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MESSAGE FROM THE NEWSLETTER COMMITTEE

This electronic issue of the HKPGA newsletters has one theme - Reminiscence. We are honoured to have the reminiscence of Dr. Gabriel Yu, the first psychiatrist focused on Psychogeriatrics in Hong Kong on the front page. Ms. CP Woo, a nursing colleague in Castle Peak Hospital is going to share the reminiscence work in acute inpatient setting. Please do not miss the photos of our 15th anniversary meeting for the joy of HKPGA members. Lastly, do remember to send us your latest contact email address and your submission via info@hkpga.org and visit www.hkpga.org for archives of the HKPGA newsletters.

REMINISCENCES

Dr. Gabriel Yu, Department of Psychiatry, Queen Mary Hospital



When I was called by Prof. Helen Chiu, President of HKPGA in early May (2013) inviting me to the Mid-year Scientific Meeting in June and about a ceremony about my coming retirement, I was very pleasantly surprised. Of course I felt very flattered, being the first local doctor to be granted this particular ceremony by HKPGA. Very soon it dawned on me that it is a reflection of my age much more than anything I had done. It is a great honour, nonetheless.

If I am not mistaken I am probably the first psychiatrist to focus on Psychogeriatrics, though the first fully fledged professional team was started by Dr. CS Yu at Kwai Chung Hospital. I started concentrating on Psychogeriatrics on the advice of Prof. Lieh-Mak, then Head of the Department of Psychiatry of the University of Hong Kong around 1984. She

is indeed a great leader in the whole field of mental health care of Hong Kong. She had a very clear vision of the future needs of the local population, and predicted correctly that Hong Kong would need more and more health care workers to look after the increasing population of the elderly. Despite the fact that she realised I might be impatient and had very little knowledge of the psychiatry of the elderly, she gave a lot of encouragement to me to continue. I was asked to see as many elderly patients in out-patient clinics and ward consultations as I could. Fortunately I started to grow into the work. Soon another opportunity arose. St. James' Settlement, a well-known NGO, talked to her about the needs of the elderly in the community. Again she showed great foresight in predicting an increasing need of such a service, so she asked me to talk to St. James' Settlement. Soon a community-based psychogeriatric assessment clinic was born. And the rest, as they say, is history.

I must name some names to honour a number of colleagues (in ascending order of their ages, as far as I know): Prof. Helen Chiu, Dr. SW Li, Dr. PC Pan and Dr. CS Yu, later joined by Dr. WF Chan. I could still remember the days of our meetings in coffee shops or hotel lobbies, maybe before or after scientific meetings, among ourselves as well as other colleagues, (one of whom is Dr. PY Leung, now the Chief Executive of HA), before the HKPGA and the Psychogeriatric Working Group of the Coordinating Committee (COC) in Psychiatry of the Hospital Authority were established. Because of their tremendous efforts, Psychogeriatrics has been well recognised for some years as a specialty of psychiatry by our psychiatric and medical colleagues, as well as in the local community as a whole.

I think the founding of the HKPGA in 1998 is a particularly notable landmark in the development of our specialty in Hong Kong. Here I must pay my highest tribute to one of the founding members, Prof. Helen Chiu, who, because of her research, clinical service and advocacy in the community, is the undisputed leader in Psychogeriatrics in Hong Kong and abroad. She also plays the most important role in bringing together other health care professionals for the elderly under one roof (HKPGA) and working together harmoniously to advance health care of the elderly. It is also very encouraging that the younger generations of psychogeriatricians and other professionals, as far as I can observe, are very promising and I am sure will take over the work in time. For the time being I have no doubt whatsoever that under her leadership, together with all colleagues, our field will continue to advance.

After all I have a personal stake in all this: I shall be in the age group of our specialty in 5 years and I have no doubt I shall be well looked after if I need it!



REMINISCENCE WORK FOR PSYCHOGERIATRIC CLIENTS IN ACUTE PSYCHOGERIATRIC ADMISSION WARDS

WOO Chui Ping

Advanced Practice Nurse (Psy)
Department of Old Age Psychiatry
Castle Peak Hospital

Reminiscence therapy is a non-pharmacological intervention for psychogeriatric patients. Reminiscing occurs from childhood onward as we all love to share important moments of our lives. According to Butler's seminal research (1963), reminiscence is the most important psychological task of older people. I would like to share my experience in the reminiscence work for the elderly in acute psychogeriatric admission wards.

For the nurses, reminiscence is a therapeutic intervention important in assessment and understanding our elderly clients (Touhy & Jett, 2012). We can learn much about our clients' history, strengths and life stories through reminiscence work that facilitate us to formulate effective care plans for our clients.

