



**HONG KONG ENTEROSTOMAL
THERAPISTS ASSOCIATION**

香港造瘻治療師學會

紫荊瘻訊 NEWSLETTER

Volume 32

A Note From The Chair:

Empowering Our Wound, Stoma and Continence Care Community

Case study:

In patients after colorectal cancer surgery, how effective is a psycho-education program in comparison to usual care in improving stoma care self-efficacy and health-related quality of life?

HKETA 25th Annual General Meeting cum Seminar & 30th Anniversary Dinner Symposium

Worldwide Pressure Injury Prevention Day Tidbit in various hospitals



**December
2024**

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A NOTE FROM THE CHAIR: EMPOWERING OUR WOUND, STOMA AND CONTINENCE CARE COMMUNITY



Dear Esteemed Members,

I am truly honored to be elected as the Chairperson for the Hong Kong Enterostomal Therapists Association (HKETA) 2024-2026. I wish to extend my heartfelt gratitude to our immediate past chairperson, Ms. Ngan Hau Lan, whose leadership and dedication has laid a strong foundation upon which we will continue to build.

Thank you for entrusting me with this leadership role. It is a privilege to guide an association that has flourished over the past 30 years, and I am eager to embark on the promising journey that lies ahead.

I am proud to introduce our Executive Committee, a team united in our commitment to advancing the quality of services in stoma, wound, and continence care. Through education, research, and collaboration, we aim to seize the exciting opportunities before us to make a meaningful impact.

In the coming years, we will persist in hosting educational events centered on our core areas of expertise. We are devoted to refining our professional standards and strengthening partnerships with esteemed international organizations such as the Pan Pacific Pressure Injury Alliance (PPPIA) and the Venous Leg Ulcer Guideline Committee (VLUGC). Our collaboration with the Hong Kong Stoma Association and other key partners will continue to expand as we strive to serve our community more effectively.

We deeply value the exchange of knowledge and are committed to supporting our members' participation in international conferences. Your involvement is crucial, and we warmly invite you to engage with our programs and initiatives.

Stay connected with us on Instagram, Facebook, website and newsletter, where you'll meet our charming new avatar, Pei Pei. We are excited to explore new horizons with Pei Pei and share these experiences with you.

A NOTE FROM THE CHAIR: EMPOWERING OUR WOUND, STOMA AND CONTINENCE CARE COMMUNITY

Looking to the future, we are thrilled to announce that the 12th Asia Pacific Enterostomal Therapy Nurses Association (APETNA) conference will be hosted in Hong Kong in 2027. This event presents a remarkable opportunity for collaboration with global experts, we need your support and we hope to see many of you there.

As we advance, I am confident that "Together, We Advance Healing." With your support and active participation, there is no limit to what we can achieve.

Please take a moment to enjoy our newsletter, brimming with updates, stories, and insights from our vibrant community. Your continued dedication and passion for our mission are deeply appreciated.

Warmest regards,
Cecilia SIT Tin Yan
Chairperson 2024-2026



HKETA Executive Members (2024 -2026)

HONG KONG ENTEROSTOMAL THERAPISTS ASSOCIATION

EXECUTIVE MEMBERS OF 2024 -2026

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Convener of Administrative Subcommittee	Mr. LAM CHEUK FAN 林卓凡
Executive Committee Member	Ms. NG SHUK CHING 伍淑貞

Honorary Consultant

Mr. PANG CHAK HAU 彭澤厚

IN PATIENTS AFTER COLORECTAL CANCER SURGERY, HOW EFFECTIVE IS A PSYCHO-EDUCATION PROGRAM IN COMPARISON TO USUAL CARE IN IMPROVING STOMA CARE SELF-EFFICACY AND HEALTH-RELATED QUALITY OF LIFE?

Shuk Ching NG, William Ho Cheung LI, Po Yan SIN, Kai Chow CHOI

Introduction

Colorectal cancer is the third most common cancer in the world, which is about 10% of all cancer cases, and is the second leading cause of cancer-related deaths worldwide (World Health Organization, 2022). The global number of new colorectal cases is predicted to reach 3.2 million in 2040 (Keum et al., 2021). According to Hong Kong Cancer Registry in 2021, colorectal cancer case is the second commonest cancer. Current treatment principles include surgery, chemotherapy, radiotherapy, and other biological immunotherapy treatments (Yamaguchi, 2020). Stoma formation causes physical and psychosocial problems and affects the quality of life by altering the patient's self-image, defecation pattern, and lifestyle (Stavropoulou et al., 2021). Patients having a stoma because of colorectal cancer can have a negative impact on their health-related quality of life (Davis et al., 2020; Nasiriziba et al., 2020).

