



The Hong Kong Academy of Nursing & Midwifery  
香港護理及助產專科學院



The Hong Kong College of Community and  
Public Health Nursing

香港社區及公共健康護理學院

## **Post- registration Certificate Course in Primary Health Care Nursing (District Health Center Module October 2024)**

**This Programme is organized by The Hong Kong Academy of Nursing & Midwifery  
The Hong Kong College of Community and Public Health Nursing**

*The Nursing Council of Hong Kong has approved the The Hong Kong Academy of Nursing & Midwifery and  
The Hong Kong College of Community and Public Health Nursing as a provider of  
Continuing Nursing Education (CNE)*

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# **Post-registration Certificate Course in Primary Health Care Nursing (District Health Centre Module)**

*Organized by HKANM & HKCCPHN*

**(05.10.2024 - 08.02.2025)**

## **PROGRAMME INFORMATION**

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### **AIM OF THE PROGRAMME**

To prepare registered nurses to provide community-based primary health care services with quality & standards for clients.

### **OBJECTIVE OF THE PROGRAMME**

To strengthen the competencies of registered nurses in delivering community-based primary health care services.

### **DESIGN OF THE PROGRAMME**

The programme is designed based on the expected scope of services of nurses working in various primary health care settings in the community. The scope of services involve three levels of preventive care as specified below:

#### 1. At primary preventive level

- Life Course Preventive Care to advocate healthy lifestyle and facilitate living environment conducive to total well-being
- Educational programmes, advisory and counseling services to drive lifestyle changes
- Initial health assessment for chronic disease risk factors including overweight / obesity, fall risk and lifestyle risk behavior such as smoking, alcohol consumption, unhealthy diet, physical inactivity

#### 2. At secondary preventive level

- Health assessment and risk screening
- Early identification of risk factors related to chronic diseases
- Appropriate referral and follow-up
- Management of uncomplicated chronic disease to prevent complications

#### 3. At tertiary preventive level

- Community rehabilitation for improvement of functional capacity, independence and total well-being

## **PROGRAMME OBJECTIVES AND INTENDED LEARNING OUTCOMES(PILO)**

### **Aim:**

To enhance understanding of professional nurses about their roles in primary health care, and equip them with competencies in providing community-based primary health care.

### **The specific objectives of the training programme are:**

- To enhance knowledge, skills, and attitudes of registered nurses in providing community-based primary health care services.
- To apply the competencies using evidence and innovative approaches in providing community-based primary health care services.

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

- PIL01 Apply community health, public health and primary health care concepts and models, mobilise health and social resources in the delivery of nursing services in community-based primary health care.
- PIL02 Conduct initial health assessment for clients with chronic diseases to identify risk factors (e.g. overweight / obesity, fall risk) and lifestyle risk behavior (e.g. smoking, binge drinking, physical inactivity).
- PIL03 Conduct continuous comprehensive health assessment and risk screening for clients with chronic diseases and other health problems to monitor progress and make referrals as appropriate.
- PIL04 Provide health promotion, counselling and educational programmes to increase health literacy, advocate healthy life style and drive lifestyle changes for the prevention of chronic diseases.
- PIL05 Implement appropriate nursing and non-pharmacological interventions including health communication, counselling, health coaching, motivational interview to empower individuals, families/carers for self-care management.
- PIL06 Act as a care coordinator, collaborate with multi-disciplinary professional team and mobilise health and social resources to provide comprehensive care and support to clients requiring primary health care at primary, secondary and tertiary level.

### **DURATION OF THE PROGRAMME**

05 October 2024 – 08 February 2025

## **DESIGN OF THE PROGRAMME**

This course is designed with a combination of theory and clinical visit, which is organized and conducted by the The Hong Kong Academy of Nursing & Midwifery (HKANM) & The Hong Kong College of Community and Public Health Nursing (HKCCPHN).

