



醫療社科專業全接觸
DISCOVER THE WONDERS OF
HEALTH AND HUMAN SERVICES!



醫療社科專業全接觸 WORKING HAND IN HAND WITH SECONDARY SCHOOLS

醫療及社會科學院一直與中學同學及老師保持密切聯絡，除定期出版學院通訊「健訊」派發到全港各區中學外，亦針對中學同學及老師的需要，舉辦各類型的活動，加深對本學院的認識，於過去的暑假，醫療及社會科學院為中六學生舉辦FHSS Mini-U，以及為中學老師舉行兩場有關通識教育的研討會，實行來一個中學師生全接觸。

Sometimes there is a great divide between secondary education and higher education and between town and gown. To break down these barriers, the Faculty of Health and Social Sciences (FHSS) of The Hong Kong Polytechnic University (PolyU) regularly engages with different sections of Hong Kong society to promote better understanding of health and human services as well as better health and well-being for all. Besides distributing its complimentary newsletter "Health News" to secondary schools, FHSS also organises different activities for students and teachers. This summer, FHSS hosted the FHSS Mini-U Programme 2010 for Secondary Six students and two seminars on Liberal Studies for secondary school teachers.



FHSS Mini-U 2010

有見去年首次舉辦的FHSS Mini-U 2009深受歡迎，學院於今年八月二日至六日再度為中六學生舉辦FHSS Mini-U 2010活動，並增加名額，讓約70名來自三十八間本地中學及國際學校，並有志於投身醫療社科專業的中六同學，透過學院轄下五個學系與學院安排的一系列活動，加深對各領域及專業的理解，幫助他們計劃未來的升學與就業。

為期五天的活動中，同學可以按興趣參加學院不同課程的基礎講座，以進一步了解這些課程的內容及畢業生出路。他們亦選擇了其中一個學科作為「主修」，並在學院人員的監督及指導下，到診所及實驗室實習。涵蓋的專業範疇包括生物醫學工程、醫療化驗科學、放射學、護理學、眼科視光學、職業治療學、物理治療學、社會工作、社會政策及行政，以及動物護理學。

其他活動包括參觀學院實驗室、診所與教研中心，以及參與感染控制的工作坊。理大應用社會科學系講師崔日雄博士並舉行講座，講解如何按照個人興趣與能力選擇未來的發展方向。協助活動進行的還有醫療及社會科學院的學生大使，他們亦與參加者分享了大學生活及學習感受。此外，為了讓同學有機會體驗大學的舍堂生活，學院特別安排他們入住理大學生宿舍，透過小型迎新晚會，加深學員對理大、學院及彼此之間的認識。參與學生均表示是次體驗大學計劃內容充實和具啟發性，有助他們認清未來的路向。

參與FHSS Mini-U 2010的學生及學院的學生大使於八月五日晚上更出席由學院舉辦的高桌晚宴。醫療及社會科學院院長胡志城教授邀得前醫院管理局行政總裁蘇利民先生、香港醫務委員會主席





麥列菲菲教授、輔助醫療業管理局主席梁乃江教授，及理大副校長(學術發展)阮偉華教授擔任嘉賓，他們分享了對香港醫療發展的看法，令參加者獲益良多。理大行政副校長楊偉雄先生及學院教職員亦應邀出席，與一班年青人聚首一堂。

FHSS Mini-U Programme 2010

From 2 to 6 August, some 70 Secondary Six students from 38 schools in Hong Kong and overseas descended on PolyU to take part in the second-ever FHSS Mini-U Programme to explore the multi-faceted dimensions of health and applied social sciences.

Through a variety of fun and informative activities, the students gained a deeper understanding of the disciplines offered by FHSS and its five constituent departments and schools and of their associated professions. They attended introductory lectures of their choosing on Biomedical Engineering, Medical Laboratory Science, Radiography, Nursing, Optometry, Occupational Therapy, Physiotherapy, Social Work, Social Policy and Administration, or Veterinary Nursing. The students were also given guided tours of the Faculty's laboratories, clinics and research centres, and were shown different clinical and laboratory practices. In addition, the students participated in a workshop on infection control specially held for them.

To help the school students think about their future, Dr Chui Yat-hung, Lecturer at FHSS's Department of Applied Social Sciences, gave a talk on preparing for further studies and how

to choose a career that best suits their interests and abilities. Current FHSS students, who were assisting in the running of the FHSS Mini-U as student ambassadors, also shared their experiences of campus life with the participants. To get a greater feel of student life, the school students were also given the opportunity to stay overnight at PolyU's Student Halls of Residence.

A High Table Dinner was held on the penultimate day of the programme, with the FHSS Mini-U participants joined by Mr Nicholas Yang, PolyU's Executive Vice President, Prof George Woo, Dean of FHSS, and other FHSS faculty members and student ambassadors. In between the courses of fine food, they were treated to inspirational sharing sessions by guest speakers Prof Walter Yuen, PolyU's Vice President (Academic Development); Mr Shane Solomon, the then Chief Executive of Hong Kong's Hospital Authority; Prof Felice Lih-Mak, Chairman of the Medical Council of Hong Kong; and Prof Leung Nai-kong, Chairman of the Supplementary Medical Professions Council.



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通識教育「公共衛生」單元研討會

醫療及社會科學院於今年暑假亦為中學教師舉行兩場講場，分享任教醫療及健康科目的經驗，超過100位老師出席。於八月十九日舉行的研討會由來自學院轄下五個學系／學院代表介紹何謂基層健康；而於八月二十日舉行的研討會更特別邀請了多間中學任教通識教育及健康管理與社會關懷的老師出席，與在場人士分享其教學心得。

FHSS Seminars on Public Health Module of NSS Liberal Studies Curriculum

FHSS organised two on-campus seminars on the Public Health module of the NSS Liberal Studies Curriculum for more than 100 secondary school principals and teachers to share with them insights on health care from FHSS faculty members and teaching experiences from their own peers. FHSS academics held a seminar on "Primary Health Care" on 19 August, while secondary school teachers of Liberal Studies and Health Management and Social Care spoke about their experiences at a seminar on 20 August.



