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July 2019 Issue 30

President's Message

Letter to support the inclusion of Gerontology Nursing into the Voluntary Scheme on Advanced/Specialized Nursing Practice under the Nursing Council of Hong Kong

March 8th, 2019
Chairlady,
Nursing Council of Hong Kong

Dear Professor Agnes TIWARI,

RE: Support the Inclusion of 'Gerontology Nursing'
into the Voluntary Scheme on Advanced/Specialized Nursing Practice
under the Nursing Council of Hong Kong



On behalf of the Hong Kong College of Gerontology Nursing (HKCGN), I ask for full inclusion of 'Gerontology Nursing' into the Voluntary Scheme on Advanced/Specialized Nursing Practice. Our Founding Association is the "Hong Kong Nurses Association of Gerontology", which was established in 1997 by a group of enthusiastic and dedicated gerontological nurses. The Association was renamed as the "Hong Kong College of Gerontology Nursing (HKCGN)" in January 2010. Since its inception in 1997, the College has provided a wide variety of educational activities that are specific to the care of older people with the aims to raise the awareness of carers and health care professionals with updated knowledge and practices in gerontological nursing care. Our College has been accredited as a Continuing Nursing Education (CNE) Provider since 2006. HKCGN is one of the Academy Colleges in the Hong Kong Academy of Nursing (HKAN) since its establishment in 2012 and have developed a full set of Advanced Practice Nursing (Gerontology) specialty core competence, curriculum and training logbook, as enclosed, to govern the nursing training and practice standard of our specialty nurses.

We are very disappointed to learn that 'Gerontology Nursing' is not being included as one of the category under the Voluntary Scheme on Advanced/Specialized Nursing Practice. Indeed, our gerontological team has diligently devoted support to various topical and much needed elderly care projects in Hong Kong which are being coordinated by either the Hospital Authority or the Government of the HKSAR including, most recently, the 'concept of aging-in-place', Geriatric @Front Door, the involvement of geriatric nurses at Accident and Emergency Departments to perform timely frailty assessment that can matched against the coordination of appropriate community and ambulatory services. Such initiatives aim at providing safer discharge for frail elders with options of care. Other highly recognized projects have included supporting frailer elders with dementia, namely the "Dementia Community Support Scheme" that not only enhances medical-social collaboration for early detection, but also can provide early interventions to patients with mild and moderate dementia. Our College members have also been supporting the training of geriatric specialty nurses of Guangdong Province through our collaboration with the Guangdong Provincial Nurses Association. There are more than 300 geriatric specialty nurses being trained in the past 5 years for Guangdong Province.

Undoubtedly, the 21st Centenary is contended with an aging population and its challenges and impacts are putting a strain on the current Hong Kong's public healthcare system. There are numerous issues at play here for the much-needed inputs of gerontological nurses. Not only do older adults use more healthcare than younger population, they also have different healthcare needs and therefore require high levels of support. With reference to the Census and Statistics Department, the population will increase to around 8% from 7.24 million in 2014 to 7.84 million in 2026. A significantly high increase in the growth of the elderly population aged 65 years or above is anticipated – from 1.07 to 1.83 million, with the percentage of elderly in the population escalating from 14.7% to 23.3%.

Currently, our College has more than 300 members and most of them have acquired the Post-Registration Certificate Course in Gerontological Care of the Hospital Authority. Moreover, we also got nearly 70 members being awarded as the Fellow of Gerontology Nursing in the Hong Kong Academy of Nursing. We believe that Gerontological nurses are specially trained and equipped to have the knowledge to undertake comprehensive geriatric assessment, to prioritize the holistic needs of the elderly and their informal carers, and thereby offer timely and effective, seamless and high-quality care in the primary care, community and hospital settings in Hong Kong. Therefore, "Gerontology Nursing" should be included into the Voluntary Scheme on Advanced/ Specialized Nursing Practice under the Nursing Council of Hong Kong.

Yours sincerely,

YUEN, Chi-man Anders
President
Hong Kong College of Gerontology Nursing

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Annual Scientific Programme 2019

We Are Designers: Bringing Gerontechnology to Daily Nursing Practice



Keynote Presentation

“Design technology and environment for independent living and social participation of older persons in good health, comfort and safety”
Scope of Gerontechnology: Health, Housing, Mobility, Communication, Leisure, Work.....

