



Hong Kong International Nursing Forum cum International Forum on Proactive Health and Ageing

第十五屆香港國際護理論壇
暨主動健康與老齡化國際論壇

Cross-Disciplinary Innovation & Nursing Leadership:
Advancing Health, Shaping a Future of Excellence

October 31–November 1, 2025

Cheung Kung Hai Conference Centre, G/F William MW Mong Block, Faculty of Medicine Building ,
21 Sassoon Road, Pokfulam, Hong Kong

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Organisers



**HKU
Med**

**LKS Faculty of Medicine
School of Nursing**
香港大學護理學院

School of Nursing The University of Hong Kong

The School of Nursing of The University of Hong Kong, established in 1995, plays a significant role in nursing education, research, clinical practice and knowledge exchange.

Our School is committed to nurturing nursing leaders for the community and enhancing the nursing health care practice for the region and beyond. It is our goal to provide a diversified and holistic nursing education and to integrate competent practice in the provision of nursing care through advanced pedagogy, research and knowledge exchange, etc.

We have also established strategic networks with healthcare settings both locally and globally, as well as with prestigious nursing schools in China and overseas. These collaborations facilitate the provision of cutting-edge learning environments for our students at undergraduate, research postgraduate, and taught postgraduate levels, including master's and doctoral programs.



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Organisers



中南大學
CENTRAL SOUTH UNIVERSITY



Xiangya School of Nursing, Central South University, founded in 1911 by Yale–China Association, is one of pioneering institutions in modern nursing education in China. With a century-old legacy rooted in the prestigious Xiangya tradition—a groundbreaking Sino–Western collaboration that established the nation's first modern medical education system—the school has emerged as a globally recognized institution. It drives advancements in nursing science through interdisciplinary research while cultivating visionary healthcare leaders whose innovations influence clinical practice on a global scale. The institution continues to uphold its dual commitment to educational excellence and transformative global health initiatives.



15th Hong Kong International Nursing Forum cum
International Forum on Proactive Health and Ageing



03

Organisers



大公文匯
HKTKWW

香港大公文匯傳媒集團
Hong Kong Ta Kung Wen Wei Media Group



Hong Kong Ta Kung Wen Wei Media Group

香港大公文匯傳媒集團旗下有《大公報》、香港《文匯報》等多份報章，以及大公網、香港文匯網、大公文匯網和覆蓋移動端、社交媒體的多個新媒體平台及賬號，是全媒體發展、全業態生產、全平台覆蓋的愛國愛港全媒體傳媒旗艦，也是香港日報發行量最大的傳媒機構之一。在香港報業公會最佳新聞獎評選中，集團三報獲獎總量及冠軍總量自2019年以來連續五年位居全港第一。

Hong Kong Ta Kung Wen Wei Media Group has various time-honored newspapers, including Ta Kung Pao and Wen Wei Po, as well as their corresponding web pages and social media platforms. As a patriotic Omnimedia flagship with wide-ranging production and all-platform coverage, the Group is a media organization with one of the largest circulations of daily newspapers in Hong Kong. The Group has ranked first in the Newspaper Society of Hong Kong's Best News Awards for five consecutive years in terms of the total number of awards and championships won by the Group's three newspapers.



The *15th Hong Kong International Nursing Forum cum International Forum on Proactive Health and Ageing*, jointly organised by the School of Nursing of The University of Hong Kong and the Xiangya School of Nursing at Central South University, in collaboration with the Hong Kong Ta Kung Wen Wei Media Group, will be a special one with the theme on *“Cross-Disciplinary Innovation and Nursing Leadership: Advancing Health, Shaping a Future of Excellence”*. We expect the participation of delegates from different disciplines and different parts of the world.

The theme this year emphasises the importance of working together and transcending geographical, cultural, and disciplinary borders in the nursing profession. By fostering collaboration and cooperation between nursing professionals and institutions worldwide, this theme seeks to address the challenges and opportunities that nursing faces in an increasingly interconnected and globalised world. We aspire to unite nursing professionals, educators, and researchers from various regions and backgrounds. This event will enable the exchange of ideas, experiences, and best practices in the field of nursing, which can lead to innovative solutions and improvements in patient care, nursing education, and research.

Organising Committee

Co-Chairpersons

Professor Chia-Chin Lin
The University of Hong Kong

Professor Honghong Wang
Central South University

Members

Prof Patsy Chau	The University of Hong Kong
Ms Nina Chen	Hong Kong Ta Kung Wen Wei Media Group
Ms Evelyn Chen	Hong Kong Ta Kung Wen Wei Media Group
Prof Denise Cheung	The University of Hong Kong
Prof Derek Cheung	The University of Hong Kong
Ms Maria Cheung	The University of Hong Kong

Prof Edmond Choi	The University of Hong Kong
Dr Hye Ri Choi	The University of Hong Kong
Prof Celine Chui	The University of Hong Kong
Prof Jinfeng Ding	Central South University
Ms Fei Fang	Hong Kong Ta Kung Wen Wei Media Group
Prof Hui Feng	Central South University
Ms Fang Feng	Hong Kong Ta Kung Wen Wei Media Group
Prof Daniel Fong	The University of Hong Kong
Prof Benjamin Ho	The University of Hong Kong
Prof Mandy Ho	The University of Hong Kong
Prof Jojo Kwok	The University of Hong Kong
Prof Jay Lee	The University of Hong Kong
Prof Polly Li	The University of Hong Kong
Dr Quanlei Li	The University of Hong Kong
Prof Xianhong Li	Central South University
Ms Clara Li	Hong Kong Ta Kung Wen Wei Media Group
Ms Jiajia Liu	Central South University
Prof Kris Lok	The University of Hong Kong
Prof Yi Nam Suen	The University of Hong Kong
Prof Kelvin Wang	The University of Hong Kong
Dr Tongyao Wang	The University of Hong Kong
Prof Yao Wang	Central South University
Ms Ariel Wang	Hong Kong Ta Kung Wen Wei Media Group
Prof Doris Yu	The University of Hong Kong
Dr Lubeca Zhao	The University of Hong Kong
Dr Jie Zhong	The University of Hong Kong

Co-organisers

	School of Nursing Centro Escolar University		Faculty of Nursing Chiang Mai University
	Graduate School of Nursing Chiba University		Faculty of Nursing Chulalongkorn University
	School of Nursing & Midwifery Deakin University		College of Nursing Ewha Womans University
	School of Nursing Fudan University		International School of Nursing Hainan Medical University
	College of Nursing Keimyung University		Kiang Wu Nursing College of Macau
	Nam Dinh University of Nursing		School of Nursing Nanjing Medical University
	College of Nursing National Yang Ming Chiao Tung University		School of Nursing Ningxia Medical University
	School of Nursing Queensland University of Technology		Department of Nursing Shantou University Medical College
	School of Nursing Sun Yat-sen University		Department of Nursing The University of Melbourne
	Susan Wakil School of Nursing and Midwifery The University of Sydney		Global Nursing Research Center The University of Tokyo
	College of Nursing Tzu Chi University		Department of Nursing and Midwifery School of Health Science University of Birmingham
	Faculty of Nursing Sciences University of Health Sciences		Department of Nursing Science University of Malaya
	Faculty of Nursing and Medical Technology University of Medicine and Pharmacy at Ho Chi Minh City		University of Nursing, Yangon
	School of Nursing University of Pittsburgh		Faculty of Nursing and Midwifery University of Puthisastra
	School of Nursing Health Science Center Xi'an Jiaotong University		

Welcome Messages



Professor Xiang Zhang

President and Vice-Chancellor
The University of Hong Kong

On behalf of The University of Hong Kong, I extend a very warm welcome to the participants of the 15th Hong Kong International Nursing Forum cum International Forum on Proactive Health and Ageing.

I am pleased to see this event being jointly organised by the School of Nursing at HKU and the Xiangya School of Nursing at Central South University, in collaboration with the Hong Kong Ta Kung Wen Wei Media Group. My thanks to our HKU colleagues and our co-organising partners for their support.

Themed “Cross-Disciplinary Innovation and Nursing Leadership: Advancing Health, Shaping a Future of Excellence”, the Forum will bring together leading authorities in nursing research, education and clinical practice as well as experts on the many dimensions of healthy ageing to exchange knowledge and insights about the latest developments in their respective fields, and also to establish networks and partnerships with peers and colleagues across the region and internationally. By exploring the future of nursing and healthy ageing together, participants will have the opportunity to foster innovative interdisciplinary development and ultimately help improve healthcare and well-being, especially for the most senior members of society.

My congratulations to the organisers of the Forum on what I am sure will be an impactful, productive and successful event.



Mr. Dahong Li

Chairman of Hong Kong Ta Kung Wen Wei Media Group
Publisher of Wen Wei Po and Ta Kung Pao

It is a great pleasure to gather with distinguished experts, scholars, and industry peers today to explore the timely and vital topic: How Hong Kong can emerge as a global hub for addressing population ageing. Together, we seek fresh perspectives and innovative solutions to this pressing global challenge.

On behalf of the Hong Kong Ta Kung Wen Wei Media Group, I warmly welcome our distinguished guests and extend my sincere appreciation for your presence. On this auspicious occasion, I offer heartfelt congratulations to the School of Nursing, The University of Hong Kong, in celebration of its 30 years of excellence and service.

In addressing the challenges of ageing, professional nursing services serve as one of the core supports. Nursing leadership stands as the key to enhancing the quality of care and optimising the elderly service system, whether it involves establishing scientific elderly care standards, integrating interdisciplinary nursing resources, or promoting innovation in nursing technology and service models, all rely on high-calibre nursing leaders. The 30 years of practice by the School of Nursing at The University of Hong Kong vividly exemplifies the cultivation and application of nursing leadership, providing invaluable experience in building a nursing talent system suited for the ageing era.

Guided by innovation, driven by synergy, and steered by empowerment, we are committed to working side by side with all of you to help position Hong Kong as a global nexus for addressing the challenges of population ageing. Let us join hands to build a future where every senior can age with dignity and joy. And may the cherished vision — of care for the elderly, purpose for the strong, and growth for the young — shine as a guiding light in this new era.

In closing, I sincerely wish this forum a great success, and I wish all of you good health, fruitful work, and every happiness. Thank you very much!



Professor Chak-sing Lau

Dean of Medicine

Vice-President & Pro-Vice-Chancellor (Health) (Interim)

Daniel CK Yu Professor in Rheumatology and Clinical Immunology

Chair Professor of Rheumatology and Clinical Immunology

Immediate Past President, Hong Kong Academy of Medicine

The University of Hong Kong

It is my privilege to welcome all distinguished guests, colleagues, and friends to the 15th Hong Kong International Nursing Forum cum International Forum on Proactive Health and Ageing. This year's event holds special significance for HKUMed, as it coincides with the 30th anniversary of our School of Nursing – a milestone that reflects three decades of dedication, innovation, and excellence in nursing.

Across the globe, people are living longer than ever before. This unprecedented demographic change, seen in countries and regions from the global north to the global south, poses profound challenges for health systems everywhere. Our mission, however, should not only be to add years to life, but also to add life to those years. Nurses and nurse scientists have long been at the forefront of advancing elder care, championing independence, dignity, and fulfilment for older adults. Their leadership will become ever more crucial as we address the changing needs of our greying population.

In this context, I am especially delighted that this Forum spotlights the twin themes of proactive health and ageing, as well as nursing leadership – areas that are central to optimising health and well-being throughout the lifespan. Alongside our valued partners, HKUMed will remain steadfast in our commitment to being proactive, rather than reactive, when it comes to the health agenda.

I am confident that the assembly of experts from diverse backgrounds will spark fresh ideas and inspire meaningful action in our field. I wish everyone a stimulating and fruitful exchange during this two-day Forum.

Finally, as we conclude our School of Nursing's 30th anniversary celebrations, may we take pride in all we have accomplished while looking ahead to new horizons. Together, let us continue to serve, to lead, and to inspire for the betterment of humanity.



Professor Xuejun Li

Vice Dean
Xiangya School of Medicine, Central South University

It is my great honor to represent Central South University, as one of the co-hosts of this forum, and to warmly welcome you to the 15th Hong Kong International Nursing Forum cum International Forum on Proactive Health and Ageing. I would also like to express my sincere gratitude to all colleagues who have worked diligently to prepare this forum.

This forum, themed “Interdisciplinary Innovation and Nursing Leadership: Promoting Health, Shaping an Excellent Future,” brings together leading experts in nursing and healthy ageing from around the world. Over the next two days, participants will share research findings, exchange practical experiences, and expand interdisciplinary and international networks. Through this exchange of ideas and knowledge, the forum will not only advance nursing science and healthy ageing, but also explore sustainable health management strategies to improve overall societal health, particularly the well-being of older adults.

In the context of a rapidly ageing global population, extending lifespan is important, but even more crucial is enhancing the quality of life—namely, healthy life expectancy. Nurses and nursing scientists have long been at the forefront of promoting health and well-being for older adults, advocating care that centers on dignity, independence, and life satisfaction. In meeting the challenges of population ageing, nursing leadership and innovative practice play an increasingly vital role.

This forum focuses on two key themes: proactive health and ageing, and nursing leadership. These topics are of profound significance for advancing life-course health management, promoting public health, and enhancing social well-being. We look forward to stimulating new research ideas, developing feasible practical solutions, and energizing the global nursing community to advance healthy ageing worldwide.

Finally, I sincerely wish the 15th Hong Kong International Nursing Forum and International Forum on Proactive Health and Ageing every success. May all participants gain inspiration, build meaningful connections, and collectively contribute to the advancement of nursing science and healthy ageing.



Professor Chia-Chin Lin

Director, School of Nursing
Alice Ho Miu Ling Nethersole Charity
Foundation Professor in Nursing
The University of Hong Kong



Professor Honghong Wang

Dean, Xiangya School of Nursing
Central South University

The world is facing an irreversible wave of population ageing. According to the United Nations World Social Report 2023, the growth rate of the population aged 65 and above has reached a historical peak, and this demographic is projected to account for over 16% of the global population by 2050. In response to the increasingly severe challenges posed by population ageing, it is imperative to explore new ideas and solutions, promote proactive health development, and strengthen nursing leadership in transforming health systems – thereby contributing to a better and more harmonious global health future.

On the occasion of the 30th anniversary of the School of Nursing, The University of Hong Kong, the School of Nursing at The University of Hong Kong and the Xiangya School of Nursing at Central South University, in collaboration with the Hong Kong Ta Kung Wen Wei Media Group, will jointly host the 15th Hong Kong International Nursing Forum cum International Forum on Proactive Health and Ageing. The forum will bring together global experts and cutting-edge innovations to foster international academic exchange and cooperation.

Centered on the theme “Cross-Disciplinary Innovation and Nursing Leadership: Advancing Health, Shaping a Future of Excellence,” this forum serves as a platform for global thought leaders to exchange insights, foster collaboration, and inspire transformative approaches to ageing, health innovation, and nursing’s pivotal role in shaping healthcare systems.

We warmly welcome all participants to this gathering of minds and extend our deepest appreciation to our speakers, partners, and attendees for their commitment to advancing this critical dialogue. Together, we can pave the way for a healthier, more sustainable tomorrow.

