

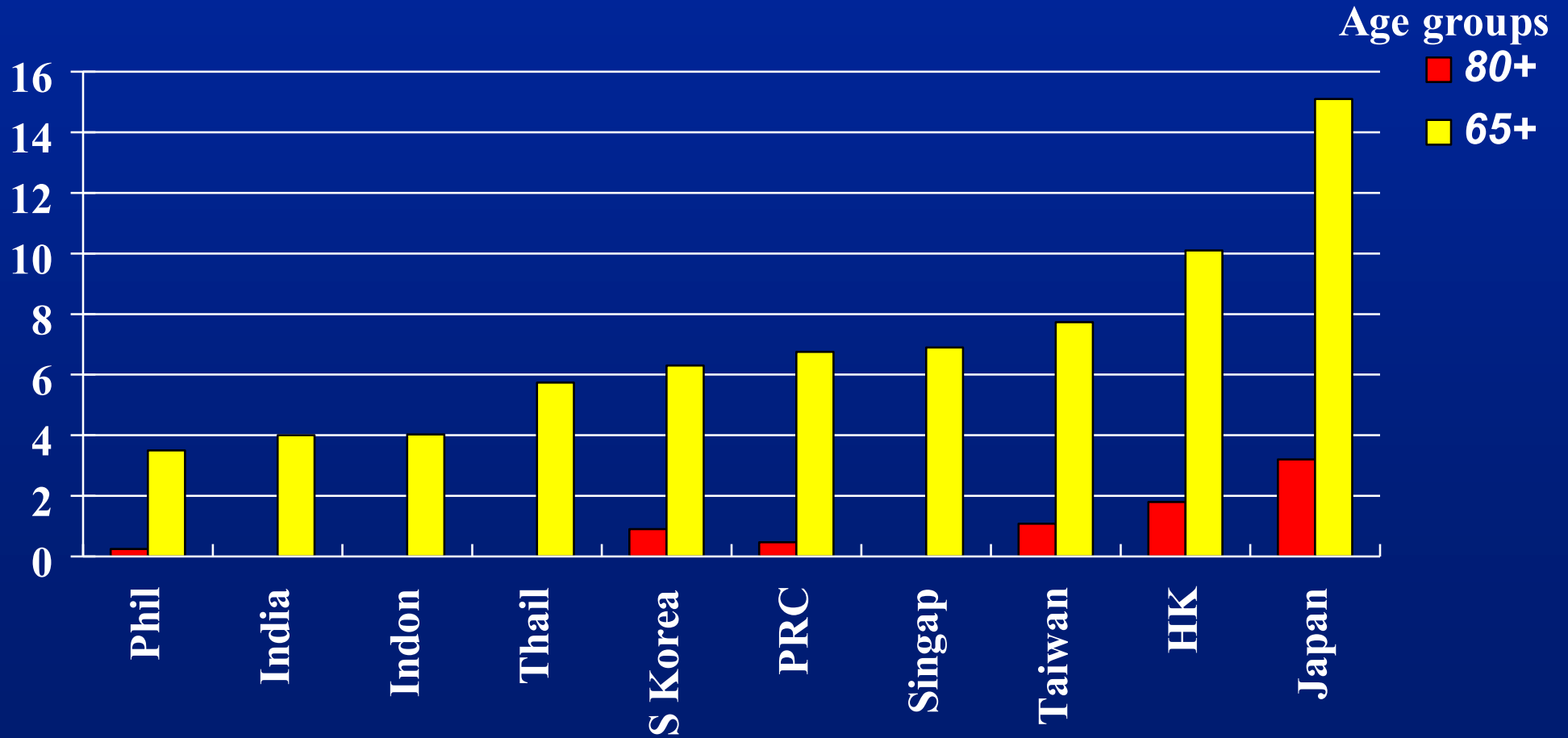
Geriatric Medicine in Hong Kong

Dr. Tak-Kwan Kong

**Geriatric Unit
Princess Margaret Hospital, Hong Kong**

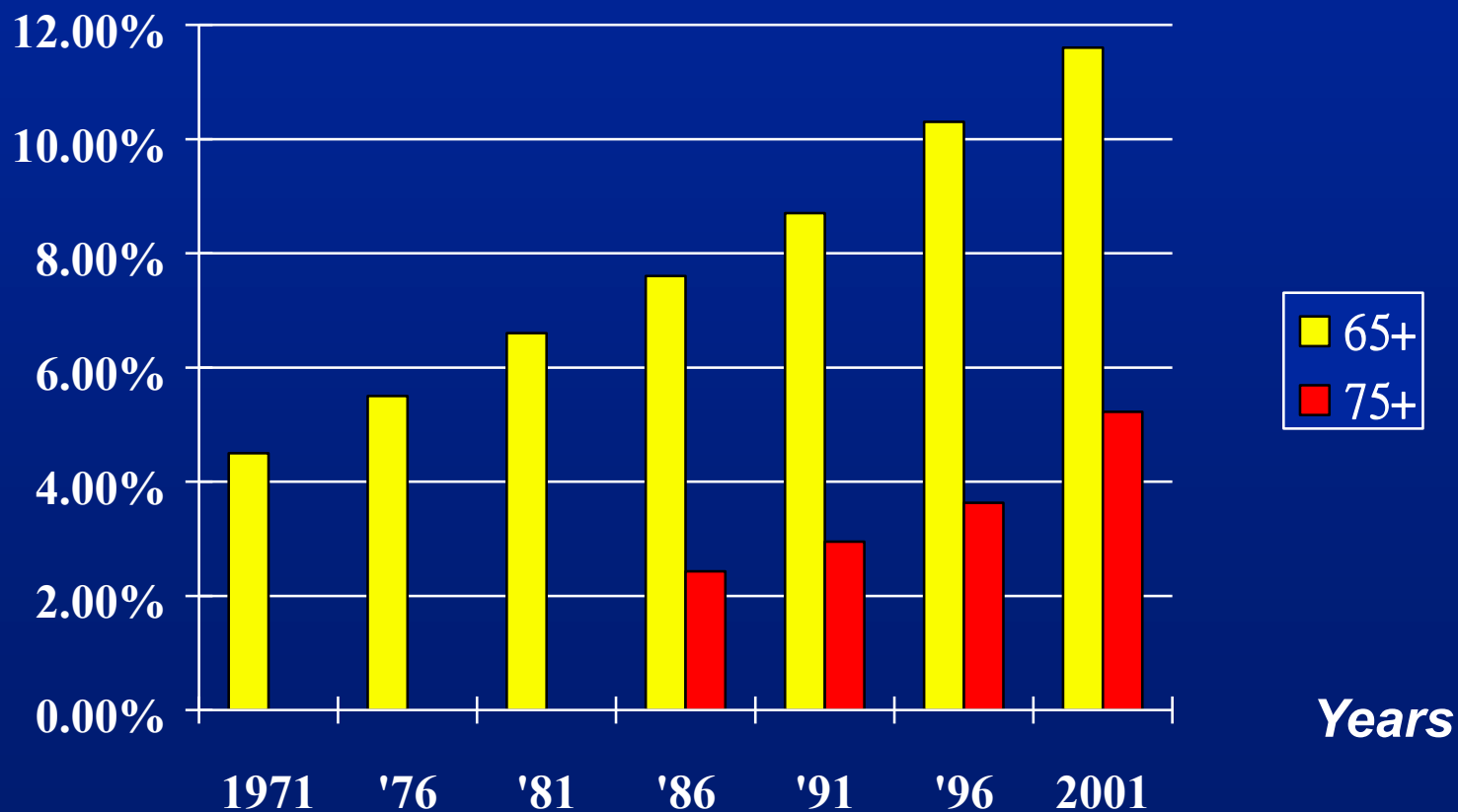
Demographics in Asia (1990's)

