The Level and Influencing Factors of Parenting Stress in Parents of Preschool Children**

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**Background and Objectives:** Parental stress can affect parents' mental health and parenting behavior but also may cause behavior problems in children. Since the implementation of the comprehensive two-child policy, China's demographic development has attracted the attention of all society. This study aim to investigate the current situation of the parenting stress of the preschool children aged 3~6 and to analyze its influencing factors.

**Methods:** The method of cluster sampling was adopted to select a sample of 250 preschool children from Changsha. A self-made questionnaire and Parenting Stress Index (including three dimensions: Parental anxiety, parent-child interaction and difficult children) was used.

**Results:** The total score of the parenting stress is  $79.41 \pm 14.620$ , and the rate of parenting stress above the critical high level in this surveyed sample was 22.8%. The rate of high level parenting stress was higher in parents who are planning to have second child than the others who aren't ( $\chi^2=7.115$ ,  $P<0.05$ ). The multiple linear regression showed that occupation and employment status of parents, family atmosphere, grade, health condition of child, child temperament and child plan were the influencing factors (all  $P<0.05$ ).

**Conclusions:** Some parents are in the high level of parenting stress. We should pay attention to the present situation of parenting stress of preschool children and take measures to reduce the parenting stress of parents from the aspects of parents, children and family factors. Second child plan, child temperament, health condition of children, grade of child, working time of parent and family atmosphere are influencing factors of parenting stress.

**(CSVIII-2) A Diabetes Prevention Program for South Asian Ethnic Minorities Families**

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**Background and Objectives:** With a growing population of the South Asian ethnic minority (EM) people in Hong Kong, the diabetes prevention program deserves more attention because they are identified as a group at high risk of diabetes. Through 1-month training of adolescent ambassadors for delivering a 3-month behavioral change program, we aim to enhance diabetic knowledge, reduce sugar-sweetened drinks, increase physical activity level and reduce sedentary activities among South Asian adolescents, parents and/or grandparents.

**Methods:** 60 secondary school EM students between 12-18 years of age attended the ambassador training workshops and 116 EM family members of the students, including parents or grandparents received the 3-month behavioral change intervention program. To evaluate the effectiveness of the programme, parents/grandparents were invited to self-complete a pre- and post-intervention questionnaire which includes a 14-item Brief Diabetes Knowledge Test (General), Global Physical Activity Questionnaire, frequency of sugar-sweetened drinks and satisfaction level of the ambassador training workshops.

**Results:** The overall satisfaction of the educational workshops was high with 86.7% of the adolescents enjoyed their participation. By comparing the BDKT-General test scores of pre- and post-intervention, there was no significant change in their diabetic knowledge (pre-test =  $51.1 \pm 16.6$ , post-test =  $46.4 \pm 16.1$ ,  $p = .245$ ). For sugar-sweetened drinks, there was around one-third of the participants (31%) reported a change of having sugar-sweetened drinks with less than original, from 1-3 less to  $\geq 4$  less. For vigorous-intensity activities at work, 20.7% reported that they had increase in their involvement. For moderate-intensity at work, 13.8% of them reported that they involved more. For vigorous-intensity sports activities, there were 22.4% participants reported an increase in engagement. For moderate-intensity sports activities, 19% participants reported doing more sports.

**Conclusions:** This is the first culture-specific family-based diabetes prevention health promotion program for EM people in Hong Kong. It was not able to enhance the diabetes knowledge but was able to promote reduction in the frequency of sugary-drinks intake and partially increased the physical activities in EM parents and grandparents. The results supported the necessity of cultural sensitivity and competence in health promotion for EM families.

**(CSVIII-3) Increasingly or Chronically Overweight/Obese During Childhood Was Associated with Low Self-Esteem**

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**Background and Objectives:** Although childhood obesity is known to be associated with low self-esteem, how weight status change with time would affect self-esteem was seldom studied. We aimed to identify the representative trajectories of overweight/obesity status with age, and assess their association with self-esteem in Hong Kong Chinese children.

**Methods:** Territory-wide longitudinal data of 48,558 children (girls: 50.0%) studying primary 1 (P1) in the academic cohorts of 1995/96 and 1996/97 followed till P6 were obtained from the Student Health Service of Hong Kong. Weight was annually measured and categorized as underweight/normal and overweight/obesity using the International Obesity Task Force Standards. The Culture Free Self-esteem Inventories (2nd edition) was administered at P6 to assess self-esteem, with low self-esteem defined as a total score  $\leq 19$ , a general subscale score  $\leq 7$ , or a social, academic and parent subscale score  $\leq 2$ . Representative trajectories of weight status were first identified using latent growth mixture modeling, and their associations with low self-esteem were assessed by logistic regression.

**Results:** Totally 1631 (3.4%) P6 children had low self-esteem. Four representative trajectories were identified: underweight/normal (76.8%), increasingly overweight/obese (8.1%), decreasingly overweight/obese (4.2%) and chronically overweight/obese (10.9%). More boys were increasingly overweight/obese (adjusted odds ratio [AOR]=2.40, 95% confidence interval [CI]=2.24 to 2.58) and chronically overweight/obese (AOR=1.80, 95%CI=1.70 to 1.91) after adjusting for sex, academic cohort, highest parental education and occupation. When compared with the underweight/normal children, more of those being increasingly or chronically overweight/obese showed low self-esteem (AOR=1.40, 95%CI=1.19 to 1.65 and AOR=1.32, 95%CI=1.14 to 1.53 respectively). However, children being decreasingly overweight/obese showed no significant difference with those underweight/normal children.

**Conclusions:** Boys had a higher risk of increasingly obese than girls during their childhood. Increasing and chronic overweight/obesity during childhood were associated with low self-esteem. However, children with reduced overweight/obesity would not have a higher risk of low self-esteem than those underweight/normal children.

**(CSVIII-4) Patient-Centred Dementia Care: Learning From Innovation in Community**

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**Background and Objectives:** The Health Service Executive (HSE) Ireland and Genio provided innovative funding to develop individualised person-centred supports for people with dementia and their family carers in the community in Ireland with the overall aim of enabling people with dementia to remain at home for longer and prevent unnecessary hospital presentation. We report the evaluation of two of these integrated care models, focusing on overarching learning and recommendations from the evaluation.

**Methods:** A mixed methods framework was used with collection of data at two time points, including: service providers' awareness and knowledge of dementia; survey and interviews with people with dementia and family carers about their experiences of community dementia care; interviews with service providers about their experience of community dementia care; and an economic analysis.

**Results:** The provision of additional, flexible and more responsive home support was key, and is in line with recommendations by the Irish National Dementia Strategy (Department of Health, 2014) for more flexible support. Adoption of a person-centred approach to care that focuses on the relationship between the person with dementia and their family with personalisation of care had a very positive impact. A reablement approach to care, where used, was impactful. Facilitating dementia-specific care coordination within existing healthcare roles was found to be important to enhance quality of services. Working from within existing resources was preferable to sustain dementia care cha.

**Conclusions:** A person-centred, relational care approach is critical to acknowledge and respond to the needs dementia care recipient dyads. A re-conceptualisation of the provision of community care services would be required in order for project outcomes to be maintained and for the project ethos to continue.

**(CSIX-1) Determine Structural Factors for Improving Linkage to Care of HIV Positive Men Who Have Sex with Men: A Mixed Methods Systematic Review and Meta-Analysis**

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**Background and Objectives:** UNAIDS proposed the ambitious to achieve three 90% goals in HIV control, aimed to link and treat 90% of HIV diagnosed patients, while the rate of linkage to care among HIV positive men who have sex with men (MSM) was only approximately 50% around the world. Structural factors impede MSM from seeking healthcare and treatment after diagnosis warrant further examination and deeper understanding. This mixed methods systematic review aimed to determine structural factors and their role in improving linkage to care among MSM, as well as providing future advice for nurses, other healthcare providers and policymakers.

**Methods:** Studies were accessed from health and social sector research databases from available date to March 2018, relevant journals and conference abstract searched by hand. Involved articles were described healthcare system level, government level and other structural level factors, in relation to linkage to care. Quality assessment based on the Mixed Methods Appraisal Quality Tool Version 2011. Synthesized themes from involved studies were based on a dynamic social systems model.

**Results:** Total 23 studies were included, 6 core factors of 4 dimensions were identified, economic problem and healthcare insurance restriction, conspiracy beliefs and mistrust, discrimination and negative experience from the healthcare system were negatively impacted on linkage to care. Standard, sufficient HIV healthcare resource and healthcare providers' training, sufficient guide and referral service environment and the supportive relationship could improve this behavior. Result of meta-analysis for linkage to care rate among MSM was 83.4% [95% confidence interval (CI): 76.6%-88.5%].

**Conclusions:** Construct the harmonious, society, deliver non-discrimination service environment and accurate HIV/AIDS information atmosphere need both individual and policymakers to promote policy revolution and improve service and nursing care delivery quality. Stronger evidence of casual inferring and more countries for analysis should be done in the future.

**(CSIX-2) Longitudinal Nurse-Led Behavioral and Nutrition Intervention for Improved Health of Rural Women Living with HIV/AIDS in India**

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**Background and Objectives:** Rural women living with HIV/AIDS (WLH/A) in India face extreme health disparities which challenge treatment access and adherence to Antiretroviral (ART) Treatment. Nutritional deficits including anemia enhance disease progression. We tested a theoretically-based nurse-led, behavioral and nutrition intervention, supported by Asha (village women).

**Methods:** In this four-arm quasi-experimental trial, participants were recruited from primary-health centers, and randomly assigned into one of four programs delivered over a six-month period (n=150 per group): 1) Asha-supported standard education (SE) alone (attention control); 2) SE plus nutrition education (+NE); 3) SE plus nutrition supplements (+NS); or 4) SE plus nutrition education and nutrition supplements (+NENS). Assessments occurred at baseline, and months 6 (immediately post-intervention), 12, and 18. Outcome variables included CD4 count, BMI, adherence to ART, and hemoglobin.

**Results:** Among 600 enrolled participants, at baseline, mean age, CD4 count, BMI (kg/m<sup>2</sup>), and % antiretroviral therapy adherence were 34.31, 447.42, 20.09, and 30.4 respectively; the vast majority being severely anemic (n=436, 72%). At 18-month follow-up, The +NENS group experienced greatest improvements in CD4 counts compared to SE (adjusted difference=221.78, 95% CI=169.07, 274.51). For BMI, +NS and +NENS exhibited greater gains compared to the attention control (adjusted difference=2.27, 95% CI, 1.34, 3.19; +NENS: adjusted difference=1.88, 95% CI, 0.89, 2.88) and were not significantly different from each other (adjusted difference=-0.18, 95% CI, -1.11, 0.75). At 18-month follow-up, none of the women were severely anemic and 20% had normal hemoglobin levels.

**Conclusions:** A low-cost Nurse-led and Asha-supported behavioral and nutritional intervention improved CD4 count, BMI, and hemoglobin levels. Gains were sustained at 18-month follow-up. Similar approaches using lay community health providers working with healthcare professionals could help improve HIV/AIDS and other infectious disease-related outcomes in vulnerable populations facing extreme health disparities. Future research should explore this model in other communities and with other infectious diseases. Funding: R01MH098728

**(CSIX-3) Knowledge of Sexually Transmitted Infections Prevention and Sexual Risk-Taking Behaviors Among Thai Adolescents**

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**Background and Objectives:** Sexually Transmitted Infections (STIs) are a major problem among adolescents amid a growing trend of unsafe sexual behaviour. The aim of this study was to investigate the knowledge of STI prevention and sexual risk-taking behaviors and associated factors among adolescents in Thailand.

**Methods:** A descriptive correlational study was carried out in a vocational school in Chiang Mai, Thailand. Data collection was completed through self-reported questionnaires.

**Results:** Nearly half (42.2%) of the participants had experience of sexual intercourse. More than half (62.1%) of the participants were using condoms regularly. Approximately 41.4% had concerns regarding STIs. The participants had high levels of knowledge of STI prevention (62.6%) and sexual risk-taking behaviors (61.1%). This study found that age and information sources were significant positive correlations with knowledge of STI prevention at significant levels at 0.24 and 0.157, respectively.

**Conclusions:** This study suggests that additional education on STI prevention and sexual risk-taking behaviors are important among Thai adolescents. Different approaches to STI education in schools or via social media are necessary to increase knowledge of STI prevention, motivate adolescents to have safe sex and decrease the risk of future sexual risk-taking behaviors.

**(CSIX-4) Nurse Practitioner Memory Clinic and Memory Wellness Program; Timely Diagnosis of Dementia; Improving Cognition and Mental Health**

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**Background and Objectives:** In Australia, GPs miss up to 91% of mild and 30% of moderate dementia. This equates to approximately 200 000 Australians, who remain undiagnosed and unable to access vital treatments and support services. This presentation will outline the development, implementation, pilot and follow up research for an innovative, technology enabled model of Nurse Practitioner led Memory Clinic for Australian communities, including: 1. 2016 pilot results (N=37) 2. 2018 research results (N=179). Target group: 65 years plus. Objectives Clinic Aim: improve timely and early diagnosis of dementia Course Aim: improve health literacy about lifestyle modifications that reduce risk, provide motivation and support behaviour change amongst older persons.

**Methods:** Mixed methods were used. Quantitative data was collected at pre and post clinics for both the pilot and follow up research. Qualitative data was collected from focus groups in the pilot study and 15 participant interviews in Tasmania for the 2018 study. Participants received a clinic assessment and eight week course in group setting, using iPads, focused on addressing risk factors for dementia. Participants had a further one month of self-directed, goal focused activity. Post data collection was at three months post program commencement. Paired t-tests were carried out on all clinical data for the pilot and 2018 research project.

**Results:** 2016. Timely diagnosis was achieved with results similar to Memory Clinics worldwide. Additionally older people completing the program, including those diagnosed with early stage dementia, expected their post program, memory test score to improve and it did. Paired T Test demonstrated statistically significant changes in cognitive scores - ACE-III. P=0.008 & P=0.004. 2018. There were statistically significant improvements in cognitive scores, anxiety and stress Overall interviewees were happy with the program, in particular working in the group and peer support.

**Conclusions:** The pilot showed that timely diagnosis and improvements in cognition can be achieved in a Nurse Practitioner led, community based memory wellness program. The 2018 study reinforced that this program increased cognitive function scores, and additionally decreases anxiety and stress levels over three months. The medium to large effect sizes and statistically significant results should encourage further NP led programs and research into this Australian Health Priority area.

**(CSX-1) The Translation, Revision and Application of the Cambridge Worry Scale in Chinese Version****Yang Luo***Xiangya School of Nursing, Central South University, China*

**Background and Objectives:** The pregnant women have psychological change. Pregnancy women worry will not only lead to adverse obstetric outcome, but also lowers the quality of life. The mainland China is lack of assessment scale about gestation worry. The aim of this study is to translate and revise the Cambridge Worry Scale (CWS) to form a Chinese version; to examine the psychometric characteristics of the Chinese version of CWS and to explore the application in China.

**Methods:** (1) The English version of CWS is translated, and cross-culture adaptation. (2) Through the random sampling method, 361 pregnant women in late pregnancy were investigated in hospital, changsha, hunan province. (3) Item distribution, discrete tendency, t-test, scale entry score and total score coefficient of correlation coefficient and Cronbach's  $\alpha$  methods were used for item analysis, screening and evaluation. The scale validity was evaluated by content validity, structure validity and criterion related validity. The internal consistency was used to evaluate the reliability of the scale.

**Results:** (1) The Chinese version of the CWS is made up of 16 item and an question; (2) The Cronbach's alpha coefficient of it is 0.877, and the coefficient of Cronbach's in each dimension is between 0.759 and 0.822. (3) Each item content validity index between 0.67-1. Extraction of three common factor, explain 60.93% of the variables, the factor loading of each item range from 0.591 to 0.851. (4) The correlation coefficient of Chinese version of CWS and state-trait anxiety Inventory (STAI), the self-rating anxiety Scale (SAS) was between 0.296 and 0.357,  $P < 0.01$ . (5) The participants are worry about childbirth and the ability to care for the new baby, and the results through single factor analysis showed that participants of the worry psychology is influenced by age, whether plan a pregnancy.

