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President's Report

My Dear Fellow Members,

Today, I am very delighted to inform you that our Nurses Association had been changed its name to Hong Kong College of Gerontology Nursing with effective from January 1st 2011, which is in accordance with the agreed resolution made in our AGM of 2010. We hope this move will more truly reflect the mission of this organization to strive towards excellence in the provision of high quality nursing services to the elderly people in Hong Kong with the objective of developing and providing continuous gerontological nursing specialist fellowship program and certification in Hong Kong.

Moreover, it is also our ultimate objective for the transformation into one of the Academy Colleges for the Provisional Hong Kong Academy of Nursing in the near future. Although the road to achieve our captioned objective is still long and rugged, I believe we do have the courage to overcome hurdles along this pathway. I also have the confidence that we, gerontic nurses, could come together as one force, we would act as a powerhouse for the positive changes ahead.

We have published all the awarded projects, which have been selected for poster presentation in our recent Annual Scientific Meeting within this issue of newsletter. Do enjoy your reading!

Best Regards,

Anders YUEN

President of the HK College of Gerontology Nursing

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HONG KONG NURSES ASSOCIATION OF GERONTOLOGY 4TH SCIENTIFIC MEETING CUM 13TH AGM

Quality of Life of Older People

為長者創建優質生活

POSTER PRESENTATION 1

Health Literacy Materials for Diabetic Patients: To Walk or Not To Walk?

Leung, Y.M.A.

Assistant Professor, School of Nursing, LKS Faculty of Medicine, The University of Hong Kong

Background

Health literacy (HL) refers to individuals' capacity to understand basic health information so as to make health decisions. With lower level of health literacy, diabetic patients demonstrated poor glycemic control and lower motivation to self care. Many of the diabetic patients are reluctant to regular physical exercise.

Objectives

This study aims to report diabetic older adults' views on the feasibility of using the HL-oriented materials (pictorial stories, worksheets and audiotapes) in their daily lives and explore whether these materials could motivate them to engage in regular walking exercise.

Methods

Individual interviews with 10 type II diabetic patients were performed in January 2010 in Hong Kong. Interviews were semi-structured and guiding questions were used to facilitate discussions. All the interviews were carried out in Cantonese and audio-taped.

Results and Conclusions

This set of health literacy materials was welcomed by the Chinese diabetic patients and their relatives. Majority of them indicated that they enjoyed using these materials in their daily lives and they valued these materials as informative and educational. Some even indicated that they had shared the ideas of using these materials with their relatives (daughters, sons, grandchild, and spouse). These materials seemed to serve as a "tool" to motivate diabetic patients in regular walking exercise and improve their quality of life.



POSTER PRESENTATION 2

Literature Review on the Effects of Yoga on the Quality of Life of Community Dwelling Older People

Pau, M.L.M.

Professional Consultant, CADENZA Training Programme
The Nethersole School of Nursing, The Chinese University of Hong Kong

There are lots of western literatures and studies conducted about the effects of yoga in relation to physical, psychological and social aspects. Almost all of them highlighted the benefits of yoga especially for people with chronic physical problems, anxiety and depression, and with satisfactory results in improving the quality of life. In general, yoga is mainly considered as an exercise or a form of complementary and alternative therapy, it is a cost-effective and non-invasive activity. It was found that studies were mainly conducted in U.S.A. and only limited studies were found in Chinese population. The relationship between yoga on the quality of life was conducted more in the middle age group and seldom explored the effects in older age. As viewed from the statistical data, many older people in Hong Kong is physically active and financially stable, but at the same time, the depression rates and suicidal rates are found to be high. As yoga shows to be beneficial in many aspects and is becoming popular, further research is needed to explore its effects to the older people in Hong Kong especially on the quality of life, so as to aim as successful aging.

This literature review aims to explore the effects of yoga on physical, psychological and social aspects of the older people. The search engines used in the searching process include: EBSCO, Wiley InterScience; ProQuest. To widen the search, studies from the reference list of relevant papers and Google search are also used. The keywords used are: Yoga; Elderly; Older people; Quality of life; Fall; Depression; Anxiety. To limit the search, only the publications from year 1999 to 2009 are being retrieved, and studies with English language are retrieved.

Nurses often strive for better health and strategies to promote health in the community, it is therefore, important to understand more on the effects of different therapeutic-exercise-programmes, such as yoga therapy before they convince the older people to widen their choice of exercises.



