



Huiping Xu

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Huiping Xu is a Visiting Scholar at the Sau Po Centre on Ageing, The University of Hong Kong, bringing extensive clinical expertise to her academic pursuits. She currently serves as a head nurse at the First Affiliated Hospital of Zhengzhou University and as a Clinical Supervisor at the School of Nursing and Health, Zhengzhou University.

With over 15 years of dedicated nursing experience, Xu specialises in geriatric care of surgery wards, particularly managing elderly patients with sarcopenia. Her profound frontline exposure has driven her to lead significant clinical research initiatives focused on sarcopenia management and patient environmental support in Mainland China. Beyond her clinical and research duties, she is deeply committed to academic mentorship, guiding nursing students in conducting rigorous research and bridging the gap between theoretical knowledge and practical application.

Xu's work emphasises integrating clinical insights with supportive environments to enhance patient quality of life and dignity. Through her lecture, she aims to share actionable insights from her research, inspiring the community to build a more inclusive society for those living with muscle loss. Her expertise offers a unique perspective on bridging healthcare and urban living for the benefit of vulnerable groups.