醫療及社會科學院名譽學人楊千嬅為同學加油打氣！ FHSS HONORARY FELLOW MIRIAM YEUNG STAGES MINI CONCERT AT POLYU



理大醫療及社會科學院於2007年首度委任楊千嬅小姐為名譽學人，以表揚她一直努力以赴，積極參與社會服務的精神。千嬅學人曾任瑪嘉烈醫院護士，後來從事演藝行業，仍注重身心健康，並積極參與慈善及公益活動，為年青醫護社專才樹立良好的典範，她熱心服務社會的精神更得到廣泛認同，於2005年更獲選為「香港十大傑出青年」。於十月二十七日，千嬅學人特別蒞臨理大，以歌聲分享關愛訊息，鼓勵同學繼續發揮樂於助人的精神。與此同時，醫療及社會科學院更宣佈續任她為學院名譽學人，期望她繼續帶領學院學生以專業知識回饋社會。

當日，千嬅學人聯同醫療及社會科學院學生演唱多首歌曲，以歌會友，鼓勵學生積極參與社會服務，將關愛精神傳遍世界每一個角落。同場，東亞唱片(集團)有限公司主席林建岳先生更將港幣三十萬元的支票致送醫療及社會科學院，支持學院的學生發展基金，鼓勵學生積極參與本地、內地及海外的社區發展服務。

回應千嬅學人的鼓勵及林先生的慷慨捐款，醫療及社會科學院師生於活動中公開承諾會在未來的日子積極參與不同的社會服務，將學院的積極助人精神傳揚開去，並以我們的專業幫助有需要的人！



On 27 October, PolyU students and staff flocked to a special lunchtime concert on campus to see Hong Kong icon Miss Miriam Yeung and FHSS students sing. The mini concert, which was held to encourage FHSS students to take part in community service and spread the message of caring, also saw the announcement of FHSS's reappointment of Miss Yeung as FHSS Honorary Fellow. Mr Peter Lam, Chairman of East Asia Music (Holdings) Limited, her record label, also made a generous donation of HK\$300,000 on behalf of the company to FHSS's student development fund.

Miss Yeung, a former registered nurse who worked at Princess Margaret Hospital, has long participated in public health campaigns and charitable events despite her busy showbiz career. She was named as one of the Ten Outstanding Young Persons in 2005 by Junior Chamber International Hong Kong in recognition of her tremendous service to the community. FHSS had appointed Miss Yeung as FHSS Honorary Fellow in 2007 in part to act as a role model for FHSS students. FHSS's student development fund helps to support the Faculty's students to take part in community service in Hong Kong, mainland China and overseas, which aids their all-round development as individuals and as future health and human services professionals.

In response to Miss Yeung's and East Asia Music's kind gestures and commitment to FHSS, students and faculty members from FHSS pledged at the concert to utilise their knowledge in more community service projects in the future.



千嬅學人與學院學生李瑞婷、校友陳偉雄及學生陳健安同台合唱。
(From left) FHSS student Miss Kie Lee, alumnus Mr Bernard Chan, Miss Yeung, and student Mr Kenny Chan

醫療社會學科 收生成績上升

FHSS FRESHMEN'S AVERAGE AL SCORES HIGHEST IN POLYU



新的學年開始，一班有志於從事醫療及社會科學的新力軍已經加入醫療及社會科學院，展開邁向專業資格之旅。今年新加入學院的同學成績均比往年增長不少，每個學系新生的平均高考成绩均升。

其中康復治療科學系的物理治療學及職業治療學的收生成績分別為15.4及14.2，為理大學生收生成績最高的首兩個學科。而其他學科的收生成績亦較以往兩年躍升不少，可見中學生對於加入醫療及社會科學專業的熱熾。

醫療及社會科學院院長胡志城教授表示：「很高興學院各醫療社科專業的收生成績有所提升，證明學院的專業學科得到學生、家長及老師，以致社會大眾的認識及認同。學院會繼續與全港中學保持密切聯絡，並積極參與社會事務，務求推展學院不同專業的形象，吸納更多優秀並有心的同學加入我們的專業。」



It's getting ever more competitive to study at FHSS. The academic calibre of freshmen joining FHSS is continually rising, with this year's cohort bringing with them record high average AL scores for all UGC-funded undergraduate and sub-degree programmes at the Faculty. The scores of 15.4 and 14.2 for Physiotherapy and Occupational

Therapy, respectively, were also the highest two for the whole of PolyU this year.

Prof George Woo, Dean of FHSS, said, "I'm very pleased that more and more very able secondary school students are choosing to study at our Faculty. This shows that they, parents, teachers, the general public and society at large are increasingly recognising health and human services as important

and as appealing careers.

"We will continue our efforts to improve public understanding of health and social issues as well as the disciplines we offer at FHSS and their professions, including liaising closely with secondary schools. We want to continue attracting exceptional students who have the passion to become health and social care professionals," Prof Woo added.

課程 UGC-Funded Undergraduate Programme	高級程度會考平均分 Average AL Score		
	2008-09	2009-10	2010-11
物理治療學 Physiotherapy	13.5	14.7	15.4
職業治療學 Occupational Therapy	11.8	12.8	14.2
放射學 Radiography	11.3	11.7	13.0
醫療化驗科學 Medical Laboratory Science	11.0	11.1	12.2
眼科視光學 Optometry	9.7	10.0	11.6
社會工作學 Social Work	10.7	11.2	11.5
社會政策及行政學 Social Policy and Administration	10.1	10.9	10.9
應用社會科學 Social Sciences	-	10.3	10.9
護理學 Nursing	9.2	9.4	10.0
醫療生物工程學 Biomedical Engineering	9.1	9.3	9.9
精神健康護理學 Mental Health Nursing	-	8.7	9.9

醫療及社會科學院培育的專業人員

WHAT HEALTH & HUMAN SERVICES PROFESSIONALS DOES FHSS PRODUCE?

醫療及社會科學院

Faculty of Health and Social Sciences

動物護理人員
Veterinary Nurse

應用社會科學系

Department of Applied Social Sciences

社會政策及行政人員
Social Policy Administrator
社會工作者
Social Worker

眼科視光學院

School of Optometry

眼科視光師
Optometrist

醫療科技及資訊學系

Department of Health Technology and Informatics

生物醫學工程師
Biomedical Engineer
醫療化驗師
Medical Laboratory Scientist
放射技師
Radiographer

護理學院

School of Nursing

精神健康護士
Mental Health Nurse
護士
Nurse

康復治療科學系

Department of Rehabilitation Sciences

職業治療師
Occupational Therapist
物理治療師
Physiotherapist



公義・關愛・公正

JUSTICE, COMPASSION AND FAIRNESS
KEY TO HUMAN SERVICES專訪醫療及社會科學院兼任教授余志穩博士
INTERVIEW WITH DR STEPHEN FISHER,
ADJUNCT PROFESSOR OF FHSS

余志穩博士自去年退休離開工作三十多年的政府後，仍然馬不停蹄，積極投入社會服務，包括早前加入專門協助少數族裔的融樂會，義務擔任該會執行委員會會員；更接受理大醫療及社會科學院的邀請，執起教鞭擔任學院的兼任教授，與學生分享其於政府工作的經驗與人生閱歷，以生命影響生命。

於本年六月期間，余博士已為學院舉辦的暑期長者進修課程擔任客席星級導師，為參與課程的長者講解香港的長者資源與老人福利。對於年青的一輩，他又打算給未來的社會棟樑傳授甚麼真功夫呢？

「我主力會教導社會工作學和社會政策及行政學系學生有關『人權』的課堂，但我認為其實不止修讀社會工作學或社會政策及行政學的同學，所有修讀有關『人』的課程的學生，是有需要認識多一點關於人權公約及其概念，因為人權是香港核心價值的一部分。」他笑言不會整個學期都跟學生談人權，但余博士作為推動人權的重要前驅，他提議大學課程不妨加多點有關人權方面的知識。余博士說：「不管服務對象是老人還是小孩，社工及推動社會政策的人員始終要經常接觸有關人權的事宜。」余博士退休前為社會福利署署長，而余博士於工作上緊守的信念是公義、關愛與公平，這三點亦是余博士認為對於人權的立體演繹。

