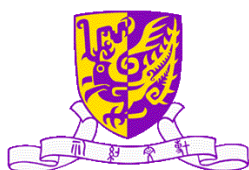


SH Ho Centre for Gerontology & Geriatrics
School of Public Health, Faculty of Medicine
The Chinese University of Hong Kong

Annual Report for 2007 - 2008



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SH Ho Fellowship News

Dr. Alice Mok, one of the recipients of the 2007 Fellowship award, achieved an award for the best overall results in the Postgraduate Diploma for End-of-Life Care in 2008.



Dr Raymond Lo, Deputy Director, Postgraduate Diploma Programme in End-of-Life Care, presented the award for the best overall results to Dr. Alice Mok

Miss Pui-yee Yeung, one of the recipients of the 2006 award, was awarded the best prize for oral presentation of her research project entitled “Elderly fallers presenting to Accident and Emergency Department have a heterogeneous profile” at the 9th International Conference on Falls and Postural Stability in September 2008 held in York, United Kingdom.



(left) Prof. Tash Masud, Chairman of the Scientific Committee for the Conference, (middle) Ms Pui-yee Yeung, Award: 'JED ROWE PRIZE' for the best oral presentation, (right) Dr. Rob Morris, Member of the Scientific Committee for the Conference

Key members of the Centre continued to have a very active partnership with the Hong Kong Jockey Club Charities Trust in projects towards promoting a broad range of elder issues in Hong Kong, in particular issues relating to dementia care.

Symposium organized

- An Elder Friendly Hong Kong Educational Fair, 18 November 2007
- 10th Anniversary Symposium of the Centre for Gerontology and Geriatrics & Presentation of the S.H. Ho Fellowship Awards was held on 26 April 2008. Marching Band Performance by SAGE Mr. Wong Wha San Memorial Neighbourhood Elderly Centre, presentation of SH Ho Fellowship Award to Dr Mok Ka Wai, Alice and Dr Au Kar Ming, some of the key research findings were presented by academic staff, as well as the first group of SH Ho Fellow. There was also a public education event with public lectures and exhibitions, supported by the Jockey Club Charities Cadenza Project
- Cadenza Symposium 2008 Successful Ageing, 11-12 October 2008



Presentation of a souvenir from Dr. TL Ho to the Marching Band representative of the SAGE Mr. Wong Wha San Memorial Neighbourhood Elderly Centre



Dr. TL Ho & Mrs. Ho with Centre Director, Prof. Jean Woo

Other activities

- S H Ho Geriatrics Fellowship 2008 was awarded to Mr Chan Lap Sun
- S H Ho Centre for Gerontology & Geriatrics, Master of Science in Clinical Gerontology & Postgraduate Diploma in End-of-Life Care – Best Projects Presentation Ceremony was held on 5 November 2008



Group photo of the Best Projects Presentation Ceremony held on 5 November 2008

List of projects completed

- ✚ Profile of elderly fallers presenting at A&E, assessment, intervention and one year outcomes
- ✚ Use of hospital services in the last 3 years of life
- ✚ Impact of hot weather warning on mortality in the elderly
- ✚ Study of common misconceptions and service needs relating to elderly people
- ✚ Factors affecting the choice of opting for residential care among elderly people receiving care and their carers

List of projects ongoing or started

- ✚ Evaluation of chronic disease self-management programme
- ✚ Evaluation of group management of DM
- ✚ Improving the quality of end of life care in hospital
- ✚ Continuing follow up of 4000 men and women: the Mr and Ms Os study cohort

Journal publications

Jean Woo

1. LEE Y. K. Linda; LEE Tze Fan Diana and **WOO Jean**. "Establishing Validity and Reliability of the Chinese Version of the Satisfaction with the Nursing Home Instrument". *Asian Journal of Gerontology and Geriatrics* vol.2 no.1, pp.9-14. Hong Kong SAR: Hong Kong Geriatrics Society, 2007.
2. HO CHAN Suzanne; **WOO Jean**; CHAN Sophie S. G.; CHAN Cynthia Shiu Yee and LEUNG Ping Chung. "A Study of Bone Mass and Bone Loss in Perimenopausal Chinese Women". *Hong Kong Med J Supplement 4*. vol.13 no.4, pp.S44-6. Hong Kong SAR, 2007.
3. ZHANG James X.; **WOO Jean**; LAU Wallace; LEE Polly; CHIU Peter and LAM Daniel. "Effects of use of alternative therapies on quality of life and healthcare spending". *The American Journal of Chinese Medicine* vol.35 no.2, pp.183-193. World Scientific Publishing Company, 2007.
4. **WOO Jean**. "Development of elderly care services in Hong Kong: challenges and creative solutions". *Clinical Medicine* vol.7 no.6, pp.548-550. 2007.
5. **WOO Jean**; LEUNG Chi Shun and KWOK Chi Yui Timothy. "BMI, body composition, and physical functioning in older adults". *Obesity* vol.15 no.7, pp.1886-94. 2007.
6. **WOO Jean**; LAU Wan Yee Winny; XU Ling; LAM Wai Kei Christopher; ZHAO Xihe; YU Wei; XING Xiaoping; LAU Edith; KUHN-SHERLOCK Barbara; POCOCK Nicholas and EASTELL Richard. "Milk Supplementation and Bone Health in Young Adult Chinese Women". *Journal of Women's Health* vol.16 no.5, pp.692-702. Mary Ann Liebert, Inc., 2007.
7. WANG Yee Moon Angela; SEA Man Mei; NG Kenway; KWAN Mandy; LUI Siu Fai and **WOO Jean**. "Nutrient intake during peritoneal dialysis at the Prince of Wales Hospital in Hong Kong". *American Journal of Kidney Diseases* vol.49 no.5, pp.682-92. 2007.
8. CHEUNG Bernard; WAT Nelson; MAN Yu Bun; TAM Sidney; THOMAS G Neil; LEUNG Gabriel; CHENG Chun Ho; **WOO Jean**; JANUS Edward D; LAU Chu Pak; LAM Tai Hing and LAM Karen. "Development of diabetes in Chinese with the metabolic syndrome: a 6-year prospective study". *Diabetes Care* vol.30 no.6, pp.1430-1436. 2007.
9. LO See Kit Raymond; KWOK Chi Yui Timothy; CHENG Oi Yue; YANG Hui; YUAN Hong Jiang; HARWOOD Rowan and **WOO Jean**. "Cross-cultural Validation of the London Handicap Scale and Comparison of Handicap perception

