



香港老年學護理專科學院 Hong Kong College of Gerontology Nursing



**GPO Box 657
Hong Kong**



hkcgcn.com.hk

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Ms. CHAN Sau Kuen, Dr. Lee Fung Kam, Iris

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## Council Members

Ms HO Kam Yee, Joan

Mr YUEN Chi Man, Anders

## Issue 33 September 2024



## 2024-2026 Council Member with Honourable Guests

## Content

- ◆ **President Report**
- ◆ **Sharing from  
Keynote Speakers**
- ◆ **Oral/Poster  
Presentation**
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- ◆ **Symposium Snapshots**

## Editorial Board

Promotion & Public Relations Committee



# 香港老年學護理專科學院

## Hong Kong College of Gerontology Nursing



### Dear Members,

The year of 2023/2024 was challenging. With the gradual easing of pandemic control measures in 2023, normal activities resumed and the society regained vitality. However, the economic and healthcare human resources environment remained complex and volatile.

I take the privilege to share with you HKCGN's 2023-2024 Annual Report which includes various training and development activities and challenges that we have gone through.

#### **Training & Development Activities:**

The College has always adhered to the strategy of promoting knowledge exchange and excellence in the field of gerontology nursing. We believe that our expertise and knowledge can be of great benefit to the community. Apart from working closely with the HK Academy of Nursing to deliver gerontological nursing-related educational activities, we have also collaborated with other professional organizations in promoting the knowledge of gerontology nursing:

Co-organized with HK Continenence Society on "Promote Continence among Elderly & Children" on 23 September 2023.

Co-organized by WHO Collaborating Centre & HKPU on "Healthy Ageing Conference" which was held on 26-27 October 2023.

Collaborated with the "廣東省護士協會" to organize their Gerontology Nurse Specialist Certificate Training Course for the nursing colleagues of Guangdong province in March 2024.

Co-organized with Hong Kong Geriatrics Society on a hybrid mode symposium "Recent Challenges of End-of-life Care in Hong Kong" on 15 March 2024.

Shared the view on "Prioritising Gerontological Care in Hong Kong" in the HKU Nurse Letter, March 2024 (Issue 53)



# 香港老年學護理專科學院

## Hong Kong College of Gerontology Nursing

### President's Report (Cont'd)

We also organized a 5-day study tour to Taipei, with 21 participants, during the period of 8-12 November 2023. The team visited Taoyuan Chang Gung Nursing Home, Taipei Veterans Home, Chang Gung Health and Culture Village, and SEDA G-Tech for gerontechnology. In return, we shared the “Role of Gerontology Nurse Consultant” and “Primary Care Services in Hong Kong” with the receiving organizations.

### Reaccreditation of HKCGN

Our College was due to apply for reaccreditation to the Hong Kong Academy of Nursing (HKAN) by the end of 2023. Colleges have to recruit Fellows through the Advanced Practice Certification Program and participate in the Committees of HKAN actively. As most of our Council members are not Fellows of HKAN makes it challenging to complete these extensive tasks.

In light of these circumstances, the Council organized a hybrid mode Emergency General Meeting (EGM) on 5 October 2023 to seek support from existing Fellows. The primary objectives of the EGM were to actualize the Advanced Practice Certification Program and invite Fellows to be the College's representatives to participate in various meetings of HKAN. Two Fellows responded and showed their willingness to support the College duties. We also sent out invitations to experienced geriatric nurses including Gerontology Nurse Consultants (NC) & Associate Nurse Consultations (ANC) for their consideration to become Fellow Members.

With the great effort of Council members, we submitted all the necessary information for the reaccreditation report to HKAN on time. I am excited to update you that our College has been reaccredited successfully which will usually last for 5 years. We understand that HKCGN still needs to work hard to attract gerontology nurses to become Fellows and participate in the Advanced Practice Program.

I would like to express my heartfelt thanks to the members of the Council Committee who have all worked tirelessly towards the goal of HKCGN. Our success is a collective effort, I hereby invite you to be the co-opt members of the Council Committee. We look forward to hearing your insights and working collaboratively to achieve our shared goals. Your input and expertise are invaluable to us, and we would be honoured to have you on board.

