

APRU Global Health Conference 2021

GLOBAL URBAN HEALTH

16-18 November 2021

The University of Hong Kong, Pokfulam, Hong Kong

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Abstract No.

Abstract Title

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The Application Of An Innovative Health Education and Training Technological Framework For Improving The Health Education On Physical And Mental Health For The Aging Population

Theme

Environment, health & active lifestyle

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Purpose / Background:

Purpose

to study the use of an Innovative Health Technological Framework for improving physical and mental health education of the ageing population in Hong Kong.

Background

- a) In Hong Kong, there are around 1.3 million elderly persons (aged 65 or over), which is around 15.7% of the total population in year 2021.
- b) According to Elderly Commission (2021), 75% of local people aged 65 or over are suffering from one or more chronic diseases, such as diabetes, heart disease and chronic bronchitis.
- c) Depression and dementia are the two most common mental conditions that deserve greater attention amongst elderly.
- d) With effective health education and promotion, many of these diseases are preventable.
- e) The promotion of elderly health education as a concept and as a practice among the Hong Kong community is therefore important and worthwhile, both from an individual and societal perspectives.

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Methods:

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Methods

Tsui et al. (2020) and Tsui et al. (2015) have built an innovative technological framework for improving health education and quality of life of the ageing population. Different innovative technologies are applied for communication, collaboration, training and education of different involved parties and learners. Those technologies includes the following:

- ◆ mobile technologies
- ◆ online health platforms,
- ◆ social media and networks,
- ◆ videoconferencing,
- ◆ Search engine,
- ◆ online medical consultative services,
- ◆ Cloud computing,
- ◆ Big data analytics,
- ◆ Etc.

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Results & Conclusions:

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Results

- ◆ This framework has been successfully applied in the course 'Live Nutritiously Regimen and Technology' run by the Elder Academy of a local university and is proven to improve the health education of the elderly.
- ◆ According to the Biopsychosocial and Lifestyle Model for treatments, this framework can guide the processes of physical, psychological, social and lifestyle treatments to elderly.

Conclusion

- ◆ The research findings can be applied across a range of public health and education stakeholders for improving the health education as well as the health of ageing population in Hong Kong.