% of total population

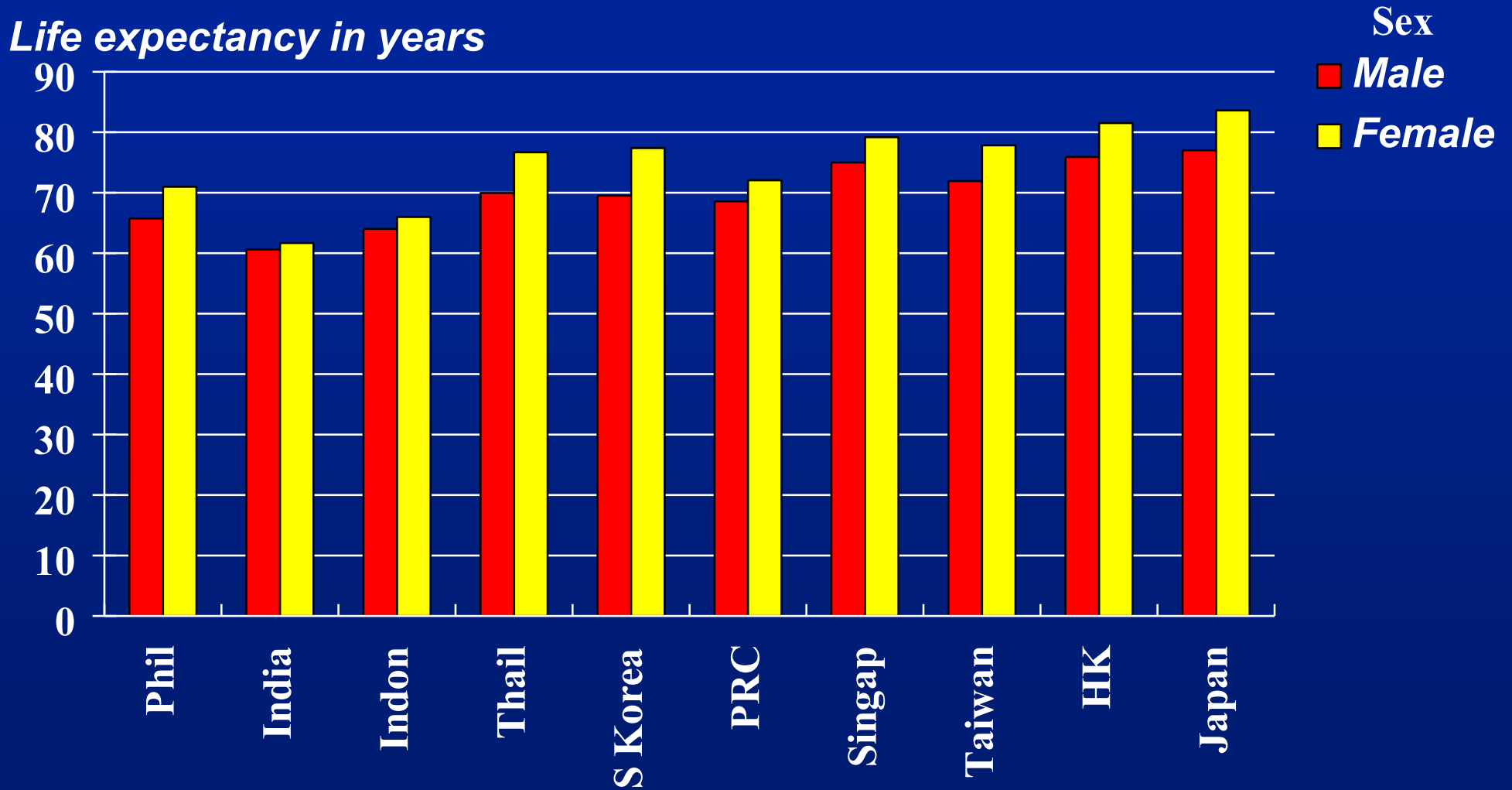


Percentage of Hong Kong Elderly Population (aged 65+ and 75+) 1971 - 2001

