

SH Ho Centre for Gerontology & Geriatrics

Faculty of Medicine

The Chinese University of Hong Kong

Annual Report for 2015 - 2016



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S H Ho Fellowship

- The Centre sponsored Dr Ma Hon-Ming, Bosco to attend the 2nd Nursing Home Research International Working Group 2015 in Toulouse, France on 2-3 December 2015.

Despite the increase of both the aging population and the number of institutionalized older people, clinical research in nursing home is still scarce. Nursing Home Research International Working Group offer an opportunity to learn and share ideas, and promote current knowledge among researchers in the field of nursing home care. A short summary of experience sharing in Appendix 1 (attached).

- The Centre also sponsored Dr Raymond Lo and Dr Maria Chui to attend Harvard Medical School, Communication in Serious Illness: An Innovative Approach to Clinical Care and Quality Improvement in Boston, USA on 22-24 June 2016.

The course inspires participants to reflect on own practices on how improving communication about serious illness goals and values would improve the quality of care by patients with advanced illness and their illness. Two short summaries from Dr Raymond Lo (Appendix 2) and Dr Maria Chui (Appendix 3) are attached.

Conference

- **Symposium on Active Ageing (7 July 2015)**

Prof Jean Woo was one of the speakers of the symposium. The symposium was organized by The Hong Kong Geriatrics Society, Hong Kong College of Gerontology Nursing and Hong Kong Nutrition Association. Prof Woo's lecture "Prevention of Frailty: Role of Nutrition & Exercise" optimising nutrition for healthy ageing in the eve of longevity.



- **CUHK Geriatric Research Symposium (26 September 2015)**

The objectives of the symposium were to share the current directions of research in Geriatric division with clinical and research staff in Geriatric Medicine and research collaborations and to promote research activities in Geriatric Medicine.



- **CUHK Jockey Club Institute of Ageing Launch Conference – Creating Age-Friendly Communities (8 October 2015)**

The world is facing an ageing population, and Hong Kong is no exception. Its impacts are multi-faceted, requiring early planning and innovative intervention in various domains of societies – housing, transport, financial management, healthcare facilities, employment and retirement arrangement – which means creating age-friendly communities in short. The conference has invited prominent speakers to share their insights in different aspects of creating an age-friendly community. Inspiration from their talks and establish useful networks with participants, and most important of all, contribute to building Hong Kong as an Age-Friendly City.



- First Asian Conference for Frailty and Sarcopenia (13-14 Nov 2015)

The First Asian Conference for Frailty and Sarcopenia held in Taipei, Taiwan. Prof Jean Woo was one of the speakers. Her presentation topic was “Screening Tool for Sarcopenia in Community-living Older People”.



- **8th International Conference of the Society on Sarcopenia, Cachexia and Wasting Disorders, Paris, France (4-6 December 2015)**

As the invited speaker, Prof Jean Woo's presented title was "Tools to measure frailty and sarcopenia". She also participated in the filming session about Frailty during the Cachexia Conference.



Activities

- Golden Age Expo & Summit 2016 (30 January 2016)

The Expo provides a one-stop center of choices. It includes six main categories that cover a fabulous range of products and services from fashion, food, household products, transportation to education and personal growth. Visitors included the elderly, the middle-aged and the young generation.



Talks

➤ **HA Central Commissioned Training 2015/16 - Geriatric Subcommittee**

End of Life Care for Frail Residents in Residential Care Homes for the Elderly (RCHEs) on 17 November 2015.

Prof Jean Woo invited as a speaker and her talk's title "Needs and Challenges of EOL care in RCHEs".

➤ **Wellness Talk - The Helena May (26 April 2016)**

Aging starts from mid-life and to manage the aging process well, early focus on the correct life style and right environment including the physical and social aspect is necessary. What should our mindset and attitude be towards aging? Understand this process may lead us to have an insight of how to care for our parents, and what kind of conversations we should have with them about quality of life and the end of life care. These are the topics that Professor Jean Woo has share with us in this talk. The forum is open to the audience to share their views on what positive aging is and how they think they can contribute to setting up a good aging environment in Hong Kong.

Research Grants

Prof Jean Woo

National Healthcare Group Clinician Scientist Career Scheme 2012*

(Chong MS, Chan M, Tay L, Lim WS, Woo J, Earnest Arul, Wan Gervais)

SGD300,000 (from 2012)

The influence of physical frailty, sarcopenia and Vitamin D status on disease progression on community-dwelling older persons with mild cognitive impairment and mild-moderate dementia.