POSTER PRESENTATION 3

Tai Chi and Resistance Training Exercise - Would These Really Improve the Health of the Elderly?

Hong, A.W.L., Lau, E.M.C., Woo, J., Chan, K.M., Critchley, J.A.J.H.

School of Nursing, The University of Hong Kong

Purpose of the Study

To compare Tai Chi and Resistance Training exercise in the elderly, with respect to the following health effects: musculoskeletal, balance, cardiovascular and quality of life.

Method and Sample Size

90 elderly women aged 65-74 were recruited in Shatin. They were randomized into three groups: resistance training exercise, Tai Chi and control. Bone mineral density (BMD) was measured by dual X-Ray densitometry, balance was measured by the balance master, grip strength was measured by the hand dynamometer, blood pressure and pulse were measured, and quality of life was measured by the WHO quality of life questionnaire.

Year and Result

At 12 months in 2005, BMD increased significant at the hip in women in the resistance training exercise group; but not the Tai Chi group (mean increase $0.0074\% \pm 4.45\%$) for the total hip in the resistance training group, $p < 0.01$ by ANOVA. Balance, grip strength and cardiovascular did not increase significantly. However, the quality of life score increased significantly (mean increase 1.64 ± 3.53 in Tai Chi group and 0.09 ± 4.89 in resistance training group) in both exercise groups.

Conclusion

The study indicated that 1 year exercise program, both Tai Chi and resistance training exercise with theraband produced some favorable changes to different physical and mental health in the quality of life although the magnitude of these changes was small, in contrast to previous studies. However, one may conclude that in the design of an exercise program for the elderly in the community, modification of exercise behavior should be emphasized and they should be encouraged to have an active lifestyle. Such efforts will be in line with the goals of WHO and the Hong Kong SAR Government in promoting the health of the elderly in the community.



POSTER PRESENTATION 4

Post - Void Residual (PVR) Volume Survey in a Convalescence Hospital*Lok, C.F., Chu, M.W., Lee, C.F., Liu, C.F., Tang, F.K., Chow, P.C., Tam, C.K. & Tsang, M.L.**Department of Rehabilitation and Extended Care, Tung Wah Group Hospitals-Wong Tai Sin Hospital***Introduction**

Incomplete bladder emptying may lead to complications such as urinary tract infection, upper urinary tract dilation and frank retention of urine. Early detection of the patients with incomplete bladder emptying facilitates early interventions.

Purposes of the Project

(1) reinforce the proper measuring technique of PVR under non-invasive method; (2) determine the prevalence of incomplete bladder emptying for all newly admitted patients; (3) explore for predictor(s) in identifying who have incomplete bladder emptying; and (4) act as a stepping stone for developing protocol for management of raised PVR.

Method

All patients, without Foley catheter in-situ, newly admitted to the four convalescence wards were screened with portable ultrasound bladder volume measuring devices (BladderScan, BVI 3000). Continence nurse advisors in each ward coordinated the data collection. In addition, they analyzed the sensitivity, specificity, positive predictive and negative predictive values of the four predictors in finding out the patients who had incomplete bladder emptying.

Results

Between 21/02/2005 and 31/07/2005, 322 males and 462 females were included in this survey. The mean age was 81 years old and the range was 24 - 105. 176 patients had PVR greater than or equal to 100 ml. 7.2% of the patients had PVR greater than 400ml.

Sensitivity, specificity, positive predictive and negative predictive values of the four predictors are:

	Sensitivity	Specificity	Positive Predictive Value	Negative Predictive Value
<i>High risk diseases</i>	25.5%	80.1%	51.7%	56.3%
<i>Mentally incapable and physically incapable</i>	30.4%	82.5%	51.7%	65.8%
<i>Norton score less than or equal to 14</i>	29.9%	83.4%	58.5%	60.2%
<i>High risk diseases and / or Norton score less than or equal to 14</i>	27.1%	86.7%	80.1%	37.7%

Conclusions

The introduction of the four predictors is an innovative trial in this survey. However, they cannot satisfy the validity analysis of the expectation. Therefore, we recommend that all newly admitted patients to undergo post-void residual volume measurement.



