



醫療社科 連繫世界
CONNECTING THE WORLD



THE HONG KONG
POLYTECHNIC UNIVERSITY
香港理工大學



醫療及社會科學院
Faculty of Health and Social Sciences



理大四年制課程 PolyU's New Four-Year Undergraduate Curriculum

由九月起，理大校園變得更加熱鬧，因為於雙學年下有差不多雙倍的學生加入理大這個大家庭。今年的新生中有分別完成中學文憑考試的中六，以及完成高級程度會考的中七學生，而中六的畢業生更加是新高中課程下的首批學生。這批中六畢業生比中七同學早一年成為大學「新鮮人」，會享受多一年的大學生活，他們有何感想？有何志向？以及對於未來四年或五年的大學生活有甚麼期待呢？

Since this September, the normal hustle and bustle of the main campus of The Hong Kong Polytechnic University (PolyU) became more vibrant than usual, with almost double the number of freshmen joining PolyU as before. This year is the first time that PolyU has accepted students from both Form 6 and Form 7 who have won a place to study at the university after sitting their Hong Kong A-Level exams (HKALE) or Hong Kong Diploma of Secondary Education (HKDSE). The group of DSE graduates is the first batch of students who have completed the New Senior Secondary (NSS) education. The DSE freshmen are in general one year younger than their AL counterparts and their courses of study at PolyU are in general one year longer. How do the first-ever cohort of DSE students at the Faculty of Health and Social Sciences (FHSS) feel about their novel situation? "Health News" asked a few DSE freshmen for their thoughts:

區浩霖 Mr Alex Au

放射學 (榮譽) 理學士學位課程
BSc(Hons) in Radiography programme

「我很享受新的大學生活，適應方面亦沒有甚麼問題。早一年入讀大學，對於我來說可以讀得更輕鬆之餘，亦可以參加不同的活動。很幸運地我今年可以入住宿舍，於享受自由自主的時間外，我亦要學習管理自己的生活。我會參加系會，希望可以為自己學系的同學做一點事情。」

"I'm quite enjoying my new life at university so far and haven't found any problems in adapting to the new environment. Although I entered PolyU one year earlier than some students, I've found it is a benefit as I can spread my study over four years and so can gain more time for myself to do different activities. A new challenge is that I'm living in a dorm now, so I need to take care of myself and be self-disciplined. I'm planning to become a committee member of the students' association in my department, and I'll work hard and prepare myself well for that."

何新滿 Mr Ho San Moon

社會政策及行政 (榮譽) 文學士學位課程
BA(Hons) in Social Policy and Administration programme

「我十分適應新的大學的生活，雖然我比其他中七畢業生早一年入讀大學，但他們往往都覺得我比真實年齡成熟。這一個學期我們正修讀中文及英文等課程，很期待由下學年開始可以接觸社會政策及研究的科目。正因我們可以用四年修讀大學課程，相對來說會有更多空間去參加其他活動，我正考慮爭取『上莊』，豐富大學生活體驗。」

"I've had no difficulty in adjusting to my new life as a university student. Although I'm a year younger than students who entered from Form 7, I've received comments from them that I am much more mature than my age. We're taking general courses like Chinese and English in the first semester, and I'm looking forward to taking the Social Policy and Administration subjects in the next semester. As we're studying for four years and have relatively more free time, I'm planning to join some student clubs or associations as a committee member to enrich my university life."

周宛瑩 Miss Cindy Chau

物理治療學 (榮譽) 理學士學位課程
BSc(Hons) in Physiotherapy programme

「大學與中學生活真的很不同，我有很多自由時間去選擇想做甚麼，例如可以憑興趣選擇修讀甚麼科目。另一樣不同的地方是上課及學習的模式，由於多小組討論及發表，我們需要搜集不同資料，但由於我們未能確定資料的真確性，所以都要花多點功夫去查證。我現時有參與多個校外的活動，而物理治療學相對功課比較繁重，我未必有時間可以參與系會活動。」

"University life is very different from secondary school life. I have so much freedom to choose what I want to do and what I don't want to do. For example, I can take some subjects that I'm interested in but I can also drop some that I've got no interest in. Another difference is the way of teaching and learning. We're required to do group projects and need to gather information through different means. Sometimes I've experienced difficulty in ensuring the information I use is correct but this also tests my critical thinking. As I'm currently participating in activities outside PolyU, and the workload from studying Physiotherapy is quite heavy, I'm not sure if I have enough time to join any student societies. But I'll do my best in my studies in the coming four years, that's for sure."



理大四年制課程的特點

Distinctive Features of New Curriculum

理大的四年制課程準備學生成為「實踐性的夢想家」，接受國際化社會的挑戰。新學制讓學生於選讀的專業有所發揮，培育他們成為全面的國際公民，護理學及眼科光學的學生更需五年才完成課程。

除主修及副修的科目外，學生須修讀30個學分的大學核心課程科目，以及完成校企協作教育科目。

PolyU's new four-year undergraduate curriculum aims to prepare students for success in their chosen professions and nurturing them into all-rounded global citizens. Depending on the academic programme, some students are studying a five-year undergraduate curriculum, such as those on the BSc(Hons) programmes in Nursing and Optometry.

Besides being required to earn the requisite number of credits from subjects in their major/minor study, all students are required to attain 30 credits from the university's core curriculum subjects (General Education) as well as successfully complete a Work-Integrated Education (WIE) subject in order to graduate.

新生們的活動

What Did FHSS Freshmen Do in Their First Two Months?

迎新營 Orientation Camp

迎新晚會 Orientation Night

新生講座 Freshmen Seminar

… 未來日子將會有更多有趣的活動！

… and they can look forward to more fun in the coming four or five years!

University Core (GE) Curriculum

30 credits

Language and Communication
[9 credits plus "R" and "W" requirements in English and Chinese]

Freshman Seminar
[3 credits]

Leadership & Intra-Personal Development
[3 credits]

Service Learning
[3 credits]

Healthy Lifestyle
[non-credit-bearing]

Broadening Subjects chosen from the following **4 clusters**:

- Human nature, relations and development
- Community, organisation and globalisation
- History, culture and world views
- Science, technology and environment

[12 credits, 3 credits in each cluster; min. 3 credits of which should be in subjects designated as "China-related"]

Major Study

66-102 credits

Common underpinning subject for Broad Discipline

Discipline-specific subjects for Major study

Capstone Project
[min. 3 credits]

Work-Integrated Education
[WIE]

[including a minimum of 4 credits for Discipline-Specific Language requirement
[2 credits in English and 2 credits in Chinese]]

Minor Study/Free Electives

Remaining credits

Minor Study [Optional]
[18 credits]

Free Electives

目錄

Contents

- 02 3-3-4 新學制
3+3+4 Academic Structure
- 04 院長及副院長的話
Welcome from Dean & Associate Deans
- 06 學院院會
FHSS Students' Association
- 07 學術成績
Academic Qualifications
- 08 運動健康
Sports Health
- 10 最新研究
Research
- 12 服務學習
Service Learning
- 13 暑期實習
Summer Placements
- 14 社區服務
Community Service
- 15 活齡學院
Institute of Active Ageing
- 16 學院消息
Staff News



醫療及社會科學院院長

葉健雄教授

Prof Maurice Yap

Dean, Faculty of Health and Social Sciences

今年的暑假，是醫療及社會科學院及其轄下學系最忙碌的一個暑假，各同事都密鑼緊鼓為2012年雙學制作好準備，我在此特別要向各位辛勤的同事致以衷心的感激。隨著一眾新鮮人加入理大大家庭，我們教職員要迎接的挑戰，正是要讓每一位同學都有同等的學習機會及充足的指導，好使他們在良好的學習氣氛下，發揮他們的潛能，獲取最好的學業成績。

This summer, colleagues from the office of the Faculty of Health and Social Sciences (FHSS) and our academic departments and schools were kept very busy dealing with issues related to the double cohort entry for this new academic year. I cannot thank them enough for their hard work, support and cooperation. With student admissions behind us, the next challenge for us is to deliver the dual curriculum and make sure each student gets the learning opportunities and advice so that he or she may have the best chance of academic success.

