

HKCFP 40th ANNIVERSARY CONFERENCE

“From Seedling to Forest - Ever Enriching Primary Care”

2 - 3 September 2017 (Saturday - Sunday)

Conference Information



- Date** : 2 - 3 September 2017 (Saturday-Sunday)
- Venue** : Hong Kong Academy of Medicine Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen, Hong Kong
- Official Language** : English
- Academic Accreditation** : Applications are in progress and details will be announced later.
- Organizer** : The Hong Kong College of Family Physicians
- Conference Secretariat** : **General:**
Ms. Crystal Yung / Ms. Erica So
- Registration:**
Ms. Natalie Ho
- Scientific and QA Accreditation:**
Ms. Crystal Yung / Mr. John Ma
- Exhibition & Advertisement:**
Ms. Teresa Liu / Ms. Alky Yu
- Publication:**
Ms. Carmen Tong
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- Supported by** : HKCFP Foundation Fund

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Scientific Programme at-a-glance

2 September 2017 (Saturday)						
09:00 - 09:45	Conference Registration from 8:15am onwards @ G/F, HKAM Lunch / Dinner Symposium Registration @ 1/F, HKAM	Session 1 "Animal-assisted Therapy to Enhance Physical Well-being of Elderly"		Session 4 Using Humor in Positive Psychology <small>*Conducted in Putonghua 此項目將以普通話進行</small>		MORNING SESSION
09:45 - 10:30		Session 2 "Innovative Inter-generational Health Promotion Program Incorporating Strength-based Life Review Interview for People with Chronic Diseases"		Session 5 Enhance Mental Health of the Elderly: The Effectiveness of Instrumental Reminiscence Intervention <small>*Conducted in Putonghua 此項目將以普通話進行</small>		
10:30 - 11:00		Coffee Break				
11:00 - 12:30		Session 3 "Radio-I-Care" Case Study of Online Brief Counselling Sessions and Offline Intervention to Promote Mental Health in Community		Session 6 (1) 國內基層健康服務現狀與展望 (2) Another Topic to be confirmed <small>*Conducted in Putonghua 此項目將以普通話進行</small>		
12:30 - 14:00		Lunch Symposium				AFTERNOON SESSION
14:00 - 14:30		Welcome Drinks				
14:30 - 14:55		Opening Ceremony				
14:55 - 15:30		Plenary I (Prof. Amanda HOWE) Future Developments in Medical Education – Can Family Medicine Make a Global Impact?				
15:30 - 16:05		Plenary II (Prof. Joseph SUNG) If SARS Hits Again...! – What Medical Professions should Learn				
16:05 - 16:40		HKCFP 40th Anniversary Highlights				
16:40 - 17:00	Coffee Break and Poster Presentation - Part 1[#]					
17:00 - 18:30	Workshop 1 Myofascial Therapy	Seminar A Management of Injury on Duty	Discussion Forum Post-graduate Medical Education in FM	Workshop 2 (Part I) Practical Dermatology Part 1		
18:30 - 21:00	Dinner Symposium					
3 September 2017 (Sunday)						
09:00 - 10:15	Conference Registration from 8:15am onwards @ G/F, HKAM Lunch Symposium Registration @ 1/F, HKAM	Workshop 3^{**} Knee Pain and Lower Limb Biomechanics	Seminar C Child Health	Free Paper - Oral Presentation Part 1[#]	Clinical Case Presentation Competition	MORNING SESSION
10:15 - 10:35		Coffee Break and Poster Presentation - Part 2[#]				
10:35 - 11:50		Workshop 3^{**} Knee Pain and Lower Limb Biomechanics	Free Paper - Oral Presentation Part 2[#]	Seminar D Update on COPD screening	Forum Theater Medical Humanities <small>*Conducted in Cantonese 此項目將以廣東話進行</small>	
11:50 - 12:25		Plenary III (Prof. Donald LI) Family Medicine Beyond 40 Years				
12:25 - 13:00		Plenary IV (Prof. YU Xiao Song) A Study on the Integrated Health Management Service Model Based on Continuous Service of General Practitioners (基於全科醫生連續性服務的整合式健康管理服務模式的研究) <small>*Conducted in Putonghua 此項目將以普通話進行</small>				
13:00 - 14:40		Prize Presentation & Lunch Symposium				
14:40 - 16:10	Workshop 2 (Part II) Practical Dermatology Part 2 (1) Dermoscopy: a Practical Approach (2) Managing Atopic Dermatitis in Infants and Children	Workshop 4 Developmental Perspective of Personality Disorders: Implication for Family Doctors	Clinical Audit & Research Forum	Seminar B Introduction to Cost Effectiveness Analysis in Primary Care	AFTERNOON SESSION	

