SH Ho Centre for
Gerontology & Geriatrics

Faculty of Medicine
The Chinese University of Hong Kong

Annual Report for 2012 - 2013
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S H Ho Fellowship

SH Ho Geriatrics Fellowship 2013-2014 continued awarded to Dr Yuk Ka Lok and Mr Chan Yu Hong for their second year study of the MSc in Clinical Gerontology. Dr Yuk graduated from the Medical School in the year 2005 and he is now resident in the Prince of Wales Hospital and Shatin Hospital. Mr Chan had worked as a registered nurse in the Hospital Authority for over 20 years and now working in an integrated complex of a NGO which is serving residents with mental illnesses or retardation, including psychogeriatric residents.
Public Activities

- Dr Jenny Lee and Dr Au Yeung Tung Wai, as speakers for the public talk “Understanding Dementia and the prevention” on 2 March 2013 at Wan Chai Activities Centre.

Other activities

- Members of the Civic Party visited Tai Po CADENZA Hub in Fu Shin Estate on 7 March 2013

- Visit to CADENZA Hub, National University of Singapore visit to Cadenza Hub, 6 June 2013

- Professors and doctors from Chung Shan Medical University, National Taiwan University Hospital and Taichung City Government of Taiwan visited School of Public Health, Shatin Hospital and Jockey Club Centre for Positive Aging on 7 June 2013.
- **Seminar**

Lecture co-organized by S H Ho Centre for Gerontology and Geriatrics, The Chinese University of Hong Kong and Medical & Geriatric Unit, Shatin Hospital. Speaker: Dr Takanori Shibata, Senior Research Scientist, Human-Life Technology Research Institute, National Institute of Advanced Industrial Science and Technology (AIST), topic “Seal Robot, PARO, as Neurological Therapeutic Device” on 28 January 2013 at Shatin Hospital.

![Image of seminar participants]

- **Workshop**

Health Promotion Experience Sharing Workshop organized by JC School of Public Health and Primary Care on 25 July 2013. Prof Jean Woo and Dr Ruth Chan were the speakers of the workshop.
Research Grants

Jean Woo

Research Fund for the Control of Infectious Disease / Health and Health Services Research Fund 2011*
(Lee TMC, Chan FHW, Chu LW, Kwok T, Lam LCW, Tam H, Woo J)
HKD945,048 (From 1 April 2012 – 31 March 2015)
Effects of an auditory-based cognitive training program on attention and memory of older people at risk of progressive cognitive decline: A randomized controlled trial.

SK Yee Medical Foundation 2012*
(Woo J, Chan R, Sea M, Leung PC, Kwok A)
HKD660,000 (From 1 June 2012 – 30 November 2013)
Senior eat smart cook healthy program.

National Healthcare Group Clinician Scientist Career Scheme 2012*
(Chong MS, Chan M, Tay L, Lim WS, Woo J, Earnest Arul, Wan Gervais)
SGD300,000
The influence of physical frailty, sarcopenia and Vitamin D status on disease progression on community-dwelling older persons with mild cognitive impairment and mild-moderate dementia.

Health and Medical Research Fund 2012*
(Yu R, Woo J, Chan A, Sze S)
HKD80,000 (From 21 September 2012 – 20 September 2013)
Traditional Chinese mind body intervention in promoting health in older community-living adults.

(* Co-investigator)

Timothy Kwok

Research Grant Council (RGC)
HKD1,133,900 (1/2011-12/2013)
A randomized placebo controlled trial of vitamin B12 supplementation to prevent cognitive decline in cognitively normal older diabetic people with mild vitamin B12 deficiency

Research Grant Council (RGC) *
HKD694,831 (9/2010 – 8/2013)
Enhancing Quality of Life of Elders in Care and Attention Homes in Hong Kong through a Facility Management Model

Health and Health Services Research Fund (HHSRF)
HKD80,000 (1/1/2012 – 31/12/2012)
To Determine the Prevalence of Osteonecrosis of the Jaw in Patients Who Take Bisphosphonate for Osteoporosis Treatment

Research Grants Council – General Research Fund *
HKD1,100,000 (1/1/2012 – 31/12/2014)
Risk Index for Screening Subclinical Brain Lesions in Community-dwelling Elderly Persons in Hong Kong

Wyeth Pharmaceuticals, Inc.
HKD546,921 (1/5/2010 – 31/12/2012)
A 78-week Noninterventional Longitudinal Study to Validate the Alzheimer's Disease Assessment Scale-Cognitive Subscale (ADAS-Cog), Disability Assessment for Dementia (DAD), and Neuropsychological Test Battery (NTB) in Asian Subjects with Mild to Moderate Alzheimer's Disease

Health and Health Services Research Fund (HHSRF)
HKD554,600 (1/10/2009 – 30/6/2013)
A Randomized Placebo Controlled Trial of Low Dose Angiotensin Converting Enzyme Inhibitor to Prevent Pneumonia in Older People Who Require Nasogastric Tube Feeding because of Neurological Dysphagia

Public Policy Research Funding Scheme*
A Benefit-finding Intervention for Family Caregivers of Persons with Alzheimer Disease

