

Occupational Nursing  
Mental Health Nursing  
Radiography  
General Nursing  
Social Work  
Veterinary Nursing

# Faculty of Health and Social Sciences

Occupational Therapy  
Applied Medical Laboratory Science

精益求精 開創先河

WHERE EXCELLENCE MAKES A DIFFERENCE

## 康復治療科學系 首辦碩士準入課程 解決職業治療師及 物理治療師短缺情況

## Conversion Master's Programmes Address Shortage of Occupational Therapists and Physiotherapists

眾所周知，香港的醫療體系長期缺乏醫生及護士，但其實其他醫療專業包括職業治療及物理治療，同樣亦面對人手短缺問題。為應付未來社會對這兩項專業人員的需求，理大康復治療科學系由本年一月起，首辦兩個碩士準入課程，讓非畢業於這兩項專業的大學畢業生，經過有系統及密集的學習及訓練後，成為專業的職業治療師及物理治療師。職業治療學碩士課程及物理治療學碩士課程均為全日制課程，為期兩年，大部份被課程取錄的學生，學費均由香港特區政府社會福利署全額資助，學生於畢業後需要於社署屬下其中一間志願機構服務最少兩年。



林燕妮同學  
Miss Yvonne Lam

職業治療學碩士學位課程的林燕妮同學，入學前為康復治療科學系的研究助理，協助進行有關職業治療的研究。林同學表示，雖然她剛剛完成課程的第一個學期，但已足令她大開眼界，讓她明白到職業治療學是一個非常實用的專業，所涉及的範疇既廣泛又深入。「職業治療不單為身體有障礙的人士提供康復建議，其實更可幫助所有於活動功能上有困難的人。當他們能夠提升自理能力後，他們更可積極投入家庭生活、工作及社區中。」林同學表示，她本身為心理學畢業生，之前學到的知識有助她掌握課程內容。「這個碩士學位課程的學習及功課雖然十分繁忙，但我的確樂在其中，學到很多新知識。」

於兩年的課程中，兩個課程的所有同學均需於不同的醫療及社會服務機構接受臨床訓練，以準備他們於未來應付不同的工作環境、治療程序及服務對象。



鄭祖茵同學  
Miss Joanne Cheng

鄭祖茵同學為物理治療學碩士學位課程的學生，她曾於美國修讀健康科學課程，畢業後更於心臟復康方面工作。她回港後，於機緣巧合的情況下，由醫療界的朋友口中得知理大推出這個嶄新課程。「我真的很幸運能夠入讀這個課程，因為我一直希望可以學以致用，運用所學知識幫助他人。我們第一個學期的課程內容的確十分緊湊，需要於四個月內完成20個學分的科目。但我們同學之間互相扶持鼓勵，老師們更非常用心地幫助我們學習，首個學期過得非常充實。」鄭同學十分期待十月份的首次臨床實習：「對於有機會將所學應用於現實環境中，我期待之餘亦十分戰戰兢兢，希望可以做到最好。」





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The chronic shortage of doctors and nurses in Hong Kong's public health care system is well known, but there are also not enough other health professionals such as occupational therapists and physiotherapists. To reduce the shortfalls of the latter two in the near future, PolyU's Department of Rehabilitation Sciences (RS) ran two conversion master's degree programmes from this January for graduates of health-related disciplines to train to become occupational therapists and physiotherapists. Most of the students on the two-year, full-time Master of Occupational Therapy (MOT) and Master of Physiotherapy (MPT) programmes are sponsored by Hong Kong's Social Welfare Department and will therefore work for an NGO for at least two years after graduation.

Miss Yvonne Lam, an MOT student, said she first heard about the MOT programme when she was an RS research assistant for a project related to occupational therapy. She said the first semester of the programme has already opened her eyes to the broad possibilities presented by the profession and that she found occupational therapy to be a very practical discipline. "Occupational therapy isn't only rehabilitation for people who are ill or disabled. It helps anybody who can't function fully for whatever reason. When they're able to do things for themselves easier, they'll also be able to engage with their families, work or community better," said Miss Lam. She added that her first degree in psychology helped her to ease into the course. "Although I must say the MOT programme is very intensive," admitted Miss Lam. "But I enjoy it very much. I've learned a lot in the past few months."

During their two years of study, all MOT and MPT students will undergo clinical placements in different types of health and social care institutions and settings to familiarise them with different kinds of situations, procedures and clients.

Miss Joanne Cheng, an MPT student, studied health science in the United States and has worked in cardiac rehabilitation there. She said she came across the MPT programme by chance last year while conversing with a health practitioner. "I feel so lucky to have gotten into the programme. I want to help people with what I learn, like I was able to in the States," said Miss Cheng. "Our first semester was really packed because we had to complete 20 credits in four months. But there's a lot of camaraderie among us students, and our teachers have been great in trying to make our lives a little easier," she added. Miss Cheng was also excited about going on her first clinical placement this October. "We'll have to apply what we've learned in real-life situations. I look forward to the placement but I also feel quite anxious about it," she said.

# 全港首個應用心理學碩士學位課程

## Master in Applied Psychology Programme To Be Launched

如果有接觸過心理學，就一定會知道心理學涵蓋的範疇十分廣泛。若然你已經擁有心理學學位，想繼續進修成為一位心理學專家，其實於香港只有有限的專門課程可供選擇。如果你想成為一個可於不同心理學範疇中工作的「通識」心理學家，理大應用社會科學系於今年九月新推出的應用心理學碩士學位課程，可能是一個理想的選擇。

If you've studied psychology before, you'll know how diverse and fascinating the subject can be. If you already have a degree or major in psychology and want to practise as a professional psychologist, there are a few very well established specialisms you could enter. But what can you do if you want to be a generalist, someone who can work in more than one field of psychology? The new one-year full-time Master of Applied Psychology (MAP) programme, which will be launched this September by PolyU's Department of Applied Social Sciences (APSS), may be an answer.

