

MESSAGE FROM THE NEWSLETTER COMMITTEE

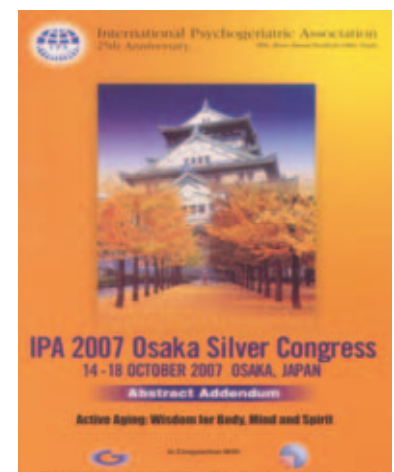
Welcome to the summer issue of the HKPGA Newsletter. The Committee has recast the official Newsletter of the HKPGA. We are indebted to our predecessors (Drs. WC Chan, WF Chan and Prof. Linda Lam) for their wisdoms and outstanding efforts in laying down the foundation of this publication.

Highlights of this issue include reports on two recent meetings of the International Psychogeriatric Association. We are also honored to have two experts from Taiwan (Drs YJ Yang and JP Hwang) to share with us on the Taiwanese Society of Geriatric Psychiatry. Finally please note that this newsletter is open to all HKPGA members; you are cordially welcomed to **send in your writing to us** at info@hkpga.org and to share your knowledge and experience with other members in the field.

Report on the International Psychogeriatric Association Osaka Silver Congress 2007

Dr. CL LAM

Despite the advancements in communication technology such as teleconferencing and live web-casting, it seems that nothing can replace the experience of meeting people face-to-face. I had the opportunity to attend the IPA 2007 Osaka Silver Congress in Japan from October 14 to 18, 2007. The IPA Congresses have played an irreplaceable role in facilitating the exchange of knowledge, debates and the development of new ideas in the field of psychogeriatrics. Like all the previous IPA meetings, the Osaka Congress endeavored to be fully multidisciplinary in both its conceptions and contents. More than 2,000 scientists, physicians, nurses, and other healthcare professionals assembled to share the latest knowledge and research in the field. In addition, many promising young researchers, clinicians and educators were there to present their new data and ideas. The theme of the Silver Congress was: **Active Aging: Wisdom for Body, Mind and Spirit** that represented important areas in psychogeriatrics and bridged across many cultures and borders.



The Congress was held at the Osaka International Convention Centre, next to the Rihga Royal Hotel. During the week, the 26th Annual Meeting of the Japanese Society for Dementia Research and the 22nd Annual Meeting of Japan Psychogeriatric Society were also held in parallel. There were 8 plenary lectures, 33 concurrent symposia, 22 satellite symposia, 13 free communication, 565 posters and many interest groups and business meetings. The topic of the keynote speech was titled "*Psychogeriatrics... Past, Present, and Future Perspectives*"; it was presented by a group of senior leaders in the field: Carl Eisdorfer (United States), Kazuo Hasegawa (Japan), Ho Young Lee (South Korea), and Raymond Levy (United Kingdom). It was followed by a welcome reception at night in the Convention Centre. As it was the silver anniversary of the IPA, there were celebrations during this event, including a Japanese armor display, photography exhibition, and a series of public lectures which attracted many delegates. The Jubilee Gala dinner on October 16 was the climax during when we were served with delicious Japanese food and fine wine. I was deeply impressed by the children violin orchestra and the cultural art. Besides, I had the opportunities to meet many renowned scholars from all over the world.