Programme at a Glance

DAY 1 October 31, 2025 (Friday)			
	Cheung Kung Hai Conference Centre William M W Mong Block, 21 Sassoon Road		3SR – Seminar Rooms 2 – 4 HKU Med Academic Building 3 Sassoon Road
08:00–09:00	Registration		
09:00–09:45	Opening Ceremony & Celebration of the 30th Anniversary of School of Nursing, The University of Hong Kong		
09:45–10:45	Keynote Address Prof Robert L Klitzman , Columbia University <i>AI and the Care of the Elderly</i> Moderator: Prof Chia-Chin Lin , The University of Hong Kong		
10:45–11:15	Tea Reception and e-Poster Viewing		
11:15–12:00	Keynote Address Prof Jing Wang , Florida State University <i>Leading Smart and Connected Ageing at Home: A Nursing Journey of Innovation and Global Perspectives</i> Moderator: Prof Honghong Wang , Central South University		
12:00–14:00	Lunch and e-Poster Viewing		Lunch
13:00–14:00	Pitching Presentation for Poster Lecture Theatre 1		
14:00–15:30	Sub-forum 1 Lecture Theatres 3 – 4 Active and Healthy Ageing: Cutting-edge Technologies and Practical Applications Prof Wenru Wang , National University of Singapore Prof Cuntai Zhang , Tongji Hospital, Tongji Medical College of Huazhong University of Science and Technology Prof Hongliu Yu , University for Shanghai of Science and Technology	Sub-forum 2 Lecture Theatres 2 Active and Healthy Ageing: Social-Psychological- Behavioral Intervention Prof Xiaomei Cong , Yale University Prof Doris Yu , The University of Hong Kong Prof Anna Axelin , University of Turku Moderator: Prof Yan Hu , Fudan University	Concurrent Sessions 3SR-Seminar Rooms 2 Oral Presentation Session 1: Ageing and Frailty 3SR-Seminar Room 3 Oral Presentation Session 2: Nursing Workforce and Professional Development 3SR-Seminar Room 4 Oral Presentation Session 3: Digital Innovation and AI in Healthcare

15:30–16:00	Tea Reception and e-Poster Viewing			Tea Reception
16:00–17:30	<u>Sub-Forum 1(cont'd)</u> Prof Ka Li , Sichuan University Dr the Hon Lam Ching Choi , Executive Council, HKSARG; Haven of Hope Christian Service Prof Hui Feng , Central South University <i>Moderator: Prof June Zhang, Sun Yat-sen University</i>	<u>Sub-forum 2(cont'd)</u> Prof Lily Dongxia Xiao , Flinders University Prof. Rainbow T. H. Ho , The University of Hong Kong <i>Moderator: Prof Xianhong Li, Central South University</i>	Lecture Theatre 1 U21 HSG Nursing & Midwifery Discipline Group Research Postgraduate Symposium	3SR–Seminar Rooms 2 Oral Presentation Session 4: Community and Public Health 3SR–Seminar Room 3 Oral Presentation Session 5: Maternal and Child Health 3SR–Seminar Room 4 Oral Presentation Session 6: Mental Health Across the Lifespan

DAY 2 November 1, 2025 (Saturday)

	Cheung Kung Hai Conference Centre William M W Mong Block, 21 Sassoon Road		
08:30–09:00	Registration		
09:00–10:15	Lecture Theatres 3–4 Young Scholar Forum: Rising Stars in Nursing Dr Ock Sim Kim , Postdoctoral Fellow, Yonsei University Dr Chaowarit Ngernthaisong , Lecturer, Chulalongkorn University Prof Wenjun Chen , Assistant Professor, Central South University Prof Kevin Luk , Assistant Professor, National University of Singapore Prof Jojo Kwok , Assistant Professor, The University of Hong Kong <i>Moderators: Prof Edmond Choi & Prof Kris Lok, The University of Hong Kong</i>	Lecture Theatre 1 Oral Presentation Session 7: Primary Healthcare and Nursing Lecture Theatre 2 Oral Presentation Session 8: Cognitive Health and Dementia Care Seminar Room 1 Oral Presentation Session 9: Chronic Disease Management and Long Term Care Seminar Room 2 Concurrent Oral Presentation Session 10: Cancer Care Seminar Room 3 Oral Presentation Session 11: Cardiovascular Health Seminar Room 4 Oral Presentation Session 12: Integrated Care for Stroke and Other Conditions	

10:15–11:00	Keynote Address Prof Emerita Jill White, The University of Sydney <i>Renewing the Definitions of Nursing and Nurse: Honouring the past and shaping the future</i> Moderator: Prof Patsy Chau, The University of Hong Kong
11:00–11:20	Tea Reception and e-Poster Viewing
11:20–12:00	Keynote Address Prof Emma Stanmore, The University of Manchester <i>Leadership in Nursing Research: Digital health innovation to improve functional decline and reduce falls in older adults</i> Moderator: Prof Doris Yu, The University of Hong Kong
12:00–12:45	Panel <i>Celebration of the 30th Anniversary of HKUSON: Three Decades of Nursing Leadership</i> Prof Sophia Chan, HKU Primary Health Care Academy Prof Agnes Tiwari, The Nursing Council of Hong Kong Prof Chia-Chin Lin, The University of Hong Kong Moderator: Prof Daniel Fong, The University of Hong Kong
12:45–14:30	Lunch and e-Poster Viewing
14:30–15:45	Roundtable discussion <i>Future of Leadership in Nursing Education</i> Prof Honghong Wang, Central South University Prof Yan Hu, Fudan University Prof June Zhang, Sun Yat-sen University Prof Chia-Chin Lin, The University of Hong Kong Moderators: Prof Jing Wang, Florida State University & Prof Polly Li, The University of Hong Kong
15:45–16:05	Tea Reception and e-Poster Viewing
16:05–17:05	Symposium <i>Leadership in Nursing Workforce</i> Prof Sheila R. Bonito, University of the Philippines Manila Dr Danny Tong, Hospital Authority, Hong Kong Prof Mari Ikeda, The University of Tokyo Moderators: Prof Mandy Ho & Prof Edmond Choi, The University of Hong Kong
17:05–17:45	Keynote Address Prof Olga Yakusheva, Johns Hopkins University <i>A Human Capital Approach to Nursing's Value and Payment</i> Moderator: Prof Kelvin Wang, The University of Hong Kong
17:45–18:00	Closing Ceremony

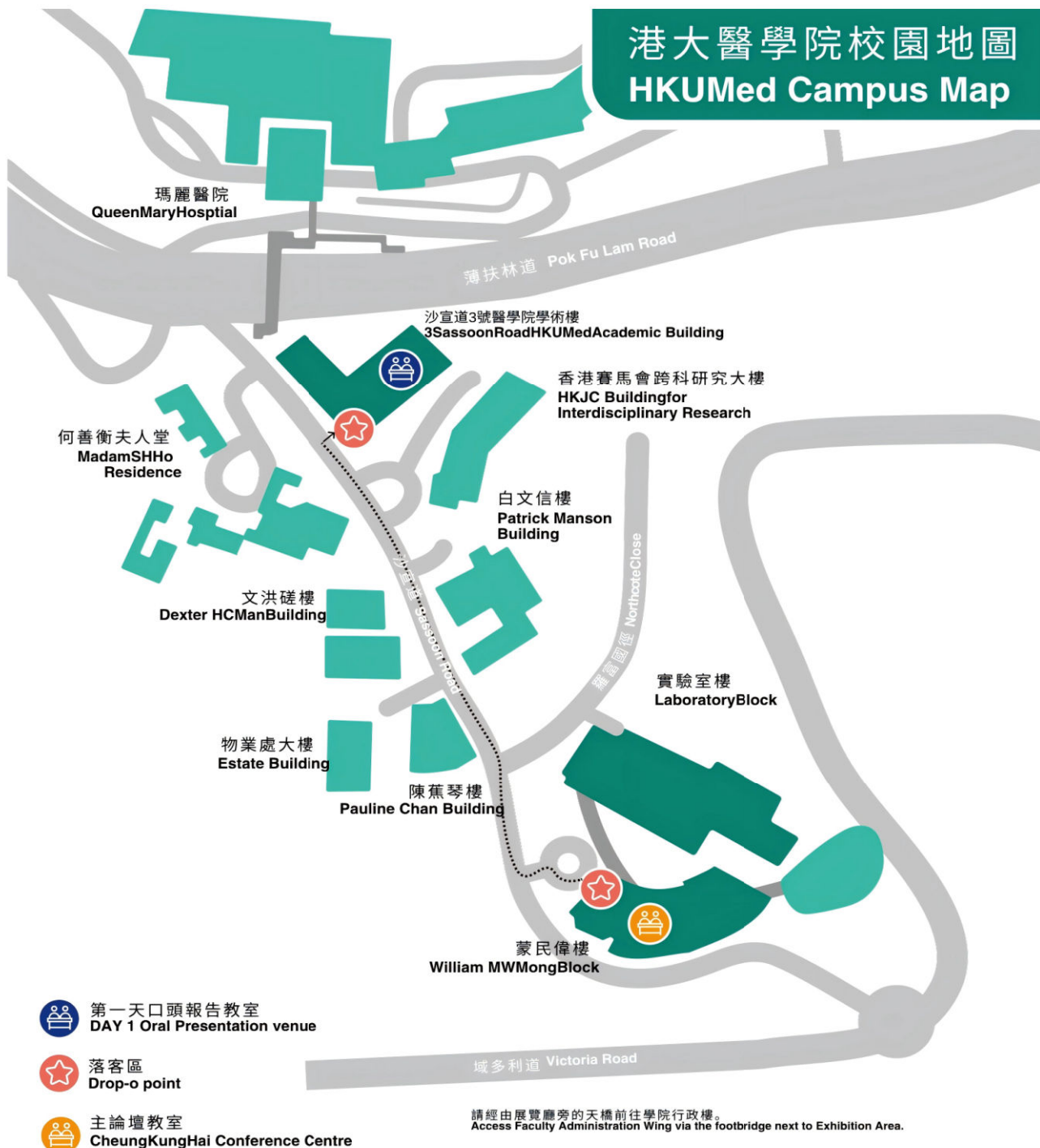
Forum Venue

Main Venue

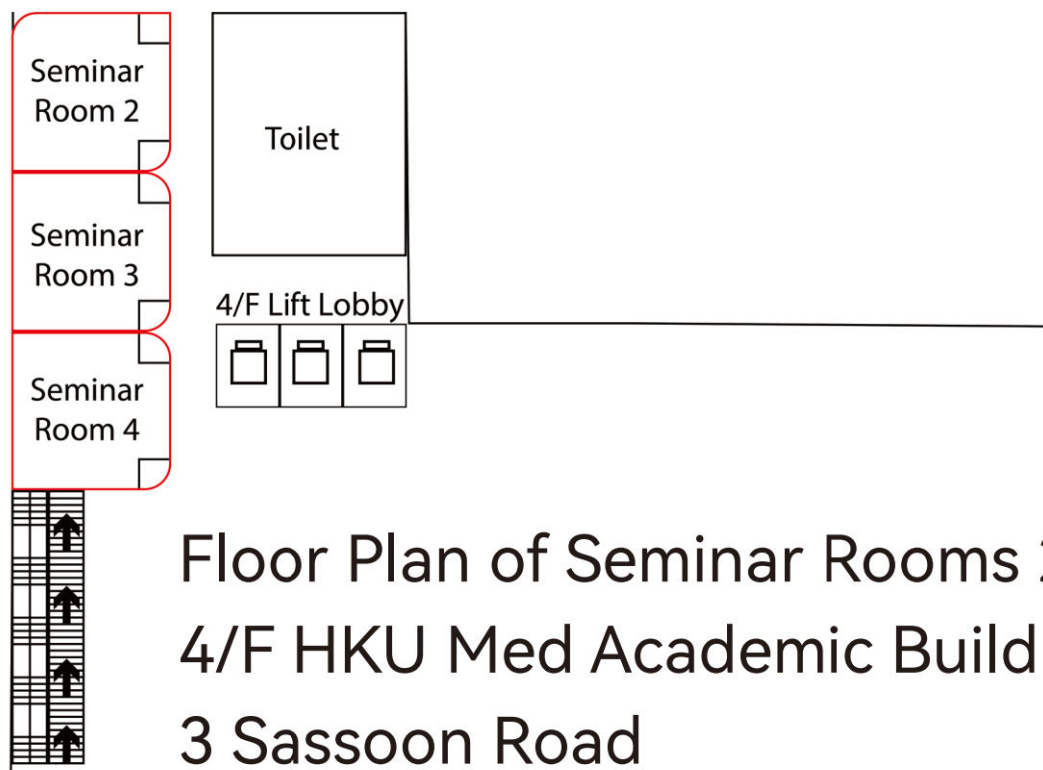
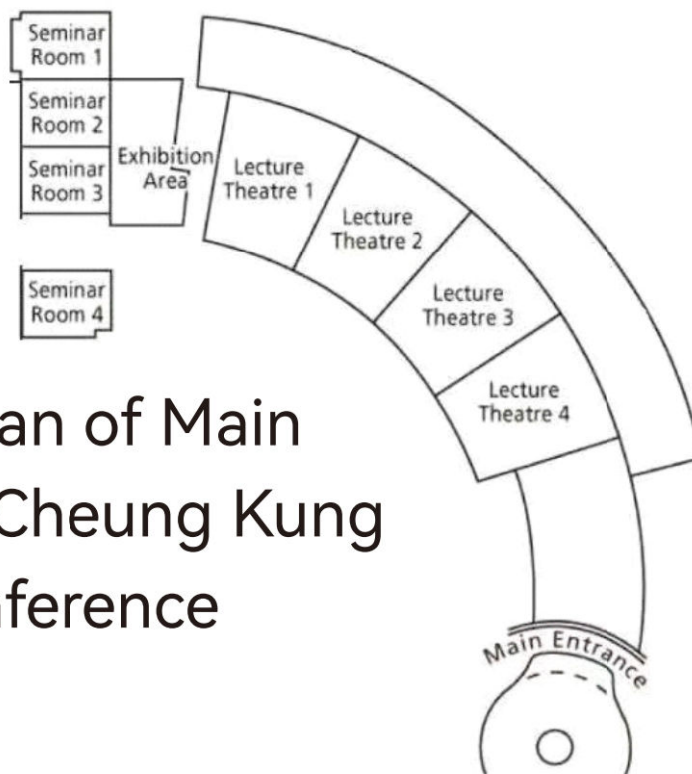
Cheung Kung Hai Conference Centre, G/F William MW Mong Block, Faculty of Medicine Building, 21 Sassoon Road, Pokfulam, Hong Kong

Concurrent Oral Presentation Sessions (Day 1)

Seminar Rooms 2 – 4, 4/F, HKUMed Academic Building, 3 Sassoon Road, Pokfulam (3SR)



Floor Plan of Main Venue, Cheung Kung Hai Conference Centre



Floor Plan of Seminar Rooms 2-4 4/F HKU Med Academic Building 3 Sassoon Road

REGISTRATION & ENQUIRY COUNTERS

Lobby, G/F William M.W. Mong Block, 21 Sassoon Road, Pokfulam

KEYNOTE LECTURES

Lecture Theatres 3 – 4, G/F, William M.W. Mong Block, 21 Sassoon Road, Pokfulam

SUB-FORUM

Sub-Forum 1

Lecture Theatres 3 – 4, G/F, William M.W. Mong Block, 21 Sassoon Road, Pokfulam

Sub-Forum 2

Lecture Theatre 2, G/F, William M.W. Mong Block, 21 Sassoon Road, Pokfulam

CONCURRENT SESSIONS

Day 1 (October 31, 2025)

Seminar Rooms 2 – 4, 4/F, HKUMed Academic Building, 3 Sassoon Road, Pokfulam (3SR)

Day 2 (November 1, 2025)

Lecture Theatres 1 – 2, G/F, William M.W. Mong Block, 21 Sassoon Road, Pokfulam (21SR)

Seminar Rooms 1 – 4, G/F, Laboratory Block, 21 Sassoon Road, Pokfulam (21 SR)

PITCHING PRESENTATIONS

Lecture Theatre 1, G/F, William M.W. Mong Block, 21 Sassoon Road, Pokfulam

EXHIBITION BOOTH

Foyer outside Lecture Theatres, G/F, William M.W. Mong Block, 21 Sassoon Road, Pokfulam

PREVIEW ROOM

Exhibition Area, G/F, William M.W. Mong Block, 21 Sassoon Road, Pokfulam

LUNCH BOX DISTRIBUTION

Outside Seminar Rooms 2 – 4, 4/F, HKUMed Academic Building, 3 Sassoon Road, Pokfulam

Exhibition Area, G/F, William M.W. Mong Block, 21 Sassoon Road, Pokfulam

TEA RECEPTION

Foyer outside Lecture Theatres, G/F, William M.W. Mong Block, 21 Sassoon Road, Pokfulam

U21 HSG NURSING AND MIDWIFERY GROUP RESEARCH POSTGRADUATE SYMPOSIUM

Lecture Theatre 1, G/F, William M.W. Mong Block, 21 Sassoon Road, Pokfulam

Keynote Speakers



Professor Robert L Klitzman

M.D.

Program Director, Bioethics

Professor of Psychiatry, Columbia University Irving Medical Center
Columbia University

Robert Klitzman, M.D., is a Professor of Psychiatry at the Vagelos College of Physicians and Surgeons and the Joseph Mailman School of Public Health at Columbia University, where he co-founded and for five years co-directed the Center for Bioethics, and founded and currently directs the Online and In-person Bioethics Masters and Certificate Programs. He has written over 200 scientific journal articles, ten books, and numerous chapters on critical issues related medical humanities and bioethics, regarding end of life care, doctor-patient relationships and communication, genetics, and other areas. His books include *Doctor, Will You Pray for Me?: Medicine, Chaplains and Healing the Whole Person*, *When Doctors Become Patients*, *Am I My Genes? Confronting Fate and Family Secrets in the Age of Genetic Testing*, *Designing Babies: How Technology is Changing How We Have Children*, *A Year-Long Night: Tales of a Medical Internship*, *In a House of Dreams and Glass: Becoming a Psychiatrist*, *The Trembling Mountain: A Personal Account of Kuru, Cannibals and Mad Cow Disease*, *Being Positive: The Lives of Men and Women With HIV*, *The Ethics Police?: The Struggle to Make Human Research Safe*, and *Mortal Secrets: Truth and Lies in the Age of AIDS*. He has worked to enhance both professional and public education about these issues, as a regular contributor to the *New York Times*, *CNN* and *Psychology Today*, and writing for the *Washington Post*, the *Wall Street Journal* and other publications. He has received numerous awards for his work, including fellowships from the John Simon Guggenheim Foundation, the Russell Sage Foundation, the Robert Wood Johnson Foundation, the Commonwealth Fund, the Aaron Diamond Foundation, the Hastings Center and the Rockefeller Foundation.

