

Centre for Gerontological Nursing

Staff international induction

Congratulations to **Prof. Claudia Lai**, who has been inducted as Fellow of the American Academy of Nursing on 17 October.



Speaker for international forum

Dr Justina Liu was one of the invited speakers of Gary Andrews Academy Forum: Implementing Best Practice in Falls Prevention for Older People: Interdisciplinary Perspectives, held from 18 to 20 October in Chiang Mai, Thailand. This was one of the pre-conference workshops of the 10th International Association of Gerontology and Geriatrics Asia / Oceania Regional Congress.



Dr Justina Liu takes a photo with other speakers of the pre-conference workshops.

Academic visit

Mr Rick Kwan and Ms Amy Huang paid a 2-week academic visit in the National Hartford Center of Gerontological Nursing Excellence (NHCGNE), The University of California, San Francisco, from 19 to 30 October. They participated in various activities (e.g. classes, meetings, discussions, and visits) related to gerontological teaching, research and services.



Meeting Prof. Margaret Wallhagen (Director of NHCNE) and Prof. Sally Rankin (MacArthur Foundation Chair in Global Health).

Paper presentation

Prof. Claudia Lai, Co-Chair of the Global Leadership Mentoring Community (GLMC), and Prof. Ellen Buckner, University of South Alabama College of Nursing, Chair of the GLMC, jointly presented a paper at the 43rd Biennial Convention of the Honor Society of Nursing, Sigma Theta Tau International (STTI) from 7 to 11 November in Las Vegas, the USA to introduce this new initiative (GLMC) to the STTI community. The aim of the GLMC is to nurture future global leaders in nursing through a deliberate and longitudinal development process mentored by nurses committed to serving as role models. The first meeting of the GLMC among the mentors and mentees who were present at the convention were held immediately after the presentation. Many STTI members were interested in the initiative and showed keen interest to become part of it in the next phase of GLMC.



Attending National Hartford Center Academic Leadership Conference

Just prior to the 68th Gerontological Society of America (GSA) Meeting, **Prof. Claudia Lai** and **Ms Shirley Lo** attended the National Hartford Center Academic Leadership Conference from 17 to 18 November in Orlando, Florida to learn from the world-class leading professionals in the ageing field and to explore potential opportunities connecting CGN with other well-recognised gerontological nursing experts / centres.



Left to right: Ms Shirley Lo; Ginetter Pepper (NHCGNE President); Angela Barron McBride (Distinguished Professor and University Dean Emerita at Indiana University); Terry Fulmer (President of John A. Hartford Foundation); and Prof. Claudia Lai (Director of CGN).

Ms Shirley Lo presented orally her paper entitled “Hong Kong Chinese Older People’s Perceptions of and Responses to Elder Abuse in the Context of Changing Family and Intergenerational Relations” at the GSA Annual Scientific Meeting. The role of filial piety in the changing family relations aroused intensive and interesting discussions among the conference attendees.



Sharing of translational nursing research in clinical settings

Dr Justina Liu was invited to give a talk titled “Putting Research Evidence into Nursing Practice” in the Ruttonjee & Tang Shiu Kin Hospital (RHTSK) Evidence-Based Nursing Forum on 27 November. This forum aimed to share evidence-based clinical practice among nursing and to foster nurses’ commitment to provide quality nursing practice. Dr Liu shared her experiences in conducting translational nursing research in clinical settings.



Dr Justina Liu takes a photo with Ms Cecilia Chan, General Manager (Nursing) of RHTSK, in the Evidence-based Nursing Forum.

Collaborative research and teaching at Griffith University

On behalf of CGN, **Dr Justina Liu, Dr Mimi Tse, Ms Phyllis Pang** and **Mr Patrick Kor** went to Griffith University for collaborative on research and teaching between 28 November and 5 December.