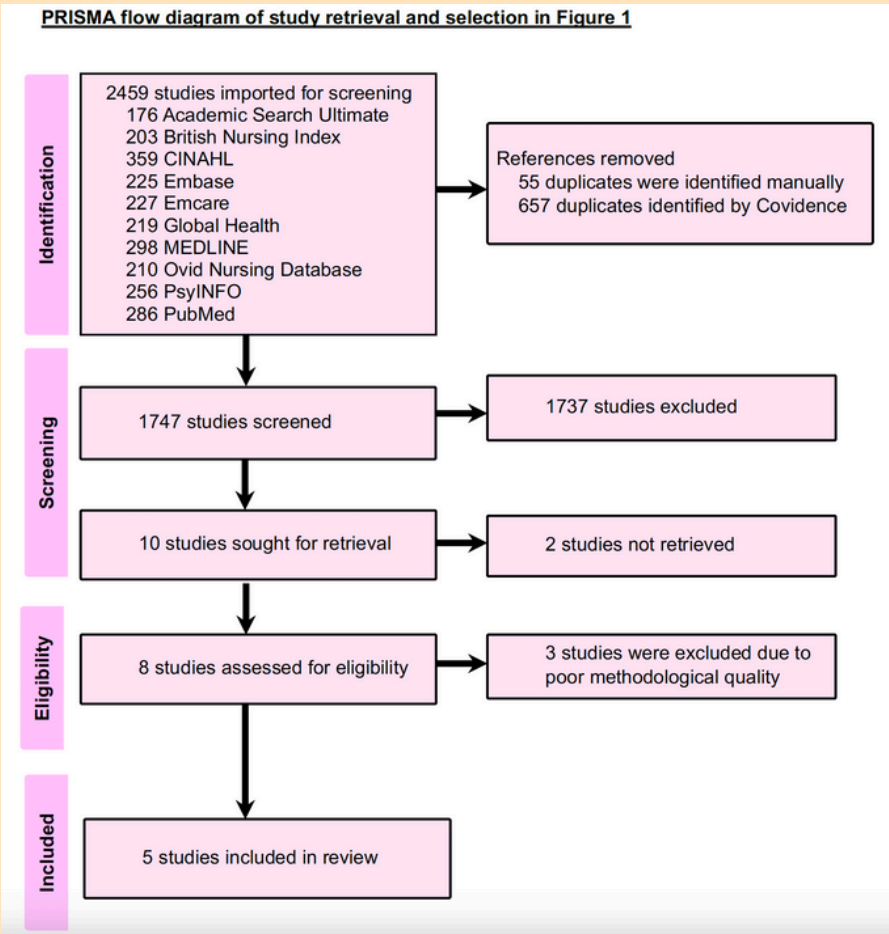
Objective

To evaluate the effectiveness of psycho-education intervention in improving stoma care self-efficacy and health-related quality of life in colorectal cancer patients with post-operative stoma formation.

Method

A systematic search of 10 databases (Academic Search Ultimate, British Nursing Index, CINAHL, Embase, Emcare, Global Health, MEDLINE, Ovid Nursing Database, PsycINFO, and PubMed) was conducted from 2013 to 2023 (Figure 1).

Studies were selected in this review if they assessed the Psycho-education program (patient education or counselling or telephone follow up) to patients aged at least 18 years with stoma formation after colorectal cancer surgery. Based on current evidence (randomized control trial) regarding issues to evaluate the effectiveness of psycho-education program with original language as English were considered eligible. The following exclusion criteria were applied: studies were non-English languages and patients with stoma formation before colorectal cancer surgery. Study selection was completed by one reviewer and checked by a second reviewer. Disagreements were resolved by discussion or referred to a third researcher if needed.



P	Patients with stoma formation after colorectal cancer surgery
I	Psycho-education Programme
C	Usual care
O	Improve stoma care self-efficacy and health-related quality of life

Shuk Ching NG, William Ho Cheung LI, Po Yan SIN, Kai Chow CHOI

Results

The search identified 2459 articles and 5 RCTs were eligible. A meta-analysis of stoma care self-efficacy scores from five studies (N = 507) found improvements in those who received the psycho-education intervention (SMD: 0.77, 95% CI [0.59,0.95], p = 0.00001).