**Conclusions:** Chinese version of the CWS is simple and easy to understand. It has good internal consistency and validity. Pregnant women in late pregnancy have certain worry. The care provider should detect the worry of pregnant women as early as they can, and provide the targeted services, to help the perinatal pregnant women.

**(CSX-2) The Nonrestorative Sleep Scale Is Reliable and Valid for the Chinese Population**

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**Background and Objectives:** Despite of the clinical importance and prevalence of nonrestorative sleep (NRS) in Hong Kong, there is no standard tool to estimate NRS. This study aimed to obtain a Chinese version of the Nonrestorative Sleep Scale (NRSS) for estimating NRS in Hong Kong.

**Methods:** A standard forward-backward translation of the English version and the confirmation of the clarity and relevance of the items from ten Chinese adults were conducted to obtain the Chinese NRSS. Telephone interviews were conducted with 100 Chinese adults to complete a battery of questionnaires including the Pittsburgh Sleep Quality Index (PSQI), the Athens Insomnia Scale (AIS), the Centre for Epidemiological Studies Depression Scale (CES-D), the Toronto Hospital Alertness Test (THAT) and the demographic information. Confirmatory factor analysis (CFA) were conducted and a bifactor model were developed for comparing the reliability and validity of the different models of NRSS.

**Results:** The overall scale had good reliability (Cronbach's alpha = 0.86). The significant correlation coefficients between NRSS and PSQI ( $r = -0.66$ ), AIS ( $r = -0.65$ ), CES-D ( $r = -0.54$ ), and THAT ( $r = 0.68$ ) confirmed the acceptable convergent validity. The Root Mean Square Error of Approximation, Comparative Fit Index, and Standardized Root Mean Square Residual obtained from the CFA of the four-scale structure were 0.04, 0.99 and 0.55 while the indices for the bifactor model were 0.04, 1.00 and 0.02, respectively. Furthermore, the bifactor model of NRSS had a coefficient omega = 0.92, an omega hierarchical = 0.84, a factor determinacy = 0.95, an H value = 0.91, the explained common variance = 0.61 and percent uncontaminated correlation = 0.71 which indicates the NRSS to be unidimensional.

**Conclusions:** The Chinese NRSS has good psychometric properties in Hong Kong population and the superior fit of the bifactor model supports the appropriateness of reporting the global score.

**(CSX-3) Agreement in Classifying Different Levels of Frailty Between FRAIL-NH and Frailty Index in Nursing Home Older Adults in Mainland China: A Cross-Sectional Study**

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**Background and Objectives:** FRAIL-NH was commonly used to assess frailty in nursing home residents and validated in many ethnic populations. However, it has not been validated in mainland China where such an assessment tool is lacking. This study aimed to (1) determine the appropriate cutoff points of FRAIL-NH to classify two-level (non-frail+pre-frail vs frail) or three-level (non-frail vs pre-frail vs frail) frailty in nursing home residents in mainland China, based on the Frailty Index (FI), and (2) examine the agreement in classification between these two measures.

**Methods:** A cross-sectional study of 302 residents aged 60 years or older from six nursing homes in Changsha was conducted. The 34-item FI and FRAIL-NH scale were used to measure frailty.

**Results:** Overall, the Kappa statistics for agreement between FRAIL-NH and FI ranged from 0.33 to 0.55; 26.8% to 65.9% of sample were pre-frail and 5.6% to 69.5% were frail, based on different cutoff points of these two measures. For two-level frailty, the most appropriate cutoff point for FRAIL-NH to classify frailty was 2 (AUC: 0.86; 87.6% sensitivity; 63.3% specificity). With this FRAIL-NH cutoff point, 69.5% of sample were frail; according to FI, 66.6% were frail, the maximum Kappa agreement is 0.551 ( $P=0.001$ ). For three-level frailty, the most appropriate cutoff points for FRAIL-NH were 1 for pre-frail (AUC: 0.80; 76.8% sensitivity; 80.0% specificity) and 5 for frail (AUC: 0.87; 56.7% sensitivity; 99.1% specificity). With these cutoff points, 53.3% were classified pre-frail and 34.1% were frail by FRAIL-NH; 37.1% were pre-frail and 59.6% were frail assessed by FI, with FI tending to classify more individuals as frail, the maximum Kappa agreement is 0.404 ( $P=0.001$ ).

**Conclusions:** FRAIL-NH is an effective and practical frailty measure in Chinese nursing home residents. Determining levels of frailty and their corresponding cutoff points is important to consider before undertaking research studies.

**(CSX-4) Skeletal Muscle Mass and Visceral Fat Area Ratio is a Complete Mediator of Vigorous Physical Activity and HbA1C Among Chinese Type 2 Diabetes**

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**Background and Objectives:** Increase of physical activity (PA) has been an effective strategy to improve blood glucose for patients with diabetes. However, visceral fat and skeletal muscle mass are related with insulin insensitivity and blood sugar level. Asians have relatively smaller skeletal muscle mass and higher percentage of body fat compared with Caucasians. We investigated whether skeletal muscle mass and visceral fat area ratio is a mediator between PA and glycemic control among type 2 diabetes.

**Methods:** There were 534 type 2 diabetes participated. Electrical bioimpedance device was used to measure skeletal muscle mass (SMM) and visceral fat area (VFA), and International Physical Activity Questionnaires-long version was used to collect participants' physical activity volume (metabolic equivalent of task, MET). HbA1C level was retrieved from the last lab data within the past three month. PA and A1C were binary variables (vigorous PA vs. no vigorous PA; A1C  $\leq 7.0\%$  vs. HbA1C  $> 7.0\%$ ). Hierarchical logistic regression model and mediation effect, controlling for age and years of diabetes were conducted to examine the effect of SMM/VFA on HbA1C.

**Results:** Among Chinese with type 2 diabetes, vigorous PA, SMM/VFA were significant determinants of HbA1C within target range. Only near half of the participants (n=243, 44.4%) reached to the preferred HbA1C target ( $\leq 7.0\%$ ) and the average of their SSM/VFA was 0.21 (SD=0.09, range: 0.07 - 0.66). Very few patients conducted vigorous PA (n=74, 13.5%). The mediation analysis further identified that SMM/VFA (indirect effect: -2.377, 95% confidence interval [CI], -0.4713 to -0.0984; percentage of mediation: 22.45%) was a significant complete mediator of the relationship between vigorous PA and HbA1C within target range.

**Conclusions:** Skeletal muscle and visceral fat ratio is a complete mediator of vigorous PA and HbA1C. Tailored physical activity program should target on the increase of skeletal muscle and reduction of visceral fat in order to reach the HbA1C treatment goal for Chinese type 2 diabetes.

**(CSXI-1) Women's Empowerment and Contraceptive Use: Recent Evidence From ASEAN Countries**

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**Background and Objectives:** Gender equality and the empowerment of women has remained a global agenda especially for Association of South East Asian Countries (ASEAN). Women's empowerment is a strategy used to promote contraceptive use and lower fertility, yet evidence from ASEAN countries is limited. The purpose of this study was to examine the association between women's empowerment and contraceptive use in selected ASEAN countries.

**Methods:** Data from the latest Demographic Health Survey of Cambodia, Indonesia, Myanmar, Philippines and Timor Leste were used, with a focus on married women (15-49 years old). The main outcome was contraceptive use among ASEAN women. Four composite women's empowerment variables were created from 17 indicators: (1) labor force participation; (2) disagreement with reasons for wife beating; (3) decision-making power over household issues; and (4) knowledge level. Bivariate and multiple logistic regression analyses were performed as the analysis method.

**Results:** Findings differed among the five ASEAN countries. Labor force participation was significantly associated with the use of contraceptive in Cambodia, Myanmar, Philippines and Timor Leste. Women's decision-making power was associated with the use of contraceptive in Cambodia and Indonesia. Women's knowledge level was associated with the use of contraceptive in Cambodia, Indonesia, Myanmar, and Philippines.

**Conclusions:** It is interesting to note that labor force participation and knowledge level remain critical issues to improve women's use of contraception in most ASEAN countries. Structured policies on ASEAN level to open the labor market for women and empowering them through education should be deployed as a basis for sustainable development. Including women in the decision-making processes from family to national contexts may aid in diminishing gender inequality.

**(CSXI-2) Women's Knowledge, Attitudes, and Practices About Health: Qualitative Study in a Fishing Village of Central and Southern Taiwan Coastal Area****Shu Wei Wang<sup>1</sup>**, Yu O Yang<sup>1</sup>, Yi Pei Cheng<sup>2</sup>*<sup>1</sup>School of Nursing, Kaohsiung Medical University, Taiwan, <sup>2</sup>Centers for Disease Control (Southern District), Ministry of Health and Welfare, Taiwan*

**Background and Objectives:** Due to the working nature of the oyster farming industry, these women have very distinctive growing experiences. In this environment, they must learn the life skills for coastal fishery and their employment option is limited to shuck oyster. Their working hours are long and the work has to be performed during early morning to evening. This leads to many sequelae from work related injuries. This study mentions the financial difficulties and physical illness of these women. They often give up further medical treatment because the fears of worsen financial situation.

**Methods:** This study uses in-depth interview technique to collect qualitative information about the lifestyle and health of women who work in oyster farming industry in Dongshih costal area. The interview was conducted with 11 women with open-ended questions.

**Results:** The interview transcripts were analysed and synthesise into four major themes: The first, "Sick make life comes to a halt"; The second, "We all suffer"; The third, "An inconvenient truth"; The fourth, "I can't afford to get sick".

**Conclusions:** Hope this study can provide a different thinking perspective for public health nurses and community workers on cases with extraordinary life style and profession. We should understand the individual needs and health concerns before deciding medical treatment. Only by doing this, the most appropriate care can be given.

**(CSXI-3) Women's Perception of Safety During Labour and Birth: A Qualitative Study**

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**Background and Objectives:** Improving the safety of women during childbirth is a global priority. Many strategies have been implemented to improve the safety of women and their newborns, during childbirth, in part to reduce obstetric related insurance claims. In Victoria, Australia, the implementation of staff training programs in fetal surveillance and managing obstetric emergencies resulted in a 64% reduction in insurance claims. Regardless, breaches to women's safety during labour and birth continue and obstetric related claims remain the largest in healthcare. Understanding women's perceptions of safety, during this time may enhance the development of strategies designed to improve women's experience and mitigate complaints and insurance claims. This study aimed to identify factors that contribute to a woman's perception of safety, during labour and birth, and identify strategies that enhance her perception of feeling safe, at this time.

**Methods:** Focus groups and individual interviews with women were undertaken, following their birth, at a Melbourne hospital. A stratified sample representative of the birthing population was invited to participate. A qualitative framework approach was used for data analysis.

**Results:** Four focus groups (n=12) and 16 in-depth interviews with women were conducted. Factors found to enhance perceptions of safety included: clear communication, having good supervision from a midwife/doctor; and knowing staff are prepared to manage an emergency. Factors contributed to feeling unsafe included: poor communication related to the health of their newborn following birth; losing control of their own body; failure of a midwife/doctor to respond to the women's distress in labour; and decreased confidence in the skill of the midwife/doctor caring for them. The majority of women indicated they would like to know and/or be involved in the development of strategies to improve their safety.

**Conclusions:** Feeling safe for women, during childbirth, is a centred on good communication and feeling well cared for. Women provide important insights into strategies which enhance their perception of safety, at this important time.

**(CSXI-4) Self-Appraisal of Cognitive Status in Women with Mild Cognitive Impairment and the Influence Factors**

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**Background and Objectives:** When people face a potential stressful situation, such as cognitive decline, cognitive appraisal is carried out by the mental operations of thinking and reasoning. The type of appraisal is expected to stimulate different cope style. Hence, it's necessary to investigate how women with mild cognitive impairment (MCI) appraise their cognitive status and the influence factors. Objective To identify the level and determinants of self-appraisal of cognitive status and the influence factors in women with MCI.

**Methods:** Total 184 women with MCI and 67 old women with normal cognition were screened and recruited in two community health service centers in Beijing. The instruments included a general information questionnaire, Montreal Cognitive Assessment (MoCA), Activities of Daily Living (ADL), the Self-appraisal of Cognitive Status Scale (SACSS), and the Cognitive Emotion Regulation Questionnaire (CERQ). The influence factors on the self-appraisal of cognitive status in MCI female patients were identified using linear regression analysis.

**Results:** Threat, challenge, harm/loss, and benign/irrelevant of the SACSS in women with MCI were  $2.87 \pm 0.05$ ,  $3.47 \pm 0.03$ ,  $2.61 \pm 0.06$ , and  $3.63 \pm 0.05$  respectively. Comparing to elderly with normal cognition, participants with MCI scored higher on threat and harm/loss ( $z=-4.79$ ,  $p<0.01$ ;  $z=-5.66$ ,  $p<0.01$ ), lower on challenge and benign/irrelevant ( $z=-4.57$ ,  $p<0.01$ ;  $z=-4.10$ ,  $p<0.01$ ). The results of the linear regression analysis indicated that age, insomnia, self-blame, positive reappraisal, catastrophizing were the influence factors of threat (adjust  $R^2 = 0.23$ ); age, score of MoCA, acceptance, rumination, positive reappraisal were the influence factors of challenge (adjust  $R^2 = 0.28$ ); ADL, catastrophizing were the influence factors of harm/loss (adjust  $R^2 = 0.32$ ); no smoking, self-blame, catastrophizing were the influence factors of benign/irrelevant (adjust  $R^2 = 0.13$ ).

**Conclusions:** Women with MCI tend to appraisal their cognitive status as benign/irrelevant, but give more negative appraisal (threat and harm/loss) than participants with normal cognition. Intervention on instructing MCI women correctly appraisal and adopt positive emotional regulation strategies should be tailored to avoid the delay in diagnosis and treatment of MCI, and to promote their mental health.

**(CSXI-5) The Relationship Between BMI and Depressive Symptoms in Middle-Aged and Elderly Women – a Cross-Lagged Analysis****ZHANG Hai-yu**, ZOU Hai-ou*School of Nursing, Peking Union Medical College, China*

**Background and Objectives:** To explore the causal relationship between body mass index (BMI) and depressive symptoms (CES-D score) in middle-aged and elderly women in China.

**Methods:** Based on the baseline data of 2011 and the data of 2013, the "China Health and Retirement Longitudinal Study (CHARLS)" database was used to explore the causal relationship between BMI and depressive symptoms in middle-aged and elderly women in China. The data and correlation tests of the subjects were described and tested using SPSS 22.0, the cross-lagged regression analysis between BMI and CES-D score in 2011 and 2013 was using AMOS 21.0.

**Results:** A total of 3706 subjects were included, with an average age ( $57.42 \pm 9.06$ ). Among them, 76.6% of the subjects had primary school education or below, 14.8% were widowed, 0.4% were smokers, 14.6% were drinkers, and 70.3% were associated with various chronic diseases. In the Pearson correlation test, the pre-test CES-D score was significantly correlated with the pre-test BMI, as well as post-test CES-D score and post-test BMI ( $P < 0.01$ ). Based on this result, a cross-lagged analysis model was established for CES-D score and BMI in 2011 and 2013,  $\chi^2/df=2.044$ , NFI=0.998, IFI=0.999, CFI=0.999, RMSEA=0.017. The results showed that there was a significant positive correlation between the pre-test CES-D score and the post-test CES-D score ( $r=0.480$ ,  $P < 0.05$ ), and a significant negative correlation between the pre-test CES-D score and the post-test BMI ( $r=-0.092$ ,  $P < 0.05$ ).