本年度暑假各教職員雖然忙碌為迎接新挑戰作好準備，但與此同時，學院也收到一份讓我們非常鼓舞的大禮，就是在大學資助委員會的優配研究金2012/13年度的申請，多個研究項目的申請書都能成功獲取研究資助，其中應用社會科學系以及康復治療科學系的表現尤為出色。我相信各學系/學院的學術研究人員，沒有因2012/13年度的好成績而自滿，相反，我知道他們已開始著手籌劃及撰寫2013/14年度優配研究金申請書，以及申請由食物及衛生局新推出的醫療衛生研究基金，在此，我祝願各學術研究人員的努力獲得認同，成功獲取有關資助，科研成績再創高峰！

大學的本職是「教學、學習、科研」。為提早讓本科生接受教育的同時，又可提早體會科研的重要性，啟發他們對科研的興趣，學院於暑假期間，首推暑期研究生計劃。由教授們組成的評審團從眾多的申請者中，揀選了20名高年級的醫療及社會科學院的精英本科生，加入與他們興趣相乎的科研項目，一嘗跟學術研究人員進行研究的滋味，渡過一個不一樣的暑假。評審團將審視他們的項目報告，並為計劃作出建議。我十分期待閱讀各同學的項目報告，相信會有意想不到的驚喜。

踏入九月，校園又是一片熱鬧、繁忙的景象。經驗豐富的高年級學生熱烈歡迎新鮮人，學生會更會舉辦別具意義的迎新活動，協助新生們盡快投入理大生活。我好高興知道醫療及社會科學院學生會舉辦的迎生營，活動設計是讓就讀不同學科的學生都可以聚首一堂，互相認識、建立友誼。這樣的緊密關係及穩固的根基，促使他們將來在不同的醫療社科的專業崗位上，可以更互相了解及鼎力合作，為社會作出最大貢獻。

我歡迎各位高年級學生，祝願你們在新學年學業更上一層樓！亦要恭賀一眾新鮮人以理想成績入讀理大。在此，我希望各位同學在未來的日子裡，憑著努力學習及鍥而不捨的精神，能夠理想達到，創出驕人的成績！

The summer also brought news of successes in the 2012/13 round of the Research Grants Council's General Research Fund (GRF) grant applications. Our Department of Applied Social Sciences and Department of Rehabilitation Sciences did exceptionally well. Congratulations! I know many FHSS academic colleagues are already working hard preparing research proposals for the 2013/14 GRF round as well as for the Food and Health Bureau's new Health and Medical Research Fund. I wish them all the best in their endeavours.

This year, FHSS introduced the Summer Research Studentship scheme for its full-time non-final-year undergraduates. After stringent screening by a panel of professors, 20 students were offered the opportunity and financial support to experience the excitement of research by working on a project with an academic researcher of their choosing. I look forward to reading the students' project reports soon. The panel of professors that vetted the applicants will also look through the project reports to advise on what measures can be taken to improve the scheme.

Since the new academic year began in September, the campus is once again buzzing with life. Existing students are doing a wonderful job introducing freshmen to PolyU life and helping them make new friends through various forms of orientation activities. I am delighted that FHSS students do not only meet fellow students in their own discipline but, through the O'Camp organised by the FHSS Students' Association, they also meet students from other disciplines. The friendships fostered now will lead to better understanding and greater collaboration between the professions in the future, and this will ultimately benefit Hong Kong.

To our existing students, welcome back to your studies! I wish you success in the coming year. To our freshmen, congratulations on your success in securing a place to study and learn at PolyU! I hope you will fulfil your dreams and achieve all that you wish for.



醫療及社會科學院副院長

佘雲楚博士

Dr Shae Wan-chaw

Associate Dean, Faculty of
Health and Social Sciences

歡 迎各位新鮮人及新同事，加入理大這個大家庭！大家將會展開人生旅程的新頁。

W elcome to PolyU and the FHSS family! You have just started a new chapter in your lives.

大學的生活與中學的學習環境，最大的不同之處，就是有更大的自由空間，讓每位同學可以自由發揮，在較少規條限制下，培養自律、互相尊重、勇於承擔責任的精神變得尤為重要。大學教育就是讓同學可以學習獨立自主，發展批判性的思考能力。新同學進入大學後，一定會面對很多前所未見、多采多姿的新挑戰及學習機會，其中不可不提的，就是透過參與海外交換生計劃，放眼看世界、欣賞不同國家的文化及社會制度，作出深入的反思。

努力工作、努力玩樂，珍惜生活的每分每秒！時間管理永遠是成功的關鍵。新鮮人初進入大學，最常遇到的問題往往是不善管理時間，到學期尾交功課的期限將近，才開始起稿，臨急抱佛腳的心態，怎會獲得好成績。機會是留給有準備的人，我勸勉各位新鮮人，在學期初便應及早籌劃你的功課大綱。凡事總有解決的辦法，若遇上未能解決的難題，切記向你們的導師尋求適切的協助。

對於新加入的教學人員，除要教學外，尋求競爭劇烈的科研資助及應付發表論文，面對的工作壓力著實不少。但無可否認，教學科研人員仍可在高度自主的環境下，繼續在你們的專業領域裡發揮所長。新同事遇上問題，不妨與經驗豐富的同事們分享探討，尋求意見。

同學們、同事們，好好享受在理大的時光！

Freshmen: you will now be subjected to fewer 'school rules' and enjoy a higher degree of freedom than at secondary school, but too much freedom without any thought may be hazardous to your well-being. You will find that self-discipline, accountability and responsibility will become more important. Over the course of your studies, you will be expected to grow in maturity and independence, and develop critical thinking abilities. You will also be exposed to many new challenges and opportunities. I suggest you keep your mind and eyes open about participating in student exchange programmes, in which you will study abroad. Such an experience will broaden your horizons and stimulate your reflective thinking.

Work hard, play hard! Good time management is key to academic success. Many freshmen encounter difficulties especially during their first semester, because they don't manage their time effectively and leave doing their assignments to just before the deadlines. I suggest you try to plan ahead for your assignments from nearer the start of the semesters. When in doubt, you should seek help from your academic advisor.

New colleagues: academia has changed a lot in the past few years and there is no denying that pressure for securing competitive research funds and publication is increasing. On the whole, however, academics still enjoy a higher degree of freedom and autonomy than their counterparts in other sectors and industries. It is useful to consult your more senior colleagues for advice.

Students and colleagues: enjoy this academic year and the years ahead at PolyU!

我在此歡迎所有新同學以及高年級同學在理大聚首一堂，一同享受充實及愉快的新學年！

我相信每位學生在學習旅程中，必定經歷過無數次的考試，「考試」二字，又往往令學生們聞風喪膽。但考試獲取好成績，是否就代表一切呢？你有否遇上一些人語文成績達甲等，但卻不懂與人溝通？又或是數學科考獲甲等，但從來不懂數算生命帶來的祝福？人生中的真正考驗其實是如何活得充實及快樂。我很想和大家分享蘇格拉底的一句名言——「未經歷練的人生不值得過」。那麼何謂「歷練」呢？「歷練」就是指不輕易隨波逐流，但卻能自我反思，作出批判性的思考。大學充滿各種各樣的生命學習機會，是一個讓學生們考驗自我、探索真諦的地方。我特別鼓勵你們在課堂內外，都能勇於面對人生的每個考驗，享受生活，並在歷練中成長！

祝願各位渡過充滿喜悅、豐盛的新學年！

To new students joining PolyU this academic year, welcome! To existing students, welcome back to PolyU for another fruitful and enjoyable year!

