

Community Health Conference 2018

HONG KONG

A Commitment to a Healthy Community

30 August 2018

Organizers:



明愛專上學院
Caritas Institute of Higher Education



香港公開大學
THE OPEN UNIVERSITY
OF HONG KONG

<http://www.cihe.edu.hk/chc2018>

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Welcoming Message

Dear Colleagues and Friends,

On behalf of the Conference Planning Committee, I would like to welcome you to the Community Health Conference 2018. This is the first Community Health Conference jointly organized by the School of Health Sciences of the Caritas Institute of Higher Education and the School of Nursing and Health Studies of The Open University of Hong Kong. The theme for our first conference is “A Commitment to a Healthy Community”.

With the development in sciences and technology, people are living longer nowadays. With longer lives, the condition of the body is due for physical and functional deterioration and is prone to diseases. The deterioration and diseases pose stress on the individuals, their family and the caregivers; financial and service burdens are imposed on the society’s health service system. In an effort to promote health and improve the residents’ livelihood, the HKSAR Government has been putting in resources to improve and develop the existing health service system and is determined to promote and strengthen primary healthcare services in Hong Kong. A community-based service model is one of the models which can enhance primary health.

This one-day conference is a start to explore the existing systems, various works and research ideas in promoting community health and primary health. Through the keynote addresses and discussions, healthcare professionals of various disciplines will participate and contribute in this conference for the better health for all.

We hope that you will enjoy being part of the conference for better quality of the longer lives for all.

Sincerely,

Ita Fung

Ita M. FUNG
Chairperson, Conference Planning Committee
Community Health Conference 2018

Programme Rundown

Date: 30 Aug 2018 (Thursday)
 Time: 9:00 am – 5:30 pm
 Venue: Lecture Theatre, 1/F
 Caritas Institute of Higher Education
 2 Chui Ling Lane, Tseung Kwan O
 New Territories, Hong Kong

Rundown:

Time	Programme
09:00-09:20	Registration and Welcome Reception
09:20-09:30	Welcome (<i>Dr. Kim MAK, President of CIHE</i>)
09:30-09:40	Opening Address (<i>Prof. WONG Yuk Shan, President of OUHK</i>)
09:40-10:25	<p><i>Keynote Address: "Fit-for-purpose" – A Community-centric Health System in Ageing Populations</i></p> <p>Professor Eng-kiong YEOH, GBS, OBE, JP Director, JC School of Public Health and Primary Care Faculty of Medicine The Chinese University of Hong Kong</p>
10:25-10:35	Student performance / Group Photography
10:35-11:20	<p><i>Keynote Address: "Community Health Practice in the UK: Strengths and Challenges"</i></p> <p>Professor Mark HAYTER Professor of Nursing and Health Research/ Associate Dean Research Faculty of Health Sciences School of Health and Social Work University of Hull, United Kingdom</p>
11:20-11:45	Coffee Break / Poster Presentation
11:45-12:30	<p><i>Keynote Address: "Healthcare Landscape in Asia – Use of Health Economics in Community Health"</i></p> <p>Professor Kenneth Kwing-Chin LEE Professor of Pharmacy Monash University, Malaysia</p>
12:30-13:30	Lunch
13:30-14:15	<p><i>Keynote Address: "Effective Evaluation of Primary Care Interventions"</i></p> <p>Dr. Kwok Cho TANG Former Coordinator Health Promotion World Health Organization, Geneva</p>

Time	Programme
14:15-14:45	<p><i>Keynote Address: "District-level Primary Care in Hong Kong: Current Practice and Future Development"</i></p> <p><u>Jointly presented by</u> Professor Albert LEE Director of Centre for Health Education and Health Promotion Faculty of Medicine The Chinese University of Hong Kong</p> <p>Ms. Rebecca Kwok Pik WAI General Manager Kwai Tsing Safe Community and Healthy City Association Hong Kong</p>
14:45-15:05	<p><i>"Adopting an Integrated Model to Train Community-based Health Volunteers"</i></p> <p>Professor Linda Yin King LEE Professor & Associate Dean School of Nursing & Health Studies The Open University of Hong Kong</p>
15:05-15:25	<p><i>"Community Health in Education and Research"</i></p> <p>Professor Eric CHAN Dean School of Health Sciences Caritas Institute of Higher Education, Hong Kong</p>
15:25-15:45	Coffee Break
15:45-16:15	Presentation
16:15-17:00	<i>Panel Discussion</i>
17:00-17:10	Awards presentation (Poster & Oral presentation)
17:10-17:20	Closing Remarks – Acknowledgements

Conference Planning Committee

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Conference Information

Conference Objectives

1. To enrich knowledge in the primary care models to improve community health.
2. To promote high quality research through the sharing of knowledge by experts.
3. To provide a platform for experts to exchange and share evidenced-based practice in research findings.
4. To offer opportunities for participants to present their latest research in the areas of community health.

Poster Exhibition

Poster exhibition area is set up at the foyer. Poster exhibition is open from 9:00am to 5:30pm.

Name Badge

All participants will receive a name badge upon registration. Please wear your name badge at all times for identification purpose and admission to conference.

Professional Accreditation

The conference is accredited with CNE points offered to Enrolled Nurses and Registered Nurses by The Open University of Hong Kong. Registration form and evaluation form for CNE are available at the registration area.

Speakers



“Fit-for-purpose” – A Community-centric Health System in Ageing Populations”

Professor Eng Kiong YEOH, GBS, OBE, JP

MBBS(HK), FHKAM, FHKCCM, FHKCP, FPHM(UK), FRCP(Edin), FRCP(Lond), FRCP(Glasg), FRACMA, FRACP

Professor of Public Health

Director, JC School of Public Health and Primary Care

Head, Division of Health System, Policy and Management

Faculty of Medicine

The Chinese University of Hong Kong

Biography

Professor Yeoh is Professor of Public Health, Director at the JC School of Public Health and Primary Care of The Chinese University of Hong Kong (CUHK) and also Head of Division of Health System, Policy and Management at the JC School of Public Health and Primary Care. His research is in health systems, services and policy with an interest in applying systems thinking in studying how the complex components of health systems interact and interrelate to improve health. A current research interest is applying system science in enhancing integration of health and social care services. He has recently completed a study commissioned by Health and Medical Research Fund on quality of healthcare, and the health system and service models to better cater for an ageing population. He is involved in collaborative work with research networks such as the Association of Pacific Rim Universities World Institute and the Asia Pacific Network for Health Systems Strengthening (ANHSS) in studies on health systems and training for policy. He was Chairman of the ANHSS from July 2009 – June 2014, and serves as Cluster Leader for the Knowledge Events. He is a member of the Research Council of Our Hong Kong Foundation, and the International Advisory Board of the National University of Singapore Initiative to improve health in Asia.

Prior to joining The Chinese University of Hong Kong, Professor Yeoh was Secretary for Health, Welfare and Food of the Government of the Hong Kong Special Administrative Region between 1999 and 2004. From 1990 – 1999, Professor Yeoh was head & the first Chief Executive of the Hong Kong Hospital Authority. He was President of the International Hospital Federation from 2001 – 2003 and was awarded the Hospital Management Asia Lifetime Achievement Award in 2002.

He was awarded JP in 1993, OBE in 1997 by the Hong Kong Government and GBS in 2005 by the Government of the Hong Kong Special Administrative Region.



