

MESSAGE FROM THE NEWSLETTER COMMITTEE

Welcome to the October issue of the HKPGA Newsletter. In this issue, we are privileged to have one of our old friends and international advisors of HKPGA: Professor Tom Arie to share with us the older days of psychogeriatricians in United Kingdom "A Gathering of Oldies". (Professor Arie will complete the story at our Annual Scientific Symposium). It is followed by the report for the 11th Asia-Pacific Regional Conference of Alzheimer's Disease International in Taipei, contributed by Ms. Natalie Lai. We also have a brief introduction on the Hong Kong Community Occupational Therapy homepage. Last but not the least, you must not miss the highlight from Mr. Tony Wong and the photo gallery of our HKPGA Mid-year Scientific Meeting in Castle Peak Hospital.

The Committee sincerely thanks all the contributors to this issue of the Newsletter for their excellent efforts. Please do not hesitate to **send your written contributions to us** at info@hkpga.org and share your knowledge and experience with other members in the field.

A GATHERING OF OLDIES

Professor Tom Arie - Professor Emeritus of Health Care of the Elderly, Nottingham University

In May there took place in Glasgow a unique reunion of the earliest UK psychogeriatricians. I will be speaking about this in November in Hong Kong, Meanwhile, by request, here is a short trailer!

Some colleagues will be aware of the series of 'Witness Seminars' organised by the Wellcome Trust ('Wellcome Witnesses to Twentieth Century Medicine')*. The Glasgow seminar, modelled on the Wellcome series, was supported by the Guthrie Trust, and its proceedings will in due course be published.

The seminar was jointly convened by Malcolm Nicolson, medical historian, of Glasgow University and by Claire Hilton, of Northwick Park Hospital, London. Claire is both a psychogeriatrician and a medical historian. The rest of us included a rare collection of aged psychogeriatricians, some of whom had not seen each other for decades. A happy and long overdue reunion.



These were 'founding fathers' of psychogeriatrics in the UK (the earliest were men, though impressive women joined our specialty, and not least in Hong Kong). Each described his early experiences, and told something of the background from which he came and described the pathway that led him into our (then still almost unheard of) field. They came from varied backgrounds, several having had epidemiological or 'health care' interests. Most said that they had been influenced by a particular stimulating 'mentor'. They surprised many of their friends by choosing to work in the doubly 'unposh' fields of psychiatry and old age, and often received commiserations rather than congratulations on their new jobs. Most started their units in very large mental hospitals, which was where the bulk of psychiatry was then still based. (General Hospital psychiatric units were still, with very few exceptions, something for the future.)

Among the psychogeriatricians gathered in Glasgow was an eminent geriatrician, Professor Jimmy Williamson, formerly professor of geriatric medicine at Edinburgh University. Other geriatricians had been invited too, but were not able to come (geriatrics being the older specialty, the geriatricians of those days are now generally even older than the early psychogeriatricians).

Speakers recalled how supportive the older specialty of geriatrics had been to the psychogeriatricians. Indeed, my own chair, created in 1977, was not a chair of psychogeriatrics, but of 'Health Care of the Elderly', a novel title, and it was expected that it would be filled by a geriatrician. The fact that a psychogeriatrician was appointed, with the support and approval of the two geriatrician professors who were the external members of the appointing committee, and of other leading figures in geriatrics was typical of the close and happy relations which we generally enjoyed with our older sister specialty. The Nottingham department became a joint department of geriatric physicians and old age psychiatrists, along with the other key professions in the field of old age.

Much has changed since then, but the crucial spirit of our work has remained – devotion to old people, minimising of disability, collaborating with primary care, taking services to people's homes, and wherever possible endeavouring to continue to offer care at home, and where that is impossible, to offer effective treatment in hospital; and where long stay care is needed, to see that it is decent, humane and respectful. And, as in the beginning, to recognise that teamwork is our secret weapon.

Another thing that hasn't changed is the capacity of psychogeriatricians for fun. There was plenty of that in Glasgow, both in the reminiscences, and in the to and fro ribbing and teasing. In that, as in most other things, we don't change as we grow old!

