

## The Hong Kong Polytechnic University Centre for Gerontological Nursing

# NEWSLETTER

April 2019 Issue 2

### CURRENT ISSUE

#### New scholarship supports students presenting research findings in conferences

**B**uilding up young researchers' interests and capacities in aging research is the mission of the Centre. The "CGN Young Researcher Scholarship" was established last year to support students (full-time students who are engaging in the final-year projects/dissertations/theses and under the supervision of CGN members) to achieve high academic standard and present their work in regional/international conferences.

With the support of the scholarship, Mr Dauda Salihu (our PhD student; Supervisors: **Dr Rick Kwan** and **Dr Eliza Wong**) presented his paper titled "A Systematic Review of the Effects of Dance Therapy on Cognitive Functioning and Quality of Life of People Living with Dementia" on 16 March, at the International Conference on Innovation in Nursing Education and Patient Care, which was organised by the Hong Kong Society for Nursing Education Limited and co-organised by the PolyU School of Nursing. Mr Salihu was awarded with the Best Paper Award (poster presentation).

Another team of young researchers, comprising five students on the Master of Nursing programme, Mr Ting-ho Florio Chan, Ms Ka-pui Ip, Ms Hei-yu Hon, Ms Pui-ying Yeung, and Ms Elsa Ka-ling Kong, was awarded the Best Poster Presentation Award in the same conference. The title of the poster was "Culturally Specific Educational Interventions for Patients with Hypertension: A Systematic Review". **Dr Eliza Wong** was the supervisor of the team.

Earlier in 2018, Mr Ka-Shun Carson Wong, the first-ever awardee of the scholarship and a year-5 student on the BSc (Hons) in Mental Health Nursing programme, presented a paper titled "The Predictors for Transitions of Frailty Status among Older Adults in Hong Kong: A 5-year Longitudinal Study" at the 15th World Congress on Long Term Care in Chinese Communities cum 25th Annual Congress of Gerontology and 7th Cross-border Elderly Care Seminar, held on 29 November to 1 December 2018 at PolyU.

Mr Wong's team comprised eight undergraduate mental health nursing students. The presented paper is a secondary analysis, which examined the frailty transition patterns among Hong Kong older adults in recent years (2013-2017) and the factors predicting the transition of frailty status. The team won the 2nd runner-up in the outstanding paper presentations at the congress.



*Congratulations to Mr Dauda Salihu (mid) and all young researchers! Dr Rick Kwan and Dr Eliza Wong were proud of your achievements.*



Dr Rick Kwan (second row, 2nd from right), Dr Angela Leung, Director of CGN (second row, 1st from left), Mr Ka-Shun Wong (second row, 3rd from right) and the student team.

## Congratulations to Dr. Eliza Wong for receiving the HMRF grant

The study 'A multi-centre randomized controlled trial of the effectiveness of a lifestyle intervention programme using mobile application vs booklet for adults with Metabolic Syndrome' was funded by Health and Medical Research Fund (HMRF) 2018/19 with HK\$1.2 million. Congratulations to **Eliza ML Wong** (PI), Doris YP Leung and **Angela YM Leung** (co-Is).

## SCHOLARLY ACTIVITIES



◀ CGN members met Professor Don Nutbeam, who is the Pioneer and Advocate of Health Literacy Research and his work is well recognized by World Health Organization (WHO) on 14 Jan 2019.

On 18 Mar 2019, CGN members met Prof. Tracey Howe, Churchill Fellow 2016, Winner TEDxGlasgow Award 2017, the Director of Cochrane Global Ageing.

Members of the CGN met Prof. Wendy Moyle of the Program Director of Healthcare Practice and Survivorship, Mensies Health Institute of Queensland, Griffith University of Australia to discuss the future research development on 3 April 2019.



◀ **Dr Justina Liu** and **Dr Rick Kwan** presented a paper entitled "Feasibility Study of Electronic Lifestyle Activity Tracker (ELAT)-based Intervention for Managing General Fatigue on Community-Dwelling Frailty Older People" in the International Conference of Frailty and Sarcopenia Research in the USA. They took the opportunity of attending the conference to interview some internationally renowned scholars for the development of the CGN's MOOC project, entitled "Managing Frailty through a Collaborative Approach."

**Dr Angela Leung's** team [including Ms Adwoa Owusuaa Koduah (MPhil student), Ms Xinyi Xu (PhD student) and Mr Isaac Leung (Project Associate)] was awarded with the Health Literacy Leadership Award from Asia Health Literacy Association (AHLA). The award was presented by Prof. Terence Ming-Che Tsai (1st from right), immediate past President of AHLA to the team on 14 January 2019.



## PUBLICATIONS

- Liu, Y.W.L., Kwan R.Y.C., Lai, C.K.Y., Hill, K.D. (2018). A simplified 10 step Tai-chi programme to enable people with dementia to improve their motor performance: a feasibility study. *Clinical Rehabilitation*, 32(12), 1609–1623
- Kwan, R.Y.C., Cheung, D.S.K., Lo, S.K.L., Ho., L.Y.W., Katigbak, C., Chao, Y. & Liu, J.Y.W. (2019). Frailty and its association with Mediterranean diet, life-space and social participation in community-dwelling older people. *Geriatric Nursing*, S0197- 4572(18), 30490-30497. doi: 10.1016/j.gerinurse.201812.011
- Leung, A.Y.M., Chau, P.H., Leung, I.S.H., Tse, M., Wong, P.L.C., Tam, W.M. & Leung, D.Y.P. (2019). Motivating diabetic and hypertensive patients to engage in regular physical activity: a multi-component intervention derived from the concept of photovoice. *International Journal of Environmental Research and Public Health*, 16(7), 1219. doi:10.20944/preprints201809.0028.v2

## OUR PEOPLE



CGN held a networking lunch and members of the Centre met with their collaborators and partners on 23rd Jan.

## EDUCATIONAL / TEACHING & LEARNING



**Ms Phyllis Pang** has delivered a workshop with participation of visual arts on “Supporting Care-giver - the Holistic well-being” to 18 care-givers in Integrated Health Clinic, School of Nursing on 16 Mar 2019.

◀ *Participants appreciate their input with photo frame making as part of the visual arts participation as carer-support program.*



**Ms Phyllis Pang, Lily Ho and Ko Ka Yan** leading 14 nursing students in delivering a “Healthy lifestyle promotion to community-dwelling older people / frail older people” collaborating with Oneiphorus Mei Lam Church Ltd., to 35 older adults in the community from Feb to Mar 2019.

◀ *The older people enjoyed the laughter exercise session of the health promotion project led by nursing students.*



**Ms Phyllis Pang** and a group nursing-students (3 final year students, one alumnus and 9 nursing students) delivering a series of workshop to community-dwelling older adults on “End-Of-Life care” as primary health care project. The project is collaborating with Integrated Home Care Service, Hong Kong Children and Youth Services in Ma On Shan from March to April 2019.

◀ *The older people were actively engaged with the game on life choice designed by the students.*

### **Centre for Gerontological Nursing**

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