

SH Ho Centre for Gerontology & Geriatrics

Faculty of Medicine

The Chinese University of Hong Kong

Annual Report for 2014 - 2015



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S H Ho Fellowship

- SH Ho Geriatrics Fellowship 2015 sponsored Ms Chan Oi Fong, nurse working in Medical & Geriatric ward in Shatin Hospital, to attend the Best Practice in Dementia Care Learning Program - Facilitator Training in University of Stirling. It was a 4-days training programme conducted in the Dementia Service Development Centre (DSDC). A short summary of experience sharing in Appendix 1 (attached).



Conference

- **Technologies and Healthy Ageing Symposium (30 September 2014)**

Technologists, industrialists and elderly services providers shared updates on the latest technologies for elderly care while discussing the way forward in enhancing its quality at the Technologies And Healthy Ageing Symposium today (30 September). With support from the CADENZA: A Jockey Club Initiative for Seniors and the CUHK Jockey Club Institute of Ageing, the Symposium, organised by Hong Kong Applied Science and Technology Research Institute (ASTRI), attracted near 500 participants from the social welfare, medical and healthcare, IT and education sectors.



- **U.S.-Hong Kong 2015 Conference – Putting Aging Research and Clinical Practice in Cultural Context (5-6 January 2015)**

Aging studies have so far been studied with a wide range of methodologies. Both qualitative and quantitative research methods are broadly employed. Health-related and biological-based techniques are becoming more and more popular. This conference provided a platform for researchers around the world to discuss the adoption of multi-method and multi-technologies in studies on aging.



- **CUHK Centre for Bioethics Launch Conference – Building Bioethics capacity in Hong Kong: Ethical Dimensions of Policy for Ageing and Genetics (9-10 January 2015)**

Over 300 experts from around the world share insights into twin longevity and biotechnology revolutions at the conference.



Activities

- **Carnival**

2015年1月17日『抗衰老、齊起動』全民起動日暨健康嘉年華

『抗衰老、齊起動』全民起動日暨健康嘉年華於2015年1月17日假香港道教聯合會圓玄學院第二中學順利舉行。當日由賽馬會流金匯總監胡令芳教授，聯同大埔那打素醫院行政總監鄭信恩醫生、社會福利署社會工作主任 I(策劃及統籌)袁慕娟女士及台下超過300名參加者一同主持啟動禮。

啟動禮後隨即由首屆全方位抗衰老訓練班學員表演啞鈴操，學員的動感及投入掀起了全場高潮。再加上伸手助人協會西貢樟木頭度假中心柔力球及仁愛堂彭鴻樟長者鄰舍中心集體舞表演，令一眾嘉賓及台下觀眾一起手舞足蹈，全情參與。

之後的嘉年華會，有12個測試及遊戲攤位，參加人數超過400，氣氛熱鬧。

<http://www.jcch.org.hk/new/newact2015/newact2015.html>



Research Grants

Jean Woo

Research Fund for the Control of Infectious Disease / Health and Health Services Research Fund 2011*

(Lee TMC, Chan FHW, Chu LW, Kwok T, Lam LCW, Tam H, Woo J)

HKD945,048 (From 1 April 2012 – 31 March 2015)

Effects of an auditory-based cognitive training program on attention and memory of older people at risk of progressive cognitive decline: A randomized controlled trial.

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.

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)

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

Publications

Prof Jean Woo

Woo J, Leung J, Morley JE. Validating the SARC-F: A suitable community screening tool for sarcopenia? *JAMDA* 2014; 15: 630-634.

Woo J, Yu R, Tang N, Leung J. Telomere length is associated with decline in grip strength in older persons aged 65 years and over. *Age* 2014; 36(5): 9711.

Cruz-Jentoft AJ, Landi F, Schneider SM, Zúñiga C, Arai H, Boirie Y, Chen LK, Fielding RA, Martin FC, Michel JP, Sieber C, Stout JR, Studenski SA, Vellas B, Woo J, Zamboni M, Cederholm T. Prevalence of and interventions for sarcopenia in ageing adults: a systematic review. Report of the International Sarcopenia Initiative (EWGSOP and IWGS). *Age and Ageing* 2014; 43(6): 748-759.

Chau PH, Gusmano MK, Cheng JOY, Cheung SH, Woo J. Social vulnerability index for the older people - Hong Kong and New York City as examples. *Journal of Urban Health* 2014; 91(6): 1048-1064.