* http://www.ucl.ac.uk/histmed/publications/wellcome_witnesses_c20th_med

11TH ASIA-PACIFIC REGIONAL CONFERENCE OF ALZHEIMER'S DISEASE INTERNATIONAL JUNE 13-15, 2008, TAIPEI, TAIWAN

Miss Natalie Lai, Occupational Therapist, Castle Peak Hospital

The captioned conference had been successfully completed in Taiwan from June 13 to 15, 2008 and I had the treasured opportunity to attend and share the practice with 650 participants from 18 countries and places, including representatives from governments, clinicians, nurses, allied health professionals, researchers, caregivers and people with dementia. This conference was hosted by Taiwan Alzheimer's Disease Association (TADA) and Alzheimer's Disease International (ADI), in conjunction with 14 organizations such as Taiwan Medical Association, Taiwan Dementia Society and Taiwan Occupational Therapy Association. According to TADA, the scale of conference was the biggest with the largest number of participants among those ADI conferences held in Asia-Pacific region.



The main theme of the Conference was: **Dementia Care: Fight and Light**. The conference was held at the Howard Plaza Hotel Taipei. There were 3 keynote lectures, 2 luncheon symposia, 16 concurrent symposia with 54 oral presentations and 50 poster presentations. The opening ceremony began with the presentation by Mr. Lee Ming Been, Chairperson of organizing committee of TADA, and Ms. Orien Reid, Chairperson of ADI. The highlight of the ceremony was the singing of a choir formed by a group of elderly with mild dementia. All the participants, caregivers and people with dementia were impressed by their wonderful and sincere performance, which was seldom seen in other academic conference. The songs reminded us that dementia care not only concerns about medical knowledge but also concern about people – both the elderly and caregivers.



The topics of concurrent symposia were also comprehensive and extensive, which included Medical care (Prevention/Early Diagnosis), Dementia in Acute Care Setting, Dementia Community Care, Living with Memory Loss Program, Family Support Program, Voices of People with Dementia, Quality of Care, Non-Pharmacological Treatment and Ethical and Legal Issues etc.



The conference was truly a valuable opportunity for me to meet, share and discuss the knowledge and practice of dementia care with the experts and professionals from all over the world. Lastly, I must give my deepest thank to my supervisor, Ms. Cycbie Mok, and the organizing committees for providing the opportunity to my first oral presentation on efficacy of computerized cognitive training in people with early dementia during the conference. It was really an enjoyable, fruitful and memorable trip in Taipei.

Hong Kong Community Occupational Therapy (HKCOT) Homepage

*Miles Yeung,
HKCOT Webmaster*

INTRODUCTION

For a long time, occupational therapists have been known to the public of providing their interventions to clients with different functional difficulties within hospitals or rehabilitation centres. With a paradigm shift in health services over the past decade, more and more community occupational therapy (COT) services have been developed to provide further rehabilitation to clients who are discharged from hospital services. These community services cover a wide spectrum of clients with different functional needs. However, few of them have been well-publicized to potential service users, their carers and also the general public. It results in a poor awareness among clients of the community services available.

BACKGROUND

HKCOT (www.hkcot.org), or in full, - Hong Kong Community Occupational Therapy, was established by a group of occupational therapists who work in the community. It aims to provide an additional channel for our potential service users to know about our COT services so that they can get access to these services when they need so. It also aims to offer more detailed information about these services in order to help our clients to identify the services suiting their needs. With our local service users as target population, all materials in the website are presented in Chinese for better understanding. Video clips are also available in some sections of the website.

CONTENTS OF THE HKCOT WEBSITE

Main content of the website is divided into four sections, namely Service Scope (服務範圍), Service Organization (服務機構), Educational Resource (病類資訊) and Community Resource (社區資源). Each section covers different types of information related to our COT services.

Service Scope (服務範圍) - This section briefly describes about the scope of community occupational therapy, i.e. what we can provide to the potential service users. Topics include Activity of Daily Living assessment and training, community living skills training, environmental modification and adaptation, adaptive aids provision and training, caring technique and other related useful information.

Service Organization (服務機構) - This section provides information on organizations which offer COT and other general community services. Service coverage and referral methods of these organizations are also given.

Educational Resource (病類資訊) - This section is further divided into five categories according to common medical conditions including stroke, chronic obstructive pulmonary disease, Parkinson's disease, dementia and falls. Useful rehabilitation tips are illustrated in this section for clients and their carers. Besides, video clips of different functional techniques are made available for downloading for each of the disease group.

Community Resource (社區資源) - This section serves as a resource database of community services, not only COT services, and benefits that are essential for our clients. Information covered, include respite services, elderly financial benefits, disease-specific leisure activities to vocational training programs.

CONCLUSION

As a website developed with public educational and promotional purposes, our group is well aware of the importance to keep the site "alive". Any updates of current community service in different client groups are encouraged to be sent to us so that information presented in the site can always be the most up-to-date one. You are also welcome to join our mailing list. Any enquiries about the site can be sent to webmaster@hkcot.org.