POSTER PRESENTATION 5

A Continuous Quality Improvement Program to Reduce Catheter Associated Urinary Tract Infection in a Medical and Geriatric Department

Lee, P.¹, Chui, M.¹, Lum, C.¹, Li, C.² & Woo, J.³

Medical & Geriatric Department, Shatin Hospital¹, Infection Control Team, Shatin Hospital², Division of Geriatrics, Department of Medicine and Therapeutics, The Chinese University of Hong Kong³

Introduction

Catheter-associated urinary tract infection (CAUTI) is one of the major types of healthcare-associated infections which accounting 40% of all hospital acquired infections. The presence of a urinary catheter, and the duration of its insertion are the contributing factors to the development of CAUTI. In the medical and geriatric department where I am working, rate of CAUTI were 14.19 per 1,000 catheter days in May 2007 and 8.77 per 1,000 catheter days in January 2008. The rates were higher as benchmarked reports by the National Healthcare Safety Network Report from 2006 to 2008 on similar settings. Hence, a continuous quality improvement program was initiated in January 2009 targeting to decrease rate of CAUTI.

Method

A team involving physicians and nurse specialist, infection control nurse was formed to review the current practice. FMEA (Failure Mode Effects Analysis) approach was employed to scrutinize potential failures contributing to CAUTI in each process step. A locally adapted urinary catheter care bundle which was based on evidence best practices was developed composing of bundle for catheter insertion and its maintenance care. In the insertion bundle, indication for urinary catheter and early removal; use of catheterization set and proper perineal hygiene before catheterization were emphasized. Whereas, proper emptying of urinary bag and disinfection of measuring jugs; change of catheter if systemic antibiotic is required to reduce bacterial load were emphasized in the maintenance bundle care. Training workshops were organized for all nurses and health care assistants to explain rationales of elements of urinary catheter bundle. Clinical supervision and internal audit to both nurses and health care assistants was done by ward managers to ensure the changed practice was fully implemented at ward level. External audit were also conducted by infection control nurse and nurse specialist to check the process compliance of catheter care in March 2009 as well. Data on CAUTI rate was collected starting in April 2009.

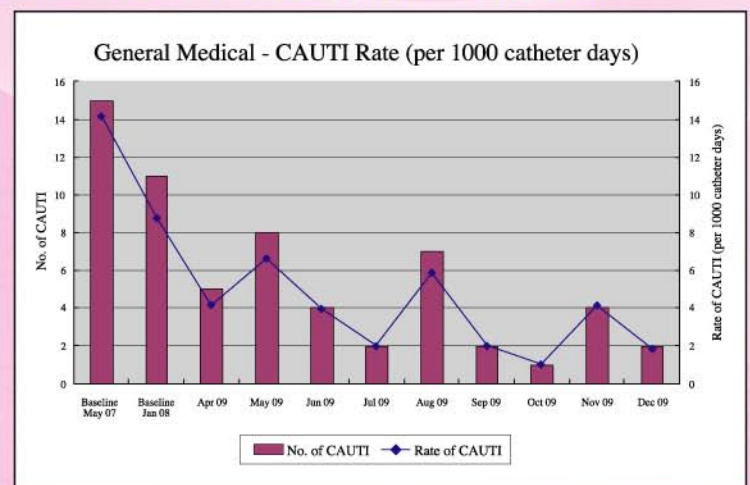
Results

For the external audit, the compliance rate on the catheter insertion and its maintenance care was 100% and 97.7% respectively. Whereas, the internal audit was 99.2% in catheter insertion and 99.8% in the maintenance care. CAUTI rate decreased to 3.6 per 1000 catheter days from the period of April to December in 2009 in comparison to the baseline data of 14.9 and 8.77 per 1,000 catheter days in May 2007 and January 2008 respectively (Appendix 1).

Conclusion

This CQI program demonstrates that risk factor for nosocomial urinary tract infections can be minimized by using the approach of FMEA to revise the care process in the bundle of urinary catheter care. Shared accountability and responsibility among the involved parties have contributed to a good practice and can be effectively decreased the rate of CAUTI. A multidisciplinary approach helps the engagement of staff and implementation process that will contribute to the sustainability of practice.

