

Editorial

Dissemination reports are concise informative reports of health-related research supported by funds administered by the Food and Health Bureau, for example, the *Health and Health Services Research Fund* (which was consolidated into the *Health and Medical Research Fund* in December 2011). In this edition, 11 dissemination reports of projects related to neurology and health services research are presented. In particular, four projects are highlighted owing to their potentially significant findings, impact on healthcare delivery and practice, and/or contribution to health policy formulation in Hong Kong.

Much effort has been made to devise effective interventions to slow down progressive neurodegeneration among individuals with mild cognitive impairment (MCI). Chinese calligraphy writing is a mind-and-body activity culturally relevant to older adults. Chan et al¹ tested the efficacy of an 8-week Chinese calligraphy writing course for attention control—a specific impairment in early stage—in 99 older adults with MCI. The writing course improved working memory and delayed recall memory. The training also improved attention control, visual scan, and processing speed functions. Although further research is needed to confirm the efficacy of the intervention, particularly beyond 8 weeks, the training has potential to be adopted by service providers for day-to-day use in Hong Kong.

In 2010, the Reference Framework for Diabetes Care was introduced by the Primary Care Office of the Food and Health Bureau. It adopts a life-course, comprehensive, continuous, and patient-centred approach. The framework covers primary prevention through lifestyle changes, assessment in high-risk groups for early detection, and multidisciplinary management of diabetic patients. Wong et al² evaluated the awareness and adoption level of this framework in over 400 primary care physicians and determined the factors influencing its adoption. The level of adoption was high. Improvements in the patient version of the framework are suggested to

enhance patient knowledge of diabetes and promote self-management. Insufficient resources, time, and support, as well as perceived influence on clinical autonomy and patient selection of services were major barriers among primary care physicians to adoption of the framework.

Chest pain is a common complaint in patients presenting to the emergency department, and acute coronary syndrome is confirmed in about 15%-25% of cases. Its evaluation is a lengthy process that involves serial electrocardiography and troponin tests taken 3-6 hours apart. There is a need for a safe and effective accelerated chest pain pathway to enable early discharge and to risk-stratify patients for appropriate deposition and utilisation of hospital resources. Rainer et al³ developed a scoring system that incorporates a variety of standard measurements to accurately risk-stratify patients for deposition decision.

Geriatric hip fracture places an increasing burden on the medical system and requires increased health utilisation in the first year of fracture. A multidisciplinary critical clinical pathway shortens hospital stay and improves clinical outcomes. A local geriatric hip fracture clinical pathway was developed in 2007 with encouraging results in terms of shortened length of stay. Leung et al⁴ conducted a retrospective study to compare clinical outcomes and manpower costs before and after implementation of the pathway. Implementation of the pathway resulted in shortened preoperative waiting time and length of hospital stay, decreased mortality and complication rate, reduced manpower cost, and increased efficiency.

We hope you will enjoy this selection of research dissemination reports. Electronic copies of these dissemination reports and the corresponding full reports can be downloaded individually from the Research Fund Secretariat website (<http://www.fhb.gov.hk/grants>). Researchers interested in the funds administered by the Food and Health Bureau also may visit the website for detailed information about application procedures.

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