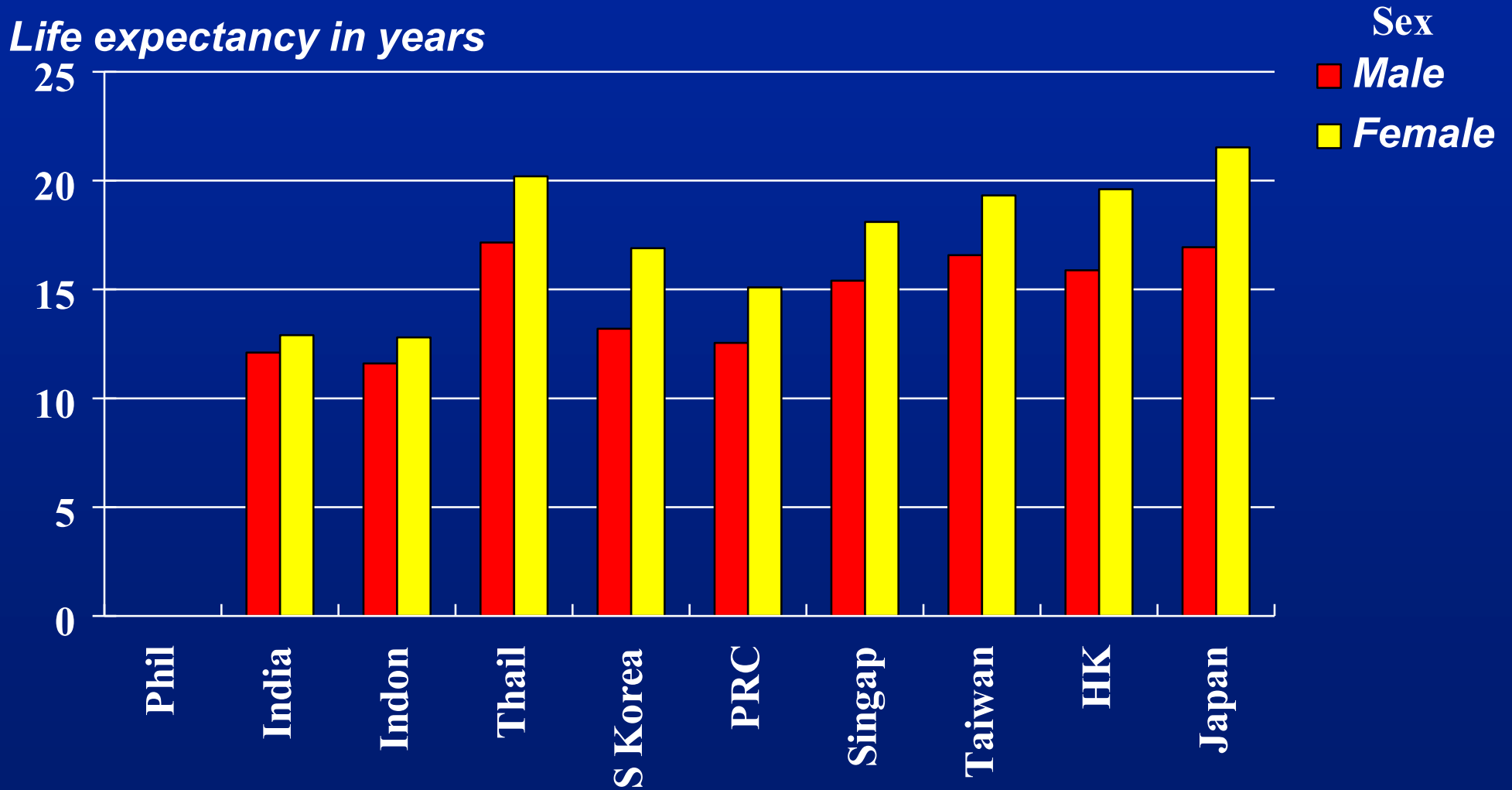
Percentage of total population



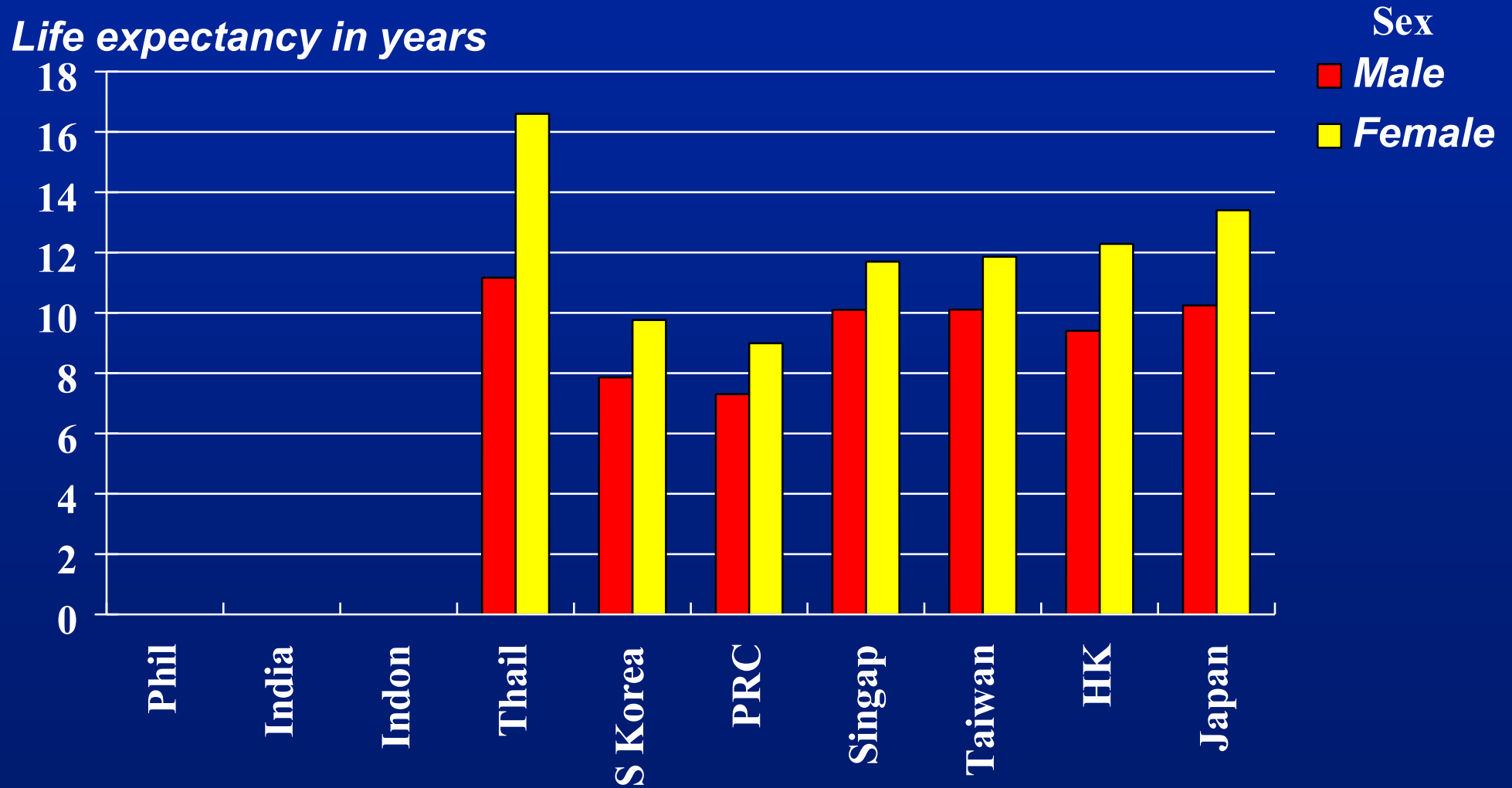
Life expectancy (at birth) in Asia (1990's)