這個全港首辦的應用心理學碩士學位課程由應用社會科學系，以及康復治療科學系職業治療專科合辦，職業治療學的教師將教授神經科學、計量心理學理論及評估幾個科目。應用社會科學系副系主任陳清海博士為本課程的其中一位課程主任，他表示應用心理學碩士學位課程，旨在為心理學本科畢業生提供適用於社會上不同範疇的評估及實務方法。

陳博士表示：「於課程中，我們的學生需要接受與教育心理學及臨床心理學學生相類似的理論教育，包括心理評估、心理介入、教育方案評估及發展，以及研究設計。然而他們不用如教育心理學或臨床心理學學生般進行臨床實習，故此能夠於一年完成課程，投入服務社會。畢業生更可按意願選擇向香港心理學會申請，成為註冊心理學家。」

課程的畢業生可以從事甚麼類型的工作？陳博士說畢業的應用心理學家可從事三個範疇的工作：精神健康、教育及社會服務，當中包括非政府團體及慈善組織等。

陳博士表示：「舉個例子，課程畢業生可於醫院管理局屬下的醫院工作，輔助臨床心理學家執行階段性服務介入 (stepped-care approach)，處理日益增加的精神病個案。所謂階段性服務介入，就是按病人於不同階段時的情況，提供適切的介入及照顧，當病人有真正需要時，才將服務及照顧升級。我們的畢業生可於臨床心理學家的指導下幫助其中較容易處理的個案，透過工作分流，將有限的資源好好善用。」

於教育方面，陳博士指應用心理學碩士課程的畢業生可識別資優學生，或有特別學習需要的學生。「現時校長及教師的職務繁重，他們很難分配到足夠時間去瞭解每個學生的特殊需要及學習能力。我們的畢業生於課程中受過專業的心理評估訓練，可以客觀地評核每個學生的表現，再將個案轉介到不同範疇的專家，作出跟進。」

陳博士指出，由於畢業生於課程中學習心理教育及研究設計，讓他們勝任於撰寫有效的社區服務計劃，配合不同贊助機構如優質教育基金等的要求及細節，同時亦可負責計劃的執行發展，以至完成計劃後的檢討。

課程詳情，可瀏覽[www.polyu.edu.hk/apss](http://www.polyu.edu.hk/apss)。

MAP, which is the first-ever such master's programme in Hong Kong, is co-taught by Occupational Therapy academic staff from PolyU's Department of Rehabilitation Sciences on subjects relating to neuroscience, and psychometric theory and assessment. One of MAP's Programme Leaders, Dr Charles Chan, Associate Professor and Associate Head of APSS, said the programme aims to provide psychology graduates with comprehensive training in assessment and practice methods that are highly applicable in different sectors of society.

"Our students will undergo similar theoretical education as their counterparts on specialist educational psychology or clinical psychology programmes, such as psychological assessment, psychological intervention, educational programme evaluation and development, and research design," said Dr Chan. "But unlike their counterparts, our students don't need to go on supervised clinical placements and so they can complete the whole programme in one year. When they graduate, they can opt to register with the Hong Kong Psychological Society as a psychologist without specification," Dr Chan added.

What kinds of appointments could MAP students expect to land after they graduate? Dr Chan named three areas that he believes applied psychologists could play a bigger role in: mental health care, education, and the third sector comprising NGOs, not-for-profit entities and other agencies with a core focus on community-based projects.

"For example, our graduates could work in hospitals under the Hospital Authority, in which they would support HA's clinical psychologists to carry out a stepped-care approach in treating mental health patients. Stepped care is when patients are given the most appropriate level of intervention or care they need, and are only put onto the next highest level of intervention if they need it. Our graduates could help in some low-intensity care cases under the supervision of the clinical psychologists. This division of labour would lead to a better utilisation of scarce resources," said Dr Chan.

In the education sector, Dr Chan said MAP graduates could help in identifying gifted children or pupils with different learning needs. "Nowadays, principals' and teachers' workloads are so heavy that they aren't able to spend a reasonable amount of time with each child to understand their individual learning needs or capabilities. This is where our graduates could come in. Since they'll be trained in psychological assessment, they'll be able to objectively evaluate each child and refer them to other professionals for follow-up if necessary," he said.

Dr Chan added that the graduates could also work for NGOs and other third-sector agencies. He said that with their psycho-educational and research design skills, they would be capable of creating effective proposals for community-based projects that comply to the different aims and criteria of different funding bodies, such as the Quality Education Fund, and to be in charge of the projects' development, delivery and evaluation once funding is secured.

For more information about the Master of Applied Psychology programme, please visit APSS's website at [www.polyu.edu.hk/apss](http://www.polyu.edu.hk/apss).



