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# President's Message

My Dear College Members,

Time flies and we are now in the Annual General Meeting of 2015! May I take this opportunity to update you some of our College's major achievements in 2014?

In meeting with the ever-challenging health care system and the complex community environment, we have invited Professor Sophia CHAN, Under Secretary for the Food & Health Bureau, the Government of the HKSAR, as the Keynote Speaker for our 2014 Annual Scientific Meeting and shared her foresight with us on "Strength & Opportunity for Elderly Healthcare" at our 8<sup>th</sup> Annual Scientific Meeting on May 31<sup>st</sup> 2014. The Scientific Meeting has received an overwhelming response of over 100 participants. Our Fellows and members have also shared their successful contribution in various clinical projects/ works and excellent updates of their current nursing practice innovations.

We have collaborated with the HK Geriatrics Society and "Abbott" to conduct the Seminar of "Nutrition & Healthy Aging: improving muscle and cognitive health" on June 16<sup>th</sup> 2014 with more than 110 College Members participated. Dr Jean-Pierre Michel has been invited as the Expert Guest Speaker for this event.

During 2014, our College has successfully launched the CNE Update Course in Common Mental Health Problems in Geriatric Patients in Clinical Settings: Dementia, Delirium & Depression as a joint-handed program with the HK Association of Gerontology. They are more than 40 participants enrolled in such program.

Moreover, I am delighted to inform you that our College first Journal Club Meeting had also been conducted fruitfully on November 25<sup>th</sup> 2014 with more than 40 Fellow participants. The Journal Club topic at that time was "Insertion & Care of Urethral Catheter". The second Journal Club Meeting was also held in March 2015 on the topic of "Dementia Care" with around 30 attendees. I would like to express my heartfelt appreciation to all the members of our Journal Club Working Group and the excellent leadership from the Working Group Convenor Ms. Joan HO.

May I take this opportunity to send my deepest gratitude and thank all our devoted Council Members for their wholehearted support to the College and brilliant, good works in past years? Our College could not be so visible and resourceful to our members without their wonderful, dedicated contributions.

With this, I end my report !

*Anders YUEN*

President (2014-16),

Hong Kong College of Gerontology Nursing

May 30<sup>th</sup> 2015



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# Adding Life to Years: A Geriatrician's Viewpoint 流金歲月，活出精彩

## Keynote Speaker

Dr WONG Chun Por (Practising Specialist Geriatrician)  
王春波醫生 (老人科專科醫生)



▲ President delivers souvenir to Dr WONG CP



## The Scientific Programme



▲ The symposium has attracted lots of participants



▲ Participants listened attentively during the oral presentation



# Snapshots of Annual Scientific Programme

## Honourable Guests



◀ *Ms Shirley TSUI, Principal Nursing Officer, Public Health Nursing Division, Department of Health*

▶ *Prof Claudia LAI, School of Nursing, The Hong Kong Polytechnic University (3rd from left)  
Dr Susie LUM, President of Provisional Hong Kong Academy of Nursing (middle)*



## Open Floor Discussion



◀ *Honourable guest Dr James LUK, President of The Hong Kong Geriatrics Society, had raised a challenging question in response to the oral presentation*

▶ *President had raised a very meaningful question for open-floor discussion which enhanced participants' self-reflections*



## Poster Presentation



◀ *We have 14 poster presentation and all of us enjoy intensely the invaluable sharing of professional knowledge*

▶ *The Annual Scientific Meeting attracted more than 14 poster presentation submission*



## Oral Presentation 1

### Frailty status among older adults: Does a Healthy Living Program (HLP) help?

TSE M<sup>1</sup>, HEUNG R<sup>1</sup>, CHAN KL<sup>1</sup>, WONG S<sup>2</sup>, POON K<sup>2</sup>

<sup>1</sup>Centre for Gerontological Nursing, School of Nursing, Hong Kong Polytechnic University,

<sup>2</sup>Pentecostal Church of Hong Kong

#### Background

It is noted that people with good health habits have longer and healthier lives, and are less likely to rely on the medical system in old age.

#### Objective

To examine the effectiveness of a healthy living program in reversing frailty and enhancing the health status of community dwelling older adults.

#### Method

A 6-week HLP was carried out in an elderly community center. The program included tips on healthy eating, fall risk, drug management, pain management, and non-drug strategies for pain relief, plus 15 minutes of physical exercise in class. Data on levels of frailty, pain, mobility, and happiness were collected before and after the HLP. FRAIL (Morley et al., 2012) was used to measure frailty status. The FRAIL scale ranged from 0-5, with 0 indicating normal (not frail); 1-2 pre-frail, and 3-5 frail. Happiness was measured using the Subjective Happiness Scale (range 4-28), with a higher score indicating a happier state. Pain was measured using a 0-10 point numeric scale, with a higher score indicating more pain.