- between Chinese and UK Populations". *Age and Ageing* vol.36 pp.544-548. 2007.
10. WONG Yeung Shan Samuel; **WOO Jean**; HONG A.; LEUNG Jason C.S. and LEUNG Ping Chung. "Clinically Relevant Depressive Symptoms and Peripheral Arterial Disease in Elderly Men and Women. Results from a Large Cohort Study in Southern China". *Journal of Psychosomatic Research* vol.63 pp.471-476. Elsevier Inc., 2007.
 11. LAM Kuen; LAM Florence Kwai Yi; LAU Kwok Kwong; CHAN Yiu Kay; KAN Elaine Yee Ling; **WOO Jean**; WONG Fat Kee and KO Andrew. "Simple clinical tests may predict severe oropharyngeal dysphagia in Parkinson's disease". *Movement Disorders* vol.22 no.5, pp.640 – 4. 2007.
 12. CHEN Yuming; TEUCHER Birgit; TANG Xinyi; DAINTY R Jack; LEE Kwing Chin Kenneth; **WOO Jean** and HO CHAN Suzanne. "Calcium absorption in postmenopausal Chinese women: a randomized crossover intervention study". *British Journal of Nutrition* vol.97 pp.160-166. 2007.
 13. LUM Chor Ming Christopher; LO See Kit Raymond; NG Kenway; **WOO Jean**; TANG Leung Sang Nelson and FALLOWS Stephen. "A Study on Whey Protein Supplement on Physical Performance and Quality of Life among Elderly Patients with Chronic Obstructive Pulmonary Disease". *Australasian Journal on Ageing* vol.26 no.4, pp.168-172. 2007.
 14. HO CHAN Suzanne; CHAN C M; LAU Tak Fai Joseph and **WOO Jean**. "A Study of Informal Caregivers and the Association of Caregiving Status with Health and Quality of Life". *Hong Kong Med J Supplement 5*. vol.13 no.5, pp.S4-7. Hong Kong SAR, 2007.
 15. YU Sau Fung Doris; LEE Tze Fan Diana; KWONG Alice N T; THOMPSON David R and **WOO Jean**. "Living with chronic heart failure: a review of qualitative studies of older people". *Journal of Advanced Nursing* vol.61 no.5, pp.474-483. 2007.
 16. WONG Yeung Shan Samuel; CHAN Wan Kin; LEE Chi Kei; LI Martin; YEUNG Fai; LUM Chor Ming Christopher; CHOY Tak Kee Dicky and **WOO Jean**. "Maximum Oxygen Uptake and Body Composition of Healthy Hong Kong Chinese Adult Men and Women Aged 20 - 64 Years". *Journal of Sports Sciences* DOI: 10.1080/02640410701552658. 2007.
 17. KWOK Chi Yui Timothy; **WOO Jean**; LAU Edith Ming Chu; LEE Tze Fan Diana; TANG So Kum Catherine and MCGHEE S M. "Community Nurse Specialists and Prevention of Readmissions in Older Patients with Chronic Lung Disease and Cardiac Failure". *Hong Kong Med J Supplement 5*.vol.13 no.5, pp.S8-12. Hong Kong SAR, 2007.