# 專訪醫療科技及資訊學系彭雅詩教授

## Interview with Prof Iris Benzie, Department of Health Technology and Informatics

**升** 讀大學是不少年青人的夢想，但各位有沒有想過，究竟我們可在大學學到什麼呢？醫療科技及資訊學系講座教授，兼副系主任彭雅詩教授憑著豐富的教學及科研經驗，獲得理大2011/12「校長特設卓越表現個人成就獎」及「學院特設傑出表現個人成就獎」兩個獎項，以表揚她多年來對學術研究的貢獻。現在就由彭教授與各位分享如何可以享受大學生活。

於香港教育制度的影響下，中學學生往往本著「成績為先，知識為後」的理念學習。彭教授說：「大學的學習與中學截然不同，我們作為大學的教師，希望將知識傳授予學生之餘，更重要是令他們反思生命，幫助其他人，回饋社會。作為醫護社科專業人員，我們學院的學生不僅要具備專業知識，更重要是秉持最高的誠信行事，尊重他人，尊重生命。」

彭教授續稱，有很多新生不明白他們為何要在第一年修讀一些從來沒接觸過的基礎學科。「作為老師，我有責任令他們明白，這些基礎學科奠定將來學習的基礎，大學的學科，不同於中學時代的科目般分門別類，而是講求通識；亦不再是死板的背誦，而是講求理解，這樣才可將所學知識應用出來。」

彭教授又怎樣看334新學制？她表示新學制對於老師及學生都帶來正面影響。「醫療及社會科學院的學生由於要符合各個專業的要求，核心課程不會受到影響。但多一年的課程，則讓師生之間有更多時間去建立關係，學生亦有更多機會去參加海外實習交流計劃，嘗試學習以外的新知識。」

彭教授除了是一位被受尊重的教師外，亦是一位出色的研究人員，曾獲得2006/07年「學院特設傑出表現／成就獎」。於眾多的研究項目中，彭教授憑著與英國北愛爾蘭阿爾斯特大學 Sean Strain 教授共同研發的抗氧能力測試，獲得第34屆瑞士日內瓦國際發明及創新技術與產品展銀獎。彭教授認為，對於學者而言，研究是非常重要的，但先決條件是必須將研究結果發揚光大，方為有用。學者透過研究去深化教學，但教學才可即時影響學生的生命。



Many youngsters aspire to go to university. What can they expect if they decide to study at PolyU? Perhaps a good person to ask is Prof Iris Benzie, Chair Professor of Biomedical Science and Associate Head (Academic) of PolyU's Department of Health Technology and Informatics. For the 2010-11 academic year, she was one of only two winners of PolyU's prestigious President's Awards and the only recipient of a Faculty/School Award from FHSS, both for excellent performance and achievement in teaching.

Passing exams dominate the mindset of Hong Kong's schoolchildren. Is studying at university any different from that at school? "Yes," said Prof Benzie. "We try to transform our students' lives so they can make a difference to other people's lives and society. To be a professional, especially in health care, they not only have to learn the necessary skills, knowledge and competencies of their chosen profession — they need to learn how to think and act with the highest integrity because they will be dealing with people and people's lives."

What else is different? "At FHSS, many students have to study science subjects they've never come across at school, and they may wonder why they have to study them, especially in the first year.

As a teacher, I think it's important to let them know that all those subjects will form a solid foundation for their studies later, that they shouldn't compartmentalise the subjects as separate like at school," observed Prof Benzie. "I also try to tell them not only what they need to learn but why, so they don't just memorise information but understand it and can integrate and apply it later on."

What does Prof Benzie think of Hong Kong's new 3+3+4 academic structure in which undergraduate programmes are lengthened by a year? She views the change positively. "At FHSS, the core curricula won't be affected because our programmes have to satisfy professional accreditation requirements. But the extra year will give more time for teachers and students to build stronger relationships with each other and students will have more time to develop themselves by going on overseas exchange programmes," she said.

Besides being a top teacher, Prof Benzie is also a prominent researcher. She won both a President's Award and a Faculty/School Award for 2006-07 for her research and scholarly activities. Among her slew of international prizes is a silver medal from the 34th International Exhibition of Inventions of Geneva in 2006 for the ferric reducing antioxidant power (fRAP) assay test that she and Prof Sean Strain of the UK's University of Ulster created to measure the total antioxidant (and potentially anti-ageing) capacity of different foodstuffs. Does she prefer teaching or doing research? "Research is important but it only makes a difference if it's noticed, so making your findings known to a wider audience is essential. Research obviously informs what we teach, but it is teaching where we can make a difference immediately — to our students' lives," said Prof Benzie.





## 應用老年學新課程 New Top-Up Degree Programme in Applied Ageing Studies



**全**球人口老化已經是不爭的事實，人口老化引發的人口成長率放緩、生育率下降、公共支出增加，以及勞動人口短缺等問題，逐漸成為各先進國家不得不面對的重要課題。根據香港統計處的香港人口推算，踏入2039年，本港65歲以上人口比例將會上升至28%。香港社會亦在所難免要面對高齡化人口帶來的挑戰。

從另一角度看，長者的豐富人生經驗以及生活智慧，著實是社會的寶貴資產，龐大的銀髮市場更為社會帶來無限商機。要將人口老年化所衍生的危機化作機遇，絕不能單靠空談。要掌握機遇，必須從提升長者生活質素著手，讓他們能獨立自主地享受及參與生活每一部份。有見及此，醫療及社會科學院聯同理大專業進修學院將於本年九月新學年推出全新兩年制的學士銜接課程 - 「應用老年學(榮譽)理學士」課程，銳意培育一群充滿熱誠的生力軍，投身相關的行業，為迎接人口老齡化作好充份準備。

課程主任譚永昌博士在早前在資訊日講座向有意報讀此課程的應屆副學士及高級文憑畢業生透露，課程結合理大不同學系的專業，採用全面及跨學科的模式，學科涵蓋人體生理及老年健康、社會政策、科技、產品與環境設計、住屋、形象服裝、康樂旅遊、財務及商業管理、以至溝通技巧等。課程旨在裝備有志投身與長者相關行業的學生，培育專門人才，積極配合高齡化社會的需要。

課程採用理論及實習兼備的教學模式，務求讓學生能夠把課堂的理論應用於實際環境，除可提升人際關係及溝通技巧外，更可清晰理解學習目的及工作間的文化，提早為投身相關行業作好準備。現時學院已跟多間非牟利團體及私人企業建立協作關係，為學生提供實習機會。課程設計除可讓畢業生獲得充份準備迎接就業市場的需要外，亦可報讀個別專業學科的進修課程。

課程吸引不少有志投身長者相關行業的人士報讀，面試篩選程序已於早前展開。我們期待一群能學以致用的畢業生，為創建長者友善的生活環境共同努力。

Like most other developed economies, Hong Kong is experiencing a significant shift towards an ageing population. According to Hong Kong's Census and Statistics Department, the percentage of the city's populace who will be 65 years old or above is projected to rise to around 28% by the year 2039, from just over 13% right now. An ageing population could raise public expenditure because of an increased demand for health and social care and welfare, while a parallel decline in births could exacerbate shrinkage of the city's workforce and taxpayer base.

