

Seminar by Prof. Kuei-Min Chen, PhD, RN, FAAN

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Developing and Testing an Exercise Intervention Program

DATE: 18 MAY 2018, FRIDAY

TIME: 16:30 – 17:30

VENUE: BC201, THE HONG KONG POLYTECHNIC UNIVERSITY

Abstract:

This presentation illustrates the research program of Professor Chen on developing and applying various complementary and alternative therapies to promote health of older adults. Three research tracks will be introduced: (1) tai chi, (2) yoga, and (3) elastic band. How the research tracks were developed and intertwined will be described.

The second research track, yoga, will be taken as an example to elucidate how to design a three-year longitudinal study aiming to develop and test an exercise program for older adults.

Biography :

Professor Chen has been teaching, practicing, and conducting research in the field of gerontological nursing for almost 30 years. Her research focuses on developing and applying various complementary/alternative therapies to promote the health of older populations. She leads an interprofessional research team called the “Health Promotion of Older Adults”, and has developed five innovative exercise programs for various older populations that are being used in 212 community care centers and 20 long-term care facilities in Taiwan: 1) the Simplified Tai-Chi Exercise Program (STEP), 2) the Silver Yoga (SY), 3) the Senior Elastic Band (SEB), 4) the Wheelchair-bound Senior Elastic Band (WSEB), and 5) the Healthy Beat Acupunch (HBA). Her work has been disseminated in international journals and conferences. She is the youngest recipient of the “Outstanding Nursing Professional Contribution” awarded by the Taiwan Nurses Association. Moreover, Professor Chen has just been inducted as the Fellow of the American Academy of Nursing (FAAN) and received the Amy J. Berman Geriatric Nursing Leadership Award from the Sigma Theta Tau International in 2017.

¤ All are welcome ¤

Online Registration: <https://www.polyu.edu.hk/pfs/index.php/283948?lang=en>

Co-organiser :



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