“Community Health Practice in the UK: Strengths and Challenges”

Professor Mark HAYTER

BA(Hons), MMed Sci, PhD

Professor of Nursing and Health Research/ Associate Dean Research

Faculty of Health Sciences

School of Health and Social Work

University of Hull, United Kingdom

Biography

Mark Hayter is Professor of Nursing and Health Research and Associate Dean (Research) in the Faculty of Health Sciences, the University of Hull, United Kingdom. His research focusses on child & adolescent health in primary and community care settings in the UK and internationally. Mark is a Visiting Professor at the University of Genoa, Italy and has extensive academic contacts in Asia, Australia, the Middle East and the United States. He was Visiting Professor at the Hong Kong Polytechnic University 2012-2015. Mark is an Editor of the Journal of Advanced Nursing and has previously edited the Journal of Clinical Nursing. He serves on the editorial boards of the Journal of School Nursing, Sex Education, the International Journal of Qualitative Methodology, Nursing Outlook and the Journal of Nursing Interventions. He is a Fellow of the European Academy of Nursing Scholars and a Fellow of the American Academy of Nursing.



“Effective Evaluation of Primary Care Interventions”

Dr Kwok Cho TANG

Dip SW MA Grad Dip in PSM (Health) PhD

Former Coordinator Health Promotion, World Health Organization, Geneva

Biography

Dr Tang first practised evidence-based health promotion in 1990 at Southern Sydney Area Health Services where he worked in various capacities including as the Officer in Charge of the Health Promotion Unit and principal investigator of a number of implementation research initiatives in schools and community-based interventions. From 1997 to 2001, Dr Tang taught at the School of Public Health, the University of Sydney, and led a number of World Bank and World Health Organization funded consultancy projects which aimed to build workforce and organizational capacity to promote health. Dr Tang continued to combat ill health and promote well-being, with a focus on addressing social determinants of health after he joined WHO in 2002. His assignments with WHO were many, including being the technical lead of the WHO Global Programme on Health Promotion Effectiveness; a core team writer of the 2010 Global Status Reports on NCD in which a basket of “best buys” was recommended and the Project Manager of the 2014 Report; the responsible officer of the 8th Global Conference on Health Promotion which aimed to place health in all policies and principal author of the WHO Framework for Country Action Across Sectors for Health and Health Equity, and a technical lead of the 9th Global Conference which aimed to intensify country action to achieve the Sustainable Development Goals. During his time at WHO, he also gave technical input to many WHO technical reports including the 2008 World Health Report on Primary Health Care. Dr Tang held senior positions in social services in Hong Kong SAR in the 1980s. Dr Tang has published more than 65 peer-reviewed articles and reports and has an h index of 21. He was an Editorial Advisor of the WHO Bulletin and a Member of the WHO Ethics Review Committee.



“Healthcare Landscape in Asia – Use of Health Economics in Community Health”

Professor Kenneth Kwing-Chin LEE

BS (Pharm), MPhil, PhD

Professor of Pharmacy

Monash University, Malaysia

Biography

Professor Lee obtained his undergraduate degree in pharmacy from the University of Washington in Seattle, USA, and his subsequent higher qualifications from the Chinese University of Hong Kong (CUHK) and the University of Oxford, UK.

He is widely recognized as one of the pioneers in pharmacoeconomics and outcomes research in Asia, and was the founding president of the Hong Kong Chapter of the International Society for Pharmacoeconomics and Outcomes Research that was established in 1999. Prof Lee was Professor and Associate Director of External Affairs of the Chinese University of Hong Kong’s School of Pharmacy of which he was a founding member before he moved to Malaysia.

His previous concurrent academic appointments include Adjunct Professor of the CUHK School of Pharmacy, Honorary Professor of the Li Ka Shing Faculty of Medicine of the University of Hong Kong, and Visiting Professor of the University of London School of Pharmacy, UK (2008-2011). Professor Lee has also maintained very close links with academic institutions in Mainland China for many years and has served as visiting scholar at a number of universities there.

He was appointed by the Government of Hong Kong as a Justice of the Peace in 2003 for his outstanding community services. He has published extensively in international peer-reviewed journals. He has been Editor-in-Chief of Journal of Medical Economics (UK) since 2006 and recently appointed as Co-Editor of Value in Health Regional Issue (US).



“District-level Primary Care in Hong Kong: Current Practice and Future Development”
(Joint Presentation)

Professor Albert LEE

MB BS (Med.Deg-London) LLB (Hons-London) MPH (CUHK) MD (Higher Med Doctoral Deg-CUHK) LLM (Distinct-Arb & DR) DCH (Ireland) M. Res & Prof. Study in Ed (Bristol) FRCP (London & Ireland) FCI Arb (UK) FFPH (UK) FRACGP (Aust) US Nat. Acad. Med. (Foreign Associate) FHKAM (FamMed)

Director of Centre for Health Education and Health Promotion

Faculty of Medicine

The Chinese University of Hong Kong

Biography

“Practising clinician, educational innovator and research leader in Family Medicine, Health Promotion and Disease Prevention in Asia. Dr. Lee has particular focus on promotion of child and adolescent health through school settings linking to community and primary health care. He has contributed models of care for school health, applicable internationally.” This was citation for election as member of National Academy of Medicine (NAM) USA in 2012 and the first elected from Hong Kong. He has served NAM Forum on ‘Investing in Children globally’ (iYCG) and co-chair HK iYCG workshop in 2015. He is Vice President of UNESCO-HK. He has served as WHO Advisor/Consultant since 2003.

Albert obtained Medical Degree from University of London, higher doctorate degree in Medicine (MD) from CUHK, and higher professional qualifications in Family Medicine and Public Health. He also obtained Law Degree from University of London and Master of Law with distinction (Arbitration and DR) from City University of Hong Kong, and Fellow of Chartered Institute of Arbitrators. He is Professor (Clinical) in Public Health and Primary Care and the Founding Director of Centre for Health Education and Health Promotion. He is Fellow and Associate Dean of General Education of CUHK Wu Yee Sun College.

Professor Lee is a world-renowned pioneer in global health. He developed widely used toolkits and frameworks to enable effective promotion and inculcation of health in various settings, from the school level through to municipal level and up to healthcare infrastructures. Those works lead to over 220 papers in peer-reviewed journals, and advisory roles in the World Health Organization and government bodies.

His contributions in health development are also recognized by his election as Fellow of the Royal Colleges of Physicians in London and Ireland, the Chief Executive Commendation for Community Services in 2004 Honours list of Hong Kong Government, and Award for Pioneer in Healthy Cities for Research by Alliance for Healthy Cities (AFHC) in 2014. He was elected as Honorary Fellow of Faculty of Public Health, UK in 2018. He was Chairman of Scientific Committee of AFHC 2014 Global Conference. He also holds honorary and adjunct professorships at many leading academic institutions in Hong Kong and overseas.



“District-level Primary Care in Hong Kong: Current Practice and Future Development”
(Joint Presentation)

Ms Rebecca Kwok Pik WAI

General Manager
Kwai Tsing Safe Community and Healthy City Association
Hong Kong

Biography

Ms Rebecca WAI was appointed General Manager of the Kwai Tsing Safe Community and Healthy City Association (KTSCHCA) in Feb 2018. KTSCHCA, established in 2002 and later renamed as Kwai Tsing Safe Community and Healthy City Limited, is a charitable organization playing a significant role in liaising community resources and provision of primary healthcare for Kwai Tsing residents. Rebecca comes to the KTSCHCA from the PolyU Henry G. Leong Mobile Integrative Health Centre (MIHC), where she served as the Centre-in-charge. The MIHC was the first vehicular nurse-led clinic providing free health screening service to more than 5000 elderly citizens in Hong Kong with a multidisciplinary approach.



