



青山醫院精神健康學院
Institute of Mental Health
Castle Peak Hospital

S

學院樓
Academia House

Report on
Institute of Mental Health
Castle Peak Hospital
July - December 2014

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I. Mission

The Institute of Mental Health (IMH) is a centre of excellence for promotion and advocacy of better community mental health, through advancing science and disseminating knowledge in mental illness and mental health by intensive education, quality training, and rigorous research.

II. Membership of the IMH Board

Chairman : Professor SHAM Pak-chung, The University of Hong Kong

Members : Professor Raymond CHAN, Chinese Academy of Sciences

Mr. CHAN How-chi

Professor CHAN Tsang-sing, The Lingnan University

Dr. HUNG Se-fong

Dr. Eugenie LEUNG, The University of Hong Kong

Mr. LU Tak-ming

Professor Joyce MA, The Chinese University of Hong Kong

Professor Thomas WONG

Ex-Officio Members: Mr. CHAN Bing-woon
Chairman
Hospital Governing Committee
Castle Peak Hospital

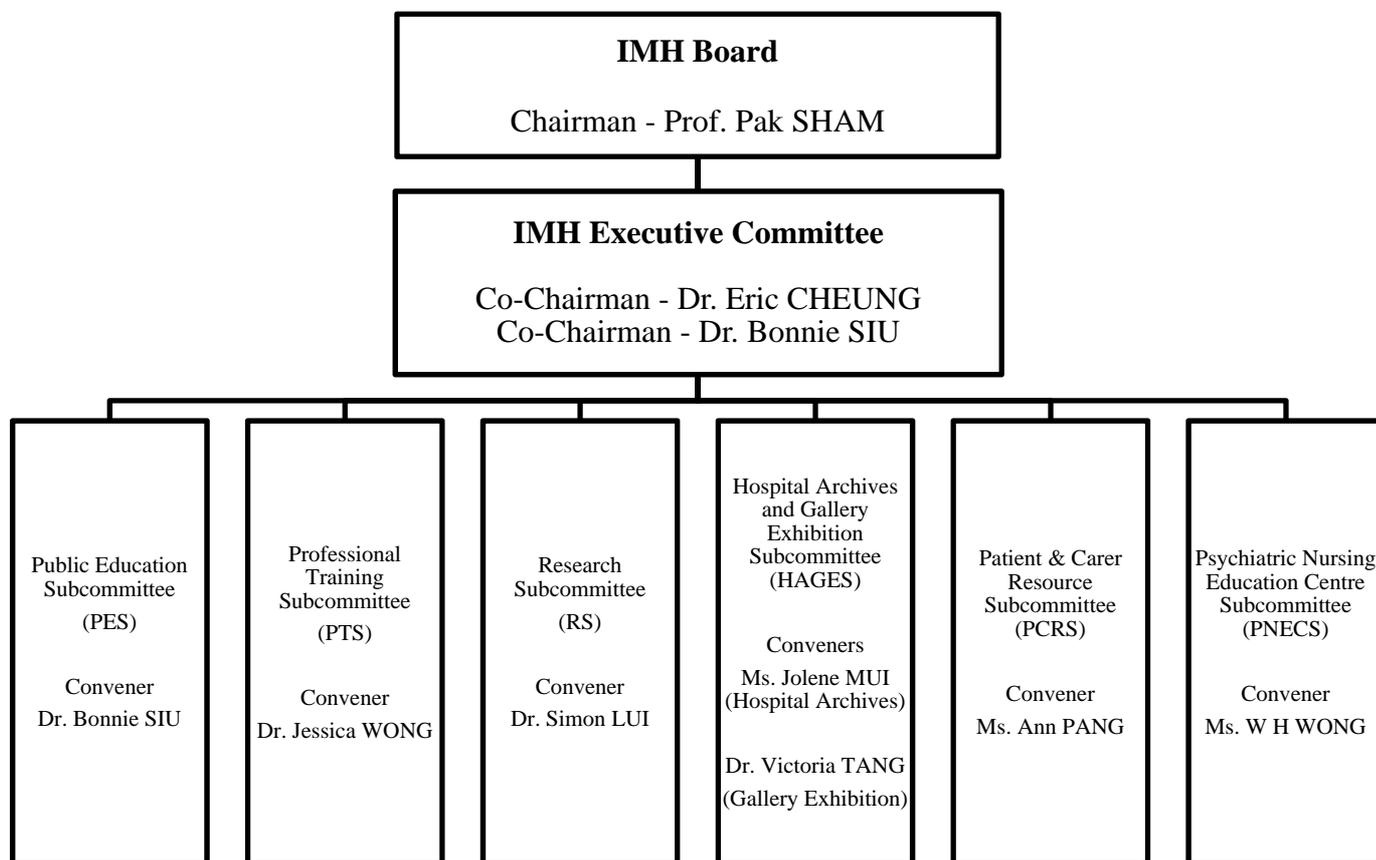
Dr. Eric CHEUNG
Hospital Chief Executive /
Co-Chairman
Executive Committee of IMH
Castle Peak Hospital

