



Newsletter

Issue 43, Dec 2023

HONG KONG CONTINENCE SOCIETY

香港理遺學會



International Continence Society (ICS) Annual Meeting 2023, Toronto (27-29 September, 2023)



Editorial Board:

Ms. WONG Siu Wan Arale,
Associate Nurse Consultant
(Editor-in-chief)

Ms. CHUNG Ying Ying
Nurse Consultant
(Contributing editor)

Dr. LEUNG Man Fuk, Edward
Consultant



Announcement:

Overseas Conference

- International Continence Society (ICS) Annual Meeting 2023, Toronto (27-29 September, 2023)

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Activities Highlights:

- Member Ms. CHUNG Ying Ying as invited speaker by Hong Kong Association of Gerontology for 11th Quality Care in Aged Homes on 21st-June-2023 **P.7**
- Members Ms. CHAN Chi Man and Ms. Arale WONG had oral presentation in the 28th Hong Kong Urological Association Annual Scientific Meeting 2023 on 19th November-2023 **P.7**

Symposium on Advanced Continence Care on 25-July-2023



Dr. Cecilia CHEON shared the surgical management for Stress Urinary Incontinence & Ms. Arale WONG shared the nursing management of Overactive Active Bladder



Facebook Live Community Talk: Urinary and Bowel Care for Children on 19th-August-2023

我的孩子有便秘嗎??

Hong Kong Continence Society Public talk 2023

Date 日期: 八月十九日 星期六
Time 時間: 11.30am to 13.00pm 上午十一時半 至 下午一時

Facebook live @ Hong Kong Continence Society
Facebook page 到時候click入我哋個page嚟參加啦!

Hong Kong Continence Society
非政府組織 (NGO) · 96 位粉絲

Hong Kong Continence Society was set up on 7 Feb 1995 to promote Co...

追蹤中

Time	Topic	Presenter 講者
11:30-11:45	Registration	
12:00-12:10	兒童便秘和尿失禁 Constipation in children and incontinence	黃希夷醫生 小兒外科專科醫生 Dr Vicky Wong Specialist in Paediatric Surgery
12:15-12:25	兒童腸道管理-了解護理 Bowel management in children- nursing aspect	張紫彤 註冊護士 Ms Gigi Cheung Registered Nurse
12:30-12:40	小兒便秘的藥物治療 Medical management of childhood constipation	呂德年醫生 兒科專科醫生 Dr Stephen Lui Specialist in Paediatrics
12:45-12:55	小兒便秘和 小便症狀: 它們有關係嗎? Constipation and urinary symptoms: are they related?	孔詠雲醫生 小兒外科專科醫生 Dr Judy Hung Specialist in Paediatric Surgery
12:55-1:05	你問我答 Question and Answer	

香港理遺學會破天荒首次舉辦網上 Facebook Live 講座
今次嘅題目係小兒便秘和尿失禁
作為家長嘅你又點可以錯過呢?



Dr. Judy HUNG, Associate Consultant (Surgery) & Paediatric experts delivered an online public talk on Child's Urinary & Bowel problems

2023 Annual Scientific Meeting cum 29th AGM & 149th Council Meeting on 23rd-September-2023



Members participation at registration counter and lecture hall... What a full house!



We are delighted to have Ms. WONG Tin Ying (Paediatric Surgery RN) at left-side photo, Ms. Brigitte FUNG (Allied Health Coordinator, Physiotherapist) in the middle photo, Dr. Wilson LAM (Associate Consultant (Urology) at right-upper photo & Ms. YEUNG Siu Ying (Geriatric & Rehabilitation Service APN) at right-lower photo to share with us on updated Continence Care in their specialties