It is impossible to remember all the presentations in the Osaka Congress but these were the highlights:

15 Oct 2007

- Sleep, Circadian Rhythm, Biological Clock
- Personality and Aging

16 Oct 2007

- Anxiety and Depression
- Ethno-cultural Community Psychiatry

17 Oct 2007

- Mechanism of Neurodegeneration
- Treatments for Dementia

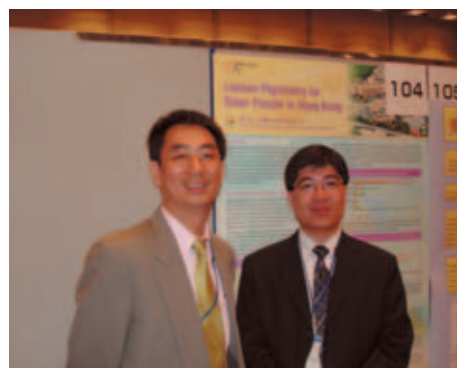
18 Oct 2007

- Genomics, Proteomics and Pharmacogenomics
- Vascular Cognitive Impairment

Also our colleagues have made a number of outstanding presentations in different symposia:

TOPIC	SPEAKER
Suicide in China -- focus on gender difference	<i>Helen F. K. Chiu</i>
When Confucius meets Kant---how should the East respond to Western ethics in the age of globalization	<i>Siu Wah Li</i>
Are subjective memory complaints (SMC) useful in screening for mild cognitive impairment (MCI) and predicting further cognitive deterioration in Chinese community?	<i>Linda C. W. Lam</i>
Effectiveness of daycare service for the demented people	<i>Timothy Kwok</i>
Overcoming excess disability in communication for residents with dementia in nursing homes	<i>Claudia K. Y. Lai</i>
Capacity to make treatment decisions in Chinese patients with mild and very mild dementia	<i>Victor Wing-cheong Lui</i>
Rehabilitation of persons with mild cognitive impairment	<i>David W.K. Man</i>
Identification of functional deficits for rehabilitation in dementia	<i>Peter W.C. Tam</i>
Clinical determinants for depression in elderly patients with chronic obstructive pulmonary disease	<i>Joshua Tsoh</i>

The recent advances in psychogeriatrics, especially in the areas of basic neurobiology, diagnostics, therapeutics, and service development and delivery have been spectacular. I was excited to experience the enthusiasms of the speakers and the audience during the Osaka Congress. Although there are still many areas for all of us to explore, I think the advances have already led to significant improvements on the health and quality of life of older people with mental health problems, as well as on those of their families and carers. The Osaka Congress was extremely successful in providing an environment in which clinicians, educators and researchers from more than 65 countries to meet and exchange their knowledge and network. I had learnt a lot in both formal and informal settings in the Osaka Congress. Besides, it was the first time for me to have a poster presentation on liaison psychiatry in older people in Hong Kong. It is truly a memorable meeting; I am looking forward to the next one.



IPA European Meeting in Dublin, Republic of Ireland

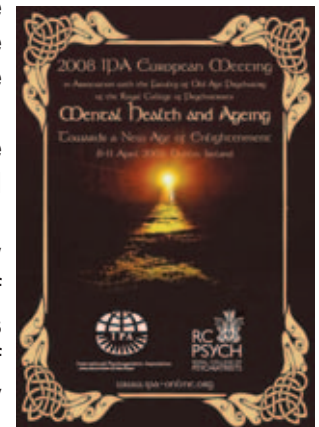
Apr 8-11, 2008

Dr Joshua Tsoh

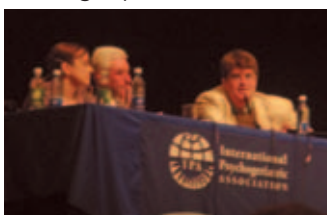


The captioned conference was one of the most popular regional meetings in the history of the International Psychogeriatric Association (IPA), held this time in conjunction with the Faculty of Old Age Psychiatry of the Royal College of Psychiatrists (RCPsych). On the land with a heavy legacy from Oscar Wilde and James Joyce and against a moody yet not turbulent weather the meeting opened in the Royal Dublin Society and attracted over 600 delegates from both the IPA and the RCPsych. The main theme was "Mental Health and Ageing – Towards a New Age of Enlightenment".

