

The Hong Kong Geriatrics Society Newsletter



The Hong Kong Geriatrics Society

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Issue

Aug 2004

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Vice-President	: Dr. Chan Hon Wai	Members :	Dr. Ip Chiu Yin	Dr. Leung Man Fuk
Honorary Secretary	: Dr. Kong Ming Hei		Dr. Kwok Chi Yui	Dr. Mok Chun Keung
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Honorary Auditor : Mr. Eddy S B Wong				

Editorial

Welcome our new council member, Dr. MH Kong and farewell Dr. KK Mo. Also welcome Prof. T Kwok as the new Chief Editor of JHKGS and thanks to Dr. CM Lum (and his letter to our members). New and exciting events are happening. The establishment of Hong Kong as an overseas center for the DGM of Glasgow, as reported in the Council News, is to be actualized in 2005. This is certainly a major step made by HKGS in uplifting our international profile. Locally, our effort to push up the academic atmosphere of our members could be reflected from the success of our last ASM, also reported in this issue. There is a lot of material, both academic and leisurely, in this issue and hope you all enjoy it. One last reminder, the invitation to join the Hainan Chinese Gerontology Symposium is open to all members. Do join our delegation and share your experience with our colleagues in China.

Mok CK, Editor

Annual Report from the President

Dr TK Kong

Dear Colleagues,

Thanks to the support and commitment of the Council and members of the Society, we have another fruitful year, packed with activities for which I would summarize as follows:

Promotion of Professional Education and Training and of Research

The third and fourth courses of the Postgraduate Diploma in Community Geriatrics were completed in September 2003 and June 2004 respectively with Drs. Stephen Allen and Iain Lennox as external examiners. The Society has formulated Guidelines on Postgraduate Training in Community Geriatrics, distributed to members in the August 2003 issue of HKGS Newsletter. To provide locally relevant and practical information to doctors involved in the care of elders in the community in Hong Kong, the Society is publishing a book on HKGS Curriculum in Geriatric Medicine. The Society has advised the Hospital Authority Institute of Health Care (HAIHC) in organizing the 2003/2004 Certificate Course in Community Geriatrics for private practitioners participating in the VMO-CGAT collaborative scheme.

For the past year, the Society has liaised with the Royal College of Physicians and Surgeons of Glasgow to set up an overseas center for Diploma in Geriatric Medicine (Glasgow) in

Hong Kong, and this will materialize in June 2005. It is envisaged that the academic exchange in Geriatric Medicine between the Glasgow College and the Society will be strengthened in the near future.

The 2004 issue of the Journal of the HKGS has been published under the editorial leadership of Dr. Christopher CM Lum, who is going to be succeeded by our new editor-in-chief, Professor Timothy CY Kwok. We deeply appreciate the contributions made by Dr. Lum, who has taken tremendous efforts in the past five years to upgrade the variety and quality of the Journal. Current and past issues of the Journal, as well as other HKGS publications are now accessible in our HKGS website. The Society also receives two international publications relevant to Geriatric Medicine: Nosokinetics and Dignity Matters, which has been circulated to members.

The Society continues to collaborate with the Institute of Advanced Nursing Studies of the Hospital Authority and the Hong Kong Geriatric Nurses Association to conduct the "Post-registration Certificate Course in Gerontological Nursing", the next course of which will start in September 2004. For the past year, I have represented the Society in advising the Education and Manpower Bureau of the HKSAR on the Skills Upgrading Scheme for health care workers of elderly care sectors. The first batch of training courses for

elderly care sectors have been rolled out in April 2004. On public education, I have expressed views on SARS in elders and health check in June and December 2003 in TVB.

Scientific meetings and programmes for continuing medical education

The new format of the Society's monthly interhospital geriatric meeting is continuing smoothly, and the presentations, as well as other CME programmes of HKGS are now accessible at our website. Dr. Stephen Allen updated us with the current status of the Postgraduate Training in Geriatric Medicine for the specialist and primary care doctors on 26 September 2003.

The HKGS, in partnership with the HAIHC organized the symposium on infections in elders on 1 November 2003. Drs. TK Kong, David Dai, Edward MF Leung, Bernard Kong and our invited speakers Drs. WH Seto and Teresa Li lectured in the symposium. I was invited to speak on "Prevention of falls – from Research to Practice" on 30 November 2003 during the Hong Kong Academy of Medicine 10th Anniversary Cerebration Conference. Drs. David Dai and SY Au represented our Society to lecture on "SARS in Elders" and "Guidelines of Infection Control in Residential Homes" in the Infection Control Course organized by the Federation in February 2004.