KEYNOTE ADDRESS

DAY 1 (October 31, 2025) | 09:45 – 10:45 | Lecture Theatres 3 – 4

Presentation title: AI and the Care of the Elderly

Abstract:

Artificial Intelligence (AI) is affecting many aspects of the care of the elderly, and can offer important potential benefits, but also potential risks, and can have several key limitations. AI has been expanding rapidly into many aspects of clinical research and care, as well as other aspects of social and individual life, receiving enormous attention and hype. Algorithms can assist with the diagnosis, treatment and prevention of countless diseases, and in several areas of radiology are as effective as physicians. But other AI applications can have errors in sensitivity and specificity in disease detection, and can “hallucinate”, making other kinds of errors. Algorithms are developed and trained using particular data sets from populations that may differ in race, ethnicity or other factors from populations on which the algorithm is then employed, leading to biased results. Elderly patients may also engage with algorithms outside of doctors’ offices, through wearables or chatbots that can provide helpful health-related interactions, but can also pose challenges. Chatbot “companions” for seniors are being developed and marketed that can converse with elderly patients, increasing interactions that can help reduce cognitive decline. But such chatbots can also gather sensitive data concerning depression, suicidality, or financial matters, posing questions regarding whether such chats should be monitored, and if so, by whom, and what such individuals should do with this information. This talk will explore these challenges, and ethical guidelines, frameworks and best practices that strive to reduce such risks to enhance effective and safe care.

Keynote Speakers



Professor Jing Wang

PhD, MPH, RN, FAAN

Dean and Professor
College of Nursing
Florida State University

Jing Wang, PhD, MPH, RN, FAAN, is Dean and Professor at the Florida State University College of Nursing in the U.S., launching the nation's first MSN in AI, and ranked as the #1 public nursing school on NIH-funded research in 2025. She is an internationally recognized leader in nursing, digital health, and ageing, founding editor of JMIR ageing, and founder of the Global Alliance on Smart Health Home and the Nursing & AI Innovation Consortium. Dr. Wang serves on the Board Chair and Immediate Past President of the Asian American and Pacific Islander Nurses Association (AAPINA), former Board of Directors for the National Coalition of Ethnic Minority Nurses Association (NCEMNA) and World Academy of Nursing Science, Board of Trustees of the Robert Wood Johnson Foundation, the National Advisory Council for Nursing at NIH, and National Advisory Council for the American Academy of Nursing's Institute on Nursing Leadership. As a Health and Ageing Policy Fellow and American Political Science Association Congressional Fellow, she was a senior scientific advisor to the Agency for Healthcare Research and Quality (AHRQ), and worked with the Centers for Medicare & Medicaid Services (CMS) and the Office of the National Coordinator for Health Information Technology (ONC) as a senior policy advisor, reflecting her broad impact on advancing health systems transformation and technology-enabled care.

KEYNOTE ADDRESS

DAY 1 (October 31, 2025) | 11:15 – 12:00 | Lecture Theatres 3 – 4

**Presentation title: Leading Smart and Connected Ageing at Home:
A Nursing Journey of Innovation and Global Perspectives**

Abstract:

As global populations age, the aspiration to remain healthy, safe, and connected at home has become both a societal imperative and a scientific frontier. Evidence from systematic and umbrella reviews demonstrates that smart and connected health technologies—including sensors, wearables, robotics, AI-enabled decision support, and digital health platforms—can improve independence, reduce functional decline, and enhance quality of life for older adults, while also presenting challenges related to adoption, equity, interoperability, cost, and data governance. Nursing leadership is critical to bridging technology and humanity: nurses build trust, tailor interventions, and integrate innovations into daily practice across diverse cultural and policy contexts. Global exemplars, from nurse-led smart health homes in Florida to AI partnerships and lifestyle medicine clinics, show how nursing can drive responsible innovation, advance equity, and shape policy frameworks for sustainable ageing care. This talk reviews the scientific evidence, identifies opportunities for global collaboration, and calls for a future where nurses lead the translation of digital innovation into smart, connected, and compassionate ageing-at-home solutions worldwide.

Keynote Speakers



Professor Emerita Jill White

AM, RN, RM, MEd, PhD, MHPol, FACN, FAAN

Professor Emerita

Susan Wakil School of Nursing and Midwifery

The University of Sydney

Professor White is a Professor Emerita of the Susan Wakil School of Nursing and Midwifery at the University of Sydney, and the Faculty of Health, University of Technology, Sydney (UTS) Australia, and is now an independent consultant in the areas of health education, regulation and policy.

Jill was the inaugural Chair of the Australian Nursing and Midwifery Accreditation Council, was a Fulbright Senior Scholar and has worked extensively at a global level including at World Health Organisation and International Council of Nurses in Geneva.

Jill was a Board member of the Nursing Now! Campaign 2018–2021 and the Nursing Now Challenge Board. Since 2022 Jill has been a Board member of the South-West Sydney Local Health District (SWSLHD) and is currently Deputy Chair of the LHD.

Recently, Jill led the International Council of Nurses Definition of Nurse and Nursing Project for which she was Project Director and Chair of the Expert Group.

KEYNOTE ADDRESS

DAY 2 (November 1, 2025) | 10:15 – 11:00 | Lecture Theatres 3 – 4

**Presentation title: Renewing the Definitions of Nursing and Nurse:
Honouring the Past and Shaping the Future**

Abstract:

"It is self evident that an occupation, especially a profession, whose services affect human life must define its function"

(Henderson, 1991)

Renewing a decades old definition of a service which profoundly affects human life is a daunting prospect. Presuming to be able to craft text which represents 30 million people globally is even more daunting but these were the tasks set by the International Council of Nursing and which were delivered in June 2025 at the Helsinki conference. The challenge to deliver a new definition of nursing and nurse which will be subject of our time together in this session. The presentation will describe the innovative and inclusive nature of the methodology used, the processes by which the definitions were "wordsmithed" and ratified, and finally the ways to which you can utilise them for your future in nursing and for the profession.

Keynote Speakers



Professor Emma Stanmore

PhD, MRes, BNurs (Hons), DN, RN

Professor

Division of Nursing, Midwifery & Social Work/

School of Health Sciences

The University of Manchester

Emma Stanmore is Professor in Older Adult Health and Healthy Ageing Research Group Lead at The University of Manchester. She has over 25 years combined experience in healthcare, research and teaching with a research focus on healthy ageing and currently the use of digital health interventions to prevent functional loss and falls in older adults. Emma has a track record of leading the research and development of successful healthcare innovations in collaboration with software developers, clinicians and engineers including Exergames, Keep On Keep Up (KOKU™); RehabMat (iMagiMat™ technology) and also implementing change in Health and Social Care (new hospital at home services and interdisciplinary rehab roles).

KEYNOTE ADDRESS

DAY 2 (November 1, 2025) | 11:20 – 12:00 | Lecture Theatres 3 – 4

Presentation title: Leadership in Nursing Research: Digital Health Innovation to Improve Functional Decline and Reduce Falls in Older Adults

Abstract:

Despite robust evidence supporting strength and balance training to prevent falls and mitigate functional decline, uptake and sustained engagement among older adults remains low due to accessibility, motivation, and delivery challenges. To address these barriers, KOKU, a digital, personalised, and progressive strength and balance programme, was co-developed using a user-centred design approach. This ensured that the needs, preferences, and lived experiences of older adults were central to every stage of the program's development. Through iterative co-design workshops, usability testing, and feedback loops, KOKU was shaped to be intuitive, adaptable, and motivating for older users, enhancing its relevance and acceptability as a self-management tool.

To evaluate the effectiveness of KOKU, a two-arm, parallel-group randomized controlled trial (RCT) was conducted among 202 community-dwelling older adults aged 60 years and over. Participants were randomly assigned to either the intervention group (KOKU plus standard care) or the control group (standard care only), with assessments conducted at baseline, 6 weeks, and 12 weeks. Standard care included exercise advice and a falls prevention leaflet, while those in the intervention group were encouraged to engage with the KOKU digital programme three times per week. The primary outcome was balance function as measured by the Berg Balance Scale at 12 weeks. Secondary outcomes included lower-limb strength, falls risk, quality of life, concerns about falling, physical activity, and program usability.

Results demonstrated a statistically significant and clinically meaningful improvement in balance in the KOKU group compared to control at both 6 and 12 weeks (mean difference at 12 weeks: 6.35; 95% CI: 4.48 to 8.22). Lower-limb strength, measured via the Five Times Sit-to-Stand test, also improved in the KOKU group (mean difference: -6.85 seconds; 95% CI: -10.47 to -3.24). Trial retention was high, with 90% of participants completing the 12-week follow-up. Participants reported high acceptability and usability of the KOKU program, reinforcing the value of the user-centred design process in creating an intervention that aligns with older adults' needs and capabilities.

The successful implementation and positive outcomes of KOKU were supported by a framework of transformational leadership within the development and research team. This leadership approach fostered innovation, empowered co-design participants, and promoted a shared vision of enabling independence and reducing falls through digital health. By inspiring cross-disciplinary collaboration and maintaining focus on the end-user, transformational leadership was instrumental in translating evidence-based practice into an accessible digital solution.

In conclusion, the KOKU digital strength and balance programme significantly improved physical function and reduced falls risk in older adults over 12 weeks. The combination of user-centred design, rigorous RCT evaluation, and effective implementation strategy—underpinned by transformational leadership—demonstrates the potential for digital interventions to deliver meaningful health outcomes at scale. KOKU represents a promising, scalable, and person-centred approach to support ageing populations in maintaining independence and reducing falls risk through home-based self-management.

Keynote Speakers



Professor Olga Yakusheva

PhD, MSE, FAAN

Professor
School of Nursing
Johns Hopkins University

Professor Olga Yakusheva, PhD, MSE, FAAN is an internationally leading expert and thought leader on the economic value of nursing to healthcare systems. She is an economist and Professor at Johns Hopkins Nursing and an Economics Editor for the International Journal of Nursing Studies. Professor Yakusheva's work has been published in top economics and medical journals including Review of Economics and Statistics and JAMA. Professor Yakusheva's research team has led studies quantifying the value-added contribution of nurses to patient outcomes and to organizational financial outcomes, to improve nurse staffing, reduce burnout, and promote the economic value of nurses. Professor Yakusheva is the lead author of the Nursing Human Value Capital Model and the Value-Informed Nursing Practice and Leadership Model.

KEYNOTE ADDRESS

DAY 2 (November 1, 2025) | 17:05 – 17:45 | Lecture Theatres 3 – 4

Presentation title: A Human Capital Approach to Nursing's Value and Payment

Abstract:

Join us for a presentation by healthcare economist Olga Yakusheva, focused on reimagining the economic value of nursing. Discover how a paradigm shift could transform nurses into revenue-generators and strategic assets within the healthcare system, rather than merely viewing them as labor costs. Gain insights from health policy and economics that emphasize the crucial role of nursing in enhancing patient outcomes and fostering sustainable, human-centered health care.

Sub-forum 1

Active and Healthy Ageing: Cutting-edge Technologies and Practical Applications

DAY 1 (October 31, 2025) | 14:00 – 15:30 | Lecture Theatres 3 – 4



Professor Wenru Wang

PhD, RN, FAAN

Alice Lee Centre for Nursing Studies,
Yong Loo Lin School of Medicine,
National University of Singapore

Professor Wang Wenru is a full professor at Alice Lee Centre for Nursing Studies (ALCNS), National University of Singapore. She is the Chair of Chronic Illness and Long-term Care Research Program at ALCNS. Professor Wang specializes in chronic illness and long-term care, focusing on cardiovascular health, cardiac rehabilitation, diabetes management, and active ageing. Her research integrates psychosocial interventions with innovative technologies (mHealth, telemedicine, AI) for health promotion and secondary prevention. As Principal Investigator, she has secured over 30 competitive grants totaling nearly SGD 10 million and published nearly 300 peer-reviewed papers in top medical and nursing journals. A recognized expert, she has been appointed as an Associate Editor for European Journal of Cardiovascular Nursing and serves as an Editorial Board member for several renowned international nursing journals, including JAN, JCN, BMC Nursing etc. In recognition of her contributions, she was named a Fellow of the American Academy of Nursing (2020) and inducted into Sigma's International Nurse Researchers Hall of Fame (2023).

Presentation title: Innovative AI and Digital Health Solutions to Promote Active Ageing and Chronic Disease Wellness

Abstract:

By 2030, one in four Singaporeans will be aged 65 and above, placing unprecedented demands on our healthcare system and reshaping the way we think about wellness. The question is no longer how to treat disease, but how to extend healthy, active years of life while keeping chronic conditions under control. Artificial intelligence (AI) and digital health innovations are opening new frontiers to make this possible. This presentation will showcase how AI-driven insights, mobile health applications, wearable sensors, and gamified digital platforms are being applied to promote active ageing and chronic disease wellness in Singapore. I will share findings from several funded projects, including a home-based cardiac tele-rehabilitation program, a gamification-based dance programme for older adults, and AI-powered mobile insulin calculator integrating carbohydrate estimation for patients with diabetes. These initiatives integrate remote monitoring systems to enable timely interventions, reduce reliance on frequent in-person visits, and empower individuals to take an active role in their own health. Our research shows that combining evidence-based strategies with real-time, data-driven feedback improves adherence, fosters autonomy, and may delay disease progression. Crucially, these solutions also address healthcare accessibility and scalability, cornerstones for sustainable chronic care in an ageing society. By uniting cutting-edge technology with person-centered care principles, AI and digital health can shift the paradigm from treating illness to cultivating resilience and lifelong wellness.



Professor Cuntai Zhang

Director
Department of Geriatrics
Tongji Hospital
Tongji Medical College
Huazhong University of Science and Technology

Professor Cuntai Zhang is a Distinguished Professor, Chief Physician, and Doctoral Supervisor at Tongji Hospital, Tongji Medical College, Huazhong University of Science and Technology. He serves as Director of the Department of Geriatrics and the Key Laboratory of Vascular ageing, Ministry of Education.

He is Chair of the Geriatrics Branch of the Chinese Medical Association, Vice President of the Geriatrics Physician Branch of the Chinese Medical Doctor Association, and Associate Editor-in-Chief of Chinese Journal of Geriatrics and ageing Medicine.

Professor Zhang has led a National Key R&D Program, eight NSFC projects, and fifteen provincial-level projects. He has published over 120 SCI papers, authored six monographs, and served as Editor-in-Chief of the national textbook Geriatrics.

Recognized as a State Council Expert with Special Allowance and an Outstanding Young and Middle-Aged Expert, he has received multiple honors, including the “National Master Physician Award” and the Hubei May 1st Labor Medal.

Presentation title: Assessment and Intervention of Vascular Ageing

Abstract:

Vascular ageing plays a critical role in cardiovascular and cerebrovascular diseases. In-depth research has been conducted on the mechanisms of vascular endothelial cells, smooth muscle cells, and the extracellular matrix in the process of vascular ageing. By integrating genetic factors, risk factors, vascular function, structure, and plasma biomarker detection, a five-dimensional vascular assessment system has been established to calculate vascular age. Healthy lifestyle habits and risk factor control can effectively mitigate vascular ageing. Furthermore, studies at the cellular, animal, and human levels have identified small-molecule compounds with the potential to delay or reverse vascular ageing.



Professor Hongliu Yu

Director

Institute of Rehabilitation Engineering and Technology
University of Shanghai for Science and Technology

Professor Hongliu Yu is a Distinguished Professor (Second Level) and Doctoral Supervisor, currently serving as Dean of the Institute of Intelligent Rehabilitation Engineering at the University of Shanghai for Science and Technology, Distinguished Professor of the Hujiang Leading Talent Program, and Director of the Shanghai Engineering Research Center of Assistive Devices. He is also Chief Scientist of a National Key R&D Program. His research focuses on intelligent care robots, neuro-rehabilitation robots, and wearable rehabilitation robots.

Professor Yu established the world's first academic program in rehabilitation engineering. He has received numerous honors, including the National Baosteel Outstanding Teacher Award, the title of "Most Outstanding Rehabilitation Science and Technology Worker," and the designation of Shanghai Model Worker (Advanced Worker).