18. LUM Chor Ming Christopher; **WOO Jean**; YEUNG Fai; HUI Shu Cheong David and HUI Elsie. "Semi- supervised, Domiciliary Pulmonary Rehabilitation Programme: A Controlled Clinical Trial". *Hong Kong Med J* Supplement 5. vol.13 no.5, pp.S42-5. Hong Kong SAR, 2007.
19. WONG Yeung Shan Samuel; WINNY W.y. Lau; LEUNG Ping Chung; LEUNG Chi Shun and **WOO Jean**. "The association between isoflavone and lower urinary tract symptoms in elderly men". *British Journal of Nutrition* vol.98 no.6, pp.1237-42. 2007.
20. HO CHAN Suzanne; CHEN Yu Ming; HO Suk San Susan and **WOO Jean**. "Soy Isoflavone Supplementation and Fasting Serum Glucose and Lipid Profile Among Postmenopausal Chinese Women: A Double-blind, Randomized, Placobo-controlled Trial". *Menopause: The Journal of The North American Menopause Society* vol.14 no.5, pp.905-912. 2007.
21. **WOO Jean**; SEA Man Mei; TONG Peter Chun Yip; KO Tin Choi; LEE Zoe; CHAN Chung Ngor Juliana and CHOW Chun Chung Francis. "Effectiveness of a Lifestyle Modification Programme in Weight Maintenance in Obese Subjects after Cessation of Treatment with Orlistat". *Journal of Evaluation in Clinical Practice* vol.13 pp.853-859. Blackwell Publishing Ltd., 2007.
22. CHAU Pak Chun Janita; **WOO Jean** and CHANG A M. "Psychosocial and Physical Factors Predicting Handicap Following Stroke". *Hong Kong Med J* Supplement 5. vol.13 no.5, pp.S35-7. Hong Kong SAR, 2007.
23. **WOO Jean**; LAM Wai Kei Christopher; LEUNG Jason C.S.; LAU Wan Yee Winny; LAU Edith; LING Xu; XING Xiaoping; ZHAO Xi He; SKEAFF C Murray; BACON Catherine J; ROCKELL Jennifer Ep; LAMBERT Aaron; WHITING Susan J and GREEN Timothy J. "Very High Rates of Vitamin D Insufficiency in Women of Child-bearing Age Living in Beijing and Hong Kong". *British Journal of Nutrition* doi: 10.1017/S0007114507844382. 2007.
24. LEE Y. K. Linda; LEE Tze Fan Diana and **WOO Jean**. "Effects of Tai Chi on State Self-esteem and Health-related Quality of Life in Older Chinese Residential Care Home Residents". *Journal of Clinical Nursing* vol.16 no.8, pp.1580-1582. United Kingdom: Blackwell Publishing Ltd., 2007.08.
25. YU Sau Fung Doris; LEE Tze Fan Diana and **WOO Jean**. "The Revolving Door Syndrome: The Chinese COPD Patients' Perspectives". *Journal of Clinical Nursing* article. vol.19 no.9, pp.1758- 1760. United Kingdom: Blackwell Publishing Ltd., 2007.09.
26. BAUM Lawrence William; CHEUNG, KWOK KUEN; MOK Chung Tong Vincent; LAM Chiu Wa; LEUNG V; HUI Elsie; NG Chuck Ying Chelsia; CHOW Sing Sum Moses; HO Ping Chuen; LAM Siu Ling; **WOO Jean**; CHIU Fung Kum Helen;

GOGGINS III William Bernard; ZEE Chung Ying Benny; WONG Adrian; MOK Lai Fan; CHENG Wai Kit; FONG Yuet Shim Carmen; LEE S.; CHAN Ming-houng; SZETO Samuel; LUI Wing Cheong; TSOH Mei Yuek Joshua; KWOK Chi Yui Timothy; CHAN I H S and LAM Wai Kei Christopher. "Curcumin Effects On Blood Lipid Profile In A Six-Month Human Study". *Pharmacological Research* vol.56 no.6, pp.509- 14. 2007.12.

27. HUI Shu Cheong David; **WOO Jean**; HUI Elsie; FOO A; IP Margaret; TO Kin Wang; CHEUK Shing Ching; LAM Wai Yip; SHAM Aprille and CHAN Kay Sheung Paul. "Influenza-like illness in residential care homes: a study of the incidence, aetiological agents, natural history and health resource utilisation". *Thorax* vol.63 pp.690-697. 2008.
28. KWOK Chi Yui Timothy; LEE Shun Wah Jenny; **WOO Jean**; LEE Tze Fan Diana and GRIFFITHS Sian Meryl. "A Randomized Controlled Trial of a Community Nurse-supported Hospital Discharge Programme in Older Patients with Chronic Heart Failure". *Journal of Clinical Nursing* vol.17 pp.109- 117. 2008.
29. ROLLAND Y; CZERWINSKI S; ABELLAN VAN KAN G; MORLEY J E; CESARI M; ONDER G; **WOO Jean**; BAUMGARTNER R; PILLARD F; BOIRIE Y; CHUMLEA W M C and VELLAS B. "Sarcopenia: Its Assessment, Etiology, Pathogenesis, Consequences and Future Perspectives". *The Journal of Nutrition, Health & Aging* vol.12 no.7, pp.433-450. 2008.
30. **WOO Jean**; CHAN Shiu Yu; SUM Cecilia Mi Wan; WONG Eric and CHUI Maria Yeuk Ping. "In Patient Stroke Rehabilitation Efficiency: Influence of Organization of Service Delivery and Staff Numbers". *BMC Health Services Research* vol.8 pp.86. 2008.
31. CHEUNG Bernard M Y; ONG Kwok Leung; CHEUNG Roberta V; WONG Louisa Y F; WAT Nelson M S; TAM Sidney; LEUNG Gabriel M; CHENG Chun Ho; **WOO Jean**; JANUS Edward D; LAU Chu Pak; LAM Tai Hing and LAM Karen S L. "Association between Plasma Alkaline Phosphatase and C-reactive Protein in Hong Kong Chinese". *Clin Chem Lab Med* vol.46 pp.523-7. 2008.
32. CHEUNG Bernard M Y; WAT Nelson M S; TAM Sidney; THOMAS G Neil; LEUNG Gabriel M; CHENG Chun Ho; **WOO Jean**; JANUS Edward D; LAU Chu Pak; LAM Tai Hing and LAM Karen S L. "Components of the Metabolic Syndrome Predictive of its Development: a 6-year Longitudinal Study in Hong Kong Chinese". *Clinical Endocrinology* vol.68 pp.730-737. 2008.
33. WANG Yee Moon Angela; LAM Wai Kei Christopher; SANDERSON John Elsbey; WANG Mei; CHAN Hiu Shuen; LUI Siu Fai; SEA Man Mei and **WOO Jean**. "Serum 25-hydroxyvitamin D status and cardiovascular outcomes in chronic peritoneal dialysis patients: a 3-y prospective cohort study". *The American Journal of Clinical Nutrition* vol.87 pp. 1631-8. 2008.