Dr. Bonnie SIU
Co-Chairman
Executive Committee of IMH
Castle Peak Hospital

The Executive Committee of the IMH

- Co-Chairman** : Dr. Eric CHEUNG
Hospital Chief Executive
Castle Peak Hospital / Siu Lam Hospital
- Co-Chairman** : Dr. Bonnie SIU
Chief of Service
Convener of Public Education Subcommittee
- Members** : Dr. Martina CHEUNG
Clinical Psychologist
- Ms. Jackaline LEE
Cluster Manager (Finance Services)
- Ms. Fion LING
Senior Hospital Manager (Administrative Services)
- Dr. Simon LUI
Associate Consultant
Convener of Research Subcommittee
- Ms. Jolene MUI
Nurse Consultant
Convener of
Hospital Archives & Gallery Exhibition Subcommittee (Hospital Archives)
- Ms. Ann PANG
Department Operations Manager
Convener of Patient & Carer Resource Subcommittee
- Dr. Victoria TANG
Associate Consultant
Convener of
Hospital Archives & Gallery Exhibition Subcommittee (Gallery Exhibition)
- Dr. Jessica WONG, Consultant
Convener of Professional Training Subcommittee
- Ms. W. H. WONG
General Manager (Nursing)
Convener of Psychiatric Nursing Education Centre Subcommittee
- Secretary** : Ms. Rita SIU
Assistant Hospital Manager (IMH)

III. Organisation Chart of the IMH



IV. Overview of Programmes Conducted by the IMH (July to December 2014)

Public Education

(1) Basic Training on Working with Transsexual and Transgender Persons Facing Life Challenges and Violence

The Social Welfare Department invited the PES to organise a three-hour training workshop for social workers on 3 September 2014, with the aim of enhancing participants' knowledge and skills on working with transsexual and transgender persons facing life challenges and violence in their daily life.

(2) Management of Workplace Violence (MoV) Talk

In response to the invitation from the Occupational Safety and Health Council (OSH Council), a seminar entitled “醫護服務業「預防工作中暴力事故」講座” was conducted on 13 October 2014 for healthcare workers from various service sectors. It aimed at enhancing participants' service quality and their personal safety in handling violent situation in the workplace. About 140 participants attended the captioned talks.