Woo J, Wong M. Targeting mid-life risk factors to reduce late-life dementia. *Public Health* 2014; 128: 952-954.

Ma HM, Ip M, Woo J, Hui DSC. Development and validation of a clinical risk score for predicting drug-resistant bacterial pneumonia in older Chinese patients. *Respirology* 2014; 19:549-555.

Morley JE, Caplan G, Cesari M, Dong B, Flaherty JH, Grossberg GT, Holmerova I, Katz PR, Koopmans R, Little MO, Martin F, Orrell M, Ouslander J, Rantz M, Resnick B, Rolland Y, Tolson D, Woo J, Vellas B. International survey of nursing home research priorities. *J Am Med Dir Assoc* 2014; 15: 309-312.

Lee JSW, Auyeung TW, Chau PPH, Hui E, Chan F, Chi I, Woo J. Obesity can benefit survival-a 9-year prospective study in 1614 Chinese nursing home residents. *J Am Med Dir Assoc* 2014; 15: 342-348.

Chan R, Leung J, Woo J. Association between estimated net endogenous acid production and subsequent decline in muscle mass over four years in ambulatory older Chinese people in Hong Kong: A prospective cohort study. *J Gerontol A Biol Sci Med Sci* 2015; 70(7): 905-911.

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Chung RY, Chan D, Woo J, Kwok T, Leung JCS, Lai FTT, Wong SYS. Erectile dysfunction is associated with subsequent cardiovascular and respiratory mortality in cohort of 1,436 Chinese elderly man. *J Sex Med* 2015; 12: 1568-1576.

Ma HM, Ip M, Woo J. Effect of age and residential status on the predictive performance of CURB-65 score. *Intern Med J* 2015; 45(3): 300-304.

Siu PM, Yu AP, Benzie IF, Woo J. Effects of 1-year yoga on cardiovascular risk factors in middle-aged and older adults with metabolic syndrome: a randomized trial. *Diabetol Metab Syndr* 2015; 7:40. Doi: 10.1186/s13098-015-0034-3.

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Liu ZM, Wong CKM, Wong SYS, Leung J, Tse LA, Chan R, Woo J. A healthier lifestyle pattern for cardiovascular risk reduction is associated with better bone mass in southern Chinese elderly men and women. *Medicine* 2015; 94(31): e1283. doi: 10.1097/MD.0000000000001283.

Woo J, Leung J. Anthropometric cut points for definition of sarcopenia based on incident mobility and physical limitation in older Chinese people. *J Gerontol A Biol Sci Med Sci* 2015; doi:10.1093/gerona/glv197.

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Prof Timothy Kwok

LIANG Willmann; YEW Tai Wai David; HON Kam Lun; WONG Chun Kwok; KWOK Chi Yui Timothy and LEUNG Ping Chung. The indispensable value of clinical trials in the modernization of traditional Chinese medicine: 12 years' experience at CUHK and future perspectives. *American Journal of Chinese Medicine* Vol. 42 No. 3 587-604. 2014.

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Elderly Chinese Men and Women". *European Radiology* vol.24 no.2, pp.441-448. United Kingdom: Springer, 2014

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KWOK Chi Yui Timothy; LEUNG Ping Chung; LAM Wai Kei Christopher; WONG Chun Kwok; HO CHAN Suzanne; CHENG King Fai and CHOOK Ping. "A randomized placebo controlled trial of an innovative herbal formula in the prevention of atherosclerosis in postmenopausal women with borderline hypercholesterolemia". *Complementary Therapies in Medicine* 22 (3): 473–480. 2014

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WOO Kam Sang; KWOK Chi Yui Timothy and CELERMAJER David S. "Vegan Diet,Subnormal Vitamin B-12 Status and Cardiovascular Health". *Nutrients* vol.6 no.8, pp.3259 - 73. *Nutrients*, 2014

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XIE Yaojie; HUI Sai Chuen; KWOK Chi Yui Timothy and WOO Jean. "A Cluster Randomized Controlled Trial to Examine the Effects of Tai Chi and Walking Exercises on Weight Loss, Metabolic Syndrome Parameters, and Bone Mineral Density [abstract]. Circulation vol. 131 pp.AP111. 2015