Merck & Co., Inc.*
A Sub-study to Explore Biomarkers of Physical Function in the Phase III Randomized, Placebo-controlled Clinical Trial to Assess the Safety and Efficacy of Odanacatib (MK-0822) to Reduce the Risk of Fracture in Osteoporotic Postmenopausal Women Treated with Vitamin D and Calcium

Merck & Co., Inc.*
HKD 2,570,000 (20/12/2007 – 19/2/2014)
A Phase III Randomized, Placebo-controlled Clinical Trial to Assess the Safety and Efficacy of Odanacatib (MK-0822) to Reduce Risk of Fracture in Osteoporotic Postmenopausal Women Treated with Vitamin D and Calcium

(* Co-investigator)
Publications


Invited conference speaker

Prof Jean Woo

- Asia Pacific Geriatric Conference, Hong Kong, 20-21 October 2012
- International Sarcopenia group meeting, Amsterdam, UK, 16-17 May 2013
- Second Asia-Pacific BUILD Educational Meeting, Taipei, Taiwan, 27-28 July 2013
- International Summit on Healthy Ageing, Hong Kong, 24-25 August, 2013
- Singapore Health & Biomedical Congress, Singapore, 27-28 September 2013
- IAGG Masterclass on Aging, Kyoto, Japan, 30 October – 1 November 2013

Other conference presentations


5. Chau PH, Yeung F, Chan TW, **Woo J.** Evaluation of a new service option for stroke patients in Hong Kong. 19th Annual Congress of Gerontology, 24 November 2012, Hong Kong. Poster presentation.


12. Lee JSW, Auyeung TW, Leung J, Kwok T, **Woo J**. Blood pressure (BP) increase over 2 years is beneficial to survival in the oldest old: 7-year follow-up study in 3397 older adults. The 20th IAGG World Congress of Gerontology & Geriatrics, 23-27 June 2013, Seoul, Korea.


15. **Woo J.** Preserving muscle mass, strength and function. International Summit on Healthy Ageing, 24-25 August 2013, Hong Kong. **Invited Speaker.**


17. **Woo J.** Conducting research in frail older persons: challenges and strategies. Singapore Health & Biomedical Congress, 27-28 September 2013, Singapore. **Invited Speaker.**

18. **Woo J.** Community interventions in the elderly. Singapore Health & Biomedical Congress, 27-28 September 2013, Singapore. **Invited Speaker.**

19. **Woo J.** Depression in the Elderly. IAGG Masterclass on Aging, 30 October – 1 November 2013, Kyoto, Japan. **Invited Speaker.**
Interaction with media

- Newspaper interview about “人手餵食腦退合適” by 都市日報 on 16 January 2013
- Newspaper interview about “患晚期腦退化 親人可設指示 家屬餵食長者免插胃喉” by Apple Daily on 16 January 2013
- Newspaper interview about “末期腦退化患者 沙院推人手餵食” by Oriental Daily on 16 January 2013
- Newspaper interview about “「管飼」病人痛苦家屬難過” by Oriental Daily on 16 January 2013
- Newspaper interview about “長者轉移資產 多家嘈屋閉” by 東方日報 on 1 February 2013
- Newspaper interview about “學者倡長者立理財授權書” by 明報 on 1 February 2013
- Newspaper interview about “虐老個案 侵吞財產比例 5 年高” by 香港經濟日報 on 1 February 2013
- Newspaper interview about “助長者理財 法定授權僅 17%” by 新報 on 1 February 2013
- Newspaper interview about “46.9%人助長者處理財務遇困難” by AM730 on 1 February 2013
- Newspaper interview about “為長者處理財務 半數受訪者感困難” by 都市日報 on 1 February 2013
- Newspaper interview about “3 成長者不滿家人助理財” by 香港商報 on 1 February 2013
- Newspaper interview about “宜簽授權立遺囑 長者子女避糾紛” by 文匯報 on 1 February 2013
- Newspaper interview about “Taboo assets chat could help elderly” by South China Morning Post on 1 February 2013
- RTHK 1 Radio Programme: 21 Century Geriatrics 『21 世紀老人科醫學』, Topic 老年醫學矛盾 on 19 February 2013
• RTHK Radio Programme: Strange Facts in Medicine. Topic: Concerning memory on 19 February 2013


• RTHK Radio Programme: Strange Facts in Medicine. Topic: Exercise and nutrition in old age on 19 March 2013


• “Talk on Robot Therapy” news in CUHK Newsletter on 4 March 2013

• Articles “Brain training” and “Delaying dementia” in International Innovation on April 2013

• “Symposium to Promote Use of Gerontechnology” news in CUHK Newsletter on 19 November 2013
Press conference

- Press Conference on Palliative Care for Advanced Dementia Patients with Swallowing Problems on 15 January 2013.

(From Left) Dr Jenny Shun Wah LEE and Dr Elsie HUI, Associate Consultant and Chief of Service, Department of Medicine and Geriatrics, Shatin Hospital, respectively; and Professor Timothy Chi Yui KWOK, Professor, Division of Geriatrics, Department of Medicine and Therapeutics, CUHK


Speakers: (from left) Professor Jean woo, Dr. Eric Chui, Dr Rebecca Ong