



# Hong Kong Psychogeriatric Association Newsletter

香港老年精神科學會會訊

MAY 2011

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## MESSAGE FROM THE NEWSLETTER COMMITTEE

The May 2011 issue of the HKPGA Newsletter portrays two significant events of the HKPGA in the second half of 2010, viz the Forum on Dementia Care Policy by HKPGA and 24 co-organisers, and the 12<sup>th</sup> HKPGA Annual General Meeting and Annual Scientific Symposium 2010. We are pleased to include two abstracts from the First Chinese Psychogeriatric Tripartite Scientific Conference (Hong Kong, 2010) in this issue of the newsletter as well. For the JSPG Exchange Program, we also have the pleasure to have Drs Naoki Uchida and Leonides Canuet Delis, both delegates from Japan, to share their experiences during their participation of the HKPGA Annual Scientific Symposium 2010. Last but not the least, a number of important HKPGA events have been arranged for 2011; please visit [www.hkpga.org](http://www.hkpga.org) for more details and mark your diary accordingly.

## ABSTRACTS FROM THE FIRST CHINESE PSYCHOGERIATRIC TRIPARTITE SCIENTIFIC CONFERENCE PART II

### CURRENT STATUS OF PSYCHOGERIATRICS IN CHINA

*Huali Wang, Xin Yu*

*Peking University Institute of Mental Health, Beijing 100191, CHINA*

With population ageing in China, the associated mental health problems pose a great challenge to China. The estimated size of the population of those aged over 60 is nearly 160 million. There is a huge demand for mental health service among them. For example, it is estimated that there are around 6 million persons with dementia in China; they account for nearly 1/5 of all cases of dementia worldwide [1]. Furthermore, the prevalence of depression in the older population is approximately 1.78% [2]. However, the health and social service systems have not yet been ready to provide adequate support for needs arisen from population aging. Mental health service for the elderly should continue to be one of the priorities of the national mental health service system in China.

The first psychogeriatric ward was set up in Shanghai in 1982. Since then the specialty of geriatric psychiatry has gradually grown. Psychiatric hospitals in Beijing, Nanjing and Guangzhou adopted the proposal to initiate inpatient care for the elderly with mental disorders. According to a questionnaire-based survey in 2004, there was a great shortage of mental health resources and facilities available for the elderly among the various regions of China [3]. The estimate of beds for the elderly with mental disorders ranged from 0.06 to 2.2 per 10,000 elderly persons. Among the 136 facilities that responded to the survey, 66 had set up a department of geriatric psychiatry, and 27 intended to set up a department of geriatric psychiatry. Only a few had the capacity to provide inpatient and outpatient services simultaneously. Led by Prof. Xin Yu, a former member of IPA Board of Directors, the Psychogeriatric Interest Group of Chinese Society for Psychiatry (C-PIG) was formed in 2005 and became an affiliated organization of International Psychogeriatric Association (IPA) in 2006.

The International Training Certificate Program on Organizational and Clinical Practice of Mental Health of The Old Age (also named as Arie Course) jointly ran by the University of Melbourne and Beijing Medical University in 1998 and 1999 was the first milestone of comprehensive professional training programs on geriatric psychiatry. Upon the inception of the C-PIG, annual CME programs were also commenced to ensure continuous professional development of the personnels involved in mental health services for the elders. Since then, the program has enrolled more than 500 participants (including psychiatrists, neurologists, and geriatricians). Furthermore, a national Alzheimer's Disease Care and Research Network (ADCRN) led by the Peking University Institute of Mental Health was formed in 2009 and provided training on standard care for people with dementia. The ADCRN sites have been encouraged to adopt an integrative model for dementia care, which is characterized by clinical services that are jointly provided by a team of geriatric psychiatrist, neurologist, and radiologist; case management model (e.g., in the delivery of memory clinic and inpatient care); and a sustainable caregiver support system. It is anticipated that, with the infrastructure development in provincial hospitals and institutions around China, the national collaborations would be reinforced and the capacity in providing standard care for people with dementia would be expanded. In 2008, the first textbook *Geriatric Psychiatry* (editor: Xin Yu) was published following the publication of *Neurology & Psychiatry in the Old Age* (2005) and *the Practice Guideline of Dementia Care* (2007). These books, together with CME training materials, have become valuable resources for professional training on geriatric psychiatry.

On the other hand, training in geriatric psychiatry has not been included in the curriculum of national residency (Step I) training program on psychiatry. This is changing. In some hospitals, approximately 3-6-months' training on geriatric psychiatry has been proposed to be included in the advanced residency training program. The thriving discipline has faced other challenges, namely, the shortage of professional service providers, lack of disciplinary integrations among geriatrics, neurology and geriatric psychiatry, underdevelopment of community mental health services, uneven distribution of resources, and an absence of national mental health service strategy for the elderly. Therefore, C-PIG now strives to tackle these challenges by proposing a series of strategies and solutions, e.g., promoting curriculum development and sub-specialty training, enhancing multidisciplinary collaborations, promoting evidences-based mental health service delivery for the elderly through collaborative studies at the national, regional and international levels, strengthening of the community outreach programs, and mental health policy advocacy. It is optimistic that psychogeriatrics would have a rapid and successful development in the coming decade in China.

