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## Master of Science in Clinical Gerontology and End-of-life Care Programme 2023-2024

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### Objectives

To provide knowledge and training for professionals involved in the care of older people and in end-of-life care in diverse settings. The core programme covers a wide range of topics in biological, social, biological and clinical gerontology. It also covers service models for older people and palliative care, and ethical principles in elderly and end-of-life care. The optional programme in clinical gerontology will cover epidemiology, research methodology and clinical topics in geriatric medicine while the optional programme in end of life care will cover symptom control and medical care of people at end of life. The project and case studies will train the students in the application of knowledge and in the planning and execution of scientific enquiry or service improvement.

### Programme of study

The course covers one year full time or two years part time, three terms per year, and consists of 1) a taught component; 2) case studies; 3) practicum or project report

#### ***For Full time students (will commence in 2023-24): Normative 1-year study programme***

Year 1 Term 1	CGEN 5001 (1.0 unit), CGEN 5003 (1.0 unit)
Year 1 Term 2	CGEN 5004 (1.0 unit), ENLC 5001 (1.0 unit), CGEN 5202 (3.0 units), CGEN 5204 (3.0 units), CGEN 6203 (3.0 units), CGEN 6900 (2.5 units), CGEN 6901 (3.5 units), CGEN 6903 (2.5 units), CGEN 6904 (3.5 units)
Year 1 Term 3	CGEN 5006 (1.0 unit), CGEN 5007 (0.5 unit), (electives: CGEN 5010 (1.0 unit), CGEN 5012 (1.0 unit)) CGEN 6205 (3.0 units), CGEN 6902 (3.5 units), CGEN 6905 (3.5 units)

(Total : 29 units including elective courses of 2 units)

#### ***For Part time students (will commence in 2023-24): Normative 2-year study programme***

Year 1 Term 1	CGEN 5001 (1.0 unit), CGEN 5003 (1.0 unit)
Year 1 Term 2	CGEN 5004 (1.0 unit), ENLC 5001 (1.0 unit), CGEN 6900 (2.5 units), CGEN 6903* (2.5 units)
Year 1 Term 3	CGEN 5006 (1.0 unit), CGEN 5007 (0.5 unit), (electives: CGEN 5010 (1.0 unit), CGEN 5012 (1.0 unit))
Year 2 Term 1	CGEN 6901 (3.5 units), CGEN 6904 (3.5 units) CGEN 5202 (3.0 units), CGEN 5204 (3.0 units),
Year 2 Term 2	CGEN 6203 (3.0 units), CGEN 6205 (3.0 units),
Year 2 Term 3	CGEN 6902 (3.5 units), CGEN 6905 (3.5 units), (elective: CGEN 5011 (1.0 unit), CGEN 5013 (1.0 unit))

(Total : 29 units including elective courses of 2 units)

\* Pending for approval

**Study programme with exemptions  
(for graduates of the Postgraduate Diploma in End-of-life  
Care – 7 years of validity after graduation)**

Year 1 Term 1	CGEN 5001 (1.0 unit), CGEN 5003 (1.0 unit)
Year 1 Term 2	CGEN 5004 (1.0 unit), CGEN5204 (3.0 units), CGEN 6900 (2.5 units), CGEN 6901(3.5 units), CGEN 6902 (3.5 units), CGEN 6903 (2.5 units), CGEN 6904 (3.5 units), CGEN 6905 (3.5 units)
Year 1 Term 3	CGEN 5006 (1.0 unit), CGEN 5007 (0.5 unit), (electives: CGEN 5010 (1.0 unit)), CGEN 5012 (1.0 unit))

Note: choose either CGEN6903-05 (Practicum) or CGEN 6900-02 (Project Report) in required courses at the beginning of the study year.

**Admission requirements**

Students should hold a Bachelors degree in health or social sciences from a recognised university, normally with honours not lower than second class; or completed a course of study in a tertiary educational institution and obtained professional or similar qualifications equivalent to our honours degree. They must also fulfil the “English Language Proficiency Requirement” as stipulated by the Graduate School before being considered for admission.