敬業樂業的社工：喜與人接觸 相信三理念

不少醫療及社會科學院的應用社會科學系同學於就學期間都會被安排到社會福利署實習，余博士作為前社會福利署署長可謂「閱人無數」，對於有志報讀社會工作學或社會政策及行政學的同學有甚麼建議呢？

他坦言社會工作學系的確相當受同學歡迎，不過同學報讀前要三思個人興趣及志向。余博士鼓勵學生追求個人興趣或理想，不要急於為將來就業問題而選擇自己不感興趣的科目。他認為假如同學將來想成為好社工，不妨考慮自己是否具備以下條件：「你喜歡與人接觸嗎？社工需要與不同的人溝通和接觸，同學自問喜歡對機器多於人，那麼可能其他科目更適合。此外，你相信公義、關愛及公平等概念嗎？假如你不相信這些理念，將來工作時可能很辛苦。」余博士解釋社工經常為弱

勢社群爭取不同層面的權益，假如工作所需與個人信念有衝突，又如何做到為受助者爭取公平公義和關愛他們呢？

有志向社福界發展的同學們，你會檢視你的個人信念，與余博士相信公義、關愛和公正的理念一致嗎？



Dr Stephen Fisher, SBS, has not completely given up public life after his retirement as Hong Kong's Director of Social Welfare in August last year after more than 30 years' service in the government. He keeps busy by volunteering as a member of Hong Kong Unison's Executive Committee and being active in academia. He is Adjunct Professor of both FHSS and FHSS's Department of Applied Social Sciences (APSS).

As a guest speaker on FHSS's Elderly Mini-U Programme 2010 this June, Dr Fisher shared his views on public resources and welfare for the aged with the programme's elderly students. What would he like to share with younger readers of "Health News"?

"My teaching at PolyU focuses on 'human rights'. In my opinion, all students pursuing studies or a career in human services, not just those studying Social Work or Social Policy and Administration at APSS, should have an understanding of human rights. Human rights are one of the core values of Hong Kong," Dr Fisher said. "A social worker inevitably deals with human rights, regardless of whether their cases are children, adults or the elderly."

Dr Fisher revealed that during his time in the government, "justice, compassion and fairness" were his guiding principles. He thinks these three concepts illustrate what human rights are about, and suggests introducing them into all academic programmes in human services-related disciplines.

Many APSS students go on placements at the Social Welfare Department as part of their course

of study. Does Dr Fisher have any advice for secondary school students or anybody else who is interested in a possible career in social services?

Dr Fisher said, "I know that social work is a very popular discipline to study at university and it's a very competitive profession to get into. So I urge prospective students to think thoroughly about their interests and career goals before making their choice of what they would like to study."

When asked what qualities a person must possess in order to become a competent social worker, Dr Fisher said that students should ask themselves two questions: "First, are you keen on interacting and communicating with people? A social worker will be spending a lot of time in contact with and communicating with people. So if you prefer computers to humans, you might want to reconsider your study options. Second, do you believe in justice, compassion and fairness? If you're not really into them, you might have a hard time working as a social worker." He explained that, on many occasions, a social worker has to fight for the rights and welfare of vulnerable groups that may be marginalised in society. He pointed out that if a social worker is indifferent to applying justice, compassion and fairness in his or her work, it is impossible for him or her to put themselves in the shoes of another person. And without such empathy, it is impossible for the social worker to truly understand and improve the person's life.

So if you're thinking about studying Social Work or Social Policy and Administration at PolyU, are you prepared to work for a just, compassionate and fair society with Dr Fisher?

余志穩博士：「人權是香港核心價值的一部份」

"Human rights are one of the core values of Hong Kong" – Dr Stephen Fisher



向「動物護理學」出發！ BSc(HONS) IN VETERINARY NURSING PROGRAMME MAKES DEBUT

 久候多時，由理大及英國倫敦大學皇家獸醫學院合辦，全港首個動物護理學（榮譽）理學士學位課程於九月正式開課！香港現時約有550位獸醫，但只有十位具資格的专业動物護理員，這個嶄新課程推出的目的，正是解決香港缺乏這方面專才的問題。

第一批入讀課程的39位學生於八月二十四日參與由醫療及社會科學院舉行的迎新活動，並於九月一日起開展課程，各位同學對於這個課程充滿期待，並對於在四年後畢業成為全港首批動物護理學專才感到驕傲。

於第一個月的課程中，學生除於課程上學習理論外，更有機會與真正的狗隻進行練習。此外，39位學生亦到訪不同的動物福利機構參觀及學習，豐富他們的閱歷，為接著而來的實習作好準備。

 Hong Kong's first-ever degree programme in veterinary nursing finally commenced this September! The eagerly awaited four-year programme saw its first intake of 39 students join PolyU's Common Orientation Programme on 24 August before starting their classes a week later.

The programme, which is jointly run by FHSS and the Royal Veterinary College (RVC) of the University of London, aims to address the shortage of qualified veterinary nursing professionals in Hong Kong as well as improve the welfare of animals in the city. Although there are nearly 550 registered veterinary surgeons in Hong Kong, there are only about 10

qualified veterinary nurses.

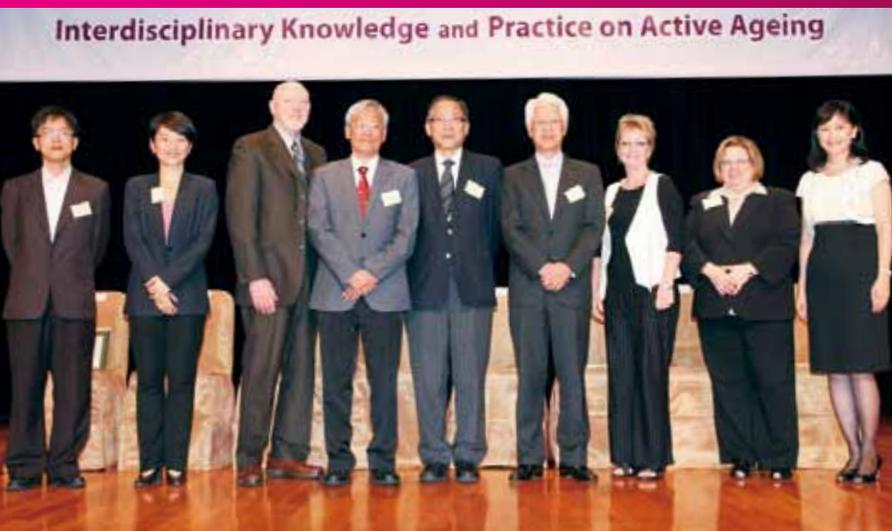
The students have hit the ground running. Within these first few weeks, they have not only attended many lectures by RVC staff and guest speakers, but also clinical skills sessions with models and manikins, and practical sessions with real dogs to learn about their behaviour, husbandry and handling. The freshmen have also visited many different welfare and educational organisations to explore the role of these units in both animal welfare and society. They are also gaining further experience in the fundamentals of animal care and welfare through their placements at various host centres.