But is an ageing population all negative news? Is there another side to the story? After all, older people and the elderly have spent almost a lifetime accumulating experiences and insights that they are usually only too happy to share. Many also have plenty of free time to socialise and indulge in their favourite pastimes or explore new ones. Perhaps they should not all be stereotyped as purely a source of future problems, but should be regarded as a heterogeneous demographic whose productivity, consumption and potential are often overlooked or dismissed.

Based on this more rounded view of older people, FHSS is collaborating with PolyU's School of Professional Education and Executive Development (SPEED) to offer a new two-year full-time top-up BSc(Hons) degree programme in Applied Ageing Studies from this September. The programme adopts a holistic, interdisciplinary approach. Among the study areas are the ageing process and health, social policy, technology, age-friendly environments, lifestyle and image design, recreation, finance and business, and communications.

Programme leader Dr Eric Tam, Assistant Professor at the Department of Health Technology and Informatics in FHSS, explained: "Our programme aims to equip students with a broad base of knowledge and skills required for different ageing-related practices and sectors. More importantly, it will develop in them the competencies, attributes and abilities to work with a diverse population of older adults and to meet the emerging needs of an ageing population."

Apart from classroom learning, students will go on work placements in companies in the private sector involved in ageing-related industries and NGOs that help older adults and the elderly. For students who may be thinking of pursuing further studies after graduation, Dr Tam emphasised that the top-up programme will more than adequately prepare them for graduate studies in certain professional disciplines.





## 捐款儀式 MIHC Ceremony

**護** 理學院轄下的理大一梁顯利流動結合保健中心，再獲大鴻輝慈善基金捐款支持，將服務延伸額外三年，讓更多有需要的長者受惠。於2月22日，安老事務委員會主席陳章明教授出席於理大校園舉行的捐款儀式，由捐款人大鴻輝慈善基金創辦人梁紹鴻先生，將一張面額港幣1,000萬元的支票移交到理大校長唐偉章教授手上，象徵中心的服務里程揭開一個新的章節。

2007年12月，理大獲大鴻輝慈善基金慷慨捐款港幣820萬元成立理大一梁顯利流動結合保健中心，為有需要的長者提供免費健康檢查及評估，並定期舉行講座及工作坊，教導長者如何享受身心健康。理大一梁顯利流動結合保健中心的一班跨專業人員，如發現長者身體情況出現異常時，會作出即時轉介，讓他們更早得到醫治。於過去四年間，理大一梁顯利流動結合保健中心已服務超過7,000位長者，服務人次更高達27,000人。

此外，理大一梁顯利流動結合保健中心於為長者提供適切服務之餘，亦作為醫療及社會科學院研究人員提供跨專業的科研平台，並讓學院學生得到珍貴的實習機會。

On 22 February, PolyU held a special ceremony to honour Mr Edwin Leong and Tai Hung Fai Charity Foundation for making yet another generous donation to support the operation of the PolyU-Henry G. Leong Mobile Integrative Health Centre (MIHC), which is hosted by PolyU's School of Nursing, for another three years. With Prof Alfred Chan, Chairman of Hong Kong's Elderly Commission, present as an officiating guest, Mr Leong, the founder of the charity foundation, handed a cheque for HK\$10 million to Prof Timothy W. Tong, PolyU's President, signifying the beginning of a new chapter for the award-winning MIHC.

MIHC was established in December 2007 with the help of Mr Leong and Tai Hung Fai Charity Foundation's initial donation of HK\$8.2 million. MIHC travels to different districts on different days to offer needy elderly free health screenings and monitoring, and free workshops, talks and education on health and well-being. MIHC's multidisciplinary staff also refer patients to other types of medical and health professionals when they detect a need for further investigation or treatment. During MIHC's first four years in Kowloon Bay,

Lai King and Sham Shui Po (all since 2008), Sau Mau Ping and Yau Tsim Mong (both since 2009), Tsuen Wan (since 2010), and at its mini-stations in Kowloon Bay and Lai King, the total number of patient visits reached more than 27,000 by some 7,000 clients.

In addition to providing services, MIHC acts as a cross-disciplinary research platform for the Faculty's staff and students and as a base for clinical placements for students.



# 觸手太極操 改善視障長者的平衡能力 Tactile Tai Chi Can Improve Balance Control in Visually Impaired Elderly



每天黎明時分，都會見到許多注重健康的長者，於公園中徐徐扭動身體，緩緩轉動頭部，慢慢伸展四肢，積極投入地耍太極，閒適平靜地樂在其中。太極這項歷史悠久的運動，起源於中國。許多研究均證實太極有助強化肌肉，改善練習者的身體柔韌度、穩定性及活動能力，隨後於世界各地流行普及起來。理大康復治療科學系助理教授曾偉男博士及其團隊，早於2004年證實練習太極，有助長者提升膝關節位置感覺，以及減少意外跌倒。學習太極主要是倚靠耳聽及眼看，身體模仿太極師傅的動作。然而，許多長者都有眼睛毛病，視力有障礙的長者如何可以透過學習太極以強身健體呢？曾博士及同屬康復治療科學系的副教授符少娥博士，於2011年進行一項嶄新的研究，協助一班視障長者突破困難，學習觸手太極操，結果更證實太極的確幫助他們強化膝關節能力，以及增強平衡力。