The first full-day program began with Prof Helen Chiu's impressive plenary lecture on suicidal behaviours in older people in China. Beginning with a report on the scale of the enormous public health burden (especially in the rural regions), the audience was particularly interested in the parts of the presentation covering potential explanations on the high female suicide rates, the difficulties fraught with suicide researches in China e.g. the high degree of complexity of the suicide statistics and record systems, fluidity of the migrant workers; the challenges to the policymakers, like the size of the health problem, the rapid ageing of the society and the low fertility ratio; and a discussion on the possible solutions. Prof Alistair Burns of Manchester's lively presentation described on the potential applications and caveats associated with the use of state-of-the-art tools employed in the assessment of health-related quality-of life through the different phases of dementia. Prof Jay Luxenberg, a renowned geriatrician from San Francisco highlighted how information technology might enhance service delivery in elderly with psychogeriatric conditions, especially among the users of residential care services. Prof David Ames from Melbourne discussed with and updated the audience on the progresses of the vast Australian Imaging Biomarkers & Lifestyle (AIBL) longitudinal study that sought to elucidate the risk and protective factors pertaining to cognitive decline and beckoned for international collaborative efforts.



On the next day the highlights included the presentation by Dr Rose Anne Kenny of Newcastle Upon Tyne on the factors associated with falls in the psychogeriatric population, with special focus on the current understanding of autonomic dysfunctions in the various forms of dementias; the popular multidisciplinary workshop on testamentary capacity and undue influences chaired by Dr Sanford Finkel from Chicago (there was a heated exchange between the speakers and the audience



on the evolving standards of testamentary capacity and the validity of methods aiming at retrospective review of such capacities); and Prof Kenneth Shulman from Toronto's plenary session on bipolar affective disorders in late life (the sizeable diagnostic gray zone existed in relation to the various degenerative disorders was described in detail, and the role of lithium in relation to the modern psychopharmacological arsenal revisited).

On the final day a debate on the motion "Old age psychiatrists should stick to dementia" in full English-style concluded the meeting; the arguments concerning the positioning of psychogeriatricians in this era of rapid neuroscientific developments were sobering.

I am grateful for the intellectually- and culturally-rich experience derived from this journey. And on behalf of the editorial committee of the HKPGA newsletter we would like to congratulate the IPA on the success of this very well-received meeting.

The Development and Future of Taiwanese Society of Geriatric Psychiatry



Dr. Yung-Jen Yang



Dr. Jen-Ping Hwang

By Drs. Yung-Jen Yang and Jen-Ping Hwang - Taiwanese Society of Geriatric Psychiatry

Taiwan is an island the size of the Netherlands with a population around 23 millions. Due to improvement in public health and economic progress, the percentage of old age population rose rapidly from 2.5% in 1947, 7.1% in 1993 to 9.7% in 2005. Also as a result of decreased birth rate, the aging index also increased amazingly in the past 10 years (from 28 in 1993 to 49 in 2004). As the society is aging, the age-related issues and problems have attracted more and more attention from the government and the public alike in Taiwan.

The impact of the aged population to the whole society in Taiwan has been enormous. From the public health point of view, efforts had been focused primarily on the physical types of medical problems. Despite the fact that the Taiwanese Society of Gerontology was established as early as in 1982, the goal of that Society did not fully cover geriatric mental health care of the aged persons. This apparent neglect was compounded by the stigma attached to psychiatry. On the other hand, although geriatric psychiatry was among the elective curricula in the training course for the board of psychiatrist in Taiwan, only a few of the core hospitals provided comprehensive geriatric psychiatric training.

The activities of geriatric psychiatry in Taiwan can be traced back to the early 1950s. Profs. Hsin-Nan Lin and Hsien Lin conducted epidemiological studies of mental disorders in the elderly in southern Taiwan and made the first explorations in the field of the geriatric psychiatry. In the following decades, there were some more epidemiological, psychopharmacological, and biological studies published in the journals by the local researchers. However, there was a lack of well-functioned organization to integrate the development of geriatric psychiatry, and there had been calls for the establishment of a specific geriatric psychiatric association since 1990s.