Active CME/CPD points will be accredited to presenters. ** Workshop 3 - Contents of both sessions are the same.

Disclaimer

Whilst every attempt will be made to ensure all aspects of the conference mentioned will take place as scheduled, the Organizing Committee reserves the right to make changes to the programme without notice as and when deemed necessary prior to the Conference.

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REGISTRATION FORM



Title*: Prof. / Dr. / Mr. / Mrs. / Ms. **HKCFP Member ID*:** _____

Surname: _____ **Given Name:** _____

Institution*: HA / DH / University / Private Hospital / Private Group / Solo Practice

Occupation: Doctor / Nurse / Student / Allied Health _____ / Others _____

Contact No.: (Office) _____ (Mobile) _____ (Fax) _____

Address: _____

Email^: _____

Remarks:

- * Please circle as appropriate.
- # Please contact the administrative staff Ms. Priscilla Li at membership@hkcfp.org.hk for membership application.
- ^ Details or updates would be sent by email.

REGISTRATION			
A) Conference Registration		Registration to the conference is required.	<input type="checkbox"/> Member: Complimentary <input type="checkbox"/> Non-member: HK\$1000
B) Workshop Registration			
First come first served. Cheques will be returned to unsuccessful registrants.			
2 September (Sat)	17:00 – 18:30	Workshop 1: Myofascial Therapy	<input type="checkbox"/> HK\$500
		Workshop 2 (Part I): Practical Dermatology	<input type="checkbox"/> HK\$500
	09:00 – 10:15	Workshop 3: Knee Pain and Lower Limb Biomechanics	<input type="checkbox"/> HK\$500
	10:35 – 11:50	Workshop 3: Knee Pain and Lower Limb Biomechanics	<input type="checkbox"/> HK\$500
3 September (Sun)	14:40 – 16:10	Workshop 2 (Part II): (1) Dermoscopy: a Practical Approach (2) Managing Atopic Dermatitis in Infants and Children	<input type="checkbox"/> HK\$500
		Workshop 4: Developmental Perspective of Personality Disorders: Implication for Family Doctors	<input type="checkbox"/> HK\$500

***Workshop 3: The two sessions of MSK are identical and please register for either one only.*

Date	COMPLIMENTARY SYMPOSIA <i>(Please tick as appropriate.)</i>	COMPLIMENTARY TRANSPORTATION <i>(Please tick as appropriate.)</i>
2 September (Sat)	<input type="checkbox"/> Lunch symposium <input type="checkbox"/> Dinner symposium	Wong Chuk Hang MTR → HKAM ^{^^} : <input type="checkbox"/> 8:30 - 9:00 / <input type="checkbox"/> 13:30 - 14:30 HKAM → Wong Chuk Hang MTR: <input type="checkbox"/> 21:15
3 September (Sun)	<input type="checkbox"/> Lunch symposium	Wong Chuk Hang MTR → HKAM ^{^^} : <input type="checkbox"/> 8:30 - 9:00

^^ Circular coach service would be provided within the mentioned periods.

PAYMENT METHOD
Please send completed registration form with crossed cheque(s) payable to “ HKCFP Education Ltd ” to the Conference Secretariat. Please use SEPARATE cheques for payment of membership fees (if applicable), conference and workshop(s) registration fees.