His academic leadership roles include President-Elect of the Consortium for Rehabilitation Engineering and Assistive Technology in Asia (CREATE Asia), President of the Shanghai Rehabilitation Equipment Association, Vice President of the China Association of Assistive Products, Chair of the Rehabilitation Engineering and Industry Promotion Committee of the Chinese Association of Rehabilitation Medicine, and President of the Rehabilitation Robot Alliance. He is also Chair of the Committee on Rehabilitation Devices of the China Association of Assistive Products, a member of the Expert Panel on the National Key R&D Program "Active Health and Ageing," and has served as Chair of the 1st–4th China Rehabilitation Robotics Forum (CRR), Chair of the 12th and 17th International Convention on Rehabilitation Engineering and Assistive Technology (i-CREATE), and Founding Chair of the IEEE World Conference on Rehabilitation Robotics (WRRRC).

Presentation title: Smart Elderly Care and Care Robots

Abstract:

With the intensification of global population ageing, traditional care models are increasingly unable to meet the growing demand. Driven by technological innovations such as artificial intelligence (AI) and robotics, as well as policy support, care robots have become a crucial solution to support ageing society and smart elderly care.

This presentation will systematically sort out and elaborate on the researches and applications of ten major categories of intelligent care robots, including nursing bed robots, transfer robots, walk-assisting robots, toilet assisting robots, bath-assisting robots, companion robots, feed-assisting robots, behavioral safety monitoring robots, elderly health monitoring robots, and physical therapy & rehabilitation training robots. Finally, it will look forward to the development trends of care robot technology towards integration, remote operation, and embodied intelligence.



Professor Ka Li

Dean and Professor
School of Nursing
Sichuan University

Professor Li Ka, Doctoral Supervisor, Candidate of the National High-level Talent Program, Sichuan Provincial Ten Thousand Talents Program –Leading Talent in Science and Technology, Recipient of Chengdu Top-Tier Talent Program, Dean of School of Nursing, Member of the Party Committee, West China School of Medicine, Sichuan University; Director of Sichuan Provincial Medicine and Engineering Interdisciplinary Research Laboratory of Nursing & Materials; Vice Chair of the Surgical Nursing Committee, Chinese Nursing Association; Chair of the Enhanced Recovery after Surgery (ERAS) Nursing Committee, China Association for Medical and Pharmaceutical Education; Vice Chair of the Committee on Healthy Ageing and Integrated Medical-Care Services, Chinese Preventive Medicine Association; Member of the National Steering Committee for Graduate Education in Medical Professional Degrees, Academic Degrees Committee of the State Council; Member of the Committee on Standards for Elderly Health, National Health Standards Commission of China; Member of the Nursing Terminology Review Committee, National Committee for the Review of Scientific and Technical Terms; Chair of the Nursing Teaching Steering Committee for Undergraduate Universities, Sichuan Provincial Department of Education; Editorial Board Member of 8 Journals, including the SCI-indexed Health Expectations and Chinese Journal of Reparative and Reconstructive Surgery; Associate Editor of Journal of Sichuan University (Medical Edition) (MEDLINE/PKU Core Journal).

Professor Li's research direction is Fundamental and Clinical Studies of Enhanced Recovery After Surgery Nursing. Professor Li won First Prize of Sichuan Provincial Science and Technology Progress Award (Ranked 1st), Second Prize of National Teaching Achievement Award, Baosteel Outstanding Teacher Award. Professor Li is Principal investigator of 20 national and provincial projects, including NSFC Key Projects, General Projects, and Key Special Projects of Sichuan Provincial Department of Science and Technology; Published research findings as first/corresponding author in high-impact journals such as

International Journal of Surgery, Advanced Functional Materials, and Clinical Nutrition; Authorized 9 invention patents, with 1 patent successfully commercialized; issued 8 standards, guidelines, and consensus documents. Professor Li is Editor-in-Chief of 3 national-level “14th Five-Year Plan” textbooks; As course leader, awarded National Model Online Graduate Course and National First-Class Undergraduate Course.

Presentation title: Cutting-edge Technologies and Practical Applications in Peri-operative Recovery among Older Adults



Dr the Hon Lam Ching Choi
GBS, JP

Non-Official Member, Executive Council
Haven of Hope Christian Service

Dr Lam is a specialist in paediatric and community medicine and is currently Chief Executive Officer of Haven of Hope Christian Service.

With his extensive knowledge of local public health policies and services, Dr Lam has sat on multiple statutory and advisory bodies. He is a non-official member of the Executive Council of the HKSAR Government. Prior to his current position as the Chairman of the Advisory Committee on Mental Health, he served the Elderly Commission for almost 20 years, and he was once the Chairman of the Commission. He now also serves the Council for Carbon Neutrality & Sustainable Development, the Primary Healthcare Committee, the Healthcare & Wellness Training Board of the Vocational Training Council, the Industry Training Advisory Committee of Elderly Care Service and the Independent Commission Against Corruption Complaints Committee.

He is also a member of the Green Technology & Finance Development Committee as well as the HK Housing Society to provide advice to the government on various policies.

Dr Lam was honoured by the HKSAR Government with the Justice of Peace in 2003 and Gold Bauhinia Star in 2025. In 2018, apart from receiving Honorary Fellowship from Lingnan University, he also received the Ageing Asia Global Ageing Influencer Award (Special Recognitions) in recognition of his devotion to public services and his influence on policy-making for the global ageing trend.

Presentation title: Application of Gerontechnology in the Community Settings

Abstract:

As the global population ages, the integration of technology into healthcare is increasingly vital, especially within community settings. This presentation explores the application of gerontechnology—an interdisciplinary field merging gerontology and technology—to enhance the quality of life for older adults.

We will examine various innovative technologies, such as remote monitoring systems, telehealth services, and assistive devices, that empower seniors to maintain their independence while receiving crucial support. These technologies not only facilitate health management but also promote social engagement and overall well-being among older adults.

We will try to highlight successful implementations of gerontechnology in community settings, showcasing how these tools can improve access to healthcare and foster a sense of belonging. Additionally, we will discuss the challenges and considerations in adopting these technologies, including issues of accessibility, user-friendliness, and the need for training for both seniors and caregivers.

Ultimately, this presentation aims to inspire healthcare professionals and community leaders to embrace gerontechnology as a means to create inclusive and supportive environments for our ageing population. By leveraging technology effectively, we can ensure that older adults thrive in their communities, leading to healthier, more engaged lives.



Prof Hui Feng

PhD, RN, FAAN

Professor

Xiangya School of Nursing

Central South University

Professor Hui Feng is a Furong Scholar and Director of the Hunan Provincial Engineering Research Center for Smart Health and Elderly Care. She also serves as Principal Investigator at the National Clinical Research Center for Geriatric Disorders (Xiangya Hospital), Dean of the Xiangya-Panhai Institute of Health Management, Executive Director of the Health Care Research Center of Central South University, and Director of both the Hunan Provincial Innovation Base for Advanced Gerontological Nursing Talent Training and the Hunan Provincial Collaborative Innovation Center for Health Nursing.

Her research focuses on smart health for older adults, chronic disease mechanisms, and health management. Professor Feng has led more than ten national research projects, over forty provincial, ministerial, and enterprise-university collaborative programs, and three international collaborations supported by the China Medical Board. She has published more than 100 papers in leading Chinese and international journals as first or corresponding author, led the development of five national and industry standards and two guidelines, and edited or co-edited over twenty textbooks and monographs.

Professor Feng received the First Prize of the Hunan Provincial Science and Technology Progress Award (as first contributor). She serves as reviewer for several international journals, including Age and Ageing, and is widely recognized as a leading scholar in gerontological nursing and smart health research in China.

Presentation title: Chronic Disease Real-Time Monitoring and Proactive Management: Robotic Technology Innovation and Practice

Abstract:

In response to the global challenges of population ageing and chronic disease prevention/control, this project focuses on community and home-based management scenarios for common chronic diseases such as diabetes, coronary heart disease, and COPD. It is dedicated to constructing a patient-centric, technology-integration-driven smart healthcare management solution.

The project team has developed a home-use robotic and smart terminal system. By integrating smart devices and multimodal interaction technologies, the system aims to establish a proactive management closed loop for chronic diseases, encompassing "Perception - Transmission - Analysis - Decision - Interaction - Execution." This initiative is designed to shift chronic disease management from a passive response model to proactive intervention, thereby effectively enhancing patients' self-management capabilities and quality of life.

Sub-forum 2

Active and Healthy Ageing: Social-Psychological-Behavioral Intervention

DAY 1 (October 31, 2025) | 14:00 – 15:30 | Lecture Theatre 2



Professor Xiaomei S. Cong

PhD, RN, FAAN

Beatrice Renfield Professor

Yale University School of Nursing

Deputy Director (Nursing), Yale Center for Clinical Investigation (YCCI)

Yale University School of Medicine

Professor Xiaomei Cong is the Beatrice Renfield Professor at Yale University School of Nursing and Deputy Director of Nursing at the Yale Center for Clinical Investigation (YCCI). She is a renowned nursing scientist with a longstanding interest and expertise in symptom science and biobehavioral and translational research, and with a particular focus on the mechanisms of pain, stress, and self-management, and their impact on health outcomes. She is among the first nurse researchers to explore the brain-gut-microbiome axis and its role in vulnerable populations across the lifespan. With more than 20 years of NIH- and agency-funded research, Professor Cong has led numerous studies that have generated groundbreaking evidence to advance scientific knowledge and influence healthcare practice and policy.

**Presentation title: Enhancing Health and Quality of Life in Older Adults:
Integrating Syndrome Management and Behavioural Interventions**

Abstract:

Older adults frequently experience multiple chronic conditions accompanied by complex symptom burdens, particularly pain, fatigue, sleep disturbance, mood changes, and physical and cognitive dysfunctions, that significantly affect their health and quality of life. Understanding and addressing these symptoms are essential to improving well-being and promoting healthy ageing. This presentation will highlight the prevalence and multidimensional nature of pain and other common symptoms among older adults, emphasizing underlying biobehavioral mechanisms and the importance of comprehensive assessment approaches. Evidence-based symptom management and behavioral interventions, including cognitive-behavioral strategies and tailored physical activities, will be discussed as effective approaches to alleviate symptom burden and enhance functional outcomes. Integrating symptom science with behavioral approaches offers a promising pathway to enhance resilience, support self-management, and optimize quality of life in ageing populations. This presentation aims to inspire interdisciplinary collaboration to advance research and clinical innovations that address symptom burdens and promote health among older adults.



Professor Doris Yu

Bsc (NursStud), PhD, RN, APN (Education and Research in Nursing), FHKAN (Education & Research – Education), FAAN

Professor
Chair, Research
School of Nursing
The University of Hong Kong

Professor Doris Yu is the Chair in Research at the School of Nursing, LKS Faculty of Medicine and the Associate Director of the Sau Po Center on Ageing, the University of Hong Kong. Her research focuses on healthy ageing promotion, disease management models for heart failure and dementia, and family caregiving. Her work has extensively integrated the concepts in dyadic science, digital healthcare and integrated care model. She has received over USD 18M external competitive grant to support the research work. Her research has been published in high impact journals in cardiology, gerontology and nursing, and she is awarded with the World Top 20% Scientist by Stanford University since 2018. Professor Yu is very enthusiastic to promote evidence-based practice. She has actively engaged in the ageing Expert Panel of the American Academy of Nursing, and serves a number of expert advisory panels of both government and non-government sectors to support priority-setting for aged care policy and service. Over the years, Professor Yu actively engages in science implementation and has developed various territory-wide evidence-based programs to increase the preparedness of rapid population ageing in the educational and healthcare pursuits.

**Presentation title: Unlocking the Complexity of Late-Life Loneliness:
Exploring Multiple Pathways and the Empirical Strategies for Connections**

Abstract:

Loneliness among older adults poses a significant global public health challenge, associated with adverse physical, mental, and cognitive outcomes. This speech offers an overview of the profound health impacts of late-life loneliness across diverse populations and underscores the urgency of addressing this pervasive issue. In the context of rapid digitalization, the complex pathways leading to loneliness will be examined, highlighting how digital literacy and cognitive decline serve as key factors shaping social disconnection in ageing populations. The presentation will showcase recent findings from a comprehensive network meta-analysis, comparing various care models designed to mitigate loneliness among older adults. These models include community-based interventions, technology-assisted solutions, and integrated social services, providing insights into their relative effectiveness. Finally, the discussion will focus on strategic directions to foster socially engaging communities worldwide, emphasizing the importance of inclusive digital literacy programs, community participation, and innovative care frameworks. By understanding the multifaceted nature of late-life loneliness and empirically evaluating intervention strategies, we aim to inform policy and practice that can create more connected, resilient, and age-friendly societies. This speech will contribute to advancing a holistic approach toward alleviating loneliness, ensuring older adults can enjoy meaningful social connections in an increasingly digital world.



Professor Anna Axelin

RN, PhD

Professor

Department of Nursing Science

University of Turku

Anna Axelin is a Professor of Nursing Science at the Department of Nursing Science, University of Turku, Finland. She also holds a position as an Associate Researcher at the International Maternal and Child Health unit within the Sustainability Learning and Research Centre at Uppsala University, Sweden. Prof. Axelin completed her postdoctoral training in the Department of Family Health Care Nursing at the University of California, San Francisco, USA.

Professor Axelin leads the research program "Intelligent Health," which aims to support effective and personalized healthcare in the early stages of life using information technology and digital solutions. She has extensive experience in conducting research on digital health within multidisciplinary teams, employing versatile methodologies. Currently, she is leading clinical studies in the EU-funded project "NewLife," which collaborates with health tech companies to develop new remote, non-invasive monitoring solutions to ensure the health of mothers and babies before and after birth. Additionally, her current eHealth projects focus on supporting parental mental health and, consequently, the optimal psychosocial development of children.

Presentation title: Leveraging eHealth for Tailored Mental Health Prevention and Early Intervention

Abstract:

Mental health disorders are a major global health concern, with increasing demand for services and significant economic costs. Traditional services are insufficient to meet this demand, making digital solutions—particularly eHealth technologies—promising tools for mental health promotion, early detection, and personalized interventions. This presentation explores the potential of eHealth in promoting mental health, especially among young people and pregnant women.

Early detection can be enabled through Ecological Momentary Assessment and IoT devices, with data analyzed using machine learning. Features such as physical activity, sleep quality, and heart-related patterns may be linked to symptoms of mental health disorders. Integrating these indicators into clinical decision-support systems could enable timely and effective mental health interventions.

The development of digital interventions can be guided by the DID-Guide framework, which provides a flexible structure for both creating new interventions and adapting existing ones. Depending on the starting point, intervention development may follow the full framework, convert a non-digital intervention into a digital format, personalize an existing digital intervention, or offer software developers a theoretical foundation for design. This adaptability makes the DID-Guide suitable for various stages and types of digital mental health intervention development. The presentation will demonstrate the use of the framework with four use cases related to interactive 3D ultrasound, cognitive behavioral therapy, conversational health agents, and wearable sensors.

Digital tools offer scalable and individualized approaches to mental health promotion. Their development requires multidisciplinary collaboration, rigorous evaluation, and ethical reflection to ensure meaningful integration into healthcare.



Professor Lily Dongxia Xiao

RN, MNg Flin, PhD Flin, FACN

Matthew Flinders Professor

College of Nursing and Health Sciences

Flinders University

Professor Lily Dongxia Xiao is an internationally recognised dementia caregiver researcher. She is one of four key contributors to the World Health organization (WHO) iSupport for Dementia program, the first evidence-based online psychoeducation program for informal carers of people with dementia worldwide. The iSupport program has been widely adopted in the WHO member countries for the benefits of over 55 million people with dementia. She has led research teams to adapt the iSupport program in multiple languages in Australia, developed the iSupport model of care and tested the model. She is currently leading three large projects to embed and scale up the iSupport model in community aged care, primary care and social care sectors and foster cross-sector collaboration to strengthen the care and support for people with dementia and their caregivers. She serves on the WHO Global Dementia Observatory Knowledge Exchange peer review panel and the WHO iSupport Network. She is the Fellow of Australian College of Nursing and serves on the Aged Care Solutions Expert Advisory Group. She is also the Foundation Member of the Australian Hartford Consortium for Gerontological Nursing Excellence. She was invited to review and revise the WHO “China country assessment report on ageing and health”. She was invited to the WHO Global Consultation Advisory Panel on the WHO Global Strategy and Action Plan on Healthy Ageing in 2015. She was appointed as the Honorary Adviser in 2016 by the Academy of Cognitive Disorder of China & Chinese Geriatrics Society. In the past 5 years, she has attracted over 13 million (Australian dollar) research funding. She is featured in the top 1% of nursing discipline in the 2024 Stanford-Elsevier global report. She has been awarded the prestigious title of Matthew Flinders Professor in the recognition of her distinguished contributions to the research and leadership.

