| 論壇四： | 智慧養老 |
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| 作者： | Vivian WQ LOU, Yin ZHONG, Clio YM CHENG |
| 機構： | Sau Po Centre on Ageing, The University of Hong Kong |
| 題目： | Empowered Family-Centred Transitional Care: Co-Created One-Stop Tech-Inclusive Solution for Real World Implementation |
| 摘要： | Background: Older adults are particularly vulnerable when they move between interfaces of care. Seamless transitional care is crucial to fill the gap between hospital discharge and long-term care, to prevent early institutionalization, and to reduce pressure on healthcare and social care systems. In view of the needs, with the support from The Hong Kong Jockey Club Charities Trust, Sau Po Centre on Ageing, The University of Hong Kong, together with three non-governmental organisations (NGOs), has launched a project named Jockey Club Empowerment-based Transitional Care Project (JCETC) to holistically support the recently discharged older adults, as well as their family caregivers by providing professional community rehabilitation support through an innovative service model to achieve the best care arrangements for service users.

Objectives: As one of the essential components of the project, the JCETC Transitional Care & Support Management System (the system) is a one-stop tech-inclusive solution aims to serve 600 dyads of discharged patients and their family caregivers.

Method: The system was developed through intensive co-creation involving NGO partners, IT collaborators, and the research team. Key features and functions of the system include 1) comprehensive and standardized case management flow to empower service providers. Professionals in multi-disciplinary team can do interRAI assessment/re-assessment, get instantly generated reports, set service goals, make individual care plans and arrange services.  2) 24/7 support for service users by providing them individualized care needs analysis, vital signs monitoring, service schedule and resource hub. 3) Informed cycle of intervention and evaluation to support shared decision-making and collaborated team care.

Preliminary Results: The JCETC platform has been positively received by users, who report high levels of satisfaction with its |

|  | performance and functionality. The platform's benefits include improved understanding of patient conditions and progress, improved caregiving preparedness, increased efficiency and quality of care delivery. |
|  | Implications: The system represents an innovative and impactful solution to the challenges faced by discharged patients and their families, offering a comprehensive and effective transitional care management system that empowers family-centred return home journey and optimize the health trajectory for service users. The system's innovative features make it a highly transferable tool to be applied to other projects/programs in the future, offering significant benefits to patients, caregivers, service providers, and the wider long-term care industry. By leveraging the data collected by the system and the experience on project implementation, the HKUCoA research team can conduct studies that evaluate the effectiveness of tech-supported transitional care programs for policy advocacy and promoting best practice in Hong Kong and beyond. |
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| 論壇四： | 智慧養老 |
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| 作者： | Stephanie KN LAW |
| 機構： | Forward Living Senior Community |
| 題目： | Transcending Traditional Care Model with use of Gerontechnology at a "Next Generation" Residential Care Home in Hong Kong |
| 摘要： | In Hong Kong, private operated elderly homes are challenged by its space limitation, high staff turnover, and lack of technology use. It results in an operational focused approach with rigid daily activities routine and little choice and autonomy enjoyed by the elder residents.<br><br>Opened in 2021, Forward Living is a senior community providing a continuum of care and promoting more positive and active lifestyles for 229 residents over 60 years of age. We strive to champion a new style of retirement for a new generation of golden agers, as well as transcending the traditional care model.<br><br>In this project, Forward Living has incorporated and localized over 10 worldwide gerontechnology brands to its daily operations, including an app enabled operation system, air- compression and digitalized exercising equipment, seating solutions for smart transfer, dementia friendly bathroom solutions, as well as barrier free door designs. From design, build, to operations, Forward Living adopts a holistic approach to ensure all technologies are user-friendly and future proof.<br><br>The use of these technologies also brought productivity gains and foster a person-directed approach to the senior community.<br><br>On top of the smart ageing gerontechnology solutions for fostering autonomy and independence, the organisation also adapts a care matrix model, namely ongoing, careful assessments of holistic needs by multidisciplinary care team to deliver the suitable individual care plan for different care trajectories of residents. Care matrix is an intertwined method together with smart ageing technology for this project.<br><br>With continuous collaboration with our gerontechnology partners, we aspire to position Forward Living as a sustainable and pioneering next generation age- care model. |

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| 作者： | 方海雲、孫振華、吳圓榮、陳秋玲 |
| 機構： | 廣州南方學院 |
| 題目： | 智慧養老背景下老年護理創新人才培養課程建設及實踐 |
| 摘要： | 目的：旨在探討智慧養老背景下老年護理創新人才培養課程建設及其效果。方法：通過文獻研究和多學科專家諮詢論證，確立了"早接觸臨床、早參與創新、早創新實踐"的教學理念，幷把人工智能技術融合設計在老年護理創新人才課程內容。以 2021 級 30 名護理學專業本科生爲對象開展課程實踐，在早期接觸臨床階段，學生將深入體驗老年慢病群體的護理需求及痛點；在早期參與創新階段，多學科導師協同引導學生思考如何將人工智能技術應用于解決現實老年護理問題；在早期創新實踐階段，學生以團隊協同的方式策劃具體的護理創新項目。通過學生老年護理創新成果、在綫評教以及學生訪談等方式，對課程的實踐效果進行全面評價。結果 課程整體評價得分爲（87.13±11.31）分。30 名學生共參與 40 項老年護理用具創意設計，總計獲得 19 項獎勵，其中 10 項作品進入省級創新發明賽事，至今已斬獲省級獎勵 5 項，國家級立項 1 項，省級立項 1 項。訪談提煉了 4 個主題：拓展視野、瞭解老年人特殊需求、培養團隊合作能力和提高老年護理創新能力。結論 本課程的實施不僅有效提升了學生對老年護理的認知，還培養了他們運用人工智能技術進行老年護理創新研究的能力。 |