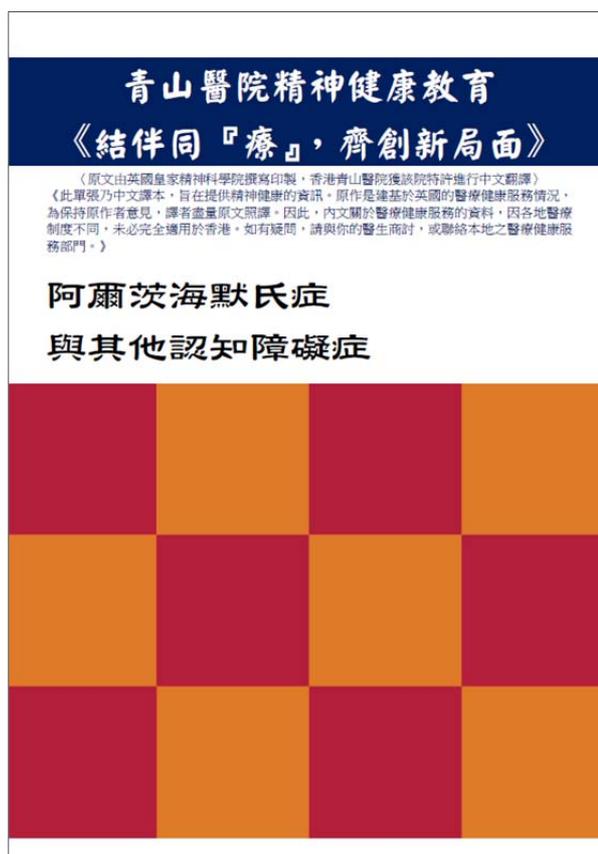
(3) Educational Materials

The publications of the IMH provide a good source of information on mental illnesses and self-help guide to the general public. The information is handy and easily accessible at the service units of CPH and online at the IMH website. To ensure the information is accurate and up-to-date, the PES has continuously been reviewing all educational materials and reprint those pamphlets with high demand. The materials updated from July to December 2014 were listed as follows:

Two educational pamphlets were reviewed and updated:

- Suicide and Depression 自殺與抑鬱
- Alzheimer's disease and other dementias (authorised translation from the Royal College of Psychiatrists) 阿爾茨海默氏症與其他認知障礙症

In view of the high demand, an educational pamphlet on Depression “不再抑鬱” was reprinted. All of the above updated materials are available for free distribution in different service units and accessible on the IMH website.



(4) Health Column on Sing Tao Daily

The PES continues to collaborate with Sing Tao Daily in publishing articles written by CPH colleagues as an effective medium to disseminate mental health knowledge to the public. The articles are published under the health column “保健至專” inside the feature page of the newspaper.

CPH colleagues have contributed to this project by actively submitting their articles. Published articles are shared with all CPH staff via email. The collection of articles has also been uploaded to the IMH website for public access.

Articles published from July to December 2014 were listed as follows:

培養社交認知	(03.07.2014)
園藝治療見驚喜	(22.07.2014)
緩解複雜性哀傷	(31.07.2014)
減肥過度致情緒病	(11.08.2014)
勝出逆境心理戰	(14.08.2014)
傷健如何共融	(28.08.2014)
狂躁抑鬱兩極化	(18.09.2014)
面對失去所愛	(06.10.2014)
長者獨居好與壞	(21.10.2014)
解憂園藝療法	(20.11.2014)
舞出快樂療法	(01.12.2014)

保健至專 狂躁抑鬱兩極化
精神科/牙科

「我丈夫動不動就發脾氣，性格這麼暴躁，準是患了狂躁症！」陳太向醫生投訴。其實易發怒不一定就是狂躁症，真正的狂躁症，是情緒病的其中一種。患者在發病時會有一系列症狀，包括情緒變得異常高漲，與人相處的態度可能變得過分親切或輕挑，也有部分患者會容易暴躁，甚至有暴力行為。這些情緒波動是由於大腦出現病變，而非一般的情緒變化會據周圍發生的事情而轉變。

患者病發期間會持續地亢奮，所需睡眠時間亦突然驟減，於缺乏休息的情況下體力依然極度充沛，像有用之不盡的精力，甚至性欲增強。患者會感到自己思考速度變快，因而可能會忽然變得過分健談，談話速度也加快。另可能會在亢奮情緒下，胡亂花費大量金錢，並有很多不切實際的計畫，做出很多非理性的決定。部分較為嚴重者更可能出現幻覺，或妄想自己有高人一等的身分和能力，例如自覺是神仙。

