

## INSTITUTE OF ADVANCED NURSING STUDIES

### Advanced Specialty Training Course on Life Course Preventive Care in Women's Health

(27/05/2024 – 31/05/2025)

*The Nursing Council of Hong Kong has approved the Hospital Authority as a provider of Continuing Nursing Education (CNE) for the period since 2005.*

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Date: 27/05/2024	28/05/2024	29/05/2024	30/05/2024	31/05/2024	14/06/2024
Time: 09:00 – 18:30	09:00 – 18:30	09:00 – 17:30	09:00 – 17:30	09:00 – 17:30	09:00 – 10:00

Mode of learning: Classroom Lecture

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#### **AIMS**

1. To enhance the understanding of primary health care about their roles in preventive care and equip them with competencies in providing community-based women's health care in primary health care service.
2. To enhance knowledge, skills and attitudes of registered nurses in providing community-based women's health care in primary health care service.
3. To apply the competencies using evidence and innovative approaches in providing community-based women's health preventive care

#### **INTENDED LEARNING OUTCOMES**

Upon completion of the course, the participants should be able to:

1. Apply life course preventive care concepts and service models, mobilize community health and social resource in delivery of preventive care in community-based primary health care
2. Conduct comprehensive health risk assessment to eligible clients to identify risk factors and lifestyle risk behavior
3. Perform health assessment and risk screening for clients with women's health related risk and chronic diseases. Provide risk stratification and develop care plan according to the risk level. Monitor the progress and make referrals as appropriate
4. Provide health education and counselling to clients to advocate healthy lifestyle and drive lifestyle changes for prevention of women related health problems and chronic diseases.
5. Implement appropriate protocol driven nursing intervention and non-pharmacological interventions including health education, counselling, health coaching to empower women and/or families for self-care management
6. Act as a care coordinator, collaborate with multi-disciplinary professional team and mobilize health and social resources to provide comprehensive women's health care to clients requiring primary health care at primary, secondary and tertiary level.

### **TARGET PARTICIPANTS**

- Nurses in RN or above ranks
- Priority will be given to those who are currently working in Primary Health Care setting in HA hospitals/ institutions.

### **ENTRY REQUIREMENTS**

- Registered Nurses with valid practicing certificate issued by the Nursing Council of Hong Kong.
- Nurses having not less than 36 months post-registration experience.
- Registered nurses had Post-registration Certificate Course (PRCC) in Primary Health Care Nursing completed or an equivalent qualification.

### **EXIT REQUIREMENT**

Successfully enrolled participants are required to complete the Smear Takers Accreditation Training Programme **organized by The Hong Kong Society for Colposcopy and Cervical Pathology (HKSCCP) on or before 31/05/2025 23:59.**

Please upload the soft copy of certificates / e-cert of the captioned courses to eLC+ platform upon completion of program.

**The Smear Takers Accreditation Training Programme** - Tentative arrangement by HKSCCP

Theoretical Part: Date: Day 1 01/06/2024 (Saturday)

Day 2 08/06/2024 (Saturday)

Time: 0900 – 1600 (TBC)

Mode: online lecture (Zoom)

Assessment (Quiz): Date: 15/06/2024 (Saturday)

Time: Morning (TBC)

Venue: Queen Mary Hospital (TBC)

Clinical Practicum: Date: 17/06/2024 – 30/05/2025 (2 weeks for each participant)

### **CLASS SIZE**

25

### **LANGUAGE MEDIUM**

Both English and Cantonese will be used.

### **COURSE DURATION**

27/05/2024 – 30/06/2025

### **COURSE DESIGN**

This course consists of five classroom lecture days for theoretical input.