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Prof Ruby Yu

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 10(6): 2015; e0130731. doi:10.1371/journal.pone.0130731 (Accepted: May 21, 2015, Published: Jun 25, 2015)

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Yu R, Hui E, Lee J, Poon D, Ng A, Sit K, Ip K, Yeung F, Wong M, Shibata T, Woo J. Use of a Therapeutic, Socially Assistive Pet Robot (PARO) in Improving Mood and Stimulating Social Interaction and Communication for People With Dementia: Study Protocol for a Randomized Controlled Trial. JMIR Res Protoc. 2015 Apr-Jun; 4(2): e45. doi: 10.2196/resprot.4189. PMCID: PMC4433493 (Published: May 1, 2015)

Invited conference speaker

Prof Jean Woo

- Ageing well: insights from longitudinal studies from Hong Kong. 2014 Global Health Forum in Taiwan, 30 November – 2 December 2014, Taipei.
- 銀髮族的力量與價值 (The Strength and Worth of Seniors). Symposium on Intergenerational Service in Hong Kong – Social Innovation: Intergenerational Perspective, 12 December 2014, Hong Kong.
- Self-rated health: impact of ethnic and cultural influences. Putting Aging Research and Clinical Practice in Cultural Context, 5-6 January 2015, Hong Kong.

Dr Elsie Hui

- Innovations in End of Life Care. Symposium on Supporting Patient Autonomy – Centre for Medical Ethics and Law, The University of Hong Kong. 5 June 2015, Hong Kong.
- Community Geriatric Assessment Team : a model for supporting care home residents in Hong Kong. Oxford International Health Conference, 25-27 June 2015, St Hugh's College, Oxford UK.

Dr Jenny Lee

- Prescribing for the different stages of Dementia. Dr Stanley Ho Medical Development Foundation Symposium, 17-18 January 2015, Macau.

Other conference presentations

1. Woo J, Leung J, Morley JE. Defining sarcopenia in terms of incident adverse outcomes. International Conference on Frailty & Sarcopenia Research, 23-25 April 2015, Boston, USA. Oral communications.
2. Yu R, Poon D, Ng A, Sit K, Lee J, Ma B, Lum CM, Yeung F, Wong M, Hui E, Woo J. Computer-assisted intervention using touch-screen video game technology on cognitive function and behavioural symptoms for community-dwelling older Chinese adults with mild-to-moderate dementia: Preliminary results of a randomized controlled trial. ICT4AgeingWell International Conference on Information and Communication Technologies for Ageing Well and e-Health, 20-22 May 2015, Lisbon, Portugal.
3. Woo J. A stepped care approach to frailty screening among community dwelling older people aged 65 years and over using the FRAIL score. Oxford International Health Conference, 25-27 June 2015, Oxford, UK. Oral presentation.
4. Tam HMK, Chu LW, Kwok TCY, Chan F, Lam LCW, Woo J, Lee TMC. Neural plastic effects of cognitive training on aging brain. International Alzheimer's Disease Conference 2015, 27 June 2015, Hong Kong.
5. Kwok Chi Yui Timothy. PQCT predicted nonvertebral fracture in older nonosteoporotic men independently of DXA. IOF Regionals 5th Asia Pacific Osteoporosis Meeting, 14 - 16 November 2014, Taiwan, Taipei.
6. Xie Yaojie, Hui Sai Chuen, Kwok Chi Yui Timothy and Woo Jean. A cluster randomized controlled trial to examine the effects of Tai Chi and walking exercises on weight loss, metabolic syndrome parameters, and bone mineral density. Paper presented in the American Heart Association EPI/Lifestyle 2015.
7. Yu R. Positive psychology and health: a Chinese perspective. Oral presented at the "Putting Aging Research and Clinical Practice in Cultural Context" US-Hong Kong 2015 Conference (Symposium: Socioeconomic and psychosocial inferences on ageing well) on Jan 5 – 6, 2015, Hong Kong