Presentation title: Enhancing the Care and Support for People with Dementia and Their Carers via an iSupport Model.

Abstract:

Background: Family carers are recognised as a big part of health system but receive less dementia care education and support than health and aged care professionals.

Aim: To evaluate a virtual multicomponent iSupport model for carers of people living with dementia in hospital and community aged care settings.

Methods: A pragmatic randomised controlled trial with a nested longitudinal qualitative study in four organisations was applied to address the aim of the study. The primary outcomes were quality of life of carers and people living with dementia at 12 months post-baseline. The secondary outcomes were carers' self-efficacy, social support, reactions to behaviour, behaviour frequency of people living with dementia; the hospital admissions and emergency department presentations of people living with dementia; and the perspectives carers and staff on the iSupport model.

Results: In total, 149 carers enrolled in the trial. The intervention group reported increased mental-health-related QoL points of 12.0 ($P<0.001$), self-efficacy points of 14.8 to 18.5 ($P<0.001$), social support points of 0.25 ($P<0.028$), reduced reactions to behaviour points of -0.25 ($P<0.028$) and a 60% lower hospital admission rate ($P=0.045$) at 12 months compared with the usual care group. Twenty-eight carers and 9 staff participated in interviews at 6 months and 12 months. Themes identified represented carers' empowerment experiences in the iSupport model, expectations for the iSupport model and factors affecting the embedment of the iSupport model.

Conclusion: The iSupport model showed benefits for carers and people with dementia in a 12-month intervention in hospital and community aged care settings.



Professor Rainbow T. H. Ho

Professor

Department of Social Work and Social Administration

The University of Hong Kong

Professor Ho Tin Hung is an experienced researcher, professor, therapist and artist. She is currently the Director of the Centre on Behavioral Health, professor in the Department of Social Work and Social Administration, and program director of the Master of Expressive Arts Therapy and Master of Social Sciences (Behavioral Health) at the University of Hong Kong. Professor Ho's research interests cover creative and expressive arts therapy, mind-body medicine, psychophysiology, spirituality and movement. She has published more than 200 academic papers in international journals and received numerous awards. Professor Ho is currently involved in the steering committees of the World Health Organisation's Arts and Health Research Laboratory, the International Creative Arts Therapy Research Alliance and the Neuroscience and Dance Therapy Research Network.

Presentation title: Creative Ageing: Arts and Wellbeing in Old age

Abstract:

While traditional healthcare models often focus on managing illness, a proactive health and ageing paradigm recognizes the importance of holistic wellbeing. In recent decade, research suggests that creative expression can enhance cognitive function, reduce stress and anxiety, increase social connectedness, and foster a sense of purpose – all vital components of healthy ageing. The presentation will review current research findings, explore the potential neurobiological mechanisms at play, and address practical considerations for implementing creative interventions in diverse care settings. Specific examples of accessible and adaptable programs will be shared. This presentation hopes to integrate creative ageing as a valuable and accessible tool within a proactive health and ageing framework, enhancing the lives of older adults and enriching the nursing profession. Participants will gain insights into practical strategies for integrating creative activities into care plans and fostering a culture of creative expression within nursing facilities, ultimately contributing to a holistic and person-centered approach to ageing.

Young Scholar Forum: Rising Stars in Nursing

DAY 2 (November 1, 2025) | 09:00 – 10:15 | Lecture Theatres 3 – 4



Dr Ock Sim Kim

Postdoctoral Fellow
College of Nursing
Yonsei University

Dr. Ock Sim Kim is a Postdoctoral Fellow at the College of Nursing, Yonsei University, where her research centers on maternal and child mental health and the prevention of intergenerational transmission of trauma. She earned her PhD in Nursing from Yonsei University in 2024, building on a Master of Public Health from Korea University School of Public Health (2019) and a Bachelor of Science in Nursing from Yonsei University (2010). Prior to her academic career, Dr. Kim gained six years of diverse clinical experience as a ward nurse in oncology and obstetrics & gynecology, and as an operating room nurse. Her combined clinical and research expertise reflects a deep commitment to advancing mental health and well-being across generations.

Presentation title: Understanding the Intergenerational Transmission of Trauma: The Relationship Between ACEs and Family Functioning

Abstract:

The intergenerational transmission of trauma describes how the psychological, social, and behavioral effects of trauma are passed from survivors to their children, even when the latter have not directly experienced the events. First observed among children of Holocaust survivors, this phenomenon has since been documented across diverse contexts, including the Rwandan and Cambodian genocides, Indigenous communities, refugees, and combat veterans. In South Korea, similar patterns have been identified among descendants of victims of the Gwangju Democratic Uprising, survivors of Japanese military sexual slavery (“Comfort women”), children of firefighters, mothers with high levels of adverse childhood experiences (ACEs), and North Korean refugee families.

Research demonstrates that children of traumatized parents exhibit elevated risks for depression, anxiety, PTSD, aggression, and behavioral problems, often surpassing the severity of their parents’ own symptoms. Multiple explanatory models have been proposed. Biologically, trauma influences stress regulation and epigenetic mechanisms, such as DNA methylation, which are transmitted to offspring. Psychodynamically, unconscious reenactments and emotional dysregulation shape the child’s environment. Sociocultural models emphasize parenting behaviors, family communication, and learned maladaptive coping, while family systems research highlights overprotection, silence, disrupted attachment, and role reversals within families.

These findings demonstrate that trauma is not confined to individual survivors but reverberates across generations through interwoven biological, psychological, and social pathways. Recognizing these processes is critical for addressing the long-term consequences of trauma. Interventions that strengthen family functioning, enhance parenting support, address parental PTSD, and foster resilience are essential to mitigating the cycle of intergenerational distress and promoting recovery in future generations.



Dr Chaowarit Ngernthaisong

PhD, RN

Lecturer

Faculty of Nursing

Chulalongkorn University

Dr. Chaowarit Ngernthaisong, PhD, RN, is a lecturer in Nursing Administration and a secretary of the Center of Health and Well-being Promotion for Older People at the Faculty of Nursing, Chulalongkorn University in Bangkok, Thailand. He holds a PhD in Nursing Science from Chulalongkorn University, where his dissertation studied the quality of care in Thai nursing homes. Transitioning to research and education, he served as a Project Coordinator with Nogeza-Glocal/JICA on Community-based Integrated Elderly Care in Thailand. Dr. Ngernthaisong's research focuses on long-term care services, nursing home quality of care, and LGBTI older adults' experiences.

**Presentation title: Inspiring Individuals, Transforming Community:
Translating Nursing Knowledge to Create Impacts of Caring for Older
People in Thailand**

Abstract:

Thailand's rapidly ageing population presents unprecedented challenges, requiring innovative and community-centered solutions for the care of older adults. The presentation highlights successful knowledge translation strategies that bridge the gap between nursing research and community practice across diverse Thai communities.

The Faculty of Nursing at Chulalongkorn University has responded by establishing the Center for Health and Well-being Promotion for Older People, an innovative day care center that integrates person-centered care, education, and research. This comprehensive approach combines nursing expertise with community development strategies to create sustainable long-term care (LTC) systems.

His research of interest also addresses critical areas, including service optimization, nursing home quality improvement, and inclusive care for underserved populations like LGBTI older adults—essential components for managing Thailand's demographic transition.

Drawing from extensive collaboration with Nogeza-Glocal/JICA's Community-based Integrated Elderly Care project, demonstrating how partnerships between academic institutions, international organizations, and local communities can develop culturally appropriate care models. These partnerships respect Thai values while enhancing care quality through community capacity building, caregiver training, and sustainably supportive systems.

Key innovations include integrated care delivery across institutional and community-based settings, quality measurement adapted for Thai contexts, and inclusive practices for diverse older adult populations. It exemplifies how dedicated innovation of excellence can accelerate knowledge translation from research to practice, creating measurable improvements in care delivery and outcomes.

Thus, this presentation will showcase Thailand's potential to address ageing population challenges through strategic academic-community partnerships while implementing evidence-based care innovations, ultimately transforming how older adults receive support across diverse Thai communities.



Professor Wenjun Chen

PhD, RN

Assistant Professor

Xiangya School of Nursing

Central South University

Dr Wenjun Chen is an Assistant Professor of Nursing Science at the Xiangya School of Nursing, Central South University, China. He received his PhD from the Faculty of Health Sciences at the University of Ottawa, Canada.

Dr Chen's research focuses on implementation science and critical care, with a particular emphasis on the de-implementation of low-value care in acute care settings and the critical role of nurse leaders in driving change. He leads the research program "AI + Clinical Decision-Making" (funded by the NSFC at both national and provincial levels), which leverages large language models to support clinical decision-making for healthcare providers. Currently, he is collaborating with computer scientists at Tsinghua University to advance interdisciplinary research at the intersection of artificial intelligence and nursing. In addition, he works with China State Railway Group and China Railway International to develop emergency rescue and health protection systems for railway operations and overseas engineering personnel.

Presentation title: De-implementation in Nursing

Abstract:

Low-value nursing care (LVNC) accounts for 10–30% of healthcare practices, resulting in unnecessary costs, inefficient resource allocation, and potential patient harm. While de-implementation research is relatively well established in medicine, efforts within nursing remain fragmented and under recognized. Nurses, as front-line clinicians, play a critical role in reducing unnecessary medications, procedures, and outdated practices, yet their potential is constrained by hierarchical norms, limited autonomy, and insufficient evidence synthesis. This study aimed to systematically map and synthesize existing de-implementation research in nursing, identify determinants and strategies, and highlight opportunities for advancing value-based nursing practice.

We conducted a scoping review guided by JBI methodology and the PRISMA-ScR checklist. Six databases (PubMed, Embase, Web of Science, Scopus, PsycInfo, and CINAHL) were searched from inception to July 2025, supplemented by hand-searching related journals and reference lists. Inclusion criteria were English-language, peer-reviewed empirical studies of any design that focused on nursing involvement in de-implementation of LVNCs. Four independent reviewers used Covidence for screening and data extraction. Extracted domains included study characteristics, design, theoretical frameworks, LVNC categories, determinants, strategies, and reported outcomes. Data were analyzed descriptively.

A total of 17,064 records were identified, among which 99 studies were included after full-text screening. Publications increased substantially in the past five years ($n=66$), with the United States contributing over half ($n=59$). Most studies were conducted in acute care ($n=40$) and long-term care ($n=23$) settings, and two-thirds reported external funding. Qualitative studies ($n=24$), quality improvement projects ($n=24$), and non-randomized trials ($n=19$) dominated, while randomized controlled trials comprised $<5\%$. Major clinical topics included antimicrobial stewardship, pediatric condition management, long-term care medication safety, and overuse of procedures in ICUs and surgical care. De-implementation teams were predominantly interdisciplinary, with nurses, physicians, and pharmacists as core members, but only 21% were explicitly nurse-led. Commonly applied frameworks included PDSA cycles, TDF, and CFIR. Evidence sources for identifying LVNCs were mainly clinical practice guidelines (54%), systematic reviews (19%), and professional recommendations (16%).

This review demonstrates that nursing-focused de-implementation research is emerging but remains concentrated in narrow clinical areas and is limited by methodological weaknesses. Compared with medicine, nursing studies emphasize micro-level behavioral interventions, nurse-led workflow redesign, and patient-centered outcomes, but lack large-scale trials and policy-level analysis. Future research should prioritize robust study designs, expand to diverse care contexts, and integrate advanced methodologies such as big data analysis and decision-support systems. In addition, strengthening interdisciplinary collaboration while empowering nurses to lead de-implementation is essential for achieving value-based nursing care and optimizing healthcare resource utilization. Keywords: De-implementation; Low-value care; Nursing; Determinants; Strategies



Professor Kevin Luk

Assistant Professor

Alice Lee Centre for Nursing Studies (NUS Nursing)

Yong Loo Lin School of Medicine

National University of Singapore

Dr Kevin Luk is a registered nurse and Assistant Professor at the Alice Lee Centre for Nursing Studies, National University of Singapore. He also holds the position of Honorary Assistant Professor at the School of Nursing, the University of Hong Kong, where he earned his Bachelor's degree and PhD.

Dr Luk's research centers on the development, evaluation, and implementation of scalable, sustainable interventions targeting lifestyle-related risk factors, particularly tobacco use. His pioneering work on delivering behavioral support via mobile chat messaging has informed the design of emerging digital treatment models for tobacco cessation and other health behaviors. He is the principal investigator of four external competitive grants on advanced digital health interventions for tobacco cessation, gestational diabetes prevention, and alcohol reduction among patients with liver disease.

Presentation title: Leveraging Chat Messaging for Scalable Behavioural Support in Primary Healthcare

Abstract:

Digital health interventions hold transformative potential for strengthening primary healthcare and addressing non-communicable diseases. Yet, engagement remains a persistent challenge, particularly in individuals with low motivation or limited digital literacy. Given their widespread use, intuitive interface and conversational nature, chat messaging platforms like WhatsApp and WeChat offer a pragmatic alternative for delivering real-time personalised behavioural support.

This session presents a research journey centred on the development and evaluation of chat-based behavioural interventions, beginning with a doctoral study that established feasibility and effectiveness in smoking cessation. Building on this foundation, a recently completed randomised controlled trial (Clinicaltrials.gov NCT05370352) assessed the use of chat messaging to prevent relapse in 590 individuals who recently quit smoking. The trial showed that adding chat messaging to standard cessation treatment increased 6-month biochemically validated abstinence by 30%, offering initial evidence for its integration into existing cessation services to enhance cessation outcomes.

Recent efforts have further advanced chat-based interventions by incorporating emerging technologies and expanding their application to other behavioural risk factors. These include a pilot trial (NCT06470776) evaluating a generative AI chatbot for tobacco cessation counselling among 154 youths enrolled in a quitline service, which showed feasibility and preliminary effectiveness compared with standard telephone counseling.

Collectively, these studies contribute to a growing track record in designing, evaluating, and refining chat-based interventions across diverse populations and health behaviours. Continued efforts are needed to optimise intervention model and support its implementation to maximise public health impact.



Professor Jojo Kwok
PhD, MPH, APN, FAAN, FHEA
Assistant Professor
School of Nursing
The University of Hong Kong

Prof. Jojo Kwok, is Assistant Professor at the School of Nursing and Associate Director of the Centre on Behavioral Health at The University of Hong Kong. A nurse trialist in psycho-behavioral care and community health, she advances neurodegenerative and ageing care through mindfulness-based, whole-person approaches.

Her seminal randomized controlled trials—JAMA Neurology (2019), which first showed that psychologically informed, mindfulness-based physiotherapy outperforms conventional exercise in reducing anxiety and depression while improving motor function in PD and reframed care as psychophysical integration (featured in Lancet Seminars, 2021 and 2024), and a GRF-funded trial in Psychotherapy and Psychosomatics (2025), which demonstrated anti-inflammatory and biopsychospiritual benefits of two mindfulness modalities—collectively strengthened the evidence for integrative PD care. An ECS-funded project developed a scalable, home-based mindful walking program with AI-driven gait analysis to expand access to mind-body rehabilitation. An ongoing GRF-funded study examines dyadic mindfulness to enhance patient-caregiver interconnectedness and interrogates gut-brain mechanisms. Translating evidence into practice, Prof. Kwok leads the Jockey Club Movin' CARE for Parkinson's Disease Project (HK\$12.87M), a territory-wide program deploying a 3C care model—Community-based, Compassion-focused, and Complementary to existing services. The initiative has enabled early identification, rehabilitation, and empowerment for more than 13,800 beneficiaries, advancing equitable PD care in Hong Kong.

Over the past five years, she has secured 10 external competitive grants as PI/co-PI. She is listed among Stanford University's top 2% most-cited scientists (2023, 2024) is a Fellow of the American Academy of Nursing (2024), and received Sigma Theta Tau International's Emerging Nurse Researcher/Scholar Award (2023). She is a Visiting Research Scholar at the Osher Center for Integrative Health, Harvard Medical School and Brigham and Women's Hospital. Committed to whole-person health, Prof. Kwok advances compassionate, scalable solutions through rigorous trials, digital innovation, and community implementation.

Presentation title: From Clinical Trials to Community Impact: Mindfulness and Compassion in Neurology Care and Late-Life Loneliness

Abstract:

Neurological disorders such as Parkinson's disease (PD) impose farreaching challenges on patients, caregivers, and healthcare systems, often leading to physical decline, psychosocial stress, and social isolation. As a behavioral trialist, my research explores the integration of mindfulness and compassion into wholeperson health models to address these complex needs.