#### **Theoretical input**

Day	Date	Time	Venue / online	Activity
Day 1	27/05/2024	09:00 – 18:30	Rm G08AB, G/F, Blk M, KH	Study day
Day 2	28/05/2024	09:00 – 18:30	Rm G08AB, G/F, Blk M, KH	Study day
Day 3	29/05/2024	09:00 – 17:30	Rm G09, G/F, Blk M, KH	Study day
Day 4	30/05/2024	09:00 – 17:30	Rm G08AB, G/F, Blk M, KH	Study day
Day 5	31/05/2024	09:00 – 17:30	Rm G08AB, G/F, Blk M, KH	Study day and Workshop
Day 6	14/06/2024	09:00 – 10:00	Online Platform	eQuiz

KH: Kowloon Hospital

## **TRAINING CONTENT**

### **1 Concepts of life course preventive care and care coordination**

#### **1.1 Concept of life course preventive care and women's health service model**

##### **1.1.1 Life Course Preventive Care:**

- Life course concept and its application in preventive care planning.
- Developmental milestones and health risks specific to women at different stages of life.
- Screening guidelines and preventive interventions for key health issues

##### **1.1.2 Overview of Women's Health: Understanding women's health needs, common health concerns, and healthcare disparities across the life course.**

- Gender-specific health issues and their impact on women's well-being.
- Health determinants and social factors influencing women's health outcomes.

#### **1.2 Care Coordination in Community-based primary Health Care Service**

#### **1.3 Interfacing among primary, secondary and tertiary care in women's health**

- Referral pathways and coordination of care for women requiring specialized services.

#### **1.4 Community health and social resource in women's health**

- Utilization of local resources and community partnerships to enhance women's access to healthcare.

### **2 Structured, protocol-driven intervention**

#### **2.1 Comprehensive Health Risk Assessment in Women's Health**

- Introduction and principles of Comprehensive Health Risk Assessment in Women's Health

##### **i. Developmental assessment**

- ◆ Menstruation health and disorders
- ◆ Pregnancy and childbirth, breastfeeding
- ◆ Preconception care and infertility management

##### **ii. Psychosocial assessment**

- ◆ Mental health
- ◆ Body image and self-esteem
- ◆ Domestic abuse

##### **iii. Culture assessment**

- ◆ Sexual health and Sexually Transmitted information
- ◆ Culture Cultural competence and diversity in well women care

##### **iv. Spiritual assessment**

##### **v. Nutritional and exercise assessment**

##### **vi. Physical assessment**

- ◆ Pap smear
- ◆ Breast care and gynecological health

#### **2.2 Risk stratification, Care planning and Case management in Nurse-Led Clinic**

#### **2.3 Cancer screening and Vaccination for Well Women Health**

- Screening Guideline and recommendations for Common Women's Health issue
- Breast health and breast cancer screening

#### **2.4 Caring for Specific Women's Health Concerns**

- Reproductive health considerations, including contraception options and family planning
- Managing common chronic diseases prevalence in women

### **3 Individual based interventions**

#### **3.1 Health Education, Health Promotion and communication in women's health**

- Designing health education materials and sessions tailored to women's health needs
- Integrating health promotion strategies into community-based settings

#### **3.2 Health coaching and counselling in women's health**

- Supporting women in adopting healthier lifestyles and self-care practices
- Community empowerment concept

#### **4 Condition-specific women's health management update**

- 4.1 Pre-pregnancy screening and management
- 4.2 Health issue in aging women
  - Managing menopause and hormone replacement therapy
- 4.3 Cancer survivorship management
  - 4.3.1 Breast Cancer survivorship management
    - Red flag symptoms assessment
    - Coping with the side effects of breast cancer treatment: fatigue, neuropathy, menopausal symptoms, osteoporosis, sleeping problem, body image, lymphoedema, sexuality issue
    - Breast awareness
    - Healthy life style and health promotion: diet, weight control, smoking cessation
    - Community support from different NGOs
  - 4.3.2 Cervical Cancer survivorship management
- 4.4 Introduction of various means of contraception, contraceptive education to client and application of contraceptive device
- 4.5 Preventive strategies for cardiovascular health, osteoporosis and cancer
- 4.6 Mental Health in Women's Well-being
  - Identifying and managing intimate partner violence
- 4.7 Continence Care and Management in Women's Health
  - Understanding Continence Issues and Women's health
  - Pelvic floor health and exercise

#### **TEACHING & LEARNING STRATEGIES**

- 1. Lectures
- 2. Workshop

#### **ASSESSMENT**

Components	Date	Weight
eQuiz	14/06/2024	100%

The participants are required to:

- have the Comprehensive Health Risk Assessment Workshop attended, and have **80%** or above attendance in study days, to be allowed to sit for the Quiz.
- Achieve a score of **70%** or above to pass the eQuiz.

