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## 2009 Annual General Meeting Chairperson's Report

Dear Members,

The year of 2008-09 could be described as a very busy one for the Hong Kong Nurses Association of Gerontology. We have organized one Seminar on "The Challenges on Dementia Management" in January 2009 and one Seminar cum Workshop on "Leg Ulcer Management & Common Foot Problems among Older People" in February 2009. Both of the captioned educational activities have received overwhelming response with very high turned up rate with over 100 participants each.

I am also delighted to inform you that the Nurses Association's new Website had been totally revamped in 2008. You can login [www.hknag.com](http://www.hknag.com) to view the update news, development and educational programmes of the Association. Moreover, one issue of Association Newsletter have been published in September 2008.

In light of the development of the Hong Kong Academy of Nursing and to truly reflect the enhanced core missions and roles of the Hong Kong Nurses Association of Gerontology, your advice is sought for changing the name of HKNAG to "Hong Kong Nursing College of Gerontology". I think we could only meet the up to date need of both our professional fellows and public by also acquiring this new role and functions.

With that I end my report.

Anders YUEN  
Chairperson (2008-10),  
Hong Kong Nurses Association of Gerontology.  
April 25<sup>th</sup> 2009.



▲ 本協會委員及嘉賓合照

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### 續會通知

尚未繳交2008-2009會費的會員，請將港幣200元正的劃線支票，郵寄至本會郵箱：  
**GPO Box 657, Hong Kong**，以辦理續會手續；  
如有任何疑問，請電郵至 [hknag1999@yahoo.com.hk](mailto:hknag1999@yahoo.com.hk) 查詢。



## Keynote Speech

### “Longevity: Friend or Foe”

**Ms. Sylvia Fung**

Chief Manager (Nursing) /

Chief Nurse Executive, Hospital Authority



The 3<sup>rd</sup> Scientific Meeting cum 12<sup>th</sup> Annual General Meeting of the Hong Kong Nurses Association of Gerontology was successfully held on 25 April 2009 at the Pearl Ballroom, Eaton Hotel of Kowloon. The theme of this year was “Integrated Care of Older People” (長者綜合照顧). The Association was very honoured to have invited Ms. Sylvia Fung, Chief Manager (Nursing)/Chief Nurse Executive of the Hospital Authority to deliver a Keynote Speech entitled: “Longevity: Friend or Foe”. The morning was also filled with a good selection of stimulating oral and poster presentations, which provoked a lot of thought-provoking questions and answers to improve gerontological nursing practice. Indeed, we were delighted to receive the support of our honorary advisors at this memorable occasion. We had over 70 participants joining the celebration lunch – both good old friends and new faces – and provided additional opportunities to exchange ideas and sharing of gerontological experiences. The Association would also like to whole-heartedly thank Paul Hartmann Asia-Pacific Limited and Nestle’ for supporting this event. Lastly, immense gratitude is expressed to the HKNAG team who put in tremendous efforts to make the running of this event so smooth and a great success.

The Association wishes everyone a healthy, happy and productive year ahead. We look forward to meeting all of you again in our forthcoming courses and seminars. Definitely, we hope to see you in our 4<sup>th</sup> Scientific Meeting cum 13<sup>th</sup> AGM in 2010.

**Lisa Low,**  
Vice-Chairperson



◀ 本會主席源志敏先生致序幕詞



▲ 本會主席及副主席與眾嘉賓合照 (由左至右)  
Mr. Anders Yuen (主席), Ms. Beatrice Law,  
Dr. Felix Chan, Ms. Sylvia Fung &  
Ms. Lisa Low (副主席)



▲ 參加者與講者互相交流心得



## Poster Presentation 1

**Nurse-led Ward-based Continence Rehabilitation Program: 5-Year Experience**  
*Lau L.S., Wong K.C., Lam M.C., Yuen C.M.A.*

## Poster Presentation 2

**Re-inventing the Fall Prevention Program of an Extended Care Hospital**  
*Ng T.C.S., Yuen C.M.A., Tsang K.W.E., Wong K.C.E., Choi S.M.A.*

## Poster Presentation 3

**Fall Prevention through the Enhancement of Mobility**  
*Tsang K.W.E., Yuen C.M.A.*



◀ Snapshots - Council members at registration desk

▶ Writers of Posters taking photo with guests



25.04.2009

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## Re-engineering Process of Patient Care Services in an Extended Care Hospital