藥療控制病情

狂躁症是情緒病的其中一種極端狀況，另一種極端則是抑鬱症。假如患者曾先後出現狂躁和抑鬱的症狀，便有機會是患上了「狂躁抑鬱症」（簡稱躁鬱症）。狂躁抑鬱症的治療，主要靠口服藥物控制病情。現時一綫藥物包括新一代抗思覺失調藥，以及不同種類的情緒穩定劑，例如鋰劑和一些用作控制腦癱的藥物。藥療除能有效控制病情，於康復後持續服藥更有效預防復發。當然，保持良好的生活習慣和學習壓力管理，也是預防病發的重要一環。

整理：Kar

今日顧問：
青山醫院精神健康學院
精神科醫生趙穎欣

Professional Training

(1) Basic Training on Mentalisation Based Treatment (MBT)

A three-day basic training on Mentalisation Based Treatment (MBT) by Professor Anthony W. Bateman from the Halliwick Unit, Barnet, Enfield and Haringey Mental Health Trust, London was successfully held on 12 to 14 September 2014. It aimed at providing MBT training for both HA and non-HA professionals in psychiatric services including doctors, nurses, clinical psychologists, occupational therapists, social workers and case managers. A total of 40 mental health professionals attended the training.



Demonstration via role play



Group discussion

Psychiatric Nursing Education

(1) The Graduation Ceremony of the Enrolled Nurse

The Graduation Ceremony for Class 10 of Enrolled Nurse (Psychiatric) Training Programme for the Hospital Authority was held on 9 October 2014. There were 27 pupil nurses graduated.



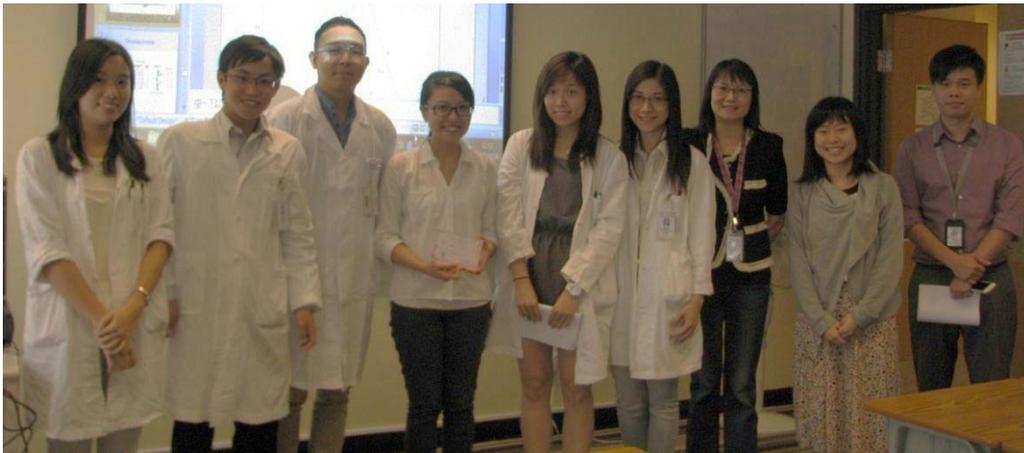
Research

(1) Research Skills Training Workshop

The Research Subcommittee has been organising Research Skills Training Workshops which comprise a series of interactive small-group workshops conducted by experienced researchers. The series of workshops repeats once every six months, and is open to all CPH staff. We also invited Family Medicine trainees of Tuen Mun Hospital (TMH) to attend. The workshops aim at promoting a culture of research and enhancing research skills among our staff. The second series of five workshops in 2014 was held from July to December. A total of 27 CPH and TMH staff participated in these workshops.

(i) How to conduct a meta-analysis (27 August 2014)

This workshop was conducted by Dr. Evelyn Wong which focused on the application of meta-analysis.



(ii) Critical Appraisal of Research Papers (15 October 2014)

This workshop was conducted by Dr. William Chui which was about critical appraisal of research papers.



(iii) Application of SPSS for Clinical Study (5 November 2014)

This workshop was conducted by Mr. Kenny Wong, Manager from the HA Head Office. He demonstrated the basic concepts of biostatistics and the use of SPSS, a statistics software commonly used in biomedical research. The workshop provided participants with hands-on experiences on how to create data files and perform data analysis with SPSS.