The presentation will synthesize randomized controlled trial evidence showing that mindfulness-based interventions in PD improve motor function and reduce anxiety and depression. Building on these clinical outcomes, recent studies demonstrate bio-psychospiritual and anti-inflammatory effects of meditation and yoga, further advancing integrative mind-body medicine in neurology. Extending beyond patients, ecological momentary mindfulness interventions delivered via smart wearables are being deployed to reduce stress and physical inactivity among caregivers of people with neurodegenerative diseases. Complementing these efforts at the population level, a dual-RCT of targeting late-life loneliness shows scalable improvements in psychosocial well-being and social connectedness.

in this evidence, implementation has proceeded at scale through the Jockey Club Movin' CARE for Parkinson's Disease Project, which has reached more than 13,800 beneficiaries across Hong Kong by operationalizing early identification, rehabilitation, empowerment, and Parkinson'sfriendly community development. The presentation will also detail how compassion and resilience training are being embedded in healthprofessional education to sustain these models in practice. By linking rigorous trials with community deployment and practitioner training, this work is shaping the next generation of neurology care and nursing leadership—advancing patientcentered, holistic care and fostering healthier, more compassionate, and more equitable communities.

Panel

Celebration of the 30th Anniversary of HKUSON: Three Decades of Nursing Leadership

DAY 2 (November 1, 2025) | 12:00 – 12:45 | Lecture Theatres 3 – 4



Professor Sophia Chan

PRDHCE, MEd, MPH, PhD, RN, RSCN,
FFPH, FAAN, GBS, JP

Professor and Director
HKU Primary Health Care Academy

Professor Sophia Chan is currently Senior Advisor to President's Office at the University of Hong Kong, and Professor and Director, HKU Primary Health Care Academy at the University of Hong Kong.

Professor Chan was appointed by the HK SAR Government to be Under Secretary for Food and Health (USFH) from 2012 to 2017, and Secretary for Food and Health (SFH) from 2017 to 2022. She was the first nurse in Hong Kong appointed in this ministerial position. She has led the Food and Health Bureau (FHB) in making a remarkable contribution in the formulation and implementation of various major policies on health, food and environmental hygiene and agriculture and fisheries. During her tenure as SFH, not only has she been fighting the COVID-19 pandemic for over 2.5 years, she has also made exemplary efforts and policy initiatives in protecting and promoting the health of the population through health care reform and started a new journey in primary health care (PHC) by establishing territory wide District Health Centres (DHCs) in all 18 districts in Hong Kong, and completed a PHC Blueprint for development. She also laid a strong foundation of developing the first Chinese Medicine Hospital, opened the first Children Hospital, launched the Hong Kong Cancer Strategy 2018, launched the Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong, implemented the Hong Kong Strategy and Action Plan on Anti-Microbial Resistance 2017-2022, and prepared the 2023-2027 Strategy Plan, established the HK Genome Research Institute, launched the Voluntary Health Insurance Scheme, launched the Voluntary Scheme for Advanced Practice Nursing under the Hong Kong Nursing Council,

and banned E-cigarettes and Alternative Smoking Products in Hong Kong, just to name a few.

Before the Government appointment, Professor Chan was the Head of Department of Nursing Studies/School of Nursing of HKU from 2000 to 2011 and an Assistant Dean of the Li Ka Shing Faculty of Medicine of HKU from 2001 to 2012. Professor Chan was trained in and practised general and paediatric nursing in Hong Kong and London. She got her Master of Education from the University of Manchester, Master of Public Health from the Harvard University School of Public Health, and her Doctor of Philosophy from the University of Hong Kong.

Professor Chan is one of the leading Nurse Scientists locally and internationally and was named among the world's top 2% most cited scientists in her specialty areas by Stanford University in 2020 and 2021. Her research specialises in public health, management of tobacco dependency, prevention of second-hand smoke exposure in children, and building primary health care (PHC) system and developing innovative PHC models, and policy development research. She has always been the top-funded researcher in HKU School of Nursing and has led many external competitive grants including GRF, HMRF, and commissioned grants from the Government, Hong Kong Jockey Club and key foundations and organisations locally and internationally. She is a pioneer and founding director of several signature research and training programmes in tobacco dependency therapeutic interventions, primary health care, and nursing leadership development. She developed and tested various novel smoking cessation models through individual and clustered randomised controlled trials and compare ethno-cultural differences between Chinese and other smokers through epidemiological and social science methodologies. She proposes novel scientific insights and has published extensively with over 240 peer-reviewed scientific papers with more than 3,800 citations. Her research findings have not only transformed smoking cessation services and tobacco control policies but also making significant impact to enhance the health of our public.

Since she resumed her professoriate position in HKU in July 2022, she has already obtained five major donations to fund community-based research projects in promoting healthy ageing, testing effective primary health care models, protecting children from second-hand smoke (SHS) exposure, and nursing leadership development. With a generous donation from the HKU Endowment fund, she set up the HKU Primary Health Care Academy aiming to support and align with the HK Government's PHC reform in Hong Kong. She currently serves as Director and Principal Investigator of the Generations Connect Project, the HKU Primary Health Care Academy, Quit-for-Kids, and leading two new major research projects funded by the HK Jockey Club on DATAZONE Primary Health Care and HKU JC Nursing Leadership Development Fellowship.



Professor Agnes Tiwari

PhD, RN, FAAN, CMgr FCMI

Chairman

The Nursing Council of Hong Kong

Professor Tiwari is the Chairman of the Nursing Council of Hong Kong. She currently serves as Head of the School of Nursing at The Hong Kong Sanatorium & Hospital and as an Honorary Professor at the School of Nursing, The University of Hong Kong. From 2011 to 2017, she was Head of the HKU School of Nursing, and from 2018 to 2024, she served as a Member of the Hospital Authority Board.

In her capacity as Chairman of the Nursing Council, Professor Tiwari upholds the highest standards of nursing practice in Hong Kong. She ensures compliance with the Council's statutory responsibilities under the Nurses Registration Ordinance and leads efforts to advance the profession in response to the evolving healthcare needs of the community.



Professor Chia-Chin Lin

BSN (TMU), MSN (UW), EMBA (NTU), PhD (UW), FAAN, RN

Director

School of Nursing

Alice Ho Miu Ling Nethersole Charity

Foundation Professor in Nursing

The University of Hong Kong

Professor Chia-Chin Lin is a highly influential scholar in the global nursing community. She currently serves as Director of the School of Nursing and holds the Alice Ho Miu Ling Nethersole Charity Foundation Professorship in Nursing at the University of Hong Kong. Her research focuses on cancer pain management, symptom control, and palliative care, with significant contributions to clinical practice and policy development. She has published approximately 300 articles in leading international journals such as JAMA Oncology, Pain, and the International Journal of Nursing Studies, and holds an H-index of 51. Since 2000, she has consistently ranked among the top 2% most cited nursing scholars worldwide. Professor Lin's academic excellence has been recognized through numerous international honors, including induction into the International Nurse Researcher Hall of Fame, Fellowship in the American Academy of Nursing, and appointments as visiting professor and advisor to various global institutions—underscoring her leadership in nursing scholarship.

Roundtable Discussion

Future of Leadership in Nursing Education

DAY 2 (November 1, 2025) | 14:30 – 15:45 | Lecture Theatres 3 – 4



Professor Honghong Wang

PhD, RN, FAAN

Dean and Professor
Xiangya School of Nursing
Central South University

Dr. Honghong Wang is a Professor and Dean of the Xiangya School of Nursing at Central South University. As a doctoral supervisor and a Fellow of the American Academy of Nursing, she also holds the positions of Vice President and Director of the Nursing Education Committee of the Hunan Nursing Association, and serves as a member of the Nursing Education Committee of the Chinese Nursing Association. She has contributed as an editorial board member for several prestigious journals, including the International Journal of Nursing Science, the Chinese Journal of Nursing Administration, and Health Expectations. Her primary research focuses on HIV/AIDS prevention, control, and care. Dr. Wang has been a visiting scholar at Yale University and the University of Washington, and possesses extensive experience in designing and implementing international collaborative research and training programs. To date, she has secured 14 research grants, including two General Programs from the National Natural Science Foundation of China, as well as various provincial research projects. In collaboration with U.S. colleagues, she has served as Site Principal Investigator on three NIH-funded grants. Her scholarly output includes over 70 publications in SCI-indexed journals and more than 100 papers in other core journals. Dr. Wang's team has been awarded with the Third Prize for Scientific and Technological Achievement of Hunan Province on two occasions, and the Second Prize for Scientific and Technological Achievement of the Hunan Medical Association three times. Additionally, she has been named one of China's Most Cited Scholars by Elsevier for 11 consecutive years.



Professor Yan Hu

PhD, RN, FAAN

Dean and Professor
School of Nursing
Fudan University

Professor Yan Hu is director of Fudan University Centre of Evidence-based Nursing: a JBI Centre of Excellence, as well as director of Shanghai Evidence-based Nursing Centre. She also serves as Convener of the Nursing Sub-committee of the National Steering Committee for Graduate Medical Degree Education, Ministry of Education of China, and the Head of Nursing Group, Clinical Epidemiology and Evidence-based Medicine Society, Chinese Medical Association. She acts as Editorial Board Member of Journal of Advanced Nursing(JAN), Nursing and Health Science and other peer-reviewed nursing journals. Currently she is leading her team developing interventional program for musculoskeletal symptoms in breast cancer patients undergoing endocrine therapy with the grant support from National Natural Science Foundation of China (NSFC). She also leads a multi-centered implementation project of prevention central venous catheter-related bloodstream infection in intensive care unit. Her studies also focus on symptom management for HIV/AIDS patients using evidence-based nursing approach. She has received research grants from NSFC, CMB and Shanghai Health Bureau et al, with more than 200 publications in peer-reviewed International or Chinese core nursing journals during the recent five years.

Professor HU is a pioneer in promoting evidence-based nursing practice (EBNP) in China. She led to develop the first EBNP Centre in mainland China in 2004. Her team has maintained close collaborations with Joanna Briggs Institute (JBI) as well as other evidence-based medicine (EBM) institutes. Her current studies focus on implementation science and knowledge translation, and her team has successfully developed several models and tools for evidence-based nursing practice. In addition, she is the editor-in-chief of several EBN books and has received Chinese National Awards for her outstanding research work on EBNP.



Professor June Zhang

Ph.D, RN, FAAN

Dean and Professor
School of Nursing
Sun Yat-sen University

Zhang June, Ph.D., Professor, Doctoral Supervisor, Dean of the School of Nursing at Sun Yat-sen University. Renowned teacher at Sun Yat-sen University, Fellow of the American Academy of Nursing (FAAN), and a visiting doctoral scholar at Oregon Health and Technology University in USA. In charge of multiple research projects such as 2 National Social Science Funds, 1 China University Research Innovation Fund, and 5 Provincial Natural Science Funds. Served as the head of the Guangdong Hong Kong Macao University Nursing Alliance, vice chairman of the Nursing Education Professional Committee of the Chinese Research Hospital Association, chairman of the Academic and External Exchange Working Committee of the Guangdong Nursing Association, and editorial board member of SCI journals such as Asia Pacific Journal of Oncology Nursing. Main research areas: elderly care, cancer care. Published many papers as the first author or corresponding author, including 55 SCI papers.



Professor Chia-Chin Lin

BSN (TMU), MSN (UW), EMBA (NTU), PhD (UW), FAAN, RN

Director

School of Nursing

Alice Ho Miu Ling Nethersole Charity

Foundation Professor in Nursing

The University of Hong Kong

Professor Chia-Chin Lin is a highly influential scholar in the global nursing community. She currently serves as Director of the School of Nursing and holds the Alice Ho Miu Ling Nethersole Charity Foundation Professorship in Nursing at the University of Hong Kong. Her research focuses on cancer pain management, symptom control, and palliative care, with significant contributions to clinical practice and policy development. She has published approximately 300 articles in leading international journals such as JAMA Oncology, Pain, and the International Journal of Nursing Studies, and holds an H-index of 51. Since 2000, she has consistently ranked among the top 2% most cited nursing scholars worldwide. Professor Lin's academic excellence has been recognized through numerous international honors, including induction into the International Nurse Researcher Hall of Fame, Fellowship in the American Academy of Nursing, and appointments as visiting professor and advisor to various global institutions—underscoring her leadership in nursing scholarship.

Symposium

Leadership in Nursing Workforce

DAY 2 (November 1, 2025) | 16:05 – 17:05 | Lecture Theatres 3 – 4



Professor Sheila R. Bonito

DrPH, RN

Dean and Professor

College of Nursing

University of the Philippines Manila

Professor Sheila R. Bonito is a Professor and the current Dean of the University of the Philippines Manila College of Nursing. She is a recognized leader in nursing education and public health, with extensive experience in teaching, research, and health workforce development. A graduate of UP Manila, she holds a BSN, MA in Nursing, and Doctor of Public Health in Epidemiology. She also completed postdoctoral fellowships in nursing at Johns Hopkins University and in data science at the Vienna University of Technology.

Professor Bonito has led major innovations in online graduate nursing programs at the UP Open University and developed national capacity-building initiatives in public health nursing, gerontology, disaster preparedness, and mental health. As a principal investigator and collaborator, she has spearheaded research on the nursing workforce, ageing, health systems, and interprofessional collaboration, with numerous peer-reviewed publications and edited volumes.

She serves in key national policy roles, including the Commission on Higher Education Technical Panel for Nursing and the DOH Human Resources for Health Advisory Group. She is the President of the Association of Deans of Philippine Colleges of Nursing. She is also the Head of the WHO Collaborating Center for Leadership in Nursing Development at the University of the Philippines College of Nursing, supporting Member States on building capacities and developing leaders among nurses.

Her distinctions include the Outstanding Professional Nurse of the Year Award (PRC, Philippines, 2020), International Nurse Award (UP International Nursing and Healthcare Forum, USA, 2020), Julita V. Sotejo Medallion of Honor (UP Nursing Alumni Association International, USA, 2024), and recognition as a UP Scientist III (2021–2023). Dr. Bonito continues to shape nursing leadership, policy, and education in the Philippines and the Western Pacific Region.

Presentation title: Securing the Future: Addressing Supply Challenges in the Global Nursing Workforce



Dr Danny Tong

Hong Kong Hospital Authority

Dr Danny TONG is currently the Chief Manager (Nursing) / Chief Nurse Executive (CM(N)/CNE) of Nursing Services Department at Hospital Authority Head Office (HAHO).

Dr Tong is a nursing leader dedicated to improving clinical practice. Recognising the significance of simulation training, he and his team established the first infectious disease (ID) simulation training centre at HA ID Centre in 2009 to render simulation training to all HA nurses. Also, he advocates for the integration of simulation training into nursing training curriculum of all nursing staff, with a focus on newly qualified nurses. This effectively broadens the talent pool of simulation facilitators and trainers to address the training needs in various specialties.

Dr Tong actively leads Evidence-Based Practice (EBP) and nursing research. A corporate EBP and Research Promotion Working Group was established to guide and monitor the effectiveness of corporate EBP projects and research studies, as well as to create a central talent pool and collaboration hub, fostering partnerships between HA and academic institutions.

Dr Tong has spearheaded numerous large-scale projects that have significantly impacted nursing practice. The development of post creation framework for Nurse Consultant and Associate Nurse Consultant is one of the notable achievements. These two ranks largely contribute to specialty development, facilitating the integration of cutting-edge technologies and advancements in their specialty service.

Presentation title: Strategies to Address Nursing Workforce Challenges – The Hospital Authority's Perspective



Professor Sheila R. Bonito

PhD, RN, PHN, CCP

Professor

Department of Family Nursing

The University of Tokyo

Mari Ikeda, PhD, RN, PHN, CCP is Professor of Family Nursing at the University of Tokyo. With a background in clinical psychology, public health, and corporate innovation, she explores family resilience, perinatal mental health, and attachment theory. Her research includes interventions for postpartum depression and group therapy for cancer patients, using qualitative and observational methods. She leads international collaboration as Chair of the East Asia Forum of Nursing Scholars and contributes to policy through the Japan Academy of Nursing Science. Her work bridges research and practice, fostering well-being across life transitions.