CONFERENCE SECRETARIAT
Ms. Natalie Ho (Registration) Mr. John Ma (CME / CNE) Ms. Crystal Yung (Scientific) Ms. Teresa Liu (Sponsorship) Tel: (852) 2871 8899 Fax: (852) 2866 0616 Email: 40anniversary@hkcfp.org.hk Address: HKCFP, Room 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Signature: _____

Date: _____

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Competitions

We cordially invite your participation in the **Full Paper Competition, Free Paper Competition and Clinical Case Presentation Competition** of the HKCFP 40th Anniversary Conference. These Competitions are the highlights of the conference.

Full Paper Competition

AWARDS

Best Research Paper Award

Best Trainee Research Paper Award

Both the winners will receive **HK\$1,000 cash prize and a certificate.**

Free Paper Competition

AWARDS

Best Oral Presentation Award.

Best Poster Presentation Award.

Both the winners will receive **HK\$1,000 cash prize and a certificate.**

Clinical Case Presentation Competition

AWARDS

CPD/ CME points will be granted to all speakers and group members.

The Best Presentation Award winner will receive **HK\$1,000 cash prize and a certificate.**

SUBMISSION DEADLINES - for all above competitions

1 June 2017 (Thursday)

For further details and submission form downloading, please refer to our college website <http://www.hkcfp.org.hk>.

By Email – Attach the required material(s) with the Submission Form and send to 40anniversary@hkcfp.org.hk. ***All entries will be acknowledged on receipt.***

For enquiry, please do not hesitate to contact our conference secretariat, Ms. Carmen Tong or Mr. John Ma, at 2871 8899 or by email 40anniversary@hkcfp.org.hk.





Plenary II

If SARS Hits Again... What Medical Profession should Learn?

Professor Joseph J.Y. Sung, SBS, JP

MB BS (HKU); PhD (Calgary); MD (CUHK); FRCP (London); FRCP (Edinburgh); FRCP (Glasgow); FRACP; FAGA; FACG; FHKCP; FHKAM (Medicine); Academician (CAE); Founding Member (ASHK)

Professor Joseph J.Y. Sung, SBS, JP, Vice-Chancellor and President of the Chinese University of Hong Kong, received his MB BS degree from The University of Hong Kong in 1983, and was conferred a PhD in biomedical sciences by the University of Calgary in 1992. With his research interests in gastroenterology, he completed a MD by CUHK in 1997. Professor Sung holds fellowships from the Royal Colleges of Physicians of Edinburgh, Glasgow, London, Thailand and from the American College of Gastroenterology, the Royal Australian College of Physicians, the American Gastroenterological Association, the Hong Kong College of Physicians and the Hong Kong Academy of Medicine. Professor Joseph J.Y. Sung is concurrently Mok Hing Yiu Professor of Medicine of CUHK, and an Academician of the Chinese Academy of Engineering of the People's Republic of China and Eurasian Academy of Sciences.

He is the Chair Professor of Medicine and Therapeutics of CUHK. Professor Sung is a world leader in gastroenterological research. He led a group of experts from 15 Asia-Pacific countries to launch colorectal cancer screening research in 2004, and has laid down clear guidelines and promoted colorectal cancer screenings in the region. Because of his work in cancer screening and prevention, Professor Sung was honoured by the Prevent Cancer Foundation of the United States with the Laurel Award in 2008. Other honours and awards in his repertoire include the Class 1, Scientific and Technological Progress Award, the Higher Education Outstanding Scientific Research Output Awards (The Ministry of Education, PCR in 2015-2013); the Hong Kong Fulbright Distinguished Scholar Award in 2014; the World Outstanding Chinese Award (The World Chinese Business Investment Foundation and the United World Chinese Association, 2013); Master of the World Gastroenterology Organization (WGO) Award (WGO & WGO Foundation, 2013).