In 1998, the Taiwanese Society of Psychiatry, the mother organization of all psychiatrists (about 1,000 currently) in Taiwan, took the first step to respond to the urgent calls. A task force specialized in geriatric psychiatry was formed and led by Prof. Hsin-Nan Lin. In 2000, Prof. Jen-Ping Hwang took over and led the task force group, and held a number of large international conferences and continued medical educational programs; these jump-started the surge of related academic activities since 2000. With the splendid success of the CME activities, the task force laid a good foundation for the future and was then transformed into the Geriatric Psychiatric Academic Committee of Taiwanese Society of Psychiatry in 2001. Professor Jen-Ping Hwang became the first chairman of the committee and took the lead to start the tough mission for the blooming achievement.

With the aid of well-functioned organization and the dedication of all pioneers in the committee, seasonal academic meetings that were held in the second weekends of March, June, September, and December annually became the routine activities since 2002 ; with the aim to enhance the competence of the psychogeriatric professionals. The number of members of attendees to the meetings increased in the following 2 years, from about 30 pioneers to 120 members. As the academic activities became florid, the importance of geriatric mental health was also delivered through public lectures and the mass media.

To promote and standardize the quality and quantity of services for the older people, we have established the Taiwanese Society of Geriatric Psychiatry (TSGP) in November 2004. The Society was soon approved in March 2005 by the administrating government authorities and Prof. Jen-Ping Hwang has been the first president to this date. Under president Hwang's leadership, the activities of the geriatric psychiatrists became more active. Through cooperation with the National Health Research Institute in Taiwan, we had formed a taskforce for setting up treatment guidelines for the clinical practice of geriatric psychiatry through evidence-based approaches. Three committees under the TSGP were formed, which concerned expansion of the society's membership, continued medical education program to enhance the competence in psychogeriatrics, and integration as well as interaction with the available resources in Taiwan and all over the world.

Since 2005, seasonal academic meetings held in collaboration with the Taiwan Neurological Society, Gerontological Society of Taiwan, local clinical psychologists and dementia support groups took place. Contents of the meetings were well designed and the quality was also strictly monitored. Good reputation and response to TSGP have resulted in a significant increase of the members, from 166 in March 2005 to 233 by August 2006. In addition, TSGP is also actively involved in the international affairs and organizations. TSGP has been affiliated with International Psychogeriatric Association (IPA) since 2006, and has actively interacted with international geriatric psychiatric scholars. Since 2005, we had been participating in IPA annual regional meetings, IPA Congress meeting, IPA Asia-Pacific Initiatives, other IPA affairs and dedicated to the quality of life issues of dementia with other leading scholars.

As a whole, the Asia-Pacific region is the most rapidly aging area in the world. Obviously in the near future, all of us will face the challenges that arise from aging of the population in the biological, psychological, social and even spiritual realms. Despite the current minute achievements, TSGP is still in its infancy period and it has a long way to go. We hope that TSGP can develop prosperously so as to make contribution to the development of geriatric psychiatry and the elderly people in this region.

COUNCIL NEWS

Mrs. Eliza Leung (representative from the social work/service sector) resigned due to personal reason in March 2008. Under the HKPGA By-law, the Council elected Ms. Ng Shun Shun, Violet, superintendent of the Salvation Army Bradbury Home of Loving Kindness to fill the vacancy until our next AGM.

The Composition of the HKPGA Council (2007-2009) is as follows:

President	Dr. Siu Wah LI
Vice-President	Ms. Anita Y.M. WONG
Honorary Secretary	Dr. Chi Leung LAM
Honorary Treasurer	Mr. David M.C. LAI
Immediate Past President	Dr. Wah Fat CHAN
Council Member (Clinical Psychology)	Ms. Ernie P.W. MA
Council Member (Medical)	Dr. Gabriel K.K. YU
Council Member (Nursing)	Mr. Kit Pui PANG
Council Member (Occupational Therapy)	Ms. Daphne S.T. LAW
Council Member (Physiotherapy)	Mrs. Eleanor Y. Wong CHAN
Council Member (Social Work / Service)	Ms. Violet S.S. NG
Council Member (Voluntary Sector / Other)	Dr. Joshua M.Y. TSOH
Co-opted Council Member (Professional Training)	Prof. Helen F.K. CHIU