NHG Clinician Scientist Career Scheme (CSCS)*

(Chong MS, Chan, Tay L, Yap VB, Lim WS, Woo J, Wan G)

S\$297,800 (From 2012 – 2015)

The influence of the frailty phenotype on fast progressors amongst community-dwelling older persons with mild cognitive impairment and mild-moderate dementia

Lee Foundation*

(Chong MS, Tay L, Tan CH, Noor H, Ding YY, Chan M, Lim WS, Wong WC, Tan CH, Woo J, Morley J, Tai BC)

S\$2 million (From 2013 – 2018)

Longitudinal assessment of biomarkers for characterization of early sarcopenia and predicting frailty and functional decline in community-dwelling Asian older adults study (GERI-LABS).

Innovation and Technology Fund*

(Qian HH, XU YS, Woo J, Kwok T, Hou KW, Chen YQ, Xu D)

HKD2,693,833 (From 15 July 2014 – 14 July 2016) Project no. GHP/007/13SZ

Intelligent robotic technologies for treatment of dementia in the elderly.

Health and Medical Research Fund 2015*

(Yu D, Lee D, Woo J, Choi K, Ng S, Siu P)

HKD818,519.11 (From July 2015)

The effects of an activity-based lifestyle intervention on moderate sleep complaints among older adults: A sequential mixed method study.

Health and Medical Research Fund 2015*

(Siu P, Yu D, Woo J, Hui S)

HKD 1,091,700 (From August 2015 – August 2017) Project no. 12131841

Effectiveness of Tai Chi training to alleviate metabolic syndrome in abdominal obese older adults: A randomized controlled trial.

Health and Medical Research Fund 2015*

(Lam S, Woo J, Ng S)

HKD 630,444 Project no. 02133096

A randomised controlled trial of bilateral movement-based computer games training to improve motor function of upper limb and quality of life in sub-acute stroke patients.

Health and Medical Research Fund 2015*

(Lee J, Woo J, Kwok T, Tang N, Auyeung TW)

HKD 996,108 (From March 2015) Project no. 12133811

Relationship between chronic inflammation and vitamin D level to prevalent and incident frailty in older adults.

Social Science Collaborative Research Fund 2014-15*

(Chan A, Sze S, Woo J, Kwok T, Yu R)

HKD200,000 (From May 2015 – April 2016)

A Lifestyle Intervention Program Improves Memory of Older Adults.

Microsoft Regional Seed Fund*

(Meng H, Woo J)

HKD232,500 (From 1 December 2015 – 30 November 2016)

Monitoring lifestyle modification using wearable health services.

(* Co-investigator)

Prof Timothy Kwok

Research Grant Council – General Research Fund

HKD890,000 (1/1/2013 – 31/12/2015)

The use of B vitamins to prevent cognitive decline in older mild cognitive impairment patients with elevated plasma homocysteine - A randomized placebo controlled trial

Health and Medical Research Fund (HMRF)

HK\$843,360 (1/1/2013 – 31/12/2015)

A randomized trial of chronic disease self management and cognitive training programme to improve diabetic control in older cognitive impaired outpatients

Health and Medical Research Fund (HMRF)

HK\$638,000 (1/5/2015 – 30/4/2016)

Sulfur Amino Acids as Risk Factors for Obesity and Related Morbidities

Innovation and Technology Support Programme

HK\$1,199,990 (1/8/2014 – 31/7/2016)

Herbal Tonic to Improve Dementia

Prof Ruby Yu

Social Science Collaboration Research Fund 2015/2016

(Chan A, Woo J, Kwok T, Yu R, Shum D)

HK\$400,000 (From Jun, 2015 – May, 2016)

