SH Ho Centre for Gerontology & Geriatrics
School of Public Health, Faculty of Medicine
The Chinese University of Hong Kong

Annual Report for 2007 - 2008
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SH Ho Fellowship News

Dr. Alice Mok, one of the recipients of the 2007 Fellowship award, achieved an award for the best overall results in the Postgraduate Diploma for End-of-Life Care in 2008.

Dr Raymond Lo, Deputy Director, Postgraduate Diploma Programme in End-of-Life Care, presented the award for the best overall results to Dr. Alice Mok.

Miss Pui-yee Yeung, one of the recipients of the 2006 award, was awarded the best prize for oral presentation of her research project entitled “Elderly fallers presenting to Accident and Emergency Department have a heterogeneous profile” at the 9th International Conference on Falls and Postural Stability in September 2008 held in York, United Kingdom.

Key members of the Centre continued to have a very active partnership with the Hong Kong Jockey Club Charities Trust in projects towards promoting a broad range of elder issues in Hong Kong, in particular issues relating to dementia care.
Symposium organized

- An Elder Friendly Hong Kong Educational Fair, 18 November 2007

- 10th Anniversary Symposium of the Centre for Gerontology and Geriatrics & Presentation of the S.H. Ho Fellowship Awards was held on 26 April 2008. Marching Band Performance by SAGE Mr. Wong Wha San Memorial Neighbourhood Elderly Centre, presentation of SH Ho Fellowship Award to Dr Mok Ka Wai, Alice and Dr Au Kar Ming, some of the key research findings were presented by academic staff, as well as the first group of SH Ho Fellow. There was also a public education event with public lectures and exhibitions, supported by the Jockey Club Charities Cadenza Project

- Cadenza Symposium 2008 Successful Ageing, 11-12 October 2008

Presentation of a souvenir from Dr. TL Ho to the Marching Band representative of the SAGE Mr. Wong Wha San Memorial Neighbourhood Elderly Centre

Dr. TL Ho & Mrs. Ho with Centre Director, Prof. Jean Woo
Other activities

- S H Ho Geriatrics Fellowship 2008 was awarded to Mr Chan Lap Sun
- S H Ho Centre for Gerontology & Geriatrics, Master of Science in Clinical Gerontology & Postgraduate Diploma in End-of-Life Care – Best Projects Presentation Ceremony was held on 5 November 2008

*Group photo of the Best Projects Presentation Ceremony held on 5 November 2008*
List of projects completed

- Profile of elderly fallers presenting at A&E, assessment, intervention and one year outcomes
- Use of hospital services in the last 3 years of life
- Impact of hot weather warning on mortality in the elderly
- Study of common misconceptions and service needs relating to elderly people
- Factors affecting the choice of opting for residential care among elderly people receiving care and their carers

List of projects ongoing or started

- Evaluation of chronic disease self-management programme
- Evaluation of group management of DM
- Improving the quality of end of life care in hospital
- Continuing follow up of 4000 men and women: the Mr and Ms Os study cohort
Journal publications

Jean Woo


5. WOO Jean; LEUNG Chi Shun and KWOK Chi Yui Timothy. "BMI, body composition, and physical functioning in older adults". *Obesity* vol.15 no.7, pp.1886-94. 2007.

6. WOO Jean; LAU Wan Yee Winny; XU Ling; LAM Wai Kei Christopher; ZHAO Xihe; YU Wei; XING Xiaoping; LAU Edith; KUHN-SHERLOCK Barbara; POCOCK Nicholas and EASTELL Richard. "Milk Supplementation and Bone Health in Young Adult Chinese Women". *Journal of Women’s Health* vol.16 no.5, pp.692-702. Mary Ann Liebert, Inc., 2007.

7. WANG Yee Moon Angela; SEA Man Mei; NG Kenway; KWAN Mandy; LUI Siu Fai and WOO Jean. "Nutrient intake during peritoneal dialysis at the Prince of Wales Hospital in Hong Kong". *American Journal of Kidney Diseases* vol.49 no.5, pp.682-92. 2007.