**Conclusions:** (1) The depression symptoms of middle-aged and old women tend to worsen over time. (2) The depression symptoms of middle-aged and older women predict BMI, suggesting that persistent depressive symptoms could lead to weight loss and affect a woman's health.

**(CSXI-6) Relationship Between Demographic Characteristics and Lifestyle Among Indonesian Pregnant Women with Hypertension**

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**Background and Objectives:** Hypertension in pregnancy can be prevented by controlling the lifestyle. However, the majority of research on this topic has been conducted on lifestyle in women with normal pregnancy. Few studies of lifestyle have focused on Indonesian pregnant women with hypertension.

**Methods:** In this cross-sectional study, 76 of women with hypertension during pregnancy were recruited from primary health care, West Java, Indonesia. Inclusion criteria were gestational age  $\geq 28$  weeks with the blood pressure systole  $\geq 140$  mm Hg and diastole  $\geq 90$  mm Hg. Data were collected using two instruments: demographic data and Health Promoting Life Style Profile (HPLP II). Data were analyzed with descriptive statistic and linear regression analysis

**Results:** The majority of participants were married, mean age was 27.96 years old (SD=6.77) with the mean of gestational age 33.21 (SD=3.49), most of them unemployed (94.7%) and more than a half have a low educational years (59.2%). The total score of lifestyle was 2.44 (SD=0.34), more than a half participants experience unhealthy lifestyle (59.2%). Lifestyle was predicted by income, educational years, occupation, and access to health care services, accounting for 20.8% of the total variance.

**Conclusions:** Pregnant women with hypertension with low income, low educational years, non-occupational and hard to access health care services were related to unhealthy lifestyle. Understanding the lifestyle and associated factors contributes to health care providers' ability to design effective interventions intended to improve healthy lifestyle among pregnant women with hypertension.

**(CSXII-1) Evaluation of Patient Satisfaction on the Early Discharge Rehabilitation Program (EDRP) -Breast Care Nursing**

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**Background and Objectives:** Early Discharge Rehabilitation Program (EDRP) for breast cancer patients is implemented in Kwong Wah Hospital after breast cancer surgery for 4 years. >90% of post operation breast cancer patients will discharge on post op day 1 with the appointment of Breast Care Nurse Clinic (BCNC) for EDRP. The dates of appointment are designed according to the clinical significant days matching with the wound healing theory process; that is on D4, D10, D17, also the body image care and complicated wound management p.r.n. Objective: To evaluate if the BCNC of EDRP can fulfill patients' needs and is good to continue.

**Methods:** BCNC evaluation data collection was conducted between Jan. to Dec. 2017. The evaluation form was by self-administered of which was dispensed to patients after their last session of nurse clinic.

**Results:** From Jan to Dec. 2017, there were 267 received different kinds of breast cancer operations. There were 198 patients (74%) completed the BCNC evaluation. Results were analyzed with excel formula. There were 110 patients received Lumpectomy, 69 patients with Simple Mastectomy, 28 patients had Modified Radical Mastectomy, 11 patients needed lumpectomy re-excision, 13 patients accomplished with Breast Reconstruction operation, 20 patients received Axillary Dissection and 116 cases with Sentinel Lymph Node Biopsy done. The average days of post op patients exist the EDRP was 40.9 days, with range from 7 days to 111 days. The average number of visits was 4 to 6 times, which was ranged from 3 to 11 visits per patient. In domain 1, cancer treatment: 91% of patients very agreed to nurses could help them to understand the cancer treatment. In domain 2: direct patient care, 78% patients indicated very satisfied with the care. Interestingly, 7.4% of patients implied the circumstance was not applicable to her condition. In domain 3: patient's knowledge. 75.6% of patient claimed they could very well understood the knowledge on self-care. For the overall satisfaction of BCNC services, 88.1% patients were very satisfied with the BCNC service of EDRP.

**Conclusions:** There were a few areas reflected which could further help to improve patient care in BCNC. Conclusions: BCNC supporting breast cancer patients after surgery in the early phase through EDRP could smooth out the cancer journey, restore and regain the function of breast cancer patients.

**(CSXII-2) Exploring and Defining Expertise in Cancer Nursing. Insights From a Comprehensive Cancer Centre**

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**Background and Objectives:** International evidence demonstrates that expert nursing care directly impacts patient experience and outcomes. To date, there has been little exploration of cancer nursing expertise. With a growing global population of cancer patients, and a growing numbers of cancer survivors requiring specialist surveillance for complex long term effects, understanding what constitutes cancer nursing expertise is critical to inform workforce planning and deployment.

**Methods:** This exploratory, descriptive study was undertaken in an Australian Comprehensive Cancer Centre. Registered nurses from across inpatient, outpatient and hospital at home units took part. Participants were made aware of, and invited to take part in the study, through flyers and email notification. Nurses contacted the study coordinator to indicate their desire to participate. Three semi-structured, audio-recorded focus groups were undertaken. Data were transcribed verbatim and thematic content analysis undertaken. The study took place over a two-week period in February 2018.

**Results:** Twenty four study participants had spent an average of 19 ( $\pm$  9.84) years working as a cancer nurse (range 3.5-35 years). Participants predominantly worked in outpatient areas, with the majority (19) working in clinical roles. Eleven had post graduate certification, 11 had a Masters degree and one a PhD (1 missing data). Seven themes were identified as characteristic of expert cancer nursing practice; knowledge, leadership, adaptability, communication, motivation, organisation and culture, and patient-centred care.

**Conclusions:** To our knowledge, this is the first study to explore cancer nursing expertise among Australian cancer nurses and it has generated new insights into the concept of oncology nursing expertise. The study has identified characteristics of expertise that seem to be specific to cancer nursing and as such, may help inform advancing nursing practice frameworks for oncology nurses, and support organisations to identify, deploy and plan their workforce according to the needs of an increasingly large and complex cancer patient population.

**(CSXII-3) The Impact of Education Program on Nursing Staff About Prone Position Protocol for ARDS Patients in QMH AICU**

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**Background and Objectives:** Recent studies have proven that prone position is significantly effective in treating ARDS patients. However, in QMH AICU, there was no prone position protocol. Also, prone position procedure and related nursing care are rarely performed. In view of this, a survey on prone position was conducted with 35 staff recruited, around 50% among the recruited staff did not involve in performing prone position in AICU. An education programme on prone position protocol is then developed to increase the competency and knowledge level of nursing staff and thus enhance the quality and safety on performing prone position, which results in better patient's outcome. The aim of this study is to investigate the impact of education program on nursing staff about prone position protocol via their level of competency and knowledge.

**Methods:** The present study investigate the effect of an educational program on nursing staff about prone position protocol for ARDS patients using quantitative pre-post test study design. The study sample consisted of 35 nursing staff. Convenient sampling is used. The study was conducted in QMH AICU from 11/2016-6/2017.

**Results:** The study findings favor the effect of the educational program. There was a 40% enhancement of knowledge aspect by comparing the results of pre-post survey. The mean score of competency level rose up from 3.09 out of 10 to 7.63 out of 10. Meanwhile, the mean score of confidence level rose up from 3.28 out of 10 to 7.71 out of 10.

**Conclusions:** Safety and quality of patient care will always be enhanced if nurses are competent and well equipped. Especially, specific nursing procedure requires nurse's adequate skills. Educational program is always one of the methods to narrow the knowledge gap and increase the competency of nurses and aids better patients' outcome. Thus, it is recommended to develop more educational program in different nursing specialty.

**(CSXII-4) Does Hanging Additional White Curtain Increase Efficacy of Phototherapy for Neonatal Jaundice?**

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**Background and Objectives:** It has been reported that 60% of term neonates and 80% of the preterm develop neonatal jaundice (NNJ) in the first week of life. The aim of this study is to evaluate the effect of hanging additional white curtain around phototherapy unit on serum bilirubin level, length of hospitalization and adverse effects from phototherapy

**Methods:** A single-blinded randomized controlled trial was conducted. One hundred and eight pre-term and term healthy jaundiced neonates requiring phototherapy were randomized into intervention and control groups (54 each group). Those assigned into intervention group were nursed under phototherapy with the addition of white curtain while those in control group were nursed under phototherapy without the addition. Baseline and demographic data, daily serum bilirubin, length of hospitalization and events of side effects from phototherapy were evaluated

**Results:** It was found that the baseline and demographic characteristics between the 2 groups were statistically insignificant ( $p > 0.05$ ) and was comparable. The mean for serum bilirubin and length of hospital stay requiring phototherapy were significantly lower and shorter in intervention than in control group with  $p < 0.0001$ . The proportion of skin rashes from phototherapy was similar between intervention and control group with  $p = 1.00$ . There were no other adverse effects reported.

**Conclusions:** Hanging additional white curtain around phototherapy unit can hasten serum bilirubin reduction and shorten hospital stay without imposing more harm among pre-term and term jaundiced neonates.

**(CSXII-5) Symptom Changes in Acute Lymphoblastic Leukemia During Chemotherapy: Differences Among Different Age Groups**

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**Background and Objectives:** During chemotherapy, cancer patients often reported increasing symptoms burden. However, symptom experience may be different among children in different age groups. To investigate the change in symptoms during cancer treatment among different age groups of Acute Lymphoblastic Leukemia (ALL) children receiving Chemotherapy.

**Methods:** Children diagnosed with B-cell ALL receiving maintenance phase chemotherapy at a children's cancer center in Nevada were recruited. Participants were grouped based on their age into preschooler (<7 year old), school-age (7-11 years old), and adolescent (>11 years old). On the first and second visits, participants completed Pediatric Patient-Reported Outcomes Measurement Information System. Data were analyzed using SPSS version 24.

**Results:** Twenty-five participants (11 preschoolers, 9 school age, 5 adolescents) were included. During chemotherapy, all age groups reported decreased depression. Preschoolers and adolescents reported increasing pain during second visit compared to baseline, and school age children reported decreasing pain. Only preschoolers reported a significant increase in pain at the second visit ( $3.33 \pm 2.45$ ) compared to baseline ( $.89 \pm 1.69$ ,  $p = 0.01$ ). All three groups reported a change in physical function. Preschoolers, and school-age children reported an increase in fatigue, while the adolescent age group reported a decrease in fatigue.

**Conclusions:** The preliminary result suggests varying symptoms change experienced by children during chemotherapy. While adolescent group reported a unique change of fatigue and physical activity, the school age group reported a unique pain change. The result is limited by the small sample size. Future research on the age differences and factors that influence symptoms changes is warranted.

**(CSXII-6) Caring Dilemma and Grow-Up Learning Needs From the Nurse's Perspective in Perinatal Palliative Care**

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**Background and Objectives:** Caring for couples that experienced stillbirth or induced abortion can be stressful for health professionals, especially nurse. The objectives are: to explore the experience of the nurse involved with perinatal care in obstetric units, focusing on the nurse's perception, attitude and the dilemma towards their caring experiences. Then, to indicate the specific learning needs of the nurse's capacity to provide quality care in perinatal end-of-life care.

**Methods:** A qualitative study consisting of ten focus group interviews. Applying a purposive sampling method, a total of eleven delivery ward nurses and 24 from postpartum ward were recruited. Semi-structured interview guideline was conducted and content analysis for managing data used.

**Results:** Our study clearly demonstrated that perinatal nurses who had cognitive, psychosocial, ethical, teamwork, and organizational dilemma were prevented to provide quality care in perinatal end-of-life care. There are many myths regarding parental bereavement, such as induced abortion couples not needing bereavement care, or privacy is needed for grieving, that their emotional outburst will only occur after discharge. There can be ethical conflicts with the obstetrician's decision about aborted fetuses showing signs of life after termination, and psychosocial dilemma where most nurses are afraid to/unwilling to provide supportive communication with the bereaving couple, and organizational dilemma where nurses feel there is limited time, space and teaching material resources about bereavement care. Also, the bereavement care is not integrated and not centered on family care, and the dilemma of teamwork, such as the lack of guideline for communication and cooperation with other healthcare team members, thus unsure of what the parents' perception and expectation on perinatal loss.

**Conclusions:** Bereavement training must, therefore, be included in perinatal care nurse's continuous education. An educational strategy can be developed, and values can be clarified when nurses receive support to address their dilemma.

**(CSXIII-1) Why Is “Normal Birth” More Than Ideology?**

**Sally K Tracy**

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**Background and Objectives:** Recent epidemiological research shows that the development of chronic disease in adults may in fact be closely related to threats to maternal and perinatal health from care that is described as ‘too much too soon’ (TMTS) rather than care that is described as ‘too little too late’ (TLTL).

**Methods:** This paper cites the latest global epidemiological data to determine the relationship between mode of birth and the increase of intervention at the time of birth in relation to: perinatal and maternal mortality rates; the incidence of diseases such as respiratory distress syndrome (RDS); gastric disorders and allergies; diabetes; digestive tract disorders; obesity and schizophrenia and brain development and IQ.

**Results:** Statistical relationships between intervention at birth, the uterine environment and the incidence of these chronic conditions will be presented. Examples include the association between future chronic disease and unnecessary caesarean section, the overuse of induced or augmented labour, continuous electronic monitoring, episiotomy and antibiotics during pregnancy. The paper will show that many of these measures if overused, do not improve safety but increase the risk of harm.

**Conclusions:** Understanding of the physiological basis of maternal and infant health and behaviour is critical when we consider the long-term effects of birth on the mother and baby. The routine over medicalisation of normal pregnancy and birth’ (including the use of interventions that can be lifesaving when used appropriately), is critical when we consider the long-term effects of birth on the mother and baby.

**(CSXIII-2) Chinese Lactating Women's Knowledge and Attitude Regarding Human Milk Donation**

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**Background and Objectives:** Donated human milk is the preferred substitute when the mother is unable to breastfeed, to protect preterm and other high-risk infants against complications. However, the small number of donors and insufficient milk have become the primary obstacles for milk banks. The aim of this study was to explore the lactating women's knowledge and attitude towards milk donation, so as to provide reference for improving the publicity of human milk donation and promoting the development of the milk bank in China.

**Methods:** The knowledge and attitude questionnaire of human milk donation for hospitalized women was administered by lactating women through internet in August 2018, Cronbach's alpha value of the questionnaire was 0.92.

**Results:** In total, 163 questionnaires were collected, including 59.5% from primiparas and 40.5% from multiparas. 44.2% of the respondents have heard of milk donating. Among the thirteen terms related to it, 85.3%, 82.2% and 82.2% knew benefits, effect, and term of validity of donated milk respectively. However, 19.6%, 14.7% and 18.4% recognized the development of milk bank, application status of donated milk and requirements to donor respectively. 76.1% of mothers were willing to donate their milk, but only 5.5% of respondents had the experience. For the unwilling women, the top three reasons were "don't know how to donate" (41.0%), "worry about normality of milk banks" (38.5%) and "worry about the milk not enough for their own children" (33.3%).

**Conclusions:** Most of the lactating women were approving donating human milk, but lack of knowledge of it. The publicity of breast milk banks should be strengthened to improve the understanding of milk banks and milk donating among lactating mothers.

**(CSXIII-3) Association of Glycosylated Albumin with Metabolic Parameters, Neonatal Weight in Gestational Diabetes: A Retrospective Study**

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**Background and Objectives:** Glycated albumin (GA) is the product of non—enzymatic glycation by glucose in the plasma albumin. Unlike HbA1c, GA reflects the mean blood glucose level in the prior 2~3 weeks, is the short-term glycemic control indicators. Compared with other blood glucose monitoring, the application of GA in GDM is more advantageous. This study aimed to analyze the correlation between GA and neonatal weight in GDM patients.

**Methods:** The retrospective study group was composed of GDM patients who presented to Peking Union Medical College Hospital from August 2014 to December 2015. GDM was diagnosed based on OGTT results. Pearson /spearman correlation analysis was used to analyze the correlation between GA and HbA1c, OGTT FPG, 1hPG, 2hPG and Neonatal Weight.