(iv) Writing Research Proposals and Scientific Papers (26 November 2014)

Conducted by Dr. Simon Lui, this workshop was on research methodology and the concept of research paradigm and common pitfalls in research design.



(v) Use of Reference Management Software in Writing Scientific Papers

(3 December 2014)

This workshop was conducted by Dr. Joanna Lam which focused on techniques in performing online search for medical literature and using Endnote, a citation management software.



(2) Research Studies

As of December 2014, CPH has more than 30 on-going research projects and the IMH is actively involved in the following research projects:

- **“A four-year prospective family study in patients suffering from first episode psychosis: A quest for intermediate phenotypes and aetiology of psychosis”** – Data collection stage. As of December 2014, a total of 202 patients with first-episode psychosis have been phenotyped whereas 98 healthy controls and 335 patients have been recruited for endophenotyped and genotyping respectively. Exercises to assure the quality of data has been conducted continuously. An article entitled “Do patients with first-episode schizophrenia have problems in prospective remembering?” has been published in the Journal of Psychiatric Research. Another article entitled “Subjective pleasure experience across the schizophrenia spectrum” has been submitted to the Psychiatry Research and is under review.
- **“Neurological soft signs in chronic patients with psychosis and its susceptibility genes: An extended study”** – Completed. The data will be combined with other projects for further genetic analysis.

- **“Theory of mind performance in patient with first-episode schizophrenia and first-degree relatives: A cross-sectional case control study”** – Manuscript has been submitted to the Schizophrenia Research and is under review.
- **“Schizotypy traits or features in nonpsychotic first-degree relatives of patients with schizophrenia: Cluster analysis using the Chapman Psychosis Proneness Scales”** – Write up stage.
- **“Searching for intermediate phenotypes for psychosis: a functional MRI study on neuroanatomical markers for psychosis and gene-brain mapping”** – Donation fund and approval from the Institutional Review Board has been obtained. This study is at data collection stage. As of December 2014, a total of 31 patients with first-episode psychosis, four first-degree relatives and six healthy controls have been recruited for neurological tests. MRI brain scans were conducted for 29 of them.

Patient and Carer Resource

(1) Mini-art Gallery

An artwork framing group with eight patients was formed. Three meetings were conducted on 3, 16 and 23 July 2014 for the establishment of a mini-art gallery at the Tuen Mun Mental Health Centre and the opening ceremony of the gallery “書畫樂聚” was held on 5 September 2014. The artwork framing group “書畫樂聚之裱畫小組” also met on 10 October and 27 November 2014, with a total of 14 patients participated who arranged changing of the artwork periodically.



Opening Ceremony of the Mini-art Gallery

(2) Community Partnership and Teen’s Life Coach Events

A community partnership and teens life coach programme was jointly organised with the Jardine Matheson Group. The programme included the following activities during the reporting period:

- The graduation ceremony of the “Health in Mind-Youth Mental Health Promotion Programme 2012-2014 (Teen 使行動-青少年思健推廣計劃)” was conducted on 5 July 2014, with four patients participated.
- “Central Rat Race 2014” was conducted on 19 October 2014, with 12 patients participated. Some of them also attended the pre-meeting “鼠戰中環 2014 籌備會” on 6 and 13 October.



Graduation Ceremony of the "Health in Mind-Youth Mental Health Promotion Programme 2012-2014"



The Central Rat Race

(3) Patient and Carer's Education

Two educational talks on depression and insomnia entitled “抑鬱探索” and “認識失眠講座” were conducted for the members of the Happy Sharing Group “樂協社” (a patient self-help group) on 31 October and 25 November 2014 respectively. A total of 48 patients attended.