As a student, examinations are nothing new to you! You may have taken so many examinations throughout your school life that even the mention of the word "examination" makes you feel queasy. However, have you ever come across the following situations either with yourself or your friends? One may have gotten an 'A' in languages but does not know how to communicate effectively with another person? Or one may have gotten an 'A' in mathematics but does not know how to count one's blessings in life? The real examination, for us as human beings, is being able to lead a life that is happy and fulfilling. I would like to share with you a statement attributed to Socrates: "The unexamined life is not worth living." What does 'examined' mean here? It means not readily going with the flow, but rather, one feels, analyses and critically reflects for oneself. The university is an exciting place that provides you with a lot of opportunities to experience life in various aspects. I encourage you to examine each life encounter, within and outside the classroom, to enjoy life and grow!

Wishing you all a joyous and rewarding new academic year!



醫療及社會科學院副院長

黃金月教授

Prof Frances Wong

Associate Dean, Faculty of
Health and Social Sciences

「未 經歷練的人生不值得過」

“ The unexamined life is not worth living ”



醫療及社會科學院會 全心全意為同學服務 Students Lead Double Life to Help Double Cohort

在 三三四新學制下，醫療及社會科學院的新生人數比往年多近一倍。第19屆醫療及社會科學院會主席羅家熙同學表示：「學院會正密鑼緊鼓地籌辦各項迎新活動，目標是協助新生適應大學生活，展開人生新一頁。」

學院會一直薪火相傳，新屆內閣將繼續發揚服務同學的精神，協助新生交朋友及建立友誼之餘亦充當學生與學院間的重要橋樑。家熙續說：「我們將透過不同途徑扶助新生適應新環境，更會加強同學對學院的認識，增強歸屬感。」

新屆內閣由四月正式上任以來，秉承學院會以「團結、務實、創新」的理念，籌辦校內大型活動以宣揚團結一致的精神。新生們經已參加過學院會頭砲迎新營，稍後還有更多的精彩活動如學院會盃、週年晚宴、歌唱比賽等等，同時亦會加強學生福利服務。

未來一年，縱然會務繁重，內閣必定全力以赴。最後，家熙希望一眾幹事委員在籌辦活動的過程中除了幫助新生之外，亦可認識自我，培養領袖素質及責任感。



The double cohort of FHSS freshmen this year will find no lack of help or support in settling in, for the 19th Faculty of Health and Social Sciences Students' Association (FHSSSA) is working hard to make sure of that! "One of our aims is to assist new students to adapt to their new life at PolyU. We want them to feel at home here!" said Mr Brian Lo, President of the 19th FHSSSA.

Over the years, FHSSSA has always been eager to make new students feel welcome. The association sees it as a vital part of its mission to promote friendship and support among all students of the faculty. "We try to create a friendly environment for newcomers to fit into the university community. We also want to enhance their knowledge of FHSS and strengthen their sense of belonging to the faculty," Mr Lo explained. FHSSSA also serves as an important channel and platform for students, the faculty and the university to communicate with one another.

"I hope students can understand each other better through different means. This year, our activities will be more creative than ever!" Mr Lo said. He added that the 19th FHSSSA officers, who assumed office in April, adhere to the philosophy of "unity, pragmatism and innovation" when they plan activities to encourage bonding among students. Freshmen have already undergone an orientation camp, and they and other FHSS students can look forward to sports competitions, an annual dinner and a singing contest later on. The same philosophy also underpins the association's efforts to promote the welfare of the whole FHSS student body.

"I hope that by helping other students, we officers will also develop with them," said Mr Lo. "We are really busy as students, but by participating in the process of planning and executing activities, I hope we can better understand ourselves too, and improve our sense of responsibility and leadership qualities," he said.



優質課程吸引優質學生

Quality Programmes, Quality Students

越 來越多學生有志投身醫療專業，而理大醫療及社會科學院的獨有醫療相關課程亦吸引到許多學業成績出眾，有熱誠愛心的學生報讀。今年醫療及社會科學院的新生入學成績再創新高，當中的物理治療學、職業治療學、放射學、醫療化驗科學及眼科視光學的新生，中學文憑考試平均分數更名列理大全部學科中的頭五位！

F or the third year running and using the new DSE qualification as the benchmark, the entrance scores of new students on FHSS undergraduate degree programmes were the highest of all freshmen at PolyU. In addition, the average DSE scores for five FHSS programmes — Physiotherapy, Occupational Therapy, Radiography, Medical Laboratory Science, and Optometry — were ranked the highest of all undergraduate programmes at PolyU.

2012/13年度新生平均入學分數

Average DSE and AL Scores for 2012/13 FHSS Double Cohort

課程 UGC-Funded Undergraduate Programme	香港中學文憑考試平均分數 # Average DSE Score #	高級程度會考平均分數 Average AL Score
物理治療 Physiotherapy	21.7	16
職業治療 Occupational Therapy	20.0	15.4
放射學 Radiography	19.7	13.9
醫療化驗科學 Medical Laboratory Science	19.2	13.5
眼科視光學 Optometry	18.6	12.8
護理學 Nursing	16.9	10.2
社會工作學 Social Work	16.8	11.8
社會政策及行政 Social Policy & Administration	15.9	12.1
精神健康護理學 Mental Health Nursing	15.6	10.4
社會科學 – 廣泛學科 Social Sciences – Broad Discipline	14.3	10.4

香港文憑考試平均分數 = 4科核心科目分數 + 1科最佳選修科目分數
Average DSE score = total score of 4 core subjects and 1 best elective subject

5** - 6分points 4 - 3分points
5* - 5分points 3 - 2分points
5 - 4分points 2 - 1分point



最強後盾 科研前瞻

PolyU Physios Help Athletes Prepare for 2012 London Olympics



理 大物理治療學系多年來一直支持多項大型國際體育盛事，在剛過去的倫敦奧運，四位學術科研人員再次擔任本港及國家運動員的最強後盾，為他們在賽前及比賽場內治理傷患及運用科學方法加強體能訓練。與此同時，學術科研人員亦就預防傷患及提升體能方面進行研究，科研成果將進一步推動體育發展。



康復治療科學系副教授楊世模博士為中國香港體育協會暨奧林匹克委員會出任香港代表團的首席物理治療師，隨團帶領物理治療團隊為香港隊提供適切的物理治療服務。已經是第三次隨香港隊出征奧運的楊博士表示：「物理治療團隊的最重要職責是讓運動員時刻保持最佳狀態，以及在訓練與比賽期間加快復元。」楊博士補充：「我們在奧運村內的物理治療診所由早上八時半至晚上十時開放，隨時為運動員提供服務。同時，我們亦安排物理治療師隨運動員到訓練及比賽場地，提供駐場物理治療服務。」



除了在香港代表團擔任重要的崗位外，楊世模博士跟同是康復治療科學系副教授的楊慧博士亦為中國國家隊作出貢獻，他們同被國家體育總局隊醫務管理處委任為備戰2012倫敦奧運會國家隊醫療專家小組成員，為多隊中國國家隊運動員提供康復治療服務，亦教授教練、隊醫培訓班為中國國家隊備戰倫敦奧運。楊慧博士自2008年北京奧運起，已跟國家田徑管理中心展開科研合作。由於合作無間，去年十一月，國家田徑管理中心更委以重任，邀請楊博士為剛進行右足踝手術的女子田徑鉛球運動員鞏立姣進行康復治療治理傷患。楊博士說：「鞏立姣手術後不久，即前來理大，接受為期六星期的物理治療，我的目標是盡快讓她回復正常的訓練，好讓她能夠在奧運會上出賽。」鞏立姣向健訊表示，手術後，傷患運動能力受了很大的限制，疼痛令她無法正常訓練，當時對倫敦奧運沒抱太大期望。她高度讚揚楊博士為她特別設計針對傷患的訓練治療，縮短了傷後恢復的時間，轉瞬間讓她回復信心。鞏立姣興奮地說：「經過這一次跟楊慧博士的合作，我認識到物理治療對於傷後恢復的重要性。接受治療的一個月後，我已迅速回復活動能力、肌肉耐力及體能。」鞏立姣最終在倫敦奧運中取得一面銅牌，並取得了個人在賽季最好成績。