CAUTI Rate in Medical and Geriatric Wards



General Medical	Baseline May 07	Baseline Jan 08	Apr 09	May 09	Jun 09	Jul 09	Aug 09	Sep 09	Oct 09	Nov 09	Dec 09	Overall Rate 09
CAUTI Rate	14.19	8.77	4.15	6.59	3.95	2.02	5.89	1.97	0.98	4.10	1.84	3.61

Master of Nursing



The Chinese University of Hong Kong The Nethersole School of Nursing



A clinically based programme developing advanced practice nursing
in a range of clinical specialties

AIM

The Master of Nursing Programme is a two-year part-time programme designed to provide appropriately qualified graduate nurses with the opportunity of developing research based specialty practice at an advanced level.

CLINICAL SPECIALTY AREAS

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YEAR 1

Year 1 consists of 5 taught courses with topics covering advanced health assessment, advance nursing interventions, evaluation of care and research / service project methods.

YEAR 2

The major focus for Year 2 is to complete an individually-supervised research / service innovation project in the students' area of specialty practice. Students will also be required to attend two student-led seminars during Year 2.

ENTRY REQUIREMENTS

- A second class honours degree or above, *or*
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- An average grade B from the Postgraduate Diploma in Nursing, *and*
- Registered nurses with normally two years post-registration experience.

MODE OF STUDY

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TUITION FEE

Tuition fee for the current academic year is HK\$42,500

INFORMATION SEMINARS

21 January 2011 (Friday) 6:00-7:00 pm
19 February 2011 (Saturday) 10:00-11:00 am
Room 709, 7/F, Esther Lee Building, CUHK

APPLICATION DEADLINE

28 February 2011

APPLICATION FORMS AVAILABLE FROM

- Graduate School, CUHK
Tel: 2609-8976, 2609-8977
Email: gradschool@cuhk.edu.hk
Homepage: <http://www.cuhk.edu.hk/gss>
- The Nethersole School of Nursing
Esther Lee Building, CUHK

CONTACT PERSON

Ms. Jessie Yeung
Tel: 3163 4163
Homepage: <http://www.cuhk.edu.hk/med/nur>





Forthcoming Activities



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

Advanced Chronic Wound Management in Older People

護理新知：慢性傷口之處理方法

Target Participants:

Nurses of all ranks who are interested in Chronic Wound Management

Objectives:

1. To provide update knowledge on pressure sore management
2. To introduce the Silver Impregnated Antimicrobial Dressing on the management of chronic wound
3. To understand the assessment and management of Venous ulcer
4. To provide knowledge on use of negative pressure wound therapy in chronic wound

Date: 26th February 2011 (Saturday)

Time: 9:00am - 13:00pm

Venue: Cityview, 5/Floor Diamond Room, Waterloo Road, Kowloon

Fee:

\$50 (HKNAG member), \$100 (Non-Member), \$50 for Student Nurse

Application:

Please make a crossed cheque payable to "Hong Kong College of Gerontology Nursing Limited" & send the application form with cheque to "Hong Kong College of Gerontology Nursing" at GPO Box 657, Hong Kong

Convenor: Ms Regina Ip, Tel :53054527

Deadline: 15th February 2011 (First-come-first-serve)

Enquiry: Ms Peggy Cheng 2417 8683 , or course@hknag.com

Successful candidate list will be uploaded to our web: www.hknag.com

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1. **Geriatrics: A Primary Care Approach to the Aging Population**
31 January – 4 February 2011, Sarasota, Florida, United States.
<http://www.ams4cme.com/www/LiveSeminars/SEMLA-25201101310.aspx>
2. **6th Educational Conference on Palliative & End of Life Care: Dying in Old Age: Context & Community**
31 March 2011, Toronto, Ontario, Canada.
<http://www.careconferences.com>
3. **40th British Society of Gerontology Annual Conference: Understanding & Promoting Value of Older Age**
5 – 7 July 2011. <http://www.britishgerontology.org/>
4. **5th Pan-Pacific Nursing Conference & 7th Nursing Symposium on Cancer Care: Issues, Challenges & Future Directions of Evidence-based Healthcare**
22-24 September 2011. Email: www.panconf5@cuhk.edu.hk
5. **Asia / Oceania Region of the International Association of Gerontology and Geriatrics**
13 – 27 October 2011, Melbourne, Australia.
<http://www.ageing2011.com>

歡迎投稿

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 為答謝投稿會員，來稿一經刊登，可獲贈精美紀念品一份。



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Hong Kong College of Gerontology Nursing

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