

Hong Kong Primary Care Conference 2020

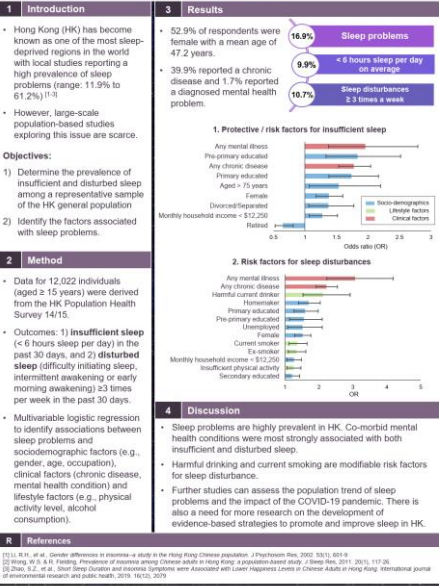
2020 Vision:

Health for All



Who reports insufficient sleep and sleep disturbances in Hong Kong? Results from a representative population-based health survey

Laura E. Bedford, Eric H.M. Tang, Weinan Dong, Carlos K.H. Wong, Emily T.Y. Tse, Esther Y.T. Yu, Cindy L.K. Lam



Cultural adaptation and pilot psychometric testing of the 'Person-Centered Primary Care Measure' (PCPCM) in a Chinese population

PI: Dr. Tse, Tsui Yee Emily

Co-Is: Professor Lam, Lo Kuen Cindy; Dr. Wong, King Ho Carlos; Dr. Chin, Weng Yee; Dr. Elz, Rebecca S; Professor Zyzanski, Stephen J; Professor Stange, Kurt

Presenter: Dr. Tse Tsui Yee Emily, Clinical Assistant Professor

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香港大學家庭醫學及基層醫療學系

COPING STRATEGIES ON STRESS AND EMOTIONAL DISTRESS AMONG HONG KONG YOUTHS

Presenter: Sikky, Shiqi Chen

FMPC at HKPCC 2020

The Department of Family Medicine and Primary Care had great presence and success at the Hong Kong Primary Care Conference 2020 on Sep 11-13, featuring:

- Prof. Cindy Lam as plenary speaker on “Promote Mental Health and Wellness at All Times”;
- **1** entry for Full Research Paper Competition;
- **4** Oral Presentations and;
- **5** Poster Presentations

Congratulations to our award winners...



Dr. Eric Wan for Best Research Paper Award

for the manuscript entitled “Is chronic kidney disease equally important as cardiovascular disease in 3 million adults? A 10-year retrospective study”



Dr. Emily Tse for Best Oral Presentation Award

for the presentation entitled “Cultural adaptation and pilot psychometric testing of the Person-Centered Primary Care Measure (PCPCM) in a Chinese population”



Ms. Kiki Liu for Outstanding Poster Presentation Award

for the presentation entitled “Adolescents follow the healthy dietary habits of parents”

Adolescents Follow the Healthy Dietary Habits of Parents

Kiki S.N. Liu^{1,2}, Ivan C.H. Au¹, Laura Bedford¹, Carlos K.H. Wong¹, Emily T.Y. Tse¹, Esther Y.T. Yu¹, Cindy L.K. Lam¹

INTRODUCTION

An unhealthy diet in adolescence predisposes to obesity and non-communicable diseases. Adolescents from underprivileged families may be more vulnerable due to difficulties in securing a healthy food environment.

Objective: To identify family factors associated with unhealthy diets of adolescents.

METHODS

Design: Cross-sectional questionnaire survey

Subjects: 240 adolescents aged 12 to 19 years and their parents

Measures: Dietary data collected by three questionnaires embedded in a health survey administered from 2016 February to 2017 April

Outcomes: Self-reported daily consumptions of the number of servings of 1) fruits and vegetable (FV) and 2) sugar-sweetened beverages (SSB) in adolescents

Results: Family factors: Household income, household size and parental education (daily consumption of FV and SSB, marital status, education, employment and health status)

Conclusions: Parents with older age and consumed less FV tended to be associated with lower consumption of FV in the adolescents (0.14, p=0.032 and 0.34, p=0.001, respectively). Compared to families with monthly household income between HK\$10,000 to HK\$19,999, those with higher income had significantly less intake of SSB among the adolescents (0.28, p=0.040).

Acknowledgement: This study was supported by a research fund awarded by the Terry Gooi Kim Foundation (Hong Kong, United Kingdom).

How are family doctors serving the Hong Kong community during the COVID-19 outbreak? - A survey of HKCFP members

Esther Y.T. Yu^{1,2}, Will L.H. Leung^{3,4}, Samuel Y.S. Wong^{5,6}, Kiki S.N. Liu¹, Eric Y.F. Wan^{1,2}

For the HKCFP Executive and Research Committees

Presenter: Dr. Esther Yu

Who is at high risk of DM and pre-DM?