In 2003, Professor Sung led his medical team to fight against SARS and was named "Asian Hero" by the Time magazine in recognition of his outstanding achievements. His contributions to the society and science has been recognized with many honors such as Eminent Scientist of the Year 2003 (The International Research Promotion Council, 2003), the Vice-Chancellor's Exemplary Teaching Award (CUHK, 2003), Silver Bauhinia Star (HKSAR Government, 2004) and the Justice of Peace (2012) among many others.

SARS hit Hong Kong in 2003: a calamity that lasted for three months, killed 299 people and putting the society of Hong Kong almost to a standstill.

Although we have not seen the return of SARS since that incidence, the emergence of a similar disease in the Middle-East (MERS) has alarmed the world that the threat of zoonotic diseases is not going away.

What should the medical profession learn from this outbreak?

Firstly, when we face such a great challenge in our population's health and our society's healthcare system, collaborations between scientists, clinicians, public health workers and policy makers is crucial.

Secondly, community health and hospital medicine cannot be separated. Primary care physicians working in the forefront of the battlefield should be backed by hospital healthcare workers.

Thirdly, the fundamental problem in our healthcare system these days is a lack of meaning. The trust and respect from the public is the greatest motivation of healthcare workers.

Forth, underlying beliefs, guiding principles and professional ethics of Medicine should be upheld.

Finally, the good physician treats diseases; the great physician treats patients who have the disease. We should never forget the humanity of Medicine.



Plenary III
Family Medicine beyond 40 years

Prof. Donald Li SBS OStJ JP

MBBS, FHKCFP, FHKAM (Fam Med), FPPH, FHKDS (Hon), FAFPM (Hon), FACP (Hon), FRCPT (Hon)
President Elect, World Organization of Family Doctors (WONCA)
Immediate Past President, Hong Kong Academy of Medicine

Prof. Donald Li is a specialist in Family Medicine in private practice, and the sole proprietor of Family Medical Practice in Hong Kong. He is the President Elect of the World Organization of Family Doctors (WONCA), the Immediate Past President of the Hong Kong Academy of Medicine, the Chairman of the Governing Board of HKJC Disaster Preparedness and Response Institute. Prof Li is also the Censor of the Hong Kong College of Family Physicians.

He is an active member of many Hong Kong governmental and public health bodies. He also dedicates much of his professional time to academia and teaching. He is Honorary Professor in the Faculty of Medicine, The University of Hong Kong; Honorary Clinical Professor in Family Medicine as well as public health & primary care at the Chinese University of Hong Kong; Honorary Consultant at Huashan Hospital, Shanghai; Advisor to the Chinese Society of General Practice of the Chinese Medical Association; Vice Chairman of Cross-Straits Medicine Exchange Association; and lecturer of the Diploma of Family Medicine of the Hong Kong College of Family Physicians. Prof. Li is an examiner of the conjoint RACGP HKCFP Fellowship examination in Family Medicine.

Prof. Li is the Director Elect of the St. John's Ambulance Association and the Honorary Secretary of the St. John's Ambulance council. He is the Chairman of Bauhinia Foundation Research Centre, and also the Chairman of the Hong Kong Sheng Kung Hui Welfare Council and serves on the committee of the Community Care Fund Task Force under the Commission of Poverty. He is honorary adviser of The Hong Kong Award for Young People and honorary fellow of Agency for Volunteer Service. He is also a member of the Health and Medical Development Advisory Committee of Food & Health Bureau.

Prof. Li has been an invited speaker at numerous local, regional and international scientific meetings. Throughout his career, he has been a leading expert and ardent advocate in promoting better primary care and family health in Hong Kong and internationally.

The future of family medicine is determined by default, decree and design. There is recognition that the best assurance for quality primary care is through the practice of Family Medicine. Over the years, there has been changes in the family medicine practice especially with changes in patient culture and expectations. Treatment of minor ailments is no longer what the family doctor does most of the time. Patients look for advice, directions, opinion, counselling, management of chronic illness, co-morbidities, mental problems, pain management etc. through innovative care provided by well-trained family doctors whom they trust. This presentation will look at the evolution of family medicine and introduce the role of the future family doctor.