#### **References:**

- [1] Zhang ZX, Zahner GEP, Roman GC, et al. *Dementia subtypes in China: prevalence in Beijing, Chengdu, Shanghai, and Xian. Arch Neurol*, 2005, 62: 447-453.
- [2] Shen YC, eds. *Psychiatry. Beijing: People's Health Publishing House, 2001.*
- [3] Xue HB, Yu X, Xiao SF, Zhang MY. [Evaluation of present status of psychiatric services in elderly in China]. *J Clin Psychol Med* 2006;16(1):11-13.



# PSYCHOGERIATRIC SERVICES IN THE COMMUNITY IN TAIWAN

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<sup>3</sup>Taiwanese Society of Geriatric Psychiatry

## ABSTRACT

Despite the long history of development of psychiatric services in Taiwan, the establishment of psychogeriatrics as a specialty in Taiwan began only about a decade ago. And despite the lack of abundant support from the government, we value the efforts of the pioneers who dedicated themselves in the works towards development of the various prototypic models of psychogeriatric services in Taiwan and examination of their respective efficacy as well as feasibility.

Psychogeriatrics services have also been delivered in various settings, including In-patient Units, Day Centre, Community Care, Long-term residential care facilities, and even through Telemedicine technologies.

Among them, the services in the community are worthy of attention; with its integrative model, it has been demonstrated to be of superb sensitivity to detect and meet the particular needs of community-dwelling patients.

Recent studies have shown that most of the clients served (patients with mental disorders and their main caregivers) were female, and dementia patients formed the majority of clientele (75%) receiving the services. For dementia patients, most of the patients were at the moderate to severe stage (CDR:2 to CDR:3). Other studies in the past years shown that the psychogeriatric community services were effective in reducing depression of the patients with mild dementia, decreasing caregiver burden and in increasing wellbeings of persons with moderate to severe dementia, delaying or even preventing institutionalization of demented patients, reducing aggression of the demented patients, and rationalization of the prescription regimen of the patient concerned.

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## FEEDBACK FROM THE JAPANESE DELEGATES TO THE 12<sup>TH</sup> HKPGA ANNUAL GENERAL MEETING AND ANNUAL SCIENTIFIC SYMPOSIUM 2010

### FEEDBACK FROM

**PROF. NAOKI UCHIDA** - Lecturer

Department of Psychiatry, Faculty of medicine, Fukuoka University, Japan



It was my great pleasure to write about the wonderful experience I had at the Hong Kong Psychogeriatric Association (HKPGA) Annual Scientific Meeting cum Annual General Meeting.

First of all, I would like to thank Dr. Li Siu-wah and professor Helen Chiu. I was warmly touched by their kindness. I also would like to thank Dr. William Chui who introduced me the culture of Hong Kong.



The experience of the meeting was very useful not only the content but also the break time in which I could make conversation and exchange information with many participants. I learned about the renaming of "early psychosis" in Hong Kong and which is associated with the Japanese renaming of "schizophrenia". In fact, I am researching about the impact of renaming of "schizophrenia" in Japan.

Coming to a foreign country, I also appreciated the incredible culture of Hong Kong. It is an interesting mix of the olds and news.

Without all the support from Dr. Paulina Chow, I would not have the opportunity to attend this valued meeting. And last but not least, I would like to thank Dr. Wai Chi Chan for his efforts, hospitality, and friendship.

The experience I had at the HKPGA annual meeting is priceless. It was well-worth. With all sincerity, I say **多謝!**

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## FEEDBACK FROM



**DR. LEONIDES CANUET DELIS** - *Post-doctoral fellow*

*Department of Psychiatry, Osaka University Graduate School of Medicine*

It was a great honor to have the opportunity to attend the Annual Scientific Meeting of the Hong Kong Psychogeriatric Association (HKPGA) held on November, 2010. I was very excited about visiting Hong Kong for the first time and presenting my study on Depressive State in the Elderly with Epilepsy.

I was impressed by many things, including those buildings on the skyline on both sides of Victoria Harbor lighting up in a perfect synchrony at night, the delicious food all over the place, etc., but what impressed me the most was the generosity and hospitality of the people, especially the organizers of the meeting and the great job that HKPGA is doing with many young, nice and talented members. I felt very welcome from the very beginning of my stay as there was a lot of fun and delicious Chinese food in the welcome reception. I was able to have a Cuban salsa dance performance in the middle of the dinner and my colleague from Japan, Dr Naoki Uchida had the chance to show us his gift as a traditional Japanese enka singer. I also had the pleasure to meet the president of the HKPGA, Dr Li Siu-wah, the ex-president of the International Psychogeriatric Association, Prof. Helen Chiu, other prestigious members of the HKPGA like Dr. Paulina Chow, Ms. Anita Wong and Dr. Chan Wah-fat, and the special guest from the UK, Prof. Alistair Burns. The warm and relaxing atmosphere in the party made me certainly feel like at home.

