

Editorial

Dissemination reports are concise informative reports of health-related research supported by the Health and Medical Research Fund (and its predecessor funds) administered by the Food and Health Bureau. In this edition, we present 11 dissemination reports of projects related to chronic disease, cancer, and audiology. In particular, three projects are highlighted for their potentially significant findings, impact on healthcare delivery and practice, or contribution to health policy formulation in Hong Kong.

In Hong Kong, 30% of the population has a chronic health condition, the most common of which is hypertension. Almost 90% of patients with chronic diseases receive follow-up care in the public sector. Most patients with hypertension are under satisfactory control, but they still receive follow-up every 2 to 4 months for repeat prescriptions. Yip et al¹ conducted a 1-year prospective randomised two-arm intervention study involving 400 older patients receiving anti-hypertensive medicine. They found that nurse-led repeat prescription was well accepted by patients with good compliance. Clinical outcomes of nurse-led repeat prescriptions were non-inferior to doctor consultations.

Advanced age, race, and family history of prostate cancer are established risk factors of prostate cancer. The influence of environmental factors on prostate cancer aetiology remains unclear. Tse et al² aimed to document the association between environmental exposure to bisphenol A (BPA) and the risk of prostate cancer among Hong Kong Chinese men, and to examine the exposure-response relationship between cumulative BPA exposure

index and prostate cancer risk. A positive exposure-response relationship between cumulative BPA exposure index and prostate cancer was observed, with a more prominent gradient in men under the age of 70 years. The use of commercial food containers was positively related to prostate cancer risk, but only habitual drinking of chilled water in a plastic container showed a significant association.

Tinnitus is a self-reported phenomenon not readily apparent to others. Subjective psychometric measures are used to assess the severity and impacts of tinnitus and to determine the effectiveness of intervention. The Tinnitus Functional Index (TFI) is a 25-item self-administered questionnaire that assesses eight domains of negative tinnitus impact (intrusive, sense of control, cognitive, sleep, auditory, relaxation, quality of life, and emotion) using an 11-point scale (0-10). Kam et al³ translated the TFI into Chinese and validated its use in Hong Kong Chinese patients with chronic tinnitus. Its psychometric properties (reliability, construct validity, and responsiveness) were determined. They found that the Chinese version TFI was valid and reliable for measuring tinnitus severity and related negative impacts in Chinese patients.

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 (<https://rfs2.fhb.gov.hk/>). Researchers interested in the funds administered by the Food and Health Bureau also may visit the website for detailed information about application procedures.

Supplement co-editors



Dr Edmond SK Ma
Consultant
(Research Office)
Food and Health Bureau



Dr Richard A. Collins
Scientific Review Director
(Research Office)
Food and Health Bureau

References

1. Yip BH, Lee EK, Sit RW, et al. Nurse-led repeat prescription for patients with controlled hypertension: a randomised controlled trial. *Hong Kong Med J* 2018;24(Suppl 4):S4-7.
2. Tse LA, Ho WM, Wang F, He YH, Ng CF. Environmental risk factors of prostate cancer: a case-control study. *Hong Kong Med J* 2018;24(Suppl 4):S30-3.
3. Kam AC, Leung EK, Chan PY, Cheung AP, Tong MC. Cross-cultural adaptation of the Tinnitus Functional Index for measurement of chronic tinnitus in Hong Kong Chinese patients. *Hong Kong Med J* 2018;24(Suppl 4):S42-5.