Psycho-education/ education on the management of stoma care with written information and/ or video in individual (face-to-face) and/ or telephone or group education after surgery increased self-efficacy of stoma care (Lim et al., 2019; Pouresmail et al., 2019; Su et al., 2019; Wang et al., 2018; Zhang et al., 2013). In addition, psycho-education improved the self-care of stoma care and quality of life for colorectal cancer patients with stoma formation after surgery (Lim et al., 2019; Su et al., 2019; Xu et al., 2018). Seo et al. (2019) demonstrated how improving self-efficacy through patient education on stoma care could reduce the incidence of complications.

Conclusion

The review demonstrated that psycho-educational intervention for patients with a stoma after surgery can improve their self-efficacy and quality of life. It is crucial to develop a psycho-education program to improve the self-efficacy of stoma care and quality of life for patients with stoma formation after surgery, which can also help reduce the risk of stomal complications.

Implications for future studies

Further research is needed to understand psycho-education programmes/ interventions to improve self-efficacy of stoma care and quality of life in patients with stoma formation after surgery. Additional research is needed to focus on stoma complications related to stoma care self-management, stoma care self-efficacy, and lifestyle modifications.

Limitation

Most of the included studies had small sample sizes, methodological weaknesses, and lacked a theoretical framework for developing psycho-education programs.

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Indications



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HKETA 25TH ANNUAL GENERAL MEETING CUM SEMINAR & 30TH ANNIVERSARY DINNER SYMPOSIUM

We are excited to share that our Annual General Meeting (AGM) cum seminar and 30th Dinner Symposium have successfully accomplished on 3 August 2024. It was a wonderful day filled with insightful knowledge sharing, networking opportunities, and a celebration of our achievements over the past 30 years.

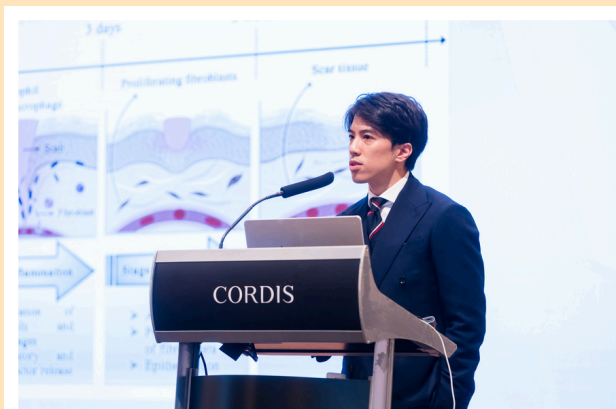


HKETA Executive members 2022–2024



Our MCs of the AGM cum seminar

To kick off our celebration, we invited two incredible speakers, Mr. Frank Guerriero and Dr. Jason Law to share with us about the use of synthetic biodegradable matrix technology in a vascular setting and wound management in head and neck region respectively. Their inspiring sharing enriched our knowledge in wound care and we were all engaged in the question and answer sessions.



Guest speaker: Dr. Jason Law



Guest speaker: Mr. Frank Guerriero

HKETA 25TH ANNUAL GENERAL MEETING CUM SEMINAR & 30TH ANNIVERSARY DINNER SYMPOSIUM

In the AGM, the new executive committees of 2024-26 have been elected by our members. Your active participation was invaluable and demonstrated your commitment to HKETA. Let's welcome the new executive committees on board!



HKETA 25TH ANNUAL GENERAL MEETING CUM SEMINAR & 30TH ANNIVERSARY DINNER SYMPOSIUM

30th anniversary dinner symposium was another splendid moment to share our joy we have had over the past three decades. It was truly fascinating to have over 120 guests and members joining us for celebration. We were thrilled to invite Mr. Pang Chak Hau, our honorary consultant, to share the speech about “30 Years of Excellence: Celebrating the History, Achievements, and Behind-the-Scenes Insights of HKETA.” What an impressive sharing about every milestone that HKETA passed through to reach a success!



