

The Hong Kong Polytechnic University Centre for Gerontological Nursing

NEWSLETTER

JUL – SEP 2021 Issue 3

DIRECTOR'S MESSAGE

Symptom management is one of the research themes of the Centre. Our research in this area focuses on exploring the effectiveness of non-pharmacological interventions in managing pain, fatigue, stress and emotional symptoms. In this issue, I am pleased to introduce to you our pain management programmes.

Chronic pain and subsequent impairment is common among community-dwelling older adults and nursing home residents in Hong Kong. Pain is associated with the physical, cognition and psychosocial aspects of individuals. By now, comprehensive out-patient pain services with multi-disciplinary support are limited.

Attempting to fill the gaps of existing pain services, Dr Mimi Tse and her team have been developing a series of pain management programmes, including peer-lead intervention, music-with -movement intervention, and dyadic pain management programmes. All these offer solutions to the limited manpower in addressing chronic pain of older adults and caregivers' quality of life. Ms Angel Tang's work in her PhD study has opened up new possibilities for ePain education in the community. I look forward to witnessing the impacts of these studies in our community.

Enjoy reading!

Angela Y M Leung, PhD
Director, CGN

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RESEARCH and EDUCATIONAL ACTIVITIES

CGN pain management programmes

Peer-led pain management programme

Nursing home residents have a higher prevalence of chronic pain, however, healthcare resources for addressing this problem is limited in Hong Kong. **Dr Mimi Tse**, Associate Professor, CGN's expert in pain management, led an interdisciplinary team representing rehabilitation sciences, applied social sciences, physiotherapist and nursing professionals, to develop a pain management programme, delivered by peer volunteers.

Different from the usual pain management programme, this [Peer-Led Pain Management Programme](#) (PAP) includes physical exercises performed under the supervision of the peer volunteers and pain management education, such as demonstrations and return demonstrations of non-drug pain management techniques.

Results showed that pain self-efficacy, pain intensity, pain interference, pain knowledge, and depression levels of the experimental group improved after the completion of the 12 week peer-led PAP.

A peer-support model integrating emotional, informational, and relationship support is suggested to be implemented in nursing homes to address chronic pain and improve quality of life of the residents.



Music-with-movement for chronic pain relief

Building on the experience gained from previous research, Dr Mimi Tse's team is currently conducting a pilot randomised controlled trial, targeted community-dwelling older adults, to examine the effectiveness of a music-with-movement exercise programme in relieving chronic pain.

The 8-week programme developed by the team consists of center/home/and digital-based activities, including the music-with-movement exercise, pain education and pain management skills. Participants are recruited from community centres for older adults and researchers will look into their adherence to the interventions and frequency of engagement at home by asking the participants to use logbooks to record their physical activity. The findings will provide clinical implications for nurses to integrate music-with-movement exercise to manage pain.

(Estimated completion: October, 2023)



Dyadic pain management programme

[The Effectiveness of a Dyadic Pain Management Programme \(DPMP\) for Community-Dwelling Older Adults with Chronic Pain](#) was a pilot randomized controlled trial to evaluate a DPMP for older adults with chronic pain and their informal caregivers in the community.

In Hong Kong, older adults with chronic pain are mainly being cared for by informal caregivers, who are burdened by multiple responsibilities. Intervention targeting the dyads can improve their pain management knowledge and coping skills, with the result that caregivers are able to experience their caring role more positively.

Dr Mimi Tse and **Dr Angel Tang**, PhD student (& Clinical Instructor), developed an 8-week programme, which includes physical exercises, pain education, coping skills and digital activities (YouTube exercise video, digital reminders to attend the activities and digital teaching/exercise guiding materials). This programme, which adopts a centre/home-based and remote monitoring approach can be expanded to treat other pain-related problems in other regions and countries.

The pilot study has shown positive results and the team has recently secured funding and a full-scale study will be carried out soon.



Currently Funded projects

[Using a web-based mind-body intervention programme for reducing stress in family caregiver of frail older people in Mainland China: An intervention protocol development](#)

Principle Investigator: Dr Patrick Kor

Award amount: HK\$20,000

Funding Body: Zheng Zhou Panda's Apple Hotel Ltd. (鄭州悅來蘋果酒店有限公司)

Start day: Aug 2021

FEATURES

ePain: Self-directed non-pharmacological pain management

For nearly nine years, Ms Angel Tang (currently a clinical instructor of the School) was pursuing a master's and a PhD's degrees [part-time] in the School while full-time working in shifts in adult inpatient wards caring orthopaedic patients. Working and studying at the same time is very difficult for most people. Heavy workload and the associated physical fatigue, however, did not reduce Angel's motivation in earning her postgraduate degrees. During her PhD study, her work* was awarded the Pi lotta Chapter Scholarship 2020/21 (Community Leader). She passed the viva and completed the study recently in June.