Following the appeal from our President, the Council decided to set up a charity initiative titled "China Mental Health Fund" in order to provide on-going support for the mental health needs in Sichuan and the rest of the People's Republic of China. Both members and non-members are encouraged to offer donations; you could send them in as crossed bank cheques payable to "Hong Kong Psychogeriatric Association Limited" (please note **China Mental Health Fund** on the back of the cheque) via Mr. David Lai, our Honorary Treasurer : *Ward E401, Block E, Castle Peak Hospital, Tuen Mun*. Official receipts would be issued; the donation would be exempted from tax. Thank you in advance for your generous support.

2008 HKPGA RESEARCH AWARDS

THE AWARDS

The **Hong Kong Psychogeriatric Association (HKPGA) Research Awards** were established to encourage and reward fine research projects in psychogeriatrics.

The **HKPGA Research Awards** will be given annually to the best-submitted projects that have attained a good scientific standard as decided by the selection board. **HK\$4,000** will be awarded to the best-submitted research paper. **HK\$2,000** will be awarded to the second-best submitted research paper.

The Awards are open to members of the HKPGA only. The submitted reports have to be either unpublished or have been published within one year dating back from the closing date of submission.

The prizes will be presented at the Annual Scientific Meeting of the HKPGA. Winners of the **HKPGA Research Awards** may be invited to present their findings at the following Annual Scientific Meeting. Abstracts of the winning projects will be published in the HKPGA Newsletter.

CALL FOR SUBMISSIONS

Submissions of research reports are now invited for the 2008 HKPGA Research Awards. Research reports should reach the HKPGA not later than **29th August 2008**.

REQUIREMENTS

- ▶ The report must be written in English with author-date citations of references in text. APA style (per Publication Manual of the American Psychological Association, 5th ed.) is preferred.
- ▶ References must include complete titles, all author names, and journal names spelled out in full. References to works written in another language must include both the original title and its English translation.
- ▶ An abstract of no more than 250 words must precede the text.
- ▶ The report must be prepared in Microsoft Word format, double line spaced and should have not more than 30 pages of text, plus literature citations, tables and figures. The latter should not exceed 12 pages.
- ▶ The title page should include the following information: title of paper, author name(s), degrees, and affiliations; complete mailing address and telephone, fax and e-mail for the corresponding author, and at the top, the phrase "**Submission for 2008 HKPGA Research Awards**".
- ▶ A page stating only the title of the report also must be included. This page, which is needed for the blind-review process, must immediately follow the complete title page.
- ▶ Only electronic copy of the report is required. Please submit the report to the **Selection Board of HKPGA Research Awards** via info@hkpga.com on or before **29th August 2008**. For any problems, please contact Dr. C.L. Lam at 2456 7111.

EVENTS CALENDAR

Jul 11, 2008

HKPGA's Mid-year Scientific Meeting
(Local speakers: Mr. Tony Wong, Dr. MK Wong,
Dr. CL Lam & Ms. Angela Kwok)

Lecture Theatre
Block S
Castle Peak Hospital
Tuen Mun

Nov 8, 2008

HKPGA's 10th AGM and Annual Scientific
Symposium
(Guest speaker: Prof. Tom Arie, UK)

Ballroom
Marco Polo (Hong Kong) Hotel
Tsim Sha Tsui

HKPGA membership application form is available for download at www.hkpga.org/download

Newsletter Committee Members:

Dr. CL Lam (Castle Peak Hospital)
Dr. Joshua Tsoh (Shatin Hospital)
Ms. Ernie Ma (Heaven of Hope Hospital)

This issue of HKPGA Newsletter is sponsored by Lundbeck Hong Kong.