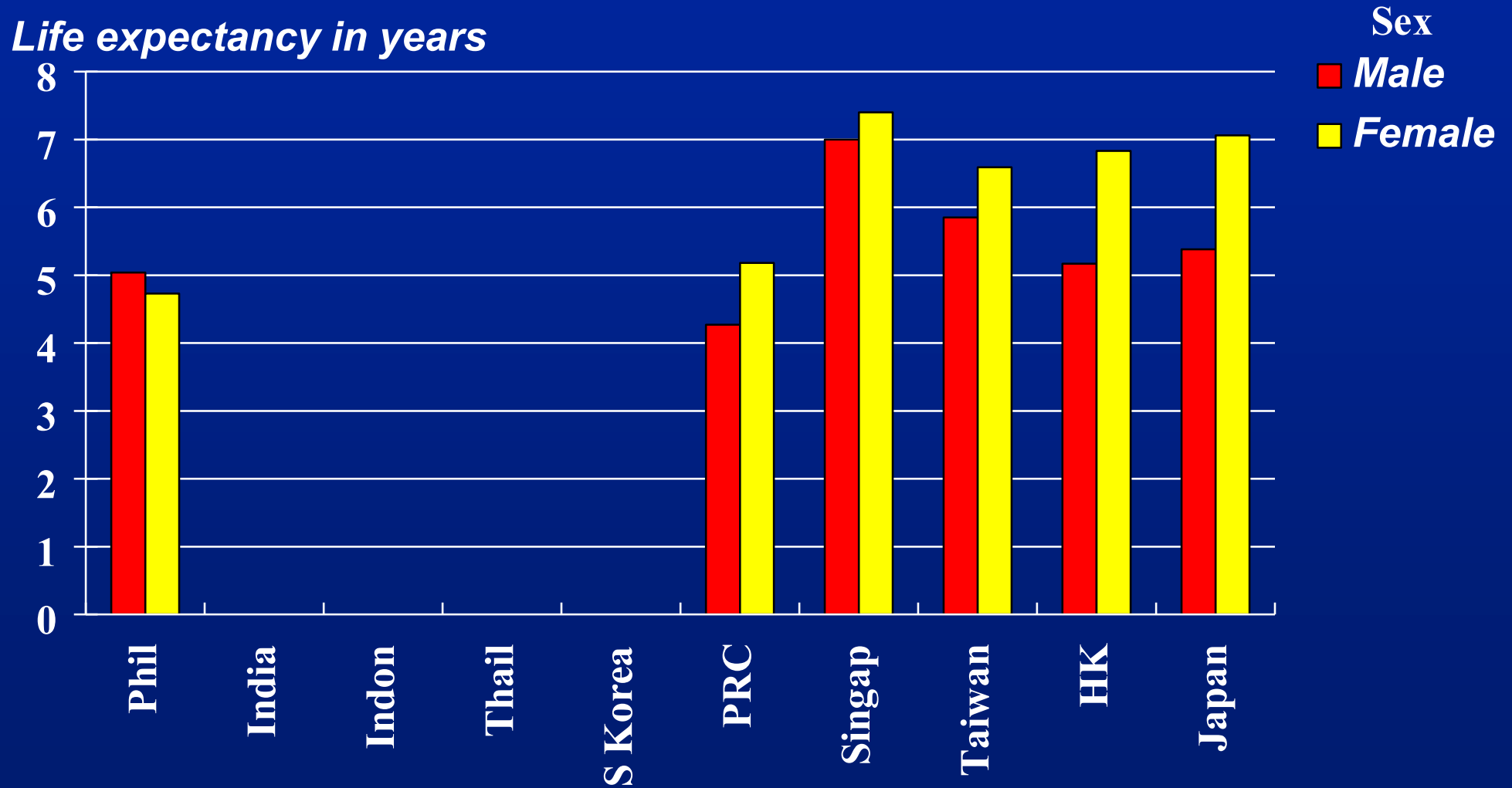
Life expectancy (at age 65) in Asia (1990's)



Life expectancy (at age 75) in Asia (1990's)



Life expectancy (at age 85) in Asia (1990's)



Development of Geriatric Medicine in Hong Kong

Pioneering Initiatives

- **1975** First consultant-led government Geriatric Unit
- **1979** Geriatric Medicine included in the undergraduate curriculum
- **1981** Clinical bedside teaching in Geriatrics
- **1981** Hong Kong Geriatrics Society founded
- **1985** First lecturer in Geriatric Medicine
- **1986** Hong Kong Association of Gerontology founded
- **1987** First issue of Hong Kong Journal of Gerontology
- **1990** First issue of Journal of Hong Kong Geriatrics Society
- **1994** First professor in Geriatric Medicine