HKETA 25TH ANNUAL GENERAL MEETING CUM SEMINAR & 30TH ANNIVERSARY DINNER SYMPOSIUM

Another fantastic speaker, Ms. Pang Yuk Kam, also shared with us her experiences in using biodegradable skin substitutes for chronic wounds. This echoed the sharing in the AGM and gave us more local experience and insight in the application of an advanced wound product.

With the enormous support of many distinguished guests and nurse professionals, our symposium concluded with laughter and memorable moments.



Guest speaker: Mr. Pang Chak Hau



Guest speaker: Ms. Pang Yuk Kam



Distinguished guest: Dr. Beatrice Law



From left: Ms. Anna Tang, Ms. Susan Law, Ms. Winnie Cheng, Ms. Ngan Hau Lan

HKETA 25TH ANNUAL GENERAL MEETING CUM SEMINAR & 30TH ANNIVERSARY DINNER SYMPOSIUM



HKETA 25TH ANNUAL GENERAL MEETING CUM SEMINAR & 30TH ANNIVERSARY DINNER SYMPOSIUM



*Memories filled
with laughter,
joy &
togetherness!*

HKETA 25TH ANNUAL GENERAL MEETING CUM SEMINAR & 30TH ANNIVERSARY DINNER SYMPOSIUM



Our heartfelt thanks to all guests for the participation and their encouraging words. Their contribution makes the association to be success.

HKETA 25TH ANNUAL GENERAL MEETING CUM SEMINAR & 30TH ANNIVERSARY DINNER SYMPOSIUM



WORLDWIDE PRESSURE INJURY PREVENTION DAY TIDBIT IN VARIOUS HOSPITALS

Worldwide Pressure Injury Prevention Day is held on the third Thursday of every November. The main goals are to raise awareness and educate the public about the prevention of pressure injuries. Various organizations and institutions celebrated this day in diverse and creative ways, they were contributing to the overall mission of spreading knowledge and fostering a culture of prevention. Let us share and join in their joy as we collectively work towards a future free from pressure injuries.



WORLDWIDE PRESSURE INJURY PREVENTION DAY TIDBIT IN VARIOUS HOSPITALS

Princess Margaret Hospital



瑪嘉烈醫院 國際停止壓力性損傷日
Pressure-Free Skin: Our Commitment to Patient's Well-being
19 NOV 2024 (TUE)
13:30-16:30
Lecture Theatre, 7/F, Block H, PMH

STOP PRESSURE INJURIES

13:30-14:30
14:30-16:30

Game Booth Forum

- Registration
- Opening Speech
Dr. LAU Chun-Sun, KIRC CCE & PAMHON THAIACE & Mr. SUEI Tai-MAN, KIRC CCE & PAMHON THAIACE
- More is Less: The Role of Physiotherapy in Pressure Injury Prevention
Mr. YEUNG Tai-Hang, PMH APPT (Physio)
- Prevention of Pressure Injury in O&T
Mr. HUNG Pui-Tak, KIRC & PAMHON THAIACE
- The Role of OT in Pressure Injury Management
Mr. LEUNG Tai-Man, KIRC & PAMHON THAIACE
- Prevention of Pressure Injury in M&G with Respiratory Problem
Mr. CHAN Qi-Yi, PMH APPT (M&G)
- Interactive Game & Closing

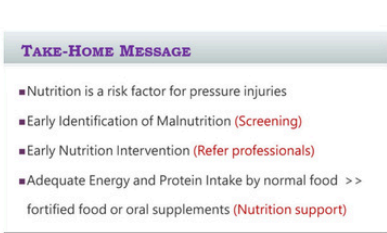
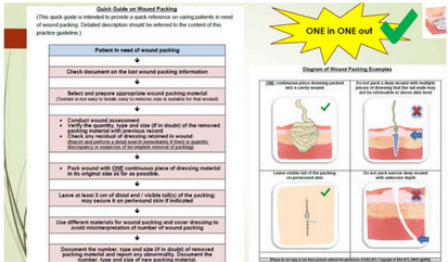
CNE & CPD PENDING

WORLDWIDE PRESSURE INJURY PREVENTION DAY TIDBIT IN VARIOUS HOSPITALS

Kowloon Central Cluster

Date: 8 November 2024 (Fri)
Time: 14:30 - 16:30
Venue: Lecture Theater, G/F, Block M, QEH + Zoom to KCC hosp