**Results:** A total of 101 women were included. In 24~28 weeks of gestation, the average value of GA was 12.84% (12.26%,13.46%) , pearson correlation analysis showed that GA was positive correlation with OGTT FPG( $r=0.693, P<0.05$ ), 1hPG( $r=0.710, P<0.05$ ), 2hPG( $r=0.690, P<0.05$ ) and HbA1c( $r=0.820, P<0.05$ ). Spearman correlation analysis showed that GA ( G24 ~ 28w ) was positive correlation with neonatal weight( $r=0.403, P<0.05$ ). There was no obvious correlation between OGTT FPG, 1hPG , 2hPG, HbA1c ( G24 ~ 28w ) and neonatal weight( $P>0.05$ ). The incidence of macrosomia was 9.9%. In 36~40 weeks of gestation, The average value of GA was 13.56%(13.13%,14.05%), which was in the normal range ( 9.40%~14.70% ) .There was no obvious correlation between GA ( G36 ~ 40w ) and neonatal weight( $P>0.05$ ).

**Conclusions:** In GDM patients, GA is closely related to OGTT FPG, 1hPG, 2hPG , HbA1c and neonatal weight. GA at 24-28 weeks had a better predictive value for neonatal weight than OGTT FPG, 1hPG, 2hPG , HbA1c. GA can reflect the blood glucose management level in the third trimester of GDM pregnancy. When reaching the standard, the main influencing factor of neonatal weight in the third trimester is not blood glucose and GA.

**(CSXIII-4) The Effect of Maternal Voice on Procedural Pain in Neonates Hospitalized in the Neonate Intensive Care Unit**

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**Background and Objectives:** Maternal voice has been proven efficacious for physiological stability in neonates. It was hypothesized that maternal voice could be effective in diminishing the pain response of neonates. To evaluate the effect of maternal voice on pain caused by venipuncture (including peripheral venipuncture and femoral venipuncture) in neonates hospitalized in the Neonate Intensive Care Unit (NICU).

**Methods:** This study was done on 116 neonates hospitalized in the NICU of two hospitals in China from November 2017 to July 2018. Research samples were selected by using convenience sampling and randomly divided into two groups, control (58) and treatment (58). In the treatment group, the recorded maternal voices were played for the neonates before, during and after venipuncture. Then, pain measures were recorded before, during and after the procedure based on Neonatal Infant Acute Pain Assessment Scale (NIAPAS).

**Results:** Both groups showed a marked increase in NIAPAS scores during the procedure, but neonates in the treatment group had significantly lower NIAPAS scores ( $P=.002$ ), lower “Behavioral Indicators” scores ( $P=.03$ ) and lower “Physiological Indicators” scores ( $P<.001$ ).

**Conclusions:** The research findings demonstrate that maternal voice reduces pain caused by venipuncture in neonates. We believe that this study adds to the evidence to support the application of maternal voice on procedural pain in neonates. Thus, maternal voice should be encouraged in the NICU when procedures are conducted.

**(CSXIII-5) Prevalence and Influencing Factors of Antenatal Depressive Symptoms Among “Two-Child” Pregnant Women in Their Third Trimester: A Cross-Sectional Survey**

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**Background and Objectives:** Depression during pregnancy can be detrimental to both maternal and fetal health outcomes. During the peak of birth period of the open policy of “two-child”, carrying out a more in-depth research on pregnancy depression is the needs of maternal and child health in China. Therefore, a cross-sectional study was undertaken, with the goal of determining the prevalence and influencing factors associated with antenatal depressive symptoms during third trimesters among “two-child” pregnant women.

**Methods:** “two-child” pregnant women were recruited during bookings for antenatal care at obstetric clinic of a Changsha hospital. Measurements include the Chinese version of Edinburgh postpartum depression scale (EPDS), Family APGAR Index (APGAR) and Perceived Social Support Scale (PSSS).

**Results:** A total of 290 “two-child” pregnant women participated in this study, with 35.9% prevalence of depressive symptoms and 7.9% severe depressive symptoms. The protective factors were: no concerns about parenting (OR=0.492, 95%Confidence Interval-CI 0.273-0.956), without high-risk pregnancy and economic worries during one-child (OR=0.355, 95%CI 0.128-0.881 and OR=0.395, 95%CI 0.169-0.924, respectively) and social support (OR=0.927, 95%CI 0.899-0.956). In contrast, significant risk factors were: lower education level (OR=2.647, 95%CI 1.193-5.873), poor marital relationship (OR=1.193, 95%CI 1.072-3.412).

**Conclusions:** Depressive symptoms are common in third trimester among “two-child” pregnant women. Interventions for early recognition of depression should target lower education level women with poor marital relationship, and fully mobilize the social support system.

**(CSXIII-6) Clinical Analysis of the Effect of Previous Cesarean Section on Re-Pregnancy and Delivery with the "Two-child" Policy**

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**Background and Objectives:** Since the implementation of the "Two-child" policy, the number of pregnant women with previous cesarean section has increased significantly. To explore the occurrence of pregnancy complications during pregnancy and the outcome of adverse delivery of pregnant women in the previous cesarean section.

**Methods:** The total of 632 patients who was pregnant again with the history of cesareans section from October 2014 to January 2018 in one tertiary hospital in Beijing were included in the study as the observation group, while 705 patients with the history of vaginal delivery from same period as the control group. A retrospective analysis was carried out to compare the pregnancy complications and labor outcomes among the two groups.

**Results:** The incidence of pregnancy complications in the observation group were higher than those in the control group ( $P < 0.05$ ), including the rates of placenta previa, placenta implantation, pregnancy induced hypertension, premature labor, premature rupture of fetal membranes ( $P < 0.05$ ). There was no significant difference in the rate of fetal growth restriction ( $P > 0.05$ ). The incidence of postpartum transfusion and uterine artery embolization in the observation group was significantly higher than that in the control group ( $P < 0.05$ ). There was no significant difference in the rate of postpartum hemorrhage, puerperal infection and neonatal asphyxia between the two groups ( $P > 0.05$ ).

**Conclusions:** Cesarean section increases the incidence of pregnancy complications. The safe, reasonable and effective control of the first cesarean section rate can help improve maternal and child outcomes, and maybe one of the basic conditions for promoting the "Two-child" policy in China.

**(CSXIV-1) The Mediating Role of Family Communication in the Associations of Problematic Smartphone Use with Family Functioning: A Population-Based Study**

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<sup>1</sup>*School of Nursing, The University of Hong Kong, Hong Kong*, <sup>2</sup>*School of Public Health, The University of Hong Kong, Hong Kong*, <sup>3</sup>*Aberdeen Kai-Fong Welfare Association, Hong Kong*

**Background and Objectives:** Associations of problematic smartphone use (PSU) with individual health are well-documented, but little is known about the impacts of PSU in the family context. We examined associations among PSU, family communication, and family functioning in Chinese adults in Hong Kong.

**Methods:** We conducted a territory-wide probability-based telephone survey among 1351 respondents (mean age (SD) = 47.6 (18.1), 45.9% male), as a part of 2016/17 Family and Health Information Trend survey (FHinTs) under FAMILY Project. PSU was assessed by the Smartphone Addiction Scale-Short Version (range 10-60) with cut-off values of  $\geq 31$  for males and of  $\geq 33$  for females denoting PSU. Family functioning was assessed by the Family APGAR Index (range 0-10) with a cut-off value of  $\leq 6$  indicating family dysfunction. Sufficiency (range 1-5) and quality (range 0-10) of perceived family communication were rated. Data were weighted by age, sex, and educational attainment distributions of the general population. We used multivariable regression to examine the associations of PSU with family functioning and tested whether family communication mediated the associations.

**Results:** The prevalence (95% confidence interval [CI]) of PSU and family dysfunction were 40.6% (36.5%, 44.8%) and 54.0% (50.3%, 57.5%), respectively. PSU was inversely associated with perceived family communication sufficiency ( $\beta = -0.26$ , 95% CI = -0.33, -0.19), communication quality ( $\beta = -0.27$ , 95% CI = -0.39, -0.16), and family functioning (odds ratio = 0.74, 95% CI = 0.56, 0.96), adjusting for sociodemographic variables. Almost half (42.4%) of the total effects of PSU on family functioning were mediated by perceived family communication sufficiency and quality ( $\beta = -0.033$ , 95% CI = -0.064, -0.010).

**Conclusions:** PSU was associated with family dysfunction in Chinese adults in Hong Kong, which was partially mediated by insufficient and poor quality of family communication. Prospective cohort studies are warranted to examine the causality.

**(CSXIV-2) Effectiveness of Foot Care Education Toward the Foot Care Practice in Risk Prevention of Diabetic Foot Ulcer on Diabetic Patients**

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*Nursing Department, Health College (STIKes) Kuningan, Indonesia*

**Background and Objectives:** The incidence of diabetic foot ulcers in Indonesia has the tendency to increase with the increasing of diabetic patients and often it ends with disability and death. Considering the magnitude of the impact, it is necessary to explore the prevention of diabetic foot ulcer through foot care education. This study aimed to find out the effectiveness of foot care education on the practice of the foot care improvement on the diabetic patients in Kuningan district.

**Methods:** This research used 2 types of research design namely cross sectional and quasi experimental which involving 317 people on cross sectional design and 220 diabetic patients who had never received information about foot care on quasi experimental design as the sample. A questionnaire and foot examination was administered to the outpatients at general hospital of Kuningan. Foot care practice, status of foot care education, and foot ulcer risk were assessed. Then foot care education was performed on intervention groups. After 1 month education, foot care practice was reassessed.

**Results:** This research showed the results include (1) the status of foot care education is the factor that has a significant relationship with diabetic foot care practices and the development of foot ulcer risk with the p-value of 0.01; 0.02 with Chi Square Test. (2) There were significant differences in the status of foot care practices between the intervention group and the control group at posttest with the p-value of  $0,000 < \alpha 0,05$  with Mann Whitney U Test.

**Conclusions:** With these results, it is expected that foot care education services at the health care system can be optimized to improve the practice of foot care for diabetic patients to prevent the occurrence of foot ulcer complications, especially for those at the high risk.

**(CSXIV-3) Health Literacy, Self-Efficacy and Self-Care Management on Diabetes Type 2 Patients in Indonesia**

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**Background and Objectives:** Uncontrolled diabetes mellitus is associated with long-term complications. Internationally, there are increasing numbers of people with diabetes, with 80% of them living in low to middle income countries, including Indonesia. This disease cannot be cured but can be managed by modified behaviour. The aim of the study is to explore the relation between health literacy, self-efficacy and self-care management in people with type 2 diabetes mellitus in Makassar District, Indonesia.

**Methods:** Questionnaires were distributed to 105 participants living in the community, aged 18-80 years, diagnosed with type 2 diabetes mellitus (T2DM) for a duration of over 2 years, able to provide self-care, and communicate and converse in Bahasa Indonesia were included using purposive sampling. Questionnaires were used were the European Health Literacy ([HLS-EU-Q] was translated by Asian Health Literacy Association [AHLA] Indonesia), Diabetes Management Self Efficacy (DMSE) for self-efficacy and Diabetes Self-care Management Questionnaire (DSMQ) for self-care management that were translated and back-translated.

**Results:** Results showed that more people with T2DM in Makassar District Indonesia had low health literacy, self-efficacy and self-care management (mean  $48.58 \pm 5.933$ ;  $52.23 \pm 10.957$ ;  $45.30 \pm 7.227$  respectively). Correlation testing using Spearman test revealed correlation between health literacy ( $p=0.0000$ ,  $r=0.498$ ), self-efficacy ( $p=0.000$ ,  $r=0.458$ ) and self-care management.

**Conclusions:** There are many factors can affect self-care management ability of people with T2DM including health literacy and self-efficacy. The higher health literacy level and better self-efficacy, the better self-care management people with T2DM have. Nurses should be able to improve patients' health literacy levels to enable self-efficacy in managing their self-care.

**(CSXIV-4) The Influencing Factors of Self-Monitoring of Blood Glucose Among Chinese Women with Gestational Diabetes Mellitus: A Mixed Methods Study Based on the Framework of Self and Family Management**

**Qing Long**, Jia Guo, Mei Sun, Junrong Li, Yixuan Li, Shan Jiang

*School of Nursing, Central South University, China*

**Background and Objectives:** Self-monitoring of blood glucose (SMBG), which means evaluating blood glucose levels outside the hospital, is one of the crucial strategy in maintaining glycaemic control in women with gestational diabetes mellitus (GDM). Recent studies showed nearly 40% of women with GDM performed poor compliance on SMBG, however it remains unclear about how Chinese women with GDM carried out SMBG and what's the barriers. This study aims to describe the status of SMBG in women with GDM and to explore the influencing factors.

**Methods:** A mixed-methods descriptive design involving quantitative and qualitative methods was used. The data determined based on the framework of self and family management was collected from July 2017 to May 2018 from two general hospitals in Changsha and Changde City Hunan Province China respectively. A convenience sample of 323 women with GDM who did the antenatal visits one to two weeks before or after the due date were enrolled in quantitative investigation to complete the questionnaire data (IBM-SMBG, CES-D, and CSSQ), and 11 of them were invited to attend the individual semi-structural interview. Quantitative data were analyzed using SPSS 23.0 to identify the influencing factors of SMBG. Qualitative data were analyzed using Nvivo to explore the barriers and facilitators of SMBG.

**Results:** The average frequency of SMBG among the 323 participants was  $0.74 \pm 1.19$  times/ day, nearly two-thirds of them didn't conduct SMBG during pregnancy, 26.6% of the participants reported to not receive instruction by the health providers about SMBG. Multiple linear regression analysis showed the participants who didn't own glucometer or didn't receive instruction about SMBG, or got lower M-SMBG scores or higher CES-D scores, did less SMBG ( $P < 0.05$ ). The qualitative process showed the barriers of SMBG including the doubt of the accuracy of SMBG, pain from SMBG, and busy daily schedule.

**Conclusions:** The low performance in SMBG revealed in this study underscores the need for strategies to increase SMBG among Chinese women with GDM. Health providers were suggested to ensure them receive appropriate instruction about SMBG and to encourage them to conduct SMBG. The assessment of psychological status such as depressive symptoms would help to identify the reason for not conducting SMBG among this population.

**(CSXIV-5) Promote Patient Wellness by Musical Instrument Performance Program for Clinical Oncology Department and Mixed Specialties Services Unit of Queen Mary Hospital**

**Kithelia Lai**, Anson Li

*Department of Clinical Oncology, Queen Mary Hospital, Hong Kong*

**Background and Objectives:** Introduction: According to Hong Kong Cancer Registry, the number of new cancer cases rose at an average annual rate of 2.9% in the past decade. Chemotherapy is one of the cancer treatment which could induced side effects, uncontrolled symptoms, they may feel anxiety especially when waiting for treatment, sometimes despair and bad mood may arise, that were not a pleasant experience for cancer patients; Worse then, they may quit the treatment and default follow up. From literature, Horne-Thompson and Grocke (2008) stated that music plays an important part in allay fear and provide relaxation effect on anxiety patients and improve mood. Objectives: In this regard, we invite musician to perform Chinese musical instrument performance with an aim to enlighten mood of these cancer patients to promote relaxation, cheer them up, and enhancing their experiences during hospitalization.

**Methods:** We collaborate with the Leisure and Cultural Services Department to invite Hong Kong Ning Nan Orchestra to deliver a Chinese Orchestra performance to cancer patients in May 2016 and 2017 at Chemotherapy Day Center, bedside performance at Oncology especially for terminal ill patients and Mixed specialties ward of Queen Mary Hospital.

**Results:** An anonymous survey with 9 questions concerning the atmosphere, emotion, happiness, enjoyment and arrangement of the event was designed to evaluate patient satisfaction towards the event. Total 85 patients participated in this event in 2016 and 2017. Of which 78 surveys returned. All patients (100%) agreed that the event atmosphere was great, relaxing and happy. They enjoyed very much. All of them agreed that the Chinese musician played a high standard performance and it made hospital environment became more joyful. Overall, 100% of patients were satisfied with the event.