Presentation title: Practice, Research, and Policy Advancement Drive Nurses Forward

Concurrent Sessions

Concurrent Session 1: Ageing and Frailty

October 31, 2025 (14:00 – 15:30)

Seminar Room 2 (3SR)

Moderators: Prof Jing Su, Shantou University Medical College & Prof Derek Cheung, The University of Hong Kong

CS1-1	Comparative Efficacy of Various Nutritional Supplements in Older Adults with Frailty and Pre-Frailty: A Systematic Review and Network Meta-Analysis Qian Liu, Zheng Li <i>School of Nursing, Peking Union Medical College</i>
CS1-2	A Qualitative Study on Coping Strategies and Experiences of Oral Frailty in Elderly Patients with Chronic Obstructive Pulmonary Disease Ying Tan <i>Nursing Department, Oilfield General Hospital</i>
CS1-3	Symptom Network Connectivity and Interaction Among Frail Geriatric Adults in Nursing Homes in China: Secondary Analysis Based on a Cross-Sectional Survey Yizhu Zhong, Lin Wu <i>Neurosurgery Department, Chongqing Traditional Chinese Medicine Hospital</i>
CS1-4	Network Analysis of the Association Among Social Frailty, Physical Activity, Anxiety and Depression in Elderly Patients with Coronary Heart Disease Miaoji Lu, Lewen Zou, Xin Liang, Rui Wang, Jingfang Xiao <i>School of Nursing, Guangdong Pharmaceutical University</i>
CS1-5	Social Determinants of Health and Frailty Among Older Adults: An Exploratory Network Analysis Ying Gao, Denise Shuk Ting Cheung, Pui Hing Chau <i>School of Nursing, The University of Hong Kong</i>
CS1-6	Effectiveness and Cost-Effectiveness of the "Internet+Nursing Consortium" Model in Home-Based Management for Rural Elderly with Chronic Diseases Yu Zhu¹, Jianghong Tan², Chen Chen³, Songli Cui⁴, Yanzhen Tian⁴, Zhangrong Wu^{5, 6} <i>¹Xiangya School of Nursing, Central South University, ²Teaching Department, Zhuzhou Hospital Affiliated to Xiangya School of Medicine, Central South University, ³Medical College of Jishou University, Jishou University, ⁴Nursing Department, Zhuzhou Hospital Affiliated to Xiangya School of Medicine, Central South University, ⁵Director's Office, Xinshi Township Central Health Center, You County, ⁶Director's Office, Jiangqiao Street Community Health Center, You County</i>
CS1-7	Prevalence of Loneliness and Social Isolation Among People Living with HIV: A Systematic Review and Meta-Analysis Qi Wen^{1, 2}, Ting Zhao^{1, 2}, Xirongguli Halili³, Lai Xinyi^{1, 2}, Kexin Zheng^{1, 2}, Honghong Wang^{1, 2} <i>¹Xiangya School of Nursing, Central South University, ²Xiangya Center for Evidence-Based Nursing Practice & Healthcare Innovation: A Joanna Briggs Institute Center of Excellence, Central South University, ³School of Nursing, Xinjiang Medical University</i>

Concurrent Session 2: Nursing Workforce and Professional Development

October 31, 2025 (14:00–15:30)

Seminar Room 3 (3SR)

Moderators: Dr Emily Tomlinson, Deakin University & Prof Benjamin Ho, The University of Hong Kong

CS2-1	Enhancing Nursing Students' Competence in Diabetic Ketoacidosis Care Through Experiential Learning-Based Virtual Reality Simulation Eunju Lee¹, Gyuli Baek² ¹School of Nursing, Keimyung University College of Nursing, ²School of Nursing, Yeungnam University College
CS2-2	Inspiring the Next Generation of Care Professionals: Evaluation of a High School-Based Intervention Xinxin Cai^{1,2}, Xinyu Yi^{1,2}, Xiang Li¹, Xue Bai^{1, 2} ¹Department of Applied Social Sciences, The Hong Kong Polytechnic University, ²Research Centre for Gerontology and Family Studies, The Hong Kong Polytechnic University
CS2-3	Factors Associated with Profiles Among Nurses' Missed Nursing Care, Nurse Leaders' Abusive Supervision, and Leader-Member Exchange: A Latent Profile Analysis Shuang Hu^{1,2}, Siying Liu³, Jiale Hu⁴, Huiping Hu⁵, Shumaila Batool², Qizhi Yang⁶, Dandan Xu⁶, Yujuan Chen³, Mingmin Xu³, Xianhong Li¹ ¹Xiangya School of Nursing, Central South University, ²Department of Nursing Science, University of Turku, ³Department of Nursing, Hunan Provincial Maternal and Child Health Care Hospital, ⁴Department of Nurse Anesthesia, Virginia Commonwealth University, ⁵Department of Nursing, Hunan Cancer Hospital, ⁶Department of Emergency Intensive Care Unit, Xuzhou Medical University
CS2-4	A Serial Mediation Model of Patient Safety Climate on Nurses' Compliance with Standard Precautions: The Roles of Infection Prevention Climate and Attitude Wenjing Jiang, Li Cao, Ping Zhou, Juan Tang Department of Hospital Infection Management, Zigong First People's Hospital
CS2-5	Nurses Role in Disaster Risk Reduction with Older People Tonia Crawford¹, Michelle Villeneuve² ¹Susan Wakil School of Nursing and Midwifery, University of Sydney, ²School of Health Sciences, University of Sydney
CS2-6	Mediating Effects of Nurses' Work Thriving Between Sense of Work Gain and Proactive Innovative Behaviors in a Tertiary Hospital in Henan Province Xiaochen Lv School of Nursing and Health, Zhengzhou University

CS2-7	Latent Profile Analysis of Mental Workload and Its Association with Nursing Interruption Knowledge, Familiarity, and Occurrence: A Multi-Center Cross-Sectional Study Xiaoqian Dong^{1,2}, Nandan Chen^{1, 2}, Jianfei Xie² ¹Xiangya Nursing School, Central South University, ²Department of Nursing, Third Xiangya Hospital of Central South University
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Concurrent Session 3: Digital Innovation and AI in Healthcare

October 31, 2025 (14:00–15:30)

Seminar Room 4 (3SR)

Moderators: Prof Kevin Luk, National University of Singapore & Prof Celine Chui, The University of Hong Kong

CS3-1	Application of Pulmonary Rehabilitation Integrated Care Management Mode Based on Internet of Things Platform in Patients with Chronic Obstructive Pulmonary Disease Zhi Lu, Qiyu Dong, Jie Dong <i>Department of Pulmonary and Critical Care Medicine, The Affiliated Changsha Central Hospital, University of South China</i>
CS3-2	The Effectiveness of Just-in-Time Adaptive Interventions on Health Behaviors in ‘Life’s Essential 8’: A Systematic Review and Meta-Analysis Ying Huang, Yunnyun He, Dandan Zhang, Mengyan Hao, Ting Liu <i>School of Nursing, Sun Yat-Sen University</i>
CS3-3	AI-Based Measurement Tools for Intrinsic Capacity in Older Adults: A Scoping Review Chengji Yu^{1, 2}, Ping Lu^{1, 2}, Liying Ying¹ <i>¹School of Nursing, Zhejiang University, ²Nursing Department, The Second Affiliated Hospital Zhejiang University School of Medicine</i>
CS3-4	Development of a Digital Health-Based Resistance and Balance ‘Exercise Snacks’ Intervention for Community-Dwelling Pre-Frail Elderly: a Study Protocol Xinyue Zhao¹, Yijia Zhuo¹, Mingli Zhao^{1, 2} <i>¹School of Nursing and Health, Zhengzhou University, ²Department of Nursing, The Fifth People’s Hospital of Shanghai, Fudan University</i>
CS3-5	Personalized, Just-in-Time Intelligent Nursing Intervention for Discharge Readiness and Parental Self-Efficacy in Preterm Infants: A Randomized Controlled Trial Kang Lin¹, Niyang Lin², Hong Zhang³ <i>¹Department of Nursing, Shantou University Medical College, ²Department of Neonatology, The First Affiliated Hospital of Shantou University Medical College, ³Nursing Department, The First Affiliated Hospital of Shantou University Medical College</i>

CS3-6	Exploring the Influencing Factors of Self-Management in Young Patients with Refractory Epilepsy: A Cross-Sectional Study Based on Dual-System Model Wenhao Tian^{1, 2}, Wanya Pan^{1, 2}, Xiaoxiao Yin², Lan Chen^{1, 2}, Yuan Zhao^{1, 2}, Yan He^{1, 2}, Yanjie Liu^{1, 2}, Xiuqin Feng² ¹School of Nursing, Zhejiang University, ²Department of Nursing, the Second Affiliated Hospital Zhejiang University School of Medicine (SAHZU)
CS3-7	Efficacy of Multi-Component Program in Reducing Fear of Falling and Improving Functional Outcomes Among Community-Dwelling Elderly: A Cluster Randomized Trial Mingli Zhao¹, Xue Wang², Siyuan Feng¹ ¹Department of Nursing, The Fifth People's Hospital of Shanghai, Fudan University, ²Department of Nursing, Henan Cancer Hospital

Concurrent Session 4: Community and Public Health

October 31, 2025 (16:00-17:30)

Seminar Room 2 (3SR)

Moderators: Prof Wenjun Chen, Central South University & Dr Lubeca Zhao, The University of Hong Kong

CS4-1	Community-Based Rehabilitation Needs and Older Adult Profiles in China: Implications from a Cross-Sectional Study Pan Wenqing^{1, 2}, Zhang Li^{1, 2} ¹Nursing Department, Affiliated Hospital of Zunyi Medical University, ²Nursing College, Zunyi Medical University
CS4-2	Implicit "Liking" and "Wanting" Toward Risky Sexual Behavior: A Cross-Sectional Study with Mediation Analysis Ziqi Qin¹, Yixuan Li¹, Nancy Reynolds², Yuqiong Duan¹, Pingwu Wang¹, Tao Liu¹, Honghong Wang¹, Xueling Xiao¹ ¹School of Nursing, Central South University, ²School of Nursing, Johns Hopkins University
CS4-3	Evaluation of the Effect of an Anti-AIDS Exhibition Room on HIV-Related Knowledge Attitude and Sexual Behaviors Among Older Adults: A Randomized Controlled Trial Xiaoyu Du, Jia Chen, Xiaochen Yan, Wenjun Chen, Jiajia Liu, Xincen Liu, Wendi Guo Xiangya School of Nursing, Central South University
CS4-4	Active Health Management in the Elderly: Strategies and Outcomes Xiuyuan Xie Health Management Center, The First Affiliated Hospital of Nanjing Medical University

CS4-5

A Public Health Nursing Response to Technology-Facilitated Sexual Violence and Abuse: Insights from a Qualitative Study in Hong Kong

Sharon Hoi Lam Pak, Edmond Pui Hang Choi, Pui Hing Chau

School of Nursing, The University of Hong Kong

Concurrent Session 5: Maternal and Child Health

October 31, 2025 (16:00 – 17:30)

Seminar Room 3 (3SR)

Moderators: Prof Nethong Namprom, Chiang Mai University & Prof Jojo Kwok, The University of Hong Kong

CS5-1

Early High Breast Milk Feeding Improves Respiratory Microbiota in Extremely Preterm Infants: A Cohort Study

Qingling Yu¹, Qiaoxuan Wu², Xinxin Song³, Yubing Dong³, Xueyu Chen²,
Chuanzhong Yang², Aifen Cao², Xiaoyun Xiong²

¹Graduate School, Guangzhou University of Chinese Medicine, ²Neonatology Department, Shenzhen Maternity and Child Healthcare Hospital, ³School of Nursing, Shanxi University of Chinese Medicine

CS5-2

New Perspectives on Linking Metabolic Biomarkers and Adverse Pregnancy Outcomes in GDM: Cluster Analysis-Based Association and Machine Learning-Based Prediction

Yanjing Zeng¹, Jing Zhou², Zhengbin Ou¹, Jie Dong², Jia Guo¹

Xiangya School of Nursing, Central South University, ²Xiangya School of Pharmaceutical Sciences, Central South University

CS5-3

Feasibility of an Animation-Based Interactive Tool for Symptom Reporting in Young Children with Acute Leukemia: A Cognitive Interview Study

Xuerui Ma, Yuanyuan Zheng, Zhuangrong Fan, Rong Hu

School of Nursing, Fujian Medical University

CS5-4

Dynamic Interplay of Maternal Depression, Sleep Problems, and Social Support from Mid-Pregnancy to Early Postpartum: A Network Analysis

Ying Dai^{1,2}

¹School of Nursing, The University of Hong Kong, ²Department of Nursing, Guangzhou Medical University Affiliated Women and Children's Medical Center

CS5-5

Effectiveness of an Ecological Momentary Breastfeeding Intervention Program in Hong Kong: Interim Results of the Randomized Controlled Study

Ying Wei Fan¹, Caroline Ip¹, Derek Yee Tak Cheung¹, Ameilia Pui Wah Hui², Bryan P.H Hui³,
Kelvin Man Ping Wang¹, Kris Yuet Wan Lok¹

¹School of Nursing, The University of Hong Kong, ²Department of Obstetrics and Gynaecology, Queen Mary Hospital, ³Department of Applied Social Sciences, The Hong Kong Polytechnic University

Concurrent Session 6: Mental Health Across the Lifespan

October 31, 2025 (16:00–17:30)

Seminar Room 4 (3SR)

Moderators: Prof Li-Yin Chien, National Yang Ming Chiao Tung University & Prof Yi Nam Suen,
The University of Hong Kong

CS6-1	Burden on Family Caregivers of Children with Cancer: A Meta-Synthesis of Qualitative Studies Lu Zhang¹, Jinjin Cao², Mei Li¹, Jing Liu² ¹School of Nursing, Nanjing Medical University, ²Department of Nursing, Nanjing BenQ Medical Center
CS6-2	Symptom Network Structure and Latent Profiles of Depression and Loneliness in Middle-Aged and Older Adults: The Role of Digital Exclusion Liyao Su, Yongmei Jin Nursing Department, The Seventh People's Hospital Affiliated to Shanghai University of Traditional Chinese Medicine
CS6-3	The Associations Between Sleep Problems and Somatic Diseases Among Nurses: Cross-Sectional Analyses of a National Cohort Study Meng Ning^{1,2}, Jiaxin Yang^{3,4}, Zengyu Chen^{3,5}, Yusheng Tian³, Xuting Li³, Yitinig Liu³, Qiang Yu³, Chongmei Huang⁶, Dan Zhang¹, Zhenhui Ren¹, Chunhui Bin¹, Jianghao Yuan¹, Yamin Li⁷ ¹Xiangya School of Nursing, Central South University, ²School of Nursing, The Hong Kong Polytechnic University, ³Clinical Nursing Teaching and Research Section, The Second Xiangya Hospital of Central South University, ⁴School of Computer Science and Engineering, Central South University, ⁵School of Nursing, University of Washington–Seattle, ⁶School of Nursing, Ningxia Medical University, ⁷Management Department, Hunan Provincial Peoples Hospital (The First Affiliated Hospital of Hunan Normal University)
CS6-4	Effective Strategies for Engaging Distressed Young People in Community Services: Insights from the Headwind Program Yi Nam Suen¹, Yu Hai Eric Chen² ¹School of Nursing, The University of Hong Kong, ²Department of Psychiatry, The University of Hong Kong
CS6-5	Mediators of Psychotic-Like Experiences in Community Youths After Trauma: Positive Sense of Agency and Post-Traumatic Stress Symptoms Melody So, Christy Lai Ming Hui Department of Psychiatry, The University of Hong Kong

Concurrent Session 7: Primary Healthcare and Nursing

November 1, 2025 (09:00–10:15)

Lecture Theatre 1 (21SR)

Moderators: Prof Kieko Iida, Chiba University & Dr Josephine De Leon, Centro Escolar University

CS7-1	Perceptions of Primary Healthcare Professionals in the Care of Older People with Sarcopenia: A Qualitative Study Shuang Wu^{1, 2}, Jing Chang¹, Hui Feng¹, Lily Xiao³ ¹Xiangya School of Nursing, Central South University, ²School of Nursing, Anhui Medical University, ³College of Nursing and Health Sciences, Flinders University
CS7-2	Primary Healthcare Utilization and Perceptions of District Health Centres Among Elderly Residents in Hong Kong: Insights from the Generations Connect Project Aaron Wan Jia He, Ferrina Hoi-yan Cheung, Yuna Shao, Sophia Siu Chee Chan <i>School of Public Health, The University of Hong Kong</i>
CS7-3	Evaluating a Weight Management Training Program for NGO Nurses: Insights from the HKJC Datazone Primary Health Care Project Sophia Siu Chee Chan¹, Aaron Wan Jia He¹, Yuna Shao¹, Ryder Tsz Hong Chan¹, Derek Yee Tak Cheung² ¹School of Public Health, The University of Hong Kong, ²School of Nursing, The University of Hong Kong
CS7-4	The Impact of Social Media Influencers on Food Consumption and Diabetes Mellitus Risk Among Non-Health Allied Students Josephine De Leon^{1, 2}, Jon Joshua Echano¹, Jeremi Isaac Bernante¹, Jenny Carreon¹, Ma. Loryneth Lim¹, Koreen Mae Magday¹, Austin Gianni Manalo¹, Christopher Mistiola¹, Sean Kester Navarro¹, Bea Noell Pebojot¹, Melanie Roy¹, Danielle Antonette Sakay¹, Megan Tan¹ ¹School of Nursing, Centro Escolar University, ²Graduate School, Centro Escolar University
CS7-5	Exploring the Determinants of Integrated Care for Community-Dwelling Frail Older Adults: A Qualitative Study Guided by Implementation Science Frameworks Jiaqi Yu¹, Hejing Chen¹, Yang Yang¹, Xuanchi Liu¹, Zihang Tu¹, Yufeng Wang¹, Huaxin Si¹, Wendie Zhou¹, Yanyan Li¹, Beibei Yuan², Bei Wu³, Cuili Wang¹ ¹School of Nursing, Peking University, ²China Center for Health Development Studies, Peking University, ³Rory Meyers College of Nursing, New York University
CS7-6	Exploring the Care Needs of Conversational Agents from the Perspective of the Elderly: A Qualitative Study Yibing Jiang, Ying Wang, Rong Li, Rong Hu <i>School of Nursing, Fujian Medical University</i>