A Lifestyle Intervention Improves Memory of Older Adults

Publications

Prof Jean Woo

1. Chan R, Leung J, Woo J. Estimated net endogenous acid production and risk of prevalent and incident hypertension in community-dwelling older people. *World J Hypertens* 2015; 5(4): 129-136.
2. Woo J, Zheng Z, Leung J, Chan P. Prevalence of frailty and contributory factors in three Chinese populations with different socioeconomic and healthcare characteristics. *BMC Geriatrics* 2015; 15:163. doi: 10.1186/s12877-015-0160-7.
3. Yeung MK, Sze SL, Woo J, Kwok T, Shum DHK, Yu R and Chan AS. Altered frontal lateralization underlies the category fluency deficits in older adults with mild cognitive impairment: A near-infrared spectroscopy study. *Frontiers in Aging Neuroscience* 2016; 8:59. doi: 10.3389/fnagi.2016.00059.
4. Woo J. Body mass index and mortality. *Age and Ageing* 2016; 45: 331-333.
5. Chan R, Leung J, Woo J. A prospective cohort study to examine the association between dietary patterns and sarcopenia in Chinese community-dwelling older people in Hong Kong. *JAMDA* 2016; 17: 336-342.
6. Yu R, Woo J. Exploring the link between depression and accelerated cellular aging: telomeres hold the key. *Research and Reports in Biochemistry* 2016; 6: 1-12. doi <http://dx.doi.org/10.2147/RRBC.S57484>.
7. Ng SSM, Lai CWK, Tang MWS, Woo J. Cutaneous electrical stimulation to improve balance performance in patients with sub-acute stroke: a randomized controlled trial. *Hong Kong Med J* 2016; 22(1) Supplement 2: 33-36.
8. Yu R, Zhu LY, Chan R, Woo J. Management of sarcopenia to improve quality of life in geriatric populations. *Clinical Medicine Insights: Geriatrics* 2016; 9: 7-14.
9. Woodward M, Peters SA, Batty GD, Ueshima H, Woo J, Giles GG, Barzi F, Ho SC, Huxley RR, Arima H, Fang X, Dobson A, Lam TH, Vathesatogkit P; Asia Pacific Cohort Studies Collaboration. Socioeconomic status in relation to cardiovascular disease and cause-specific mortality: a comparison of Asian and Australasian populations in a pooled analysis. *BMJ Open* 2015; 5: e006408. doi: 10.1136/bmjopen-2014-006408.

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11. NCD Risk Factor Collaboration (NCD-RisC). Effects of diabetes definition on global surveillance of diabetes prevalence and diagnosis: a pooled analysis of 96 population-based studies with 331 288 participants. *Lancet Diabetes Endocrinol* 2015; 3(8):624-637.
12. Hui SSC, Xie YJ, Woo J, Kwok TCY. Effects of tai chi and walking exercises on weight loss, metabolic syndrome parameters, and bone mineral density: a cluster randomized controlled trial. *Evidence-Based Complementary and Alternative Medicine* 2015; Article ID 976123, 10 pages, doi:10.1155/2015/976123.
13. Chan R, Wong VWS, Chu WCW, Wong GLH, Li LS, Leung J, Chim AML, Yeung DKW, Sea MMM, Woo J, Chan FKL, Chan HLY. Diet-quality scores and prevalence of nonalcoholic fatty liver disease: a population study using proton-magnetic resonance spectroscopy. *PLoS ONE* 2015; 10(9): e0139310. doi:10.1371/journal.pone.0139310.
14. Chau PH, Leung AYM, Li HLH, Sea M, Chan R, Woo J. Development and validation of Chinese health literacy scale for low salt consumption – Hong Kong population (CHLSalt-HK). *PLoS ONE* 2015; 10(7): e0132303. doi:10.1371/journal.pone.0132303.
15. Lau C, Yu R, Woo J. Effects of a 12-week Hatha yoga intervention on metabolic risk and quality of life in Hong Kong Chinese adults with and without metabolic syndrome. *PLoS ONE* 2015; 10(6): e0130731. doi:10.1371/journal.pone.0130731.
16. Ng SSS, Chan RSM, Woo J, Chan TO, Cheung BHK, Sea MMM, To KW, Chan KKP, Ngai J, Yip WH, Ko FWS, Hui DSC. A randomized controlled study to examine the effect of a lifestyle modification program in OSA. *CHEST* 2015; 148(5): 1193-1203.
17. Chan R, Wong VWS, Chu WCW, Wong GLH, Li LS, Leung J, Chim AML, Yeung DKW, Sea MMM, Woo J, Chan FKL, Chan HLY. Higher estimated net endogenous acid production may be associated with increased prevalence of nonalcoholic fatty liver disease in Chinese adults in Hong Kong. *PLoS One* 2015; 10(4): e0122406. doi: 10.1371/journal.pone.0122406.
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20. Shen JY, Wong GLH, Chan HLY, Chan RSM, Chan HY, Chu WCW, Cheung BHK, Yeung DKW, Li LS, Sea MMM, Woo J, Wong VWS. PNPLA3 gene polymorphism and response to lifestyle modification in patients with nonalcoholic fatty liver disease. *Journal of Gastroenterology and Hepatology* 2015; 30: 139-146.
21. Wong VWS, Wong GLH, Yeung DKW, Lau TKT, Chan CKM, Chim AML, Abrigo JM, Chan RSM, Woo J, Tse YK, Chu WCW, Chan HLY. Incidence of non-alcoholic fatty liver disease in Hong Kong: a population study with paired proton-magnetic resonance spectroscopy. *Journal of Hepatology* 2015; 62: 182-189.
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23. NCD Risk Factor Collaboration (NCD-RisC). Trends in adult body-mass index in 200 countries from 1975 to 2014: a pooled analysis of 1698 population-based measurement studies with 19.2 million participants. *Lancet* 2016; 387: 1377-1396.
24. NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in diabetes since 1980: a pooled analysis of 751 population-based studies with 4.4 million participants. *Lancet* 2016; 387: 1513-1530.
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26. Eds Cheng ST, Chi I, Fung HH, Li LW, Woo J. *Successful Aging*. Springer Netherlands 2015.
27. Cheng ST, Fung HH, Li LW, Li TY, Woo J, Chi I. *Successful Aging: Concepts, reflections and its relevance to Asia*. *Successful Aging*. Eds Cheng ST, Chi I, Fung HH, Li LW, Woo J. Springer Netherlands 2015; Chapter 1: 1-18.
28. Yu R, Chau PH, Woo J. Implications of temporal trends in chronic illness burden. *Successful Aging*. Eds Cheng ST, Chi I, Fung HH, Li LW, Woo J. Springer Netherlands 2015; Chapter 13: 211-229.