**Conclusions:** All patients were highly praised the performance by Chinese musicians. Survey showed that the event helped to promote patient wellness, in terms of improving emotion, enhancing comfort, delivering positive energy and decreasing anxiety, and hence cancer patients can have a better mental preparation to confront cancer treatments.

**(CSXIV-6) Healthy Ageing, Yet Unmet Need in Australian War Widows: A Sequential Mixed Methods Study**

**Michelle DiGiacomo**<sup>1</sup>, Sungwon Chang<sup>1</sup>, Lesley Mann<sup>2</sup>, Serra Ivynian<sup>1</sup>, Binu Koirala<sup>3</sup>, Lawrence Lam<sup>1</sup>, Joanne Lewis<sup>1</sup>, Deborah Parker<sup>1</sup>, Jane Phillips<sup>1</sup>

<sup>1</sup>*Faculty of Health, University of Technology Sydney, Australia,* <sup>2</sup>*War Widows' Guild of Australia, New South Wales, Australia,* <sup>3</sup>*School of Nursing, Johns Hopkins University, the United States*

**Background and Objectives:** The number of persons aged 85 years and older in Australia has increased significantly over the past 20 years; these are predominantly women. The feminisation of ageing and increasing number of widowed women in contemporary society has significant social, health, and economic implications. We aimed to better understand the needs and characteristics of older women to inform the planning of health and social services and supports.

**Methods:** This sequential mixed methods study commenced with focus groups and interviews with 30 women from the War Widows' Guild Australia (New South Wales). A questionnaire consisting of 95 closed- and open-ended items regarding socio-demographics, physical and psychosocial health, caregiving, service use, and financial wellbeing was mailed to 4,100 Guild members, many who have 'Gold Card' access to subsidised public and private health services. Descriptive analysis and qualitative content analysis were undertaken with quantitative and qualitative data, respectively, prior to integration.

**Results:** Questionnaires were returned from 1277 (31.1%) respondents. Mean age was 86.4 (SD 7.5) years old. 70.1% were aged 85 years and over, while 9% were under age 75. 81% lived alone. The majority (61.7%) reported good to excellent general health, although 27.7% and 10.8% indicated physical and emotional health declined in the past year, respectively. A subset (15.4%) did not have people they felt close to or could depend on in their area. Although 40% were recipients of caregiving, 13.4% provide informal care to others and nearly half (46%) provide peer or bereavement support. Open-ended responses conveyed the need for help to remain at home and advocacy and support for members with dementia and carers. In contrast to 90% who indicated adequate income, open-ended responses revealed increasing financial concerns.

**Conclusions:** Despite unrestricted access to health services in these healthy older women, there were concerns for future transitions and unmet needs for support.

**(CSXV-1) Description of Daily Functioning Among Post-Stroke Patients Through Sensor Application: A Study Protocol**

**Andi Masyitha Irwan**<sup>1</sup>, Mayumi Kato<sup>2</sup>, Syahrul Syahrul<sup>1</sup>, Yudi Hardianto<sup>3</sup>, Ilham Bakri<sup>4</sup>, Elly Lilianty Sjattar<sup>1</sup>, Miho Shogenji<sup>2</sup>

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**Background and Objectives:** The aim of this study is to measure daily functioning of post-stroke patients by matching result from sensor monitoring, Functional Independent Measurement (FIM), walking speed and nutritional status. Combination of sensor monitoring data, FIM, walking speed and nutritional status could give clearer description on daily functioning level of post-stroke patients in the community. This data could be used as baseline information for health professionals to design appropriate self-care-efficacy program for post-stroke patients.

**Methods:** The research design will be a cross-sectional. Participants will use wearable sensor device on the hip for a week to objectively measured continuous daily activities and give us information on how active the participants, kinds of activities, when the activities performed and calorie spent per day/week. Other measurements are questionnaire of demographic, stroke and fall history. Balance status, leg muscle strength, hand grip strength, walking ability, self-efficacy and nutritional status will be also gathered. The research setting is at participants' house. We plan to recruit 50 hemiplegic post-stroke patients based on the inclusion and exclusion criteria.

**Results:** The data collection is still ongoing.

**Conclusions:** Results from this study could be used as baseline information for health professionals to design appropriate self-care-efficacy program for post-stroke patients.

**(CSXV-2) Self-Treatment of Wounds. A Mixed Methods Study**

**Suzanne Kapp**, Nick Santamaria

*Department of Nursing, The University of Melbourne, Australia*

**Background and Objectives:** People who have chronic wounds may participate in their management by self-treating their wounds. Self-treatment is defined as the patient conducting wound cleansing, wound inspection, and applying and removing wound dressings. The ability of the patient to self-treat should be appraised to identify where intervention may be beneficial.

**Methods:** A mixed methods study involving a survey, interviews and observations was conducted in Australia and Wales to describe the characteristics of self-treaters, their self-treatment practices, and the effect of their wounds and self-treatment on quality of life. A Self-Treatment of Wounds Checklist was subsequently developed, piloted and tested in an inter and intra-rater reliability study.

**Results:** The self-treaters in the mixed methods study (n=113) were 63.6 years of age on average and self-treated wounds that were 109 weeks duration on average. Few self-treaters reported receiving structured education to assist them to self-treat (n=6, 5.3%) and few (n=26, 23%) reported being supervised. The content of the Self-Treatment of Wounds Checklist was informed by the study findings, a literature review and expert opinion. The Checklist was piloted, refined and tested in an inter and intra-rater reliability study.

**Conclusions:** Assessment and supervision of the self-treatment practices of people who have wounds has the potential to optimise patient engagement and wound outcomes. This presentation will describe a program of nursing research which sought to provide an evidence based, patient centred solution to self-treatment of wounds.

**(CSXV-3) Being in the Moment – A Fundamental Element of Patient-Centered Care****Jennifer Newton**<sup>1, 2</sup>

<sup>1</sup>Department of Nursing, The University of Melbourne, Australia, <sup>2</sup>School of Nursing, McMaster University, Canada

**Background and Objectives:** The focus of patient-centred care in every-day practice is an essential element that needs to be at the forefront of care delivery. This is important if we are to embrace a workplace culture that is supportive of when 'doing the little things' are not considered unimportant but are an essential component of care delivery. This project aimed to explore nurses' experience of being a patient or a consumer of healthcare through the care of a loved one. A focus of the study was to examine if patterns of care changed following such an experience.

**Methods:** A qualitative phenomenological approach (van Manen, 2014) involved interviews with 14 registered nurses who had been a hospitalised patient or had identified as the primary carer for a hospitalised patient. Participants were interviewed on two occasions, six months apart. At the follow-up interview, the nurses were encouraged to reflect on their story and the meanings attributed to their experience. Interviews were transcribed verbatim. Analysis was undertaken using van Manen's (2014) four fundamental existentials: lived space, lived body, lived time and lived other.

**Results:** A major theme emerged: "being in the moment" which encapsulates the nurses' lived experience and their acute awareness of the importance of their care staff to be with them. Negative care experiences were balanced against positive actions that involved 'doing the little things', that made a difference. The concept of person-centred care was an essential component of care for these consumer nurses.

**Conclusions:** Nurses remain nurses, even when patients. These nurses took their learnings to empower other nurses to improve their practice. This was done informally through modelling patient-centred care to their colleagues. This augers well for changing the workplace environment to one with a person-centred focus, incorporating caring with nursing care and improving the patient experience.

**(CSXV-4) Patient-Centered Intensive Outpatient Perinatal Mental Health Mother-Baby Day Program: Mental Health Outcomes after 24 Months of Operation**

**Barbara Posmontier**<sup>1</sup>, June Horowitz<sup>2</sup>, Pamela Geller<sup>3</sup>, Lisa Chiarello<sup>1</sup>, Alexa Bonacquisti<sup>4</sup>

<sup>1</sup>College of Nursing and Health Professions, Drexel University, the United States, <sup>2</sup>College of Nursing, University of Massachusetts Dartmouth, the United States, <sup>3</sup>Department of Psychology, Drexel University, the United States, <sup>5</sup>School of Arts & Sciences, Holy Family University, the United States

**Background and Objectives:** Suboptimal perinatal mental health has profound adverse effects on maternal-infant outcomes. Although approximately 20% of women experience suboptimal perinatal mental health, only 20-25% receive treatment due to barriers such as: poor transportation and health insurance; competing childcare responsibilities; and social stigma. Interdisciplinary faculty from Drexel University and the University of Massachusetts Dartmouth collaborated to create a patient-centered intensive outpatient perinatal mental health day program, theoretically framed by Social Energy Exchange theory for postpartum depression. The objective of this presentation is to report mental health outcomes among women treated during the first 24 months of program operation.

**Methods:** We evaluated outcomes among 25 women from baseline to discharge using a pre-test/post-test design. Patient-centered evidence-based treatments during the two-day-per-week program included Cognitive Behavioral Therapy, Interpersonal Psychotherapy, Infant Massage, Maternal-Infant Interaction Therapy, Creative Arts Therapies and psychoeducation in individual, couples and group formats. Measures included: The Edinburgh Postnatal Depression Scale; Barkin Index of Maternal Functioning; Parental Stress Scale; Perceived Stress Scale; Difficulties in Emotion Regulation Scale; Dyadic Adjustment Scale-Revised; City Birth Trauma Scale; Client Satisfaction Questionnaire; and open-ended questions about barriers to participation. Analysis included parametric paired t and non-parametric Wilcoxon signed ranks tests, and content analysis.

**Results:** Findings indicate significant improvements in depression, maternal functioning, parenting stress, perceived stress, emotional regulation, birth trauma, and high satisfaction with services. Qualitative results revealed barriers to participation including work conflicts, childcare demands, and life stressors (e.g., domestic violence, unstable housing, trauma).

**Conclusions:** A patient-centered mother-baby day program may be a viable option to improve maternal mental health and access to perinatal mental health services. Limitations include small sample size, and lack of control for time since delivery, time in program and dosage of treatment. Efforts to address barriers to care are ongoing to enable women to complete planned programming.

**(CSXV-5) The Nursing Framework of the University of Navarra: The Interpersonal Relationship Between the Nurse and the Patient**

Maribel Saracíbar<sup>1, 2</sup>, Mercedes Pérez<sup>1, 2</sup>, Amparo Zaragoza<sup>1, 2</sup>, Ana Choperena<sup>1, 2</sup>

<sup>1</sup>*Innovation for a Person Centered Care, University of Navarra, Spain*, <sup>2</sup>*Institute for Health Research in Navarra (IdisNA), University of Navarra, Spain*

**Background and Objectives:** There is a growing recognition that the nurse-patient relationship should be at the core of an optimum nursing practice. The Nursing Framework of the University of Navarra emphasizes the relationship between the nurse and the patient, and situates that specific, authentic and unique relationship as the main focus of the discipline. Through the relationship, both the patient and the nurse achieve a better understanding of the health experience of the patient. This understanding helps the nurse to know what is significant and relevant to the patient, his/her needs and his/her situation. In the light of the above, our objective is to present our relationship-based Framework of Nursing, based on the University of Navarra's culture, humanist values, research, and the unitary-transformative nursing paradigm.

**Methods:** For this purpose, we will address the main concepts that define the essence of our Framework, and its impact on practice, education and research.

**Results:** We understand the concept of person as a unique and unitary being with an intrinsic dignity; the concept of health, as the personal process that everyone lives according to their history, values and priorities; the concept of care, as the accompaniment and participation in the health process through the relationship with the patient; and the concept of environment, as the context that facilitates the authentic and unique relationship.

**Conclusions:** The Nursing Framework of the University of Navarra has made explicit the inherent values of nursing from the University of Navarra. It focuses on the interpersonal relationship between the patient and the nurse, promoting a healthy professional practice environment for both. Its definition, based on values and research, is a very innovative issue in nursing.

**(CSXV-6) Caring for Pregnant Women Requiring Mechanical Ventilation****Vinciya Pandian***School of Nursing, Johns Hopkins University, the United States*

**Background and Objectives:** Pregnancy alters respiratory physiology at baseline. When pregnant women develop acute respiratory failure, management on mechanical ventilation becomes a challenge. Although, only 0.4 – 16% of all ICU admissions comprise of pregnant women, it is vital to understand appropriate ways to manage to decrease fetal morbidity and mortality. The purpose of this abstract is to describe reasons why pregnant women might develop acute respiratory failure and what alternative modes of ventilation are available and how they can be performed safely.

**Methods:** Integrated review of literature

**Results:** Both anatomical and hormonal changes affect the respiratory physiology among pregnant women. Tidal volume increases while total and functional residual capacity decreases. This places a stress on the pregnant woman and the oxygen delivery to the fetus is affected. The reasons why pregnant woman develop acute respiratory failure is due to amniotic fluid embolism, septic abortion, placental abruption, peripartum cardiomyopathy, and chemical pneumonitis. Non-invasive mode of mechanical ventilation is preferable especially if the pregnant woman conscious and able to protect her airway. Alternative strategies such as ECMO is recommended to be initiated earlier to improve oxygenation to the fetus. High-frequency oscillator has shown to improve outcomes in 12% of pregnant patients who developed ARDS as a result of H1N1 infection. Literature does not exist with regards to the use of Nitric Oxide in pregnant women with acute respiratory failure. When proning is done, extreme caution must be use while positioning the woman to avoid any abdominal pressure and continuous fetal monitoring is recommended for patient safety.

**Conclusions:** Although very few pregnant women deal with acute respiratory failure and require mechanical ventilation, it is important for us as nurses to be aware of the latest trends in managing these patients safely with a goal to decrease overall mortality among women.