Rundown	Content	
1430-1500	Selecting the Right Mattress to Prevent Pressure Injuries: A Risk-Based Approach	Ms. Man Ng KCC ANC(C
1500-1545	Wound Packing Tips	Ms. Yuk Ka KCC NC(ST QEH NC(SI
1545-1615	The Role of Nutrition for Pressure Injury Prevention and Healing	Ms. Sandy KCC DM(D
1615-1630	Q&A & Evaluation	3 speakers



WORLDWIDE PRESSURE INJURY PREVENTION DAY TIDBIT IN VARIOUS HOSPITALS

United Christian Hospital



WORLDWIDE PRESSURE INJURY PREVENTION DAY TIDBIT IN VARIOUS HOSPITALS

CHOW, Wai Sum

Hong Kong Sanatorium & Hospital

Since 2009, Hong Kong Sanatorium & Hospital has established guidelines and launched a Pressure Injury Prevention Program, to enhance the knowledge and prevention skills of healthcare staff, helping immobile and long-term bedridden patients avoid pressure injuries. To raise awareness and knowledge among colleagues about pressure injury prevention, our Wound Care Team and Wound Link Nurses organized various games and activities on 21st November 2024. We prepared a quiz competition to foster a pleasant atmosphere for enhancing knowledge. Our ongoing goals are to raise alertness of pressure injury prevention, improve the quality of life and promote recovery for patients with pressure injuries. Let us work together to prevent pressure injuries.



WORLD COUNCIL OF ENTEROSTOMAL THERAPISTS CONFERENCE HIGHLIGHTS

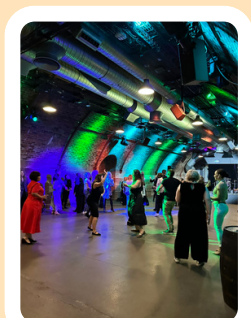
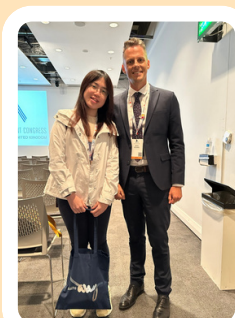
YEUNG, Ching Yin



I attended the WCET-ASCN UK Joint Congress in Glasgow, Scotland. The event took place from 28th September to 1st October 2024. Enterostomal therapists from various countries participated in this congress. The event featured with keynote sessions, parallel sessions focusing on stoma, wound, continence, and research, as well as posters and exhibitions from industrial representatives. I chose sessions aligned with my interests to attend. The exhibition hall showcased new stoma care products from various companies.

During the WCET-ASCN UK Joint Congress, I had the opportunity to meet professionals and volunteers from diverse countries, allowing us to exchange thoughts and experiences. It was a pleasure to interact with individuals from different cultures and backgrounds, as their perspectives often brought about surprises and new insights. Through oral presentations in both parallel and keynote sessions, I learned about the diverse approaches to managing complex wounds and peristomal complications. One particularly intriguing topic was war wound management. Fortunately, Hong Kong is a safe location where management of war wound is uncommon. Engaging in discussions with colleagues during the congress further expanded my understanding and knowledge in the field. In the exhibition hall, some staff demonstrated the mixing of stoma pouch faceplate contents, while others introduced their company's ideas on selecting convexity pouches. I thoroughly enjoyed participating in these activities.

Beyond the academic aspects, social activities such as visiting the Glasgow Science Centre and attending the gala dinner were also memorable experiences. Exploring various science games at the Glasgow Science Centre and engaging in conversations during the gala dinner were highlights of the social activities.





香港造瘻治療師學會
Hong Kong Enterostomal Therapists Association

HKETA WOUND CARE WORKSHOP 2025

INCONTINENCE ASSOCIATED DERMATITIS AND SKIN TEAR MANAGEMENT

 **Date: 22 February, 2025 (Saturday)**

 **Time: 14:00 - 17:00**

 **Venue: 香港九龍旺角彌敦道612至618號好望角大廈8樓, H室
Room H, 8/F, GOOD HOPE BUILDING, 612-618
NATHAN ROAD, MONG KOK, KOWLOON**

CONTENTS

- ✓ THEORY
- ✓ SCENARIOS DISCUSSION
- ✓ DEMONSTRATION
- ✓ HANDS ON WORKSHOP

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UPCOMING CONFERENCES 2025

35th Conference of the European Wound Management Association
Theme: Moving Towards Excellence in Wound Management by
Breaking Frontiers and Silos



