



香港老年學會
Hong Kong Association of Gerontology

119th
*Annual Congress
of Gerontology*

Program Book

November 24, 2012

12:20pm ANNUAL GERNERAL MEETING

12:30pm LUNCH & POSTER PRESENTATION

Measuring Cancer Fatalism in Older Chinese Adults: An Application to Colorectal Cancer Screening

Doris Y.P. LEUNG, Eliza M.L. WONG, Jacky C.K. NG, Terry K.S. WONG, & Carmen W.H. CHAN

Evaluation of a New Service Option for Stroke Patients in Hong Kong

P.H. CHAU, Fannie YEUNG, T.W. CHAN, & Jean WOO

Computerized Medication Management System (CMMS)- A Process Re-engineering for Residential Care Homes for the Elderly (RCHE)

Peter SUEN, Thomas KWONG, Teresa LEE, Kelvin CHONG, Wendy MUI, Wells WONG, & Mines CHAN

Game-based Group Exercise Programme for Community Dwelling Elderly

Phoebe C.M. NG, Ben C.H. KONG, & Priscillia L. LAM

Evidence-based Care for Managing Dry Skin in Older People

Maggie M.K. CHEUNG, Helen Y.L. CHAN, Diana T.F. LEE, Susanna S.H. CHAN, & Maggie W.C. TSUNG

Evidence-based Care for Preventing and Managing Constipation in Geriatric Patients

Helen Y.L. CHAN, Diana T.F. LEE, Edward M.F. LEUNG, S.K. CHAN, Eric S.K. TANG, & M.W. LEUNG

Supplementing Vitamin D through Sunlight Exposure: The Importance of Health Literacy in Health Education

Mike K.T. CHEUNG, Angela Y.M. LEUNG, Sophia S.C. CHAN, Marcel S.F. LIE, Felix H.W. CHAN, & C.W. LAM

The New Model of One-stop Funeral Care and Education Service: Centre of Life Enlightening

Karen S.H. MA & Carrie Y.M. TANG

Making a Difference in Facing Death-Building on Home Care Services to Improve End-of-Life Care

Selina S.C. LO & K.L. FUNG

Walking Hand in Hand with Cognitively Impaired Old Adults: Perceived Support and Needs of Family Care Givers

X.B. ZHONG, Gemma K.C. LAW, & Vivian W.Q. LOU

The Effects of Sitting Tai Chi Practice on Physical Health and Psychological Wellbeing in Older Adults with Dependent Ambulation: A Randomized Controlled Trail

Ken LEE & William TSANG

The Effect of Aromatherapy for Community-dwelling Older Persons with Chronic Pain

S.K. TANG & Mimi TSE

Evidence-based Care for Managing Dry Skin in Older People

Maggie Mei-Ki CHEUNG¹, Helen Yue-lai CHAN¹, Diana Tze-fan LEE¹,
Susanna Sau-ha CHAN², Maggie Wai-chi Tsung²

¹The Nethersole School of Nursing, The Chinese University of Hong Kong ²Cheshire Home Shatin

Background: Changes in skin due to ageing alter its function and pose older adults more susceptible to xerosis and skin breakdown. These not only cause discomforts that affect their quality of life, but may also lead to complications that resulted in increased care burden and cost. This study aimed to investigate the effects of emollient therapy on improving skin hydration among geriatric patients.

Methods : This was a quasi-experimental study for comparing two skin care regimens in geriatric wards over 8 weeks. For the intervention group, emulsifying ointment was used for bathing and a mixture of emollients was applied to body daily. For the control group, commercial bodywash of individual participant was used for bathing and aqueous cream was applied to body daily. Skin hydration was assessed by means of the Overall Dry Skin Score (ODS) and skin sensor at baseline and every two weeks.

Results and Discussion: Sixty-two participants, with a mean age of 81.6 years, completed the study. All of them were dependent in activities of daily living. The ODS of the intervention group was significantly lower than that of the control group at week 8. Readings of the hydration sensor over different body parts were increasing over the study period, but statistical difference was only noted in left hands. Findings suggest that emollient therapy was effective in improving the skin hydration of geriatric patients over 8 weeks. However, caution should be taken in interpreting the findings due to the small sample size.

Evidence-based Care for Preventing and Managing Constipation in Geriatric Patients

Helen Y.L. CHAN¹, Diana T.F. LEE¹, Edward M.F. LEUNG²,
Sau-kuen CHAN², Eric S.K. TANG², Man-wai LEUNG²

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Background: Functional constipation has widely reported as a prevalent problem among older people. Despite of its impacts on their physical and psychological wellbeing, not much attention has been given to its management or underlying reasons. Most of the older people with constipation therefore relied on long-term laxatives. The aim of this study was to develop an evidence-based care protocol for preventing and managing constipation in geriatric patients.

Methods: This was a quasi-experimental study conducted in a subacute geriatric ward from March to October 2011. A care protocol was developed to provide guidance on non-pharmacological means to prevent and manage constipation, including diet modification, abdominal massage, bowel training and exercise, and tested in the experimental group, while the control group received usual care. Patient Assessment of Constipation Symptoms Questionnaire (PAC-SYM) and Quality of Life Questionnaire (PAC-QOL) were used to measure the symptoms and quality of life related to constipation at baseline and on Day 5.

Results and Discussion: A total of 27 and 25 subjects in the experimental and control group completed the study. Significant improvements were noted in all aspects of symptoms and quality of life in the PAC-SYM and PAC-QOL in the experimental group over the study period. However, statistical differences between the two groups were not found on Day 5. The findings showed that constipation symptoms can be relieved by non-pharmacological means and such approach exerted a more positive effect on quality of life. Yet effects of the protocol were limited by small sample size and short length of stay.