

2nd Educational Workshop on Sarcopenia and Its Related Orthopaedic Problems

Date: April 14th, 2016 (Thursday)

Lecture: 2/F, Seminar Room, Lui Che Woo Clinical Sciences Building, Prince of Wales Hospital
Workshop: 1/F, Orthopaedic Learning Centre, Li Ka Shing Specialist Clinic (North Wing), Prince of Wales Hospital

Note: Workshop FULL; Lecture WELCOME

From	To	Topic	Speaker	Institute
9:00	9:05	Introduction	Prof. Kwok-Sui Leung	Department of Orthopaedics and Traumatology The Chinese University of Hong Kong
9:05	9:25	Clinical Management of Sarcopenic Elderly – from Medical to Orthopaedic Problems	Dr. David Dai	Department of Medicine and Therapeutics Prince of Wales Hospital
9:25	9:45	Definition and Diagnosis of Sarcopenia for Asian	Dr. Simon Chow	Department of Orthopaedics and Traumatology The Chinese University of Hong Kong
9:45	10:05	Sarcopenia and Associated Problems in Elderly	Prof. Timothy Kwok	Department of Medicine & Therapeutics The Chinese University of Hong Kong
10:05	10:25	Diet for Hong Kong Elderly – Prevention of Sarcopenia	Mr. Terry Ting	Registered Dietitian
10:25	10:45	Scientific Updates of Sarcopenia – orthopaedic related Research	Prof. Louis Cheung	Department of Orthopaedics and Traumatology The Chinese University of Hong Kong
10:45	11:05	Designing Exercise Program for Elderly with Sarcopenia and Other Orthopaedic Problems	Prof. Kenneth Cheng	Department of Sports Science and Physical Education, The Chinese University of Hong Kong
11:05	11:15	Discussion	Moderator: Prof. Louis Cheung	
11:15	11:25	Transfer of hands-on workshop participant from seminar room to BQHC and OLC led by ORT staff.		

Hands-on Workshop FULL

From	To	Grouping	Speaker	Demonstration & Location
11:25	12:25	GROUP A DXA → BIA → Exercise	Ms. Vivian Hung, (ISCD registered technician).	DXA Demonstration Bone Quality and Health Centre, O&T, CUHK.
		GROUP B BIA → Exercise → DXA	Ms. Myolie Lai, (Technician). Ms. Violet Yuen, (Registered Nurse).	BIA Demonstration Seminar Room, Orthopaedic Learning Centre, O&T, CUHK.
		GROUP C Exercise → DXA → BIA	Prof. Kenneth Cheng, (Sports Scientist). Ms. Ada Yuen, (Technician).	Exercise for Elderly + Handgrip + Gait Speed Test Bioskills Laboratory, Orthopaedic Learning Centre, O&T, CUHK.
		Programme Ends		

Accreditations

CNE: pending, CME: pending, TP: pending, PT: pending, OT: pending