樂協社精神健康講座

認識失眠

講解內容：分析失眠的原因
認識安眠藥
介紹如何改善睡眠質素



地點：
思健俱樂部

日期：2014年11月25日
(星期二)

時間：上午11:30至下午12:30

請前往或致電思健俱樂部向當值職員聯絡報名
地址：青松觀路2A 電話：24665958



樂協社-精神健康講座

抑鬱探索

讓面對情緒及精神困擾的人士，認識及掌握自己的處境，探討處理技巧。

日期： 2014年10月31日(星期五)	時間： 下午10:30至12:00
地點： 思健俱樂部	

- ◇ 何謂抑鬱症
- ◇ 治療方法
- ◇ 困難處理
- ◇ 情緒處理
- ◇ 成功個案分享



請前往或致電思健俱樂部向當值職員聯絡報名
地址：青松觀路2A 電話：24665958



Hospital Archives & Gallery Exhibition

(1) Exhibition “Long Road to Our Verdant Peak: The History and Relics of Psychiatry in Hong Kong”

The exhibition was held at the Hong Kong Museum of Medical Sciences from 4 July to 14 September 2014. The content of the exhibition included various historical documents, photographs and artifacts, such as restrainer and obituary register. This project aimed at reducing stigma towards mental illness by illustrating the development of psychiatric services in Hong Kong in line with society’s changing needs.



(2) Annual History Lecture

The Annual History Lecture 2014 was successfully held on 22 October, with Ms. Amy Chan and Ms. Poon Mei Ying as the guest speakers. Ms. Chan shared the development of occupational therapy in mental health services in Hong Kong while Ms. Poon spoke on the development of rehabilitation services in Castle Peak Hospital. Over 110 participants including psychiatrists, psychiatric nurses, social workers, allied health professionals as well as pupil nurses attended the lecture.



Ms. Amy Chan (in the middle)



Ms. Poon Mei Ying

(3) Photo-stories of CPH 青山相一賞

A photo tells a story. The HAGES has organised an exhibiton outside the CPH staff canteen entitled “青山相一賞” with images depicting historical moments and a brief introduction in every three months. “Nurses in Relaxation Corner” and “The Key Holders of Old Forensic Ward” were featured in the episodes of July and November 2014 respectively.



Nurses in relaxation corner



*Entrance of the previous forensic wards
(Wards I and J)*

(4) Art-in-CPH salon photograph exhibition

The exhibition was held at the Hong Kong Cultural Centre from 1 to 4 September 2014 which featured the works of patients in recovery together with professional staff of the Hospital and a volunteer photographer who taught these patients in an earlier photography workshop.

This project aimed at boosting the confidence and self-awareness of patients in recovery by exploring their talents through photography. By portraying their inner world, the photo gallery embraced social inclusion as well as enhanced public awareness in mental health.



The exhibition at the foyer of the Hong Kong Cultural Centre



Two out of the 40 photographs displayed

導師分享

記得朗悅中心邀請我參與「一刻美攝」攝影計劃時，「一刻美攝」這個名字甚至還未出現。我只知道中心方面希望為學員舉辦一次戶外攝影活動，有關這個活動的細節，都是一班負責同工在會議室討論出來的成果。

作為一個攝影師，我在「一刻美攝」除了提供拍攝技巧指導外，我還可以作出甚麼貢獻呢？感謝各醫護同工的分享，我了解到透過藝術創作，當事人情緒的衝突和困擾可以得到緩和；當事人在創作的過程中，也可以探索個人的潛能，處理個人的問題。這是非常有意義的一件事。

因此，我在預備講座內容時，花了不少精神去指導學員怎樣觀察事物。相同的景物，不同的攝影者可以透過曝光、取景角度、構圖、色彩等元素去表達不同的氣韻與情感。正面地思考，找出事物的美感正面地跟別人分享，是我要求學員學習的第一份功課。

(環境心轉：我們的心情常常受到外來因素而上下起伏波動。但同樣的一個境，也可以因為我們能以不同的角度思考，而帶給我們不一樣的感覺。)到了真正出外的日子，晴朗但清爽的天氣，加上漫山美景，學員們都顯得很興奮。各人拿起相機用心地拍攝，希望把眼前的美景帶回家。