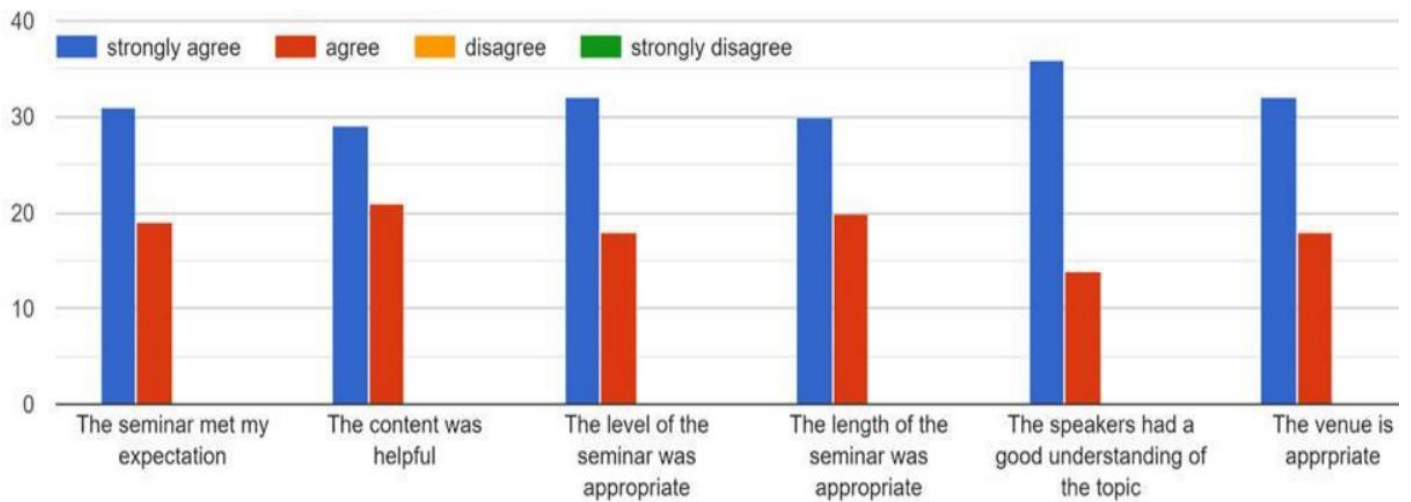


Booths for Continence Care products – Broaden our horizon!



Election of next-term Councils & Co-opted members in Council Meeting. Special thanks to Dr. LEUNG (President), Dr. TONG (Treasurer) & Ms. Maggie LAM (Secretary) 's contribution to successes

How would you rate the seminar in terms of the following? (N=50)



Clinical Expert Article

Contemporary Surgical Management of Benign Prostate Hypertrophy

By Dr. LAM Wing Chung Wilson, Associate Consultant (Urology)

Benign prostate hypertrophy (BPH), prevalent among aging men, leads to urinary symptoms as the prostate enlarges. Medical treatments, including alpha-blockers and 5-alpha-reductase inhibitors, alleviate symptoms and reduce the prostate size [1]. However, when symptoms further progress or when further complications develop such as acute urinary retention, surgical treatment has to be taken into consideration.

The history of BPH surgery has evolved from open prostatectomy to endoscopic surgery and even office-based day surgery, reflecting a quest for safer and minimally invasive solutions

Transurethral Resection of the Prostate (TURP)

It remains the current standard for prostate size 30-80ml [2], providing prompt relief but with potential complications like bleeding, systemic absorption of irrigation fluid and sexual side effects such as retrograde ejaculation [3].

Enucleation of Prostate

Prostate enucleation, utilizing bipolar energy or laser energy like Holmium or Thulium, removes prostate adenoma along the natural anatomical plane, offering a safe alternative with similar efficacy and safety to TURP [4,5]. There is theoretically no prostate size limitation. However, enucleation technique has an intrinsically steeper surgeon's learning curve comparing with TURP.

Aquablation

Aquablation is an image guided robotic high-velocity waterjet ablation technique. It offers a precise remove of prostate tissue under real-time transrectal ultrasound guidance. Current evidence indicates its mid-term efficacy is non-inferior to TURP with a low incidence of retrograde ejaculation [6]. However, there is lack of long-term follow-up data.

Convection water vapour energy ablation

It uses radiofrequency energy to create thermal energy in the form of water vapour that causes prostate tissue necrosis. It can be done under local anaesthesia in an office-based setting, showcasing efficacy with minimal impact on sexual function [7]. However, there is currently no evidence of direct comparison against a reference technique such as TURP.

Prostatic Urethral Lift

It utilizes tiny permanent implants to compress the prostate tissue. offers a minimally invasive approach with improvements in symptoms and flow rates [8]. It can be done under local anaesthesia in an office-based setting. Its advantage lies in preserving sexual function when comparing with TURP [9]. However, again there is lack of long-term follow-up data to evaluate the durability comparing with other techniques.

Prostate Artery Embolization

Prostate Artery Embolization (PAE) is an endovascular treatment which selectively embolize prostate arterial supply, resulting in shrinkage of prostate. PAE is minimally invasive and can be done as day procedure with local anaesthetics. It demonstrates patient-reported outcome measures non-inferior to TURP. However, objective outcomes, such as urodynamic results, prostate volume reductin, remain inferior to TURP [9].

In conclusion, BPH management involves a diverse array of interventions, ranging from traditional to innovative approaches, each tailored to patient needs. The historical evolution of surgical techniques reflects a continual pursuit of optimal outcomes with minimal invasiveness. A nuanced understanding of prevalence, clinical assessments, and available medical treatments guides healthcare professionals in providing personalized and effective care for individuals affected by BPH.