### **A. Theoretical part**

The theory part composes of 4 main components:

1. Concepts of primary health care and care coordination
2. Structured, Protocol-driven interventions
3. Individual based interventions
4. Condition-specific management update

The first component provides the learner an overall concept of primary health care and care coordination, setting the scene for the delivery of community-based primary health care. The second component discusses structured protocol-driven interventions delivered among aggregates of clients with similar needs to promote primary health care. The third component teaches specific non-pharmacological individual-based interventions in equipping learners with competence to promote health mainly at primary and secondary levels. The fourth component targets at furnishing the learners with the most updated and evidence-based management approach for clients that require specific chronic disease management and rehabilitation.

The teaching content, hours and learning & teaching activities are displayed as follows:

#### **1. Concepts of primary health care and care coordination (Hours = 21)**

Topics	Hours	Learning & Teaching activities
Fundamental Concept of Primary Health Care and Primary Health Care Nursing Practice	2	Lecture
<ul style="list-style-type: none"><li>• Nurse Clinic</li><li>• Nurse Clinic and Role of Care Coordinators in center-based primary health care</li><li>• Nurse Clinic implementation in primary health care</li></ul>	4	Lecture
<ul style="list-style-type: none"><li>• Life Course Preventive care</li><li>• Interface between Primary and Secondary health care</li></ul>	2	Lecture
<ul style="list-style-type: none"><li>• Prevention and promotive health service across life-span</li><li>• Public Health Emergency Management</li></ul>	2	Lecture
Community nursing service <ul style="list-style-type: none"><li>• Outreach service and home visiting</li></ul>	2	Lecture
Community Social Resources & Health-social partnership and the roles of social worker in primary health care	2	Lecture
Roles of Multi-disciplinary healthcare professionals in primary healthcare professionals in primary healthcare	2	Lecture
Use of technology in primary health care	2	Lecture

Health literacy	2	Lecture Skill practice
Outcome measures and evaluation of primary health care service	1	Lecture

## 2. Structured, Protocol-driven interventions (Hours = 10)

Topics	Hours	Learning & Teaching activities
Update Management on Diabetic and Hypertension	2	Lecture
Chronic Disease Care model and Risk Assessment for managing Diabetes Mellitus and Hypertension in Primary Health Care	2	Lecture
Laboratory result interpretation and concept of Family Doctor	2	Lecture
Patient Empowerment Programme (PEP)	1	Lecture
Smoking and Counseling and Cessation	2	Lecture
Use of Alcohol Screening and Brief Intervention in Primary Care Setting	1	Lecture

## 3. Individual based interventions (Hours = 14)

Topics	Hours	Learning & Teaching activities
Comprehensive health risk assessment and care planning and application tools	4	Lecture Skill practice
Health Communication and Health Counselling Skills	2	Lecture
Motivational Interviewing	4	Lecture Skill practice
Mental Health in primary health care <ul style="list-style-type: none"> <li>• <i>Management of Common Mental Health Problem in primary health care</i></li> <li>• <i>Nursing Management of Common Mental Health problem in Primary Health Care</i></li> </ul>	4	Lecture

## 4. Condition-specific management update (Hours = 11)

Topics	Hours	Learning & Teaching activities
<ul style="list-style-type: none"> <li>• Management of musculoskeletal disorder and pain management in primary health care</li> <li>• Update management on OA Knee/ LBP</li> </ul>	2	Lecture
<ul style="list-style-type: none"> <li>• Fall Assessment and prevention</li> </ul>	2	Lecture
Community Rehabilitation Service from Hospital to Community	1	Lecture
Hip Fracture Rehabilitation <ul style="list-style-type: none"> <li>• <i>Update Management on Hip Fracture</i></li> <li>• <i>Physiotherapy for Hip Fracture Rehabilitation in Community</i></li> <li>• <i>Occupational Therapy for Hip Fracture Rehabilitation in Community</i></li> </ul>	3	Lecture Demonstration
Update management on Stroke Rehabilitation and Post AMI rehabilitation.	3	Lecture

**TOTAL = 56 hours**

**Theoretical Input:**

56 hours (8 Saturdays whole day on 05/10/2024, 19/11/2024, 02/11/2024, 16/11/2024, 30/11/2024, 07/12/2024, 11/01/2025 & 25/01/2025)

1-hour quiz and 3-hours group presentation on 08/02/2025

**ASSESSMENTS**

Short quizzes (70%)

Group presentation (20%)

Case study (10%)

**ENTRY REQUIREMENTS**

1. Professional qualifications –

- Nurses registered with the Nursing Council of Hong Kong (NCHK) and possess a valid practicing certificate issued by the NCHK.