活齡學院成立 INAUGURATION OF INSTITUTE OF ACTIVE AGEING

老化是每個人必經的階段。當你十歲的時候，胰臟的血流量已經開始減慢；當你十八歲的時候，聽覺便開始衰退。

Ageing is a lifelong process. Did you know that the volume of blood flowing into your kidneys per unit time starts to decline when you're only 10 years old? Or when you're 18, your hearing starts to wane?



「活齡學院」總監鍾晶晶博士
Dr Jenny Chung, Director
of PolyU's IAA

理大醫療及社會科學院「活齡學院」於七月二日舉辦以「跨專業知識及實踐：積極頹年」為題的學院成立研討會，並邀請到五位本地和國際知名學者及業界代表出席，與200多位參加人士分享及推廣積極頹年的課題。

加拿大滑鐵盧大學應用醫療科學院教授 Roger Mannell 教授分享如何積極面對退休生活；理大醫療科技及資訊學系副系主任兼生物醫療科學講座教授 Iris Benzie 教授更鼓勵採取健康生活模式，教授表示健康食療可預防百分之三十至四十癌症。理大設計學院院長兼太古設計學講座教授 Lorraine Justice 教授則建議各款適合各年齡層的設計，提升物品的可用性，例如加設出入口感應器，這樣不單可方便年老或體弱人士，更可讓手持重物的人士輕鬆通過；理大屋宇設備工程學系教授陳維田教授討論如何將環保概念融入頹年生活；而理大「活齡學院」諮詢委員會成員暨香港房屋協會主席楊家聲先生分享與建長者房屋的創新思維，多方面照顧長者的需要。

Other startling facts from five guest speakers entertained the 200-strong audience on 2 July at the Inauguration

Symposium of PolyU's Institute of Active Ageing (IAA), which is hosted by FHSS. With Prof Philip Chan, PolyU's Deputy President and Provost, and Prof George Woo, FHSS's Dean, as officiating guests, the symposium at PolyU titled "Interdisciplinary Knowledge and Practice on Active Ageing" was convened by Dr Jenny Chung of FHSS's Department of Rehabilitation Sciences and Director of IAA, and Mrs Teresa Tsien of FHSS's Department of Applied Social Sciences and Co-Director of IAA.

The first guest speaker, Prof Roger Mannell from the University of Waterloo in Canada, reviewed how the kinds of activities people do and with whom affect how successfully they age and how happy they feel. Next, Prof Iris Benzie of FHSS's Department of Health Technology and Informatics encouraged people to adopt a healthy lifestyle as young as possible so that they live healthily for as long as possible, because once they become seriously ill, they rarely gain full health even after treatment. To illustrate, she cited that 30%

to 40% of all cancers are preventable by eating a healthy diet.

Prof Lorraine Justice from PolyU's School of Design urged designers and clients to embrace inclusive or universal design to improve the usability of objects, places and services for as many types of people as possible. Among her examples was installing a sensor at an entryway to automatically open the door, which not only helps the elderly, the infirm or the wheelchair-bound, but also able-bodied people with baby strollers or those who are carrying too much. Ir Prof Daniel Chan of PolyU's Department of Building Services Engineering gave a rundown of green building design considerations that take into account the needs of the aged, while Mr Yeung Ka-sing, Chairman of Hong Kong Housing Society (HS), outlined the design features of HS developments that also offer different levels of care to their elderly residents.





於研討會當日，「活齡學院」亦舉行成立晚宴，並邀得香港特區政府勞工及福利局局長張建宗 GBS 太平紳士擔任主禮嘉賓。理大校董會副主席伍達倫博士、理大校長唐偉章教授、「活齡學院」諮詢委員會主席梁智鴻醫生、商界代表等均出席晚宴以示對「活齡學院」的支持。

伍達倫博士表示「活齡學院」鼓勵不同範疇的專家進行跨專業協作，不但能處理人口老化的問題，亦可讓理大的學術理念發揚光大。梁智鴻醫生於晚宴上表示對「活齡學院」充滿信心，認為學院可帶動社會上不同界別的人士共同探討提升長者生活質素的方案。張建宗局長於致辭時恭賀學院的成立，並相信學院可推動長者於未來的日子積極生活，活得更豐盛、更精彩。

學院的成立與發展，有賴 19 位本地及海外專業人士擔任諮詢委員會成員，給予指導及寶貴的意見。學院當晚邀請伍達倫博士頒贈感謝狀予梁智鴻醫生，而理大校長唐偉章教授則代表學院頒發感謝狀予其他委員會成員，以表謝意。

That evening, the Inauguration Dinner of IAA was held at the Kowloon Club, Hung Hom, with Mr Matthew Cheung, GBS, JP,

Hong Kong's Secretary for Labour and Welfare, as the guest of honour. Joining him in the celebration were Ir Dr Ng Tat-lun, BBS, JP, Deputy Chairman of PolyU's Council; Prof Timothy W. Tong, PolyU's President; Dr the Hon Leong Che-hung, GBM, GBS, JP, Chairman of IAA's Advisory Committee; other Advisory Committee members from Hong Kong and overseas; PolyU senior management and faculty members; and representatives from Hong Kong's business sector.

Dr Ng said that the setting up of IAA would boost more cross-disciplinary thinking and collaboration between different disciplines to holistically address the needs of Hong Kong's ageing population. Dr Leong was confident that IAA's work would enhance the quality of life for older people, while Mr Cheung believed that IAA's efforts would help the elderly to engage more in society.

To express PolyU's deep gratitude to IAA's Advisory Committee members for their invaluable support and advice, Dr Ng and Prof Tong presented them with certificates of appreciation.





理大長者進修課程2010 IT'S NEVER TOO LATE TO LEARN! TWO COHORTS OF ELDERLY STUDENTS GRADUATE



五十多位好學不倦的老友記穿上畢業袍、戴上四方帽一同高呼：「我們畢業了！」本年度的「理大長者進修課程2010」畢業禮於六月二十日舉行，學院邀得安老事務委員會主席梁智鴻醫生GBM GBS太平紳士主禮。長者畢業生獲主禮嘉賓頒授完成課程證書，接受親友熱烈的祝賀，場面溫馨感人！

醫療及社會科學院於五月三十一日至六月十一日舉辦每年一度的「理大長者進修課程」，今年已踏入第四個年頭，累計已有接近400位老友記完成理大長者進修程。本屆課程共吸引55位老友記參與，當中更有已屆耄耋之年，他們對求學的熱誠，著實令人敬佩，更是協助本年度課程的15名學生大使的好榜樣！

汲取多年的經驗，本年度的長者進修課程內容更豐富完備，除了健康常識、電腦應用、語文等範疇上的知識外，今年學院更邀請了多位星級講師授課，包括安老事務委員會主席梁智鴻醫生、理大榮休校長潘宗光教授、醫療及社會科學院及應用社會科學系兼任教授余志穩博士、醫療及社會科學院兼任教授趙莉莉醫生，以及經濟日報副社長石鏡泉先生，與長者學生一同分享他們的專業知識及人生經驗。