The scientific meeting was very well organized, with interesting lectures and a very active discussion where we could interact with both experienced and young physicians and researchers in the psychogeriatric field and learn important aspects of the psychogeriatric service in Hong Kong. I would like to thank the organizers of the symposium for giving me the chance to present my study carried out at Osaka University under the supervision of Prof. Masatoshi Takeda, for their great hospitality, and especially to Dr. Paulina Chow, Dr. William Chui and Dr. Wai Chi Chan for taking the time to show me and my Japanese colleague the beauty and charm of the city in a nice 2-day tour. You all made this trip an amazing and unforgettable experience for me. Allow me to offer you my sincere congratulations on this successful scientific meeting, and hope we can see each other soon. Wish you all the best!



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# COUNCIL NEWS

Forum on Dementia Care Policy on 5 Nov 2010

**癡呆症政策論壇**  
**Forum on Dementia Care Policy**

**Date** 二零一零年十一月五日 (星期五)  
5 November 2010 (Friday)

**時間 Time** 上午八時半至下午一時  
8:30 am to 1:00 pm

**地點 Venue** 國際貿易中心 (九龍德輔道中1號3樓演講廳)  
Hong Kong Int'l Trade & Exhibition Centre  
(Auditorium, 3/F, 1 Trademart Drive, Kowloon Bay, Kowloon)

**報名費 Registration Fee** \$100  
(六十歲或以上長者及學生) \$50

**特別嘉賓 Guest Speakers**  
 Prof. Alistair BURNS  
 亞美琴教授 Prof. Helen CHIU  
 羅美碧君女士 Mrs. Teresa TSIEN  
 何永鏡先生 Mr. HO Wing Him

**對象 Target Audience:**  
專業人士、學者、政府官員、  
長者服務提供者、學生、探親者、  
市民、傳媒

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英文 English

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 Evangelical Lutheran Church Social Service - HK  
 Kaifong Ho Chi Christian Service  
 Helping Hand  
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 Hong Kong Chinese Women's Club  
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## HKPGA ANNUAL GENERAL MEETING AND ANNUAL SCIENTIFIC SYMPOSIUM ON 6 NOV 2010



### 2011 HKPGA Young Scientist Award:

Dr. Jess Leung, Resident Specialist, United Christian Hospital  
*Screening for cognitive impairment in acute geriatric wards*

Dr. Mimi Wong, Resident Specialist, Castle Peak Hospital  
*A quantitative and qualitative review  
of the Elderly Suicide Prevention Programme  
of a mental hospital in Hong Kong*



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# 2011 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\$2,000** will be awarded to the best-submitted research project. **HK\$1,000** will be awarded to the second best-submitted research project.
- 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 2011 HKPGA Research Awards. Research reports should reach the HKPGA not later than **26th August 2011**.

## 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 2011 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.org](mailto:info@hkpga.org) on or before **26th August 2011**.



## EVENTS CALENDAR

<i>Date</i>	<i>Activity</i>	<i>Venue and contact</i>
10 Jun 2011	HKPGA Mid-Year Scientific Meeting	Lecture Theatre 1, William MW Mong Block, HKU LKS Faculty of Medicine <a href="http://www.hkpga.org">http://www.hkpga.org</a>
26 Aug 2011	HKPGA Research Award 2011- closing date for submission	<a href="mailto:info@hkpga.org">info@hkpga.org</a>
6 to 9 Sep 2011	The 15th International Congress of International Psychogeriatric Association Conference	The Hague, The Netherlands <a href="http://www.hkpga.org">http://www.hkpga.org</a>
11 Nov 2011	Workshop on testamentary capacity	YMCA, Tsimshatsui <a href="http://www.hkpga.org">http://www.hkpga.org</a>
12 Nov 2011	The 13 <sup>th</sup> HKPGA Annual Scientific Symposium and Annual General Meeting	Marcopolo Hong Kong Hotel <a href="http://www.hkpga.org">http://www.hkpga.org</a>
24 to 26 Nov 2011	Eighth World Congress on Long Term Care in Chinese Communities and Asian Ageing Development Conference	Kowloonbay International Trade & Exhibition Centre, 1 Trademart Drive, Kowloon Bay, Kowloon, Hong Kong <a href="http://www.hkpga.org">http://www.hkpga.org</a>



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New friends who would like to join the association are welcome;  
please apply for membership through the same link.

### **Newsletter Committee :**

Dr. Paulina Chow (Castle Peak Hospital)

Dr. Joshua Tsoh (Shatin Hospital)

Ms. Ernie Ma (Kowloon Hospital)