- **1994** Hospital-based community geriatric assessment teams set up

Hong Kong Geriatrics Society

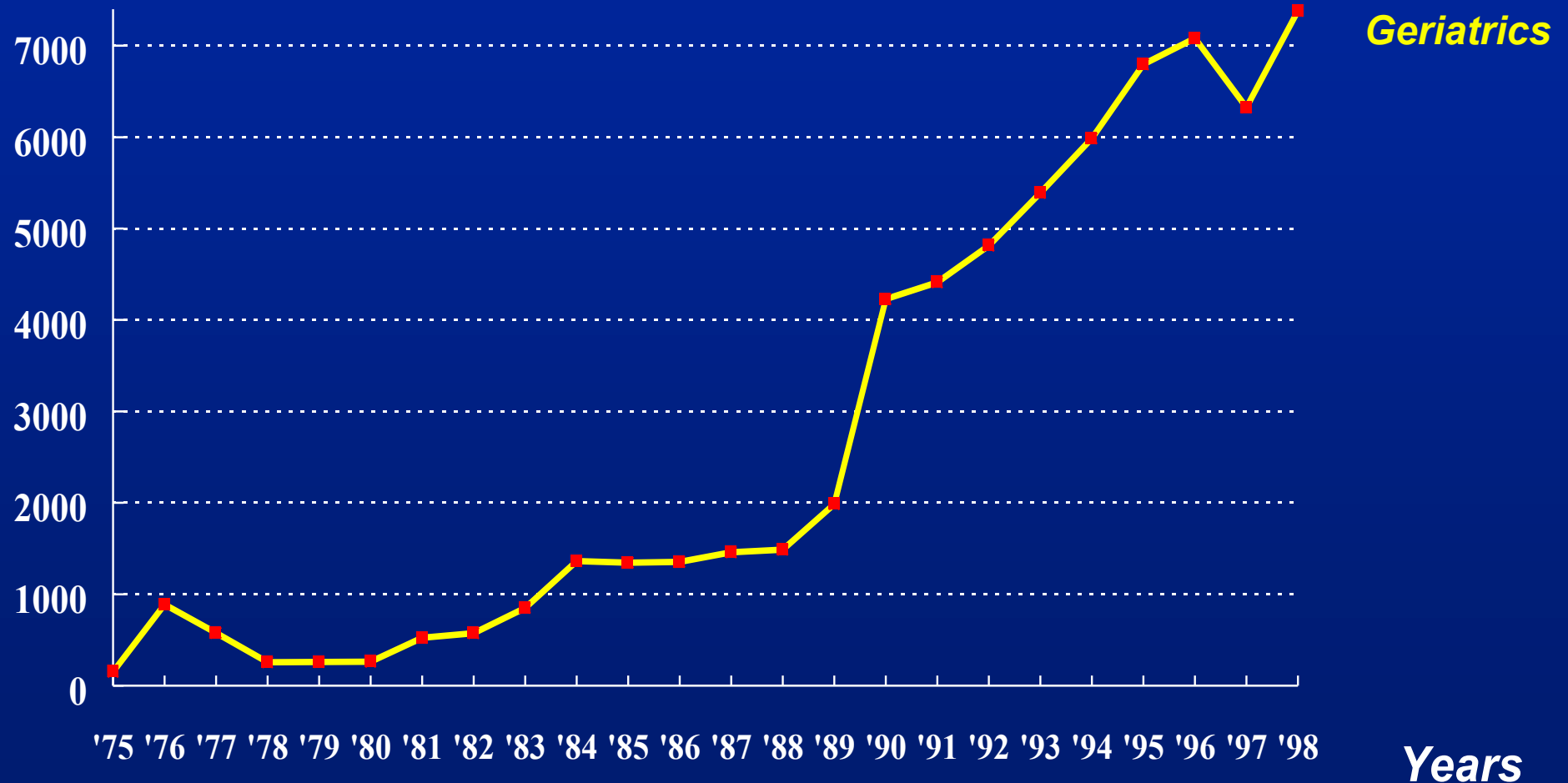
- **Founded in 1981 as a professional association in the field of geriatric medical care**
- **Object: to promote the advancement, training and research in geriatrics**
- **Membership: initially 20, now 134 members (93 regular & 41 associate)**
- **Regular members: accredited geriatrics specialists or higher specialty trainees in Geriatric Medicine**
- **Continuing medical education activities: inter-hospital geriatric meetings, scientific weeks, symposia, research paper presentations**
- **Publications: Journal of the Hong Kong Geriatrics Society (an international peer-reviewed journal), newsletters**

