

## RESEARCH AND SCHOLARLY ACTIVITIES

### *Grant to support study on frail older people*

**Prof. Claudia Lai** has received a grant of HK\$149,994 from the PolyU Institute of Active Ageing for her project titled “A Pilot Study for Testing an Exercise Intervention for Pre-frail and Frail Older People in the Community to Promote Active Ageing”.

## Research Themes & Centres Update

### Ageing and Health

#### Centre for Gerontological Nursing

### *Poster presentation*

The ongoing project of **Dr Justina Liu** (Principal Investigator) and **Dr Anthony Wong** (Co-principal Investigator) on quality of life among frail nursing home residents has obtained some preliminary results. **Dr Anthony Wong** took the opportunity to present their preliminary findings on a poster titled “Loneliness, Depression, Social Network and Quality of Life among Frail Nursing Home Residents” at the International Conference on Frailty and Sarcopenia Research on 12 to 14 March, Barcelona, Spain.



### *Students attend qigong class*

An Eight-section Brocade (ESB) Qigong class was delivered to 50 undergraduate nursing students to prepare them to assist in teaching the qigong to the older adults in a community centre, under the guidance of an instructor.

The class is part of **Ms Rose Heung**'s study on the health impact of ESB qigong. Students joined the class said the qigong exercise was easy to learn and practise, and it could enhance the flow of energy for benefiting their studying.

Ms Rose Heung's project titled "Effect of an Eight-Section Brocades (ESB) Qigong Exercise Programme on the Psychological and Physical Health among Frail Older Adults: A Pilot Study", is funded by CGN.



### ***Claudia on the media***

On 24 February, TVB news reported the use of prompted voiding – an incontinence management approach studied by **Prof. Claudia Lai** and funded by Jockey Club Charities Trust's Cadenza project. This is a follow-up report by the media after a press release issued by the Centre last December.



**Prof. Claudia Lai** has resumed her Blog titled "Gero Nurse" on *Reflections on Nursing Leadership*, an online magazine published by the Honor Society of Nursing of the Sigma Theta Tau International. Her blog is about nursing of older people, featuring a variety of related topics, and this year the focuses is on education. Please click [here](#) to view the blog.

### *Talks delivered*

**Prof. Claudia Lai** gave a talk titled “The Management of Agitated Behavior of People with Dementia” to the staff of the Tsang Shiu Tim Home for the Elderly of the Hong Kong Society for Rehabilitation on 21 January.



Invited by Ming Yue District Community Centre of the YWCA, Hong Kong, two sessions of talks were delivered by CGN members to the family caregivers of older people with dementia:

- **Dr Enid Kwong, Dr Ada Lau and Ms Shirley Lo** delivered a talk titled “Dementia Care: Caring Attitude and Stress Management of Caregivers” on 1 March. The talk is part of the project (「智」愛一生認知障礙症服務計劃) developed by Ming Yue District Community Centre, YWCA, Hong Kong.
- On 22 March, **Dr Enid Kwong** gave a talk on communicative interaction with older people with dementia.

**Publications and manuscripts recently accepted for publication**

<i>Ageing and Health – Centre for Gerontological Nursing</i>	
<i>Publications</i>	<p>Chan, C.L.F., Lai, C.K.Y. &amp; Chi, I. (2014). Initial validation of the Chinese interRAI mental health in people with psychiatric illness. <i>International Journal of Psychiatry in Clinical Practice</i>. doi: 10.3109/13651501.2014.902070</p> <p>Liu, J.Y.W. &amp; Lai, C.K.Y. (2014). Implementation of observational pain management protocol to improve pain management for long-term institutionalized older care home residents with dementia: study protocol for a cluster-randomized controlled trial. <i>Trials</i>, 15(1), 78. doi:10.1186/1745-6215-15-78</p>
<i>Manuscript</i>	<p>Siong, K.H., Woo, G.C., Chan, D., Chung, K., Li, L., Cheung, H., Lai, C.K.Y. &amp; Cheong, A.M.Y. (in press). Prevalence of visual problems among stroke survivors in Hong Kong Chinese patients. <i>Clinical and Experimental Optometry</i>.</p>