今年，學院更獲得「香港賽馬會運動醫學及健康科學中心」的全力支持，為老友記進行健康體適能檢查、眼科視光檢查，及教授健體操，提醒他們

多加留意自己的身體狀況，保持健康。中心為讓老友記了解健康飲食之道，更特意舉辦「至營午餐」，由註冊營養學家鍾明恩博士設計健康餐單並講解健康飲食之道。長者學生完成課程以及中心的活動後，將能學以致用，推己及人，向身邊親友推廣運動與健康的訊息。

此外，學院今年開辦第三個特別為老友記設計的「學分累積制課程」，名為「營養與感染控制」。學院舉辦「學分累積制課程」至今，已有七位長者學生完成三個「學分累積制課程」，並成功取得九個學分，他們於本年十月參加理大香港專上學院及專業進修學院聯合畢業典禮，獲頒發專業進修學院證書，再一次於終身學習旅途上，刻上新的里程碑。



Congratulations to the 55 elderly students who graduated from this year's Elderly Mini-U! For many of them, the graduation ceremony on 20 June was the highlight of FHSS's Elderly Mini-U Programme 2010 – they not only got to don a gown and attend a formal graduation ceremony at PolyU to receive their certificate, but they were also able to share the joy of their achievement with their family and friends. The grandeur of the occasion was topped off by the presence of Dr the Hon Leong Che-hung, GBM, GBS, JP, Chairman of Hong Kong's Elderly Commission, as the officiating guest.

FHSS's Elderly Mini-U, now in its fourth year, aims to introduce people aged 50 years and above to lifelong learning as part of active ageing. They are helped on campus and in the classroom by current FHSS full-time students who act as student ambassadors of the programme, which promotes intergenerational interaction, understanding and friendship.

The 2010 programme, which ran from 31 May to 11 June, offered classes in holistic health care, computer usage, languages, and many other subjects. Guest speakers from prominent public backgrounds also gave lectures. First, PolyU President Emeritus Prof Poon Chung-kwong pondered Chinese philosophy, followed by "Hong Kong Economic Times" Associate Publisher Mr Arthur Shek who spoke about financial planning for retirees. Dr Lily Chiu, Adjunct Professor of FHSS and former Cluster Chief Executive (Kowloon West) of the Hospital Authority, shared her views with the elderly students on the importance of looking after their health and how this affects their quality of life. Dr Stephen Fisher, Adjunct Professor of FHSS and APSS and Hong Kong's former Director of Social Welfare, talked about the city's resources and their distribution for the aged, while Dr Leong outlined the role of the elderly in society.

With support from The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, a fitness test, vision screening, and a stretching exercise workshop were held for the elderly students to help them better understand their own health and learn simple ways to keep active. A luncheon themed "Healthy Diet" highlighted the importance of a balanced diet.

This summer, FHSS and PolyU's School of Professional Education and Executive Development (SPEED) also offered the "Nutrition and Infection Control" credit-bearing course for older adults. After completing the course and accumulating nine credits in total over the years, the very first cohort of elderly students collected their academic awards at the Joint Graduation Ceremony 2010 for SPEED and PolyU's Hong Kong Community College on 17 October. Congratulations to the seven elderly students for their great accomplishment!



暑期實習 @ 中國大陸

FHSS STUDENTS INTERN IN CHINA VIA POLYU'S 'PREFERRED GRADUATE' DEVELOPMENT PROGRAMME



醫療及社會科學院響應理大學生事務處舉辦的「首選畢業生」培育計劃，於暑期為學生提供香港之外的實習機會，旨在讓學生擴闊視野，提升其人際及溝通技巧，發揮個人潛力。學院更期望學生了解不同民族及文化人士，並成為一個自信、獨立及具適應力的未來醫療及人本服務專才。

在剛過去的暑假，共有114位來自醫療及社會科學院不同學系的學生，在國內不同地方進行實習，包括烏魯木齊、杭州、北京、上海、青島、廣州和四川。參與實習計劃的學生，需於所屬醫院及單位的醫療人員的指導下，經過為期三至四星期的訓練及臨床工作，體驗國內及香港兩地醫療制度及醫療體系的不同。

參與的學生表示十分珍惜這次的學習經驗，表示可藉著活動增強其專業的工作技巧，為未來的學習及工作提供珍貴的參考資料及確立他們的事業發展。



FHSS supports the summer internship 'Preferred Graduate' Development Programme organised by PolyU's Student Affairs Office, in which students are given local and offshore opportunities to gain additional work experience. The programme broadens their horizons, sharpens their interpersonal and communication skills, and boosts their self-confidence, independence and adaptability. Students also learn to appreciate diversity through working with people from different backgrounds, and for students who intern abroad, from being exposed to a different culture.

This summer, 114 FHSS students from different disciplines completed three- or four-week internships in Ürümqi, Hangzhou, Beijing, Shanghai, Qingdao, Guangzhou, and Sichuan province on the Chinese mainland. Under the supervision of health care professionals on site, the students were able to experience and learn about clinical practices and the health care system on the mainland. Feedback from the students afterwards revealed that they believed the programme enhanced their understanding of different people and cultures, gave them a clearer idea of the roles of health professions in Hong Kong and the mainland, and greatly assisted them in their personal, professional and career development.



醫療及社會科學院學生 於以下醫院及組織實習： THIS SUMMER, FHSS STUDENTS INTERNED AT THE FOLLOWING ORGANISATIONS:

磐石基金(烏魯木齊)

The Good Rock Foundation (Ürümqi)

北京醫院(北京)

Beijing Hospital (Beijing)

浙江大學醫學院附屬邵逸夫醫院(杭州)

Sir Run Run Shaw Hospital (Hangzhou)

浙江大學醫學院附屬第一醫院(杭州)

First Affiliated Hospital of Zhejiang University School of Medicine (Hangzhou)

浙江大學醫學院附屬第二醫院(杭州)

Second Affiliated Hospital of Zhejiang University School of Medicine (Hangzhou)

上海交通大學醫學院附屬新華醫院(上海)

Xinhua Hospital Affiliated to Shanghai Jiao Tong University School of Medicine (Shanghai)

上海徐匯區博愛學童康復園(上海)

Shanghai Bo Ai Children's Rehabilitation Centre (Shanghai)

復旦大學附屬眼耳鼻喉科醫院(上海)

Eye & ENT Hospital of Fudan University (Shanghai)

四川大學華西醫院(成都)

West China Hospital, Sichuan University (Chengdu)

廣東省工傷康復中心(廣州)

Guangdong Provincial Work Injury Rehabilitation Center (Guangzhou)

中國人民解放軍第401醫院(青島)

People's Liberation Army 401 Hospital (Qingdao)

德陽市殘聯、香港紅十字會復康及假肢中心(四川)

Deyang Disabled Persons' Federation-Hong Kong Red Cross Rehabilitation, Prosthetic and Orthotic Centre (Sichuan province)

汶川縣人民醫院(四川)

Wenchuan County People's Hospital (Sichuan province)



「高速超聲波脫鈣系統」 奪取日內瓦國際發明展銀獎 INTERVIEW WITH DR GUO XIA, DEPARTMENT OF REHABILITATION SCIENCES