#### Result

A total of 26 older adults (25 females and 1 male, with a mean age of  $80.5 \pm 8.3$ ) joined the HLP. Upon completion, there was a significant reduction in the frailty score from  $1.7 \pm 1.2$  to  $1.2 \pm 0.8$ ,  $p < 0.01$ , indicating a reversal of the frailty level; also, the time up and go score fell from  $15.8 \pm 7.5$  to  $14.2 \pm 6.0$ ,  $p < 0.01$ , indicating significantly improved mobility. The pain score dropped from  $3.4 \pm 2.0$  to  $2.6 \pm 2.6$ , and the happiness score rose from  $16.8 \pm 4.8$  to  $18.6 \pm 5.6$ ,  $p > 0.5$ .

#### Conclusion

HLP was effective in reversing frailty, relieving pain, enhancing physical mobility, and increasing happiness among community dwelling older adults. To meet the needs of frail older persons and to promote functional longevity, such health education programs in pain relief, proper nutrition, and exercise are important. The plan is to carry out the HLP on another 80 older adults in the coming months.



▲ College President present Outstanding Paper Award to Dr TSE M

## Oral Presentation 2

# Promoting recovery-oriented practices in acute psychogeriatric admission wards

**WOO CP, TSE WY**

*Department of Old Age Psychiatry, Castle Peak Hospital*

### Background

Recovery is a relatively new concept for Hong Kong Psychogeriatric (PG) clients. Most health care workers exclude mentally ill elderly from Recovery-oriented practices (ROP). Clients' total personhood may not take into consideration in their recovery journey. A Recovery-oriented campaign has been launched in Department of Old Age Psychiatry (OAP), Castle Peak Hospital since early 2014 as to promote ROP for PG in-patients.

### Objective

Promote recovery spirit, enhance PG clients' well-beings and facilitate relationship among family members.

### Method

A series of Recovery-oriented programs had been launched in OAP since Jan 2014.

- Hope-Wishing Tree. A wishing tree was introduced to in-patients to make wishes since Jan 2014. Hope is a central aspect of Recovery, the wishing tree induces hope and support.
- OAP Spring Recovery-Oriented Carnival “復元協作嘉年華”. A strength based Carnival that enhanced social inclusion and family participation was organized. In-patients and out-patients were invited to give performance. Geriatric Depression Scale (GDS) and Life Satisfaction Scale (LSS) were used in pre and post-test.
- Gift of Love. Clients were invited to make a unique finger-print gift card to their beloved during hospitalization. Finger-print represent the unique identity of clients with dignity and respect.
- Staff Training. OAP staff were encouraged to participate NTWC recovery training as to foster the recovery spirit.

### Result

- Wishing Tree. 189 OAP in-patients made their wishes in 2014.
- OAP Spring Recovery-Oriented Carnival “復元協作嘉年華”. 52 in-patients and visitor participated. 16 in-patients/out-patients performed for the function. GDS and LSS show clients' life satisfaction and mood improved significantly.

- Gift of Love. Among 71 participants, evaluation survey shown 89% were happy, 70% agreed their recovery process enhanced and 83% believed relationship with family members improved. Nearly all card receivers felt happy and touching with enhanced relationship and improved clients' wellness.
- Staff Training. 100% OAP nursing staff and 90% supporting staff received NTWC Recovery training.

### Conclusion

Elderly patients have their right to be valued and live in a meaningful life include people with dementia. By promoting the ROP in OAP, recovery spirit enhanced.

Health care professionals should consider to incorporate the ROP into the development of mental health services and future practice for Old Age Psychiatry.



◀ College President present Outstanding Paper Award to Ms WOO CP

## Oral Presentation 3

# How care attitude and behaviors of nursing staff affect frail residents' physio-psychosocial wellbeing: A pilot study

**LIU JYW**

School of Nursing, Hong Kong Polytechnic University

### Background

To explore 1) residents' perceived importance and satisfaction on nurses various care attitudes and behaviours; 2) how these perceptions in relation to residents' physio-psycho-social wellbeing.

### Method

A cross-sectional study was used to identify factors from demographic, physio-psychosocial-related variables that are associated with residents' perceived importance as well as satisfaction on nurses various care attitudes and behaviours. The validated Chinese Caring Nurse-Patient Interactions Scale-23 (CCNPI-23) was used to assess residents' perceived importance and satisfactory on nurses' four major care attitudes (i.e. clinical care, relational care, humanistic care and comforting care).

### Sample Size

A convenience method was used to recruit 52 nursing home residents who met the simple selection criteria: aged > 64, have been living in the nursing homes for > 6 months; were classified as pre-frail or frail by International Association of Nutrition and Aging (IANA) frailty index.

### Year

This study was conducted in 2 local nursing homes between April and June, 2013.

### Result

Comforting care was rated by the participants as the most important and satisfied care attitude, followed by clinical care, humanistic care and relational care. Multivariate analyses showed that only participants' levels of happiness was associated with residents' perceived importance on all four aspects of care attitudes whereas both levels of happiness and mobility of participants were multiply associated with residents' perceived satisfaction on the four aspects of care attitudes.