34. NAKAMURA Koshi; BARZI Federica; LAM Tai Hing; HUXLEY Rachel; FEIGIN Valery L; UESHIMA Hirotsugu; **WOO Jean**; GU Dongfeng; OHKUBO Takayoshi; LAWES Carlene M M; SUH I I and WOODWARD Mark. "Cigarette Smoking, Systolic Blood Pressure, and Cardiovascular Diseases in The Asia-Pacific Region". *Stroke* vol.39 pp.1694-1702. 2008.
35. **WOO Jean**. "Managing Elderly Patients with Multiple Morbidities - Are We Providing Patient- Centred Care?" *The Hong Kong Medical Diary* vol.13 no.9, pp.3-4. Hong Kong SAR, 2008.
36. BAUM Lawrence William; LAM Wai Kei Christopher; CHEUNG, KWOK KUEN; KWOK Chi Yui Timothy; LUI Victor; TSOH Mei Yuek Joshua; LAM Chiu Wa; LEUNG Pui Yiu Vivian; HUI Elsie; NG Chuck Ying Chelsia; **WOO Jean**; CHIU Fung Kum Helen; GOGGINS III William Bernard; ZEE Chung Ying Benny; CHENG King Fai; FONG Yuet Shim Carmen; WONG Adrian; MOK Lai Fan; CHOW Sing Sum Moses; HO Ping Chuen; IP Siu Po; HO Chung Shun; YU Xiong Wen; LAI Yau Lin Caroline; CHAN Ming Houng; SZETO Samuel; CHAN Hiu Shuen and MOK Chung Tong Vincent. "Six-Month Randomized, Placebo-Controlled, Double-Blind, Pilot Clinical Trial of Curcumin in Patients With Alzheimer Disease". *Journal of Clinical Psychopharmacology* vol.28 no.1, pp.110-113. 2008.
37. CHEUNG Bernard M Y; WAT Nelson M S; MAN Y B; TAM Sidney; CHENG C H; LEUNG Gabriel M; **WOO Jean**; JANUS Edward D; LAU C P; LAM T H and LAM Karen S L. "Relationship Between the Metabolic Syndrome and the Development of Hypertension in the Hong Kong Cardiovascular Risk Factor Prevalence Study-2 (CRISPS2)". *American Journal of Hypertension* vol.21 no.1, pp.17-22. 2008.01.
38. CHAN Suk Mei; **WOO Jean**; CHAN Cheong Chun; CHEUNG Siu King and LO Hip Shing Dominic. "Estimated net endogenous acid production and intake of bone health-related nutrients in Hong Kong Chinese adolescents". *European Journal of Clinical Nutrition* Epub ahead of print. 1-8. 2008.01.30.
39. LYNN H S; **WOO Jean**; LEUNG Ping Chung; BARRETT-CONNOR E L; NEVITT M C; CAULEY J A; ADLER R A and ORWOLL E S. "An evaluation of osteoporosis screening tools for the osteoporotic fractures in men (MrOS) study". *Osteoporos Int* vol.19 pp.1087-1092. 2008.02.01.
40. Chan Ruth SM; **WOO Jean**; Chan Dicken CC; Lo Dominic HS and Cheung Catherine SK. "Bone Mineral Status and Its Relation with Dietary Estimates of Net Endogenous Acid Production in Hong Kong Chinese Adolescents". *British Journal of Nutrition* pp.1-8. 2008.03.17.
41. WONG Yeung Shan Samuel; MERCER W Steward; **WOO Jean** and LEUNG Chi

Shun. "The influence of multi-morbidity and self-reported socio-economic standing on the prevalence of depression in an elderly hong kong population". *BMC Public Health* vol.8 pp.119. 2008.04.

42. **WOO Jean**; CHEUNG B; HO CHAN Suzanne; SHAM Aprille and LAM TH. "Influence of dietary pattern on the development of overweight in a Chinese population". *European Journal of Clinical Nutrition* vol.62 no.4, pp.480-487. 2008.04.
43. **WOO Jean**; ZHANG Xin-Hua; HO CHAN Suzanne; SHAM Aprille; TANG Zhe and FANG Xiang Hua. "Influence of different health-care systems on health of older adults: a comparison of Hong Kong, Beijing urban and rural cohorts aged 70 years and older". *Australasian Journal on Ageing* vol.27 no.2, pp.83-88. 2008.06.

Elsie Hui

1. Wooton R, Krupinski E, Hailey D, Patterson V, Scott R, Whited J, Whitten P, Yoo S, Hui E, et al. Memorable Telemedicine experiences. *J Telemed Telecare* 2008;14(1)50-4.

Jenny Lee

1. Auyeung TW, J Lee. The prognostic significance of admission electrolyte disturbances in older people: a retrospective cohort study. *Geriatr Gerontol Int* 2007;7(2):110-113.
2. Lee JSW, Auyeung TW, Kwok T, Lau EMC, Leung PC, Woo J. Associated factors and health impact of sarcopenia in older Chinese Men and Women: A cross-sectional study. *Gerontology* 2007;53 (Aug):166-172.
3. Kwok T, Lee J, Lam L, Woo J. Vitamin B₁₂ supplementation did not improve cognition but reduced delirium in demented patients with vitamin B₁₂ deficiency. *Arch Geront Geriatr* 2008; 46(3): 273-282.
4. Auyeung TW, Kwok T, Lee J, Leung PC, Leung J, Woo J. Functional decline in cognitive impairment - the relationship between physical and cognitive function. *Neuroepidemiology* 2008;31:167-173. (Published on-line since Sept 1, 2008).
5. Lee J, Hui E, Chan F, Chi I, Woo J. Associated factors of falls in nursing home residents in Hong Kong and the role of restraints: a cross-sectional survey using the Resident Assessment Instrument (RAI) 2.0. *Aging Clinical Exp Res* (Accepted Apr 9, 2008)

Liu Kin Wah

1. KW Liu, DLK Dai, DSC Hui. Tree in Bud : case report. *Asian J Gerontology Geriatric* 2008;1:161-3.

Maria Tang

1. Tang MWS, Woo J, Hui E, Chan FHW, Lee JSW, Sham A, Chau PH. Utilization of emergency room and hospitalization by Chinese nursing home residents: a cross-sectional study using Minimum Data Set-Resident Assessment Instrument (MDS-RAI) 2.0 – Submitted to BMC Health Services Research.