“Adopting an Integrated Model to Train Community-based Health Volunteers”

Professor Linda Yin King LEE

BN(Hons) CUHK, MN CUHK, MA London, PhD CUHK, RN, RM

Professor & Associate Dean

School of Nursing & Health Studies

The Open University of Hong Kong

Biography

Professor Linda Lee is the Associate Dean and Professor of School of Nursing and Health Studies at The Open University of Hong Kong (OUHK). She earned her PhD degree from The Chinese University of Hong Kong in 2006. Professor Lee joined OUHK in 1999, and her major areas of teaching include nursing research and evidence-based nursing. Throughout her work at OUHK, Professor Lee has been a key person in developing nursing programmes at various levels and study modes. Many of the programmes are the first of their kind in Hong Kong, and they continue to address local nursing manpower needs. Since 2014, Professor Lee has contributed significantly in developing a territory-wide training programme for health volunteers. Her role in promoting health volunteering in Hong Kong is indispensable.

Professor Lee is an active researcher, particularly in the areas of gerontological care and community care. She is currently a member of the editorial board of Chinese Nursing Research and a reviewer for several international nursing journals. Professor Lee has published over 80 papers primarily focusing on health issues of the older population and nursing education.

Professor Lee has participated in a wide range of professional and community services, including being a consultant of the Accreditation Committee and a member of the Education Committee, Nursing Council of Hong Kong. She was an external examiner of the nursing programmes of Hospital Authority for 10 years. Over the years, she has participated in a number of accreditation exercises for local nursing programmes and has contributed significantly to the advancement of nursing education in Hong Kong.



“Community Health in Education and Research”

Professor Eric CHAN

RN, Dip.App.Sc (Nsg Admin), BA, Grad Dip.Sc. (Psy),MBA, DMgt, FACN, FHKQMA

Dean

School of Health Sciences

Caritas Institute of Higher Education

Biography

Professor Eric Chan is a regular consultant to the WHO on nursing and health services development; a member of Steering Group on eHealth Record Sharing of the Hong Kong SAR Government; the Vice Chair of the WHO Global Advisory Group on Nursing and Midwifery (GAGNM); a member the Advisory Panel on the Future of Nursing (GAPFON) of Sigma Theta Tau International (STTI); a fellow of the Australian College of Nursing; and an Australian Council on Health Care Accreditation (ACHS) Hong Kong Surveyor.

Between 1984 and 1993, Professor Chan held senior nursing positions at the hospital, state and commonwealth levels in Australia. He was appointed as the Assistant Director of Nursing (Research and Projects) at the Royal Canberra Hospital in 1984. Between 1986 and 1988, Professor Chan took up the position of Project Coordinator at the Commonwealth Department of Health, where he was responsible for the Transfer of Nurse Education Program and national nursing workforce planning. Subsequently, Professor Chan became the Deputy Chief Nursing Officer at the Queensland Health Department to be responsible for nursing services management and development between 1988 and 1991.

In Hong Kong, Professor Chan further extended his experience in nursing and health services management at a local authority level when he joined the Hospital Authority (HA) of Hong Kong in 1993. Professor Chan’s role as the Principal Nursing Officer at the HA covered a wide scope of service, including nursing workforce planning, career structuring, quality assurance, and developing and promoting the use of informatics. He led a number of informatics strategies for nurses. Under his leadership, the HA developed a staff rostering system for all nurses, a community-based nursing system (one of the earliest system which adopted mobile technology), a nursing discharge summary system, a clinical dashboard for ward based patient information, a patient assessment system (with pilot of mobile technology in-patient settings) and an overall patient care plan system and road map. Professor Chan has initiated the development of a career structure for nurses, which set a significant milestone for the structure of nurses’ career development. During his time at the HA, Professor Chan also led and developed many quality and standard initiatives.

Extending his service to the global level, Professor Chan was invited to be the Chief Scientist for Nursing and Midwifery at World Health Organization (WHO) in Geneva from June to December 2010.

Abstracts (Poster Presentation)

Ab01

A community health promotion programme of using cartoon character in promoting oral health of 3- to 4-year-old pre-school students in Hong Kong

Au, WK; Chu, KS; Au, CW; Chau, ML; Chau PM; Cheung, KW; Cheung, WY; Yuen, FSY

School of Health Sciences, Caritas Institute of Higher Education, Hong Kong

Introduction: Poor oral hygiene is a common problems among pre-school students. Several researchers have investigated Hong Kong preschool students' oral health and revealed that they have poor habits in brushing teeth. Majority of students (92%) have dental problem and almost half of them have experience of tooth decay. The pre-school students in Sinor's (2011) study perceived cartoon amination as an effective and workable in delivering oral health education messages.

Method: A promotion programme including storytelling, interactive games and singing about oral health education were developed and the message was delivered by using a cartoon character to 24 pre-school students in the Abundant Grace Nursery School on 28 March, 2018. The project team members have participated as an observer to observe, reinforce and enhance the pre-school students' learning. The whole process was video recording. A framework developed by Israel et al (1995) and participant observation were used to evaluate the project outcomes and the pre-school student's knowledge of the activity content.

Results: Pre-school students verbalized understanding of the story delivered by the cartoon character and interactive games to promote oral health education message. They seemed to appreciate the activities. A positive result was indicated of using cartoon character in promoting oral health. However, to develop their habits in brushing teeth and maintain practice towards good oral hygiene, it is important to involve their parents to participate and provide reinforcement.

Conclusion: A cartoon character significantly increased the pre-school students' awareness, knowledge of brushing teeth and makes a practice of it. Follow up visits may be helpful to reinforce individual attitude and practice towards good oral hygiene.

Keywords: Cartoon character, oral health education, tooth decay, pre-school students

Ab02

End of Life (EOL) Care Program in Residential Home for the Elderly

Chan, K; Tse, LKD; Sung, WL; Kng, PLC; Mak, PKF

Ruttonjee and Tang Shiu Kin Hospital

Introduction: End of Life Program in Residential Home for the Elderly is a corporate program coordinated by HAHO and leaded by CGAT in local hospitals. HKEC CGAT collaborated with Palliative Care (PC) Team to roll out the program since Oct 2015.

Method and Results: All RCHes under HKEC CGAT were invited to join the program with structured EOL training to staff of RCHes and CGAT nurses provided by PC team. Designated CGAT nurses would introduce the program to suitable elderly and their relatives and facilitate the establishment of Advanced Care Planning (ACP) with respect to their preference. CGAT / VMO doctors would interview the patients and their relatives in RCHes or wards and sign off the ACP & non-hospitalized DNACPR forms. The recruited patients would be visited by VMO and designated nurses at regular intervals. Clinical admission would also be arranged to patients accordingly.

The retrospective review of patients was conducted from 1 April 2017 to 31 Mar 2018. There were 89 patients died during the period. Thirty-seven patients (42%) died under EOL care bed, nine cases (10%) were certified death at AED, and one case was reported death at RCHes. Concerning the compliance of ACP, no patient received resuscitation in HA hospital, while six cases had CPR in ambulance. 100% ACP compliance on RT insertion, use of Antibiotic, use of IVF and NIPPV were recorded.

Conclusion: This program enables mutual discussion of ACP among patients, relatives and medical professions. After patients are admitted, the medical staff would follow the decision on ACP and avoid unnecessary invasion procedures.