*Joan HO*

**President  
(2022 – 2024)**



香港老年學護理專科學院  
Hong Kong College of Gerontology Nursing



## 主席的話



致親愛的會員：

全球人口正邁向老齡化，香港長者人口持續增長。根據 2022 年香港政府統計處公佈的香港人口趨勢：65 歲及以上人士的比例從 1991 年的 8.9% 持後上升至 2021 年的 20.5%。長者曾對香港社會貢獻良多。保持他們身心健康安享人生下半場是我們護士的責任。

本人擔任香港老年學會護理專科學院主席一職，感到十分榮幸，多謝各位委員的支持，更希望各位委員把累積多年的專科經驗及智慧薪火相傳，以作提升長者醫療服務水平，提高長者健康知識及生活質素，令長者享受多姿多彩的黃金歲月。

**陳秀娟**

主席 (2024 – 2026)



# 香港老年學護理專科學院

## Hong Kong College of Gerontology Nursing

### Council & Co-opt Members (2024 – 2026)

|                                                       |                                                                                                                                                                                                                                                                        |
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| <b>Honorary Treasurer</b>                             | <b>Ms LAW So</b>                                                                                                                                                                                                                                                       |
| <b>Academy Council<br/>Representatives</b>            | <b>Dr LAW Po Ka, Noble (2022 – 2025)<br/>Mr TSANG Kam Wing, Edwin (2025 onwards)</b>                                                                                                                                                                                   |
| <b>Accreditation Committee</b>                        | <b>Ms SHE Hoi Sze (Convenor)<br/>Dr LAW Po Ka, Noble<br/>Dr PANG Cho Kwan, Rebecca</b>                                                                                                                                                                                 |
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| <b>Professional Development<br/>Committee</b>         | <b>Ms LAW Tze Ching (Convenor)<br/>Dr PANG Chui Ping, Phyllis<br/>Dr LEE Fung Kam, Iris (Co-opt member)</b>                                                                                                                                                            |
| <b>Promotion &amp; Public Relations<br/>Committee</b> | <b>Ms TSANG Kit Yi (Convenor)<br/>Mr CHAU Ho Kei<br/>Dr PAU Mei Lin, Margaret (Co-opt member)<br/>Dr PANG Cho Kwan, Rebecca (Co-opt member)<br/>Ms YUNG Yim Chu (Co-opt member)<br/>Ms Julina LEE (Co-opt member)</b>                                                  |
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| <b>Council Member</b>                                 | <b>Ms HO Kam Yee, Joan<br/>Mr YUEN Chi Man, Anders</b>                                                                                                                                                                                                                 |



香港老年學護理專科學院  
Hong Kong College of Gerontology Nursing

# Annual General Meeting cum Symposium

## Gerontological Nursing : Onwards & Upwards



THE HONG KONG COLLEGE OF GERONTOLOGY NURSING  
2024 ANNUAL SYMPOSIUM CUM AGM  
25 May 2024  
Gerontological Nursing: Onwards and Upwards

Evaluation form



Keynote Speaker  
(L) Ms Faye CHAN  
(R) Dr LEUNG Man Fuk

**Date:** 26 May 2024 (Sat)  
**Time:** 09:00 -14:00  
**Venue:** Crystal Ballroom,  
2/F, The Cityview



(L) Hon. Dr LAM Tzit Yuen David  
(M) Dr LEUNG Man Fuk  
(R) Ms Joan JO



(L) Mr Anders YUEN  
Council Member  
(R) Ms Peggy CHENG  
Honorary Secretary

Evaluation form



(middle)  
Prof CHAIR Sek Ying  
Immediate Past President HKAMN



香港老年學護理專科學院  
Hong Kong College of Gerontology Nursing

# Annual General Meeting cum Symposium



**Warm Reception**



香港老年學護理專科學院  
Hong Kong College of Gerontology Nursing

# Annual General Meeting cum Symposium



Warm  
Reception







香港老年學護理專科學院  
Hong Kong College of Gerontology Nursing

# Annual General Meeting cum Symposium



**Welcoming  
Speech**



**Ms Joan HO  
President (2022-2024)**



**Dr Rebecca PANG  
Event MC**



**Dr Iris LEE  
Event Moderator**





# 香港老年學護理專科學院 Hong Kong College of Gerontology Nursing

## Topic - Perspectives of End-of-life Care in Ageing Population: Issues and Challenges



**Dr. LEUNG Man Fuk**  
Specialist in Geriatric Medicine  
President, Hong Kong Association of Gerontology

With the advances in modern medical technology it is imperative that people will survive to an older age than before. Hong Kong has the longest life expectancy for both men and women in the world. Death is more likely to occur in older people. With increase in the aged population especially the oldest old, there is increasing demand for long term care institutions.