The Society hosted a Scientific Meeting on Alzheimer's disease jointly with the Hong Kong College of Psychiatrists and Hong Kong Neurological Society on 27 April 2004, with Dr. Serge Gauthier lecturing on the topic.

The Annual Scientific Meeting was held on 19 June 2004, with multi-professional speakers touching on the topics of elder abuse, cardiovascular health, and falls. I would like to express our thanks to our guest speakers Professor Alex YH Kwan from the City University, Mr. Charles Chiu from the Guardianship Board, Dr. Sophia Chan from Hong Kong University, and Professor Henry Kwan from Monash University. We are much enlightened from the keynote lecture on "fall prevention – attaching the giant from all sides" by Dr. Iain Lenox from the Royal College of Physicians and Surgeons of Glasgow. The evening photo competition was enjoyed by all, thanks to the innovations of the organizing committee headed by Dr. Felix Chan.

Special Interest Groups

The SIG on fall has promoted interest and sharing of experience and knowledge among our members through its regular meetings. It has also formulated guidelines and advised the Hospital Authority on quality service development of fall prevention in old age. At the invitation of the Organizing Committee of the 7th Asia/Oceania Regional Congress of Gerontology, the Society jointly organized with the Hong Kong Association of Gerontology an invited symposium on SARS in older people on 27 November 2003 in Tokyo, Japan. Drs. Edward MF Leung, TK Kong, KY Sha, Wency WS Ho, and Daisy Dai spoke in the symposium. As for medical ethics, elder Abuse is a topical subject in Hong Kong with the formulation and implementation of protocols and guidelines on elder abuse from the Social Welfare Department in March 2004. To promote awareness and interest on this subject, the Society organized the elder abuse symposium in the Annual Scientific Meeting.

Reflections

Two years ago, I took up the presidency of the Hong Kong Geriatrics Society with some hesitancy, pondering on whether I can have a

fair and balanced division of my roles and commitments among my family, vocation, profession, and religion. Increasingly, I find that I am not a holistic person, and that my family commitments are getting less and less. On the other hand, I witness tremendous enthusiasm and energy among our blooming geriatricians. I think it is time for them to contribute to the Council and the Society. I have been reviewing some of the policy statements and press release of the Society in the past, and asked myself whether we are moving ahead in line with the visions and aspirations of our predecessors. I do hope that more and more members will actively participate and contribute to uphold these aspirations.

Last, but not least, I would express my deep appreciation for our outgoing secretary Dr. Loar KK Mo, who has been so selflessly and diligently helping in the smooth running of the Council for the past two years.

TK Kong

(An abbreviated version of the President's Address, Annual General Meeting of the Hong Kong Geriatrics Society, 19 June 2004)

HKGS Websites updates

Dear members,

The past and recent press releases & position statements of HKGS are now available at our HKGS website:

<http://www.hkgs.org.hk/pr.html>

Press Releases & Position Statements

10 June 2003 Severe Acute Respiratory Syndrome in Elders Position Statement

25 April 2003 Severe Acute Respiratory Syndrome in Elders

January 2000 Long-Term Care Services Position Statement

26 May 1997 Health and Social Services for Elders in Hong Kong

2 June 1992 Geriatric Rehabilitation in Hong Kong

2 December 1991 Towards a Better Medical Care for the Elderly Position Statement 向更完善的老人醫療服務邁進

The past and current publications of HKGS are now also available in our website:

http://www.hkgs.org.hk/publication_contents.html

1. Books

THE HONG KONG GERIATRICS SOCIETY - 10 YEARS ON (1991)

<http://www.hkgs.org.hk/HKGS-10-yrs.pdf>

2. Journal of Hong Kong Geriatrics Society (1990 -)

<http://www.hkgs.org.hk/JHKGS-Contents.html>

3. HKGS Newsletter (1999 -)

<http://www.hkgs.org.hk/HKGS%20Newsletter-Contents.htm>

TK Kong

President, HKGS

Annual Scientific Meeting 2004

Dr HW Chan

(Chairman, organizing committee of HKGS ASM 2004)

The Annual Scientific Meeting was held on the 19th June 2004 (Saturday) at the Marco Polo Hong Kong Hotel. Despite an unavoidable clash with the Advances in Medicine Conference organized by the Chinese University, we had a record breaking number of over 160 participants, including around 40 nurses and allied health colleagues, and 100% attendance of the all Council Members this year.