Keywords: End of Life Care Program, Residential Home for the Elderly, Advanced Care Planning compliance

Ab03

Click 'Like' to be happy: A pilot study on participants' engagement with Facebook content designed for depression

Chan, WSY; Chan WS; Tong KY; Lau, YW; Wong WI

Department of Health Sciences, Caritas Bianchi College of Careers

Background: Facebook offers considerable potential for delivering effective health behavior interventions. Online depression-awareness campaign has been shown to enhance people's mental health literacy. However, the effectiveness of such a campaign delivered via Facebook in the local community is understudied. The pilot study aimed to describe participant engagement in a Facebook page (忘憂小閣) designed to deliver content on depression awareness and education.

Methods and results: There were four main themes of contents in the Facebook page: recognition of depression, prevention and management, local support and media coverage. Participant engagement (engagement count, EC) was quantified by post clicks and interactions (e.g., likes and comments). During the study period (25 February – 7 April 2018), a total of 22 posts were published to the Facebook page that was followed by 52 Facebook users. In addition to text, multimedia, photos and links to external sites were also utilized in writing the posts. In all, the frequency of users reached was 1066 and the average engagement rate of post was 74.6%. The most engaged post (EC = 56) was on identifying the people at high risk of depression, followed by the post on describing the multilingual hotline services available in Hong Kong (EC = 53).

Conclusion: With appropriate strategy and moderation on content, participant engagement in the Facebook page was good. Further research should be conducted to investigate if the engagement will influence changes in health outcomes.

Key words: Facebook, depression, community health

Ab04

From GOPC to a Healthy Community

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Introduction: Promotion of health is a mission for family medicine and primary health care nurses. To raise the public awareness and motivation for adopting a healthy lifestyle, and to motivate them on self-management of chronic diseases, we have implemented a series of community health promotion activities in Kwun Tong and Tseung Kwun O districts.

Method: Our Health Promotion Team had organized five health promotion activities in three general outpatient clinics. Total 100 participants were recruited. There were with three main themes: emphasizing physical exercise, promoting healthy lifestyle and preventing seasonal influenza. The activities were designed and organized in variety, including interactive health talks, interesting games and healthy dancing classes.

Results: 100 participants were recruited in the program. The post-activity evaluation returned by them showed high appreciation and positive feedbacks. Results were as following: 99% participants demonstrated very satisfied with the activities, 98% of them agreed content of activities were helpful for them to keep up their health, 100% participants would like to join the similar activities again and 98% of them would recommend relatives and friends to participate these similar activities.

Conclusion: With well-structured and interactive health promotion program, it was observed that the participants were able to learn, share and practice various aspects of healthy lifestyle. It has an impact that they feel they can own their health and well-being. As mostly the first contact of health care, primary health care nurses have a strategic role in promoting community health.

Keywords: health promotion, healthy lifestyle, community health

Ab05

Effectiveness of aromatherapy in improving sleep quality

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Introduction: Aromatherapy has been attracting considerable interest for its therapeutic values in enhancing sleep quality. Essential oils derived from natural materials are utilized as a non-pharmacological therapy. Thus, literature review should be done to explore its.

Method: MEDLINE, Cochrane Library, and Science Direct were searched for related literatures from 2008-2018. The search terms are “aromatherapy”, “essential oil(s)”, “sleep hygiene”, “sleep disturbance”, and “sleep quality”. Literature reviews, qualitative, and quantitative studies are included. Non-English literatures, and literatures which are inaccessible in full-text are excluded.

Findings: Among 35 identified papers, 23 papers were yielded for review. The therapeutic values of essential oils on sleep improvement was well-supported by clinical trials with positive statistically confident results. *Lavandula angustifolia* and its inhalation were recognized as relatively effective oil and widely used approach respectively. No undesirable effects were reported among experimental studies. The latest evidence however showed a combination of the oil derived from *L. angustifolia*, *S. sclarea*, and *Origanum majorana* has greater hypnotic effect than *L. angustifolia*. Pittsburgh Sleep Quality Index was commonly used among selected studies for effectiveness evaluation.

Conclusion: Aromatherapy appears to be a safe and evidence-based approach to modulate sleeping patterns. However, small sample size and lack of long-term assessment indicate insufficient empirical evidences to validate aromatherapy is effectiveness in improving sleep quality. Clinical trials with rigorous designs and use of polysomnography for evaluation are recommended.

Keywords: Aromatherapy, essential oils, sleep quality

Ab06

A Literature review of Health Seeking Behavior in Hong Kong

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Background: Health seeking behavior involves staying and maintaining health and well-being, rather than recovering from illnesses only. Various factors (demographic, psychological, lifestyle) are associated with health seeking behavior, which reflects health service utilization and cost. In this work, literature about health seeking behavior in Hong Kong are summarized.

Methodology: Literature was searched using PubMed and Google Scholar using the following keywords: health seeking behavior, health information, Hong Kong, and primary care.

Result: Several factors were playing important roles in health seeking behavior. Demographically, traditional media (newspaper and radio) remains an important channel for elderly to receive health education and younger people were tend to search information from the internet. Sufferers of chronic diseases were associated with health information seeking from television and internet. Furthermore, abuse of health services by the elderly was reported to be more frequent. Consultation from more than one doctor for a single disease was common in Hong Kong and this caused depletion of health resources.

Conclusions: In this work, it was found that health seeking behavior can be associated with one’s age, psychology, and physical condition. The pattern of use of health services in Hong Kong seems to be not extensively studied based on the literature review in this work.

Keywords: Health seeking behavior, Health information, Hong Kong, Primary care

Ab07

The effectiveness and efficacy in using of EHCCS in HKEC

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Introduction: RTSKH has been working with St. James's Settlement in Wan Chai District since 2002.

Scope of service expanded in 2005 to Central and Western district. Enhanced Home and Community Care Services (EHCCS) achieved the goal to help elderly stay in familiar home environment for care with safety, high quality of life and respect at home. Getting appropriate and timely community support by multidisciplinary team approach.

Method and Result: A retrospective review from 1 Dec 2017 to 28 Feb 2018, of EHCCS concerning the effectiveness and efficacy of service is done. This study design is using the comparison method. There were 175 active case (n=175) receiving the HA nurse support and 117 case (n=117) non HA nurse support. The average bed days for HA support cases was 2.05 days, 2.95 days for non-support cases, resulting in reduction of one bed day on average. There were 237 nurse consultation calls for HA support cases 85 calls for non-support cases. Therefore, more than 152 nurse consultation calls more for non HA support cases. Moreover, the average nurse consultation was 1.35 call for HA support cases and 0.73 calls for non-support cases. On average 0.62 call more for non HA support cases.

Conclusion: The HA nurse support cases had an advantage of having appropriate referral, service or multidisciplinary support which are efficient, convenient and triage patient to other appropriate device. The reduction bed day could save the cost of expenditure with all these HA support cases could stay at home safely, so as to improve their quality of life and standard while remain in community.

Keywords: Enhanced Home and Community Care Services (EHCCS), HA support case, non HA support case, effectiveness, quality of life

Ab08

Does Tai Chi bring psychosocial benefits? A review of the literature

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Introduction: Tai Chi is a Chinese exercise practiced worldwide to help maintain good health. Despite the extensive reviews that have been performed on the physiological benefit of Tai Chi, relatively little effort have been paid on the examination of the exercise's psychosocial benefit. This literature review aims to describe the studies conducted on the psychosocial benefits of Tai Chi, identify knowledge gap, and provide implications for future research.