Plenary IV
A Study on the Integrated Health Management Service Model Based on Continuous Service of General Practitioners

Prof. Yu Xiaosong

M.D.

*Professor of general practice,
Director, Department of General Practice in the First Affiliated Hospital of China Medical University,
Vice-president, China Medical University,
Chairman-elect, The Society of General Practice, Chinese Medical Association*

Prof. Yu Xiaosong, chief physician, is the Vice-president of China Medical University, Director of Department of General Practice in the First Affiliated Hospital of China Medical University, Chairman-elect of the Society of General Practice, Chinese Medical Association, Chairman of the General Practice commission of Liaoning Medical Association and Director of General Practice Education Center of Liaoning Province. He is also a recipient of Special Government Allowances of the State Council.

He has been engaged in academic research and teaching on general practice and health management, medical education research and evaluation for over 30 years. He was a visiting scholar at School of Medicine, University of Pennsylvania and School of Medicine, University of Washington in USA. His area of interest is in chronic disease management, where he has developed innovative health management models with significant initial achievements. He gained the 9th General Institutes of Higher Education Undergraduate Teaching Masters Award of Liaoning Province in 2013. Since becoming a supervisor for master and doctoral students in 1999 and 2009, respectively, with more than 40 students graduating under his tutelage.

Prof. Yu will share his study on the Integrated Health Management Service Model Based on Continuous Care of General Practitioners. Community health service centers in Shenyang were extracted as regional community research units and randomly divided into the experimental group and the control group. The experimental group adopted a new integrated health management service model and the main intervention measure was to strengthen the general practitioners and their team's ability to provide patient-centered, individualized, continuous, holistic and active health management service. Main health outcome indicators, quality of life and the level of health literacy showed improvement. This study verified the effectiveness, superiority and feasibility of the new health management service model. Besides, this study helped to standardize the healthcare management of general practitioners in primary care, and to improve primary healthcare management quality for patients with chronic diseases and the patients' overall health outcomes.



Workshop 2 (Part II) - Practical Dermatology Part 2

(1) Dermoscopy: A Practical Approach

(2) Managing Atopic Dermatitis in Infants and Children

Dr. Ip Fong Cheng

MBBS(HK), MRCP(UK), MHKCP(HK), FHKCP, FHKAM(Medicine)

Dr. Ip is a specialist in Dermatology & Venereology. He is currently the Chairman of the Hong Kong Society for Paediatric Dermatology and the Managing Editor of the Hong Kong Journal of Dermatology and Venereology. He is also a higher physician trainer of Dermatology and Venereology of the Hong Kong College of Physicians, Clinical Assistant Professor (Honorary) of Department of Medicine and Therapeutics of The Chinese University of Hong Kong, and Clinical Assistant Professor (Honorary) of Department of Paediatrics and Adolescent Medicine of The University of Hong Kong.

(1) Dermoscopy: A Practical Approach

Dermoscopy (also known as in-vivo cutaneous surface microscopy, epiluminescence microscopy, amplified surface microscopy, dermatocopy) is the use of a light source under a magnification system to examine the skin lesions at the skin-instrument interface, which is a handy and relatively inexpensive instrument to use. It allows a detailed examination of the skin lesions at the epidermis and dermal-epidermal junction which can reveal details that are not seen with unaided naked eye. Various studies^{1,2} had demonstrated a significant increase in diagnostic sensitivity of melanoma with the use of dermoscopy than with naked eye examination alone.

The aim of the workshop is to introduce a basic and practical approach of dermoscopy with emphasis on common benign or malignant pigmented skin lesions such as melanocytic nevi, seborrheic keratosis, melanoma and pigmented basal cell carcinoma.