Wong E, Yuen A, Choi A, Tsang E, Ng W C, Lo Y F, Hon A, Lam M C, Lau A  
Nursing Department, TWGHs, Fung Yiu King Hospital

### Purposes

1. To modernize and improve working environment conducive to the high quality of nursing care
2. To enhance advanced nursing practice opportunities and responsibilities that match the knowledge and skills of nowadays nurses
3. To fully utilize current manpower resources for assuring effective and high quality patient care
4. To re-design the collaborative function & practice between supporting staff and professional ward nurses

### Method

The changes process include:

1. Review the current ward operations and discuss with Nursing Officers on how to fully utilize the available resources
2. Gain support from hospital senior management for the re-vamping process
3. Recruit potential supporting staff to be trained and develop the skills enhancement training program
4. Select and brief target supporting staff on background/objectives
5. Provide physical and psychological support to all frontline staff during implementation
6. Monitor the outcomes after the redesign of jobs tasks

### Sample size

Twenty staff experienced and good performance Health Care Assistant and Clinical Service Assistant.

### Results

From 2007 to 2008, as far as all inpatient care wards of FYKH are concerned, patient fall incident rate has been decreased by 41.6% and the newly acquired bedsore rate has also been decreased by 65% after the revamping process. The staff number of injury on duty caused by manual handling is decreased by over 10% and the medication incident in 2007 and 2008 remained no change (5 episodes in both years). In short, there is mostly significant improvement in all major patient care service indicators.

### Conclusion

1. There is no role conflict between the supporting staff and ward nurses
2. Nurses can focus their attentions to advanced professional nursing interventions promptly
3. Improved communication among patients, ward staff and relatives had been demonstrated
4. The job satisfaction of frontline ward staff, both nurses and supporting staff, has been increased comparing to the old patient care delivery model



汪敬慈女士分享在病房裡如何精簡地運用有限的人手提升護理質素

## Proper Use of Physical Restraint at Private Nursing Homes in Hong Kong East Cluster

Ho Shuk Kuen Sabrina, To Yan King Karence & Ho Kam Yee Joan  
Hong Kong East Community Geriatrics Assessment Team

### Introduction

Physical restraints have been widely used amongst long term care setting and hospital, argument was rigorous between the use of physical restraint to enhance patient safety and to avoid undesirable consequences due to restrain. The tendency of over use of restraints was profound in old aged homes. This project adopted the least restraint philosophy as the mission in nursing care delivery. We aimed at changing the mindset and behaviour of health care workers on the use of physical restraint through the introduction of systematic education package and alternative measures to physical restraint.

### Purpose of the project

1. To improve the knowledge and skills of the care givers in proper use of physical restraints
2. To reduce the number of physical restraints
3. To prevent complication of physical restraints thus enhance quality of life of elderly at old aged homes

### Method

An education package that composed of classroom teaching and on site coaching on proper use of physical restraints, the use of alternate methods and proper documentations was introduced. Based on a survey on all private old aged home (POAH) residents covered by HKECGAT, 17 POAHs which had a high score on the no. of restraints to residents ratio (i.e. 50%) were chosen as target of this program. Pre and post training audits were conducted to assess on the knowledge of the care-givers, the restrain rate and the use of alternative therapies.

### Study period and sample size

The project commenced in October 2005 and completed in February 2007. The no. of samples was about 850 to 870 at different phases of the study.

### Results

1. Enhancement of knowledge and skill of care giver achieved by nearly 30%
2. Reduction of the number of physical restraints by 30.9%
3. Reduction of the number of residents being restrained by 25.3% and increase the numbers of residents who received alternative therapy by 47% - 74%

### Conclusion

The project was effective to enhance proper use of physical restraint in the targeted private nursing homes: it reduced the inappropriate use of physical restraints, minimized the numbers of residents being restrained at nursing homes. The project was then rolled out to all nursing homes of the HKEC. It is recommended to carry out the educational program periodically to ensure the sustainability of the least restraint philosophy.