康復治療科學系於2007年5月跟國家體育醫院簽訂合作協議，副教授符少娥博士於2008年北京奧運已為國家柔道運動員備戰，其中包括女子78公斤級金牌得主佟文。符博士跟中國柔道協會的協作一直沒有停下來，伸延至本屆奧運，於2011年7月，符博士再次被邀為中國柔道協會作物理治療支援，符博士跟其科研團隊成員高級物理治療師卓蕙玲及博士生張志杰又為佟文及其隊友陳飛作提升體能及預防傷患的訓練。兩位運動員情況各異，佟文在多年的比賽生涯中，經歷多次傷患，陳飛是剛起步的年青新星，並先後於奧運會兩個月及兩星期前受傷。符博士強調：「物理治療師的責任，便是讓受傷的運動員盡快康復，將傷患對訓練的影響減至最低。」符博士亦與教練緊密合作，讓受傷的陳飛不致受到傷患困擾而影響出賽信心。符博士跟卓蕙玲更遠赴倫敦，為國家柔道運動員提供駐場物理治療服務及心理支援。最後不負眾望，佟文為國家取得一面銅牌，而陳飛亦在女子70公斤級排名第五。

符博士亦跟高級物理治療師卓蕙玲同為中國香港柔道總會先後於2009年東亞運及2010年亞運會先後合作，為香港柔道運動員作出支援。合作進一步伸延至倫敦奧運，為運動員評估及預防傷患，以及按個人情況設計體能訓練。卓蕙玲指出：「香港的柔道運動員全是兼職性質，此乃他們最大的挑戰。自1996年亞特蘭大奧運後，香港到今屆才有另一位柔道運動員出線代表香港出戰奧運，當獲悉張志業出戰倫敦奧運，可以想到我們有多興奮！」能夠跟國家隊及香港隊合作，為體壇出一分力外，最重要的是，她們可藉此進行科研，同時

對物理治療學的學生來說，更是不可多得的臨床學習體驗。符博士強調：「我們在提供駐場物理治療服務時，可以了解運動員實際需要並設法解決問題，因此，教學、科研及服務往往是互相緊扣的。」



PolyU physiotherapists continued to give a helping hand — literally — to Hong Kong's and China's athletes for the Olympics. For the 2012 London games, Dr Simon Yeung, Associate Professor at the Department of Rehabilitation Sciences (RS), oversaw on-site rehabilitation for Hong Kong's squad; RS Senior Physiotherapist Ms Phoebe Cheuk guided Hong Kong's judo players through their Olympic preparations; and she and RS Associate Professors Dr Amy Fu and Dr Ella Yeung helped Chinese athletes to recover from competition-threatening injuries and surgery in time for the games.

London was Dr Simon Yeung's third Olympiad as a team physiotherapist for the Sports Federation & Olympic Committee of Hong Kong, China. As the delegation's Chief Physiotherapist, he had to make sure every Hong Kong athlete was well taken care of. "Our main role was to ensure that our athletes stayed in top form, and to enhance their recovery in between their training and competition sessions," Dr Yeung explained. "We set up a physiotherapy clinic in the Olympic Village for our athletes, which was open from 8:30 am to 10 pm each day. We also accompanied them to their training and competitions to provide on-site physiotherapy support," he added.

The General Administration of Sport of China also appointed Dr Yeung and Dr Ella Yeung onto its medical experts panel to help in the Chinese Olympic squad's preparations for London, in which they offered physiotherapy consultations to the athletes and provided training courses for the coaches and team physicians. Dr Ella Yeung has also been collaborating with the Chinese Athletic Association on research since the 2008 Beijing Olympics. Last November, the association invited her to provide rehabilitation for shot-putter Ms Gong Lijiao, who had just undergone an operation on her right ankle. "With only a short period away from the Olympics, my goal was to ensure that she could resume normal training and competition as quickly as possible," said Dr Yeung. Ms Gong received treatment at PolyU for six weeks. She praised Dr Yeung for her attentive care and admitted that it also helped her to regain her confidence after she had become worried about her acute post-surgery pain and Olympic prospects. "After a month, I regained mobility, muscle strength and physical fitness," said Ms Gong. She went on to win bronze in London by throwing her season's best.

Dr Amy Fu also had injured Chinese athletes on her hands. As part of an agreement in May 2007 between RS and the Sports Hospital of the National Research Institute of Sports Medicine, she had helped to prepare China's judoists for the 2008 Beijing Olympics, including Ms Tong Wen, who eventually won gold in the +78 kg division. In July 2011, the Chinese Judo Association invited Dr Fu to provide physiotherapy support to its Olympic team for London. Dr Fu and her team of Ms Phoebe Cheuk and Mr Tom Zhang, an RS PhD student, were entrusted with the rehabilitation of mainly Ms Tong and her teammate from Tianjin municipality, Ms Chen Fei. The pair presented a contrast for them. Ms Tong, a multiple world champion, is in her late 20s and had collected quite a few old war wounds from her bouts over the years. Ms Chen is in her early 20s and had only started competing internationally in the past two years, but she suffered an injury two months before the London Olympics — and another just two weeks before the games were about to begin! "We had to minimise the disruption caused to their training, so we advised their coach on training that they could do while they were recovering and rehabilitation exercises that would speed up their recovery," said Dr Fu. In addition, they worked closely with the coach to make sure Ms Chen's frame of mind stayed positive despite her desperate situation. Dr Fu and Ms Cheuk also went to London to provide on-site physiotherapy and psychological support to the judoists. Ms Tong went on to win bronze, while Ms Chen placed a respectable 5th in her -70 kg category despite not being fully recovered.

Dr Fu and Ms Cheuk had also worked with Hong Kong's judokas for their 2009 East Asian Games and 2010 Asian Games campaigns via an agreement between FHSS and the Judo Association of Hong Kong, China. With the agreement extended for the London Olympics, Ms Cheuk assessed each judoist for injuries and weaknesses and customised rehabilitation and conditioning for them in their efforts to qualify for and compete in London. "The Hong Kong judo players have the added challenge of being part-time athletes," Ms Cheuk pointed out. "No Hong Kong judo player had qualified for the Olympics since the 1996 Atlanta games. So you can imagine how happy we were when Cheung Chi-yip managed to qualify for London!"

Ms Cheuk and Dr Fu added that an important aspect of their collaborations with the national judo associations is the chance to conduct research on elite athletes and, for RS physiotherapy students, the chance to gain hands-on training on how to assess, treat and guide Hong Kong's team members to perform at their optimum level. "By providing on-field clinical service, we can identify needs and try to solve them. Service, research and education are all interlinked," said Dr Fu.