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30. Woo J., Yau F, Yu R. Role of physical activity in successful ageing. *Successful Aging*. Eds Cheng ST, Chi I, Fung HH, Li LW, Woo J. Springer Netherlands 2015; Chapter 15: 251-267.
31. Cheng ST, Li LW, Woo J., Chi I, Fung HH. Successful Aging in Asia: A concerted effort of the state, the family, and the individual. *Successful Aging*. Eds Cheng ST, Chi I, Fung HH, Li LW, Woo J. Springer Netherlands 2015; Chapter 20: 339-346.
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Prof Timothy Kwok

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- 2 MCCLOSKEY E V; KANIS J A; ODEN A; HARVEY N C; BAUER D; GONZALEZ-MACIAS J; HANS D; KAPTOGE S; KRIEG Ma; KWOK Chi Yui Timothy; MARIN F; MOAYYERI A; ORWOLL E; GLUER C and JOHANSSON H. Predictive Ability of Heel Quantitative Ultrasound for Incident Fractures: an Individual-Level Meta-Analysis". *Osteoporosis International* vol.26 no.7, pp.1979-87. 2015.07.
- 3 TSOI Kam Fai; CHAN Joyce Y C; HIRAI Wong Ho Yee; WONG Yeung Shan Samuel and KWOK Chi Yui Timothy. "Cognitive Tests to Detect Dementia: A Systematic Review and Meta-analysis". *JAMA Internal Medicine* 175 (9): 1450–1458. 2015.09.
- 4 TSOI Kam Fai; LEUNG Nelson Wy; HIRAI Wong Ho Yee; WONG Yeung Shan Samuel and KWOK Chi Yui Timothy. "Combination Therapy Showed Limited Superiority over Monotherapy

for Alzheimer Disease: A Meta-analysis of 14 Randomized Trials". Journal of the American Medical Directors Association, published online June 2016, doi:10.1016/j.jamda.2016.05.015 2016.