由於明白視障人士於學習太極時會稍為困難，曾博士及符博士的團隊特別將楊式太極24式簡化為至八式，並由太極師傅以口述配以觸手方法個別教授。

是項研究的對象為40位居住於院舍的視障長者，其中21位被安排參與八式太極的實驗組；其餘19位則參與對照組的活動，學習非洲鼓，透過聆聽指示及鼓聲，以及用手敲打鼓的觸覺學習。經過為期16個星期，每周三次，每次45分鐘的觸手太極操及非洲鼓的訓練後，結果顯示學習太極的參加者明顯於平衡能力、頭部及身體活動方面，較學習非洲鼓的參加者進步。

於本年一月舉行的新聞發佈會上，曾博士及符博士表示期望可以將研究推展到社會的弱勢長者，並相信觸手太極操適合不同年齡的視障人士學習。

It's a common sight at dawn: older people in parks, slowly turning their heads and torsos and flexing their limbs gracefully as they go through their "Tai Chi" morning routine. The ancient

Chinese form of exercise is increasingly popular around the world as it helps to improve flexibility, stability and mobility as well as strengthen muscles. Its take-up rate might rise even further, given the findings from research studies by Dr William Tsang, Assistant Professor at PolyU's Department of Rehabilitation Sciences (RS). His team's 2004 study provided evidence that elderly people who practise Tai Chi had better knee-joint-position sense and a reduced risk of fall. However, Tai Chi is usually learned by listening, watching and mirroring what the teacher or master does. Many elderly people's eyesight is poor. Can visually impaired elderly learn Tai Chi? Results from a 2011 study by a research team that included Dr Tsang and Dr Amy Fu, Associate Professor at RS, suggest they can — and they can also improve their knee-joint-position sense and balance control by learning Tai Chi.

Knowing that visually impaired elderly would have problems learning Tai Chi primarily by sight, the team simplified traditional 24-form Yang-style Tai Chi into an 8-form Tai Chi routine that could be taught verbally and tactilely to each individual by a Tai Chi master.

The study's subjects were 40 visually impaired elderly people living in residential care homes who met the criteria for inclusion in the randomised clinical trial. Twenty-one of them were assigned to the experimental group, in which the subjects were taught the 8-form routine by a Tai Chi master. The control group of 19 subjects were taught how to play a kind of African drum called a djembe, in which verbal instructions, drum sounds and the tactile feel of hitting the drum with the hands would guide the subjects' learning process. Both groups underwent 90-minute training sessions 3 times a week in their respective activity for 16 weeks. Afterwards, it was found that the group that practised Tai Chi had gained significant improvements in their balance control and head and trunk movement when compared with the group that practised the djembe.

Speaking at a press conference on 19 January 2012 at PolyU, Dr Tsang and Dr Fu said they hoped the study could be extended in the future to community-dwelling elderly. They also believed tactile Tai Chi may also be suitable for visually impaired people of different ages.





# 眼鏡Bye-Bye? 角膜矯形術 - 有效糾正及控制近視 Bye-Bye, Specs? Ortho-K May Be Able to Control Myopia Development



你是否與大多數的香港人一樣，有近視的煩惱？

近視是香港人最常見的視力問題，其中以學童的情況最為嚴重。近視除為日常生活帶來不便外，深近視更會容易引致視網膜退化、周邊視網膜破裂和青光眼，有可能導致永久視覺受損和失明。眼科視光學院曹黃惠華教授帶領的研究團隊經過多年的研究，找到一個控制近視方法加深的可行方案。

曹教授與團隊於2008年起，進行兩項研究名為ROMIO及TO-SEE的研究，結果顯示角膜矯形術能有效減慢眼球長度增長速度達43%。而於24個月後，他們的眼球長度只增加了0.31mm，再次確立角膜矯形術可減慢近視的增長。曹教授表示：「使用者若遵從眼科視光師的指示正確使用鏡片及定期覆診，一般在通宵佩戴後可減超過60%近視度數，大約二至四星期左右便可減其餘的度數。然而，角膜矯形術必須由受過專業訓練的註冊眼科視光師進行，患者接受治療前必須接受全面的綜合眼科視光檢查。」

透氣硬性隱形眼鏡  
Contact Lens



角膜矯形鏡  
Ortho-K Lens



Do you wear glasses or contact lenses because you're shortsighted? If so, you're among the majority in Hong Kong! Shortsightedness or myopia is the city's most common eye problem, especially among ethnic Chinese schoolchildren. Though shortsightedness can be corrected by the use of specs, contact lenses or surgery, people with severe myopia are at risk of developing serious eye complications that can lead to permanent vision loss or even blindness. How can the development of myopia be hindered, stopped or even prevented or reversed? Researchers from PolyU's School of Optometry have made good headway on a couple of promising non-surgical techniques. One of them is orthokeratology or Ortho-K, and on 8 January, Prof Pauline Cho and her research team gave a press briefing at PolyU's Optometry Clinic on two of their clinical trials that show the wearing of Ortho-K contact lenses overnight by primary-school-age children with mild or moderate myopia could be effective in slowing the overall development of their myopia besides temporarily enabling them to see clearly the next day without the need to wear specs or contact lenses.

Their Retardation Of Myopia In Orthokeratology (ROMIO) clinical trial, which began in 2008, investigated the effectiveness of Ortho-K in controlling myopia development. At the end of 24 months, the growth in eyeball length in children in the Ortho-K group was about 43% slower than those in the spectacles group. The team's Toric Orthokeratology — Slowing Eyeball Elongation (TO-SEE) clinical trial also started in 2008 and examined whether Ortho-K was effective in reducing astigmatism. The children's astigmatism was reduced by 79% after 1 month of toric design Ortho-K, while at the end of 24 months, their growth in eyeball length also indicated that their myopia development was hindered.



