

TAM, Hon Lon

RN, BSc, MSc, PhD



Title

Adjunct Guest Assistant Professor

Contact Details

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Academic Qualifications

Doctor of Philosophy (Nursing), The Hong Kong Polytechnic University, Hong Kong, China

Master of Science in Advancing Nursing Practice, University of Edinburgh, United Kingdom

Bachelor of Science in Nursing, Macau Polytechnic Institute

Professional Qualifications

Registered Nurse (Macau)

European Resuscitation Council BLS/AED Instructor

Clinical Preceptor (advanced)

Research Interests

Cardiovascular nursing

Gerontological care

Systematic review

Publications (for the past five years)

1. Tam, H. L., Chung, S. F., & Wang, Q. (online first). Urban-rural Disparities in Hypertension Management among Middle-aged and Older patients: Results of a 2018 Chinese National Study. *Chronic Illness*. <https://doi.org/10.1177/17423953221102627>
2. Wong, E. M. L., Tam, H. L., Leung, A. Y. M., Cheung, A. S. P., Cheung, K. C., & Leung, D. Y. P. (2022). Impacts of educational interventions with support of mobile app versus booklet for hypertensive metabolic syndrome patients: a sub-group analysis of a three-arm randomized controlled trial. *International Journal of Environmental Research and Public Health*, 19(19), 12591. <https://doi.org/10.3390/ijerph191912591>
3. Leung, L. Y. L., Tam, H. L., & Ho, J. K. M. (2022). Effectiveness of Tai Chi on older adults: A systematic review of systematic reviews with re-meta-analysis. *Archives of*

Gerontology and Geriatrics, 103, 104796.

4. Wong, E. M. L., Leung, D. Y. P., Tam, H. L., Ko, S. T., Leung, A. Y. M., Lam, S. C., Cheung, K. C. & Cheung, A. S. P. (2022). Effectiveness of a Nurse-led Support Programme Using a Mobile Application versus Phone Advice on Patients at Risk of Coronary Heart Disease - A Pilot Randomized Controlled Trial. *Risk Management and Healthcare Policy*, 15, 597-610.
5. Tam, H. L., Leung, L. Y. L., Wong, E. M. L., Cheung, K., & Chan, A. S. W. (2022). Integration of Text Messaging Intervention into Hypertension Management among Older Adults: A Systematic Review and Meta-Analysis. *Worldviews on Evidence-based Nursing*, 19, 16–27.
6. Tam, H. L., Wong, E. M. L., Cheung, K., & Chung, S. F. (2021). Effectiveness of Text Messaging Interventions on Blood Pressure Control Among Patients with Hypertension: Systematic Review of Randomized Controlled Trials. *JMIR mHealth and uHealth*, 9(9): e24527.
7. Mao, A., Cheong, P. L., Van, I.K., & Tam, H. L. (2021). “I am called girl, but that doesn’t matter” -Perspectives of Male Nurses Regarding Gender-related Advantages and Disadvantages in Professional Development. *BMC Nursing*, 20: 24.
8. Wong, E. M. L., Leung, D. Y. P., Tam, H. L., Wang, Q., Yeung, K. W. & Leung, A. Y. M. (2021). The Effect of a Lifestyle Intervention Program Using a Mobile Application for Adults with Metabolic Syndrome, Versus the Effect of a Program Using a Booklet: A Pilot Randomized Controlled Trial. *Clinical Interventions in Aging*, 16, 633–644.
9. Chan, A. S. W., Ho, J. M. C., Li, J. S. F., Tam, H. L., & Tang, P. M. K. (2021). Impacts of COVID-19 Pandemic on Psychological Well-Being of Older Chronic Kidney Disease Patients. *Frontiers in Medicine*, 8: 666973.
10. Tam, H. L., Wong, E. M. L., & Cheung, K. (2020). Effectiveness of Educational Interventions on Adherence to Lifestyle Modifications among Hypertensive Patients: An Integrative Review. *International Journal of Environmental Research and Public Health*, 17(7): 2513.
11. Tam, H. L., Mao, A., Cheong, P. L., & Van, I. K. (2020). “My Friends are at the Bottom of My Schedule”: A Qualitative Study on Social Health among Nursing Students during Clinical Placement. *International Journal of Environmental Research and Public Health*, 17(18): 6921
12. Tam, H. L., Chung, S. F., & Lou, C. K. (2018). A Review of Triage Accuracy and Future Direction. *BMC Emergency Medicine*, 18: 58.