*(L) Ms Joan HO  
President*



*(R) Dr Noble LAW  
Vice-President*



*(R) Ms LEUNG Yin Ling, Ruth  
Honorary Secretary*



*(L) Mr Edwin TSANG  
Vice-President*



# 香港老年學護理專科學院 Hong Kong College of Gerontology Nursing

## Topic - Perspectives of End-of-life Care in Ageing Population: Issues and Challenges



**Dr LEUNG Man Fuk**  
Specialist in Geriatric Medicine  
President, Hong Kong Association of Gerontology

In Hong Kong, around 75,000 (5%) older people above age of 65 resided in Old Age Homes. Studies by Census and Statistics Department has shown that over 90% of them suffered from chronic illnesses. With the higher frequency of chronic illnesses compared with older people living in the community they are more likely to die than their counterparts in the community. Of all the deaths that occurred in Medical Department in Hospital Authority in 2012 45% of them were residents of old age homes. Overseas studies also revealed that there is higher likelihood of death amongst residents of Old Age Homes. Since 2000 there are growing concern on the quality of care of residents dying in Old Age Homes internationally. To further enhance the care of residents dying in Aged Homes various guidelines have been developed and promotion of avoiding unnecessary hospitalization for the dying residents. There has been discussion in Hong Kong on the issues of end of life care in Old Age Homes but the pace of development is slow as there are perceived obstacles including insufficient manpower, environmental constraints, lack of skill staff and medical support, overcrowded home environment, acceptance of staff and relatives and also legal and administrative barriers towards implementing end of life care in the Past.

Advances have taken place in the past 10 years on improvement in preparation of End of Life Care for the Ageing Population especially in Residential Care Homes for Elders in Hong Kong. There are plenty of international guidelines and standards on Palliative and End of Life Care in Long Term Care Institutions. The Hong Kong Association of Gerontology has commenced its work on the Needs of End of Life Care in Long Term Care Institutions in Hong Kong. Between 2007-2009 the Hong Kong Association of Gerontology has conducted a study on the needs and difficulties on implementing end of life support for residents in RCHes in Hong Kong. The study had found that there was overall welcome for End of Life Support for residents but the limitations were on manpower limitation, regulatory requirement, skills and knowledge and also the need to refer Coroner when residents died in Aged Homes in Hong Kong.



# 香港老年學護理專科學院 Hong Kong College of Gerontology Nursing

## Topic - Perspectives of End-of-life Care in Ageing Population: Issues and Challenges

From 2010 Hong Kong Association of Gerontology has collaborated with The Salvation Army on implementing a Pilot Project on Palliative Care in Residential Care Homes for the Elderly in Hong Kong. The Project had successfully developed protocol and practice guidelines in implementing End of Life Care Support in RCHEs. It also developed training package for professional and frontline staff of RCHEs. It also developed End of Life Care Room and Last Days support for residents close to imminent death in the RCHEs. However, the main limitation to implementing EOL in RCHEs lie on the requirement for report to Coroner Enquiry with deaths in RCHEs in Hong Kong.



**Dr LEUNG Man Fuk**  
Specialist in Geriatric Medicine  
President,  
Hong Kong Association of Gerontology

Following the above project, the Hong Kong Association of Gerontology has received funding support from Hong Kong Jockey Club Charities Trust to further enhance End of Life Care in RCHEs in Hong Kong from 2016 to 2025. With this project we are going to develop End of Life Care Support in 96 RCHEs in Hong Kong to provide training to staff, provide additional professional nursing and social work support to assess and support residents with serious illnesses. It also supports 24 hours nursing support and medical support for residents close to death and stay in End of Life Care Room. The issue of referral to Coroner Enquiry was eventually overcome in June 2024 with the Government amendment to Coroner Ordinance to allow natural death in RCHEs whereby medical practitioners can certify natural death in RCHEs. With the new law amendment implemented we already witnessed 2 Die in Place incidents under the Project in July and August 2024.

