



會訊 第十四期

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President's Message: Continence Promotion Week 2003

By Dr. Leung Man Fuk

To further promote the knowledge on incontinence and importance of proper continence care, the society has decided to organize its first Hong Kong Continence Promotion Week in year 2003. The original plan is to organize a series of activities in July 2003. However, for the reason of SARS in Hong Kong from March to June 2003 the council has decided to postpone the event till September to coincide with the Annual General Meeting and Annual Scientific Meeting. Therefore the Continence Promotion Week was held from 21-27 September 2003. We have been able to invite HA Infoworld to co-organize the Continence Promotion Week.

Before the Continence Promotion Week we have arranged the TVB to produce a public programme on continence care in early September and it has attracted wide attention from the community.

The Continence Promotion Week started off with the public exhibition and fund fair in Olympic City in Tai Kok Tsui on 21



The organizing committee members of the Continence Promotion Week 2003

September 2003. We have invited Dr. CH Leong, Chairman of Hospital Authority and Ms. Sit Ka Yin to officiate the event. The whole event has attracted over 5000 people to visit the exhibition and fund fair booths.

A Professional Symposium on Treatment of Female Urinary Incontinence was organized on 22 September, 2003 at Great Eagle Hotel, Kowloon with Prof. SK Yip and Dr, Cecilia Cheon as the speakers. The symposium has attracted over 200 attendance.



The talks provided to the general public covered all age groups.

A series of public education talk have been organized between 23-26 September 2003 with Dr. Tong Bing Chung, Dr. John Fenn, Ms. Grace Yuen, Ms Katherine Siu, Ms. Maisie Wong and Ms. Chan Sau Kuen as the speakers. The public education talks covered areas of geriatric incontinence, male bladder problems, female incontinence and enuresis.

To conclude the week was the Annual Scientific Meeting which was held on 27 September 2003 at Regal Hong Kong Hotel. Dr. Bill Wong was invited as the keynote speaker on the management of Neuropathic Bladder. Over 120 participants joined the annual scientific meeting.

The Continence Promotion Week attracted attention from both professionals and public and the society will continue to put up exhibition in all public hospitals. The council would like to thank the convenor of the organizing committee, Dr. Tong Bing Chung, who has taken lot of efforts in putting up the programme of the Continence Promotion Week. We will continue our effort in the promotion of education on continence care in Hong Kong.

Before the main events of the Continece Promotion Week campaign, it was very glad to have TVB to produce a public affair TV programme introducing the impact of urinary incontinence on childhood and female population in Hong Kong. This programme was broadcast in early September as a kick off of the campaign. It was very effective to attract the attention of the public (especially the general public) to improve their awareness on continence care. Apart from introducing the hard facts of the incontinence problems faced by the clients, the programme was successful to facilitate the clients to express their feelings and emotions in a very constructive way that the audience could share the importance of early intervention instead of avoiding / neglecting the problems. Besides that, there were some points worth mentioned concerning about the programme:

- manage to bring out the message that incontinence can affect all ages women

- introduce some simple treatment modalities which can improve patients' quality of life
- bring out the message that neglected patients can be very miserable and have very long term effect on our patients especially those paediatric clients
- increased patients awareness on the problem of incontinence are to be expected as more and more public education will be provided in the future
- similar programme is to be recommended in the future on other aspects of incontinence

We faced a lot of obstacles in the production though we solved the problems at last. I would like to represent the society to express our gratitude to TVB production team members, our patients who participated in the programme, Miss Grace Yuen in coordinating the activity, and professor C K Yeung.

Public Exhibition and Opening Ceremony of the Continece Promotion Week

By Dr. Tong Bing Chung



Dr. Leong Che Hang and Miss Sit Ka Yin officiated the ceremony.



The Continece Promotion Week kicked off with a Public Health Exhibition as well as the Opening Ceremony held on 21st September 2003 at Olympian City Phase II Central Atrium.