8. CHEUNG Bernard; WAT Nelson; MAN Yu Bun; TAM Sidney; THOMAS G Neil; LEUNG Gabriel; CHENG Chun Ho; WOO Jean; JANUS Edward D; LAU Chu Pak; LAM Tai Hing and LAM Karen. "Development of diabetes in Chinese with the metabolic syndrome: a 6-year prospective study". *Diabetes Care* vol.30 no.6, pp.1430-1436. 2007.

9. LO See Kit Raymond; KWOK Chi Yui Timothy; CHENG Oi Yue; YANG Hui; YUAN Hong Jiang; HARWOOD Rowan and WOO Jean. "Cross-cultural Validation of the London Handicap Scale and Comparison of Handicap perception


11. LAM Kuen; LAM Florence Kwai Yi; LAU Kwok Kwong; CHAN Yiu Kay; KAN Elaine Yee Ling; **WOO Jean**; WONG Fat Kee and KO Andrew. "Simple clinical tests may predict severe oropharyngeal dysphagia in Parkinson's disease". *Movement Disorders* vol.22 no.5, pp.640 – 4. 2007.


15. YU Sau Fung Doris; LEE Tze Fan Diana; KWONG Alice N T; THOMPSON David R and **WOO Jean**. "Living with chronic heart failure: a review of qualitative studies of older people". *Journal of Advanced Nursing* vol.61 no.5, pp.474-483. 2007.

16. WONG Yeung Shan Samuel; CHAN Wan Kin; LEE Chi Kei; LI Martin; YEUNG Fai; LUM Chor Ming Christopher; CHOY Tak Kee Dicky and **WOO Jean**. "Maximum Oxygen Uptake and Body Composition of Healthy Hong Kong Chinese Adult Men and Women Aged 20 - 64 Years". *Journal of Sports Sciences* DOI: 10.1080/02640410701552658. 2007.

17. KWOK Chi Yui Timothy; **WOO Jean**; LAU Edith Ming Chu; LEE Tze Fan Diana; TANG So Kum Catherine and MCGHEE S M. "Community Nurse Specialists and Prevention of Readmissions in Older Patients with Chronic Lung Disease and Cardiac Failure". *Hong Kong Med J* Supplement 5.vol.13 no.5, pp.S8-12. Hong Kong SAR, 2007.


23. WOO Jean; LAM Wai Kei Christopher; LEUNG Jason C.S.; LAU Wan Yee Winny; LAU Edith; LING Xu; XING Xiaoping; ZHAO Xi He; SKEAFF C Murray; BACON Catherine J; ROCKELL Jennifer Ep; LAMBERT Aaron; WHITING Susan J and GREEN Timothy J. "Very High Rates of Vitamin D Insufficiency in Women of Child-bearing Age Living in Beijing and Hong Kong". *British Journal of Nutrition* doi: 10.1017/S0007114507844382. 2007.


26. BAUM Lawrence William; CHEUNG, KWOK KUEN; MOK Chung Tong Vincent; LAM Chiu Wa; LEUNG V; HUI Elsie; NG Chuck Ying Chelsia; CHOW Sing Sum Moses; HO Ping Chuen; LAM Siu Ling; WOO Jean; CHIU Fung Kum Helen;
27. HUI Shu Cheong David; WOO Jean; HUI Elsie; FOO A; IP Margaret; TO Kin Wang; CHEUK Shing Ching; LAM Wai Yip; SHAM Aprille and CHAN Kay Sheung Paul. "Influenza-like illness in residential care homes: a study of the incidence, aetiological agents, natural history and health resource utilisation". Thorax vol.63 pp.690-697. 2008.


32. CHEUNG Bernard M Y; WAT Nelson M S; TAM Sidney; THOMAS G Neil; LEUNG Gabriel M; CHENG Chun Ho; WOO Jean; JANUS Edward D; LAU Chu Pak; LAM Tai Hing and LAM Karen S L. "Components of the Metabolic Syndrome Predictive of its Development: a 6-year Longitudinal Study in Hong Kong Chinese". Clinical Endocrinology vol.68 pp.730-737. 2008.