# Poster Presentation

## PATIENT-CENTRED CARE

- 1001 Nutritional Risk Screening in Ovarian Cancer Patients and Its Influencing Factors**  
Tian Zhang, Wen Han  
*International Medical Services, Peking Union Medical College Hospital, China*
- 1002 Decision Tree Analysis of Risk Factors for Intravenous Infiltration Among Hospitalized Children: A Retrospective Study**  
Soon Mi Park<sup>1</sup>, Ihn Sook Jeong<sup>2</sup>  
*<sup>1</sup>Department of Nursing, Pusan National University Yangsan Hospital, South Korea, <sup>2</sup>College of Nursing, Pusan National University, South Korea*
- 1003 Communication Skills Training for Nurses in Palliative Care: A Literature Review**  
Michiko Aoyanagi, Yukari Shindo  
*Faculty of Health Sciences, Hokkaido University, Japan*
- 1004 Non-Medication Supportive Care to a Primigravida Couple with Dysfunctional Labor: A Case Study**  
Man Lin Tsai, Ya Ling Yang  
*School of Nursing, College of Medicine, National Taiwan University, Taiwan*
- 1005 Comparison of Relaxation Effect Between Aromatherapy Which Uses Diffusers and Aroma Foot Baths**  
Yuho Sato<sup>1</sup>, Naoko Miyajima<sup>2</sup>  
*<sup>1</sup>Graduate School of Health Sciences, Hokkaido University, Japan, <sup>2</sup>Faculty of Health Sciences, Hokkaido University, Japan*
- 1006 Exploring the Difficulties of Advance Directives for Residents with Dementia Living in Long-Term Care Facilities and Their Family Members: A Nurse's Perspective**  
Ya-Ping Yang<sup>1</sup>, Hsiu-Ching Lin<sup>2</sup>, Hui-Chen Chao<sup>3</sup>, Yen-Lin Chen<sup>4</sup>  
*<sup>1</sup>Nursing Department, Kaohsiung Medical University, Taiwan, <sup>2</sup>Department of Occupational Therapy, Shu-Zen Junior College of Medicine and Management, Taiwan, <sup>3</sup>Department of Senior Citizen Services, National Tainan Junior College of Nursing, Taiwan, <sup>4</sup>Nursing Department, National Cheng Kung University, Taiwan*
- 1007 Effect of Nesting Uses on Change of Temperature, Oxygen Saturation and Pulse Rate on Low Birth Weight Infants**  
Nanang Saprudin<sup>1</sup>, Isti Kumalasari<sup>2</sup>  
*<sup>1</sup>Nursing, Health College (STIKes) Kuningan, Indonesia, <sup>2</sup>Nursing, Nursing Academy (Akper) YPIB, Indonesia*
- 1008 Decision Conflicts in Patients with Implantable Cardioverter Defibrillators in Beijing**  
Run-Ze Shi, Chen Gong, Xiao-Feng Kang  
*School of Nursing, Peking Union Medical College, China*
- 1009 Symptom Experience Among Patients with Cholangiocarcinoma: An Integrative Review**  
Surachai Maninet, Yupin Aungsuroch, Chanokporn Jitpanya  
*Faculty of Nursing, Chulalongkorn University, Thailand*
- 1010 The Effect of Case Management by Advanced Practice Nurse on Relapse in Patients with Schizophrenia**  
Wattanaporn Piboonarluk<sup>1,2</sup>, Jintana Yunibhand<sup>1</sup>, Wipavee Pouwkantarakorn<sup>2</sup>, Weerapon Unharasamee<sup>2</sup>  
*<sup>1</sup>Psychiatric and Mental Health Department, Chulalongkorn University, Thailand, <sup>2</sup>Psychiatric Department, Somdet Chaopraya Institute of Psychiatry, Thailand*
- 1011 Barriers to Advising on Cord Blood Donation Among Chinese Midwives in Hong Kong**  
Timothy S Sumerlin<sup>1</sup>, KP Lee<sup>1</sup>, Eleven Y Lau<sup>2</sup>, Jean H Kim<sup>1</sup>  
*<sup>1</sup>The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong, Hong Kong, <sup>2</sup>Nursing, Lek Yuen Health Centre, Hong Kong*
- 1012 Screening for Dysphagia in Acute Stroke by Nurses: A Systematic Review**  
Orapin Jullmusi, Jintana Yunibhand, Chanokporn Jitpanya  
*Faculty of Nursing, Chulalongkorn University, Thailand*

- 1013 Effects of Primary Nursing System on Length of Stay and Relapse Among Schizophrenic Patients with Alcohol Use**  
**Sakaorat Thepprasong<sup>1,2</sup>, Jintana Yunibhand<sup>1</sup>, Doungta Kulrattanayan<sup>3</sup>, Norrawee Poomchan<sup>3</sup>**  
<sup>1</sup>Faculty of Nursing, Chulalongkorn University, Thailand, <sup>2</sup>Psychiatric Ward, Suan Prung Psychiatric Hospital, Thailand, <sup>3</sup>Psychiatric Ward, Somdet Chaopraya Institute of Psychiatry, Thailand
- 1014 The Risk Factors of Obstructive Sleep Apnea Among Hypertensive Patient**  
**Mia Astridivia<sup>1</sup>, Kuntarti Kuntarti<sup>2</sup>, Deshinta Rosalina Puspitasari<sup>3</sup>**  
<sup>1</sup>Nursing, National Public Center Dr.Cipto Mangunkusumo Hospital, Indonesia, <sup>2</sup>Department of Basic Nursing, Faculty of Nursing, Universitas Indonesia, Indonesia, <sup>3</sup>Nursing, National Cardiovascular Center Harapan Kita Hospital, Indonesia
- 1015 Patient Safety Enhancement: Early Switch From Intravenous to Oral Antibiotics in Matilda International Hospital**  
**Fontane Lok<sup>1</sup>, Rajwinder Kaur<sup>2</sup>**  
<sup>1</sup>Pharmacy, Matilda International Hospital, Hong Kong, <sup>2</sup>Clinical Operation, Matilda International Hospital, Hong Kong
- 1016 Patient Encouragement Project on Celebrate the Completion of Chemotherapy Treatment at Chemotherapy Day Center of Queen Mary Hospital**  
**Kithelia Lai<sup>1</sup>, Chi Chung Mak<sup>2</sup>**  
<sup>1</sup>School of Nursing, The University of Hong Kong, Hong Kong, <sup>2</sup>School of Nursing and Health Studies, The Open University of Hong Kong, Hong Kong
- 1017 Is Dietary Macronutrient Composition of Gestational Diabetic Mothers Associated with Offspring Birthweight?**  
**Kris YW Lok<sup>1</sup>, Charlotte LY Chow<sup>1</sup>, Polly KL Lam<sup>1</sup>, Marie Tarrant<sup>2</sup>**  
<sup>1</sup>School of Nursing, The University of Hong Kong, Hong Kong, <sup>2</sup>School of Nursing, The University of British Columbia, Canada
- 1018 A Study on Prenatal Nursing Interventions According to Pregnant Women's Childbirth Expectations**  
**Songi Jeon, Young-Joo Park**  
College of Nursing, Korea University, South Korea
- 1019 The Effects of Postoperative Oral Cryotherapy on Nausea, Retching, Vomiting in Patients Underwent Laparoscopic Gynecologic Surgery**  
**Moon-Sun Choi, Dong-Hee Kim**  
College of Nursing, Pusan National University, South Korea

## SPECIALTY NURSING

- 2001 The Predictors of Childbirth Experience in Women with Vaginal Birth**  
**Yamin Li<sup>1</sup>, Lili Song<sup>2</sup>, Jianjian Wei<sup>1</sup>, Xia Liu<sup>2</sup>, Hong Zhao<sup>1</sup>**  
<sup>1</sup>School of Nursing, Peking Union Medical College, China, <sup>2</sup>Obstetrics and Gynecology Hospital, Capital Medical University, China
- 2002 Research on Content of Parental Care for Postoperative Rehabilitation of Ventricular Septal Defect Infants**  
**Haiying Xing<sup>1</sup>, Jingli Chen<sup>2</sup>**  
<sup>1</sup>Pediatric Intensive Care Unit, Fu Wai Hospital, China, <sup>2</sup>Department of Nursing, Peking Union Medical College, China
- 2003 Australian Developments for the Nursing Role in the Assessment of Endometriosis and Adenomyosis: A Literature Review**  
**Erica ODonoghue<sup>1</sup>, Jennifer Newton<sup>2,3</sup>, Tracy Murphy<sup>4</sup>, Snezana Kusljic<sup>1,5</sup>**  
<sup>1</sup>Department of Nursing, School of Health Sciences, The University of Melbourne, Australia, <sup>2</sup>School of Nursing and Midwifery, Monash University, Australia, <sup>3</sup>School of Nursing, Faculty of Health Sciences, McMaster University, Canada, <sup>4</sup>The Department of General Practice, Melbourne Medical School, The University of Melbourne, Australia, <sup>5</sup>Hormones in Psychiatry Laboratory, The Florey Institute of Neuroscience and Mental Health, Australia
- 2004 Factors Affect the Social Engagement Among Community Dwelling Older Person: Community Nurses Perspective**  
**Mei Chan Chong<sup>1</sup>, Amirah Fatin<sup>2,3</sup>, Thandar Soe Sumaiyah Jamaludin<sup>3</sup>, Vimala Ramoo<sup>1</sup>**  
<sup>1</sup>Department of Nursing Science, Faculty of Medicine, University of Malaya, Malaysia, <sup>2</sup>Division of Geriatric Medicine, Faculty of Medicine, University of Malaya, Malaysia, <sup>3</sup>Department of Medical-Surgical Nursing, Kulliyah of Nursing, International Islamic University Malaysia, Malaysia

- 2005 Effect of Standardising Sedation Assessment and Management Practice on Patient Outcomes**  
**Vimala Ramoo<sup>1</sup>, Khatijah Lim Abdullah<sup>1</sup>, Mei Chan Chong<sup>1</sup>, Patrick Seow Koon Tan<sup>2</sup>, Li Ping Wong<sup>3</sup>**  
<sup>1</sup>Department of Nursing Science, Faculty of Medicine, University of Malaya, Malaysia, <sup>2</sup>Intensive Care Unit, University of Malaya, Medical Centre, Malaysia, <sup>3</sup>Department of Social and Preventive Medicine, Faculty of Medicine, University of Malaya, Malaysia
- 2006 The Initial Development and Psychometric Testing of Nurse's Advance Directive Planning for Residents with Dementia in Long-Term Care Facilities**  
**Yen-Lin Chen<sup>1</sup>, Ya-Ping Yang<sup>2</sup>, Hui-Chen Chao<sup>3</sup>, Hsiu-Ching Lin<sup>4</sup>**  
<sup>1</sup>Nursing Department, National Cheng Kung University, Taiwan, <sup>2</sup>Nursing Department, Kaohsiung Medical University, Taiwan, <sup>3</sup>Department of Senior Citizen Services, National Tainan Junior College of Nursing, Taiwan, <sup>4</sup>Department of Occupational Therapy, Shu-Zen Junior College of Medicine and Management, Taiwan
- 2007 Factors Predicting Father Involvement Among First-Time Fathers in Postnatal Period**  
**Nisachon Ragsakun, Pulpilai Sriarporn, Nantaporn Sansiriphun**  
 Obstetrics and Gynecology Nursing, Faculty of Nursing, Chiang Mai University, Thailand
- 2008 Staff Nurses' Competency and Patients' Satisfaction in an Accredited Maternity Hospital: Basis for Enhancement Program**  
**Maurice Lee Santos<sup>1, 2</sup>**  
<sup>1</sup>National Teacher Training Center for the Health Professions, University of the Philippines Manila, Philippines, <sup>2</sup>Nursing Development and Training Office, National Children's Hospital, Philippines
- 2009 Evaluation of Nurse Residency Training Program (2015-2018)**  
**Joshua Blanquera<sup>1</sup>, Josephine De Leon<sup>2</sup>**  
<sup>1</sup>School of Midwifery, Dr. Jose Fabella Memorial Hospital, Philippines, <sup>2</sup>School of Nursing, Centro Escolar University, Philippines
- 2010 Survival Stress of Community Rehabilitation Patients with Mental Illness**  
**Yu Zhao**  
 School of Nursing, Peking Union Medical College, China
- 2011 Study on Safe Indwelling Time After Subclavian Vein Intravenous**  
**Min Lin<sup>1</sup>, Aizhu Chen<sup>2</sup>, Jingli Chen<sup>1</sup>**  
<sup>1</sup>School of Nursing, Peking Union Medical College, China, <sup>2</sup>Cadiothroacic Surgery Department, The Affiliated Hospital of Putian University, China
- 2012 The Rivermead Post-Concussion Symptoms Questionnaire: A Validation Study in Thai People After Head Injury**  
**Chanokporn Jitpanya, Kanjana Kinklaykun, Tanita Puengching**  
 Faculty of Nursing, Chulalongkorn University, Thailand
- 2013 Objective and Subjective Cognitive Functioning in Relation to Psychopathology Among Women with Early Psychosis**  
**Jessie Jingxia Lin<sup>1</sup>, Alan CY Tong<sup>2</sup>, Angel NY Chan<sup>1</sup>**  
<sup>1</sup>School of Nursing, The University of Hong Kong, Hong Kong, <sup>2</sup>The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong, Hong Kong
- 2014 Development of Items for a Screening Checklist for Insufficiencies in Family Resilience**  
**Naohiro Hohashi<sup>1</sup>, Kaori Akisue<sup>2</sup>, Natsuki Kasatani<sup>2</sup>, Chie Serikawa<sup>2</sup>, Akane Teranishi<sup>2</sup>, Shota Kakazu<sup>1</sup>**  
<sup>1</sup>Graduate School of Health Sciences, Kobe University, Japan, <sup>2</sup>Faculty of Medicine, Kobe University, Japan
- 2015 The Process of Illness Experiences in Adolescents with Type 1 Diabetes: From the Other to the Subject**  
**Kuem-sun Han, Ji Eun Kim**  
 School of Nursing, Korea University, South Korea

## HEALTH PROMOTION AND DISEASE PREVENTION

- 3001 Ving Tsun Chinese Martial Art Training for Community-Dwelling Older Adults: A Randomized Controlled Trial**  
**Shirley SM Fong**  
 School of Public Health, The University of Hong Kong, Hong Kong

- 3002 Breast Cancer Screening Practices Among Women in Guangdong Province, China**  
**Chun Fan Lee<sup>1</sup>, Yingyi Bao<sup>2</sup>, Cannas Kwok<sup>3</sup>**  
<sup>1</sup>School of Public Health, The University of Hong Kong, Hong Kong, <sup>2</sup>School of Stomatology and Medicine, Foshan University, China, <sup>3</sup>School of Nursing and Midwifery, Western Sydney University, Singapore
- 3003 A Microbiological Evaluation of Hand-Drying Facilities in Public Washrooms**  
**Lorna Suen<sup>1</sup>, Gilman Siu<sup>2</sup>, Simon Yeung<sup>1</sup>, Kiki Lo<sup>1</sup>, Margaret O Donoghue<sup>1</sup>**  
<sup>1</sup>School of Nursing, The Hong Kong Polytechnic University, Hong Kong, <sup>2</sup>Department of Health Technology and Informatics, The Hong Kong Polytechnic University, Hong Kong
- 3004 Elucidation of Factors That Promote and Inhibit Preventive Behaviour for Fatal Accidents During Bathing in Elderly Japanese**  
**Nobuko Hashiguchi<sup>1</sup>, Fumika Kinnou<sup>2</sup>, Tomoaki Kozaki<sup>2</sup>, Sigeko Shoyama<sup>2</sup>, Akiko Chishaki<sup>1</sup>, Yutaka Tochihara<sup>3</sup>**  
<sup>1</sup>Department of Health Sciences, Kyushu University, Japan, <sup>2</sup>Department of Environmental Science, Fukuoka Women's University, Japan, <sup>3</sup>Department of Industrial Design, Kyushu University, Japan
- 3005 Factors That Influence the Resilience of University Students**  
**Yuzuki Irie<sup>1</sup>, Naoko Miyajima<sup>2</sup>**  
<sup>1</sup>Graduate School of Health Sciences, Hokkaido University, Japan, <sup>2</sup>Faculty of Health Sciences, Hokkaido University, Japan
- 3006 The Evaluation of the Effectiveness of School-Based Teenage Pregnancy Prevention Program in Phayao Province**  
**Cholada Chaikoolvatana<sup>1</sup>, Idchayar Mornsaeng<sup>1</sup>, Patcharin Chaibarn<sup>1</sup>, Saowalak Boonyoung<sup>2</sup>**  
<sup>1</sup>Faculty of Nursing, University of Phayao, Thailand, <sup>2</sup>Labor Room, Dok Kham Tai Hospital, Thailand
- 3007 Heart-Quality-of-Life (HeartQoL) - a Core Questionnaire for Patients with Ischaemic Heart Disease: Assessing Two Translation Methods**  
**Wan Ling Lee<sup>1</sup>, Khatijah Lim Abdullah<sup>1</sup>, Karuthan Chinna<sup>2</sup>, Imran Zainal Abidin<sup>3</sup>,**  
<sup>1</sup>Department of Nursing Science, University of Malaya, Malaysia, <sup>2</sup>Department of Social and Preventive Medicine, University of Malaya, Malaysia, <sup>3</sup>Department of Medicine, University of Malaya, Malaysia
- 3008 The Effects of a Simplified 5-Step Hand Hygiene Program for Schoolchildren with Mild Intellectual Disabilities: A Clustered Randomized Controlled Trial**  
**Regina Lee<sup>1</sup>, Cynthia Leung<sup>2</sup>, Paul Lee<sup>3</sup>, Hong Chen<sup>4</sup>, Wai Hang Kwok<sup>3</sup>**  
<sup>1</sup>School of Nursing and Midwifery, The University of Newcastle, Australia, <sup>2</sup>Department of Applied Social Sciences, The Hong Kong Polytechnic University, Hong Kong, <sup>3</sup>School of Nursing, The Hong Kong Polytechnic University, Hong Kong, <sup>4</sup>Department of Health, Centre for Health Protection, Infection Control Branch, Hong Kong
- 3009 Assessing Oral Health Literacy of University Nursing Students: Preliminary Results From a Cross-Sectional Exploratory Study**  
**Fung Kuen Koo<sup>1</sup>, Grace Wong<sup>2</sup>, Rebecca Chen<sup>2</sup>**  
<sup>1</sup>Faculty of Medicine and Health, Susan Wakil School of Nursing and Midwifery, The University of Sydney, Australia, <sup>2</sup>Faculty of Medicine and Health, Sydney Dental School, The University of Sydney, Australia
- 3010 An Experimental Study to Assess the Effectiveness of Soya Bean on Menopausal Symptoms Among Women Working in Selected Educational Institutions**  
**Sophia Cyril**  
 Maternal and Child Health Nursing, Sultan Qaboos University, Oman
- 3011 Training Smoking Cessation and Reduction Ambassadors to Promote Smoking Cessation Among Community-Living Female Smokers in Hong Kong**  
**Ka Yan Ho, William Ho Cheung Li, Katherine Ka Wai Lam, Man Ping Wang, Wei Xia, Jadice Lau, Tai Hing Lam, Sophia S.C. Chan**  
 School of Nursing, The University of Hong Kong, Hong Kong
- 3012 An Evaluation Study of a Gender-Specific Smoking Cessation Program to Help Hong Kong Chinese Women Quit Smoking**  
**Ho Cheung William Li, Sophia Siu Chee Chan, Zoe Siu Fung Wan, Man Ping Wang, Tai Hing Lam**  
 School of Nursing, The University of Hong Kong, Hong Kong
- 3013 Smoking Among Hong Kong Chinese Women: Behavior, Attitudes and Experience**  
**Ho Cheung William Li, Sophia Siu Chee Chan, Tai Hing Lam**  
 School of Nursing, The University of Hong Kong, Hong Kong

