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dated on: 2026/04/01

The Chinese University of Hong Kong
Department of Psychiatry
Schedule for April, 2026

Date	Time	Activity	Speaker(s)
Apr2	15:30-16:30	Academic Lecture (MUL)* *Shift Work, Extended Working Hours and Health Impacts* Registration: https://bit.ly/40MBB5L	**Prof. Shelly Lap-ah TSE** Associate Director (Mainland Affairs) and Professor Jockey Club School of Public Health and Primary Care Faculty of Medicine The Chinese University of Hong Kong
Apr9	14:30-16:00	Psychotherapy Case Conference (MUL)*# *Balint Group Supervision*	Dr. Cheris WONG Dr. Irene KAM
	16:00-17:00	Psychotherapy Supervision (MUL)*#	
Apr16	14:30-16:30	Quality Assurance Meeting (SH)# / (TPH)#	
	16:30-17:30	Medical Staff Forum (TPH)#	
Apr23		No Event	
Apr30	14:30-15:30	Research Seminar (MUL)* *Modelling Neurofluid Dynamics in Ageing: A Biomechanical Framework for Early Detection of Neurodegeneration* Registration: https://bit.ly/4m12ixA	Ms. Zeyan LI Supervisor: Dr. Hanna LU

Venue:	*Live video	#Closed meeting	@Non-CME Event	MUL	TPH	SH	1AL
				Seminar Room, Multi-centre, Tai Po Hospital, Tai Po, N.T.	Conference Room 1 G/F, Wing D Tai Po Hospital Tai Po, N.T.	Dining Room Ward 7AB Dept. of Psychiatry 7/F, Shatin Hospital Shatin, N.T.	Rm. 1005, Dining Room Ward 1AL, 1/F Tai Po Hospital Tai Po, N.T.

Please contact 2607-6025 two days before hand to arrange presentation equipment.

http://www.psychiatry.cuhk.edu.hk

香港中文大學
The Chinese University of Hong Kong

香港中文大學醫學院
Faculty of Medicine
The Chinese University of Hong Kong

ACADEMIC LECTURE



Prof. Shelly Lap-ah TSE

Associate Director (Mainland Affairs) and Professor
Jockey Club School of Public Health and Primary Care
Faculty of Medicine
The Chinese University of Hong Kong



2 APR 2026 (THU)

15:30 - 16:30

Seminar Room, Multicentre, Tai Po Hospital & Zoom

Topic: Shift Work, Extended Working Hours and Health Impacts

Abstract:

Shift work and extended working hours are prevalent in various industries, significantly impacting worker health by disrupting circadian rhythms through prolonged non-standard schedules. This academic lecture summarizes ILO/WHO joint evidence linking long or extended working hours and shift work to increased risks of cardiovascular diseases, mental health issues, and sleep disorders. New findings from the HKNight cohort regarding circadian biomarkers and nature-based chronology solutions for nurses working different shifts will be shared alongside comprehensive systematic reviews. Our study emphasizes that identifying occupational hazards and addressing their health impacts are crucial for fostering a healthier workforce, promoting work-life balance, and enhancing workplace sustainability.

Biography:

Shelly Lap-ah TSE is Professor and Associate Director (Mainland Affairs) of the Jockey Club School of Public Health and Primary Care, the Chinese University of Hong Kong. Shelly obtained her Bachelor of Medicine from Fudan University and PhD degree at the Chinese University of Hong Kong, and received further training in the NCI/NIH of USA. Shelly's research interests focus on assessing health impacts of occupational and environmental exposures on worker health, in particular nightshift work and occupational dust. Shelly awarded research grants of HKD50 million and published 230+ research papers. Shelly received the Second-Class Award of State Scientific and Technological Progress Award (SSTPA) in 2014 (ranked #4) related to strategies in prevention and control for occupational dust hazard. Shelly now is holding several important positions to serve the professional societies, such as, National Secretary of ICOH, P. R. of China, Member and Research Committee Chairman of Occupational Safety and Health Council (OSHC).

Registration is required. For enquiries, please contact pci-event-app@cuhk.edu.hk or 26076025.
Please display the registration name for joining the Zoom lecture.

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香港中文大學
The Chinese University of Hong Kong

香港中文大學醫學院
Faculty of Medicine
The Chinese University of Hong Kong

Research Seminar

Date: 30 Apr 2026 (THU)

Time: 14:30 - 15:30

Venue: Zoom

Register Now



Ms. Zeyan LI

Supervisor: Dr. Hanna LU

Topic: Modelling Neurofluid Dynamics in Ageing: A Biomechanical Framework for Early Detection of Neurodegeneration

Abstract:

Both healthy and pathological ageing involve neuropathological changes that impact brain. We present a computational framework integrating numerical simulations to decode the ageing brain by characterising neurofluid dynamics. Inspired by Multiple-network PoroElastic Theory (MPET), we simulate fluid flow within the brain parenchyma via four networks: arterial, capillary, cerebrospinal fluid (CSF), and venous. Key outputs include cerebral blood flow (CBF) and CSF clearance rate.

The computational domain, 3D subject-specific brain geometry, is reconstructed from T1-weighted MRI and discretized, enabling Finite Element Analysis (FEA). Firstly, using the data from the Cambridge Centre for Ageing and Neuroscience (Cam-CAN) (N=582), we examine age-related changes in neurofluid dynamics. This framework is validated against the DTI-ALPS index, a well-established indicator of glymphatic function. MPET-derived CSF clearance rate aligns with DTI-ALPS, confirming its capacity to quantify glymphatic efficiency. We then investigate spatial and functional associations under physiological conditions influenced by ageing in neurofluid dynamics from MPET and determine whether glymphatic parameters or hemodynamic measures are more sensitive to ageing brain. Secondly, this biomechanical model is tested for its clinical utilities in a subgroup of poor sleepers (N=97) derived from the Hong Kong Cohort of the Abnormal Sleep in Ageing Population (HK-ASAP).

This work establishes a novel biomechanical model for studying multiple neurofluid dynamics and lays the foundation for the real-world clinical utilities of low-cost single-modality MRI to early detect and monitor age-related neurodegenerative diseases.

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