

Workshop on Coping with crisis

for infection control nurses and nurses required to handle infection control or infectious disease management /crisis

Introduction	<p>With the emerging of newly and largely unknown infectious disease, infection control nurses and clinical nurses who are assigned to handle infection control or infectious disease management are facing more challenges and stresses in their daily work. This workshop is specially designed for them as a psychological preparedness and renewal in their leading role in infection control measures and handling of clinical and staff crisis during a pandemic outbreak. During the workshop, stressors from their work will be identified, coping strategies are reviewed and self-care plan are reinforced.</p>
Objectives	<ul style="list-style-type: none">• To enhance stress management at work for better health and performance• To improve one's coping strategies for personal growth• To strengthen one's resilience in face of crisis
Contents	<ul style="list-style-type: none">• Understand the relationship between holistic health and crisis management• Explore the work stresses and identify coping strategies in the past• Enhance one's resilience• Build up a healthy work life• Prepare to respond during a pandemic outbreak
Target Participants	<ul style="list-style-type: none">• Infection Control Nurses and• Nursing staff who are required to handle infection control or infectious disease management /crisis <p>(Remarks: other frontline nurses or nursing managers who are interested may apply but priority will be given to the Infection Control Nurses and those who are required to handle infection control or infectious disease management /crisis)</p>
Date	3 Identical Workshops on: 29.11.2013 (Fri), 13.12.2013 (Fri) & 17.1.2014 (Fri)
Time	9:30am – 5:00pm
Venue	Seminar Rooms 1 & 2, G/F, Centre for Health Protection, 147C Argyle Street, Kowloon
Format	Talk, assessment, exercise, sharing, reflection, scenario discussion
Medium	Cantonese supplemented with English materials
Facilitators	Dr. Andrew LUK Leung, RN(Gen) RN(Psy) MN MHA PhD (Director, NICHE) Ms. FOK Sum, RN(Gen), RM, BN, MHSc (Senior Education and Project Officer, NICHE)
Class size	30 per workshop
CNE Credit Points	to be advised
Enquiry	Joanna LEE (Tel: 2125 2916)

Profile of Facilitators

- **Dr. Andrew LUK Leung RN(Gen) RN(Psy) MN MHA PhD
(Director, NICHE)**

Dr. LUK obtained his profession qualifications both as a general and psychiatric nurse. He has a strong commitment to the use of holistic principles in nursing and worked as a volunteer group counselor of a mutual support group for patients with serious mental illness for more than 16 years. He has previously worked as a nursing administrator in Hong Kong and a nursing professor in Macau. He currently works as the director of NICHE to promote holistic health and care for healthcare workers.

- **FOK Sum RN(Gen), RM, BN, MHSc
(Senior Education and Project Officer, NICHE)**

FOK Sum graduated from the Nethersole School of Nursing as Registered Nurse and Registered Midwife. She has been trained and worked as an infection control nurse for two years. She had practiced as a nurse clinician and manager in various areas of public hospitals for more than thirty years until 2008, and has been an active member in volunteer groups training the hospital and community nurses in mainland China since 1999. She joined the NICHE in 2009 participating in programmes to nurture and support nursing students and colleagues from a holistic perspective.