The officiating guest of honor of the Opening Ceremony was Dr. Yau Yung Ng, our past president and Member of the Elderly Commission of HKSAR, who was much impressed by the transformation of our annual meeting from a mere gathering of some 20 odd members in the 1980s to today's well organized scientific symposium with multi-disciplinary input. The Opening Ceremony was immediately followed by the HKGS Gold Medal Award Presentation. The awards this year went to Dr. Chung Chun Pong who scored the highest mark in the Specialist Geriatric Medicine Exit Examination, and Dr.

Wong Hung Yung in the Post-graduate Diploma in Community Geriatrics Examination.

The ASM 2004 was truly multi-disciplinary. In addition to speakers from the medical profession, we have invited speakers from the legal, social work and nursing profession to contribute to our scientific program, consisting of symposia on Elder Abuse and Cardiovascular Health in Older Persons. We were much honored to have Dr. Iain Lennox from the Royal College of Physicians of Glasgow to deliver to us a keynote lecture on "Falls Prevention – attacking the giant from all sides".

Other distinguished guest speakers included Prof. Henry Krum, Dr. Sophia SC Chan, Mr. Charles CY Chiu, Prof. Alex YH Kwan and our President, Dr. TK Kong.

The Free Paper presentation has always been the highlight of the ASM. The topics covered this year ranged from Alzheimer's disease, osteoporosis, temporal arteritis to Severe Acute

Respiratory Syndrome. The 3 Winners of the Chan Sik Prize, Ng Yau Yung Prize and Ng Ngai Sing Prize this year were Dr.s. CP Chung, KF Tam and WY Mok respectively.

On a lighter side, there was a photography competition for the first time this year – the theme was "Sensation of Ageing". The slide show of all the entries, so artistically and professionally prepared by Dr. PM Fung, has won much applause by all present in the Annual Dinner. The winners of the photography competition were Drs Wendy KC Chan, KK Ho and Teresa KK Yu.

The ASM would not be such a great success without our sponsors - Roche, Pfizer, AstraZeneca, Eisai, Lundbeck, Novartis and Wyeth, and the hard work of a group of organizing committee members consisting of young and old geriatricians representing all the clusters in Hong Kong.

Left: Dr. SY Au delivering a souvenir to Dr. Iain Lennox at our ASM 2004

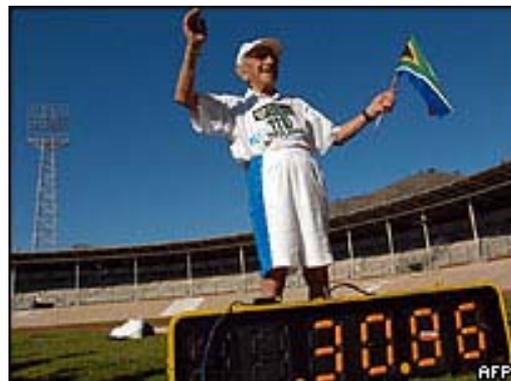


*Jp: Organizing committee of HKGS ASM 2004
(Left to right) Back: TM Shea, HC Yuen, CF Ko, SL Szeto, PT Lam; Front: WS Tang, PL Kng, HW Chan, PM Fung, KH Luk; (absent) KW Lee*



*Left: The new council with Dr. Iain Lennox at the HKGS AGM 2004
(Left to right) Back: KK Mo (retiring), MF Leung, MH Chan, LW Chu, CK Mok
Front: MH Kong, HW Chan, TK Kong, Dr. Lennox, SY Au, TC Wong Council members with Dr Lennox*

The centenarian champion. Philip Rabinowitz, the Guinness World Record holder for the oldest competitive walker, is celebrating his new record on 100 meter sprint. "Oh I feel wonderful now, absolutely wonderful," Rabinowitz said after the run.



Elders on fire!

92-year old Taiwan Olympic legend Mr Tung is leading a senior citizen sport campaign in Taipei.

Council News

Dr Bernard Kong, Hon Secretary

The overseas examination of the Diploma in Geriatric Medicine (DGM) of Glasgow, UK will be held in Hong Kong in June 2005. The event will take place in the same week as the PGDipCommGer of HKU. Dr. Iain Lennox, Registrar of DGM, has given invaluable advice to HKGS in setting up an overseas examination center in Hong Kong. A maximum of 24 candidates would be accepted. PMH and TMH were nominated to be the examination centers. Dr TK Kong and Dr SY AU will be the visiting examiners in Glasgow for the November DGM examination of 2004.