Raymond Lo

1. Lo RSK, Cheng J, Wong E, Tang WK, Wong KS, Woo J, Kwok T. Stroke handicap and its determinants of change in stroke survivors: A 1 year follow-up study. *Stroke* 2008; 39(1):148-53.
2. Lo RSK, Liu R. Palliative care to patients with advance cancer. In Tsui SL ed: *Multidisciplinary Pain Medicine* 2nd edition (in press).
3. Chan S, Lo RSK. Changes in arterial oxygen saturation before, during and after meals in elderly stroke patients. *Dysphagia* 2008 (in press); online at <http://dx.doi.org/10.1007/s00455-008-9177-9>.
4. Han JH, Leung T, Lam W, Leung W, Soo Y, Alexandrov A, Mok V, Leung V, Mok V, Lo RSK, Wong KS. Preliminary Findings of External Counterpulsation for Ischemic Stroke Patient with Large Artery Occlusive Disease. *Stroke* 2008; 39(4):1340-43.
5. Hui Emil, Cheng H, Cheng J , Lo RSK. Benefits of Tai Chi in advanced cancer patients (research letter). *Palliat Med* 2008; 22:93-4.
6. Lo R. Palliative Care from age to age. *HK Soc Palliat Med Newsletter* 2008 April; Issue no 1 pg 9-12.
7. Mok A, Lo R. Skin rash in a lady with lymphoma. *HK Soc Palliat Med Newsletter* 2008 April; Issue no 1 pg 13-17.
8. Ting R, Lo RSK. A tale of malignant intestinal obstructions. *HK Soc Palliat Med Newsletter* 2007 Dec; Issue no 3; 27-29.

Timothy Kwok

1. Griffith JF, Yeung DK, Tsang PH, Choi KC, Kwok TC, Ahuja AT, Leung KS, Leung PC. (2008) Compromised bone marrow perfusion in osteoporosis. *J Bone & Mineral Research* 23(7):1068-75.
2. Yan E, Kwok T, Tang C, Ho F. Factors Associated with Life satisfaction of Personal Care workers delivering dementia care in day care centers. *Social work and health care* 2007;46:37-45.

Research Grants

Jean Woo

National Institutes of Health *

HKD15,982,558 (From 26/8/2003 – 31/7/2008)

Osteoporotic Fractures in Chinese Men: Mr Os Hong Kong.

World Cancer Research Fund International Grant *

HKD2,093,813 (From 1/3/2004 – 29/2/2008)

Adolescent and Adult Soy Intake and Breast Cancer Risk in Chinese Pre-Menopausal Women.

Pfizer Corporation Hong Kong Ltd. *

HKD3,168,412 (From 1/6/2005 – 1/2/2008)

Pearl Postmenopausal evaluation and risk reduction with Lasofoxifene.

Research Grants Council (Earmarked Grants) *

HKD668,457 (From 1/9/2005 – 31/12/2007)

Effects of Isoflavone in Patients with Watchful Waiting Benign Prostate Hyperplasia.

Endowment from the SH Ho Foundation for Geriatrics and Gerontology Training and Research, December 2005.

HKD10,000,000

Public Policy Research Funding Scheme *

HKD441,100 (From 30/9/2006 – 29/9/2008)

Traditional Chinese Medicine in Hong Kong: Utilization Pattern and Its Role in the Future Health Care System.

Health & Health Services Research Fund *

HKD79,380 (From 1/10/2006 – 30/9/2007)

Assessing Self-Care Behavior of Heart Failure Patients: Cross-Cultural Adaptation of Two Heart Failure Self-Care Instruments.

Research Grants Council (Earmarked Grants) *

HKD427,375 (From 1/11/2006 – 30/6/2008)

Adjusting to Living with Chronic Heart Failure: A Culturally Relevant Framework for Chinese Elders.

Research Grants Council, 2006. *

HKD 654,500

Search for functional polymorphisms in IGF-1 promoters and the link with intermediate phenotypes of breast cancer in a cohort of 800 women.

Health and Health Services Research Fund 2006.

HKD 494,555

Ageing and use of hospital services in Hong Kong: retrospective cohort study

Research Fund for the Control of Infectious Diseases 2006.

HKD589,700

Chronic psychosocial stress; does it modulate immunity to influenza vaccine in Hong Kong Chinese elderly? (*Started project, recruited staff, oversaw the running as PI; after completion of the study, Prof Wong took over as PI to complete the report. This was due to the fact that Prof Wong wrote the proposal of which I was co-I; then he had to take one year off to fulfill the HK internship requirements*)

Hong Kong Jockey Club Cadenza Project 2006 (Project Director: J Woo)

HKD 380,000,000

Research Grants Council (Earmarked Grants) *

HKD854,780 (From 1/1/2007 – 30/6/2009)

Effects of Soy Protein or Isoflavones on Glycemic Control, Insulin Resistance and Cardiovascular Risks - A Six-month Randomized Double-blind, Placebo-controlled Trial in Post-Menopausal Women.

Merck & Co., Inc.

HKD103,752 (From 17/9/2007 – 31/3/2009)

A Phase IIa Randomized, Placebo-Controlled Clinical Trial to Study the Efficacy and Safety of MK-0773 in Patients with Sarcopenia.