## 甚麼是角膜矯形術？ What is orthokeratology or Ortho-K?

角膜矯形術是一種非手術性及可以還原的矯視方法。眼科視光師首先會根據眼睛的檢查結果，評估患者是否適合進行角膜矯形，之後會驗配一副特製的高透氧度硬性隱形眼鏡於夜間睡眠時佩戴，以逐漸改變眼球角膜弧度，藉此矯正近視。

Orthokeratology or Ortho-K is a reversible treatment used by specially trained optometrists to correct patients' shortsightedness by their wearing of special contact lenses during their sleep. The contact lenses modify the shape of the corneas and thus correct the focus of the eyes. If after an eye exam the optometrist determines that a candidate is suitable for Ortho-K, like for any contact lens wear, the patient (and parents, if the patient is a child) must observe great care and hygiene to prevent eye injuries and infections and attend regular check-ups. Ortho-K can reduce myopia by over 60% after one night and the remaining over two to four weeks.



## 應用社會科學系開辦 社區心理學課程 “Community Psychology” Pilot Subject

**理** 大一直鼓勵學生將所學服務社會，支持他們走入本地甚至海外的社區，自發組織及籌辦各項活動，以瞭解及幫助社會上的弱勢社群。為讓學生從「服務」及「學習」的互動中學習，並將知識應用幫助有需要的人士，理大由2012年9月的新學期起，將「服務學習」列為新學制中的必修科目，所有理大學生均需於畢業前完成一個為數三個學分的服務學習科目。於過去的學期，不同的學系推出了若干個試驗性質的服務學習科目供學生選讀，其中應用社會科學系於本學年第一個學期開辦「社區心理學」，共有28位來自八個不同學系的學生報讀。

應用社會科學系與葵青安全社區及健康城市計劃合作，讓學生集中瞭解及探討當區的需要，設計不同的項目服務區內居民。所有學生於走進葵青區籌組活動前，首先透過課堂及研討會，學習基本的理論知識。而他們於舉辦活動後更需要提交反思報告，以分享及反映他們的學習成果。

應用社會科學系講師陳顯宏博士為設計課程的其中一位顧問，他表示課程讓學生應用課堂上學到的概念，觀察及找出葵青區內不同層面之居民的需要，並於策劃項目的過程中，學懂處理遇上的社會問題。

28位學生分成多個小組，籌備不同活動與區內居民互動，包括電腦應用課程、針對區內南亞裔人士的社區調查、紮染工作坊及數字牌遊戲比賽，藉此與居民建立關係，深入瞭解社區的需要。負責籌辦數字牌遊戲比賽的應用社會科學系一年級學生何盈盈表示，數字牌遊戲增加長者與社會的接觸，讓他們有機會一起學習新事物，擴闊生活圈子，從而提升個人自信及生活質素。

可是並非所有活動都能達到預期目標，當遇上困難時，學生親身明白彈性處理問題的重要性。籌備紮染工作坊的學生，本來以區內長者為服務對象，然而長者們對於參加紮染的興趣不大，活動前幾天的報名人數仍然寥寥可數。於是，該組同學立即改為向區內婦女進行推廣，她們的反應熱烈，實為學生預期之外。紡織及製衣學系二年級學生蔡敏思表示，參加工作坊的學員非常踴躍，當他們掌握了基本紮染技術之後，馬上加入自己的創意製作出不同的圖案，並與家人及鄰居分享紮染的樂趣。「我很高興可於課程中發揮所長，透過紮染讓參加者學到新技能，而她們更積極將所學教導其他人，於接『受』學習之餘更教『授』他人，加強居民之間的關係。」





# 社區心理學 Community Psychology

Initiating and taking part in community service projects to improve the lives of the needy, marginalised or disadvantaged in Hong Kong and overseas is a tradition at PolyU. Given the valuable personal-development lessons that can be learned by students in directly helping them as well as the resulting empowerment of the helped to attain a higher quality of life, PolyU decided to formalise community service or civic engagement as a compulsory component of the university's new curricula. From this autumn, all new full-time undergraduate students at PolyU will be required to undertake one credit-bearing service-learning subject sometime during their years of study. In the meantime, PolyU has been piloting optional credit-bearing service-learning subjects for current students. One such pilot subject, which was offered in the first semester of the 2011-12 academic year, was "Community Psychology" by the Department of Applied Social Sciences (APSS). A total of 28 students from eight disciplines across PolyU enrolled.

APSS partnered with Kwai Tsing Safe Community and Healthy City Association to offer the students the opportunity to work with the association in Kwai Tsing District. They also attended lectures and seminars at PolyU and were formally assessed through individual and group assignments, which incorporated both theoretical elements and reflections from their practical experiences on the ground to consolidate their learning.

APSS Instructor Dr Kevin Chan, who was one of the advisors for the pilot subject, said that using concepts introduced in the classroom, the students were to find out the characteristics and needs of different types of residents in the district and to tackle social issues present through their devising and execution of projects.

After being divided into teams, the students created a course teaching advanced online computer skills, a community assessment of outreaching to South Asian residents, a tie-dye workshop for housewives, and a Rummikub competition for the elderly. Miss Maggie Ho, a Year 1 student from APSS, was on the team that organised the latter. Rummikub is a game played with small numbered tiles. She explained, "We were trying to increase the seniors' social interaction and support network by encouraging them to learn something new together. Their self-esteem and quality of life will also improve because of it."