Weinan Dong, Emily T.Y. Tse, Carlos K.H. Wong, Esther Y.T. Yu, Laura Bedford, Eric H.M. Tang, Cindy L.K. Lam

Reasons to Enrol and Adhere to Free Community-based Structured Physical Activity Programme – a qualitative exploration

Dr. Esther Y. T. Yu¹, Dr. Tony K. S. Sun¹, Ms. Kiki S. N. Liu¹, Ms. Cindy W. Y. Yim¹, Ms. Sikky S. Chen¹, Ms. Soki S. Y. Ho², Dr. Christopher Y. H. See³, Dr. Angela Y. M. Leung⁴

INTRODUCTION

Healthcare providers often advise patients to do more physical activities for its various health benefits, but what happen once they agree to join a programme?

RESULTS

34 attendees (46.7%) participated in the focus group interviews. 3 main themes emerged, including perceived benefits of the PA programme, interpersonal relationships, and programme design.

CONCLUSION

Our results demonstrated that perceived health benefits, engaging instructors and peer support facilitated enrolment and adherence to PA programme, while programme inefficiency contributed to non-adherence.

Who is at high risk of DM and pre-DM?

Weinan Dong, Emily T.Y. Tse, Carlos K.H. Wong, Esther Y.T. Yu, Laura Bedford, Eric H.M. Tang, Cindy L.K. Lam

Introduction

- Diabetes mellitus (DM) is common and serious but 50.1% of DM are undiagnosed.
- The HK Reference Framework recommends DM screening for people aged ≥ 45 years or having well-known risk factors such as obesity or gestational DM.
- Current screening recommendation does not consider life-style factors and may miss some high-risk groups.
- Clustering analysis that integrates lifestyle sociodemographic & anthropometric factors may identify specific high-risk groups.

Results

Among 1,857 subjects with a mean age of 40.7 years and 47.7% males, 15.1% had DM (n=70, 3.8%) and pre-DM (n=710, 11.3%) detected by blood tests.

The factors that were significantly associated with DM and pre-DM are shown in Figure 1.

Clustering analysis classified the subjects into 8 groups. Subjects within each group had similar characteristics but were distinguishable from those of other groups (Figure 2).

Group 4 had a very high prevalence of DM and pre-DM (29.2%), despite normal BP, waist circumference and BMI. They were mostly male with a mean age 40.5 years, less-educated, engaged in manual labour and lacking in vigorous recreational exercise.

Figure 1. Factors associated with the risk of DM & pre-DM

Figure 2. Characteristics of subjects in different groups

Conclusion

- Lack of sleep and lack of vigorous exercise were associated with increased risk of DM and pre-DM, which should be considered as screening inclusion criteria.
- Screening should be targeted at middle-aged males with low education levels and little vigorous exercise, even though they are not obese.

Acknowledgement

We would like to thank the Department of Health for approval of the data usage for this research study.

The validity, reliability, sensitivity and responsiveness of a modified patient enablement instrument (PEI-2) as a tool for serial measurements of health enablement

Magan H.Y. Yeung¹, Laura E. Bedford¹, Chi Ho Au¹, Emily T.Y. Tse, Wing Yee Yim, Esther Y.T. Yu, Carlos K.H. Wong, Cindy L.K. Lam

1 Introduction

- Patient enablement is a core tenet of patient-centered and holistic primary care.
- The Patient Enablement Instrument (PEI) is a transitional measure limited in its ability to measure changes over time.
- A modified version, PEI-2, has been developed to measure patient enablement at a given time point without comparison to a recalled baseline.
- Multivariable logistic regression was used to examine the associations between the risk factors and the outcome after adjustment.
- Clustering analysis was performed to classify the people into multiple groups.

2 Method

- PEI-2 was modified from the Chinese PEI to assess a prospective cohort study nested within a community support program (TFES) in Hong Kong.
- Construct validity = factor analysis.
- Convergent validity = Spearman's correlations with health-related quality of life (SF-12V2) & depressive symptoms (PHQ-9).
- Internal reliability = Cronbach's alpha (α).
- Test-retest reliability = intraclass correlation (ICC).
- Responsiveness = change in PEI-2 score between 12-months.
- Sensitivity = differences in change of PEI-2 score between TFES and control group.

3 Results

- PEI-2 demonstrated construct validity with all items loading on one factor.
- Convergent validity was confirmed by significant correlations with SF-12V2 Mental Component Summary and PHQ-9.
- Internal reliability was high (Cronbach's α = 0.908) and test-retest reliability for the total PEI-2 score moderate (ICC = 0.520, p = 0.006).
- Baseline (N = 53) Follow-up (N = 53)
- Significant improvements in PEI-2 scores among the TFES group suggested good responsiveness. The difference in change of PEI-2 scores between TFES and control was also significant, indicating good sensitivity.
- Further studies with larger samples, and self-administration of the PEI-2, should be conducted to establish its test-retest reliability and to differentiate intra and inter-rater variability.

4 Conclusion

Results support the validity, reliability, responsiveness and sensitivity of the PEI-2 in Chinese adults from the general population. The PEI-2 can measure changes in enablement, making it a promising tool for cohort and intervention studies.

5 References

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