Method and results: A range of databases, including CINAHL, MEDLINE, Embase, PsychINFO, and Cochrane Library, were searched to identify relevant studies performed until 2017. Studies were considered eligible if they examined the psychosocial benefit of Tai Chi and were published in refereed journals. Sixty studies published between 1989 and 2017 were identified. The studies were analyzed with respect to their research design, methodology, strengths, and weaknesses. Previous studies generally suggest that Tai Chi has the potential to enhance one's psychological well-being, however, existing evidence is geared toward the healthy older population practicing Tai Chi in the form of a group programme. The social benefit of Tai Chi has not been systematically evaluated. Comparison between studies is difficult because previous studies adopted different durations, frequencies, and styles of Tai Chi practice, and committed various methodological flaws.

Conclusion: Existing understanding cannot give a promising conclusion pertaining to the psychosocial benefit of Tai Chi. A stringent research design is necessary to establish evidence on the psychosocial benefit of Tai Chi.

Keywords: Tai Chi, psychosocial health

Ab09

The relationship between stigma and help-seeking intention towards dementia among Hong Kong population: A cross-sectional study

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Introduction: Dementia is a chronic, progressive psychiatric illness which induces healthcare burden if patient delays treatment. Previous studies reported delayed treatment associated with stigma towards dementia in Western countries. Understanding the relationship between stigma towards dementia and help-seeking intention (HSI) can may help in identifying relevant strategies to patients' help-seeking to promote health in community. The aim of study was to investigate the relationship between stigma and HSI towards early stage of dementia in Hong Kong.

Methods and results: A descriptive correlational study was conducted from December 2017 to March 2018. Three hundred and eighty residents who were aged 18 or above were recruited by convenience sampling. The respondents' level of stigma and HSI were investigated by using Dementia Sigma Item Questionnaire and Modified General Help-Seeking Questionnaire respectively. The Spearman's rho test results showed that there were significant negative relationships between the level of stigma and HSI towards partners, parents, children, friends and general practitioner. But there was no significance on the negative relationship between level of stigma and HSI of psychiatrists/psychologists.

Conclusion: The results revealed that Hong Kong citizens tended to have stigma towards Dementia which inhibited their help-seeking intentions. Help-seeking from psychiatrists and psychologists should be promoted in the early stage of dementia. Anti-stigma campaign is also recommended as strategy achieving healthy community.

Keywords: Public stigma, dementia, help-seeking intention

Ab10

Validation of a self-developed checklist of insertion and removal of contact lens practice among users

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Aim: To develop a checklist to assess the insertion and removal practice among contact lens users.

Background: Wearing contact lens (CL) has become popular globally. Improper practice of CL insertion and removal would lead to ocular infections and trauma. However, there is a lack of a universal adopted assessment tool for assessing the insertion and removal practice of CL users. The aim of this study is to develop a checklist to assess the in-sertion and removal practice of CL users.

Method: A checklist regarding insertion and removal practice of CL was developed. There were eight insertion steps and six removal steps. Three options are used for rating each step, classified as "demonstrate correctly on both eyes", "demonstrate correctly on one eye" and "do not demonstrate". Content validity and inter-rater reliability of the self-developed checklist were assessed. Content validity of the checklist was as-sessed by five experts. They were asked to rate the relevance of each item of the checklist by 4-point Likert Scale. The inter-rater reliability was done to maintain the equivalence between the observers. Three researchers were trained as observers by the registered optometrist in order to reach consensus for rating each step of the practice of inserting and removing CL.

Results: The checklist demonstrated good content validity by having Content Validity Index (CVI) of 0.92. The inter-rater reliability of the checklist achieved the highest agree-ment level with inter-rater correlation coefficient equivalent to 1.0.

Conclusions: The checklist is a useful instrument and guidance for assessing the insertion and re-moval practice of CL users. Findings provided initial evidence on its validity and reliability.

Keywords: checklist, content validity, reliability, insertion and removal practice, contact lens

Ab11

Osteoporosis knowledge among Chinese men measured by Chinese version of Osteoporosis Knowledge Assessment Tool: A literature review

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Introduction: Osteoporosis is a silent, systemic disease characterized by decreased bone density, increased brittleness, and prone to osteoporosis fractures. High morbidity, high mortality, and consequently cause a financial burden make osteoporosis a serious community health problem. With the aging of the population in Hong Kong, the disease has become increasingly important. Osteoporosis knowledge assessment tool (OKAT) is used to assess general population's osteoporosis knowledge because of its good internal consistency with Cronbach's alpha of 0.69, suitable for a wide range of ages, and designed as self-administered questionnaire³. Studies on osteoporosis knowledge among Hong Kong Chinese men are relatively rare and not update. Until now, OKAT has never been used in Hong Kong for their osteoporosis knowledge investigation. This review provides reference for our subsequent cross-sectional osteoporosis research.

Method and results: Computerized literature searches were performed with multiple databases including Wanfang Data, MEDLINE, Academic Search Complete, CHINAHL Complete, and Cochrane Library. Studies were considered if they included Chinese men aged 16 years or older, included the completion of Chinese version OKAT questionnaire.

Three studies were included in the review. 669 Chinese men with ages ranging from 18-96 years were included by random or convenience sampling. Cronbach's alpha for the three Chinese version OKAT was 0.742-0.814. Results showed that the mean score of all the respondents was 35.9%-45.6%.

Conclusion: The Chinese version of OKAT attained satisfactory reliability and validity, suitable for use in different ages of Chinese male population regardless of their educational background. Mainland and Macau Chinese men have low levels of osteoporosis knowledge. Studies examining knowledge of osteoporosis for Hong Kong Chinese men can use this validated instruments and data as reference.

Keywords: Osteoporosis, osteoporosis knowledge assessment tool, OKAT, Chinese men, community health

Ab12

Pilot study on the investigation of packed lunch practices amongst Hong Kong primary school parents

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Introduction: To investigate the rationale of packing lunch to school even if school meal is available and to evaluate its food-based nutritional value among Hong Kong primary school children.

Methods and Results: A cross-section observational study was conducted where primary school parents with children attending full day primary schools responded to online or paper questionnaires. Parents were recruited through convenient sampling.

Amongst 194 validated questionnaires, 37.6% primary students had packed lunch instead of school meals because they found dissatisfaction with its taste ($p < 0.05$). Those who brought packed lunch 4-5 times a week also showed dissatisfactions in food temperature ($p < 0.05$) and overall perception ($p = 0.001$) of school meals. 60.3% packed lunch did not meet the recommended quantities of carbohydrates, protein and vegetable according to Hong Kong Nutritional Guidelines, and 60.6% had only 2 out of the 3 main food types, i.e. carbohydrates, protein and vegetables.

Conclusion: The study showed parents have room for improvements in food choice for packed lunch preparation. Education and intervention is needed amongst primary school parents to increase their awareness of the principles and importance of a balanced diet, and the required quantities of carbohydrates, protein and vegetables required for different ages. Setting up of packed lunch policy that is not available in Hong Kong may help to monitor and improve the nutritional quality of packed lunch whereas improving the taste, food temperature and overall satisfaction of school meals may help to increase the uptake of school meals.

Keywords: Packed lunch, school lunch, children nutrition

Ab13

The Outcome Evaluation of Six-session Mindfulness-based Zentangle® Arts Program for clients with Depression in Community Setting

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Introduction: On top of conventional antidepressant drugs, many international and national studies evidenced that drawing Zentangle® has multiple clinical benefits to relieve depressive symptoms including calming an anxious mind and cultivating moment-to-moment awareness.

Objectives: The aim is to study the severity of and change in depressive symptoms and level of hope before and after program.