Like in life, things didn't always go to plan and flexibility is important. The tie-dye workshop was originally intended for the elderly, but they did not show much interest. So the team decided to target housewives instead, who turned out to be very enthusiastic. Miss Amber Choi, a Year 1 student from PolyU's Institute of Textiles and Clothing, was part of this team. She said the housewives were so keen and creative that they even came up with new patterns and wanted to share what they had learned with their families and neighbours. Said Miss Choi: "I'm really glad to be able to apply what I've learned at PolyU to the workshop and empower others with it, and to know that they want to empower others with it too."







## 積極參與香港馬拉松及 嘉年華2012

## Helping Athletes at the Hong Kong Marathon 2012

香港馬拉松已經成為本港最受歡迎的大型體育活動，今年參加人數再創新紀錄，共有超過68,500名跑手參與2月5日舉行的賽事，挑戰十公里、半馬拉松及全馬拉松。大會今年更新推三公里及全馬拉松輪椅賽事，實行傷健共融。一如以往，醫療及社會科學院繼續亮相於1月28日及29日舉行的香港馬拉松嘉年華，幫助跑手備戰，盡力發揮。

今年本學院的康復治療科學系，再次聯同香港賽馬會運動醫學及健康科學中心，於維園中央草坪上的攤位中，為跑手提供不同類型的健康檢查及體能測試。此外，更派出物理治療師及學系學生，即場為選手提供專業訓練建議，蒞臨攤位的人士絡繹不絕。

於賽事當日，康復治療科學系安排物理治療師及學生，於賽事途中以及終點為跑手提供即場物理治療服務，於幫助跑手舒緩之餘，亦讓學生獲得參與大型國際性賽事的寶貴服務經驗。

康復治療科學系師生與香港田徑總會於比賽前數個月開始，合作舉辦馬拉松備戰工作坊，於香港理工大學舉行講座外，亦與跑手於田徑場進行訓練。學系師生於訓練前首先為每位參加者進行體能測試作比對參考，參加者於訓練期間亦需填寫操練紀錄，之後再作訓練後測試，由物理治療師分析他們的個人訓練履歷及成效。

醫療及社會科學院一直相信，運動是達致健康生活的不二法門，積極鼓勵學院師生及校友，參與一年一度的體壇盛會—香港馬拉松2012。於各位的熱烈響應下，今年成立的FHSS長跑隊隊員超過400人，聲勢浩蕩。為幫助各隊員備戰，學院邀請到康復治療科學系副教授，暨香港業餘田徑總會副主席楊世模博士舉行工作坊，與師生校友分享長跑心得、賽前預備，以及傷患預防。







Hong Kong's largest mass-participatory sports event grew even bigger this year, with more than 68,500 runners registered for various 10K, half-marathon and full marathon races at the Hong Kong Marathon 2012 on 5 February. Wheelchair athletes also took part for the very first time, in a special 3K race and full marathon. But a very familiar sight was FHSS's taking part in the Marathon Expo on the preceding weekend at Victoria Park, on 28 and 29 January, to help participants prepare for their looming long-distance challenge.

PolyU's Department of Rehabilitation Sciences (RS) and The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, which is jointly run by FHSS and the Chinese University of Hong Kong, set up the expo's biggest booth to offer an assortment of tests to assess different aspects of fitness that are relevant to runners. On both days, long lines of runners, their relatives and friends formed for the tests that were administered by RS physiotherapists and physiotherapy students. Lengthy queues also appeared for the informal consultative sessions conducted by the physiotherapists. The students also distributed booklets containing tips on exercising and descriptions of the tests, on which the participants' results were recorded for their future reference and motivation. Those waiting patiently in the queues were not neglected as the students answered any questions they had about the tests.

On race day, the physiotherapists and students also provided physiotherapy for competitors at booths set up around the vicinity of the finishing area.

In the months before the marathon, FHSS, the HKJC Sports Medicine and Health Sciences Centre and RS also worked with the Hong Kong Amateur Athletic Association (HKAAA) to offer different running clinics taught by RS physiotherapists for members of the public. These involved a seminar at PolyU and training lessons at sports grounds around Hong Kong. Some courses also included more personalised help from the physiotherapists, whereby each participant was given a pre-training fitness assessment, an online training log for them to input details of their training sessions, a post-race training assessment, and feedback about their personal training profile. Laboratory-based sports health tests were also conducted at PolyU for each attendee on a particular running clinic.

Being a faculty focused on health and well-being, FHSS also encouraged its staff, students, alumni, and their families and friends to join the PolyU Running Team 2012 for the Hong Kong Marathon. FHSS invited Dr Simon Yeung, Associate Professor at RS and Senior Vice Chairman of HKAAA, to run a workshop on 25 November 2011 for FHSS participants on race preparation and injury prevention, individual computer analysis of their running style and personalised advice on how they could improve it, and to answer any queries they had on running, training, nutrition, hydration, and injuries.







## 「全球青少年發展：議題與對策」國際研討會 International Conference on Youth Development



**應** 用社會科學系於5月3日及4日於理大校園賽馬會綜藝館，聯同其他「共創成長路」賽馬會青少年培育計劃的伙伴，舉行為期兩天的「全球青少年發展：議題與對策」國際研討會，超過1,000名中學校長、教師、社福機構的管理人員、前線社工、醫護專業人員、大學生、以及由內地到來的社工出席。應用社會科學系講座教授石丹理教授於首天的重點演說中，分享七年來推展計劃的經驗。

「共創成長路」計劃獲香港賽馬會慈善基金撥款四億港元，旨在透過全面的培訓活動，培育青少年的自我認同，建立正面的信念，加強個人自信，以積極負責任態度迎接成長中遇到的挑戰。

With other Project P.A.T.H.S. members from the Hong Kong government and universities in the city, PolyU's Department of Applied Social Sciences (APSS) organized the International Conference on Youth Development in the Global Context: Emergent Issues and Responses on 3-4 May at PolyU, which attracted more than 1,100 participants from all over the world.