There are many reasons and goals for doing reminiscence. Reminiscence provides a pleasurable experience that improves quality of life. Reminiscence encourages sociability and increases connectedness with others (Gibson, 2011). Reminiscence work enhances self-esteem, alleviates depression, reduces social isolation and builds relationships for older people (Gibson, 2006). Moreover, reminiscence increases level of well-being, improves communication and brings cognitive stimulation to people with dementia (Woods, 2005).



In Castle Peak Hospital, Department of Old Age Psychiatry (OAP), a reminiscence corner - Herbal Tea Shop (養心堂) was established in Jan 2012. Our mission is to enhance psychosocial interventions and social entertainment for OAP in-patients through establishing a reminiscence corner with the main theme of a 1960s local herbal tea shop. In 1960s, the prime time of our patients, herbal tea shops along the streets in Hong Kong were places for local grassroots people, in addition to have a bowl of cooling herbal tea for ailments or health maintenance, tea shops were also clubhouses for entertainment, dating, watching TV and listening to radio.



In addition, old street scenery with wet market and a table for letter writing was created by the side of the Herbal Tea Shop. Most of the antiques in the Shop were donated by our staff. Reminiscence work is conducted by ward nurses to OAP in-patients individually or in groups of 3 to 8 with regular sessions per week. As the Shop forms an integral and functional part of the wards, thus patients' accessibility and utilization are enhanced.



The Herbal Tea Shop also offers a good venue to organize special reminiscence events such as: The Shop Grand Opening; New Year Festive Celebration and Mid-Autumn Lanterns Appreciation. Clients' family members, community partners and volunteers were invited to join.

Many older people fall into the at-risk group for depression. Depressed clients in acute psychogeriatric ward are presented with low mood, low self-esteem and social withdrawal. From the author's experience, most of the depressed clients could benefit from the reminiscence work in this simulated environment - Herbal Tea Shop. The elderly shared their happy memories spontaneously. Their depressed mood improved and self-esteem increased after sessions of reminiscence. Ward nurses help clients to draw on evidences of past successful coping so as to meet present and future challenges.

For people suffering from dementia, their remote memories are well preserved until the late stage of disease. Demented clients' communication increased and socially acceptable behaviors are enhanced with reminiscence work. Demented clients are usually able to perform very well that exceed health care worker's expectation throughout the reminiscence work.

Reminiscence therapy is widely used for psychogeriatric clients with therapeutic value. According to Gibson (2011), reminiscence is a search for meaning - a search for understanding our past. Older people have more limitations in the end stage of their lives. However, they can raise their level of control through travelling freely into their past and can act as our life teachers during the reminiscence sessions. Reminiscence therapy provides older people with a sense of fulfillment and comfort as they look back at their lives. It is crucial for the health care workers to value their clients' past competences and early achievements. Thus, the self-esteem and self-image of our psychogeriatric clients will be re-built. By establishing the Herbal Tea Shop and practicing reminiscence, care practices for OAP in-patients are enhanced. Patient's quality of life is enhanced through engaging them in meaningful activities. Apart from its therapeutic value, it is a simple way for health care workers to show their concern and care.

References

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COUNCIL NEWS

The HKPGA 15th Anniversary Scientific Symposium and Annual General Meeting were successfully held at the ballroom of Hyatt Regency Hotel on 9 Nov 2013 (Saturday). More than 120 guests and members joined the celebration and subsequent meeting together with Dr. Wing-man Ko, Prof. Edmond Chiu, and the Presidents of HKPGA. The opening speech delivered by Dr. Ko and the video review have been uploaded to the official website www.hkpga.org. Here is a selection of the photos:



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This year, HKPGA will co-organise a Spring Scientific Meeting with the Psychogeriatric team of Kwai Chung Hospital in the afternoon of Mar 28, 2014 (Friday). The meeting consists of a buffet lunch, presentations by our two Young Scientist Award winners, an Inter-disciplinary Forum and a ceremony held in honour of Dr. Edwin Yu who would retire from public service. Invitation has been sent to all members. Meanwhile, please mark your diary for the upcoming HKPGA activities below.

EVENTS CALENDAR

<i>Date</i>	<i>Activity</i>	<i>Venue</i>
Jun 27, 2014	HKPGA Mid-year Scientific Meeting	Block S Castle Peak Hospital
Oct 23-26, 2014	IPA International Meeting 2014 www.ipa-beijing2014.org/	BICC Beijing, China
Dec 6, 2014	HKPGA 16 th ASM cum AGM	Ballroom, Hyatt Regency Hotel, TST



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Dr. CL Lam (North District Hospital)

Dr. Connie Yan (Shatin Hospital)

Mr. KP Pang (Kowloon Hospital)

Ms. Winnie Lui (St. James' Settlement)