It is now important for public hospitals, residential care homes, medical and healthcare professionals to further enhance their ability and commitment towards supporting End of Life Choice and Care in Residential Care Homes to improve the quality of death in Hong Kong.



# 香港老年學護理專科學院 Hong Kong College of Gerontology Nursing

## 好書推介



一個老人科醫生給 Young old  
活得自在的實用提醒。

人到中年，面對人生一系列轉變  
也許你會有點悵然若失，

也許你對「老」開始有所察覺卻不知如何應對.....

其實了解清楚，老又何懼！



老人科  
梁萬福醫生



# 香港老年學護理專科學院 Hong Kong College of Gerontology Nursing

## Topic - Barriers & Facilitators of Advance Care Planning (ACP): From Nurses' Perspective



**(L) Ms Joan HO,  
President delivers  
appreciation trophy to  
(R) Ms Faye CHAN**

### **Ms Faye CHAN**

Council Member,  
Society for Life & Death Education  
ADEC Fellow  
(Thanatology: Death, Dying & Bereavement)  
HKANM Fellow  
(Education & Research)

#### Barriers relating to my role in ACP

- My having to deal with the emotional impact of ACP conversation in patients
- My belief that physicians are better positioned to initiate ACP
- My belief that patients should initiate this type of discussion
- My difficulties with defining the right moment to engage patients in ACP

#### Barriers relating to characteristics of the patient

- Patients' lack of acceptance, readiness, and awareness of ACP
- Patients' difficulty accepting their poor prognosis
- Patients' lack of understanding about how treatment decisions are made at the end of life
- Patients' fear of upsetting their families by discussing the topic
- Family unwillingness to support me in engaging the patient in ACP discussions
- Incapacity of patient because of diminished consciousness or dementia or other cognitive disability

#### Barriers related to the healthcare system or external factors

- Lack of public **acceptance** and **awareness** of ACP
- Insufficient **time** during encounter to deal with this topic
- Patients getting **different messages** from other healthcare professionals involved in patient's care
- Insufficient access to or availability of **other professionals** (social workers, nurses or others) to help with ACP





# 香港老年學護理專科學院 Hong Kong College of Gerontology Nursing

## Topic - Barriers & Facilitators of Advance Care Planning (ACP): From Nurses' Perspective



(middle) President

Ms Faye CHAN

(left) Vice President

Dr Noble LAW

(right) Honorary Secretary

Ms LEUNG Yin Ling, Ruth

### Benefits of ACP to EOLC

- Better planning and provision of care aligned with the needs and preferences of patients and their caregivers.
- Doctors are more likely to give appropriate treatment according to patient's preference if ACP has been discussed and documented.
- Ethical approach to EOLC: Respecting patient's autonomy, nonmaleficence, beneficence, commitment to care, honesty, genuineness.
- Offer interventions and treatment alternatives that enhance QoL.



### ACP Enhancers (Healthcare professionals)

- More **effective training** or clinical **simulation** practices
- Handling **emotions** in ACP discussions (NURSE model)
- Training on conversation **scripts** and simple messages on ACP to promote comfort with the conversation (Hagen et al, 2015)



### ACP Enhancers (Patient)

- Public **education** for information and rectify misconceptions: public awareness and education talks, patients (individual), family members(individual), (small group at patient resources centers)
- Set up a **specific approach** to handle the priority clients
- An **interdisciplinary** approach is critical

### ACP Enhancers (System)

- Lack of labor: competent for **all nurses**, able to refer to **ACP champions** for follow up; team approach-nurse as a coordinator; ACP champions are leaders in ACP on the unit and regular update to the unit. Use of ACP trained volunteers
- Electronic record **flagging**
- **Resources** available on ward





# 香港老年學護理專科學院 Hong Kong College of Gerontology Nursing



## Oral Presentation

Division of Nursing Education  
School of Continuing Education  
Hong Kong Baptist University

### Experience of Elderly Spousal Caregivers Caring for Elderly Stroke Survivors A Descriptive Study

Au, K. L., Chan, Y. S., Hui, L., Hui, T. Y., Kwan, P. Y.,  
Lam, W. Y., Leung, Y. Y., Yip, H. Y., Ng, M. F., & Pang, R. C.  
K.