The Project P.A.T.H.S., which is funded by The Hong Kong Jockey Club Charities Trust from the 2005-06 to 2011-12 school years, has been training teachers and social workers of participating schools in Hong Kong to implement an evidence-based positive youth development programme for their junior secondary school-level pupils.

In the symposium, Prof Daniel Shek, Chair Professor at APSS, gave a keynote speech sharing his experiences as the leader of the Project P.A.T.H.S. Other speakers gave talks on specific aspects of the project, experiences of teachers and trainers on the project, the piloting of the project in Shanghai, positive youth development programmes in Macau and the United States, and adolescent risk behaviours and addictions in Hong Kong and abroad.



## 第八屆亞洲角膜及隱形眼鏡會議 8th Asia Cornea & Contact Lens Conference



**眼** 科視光學院參與由香港專業視光師學會主辦，於4月26及27日假香港天際萬豪酒店的第八屆亞洲角膜及隱形眼鏡會議，作為協辦單位之一。超過340名來自14個不同國家的代表參加聚首一堂，分享及討論有關最新角膜矯形及隱形眼鏡的最新科技，以及最先進處理角膜傳染病的醫療方法。

PolyU's School of Optometry was one of the co-organizers of the 8th Asia Cornea & Contact Lens Conference, which was held at the Hong Kong SkyCity Marriott Hotel on 26-27 April. The event, which was organized by the Hong Kong Society of Professional Optometrists, aimed to help advance eye care and contact lens practice in Asia by bringing together optometrists, eye and vision researchers and students, and people in the contact lens industry to learn about the latest findings in basic, applied and clinical research on topics relating to contact lenses and the cornea (the outermost transparent part of the eye that covers the pupil and iris). They included talks on developing the role of optometrists in primary and secondary eye care, UV-blocking contact lenses, corneal infections and their clinical management, orthokeratology, ethical issues and decision-making in contact lens practice for children, contact lens design, and co-management of refractive surgery. Over 340 delegates from 14 countries attended.





## ► 2012 國際作業治療研討會 2012 International Occupational Therapy Conference



**康**復治療科學系於2月24至26日聯同香港職業治療學院、香港職業治療學會及中國康復醫學會，舉辦「2012國際作業治療研討會」，邀請到超過300位來自香港、中國、台灣及澳門的復康治療專業人員出席。本屆會議以職業治療的最新發展及挑戰為主題，集中討論業界如何透過跨專業團體的合作協助患者康復，對制訂未來的復康政策有著啟示性的作用。

**P**olyU's Department of Rehabilitation Sciences, the Hong Kong Institute of Occupational Therapy, the Hong Kong Occupational Therapy Association, and the Chinese Association of Rehabilitation Medicine jointly organised the 2012 International Occupational Therapy Conference on 24-26 February at PolyU. More than 300 delegates, including students, in occupational therapy and other rehabilitation fields attended. The conference on "Advance and Challenges in Occupational Therapy" contained subthemes on children, mental health, physical health, primary health, ageing and wellness, and upper-limb rehabilitation and technology. The event aimed to share expertise from around the world to advance the development of occupational therapy and other rehabilitation specialities in mainland China, where occupational therapy is in great demand but where there are relatively few qualified personnel.



## ► 第九屆聯合眼科研究日 9th Joint Eye Research Day



**眼**科視光學院與中山大學中山眼科中心於1月7日合辦「第九屆聯合眼科研究日」，吸引約100位學者參與。是次活動為來自本港及國內的學者提供學術交流平台，分享有關視網膜病變、青光眼、黃斑變性、角膜矯形術和近視遺傳等範疇的最新研究成果，促進交流。

**O**n 7 January, more than 80 academics, researchers and postgraduates who engage in eye-related research in Hong Kong, mainland China and Taiwan came to PolyU to share their latest findings at the 9th Joint Eye Research Day. Jointly organised by PolyU's School of Optometry and Zhongshan Ophthalmic Center of Sun Yat-sen University, China, the annual symposium saw speakers from different disciplines discuss various topics, such as myopia, glaucoma, retinopathy, macular degeneration, and contact lenses.



# 第三齡暑期進修課程 2012

## Mini-U for the Third Age Programme

### Summer Course 2012



**無**論從職場或家庭的工作崗位退下來，向來都被認為進入人生的另一階段。有些人退休前未有為退休生活充份打算，到進入退休生活時，很多時會變得百無聊賴，直接或間接都可能對健康有所影響。你們有否想過如何令閒暇變得充實及精彩呢？

理大活齡學院累積多年為第三齡人士舉辦不同的進修課程，鼓勵終身學習，善用餘暇，吸收新知識，繼續與世界接軌，更可拓闊社交圈子，提升自我形象。今年的課程於6月18至29日舉行，現在就看看學生們的上課花絮吧！

**S**ome people do not plan ahead for life after they retire or when their children have flown the nest. When that day comes, they may suddenly feel empty, lost or even depressed. If this feeling lingers long-term, it may have an adverse effect on their health and well-being. How can people feel fulfilled in their new "third age" of life?

A good start would be to keep busy through activities and socialising. An excellent way to do so is through lifelong learning with people in the same stage of life as you, and the non-credit-bearing summer course of the Mini-U for the Third Age Programme by the Institute of Active Ageing (IAA) has been the perfect, gentle introduction for many older adults over the years. IAA is hosted by FHSS.

This year's two-week course, which was held on 18-29 June, offered classes in holistic health, personal living management, assistive technology, computer usage, Putonghua, and many other subjects.