Our AGM/ASM was held on 19th June 2004 at Marco Polo Hong Kong Hotel.

The New Council 2004/05 was elected as follows:

President Dr. Kong Tak Kwan

Vice President: Dr. Chan Hon Wai

Hon. Secretary: Dr. Kong Ming Hei

Hon. Treasurer: Dr. Wong Tak Cheung

Other Council Members and Ex-officio:

Dr. Chan Ming Houg, Dr. Chu Leung Wing, Dr. Au Si Yan, Dr. Ip Chiu Yin,

Dr. Leung Man Fuk, Prof Kwok Chi Yui, Dr. Mok Chun Keung, Dr. Wong Chun Por

Professor Timothy Kwok will succeed Dr Lum Chor Ming as the chief editor of the HKGS journal. The next issue will be published in January 2005. Submission of papers to our journal is much welcomed and younger Fellows and trainees are encouraged to submit their work.

The Federation of the Medical Societies (FMS) of HK will directly take up the task of hosting and updating of the web sites commencing 1 July 2004. Mr. Nelson Lam from Mekim Ltd will be the person in charge. HKGS would like to thank Kit Tang Medcom Ltd. for assistance during the past years. Dr. TC Wong will represent HKGS in future Federation meetings. We thank Dr. Felix Chan for his work with FMS for the past four years.

Hainan Conference in Geriatrics will be held from 21-24 November 2004. Members are encouraged to join the HKGS delegation. For details, please read the separate announcement.

The Decision-making and Advance Directive Sub-committee of the Law Reform Commission has consulted HKGS for feedbacks on advance directives in relation with medical treatment. A special interest group is set up for this issue. Members who are interested in this are welcome to join the SIG. Please contact Mok CK, Timothy Kwok or Kong TK for details. The full document can be obtained from: <http://www.info.gov.hk/hkreform/projects/index.htm>

Assessing life expectancies of institutionalized older persons in Hong Kong.
Gerontology 2004; 50:165-170

A local study from Dr Elsie Hui and colleagues studied 590 elders from infirmary, care and attention homes, private nursing homes and hostels on the performance of the Weibull model in predicting the 18-month survival in institutionalized elderly. The 18-month mortality was 13.8%, and the group identified increased age, male gender, malignancy, malnutrition and functional dependence to be independent predictors of decreased survival. The investigators suggested such a model could help the physicians in setting treatment goals, care and end of life planning for

Does the type of flooring affect the risk of hip fracture?

Age and Ageing 2004; 33: 242-246

Thirty-four residential care homes were studied. The mechanical properties of the floor were measured with force transducers and the number and location of falls and fractures on the various floors were recorded prospectively for 2 years. A total of 6,641 falls and 222 fractures were recorded. Wooden carpeted floors were associated with the lowest number of fractures per 100 falls. The risk of fracture resulting from a fall was significantly lower compared to all other floor types (odds ratio 1.78, 95% CI 1.33–2.35). The mean impact force was significantly lower on wooden carpeted floors: 11.9 kN compared to the other floor types. Residents of homes are typically frail and many have a propensity to falls. In designing safer environments for older people, the type of floor should be chosen to minimize the risk of fracture. This may result in a major reduction in fractures in the elderly.

Psychometric Comparisons of the Timed Up and Go, One-Leg Stand, Functional Reach, and Tinetti Balance Measures in Community-Dwelling Older People
JAGS 2004; 52(8):1343

This is a prospective study to compare the practicality, reliability, validity, and responsiveness of the timed up and go (TUG), one-leg stand (OLS), functional reach (FR), and Tinetti balance (TB) performance measures in people aged 65 and older. All tests were performed for participants and follow them for 12 months. The result showed that OLS had the lowest participation rate. The time to complete the tests ranged from 58 seconds for OLS, to 160 seconds for the TB. All four balance measures exhibited excellent test-retest reliability and discriminant validity but poor responsiveness to fall status. The TB showed better discriminant, convergent, and predictive validities and responsiveness to ADL changes than the other three tests. According to psychometric properties, the most suitable performance measure for evaluating balance in community-dwelling older people was the TB, followed by the TUG.

