

## The Centre for Gerontological Nursing (CGN) Newsletter

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### Health Promotion

Dr Mimi Tse and a group of nursing students conducted a health talk at the Activities Day for 80 sheltered home residents and their parents on 17-March-2013, in collaboration with the Pentecostal Church of Hong Kong. The topic is on healthy snacks and exercise. This talk is an integral part of the study on Healthy Living in Sheltered Home (健康院舍樂融融計劃) of which Dr Tse is the principal investigator.



### Professional Development of Centre Members

#### Reflections on my clinic visits in Vancouver – Rose Heung, Clinical Associate

I have been very lucky and had the wonderful opportunity to go to Vancouver for clinic visits in March, this year. For these two weeks visit, I had visited the School of Nursing in University of British Columbia (UBC), St. Paul's Hospital, and residential homes and rehabilitative settings in Mount Saint Joseph Hospital, Holy Family Hospital, and Youville Residence under the Providence Health Care (PHC). This wide variety of healthcare settings enables me to have an in-depth understanding in the Canadian healthcare system and especially the roles of the Geriatric Clinical Nurse Specialist (CNS) in Canada.

I am deeply impressed by the CNS's achievement of roles in terms of being a clinician, consultant, educator, researcher, and leader.

Compare to Hong Kong, Canadian CNS possesses a high level of autonomy and leadership role in the long term care settings. The program director and leaders of the PHC are CNSs are actively engaged in enhancing the health outcomes of the older people. The geriatric CNS explained to me that one of her role challenges was to "build an infrastructure to improve the standard of care and patient outcomes." For example, they adopted protocols and guidelines for use in their residential homes including such as the Competence Assessment, Planning & Evaluation (CAPE) tool, Resident Assessment Instrument (RAI) RAI-MDS 2.0, and interRAI Clinical Assessment Protocols (CAPS).



Residential Pharmacy/Nursing Committee meeting held at Youville residence, PHC, BC.

My two weeks' clinic visit in Vancouver has allowed me not only having connections with the geriatric CNS, but also have greater insights into improving geriatric healthcare practices through deeper understanding and reflection on the power and politics of CNS role development.

### Publications

1. Lai CKY, Wong LF, Liu KH, Chan MF, Yap L. Online and onsite training for family caregivers of people with dementia: Results from a pilot study. *International Journal of Geriatric Psychiatry*, 28 (1), 107-108.
2. Liu JYW, Lai C, Dai D, Ting S, & Choi K (2013). Attitudes in the management of patients with dementia: comparison in doctors with and without special training. *East Asian Archives of Psychiatry*, 23,13-20.