34. NAKAMURA Koshi; BARZI Federica; LAM Tai Hing; HUXLEY Rachel; FEIGIN Valery L; UESHIMA Hirotsugu; WOO Jean; GU Dongfeng; OHKUBO Takayoshi; LAWES Carlene M M; SUH I I and WOODWARD Mark. "Cigarette Smoking, Systolic Blood Pressure, and Cardiovascular Diseases in The Asia-Pacific Region". Stroke vol.39 pp.1694-1702. 2008.

35. **WOO Jean.** "Managing Elderly Patients with Multiple Morbidities - Are We Providing Patient-Centred Care?" The Hong Kong Medical Diary vol.13 no.9, pp.3-4. Hong Kong SAR, 2008.

36. BAUM Lawrence William; LAM Wai Kei Christopher; CHEUNG, KWOK KUEN; KWOK Chi Yui Timothy; LUI Victor; TSOH Mei Yuek Joshua; LAM Chiu Wa; LEUNG Pui Yu Vivian; HUI Elsie; NG Chuck Ying Chelsia; **WOO Jean;** CHIU Fung Kum Helen; GOGGINS III William Bernard; ZEE Chung Ying Benny; CHENG King Fai; FONG Yuet Shim Carmen; WONG Adrian; MOK Lai Fan; CHOW Sing Sum Moses; HO Ping Chuen; IP Siu Po; HO Chung Shun; YU Xiong Wen; LAI Yau Lin Caroline; CHAN Ming Houn; SZETO Samuel; CHAN Hiu Shuen and MOK Chung Tong Vincent. "Six-Month Randomized, Placebo-Controlled, Double-Blind, Pilot Clinical Trial of Curcumin in Patients With Alzheimer Disease". Journal of Clinical Psychopharmacology vol.28 no.1, pp.110-113. 2008.


39. LYNN H S; **WOO Jean;** LEUNG Ping Chung; BARRETT-CONNOR E L; NEVITT M C; CAULEY J A; ADLER R A and ORWOLL E S. "An evaluation of osteoporosis screening tools for the osteoporotic fractures in men (MrOS) study". Osteoporos Int vol.19 pp.1087-1092. 2008.02.01.


41. WONG Yeung Shan Samuel; MERCER W Steward; **WOO Jean** and LEUNG Chi


43. **WOO Jean;** ZHANG Xin-Hua; HO CHAN Suzanne; SHAM Aprille; TANG Zhe and FANG Xiang Hua. "Influence of different health-care systems on health of older adults: a comparison of Hong Kong, Beijing urban and rural cohorts aged 70 years and older". *Australasian Journal on Ageing* vol.27 no.2, pp.83-88. 2008.06.

**Elsie Hui**


**Jenny Lee**


**Liu Kin Wah**


**Maria Tang**


**Raymond Lo**


**Timothy Kwok**


**Research Grants**

**Jean Woo**

National Institutes of Health *

**HKD15,982,558** (From 26/8/2003 – 31/7/2008)
Osteoporotic Fractures in Chinese Men: Mr Os Hong Kong.

World Cancer Research Fund International Grant *

**HKD2,093,813** (From 1/3/2004 – 29/2/2008)
Adolescent and Adult Soy Intake and Breast Cancer Risk in Chinese Pre-Menopausal Women.

Pfizer Corporation Hong Kong Ltd. *

**HKD3,168,412** (From 1/6/2005 – 1/2/2008)
Pearl Postmenopausal evaluation and risk reduction with Lasofoxifene.

Research Grants Council (Earmarked Grants) *

**HKD668,457** (From 1/9/2005 – 31/12/2007)
Effects of Isoflavone in Patients with Watchful Waiting Benign Prostate Hyperplasia.

Endowment from the SH Ho Foundation for Geriatrics and Gerontology Training and Research, December 2005.