- 5 HUI Sai Chuen; YAO Jie Xie; WOO Jean and KWOK Chi Yui Timothy. "Practicing Tai Chi Had Lower Energy Metabolism Than Walking But Similar Health Benefits in Terms of Aerobic Fitness, Resting Energy Expenditure, Body Composition and Self-perceived Physical Health". *Complementary Therapies in Medicine* vol.27 (2016) pp.43-50. Elsevier Ltd, 2016.
- 6 TSOI Kam Fai; HIRAI Wong Ho Yee; CHAN J Y C and KWOK Chi Yui Timothy. "Time to Treatment Initiation in People With Alzheimer Disease: A Meta-Analysis of Randomized Controlled Trials". *Journal of the American Medical Directors Association* vol.17 no.1, pp.24-30. 2016.01.01.
- 7 VANDENPUT Liesbeth; MELLSTORM Dan; KINDMARK Andreas; JOHANSSON Helena; LORENTZON Mattias; LEUNG Chi Shun; REDLUND-JOHNELL Inga; ROSENGREN Bjorn E; KARLSSON Magnus K; WANG Yixiang; KWOK Chi Yui Timothy and OHLSSON Claes. "High Serum SHBG Predicts Incident Vertebral Fractures in Elderly Men". *Journal of Bone and Mineral Research* vol.31 no.3, p.683-689. USA: Wiley Periodicals Inc., 2016.03.
- 8 YU Sau Fung Doris; KWOK Chi Yui Timothy; CHOY Jacky and KAVANAGH D. "Measuring the expressed emotion in Chinese family caregivers of persons with dementia: A validation study for the Family Attitude Scale.". *International Journal of Nursing Studies* vol.55 pp.50-59. 2016.03.15.
- 9 KWOK Chi Yui Timothy; SUI YI; KHOO, Chyi Chyi; LEUNG Chi Shun; KWOK Wai Leung Anthony; ORWOLL Eric; WOO Jean and LEUNG Ping Chung. "Predictors of Non-vertebral Fracture in Older Chinese Males and Females: Mr. OS and Ms. OS (Hong Kong)". *J Bone Miner Metab* DOI 10.1007/s00774-016-0761-z. pp.1-8. 2016.05.
- 10 HUI Sai Chuen; XIE Yaojie and KWOK Chi Yui Timothy. "Practicing Tai Chi Had Lower Energy Metabolism Than Walking But Similar Health Benefits in Terms of Aerobic Fitness, Resting Energy Expenditure, Body Composition and Self-Perceived Physical Health". *Complementary Therapies in Medicine* vol.27 pp.43-50. 2016 Elsevier Ltd., 2016.05.20.
- 11 LAM Freddy Mh; LIAO L.r.; KWOK Chi Yui Timothy and PANG Marco Y.c.. "The Effect of Vertical Whole-Body Vibration on Lower Limb Muscle Activation in Elderly Adults: Influence of

Vibration Frequency, Amplitude And Exercise.". crossmark doi: 10.1016/j.maturitas. 2016.03.011. crossmark, 2016.06.

- 12 Vincent C.T. Mok, Bonnie Y.K. Lam, Zhaolu Wang, Wenyan Liu, Lisa Au, Eric Y.L. Leung, Siron Chen, Jie Yang, Winnie C.W. Chu, Alexander Y.L. Lau, Anne Y.Y. Chan, Lin Shi, Florence Fan, Sze H. Ma, Vincent Ip, Yannie O.Y. Soo, Thomas W. H. Leung, Timothy C.Y. Kwok, Chi L. Ho, Lawrence K. S. Wong, Adrian Wong. Delayed-onset dementia after stroke or transient ischemic attack. *Alzheimer's & Dementia* 2016 Jun 18. pii: S1552-5260(16)30281-3. doi: 10.1016/j.jalz.2016.05.007. [Epub ahead of print]

Prof Ruby Yu

Reports

Woo J, Wong H, Yu R, Chau A. Report on AgeWatch Index for Hong Kong 2014. The Hong Kong Jockey Club 2016. ISBN: 978-988-13331-9-3
http://www.ioa.cuhk.edu.hk/images/content/Report_AgeWatch2014.pdf

Book Chapters

Woo J, Yu R, Tang N. Telomeres and physical activity. 2016

Peer-reviewed Journal Articles

Yu R, Woo J. Cross cultural cohort studies may improve understanding of contributory factors to ageing well. *Journal of Gerontology & Geriatric Research* 2016; 5:300; doi:10.4172/2167-7182.1000300
(Published on May 16, 2016)

Invited conference speaker

Prof Jean Woo

Woo J. How to approach sarcopenia and frailty in clinical practice? 10th IAGG Asia/Oceania Regional Congress, 19-22 October 2015, Chiang Mai, Thailand. **Invited speaker.**