HSU Yeh Liang, 徐業良
Professor, Mechanical Engineering Department
Director, Gerontechnology Research Center
Yuan Ze University, Taiwan
Editor-in-Chief, Gerontechnology



Bed is the core of living and care for residents in hospitals and nursing homes - WhizPad is an extremely comfortable mattress capable of motion sensing; Pressure-relieve material for prevention of bed sore

*Bluetooth IoT gateway WhizConnect: AIoT bedroom integrating Bluetooth products
Real time status and event alerts
Long term health and living pattern*

Family is the trigger... Care, interaction, connection, in addition to health monitoring



President and Vice President assist in demonstration of functions of "WhizConnect"



Serious Games for Persons with Dementia
Which guarantee enjoyment & commitment to the games and foster social behavior and interaction

Annual Scientific Programme 2019

Snapshots



The Honourable Guests

[Front: From Left to Right]

- Prof Diana LEE [Professor of Nethersole School of Nursing, CUHK]
- Prof Hon Joseph KL LEE, SBS, JP [Member of the Legislative Council]
- Prof HSU Yeh Liang [Keynote Speaker]
- Mr YUEN Chi Man, Anders [President, HKCGN]
- Prof Agnes TIWARI [Chairman of The Nursing Council of Hong Kong]
- Ms Samantha CHONG [Associate Professor, School of Nursing, HKU]
- Ms HO Kam Yee, Joan [Vice President, HKCGN]
- [Back: HKCGN Council Members]



Ms WONG Miu Shan
(MC)



Welcoming speech
Mr Anders YUEN (President, HKCGN)

Mr Lawrence POON
(Chief Manager [Nursing], Hospital Authority)



Annual Scientific Programme 2019



Participants Were Actively Engaged in the Sparkling Discussion with the Keynote Speaker

Appealing Interaction: Prof Frances WONG (President of The Hong Kong Academy of Nursing) with Keynote Speaker



Ms Joan HO, Vice President (3rd from Left) with participants

Ms Becky CHAN, Vice President (1st from Left) with participants



President & Vice President with Organising Committee of Scientific Meeting

Annual General Meeting 2019 (From Left to Right)
Ms LEUNG Yin Ling, Ruth (Hon Secretary)
Mr Anders YUEN (President)
Ms LAW So (Hon Treasurer)



Annual Scientific Programme Oral Presentation 1

A tailored group-based Tai Chi program on improving aerobic endurance among patients with coronary heart disease

Ting LIU¹, Iris F.K. LEE¹, Aileen W.K. CHAN¹

¹The Nethersole School of Nursing, Faculty of Medicine,
The Chinese University of Hong Kong, Shatin, N.T., Hong Kong SAR.



Ms Ting LIU

Background Aerobic endurance represents the ability of the cardiovascular and respiratory system to provide oxygen and fuel to the muscles to allow sustained exercise. CHD patients tend to perform daily life at a lower intensity and have significantly lower aerobic endurance than healthy age-matched person. Tai Chi is an effective, feasible, attractive, safe and economical complementary therapy for cardiovascular health, yet lack of rigorous studies examine the effectiveness of Tai Chi exercise on improving aerobic endurance among patients with CHD.

Objective To evaluate the effectiveness of a 6-week group-based Tai Chi program on aerobic endurance in Chinese patients with CHD.

Methods A total of 98 participants (mean age=69.2±4.68 years, 70.4% female) with CHD were randomly assigned to either Tai Chi (n=49), or control (C, n=49) groups. Participants in Tai Chi group attended the gradual group-based Tai Chi classes, namely, twice a week at first two weeks, three times a week at the following two weeks, and then four times a week at last two weeks, with 60 minutes per class. Control participants maintained their usual daily activities and attended non-exercise community activities once a week for six weeks. The outcome was aerobic endurance in term of 2-Minute Step Test (2MST). Data were collected at baseline and 6-week (post intervention). Generalized estimating equations (GEE) model was used to compare changes in outcome over time between groups.

Result At baseline, no significant differences between groups. Compared with control group, Tai Chi group showed significant increasing of the score of 2MST (10 scores) at 6-week ($p<0.023$). Intervention adherence rates were Tai Chi=81.6%, Control=79.6%; with 19.4% study attrition at 6-week.

Conclusion This 6-week group-based Tai Chi program has a gradual exercise frequency design to meet the recommend exercise frequency for CHD patients and could be benefit for improving aerobic endurance among Chinese patients with CHD. Such a tailored Tai Chi program would consider as an important exercise component in healthcare systems.