Methodology: This project started from May to June 2017. Each session lasted for 2 hours once per week. The six sessions covered the introductory session, eight core steps of drawing Zentangle® methods and mindfulness mediation. The Herth Hope Index (HHI) and Hamilton Depression Scale (HDRS), as pre/post comparison, were used to measure the level of hope and change in depressive symptoms.

Result & Outcome: The 14 participants were successfully recruited (M: 9 F: 5; Mean age: 53, SD: 10.2). They completed all required assessment forms before and after program with written consent. The pre-HHI (Mean: 34.45, SD: 7.66) and post-HHI (Mean: 35.36, SD: 6.66) were found whereas the pre-HDRS (Mean: 19.45, SD: 9.35) and post-HDRS (Mean: 17.90, SD: 9.67) were revealed. Hence, the result was shown that the level of hope and depressive symptoms were improved after program.

Keyword: Zentangle, Mindfulness, Depression, Mental Illness

Ab14

Case analyses of three mothers' experiences of raising multiple older adults with intellectual disabilities in the family

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Introduction: The presence of multiple children with intellectual disability (ID) in the family may increase caregiving burden for the parents. Limited studies have focused on these families. It has also been difficult to retrieve data on the number of families who are in this situation, although the prevalence of persons with ID is increasing in Hong Kong.

Method and results: Part of a qualitative study that explored the care needs and plans for the continuation of care of 60 ageing family caregivers with ageing adult children with mild or moderate ID, only three mothers were raising multiple adults with ID. Mothers were constantly overshadowing the care of two to three adults with ID in the family. This proved to be totally exhausting, stretched their patience; yet, became a motivator to remain in good health and increased their tolerance to endure without a timeline. A comparative case analyses will be conducted to illustrate the differences in caring experiences of mothers in terms of age, education level, health condition, presence/absence of spouse and healthy siblings, and the demands of raising two or three adults with ID. The emotional and behavioural challenges of adult children were difficult aspects to contend with, created family tensions and worsened as they got older. There were parental adjustment and service provisions aspired for.

Conclusion: Despite 5% of families in this study lived with multiple persons with ID, findings highlighted a neglected area of family caregiving and lack of appreciation of the phenomenal caring load that is required.

Keywords: intellectual disability, older adults, family, community-living, qualitative

Ab15

Kindergarten-based Intervention among Early Childhood to improve Nutrition-related Knowledge and Physical Exercise: A Health-promotion Approach

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Introduction: There is a globally increasing prevalence of childhood obesity which has led to physical problems and psychological impacts on individual. A community health promotion program based on the Self-empowerment model was conducted. The program consisted of three intervention sessions that focused on enhancing individual ability and empowered them to promote health. This presentation will share the first intervention session that aimed to improve kindergarten pupils' knowledge on healthy food and physical exercise to empower them to make right choices for healthy life.

Method: Twenty-eight five-year old kindergarten pupils participated in an one hour intervention session. Knowledge for making informed choices on healthy diet and food pyramid were provided. Games related to identify correspondence food of each pyramid layer were included. Besides, children were required to demonstrate physical exercise as taught in the session.

Results: This program employed the Israel Framework of Evaluation to assess the process and impact of each intervention session. A number of strategies were used including observation, questionnaires, questioning and return demonstration. Results of the process and impact evaluations that involved the pupils, teachers and team members were highly affirmative. Result shown that the session was interactive and attractive. Children were fully participated in the whole session and responded well to the game. Usefulness and applicability of these strategies for kindergarten pupils will be discussed.

Conclusion: A kindergarten-based health promotion program was feasible and effective to improve the knowledge of healthy food and physical exercise in early childhood.

Keywords: Community health, health promotion program, childhood, obesity

Ab16

The Effectiveness of Animal-Assisted Therapy on Promoting Social Interaction among Autistic Children

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Introduction: Autistic children are known to have impairment in social interactions and need special support to ease their struggles with social situations. Animal-assisted therapy has received growing attention in health care due to its significant effect on promoting physical, psychological, and behavioral well-being in different target populations. Understanding the impact of animal-assisted therapy on social behavior and communication would be essential to the development of innovative strategies to facilitate social adaptation of autistic children.

Method and results: A literature review was conducted using keywords and Boolean operators in the following databases: PubMed, CINAHL and Cochrane. The publications identified were from 2012 to present. Only literature published in English were included. Twenty-nine articles were critically appraised in the review. The review demonstrated that animal-assisted therapy has shown positive influence on autistic children's social behavior, such as the ability to make simple conversations, increased eye contact and reduced aggression. However, related research is very limited in Hong Kong. Also, owing to the limitation of small sample sizes, different types of animal-assisted activities involved, and the variation in intervention frequency and duration, a consensus on the approach to reach the best result of animal-assisted therapy is lacking.

Conclusion: Understanding the benefit of integrating animal-assisted therapy in the treatment plan of autistic children would help health care professionals to develop appropriate strategies that fit local context and practice.

Keywords: Animal-assisted therapy, pet therapy, autism, children, social interaction

Ab17

Association between exercise and quality of life among nursing students in Hong Kong

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Introduction: Numerous stressors inherited from clinical learning environment impede nursing students' learning and performance in academy as well as in clinical practicum. Workplace stress can cause burn-out and recurrent depressive episodes, affecting their efficacy of provision of quality patient care and has an adverse impact on their overall quality of life (QOL).

Studies have shown that exercise is related to better physical health status. It also acts as a stress reliever with the overall improvement on mental well-being. The aim of this study is to examine the relationship between exercise and QOL among nursing students in Hong Kong.

Method and results: This was a cross-sectional correlational study. Convenience samples were 261 nursing students studying in local nursing programs who responded the long Taiwanese version of International Physical Activity Questionnaire (IPAQ-L) and the short form of Chinese version of World Health organization Quality of Life assessment (WHOQOL-BREF). Students were categorized as the low, moderate and high physical activity (PA) groups according to the IPAQ classifications. The study result demonstrated that exercise was positively correlated with QOL in nursing students ($r=0.20$, $p=0.001$). One-way ANOVA with post-hoc analysis indicated that the high PA group reported better overall QOL, as well as physical health and mental health domains in the WHQOL-BREF, compared to other PA groups (all $p<0.05$).

Conclusion: Regular exercise may be recommended as a stress-relieving lifestyle for nursing students to promote better QOL.

Keywords: quality of life, physical activity, exercise, nursing students

Ab18

Knowledge and attitude of prostate cancer screening among nursing students in Hong Kong

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Introduction: Prostate cancer poses a significant health threat to men aged ≥ 50 . Although the prevalence of prostate cancer in Asia is lower than western countries, there is a gradual raising trend of the disease in Hong Kong. Currently, it is the third common type of male cancer and the fifth leading male cancer causing death in Hong Kong.

Prostate cancer screening for high-risk group may be beneficial to early diagnosis and treatment, thus reducing mortality rate. The uptake rate for prostate cancer screening in Hong Kong has been noted substantially low. Nursing students are the new stream of nursing manpower who spend most of the time with patients to provide healthcare services and education. The aim of the study is to identify the level of knowledge and attitude towards prostate cancer screening among nursing students in Hong Kong.

Method and results: A cross-sectional survey had been conducted, with 389 completed questionnaires returned. Nursing students showed insufficient knowledge on the topic, less than half of correct answers were reported. Meanwhile, they held a positive attitude towards prostate screening (3.87 ± 0.44 , point 1 to 5, ranged from strongly disagree to strongly agree). Regarding the perceived barriers for prostate screening promotion, students were hesitated due to lack of communication skills (3.49 ± 0.87) and requirement of extra knowledge on the topic as backup (3.88 ± 0.80).