**HKD10,000,000**

Public Policy Research Funding Scheme *

**HKD441,100** (From 30/9/2006 – 29/9/2008)
Traditional Chinese Medicine in Hong Kong: Utilization Pattern and Its Role in the Future Health Care System.

Health & Health Services Research Fund *

**HKD79,380** (From 1/10/2006 – 30/9/2007)
Assessing Self-Care Behavior of Heart Failure Patients: Cross-Cultural Adaptation of Two Heart Failure Self-Care Instruments.

Research Grants Council (Earmarked Grants) *
**HKD427,375** (From 1/11/2006 – 30/6/2008)
Adjusting to Living with Chronic Heart Failure: A Culturally Relevant Framework for Chinese Elders.

Research Grants Council, 2006. *
**HKD 654,500**
Search for functional polymorphisms in IGF-1 promoters and the link with intermediate phenotypes of breast cancer in a cohort of 800 women.

Health and Heath Services Research Fund 2006.
**HKD 494,555**
Ageing and use of hospital services in Hong Kong: retrospective cohort study

Research Grants Council (Earmarked Grants) *
**HKD854,780** (From 1/1/2007 – 30/6/2009)
Effects of Soy Protein or Isoflavones on Glycemic Control, Insulin Resistance and Cardiovascular Risks - A Six-month Randomized Double-blind, Placebo-controlled Trial in Post-Menopausal Women.

Merck & Co., Inc.
**HKD103,752** (From 17/9/2007 – 31/3/2009)
A Phase IIa Randomized, Placebo-Controlled Clinical Trial to Study the Efficacy and Safety of MK-0773 in Patients with Sarcopenia.

Research Grants Council 2007. *
**HKD 789,437**
A 5 year follow up study of progression of common carotid atherosclerosis and the associated risk factors in a population-based cohort of postmenopausal Chinese women.
Food and Health Bureau – Commissioned Research: Studies in Health Services 2007 *
**HKD761,191**
Advanced directive and the preference of old age home residents for community model of end-of-life care in Hong Kong.

Food and Health Bureau – Commissioned Research: Studies in Health Services 2007 *
**HKD1,249,656**
Emergency department intervention for high risk elders in Hong Kong: validation of an identification strategy and randomized controlled trial to reduce hospitalization and institutionalization.

Health and Health Services Research Fund
**HKD74,700** (From 1/12/2008 – 30/11/2009)
Stroke incidence and mortality trends in Hong Kong: implications for public health education efforts and health resource utilization.

SK Yee Medical Foundation
**HKD1,132,730** (From 1/2/2009 – 31/1/2011)
Healthy Ageing through Empowerment

(* Co-investigator)

**Timothy Kwok**

1. Health Health Services Research Fund grant - A randomized trial of a brain preservation diet in preventing cognitive decline in old age hostel residents. (HK$568,000, 18 months)

2. Cadenza project (Hong Kong Jockey Club) - Why do Older People and Their Family Caregivers Seek Institutional Care? (HK$793,000, 12 months)

3. Cadenza project (Hong Kong Jockey Club) - Effect of cognitive exercises on the prevention of cognitive decline: A randomized controlled trial (HK$ 976,000, 18 months)

**Wency Ho**

1. To investigate the incidence of vitamin B₁₂ deficiency in Chinese elderly with acute hip fracture.
   
Conference presentations

Jean Woo


5. BAUM Lawrence William; CHAN I H S; CHEUNG, KWOK KUEN; GOGGINS III William Bernard; MOK Chung Tong Vincent; LAM Chiu Wa; LEUNG V; HUI Elsie; NG Chuck Ying Chelsia; WOO Jean; CHIU Fung Kum Helen; ZEE Chung Ying Benny; CHENG King Fai; CHAN Ming-houng; SZETO S; LUI Wing Cheong; TSOH Mei Yuek Joshua; BUSH I Ashley; LAM Wai Kei Christopher and KWOK Chi Yui Timothy. "Serum zinc is decreased in Alzheimer's disease and serum arsenic correlates positively with cognitive ability". Paper presented in the Annual Meeting of the Society for Neuroscience, organized by The Society for Neuroscience, 1 pgs. 2007.11.03.