年青人與長者 多出現散光

High Prevalence of Astigmatism in Young Adults and Elderly

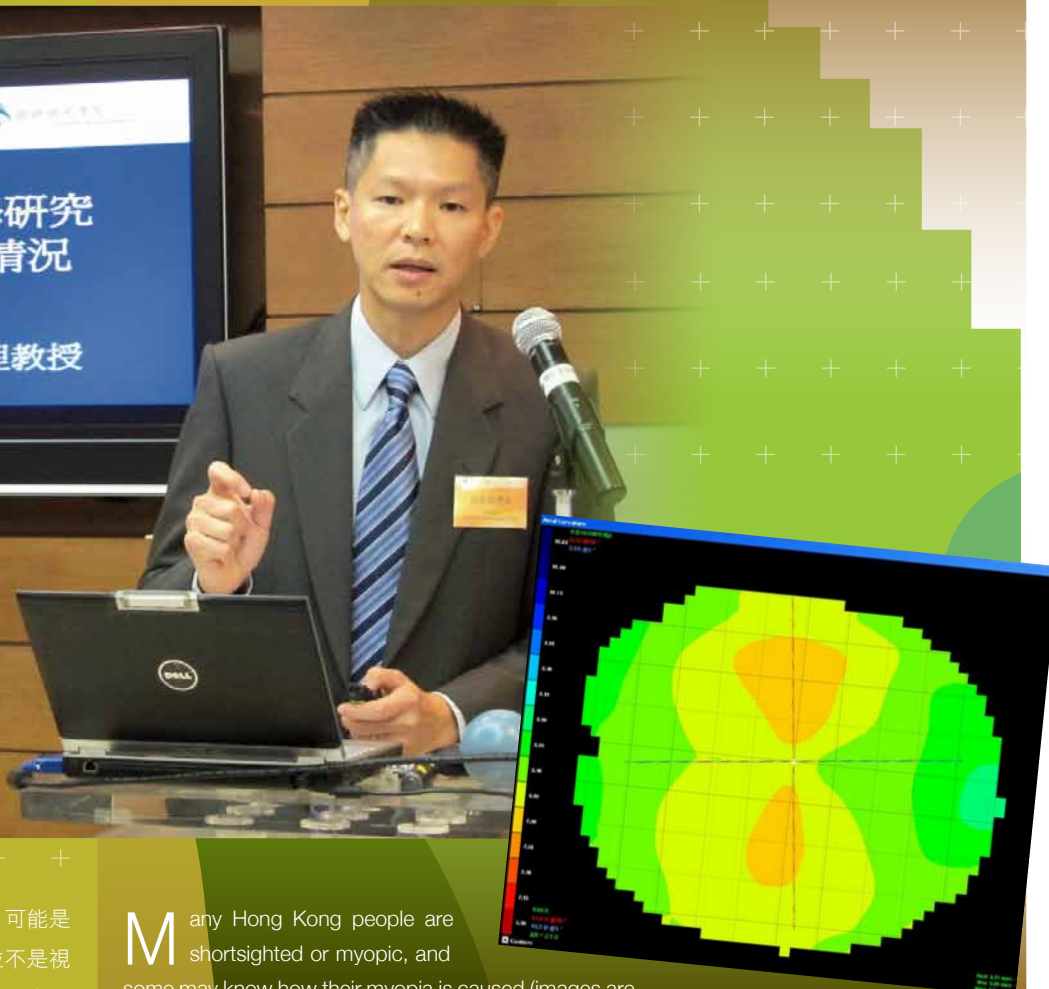
許多香港人都有近視的問題，大家可能知道近視的成因，可能是由於眼球變長，眼睛接收的視物投射到視網膜前方，並不是視網膜上，以致大腦接收到的視物影像出現誤差。但另一種普遍的視力問題——散光，大家則未必瞭解清楚。理大眼科視光學院助理教授紀家樹博士於6月24日舉行新聞發佈會，分享其研究團隊於散光這個課題上的最新發現。

所謂散光，就是指眼球在不同軸向的屈光度不一致。簡單來說，有散光人士的眼角膜並不是呈現一個圓形的籃球形狀，而是一個橢圓形的橢球形狀。最常見的情形，便是由於眼角膜的垂直與橫向弧度不同，眼睛無法將所有光線聚焦於同一點上，以致他們看到的影像模糊。

有散光問題的兒童若不作跟進治療，嚴重者會變成弱視，甚至由於視覺神經未能於適當時間發展而引致失明。出現輕微散光情況的成人可能未必需要診治，但患深度散光的人士則必須佩戴合適的眼鏡或隱形眼鏡矯正視力，甚至可能要進行手術改善。

紀博士及其團隊早前就2007年曾到理大眼科視光學診所求診的5,138個臨床個案作出分析，撇除不符合是項研究的個案後，針對2,759個個案進行分析，發現散光分別於兩個年齡組別中出現高峰期，分別為21歲至30歲(38.1%)，以及60歲以上(41.8%)。其中21歲至30歲有深度散光(即超過200度)的個案更高達11.5%，至於年齡超過60歲的長者，散光人口比率更超過四成，紀博士認為是由於眼角膜及水晶體退化所致。

紀博士於是項研究中，亦證實了散光與近視及遠視的關連。遠視超過75度的人出現散光的機會率比正常視力的人高兩倍；而近視低於500度的人出現散光的機會率則多3.3倍，而超過500度深近視的人比正常視力的人更高出7.4倍。



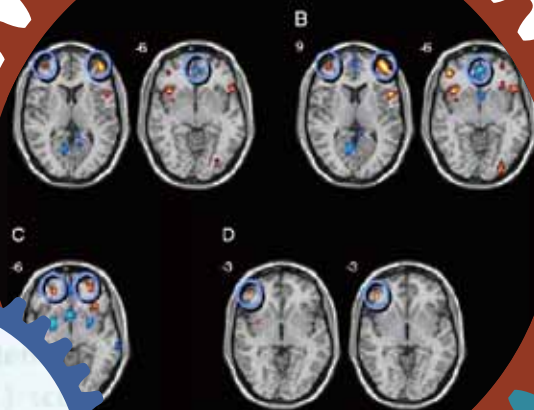
Many Hong Kong people are shortsighted or myopic, and some may know how their myopia is caused (images are focused at a point in front of the retina instead of on it, probably because of an abnormally long eyeball). They may also know what longsightedness or hyperopia is. But a less well known kind of refractive error, astigmatism, is also common. On 24 June at a press briefing at PolyU, Dr Kee Chea-su, Assistant Professor at PolyU's School of Optometry, presented his research team's latest findings on the prevalence of astigmatism in Hong Kong.

Astigmatism usually occurs when the curvature of the cornea or the lens is uneven, causing different parts of an image to be focused at various points in front of, on or beyond the retina. This results in parts of the image having different blurriness or sharpness, regardless of whether the person is looking at a nearby or faraway object.

If astigmatism in children is not treated, they could develop amblyopia or "lazy eye" (in which the brain learns to ignore the unclear images received from the abnormal eye), which could lead to partial or complete vision loss in the astigmatic eye because its visual nerve pathway does not develop normally during its critical period in childhood. Many adults with very low degrees of astigmatism may not require correction for it, but those with higher degrees do in the form of prescription spectacles or contact lenses, or surgery.

Dr Kee and his team analysed 2,759 clinical cases out of the total of 5,138 seen at PolyU's Optometry Clinic in 2007 and found two peaks in the prevalence of manifest astigmatism (the total astigmatism measured by routine refraction tests). They found 38.1% of patients between 21 and 30 years old had manifest astigmatism, of whom 11.5% had high astigmatism of 2.00D or above. The team also found 41.8% of people older than 60 years had moderate astigmatism of 1.00D or above and suggested it was due to the degeneration of their corneas and lenses.

Dr Kee also said the 21-to-30-year-old age group exhibited the highest degrees of myopia, and there was a significant correlation between astigmatism and myopia and hyperopia in all the cases as a whole. Those who had medium myopia of 5.00D or less were found to be 3.3 times more likely to have astigmatism than people with normal vision, while those who had high myopia of over 5.00D were 7.4 times more likely to have astigmatism. Those who had hyperopia of over 0.75D were twice as likely to have astigmatism.