Editor's choice

Effects of introducing an integrated care pathway in an acute stroke unit

Age and Ageing 2004; 33: 362-367

A before-and-after study with the 'before' (control) group comprised 154 consecutive stroke patients admitted to the acute stroke unit over a 9-month period. The 'after' (intervention) group comprised 197 consecutive patients admitted to the same unit over a 9-month period in the year after the introduction of the integrated care pathway. The baseline characteristics of the two groups were similar, although there were more total anterior circulation strokes (29% *versus* 18%, $P = 0.005$) and fewer partial anterior circulation strokes (30% *versus* 42% $P = 0.04$) in the intervention group. In the intervention group, they found that urinary tract infections were significantly less frequent (OR 0.37, CI 0.15–10.91) and the quality of several aspects of care (e.g. CT scanning < 48 hours) and documentation were significantly better. However, there were no significant differences in deaths, discharge destination, or length of stay between the two groups.

Secondary prevention for stroke in the United Kingdom: results from the National Sentinel Audit of Stroke

Age Ageing 2004 33: 280-286

The objective of the study was to measure the quality of secondary prevention of stroke provided to patients in England, Wales and Northern Ireland. 235 hospitals with 8,200 patients admitted with stroke between 1st April and 30th June 2001 were studied. 24% of patients with previous cerebrovascular disease were not on anti-thrombotic medication at the time of admission. Nine percent of appropriate patients were not taking anti-thrombotic medication at discharge. Fifty-four percent of patients with known hyperlipidaemia and 21% of those with previous ischaemic heart disease were on lipid lowering therapy on admission. Sixty-four percent of patients had lipids measured during their hospital stay and of those with high total cholesterol or LDL the rate of non-treatment was 36%. Older patients (75+ years) were less likely to be treated (54%) than those <65 years (71%). Seventy-nine percent of known patients with hypertension were on treatment at admission, with 78% being treated by discharge from hospital. More than half of the patient's hypertension was not optimally controlled at 6 months after stroke. Major deficiencies in delivery of secondary prevention after stroke have been demonstrated

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Tentative Dates November 21-24th
 Day1 Registration
 Day2 Plenary session
 Day3 Plenary session
 Day4 Sightseeing

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Sponsorship announcement

Dear Members,

The HKGS is sending a delegation, led by Dr MH Chan, to attend the " Domestic and Overseas Chinese Conference on Geriatrics". Our President, Dr TK Kong, is invited to be one of the keynote speakers in the conference. It will be held in Hainan on Nov 21-24 2004 (see attached information). The theme is: Active aging in China. Language: Chinese and English.

HKGS will sponsor members, whose papers are accepted, to attend the conference.

The sponsorship includes air-flight, registration and accommodation. If you are interested, please submit your abstract (800-1000 words) to the organizer before 30/8/04 (e-mail: yupulin@95777.com)

Please send an extra copy of your paper to the secretary of

2004年11月21-24日

Letter to the Editor

Christopher Lum

(Past Editor-in-chief, JHKGS)

By the time you receive this newsletter, you should have received a copy of JHKGS Volume 12. You should also have learnt that Professor Timothy Kwok has succeeded me as Editor-in-chief with his new Editorial Board. I would like to thank again my colleagues during my office, and to seek your continued support to Timothy and the Journal.

When I started the office, I set targets to myself. Some of the targets have been exceeded. Thanks to my colleagues. Yet some of them were still off the target. Among which is the inability to publish the Journal regularly twice yearly. This is partly due to my own personal factor, and partly because of my inability to attract submissions. I am certain that Timothy is more capable than I am, and he has the magnet to attract more submissions. I am indebted to leave this task to him. Tim will review the situation and make decision on the frequency of publication during his term.

Some may feel "dry" about what to write / submit and how to write. Yet I can re-assure you that there are plenty to write on. I can see that lots of colleagues have paid much efforts in the case presentations / discussion

at the Inter-hospital Geriatrics meetings held monthly at HAHO. One starts with interesting case and follows with a review. That by itself is rich enough to write up. The discussion session after the presentation will also help one to focus on the areas of interests in the topic. From my experience, practically all these writing ups were published provided that you submit!

Dissertations are also good pieces of work to submit. They usually take the form of case series reports, interventional trials, cross sectional correlation studies, or cohort studies. Higher trainees have put tremendous efforts in the work, and the work are nicely organised and presented in the dissertation. There just needs two more steps to go --- abridge it into a 3000 to 4000 words article and submit it!

Even among Fellows, we need to earn our own CME points. We need to earn CME points in each category of which Clinical Audits / Quality Assurance stands alone as a single category by itself. I am certain that everyone of us has been doing clinical audits regularly to improve our standard of care. Once again, it is a matter of writing up and submit it!