歡迎投稿

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連同個人聯絡資料電郵至 publication@hkcgcn.org

Annual Scientific Programme Oral Presentation 2

Effective Way to Treat Anxiety and Behavioral Problems in Patients with Dementia

*Yeung, S. Y., So, K. N., Chu, K. W., Man, S. L., Wong, S. B. A.
Department of Medicine, Haven of Hope Hospital*



Background There is an increasing trend in dementia population in the world. Demented patients complicated with medical conditions are more prone to behavioral problems in hospital such as wandering, delusion and agitation and need for more comprehensive and individualized care. Caring for dementia can be very stressful and challenging, which may also increase the use of sedative or physical restraint. To avoid this unfavorable care, different strategies are established that Doll therapy proved to be effective in dealing with mood problems, Merry Walker enabled safety mobilize activities even the patient has high fall risk, and Dementia Passport provided a platform to deliver a continuity client-center care in between hospital and community.

Objective Evaluate the effectiveness of a tailor-made dementia programme for facilitating care for demented patients.

Method Patients diagnosed in dementia admitted to geriatric and rehabilitation wards of Haven of Hope Hospital since March of 2019 were recruited in the programme. Suitable samples were given a baby doll or merry walker until discharge. A dementia passport for each sample would document the specific caring information collected by observation and communicated with main caregivers. Upon discharge, the dementia passport was given to caregivers. Evaluation would be made by phone follow-up 3 months after discharge. For assessing the behavioral and psychological symptoms of dementia (BPSD), Abe's BPSD Score (ABS) was adopted and conducted on day 2 of admission, discharge day and 3 months after discharge. Results were analyzed to evaluate the effectiveness of the programme.

Result Total 7 samples (5 male and 2 female) were recruited in the programme. Five of them discharged home or old aged home. Average age of samples was 84.9 ± 9.1 . For the 5 samples discharged, paired t-test was done to compare the mean between ABS at day 2 of admission and upon discharge. Mean of ABS at day 2 was 10.2 ± 4.9 and upon discharge was 5.4 ± 2.9 . Mean difference was 4.8 ± 2.6 ($p=0.014$, 95%CI) which meant there was significant difference of ABS after the programme. Due to small sample size and absence of control group, whether the effect of difference in ABS score was due to the programme was unknown.

Conclusion The tailor-made dementia programme is still in pilot stage. Larger sample size and introduction of control group are needed to examine the effect of the programme. From preliminary results, the dementia programme was able to improve BPSD symptoms of dementia patients.



Annual Scientific Programme Oral Presentation 3

Enhancement Program on Peritoneal Dialysis: Development of a PD Connection Device for Patient on CAPD

Veronica S K Chan, S F Cheung
Department of Medicine, Yan Chai Hospital

Background The incidence and prevalence of patients with end stage renal failure (ESRF) requiring renal replacement therapy (RRT) have been increasing in Hong Kong. According to Hong Kong Renal Registry, over 9500 patients required RRT in 2017. Peritoneal dialysis (PD) has been the predominant modality of RRT in Hong Kong. PD can be performed by patients or helpers, depending on their physical or mental capacity. Although helper-assisted PD is an acceptable treatment, there are significant impacts on autonomy and quality of life of patients, carer burden and community healthcare system. Patients with ESRF and physical limitation to perform independent PD catheter connection will be identified by renal specialty nurses. Occupational therapist will assess the need of PD assistive device. The PD connection device will be prescribed for those who fail the 100% hit of connection of catheters. PD connection device aim at 100% hit of the connection of renal catheter and the transfer set of Ultrabag.

Objective 1. Involvement of occupational therapy in prescription of PD connection device. 2. Before the application of the device, ESRF patient who cannot perform independent CAPD will move to old aged home if there is no helper for CAPD. The connection device empowered patient for self-management of independent CAPD at home. 3. With the accuracy of the connections, peritonitis rate and re-admission are reduced. 4. The quality of life of CAPD patient was improved.

Method The peritoneal dialysis connection device is modified from original assistive device which can serve 2 purpose in connection during CAPD: 1) connection of renal catheter and transfer set of Ultra bag 2) Capping of disinfected cap ESRF patient who has physical limitations such as hand tremor, , poor hand eye hand coordination cannot perform 100% hit to the connections. The device can help patient with hand tremor by providing stable stand for renal catheter during connection. It also enhances the accuracy of the connections by providing guidance so as to achieve 100% hit. The device can also allow patient with stroke to perform CAPD independently with one handed technique.

Result Seven patients were prescribed the PD connection device from Feb 2018 to Nov 2018. There is no incident of Peritonitis happened for all patients after the use the device.

Conclusion With assistance of PD adaptive device, patients who would have to undergo helper PD will be empowered to perform PD independently. Their autonomy and quality of life can be optimized. Social burden on helpers, family or community, can be minimized.



Ms Veronica CHAN



Connection Device

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