「人老無記性」，真的？ Forgetting to Do Something Worsens with Age

你有沒有試過於某一個時間忘記做某一件事，例如錯過了服藥時間？你又有沒有試過連一些恆常習慣也忘記，例如用完洗手間後忘記關燈？又或者你有沒有試過明明看到或聽到提醒，居然都會忘記要做的事情，例如去到商店時又忘記要去買些甚麼？以上種種大家經常遇到的情況，就是我們大腦中三類前瞻性記憶出現問題的例子。是否越忙碌會越健忘？究竟老人家常說「人越老越無記性」是否真確？理大康復治療科學系文偉光教授於6月28日的新聞發佈會上，分享其團隊於前瞻性記憶上的研究結果。文教授及團隊從兩個相關的研究中得知，當年紀越大其前瞻性記憶會較差，而於針對長者及中風病人記憶的研究中亦有同樣發現。

其中一個研究的被訪對象為231位長者及140位年輕人士，他們應邀進行「前瞻性記憶量表」(Comprehensive Prospective Memory Questionnaire)，結果發現前瞻性記憶會隨著年齡增長而衰退。而於比較104位中風病人及39位腦創傷病人，與及相約年齡及背景的健康人士時，亦有相似的結果，然而中風病人及腦創傷病人的前瞻性記憶衰退則較為嚴重。前瞻性記憶出現問題，不但會影響日常活動，例如購物、出席約會及溝通等，亦會影響基本生活包括自理及處理家務。文教授及其團隊從研究結果中計算出問卷的分數，用作評估55歲或以上人士是否出現認知能力下降的情況，因而有機會出現腦退化症。

於另一項研究中，文教授分析40位中風病人及44位相應年齡健康受訪者，於「劍橋前瞻性記憶測驗」(Cambridge Prospective Memory Test) 中的分數，亦發現相似的前瞻記憶與年齡增長及腦部損傷的關係。

文教授表示，「時間性前瞻記憶」(如於特定日期及時間要聯絡某人)與一個人的注意力有關，比較起「事件性前瞻記憶」(如當看見日程表時看到某人名字記起要聯絡他/她)更容易出現障礙。文教授補充指其團隊已界定出影響日常生活及自理安排的前瞻性記憶障礙，可作為製訂介入措施的參考，減少前瞻性記憶衰退於不同人士的影響。

At some point in our lives, we've all forgotten to do something at a specified time, like take medication, or forgotten to do something we normally do in a sequence, like switching off the bathroom light after going, or forgotten what to do even when we see or hear a reminder for it, like forgetting what we were going to buy after we reach the shop. These are examples of when our three types of prospective memory, or remembering to do something, fail us. Is it true we experience such lapses more often when we're busy? And how true is the phrase "going senile"? On 28 June at a press conference at PolyU, Prof David Man of PolyU's Department of Rehabilitation Sciences shared his research team's findings from two studies that showed failures of prospective memory became worse the older people were, while similar patterns of failures were found in the elderly and in stroke patients.

In one study, 231 elderly subjects and 140 younger subjects were compared using a standardised Comprehensive Prospective Memory Questionnaire and it was found that failures of prospective memory worsened with age. Similar results were found when 104 stroke patients and 39 brain-injury patients were compared with healthy subjects of a similar age range and background, but the severity of the failures was greater in the patients. Failures of prospective memory were shown to affect instrumental activities of daily living, such as shopping, keeping appointments or communicating, more than basic activities of daily living, like carrying out self-care or household chores. Prof Man and his team calculated a cut-off score that they propose could be used for screening people aged 55 years or above for declining cognitive ability that may indicate the future development of dementia.

The other study, which used a different test (the Cambridge Prospective Memory Test) to compare 40 stroke patients with 44 age-matched healthy subjects, also found similar patterns of failures in prospective memory associated with advancing age and disability factors.

Prof Man said time-based prospective memory (such as remembering to contact someone on a certain day and time) is associated with a person's attention function and more readily fails than event-based prospective memory (such as remembering to contact the person upon seeing his or her name in your diary). He added that his team has identified major prospective memory problems that affect daily living and self-care, and suggested that interventions could be created to minimise prospective memory failures in different types of people, from the healthy to the old to those with neurological damage.

認識學習困難，打破隔膜

“Understanding Learning Difficulties” Breaks Down Barriers



在香港，被評估為有讀寫障礙的學童數字近年顯著上升，然而社會人士卻對讀寫障礙這個問題欠缺認識，往往誤以為有讀寫障礙的學童較為懶惰或智力較低。其實，若這些學童得到家長及老師的適當輔導，他們日後在學習或成就上可能會比其他人優勝百倍。就像維珍集團創辦人李察布蘭遜先生及著名廚師杰米奧利弗先生，大家都知道他們是事業有成，具冒險精神而勇於創新的著名英國人，但知否他們都患有讀寫障礙嗎？理大應用社會科學系將於下年一月第三次舉辦名為「認識學習困難」的服務學習課程，讓學生深入了解何謂學習困難，並同時幫助有需要的學童，改善他們在校內校外的學習配套及環境，得到公平公正的對付。

What do Richard Branson and Jamie Oliver have in common? They're British, famous, successful — and dyslexic, meaning they have difficulty in reading, writing and spelling. But their success didn't come about because they'd overcome their disability. Their success came about because they *didn't*. Both were determined to do what they were passionate about after they'd struggled in school. But many dyslexics don't have parents with the right background or connections to fall back on. “Understanding Learning Difficulties” is a service-learning subject that will be offered from January 2013 by PolyU's Department of Applied Social Sciences (APSS). It aims to give students the chance to learn about dyslexia and other learning difficulties while at the same time help underprivileged children who have the disabilities learn more effectively so they will have a fair shot at succeeding in school and life.



現時，平均每十名香港學童中便有一名患有不同程度的學習障礙，其中以讀寫障礙最為普遍。應用社會科學系希望透過課堂學習和社會服務計劃，能夠加深修讀科目的學生對讀寫困難的認識，以及以心理學角度來評估懷疑患有發展障礙的學齡兒童。在專業導師的指導下，學生會就個別個案設計一些適切的課程及教學方法，以改善學童在學習上的表現，讓他們身心得以健康成長。

設於理大校園的「宏利兒童學習潛能發展中心」，旨在為有學習障礙的兒童提供學術及專業服務。應用社會科學系副教授黎程正家博士為「認識學習困難」的課程主任，她表示：「我認為讓學生參與社區服務是一個上佳的學習方法，這不但可加強學生的社會和公民責任意識，更可加快他們成長，變得成熟。書本上的理論跟實際情況存在差異，學習困難的學童也不是一式一樣，我們要求學生要按照受助者的性格及背景製訂不同的介入安排，讓他們作多角度的考慮，這些都是書本上學不到，要實戰時才學到的經驗。」

「宏利兒童學習潛能發展中心」導師黃有佳先生表示：「學習困難的學童並不代表愚蠢或懶惰，從觀測中看到他們的思維可以有更高層次，只是他們的學習方式與其他孩子不同而已。」

黎博士表示，由於修讀課程的學生跟受助學童的年齡相約，他們容易與小朋友們溝通熟絡，互相建立信任，所以輔導的過程也較為順利。談及對課程的期望，黎博士希望可以獲得政府批准及大學的支持，讓理大學生及導師們主動去到各中小學提供相關服務，從而設計全面的學習計劃。

Almost 1 in every 10 school-age children in Hong Kong has a learning difficulty, with dyslexia being the commonest. Through classroom learning and community service, students will be able to understand and recognise basic types of learning difficulties, how to use psychological methodologies to assess youngsters with learning difficulties and, under supervision, design and deliver learning programmes for them and evaluate the effectiveness of their programmes for further refinement.

