

Research Themes & Centres Update

Ageing and Health

Centre for Gerontological Nursing

Seminar to raise concern over cross-border elderly services

Following the success of last year seminar, our Centre again collaborated with Caritas Macau, Helping Hand, the Hong Kong Association of Gerontology, and the Hong Kong Society for Rehabilitation to organise the 2nd Seminar on Cross-Border Elderly Services on 9 November to urge policy changes in long-term care for seniors living in Hong Kong and across the border in neighbouring mainland cities. **Prof. Claudia Lai** shared her views on the long-term care needs of frail seniors, and **Ms Rainbow Lee** was the secretariat for the seminar.

After the seminar, **Ms Phyllis Pang** went to Zhaoqing (肇慶市) and Shenzhen to visit two elderly homes run by Hong Kong organisations to gain more understanding on the facilities, care and quality of living in the elderly homes across the border.



Study on prompted voiding urge to change old practice

Prof. Claudia Lai, the Director of CGN and a CADENZA fellow, presented the findings of her study on the effectiveness of prompted voiding (PV) in managing urinary incontinence in local long-term residential care settings on 17 December.

At a press conference organized by our School and CADENZA, the Hong Kong Jockey Club Charities Trust, Prof. Lai provided statistics to prove the effectiveness of PV. Among the residents receiving PV, the incontinence rate of has decreased from 72.6% to 58.7% and its effect can be sustained up to 6 months post-intervention. The research team urged the healthcare workers at nursing homes to break away from the old practice of using adult diapers in managing urinary incontinence.

The study on the effectiveness of PV is one of the projects of CADENZA: A Jockey Club Initiative for Seniors funded by the Hong Kong Jockey Club Charities Trust.

Presentations

Ms Yu Zhang and **Prof. Claudia Lai** gave an oral presentation, titled “Dependence in the Context of Older People in the Community: A Concept Analysis”, in the 10th World Congress on Long Term Care in Chinese Communities in Macau (**October 24-26**).

Mr Rick Kwan shared the findings of his study on horticulture therapy for residents of nursing home with Dementia in the annual general meeting of the Hong Kong Association of Therapeutic Horticulture (**November 22**).

Dr Mimi Tse gave an oral presentation, titled “Therapeutic Play: A New Initiative for Frail Elderly Care”, in the 46th Australian Association of Gerontology National Conference in Sydney (**November 27-29**).



Volunteer training workshop

Ms Sylvia Ting gave a talk on the topic “What Is Frailty – the Old or the Weak?” in a volunteer training workshop organised by the Association for Engineering and Medical Volunteer Services (**November 6**).

Caregiver sharing

Ms Phyllis Pang invited a caregiver, Ms Lai-ching Lam to share her experience of caring a 92-year-old mother, and describe the dynamics and stress of care giving. The activity aimed to enhance our student understanding on care giving to the older people (**November 28**). –



Led by Ms Sylvia Ting, a group of students joined a community service (「糖不甩」關懷行動) and home visited the elderly living in the Central and Western districts. The community service was co-organised by the Urban Renewal Authority, the Neighbourhood Advice-Action Council and PolyU (**October– November**).



Extend collaborative network

Ms Shirley Lo on behalf of the CGN attended a leadership conference in New Orleans, the USA, and liaised with some distinguished experts in Gerontology. Shirley met Dr Harden (Executive Director, National Hartford Centers of Gerontological Nursing Excellence (NHCGNE) and Dr Pepper (the President of NHCGNE) and introduced our research themes, current work, passion and inspirations for collaboration. A

preliminary consensus has been reached for future collaboration in cross-cultural or cross-regional study (**November 18-20**).



From Left: Dr Harden, Dr Pepper and Ms Shirley Lo.

New membership to ageing research network

The Centre has been awarded membership to the Global Ageing Research Network of the International Association of Gerontology and Geriatrics.



Manuscript recently accepted for publication

Kwan, R.Y.C. & Lai, C.K.Y. (2013). Can smartphones enhance Telephone-Based Cognitive Assessment (TBCA)? *International Journal of Environmental Research and Public Health*. 10(12), 7110-7125.

CGN & SmartHealth members at gerontology congress

Members from the Centre for Gerontological Nursing and Centre for Smart Health actively participated in the 20th Annual Congress of

Gerontology, organised by Hong Kong Association of Gerontology on 23 November.

Prof. Claudia Lai and Dr Enid Kwong's paper titled "Quality Service for Older People in Long-Term Care: A Study of the Quality of Life of Nursing Home Residents from 2008-2012" was awarded an outstanding paper for presentation at the Congress. Seven papers were presented by our colleagues at the congress, they are:

CGN

- "A Randomized Trial Comparing Tai Chi with or without Cognitive-behavioural Intervention to Reduce Fear of Falling in Community-dwelling Elderly People", by **Dr Justina Liu, Ms Sylvia Ting** and the team members.



- "Health-related Consumption Behaviour among Elderly Population: An Exploratory Study", by **Dr Mimi Tse** and her team members.
- "Frailty Status among Older Adults: What Is the Relationship of Frailty to Pain and Happiness?", by **Dr Mimi Tse, Prof. Claudia Lai, Dr Anthony Wong, Dr Enid Kwong, Dr Justina Liu, Ms Sylvia Ting** and the team members.
- "Applications of Drama Activities for Frail Older People: A literature Review", by **Dr Mimi Tse** and her team member (poster presentation).

Smart Health

- A paper titled “Predictors to Subclinical Depressive Symptoms among Community-dwelling Seniors Identified through an Outreach Model” was presented by **Ms Rebecca Wai**.



- Papers titled “Factors Affecting Level of QOL of Community-dwelling Elders in Hong Kong” and “A Survey of Habitual Physical Activity among Community-dwelling Elderly in Hong Kong” were presented by **Ms Esther Kwok**.

