

Centre for Gerontological Nursing

Scholarly visits

- Dean Azita Emami of the University of Washington visited the School on 6 March. She met members of CGN to discuss and exchange ideas on research theme. She visited the School's Gerontological Nursing Laboratory and was impressed by the facilities.
- Prof. Wendy Moyle, Director, Centre for Health Practice Innovation, Menzies Health Institute Queensland, School of Nursing and Midwifery, Griffith University, visited the School's Centre of Gerontological Nursing on 20 March. A social gathering with Prof. Wendy Moyle was organised to provide an opportunity for Centre's members to know more about their overseas advisory board member.



Prof. Wendy Moyle is the academic mentor of Mr Patrick Kor. She shares her research experience with Patrick during the trip.

Presentations

- At the 10th International Symposium on Healthy Ageing “A Decade of Positive Ageing”, **Dr Mimi Tse** presented a paper titled “Effectiveness of a Peer-led Pain Management Program (PLP) for Frail Nursing Home Residents in Relieving Pain and Enhancing Psychological Health: A Pilot Study”. The symposium was organised by the Research Centre of Heart, Brain, Hormone and Healthy Ageing, from 7 to 8 March in Hong Kong.
- **Prof. Claudia Lai** was invited as a plenary speaker at the 4th Singapore International Neurocognitive Symposium. The symposium was organised by the National Neuroscience Institute, Singapore from 26 to 28 March.

- **Mr Patrick Kor** presented a poster titled “The Effect of Mindfulness Based Intervention in People with Dementia or Mild Cognitive Impairment: A Systematic Review” in the symposium (co-authored by Prof. Claudia Lai).



Publications

Ng, S.S., Chan, L.H., Chan, C.S., Lai, S.H., Wu, W.W., Tse, M.Y.M. & Fong, S.S. (2014). Parallel walk test: its correlation with balance and motor function in people with chronic stroke. *Archives of Physical Medicine and Rehabilitation*. DOI: <http://dx.doi.org/10.1016/j.apmr.2014.11.002>

Careers in Aging Week

The Gerontological Association of America awarded US\$400 to CGN to organise activities related to the annual Careers in Aging Week (CIAW). The CGN bid for this award as a member of the National Hartford Centers of Gerontological Nursing Excellence of the United States.

The purposes of the activities for the CIAW include: (i) to promote knowledge and dispel myths and stereotypes about age and ageing; (ii) to promote exchanges between the young and the old, and among participants in different role capacities and age groups across disciplines; (iii) to generate student’s interest in careers related to age and ageing.

A series of activities were organised for all FHSS students. Gerontology professionals from FHSS and external professionals such as engineer, social worker, occupational therapist and nurses were invited as guests for the April 9 event.

The one-week event included three activities:

8 April

Mingle and interXact with senior citizens (Salvation Army Community Centre) Theme: Traditional snacks from the 60's to the present millennium.



Traditional snacks can act as triggers to aid recollection of memories that may have been forgotten.



Students share their thoughts and moments with the seniors on a cardboard. The board is displayed in The Salvation Army Community Centre.

9 April

Luncheon with gerontology professionals across the Faculty of Health and Social Sciences, PolyU.



Our guests include academics, practitioners and experts in the field of ageing research, education and practice.



Selected students from FHSS interact with ageing experts and professionals.

10 April

Fun networking activities were organised for all FHSS undergraduates.



A booth was set up on PolyU's campus to enhance the awareness of the issues of ageing population in Hong Kong.



Participants learn more about the resources and social security for senior citizens in Hong Kong through a ball game.



Participants give their feedback after using a pair of aged-simulated spectacles to read.

Workshop and roadshow on music therapy

Supported by the Ho Cheung Shuk Yuen Charitable Foundation, CGN organised a roadshow and a workshop on music therapy in practice on 25 to 27 February and 4 March respectively, on PolyU's campus.

In the "Music for People of All Ages Roadshow", some basic ideas about music therapy and its effects were introduced to interested passer-bys. Examples of music with movement activities that people can practice to enhance psychological and physical wellbeing were also shown.

In the music therapy workshop, Ms Kitty Wong, a registered music therapist, shared her experience in delivering music therapy as an activity for community-dwelling seniors and their families. Ms Wong demonstrated the skills and techniques that were used with seniors, including those with early dementia, for reducing anxiety and stress, and improving sleep quality and quality of life.

The innovation in this research project lies in its design to promote technological transfer. This project focuses on capacity building so that both healthcare staff and family caregivers of people with dementia are able to master basic knowledge and techniques in music interventions for the promotion of health and well-being.



Music therapy roadshow on PolyU's campus.



Ms Kitty Wong, a registered music therapist demonstrates music therapy skills to participants.



Participants practise the music therapy skills and techniques.

Community Service Partnership Scheme

Ms Sylvia Ting and 18 students worked with Urban Renewal Authority to paid visits to socially deprived and needy population in the Western district and Kennedy Town from October 2014 to January 2015. Students met older people and social workers to learn more about the health issues, struggles and social problems of the elderly.

A closing ceremony cum spring dinner was held at Caritas Mok Cheung Sui Kun Community Centre, Kennedy Town on 6 March. This ceremony was a way to express appreciation of our services. Ms Sylvia Ting and our students were invited to attend.



Eighty socially-deprived families gather around 16 tables to enjoy the spring dinner.

Member attends inauguration

The Yuen Yuen Institute Social Service Department has been one of the local collaborators of CGN since 2007. **Ms Rainbow Lee** was invited to attend the Inauguration of the 46th Term Board of Directors for the Yuen Yuen Institute on 4 March.