- 3014 Development of a Predictive Model for Diabetic Foot Ulceration**  
Eun Joo Lee<sup>1</sup>, Ihn Sook Jeong<sup>1</sup>, Seung Hun Woo<sup>2</sup>, Hyeok Jae Jeong<sup>3</sup>, Eun Jin Han<sup>4</sup>, Chang Wan Kang<sup>5</sup>, Soo Kyung Hyun<sup>1</sup>  
*<sup>1</sup>College of Nursing, Pusan National University, South Korea, <sup>2</sup>Orthopedic Surgery, Pusan National University Yangsan Hospital, South Korea, <sup>3</sup>Vascular Surgery, Pusan National University Yangsan Hospital, South Korea, <sup>4</sup>Ostomy and Wound Care, Severance Hospital, South Korea, <sup>5</sup>IT Convergence College of Components and Materials Engineering, Dong-Eui University, South Korea*
- 3015 Health Status, Leisure Activities, and Happiness Among Elders Living Alone in China: Evidence From Chinese General Social Survey**  
**Zihong Deng**  
*Department of Social Work and Social Administration, The University of Hong Kong, Hong Kong*
- 3016 A Description of the Level of Knowledge and Practice Toward the Boarding School Students About Menstrual Hygiene of Urban Area in Yogyakarta**  
**Dewi Fatma Mutiawati, Widyawati, Wenny Artanty Nisman**  
*School of Nursing, Universitas Gadjah Mada, Indonesia*
- 3017 Development and Validation of the Chinese Version of the Weight Self-Stigma Questionnaire in Overweight and Obese Adolescents**  
**Qian Zhao, Dandan Xu, Leshan Zhou**  
*Xiangya School of Nursing, Central South University, China*
- 3018 Knowledge and Awareness on Family Planning Practice (Code 1) Among the High Risk Mothers in One Local Health Clinic**  
**Yah San Pek**  
*Nursing, University Kuala Lumpur Royal College of Medicine Perak, Malaysia*
- 3019 Adolescent Suicide Risk Behavior in School: From Evidence to Practice**  
**Surachai Chaniang, Parichart Meuangkhwa**  
*Mental Health and Psychiatric Nursing, Boromarajonani College of Nursing Nakhon Phanom, Nakhon Phanom University, Thailand*
- 3020 The Basic Public Health Service Utilization of Rural Migrant Workers in China: A Synthesis of Recent Research**  
**Xin Hu, Yuwei Wang, Mei Sun, Siyuan Tang**  
*Community Nursing Department, Xiangya School of Nursing, Central South University, China*
- 3021 Virtual Reality for Active Ageing**  
**Megan Liu<sup>1</sup>, Shu-Fen Kuo<sup>2</sup>, Shabbir Syed-Abdul<sup>3, 4</sup>, Chia-Chi Chang<sup>1, 5</sup>**  
*<sup>1</sup>School of Gerontology Health Management, Taipei Medical University, Taiwan, <sup>2</sup>School of Nursing, Taipei Medical University, Taiwan, <sup>3</sup>International Center for Health Information Technology (ICHIT), Taipei Medical University, Taiwan, <sup>4</sup>Graduate Institute of Biomedical Informatics, Taipei Medical University, Taiwan, <sup>5</sup>College of Interdisciplinary Studies, Taipei Medical University, Taiwan*
- 3022 Effect of the Motivation Program to Quit Smoking in Royal Thai Air Force Officers with Non-Communicable Disease Risks**  
**Jatuporn Chalermrueangrong, Sunida Preechawong**  
*Tobacco Control Research Group, Faculty of Nursing, Chulalongkorn University, Thailand*
- 3023 Association of Job Stress and Health Promotion Behaviors with Quality of Life Among Female Riot Police Officers**  
**Giwook Ryu, Mona Choi**  
*College of Nursing, Mo-Im Kim Nursing Research Institute, Yonsei University, South Korea*
- 3024 Parental Acceptance-Rejection of Autism Spectrum Disorder Children Condition and Its Correlation to Parental Fatigue**  
**Khaula Sahida<sup>1</sup>, Allenidekania<sup>2</sup>**  
*<sup>1</sup>Emergency Department, Fatmawati Central General Hospital, Indonesia, <sup>2</sup>Pediatric Nursing Department, Universitas Indonesia, Indonesia*
- 3025 Factors Predicting Postpartum Weight Retention Among Postpartum Women: An Integrative Review**  
**Tatsawan Sunanta<sup>1</sup>, Surachai Chaniang<sup>2</sup>**  
*<sup>1</sup>Maternal and Midwifery, Boromarajonani College of Nursing Nakhon Phanom, Nakhon Phanom University, Thailand, <sup>2</sup>Mental Health and Psychiatric Nursing, Boromarajonani College of Nursing Nakhon Phanom, Nakhon Phanom University, Thailand*

- 3026 Level of Diabetes Mellitus Knowledge and Physical Activity Among Adolescents in Depok, Indonesia**  
**Sabila Rusydina Fitri Imani<sup>1</sup>, Nur Agustini<sup>2</sup>**  
<sup>1</sup>Medical Surgical Ward, National Cardiovascular Center Harapan Kita, Indonesia, <sup>2</sup>Department of Pediatric Nursing, Faculty of Nursing, Universitas Indonesia, Indonesia
- 3027 Health and Wellness Spa Model in Thailand**  
**Areewan Klunklin**  
 Nursing, Chiang Mai University, Thailand
- 3028 The Difference Effectiveness of Reserve Pressure Softening with Compress Cabbage Leaves Toward Breast Engorgement on Post Partum Mother**  
**Happy Dwi Aprilina<sup>1</sup>, Siti Nurjannah<sup>2</sup>**  
<sup>1</sup>Maternity Departement, Universitas Muhammadiyah Purwokerto, Indonesia, <sup>2</sup>Psyciatrik, Universitas Muhammadiyah Purwokerto, Indonesia
- 3029 Experience of Utilizing Online Health Information and Preference of Health Message in Married Immigrant Women with Young Child**  
**Hyunmi Son, Gyumin Han**  
 College of Nursing, Pusan National University, South Korea
- 3030 The Effect of the Intergenerational Program Using Traditional Play for Older Adults and Young Children in the Community**  
**Min-Jung Choi, Kyeong-Yae Sohng**  
 Department of Nursing, College of Nursing, The Catholic University of Korea, South Korea
- 3031 A Scoping Review of Mobile Technologies Delivering Ecological Momentary Programs for Mental Health in Young People**  
**Hyunjoo Na**  
 College of Nursing, The Catholic University of Korea, South Korea

## HEALTH CARE SYSTEMS AND POLICY

- 4001 Nurse Practitioner Apologies in Revealing Medical Errors: Comparative Reviews of Apology-Related Legislation in Taiwan and Abroad**  
**Wayland Chang<sup>1</sup>, Ariana Chang<sup>2</sup>**  
<sup>1</sup>Graduate Institute of Interdisciplinary Legal Studies, National Taiwan University, Taiwan, <sup>2</sup>Department of Business Administration, Fu Jen Catholic University, Taiwan
- 4002 Professional Relationship in Scope of Nursing Care After Implementing Professional Nursing Care Delivery System at Regional Public Hospital 45 Kuningan**  
**Aria Pranatha<sup>1</sup>, Fransisca Sri Susilaningih<sup>2</sup>, Irman Somantri<sup>2</sup>**  
<sup>1</sup>Nursing Science Study Program, Health College (Stikes) Kuningan, Indonesia, <sup>2</sup>Nursing Faculty, Padjadjaran University, Indonesia
- 4003 Exploring Perceived Discrimination Among Young South Asian Minorities in Hong Kong**  
**Gizem Arat**  
 Faculty of Social Sciences, The University of Hong Kong, Hong Kong
- 4004 The Status of Pregnancy Stress Between Non-Elderly and Elderly Pregnant Women Under the China's Two-Child Policy: A Comparative Study**  
**Lijuan Zhang, Chunli Yan, Jun Lei, Bing Fu, Qian Cai, Dan Liu**  
 The Third Xiangya Hospital, Central South University, China
- 4005 Barriers About Hospice: Exploring Perception and Barriers for Healthcare Providers**  
**Tsai-Wei Huang<sup>1,2</sup>, Chen-I Chiang<sup>3</sup>**  
<sup>1</sup>School of Nursing, College of Nursing, Taipei Medical University, Taiwan, <sup>2</sup>Cochrane Taiwan, Taipei Medical University, Taiwan, <sup>3</sup>Department of Nursing, Chung-Kang Branch, Cheng-Ching General Hospital, Taiwan
- 4006 New Zealand Nurses' Problematic Use of Alcohol and Other Drugs**  
**Marea Topp, Mary Finlayson**  
 School of Nursing, The University of Auckland, New Zealand

## INTERPROFESSIONAL EDUCATION

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- 5001 Effects of Concept Mapping on Critical Thinking Ability Among Nursing Students of the University of Phayao**  
**Waewdao Kamkhieo<sup>1</sup>**, Kanya Nantakaew<sup>2</sup>, Waratya Kulnitichai<sup>1</sup>, Kanjana Tachawong<sup>1</sup>  
*<sup>1</sup>School of Nursing, University of Phayao, Thailand, <sup>2</sup>Primary Care and Holistic Care Services, Chiang Saen Hospital, Thailand*
- 5002 Nurses' Beliefs in Patient Education ~Comparison with Public Health Nurses' Belief~**  
**Chieko Domen<sup>1</sup>**, Nobuko Hashiguchi<sup>1</sup>, Miyako Oike<sup>2</sup>  
*<sup>1</sup>Department of Health Sciences, Faculty of Medical Sciences, Kyushu University, Japan, <sup>2</sup>Department of Nursing, School of Health Sciences, International University of Health and Welfare, Japan*
- 5003 Using TED Talks Strategies to Increasing Cultural Competence Among Nursing Postgraduate Students**  
**Yung Mei Yang**  
*College of Nursing, Kaohsiung Medical University, Taiwan*
- 5004 Master Course Midwifery Students' Self Evaluation of Outcome of Clinical Placement: Compared with One-Year Course Students**  
**Ryoko Ohara<sup>1</sup>**, Setsuko Kamiya<sup>1</sup>, Yuki Katsumura<sup>1</sup>, Yukako Ando<sup>2</sup>  
*<sup>1</sup>School of Nursing and Health Science, Aichi Prefectural University, Japan, <sup>2</sup>School of Nursing, Nagano College of Nursing, Japan*
- 5005 Art Training in Nursing Education: Enhancing Clinical Observation and Auscultation Abilities in Chinese Nursing Undergraduates**  
**Xiaofen Qin<sup>1</sup>**, Jia Guo<sup>1</sup>, Xiuhua Wang<sup>1</sup>, Yanying Chen<sup>2</sup>, Miao Wang<sup>2</sup>, Jia Chen<sup>1</sup>  
*<sup>1</sup>Xiangya School of Nursing, Central South University, China, <sup>2</sup>School of Architecture and Art, Central South University, China*
- 5006 Gender Differences in Attitudes About Death Among Chinese University Students: A Survey in Hunan and Heilongjiang Provinces**  
**Yuwei Wang**, Xin Hu, Mei Sun, Siyuan Tang  
*Community Nursing Department, Xiangya School of Nursing, Central South University, China*

## GLOBAL HEALTH NURSING

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- 6001 Mongolian Mothers: Nationwide Trial of Maternal Obesity Prevention Campaign Using Pamphlet and Mobile App**  
**Yoko Sato<sup>1</sup>**, Yuki Nakamichi<sup>2</sup>, Davassuren Serdamba<sup>3</sup>, Badarch Jargalsaikhan<sup>4</sup>, Utako Yamamoto<sup>5</sup>, Kiyoko Okamoto<sup>5</sup>, Hatsumi Taniguchi<sup>1</sup>  
*<sup>1</sup>Department of Health Sciences, Kyushu University, Japan, <sup>2</sup>Department of Health Sciences PhD Course, Kyushu University, Japan, <sup>3</sup>Midwifery, Mongolian Midwives Association, Mongolia, <sup>4</sup>Department of Obstetrics and Gynecology, Mongolian National University, Mongolia, <sup>5</sup>Midwifery, Japanese Midwives Association, Japan*
- 6002 Mongolian Midwives: Nationwide Trial of Maternal Obesity Prevention Campaign Using Pamphlet and Mobile App**  
**Yuki Nakamichi<sup>1</sup>**, Yoko Sato<sup>2</sup>, Kumiko Adachi<sup>3</sup>, Davassuren Serdamba<sup>4</sup>, Badarch Jargalsaikhan<sup>5</sup>, Utako Yamamoto<sup>6</sup>, Kiyoko Okamoto<sup>6</sup>, Hatsumi Taniguchi<sup>2</sup>  
*<sup>1</sup>Department of Health Sciences PhD Course, Kyushu University, Japan, <sup>2</sup>Department of Health Sciences, Kyushu University, Japan, <sup>3</sup>Department of Nursing Sciences, Tokyo Metropolitan University, Japan, <sup>4</sup>Midwifery, Mongolian Midwives Association, Mongolia, <sup>5</sup>Department of Obstetrics and Gynecology, Mongolian National University, Mongolia, <sup>6</sup>Midwifery, Japanese Midwives Association, Japan*
- 6003 Reliability and Validity of Chinese Version of the Premenstrual Coping Measure Scale**  
**Qi Zhang**, Cai-su Du, Hua-yu Liu  
*School of Nursing Dalian University, Dalian University, China*
- 6004 Assessing Frailty in Chinese Nursing Home Older Adults: A Comparison Between the FRAIL-NH Scale and Frailty Index**  
**Feng Ge<sup>1</sup>**, Minhui Liu<sup>1,2</sup>, Siyuan Tang<sup>1</sup>, Yongjin Lu<sup>1</sup>, Sarah L. Szanton<sup>2,3</sup>  
*<sup>1</sup>Community Nursing Department, Xiangya School of Nursing, Central South University, China, <sup>2</sup>Center for Innovative Care in Aging, Johns Hopkins School of Nursing, The United States, <sup>3</sup>Center on Aging and Health, Johns Hopkins University School of Medicine, The United States*