The primary and secondary school children taking part attend PolyU's Manulife Centre for Children with Specific Learning Disabilities, where they go after school to receive specialist help for their learning difficulties. Subject Leader Dr Alice Lai Cheng, APSS Associate Professor, said service learning is ideal for teaching the subject. Besides strengthening students' social and civic responsibility through helping the disadvantaged, “you can't learn everything from books. The students on our two pilot runs soon realised that each child is an individual who needs individualised help,” said Dr Lai Cheng.

“Also, the children went from following the students' instructions to challenging what they were teaching. This showed that the children are capable of higher levels of thinking. They're not stupid or lazy, as some people think. It's just the way they learn is different from other children,” said Mr Herrick Wong, an instructor.

Dr Lai Cheng hopes to spare the children their daily commute to PolyU by asking the Education Bureau to allow the students to teach the children at their own schools after the end of their schoolday. If the request is granted, this would also open up the possibility of involving schoolteachers and guidance counsellors in the process. “The children see the students as 'peers' — they're closer in age to them than to their teachers. And they know the students have to sit tests — just like them! This connection helps the children's learning,” said Dr Lai Cheng.

國內實習豐富經驗 Mainland Internships Become Journeys of Discovery for Students



醫療及社會科學院致力啟發學生，支持並提供機會讓他們發揮個人潛能，培訓未來醫療服務專才。剛過去的暑假，共有150多名來自醫療及社會科學院各學系的學生親身到國內多個城市的醫院及所屬單位，參加了為期三到四星期的訓練與臨床工作，跟隨當地專業人員學習，體驗中、港兩地在醫療制度不同。

是次「內地實習計劃」是由醫療及社會科學院及理大學生事務處聯合舉辦。學生經面試後，按照他們的學科，分派到內地多個城市包括烏魯木齊、杭州、北京、上海、西寧、天津、江西及四川等，共十多間專業醫療機構實習。透過是次實習計劃，學院期望學生能夠在陌生工作環境中仍能實踐在課堂上涉獵的臨床技巧，真徹了解醫療專材應有的道德情操及誠信。在跟自己文化背景不同的地方工作，更有助訓練學生的人際及溝通技巧，增強學生適應力，亦可借機練習普通話。

參與學生表示這次實習旅程十分有意義，既可實踐書本知識，拓闊視野，又可以體會箇中的文化分別，滿足感不能言喻。

FHSS and its constituent departments and schools aim to inspire, encourage and support students who want to succeed and make a positive impact in health and applied social sciences. As part of their education, the faculty's students are exposed to different learning environments where open-mindedness and respect for differences are called for. This summer, 150 FHSS students gained a valuable chance to intern at health care institutions in mainland China for three or four weeks where they observed and worked alongside the organisations' staff, experiencing firsthand the similarities and differences in culture and clinical practices between Hong Kong and the mainland.

Through a clinical placement programme co-developed by FHSS and PolyU's Student Affairs Office, each student worked at one of around 20 institutions in the cities of Ürümqi, Hangzhou, Beijing, Shanghai, Xining and Tianjin and in the provinces of Jiangxi and Sichuan. For them to understand and work smoothly with the staff and patients, the students had to be willing to empathise and adapt. Working in unfamiliar surroundings in a different culture also helped them to refine their interpersonal, language and communication skills, as well as hone their clinical skills and awareness of professional and ethical issues associated with different clinical practices and expectations.

The students said they found their internship a very beneficial experience since it broadened their personal, cultural and professional horizons.

醫療及社會科學院學生於以下醫院及組織實習： Where FHSS students interned this summer on the Chinese mainland:

- ▶ 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)
- ▶ 上海復旦大學附屬五官科醫院 (上海)
Shanghai Eye and ENT Hospital of Fudan University (Shanghai)
- ▶ 四川大學華西醫院 (成都)
West China Hospital, Sichuan University (Chengdu)
- ▶ 成都市第二人民醫院 (成都)
Chengdu Second People's Hospital (Chengdu)
- ▶ 廣東省工傷康復中心 (廣州)
Guangdong Provincial Work Injury Rehabilitation Center (Guangzhou)
- ▶ 天津市眼科醫院 (天津)
Tianjin Eye Hospital (Tianjin)
- ▶ 西寧兒童福利院
Xining Children's Home (Xining)
- ▶ 南京市兒童醫院 (南京)
Nanjing Children's Hospital (Nanjing)
- ▶ 南京明基醫學中心 (南京)
BenQ Medical Center, Nanjing Medical University (Nanjing)
- ▶ 中國人民解放軍第401醫院 (青島)
People's Liberation Army No. 401 Hospital (Qingdao)



探訪中國西北地區學童 Learning the Value of Vision in Children

眼睛是靈魂之窗，帶給我們絢麗悅目的景象，但大家又有否好好保護眼睛？眼睛護理要由幼時做起，如患有眼疾的小朋友沒有及早發現及給予適當治療，視力可能因此而受損，嚴重的可導致失明。眼睛綜合健康對學童的學習能力和進度是相當重要的。有見及此，眼科視光學院在五月時籌辦了「社區服務實踐計劃」，走訪了中國西北地區為貧困學童提供綜合眼科視光檢查，評估學童眼睛健康及視力情況。

「社區服務實踐計劃」不僅讓學生親身體驗到履行社會責任的意義，同時向大眾宣揚綜合眼睛護理的重要性。今年，眼科視光學院的學生分別到訪了青海省及新疆自治區，與註冊視光師一起為當地1,100多名中小學生提供一系列驗眼服務，包括視覺評估、眼睛焦點調節功能檢查、雙眼協調功能評估及眼睛健康檢查。檢查完畢後，多達350名學童獲贈驗配眼鏡，部分發現有其他視力問題的學生，亦被轉介到眼科醫生跟進深入檢查。此計劃意義重大，理大同學們能學以致用之餘，亦能幫助內地需要的學童。

眼科視光學院助理教授及負責人杜志偉博士表示：「社區服務實踐計劃的探訪經已舉辦多年，感激歷屆學生的愛心，踴躍支持，願意利用僅餘的私人時間，兼負課堂以外的義募工作。」理大眼科視光師及協助策劃人陳文彬先生續稱：「今年的行程十分緊湊，我們要在十天內走訪九間不同地區的中小學為孩子們檢驗眼睛，過程很辛苦但是我認為是值得的。」

新疆地區內有很多少數民族聚居，每個族群都可能擁有獨特的種族遺傳基因，屈光不正的情況如近視或遠視亦可能由於不同成因。很可惜，現存的研究對這方面的認知不多，可用數據亦非常有限，啟發了現正攻讀博士學位的陳文彬對少數民族的中小學生的眼睛健康和視力特質作出深入研究及分析，希望進一步了解少數民族的視力問題，同時提高他們對眼睛護理的認識。

The eyes are said to be the windows to the soul, but less poetically and more pragmatically, the eyes are the windows to the world for most people. If a child cannot see clearly, their day-to-day living and learning can be hindered and negatively affect their long-term development. Shortsighted children can't see the blackboard clearly, while longsighted kids can't make out the words on their books. Some eye disorders can lead to visual loss or even blindness if they're not identified and treated early enough. As good vision is so important for the young, PolyU's School of Optometry (SO) organised two community service programmes this May for its students to carry out vision screening for underprivileged schoolchildren in northwestern China.

The community service projects not only allowed the students to experience what social responsibility really means but also how important it is to promote eye health and primary eye care to the public at large. Two groups of SO optometrists and students travelled to Qinghai province and Xinjiang autonomous region to perform basic vision health checks on more than 1,100 primary and secondary school children. Under the optometrists' supervision, the students checked the children's visual acuity (or 'sharpness of seeing'), ocular motility (or 'eye movements'), binocular vision, and the external and internal health of their eyes. Some 350 pairs of free spectacles were prescribed after the assessment, and referrals were made to an ophthalmologist for children who were found to have eye or vision problems that required further investigation.