2. Years of experience

- Should normally have more than 5 years post-registration clinical experience
- Priority would be given to nurses currently working in the District Health Centre or in the field of community nursing

**VENUE**

Lecture Room, HKANM

Unit 4-5, 6/F, Nan Fung Commercial Center, 19 Lam Lok Street, Kowloon Bay, Kowloon, Hong Kong SAR

**PROGRAMME DEVELOPMENT & REVIEW COMMITTEE**

Prof. Frances K.Y. WONG, Former President, HKANM

Mr. Jimmy K.W. WONG, Immediate Past President, HKCCPHN

Ms. Kathy Y.H. CHEUNG, President, HKCCPHN

Dr. Margaret C.H. LAM, Council Member & Chairman of Education cum Chairman of Examination Committee, HKCCPHN

Ms. CHIU Kam Lan, Fellow of HKANM

**PROGRAMME DIRECTOR**

Prof. Frances K.Y. WONG, Former President, HKANM

**PROGRAMME COORDINATOR**

Ms. Kathy Y.H. CHEUNG, President, HKCCPHN

## **VISITING LECTURERS**

All speakers are experts in the related topic with related clinical / service experiences

- Fellows of HKANM or RNs with Master degree
- Medical specialists in Family Medicine or relevant specialty
- Other health care professionals with relevant qualifications and experience
- Social workers with relevant qualifications and experiences

## **Nurse Speakers**

Mr. CHAN Kam Hung, Steve, *Fellow of HKANM, Advance Practice Nurse, Department of Family Medicine and General Outpatient Clinic, Kowloon Central Cluster*

Ms. CHAN Siu Yin, Josephine, *Fellow of HKANM, Senior Nursing Officer, Primary Care Office, HHB*

Dr. CHEUNG Kin, *Associate Professor, School of Nursing, The Hong Kong Polytechnic University*

Ms. CHEUNG Yuk Hung, Kathy, *Fellow of HKANM, President, HKCCPHN*

Dr. CHUNG Hau Yee, Harrit, *Chief Care Coordinator, Sham Shiu Po DHC*

Mr. HO Wai Ming, Steve, *Head of Care Coordinator, Yau Tsim Mong DHC Express*

Ms. HUNG Shuk Yee, *Ward Manager, Family Medicine and Primary Healthcare, Hong Kong East Cluster*

Ms. LAI Fung Sim, Phoebe, *Ward Manager, Department of Family Medicine and General Outpatient Clinic, Kowloon Central Cluster*

Dr. LAM Choi Hing, Margaret, *Fellow of HKANM, Council Member & Chairman of Education cum Chairman of Examination Committee, HKCCPHN*

Ms. Ms. LI Sui Sang, *Fellow of HKCCPHN*

Mr. CHEUNG King Long, Ronald, *Senior Nursing Officer, Department of Health*

Prof. LEUNG Y.M. Angela, *Professor and Director, Centre for Gerontological Nursing, School of Nursing, The Hong Kong Polytechnic University*

Ms. SUEN Ming Sum, *Nursing Officer (SAP)1, Department of Health*

Mr. TSOI Shing Chi, Tacko, *Manager ( Primary & Community Services / Elderly Care), HAHO*

Mr. WONG K.W. Jimmy, *Immediate Past President, HKCCPHN*

Prof. WONG K.Y. Frances, *Former President, HKANM, Chair Professor, School of Nursing, The Hong Kong Polytechnic University*