**Learning outcomes**

At the end of the course, students should be able to:

**Competencies**

- interact with older person/patient, or a patient who is in need of end-of-life care, with a holistic understanding of the medical, functional, psychological, nutritional, financial, social and spiritual issues and how these factors interact
- apply these principles in the planning and auditing of services, as well as policy making
- identify knowledge gaps
- lead quality improvement in care of older people or end of life care

**Skills**

- participate care and conduct inter (or trans)-disciplinary care discussions
- plan health services research or evaluation of services and data analysis

**Values and attitudes**

- understand issues relating to support or care of elderly, or end-of-life care patient by using a biopsychospiritual framework, and with an inter (or trans)-disciplinary approach
- acquire a positive attitude in dealing with the above issues

**Knowledge**

- have a good understanding of all topics listed in the curriculum, especially in the Hong Kong context, and to be able to apply this knowledge in their current occupation

**Taught component:**  
contents 5.5 units (13 hours per unit), 6 modules

**Required courses:**

**CGEN 5001**

**Demography, Sociology, Social Work and Health Economics and Psychology of ageing (1.0 unit)**

This course will cover Demography (Population ageing), Sociology and Social Work (Income maintenance, Living arrangement and social support, Family and intergenerational issues, Health economics (Health care financing and estimating costs of diseases and disabilities), psychology of older persons and approach to communicate effectively with them.

**CGEN 5003**

**Biology of Ageing & Concept of Healthy Ageing and Measurement (1.0 unit)**

This course will cover Biology of Ageing (Cellular ageing and theories of ageing, Age-related physiological changes and Cognitive changes related to ageing) and Healthy ageing (Concepts and dimensions, Existing knowledge, Strategies to achieve healthy ageing and Health promotion).

**CGEN 5004**

**Service Models for Older Patients and End-of-Life Care (1.0 unit)**

This course will cover Spectrum of hospital elder care and prevention of hospital acquired complications: primary, secondary and tertiary care sectors (community care residential homes, and hospitals), Measuring the Quality and Outcomes of Medical and Residential Care, Comprehensive Geriatrics Assessment and screening for older adults, Elderly abuse and Palliative Medicine (Palliation, Bereavement, Living will, assisted death and euthanasia and Other ethical issues in the care of the elderly).

**ENLC 5001**

**Principles and Perspectives of End of Life Care (1.0 unit)**

This course includes an introduction to the overall concept of end of life care and their different perspectives.

**CGEN 5006**

**Psychospiritual Aspects In Palliative Care (1.0 unit)**

This course will cover psychological care, spiritual / existential care and bereavement support at end of life.

**CGEN 5007**

**Ethical Principles and Dilemmas in End of Life Care (0.5 unit)**

This course will cover ethical principles and communication skills in end of life.

**Electives (total 2 units):**

**CGEN 5010**

**Epidemiology and Research Methodology (1.0 unit)**

This course will cover in greater depth on research methods (quantitative and qualitative research) and advance statistical methods commonly used in the study of health and disability in elderly populations. It will be useful for students who would like to explore on research or one who needs to do service evaluations.

**CGEN 5011**

**Clinical Topics in Geriatrics (1.0 unit)**

This course will cover the geriatric giants and some of the common medical diseases in older adult which highlights on how older subjects differ from middle age person on the same medical disease.

## **CGEN 5012**

### **Symptom Control and Medical Care in End of Life Care A (1.0 unit)**

This course will cover principles in symptom and pain control in end of life.

## **CGEN 5013**

### **Symptom Control and Medical Care in End of Life Care B (1.0 unit)**

The course will cover other symptom control and palliative cancer therapy in end of life.

## **Case Studies**

## **CGEN 5202**

### **Case Studies I (3.0 units)**

In this case study, students are required to write up on a case in which they have actively participated in promoting healthy ageing of the senior citizens, and reflections on what they have learnt and areas for improvement.

## **CGEN 5204**

### **Case Studies II (3.0 units)**

In this Case Studies II, students are required to write up on a case who has chronic disabilities that may require community support (service models). Students are expected to write on the care needs of the elderly (and/or their informal caregivers), what have been offered to support the elderly to "Ageing in Place". Students are also expected to give comments on possible limitations of current services and suggest areas for service improvement to meet the needs.