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25 May 2024

Gerontological Nursing: Onwards and Upwards



### Discussion

- Most of our research findings align with the previous literature
- However, our research findings had extended the current field of knowledge in discovering the **positive impacts** and **satisfaction** obtained from elderly spousal caregiving.
- Caregiving is not a process of hardship, but there are also elements that contribute to some of the **rewarding emotions**.
- Moreover, our research had also found that caregivers would **reallocate their resources** when facing challenges, indirectly contributed to a less active lifestyle.

### Implication

- Our research findings provide insight to healthcare professionals in **rendering support** to the elderly spousal stroke caregivers
- **Advocating early preparation** towards a heavy medical investment on the large proportion of elderly population in society
- For clinical nursing practice: provide reliable information to nurses in planning the discharge of stroke patients in order to **sustain a high quality of patient recovery journey** outside the hospital

### Conclusion

- Our study is **consistent** with the current literature
- Provides an **in-depth understanding** of caregiving experience & extended the current field of knowledge
- Explored elderly spousal stroke caregiving experience from multiple perspectives, including **role change, challenges, coping strategies and spousal relationships**
- Caregivers experience **satisfaction** apart from challenges
- Spouse perceive caregiving as **marital obligations** → facilitate sustenance of caregiving role
- Our study is limited to caregivers **with connection to community centres**
- Further research should be conducted to explore the experience of the hidden elderly spousal stroke caregivers







# 香港老年學護理專科學院 Hong Kong College of Gerontology Nursing



## Oral Presentation



### Life Story Book

#### Features of the book

- To integrate the features of Advance Care Planning (ACP) into the life review therapy with information in care planning
- Patient confirms self-identity and continuity through memory of past history, family lives, attainments in life review (Ando et al., 2010)
- Give an increase feeling of life completion and spiritual well-being
- Family and caregivers are invited to assist loved one in composing the life story book
- To celebrate the life with older person
- To empower them the sense of self-esteem and self-recognition

### Life Story Book

#### Chapters in the book

- Chapter 1 "My self"**
  - A sharing on basic information and own achievement of our patient
- Chapter 2 "My likes & dislikes" & 4 "My personal care"**
  - Corresponding to "Personal care wish" in ACP
- Chapter 3 "My family"**
  - A chapter filled with love from photos of beloved family, friend or sweet memory of patient
- Chapter 5 "My Wishes"**
  - Gives reference to "Psychosocial-spiritual needs" and "Life sustaining treatment preference" of the ACP

## Pages of Compassion: Using Life Story Books to Shape Advance Care Planning

LAU SN (1)(3), LAI BK (1), WONG NY (1), LI HY (1), LI PY (1), TAI TL (1), HO SKS (1), LAI KM (2), PANG HSI (1), KING PLC (1)  
(1) Division of Geriatrics, Department of Medicine & Geriatrics, Ruttonjee Hospital, Hong Kong  
(2) Palliative Care Team, Department of Medicine & Geriatrics, Ruttonjee Hospital, 23 Tsimsho Street, London

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### Nurse and relative feedback

- Life story book facilitated expression of feelings and ideas to their love one
- Providing psychological support
- Clients appreciated the holistic care provided

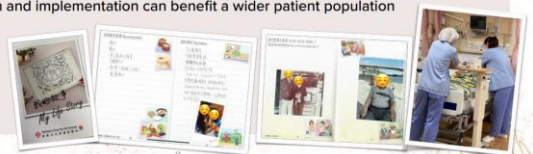
04 Nurses found value in Life story book, understanding patient's life and **appreciate their uniqueness**

05 **Deepened staff's understanding** of patient in providing individualised care and initiate ACP effectively

06 Geriatrics nurses were **capable to conduct ACP** discussion as good as the nurses in palliative unit

### Conclusion and Limitation

- Value of incorporating Life story book into geriatric and palliative care settings
- Teamwork and collaboration with other disciplines including MSW, chaplaincy or GBA nurse was crucial in highlighting the success in the study
- Life story book improves patient-centred care, communication, and supports ACP initiation
- Further research and implementation can benefit a wider patient population