總結當天跟學員們的談話，我最多聽到的是「原來(這地方)真的這麼美！」不少學員都告訴我「很久沒有這樣外出，希望日後可以外點往外走走。」

許多情緒病患者在面對困難時，都選擇隱藏自己，並對身邊事物失去興趣。戶外攝影除了為學員提供一個郊遊的機會外，更重要的，是包括我在內的各位參與同工們，都希望學員體驗戶外攝影的樂趣，繼而嘗試走出外面，培養興趣的同時，也藉此發掘個人潛能，增強個人自信。

導師簡介

Aaron Chan 全職攝影師。工餘時間喜歡到郊外閒遊及透過攝影與朋友分享眼前景物。曾是青山醫院五十週年出版書籍《開門見山》編輯委員會內唯一的非醫護人員，也為朗悅中心近年出版的兩本刊物《陽光路上》、《總有你鼓勵》及《同心同行展藝力》提供專業拍攝服務。現時為朗悅中心攝影興趣班「以相會友」的負責導師，致力培養學員對攝影的興趣。

“一刻美攝”課程簡介



分享攝影基本概念及技巧

「一刻美攝」課程是配合青山醫院藝術在青山2014發展方向而設。

此課程由朗悅中心舉辦，由醫生、護士、職業治療師及攝影義工導師攜手合作，設計為期三堂的課程。



大崇外影

欣賞相片



課程內容包括分享攝影基本概念及技巧，到大棠郊野公園拍攝外影，以及相片製作和分享。

齊來裱相



課程目的：透過攝影，參加者能培養攝影興趣，發掘攝影潛能，加強自我肯定及認同感，增進社交自信。

參加對象為19位朗悅中心學員(精神病康復者)，當中有16位學員參予今次相片展覽。



即時感想

Highlights of the photography class and sharing from the tutor were displayed

V. Statistics of Educational Activities (Organised by the IMH and Invitations Received)

The summary of all educational activities conducted by the IMH from July to December 2014 was presented as per Appendix I. The activities were categorised into two types. The first type refers to the activities that were initiated and organised by the IMH and the other type is invitations received from other organisations for conducting talks or training courses.

A total of 27 activities were conducted, among which 23 activities were organised by the IMH. A total projected net income of \$100,950 was earned from the activities with 605 overall attendances. The breakdown of the activities by topics, target groups and geographical locations of the participants is presented as per Appendix I.

Activities Organised by the IMH

A substantial fraction of the activities organised by the IMH during the reporting period focused on topics related to general adult psychiatry, which accounted for 61% of the activities held. The activities organised by the IMH mainly targeted at professional carers and patients. A projected net income of \$77,280 was generated from the activities organised by the IMH.

Invitations from Other Organisations

Among the 4 invitations that we received from external organisations, including government departments, non-government organisations (NGO) and educational institutions, most requested for delivering training courses targeted for the professional carers and the public. The projected net income was \$23,670.

Loan Record of Mental Health Educational Products

Two applications from NGO / educational institution for borrowing our educational exhibition boards / obtaining pamphlets or quoting / copying our publications, and linking up the IMH website were received and approved.

VI. Institute of Mental Health, Castle Peak Hospital
Financial Report as at 31 December 2014

Institute of Mental Health, Castle Peak Hospital
Financial Report as at 31 December 2014

A) Mental Health Educational General Fund (MHEGF)

<u>Sources of Funding</u>	<u>Full Year Budget for 2014/15 (HK\$)</u>	<u>Actual as at 31 December 2014 (HK\$)</u>
Hospital Other Charges Budget		47,700
Donation Fund		4,802,716
Hospital Alternative Source of Income Projects		381,353
		<u>5,231,769</u>
Total		
<u>Allocation</u>		
IMH Annual Plan Programmes	410,740	283,112
Staff of IMH	1,221,228	913,957
	<u>1,631,968</u>	<u>1,197,069</u>
Total		
		<u>4,034,700</u>
Free Balance under MHEGF		

Note 1: Donation of \$2M is designated for a 3-year research project funded by the Philip KH Wong Foundation starting in 2014.

Note 2: The Full Year target is \$600,661, the Year To Date achievement \$381,353 is 63.5% of target.

Note 3: The Year To Date spending of \$1,197,069 represents 73.4% of Budget spending (\$1,631,968).