Research Grants Council 2007. *

HKD 789,437

A 5 year follow up study of progression of common carotid atherosclerosis and the associated risk factors in a population-based cohort of postmenopausal Chinese women.

Food and Health Bureau – Commissioned Research: Studies in Health Services 2007 *
HKD761,191

Advanced directive and the preference of old age home residents for community model of end-of-life care in Hong Kong.

Food and Health Bureau – Commissioned Research: Studies in Health Services 2007 *
HKD1,249,656

Emergency department intervention for high risk elders in Hong Kong: validation of an identification strategy and randomized controlled trial to reduce hospitalization and institutionalization.

Health and Health Services Research Fund
HKD74,700 (From 1/12/2008 – 30/11/2009)

Stroke incidence and mortality trends in Hong Kong: implications for public health education efforts and health resource utilization.

SK Yee Medical Foundation
HKD1,132,730 (From 1/2/2009 – 31/1/2011)

Healthy Ageing through Empowerment

(* Co-investigator)

Timothy Kwok

1. Health Health Services Research Fund grant - A randomized trial of a brain preservation diet in preventing cognitive decline in old age hostel residents. (HK\$568,000, 18 months)
2. Cadenza project (Hong Kong Jockey Club) - Why do Older People and Their Family Caregivers Seek Institutional Care? (HK\$793,000, 12 months)
3. Cadenza project (Hong Kong Jockey Club) - Effect of cognitive exercises on the prevention of cognitive decline: A randomized controlled trial (HK\$ 976,000, 18 months)

Wency Ho

1. To investigate the incidence of vitamin B₁₂ deficiency in Chinese elderly with acute hip fracture.
 - Asian Association for Dynamic Osteosynthesis Research Fund 2008 - US\$2000

Conference presentations

Jean Woo

1. LEE Shun Wah Jenny; KWOK Chi Yui Timothy; LAM Chiu Wa; CHAN Man Wai and **WOO Jean**. "Lower fruits, Vegetables and Fluids Intake Are Associated with Very Mild Dementia (VMD) in Hong Kong Chinese: A Cross-sectional study". Paper presented in the Silver Congress of the International Psychogeriatric Association, organized by International Psychogeriatric Association, p.375. Osaka, Japan, 2007.
2. WU SHENGHUI; ZHANG Xin-Hua and **WOO Jean**. "Socioeconomic Development and Stroke Mortality-An Ecological Study Among 23 Populations". Paper presented in the European Society Congress 2007, European Society of Cardiology Congress 2007 1pgs. Vienna, Austria, 2007.09.02.
3. ZHANG Xin-Hua; WU SHENGHUI and **WOO Jean**. "Should the Threshold of Overweight/ obesity be Different between Eastern and Western Populations? -A Meta-analysis with Prospective Cohort Studies." European Society of Cardiology Congress 2007 European society cardiology pp.1. Vienna, Austria, 2007.09.04.
4. HO CHAN Suzanne; CHAN Sophie S. G.; YIP Yb; CHAN Sy; **WOO Jean** and SHAM Aprille. "Bone mineral density, its change and the determinants in perimenopausal Chinese women". Paper presented in the 18th Annual Meeting of the North American Menopause Society, organized by the North American Menopause Society, 1 pgs. 2007.10.
5. BAUM Lawrence William; CHAN I H S; CHEUNG, KWOK KUEN; GOGGINS III William Bernard; MOK Chung Tong Vincent; LAM Chiu Wa; LEUNG V; HUI Elsie; NG Chuck Ying Chelsia; **WOO Jean**; CHIU Fung Kum Helen; ZEE Chung Ying Benny; CHENG King Fai; CHAN Ming-houng; SZETO S; LUI Wing Cheong; TSOH Mei Yuek Joshua; BUSH I Ashley; LAM Wai Kei Christopher and KWOK Chi Yui Timothy. "Serum zinc is decreased in Alzheimer's disease and serum arsenic correlates positively with cognitive ability". Paper presented in the Annual Meeting of the Society for Neuroscience, organized by The Society for Neuroscience, 1 pgs. 2007.11.03.
6. CHAU Pak Chun Janita; **WOO Jean**; CHANG M Chang and THOMPSON R David. "*Psychosocial and physical factors predicting handicap following stroke.*" Paper presented in the Health Research Symposium, organized by Hong Kong Academy of Medicine, 1pgs. 2007. 11.29.
7. CHAU Pak Chun Janita; THOMPSON R David; **WOO Jean** and CHANG M Anne. "Establishing the validity and reliability of the state self-esteem Scale". Paper presented in the International Stroke Conference 2008, organized by American Stroke Association, 1 pgs. 2008.02.

