

Ageing and Health

Centre for Gerontological Nursing

Inaugural Conference ends with great success

The CGN held the Inaugural Conference entitled “Translating Evidence into Impact: Creating a Road Map in Caring for the Frail” on 27 May. A total of 365 registrants (if adding the number of students and volunteers, the total participants was close to 420) from 16 countries/cities, namely Armenia, Australia, Canada, France, Georgia, Japan, Korea, Nagorno-Karabakh Republic, the Netherlands, the Philippines, Singapore, Taiwan, the USA, Mainland China, Macau and Hong Kong attended the conference. About 100 participants were from countries/cities outside Hong Kong.

The event brought together local and international gerontologists to discuss how the CGN could better serve the seniors. The Centre also showed their dedication to advancing their work for the health and wellbeing of their clients.

At the opening ceremony of the conference, **Prof. Alex Molasiotis**, Chair Professor and Head of School of Nursing, gave a welcoming speech. An opening remarks was given by Prof. Sophia Chan, Under Secretary for Food and Health Bureau, Hong Kong SAR Government. Prof. John C Y Leong, Chairman of Hospital Authority, and **Prof. Claudia Lai**, Professor & Director, Centre for Gerontological Nursing, School of Nursing, delivered their speeches.

The conference attracted media attention. Printed media such as Sing Tao Daily and Wen Wei Po, and electronic media such as the RTHK, the TVB, Phoenix TV, Commercial Radio, and i-Cable, etc. covered the event.

The Centre received numerous congratulatory messages and positive feedback with regard to the scientific content as well as the logistics of the conference.



The CGN members gave the following presentations in the inaugural conference:

Oral presentations:

- **Prof. Claudia Lai:** The Many Dimensions of Translating Evidence into Impact: Contemplating on Potentials and Possibilities.
- **Dr Justina Liu:** Understanding Frailty from Biophysical Aspects to Psychosocial Impacts.
- **Dr Angela Leung:** Frailty of Community-Dwelling Older Adults in Hong Kong: Did We Overlook the Issue?
- **Dr Enid Kwong:** Practice Change of Nursing Home Staff in Sensory Stimulation Care to Frail Residents with Moderate to Severe Dementia: An Action Research.
- **Dr Mimi Tse:** To Better Equip Healthcare Students in Care of the Frail: Strategies and International Collaboration Initiative.

Poster presentations:

- Pang, P.C.P., Fong, H.S., Lau, L.C., Lau, S.W., Lo, W.K., Sze, S.S., Wu, K.S.,

Yeung, S.P. & Yeung, T.Y. An Experience of Service-Learning Trip in Cambodia: A Challenge to Innovations in Care to Older People.

- Pang, P.C.P., Lee, Shang, Chan, Justin, Lau, Queenie & Yip, Yi Lam. A Pilot Affective-Behavioural-Cognitive Learning Programme in Promoting Lifestyle Modification among Older People in Rural Community.



- Lai, C.K.Y. & Ho, L.Y.W. Crucial Elements in the Successful Implementation of a Prompted Voiding Programme Conducted by Nursing Home Staff.
- Tang, S.K., Tse, M., & Leung, S.F. Effectiveness of Non-Pharmacological Pain management in Community-Dwelling Older Adults: A Systematic Review.
- Kwan, R.Y.C., Lai, C.K.Y., Tse, M.M.Y., Lo, S.K.L., Fung, C. & Lau, J. The Effect of Horticultural Therapy (HT) on the Self-Efficacy of Frail Older People in Residential Care.

Member attends Annual Scientific Meeting of Hong Kong College of Gerontology Nursing

Ms Phyllis Pang gave an oral presentation titled “Shaping Future Nurse Leaders: Service-Learning Experience of Promoting Healthy Lifestyle in Developing Community” at the Hong Kong College of Gerontology Nursing Scientific Meeting Cum AGM on 28 May.



International collaborative project

Dr Mimi Tse is conducting an online survey on pain and pain management among university students and it is a collaboration between Dr Tse and her Japan and Korea counterparts. Dr Tse and her team is planning to submit a joint proposal to Griffith University (Australia) to study the knowledge and attitude of health care professions in care of frail older adults with chronic conditions.

Talk & Speech

- **Dr Enid Kwong** conducted a talk on anatomy and physiology, and sports and injuries on 28 May. There were around 15 martial arts instructors attended this talk.
- **Dr Mimi Tse** gave an invited speech titled “Managing Pain: Non-Drug Alternatives” (無藥養生) at the 1st Hong Kong Golden Age Expo, which was organised by the Golden Age Foundation on 31 January.

New Deputy Director

Dr Angela Leung has taken up a new role as Deputy Director of the CGN.

Publications

Ageing and Health – *Centre for Gerontological Nursing*

Chau, P.H., Ngai, H.H.Y., Leung, A.Y.M., Li, S.F., Yeung, L.O.Y. & Tan-Un, K.C. (2016). Preference of food saltiness and willingness to consume low-sodium content food in a Chinese population. *Journal of Nutrition and Health Aging*. doi: 10.1007/s12603-016-0732-z

Lai, C.K.Y. (2016). Person-centred dementia care. In S. K. Whitbourne (Ed.), *The Encyclopedia of Adulthood and Aging*. New York: John Wiley & Sons. doi: 10.1002/9781118521373

Lai, C.K.Y. (2016). Preparing our young for advanced practice roles: patient safety and quality care. In Y. W. Mak (Ed.), *Patient Safety – The Challenges and Solutions from a Multi-disciplinary Perspective* (pp. 49-57). Hong Kong SAR: Hong Kong Society for Nursing Education.

Leung, A.Y.M., Kwan, C.W., Leung, I. & Chi, I. (2016). Inadequate health literacy and more hospitalization among frail older adults in Hong Kong. *Asian Journal of Geriatrics and Gerontology*, 11, 10-13.

Liu, J.Y.W., Lai, C.K.Y., Siu, P., Tse, M.M.Y. & Kwong, E. (2016) An individualized exercise programme with and without behavioural change enhancement (BCE) strategies for managing fatigue among frail older people: a quasi-experimental pilot study. *Clinical Rehabilitation*. doi: 10.1177/0269215516649226

Tse, M.Y.M., Lee, P.H., Ng, S.M., & Yeung, S.S.Y. (2016). Effects of a peer-led pain management program for nursing home residents with chronic pain: a pilot study. *Pain Medicine*. doi: <http://dx.doi.org/10.1093/pm/pnv121>

Xu, X., Leung, A.Y.M. & Chau, P.H. (2016). Health literacy and self-efficacy among diabetic patients: a literature review [abstract]. *Asian Journal of Gerontology and Geriatrics*, 11(1), 35.

Yang, A., Gheerawo, R., Donahue, S., Lai, C.K.Y. & Yip, A. (2016). Pok Oi Hospital Elderly Home, innovation/elderly design technical feasibility: study report. Jockey Club Design Institute for Social Innovation, The Hong Kong Polytechnic University, Hong Kong SAR.