(2) Managing Atopic Dermatitis in Infants and Children

Atopic dermatitis (AD) is a complex disease involving various genetic, immunologic and environmental factors that ultimately cause a skin barrier dysfunction and immune dysregulation. Various therapeutic methods had been developed and demonstrated efficacy in treating severe AD, in particular during flare-up of disease. Wet-wrap dressing³ and bleach bath⁴ are two approaches that have been used extensively in both primary care and tertiary care institutes overseas, but only gain some popularity in some local referral centres.

A practical approach to these measures will be introduced and clinical scenario will be used to demonstrate the usage.

References

1. Menzies SW, Zalaudek I. Arch Dermatol 2006;142:1211-2
2. Vestergaard ME, Macaskill P, Holt PE, Menzies SW. Br J Dermatol 2008;159:669-76.
3. Devillers ACA, Oranje AP. Br J Dermatol 2006;154:579-85.
4. Huang JT, Abrams M, Tloughan B, Rademaker A, Paller A. Pediatrics 2009;123(5):e808-14.



Workshop 3

Knee Pain and Lower Limb Biomechanics

Dr. Chan Kwok Wai, Keith

MBBS (HK), MCGP (Irel), FRCGP, FRACGP, FHKCFP, FHKAM (Fam Med), MMPhyMed (Mu.sk) (Syd), DFM(CUHK)

Dr. Chan is an experienced family physician and is now an Adjunct Associate Professor of the School of Public Health and Primary Care of The Chinese University of Hong Kong. Apart from Family Medicine, Dr. Chan's main interest is in musculoskeletal medicine. He holds a Master degree in Musculoskeletal Medicine from the University of Sydney, a Fellowship from the Australian College of Physical Medicine and a membership from the American Association of Orthopaedic Medicine. Locally in Hong Kong, Dr. Chan is the founder president of the Hong Kong Institute of Musculoskeletal Medicine. Over the past years, Dr. Chan has done a lot of work to promote both disciplines among Hong Kong, Macau, Taiwan and China medical profession.

Knee pain is commonly referred as a consequence of pathological conditions such as degeneration and arthritis; however, greater understanding of movement and function has emerged in the recent years based on inter-linking anatomy, biomechanics, neurophysiology, motor control, pathology, pain mechanisms, and behavior influences. Contrary to what you may think, knee pain is often not a problem of the knee joint. Long term injuries such as wearing of cartilage are of course problems located within the knee, but even these are often a symptom of years of bad alignment of the knee. Incorrect hip, foot function, weak muscles in the hip and imbalance between muscles of the leg etc. all contribute to the development of knee pain and subsequent knee osteoarthritis.



Workshop 4

Developmental Perspective of Personality Disorders: Implication for Family Doctors

Dr. Lau Wai Yee, Aster

MBBS (HK), PDipID (HK), GradDipFamMed (Monash), FRACGP, M.Soc.S(Counselling), MPH (HK), MFM (Clin) (Monash), FHKCCM, FHKAM (Community Medicine), FHKCFP

Dr. Aster Lau, a Specialist in Community Medicine, is also a Fellow of the Hong Kong College of Family Physicians, and Royal Australian College of General Practitioners. After graduation, she obtained various master degrees including master in counselling, public health and family medicine. Dr. Lau had been working with the Department of Health before joining the private sector in 2016. She has shared her expertise in counselling and become the coordinator of Counselling Interest Group and member of Board of Education of the HKCFP since 2011. She is also a member of the Task Group on Parenting Capacity Assessment Frameworks under CCDS since 2014.

Background:

Patients with personality difficulties are prevalent in the community (Yang M, 2010) and have frequent contacts with family doctors (Twomey, 2015). These patients have disturbed arousal and affect systems as well as difficulties in interpersonal interactions, which could hinder the development of effective doctor-patient relationships. About 15% of patients encounter in adult primary care settings are rated as difficult from the physician's perspective, with personality disorders being one of the predictive factors (Hahn SR, 1996).

Better knowledge in the development and clinical features of personality disorders allow family doctors to identify and apply different communication strategies to patients with various personality difficulties. Family doctors may also recognize the problematic attachment patterns in families with children, where early referral for psychosocial intervention may help prevent the development of personality disorders in the future generation.

