

## **Ageing and Health**

### **Centre for Gerontological Nursing**

#### *NHCGNE's international membership*

The Centre for Gerontological Nursing (CGN) has been accepted as a new member of the National Hartford Centers of Gerontological Nursing Excellence (NHCGNE), the US. The Centre is their second international member, after the University of Alberta School of Nursing. This advancement brings the visibility of the Centre on an international level.

#### *Seminar on cross border elderly service*

Collaborated with the Hong Kong Association of Gerontology and other NGOs, the Centre co-organised the 3<sup>rd</sup> Seminar on Cross Border Elderly Service on 8 November at PolyU.

The seminar attracted over 150 participants and was successful in promoting older adults' health through enhancing understanding, sharing of experience and discussing the challenges in the continuing quality enhancement of cross border residential nursing care for the older adults.



#### *The 9<sup>th</sup> Pan-pacific Conference on Rehabilitation cum 21<sup>st</sup> Annual Congress of Gerontology*

The event was held at PolyU on 29 November to 1 December, and CGN was one of the supporting organisations. Members of the Centre actively participated in the conference and gave oral presentations to share their recent research findings and expertise

experience in the area of gerontology nursing. The presentations were as follows:

- **Dr Enid Kwong (PI: Prof. Claudia Lai):** “Health-related Factors Affecting Survival: a Longitudinal Study of Long-term Care Residents in a Nursing Home in Hong Kong”.
- **Prof. Claudia Lai and Mr Rick Kwan:** "Practice and Outcomes of a Health and Cognitive Assessment Service in a Tertiary Education Institute in Hong Kong".
- **Dr Justina Liu:** “Exploring Nursing Assistants’ Roles in the Process of Pain Management for Cognitively Impaired Nursing Home Residents: a Qualitative Study”.
- **Ms Rose Heung, Dr Anthony Wong and Dr Mimi Tse:** “Effect of an Eight-Section Brocades (ESB) Qigong Exercise Program on the Psychological and Physical Health of Frail Older Adults: a Pilot Study”.
- **Ms Phyllis Pang & Dr Anthony Wong:** “Would Changing the Least Restraint Policy Improve the Quality of Care in Old Age Homes? A Proposed study”.

During the conference period, **Dr Mimi Tse** and Ms Angel Tang conducted a workshop on pain management for older persons living in nursing homes.



*Conference participations*



**Mr Rick Kwan** presents a poster on the preliminary result of his PhD study at the Alzheimer's Disease International Asia Pacific Regional Conference 2014, New Delhi, India, 6 to 8 November.



**Mr Rick Kwan** obtains a competitive bursary from the University of Toronto to attend the Bloomberg Emerging Nursing Scholar Forum 2014, Toronto, Canada, 20 to 21 October.



On behalf of **Prof. Claudia Lai**, **Mr Rick Kwan** attends the Riau International Nursing Conference as the keynote speaker and talks about evidence based practice in nursing. The conference took place in Pekanbaru, Indonesia, 12 to 13 November. During the conference period, he was invited by the University of Riau to give a lecture to the local undergraduate nursing students.

**Ms Phyllis Pang** gave two oral presentations at the Second Summit on University Social Responsibility cum Inaugural International Conference on Service-Learning, at

PolyU on 19 to 21 November. The details of her presentations were:

1. Why Service-learning? A Discussion on Employing Service-learning in Enriching Clinical Education for Health-care Professions.
2. An Experiential Approach to Developing Teachers' Understanding of Service-learning together with Josephine Csete (EDC), Gilbert Chan (ABCT), and Vincent Cho (MM).



**Ms Sylvia Ting** gives an oral presentation on a survey of general practitioners' awareness and management of patients with dementia in Hong Kong at the Alzheimer's Disease International Asia Pacific Regional Conference 2014, New Delhi, India, 6 to 8 November.

#### *Members attend ceremonies*

- **Dr Justina Liu** attended the Kick-off Ceremony of Life Mentor Scheme on 4 October at the City University of Hong Kong. The scheme is a cross-university teaching and learning project funded by the University Grants Committee. Justina is a co-investigator of the scheme.



- **Ms Phyllis Pang**, one of the service-learning subject lecturers, attended the PolyU Serves Kick-off Ceremony cum Donors Reception on 21 November.

### *Workshops on pain management*

**Dr Mimi Tse** was invited by Chan Au Yeung Lai Sim Memorial Day Care Centre, Pok Oi Hospital to give a workshop on pain management. Thirty-six staff members of the day care centre, including nurses, social workers, physiotherapists and occupational therapists attended the workshop on 6 October. Invited by the Workers General Union of Shum Shui Po District, she gave another workshop on pain management on 25 October and the exercises for older adults were taught.



Seventy older adults attend the pain management workshop.

### *Social gathering*

CGN organised a social gathering (including a tour to the Art Museum and seafood dinner) on 10 October. The activity provided a good chance for Centre's members to meet the new PhD students and to show them the surroundings.



*Publications*

Ageing and Health – *Centre for Gerontological Nursing*

Kwan, R.Y.C, Leung, M.C.P. & Lai, C.K.Y. (2014). Acupressure for agitation in nursing home residents with dementia: study protocol for a randomized controlled trial. *BMC Trials*. doi:10.1186/1745-6215-15-410.

Lai, C.K.Y., Chan, J.H., Wong, I.Y.P., Fung, J.T.S., Pang, P.C.P., Fung, K.H.K. & Kwok, C.P.S. The gains and development of undergraduate nursing students over time in a 2-year community service program. *Journal of Nursing Education*. Accepted for publication.

Lai, C.K.Y., Leung, D.D.M., Kwong, E.W.Y. & Lee, R.L.P. Factors associated with the quality of life of nursing home residents in Hong Kong. *International Nursing Review*. Accepted for publication.

Tse, M.Y.M., Chan, K.L., Wong, A.S.W. & Tam, E. (in press). Testing the smart phones and its mobile application using behavior among older adults in Hong Kong: an exploratory study. *Global Science and Technology Forum*.

Tse, M.Y.M., Vong, S.K.S., Heung, R. & Lam, A.Y.L. (2014). The effect of a combined exercise, healthy diet, and dental hygiene program on body composition, physical condition, eating habits and dental care for shelter home residents with intellectual disabilities. *Journal of Nutrition and Health*. 1(3), 303.

Tse, M.Y.M., Wong, A.S.W. & Wan, V.T.C. (in press). Being old does not necessarily mean being inactive: health profile of elderly athletes versus community-dwelling older adults. *International Journal of Clinical Medicine*.