Picture credit to: <https://ewma.org/2025conference/>

Date: 26 – 28 March 2025
Venue: The International Convention Centre of Barcelona, Barcelona, Spain
Website: <https://ewma.org/2025conference/>

16th Abu Dhabi Wound Care Conference

Theme: Advancements in Wound Care: Exploring Innovations and Improving Outcomes



Picture credit to: IIWCG Website

Date: 10 – 11 April 2025
Venue: Abu Dhabi National Exhibition Centre, Abu Dhabi
Website: <https://www.iiwcg.com/>

UPCOMING CONFERENCES 2025

APETNA 2025

Theme: Creating Connection: Building Bridges Together



Picture credit to: <https://www.facebook.com/apetna2025>

Date: 04 - 06 July 2025

Venue: Setia SPICE Convention Centre, Penang Malaysia

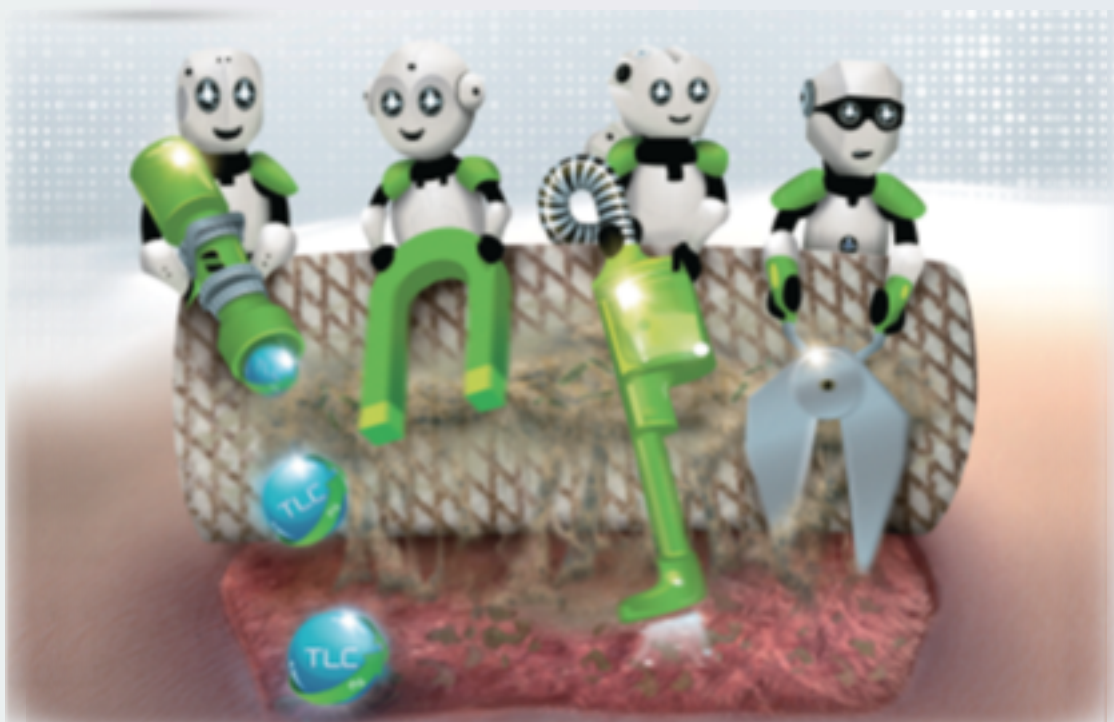
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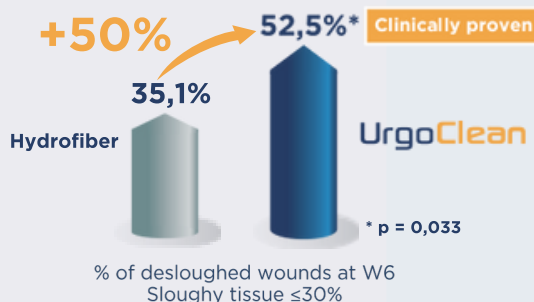


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PAINLESS REMOVAL FOR MAXIMUM PATIENT COMFORT¹



1.(i) Wolcott RD, Rhoads DD, Dowd SE. Biofilms and chronic wound. (ii) Inflammation. J Wound Care 2008;17(9):333-41.