# 香港老年學護理專科學院 Hong Kong College of Gerontology Nursing



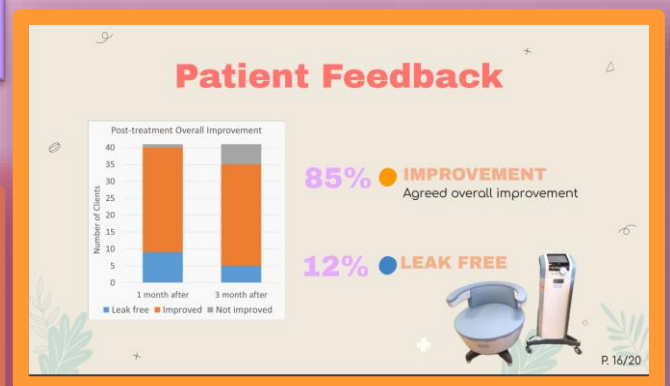
## Oral Presentation



### High-Intensity Focused Electromagnetic Field Treatment

For Urinary Incontinence – A Pilot Program in Geriatric Day Hospital

Siu YS<sup>1</sup>, Tsui YK<sup>1</sup>, Lui BKP<sup>1</sup>, Kwok WH<sup>1</sup>, Wong TT<sup>1</sup>, Lam SS<sup>1</sup>, Chan LY<sup>1</sup>, Chan LW<sup>1</sup>, Tong PY<sup>1</sup>, Lee KN<sup>1</sup>, Chan TS<sup>1</sup>, Ho SKS<sup>1</sup>, Pang HSI<sup>1</sup>, Lam CY<sup>1</sup>, Woo WSS<sup>1</sup>, King PJC<sup>1</sup>  
<sup>1</sup>Department of Medicine and Geriatrics, Ruttonjee & Tang Shiu Kin Hospitals



### Patient Feedback

**IMPROVEMENT**  
40 (97%) and 35 (85%) clients expressed overall improvement at 1-month and 3-month interval respectively

**LEAK FREE**  
5 clients (12%) turned leak-free

**HIFEM EFFECT**  
Most clients reported fading out of HIFEM effect along with time

**REPEAT TREATMENT**  
One-third of clients requested to repeat HIFEM treatment

### Conclusion & Recommendation

- ◆ HIFEM treatment was shown to successfully reduce urinary leakage and impact of UI
- ◆ Further clinical study to understand long-term treatment outcome and effectiveness of combining HIFEM with PFE training is suggested in the long run



# 香港老年學護理專科學院 Hong Kong College of Gerontology Nursing



## Oral Presentation

**Examining the Role of General Self-Efficacy and Perceived Health Status on Drug Adherence Among Older Adults in Hong Kong: A Cross-Sectional Study**

Cheng, W. L. S., & Siu, K. L. S.



2024 ANNUAL SYMPOSIUM COM AGM

25 May 2024

Gerontological Nursing: Onwards and Upwards



*President delivers  
appreciation trophy  
to Speaker*



### Background

- Prevalence of drug non-adherence
  - 50% of patients with chronic diseases are not adherent to their regimens in developed countries (WHO, 2007); 40% non-adherence in Hong Kong (Siu et al., 2012); 17% in Hong Kong (Cheng et al., 2020)
- Drug adherence plays a crucial role in effective management of chronic illnesses
  - Drug non-adherence is associated with adverse clinical outcomes (McKenney et al., 2009; Hughes-Lee et al., 2017)

