

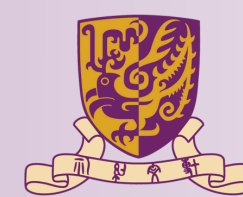
The Chinese University of Hong Kong
Department of Psychiatry
Schedule for August, 2024

<u>Date</u>	<u>Time</u>	<u>Activity</u>	<u>Speaker(s)</u>
Aug1	14:30-17:30	Part III Protocol Presentation *# <i>Various topics</i>	Dr. TF CHAN Supervisor: Dr. Wai Kwok KAM Dr. Bart WONG Supervisor: Dr. Dickson CHOW Dr. Mandy WONG Supervisor: Dr. Pat CHAN
Aug8	14:30-16:00	Psychotherapy Case Conference (SH)*# <i>Introduction to Systemic Family Therapy</i>	Dr. Irene KAM
	16:00-17:00	Psychotherapy Supervision (SH)*#	
Aug15	14:30-16:30	Quality Assurance Meeting (SH)#/(TPH)#	
	16:30-17:30	Medical staff forum (MUL)# <i>Psychotherapy discussion: an ongoing meaning making process</i>	Dr. Kenneth WONG, Dr. Marshall LEE
Aug22	14:30-16:30	Academic Lecture * <i>The link between Sleep-wake and heart-brain health</i> Registration: https://bit.ly/3zvs4Wr	<u>Dr. Jihui ZHANG</u> Associate President, The Affiliated Brain Hospital, Guangzhou Medical University
Aug29		No Event	

Venue:	*Live video	#Closed meeting	@Non-CME	MUL	TPH	SH	1AL
			Event	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 2607-6024 two days before hand to arrange presentation equipment.

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



ACADEMIC LECTURE



Dr. Jihui ZHANG

Associate President
Affiliated Brain Hospital
Guangzhou Medical University

- 22 Aug 2024 (THU)
- 14:30 - 16:00
- To be held by Zoom



Topic: The link between Sleep-wake and heart-brain health

Abstract:

Sleep and wakefulness are regulated by circadian rhythms, which play a critical role in health and function. Discovering phenotypes of sleep-wake disorders holds significant clinical implications. Dr. Jihui Zhang has recently focused on disentangling novel phenotypes of sleep-wake disorders and their impact on heart and brain diseases. In this talk, Dr. Zhang will discuss his journey of investigating multiple novel phenotypes of sleep-wake disorders and propose the viewpoints that interventions based on sleep-wake disorder phenotypes can improve heart and brain health. In particular, he will address ① what is the optimal sleep duration pattern during sleep period for heart and brain health; ② In the wakefulness period, how the timing of afternoon wakefulness activity can maximize the effect of physical activity in preventing heart and brain diseases; ③ The predictive value of sleep-wake activity coupling for heart and brain diseases surpasses traditional sleep parameters. He will also present some preliminary data on how to develop and validate digital assessment and intervention strategies for sleep-wake disorders.

Biography:

Dr. Jihui Zhang is currently associated president of the affiliated Brain Hospital, Guangzhou Medical University and founded the sleep and circadian medicine center in his current institute. He received his medical degree from the Sun Yat-sen University and PhD degree from the Chinese University of Hong Kong. He obtained postdoctoral training at the NIMH and served as research assistant professor and assistant professor at the department of psychiatry, CUHK between 2012-2020. He was selected for the first round of the Distinguished Young Scholars of the National Natural Science Foundation of China (oversea). His research was supported by more than 10 grants funded by Hong Kong RGC, HMRF and NSFC. He has published more than 40 research articles in prestigious journals, including Lancet Healthy Longevity, European Heart Journal, Nature Communications, and Annals of Neurology (2 ESI highly cited papers, quoted by 5 international clinical textbooks or guidelines). His was also selected as World's Top 2% Scientist by the Elsevier in 2023.

Registration is required. For enquiries, please contact pci-event-app@cuhk.edu.hk or 26076024.
Please display the registration name for joining the Zoom lecture.



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