For those who have not had the experience in writing up articles for submission, you can seek advice from your supervisors or members of the new Editorial Board. Personally I am more than happy to help through if I can. You can just email me at lumcm@ha.org.hk and I shall try my best to guide through.

I would like to stress that for the professional speciality to develop, scientific researches and publications are of paramount importance. Though I am retiring as Editor-in-chief, I shall still continue to make my contribution to the Journal. And I hope all of you will continue to do so, either by submitting articles to the Journal yourself or by encouraging your colleagues to do so.

Geriatric Medicine is our profession. The Society is our society. The Journal is our journal. Let's all contribute ourselves to the Profession, the Society and the Journal.

I wish Timothy every success in the Journal, and thanks again for all your contributions to the Journal in the past 4 years.

Local news

According to a report from the Department of Health, about **54,000 Hong Kong elders aged 65 or above, participated in the labour force in 2001**, which was about 7.2% of the total population of those aged 65 or above. If counting together those elders working in unpaid family business, the percentage would increase to 10.7%. For senior citizen aged 85 or above, 0.9% of them were still working. The working seniors in 2001 were more likely to be engaged in "elementary occupations" (about 40%), while 18.7% were "managers, administrators and professionals". The median salary of our senior citizen was 6,000 dollars. 29.2% had salary over ten thousand dollars and 12.6% had salary over twenty thousand dollars. (Hong Kong Economic Daily, 3/6/2004)

The Hong Kong Council of Social Service and the seven local universities jointly organized the "**Elderly Assistive Device Design Competition**". Designs from secondary school students were invited. The champion design was a "multi-function walking stick", with the function of walking stick, torch and shoehorn. The first runner-up design was an "easy fruit cutter", so that cutting fruit could be managed by single hand. (Oriental Daily News, 15/7/2004)

Many elders tend to neglect their **hearing problem**. A local survey found that about 80% of our elders has hearing problem and among them about 65% actually needs some kind of hearing aids. But only less than 5% of elders are using hearing aids for daily communications. Reasons for not having hearing aids are fear of the stigmatization of being disabled with the hearing aids or financial difficulties. A local survey studied 230 elders, aged 49 to 88 years old, and among them 22% has normal hearing, those with mild, moderate and severe hearing impairment were 22%, 40% and 16% respectively. (Oriental Daily News, 30/7/2004)

The council of Hong Kong Nurses Association of Gerontology 2004-2006

The newly elected council of the Association for 2004 -2006 is as follows:

Chairperson	Mr. Anders Yuen	(GM(N) / FYKH)		
Vice-chairperson	Ms Rosanna Liu	(DOM / YCH)		
1 st Secretary	Ms Peggy Cheng	(NS / YCH)		
2 nd Secretary	Ms Connie Chu			
1 st Treasurer	Ms Czarina Lau	(Service Manager / St. James' Settlement)		
2 nd Treasurer	Ms Winnie Cheung	(WM / SH)		
Education Subcommittee	Ms Ada Lau	(NS / UCH)		
Education Subcommittee	Ms Lisa Low	(Assistant Professor / CUHK)		
Member	Ms Chan Mei Wai	(NS / CMC)	Member	Ms Alice Hon (NO / FYKH)
Member	Ms Regina Ip	(NS / KWH)	Member	Ms Leung Yin Ling (APN / WTSH)
Member	Ms Margaret Pau	(NS, TMH)	Member	Ms Rebecca Poon (NS, RTSKH)



圖一

圖二



圖三

龍井問茶

司徒士諾醫生

上期談過中國茶六大茶類，當中以綠茶品類最繁多，有名氣的綠茶少說也有數十種以上，諸如龍井、碧螺春、黃山毛峰、太平猴魁、六安瓜片、信陽毛尖等。當中龍井的名氣最響，現在適逢是品嘗龍井的當造時節，筆者應編輯之邀，今期就跟大家說說龍井茶。