8. Tang M, Ho W, KW Liu, Lau E, Dai D, Leung KS, Woo J. Pulmonary embolism and deep vein thrombosis among geriatric patients with acute hip fracture in orthopedic ward. International Symposium on Comprehensive Care of Fragility Fracture from Hospital to Community, Hong Kong, 22 Sept 2007. (poster presentation)
9. Ho W, Liu KW, Lau E, Dai D, Leung KS, Woo J. The effectiveness of implementing a geriatric intervention for elderly patients with acute hip fracture. International Symposium on Comprehensive Care of Fragility Fracture from Hospital to Community, Hong Kong, 22 September 2007. (poster presentation)
10. Ho W, KW Liu, Lau E, Dai D, Leung KS, Woo J. To study the mortality and morbidity of elderly hip fracture patients undergo non-operative management. International Symposium on Comprehensive Care of Fragility Fracture from Hospital to Community, Hong Kong, 22 September 2007. (poster presentation)
11. Lo RSK, Cheng J, Chan F, Woo J. Anticipatory grief therapy for end-of-life patients. The 7th Asia Pacific Hospice Conference 2007, Philippines, 27-29 September 2007.
12. Lo RSK, Kwan B, Kwan C, Woo J. The needs, expectations, knowledge and attitudes on provision of palliative care in old age homes among care staff. The 7th Asia Pacific Hospice Conference 2007, Philippines, 27-29 September 2007.
13. Health Research Symposium Sept 28-9 2007, Hong Kong:
 Three projects for which J Woo is co-I received the Excellent Research Award:
 Ho SC et al : A population-based cohort study on phytoestrogens intake and bone loss in Chinese early postmenopausal women.
 Kwok TCY et al: Quality of life and handicap of stroke survivors in Hong Kong
 Janus ED et al: Hong Kong Cardiovascular risk factor prevalence study 1994-phase 1
14. Hui E, Chan F, Sham A, Chi I, Woo J. Use of restraints in residential care facilities in Hong Kong: predisposing factors and comparison with other countries. 8th Asia/Oceania Regional Congress of Gerontology and Geriatrics, Beijing, 22-25 October 2007.
15. Woo J. Low staffing level is associated with malnutrition in long-term residential care homes. 8th Asia / Oceania Regional Congress of Gerontology and Geriatrics, Beijing, China, 22-25 October 2007.
16. Cheng JOY, Lo RSK, Chan F, Woo J. Anticipatory grief therapy for advanced cancer patients. 14th Hong Kong International Cancer Congress & 4th Annual Meeting of Centre for Cancer Research, Hong Kong, 14-16 November 2007. **(Awarded Young Investigators Award)**

17. Woo J. Obesity in the elderly: definitions, consequences and management. New Horizons in Nutrition and Public Health, Hong Kong, 16-17 November 2007.
18. Woo J. Invited speaker. Chronic disease in ageing populations. CUHK Primary Helath Care Conference. Mar 14th 2008.
19. Woo J. Invited Speaker. The art and science of managing elderly patients with multiple morbidities. May 2008, Hospital Authority Convention.
20. Woo J, Lo RSK, Cheng JOY, Wong F. End of life care for non-malignant end-stage diseases. May 2008, Hospital Authority Convention.
21. Cheng JOY et al. Anticipatory grief therapy for advanced cancer patients. May 2008, Hospital Authority Convention.
22. Li CK, Li M, Yeung F, Wong SYS, Chan FWK, Lum CM, Choy DTK, Woo J. Cardiovascular fitness in Hong Kong population. ACSM's 55th Annual Meeting, At the Crossroads of Science and Practice, Indianapolis, Indiana, USA, 28-31 May 2008. (Poster presentation)
23. Li M, Li CK, Yeung F, Wong SYS, Chan FWK, Lum CM, Choy DTK, Woo J. Use of air displacement plethysmography (BodPod) in measuring body composition of Hong Kong Chinese male and female. ACSM's 55th Annual Meeting, At the Crossroads of Science and Practice, Indianapolis, Indiana, USA, 28-31 May 2008. (Poster presentation)
24. Yeung PY, Woo J. Elderly Fallers Presenting to Accident and Emergency Department have a Heterogeneous Health Profile. Presented in 9th International Conference on Falls and Postural Stability held in York, United Kingdom. 19 September 2008. **(Awarded the 'JED ROWE PRIZE' for the best oral presentation)**

Elsie Hui

1. Preventing unintentional poisoning in RCHEs: role of community geriatric assessment team
 - Scientific Symposium on Clinical Toxicology 2008, Hong Kong, 29 March 2008
2. Telemedicine & Tele-rehabilitation in Elderly Care
 - HA Convention, Hong Kong, 5-6 May 2008

Jenny Lee

1. Lee JSW, Auyeung TW, Kwok T, Lau EMC, Leung PC, Woo J. Associated Factors

and Health Impact of Sarcopenia in Older Chinese Men and Women: a cross-sectional study.

- Medicine, Ageing and Nutrition 2007, Adelaide, Australia, Sept 4-8, 2007, poster presentation
2. Lee J, Kwok T, Lam L, Chan WM, Woo J. Lower fruits, vegetables and fluids intake are associated with questionable dementia (QD) in Hong Kong Chinese: a cross-sectional study.
 - International Psychogeriatrics Association 2007 Congress, Osaka, Japan, Oct 14-18, 2007, poster presentation.
 3. Lee J, Woo J. And then there were none: a description of 28 patients dying with dementia.
 - Hospital Authority Convention, May 5-6, 2008, poster presentation
 4. Lee J, Kwok T, Chui PY, Ko F, Mok H, Lam K, Woo J. Can continuous pump feeding reduce the incidence of aspiration pneumonia in tube-fed elderly? A randomized controlled trial.
 - Annual Scientific Meeting, Hong Kong Geriatrics Society, 21 June 2008, Oral presentation, Outstanding free paper presentation Chan Sik Prize

Liu Kin Wah

1. Liu KW, Wang K, Dai D, Ho W, Wong A, Woo J. Clinical and radiological features of Cortical Lewy Body Disease (CLBD) in Hong Kong.
 - 10th International Hong Kong/Springfield Pan-Asian Symposium on Advances in Alzheimer Therapy, Feb 28 – Mar 1, 2008, Hong Kong, poster presentation
2. Liu KW, Dai D, Ho W, Wang K, Wong Adrian, Wong KS, Woo J. Change in Metabolite ratio after the treatment with Cholinesterase inhibitor, rivastigmine in Alzheimer's disease: a case descriptive.
 - 10th International Hong Kong/Springfield Pan-Asian Symposium on Advances in Alzheimer Therapy, Feb 28 – Mar 1, 2008, Hong Kong, poster presentation
3. KW Liu, W Ho, D Dai, J Woo. Metformin associated vitamin B₁₂ deficiency in the elderly.
 - Hong Kong Geriatric Society Annual Scientific Meeting 2008 – Scientific Program, Hong Kong, 21 June 2008

Christopher Lum

1. Lum CM, Lee P, Chui M, Chung TK, Woo J, Li H. Falls risk assessment – generic nursing assessment is equally good.

- HA Convention, Hong Kong, 5-6 May 2008

Maria Tang

1. Tang MWS, Lee PSC, Chui MYP, Li HYL, Hui E, Woo J. Managing older patients with incomplete bladder emptying by a continence service.

