

## Centre for Gerontological Nursing

*Projects receive external funding*

**Prof. Claudia Lai** and **Dr Enid Kwong** have secured funding for their collaborative projects.

<b>Project Title</b>	<b>Principal Investigator</b>	<b>Co-Investigators</b>	<b>Total Grant</b>	<b>Source of Funding</b>	<b>Project Duration</b>
The Effect of Horticultural Therapy for Frail Older People in Residential Care	Prof. Claudia Lai	Dr Mimi Tse, Ms Shirley Lo, Mr Rick Kwan & Mr Jordan Lau	HK\$376,908	Pok Oi Hospital	20 months
Counseling Service and Research Study in End of Life Care and Advance Care Planning	Dr Enid Kwong	Prof. Samantha Pang & Dr Ada Lau	HK\$312,000	Haven of Hope Christian Service	24 months

*Internal grant awarded for service learning*

**Ms Phyllis Pang** has received the Staff Development Grant in Service-Learning (2013/14) amounting to HK\$10,000. The grant was given by PolyU's Communities of Practice-Office of Service Learning for enhancing knowledge and competence in designing, delivering and assessing service-learning courses and projects.

*Advisory board meeting*

The 1<sup>st</sup> Advisory Board meeting of the Centre was held on 1 April via teleconference. Prof. Terry Fulmer (Chair), Prof. Kathleen Buckwalter, Dr David Lok-kwan Dai, Dr Paul Fox, Prof. Wendy Moyle, Prof. Nancy Fugate Woods, Mr Anders Yuen, and several members of CGN attended the meeting.



*External appointments*

**Prof. Claudia Lai** volunteers her time to the Hong Kong Alzheimer's Disease Association and is a member of its Executive Board.

**Ms Phyllis Pang** has been elected as a Council member for the College of Gerontology Nursing, Provisional Hong Kong Academy of Nursing.

*Claudia attends international meetings*

**Prof. Claudia Lai** represented Hong Kong at the Asia Pacific Regional Meeting and the International Council Meeting of the Alzheimer's Disease International (ADI) on 1 May, 2014 in San Juan, Puerto Rico.



Claudia Lai at the Asia Pacific Regional Meeting of ADI. ADI Chairperson Dr Jacob Roy; Dr Bill Zeng and Ms Nancy Lei from Macau Alzheimer's Disease Association attended the meeting.



Delegates at the International Council Meeting of ADI, a global non-government organization with 84 member countries.

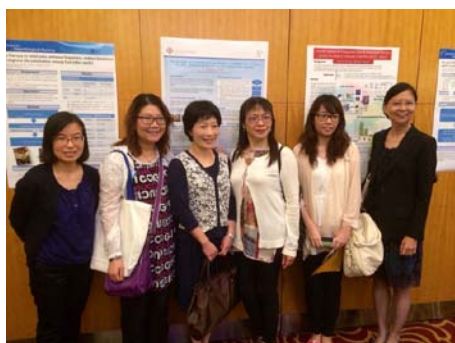
*Members presented at the Hong Kong College of Gerontology Nursing Annual Scientific Meeting*

Members of the Centre and one PhD student attended the Hong Kong College of Gerontology Nursing 2014 Annual Scientific Meeting cum AGM on 31 May, and presented the following papers at the event.



- **Ms Shirely Lo** presented a paper titled “Perceived Effectiveness of Elder Abuse Interventions: A Qualitative Study among Community-dwelling Older People in Hong Kong” .
- **Ms Rose Heung, Dr Anthony Wong, and Dr Mimi Tse** presented a poster titled “Effects of the Eight-Section Brocades (ESB) Qigong Exercise on the Psychological and Physical Health of the Older Adults: A Literature Review”.
- **Ms Phyllis Pang and Dr Anthony Wong** presented a poster titled “The Strength of Restraint and Opportunity to Advance Our Practice to Older Clients: A Discussion on the Proposal for Change”.

- **Dr Mimi Tse** and her project team presented four papers. The following are the title of the paper:
  - The Use of Smart Phones and Their Related Features among Older Adults in Hong Kong: An Exploratory Study.
  - The Use of Information Technology in Providing Health Education for Older Adults: A Review of Literature.
  - Play Therapy to Relief Pain, Enhance Happiness, Reduce Loneliness and Improve Life Satisfaction among Frail Older Adults.
  - Music Therapy for Pain Management among Older Adults: A Literature Review.



From left: Ms Rose Heung, Dr Mimi Tse, Ms Shirley Lo, Ms Phyllis Pang, Ms Angel Tang & Prof. Claudia Lai.

### *Fellow membership granted*

**Dr Justina Liu** has been granted Fellow membership of the College of Nursing Education and Research, Provisional Hong Kong Academy of Nursing; **Ms Phyllis Pang** has been granted Fellow membership of the College of Gerontological Nursing and the College of Nursing Education and Research, Provisional Hong Kong Academy of Nursing.



### *Qigong exercise to prevent frailty among older adults*

**Ms Rose Heung** gave a talk on how to prevent frailty by using the Eight-Section Brocades (ESB) Qigong exercise to around 50 community-dwelling older adults in the Pentecostal Church of Hong Kong Ngau Tau Kok Neighbourhood Elderly Centre on 3 April. Two nursing students demonstrated the eight movements of the ESB qigong exercise during the talk.