龍井茶向以「色翠、香郁、味甘、形美」四絕著稱(色、香、味、形亦為一般審評茶葉質量的標準)，其原產地在杭州西湖周邊附近的茶山，傳統分「獅、龍、虎、雲、梅」五地：即獅峰、龍井、虎跑、雲棲和梅家塢。因地理因素和土質，當中以獅峰出產者質量最高，價錢亦最貴；梅家塢出品亦甚有名，質量稍遜獅峰，但條索(乾茶的外觀形態)則較勝。以上產地和附近周邊所產者可稱為「西湖龍井」，此外產區較次的尚有「錢塘龍井」和「越州龍井」，甚至浙江省外(如遠至貴州)的冒名龍井！茶商好以「獅峰龍井」招徠顧客，正宗者百中無一，內地管理單位雖已實施《原產地保護法》，各式偽冒仍屢見不鮮。基本上到杭州旅遊，還是別買龍井為妙！要購買優質龍井茶還需到信譽可靠的商店或茶莊，一般高質量的龍井茶在本地的零售價約為每兩(即 37.5 克)百多元，要注意茶莊的名氣或茶葉的價格並不能保證茶葉的質量，還有龍井茶講求新鮮，別以高價購買過時的舊茶。

龍井茶講究採摘日期時間和工夫，前者一般以「明前」(即清明前數天採摘者)最佳，「雨前」(即穀雨前採摘者)次之，實際時間還需看當年天氣而定，茶農常說：「早採三天是個實，遲採三天變成草」；後者以「蓮心」為最上品，單採最早的主芽，產量少而成本昂，其次一芽一葉稱「旗槍」，一芽二葉稱「雀舌」，一芽三葉稱「鷹爪」，現今茶農多以省外女工採茶，標準已無傳統般嚴格，龍井茶只分為特級、一級、二級、三級等。此外龍井茶的炒製功夫亦是十分講究的，有所謂十大手法，三道工序，這裡就不詳述了，炒製好的龍井茶容易受潮變質，宜於短期內飲用，否則需妥善貯藏。

龍井茶沖泡方法：

龍井茶一般可用高身玻璃杯或蓋碗(俗稱焗盅)沖泡，若用高身玻璃杯沖泡可用上投法或中投法，若用蓋碗沖泡則用下投法。

一. 上投法

用熱水溫熱玻璃杯，倒掉後再注入適量(約 150 毫升)約攝氏 70 至 80 度的溫水(綠茶一般較鮮嫩，用水太熱茶味會變澀)，然後從水面投放適量(約 3 克)的茶葉，浸泡數分鐘讓茶葉下沉後便可飲用。

二. 中投法

如上但只先注入約三分之一的水量，投放茶葉後轉動杯身一兩圈拌和茶葉，浸泡二分之一到四分之三的時間，再加水浸泡餘下時間。

三. 下投法

用熱水溫熱蓋碗和其他茶具，倒掉後投放適量茶葉(約蓋碗深度的十分一至五分之一不等，視乎個人喜好)，有茶藝家建議先用較熱的水作溫潤泡(俗稱洗茶或開茶，隨即倒掉)，再注入適量約攝氏 70 至 80 度的溫水(注意別蓋上茶蓋否則茶味會變澀)，浸泡適當時間後便可分杯飲用。

茶葉可重覆沖泡三次左右，每泡酌量增長沖泡時間，注意出茶時別把茶湯倒清(最後一泡除外)，需保持茶葉濕潤。

以上是一般建議的龍井茶沖泡方法，其實泡茶很視乎個人喜好，並無公認的最佳方法，泡茶不宜過於拘謹，否則失諸茶趣。

圖片註釋：

圖一. 龍井乾茶外形，此為今春之明前獅峰龍井，色帶黃綠或當地人稱糙米色，梅家塢的龍井顏色較綠和外觀較勝。

圖二. 用玻璃茶具沖泡龍井，可觀賞茶葉形態和湯色(圖中茶壺蓋上壺蓋純為攝影美觀)。

圖三. 沖泡後葉底，蓮心、旗槍、雀舌、鷹爪的形態。

筆者按：

- 一. 香港公園內的香港茶具文物館有一輯如何沖泡龍井的錄像，於指定時間播放。
- 二. 香港電台曾拍攝一輯叫《龍井問茶》的《鏗鏘集》，有興趣者可在公共圖書館的視聽資料室觀看。

Inter-hospital Geriatrics Meeting (04-05) 6:00 pm – 8:00 pm

Venue: HAHO Room 205S (Light meal provided)

Date	Responsible unit	
27.08.04	6:00-7:00pm	HHH
	7:00-8:00pm	KWH
24.09.04	6:00-7:00pm	CMC
	7:00-8:00pm	FYKH
29.10.04	6:00-7:00pm	WTSH
	7:00-8:00pm	PMH
26.11.04	6:00-7:00pm	SH
	7:00-8:00pm	RH/TSKH
17.12.04	6:00-7:00pm	TMH
	7:00-8:00pm	PWH