6. CHAU Pak Chun Janita; WOO Jean; CHANG M Chang and THOMPSON R David. "Psychosocial and physical factors predicting handicap following stroke." Paper presented in the Health Research Symposium, organized by Hong Kong Academy of Medicine, 1pgs. 2007. 11.29.


13. Health Research Symposium Sept 28-9 2007, Hong Kong: Three projects for which J Woo is co-I received the Excellent Research Award:
Kwok TCY et al: Quality of life and handicap of stroke survivors in Hong Kong
Janus ED et al: Hong Kong Cardiovascular risk factor prevalence study 1994-phase 1


15. Woo J. Low staffing level is associated with malnutrition in long-term residential care homes. 8th Asia / Oceania Regional Congress of Gerontology and Geriatrics, Beijing, China, 22-25 October 2007.


22. Li CK, Li M, Yeung F, Wong SYS, Chan FWK, Lum CM, Choy DTK, **Woo J.** Cardiovascular fitness in Hong Kong population. ACSM’s 55th Annual Meeting, At the Crossroads of Science and Practice, Indianapolis, Indiana, USA, 28-31 May 2008. (Poster presentation)

23. Li M, Li CK, Yeung F, Wong SYS, Chan FWK, Lum CM, Choy DTK, **Woo J.** Use of air displacement plethysmography (BodPod) in measuring body composition of Hong Kong Chinese male and female. ACSM’s 55th Annual Meeting, At the Crossroads of Science and Practice, Indianapolis, Indiana, USA, 28-31 May 2008. (Poster presentation)

24. Yeung PY, **Woo J.** Elderly Fallers Presenting to Accident and Emergency Department have a Heterogeneous Health Profile. Presented in 9th International Conference on Falls and Postural Stability held in York, United Kingdom. 19 September 2008. (Awarded the 'JED ROWE PRIZE' for the best oral presentation)

**Elsie Hui**

1. Preventing unintentional poisoning in RCHEs: role of community geriatric assessment team
   - Scientific Symposium on Clinical Toxicology 2008, Hong Kong, 29 March 2008

2. Telemedicine & Tele-rehabilitation in Elderly Care
   - HA Convention, Hong Kong, 5-6 May 2008

**Jenny Lee**

1. Lee JSW, Auyeung TW, Kwok T, Lau EMC, Leung PC, Woo J. Associated Factors
and Health Impact of Sarcopenia in Older Chinese Men and Women: a cross-sectional study.

- Medicine, Ageing and Nutrition 2007, Adelaide, Australia, Sept 4-8, 2007, poster presentation

2. Lee J, Kwok T, Lam L, Chan WM, Woo J. Lower fruits, vegetables and fluids intake are associated with questionable dementia (QD) in Hong Kong Chinese: a cross-sectional study.


3. Lee J, Woo J. And then there were none: a description of 28 patients dying with dementia.

- Hospital Authority Convention, May 5-6, 2008, poster presentation


- Annual Scientific Meeting, Hong Kong Geriatrics Society, 21 June 2008, Oral presentation, Outstanding free paper presentation Chan Sik Prize

**Liu Kin Wah**


- 10th International Hong Kong/Springfield Pan-Asian Symposium on Advances in Alzheimer Therapy, Feb 28 – Mar 1, 2008, Hong Kong, poster presentation


- 10th International Hong Kong/Springfield Pan-Asian Symposium on Advances in Alzheimer Therapy, Feb 28 – Mar 1, 2008, Hong Kong, poster presentation

3. KW Liu, W Ho, D Dai, J Woo. Metformin associated vitamin B₁₂ deficiency in the elderly.

- Hong Kong Geriatric Society Annual Scientific Meeting 2008 – Scientific Program, Hong Kong, 21 June 2008
Christopher Lum