進行科學研究，一個小點子能化腐朽為神奇，就如魔術表演一樣。今年憑「高速超聲波脫鈣系統」於第三十八屆日內瓦國際發明展為理大贏得銀獎的郭霞博士，絕對是醫療及社會科學院的非凡魔術師。

「高速超聲波脫鈣系統」是康復治療科學系副教授郭霞博士與醫療科技及資訊學系鄭永平教授共同研發，用以軟化骨骼，以便進行顯微鏡化驗。過往，軟化骨骼可能需時一星期。因為骨骼需要浸泡在化學液體中，待數個月後，讓骨骼中的鈣質完全流失，才能軟化骨骼組織，並將之切片，抽取樣本進行化驗。這種方式不但耗時，亦擔誤診斷時間，影響治療效果。現在憑「高速超聲波脫鈣系統」，利用超聲波原理，震盪浸泡骨骼的化學液體，加速骨骼脫鈣過程，從而軟化骨骼，整個過程減省至一小時；這對病人、醫護人員及家屬都是莫大喜訊。

跨界研究 擦出火花

跨界合作是理大科研的重要策略，就是一次偶然的機會，鄭永平教授一個提議，造就這次合作機會。郭霞博士笑說：「我喜歡到理大職員會所，這兒常會遇到不同學系的朋友。見面時總會談到工作近況，我有不少新構思都在這兒誕生呢！」郭霞博士表示理大十分支持跨界合作，她亦從中獲益良多。「從前我做基礎科學研究(Basic Science Research)，是先決定研究方法，儘管結果是正面，還是負面的，都能夠將結果刊登於學術期刊。做應用研究(Applied Research)的，因為跟專利權有關係，研究方法可以千變萬化，但對研究結果卻是有一定要求的；兩種的研究方法截然不同。幸好大學十分支持，亦得到不少同事幫忙，解決了不少困難。」

經過各方面磨合，加上鄭永平教授的豐富經驗，讓郭霞博士大開眼界，並打算繼續鑽研。她對學生更有特別要求：「從前我的老師教我們做研究，

從沒要求我們爭取任何專利。但如今做研究不能局限某一範疇，因此現在我要求學生除了做研究外，每人也要有一項專利，這不但鞏固他們個人研究基礎，也擴闊他們的眼光！」



At the 38th International Exhibition of Inventions of Geneva in Switzerland this April, Dr Guo Xia, Associate Professor from FHSS's Department of Rehabilitation Sciences, and Prof Zheng Yongping of FHSS's Department of Health Technology and Informatics won a silver medal for their Rapid Ultrasonic Decalcifier, racking up yet another prestigious award for their invention since 2006.

So what's so special about the Rapid Ultrasonic Decalcifier? Simply put, it has revolutionised bone decalcification, the process of 'softening' bone specimens by removing their calcium ions. Thinly sliced decalcified bone sections from biopsies are used in lab tests to diagnose bone cancer and bone marrow cancer. Decalcified bone is also used as bone grafts in orthopaedic and plastic surgery. The traditional method of bone decalcification, in which the bone specimen is immersed in a strong acidic solution, is complex and can take months to complete. In contrast, when utilised with a special foaming agent, the Rapid

Ultrasonic Decalcifier's ultrasonic vibrations can speed up decalcification by up to 90% to only a few hours to a week, enabling earlier diagnosis of and interventions for bone cancer and bone marrow cancer, as well as quickening the availability of bone grafts. The machine is also easier to use and more reliable in preventing damage and over-decalcification of specimens.

So how did the Rapid Ultrasonic Decalcifier come about? By sheer accident! It is a prime example of how casual contact between colleagues of different departments can evolve into an interdisciplinary project and a world-class product. For Dr Guo, her meetings don't always take place in a meeting room; she prefers a far more relaxed setting. "I love going to the PolyU Staff Club! I meet lots of friends there from various departments. We talk about our research ... anything!" Dr Guo explained. It was there that she mentioned the difficulties in accelerating bone decalcification to Prof Zheng.

It wasn't just the interdisciplinary nature of the project that Dr Guo enjoyed. "I'd been doing pure or basic research for a long time at PolyU. Through the project, I found that applied research is so different in terms of the research methods and the publications. And I'm so glad to have received such strong support from PolyU and my colleagues. I learned a great deal from them," she said.

Despite her awards, Dr Guo is not complacent. She said, "I found the experience of that project invaluable and meaningful. For example, when I was a PhD student, my supervisor never spoke about patents. Now, having done applied research myself, I tell my students to not just do their research work but to consider whether there is potential for a patent for their work. I also hope they will be able to learn as much as I did by doing interdisciplinary research and be able to develop their own work."



郭霞博士示範如何利用高速超聲波脫鈣系統抽取骨骼鈣質，軟化骨幹。

Dr Guo Xia demonstrates how to use the Rapid Ultrasonic Decalcifier to remove calcium from bone

英國及馬來西亞學者到訪理大 商談兩地教育發展概況 DEANS AND HEADS FROM THE UK AND MALAYSIA MAKE FIRST VISITS TO FHSS



醫療及社會科學院致力開拓學術研究和發展，與不同院校聯繫，為教員及學生提供多元化學習及研究機會。今年夏天，醫療及社會科學院分別迎接了來自英國及馬來西亞的學者客訪。

五月五日，英國布萊佛德大學 School of Health 的院長 Shirley Congdon 教授到訪理大。醫療及社會科學院安排 Congdon 教授參觀學院內的教學診所及實驗室，並與醫療及社會科學院院長胡志城教授及學院教員會面，交流英港兩地有關醫療和健康教育的概況。

於六月二十三日及二十四日，學院則接待了來自馬來西亞馬拉工藝大學的健康科學院院長 Abdul Rahim 教授及該校眼科視光學系系主任 Chen Ai Hong 博士。兩位嘉賓先與理大副校長（國際事務及行政教育）徐林倩麗教授會面，由徐教授為兩位介紹理大校園及教學情況後，並與醫療及社會科學院多位教職員進行會議，商談兩校的合作空間，促進人才及學術交流。兩天的行程中，他們分別到訪眼科視光學診所、康復治療診所、結合保健診所、放射治療實驗室及於灣仔的理大護眼中心等。

八月二十三日，英國倫敦南岸大學 London South Bank University 健康及社會關懷學院院長 Judith Ellis 教授及該學院的聯合健康科學系系主任 Mary Lovegrove 教授亦親臨理大客訪。她們與醫療及社會科學院副院長暨眼科視光學講座教授葉健雄教授及教職員會面後，與學系教職員陪同下往理大結合保健診所、中藥堂、放射治療實驗室、眼科視光學診所及康復治療診所參觀。



FHSS is dedicated to nurturing future leaders in health and social sciences. An important means to achieve this is by exposing our students and staff to new perspectives from around the world through academic and other exchanges with overseas institutions.

This summer, FHSS welcomed visitors from the United Kingdom and Malaysia. In May, Mrs Shirley Congdon, Dean of the School of Health Studies at the

University of Bradford in the UK came to FHSS on a one-day visit, during which she was given a guided tour of our constituent departments' and schools' clinics, Herbal Dispensary, and laboratories with introductions from staff and students.