Local and Overseas Scientific Meetings

Name	Time & Place	Organizer	Contact
7 th International federation on Ageing (IFA)	5/9/04-8/9/04 Singapore	IFA	www.ifafiv.org
5 th International Conference on Falls and Postural Stability	7/9/04 Manchester, UK	BGS Falls & Bone Health Section	hmc@hamptonmedical.com
21 st Annual UCLA Intensive Course in Geriatric Medicine and Board Review	29/9/04 – 2/10/04 California USA	UCLA David Geffen School of Medicine	mly@mednet.ucla.edu
Hong Kong Continence Society AGM & ASM	16/10/04 Holiday Inn Golden Mile Kowloon	Hong Kong Continence Society	emfleung@ha.org.hk
2 nd World Congress on Long Term Care in Chinese Communities	28/10/04-30/10/04 Taipei Taiwan	National Health Research Institutes Fu Jen Catholic University The Gerontological Society of Taiwan	director@cthyh.org.tw
International Conference on Geriatrics and Gerontology	27/11/04-28/11/04 New Delhi India	Geriatric Society of India	www.geriatricindia.com
12 th Annual Congress of Gerontology	27/11/04 Langham Hotel Kowloon	Hong Kong Association of Gerontology	www.hkag.org
IPA's 12 th International Confress	14/8/05-19/8/05 Stockholm, Sweden	IPA	www.ipa-online.net



Up: Meeting our old friend Dr. YC Lee from New Zealand, photo taken in Hong Kong on 20 May 2004 (from left to right: Drs. Derrick Au, YY Ng, NS Ng, YC Lee, MH Chan, WT Law, SW Li, TK Kong)

Publication subcommittee:

Dr. Mok Chun Keung
(Chairman)
Dr. Leung Ho Yin
Dr. Pang Fei Chau
Dr. Yu Kim Kam
Dr. Tsui Chung Kan
Dr. Ip Pui Seung
Dr. Sheng Bun

Hong Kong Geriatrics Society – Membership application / Information update Form

A). Personal information for *membership application or information update*

Name	
Corresponding Address	
Current Practice (HA - Hospital Authority/ DH - Department of Health / PR - Private practice / HS - Hospital Service Department / HK - HKU / CU- CUHK / OT - Others)	“√“ one of the following : <input type="checkbox"/> HA <input type="checkbox"/> DH <input type="checkbox"/> PR <input type="checkbox"/> HS <input type="checkbox"/> HK <input type="checkbox"/> CU <input type="checkbox"/> OT
Present post (e.g. MO, Cons, Prof. etc.)	
Hospital (working at)	
Department (working at)	
Home Address	
E – mail address	
Home Telephone	
Office Telephone	
Fax Number	
Basic Qualification (basic degree) and year	
Higher Qualifications and year	
Membership status to apply for or change	Please "√" either one below
<input type="checkbox"/> a) I am an accredited Geriatric Specialist according to the criteria of HK Academy of Medicine <input type="checkbox"/> b) I am currently under higher specialty training in Geriatric Medicine according to HKAM <input type="checkbox"/> c) I am a registrable medical practitioner in HK who is interested in Geriatric Medicine but the above two conditions do not apply.	
Membership: (Official Use)	Regular/Associate
Approved by council at: (Official Use)	

*Category a or b (Annual fee : \$200) - Regular member

Category c (Annual fee: \$100) - Associate member (No voting right nor right to be elected as council member)

For new application of membership, one has to be proposed by a **Regular Member of the Society:

Name of Proposer: _____ (Signature: _____)

B). I have the following publication/presentation of local studies / surveys in Geriatrics:

Title (Summary can be sent separately)	Journal index/ Name of meeting or seminar & dates

Please send this form to the following:

Dr. Kong Ming Hei
 Honorary Secretary, c/o Clinical Services Division, Wong Chuk Hang Hospital, No.2, Wong Chuk Hang Path, Wong Chuk Hang, Hong Kong

✂..... ✂

C). Annual Fee for 2004/2005

Please send a cheque payable to "The Hong Kong Geriatrics Society"

(Regular member: \$ 200 – 1yr; Associate member: \$ 100)

**Please tick if your want a receipt & your address: _____

Name : _____ Signature: _____ Date : _____

E-mail address: _____

Please send to : **Dr. Wong Tak Cheung, Honorary Treasurer, Hong Kong Geriatrics Society, c/o Dept. of Medicine, 1/F, Tseung Kwan O Hosp., 2 Po Ning Lane, Tseung Kwan O**