在院舍如何避免不必要的約束？如何正確使用約束物品？何淑娟女士的分享，讓我們有新的體驗



## Enhancing Patient and Carer Education by 'Fall Prevention Video'

Shum EPS<sup>1</sup>, Li HYL<sup>1</sup>, Man HK<sup>2</sup>, Chung TK<sup>3</sup>, Tam VHM<sup>4</sup>, Siu SK<sup>2</sup>

<sup>1</sup> Central Nursing Division, Shatin Hospital;

<sup>2</sup> Department of Surgery, Shatin Hospital;

<sup>3</sup> Department of Medical and Geriatric, Shatin Hospital;

<sup>4</sup> Department of Psychiatry, Shatin Hospital

### Purpose

Falls have been a knotty problem among geriatric clients and exist as a persistent problem in hospital settings. Although multi-factorial interventions have been implemented such as individualized fall risk assessments, frequent monitoring of high-risk patients, enhance mobility training and accessibility program, alternative devices (e.g. low beds, alarm devices), elimination programs and ongoing patient education. There are still fall incidents repeated occurred with similar scenarios. In order to enhance patient and carer education, video on Fall Prevention has been produced.

### Objectives

1. To provide educational program on fall prevention in the format of video for high-risk patients
2. To enhance carer education in groups
3. To promote prevention of fall by regular broadcasting of video in ward areas

### Actions

A working group for production on Fall Prevention Video comprised of staff of Central Nursing Division, Department of Surgery, Medical & Geriatric and Psychiatry was set up in March 2008. Analyses of all fall incidents in various departments of Shatin Hospital for the past three years were made. Five common recurrent fall incidents were identified and selected as the scenarios of fall prevention video shooting:

1. Falls when families assisted patients to walk against the advice of healthcare professionals
2. Patient falls due to elimination when they chose not to ask for staff's assistance
3. Patient falls related to use of walking aids of other patients
4. Patient falls related to inappropriate choice of footwear
5. Patient falls related to risky walking and improper sitting posture

The first three scenarios were common in geriatric clients.

### Results

The Video was produced in January 2009. To enhance popularity and utilization, the first-run movie was showed to hospital staff on 17 February 2009. Positive feedback was received and sequel to the video was requested. Video sessions arranged in ward area for patient and carer education. The response was positive.

### Conclusions

Fall prevention requires active patient involvement, in addition to formal patient education by nursing staff, audio & video education may be an attractive strategy for transferring important messages to our patients.

Part 2 of the Fall Prevention video will be considered due to the positive feedback from patients, relatives and frontline staff.



岑冰迺女士採用短片形式，與醫護人員分享常見病人摔跤成因；教育病人及家屬如何減少摔跤情況；整套短片令在場人士拍案叫絕，贏得熱烈掌聲

## Snapshots



Members from Princess Margaret Hospital



Members from Fung Yiu King Hospital



Members from Kwong Wah Hospital



Members from Grantham Hospital

# Advancing Gerontological Education in Hong Kong - The CADENZA Training Programme



Hong Kong Nurses Association of Gerontology  
香港老年學護士協會

**Diana Lee**

*Programme Director, The CADENZA Training Programme*

*Director and Professor of Nursing, The Nethersole School of Nursing, The Chinese University of Hong Kong*



▲ Staff in the CADENZA Training Programme

## Introduction

With the ultimate aim to foster positive community attitudes and improve the quality of life of our Chinese older adults in Hong Kong, The Nethersole School of Nursing has received a funding of HK\$73.8 million from the Hong Kong Jockey Club Charities Trust to launch a 5-year CADENZA Training Programme in gerontology. This interdisciplinary programme aims to provide general and professional education in gerontology to the general public, informal and family caregivers of older people, and professional social and health care workers working with the aging population. Ultimately, this Programme will revolutionize the way society view its older people, and the mode of delivering care for older people and their family caregivers.

A 'Kick-off Ceremony cum Symposium for the CADENZA Training Programme' was successfully launched on 28 March 2008. Over 350 participants from various health and social care disciplines joined this event and witnessed the commencement of the 5-year interdisciplinary and territory-wide CADENZA Training Programme. The training programme comprises five thematic courses. They include 1) Successful aging and intergenerational solidarity, 2) Psychosocial and spiritual care, 3) Chronic disease management and end-of-life care, 4) Dementia – prevention and supportive care, 5) Community and residential care for older people. These five courses provide the participants with a comprehensive scope of knowledge on promoting physical, psychological, social and spiritual well-being of the older people. Table 1 describes the specific focuses of each thematic course.



▲ Kick-off ceremony cum symposium



▲ Kick-off ceremony cum symposium

**Table 1:** Specific focus of the five thematic courses of the CADENZA Training Programme

Thematic course	Specific focus
CTP001: Successful aging and intergenerational solidarity	- Concepts, principles and strategies to promote successful aging and intergenerational solidarity.
CTP002: Psychosocial and spiritual care	- Psychosocial and spiritual care issues in the assessment, provision and evaluation of care for older people.
CTP003: Chronic disease management and end-of-life care	- Interdisciplinary approach to disease management and provision of care to both older people and their caregivers. - Principles of end-of-life care.
CTP004: Dementia – prevention and supportive care	- Knowledge and skills in preventing, detecting and managing dementia in older people at the individual, family and community level.
CTP005: Community and residential care for older people	- Health and social care partnership in promoting the community and residential elderly care. - Policies relating to residential care services.