   - HA Convention, Hong Kong, 5-6 May 2008

Maria Tang

1. Tang MWS, Lee PSC, Chui MYP, Li HYL, Hui E, Woo J. Managing older patients with incomplete bladder emptying by a continence service.
   - HA Convention 2008, Hong Kong, 5-6 May 2008 (poster presentation)

Raymond Lo

1. Lo R. Quality of life of elderly terminal patients
   - 8th Asia Oceania Congress of Gerontology and Geriatrics, Beijing; Oct 2007
2. Lo R. Quality of life in HK Chinese palliative care patients.
   - HK College of Physicians and Royal College of Physicians and Surgeons of Glasgow Combined Scientific Meeting for William and Elizabeth Davies Foundation. Hong Kong; May 2008
3. Lo R. QOL research in palliative care patients.
   - Asian Chinese Quality of Life Conference; Guangzhou, May 2008
   - 7th Asia Pacific Hospice Conference, Philippines; Sept 2007

Timothy Kwok

Wency Ho

   - 10th International Hong Kong/Springfield Pan-Asian Symposium on Advances in Alzheimer Therapy, Feb 28 – Mar 1, 2008, Hong Kong, poster presentation

   - 10th International Hong Kong/Springfield Pan-Asian Symposium on Advances in Alzheimer Therapy, Feb 28 – Mar 1, 2008, Hong Kong, poster presentation

Conference Speaker

1. Geriatric medicine.
   - Intensive Review of Internal Medicine, the Chinese University of Hong Kong, March 2008

2. Outcome of an ortho-geriatric program in elderly with acute hip fracture.
   - Department Research Day 2008, the Chinese University of Hong Kong, 15 March 2008

3. To study the effectiveness of implementing a geriatric intervention for elderly patients with acute hip fracture.

4. The art & science of managing the elderly with multiple co-morbidities.
Interaction with media

- TVB Jade Interview evening news – study linking vitamin C intake and atherosclerosis in the HK elderly population reported on 18 November 2007
- Newspaper interviewed by Oriental Press about atherosclerosis in the HK elderly population on 19 November 2007
- Newspaper interviewed by Hong Kong Economic Times about Sarcopenia on 5 December 2007
- Interviewed by TVB Jade programme “快樂長門人” about the Cadenza project on 20 December 2007
- Newspaper interviewed – book about health for patients by Hong Kong Economic Times on 24 December 2007
- “Telemedicine scheme proves popular with the elderly” in South China Morning Post on 28 April 2008
- Newspaper reported about telemedicine scheme in Takungpao, Oriental Daily, Hong Kong Economic Times, Ming Pao and Apple Daily on 28 April 2008
- “Tamiflu losing its sting because of overuse” in South China Morning Post on 26 May 2008
- “Telemedicine cost-effective in the elderly” in Medical Tribune, Hong Kong Focus on June 2008
- A RTHK Radio program on health issues about sarcopenia on 8 June 2008
- Newspaper interviewed about “Does Very Hot Weather Warning Reduce Mortality among Elderly people in Hong Kong” by am730 on 1 August 2008
- Newspaper interviewed about “Hot weather warnings tied to fewer elderly deaths from strokes” by South China Morning Post on 1 August 2008
- “Hot weather warning may cut mortality in the elderly” in Medical Tribune, Hong Kong Focus on September 2008
- Newspaper interviewed about “Depressed elderly more likely to apply to care homes, says poll” by South China Morning Post on 3 September 2008
- Newspaper interviewed about chronic disease self-management in Hong Kong Economic Times on 3 November 2008
- Newspaper interviewed about City’s elderly less likely to volunteer in South China Morning Post on 4 November 2008.
Press conference

- Press Conference on Research Findings jointly organized by the Faculty of Social Sciences of HKU and Cadenza – Does Very Hot Weather Warning Reduce Mortality among Elderly People in Hong Kong? on 31 July 2008

- Press Conference on Research Findings – Can we avoid spending the last part of our lives in old age homes? on 2 September 2008

- Press Conference on Research Findings – How well are seniors in Hong Kong doing? on 3 November 2008