Conclusion: The findings suggested nursing students need to be equipped with communication skills and knowledge on prostate cancer screening for health promotion.

Keywords: Prostate cancer screening, nurse students, knowledge, attitude, barriers

Ab19

Service Design for Healthcare: Innovations for better community- based health services

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Introduction: Healthcare organizations are in the business of providing health related services to members of society, however how can professional health services be truly effective and innovative if they are not designed together with people. The concept of service design has been widely adopted in major European cities in both private and public sectors. However, service design is a relatively new concept to the professional service community in Hong Kong.

Method and results: Literature review. From examination of relevant international sources it is clear that healthcare systems need to excel on technical, economical, human and societal aspects, including service delivery. Service design is a practice that contributes to the delivery of great user experience; often professionals in a system do not fully appreciate the power of good customer service and satisfaction. It has a potential role in the delivery of high quality community health care.

Conclusion: Globally, service design is becoming a high-profile skill in industries, such as healthcare, enhancing the user experience with better technology and design. In the United Kingdom, it has already made a big impact, operating at a vantage point within healthcare organizations to create better services for stakeholders. For example, MIND, the UK mental health charity, has established community based mental health care support using service design. These experiences of the service design projects in community based healthcare will be highlighted in the presentation in an attempt to demonstrate the potential to enhance professional services in Hong Kong's healthcare and influence the surrounding region.

Keywords: Health care service design, community healthcare, mental health

Ab20

Implications of Empowerment Model for Elderly Patients with Heart Failure

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Introduction: During the winter surge period. The huge bed occupancy and increasing A&E attendance rate are the big challenge in Hong Kong Hospitals. The congested condition of wards is not ideal for patient management and the significant increase in workload will exert immense pressure on frontline staff. Elderly with heart failure is the high risk group of A&E attendance and unplanned readmission. The Heart Failure Program to reduce CHF readmissions have been developed and implemented.

Method and results: From January 2016 to June 2016, the elderly patients admitted to United Christian Hospital with a primary diagnosis of CHF were eligible for enrollment. A designated nurse recruited the patients according to the discharge management pathway. The recruited patients were received dietary and pharmacological education. Follow-up telephone calls within 48 hours and twice per week follow up. Once confirmed the patient presented with worsening signs and symptoms of CHF. Early follow up by geriatricians and Nurse Co-join clinic would be arranged.

1207 geriatric patients hospitalized for heart failure were screened. 80 of those patients were recruited to this program. Total 272 phone calls were made. Average phone call per case was 3.88. The attendance of Geri-EFU and Nurse Co-join clinic were 23 and 34 respectively. Moreover, we made 173 referrals to the adequate care units, including CNS and Respiratory Nurse Clinic. Approximately 70% of target patients were successful to avoid 28-day unplanned readmission.

Conclusion: CHF is one of the leading causes of hospital readmissions within 28 days of discharge. The Winter Surge Heart Failure Program was successful to reduce the substantial costs associated with CHF readmissions.

Keywords: Congestive Heart Failure, unplanned readmission, elderly patient empowerment.

Ab21

A Descriptive Qualitative Study: The Experience of Visually Impaired People Living with Seeing Eye Dogs in Hong Kong

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Introduction: The experience of living with Seeing Eye Dogs has great impacts on the lives of visually impaired people (VIP), especially in physical, psychological and social aspects. These three aspects are interrelated and have significant effects on the health of VIP. In addition, they are still facing various challenges in society, such as public misunderstanding and discrimination. However, studies on the integration of VIP's experience in these three aspects and utilisation of community resources are limited. It presents inconsistent results as well. Moreover, due to absence of relevant studies, the experience of VIP living with Seeing Eye Dogs in Hong Kong is not fully understood yet. The aim of the study was to explore the experience of VIP living with Seeing Eye Dogs in Hong Kong.

Method and results: A descriptive qualitative design was adopted. Eleven informants were recruited through convenience sampling. Individual semi-structured face-to-face interviews were conducted. Thematic analysis was adopted to analyze the data and five themes were generated. They were (1) experience of living with Seeing Eye Dogs in physical aspect, (2) experience of living with Seeing Eye Dogs in psychological aspect, (3) experience of living with Seeing Eye Dogs in social aspect, (4) perceived role of Seeing Eye Dogs and (5) experience in using community resources.

Conclusion: The partnership with Seeing Eye Dogs affected VIP in various aspects and different roles of Seeing Eye Dogs to VIP were explored. Although Seeing Eye Dogs brought numerous benefits to VIP, drawbacks such as caring problems, challenges from society and unsatisfactory amenities still existed.

Keywords: Experience, visually impaired people, Seeing Eye Dogs, role, physical aspect, psychological aspect, social aspect, community resources, health, healthcare

Ab22

Stroke Awareness Promotion Program Without Walls

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Introduction: Low rates of thrombolysis for ischemic stroke in Hong Kong have mainly been attributed to prehospital delays in presentation. Recognition of stroke signs and symptoms by the publics can reduce delay in seeking treatment. Community health promotion is one of the effective ways to improve the awareness of stroke symptoms.

Aims: 1. To enhance the community awareness of early signs and symptoms of stroke; 2. To increase the rate of intravenous thrombolysis; 3. To promulgate primary stroke prevention

Methodology: United Christian Hospital Stroke Team in collaboration with Health Resource Centre, Hong Kong Stroke Society, Patient support groups and community stakeholders organized a series of stroke awareness promotion activities in the community since 2014. The large scale promulgation activities were organized including health talks, recognition of stroke warning signs "FAST", atrial fibrillation screening, stroke risk profile screening, promotion of physical exercise and healthy lifestyles.

Results: Eight stroke awareness promotion events in a regional hospital and the community were held from 2014 to 2018. Over 5,500 citizens and health care workers participated in the events. With enhancing publicity for early recognition of stroke warning signs and symptoms as well as hospital arrival, the thrombolysis rate was increased from 4% in 2014 to 9% in 2017. The promulgation program was reported by the district newspaper is another model of community education.

Conclusion: The structured and sustained stroke awareness promotion program is an effective strategy to enhance the awareness of early stroke symptoms in the community.

Keywords: Stroke, health promotion strategy, community awareness

Ab23

A health determinant: Income

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Introduction: Income is widely regarded as an essential health determinant affecting public health. Income disparity between high and low income levels discourages poorest population from seeking and receiving appropriate medical care, as the expensive cost of care develops heavy financial burden in affordability of healthcare services. The occurrence of communicable diseases and non-communicable diseases are found on higher rates in poor group, which are also associated with risks of living and working environment among the poverty. Income-related health problems are developing upward trend have impressed Hong Kong society. The aims of this paper were to discuss relationship between income, environment and public health, indicate relevant government intervention and suggest alternative solution against unequal income distribution to health inequities.

Method and results: Local and oversea literature review and report are used to identify income and environment determinants negatively response to health outcome on poor population, when compared with high income groups. Public health is being affected as evidence by unfair limitations imposed on low income people to fewer medical resources, insufficient health knowledge and information, and appropriate health services blocking, causing increased mortality and morbidity rates in the poor as well as frequent epidemic of CDs and NCDs.

Conclusion: Additional follow up intervention towards disadvantaged people for the proper utilization of public healthcare services, funding arrangement, budget redistribution and subsidy on insurance coverage are recommended. Public health achievement needs mutual cooperation with the government, community and patients.