Geriatric Services

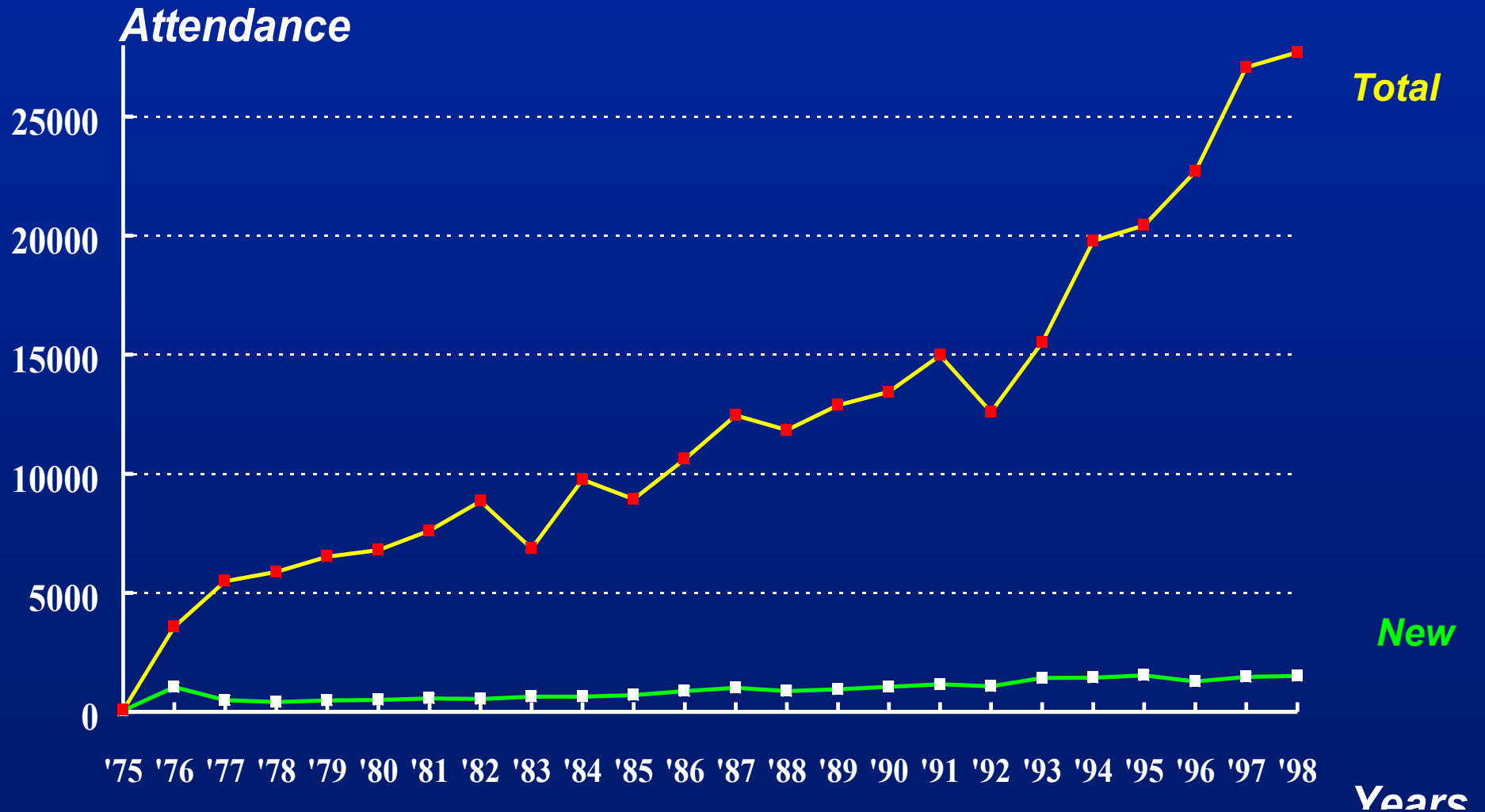
- **Acute assessment and care**
- **Rehabilitation**
- **Long-term care**
- **Geriatric out-patient clinic**
- **Special services/clinics:**
 - stroke unit, orthogeriatrics, psychogeriatrics
 - memory clinic, fall clinic, continence clinic, syncope clinic
 - diabetic clinic, stroke clinic, arthritis clinic, Parkinson's disease clinic
- **Geriatric day hospital**
- **Community geriatric services**