The Opening Ceremony began at half past one in the afternoon. Dr Leung Man Fuk, President of the Hong Kong Continece Society, gave an Opening Speech to the event, enlightening the audience the prevalence as well as the importance of the problem of incontinence to the local community. Dr. Leung also expressed the effort paid by the Hong Kong Continece Society in promoting the public's awareness in this treatable and preventable condition through the programme of Continece Promotion Week. Dr. Leong

Che Hung, Chairman of the Hospital Authority Board, and Ms Sit Ka Yin, a famous local actress, were the Guests of Honour of the event. Being an Urologist, Dr. Leong expressed in his Speech of his personal concern on the problem of incontinence. He also relayed the support from the Hospital Authority towards the Society's task in promoting continence awareness. Ms Sit Ka Yin shared her experience of an incontinence episode by accident years ago while she was shooting a movie, reminding the audience of a positive attitude towards the health problem and the importance of seeking expert advice when the problem arose. The Opening Ceremony was followed by a stage game simulating the TV game



Dr. Leong expressed in his speech of his personal concern on the problem of incontinence.



Miss Sit Ka Yin reminded audience of a positive attitude towards the health problem and the importance of seeking expert advice.



What a successful Opening Ceremony!



'Millionaire'. Two of our Council Members, Ms Chan Sau Kuen and Dr. BC Tong acted as the honorary advisor of the programme and helped the participants to answer the questions that they were not sure. The games were full of fun and the winners were awarded with baskets of fruit prepared by the Society.

The Public Health Exhibition was a whole day event started from 11:00 am till 6:00 pm. Foam boards showing essential information on various types and causes as well as treatment and prevention of incontinence were displayed in the venue. Game booths and health-check booth were held by our co-organizers and sponsors aiming to draw attention, participation and fun from audience. Moreover, on the booth of the Hong Kong Incontinence Society, a documentary programme shot by TVB concerning incontinence was displayed continuously. Thousands of citizens had attended the activity with active participation and good response. They were

invited to attend the Public Talks organized by the Society on the following days.



Very active participation from our audience.

Symposium on Treatment of Female Urinary Incontinence

By Grace Yuen

Symposium on Treatment of Female Urinary Incontinence was held on 22nd September, 2003 at Great Eagle Hotel. The Symposium was officiated by the President of the Hong Kong Continence Society, Dr. M. F. Leung and followed by two talks delivered by Professor Yip Shing Kai from Prince of Wales Hospital and by Dr. Cheon Willy Ceilia from Queen Elizabeth Hospital. Professor Yip presented on the topics including (I) Medical Treatment of Female Incontinence and (ii) Sharing of local experience in Tension Free Vaginal Tape. Dr. Cheon presented the talk on "Burch colposuspension - abdominal versus laparoscopic". Both talks were well received by the audience who participated very actively in the "Question Time".



The symposium was officiated by our president Dr. Leung Man Fuk.

Professor Yip Shing Kai presented on the topic "Medical Treatment of Female Incontinence".

Incontinence in the older person 長者失禁話你知

By Dr. Tong Bing Chung & Grace Yuen



Dr. Tong Bing Chung provided a comprehensive speech on the topic "Incontinence in the older person".



Dr. BC Tong, geriatrician from Princess Margaret Hospital and Ms Grace Yuen, occupational therapist from Ruttonjee and Tang Shiu Kin Hospitals delivered the talk on 23rd September 2003. The venue was the Lecture Theater in Hospital Authority Head Office. There were around one hundred audience, most of them were elderly or their care takers. The first part of the talk covered information on the epidemiology of incontinence, physiological change of the aging urinary system, types, causes and treatment of urinary incontinence, fecal incontinence, constipation and prevention of incontinence. The second part of the talk mainly focused on the introduction of assistive devices commonly used by elderly for improving their continence care. Some practical points focusing on (i) choosing relevant aids; and (ii) proper use of these aids were emphasized in the talk. To conclude, the talk was well received by the participants and they shared the value of taking good care of their own health during the "Question Time".

Every question from audience was answered with details by our speakers.

Male Urology

By Dr. John Fenn



Interesting and detailed presentation provided by Dr. Fenn.