Keywords: Income, health inequities, environment, poverty, public health

Abstract (Oral Presentation)

Ab24

Effects of a Non-pharmacological intervention program for individuals with schizophrenia in community setting: A pilot randomized controlled trial

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Introduction: Increasing attention has been paid to the physical health of people experiencing schizophrenia. Schizophrenic patients find it challenging to maintain their physical health with higher co-morbidity of physical problems and a shorter life expectancy than the general population. The aim of this study was to assess the effects of a non-pharmacological intervention program on the BMI, waist circumference, functional exercise capacity, psychiatric symptoms, and quality of life of persons with schizophrenia in a community setting.

Methodology: Forty-two schizophrenic patients were recruited from a community psychiatric service center in Hong Kong and were randomly divided into an intervention group (n=21) and a control group (n=21); a 12-week intervention program and routine practice were provided to the groups, respectively.

Results and conclusion: The intention-to-treat analyses showed that the program reduced the weight and BMI and improved the functional exercise capacity of the intervention group with statistically significant results, while the control group presented an opposite trend for these three outcome measures. The Brief Psychiatric Rating Scale was used to measure the psychiatric symptoms, showing a significantly decrease in the total score and in the affect, negative, and resistance domains, in the intervention group but not in the control group. No significant effect was observed in the quality of life except for a slight increase in the score in the physical and psychological domains for the intervention group. The results of this pilot trial suggest conducting a similar program for a larger sample size to further validate the findings.

Keywords: Randomized controlled trial, non-pharmacological intervention, schizophrenia, community psychiatric service, physical health, psychiatric symptoms

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Prolia[®] (denosumab) Solution for Injection in Pre-filled Syringe 60 mg/mL. INDICATIONS Prolia is indicated for: i) treatment of postmenopausal women with osteoporosis at high risk for fracture, defined as a history of osteoporotic fracture, or multiple risk factors for fracture; or patients who have failed or are intolerant to other available osteoporosis therapy; ii) treatment to increase bone mass in men with osteoporosis at high risk for fracture, defined as a history of osteoporotic fracture, or multiple risk factors for fracture; or patients who have failed or are intolerant to other available osteoporosis therapy; iii) treatment to increase bone mass in men at high risk for fracture receiving androgen deprivation therapy for nonmetastatic prostate cancer. In these patients Prolia also reduced the incidence of vertebral fractures; iv) treatment to increase bone mass in women at high risk for fracture receiving adjuvant aromatase inhibitor therapy for breast cancer. **DOSAGE AND ADMINISTRATION** The recommended dose of Prolia is 60 mg administered as a single subcutaneous injection once every 6 months. Administer Prolia via subcutaneous injection in the upper arm, the upper thigh, or the abdomen. All patients should receive calcium 1000 mg daily and at least 400 IU vitamin D daily. **CONTRAINDICATIONS** Hypocalcemia and pregnancy, as well as hypersensitivity to any component of the product. **SPECIAL WARNINGS AND PRECAUTIONS FOR USE** Hypersensitivity: Clinically significant hypersensitivity including anaphylaxis has been reported with Prolia. Symptoms have included hypotension, dyspnea, throat tightness, facial and upper airway edema, pruritus, and urticaria. Hypocalcemia and Mineral Metabolism: Hypocalcemia may be exacerbated by the use of Prolia. Pre-existing hypocalcemia must be corrected prior to initiating therapy with Prolia. Hypocalcemia following Prolia administration is a significant risk in patients with severe renal impairment (creatinine clearance < 30 mL/min) or receiving dialysis. Adequately supplement all patients with calcium and vitamin D. Osteonecrosis of the Jaw (ONJ): ONJ has been reported in patients receiving Prolia. The start of treatment or of a new course of treatment should be delayed in patients with unhealed open soft tissue lesions in the mouth. A dental examination with preventive dentistry and an individual benefit-risk assessment is recommended prior to treatment with Prolia in patients with concomitant risk factors. All patients should be encouraged to maintain good oral hygiene, undergo routine dental check-ups, and immediately report any oral symptoms such as dental mobility, pain or swelling, or non-healing of sores or discharge during treatment with Prolia. While on treatment, invasive dental procedures should be performed with caution and avoided in close proximity to Prolia treatment. Atypical Subtrochanteric and Diaphyseal Femoral Fractures: Atypical low-energy or low trauma fractures of the shaft have been reported in patients receiving Prolia. Patients should be advised to report new or unusual thigh, hip, or groin pain. Multiple Vertebral Fractures (MVF) Following Discontinuation of Prolia Treatment: Following discontinuation of Prolia treatment, fracture risk increases, including the risk of multiple vertebral fractures. If Prolia treatment is discontinued, consider transitioning to an alternative antiresorptive therapy. Serious Infections: Serious infections leading to hospitalization were reported in clinical trial. Advise patients to seek prompt medical attention if they develop signs or symptoms of severe infection, including cellulitis. Dermatologic Adverse Reactions: Dermatitis, eczema, and rashes. Most of these events were not specific to the injection site. Consider discontinuing Prolia if severe symptoms develop. Musculoskeletal Pain: Severe and occasionally incapacitating bone, joint, and/or muscle pain. Consider discontinuing use if severe symptoms develop. Suppression of Bone Turnover: In clinical trials treatment with Prolia resulted in significant suppression of bone remodeling as evidenced by markers of bone turnover and bone histomorphometry. Osteonecrosis of the external auditory canal. Osteonecrosis of the external auditory canal has been reported with denosumab. Possible risk factors include steroid use and chemotherapy and/or local risk factors such as infection or trauma. **INTERACTIONS** In subjects with postmenopausal osteoporosis, Prolia (60 mg subcutaneous injection) did not affect the pharmacokinetics of midazolam, which is metabolized by cytochrome P450 3A4 (CYP3A4), indicating that it should not affect the pharmacokinetics of drugs metabolized by this enzyme in this population. **PREGNANCY AND LACTATION** Pregnancy: Category X. Breast-feeding: It is not known whether Prolia is excreted into human milk. **PEDIATRIC, GERIATRIC AND RENAL IMPAIRMENT** Pediatric: Prolia is not recommended in pediatric patients. Geriatric: No overall differences in safety or efficacy were observed in clinical studies between elderly patients and younger patients and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. Renal Impairment: No dose adjustment is necessary in patients with renal impairment. **UNDESIRABLE EFFECTS** The most common adverse reactions reported with Prolia in patients with postmenopausal osteoporosis are back pain, pain in extremity, musculoskeletal pain, hypercholesterolemia, and cystitis. The most common adverse reactions reported with Prolia in men with osteoporosis are back pain, arthralgia, and nasopharyngitis. The most common (per patient incidence ≥ 10%) adverse reactions reported with Prolia in patients with bone loss receiving androgen deprivation therapy for prostate cancer or adjuvant aromatase inhibitor therapy for breast cancer are arthralgia and back pain. Pain in extremity and musculoskeletal pain have also been reported in clinical trials. The most common adverse reactions leading to discontinuation of Prolia in patients with postmenopausal osteoporosis are back pain and constipation. **OVERDOSE** There is no experience with overdose with Prolia. Abbreviated Prescribing Information Version: HK01347-PRO-2018

References:

1. Boonen S et al. *J Clin Endocrinol Metab* 2011; **96**: 1727-1736.
2. Prolia[®] (denosumab), Hong Kong Prescribing Information July 2017
3. Cummings SR et al. *N Engl J Med* 2009; **361**: 756-765.

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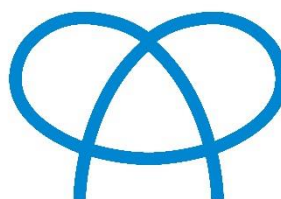
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