



**2024/2025**

# RESEARCH SEMINAR #6

**Part 2**

 **WEDNESDAY, 5 MARCH 2025**

 **11 AM - 1 PM**

 **SFU A505**

**JOIN NOW**

**Chairperson:**

**Prof. LOW Lisa Pau Le**

*Professor cum Associate Dean (Research)  
Health Sciences*

## SPEAKERS



**Prof. Raija Marja Esteri KUISMA**  
Professor of Practice • Health Sciences

### PRESENTATION TITLE:

Is “as good as” good enough? Home versus institutional rehabilitation of patients with hip fracture

### ABSTRACT:

This randomized controlled equivalence trial compared the ambulation abilities of patients after hip fracture. The study group received five physiotherapy visits at home and the control group was rehabilitated in an institution for 30 days. The results indicated that the domiciliary group achieved comparable or superior ambulation outcomes with lower direct costs, suggesting that home-based rehabilitation is a viable alternative. This approach not only accelerated hospital discharge but also promoted functional recovery, enhancing the quality of life for older patients post-fracture. Findings supported the continuation of domiciliary physiotherapy in similar patient populations.

### PRESENTATION TITLE:

Loneliness in community-based older people in Hong Kong:  
A cross sectional survey design study

### ABSTRACT:

Globally, problematic levels of loneliness are experienced by a substantial proportion of the world’s population, particularly older people. In older people, loneliness increases the risk of developing physical diseases, dementia-related disorders and mental health problems, including depression. Despite the high prevalence of loneliness in older people in Hong Kong, little is known about the relationship between loneliness, psychological resilience, and depression in this population. In this seminar, the findings of a cross-sectional study which examined levels of loneliness, psychological resilience and depression in 210 community-dwelling older people in Hong Kong will be presented. These findings may facilitate the development of interventions, including resilience-building strategies, to target aspects of loneliness to enhance well-being of older adults in Hong Kong.



**Prof. Graeme Drummond SMITH**  
Professor • Health Sciences