Hospital Admissions in Geriatric Unit of Princess Margaret Hospital 1975 - 1998

Admissions



Out-patient Attendance in Geriatric Unit of Princess Margaret Hospital 1975 - 1998



The biologically aged person

Normal ageing

Acute illness

Disability

*Adverse social factors
(poverty, isolation)*

*Pre-existing
chronic disability*



Expertise of Geriatricians

- Awareness of the different presentation, course and the management of illness in the biologically aged person
- The organisation of hospital-based services appropriate to such patients
- The co-ordination of health and social services

Post-graduate Training in Geriatric Medicine in Hong Kong

- **Overseas**

- UK, USA, Australia, New Zealand

- **Local**

- 3 years of basic physician training/
intermediate exam. (MRCP)

- 3 years of higher specialist training/ exit exam.

Geriatric Medicine in Hong Kong: Current Status (6/1999)

- **Mid-1997 population (6.5 million)**
 - 65+: 0.67 million (10.4% of total)
 - 75+: 0.25 million (3.8% of total)
- **58 specialists in Geriatric Medicine**
- **47 trainees in Geriatric Medicine**
- **20 consultants in Geriatric Medicine in public hospitals**
- **2 full-time academic posts (1 professor, 1 associate professor) in Geriatric Medicine**
- **11 acute & 10 extended care hospitals with geriatric services (out of 42 public hospitals)**

Major Challenges in Geriatric Medicine in Hong Kong

- Research
- Education
- Services

Major Challenges in Geriatric Medicine in Hong Kong: Research

- **Local & Regional (within Asia) research
to improve perception by peers
to build up a locally relevant
special knowledge base in
geriatric medicine to meet the
needs of our elderly people**

Major Challenges in Geriatric Medicine in Hong Kong: Education

- **Undergraduate**
 - competition for curricular time
 - limitation of organ/system-based approach
 - limitation of hospital-based teaching
- **Postgraduate**
 - career prospect
 - pressure of service work
- **Medical profession**
- **Public**
- **Policy makers**

Major Challenges in Geriatric Medicine in Hong Kong: Services

- **Long-term care**
- **Community geriatrics**
- **Primary health care for elderly people**
- **Territoriality with other specialties**
- **Collaboration and role-delineation among the different sectors and organizations to provide co-ordinated care for elderly people**
- **Financing health care**