### Conclusion

Participants were satisfied with all the caring attitudes and agreed their importance. Caregivers' competence and care attitudes can contribute to positive institutionalized experiences which enhances participants' level of happiness. The findings of this study provide further knowledge that can help us to understand frail nursing home residents' perceived importance and satisfaction on nurses various care attitudes and behaviours. Nursing homes can then use this information to develop a set of strategies to promote wellbeing for their frail residents.



◀ College President present Outstanding Paper Award to Dr LIU JYW

## Oral Presentation 4

# Pharmacist-nurse collaboration practice in medical extended care unit to reduce polypharmacy

CHENG PP<sup>1</sup>, MAK WC<sup>2</sup>, LAU NY<sup>2</sup>, MO KKL<sup>3</sup>

<sup>1</sup>Central Nursing Division, Yan Chai Hospital, <sup>2</sup>Pharmacy Department, Yan Chai Hospital,

<sup>3</sup>Department of Medicine, Yan Chai Hospital

### Background

Medication-related problems in older adults are common, costly, and lead to poor outcomes. However, many geriatric patients have the problem of polypharmacy, from which they exposed to unnecessary drugs and avoidable adverse drug events. Collaboration practice between clinical pharmacists and clinical nurses are the best support to fill the service gap. According to patients' individual condition, drug response and reaction, the team can streamline and provide medication reconciliation.

### Objective

1. To reduce polypharmacy and improve patient outcomes by a multi-disciplinary approach.
2. To identify potentially inappropriate medications (PIMs)
3. To reduce nursing time on administering redundant drugs and monitoring avoidable ADEs.

### Method

A weekly "Joint Pharmacy Service Round" including clinical pharmacist and senior nurses (Nurse consultant, and /or Advanced Practice Nurses) is piloted to run since March 2014. All recommendations were documented on standard intervention forms. Physicians would decide if to accept or reject the recommendations after reading the intervention forms. Target Patients are those newly transferred patient to Extended Care Unit not more than 7 days, or by referral to selected patients who has problem in poly-pharmacy, poor drug compliance &/or poor drug tolerance.

### Result

From March to November 2014, 395 patients and 3,123 drug items were reviewed. The mean age of patients was 78.9 years old. The number of intervention documented was 319 which involved 42 drug classes. The top 3 categories of interventions were polypharmacy (51.41%), drug regimen (26.96%) and drug selection (18.50%). Physicians' acceptance rate to interventions was 87.78%. The number of drug discontinued was 186. Drug dosage reduction was resulted in 38 cases.

Besides, physicians changed to better drug alternatives in 44 cases. The net decrease in number of drug administration frequency was 445. Given that the average length of stay of patients in the involved wards was 25.4 days, the estimated total number of drug administration frequency reduced was 11,303. The nursing response is suppositive, a set of questionnaires using 7-point Likert scales were designed to nurses asking for feedback to the Round. Total 25 questionnaires (92.6%) were received. The mean score of overall satisfaction is  $6.08 \pm 0.91$ . The mean score are  $6.04 \pm 0.79$  &  $6.2 \pm 1$  for they found recommended interventions are useful and helpful to reduce the poly-pharmacy problem.

### Conclusion

It is a win-win process. Prior to reducing the poly-pharmacy and achieving patient better outcomes, the Joint Round gains much mutual support from nursing colleagues.



◀ College President present Outstanding Paper Award to Ms CHENG PP



## 3<sup>rd</sup> HKCGN Journal Club Meeting: Evidence-based Practice in Nutritional Care

Date: 22 June 2015 Time: 18:30 – 20:00  
Venue: Hong Kong Polytechnic University

Two Fellow Members, Ms. Flora MAK from TWEH and Ms. Veronica FUNG from RHTSK, were invited to provide expert opinion on "Evidence-based Practice in Nutritional Care".

Ms MAK had shared with us her cross-sectional study findings of elderly in geriatric wards who were screened with both malnutrition screening tool (MST) and malnutrition universal screening tool (MUST) by nurses. The aims of the study was to compare MST and MST augmented with body weight with the Chinese version of MUST in detecting under-nutrition in hospitalised elderly in Hong Kong. With high sensitivity and negative predictive values, Ms MAK concluded that MST augmented with body weight could be the most practical screening approach for nurses to identify hospitalised elderly at nutritional risk for further management.

Echoing Ms MAK's presentation, Ms FUNG provided her professional views on "Malnutrition" - a common yet under-recognised problem in the hospitals. She reported that there were high prevalence of malnutrition in hospitalised elderly patients with cognitive deficit and implicated the importance of early diagnosis to facilitate early interventions.

We have also invited staff from Nestlé to share with us evidence that suggested "Sarcopenia" is a reversible cause of disability and could benefit from nutritional intervention.



## FORTHCOMING EVENTS

- Upcoming Journal Club Activities

### End-of-Life Care

Date : 21 Sep 2015  
Time : 19:00 – 20:00 (Light refreshment starts at 18:30)  
Speakers : Dr. Noble LAW & Ms. WOO Lai Chun  
Venue : Hong Kong Polytechnic University, Room AG 101

**歡迎投稿**

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