Woo J. Concept, assessment, and impact on health and social care: an overview. 10th IAGG Asia/Oceania Regional Congress, 19-22 October 2015, Chiang Mai, Thailand. **Invited speaker.**

Woo J. Screening tool for sarcopenia in community-living older people. First Asian Conference for Frailty and Sarcopenia, 13-14 November 2015, Taipei, Taiwan. **Invited speaker.**

Woo J. Tools to measure frailty and sarcopenia. 8th Cachexia Conference, 4-6 December 2015, Paris, France. **Invited Speaker.**

Woo J. Putting frailty into practice: perspectives from Hong Kong. Inaugural Conference - Translating Evidence into IMPACT: Creating a Road Map in Caring for the Frail, 27 May 2016, Hong Kong. **Invited Speaker.**

Woo J. There is no gender equality in ageing. The Australian and New Zealand Society for Geriatric Medicine Annual Scientific Meeting 2016, Queensland, Australia, 1-3 June 2016. **Invited Speaker.**

Woo J. The myth of filial piety as a characteristic of Chinese cultures. The Australian and New Zealand Society for Geriatric Medicine Annual Scientific Meeting 2016, Queensland, Australia, 1-3 June 2016. **Invited Speaker.**

Prof Ruby Yu

Yu R. Non-pharmacological interventions for people with dementia: A socially assistive pet robot (PARO) and a computer assisted intervention using touch-screen video games. Oral presented at the Geriatric Monthly Meeting (Shatin hospital) on Jul 13, 2015, Hong Kong

Other conference presentations

Prof Jean Woo

Auyeung TW, Lee SWJ, Woo J. Comparison of body composition between nursing home residents and community dwelling older adults. Nursing Home Research International Working Group, 2-3 December 2015, Toulouse, France. Poster presentation.

Wang EW, Pang M, Siu PM, Woo J, Lai C, Benzie IFF. Vitamin D status in apparently healthy young adults in Hong Kong. World Congress on Public Health and Nutrition, 10-12 March 2016, Madrid, Spain. Poster presentation.

Wang EW, Pang M, Siu PM, Woo J, Lai C, Benzie IFF. Vitamin D status and cardiovascular disease risk: a biomarker study of inter-relationships in young adults. World Congress on Public Health and Nutrition, 10-12 March 2016, Madrid, Spain. Poster presentation.

Leung AWY, Chan RSM, Sea MMM, Woo J. Psychological predictors of dietary adherence in Chinese overweight and obese adult participants of a lifestyle modification program. The International Society of Behavioral Nutrition and Physical Activity, Cape Town, South Africa, 8-11 June 2016. **Poster presentation.**

Prof Timothy Kwok

ZHOU Xuelin; KOON Chi Man; WANG Yanping; CAI Zhe; HUNG, Sze Man; KO Chun Hay; LAU Bik San Clara; LEUNG Ping Chung; CHAN Man Lok Andrew and KWOK Chi Yui Timothy. "Herbal Tonic to Improve Dementia". Paper presented in the Ageing 2016, 1 pgs. London, United Kingdom, 2016.02.09.

HUNG, Sze Man; KOON Chi Man; KO Chun Hay; LAU Bik San Clara; LEUNG Ping Chung; CHAN Man Lok Andrew and KWOK Chi Yui Timothy. "The In Vivo and In Vitro Neuroprotective Effects of Innovative Chinese Medicine Formula against Dementia". Paper presented in the Ageing 2016, 1 pgs. London, United Kingdom, 2016.02.09.

HUNG, Sze Man; KOON Chi Man; KO Chun Hay; LAU Bik San Clara; LEUNG Ping Chung; CHAN Man Lok Andrew and KWOK Chi Yui Timothy. "Formulation of Chinese Medicines Tackling Dementia and Osteoporosis". Paper presented in the Ageing 2016, 1 pgs. London, United Kingdom, 2016.02.09.

CHAN Wallace Chi Ho; WONG Bel; KWOK Chi Yui Timothy and HO Florence. "Grief of Family Caregivers of Persons with Dementia in Hong Kong: Exploring Differences between Groups". Paper presented in the The 8th International Conference on Social Work in Health and Mental Health, 2016.06.20.