- HA Convention 2008, Hong Kong, 5-6 May 2008 (poster presentation)

Raymond Lo

1. Lo R. Quality of life of elderly terminal patients

- 8th Asia Oceania Congress of Gerontology and Geriatrics, Beijing; Oct 2007

2. Lo R. Quality of life in HK Chinese palliative care patients.

- HK College of Physicians and Royal College of Physicians and Surgeons of Glasgow Combined Scientific Meeting for William and Elizabeth Davies Foundation. Hong Kong; May 2008

3. Lo R. QOL research in palliative care patients.

- Asian Chinese Quality of Life Conference; Guangzhou, May 2008

4. Cheng OY, Lo RSK. Anticipatory Grief Therapy for Advanced Cancer Patients.

- 7th Asia Pacific Hospice Conference, Philippines; Sept 2007

Timothy Kwok

1. Kwok T, CS Ho, Woo J, Leung PC. Angiotensin converting enzyme (ACE) inhibitor use is not associated with serum concentrations of bone related hormones in older men. 29th Annual meeting of the American Society for Bone Mineral Research, Honolulu, September 2007.

2. Kwok T, Yeun K, Li J, Ho F. Effectiveness of daycare service for the demented people. (Oral presentation) Regional Congress of the International Psychogeriatric Association, Osaka, October 2007.

Wency Ho

1. Ho WS, Dai D, Wang K, Wong A, Woo J. Fronto-hypoperfusion on brain SPECT of elder patients represent a heterogeneous group of patients with different pathoetiologies.
 - 10th International Hong Kong/Springfield Pan-Asian Symposium on Advances in Alzheimer Therapy, Feb 28 – Mar 1, 2008, Hong Kong, poster presentation
2. Dai D, Wang K, Ho W, Liu KW, Wong A, Woo J. Predictive neuroimaging for family members of patients with frontotemporal (FTD) dementia presenting with mild behavioral impairment raises diagnostic and ethical concerns.
 - 10th International Hong Kong/Springfield Pan-Asian Symposium on Advances in Alzheimer Therapy, Feb 28 – Mar 1, 2008, Hong Kong, poster presentation

Conference Speaker

1. Geriatric medicine.
 - Intensive Review of Internal Medicine, the Chinese University of Hong Kong, March 2008
2. Outcome of an ortho-geriatric program in elderly with acute hip fracture.
 - Department Research Day 2008, the Chinese University of Hong Kong, 15 March 2008
3. To study the effectiveness of implementing a geriatric intervention for elderly patients with acute hip fracture.
 - 11th Asia- Pacific Regional Conference of Alzheimer's Disease International, Taipei, Taiwan, 13-15 June 2008
4. The art & science of managing the elderly with multiple co-morbidities.
 - Hospital Authority Convention 2008, 5 May 2008.

Interaction with media

- TVB Jade Interview evening news – study linking vitamin C intake and atherosclerosis in the HK elderly population reported on 18 November 2007
- Newspaper interviewed by Oriental Press about atherosclerosis in the HK elderly population on 19 November 2007
- Newspaper interviewed by Hong Kong Economic Times about Sarcopenia on 5 December 2007
- Interviewed by TVB Jade programme “快樂長門人” about the Cadenza project on 20 December 2007
- Newspaper interviewed – book about health for patients by Hong Kong Economic Times on 24 December 2007
- “Telemedicine scheme proves popular with the elderly” in South China Morning Post on 28 April 2008
- Newspaper reported about telemedicine scheme in Takungpao, Oriental Daily, Hong Kong Economic Times, Ming Pao and Apple Daily on 28 April 2008
- “Tamiflu losing its sting because of overuse” in South China Morning Post on 26 May 2008
- “Telemedicine cost-effective in the elderly” in Medical Tribune, Hong Kong Focus on June 2008
- A RTHK Radio program on health issues about sarcopenia on 8 June 2008
- Newspaper interviewed about “Does Very Hot Weather Warning Reduce Mortality among Elderly people in Hong Kong” by am730 on 1 August 2008
- Newspaper interviewed about “Hot weather warnings tied to fewer elderly deaths from strokes” by South China Morning Post on 1 August 2008
- “Hot weather warning may cut mortality in the elderly” in Medical Tribune, Hong Kong Focus on September 2008
- Newspaper interviewed about “Depressed elderly more likely to apply to care homes, says poll” by South China Morning Post on 3 September 2008
- Newspaper interviewed about Finding care in China Daily Hong Kong Edition on 14 October 2008
- Newspaper interviewed about chronic disease self-management in Hong Kong Economic Times on 3 November 2008
- Newspaper interviewed about City’s elderly less likely to volunteer in South China Morning Post on 4 November 2008.

Press conference

- Press Conference on Research Findings jointly organized by the Faculty of Social Sciences of HKU and Cadenza – Does Very Hot Weather Warning Reduce Mortality among Elderly People in Hong Kong? on 31 July 2008
- Press Conference on Research Findings – Can we avoid spending the last part of our lives in old age homes? on 2 September 2008
- Press Conference on Research Findings – How well are seniors in Hong Kong doing? on 3 November 2008