## **CGEN 6203**

### **Case Studies III (3.0 units)**

In this Case Studies III, students are required to write up on a case of the elderly who has multiple chronic illness and disabilities, and cannot manage independent community living by himself. Students are expected to identify problems of the elderly through a multi-dimensional approach, formulation on what/why have happened, and the special care needs of the elderly. The Case Studies should also include personal reflection on what they have learnt from the case and possible areas for improvement if they come across similar case in the future.

## **CGEN 6205**

### **Case Studies IV (3.0 units)**

In this Case Studies IV, students are required to write up on a case of the elderly who either has severe cognitive impairment or at his very late life / end of life. Students are expected to identify major areas of concerns either from the elder or his immediate care-givers, and to discuss on potential care plan that facilitate "good quality of dying". The Case Studies should also include personal reflection on what they have learnt from the case and possible areas for improvement if they come across similar case in the future.

## **Project Report or Practicum**

*Students can choose either CGEN6900-6902  
OR CGEN6903-6905 in required courses*

### **CGEN 6900**

#### **Project Report I (2.5 units)**

By the end of the one (full time) or two year (part time) period, students are required to submit a Project / Practicum Report that demonstrate their ability to translate knowledge to practice, and ability to evaluate the work scientifically. This will be through stages from Project (or Practicum) Report I to Project (or Practicum) Report III. A project can take the form of a research or a continuous quality improvement program with service evaluation.

At this Project Report I (stage one), students are expected to identify a theme of interests, to conduct preliminary literature search and identify gaps in the area to justify the need of such a project. Towards the end of the course, students are required to submit a report on the above work, and give specific objectives / questions in which they are to embark on for the stage two and stage three work.

### **CGEN 6901**

#### **Project Report II (3.5 units)**

By the end of the one (full time) or two year (part time) period, students are required to submit a Project / Practicum Report that demonstrate their ability to translate knowledge to practice, and ability to evaluate the work scientifically. This will be through stages from Project (or Practicum) Report I to Project (or Practicum) Report III. A project can take the form of a research or a continuous quality improvement program with service evaluation.

At this stage two work for Project Report II, students are expected to plan in details on how to organize, conduct, monitor and evaluate the proposed project. Towards the end of the course, students are required to submit a report

on the above work, and to prepare for final implementation of it.

### **CGEN 6902**

#### **Project Report III (3.5 units)**

By the end of the one (full time) or two year (part time) period, students are required to submit a Project (or Practicum) Report that demonstrate their ability to translate knowledge to practice, and ability to evaluate the work scientifically. This will be through stages from Project (or Practicum) Report I to Project (or Practicum) Report III. A project can take the form of a research or a continuous quality improvement program with service evaluation .

At this stage three work for Project Report III, students are expected to have already carried out the project with results available. Students are expected to demonstrate their ability to evaluate and interpret the results scientifically, to appraise and discuss implications of their work towards elderly care/end-of-life care and suggest way forward in research. Towards the end of the course, students are required to submit a final report on the above work.

### **CGEN 6903**

#### **Practicum I (2.5 units)**

By the end of the one (full time) or two year (part time) period, students are required to submit a Practicum / Project Report that demonstrate their ability to translate knowledge to practice, and ability to evaluate the work scientifically. This will be through stages from Practicum (or Project) Report I to Practicum (or Project) Report III. A practicum can take the form of a participatory research or a continuous quality improvement with active (instead of passive) participation and feedback from participants. Students choosing practicum is expected to work at equivalent hours as those opt for Project Reports.

At this Practicum Report I (stage one), students are expected to identify an area of interests, current services provision, its gaps and needs to close the gap. Towards the end of the course, students are required to submit a report on the above work, and give specific areas of service improvement in which they are to embark on for the stage two and stage three work.