Gallery of the HKPGA Mid-year Scientific Meeting 2008



RECENT ADVANCES IN PSYCHOTHERAPY FOR DEPRESSION IN ELDERLY

Tony Wong, Clinical Psychologist, Shatin hospital



Depression in the elderly (also known as late-life depression) is a costly disease and pharmacotherapy and psychotherapy have been established as treatments of choice. Among various psychotherapies for depression in the elderly, cognitive-behavioral therapy (CBT) is the most researched and unequivocal in efficacy, with its effect size being estimated at 0.78-1.22 (Pinqart, Duberstein & Lyness, 2006). As clinical experience accumulates, modifications of CBT with depressed elderly are developed, which include catering to the socio-cultural and cohort contexts of elders and noting the gender role and intergenerational linkage characteristics.

The talk also discusses newer psychotherapy approaches to depression in the elderly. Mindfulness-based cognitive therapy is introduced as a variation to CBT with depressed elderly. By fostering mindful awareness to one's breath, body sensations and thoughts, depressogenic thoughts are apt to be fetched early and prevented from developing into depressive relapse. Positive psychology, while not yet a clinical approach to depression in the elderly, is noted as a welcome addition. Anecdotal experience shows that some of its elements, e.g. resilience, legacy and gratitude, might help some elders better combat their depression. Finally, life review therapy is seen in the light of helping depressed elders reduce overgeneral autobiographical memory by encouraging specific recall, often positive in valence, of one's life events.

COUNCIL NEWS

The HKPGA Mid-year Scientific Meeting was successfully held at Block S of CPH on July 11, 2008. There were 144 participants and most of them were nurses from residential homes for the elderly. Mr. Tony WONG from Shatin Hospital, Dr. M.K. WONG from United Christian Hospital, Dr. C.L. LAM and Ms. Angela KWOK from Castle Peak Hospital shared with the participants on "Recent Advances in Psychotherapy for Depression in Elderly", "Comparing Referrals to an Elderly Suicide Prevention Program in Hong Kong" and "Assessment and Management of Challenging Behaviours in Nursing Home Residents with Dementia" respectively. The meeting was chaired by Dr. Vivian LEUNG, Dr. T.K. POON and Ms. Anita WONG. Donation for the China Mental Health Fund was HK\$ 4920 on that day. Members commented that the program was very helpful for frontline workers as it covered practical issues in elderly care. The lecture notes will soon be available for download at www.hkpga.org.

The HKPGA 10th Annual General Meeting cum Annual Scientific Symposium will be held at *Centenary Room, G/F, Marco Polo (Hongkong) Hotel*, Harbour City, Kowloon on November 8, 2008 (Saturday) from 9:15 am to 1:00 pm. We are honoured to have a number of renowned speakers for the meeting. Please visit the HKPGA website for registration and the program rundown is as follows:

TENTH ANNIVERSARY ANNUAL GENERAL MEETING AND ANNUAL SCIENTIFIC SYMPOSIUM

PROGRAM

09:15 – 09:45	Reception and Booth Display	
09:45 – 10:00	HKPGA 10 th Anniversary Ceremony	Dr. S.W. LI , <i>President, HKPGA</i>
10:00 – 10:15	<i>Opening Address:</i> <i>Local Policy on Dementia Care</i>	Dr. C.H. LEONG <i>Chairman, Elderly Commission</i>
10:15 – 10:40	Disaster Mental Health and HKPGA's Earthquake Response	Prof. Helen F.K. CHIU <i>Professor & Chairman, Department of Psychiatry, CUHK</i>
10:40 – 11:10	<i>Invited Presentation:</i> A Report of the Elderly Suicide Prevention Program in Hong Kong	Dr. Vivian P.Y. LEUNG <i>Senior Medical Officer, Department of Psychiatry, Shatin Hospital</i>
11:10 – 11:30	Coffee Break	
11:30 – 12:20	<i>Keynote Lecture:</i> <i>Psychogeriatrics—the Earliest days</i>	Prof. Tom ARIE <i>Professor Emeritus of Health Care of the Elderly, Nottingham University, United Kingdom</i>
12:20 – 13:00	Annual General Meeting and Presentation of the HKPGA Awards	
13:00 – 14:30	Chinese Luncheon	

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

Newsletter Committee :

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Ms. Ernie Ma (Haven of Hope Hospital)

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