Interaction with media

- Magazine interview about “活出老而不衰” by Ming Pao Weekly on 22 November 2014
- Newspaper interview about “40 歲開始保養免早衰 / 中年婦變遲鈍勤鍛煉恢復靈” by 太陽報 on 13 January 2015
- Newspaper interview about “Elderly told to be physically active” by The Standard on 13 January 2015
- Newspaper interview about “年老不一定衰老 多運動可延緩” by 晴報 on 13 January 2015
- Newspaper interview about “Majority of elderly people have early signs of frailty, study shows” by South China Morning Post on 13 January 2015
- Newspaper interview about “逾半前期衰老 長者當自強 / 50 歲宅女 體格如 70 歲” by 東方日報 on 13 January 2015
- Newspaper interview about “日做運動助延衰老” by 都市日報 on 13 January 2015
- Newspaper interview about “做運動以免未老先衰” by 新報 on 13 January 2015
- Newspaper interview about “中年開始抗衰老 / 留家打機主婦身體老 20 年” by 蘋果日報 on 13 January 2015
- Newspaper interview about “專家建議恆常運動 八分一長者早衰老” by AM730 on 13 January 2015
- CUHK Newsletter 452 interview about “ Identification and Prevention of the Pre-frailty” on 4 February 2015
- Commercial Radio Programme: 第三齡接觸 about “Concept of frailty and methods to remain healthy” on 28 March 2015

Press conference

- **Frailty Screening in the Community Ageing Healthy without Frailty (12/1/2015)**
The Chinese University of Hong Kong (CUHK) and Jockey Club Cadenza Hub jointly conducted a screening for frailty in the community in 2014, revealing that more than half of the community-dwelling population aged 65 or above are pre-frail and about one in eight are frail. It also reveals the correlation of frailty with the number of chronic diseases and medications. Those who have higher physical activity levels show fewer signs of frailty. Timely identification of frailty in the community can facilitate healthcare services provider to offer proper intervention.



**A short summary of experience sharing in the training
in University of Stirling, Scotland**

My name is Chan Oi-fong. I am a nurse, working in a Medical & Geriatric ward in Shatin Hospital. In June 2015, I was sponsored by SH Ho Centre for Gerontology and Geriatrics, CUHK to attend the Best Practice in Dementia Care learning Program- Facilitator Training in University of Stirling, Scotland. It was a 4-days training programme conducted in the Dementia Service Development Centre (DSDC). This centre is based at the Iris Murdoch Building in the university.

The university is set in a very beautiful and serene landscape. There are large lawns, jagging trails, ponds for people to wander around. The weather during my stay was extremely good. It was warm and sunny during the day. As it was summer, there was long period of daylight. It was so fascinating to have sunlight after 10pm at night!



On the first day of the training, I received a beautiful folder containing 8 booklets. Each booklet is designed to aid understanding and encourage a person-centred response to the individual with dementia. The booklets include questions which link to aspects of the participants' work in the hospital. At the end of each booklet there is a reflective exercise that requires a written answer to one or more questions.

On both the first and the second days of the training, the focus was on how to become a facilitator. Once trained as a facilitator, my role is to assist participants in making sense of what they read, as well as helping them meet their personal learning objectives. This involves encouraging them to reflect on their previous experiences and practices, thereby helping them link new knowledge to real-world experiences. My knowledge of the participants' work environments – past and present – will enable me to link the coursework into these experiences and actions.

On the third day of the training, I had a chance to visit the demonstration unit on dementia-friendly environment in the DSDC. This was the first time I realized that design can help the impairments of dementia and old age.

- Use of contrast of colour helps compensate sight impairment. People with sight impairment and dementia need a lot of light, and use of contrast of colour makes objects more visible to the eyes of older people. It makes the seats more visible.



- Good signage helps reduce stress. They can help people to feel more confident about finding their way, more in control and more secure.



- Design that supports independence and well being.

- A low bed allows the older people to get in and out of the bed more easily and safely. It also decreases the impact of fall if it happens.



- Chair specially designed with front wheel helps the older people to move towards or away from the table more easily while sitting in the chair. Arm rests clear freely underneath dining tables to prevent hand injuries.



- Objects have to be familiar in terms of the past or be really intuitive in design. Items, such as taps, soap dispensers or toilet roll holders have to be familiar that the older people can use on their own.



On the fourth day of the training, I had a chance to visit a care home nearby in Stirling. The care home carries a warm and friendly environment. I learnt that people with dementia may try to understand the environment in terms of their past experience. A home-like, or friendly environment will appear more familiar to them, less baffling and frightening.



On completion of the training, apart from the certificate I got and the memorial photograph taken with my very distinguished trainers, I got a lot of books and information about dementia, and design that helps dementia to bring home.



Now back to Hong Kong, I began to co-ordinate the Best Practice in Dementia Care – participants training in my hospital.