Prof Ruby Yu

Yu R, Wong M, Yeung F, Wong M, Lum C, Woo J. Management of frailty in community-living older people. Oral presented at the IAGG Asia/Oceania 2015 Healthy Aging Beyond Frontiers, Chiang Mai, Thailand on Oct 19 – 22, 2015, Chiang Mai, Thailand

Yu R, Wong M, Yeung F, Wong M, Lum C, Woo J. Frailty Research. Oral presented at the CUHK Jockey Club Institute of Ageing Launch Conference - Creating Age-Friendly Communities on Oct 8, 2015, Hong Kong

Yu R, Wong M, Yeung F, Wong M, Lum C, Woo J. Importance of frailty prevention and research Findings. Oral presented at the Frailty Prevention workshop on Oct 7, 2015, Hong Kong

Yu R, Wong M, Yeung F, Wong M, Lum C, Woo J. Frailty research. Oral presented at the Geriatric Research Symposium on Sep 26, 2015, Hong Kong

Interaction with media

Prof Jean Woo

- RTHK English News ‘Hong Kong Today’ on 17 July 2015
- Newspaper interview about ‘港長者貧窮率倒數第三按全球生活指數計算 排名 24’ by 成報 on 17 July 2015
- Newspaper interview about ‘Poverty rankings in survey reveal senior struggles’ by The Standard on 17 July 2015
- Newspaper interview about ‘港長者生活質素全球排 24 收入保障大落後’ by am730 on 17 July 2015
- Newspaper interview about ‘港長者生活質素 全球排廿四’ by 文匯報 on 17 July 2015
- Newspaper interview about ‘港長者全球最長命 貧窮率排尾三’ by 明報 on 17 July 2015
- Newspaper interview about ‘港長者生活質素全球排 24’ by 大公報 on 17 July 2015
- Newspaper interview about ‘Hong Kong's elderly fare badly in global comparison of poor’ by South China Morning Post on 17 July 2015
- 香港電台第五台《香江暖流》「暖流採訪隊」電話錄音訪問 on 14 August 2015
- Newspaper interview about “How to redesign Hong Kong for its growing elderly population” by South China Morning Post on 7 December 2015
- New Territories East Cluster - Cluster News Issue No. 85 ‘醫療專題 – 安寧服務培訓及教育計劃 on March 2016

Prof Ruby Yu

- The RTHK 5 program 「區區有睇頭」 – Sha Tin District interview (Apr 28, 2016)
<http://app4.rthk.hk/special/agefriendly/district.php?eid=16>
- The RTHK 5 program 「區區有睇頭」 – Tai Po District interview (Apr 28, 2016)
<http://app4.rthk.hk/special/agefriendly/district.php?eid=15>
- Cable TV – Frailty (Jul 19, 2015)
Part 1: http://cablenews.i-cable.com/webapps/program_video/index_fit.php?video_id=12218998
Part 2: http://cablenews.i-cable.com/webapps/program_video/index_fit.php?video_id=12218997
Part 3: http://cablenews.i-cable.com/webapps/program_video/index_fit.php?video_id=12218996
Part 4: http://cablenews.i-cable.com/webapps/program_video/index_fit.php?video_id=12218995

Press conference

- **AgeWatch Index (16/7/2015)**

The Global AgeWatch Index is a multi-dimensional index assessing the social and economic wellbeing of elderly populations in over 90 countries, representing 91% of people aged 60 and above in the world. The Index is composed of 13 indicators which can be categorized into four key domains – income security, health status, capability and enabling environment of older people. For the first time the Index enables international comparisons of the quality of life of older people. It also provides a means by which to measure progress in policy responses to ageing.



(From Left) Prof. WONG Hung, Management Committee Member of the Institute, Mr. Leong CHEUNG, Executive Director, Charities and Community, The Hong Kong Jockey Club (middle); and Prof. Jean WOO, Director, CUHK Jockey Club Institute of Ageing (right)

**The 2nd Nursing Home Research International Working group 2015 (Toulouse, France),
December 2 & 3, 2015
Dr Bosco Ma Hon Ming**

The IAGG Nursing Home Symposium inspires me on the priority of conducting researches in the elderly residing in nursing homes, such as sarcopenia, frailty, medications, advance care plan, advance directive, cognitive decline and depression. The quality of care could be continuously improved with advances in technology, and the standard of staff could be enhanced with education and practice. In my working hospital, an essential step to enhance the quality of care is the standardization of documentation of clinical care. On the basis of data captured from clinical care, we could conduct health service researches on the topics aforementioned as the continuous quality improvement projects.