Dr. WONG Y.F. Bonnie, *Fellow of HKANM, Department of Operations Manager, (Med & Geri / Ambulatory Care / CNS), North Lantau Hospital, Kowloon West Cluster*

## **Doctor Speakers**

Dr. CHOI Shing Hing, *Consultant (O&T), PMH/NLTH, Kowloon West Cluster*

Dr. KWOK Tsz Kin, *Consultant, Rehabilitation, Tung Wah Hospital, Hong Kong West Cluster*

Dr. LAU Chi Hang, *Family Medicine Specialist*

Dr. LEUNG Wing Mun, Wanmie, *Consultant, Family Medicine and Primary Healthcare, Hong Kong East Cluster*



Dr. SIN Ming Cheun, *Associate Consultant, Family Medicine and Primary Healthcare, Hong Kong West Cluster*

### **Allied Health Speakers**

Ms. CHAN Sum Yi, Charis, *Occupational Therapist I, Princess Margaret Hospital*

Mr. CHENG W. Wallace, *Senior Manager, Information Technology Department, Kowloon Center Cluster*

Dr. HUNG Tak Fung, Anchor, *Director, Health and Social Exchange of Hong Kong*

Mr. HUI W.C. Simon, *Physiotherapist, Anna & Lam Physiotherapy Centre*

Mr. LAU Ka Ho, Eddy, *Advanced Practice Occupational Therapist, RTSKH*

Mr. LUK Ting Yu, Oliver, *Advanced Practice Physiotherapist, HKEC*

Mr. Choi Yau Cheung, Benson *Physiotherapist I, Princess Margaret Hospital*

### **LANGUAGE MEDIUM**

Both English and Cantonese would be used in class. English would be used in all examinations and assignments

### **TEACHING & LEARNING STRATEGIES**

1. Lectures and Demonstrations
2. Discussion
3. Skill Practice
4. Clinical visit
5. e-Learning

### **AWARD OF CERTIFICATE**

Certificate with CNE points issued by HKANM accredited by the Nursing Council of Hong Kong

1. At least 80% attendance **And**
2. Pass the quiz with a minimum passing mark of 70% **And**
3. Submit and pass the one case study **And**
4. Join and pass the group presentation

### ***Supplementary Information***

1. The programme could be recognized as part of HKCCPHN Advanced Practice Certificate Programme.
2. Delegates who have successfully completed the course would be invited to be mentors of participants of subsequent cohorts

### **CNE POINTS**

This programme is equivalent to 56 CNE points.

## **E-LEARNING (More to add, including health education websites)**

1. International Diabetes Federation (IDF) School of Diabetes “Certified free short courses” website: [idf.org](http://idf.org)
2. DM Care APP 糖訊通
3. 腕健通 [https://www3.ha.org.hk/pwh/content/map/hipfracture\\_app\\_c.htm](https://www3.ha.org.hk/pwh/content/map/hipfracture_app_c.htm)
4. 家居防跌錦囊  
<https://apps.apple.com/hk/app/%E5%AE%B6%E5%B1%85%E9%98%B2%E8%B7%8C%E9%8C%A6%E5%9B%8A/id1030642534>
5. 減壓情識 [https://www3.ha.org.hk/cph/imh/news\\_iphone\\_chi.asp](https://www3.ha.org.hk/cph/imh/news_iphone_chi.asp)
6. Touch Med  
[https://gia.info.gov.hk/general/201701/14/P2017011300807\\_251403\\_1\\_148430863410\\_5.pdf](https://gia.info.gov.hk/general/201701/14/P2017011300807_251403_1_148430863410_5.pdf)
7. CookSmart: EatSmart Recipes  
<https://play.google.com/store/apps/details?id=hk.gov.eatsmart.cooksmart&hl=en>
8. Snack Check <https://apps.apple.com/hk/app/snack-check/id472818102?l=en>
9. Quit Smoking App  
<https://apps.apple.com/us/app/smoke-free-quit-smoking-now/id577767592>

## **READINGS**

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