## Training Activities

Led by a multi-disciplinary teaching team which comprises of nurses, social worker, occupational therapist, physiotherapists and clinical psychologist, the CADENZA Training Programme has successfully delivered a wide range of training activities on gerontology in May 2008 to April 2009. These included 30 public seminars for the general public, 21 workshops for informal and family caregivers, and 12 web-based courses for health care professionals. As defined by the five thematic training courses of the Programme, the topics of the training activities focused on five main areas including 1) successful aging and intergenerational solidarity, 2) psychosocial and spiritual care, 3) chronic disease management and end-of-life care, 4) prevention of dementia and supportive care, and 5) community and residential care for older people. A total of 6822 participants (public seminars: 5,107, workshops: 753; Web-based courses: 898) had participated in the Programme. The overall comments from the participants are very satisfactory. A total of 12 health and social care professionals have also completed three to five web-based courses in 2008, and 11 of them will be awarded with the title as CADENZA practitioner and one will be the CADENZA ambassador.



▲ Public seminar



▲ Workshop for informal caregivers



▲ Day camp for informal caregivers



▲ Workshop for professional health and social worker – the participants were presenting their work

In order to provide territory-wide training on gerontology, the CADENZA Training Programme also delivered a series of 5 radio public education programmes through the commercial radio in May – June 2008. Roadshow is another key training activity which the Programme uses to deliver the messages on gerontology to the general public at large. From November 2008 onward, the Programme has commenced the monthly district-based roadshows on different topics related to elderly care in the Kwai Ching District and the Eastern District, and this activity will be continued in 2009.

## Upcoming Activities & Future Direction

The first carnival of the CADENZA Training Programme has been scheduled on 5 September 2009 at the Hong Kong International Trade & Exhibition Centre. This Carnival aims to advocate intergenerational solidarity between older people and the younger generations. This event will also officially kick-start the tri-annual carnivals of the CADENZA Training Programme. *It would be an honour to have your presence at the Opening Ceremony of the First Carnival.*

In the coming future, the CADENZA Training Programme will continue its effort to move forward gerontological education among the general public, informal and family caregivers, and professional social and health care workers in Hong Kong. With your support, we hope that the Programme will achieve cultivating a positive attitude towards aging in our society and empower our seniors, informal caregivers and professionals to create a lively community for successful aging.



▲ Roadshow



The Nethersole School of Nursing  
The Chinese University of Hong Kong  
Cadenza Training Programme



Web-based Course for Professional Health Care and Social Workers  
May, 2009 - October, 2009 Training Courses

Free of Charge

### CTP001: Successful aging and intergenerational solidarity

This course provides participants with a comprehensive overview of the concepts, principles and strategies to promote successful aging and intergenerational solidarity from health and social perspectives. Emphasis will be given to explore and discuss contemporary issues associated with population aging, review and apply up-to-date evidence to promote successful aging, and develop the participants' skills and knowledge to optimize intergenerational relationship.

Date: 4 May 2009 - 30 June 2009

### CTP002: Psychosocial and spiritual care

This course emphasises on the psychosocial and spiritual care issues that are crucial in the assessment, provision and evaluation of care for older people. Core concepts, principles and practices underpinning the psychosocial adjustment of older people to major life events in later life and influences of spirituality on health status will be included.

Date: 2 July 2009 - 14 October 2009

### CTP003: Chronic disease management and end-of-life care

The course provides both theoretical and practical components to understanding the complexities of the care of older people with major chronic diseases. In particular, it focuses on an interdisciplinary approach to disease management, with emphasis given to the provision of care that will directly address the physical and psychosocial sequelae experienced by the sufferers and their caregivers. The course also introduces the concepts and principles of end-of-life care and equips participants with knowledge and skills in providing hospice care and advance care planning to older sufferers of terminal illness and their families.

Date: 1 June 2009 - 31 October 2009

### CTP004: Dementia- prevention and supportive care

This course provides participants with a comprehensive overview of the pathophysiological, behavioural and psychosocial aspects of dementia. Emphasis will be given to equip the participants with knowledge and skills in preventing, detecting and managing dementia in older people. The course also highlights the roles of family and community support in managing dementia.