- 6005 Personal Hygiene and Incidence of Infectious Diseases Among Santris in Women Islamic Boarding School**  
**Eria Riski Artanti<sup>1</sup>, Alfi Nurfitra Chasanah<sup>1</sup>, Sri Mulyani<sup>2</sup>, Purwanta<sup>2</sup>**  
<sup>1</sup>Nursing Program, School of Nursing, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Indonesia, <sup>2</sup>Department of Mental Health and Community Nursing, School of Nursing, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Indonesia
- 6006 Knowledge and Practice of Menstrual Hygiene Among Female Students X Islamic Boarding School in Bantul**  
**Alfi Nurfitra Chasanah<sup>1</sup>, Eria Riski Artanti<sup>1</sup>, Sri Mulyani<sup>2</sup>, Purwanta Purwanta<sup>2</sup>**  
<sup>1</sup>Nursing Department, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Indonesia, <sup>2</sup>Departement of Mental Health and Nursing, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Indonesia

## OTHERS

- 7001 Work Hours, Overtime, and Break Time of Registered Nurses Working in Medium-Sized Korean Hospitals**  
**Sung-Heui Bae<sup>1</sup>, Sung-Woo Hwang<sup>2</sup>, Gunjeong Lee<sup>1</sup>**  
<sup>1</sup>College of Nursing, Ewha Womans University, South Korea, <sup>2</sup>College of Nursing, Doowon Technical University, South Korea
- 7002 Brushing Up Simulation Teaching Skills**  
**Chisako Naito<sup>1</sup>, Hatsumi Taniguchi<sup>2</sup>, Momoe Utsumi<sup>3</sup>, Kazuko Nin<sup>4</sup>**  
<sup>1</sup>Integrated Clinical Education Center, Kyoto University Hospital, Japan, <sup>2</sup>Department of Health Sciences, Faculty of Medical Sciences, Kyushu University, Japan, <sup>3</sup>Division of Health Sciences, Graduate School of Medicine, Osaka University, Japan, <sup>4</sup>Division of Human Health Sciences, Graduate School of Medicine, Kyoto University, Japan
- 7003 Self-Efficacy and Quality of Professional Life Among Chinese Pregnant Nurses**  
**Changhong Li**  
Kulliyah of Nursing, Phd Programme Student, Malaysia
- 7004 Close Loop System in Hospital Management Using Key Performance Indicators and Modified Balanced Scorecard**  
**Rajwinder Kaur, Charlie Chau**  
Clinical Operation, Matilda International Hospital, Hong Kong
- 7005 Empowering Through Experience: Nursing Students' Experience in Simulated Ward**  
**Maggie Mee Kie Chan<sup>1</sup>, Janet Yuen Ha Wong<sup>1</sup>, Claudia Kor Yee Chan<sup>1</sup>, Michelle Tsz Ha Pang<sup>1</sup>, DoDo Wai Nei Chow<sup>1</sup>, Edmond Chun Kit Chan<sup>1</sup>, Jay Jung Jae Lee<sup>1</sup>, Simon Cooper<sup>2</sup>, Adrian T.F. Yau<sup>1</sup>**  
<sup>1</sup>School of Nursing, The University of Hong Kong, Hong Kong, <sup>2</sup>School of Nursing and Health Professions, Midwifery and Healthcare, Federation University Australia, Australia

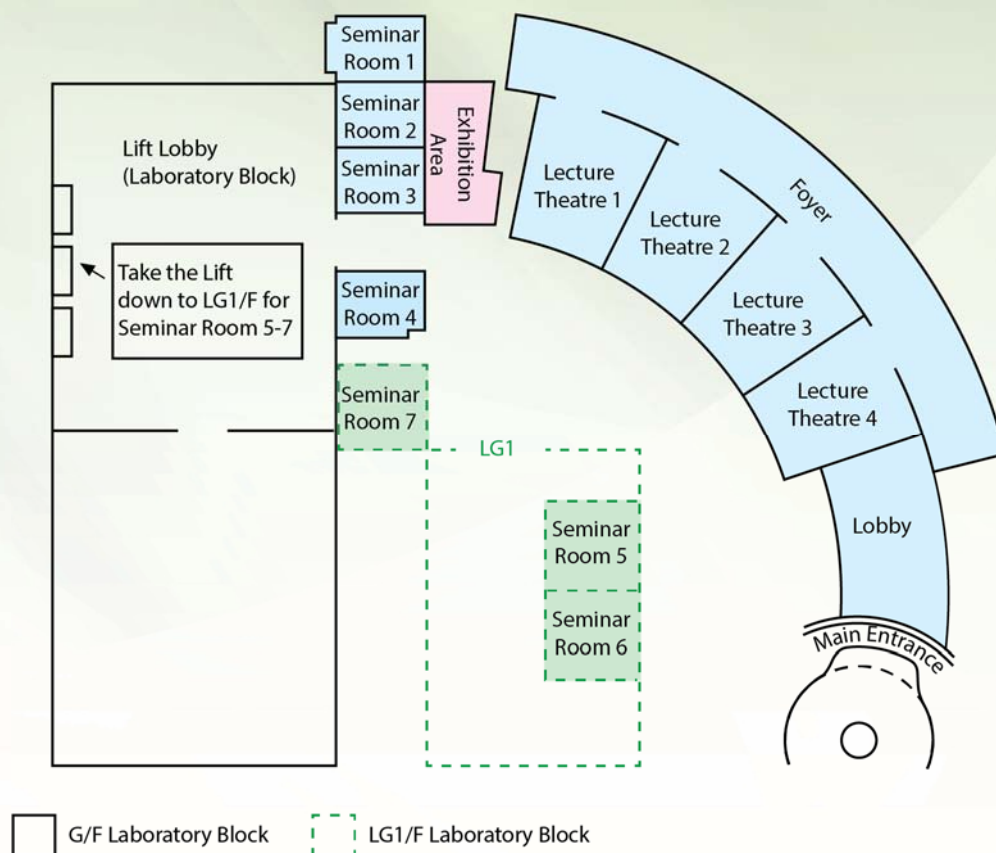
## STUDENT POSTERS

- 9001 Depressive Symptom Cluster and Health-Related Quality of Life Among Middle-Aged Women During the Postmenopausal Period in South Korea**  
**Sujin Nam, Janet Yuen Ha Wong, Daniel Yee Tak Fong**  
School of Nursing, The University of Hong Kong, Hong Kong
- 9002 The Impact of Prenatal Care Quality on Pregnancy Outcome**  
**Hua-yu Liu, Cai-su Du, Qi Zhang**  
School of Nursing, Dalian University, China
- 9003 The Current Situation of Pain Management in Pregnant Women About Pregnancy-Related Low Back and Pelvic Pain**  
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<sup>1</sup>School of Nursing, The University of Hong Kong, Hong Kong, <sup>2</sup>School of Public Health, The University of Hong Kong, Hong Kong, <sup>3</sup>Hong Kong Council on Smoking and Health, Hong Kong

- 9005 The Effectiveness of Focus Group Discussion About Dangers of Smoking in Active Smokers in Bogo, Kalibawang, Kulon Progo, Yogyakarta**  
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- 9006 Depiction of Anxiety, Depression, and Stress in Family Caregivers of Hemodialysis Patients in Indonesia**  
Crista Yulia Ardyanti, Riski Nugraheni, Melyza Perdana, Ibrahim Rahmat  
*Nursing Science Department, Universitas Gadjah Mada, Indonesia*
- 9007 Understanding Influential Factors for Intimate Partner Violence Against Chinese Women: A Systematic Review Guided by Intimate Partner Violence Contextual Framework**  
Jiepin Cao<sup>1</sup>, Quanlei Li<sup>2</sup>, Rosa Gonzalez-Guarda<sup>1</sup>  
<sup>1</sup>*School of Nursing, Duke University, The United States*, <sup>2</sup>*School of Nursing, Johns Hopkins University, The United States*
- 9008 Effect of Expressed Breast Milk Feeding on Breastfeeding Duration Among Hong Kong Mothers**  
Heidi Sze Lok Fan<sup>1</sup>, Daniel Yee Tak Fong<sup>1</sup>, Kris Yuet Wan Lok<sup>1</sup>, Marie Tarrant<sup>2</sup>  
<sup>1</sup>*School of Nursing, The University of Hong Kong, Hong Kong*, <sup>2</sup>*School of Nursing, University of British Columbia, Canada*
- 9009 Post-Operative Educational Intervention for Kidney Transplant Recipients: Literature Review**  
Sunbok Park<sup>1,2</sup>, Heejin Cho<sup>1,3</sup>, Yeonsoo Jang<sup>1</sup>  
<sup>1</sup>*College of Nursing, Yonsei University, South Korea*, <sup>2</sup>*Transplant Surgical Unit, Severance Hospital, Yonsei University Health System, South Korea*, <sup>3</sup>*Comprehensive Nursing Care Service Ward, Asan Medical Center, South Korea*
- 9010 Effect of a Community-Based Lifestyle Intervention Programme on Physical Activity Levels for Overweight Chinese Adults with Pre-Diabetes: A Pilot Study**  
Lok Yee Yeung, Kin Shan Ling, Yuet Hin Fung, Mandy Ho  
*School of Nursing, The University of Hong Kong, Hong Kong*
- 9011 Health System Responsiveness in Hong Kong: A Comparison Between Chinese and South Asian Patients' Experiences**  
Nimisha Vandan, Janet Yuen Ha Wong, Daniel Yee Tak Fong  
*School of Nursing, The University of Hong Kong, Hong Kong*
- 9012 The Living Experience of Hong Kong Chinese Adolescents with Congenital Heart Disease: A Qualitative Study**  
Serana So, William Ho Cheung Li  
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- 9013 Feasibility and Acceptability of Aerobic Exercise Intervention in Late-Stage Lung Cancer Patients: A Pilot Randomized Controlled Trial**  
Naomi Takemura, Denise Shuk Ting Cheung, Chia-Chin Lin  
*School of Nursing, The University of Hong Kong, Hong Kong*
- 9014 The Impact of Brain Tumours on the Psychological Well-Being and Quality of Life Among Hong Kong Paediatric Brain Tumours Survivors**  
Tan Cheung, William Ho Cheung Li  
*School of Nursing, The University of Hong Kong, Hong Kong*
- 9015 Comparing the Impact of Cancer and Treatment-Related Late Effects on the Psychological Well-Being and Health-Related Quality of Life Between Hong Kong Chinese Survivors of Childhood Solid Tumours and Leukaemia**  
Long Kwan Ho, William Ho Cheung Li  
*School of Nursing, The University of Hong Kong, Hong Kong*
- 9016 The Effectiveness of Using Adventure-Based Training in Enhancing the Competency, Self-Efficacy and Resilience Among Nursing Students for Clinical Practicum**  
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*School of Nursing, The University of Hong Kong, Hong Kong*
- 9017 Reliability of Peer and Faculty Assessment in Simulation-Based Resuscitation Training in Undergraduate Nursing Students**  
Alison Pui Han Cheung, Janet Yuen Ha Wong, Daniel Yee Tak Fong  
*School of Nursing, The University of Hong Kong, Hong Kong*

# Forum Venue

William M.W. Block 21 Sassoon Road, Pokfulam, Hong Kong



## REGISTRATION & ENQUIRY COUNTERS

Lobby, G/F William M.W. Mong Block

## KEYNOTE LECTURES & PLENARY SESSION

Lecture Theatre 2-3, G/F, William M.W. Mong Block

## CONCURRENT SESSIONS

Seminar Room 1-4, G/F, Laboratory Block

Exhibition Area, G/F, William M.W. Mong Block

## E-POSTER PRESENTATIONS & EXHIBITION BOOTH

Foyer outside Lecture Theatres, G/F, William M.W. Mong Block

## 1-MINUTE ORAL PRESENTATIONS

Exhibition Area, G/F, William M.W. Mong Block

## PRE-FORUM CULTURAL EVENT

Lecture Theatre 4, G/F, William M.W. Mong Block

## PREVIEW ROOM (FOR ORAL PRESENTERS)

Room 301, 3/F, William M.W. Mong Block

## LUNCH

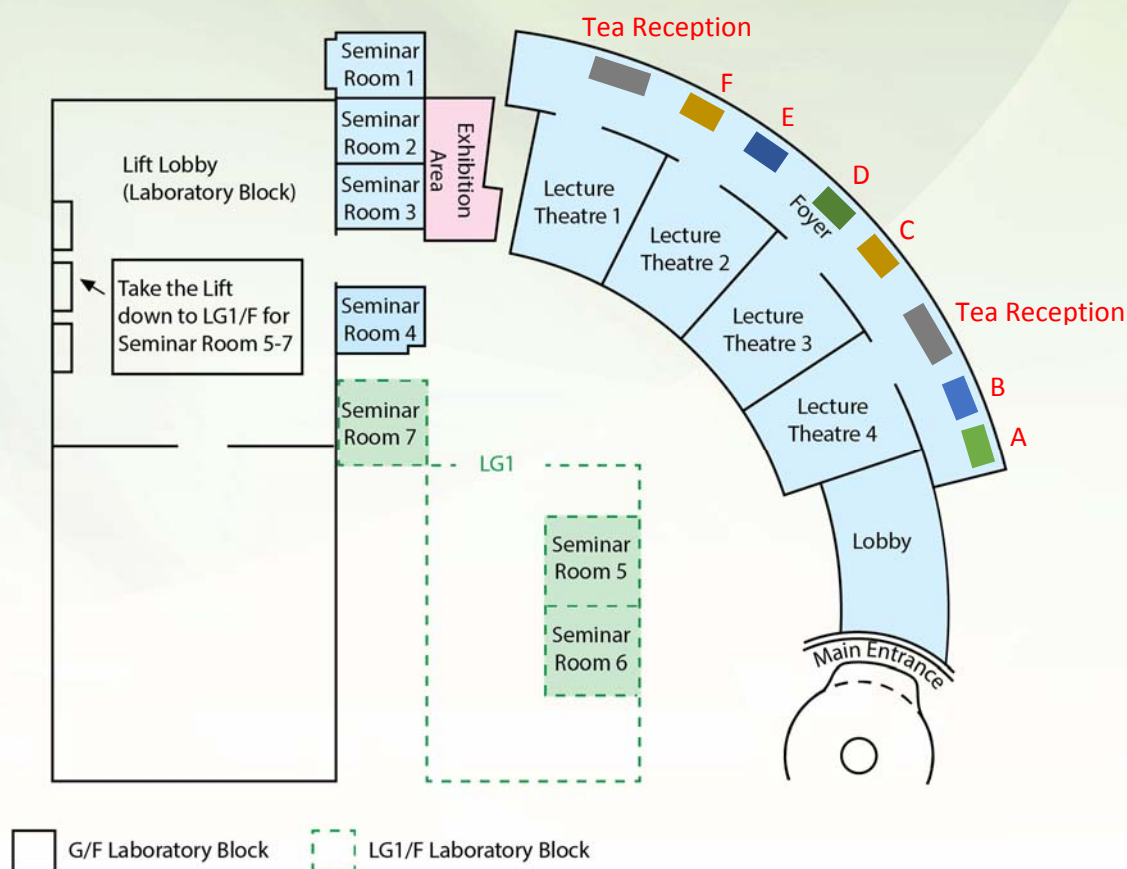
Seminar Room 5-7, LG1/F, Laboratory Block

## TEA BREAK

Foyer outside Lecture Theatres, G/F, William M.W. Mong Block

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William M.W. Block 21 Sassoon Road, Pokfulam, Hong Kong



## EXHIBITION BOOTHS

Booth A	School Programme Booth
Booth B	Faculty Booth
Booth C	DxR Asia Pacific Ltd
Booth D	Eisai (HK) Co Ltd
Booth E	Elsevier (Singapore) Pte Ltd – Hong Kong Branch
Booth F	Pacific Medical Systems Ltd

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