2.Schierle CF, et al. Staphylococcal biofilms impair wound healing by delaying reepithelialization in a murine cutaneous wound model. Wound Repair Regen. 2009;17(3):354-9.

STOMA & WOUND NURSE DIARY

造口及傷口護士日記

作者：愷恬

陪伴

能夠成為傷口專科的護士，是我畢業後已有的心願。
在照顧病人的傷口之外，我更喜愛和他們建立關係，聽他們心裡的祕密。

剛收了一個第二次來我診所的婆婆，她的下肢靜脈性潰瘍復發。
婆婆六十多歲，是做花王的。
為了盡快使傷口癒合，她每星期兩次一定到診所進行傷口護理和壓力繃帶治療。
傷口不久便癒合。她繼續每天穿著壓力襪，並如常地工作。

半年後，她的傷口復發了。我當然問她最近發生了什麼事。

婆婆：我都唔知點解？傷口突然細細粒，就慢慢發大。

我：你有著壓力襪嗎？

婆婆：有啊。我每日都著。但係就唔知點解會復發。

那我先處理好她的傷口，並重啟壓力繃帶治療後，再處理她的心情。
診所有一份生活質素量表來量化她的生理，心理和人際狀況。
當刻診所只有我和她，問到她有否焦慮和擔心時，她就開始講她年邁的媽媽前幾個月因病逝世....時間就在這刻靜止了。

她開始再說話，「本應冇乜嘢，自從跌親住左一排醫院後，身體開始差。之後再入院，就腎衰竭，唔想佢辛苦，所以唔會洗腎。就咁之後就走咗。」

我：你一定很難過吧，一定好唔開心。會唔會有時諗起佢喊？喊咗出嚟舒服啲。

婆婆：平時返工就有嘢。一做完野返到公司冇人既時候，諗起佢就會喊。

婆婆的眼淚就開始不停的流下。此刻的我，只能安靜的陪伴在側。我多渴望有盒裝面紙在旁，唯有以較粗糙的抹手紙代替給婆婆擦乾眼淚。過了一會兒，婆婆說道：「姑娘，我知你忙，我唔阻你啦，我走先了。」我心想，婆婆更需要我在旁，那怕只是一個陪伴。

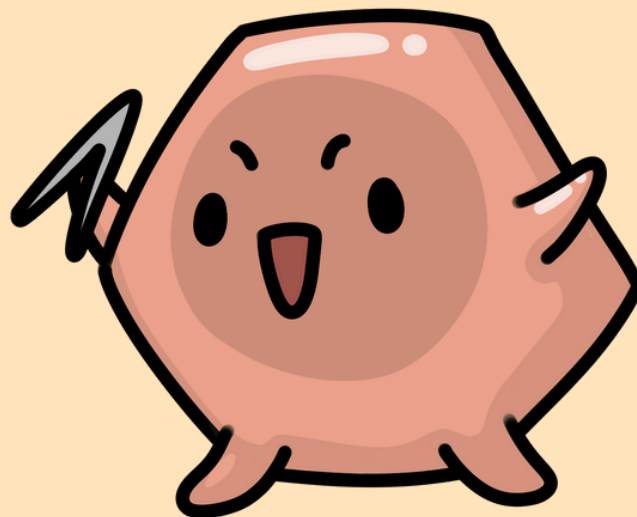
過了一會兒，婆婆心情慢慢平復過來，連忙說聲多謝和客氣說話後，就離開診所了。

幸好現在的我，仍沒有把老師的說話忘記，“**We do not only treat their holes (wounds), but also treat their whole.**”

#clinic一定要有盒裝面紙 #Treat their whole #陪伴好重要 #婆婆傷口快好了

HKETA OFFICIAL MASCOT - PEI PEI

Hello! I am Pei Pei, the official mascot of HKETA. I come from the epithelial layer of the skin, representing an essential step in wound healing. My mission is to promote and enhance knowledge, skills, and expertise in the training and development of enterostomal therapy alongside the HKETA committees.



大家好! 我係皮皮，係香港造瘻治療師協會嘅官方吉祥物。我來自皮膚的上皮層，代表住傷口癒合嘅重要一步。我會同香港造瘻治療師協會嘅委員一齊促進關於造口、傷口、同失禁護理嘅培訓同發展。

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