Continuum of Residential Care for Elderly People

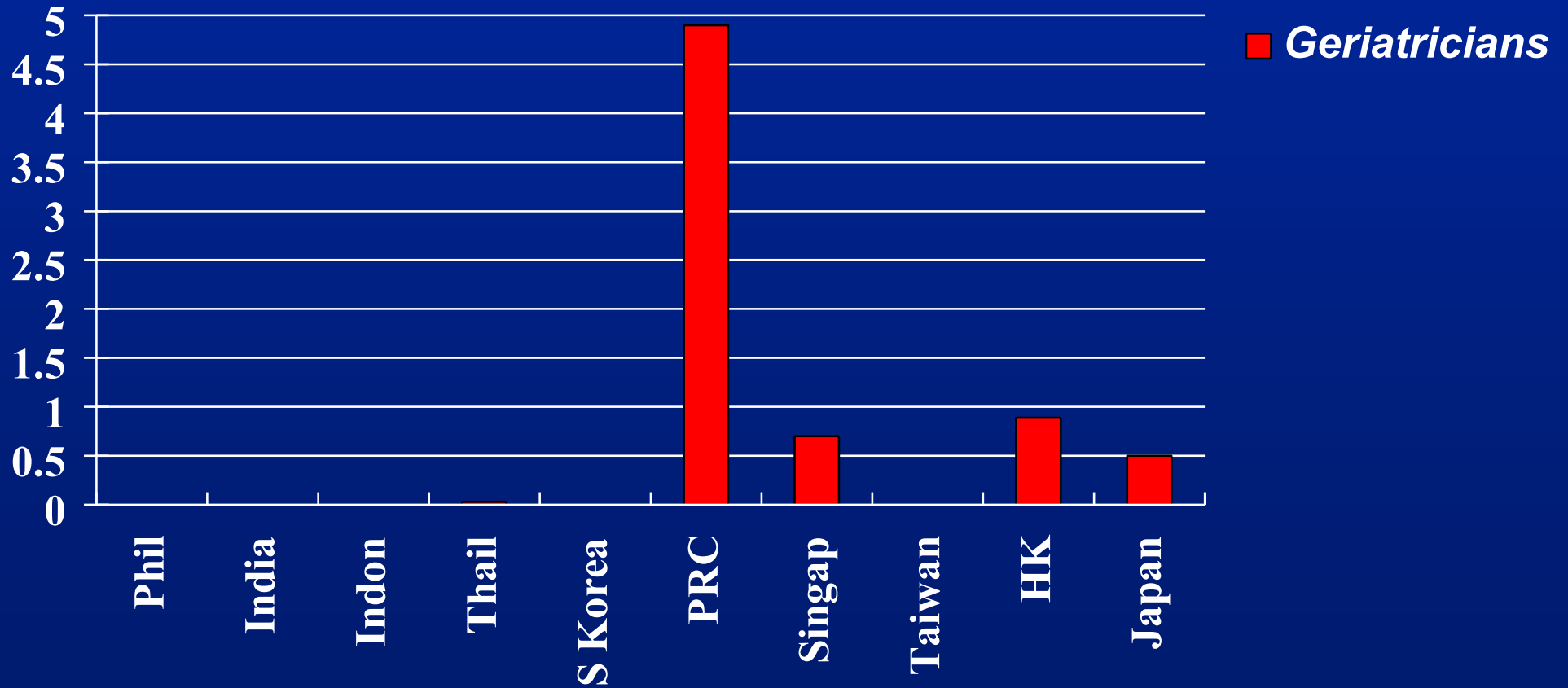


deterioration in health conditions



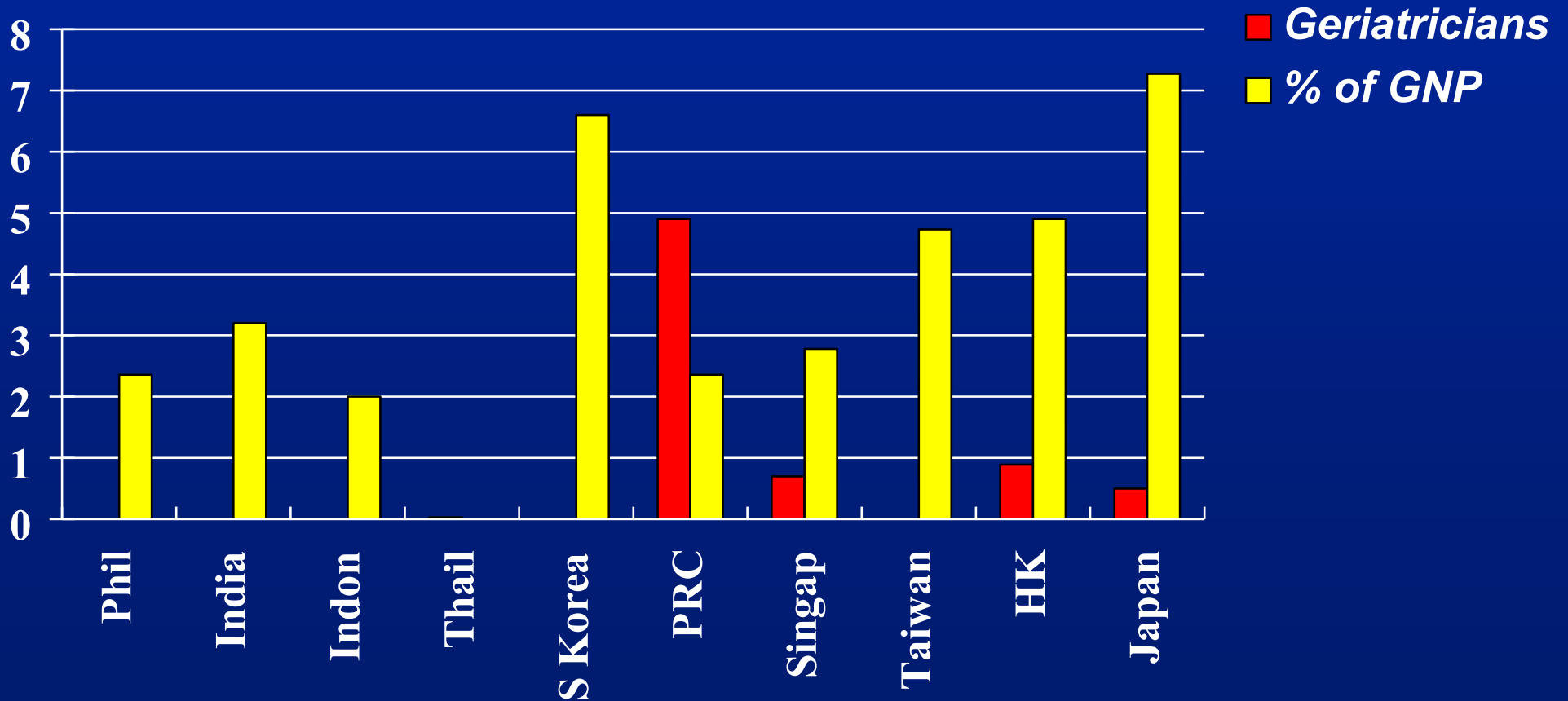
Geriatricians in Asia (1990s)

Geriatricians per 100,000 population ≥ 65



Geriatricians & Health Care Expenditure in Asia (1990s)

Geriatricians per 100,000 population ≥ 65



Nursing home and chronic hospital beds in Asia (1990s)

Beds per 100 population ≥ 65