#### **AWARD OF CERTIFICATE**

An electronic certificate of achievement will be awarded to those participants who have completed all parts of the course and passed all assessments.

#### **CNE POINTS**

This course is equivalent to 38 CNE points.

Theoretical Input: 35 hours (35 CNE points)

Clinical Workshop: 3 hours (3 CNE points)

**COURSE DIRECTOR**

Mr. WONG Man Tat  
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**COURSE COORDINATORS**

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**PROGRAM COMMITTEE**

HAHO	Dr. Harris LAM	HOCS M(N)/CNO	
HAHO	Ms. Selina NG	HOCS Dep Head (IANS)	
HAHO	Mr. WONG Man Tat	HOCS M(N)	
HAHO	Mr. Kenny TSANG	HOCS M(N)	SAG (Primary Health Care) Subject Officer
HKEC	Dr. Wing Mun LEUNG	Violet Peel GOPC Clinic i/c & Cons(HKEC FM&PHC)	Advisor
HKEC	Ms. Kathy CHEUNG	DOM(FM&PHC)	
HKWC	Ms. Flora FUNG	DOM(ICS)	
KCC	Mr. Siu Hong LEUNG	DOM(FM & GOPC)	
KCC	Ms. Oi Kwan CHUN	NC(Breast Care), KCC/KWH	SAG(Surgery & Neurosurgery) Breast Care Subgroup Representative
KEC	Ms. CHAN Lai Ngor	DOM(FM&PHC)	
KEC	Ms. WAN Oi Ming	DOM(O&G), UCH	SAG(O&G) Representatives
KWC	Ms. Maria TSO	DOM(FM&PHC)	
NTEC	Ms. LAM Pui Ha	Deputy DOM(FM)/ NTECFM WM(PW/OFF)	
NTEC	Ms. SIU Ka Yi	DOM(O&G)	SAG(O&G) Representatives
NTWC	Ms. WONG Bo Chu	DOM(FM&PHC)	