**Questions  
from Floor**



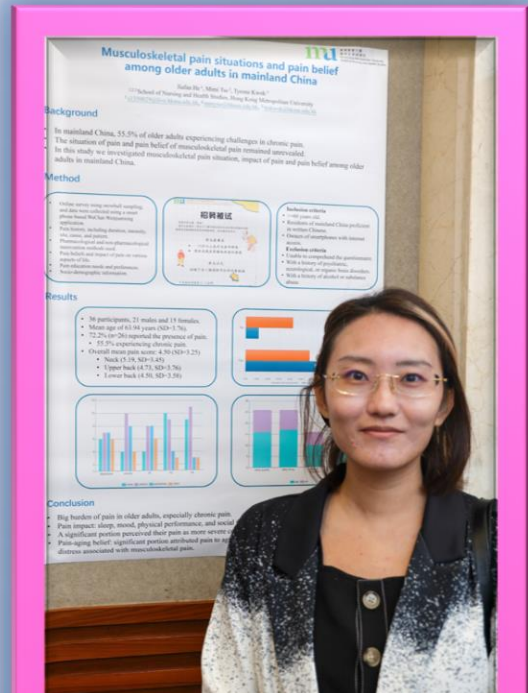


# 香港老年學護理專科學院 Hong Kong College of Gerontology Nursing

## Poster Presentation



**Technology-assisted Motor-cognitive Training among Older Adults: A Rapid Systematic Review**



**Musculoskeletal Pain Situations and Pain Relief among Older Adults in Mainland China**



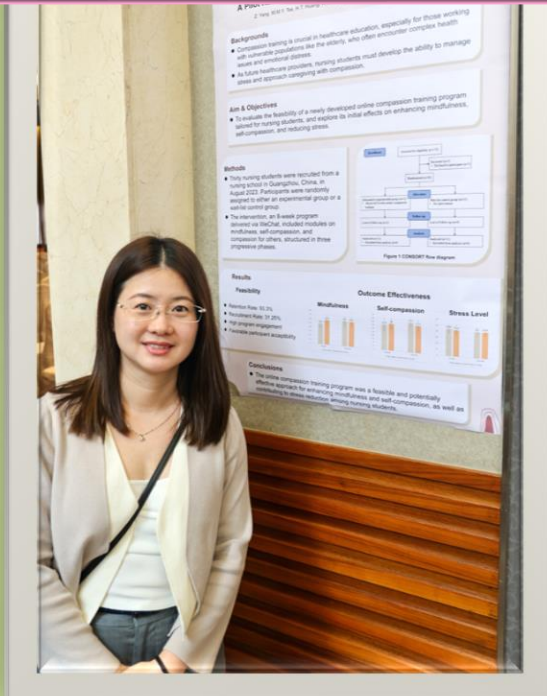
**iHealth Screen: A Path to Healthy Ageing through Gerontological Mobile Health Solutions**



# 香港老年學護理專科學院 Hong Kong College of Gerontology Nursing

## Poster Presentation

### **Evaluating the Feasibility and Preliminary Effects of An Online Compassion Training Program for Nursing Students: A Pilot Randomized Controlled Trial**



### **Palliative Care (PC) Nurses' Experience in Taking Care of Dying Patients at Home: A literature Review**



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## Annual General Meeting cum Symposium



### Symposium Snapshots





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### Symposium Snapshots







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### Symposium Snapshots

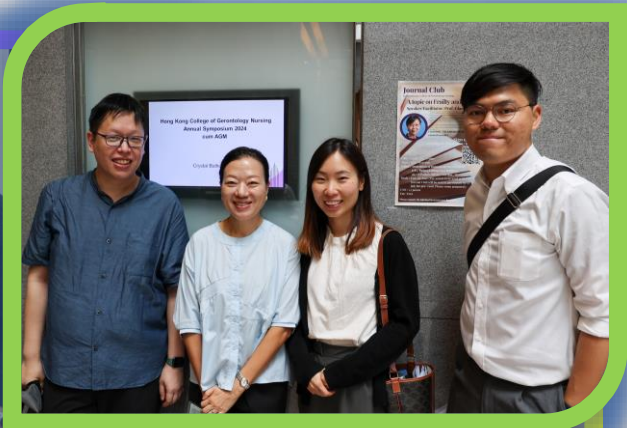




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## Annual General Meeting cum Symposium

### Symposium Snapshots





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### Symposium Snapshots



THE HONG KONG COLLEGE OF GERONTOLOGY NURSING  
2024 ANNUAL SYMPOSIUM CUM AGM  
25 May 2024  
Gerontological Nursing: Onwards and Upwards



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**Symposium  
Snapshots**



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## ANNUAL GENERAL MEETING Cum SYMPOSIUM

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## Happy Gathering







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## Happy Gathering