Dr Justina Liu was invited to give an oral presentation to introduce CGN. On behalf of **Prof. Claudia Lai** (PI), Mr Patrick Kor was invited to present a collaborative project titled “Use of a Mindfulness-based Intervention for Family Care Givers of People with Dementia in the Community: A Feasibility Study” at the Griffith Health International Research Symposium on 2 December. He also gave an oral presentation on “Mindfulness-based Interventions for Stress Reduction in Family Carers of People with Dementia: A Systemic Review” in the Families in Health Care Symposium on 30 November.

Dr Mimi Tse had an oral presentation on “Peer-led Pain Management Program for Frail Nursing Home Residents with Chronic Pain: A Pilot Study”. Dr Justina Liu had a poster presentation on “A Pilot Study on Individualized Exercise Program with and without Behavioral Change Enhancement Strategies for Managing Fatigue in Frail Older People”. Ms Phyllis Pang had two poster presentations on “Visual Art Therapy to People with Stroke on Psycho-social Well-being: A Comprehensive Literature Review” and “Service-learning Partnership in Promoting Healthier Lifestyles in Cambodia Villages” in the Gold Coast Health and Medical Research Conference from 3 to 4 December.

The team visited the School of Nursing, Griffith University and Gold Coast University Hospital to discuss the enhancement of international mentorship and explore the possibilities for student exchange and service-learning liaison between Griffith University and PolyU.



Visit to Gold Coast University Hospital.



CGN team with Prof. Wendy Moyle (middle).

The 4th Cross-Border Elderly Care Seminar

Collaborated with the Institute of Active Ageing of PolyU, Hong Kong Association of Gerontology, Helping Hand, The Hong Kong Society for Rehabilitation, Asia-Pacific Institute of Ageing Studies, Sau Po Center on Ageing, Caritas Macau, CGN co-organised the 4th Cross-Border Elderly Care Seminar on 9 December at PolyU. Several well-known guest speakers including Ms Annie Tam, JP, Permanent Secretary for Labour and Welfare, Labour and Welfare Bureau discussed some issues regarding cross-border residential care for the elderly. The seminar attracted about 100 participants and was successful in exploring how to facilitate and support the elderly and their families in making informed decisions about cross-border residential care.



Publication

Kor, P.P.K., Lai, C.K.Y., Liu, J.Y.W., Dai, D.L.K., Ting, S.S.M. & Choi, K. (2015). A survey of physician practices in managing people with dementia in Hong Kong. *The European Journal of Psychiatry*, 29(3), 183-198.

Music interventions for people with dementia

“From Early to Moderate Dementia – How Should Music Intervention be Delivered – An Introductory Workshop on Music-with-movement Intervention for Health Professionals” was delivered on 13 November. **Dr Daphne Cheung** shared the use of music interventions for people with dementia, and practised different techniques with the participants. Twenty-seven participants joined the workshop and they said it was practical and useful.



Dr Daphne Cheung at the workshop.

Welcome back, Daphne!



Dr Daphne Cheung joined the School of Nursing on 29 September. She is a registered nurse with over ten years' working experience in the field of elderly care. She obtained her PhD in 2012 from the School of Nursing, PolyU and **Prof. Claudia Lai** was her thesis supervisor. Her doctoral thesis examined the effects of music intervention on the cognitive performance of people with dementia (PWD). She is interested in developing a research programme focusing on the family care-giving of PWD. She is a member of Pi Iota Chapter, STTI, and has joined the Global Leadership Mentoring Community as a mentee with the aspiration to be developed in global nursing leadership.

Sharing on geriatric care

Ms Clara Tsang, a Primary Care Nurse Practitioner was invited by CGN to deliver a series of “Advanced Nursing Practice Workshop - Advanced Geriatric Care Today 2015” from 24 November to 15 December. During her stay at PolyU, she also offered consultations to faculty and students, and gave a public lecture entitled “Collaborative Geriatric Care Network: GAIN for Everyone” on 8 December. Ms Tsang has been doing ground breaking work in the development of elderly care services in Ontario, Canada.