Concurrent Session 8: Cognitive Health and Dementia Care

November 1, 2025 (09:00–10:15)

Lecture Theatre 2 (21SR)

Moderators: Prof Sheila R. Bonito, University of the Philippines Manila & Prof Ping Guo, University of Birmingham

CS8-1	Pragmatic Resilience: A Grounded Theory of the Family as a System in Chinese Dementia Care Jiang Dian, Chen Yishi, Chen Xi, Hui Feng <i>Xiangya School of Nursing, Central South University</i>
CS8-2	Balance Function Is Associated with Cognitive Status, Brain Amyloid-Beta Deposition, and Blood Biomarkers in Chinese Han Population Ziwei Xu, Yuanyuan Peng, Haiou Xia, Zixing Weng <i>Department of Nursing, School of International Medical Technology, Shanghai Sanda University</i>
CS8-3	Relationship Between Self-Management Behaviors and Cognitive Impairment Among Elderly Patients with Chronic Diseases in China: A Network Analysis Xiangyu Lai¹, Chengfeng Xu¹, Chenfan Yang¹, Chun Li^{2, 3}, Yi Lin⁴, Yuan Liao^{1, 2}, Yu Li¹ <i>¹School of Nursing, Guangzhou University of Chinese Medicine, ²Academic Affairs Office, Guangzhou University of Chinese Medicine, ³Nursing Interdisciplinary Research Center, Guangzhou University of Chinese Medicine, ⁴Encephalopathy Department, Guangdong Provincial Hospital of Chinese Medicine</i>
CS8-4	Promoting Healthy Ageing from a Visual-Cognitive Perspective: A Series of Studies on Causal Associations, Screening Management, and Potential Mechanisms of Visual Impairment in Cognitive Decline Yafang Zhao¹, Xiaopeng Huo², Dan Xie¹, Qingchi Wang², Qianbei Wang³, Yonghua Cai² <i>¹Department of Ophthalmology, Peking Union Medical College Hospital, ²Department of Nursing, Peking Union Medical College Hospital, ³Department of Neurology, Peking Union Medical College Hospital</i>
CS8-5	Priorities of Integrating Palliative Care into Dementia Practice from the Perspectives of Underrepresented Stakeholders: A Qualitative Study Ping Guo¹, Priyanka Sharma¹, Nikolaos Efstathiou¹, Cara Bailey¹, Peymane Adab², Jon Glasby³ <i>¹Department of Nursing and Midwifery, University of Birmingham, ²Department of Applied Health Sciences, University of Birmingham, ³Department of Social Work and Social Care, University of Birmingham</i>

CS8-6	Combined Physical–Cognitive Rehabilitation Program Tackling Post-Intensive Care Syndrome in ICU Survivors Polly Wai Chi Li¹, Doris Yu¹, Mu-hsing Ho¹, Chak Kwan Tong², Pauline Yeung^{3,4}, Peter Lai⁴, Sampson Chan⁵ ¹School of Nursing, The University of Hong Kong, ²Intensive Care Unit, Tuen Mun Hospital, ³Critical Care Medicine Unit, HKU, ⁴Adult Intensive Care Unit, Queen Mary Hospital, ⁵Intensive Care Unit, Ruttonjee & Tang Shiu Kin Hospitals
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Concurrent Session 9: Chronic Disease Management and Long-Term Care November 1, 2025 (09:00–10:15) Seminar Room 1 (21SR)

Moderators: Prof Ratsiri Thato, Chulalongkorn University & Dr Tonia Crawford, The University of Sydney

CS9-1	Three-Stage Progressive Baduanjin for Early Rehabilitation in Newly Diagnosed Multiple Myeloma Patients with Bone Disease: A Randomised Controlled Trial Yu Shanshan, Li Jiayao, Peng Yi <i>Department of Hematology, First Hospital of Jilin University</i>
CS9-2	Understanding Oral Health Self-Care Behaviours in Older Adults with Type 2 Diabetes: A Descriptive Qualitative Study Yaocan Bao, Shanshuo Sun, Yixuan Su, Yuting Jiang, Leyan Yu, Wei Liang <i>School of Nursing, Nanjing Medical University</i>
CS9-3	Latent Profile Analysis of Exercise Self-Efficacy and Its Influencing Factors in Early- to Mid-Stage Parkinson's Disease Patients Xinan Chen <i>School of Nursing, Southern Medical University</i>
CS9-4	Understanding the Causes of Delayed Care-Seeking Among Older Adults with Stroke: A Phenomenological Study Yueer Chen¹, Qianhua Mai¹, Zhengyong Zhen¹, Hongyi Chen², Yibing Tan¹ ¹School of Nursing, Guangzhou University of Chinese Medicine, ²Gynecology, The First Affiliated Hospital, Guangzhou University of Traditional Chinese Medicine
CS9-5	From General to Specific: A Mixed-Methods Study Developing Tailored Personas for Proactive Health in Older Adults with Intrinsic Capacity Decline Kai Yu, Xiaoqing Wang, Yuexian Shi <i>School of Nursing, Peking University</i>
CS9-6	Application of the Dual-Track Nursing Model Based on Humanistic Care and Risk Management in Alleviating Postoperative Pain in Elderly Patients Yue Gu, Junqi Li <i>Department of Hepatobiliary and Pancreatic Surgery II General Surgery Center, First Hospital of Jilin University</i>

Concurrent Session 10: Cancer Care

November 1, 2025 (09:00–10:15)

Seminar Room 2 (21SR)

Moderators: Prof Denise Cheung & Dr Quanlei Li, The University of Hong Kong

CS10-1	Effectiveness of Program on Improving Positive Emotions for Breast Cancer Tieying Shi, Tongtong Jiang <i>Nursing Department, The First Affiliated Hospital of Dalian Medical University</i>
CS10-2	Effects of Zero-Time Exercise on Fatigue in Postoperative Patients with Colorectal Cancer: A Randomized Controlled Trial Si Chen, Yiyuan Li, Cheng Chang, Yingli Li, Lijie Wang, Haijia Zhang, Meng Lu, Sihong Zheng <i>Department of Colorectal and Anal Surgery, The First Hospital of Jilin University</i>
CS10-3	Construction and Validation of a Risk Prediction Model for Oral Frailty in Elderly Patients with Esophageal Cancer Yu Wang ¹ , Jingwen Lv ² , Jianwei Li ³ , Yunhong Du ³ , Li Wang ³ , Hui Wang ² , Yao Shi ² <i>¹School of Nursing, Hunan University of Chinese Medicine, ²Emergency Medicine Department, The First Affiliated Hospital of Naval Medical University, ³Nursing Department, Qingdao Hiser Hospital</i>
CS10-4	Elucidating the Temporal Dynamics of Symptoms Among Older Cancer Survivors: A Cross-Lagged Panel Network Analysis Jia Fang, Meifen Zhang <i>School of Nursing, Sun Yat-Sen University</i>
CS10-5	Effects of Nursing-Led Behavioral Speech Therapy on Postoperative Cough of Lung Cancer Patients: A Prospective Randomized Controlled Study Yue Jin, Yufeng Tian, Zhigang Hu, Hanyu Zhang, Guilan Ban, Caie Chen, Xiaopin Zhou, Linjuan Li <i>School of Nursing, China Three Gorges University</i>
CS10-6	Prevalence and Associated Factors of Kinesiophobia in Postoperative Patients with Breast Cancer: A Systematic Review and Meta-Analysis Yiting Wu, Pingwu Wang, Honghong Wang, Ziqi Qin, Xueling Xiao <i>Xiangya School of Nursing, Central South University</i>

Concurrent Session 11: Cardiovascular Health

November 1, 2025 (09:00–10:15)

Seminar Room 3 (21SR)

Moderators: Prof Wai I Ng, Kiang Wu Nursing College of Macau & Dr Jie Zhong, The University of Hong Kong

CS11-1	The Relationship Between Lifestyle Habits of Knowledge Workers and Carotid Atherosclerosis: A Latent Category Study of 113,262 Chinese Huiyi Zhang^{1, 2}, Xue He², Caiting She³, Jianfei Xie⁴ <i>¹School of Nursing, Central South University, ²Health Management Medicine Center, The Third Xiangya Hospital of Central South University, ³Chinese Education Trade Union, The Third Xiangya Hospital of Central South University, ⁴Nursing Department, The Third Xiangya Hospital of Central South University</i>
CS11-2	Path Analysis of the Status and Influencing Factors of Health-Promoting Behaviors in Patients with Cardiometabolic Multimorbidity Haidan Xie¹, Xiaozhou Zhou² <i>¹School of Nursing, Guangdong Pharmaceutical University, ²Department of Nursing, The First Affiliated Hospital of Guangdong Pharmaceutical University</i>
CS11-3	Associations of Baseline and Changes in Intrinsic Capacity with Incident Cardiovascular Disease: A Multicohort Study Lulu Tang <i>School of Medicine, Tongji University</i>
CS11-4	Explainable Machine Learning Model for Predicting 8-Year All-Cause Mortality in Cardiovascular-Kidney-Metabolic Syndrome Among Older Adults: A Multicenter Study Zhiren Zhu¹, Dongmei Gu^{1, 2}, Huiping Xue², Jie Zhang¹ <i>¹School of Nursing and Rehabilitation, Nantong University, ²Department of Nursing, Affiliated Hospital of Nantong University</i>
CS11-5	Interpretable Machine Learning Model for Predicting the Risk of Dysphagia in Patients After Cardiac Surgery Xuan Ren^{1, 2}, Aoxiang Lou¹, Huajun Wang² <i>¹School of Nursing, Guangdong Pharmaceutical University, ²Department of Critical Care Medicine, Guangdong Provincial People's Hospital</i>
CS11-6	Typical Symptom Presentation in Predicting Coronary Artery Disease: A Multivariable Prediction Model Anthony Kin Hei Chan¹, Bernice Shinyi Chan¹, Mei Yi Chau², Chun Ka Wong³, Polly Wai Chi Li¹ <i>¹School of Nursing, The University of Hong Kong, ²Division of Cardiology, Department of Medicine, Queen Mary Hospital, ³Department of Medicine, School of Clinical Medicine, The University of Hong Kong</i>

Concurrent Session 12: Integrated Care for Stroke and Other Conditions

November 1, 2025 (09:00–10:15)

Seminar Room 4 (21SR)

Moderators: Dr Elvira L. Urgel, Centro Escolar University & Dr Hye Ri Choi, The University of Hong Kong

CS12-1	Analysis of Barrier Factors in Nurses' Screening and Assessment of Swallowing Function in Stroke Patients: A Mixed-Methods Study Renke Gao¹, Keke Ma², Wenfeng Fan¹, Dazhen Li¹, Yuanli Guo² ¹College of Nursing and Health, Zhengzhou University, ²Third Department of Neurology, The First Affiliated Hospital of Zhengzhou University
CS12-2	Effectiveness of Acceptance and Commitment Therapy on Psychological Flexibility, Negative Emotions, and Hope Levels Among Stroke Patients in Rural China: A Randomized Controlled Trial Yinan Shi, Yongxia Mei, Yating Liu, Sixun Zhang College of Nursing and Health, Zhengzhou University
CS12-3	Effect of Auricular Point Sticking Combined with Mindfulness Breath Therapy on Anxiety Level Headache Sleep Disorder in Patients with Brain Tumor Surgery Juhua Li, Anna Guo Department of Neurosurgery, First Affiliated Hospital of Nanjing Medical University
CS12-4	Artificial Intelligence in Symptom Management and Clinical Decision Support for Palliative Care Roison Andro Narvaez, Marilane Ferrer, Ralph Antonio Peco, Joylyn Mejilla School of Nursing, Centro Escolar University
CS12-5	Analysis of an Actor-Partner Interdependence Mediation Model of Illness Perception, Coping and Co-Management in Couples of Stroke Survivors Yipu Sai, Yongxia Mei, Yating Liu School of Nursing and Health, Zhengzhou University
CS12-6	Understanding the Healthcare Professionals' Perspectives on the Implementation of Type 2 Diabetes Remission: A Grounded Theory Study Songna Jin¹, Linyue Tan¹, Qihong Zhou² ¹Xiangya School of Nursing, Central South University, ²Teaching and Research Section of Clinical Nursing, Xiangya Hospital of Central South University



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¹最大指資產規模及投資規模在香港中資保險公司排名較為領先

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香港吉林省社團總會 Federation Of Hong Kong Jilin Provincial Associations

香港吉林省社團總會

香港吉林省社團總會於2024年11月28日正式成立，以「愛國愛港、納賢集德、團結協助、創新奮進」為宗旨，廣泛吸納居港吉林籍人士和關心支持吉林省發展的香港社會各界友好人士，旨在為廣大鄉親提供一個聯繫鄉情、互勉互助、發展交流的平台，搭建促進吉港兩地交流合作、共謀發展的橋樑。秉承創會宗旨，堅持「一國兩制」方針，積極發揮橋樑紐帶作用，通過舉辦各類文化、經貿等交流活動，增進兩地的相互了解和友誼，弘揚中華傳統文化，投身家鄉經濟建設和社會公益事業，為香港長期繁榮穩定，為吉林省全面振興貢獻更大的力量。

The Hong Kong Jilin Provincial Association of Societies was officially established on November 28, 2024, with the aim of "loving the country and loving Hong Kong, attracting talents and virtues, uniting and assisting, and innovating and advancing". It widely attracts Jilin residents in Hong Kong and friendly individuals from all walks of life in Hong Kong who care about and support the development of Jilin Province. The aim is to provide a platform for local residents to connect with each other, encourage and assist each other, and develop exchanges, and to build a bridge to promote exchanges, cooperation, and common development between Jilin and Hong Kong. Adhering to the founding purpose and the principle of "one country, two systems", actively playing the role of a bridge and link, through various cultural, economic and trade exchange activities, enhancing mutual understanding and friendship between the two places, promoting traditional Chinese culture, participating in the economic construction and social welfare undertakings of our hometown, and contributing greater strength to the long-term prosperity and stability of Hong Kong and the comprehensive revitalization of Jilin Province.



吉林省美羅國際生物科技
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香港《文匯報》1948年9月9日在香港創刊，以愛國愛港為宗旨，堅持「文以載道、匯則興邦」的理念。2013年香港《文匯報》創刊65周年，習近平總書記發來賀信，高度評價《文匯報》與祖國同心，與香港同行，支持特區政府依法施政，增進香港與內地的相互理解，面向全球華人，弘揚中華文化，取得了驕人的成績。香港《文匯報》在強化時政新聞同時，增加貼近市民的社會民生新聞和專題報道，增設服務讀者的互動欄目，開設有「來論」「廿四味」「官員有say」「網議政事」「神州有情」「投訴有門」等一批貼近市民受眾的欄目。社評密切關注社會熱點，立場鮮明，以理服人，以情感人，受到香港社會各界和特區政府的重視，被香港電子媒體轉發和引用的數量始終高居香港報章前列。

Wen Wei Po was founded in Hong Kong on September 9, 1948, with the keynote of patriotism and love for Hong Kong, and the purpose of spreading the truth and revitalizing the country. The 65th anniversary of the founding of Wen Wei Po was reached in 2013. In a congratulatory letter, President Xi Jinping praised the newspaper's endeavors in supporting the SAR government's administration in accordance with the law, promoting mutual understanding between Hong Kong and the mainland, and spreading Chinese culture among overseas Chinese around the globe. Besides focusing on political news, Wen Wei Po also strives to present to its readers stories that are close to the public, setting up a number of interactive columns to better serve its readers. With a clear stance and a focus on the hottest topics of interest to society, its editorials are highly valued by various sectors of Hong Kong society and the SAR government. The number of reposts and citations by Hong Kong's electronic media is consistently among the highest of Hong Kong's newspapers.

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