#### **CGEN 6904**

##### **Practicum II (3.5 units)**

By the end of the one (full time) or two year (part time) period, students are required to submit a Practicum / Project Report that demonstrate their ability to translate knowledge to practice, and ability to evaluate the work scientifically. This will be through stages from Practicum (or Project) Report I to Practicum (or Project) Report III. A practicum can take the form of a participatory research or a continuous quality improvement with active (instead of passive) participation and feedback from participants. Students choosing practicum is expected to work at equivalent hours as those opt for Project Reports.

At this Practicum Report II (stage two), they are required to answer the practical logistics (e.g. teaming up, training material, methods/tools for process and client outcome evaluation, time-table) in the service initiation. They may also have fine tuned to the actual service running. Towards the end of the module, students are required to submit a report on a final protocol for field work..

#### **CGEN 6905**

##### **Practicum III (3.5 units)**

By the end of the one (full time) or two year (part time) period, students are required to submit a Practicum / Project Report that demonstrate their ability to translate knowledge to practice, and ability to evaluate the work scientifically. This will be through stages from Practicum (or Project) Report I to Practicum (or Project) Report III. A practicum can take the form of a participatory research or a continuous quality improvement with active (instead of

passive) participation and feedback from participants. Students choosing practicum is expected to work at equivalent hours as those opt for Project Reports.

At this stage three work for Practicum Report III, students are expected to have already carried out the project and with results available. Students are expected to demonstrate their ability to evaluate the service initiative scientifically, to appraise and discuss implications of their work towards elderly care/end-of-life care. Students are also expected to give reflection on challenges and how to improve the conduct of such a program. Towards the end of the course, students are required to submit a final report on the above work.

### Schedule and venue

On average, the sessions of 2-3 hours will be held every Saturday morning or afternoon for all teaching modules. Classes will be held in the Prince of Wales Hospital.

### Teaching Faculty

Staff from the Faculties of Medicine and Social Sciences of the Chinese University of Hong Kong, as well as the Hospital Authority. A small number of teachers are from other tertiary institutions.

### Assessment

1. The taught components will be assessed by 2-3 written examinations in year 1.
2. The project report will be written up as a thesis and graded as follows:
  - a) For part time students, it is graded at the end of year 2
  - b) For full time students, it is graded at the end of year 1

### Graduate attributes

Graduates are expected to acquire a good understanding of the biological, socioeconomic, epidemiological, and clinical aspects of ageing as well as end of life care issues. They are able to play a role in health care policy decisions regarding the well being of elderly populations, contribute to improvements and maintenance of good standards of care in diverse care settings.

### Graduation requirements

All students are required to meet all the programme requirements, pass all the assessment and obtain a cumulative overall GPA of at least 2.0 in order to graduate.

### Fees and application

The fees for (P/T programme) (2023-2024) are \*HK\$75,000.00 while the fees for (F/T programme) are HK\$150,000. Students are required to pay the fees in two academic terms per year.

For further enquiries, please contact us from 2 to 5 p.m. (Monday to Friday) at (852) 91687005 and visit our web site: <https://www.mect.cuhk.edu.hk/taught.html>. In order to protect the “green environment”, online application is only applicable through [https://www.gs.cuhk.edu.hk/admissions/programme/m](https://www.gs.cuhk.edu.hk/admissions/programme/medicine) **edicine**. Supporting documents should be sent to MSc in Clinical Gerontology and End-of-life Care programme (FT or PT), 9/F Dept of Medicine & Therapeutics, Lui Che Woo Clinical Sciences Building, Prince of Wales Hospital, Shatin, NT. The deadline for application will be **28 February 2023**.

The information seminar will be held at 7:00 p.m. on Mon, 6 February 2023 at Seminar Room 3, 1/F, CUHK Postgraduate Education Center, Prince of Wales Hospital, Shatin, N.T.. Please register via <https://bit.ly/3QPDlZg> to reserve a seat.

\* pending for approval

Programme Director(s)  
Professor Timothy Kwok / Professor Alice Kong

Co-Director(s) and Advisors  
Dr. Raymond Lo  
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Professor Eliza Wong

\*\*\* The University reserves the right to suspend admission of a programme without prior notice \*\*\*