Date: 20 July 2009 - 31 October 2009

### CTP005: Community and residential care for older people

This course highlights the notion of health and social care partnership with reference to promoting the care of older people residing in the community and in the residential care sectors. In building an elder-friendly residential environment, policies governing social and health care issues and accompanying programmes and services to support older people to age optimally will be provided. A multi-dimensional perspective will be adopted to enable participants to examine older people's residential environment with a view to enhancing their quality of living.

Date: 1 June 2009 - 31 October 2009

**Target group:** Professional health care and social workers including medical practitioners, enrolled nurses/registered nurses, social workers, clinical psychologists, occupational therapists and physiotherapists.

**Participants:** Maximum 60 per each course

**Language:** Cantonese and English

**Fee:** Free of charge

**Awards:** Continuing education credits (e.g. CNE, CME, CPD) from the corresponding accreditation bodies will also be awarded to the participants who complete the course(s).  
Titles will also be awarded to participants according to the number of thematic courses completed.

Number of training courses	Awarded title
Completed any three training courses	CADENZA Practitioner
Completed all five training courses	CADENZA Ambassador

**Registration:** Online registration: <http://www.cadenza.hk/training>

**Enquiry:** 2696 1249 / [cadenza@cuhk.edu.hk](mailto:cadenza@cuhk.edu.hk)



每個人都渴望有一個健康的身體，然而，隨着年齡的增長，及身體正常的老化現象，長者往往會忽略一些不易察覺的小毛病，足部問題便是常被輕視的一環。

本會於二零零九年二月二十一日舉辦了「長者足部常見問題與潰瘍的處理」的

講座。我們邀請到香港中文大學那打素護理學院副教授黃潔兒博士及威爾斯親王醫院一級足病診療師 Miss Heidi CORCORAN，講授長者常見的足患及潰瘍的最新知識，黃博士除了親身示範壓力繃帶的正確包紮外，更教授如何評估及處理足部潰瘍。Miss Heidi Corcoran 則以流俐的廣東話加上精彩的錄影片講授長者足部常見問題，令在場人士讚嘆不已。

是次講座參加人數多達132人，講座得以成功舉行，除了特此多謝兩位講者分享精彩的內容外，更要多謝各同業們的參予及支持。



參加者聚精會神地聆聽講者分享對處理足患的心得



Miss Heidi Corcoran 以流俐的廣東話教授，令參加者獲益良多



黃博士除講解長者常見的足部問題外，更親身示範評估的方法



歡迎各會員投稿，請將稿件或照片（請註明相片標題）連同個人聯絡資料電郵至 [hknag\\_news@yahoo.com.hk](mailto:hknag_news@yahoo.com.hk) 為答謝投稿會員，來稿一經刊登，可獲贈精美紀念品一份。

## Forthcoming Events

2009

**October** - "Diabetes Mellitus & Proper Foot Care: Hands-on-Assessment and Updates of Special Equipment and Medication"

2010 (Tentative programme)

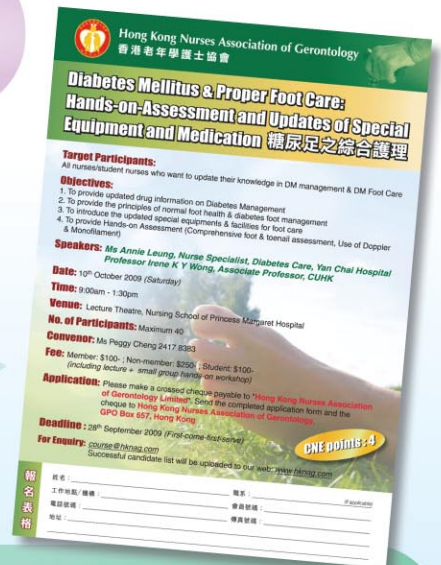
\* You are welcome to offer us valuable suggestions

**January** - "Common Oral and Dental Problems for the Older People"

**April** - "HKNAG 4th Scientific Meeting cum 13th Annual General Meeting"

**July** - "Common Eye Problems for the Older People"

**October** - "Legal Aspects in Geriatric Care"



Date: 10<sup>th</sup> October 2009  
Application Deadline: 28<sup>th</sup> September 2009  
For course details, please visit our web.



Hong Kong Nurses Association of Gerontology  
香港老年學護士協會

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