Reference:

1. Roehrborn, C.G., et al. The effects of dutasteride, tamsulosin and combination therapy on lower urinary tract symptoms in men with benign prostatic hyperplasia and prostatic enlargement: 2-year results from the CombAT study. J Urol, 2008. 179: 616.
2. EAU guideline 2023: Management of non-neurogenic male LUTS.

3. Cornu, J.N., et al. A Systematic Review and Meta-analysis of Functional Outcomes and Complications Following Transurethral Procedures for Lower Urinary Tract Symptoms Resulting from Benign Prostatic Obstruction: An Update. *Eur Urol*, 2015. 67: 1066.
4. Higazy, A., et al. Holmium laser enucleation of the prostate versus bipolar transurethral enucleation of the prostate in management of benign prostatic hyperplasia: A randomized controlled trial. *Int J Urol*, 2021. 28: 333
5. Heidar, N.A., et al. Laser enucleation of the prostate versus transurethral resection of the prostate: perioperative outcomes from the ACS NSQIP database. *World J Urol*, 2020. 38: 2891.
6. Gilling, P.J., et al. Randomized Controlled Trial of Aquablation versus Transurethral Resection of the Prostate in Benign Prostatic Hyperplasia: One-year Outcomes. *Urology*, 2019. 125: 169.
7. McVary, K.T., et al. Erectile and Ejaculatory Function Preserved With Convective Water Vapor Energy Treatment of Lower Urinary Tract Symptoms Secondary to Benign Prostatic Hyperplasia: Randomized Controlled Study. *J Sex Med*, 2016. 13: 924
8. Perera, M., et al. Prostatic urethral lift improves urinary symptoms and flow while preserving sexual function for men with benign prostatic hyperplasia: a systematic review and meta-analysis. *Eur Urol*, 2015. 67: 704.
9. Knight, G.M., et al. Systematic Review and Meta-analysis Comparing Prostatic Artery Embolization to Gold-Standard Transurethral Resection of the Prostate for Benign Prostatic Hyperplasia. *CardioVasc Int Radiol*, 2021. 44: 183.

Activities Highlights

Hong Kong Association of Gerontology for 11th Quality Care in Aged Homes on 21st-June-2023



香港老年學會
Hong Kong Association of Gerontology

PUBLIC EDUCATIONAL GRANT

第十一屆安老院舍優質照護研討會2023 – 院舍優質服務指標 Quality Care in Aged Homes

日期：2023年6月21日(星期三)
時間：下午2時30分至5時30分
對象：安老院舍或長者服務同工；各界友好
地點：唯港薈Hotel ICON (香港九龍尖沙咀東部科學館道17號)

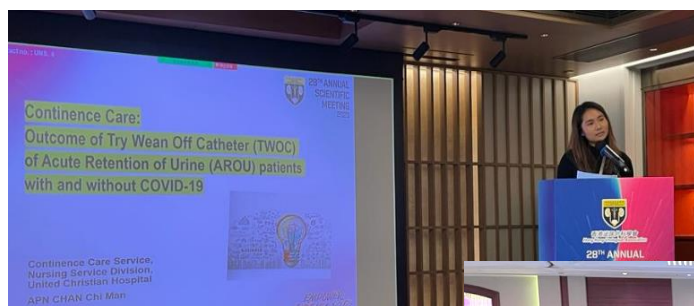
專業學分：
CNE, CPD(SW): 3
CPD(OT), CPD(PT): 待批

程序	(大會主持：陳靜宜 老年學會總監)
(一) 2:30-2:35	歡迎辭 梁萬福醫生 香港老年學會會長
專題講座	(講座及答問主持：梁萬福醫生 老年學會會長)
(二) 2:40-3:10	安老院舍長者常見皮膚疾病及診治 Diagnosis and Management of Common Skin Diseases in Residents of RCHes 周志榮醫生 皮膚及性病科專科醫生
(三) 3:10-3:40	安老院舍長者腸道及泌尿系統疾病管理 Management of Bowel and Urinary Disorders in RCHes 鍾欣欣女士 九龍東醫院聯網理遺科顧問護士
(四) 3:40-4:10	深造傷口護理管理Advances in Wound Care Management 汪敬慈女士 港島西醫院聯網臨床護理導師
(五) 4:10-4:30	小休(茶點)
(六) 4:30-5:00	以「安老院舍評審計劃」提升院舍質素之發展里程 Review of Quality Improvement with Residential Aged Care Accreditation in Hong Kong 趙迪華女士 香港老年學會副總監