In June, Prof Dr Abdul Rahim Md Noor, Dean of the Faculty of Health Sciences, and Dr Chen Ai Hong, Head of the Optometry Department of Universiti Teknologi MARA in Malaysia, also paid a visit to PolyU. After being received by Prof Judy Tsui, PolyU's Vice President (International and Executive Education), they met with Prof George Woo, Dean of FHSS, and other faculty members of FHSS to discuss opportunities for collaboration and development. In their two-day stay, Prof Dr Abdul Rahim and Dr Chen visited the clinics, laboratories and training centres at FHSS and met with students and staff.

And in August, from the UK, Prof Judith Ellis, MBE, Executive Dean of London South Bank University's Faculty of Health and Social Care, and Prof Mary Lovegrove, Head of its constituent Department of Allied Health Sciences, arrived at FHSS for a day's visit. They met with Prof Maurice Yap, Associate Dean of FHSS and Chair Professor of Optometry, and other faculty members in the morning before being led around FHSS's clinical and research facilities on a guided tour.



Mrs Shirley Congdon (右) 與學院院長胡志城教授於院長辦公室前合照留念。
Prof George Woo, FHSS Dean, and Mrs Shirley Congdon from the University of Bradford, United Kingdom



Prof Dr Abdul Rahim (右二) 及 Dr Chen Ai Hong (左二) 在眼科視光學院主任林小燕教授 (左一) 和醫療及社會科學院副院長葉健雄教授陪同下參觀眼科視光學診所。
(From left) Prof Carly Lam, Head of FHSS's School of Optometry, Dr Chen Ai Hong and Prof Dr Abdul Rahim Md Noor from Malaysia's Universiti Teknologi MARA, and Prof Maurice Yap, FHSS Associate Dean and Chair Professor of Optometry

葉健雄教授 (右三) 與學院一眾教職員和 Prof Judith Ellis (右四) 及 Prof Mary Lovegrove (右二) 會面，商討雙方發展合作機會及方向。
Prof Yap (third right) and other FHSS faculty members with Prof Judith Ellis (fourth right) and Prof Mary Lovegrove (second right) from London South Bank University, United Kingdom

理大眼科視光學院與 「雪肌蘭愛心奉獻」義工隊合辦 「雪亮眼睛」長者眼科視光檢查計劃 FHSS'S SCHOOL OF OPTOMETRY AND SQUINA'S "LOVING HEART" VOLUNTEER TEAM CO-ORGANISE EYE CHECK PROJECT FOR ELDERLY



要達致健康老齡化社會，不能不提到底層健康擔當的角色。完善的基層健康制度能有助市民保持身體健康，減輕醫療開支的負擔，社會資源便能更有效地分配。眼睛基層健康亦是基層健康制度內重要的一環。無可否認，眼睛及視力健康對任何人一樣重要，但是隨著年紀增長，視力日漸衰退時，長者往往誤以為是一般的老化現象，以致延醫治理，最終因患上眼疾而視力減弱，令日常生活大受影響，不但增加跌倒危機，嚴重的甚至引致失明。因此，長者更需好好保護視力，護眼之道的先決條件就是定期找眼科視光師作綜合眼科視光檢查。

詳細的綜合眼科視光檢查，除了檢測屈光度數外，還包括檢查眼睛的健康。透過這些檢查，不但有助診斷眼睛的疾病，如白內障、青光眼、老年黃斑病變等，甚至血壓高或糖尿病所引起的視網膜病變，亦可被診斷。當發現長者患有眼疾，眼科視光師亦會提供轉介信，讓長者儘快求醫，以便得到適切治療。

作為靈魂之窗的守護者，理大眼科視光學院一直堅守推動眼睛基層健康的使命。學院與「雪肌蘭愛心奉獻」義工隊攜手合辦「雪亮眼睛」長者眼科視光檢查計劃。計劃於八月二十日正式展開，香港特區政府勞工及福利局局長張建宗 GBS 太平紳士親臨開展儀式支持有關計劃。理大眼科視光專業團隊展開為五百名來自保良局長者中心 60 歲或以上領取綜援的長者，提供優質及完善之眼科視光檢查服務。此外，理大眼科視光人員將為一千名保良局長者提供眼睛健康護理講座。

計劃由保良局「雪肌蘭愛心奉獻基金」撥款資助，目

的是宣揚基層眼睛健康的重要性，讓長者對眼睛保健有正確認識，了解護眼的正確方法、一般眼疾的治療及有關社區資源，以達致預防勝於治療的效果。

計劃的另一特色是以「一長者一義工」方式為長者提供服務。「雪肌蘭愛心奉獻」義工隊主席劉陳小寶 BBS 太平紳士將召集「雪肌蘭愛心奉獻」義工隊聯同理大醫療及社會科學院學生義工隊，派出義工陪同長者到眼科視光學診所進行眼科視光檢查，長者便能獲得適切的照顧，亦可充份發揮長幼共融的精神，將關愛帶給社區內的長者。



FHSS's School of Optometry (SO) and Squina "Loving Heart" Volunteer Team have jointly launched the "Comprehensive Eye Check Project for the Elderly" to provide and promote comprehensive primary eye care to the aged in Hong Kong. Among the guests at the project's kick-off ceremony on 20 August at PolyU were guest of honour Mr Matthew Cheung, GBS, JP, Hong Kong's Secretary for Labour and Welfare, and the project's ambassador, famous Hong Kong artiste Ms Nancy Sit.

Sponsored by Po Leung Kuk "Squina Loving Heart Fund," the project will enable 500 people who are aged 60 years or above from Po Leung Kuk Elderly Centres and receiving Comprehensive Social Security Assistance to undergo comprehensive primary eye care examinations at the clinics around Hong Kong

run by SO. Community-based ocular health awareness seminars will also be held for some other 1,000 elderly people.

Mrs Angel S.P. Chan Lau, BBS, JP, Chairman of Squina "Loving Heart" Volunteer Team, said she was delighted that her team of mostly Squina staff, health care practitioners and students was joining hands with SO and Po Leung Kuk for the project. She said it showed how different types of parties can collaborate successfully in the community to provide a suitable eye-check service for the elderly, which will also help alleviate the burden of care on public secondary and tertiary health care facilities.

Many of the student volunteers are FHSS students, and they will accompany and take care of the elderly while they are in the clinics for their eye exam. Mr Quincy Lui, Chairman of Po Leung Kuk, pointed out that the project not only serves the elderly, but it proactively promotes intergenerational harmony and caring in the community through the participation of health and social care professionals and corporate and student volunteers.

As Hong Kong's population ages, there is a significant need to raise awareness about eye health and vision among the city's older residents. The ocular health awareness seminars aim to show them why it is important to get their eyes checked regularly. Prof Maurice Yap, Associate Dean of FHSS and Chair Professor of Optometry, said surveys have found that many of Hong Kong's elderly have poor eyesight. He stressed it is important for people of all ages to have regular eye exams to prevent unnecessary deterioration of their vision, especially older people for whom the early detection of cataract, glaucoma and age-related macular degeneration could help to reduce permanent visual loss. He added that an eye exam could help to detect and manage other health conditions such as diabetes and hypertension that might lead to a deterioration in eye health and vision.