Objectives:

1. Give a brief introduction of personality disorders, including the clinical features and epidemiology
2. Describe the developmental perspectives of personality disorders: the neurobiological development and gene-environment interaction
3. Discuss the role of family doctors in interacting with families with possible personality difficulties

This workshop will facilitate the attendee's participation by small group discussions and role-plays.



Seminar B

Introduction to Cost Effectiveness Analysis in Primary Care

Prof. Yip Benjamin Hon Kei

BSc (Örebro University), PhD(Karolinska Institutet)

Prof. Yip Benjamin Hon Kei is a research assistant professor of the Jockey Club School of Public Health and Primary Care, Faculty of Medicine of The Chinese University of Hong Kong. He actively participates in the university service as the member of the service learning committee and college coordinator of Chun Chi College of The Chinese University of Hong Kong. He is also the adjunct faculty member of the Department of Medical Epidemiology and Biostatistics, Karolinska Institutet of Stockholm; consultancy of the biostatistician of research subcommittee of the Hong Kong College of Family Physician and committee member of domestic health accounts steering committee, Food and Health Bureau of Hong Kong.

He has 52 publications in different journals. His research interests are genetic epidemiology; chronic disease management in primary care and health economic evaluation is his new focus.

Economic evaluation is a process to identify, measure, value, and compare the costs and outcomes of health programs and health policies. This taste lecture will assist you in choosing the appropriate economic analysis for your health program or policy.

You will learn about analysis that:

1. Determine the total costs of a disease to identify potential benefits of prevention (cost of illness),
2. Estimate the resources required to implement an intervention and the costs associated with using those resources for budget justification (Cost analysis),
3. Compare an intervention's cost and its outcomes in natural health units (Cost-effectiveness analysis), and
4. Determine the benefits of a program compared to the money spent (Benefit-cost analysis).



Saturday Morning Session 5 (*Conducted in Putonghua)

Enhance Mental Health of the Elderly: The Effectiveness of Instrumental Reminiscence Intervention

Dr. Lou Vivian Wei Qun

BEd (Psy.), MEd (Soc. Psy.), MSW, RSW, Ph.D.

Dr. Lou Vivian W. Q. is the Director of Sau Po Centre on Ageing at The University of Hong Kong. She is also an Associate Professor of the Department of Social Work & Social Administration as well as a member of the Elderly Commission of the Hong Kong Special Administrative Region, a fellow of the Gerontology Society of America, and a council member of the Hong Kong Association of Gerontology. Her research interests are family gerontology, in particular family caregiving for frail older adults and grandchildren, intergenerational support, social adaptation and mental health of Chinese older adults. Her publications have been featured in journals such as Journal of Gerontology: Social Sciences, The Gerontologist, Age and Aging, Aging and Mental Health, and Social Indicators Research.

This session is about the study aimed to examine the effectiveness of Instrumental Reminiscence Intervention – Hong Kong (IRI-HK) on alleviating depressive symptoms and improving life satisfaction in Chinese older adults living in empty nests (i.e., living alone or with a spouse only) in the community.

A longitudinal randomized controlled design was adopted. An experimental and a wait-list control group were provided with the IRI-HK immediately and 12 weeks after the baseline assessment respectively. Participants were recruited via local elderly community centres. The IRI-HK is a group reminiscence intervention modified with cultural adaptations for Chinese older adults. Depressive symptoms and life satisfaction of the participants were measured by the Chinese version of the Geriatric Depression Scale-Short Form (GDS-15) and the Life Satisfaction Scale-Chinese (LSS-C) respectively.

Findings from this study showed a significant difference in the depressive symptoms between groups after the intervention and significant higher life satisfaction of the experimental group.

The IRI-HK was a successful cultural adaption suitable for use in the Chinese context. It was found to be an effective intervention for enhancing mental health among older adults living in empty nests in the community.