Dr. Bosco Ma with his presenting poster



Conference venue and the participants

**Harvard Serious Illness Communication Course Report 2016
By Dr Raymond Lo**

The Harvard Serious Illness Communication Course was held the second year running in Boston at end of June, 2016.

The course was intended for professionals from all specialties and disciplines, eg palliative care professionals, hospital specialists and generalists, primary care physicians etc, who need to engage in serious illness communication, or in training colleagues to deliver such communication. The course was well attended by an interesting local and international mix of health care professionals.

The course was meant to be interactive with introductory outline of concepts and principles, with breakouts of group role play and discussions.

The course main focus is on familiarising the participants with the Harvard Serious Illness Communication Guide, which is based in part on Dr Atul Gawande's 5 questions, and Dr Susan Block's extensive palliative experience.

Dr Gawande's 5 questions are as follows:

1. What is your understanding of where you are and of your illness
2. Your fears or worries for the future
3. Your goals and priorities
4. What outcomes are unacceptable to you? What are you willing to sacrifice and not?
5. What would a good day look like

The principles in communication are suggested as follows:

- Patients have goals and priorities besides living longer; learning about them empowers you to provide better care
 - You will not harm your patient by talking about end of life issues
 - Anxiety is normal for both patients and clinicians during these discussions
 - Patient wants the truth about prognosis
 - Titrate conversations based on patient's responses (esp anxiety)
 - Giving patients an opportunity to express fears and worries is therapeutic
- Tips of Dos and Don'ts in communication are listed as below:

Do:

- Give a direct, honest prognosis when desired by patient
- Present prognostic information as a range
- Allow silence
- Acknowledge and explore emotions
- Focus on the patient's quality of life, fears and concerns
- Make a recommendation ("Based on XX medical situation, YY treatment options, and ZZ important goals and values, I recommend...")
- Document conversation

Don't:

- Talk more than half the time

- Give premature reassurance
- Provide factual information in response to strong emotions
- Focus on medical procedures

The communication guide summarises the keypoints in engaging a serious illness communication as follows:

1. Setting up the scene and seeking readiness/ permission to discuss
2. Assessing patient's understanding and information to date
3. Sharing prognosis
4. Exploring goals, strengths, fears and worries, strengths and abilities, tradeoffs, and families preferences
5. Closing with recommendation and partnership.

Overall, the course and guide offers a good framework and checklist in delivering quality serious illness communication.

The guide is supposed to enable clinicians to discuss this in 20 minutes clinic setting.

Notwithstanding cultural differences and barriers, the guide does serve as a good initiative to engage colleagues in Hong Kong to deliver quality discussion in advance care planning, in both serious and end of life situations.

Progress and response from local implementation:

I have already undertaken the translation into a Chinese version for local trial pending collection of feedback and finetuning, and also shared the concept and principles in New Territories East Cluster Care of the Dying Forum and also in Federation of Medical Societies of Hong Kong Care for Advanced Diseases Symposium. The notion is well received.

Roadshow will be continuing at various medical and surgical departments in NTEC +/- other HA hospitals.

Further promotion such as local workshops or courses is to be discussed.

**Harvard Medical School
Course in Communication in Serious Illness: An Innovative Approach to Clinical Care and
Quality Improvement (Boston, USA)**

22-24 June 2016

Dr Maria Chui

The course inspires participants to reflect on own practices on how improving communication about serious illness goals and values would improve the quality of care by patients with advanced illness and their illness. The checklist for communicating serious illness with patients is certainly a good guide to novice clinicians, yet, also a good reference to experienced clinicians. Small group discussions on cases were effective in providing opportunities for participants to practice. The immediate feedback from respective facilitator was particular useful. Sharing of evidence-based to serious illness communication with patients by renowned speakers provided participants a structure approach to consider the future implementation and dissemination of the serious illness care program in participants' own setting. The two and a half days intensive training included the sharing of barriers in implementation and strategies of buy-in for change are crucial. By the end of the course, participants were required to create a draft action plan to operationalize and implement the serious illness care program in participants 'own setting. This certainly facilitates participants to seriously consider for future actualization of what has been learnt into their local context. Overall, it is a course worth attending.





Speakers at the course



Dr Maria Chui and Dr Raymond Lo with other course participants