安全清晰地探索海底世界 OVERCOMING VISION CHALLENGES IN WATER SPORTS

 眼科視光學院及香港賽馬會運動醫學及健康科學中心運動視光學中心於九月三日邀請眼科視光學專家講解視力與水上運動安全的重要性，分享保持眼睛健康的心得，並即場介紹專家為潛水愛好者而發展的創新近距離助視器，方便年長潛水員觀察近距離事物，利用光學透鏡設計，糾正老花度數，優化水中視近功能，確保光學像差最小化；潛水員有清晰視力觀察近物之餘，亦能雙眼共視，提供立體視力。

 FHSS School of Optometry's (SO) Sports Vision Unit and The Hong Kong Jockey Club Sports Medicine and Health

Sciences Centre co-organised a press conference on 3 September in which SO optometrist and sports vision expert Ms Ronnie Huang, retired SO lecturer Mr C.Y. Tang, and diving instructor Mr Simon Yu spoke about vision in water sports safety and enjoyment. Mr Tang also showed his SeawiscopeEY optical device that can attach onto a diving mask and function as an underwater magnifier for non-presbyopic divers or as a visual aid for presbyopic divers so they can read their gauges and dive computers. Presbyopia is an eye condition in which people in their forties and older find it increasingly difficult to focus on near objects.



分享體育舞蹈運動的訓練竅門 TRAINING AND FLEXIBILITY TIPS FOR DANCESPORT



 香港賽馬會運動醫學及健康科學中心轄下的運動創傷預防及表現提升中心於七月十八日舉行講座，邀請曾協助香港體育舞蹈運動隊員的體能教練向公眾介紹針對體育舞蹈運動的訓練，吸引到超過一百五十名人士報名參加。兩位於香港2009東亞運動會體育舞蹈項目獲得銅牌的運動員亦作公開示範，並分享訓練過程。在場人士於兩位體能訓練教練及臨床導師的指導下，一起進行以橡皮練力帶輔助的肌肉拉伸簡單練習，讓他們親自感受體育舞蹈運動的訓練。

 The Sports Injury Prevention and Performance Optimization Unit of The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre organised a seminar for 150 members of the public on 18 July about

training and flexibility for dancesport. Mr Damon Mok, FHSS Clinical Instructor from the Unit, and Mr Joe Hung, a Hong Kong dancesport team coach for the 2009 East Asian Games, spoke on how dancesport athletes can achieve different conditioning outcomes by undergoing different training methods. Mr Ng Sum-chun and Ms Lam Wai-yi, bronze medallists in the Latin-American jive event at the Games, demonstrated training movements and talked about their training. Mr George Kwan, Secretary-General of Hong Kong DanceSport Association, outlined how the Centre helped the Hong Kong team in the Games. The audience also got to experience stretching exercises using resistance bands.

理大專家為公民隊打氣！ GIVING A LEG UP TO CITIZEN FOOTBALL CLUB

 醫療及社會科學院於香港賽馬會運動醫學及健康科學中心專業團隊的支持下，康復治療科學系由今個球季起為剛升上香港聯賽甲組的足球隊「公民隊」進行體能測試及訓練，更會為公民隊提供駐場物理治療服務，確保球員獲得即時受傷評估及治療。而眼科視光學院亦會為球員進行一系列運動視覺檢查，協助球員發揮最佳狀態。

 With the support of The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, FHSS is providing

fitness services and comprehensive eye exams and sports vision assessments this season to Citizen Football Club, a top-flight Hong Kong 1st Division football team. Experts from FHSS's Department of Rehabilitation Sciences are helping the squad on their fitness training, performance enhancement and injury prevention, as well as providing them with on-field physiotherapy. Furthermore, optometrists from FHSS's School of Optometry are administering comprehensive primary eye-care checks and assessments of sports vision capabilities to the players.



理大迎新活動2010-11 歡迎800位新生加入醫療社科大家庭 POLYU COMMON ORIENTATION PROGRAMME 2010-11 FHSS WELCOMES 800 FRESHMEN!

+ 踏入大學校園，每位新鮮人都抱著興奮期待，或忐忑不安的心情，迎接多姿多采的大學生活。今年理大校長室、學生事務處及八間學院首次合辦為期五天的迎新日，希望透過迎新講座，小組活動及學系迎新活動，讓新生對理大校園及學系有更多了解，從而擁有豐富及具意義的大學生活。

醫療及社會科學院的迎新日於八月二十四日在理大賽馬會綜藝館揭幕，並由理大校長唐偉章教授和醫療及社會科學院署理院長陳智軒教授致辭，歡迎新生加入理大。此外，香港醫院管理局成員暨理大傑出校友羅盛慕嫻女士撥冗擔任主禮嘉賓，她於致辭時勉勵同學努力學習，增加個人專業技能，為社會服務。接著由醫療及社會科學院各系主任及學院主任，為同學介紹各學系及學院：應用社會科學系、醫療科技及資訊學系、康復治療科學系、護理學院及眼科視光學院的概況及發展。

為推廣全人教育的重要性，理大舞蹈學會及跆拳道代表隊為同學作出精彩表演。接著新生們

分別參與各學系及學院和因應個人選修學科的其他迎新活動，增進個人了解，拓闊生活圈子，培養對個人專業興趣，成為未來醫療社科的傑出領袖。

+ For every freshman, the first year at university could be full of joy or filled with confusion. To help PolyU's new full-time students achieve a meaningful and rewarding university life, PolyU's Offices of the President, Student Affairs Office, and all six faculties and two schools jointly held the first-ever, weeklong pre-term Common Orientation Programme. On 24 August, new FHSS students were the first of this year's cohort to be greeted.

Prof Timothy W. Tong, President of PolyU, followed by Prof Chetwyn Chan, Associate Dean of FHSS and the then Acting Dean, welcomed some 800 FHSS freshmen to the University and Faculty, respectively. Guest of honour Mrs Yvonne Law, a board member of the Hospital Authority and a

recipient of one of the first Outstanding PolyU Alumni Awards, shared her experiences and words of encouragement with the students. Next, introductions to the backgrounds and future directions of FHSS's constituent Department of Applied Social Sciences, Department of Health Technology and Informatics, Department of Rehabilitation Sciences, School of Nursing, and School of Optometry were given by the heads of department.

To show that whole-person development is important and can be attained by enriching one's student life with extra-curricular activities, the PolyU Student Dance Society performed spectacular dances, while PolyU's student taekwondo sports team gave breathtaking demonstrations.

The freshmen then joined departmental or discipline-specific orientation sessions aimed at furthering their understanding of their chosen academic programmes.

羅女士叮囑醫療社科同學不僅細心照顧他人，同時亦要懂得照顧自己，將心比己，發揮醫護精神。Guest of honour Mrs Yvonne Law shares her views with FHSS freshmen on being a caring professional, and encourages them to take care of themselves so that they can better take care of others



新生們抱著興趣及期待心情，迎接大學校園生活。FHSS freshmen looking excited about starting their lives as university students



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