The talk was delivered by the consultant surgeon of Queen Elizabeth Hospital, Dr. John Fenn on 24th September 2003. The venue was a warm and well equipped seminar room in the Space Museum. There were forty participants. The talk started at half-past seven in the evening. Dr. Fenn began the presentation on erectile dysfunction, then benign prostatic hypertrophy and male incontinence as the finale. The occasion was well received. The response of the audience was enthusiastic. It took the speaker full 30 minutes to address all the questions raised by the audience. The talk formally ended at twenty minutes past nine.



The response of the audience was enthusiastic.



Pelvic Floor exercise for Female incontinence

By Maisie Wong

The topics on Pelvic Floor exercise for female incontinence was covered by Ms. Katherine Siu, the nurse specialist (Continence Care) from Prince Margaret Hospital and Ms. Maisie Wong, physiotherapist (private practice). The talk was held on 25 September 2003 at City Hall. That night, the theatre was filled with laughter and joy. There was almost 120 ladies and gentlemen aged from twenties to late seventies, coming from different district of Hong Kong, Kowloon and Shatin. Although the talk started with a half-hour delay, the enthusiasms and active participation of the audience in the discussion and practice did not decrease. The messages from the Hong Kong Continence Society: the awareness of good health and toileting habit as well as the importance of pelvic floor exercise were well received by the participants.



Miss Katherine Siu was so busy to answer the questions from audience.



Very practical seminar presented by Miss Maisie Wong.

Primary Nocturnal Enuresis

By Chan Sau Kuen

Ms. Chan Sau Kuen, the nurse specialist (Continence Care) from United Christian Hospital delivered the talk on 26th October 2003. The venue was the Lecture Theatre in Hospital Authority Head Office. There were about seventy audience participated in the talk. Most of them were parents and bothered by their children's bed-wetting problems. They might have the misconception that the problem of enuresis would probably resolve spontaneously as the children grow up. As a result, most of them did not warrant any medical treatment promptly. In the talk, many common misconceptions had been clarified. In addition, some treatment approaches had also been highlighted to the audience. The talk was well received and the audience, that is the parents, got more ideas to handle their children's problem.



Miss Chan Sau Kuen clarified many common misconceptions in relation to primary nocturnal enuresis in the talk.



Very attentive audience.....

2003 Annual General Meeting & Annual Scientific Meeting of the Hong Kong Continence Society

By Dr. Tam Cheuk Kwan



Our honourable guest speaker, Dr. Bill Wong presented a comprehensive review on the current concepts of management of neuropathic bladder.

The 9th Annual General Meeting & Annual Scientific Meeting of the Hong Kong Continence Society were held at 27 September, 2003 in the Regal Hong Kong Hotel. The event rounded off the 2003 Continence Promotion Week organized by the Society. The meeting was well attended by 110 participants. The theme of the meeting this year was "Neurogenic Bladder". The meeting began with the keynote speech delivered by Dr. Bill Wong who presented a comprehensive review on the current concepts of management of neuropathic bladder. Dr. Tam Cheuk Kwan followed on the same topic with emphasis put on the medical and rehabilitation aspects. In the plenary session, Ms. Patricia Lee shared the nursing perspective on self intermittent catheterization. Dr. Tsang Mei Ling presented her paper on "A Prospective Study of Post-stroke Urinary Retention". Lastly Miss Wendy Bower presented the topic on "Functional Outcome Measures in Children with Disorders of Urinary Continence".

In the Annual General Meeting, our president, Dr. Leung Man

Fuk, reported briefly on the activities organized by the Society in the last year. Dr. Tam, our treasurer presented the Treasurer's Report showing a healthy financial status of the Society. Fifteen council members were elected to serve the society for the coming year. Victor Ling, Tang & Partners was again appointed as the Honorary Auditor for the society.

Over 100 audience participated in the function.



Dr. Tam Cheuk Kwan presented on the topic "Rehabilitative management of neuropathic bladder".

Hong Kong Continence Society Limited Council Member 2003-2004

- Dr. Leung Man Fuk (President)*
- Dr. Cheon Willy Cecillia (Vice President)*
- Dr. Tam Cheuk Kwan (Hon. Treasurer)*
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