“For me, the postgraduate study was my interest, not a hardship,” said Angel. “It gave me opportunities to go beyond the hospital wards and learn more about pain and pain situations in the community.”

At the master's level, Angel conducted a study to explore the effect of aromatherapy for community-dwelling older persons with chronic pain. Her PhD project was to develop an [Electronic Pain Management Programme](#) (ePain) that addresses musculoskeletal pain among the working population and their pain education needs. “I used the pain scales and questionnaires to assess the pain levels and psychosocial conditions of the research participants,” said Angel. The data collected and the pain experiences of the research participants helped Angel understand the characteristics of pain and its multifaceted nature. “This knowledge guided me to develop the intervention to facilitate recovery and raise public awareness of pain and pain management”.

As pain service and education are inadequate in Hong Kong, most pain goes under-treated. ePain was built with self-efficacy theory of behavioral change that aims at promoting self-directed learning of pain knowledge and non-pharmacological pain management techniques. Since the strength of ePain was demonstrated in its protocol development, it is hoped that ePain could kick-start the development of a series of digital non-pharmacological pain management platforms that target at specific age groups with different pain problems.

*The effectiveness of an electronic pain management programme (ePain) for working population with chronic pain: A randomized controlled trial. Chief Supervisor: Dr Mimi Tse, Co-Supervisors: Dr Sau Fong Leung and Dr Theofanis Fotis (School of Health Sciences, University of Brighton, UK).



Angel completed her PhD study and she is grateful to her supervisors Dr Mimi Tse and Dr Sau-fong Leung who gave her dream wings to fly.



Angel's goal is to give interdisciplinary pain care to people suffering from pain problems.



ePain provides an online platform for pain education and management.

OUR PEOPLE

- **Dr Daphne Cheung**, Assistant Professor, has been appointed Adjunct Senior Research Fellow to Charles Darwin University, Australia. Locally, she has been invited to be the External Examiner for the School of Health Sciences of Caritas Institute of Higher Education.

- **Dr Patrick Kor**, Assistant Professor, was invited to be Honorary Consultant for The Hong Kong Young Women's Christian Association (Elderly Service).

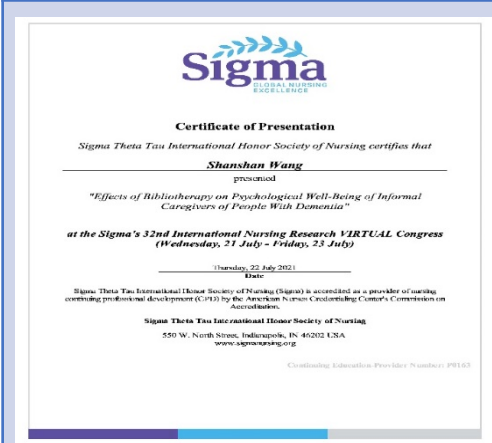
CURRENT ISSUES



(18 & 25 Jun)

Dr Daphne Cheung gave a talk on Music-with-Movement Intervention for older adults with dementia and their caregivers at Kwai Tsing District Health Centre.

Another talk titled “Understanding The Dyadic Intervention and Strategies to Engage the Informal Caregivers in Dementia Care” at the Jockey Club Centre for Positive Ageing drew 140 attendees from the healthcare sector.



(21-23 Jul)

Dr Shan Shan Wang, Postdoctoral Fellow, was supported by Sigma's Edith Anderson Leadership Education Grant to present her work “Effects of Bibliotherapy on Psychological Well-being of Informal Caregivers of People with Dementia” (authors included Dr Daphne Cheung and Prof. Angela Leung) at the 32nd Sigma’s International Nursing Research Congress.



(1 Sep)

Prof. Angela Leung (left upper photo) moderated the webinar titled “Technological Application in Elderly Care” at the Annual Expo and Summit of the Golden Age Foundation 2021 (黃金時代基金會). Speakers included: Dr Bettina Hoster, Project Manager, Business VIVA! Software AG, Germany (right upper photo), Dr Sergio Guillen Barrionuevo, MYSPHERA, Spain (left lower photo) and Ms Elsa Wong, NEC Hong Kong Ltd (right lower photo).

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