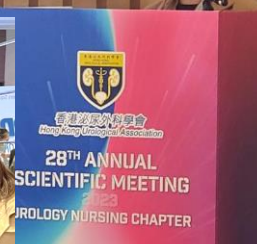
Ms. CHUNG Ying Ying (Nurse Consultant, in Continence Care) had contributed in aged homes quality care seminar and delivered continence care lecture

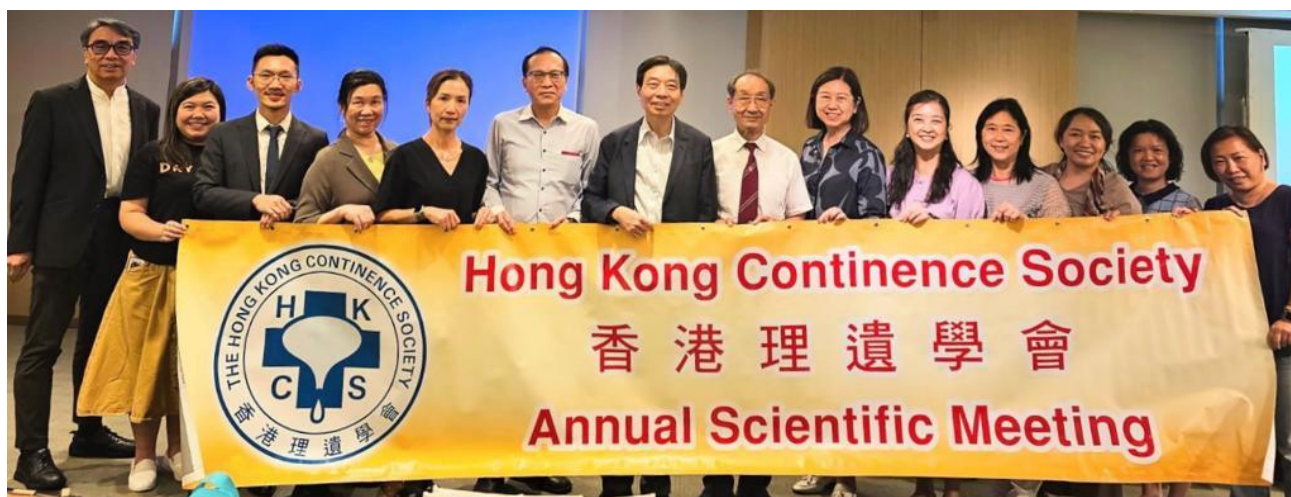


28th Hong Kong Urological Association Annual Scientific Meeting 2023 on 19th November-2023



Sharing Continence Nursing Care & Program with urology nurses. It was happy to meet up Dr. SO Hing Shing, Consultant (Urology) & Dr. Wilson LAM, Associate Consultant (Urology)





2023/2024

Office Bearers:

President: Dr. LEUNG Man Fuk Edward *(Seventh from left to right)*

Vice-President: Dr. Judy HUNG

Honorary Secretary: Ms. LAM Mo Ching *(Fourth from left to right)*

Honorary Treasurer: Dr. TONG Bing Chung *(First from the left)*

Webmaster (Website Producer): Dr. TAM Cheuk Kwan *(Sixth from the left)*

Council & Co-opted Members:

Council Members		
Dr. CHEON Willy Cecilia	Dr. HO Kwan Lun	Ms. FUNG Kim Yook Brigitte <i>(Sixth from right to left)</i>
Dr. John FENN (Representative of FMSHK) <i>(Eighth from left to right)</i>	Ms. CHAN Sau Kuen Becky <i>(Fourth from right to left)</i>	Ms. HUI Ngor Peggy (Ex-Newsletter Editor) <i>(Fifth from right to left)</i>
Dr. LAM Wing Chung Wilson <i>(Third from left to right)</i>	Ms. CHUNG Ying Ying (Newsletter Editor) <i>(Fifth from left to right)</i>	Ms. WONG Siu Wan Arale (Newsletter Editor) <i>(Third from right to left)</i>
Dr. LUK Lai Yin	Ms. LAM Hoi Yan, Maggie (Ex-Secretary) <i>(Second from right to left)</i>	
Co-opted Members		
Ms. LEUNG Ching Yee Jenny <i>(First from the right)</i>	Ms. LAM Wing Sze <i>(Second from left to right)</i>	Ms. LAU Lai Sin Amy
Ms. KWOK Choi Fung Yvonne	Ms. IP Kam Tin	