## TIMETABLE (TBC)

Date/Time Venue	09:00 – 10:00	10:00 – 11:00		11:15 – 13:15		14:15 – 15:45		16:00 – 17:30
<b>Day 1</b>  <b>27/05/2024 (Monday)</b>  <b>Rm G08AB, Blk M, Kowloon Hospital</b>	<b>09:00 – 09:15</b>  Course Orientation	<b>09:15 – 11:15</b>  1.1. Concept of Life Course Preventive Care and Women's Health Service Model (1)  1.1.1. Life Course Preventive Care (Reference Framework)  Dr Esther YU Chief Manager (PHO) 1B Health Bureau	<b>B r e a k</b>	<b>11:30 – 13:30</b>  1.1 Concept of Life Course Preventive Care and Women's Health Service Model (2)  1.1.2. Overview of Women's Health  Dr Esther YU Chief Manager (PHO) 1B Health Bureau	<b>L u n c h</b>	<b>14:30 – 16:30</b>  1.2. Care Coordination in Community-based Primary Health Care Service  Dr. CHUNG Hau Yee Harriet Chief Care Coordinator Sham Shiu Po District Health Center	<b>B r e a k</b>	<b>16:45 – 18:30</b>  2.2. Risk Stratification, Care Planning and Case Management in Nurse-Led Clinic  Dr. Margaret LAM Chief Care Coordinator Yuen Long District Health Center
<b>Day 2</b>  <b>28/05/2024 (Tuesday)</b>  <b>Rm G08AB, Blk M, Kowloon Hospital</b>	<b>09:00 – 11:00</b>  1.3 Interfacing Among Primary, Secondary and Tertiary Care in Women'S Health  Referral Pathways and Coordination of Care for Women Requiring Specialized Services  Dr. Wanmie Wing Mun LEUNG Clinic i/c & Cons (HKEC FM&PHC) VioletPeel GOPC	<b>B r e a k</b>	<b>11:15 – 13:15</b>  1.4 Community Health and Social Resource in Women's Health  Utilization of Local Resources and Community Partnership to Enhance Women's Access to Health Care  Ms. AU Yeung Miu Man, Mandy St. James' Settlement	<b>L u n c h</b>	<b>14:15 – 16:15</b>  2.3. Cancer Screening and Vaccination for Well Women's Health  Screening Guideline and Recommendations for Common Women's Health Issue  Breast Health and Breast Cancer Screening  Dr. Susanna HUNG Asso. CON (FM&PHC), KCC	<b>B r e a k</b>	<b>16:30 – 18:30</b>  4.3. Cancer Survivorship Management  <b>16:30 – 17:30</b> 4.3.1. Breast Cancer Survivorship Management  Ms. Chun Oi Kwan NC (Breast Care) KWH/KCC  <b>17:30 – 18:30</b> 4.3.2. Cervical Cancer Survivorship Management  Dr. Gladys S T KWOK AC(O&G), QMH	
<b>Day 3</b>  <b>29/05/2024 (Wednesday )</b>  <b>Rm G09, Blk M, Kowloon Hospital</b>	<b>09:00 – 11:00</b>  2.1. Comprehensive Health Risk Assessment in Women's Health (1)  Introduction and Principles of Comprehensive Risk Assessment in Women's Health (i) Development Assessment (ii) Psychosocial Assessment (iii) Culture Assessment  Mr. Tacko TSOI M(PCS/EC), HOS&P	<b>B r e a k</b>	<b>11:15 – 13:15</b>  2.1 Comprehensive Health Risk Assessment in Women's health (2)  Introduction and Principles of Comprehensive Risk Assessment in Women's Health (iv) Spiritual Assessment (v) Nutritional Assessment (vi) Physical Assessment  Mr. Tacko TSOI M(PCS/EC), HOS&P	<b>L u n c h</b>	<b>14:15 – 15:15</b>  4.7 Continence Care and Management in Women's Health  Ms. Ying Ying CHUNG NC(CONT), KEC	<b>B r e a k</b>	<b>15:30 – 17:30</b>  4.5. Preventive Strategies for Cardiovascular Health, Osteoporosis and Cancer  Dr. WONG Kwai Sheung Asso. CON(FM & PHC), QEH	
<b>Day 4</b>  <b>30/05/2024 (Thursday)</b>  <b>Rm G08AB, Blk M, Kowloon Hospital</b>	<b>09:00 – 11:00</b>  3.1. Health Education, Health Promotion and Communication in Women's Health  Ms. Mei Ki LAI APN(O&G), UCH	<b>B r e a k</b>	<b>11:15 – 13:15</b>  3.2. Health Coaching and Counselling in Women's Health  Ms. Mei Ki LAI APN(O&G), UCH	<b>L u n c h</b>	<b>14:15 – 16:15</b>  2.4. Caring for Specific Women's Health Concerns  Reproductive Health Considerations, including Contraception Options and Family Planning  Managing Common Chronic Disease Prevalence in Women  Dr. Mona LAM Executive Director The Family Planning Association of Hong Kong (FPAHK)	<b>B r e a k</b>	<b>16:30 – 17:30</b>  4.4. Introduction of Various Means of Contraception, Contraceptive Education to Client and Application of Contraceptive Device  Dr. Mona LAM Executive Director FPAHK	
<b>Day 5</b>  <b>31/05/2024 (Friday)</b>  <b>Rm G08AB, Blk M, Kowloon Hospital</b>	<b>09:00 – 11:00</b>  4.6. Mental Health in Women's Well-being  Dr. Ming Chuen SIN Assoc CONS i/c (FM&PHC), SYPGOPC	<b>B r e a k</b>	<b>11:15 – 12:15</b>  4.1. Pre-pregnancy Screening and Management  Ms. LUK Kwok Ying APN(O&G), NTEC	<b>12:15-13:15</b>  4.2. Health Issue in Aging Women Managing Menopause and Hormone Replacement Therapy  Dr. Rebecca WAN AC(O&G), PMH	<b>L u n c h</b>	<b>14:15 – 17:30</b>  Clinical Workshop (Comprehensive Health Risk Assessment)  (Including 15 minutes break)  Mr. Tacko TSOI M(PCS/EC), HOS&P & Facilitators		
<b>Day 5</b>  <b>14/06/2024 (Friday)</b>  <b>Online Platform</b>	<b>09:00 – 10:00</b>  eQuiz							