| 論壇四： | 智慧養老 |
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| 作者： | 簡志龍 |
| 機構： | 台東聖母醫院、泰源健康活力站 |
| 題目： | 泰源健康活力站運用增能賦權式照顧模式于偏鄉長照之十年成效 |
| 摘要： | **背景與目的：**人口老齡化是一個全球現象，有「台灣後山」之稱的偏鄉台東也不例外。台東縣泰源部落 65 歲以上人口超過 24.53％，更是人口嚴重老化的「超高齡社會」（super-aged society）。<br><br>**方法：**2013 年初，透過泰源部落天主教會的邀請，台東聖母醫院在泰源成立健康活力站。過程中，我們發現泰源部落人口嚴重老化及青年外移等因素，導致長照需求更加迫切，然而偏鄉地區長照資源不足和專業人力匱乏等問題，使得長照服務面臨著許多挑戰。傳統的照護模式已無法滿足多元化的長照需求，但這些困難并不能阻礙我們致力於改善偏鄉長照、提供適切且優質長照服務的心。<br><br>**結果：**爲此，運用增能賦權的照顧模式成爲改善偏鄉長照服務的重要策略。泰源健康活力站運用這種模式進行社區評估，注重資源整合、根據個別需求和特點，制定個人化的照顧計劃、親屬參與和社區參與，提升照顧品質和促進社區的參與度，有顯著成效。<br><br>**結論及建議：**十年來，老寶貝當家~增能賦權照顧模式爲偏鄉地區的長照服務提供了一種有前景的解決方案。泰源健康活力站以貼近當地居民需求，將教會資源及原鄉長照連結。以在地人開創多世代互動、促進長者身心靈健康，透過增能賦權觀點與部落培力之運用，發揮生命價值，從自助、互助到共助，發展多元化長者社區照顧，進而建構宜居、友善的社區照顧體系。 |

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| 作者： | 王勤、熊真真 |
| 機構： | 四川國際標榜職業學院 |
| 題目： | 光照療法對養老院 2 型糖尿病患者睡眠障礙、晝夜節律、抑鬱症狀及血糖的影響研究：一項隨機對照試驗 |
| 摘要： | 目的：探討光照療法對養老院老年 2 型糖尿病患者睡眠障礙、晝夜節律、抑鬱症狀和血糖控制的影響。<br><br>方法：本研究是一項前瞻性、單盲、隨機對照試驗，將入住養老院且伴有睡眠障礙的老年 2 型糖尿病患者隨機分配爲光照療法組（佩戴 1500Lux 光照療法眼鏡）或對照組（佩戴光療眼鏡模型，微弱黃光，約 0.3Lux，外觀與實驗組相似）。基綫期爲 1 周（7 天）。幹預時間爲 4 周（28 天），參與者每天早上 9:00-10:00 進行幹預。幹預結束後進入 4 周（28 天）的隨訪期。將在基綫（T0）、幹預 4 周結束時（T1）、隨訪 4 周結束時（T2）重複評估匹茲堡睡眠質量指數（PSQI）評分、清晨型-夜晚型量表（MEQ）評分、簡版老年抑鬱量表（GSD-15）評分、糖化血清蛋白值。在基綫、幹預第 4 周、隨訪第 4 周，連續 1 周（7 天）每日持續采用睡眠監測手環記錄研究對象的客觀睡眠參數。整個研究過程中，兩組藥物治療方案遵醫囑進行幷記錄。重複測量數據通過綫性混合模型進行分析。<br><br>結果：共招募了 45 例參與者。與對照組相比，光照療法組在 T1（$\beta$ = -3.413, 95%CI [-4.988，-1.839], p＜0.001)及 T2（$\beta$ = -2.512, 95% CI [-4.088, -0.936], p = 0.002）時 PSQI 得分顯著降低。兩組在 T1 時客觀睡眠參數組間比較無統計學差异（P＞0.05），但在 T2 時，光照療法組客觀睡眠參數中的睡眠分數顯著高于與對照（($\beta$ = 5.903, 95%CI [0.228,11.578], P=0.042）。與 T0 相比，光照療法組在 T1,T2 時 MEQ 評分顯著降低，對照組無顯著性差异（p＞0.05）。與 T0 時相比，光照療法組在 T1（$\beta$ = -1.787,95%CI [-2.557,-1.016], p＜0.001）及 T2（$\beta$ = -2.250,95% CI: -3.232 to -1.268, p＜0.001）時 GDS-15 評分均顯著下降，對照組均無顯著性差异（p＞0.05）。在 T1 及 T2 時，糖化血清蛋白值組間無顯著性差异，但與 T0 相比，在 T2 時光照療法組糖化血清蛋白值降（278.47µmol/L 至 275.59µmol/L），對照組糖化血清蛋白值降低升高（272.52µmol/L 至 277.81µmol/L）。 |

| | 結論：光照療法對養老院 2 型糖尿病患者的主觀睡眠質量有積極影響，同時可緩解患者的抑鬱症狀，有助于調節晝夜節律時間類型，對客觀睡眠的影響可能具有延遲效應，未發現血糖水平的變化，可能需要對血糖控制水平較差的患者進行更長時間的光照有助于檢測光照療法的有益影響。 |
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