"We've held vision screening projects on the mainland in the past couple of years and I really appreciate that our students are so willing to volunteer and sacrifice their spare time to help organise and take part in them," said SO Assistant Professor Dr Do Chi-wai, who was in charge of the programmes. Mr Bruce Chin, an optometrist and the coordinator of this year's projects, said, "Time was very tight! We only had 10 days to perform all of the screening in 9 different schools! But it really added to our sense of achievement afterwards."

Xinjiang is home to many ethnic groups and participating in the community service programmes inspired Mr Chin in another way: he has decided to pursue a study on the eye health and vision characteristics of Xinjiang's ethnic minority schoolchildren. "Different ethnic groups may have their own patterns and causes of refractive errors, but very limited data is available. It'll be interesting to find out more," he said.

跨專科研究解構老年化問題

Interdisciplinary Approach to Ageing Research

Institute of
Active Ageing
活齡學院



兩歲的小孩子開始有思想，變得頑皮好動，不少父母都會開始為教育小孩而煩惱。醫療及社會科學院的活齡學院剛渡過其「兩歲」生日，早前「健訊」訪問了活齡學院總監同時亦是應用社會科學系高級專任導師的錢黃碧君女士，分享其「育兒」心得。

Many parents dread when their babies enter the 'terrible twos'. Has FHSS experienced any teething problems from its own two-year-old, the interdisciplinary Institute of Active Ageing (IAA)? "Health News" asked Mrs Teresa Tsien Wong, IAA's Director and a Senior Teaching Fellow at PolyU's Department of Applied Social Sciences, for her thoughts.



錢黃碧君女士興奮地表示：「回顧過去兩年，活齡學院發展進度在預期之內，參與其中的理大學術人員，由最初23人增加至現時的34人，全部均來自不同學科，充份發揮跨學科、跨專業的理念。」錢女士解釋：「作為教學、服務、研究兼備的教研學院，活齡學院在教學及服務兩個範疇已有一定成績。未來日子，學院會進一步加強及著重研究方面的發展，作為教研學院，研究是讓社會前進、改善人類生活質素的重要進程。香港面臨人口老化問題，引申出來的挑戰與機遇多關乎日常生活，而健康護理、商業、工程、設計、服裝等專業議題上，理大都有學者進行多方位研究，活齡學院歡迎各學院的教研人員加入，一同參與跨專業的研究，為改善人類生活出一分力。」

在教育方面，本年九月，我們在校園就會看到第一批修讀應用老年學（榮譽）理學士的學生，為投身與長者相關行業而努力裝備自己。在服務方面，活齡學院亦經常與不同機構合作舉行專題會議、講座及工作坊，又為機構提供顧問服務，提升業界的服務水平。同時，學院亦舉辦多樣化的實務課程，讓第三齡人士在空餘時間持續進修。

學院深信，讓第三齡人士活得精彩、豐盛，最重要是令他們每一天都過得充實及有意義。第三齡人士透過參加興趣班、實務訓練及就業培訓，繼而參與義工服務，甚或成為新興的勞動力，重投勞動市場，為社會作出貢獻，同時亦可大大拓展其社交網絡及視野。錢黃碧君女士強調：「社會不應將長者標籤成負擔，現在是時候改觀了。長者擁有豐富的知識及經驗，應給予他們機會充分發揮所長。第三齡人士生活有所寄託，保持身心健康，獨立自立，自可將第三齡時段延長，推延第四齡階段的出現，減輕長者對醫療及社會服務的需求。」

"I'm happy with its development," said Mrs Tsien Wong. "The number of PolyU scholars involved has grown to 34 from 23 disciplines across our university. And I'm happy with the progress we've made in two of our three core areas: education, and practice and empowerment. But I'd like to build up our profile in research a bit more. Hong Kong's population is ageing, and our university is unique in that it has all the relevant departments under one roof — from those in health, business, engineering, design, fashion, and so on. It's a matter of making other staff within PolyU and other institutions and organisations aware of what we do and that they are welcome to join or collaborate with us," she said.

In education, IAA saw the first intake of students to its new top-up bachelor's degree in Applied Ageing Studies this September. In practice and empowerment, IAA has been co-organising or taking part in conferences and seminars, offering consultancy services to organisations, and putting on talks and workshops for practitioners from different sectors and industries. It also offers credit-bearing and non-credit-bearing courses for people in the third age (older adults, typically aged 50 years or above, who have a relatively large amount of free time because they do not have significant employment or family responsibilities).

IAA also believes in empowering third agers by helping them to explore volunteering, job training and employment opportunities, as well as interest classes to expand their minds and social networks. "I hope that by their remaining active and visibly engaged in society, the general public's perception of them and the elderly will also change. They have much to offer in terms of knowledge, skills, experiences, and consuming power," said Mrs Tsien Wong. "Besides, it makes sense for individuals, their families and the government to try and prolong the third age for as long as possible and delay the fourth age of life when people are frail, ill and dependent on health and social care," she said.



詳情可瀏覽活齡學院網頁：<http://iaa.fhss.polyu.edu.hk>

More information about IAA can be found at <http://iaa.fhss.polyu.edu.hk>.

恭賀以下兩位榮升教授！ Congratulations, New Professors !

文偉光教授 Prof David Man

PDOT [Occupational Therapy (HK Polytechnic)]; MSc [Rehabilitation Studies (Southampton, UK)]; PhD [Social Science (HKU)]

- 康復治療科學系認知康復服務及學系記憶功能實驗室的負責人
Person-in-charge, Neuro-Cognitive Rehabilitation Services and Memory Function Laboratory, Department of Rehabilitation Sciences
- 研究興趣：神經科學及殘障患者的認知康復及其創新技術；前瞻性記憶與決策機制及創新產品開發
Research interests: neuroscience; cognitive rehabilitation and technology application in persons with disabilities; human prospective memory and decision-making mechanisms; innovative product development

潘毅教授 Prof Pun Ngai

BA [History (CUHK)]; MPhil [Sociology (HKU)]; PhD [Anthropology & Sociology (London, UK)]

- 北京大學--香港理工大學中國社會工作研究中心副主任
Deputy Director, The Joint Peking University - Hong Kong Polytechnic University China Social Work Research Centre, Department of Applied Social Sciences
- 研究興趣：勞工問題、性別研究、社會主義理論、全球化
Research interests: labour, gender, socialist theory, globalisation

歡迎新上任教授！ Welcome !

莫禮士教授 Prof Alex Molasiotis

BSc [General Nursing (TEI of Crete, Greece)]; MSc [Nursing/Care of the Elderly (Hull, UK)]; PhD [Nursing (Birmingham, UK)]; RGN [1st Level]; RN [UK]

- 護理學講座教授
護理學院學院主任
Chair Professor of Nursing
Head, School of Nursing
- 研究興趣：癌症護理、癌症併發症之處理、化療及放射治療產生之嘔心及嘔吐、黏膜炎、營養失衡及症狀群
Research interests: cancer care; management of complex symptoms arising from cancer, especially chemotherapy- and radiotherapy-induced nausea and vomiting, mucositis, nutritional disturbances, and symptom clusters

2012/13年度榮獲優配研究金的科研項目 Successful Grants from General Research Fund 2012/13

恭賀以下15位擔任科研項目首席研究員的醫療及社會科學院教員，於2012/13年度的大學資助委員會轄下研資局的優配研究金中獲得研究資助。(項目資料只提供英文版)
Congratulations to the following 15 faculty members who are principal investigators of research projects that secured grants in the 2012/13 round of the General Research Fund (GRF)! The highly competitive GRF scheme is run by the Research Grants Council (RGC) of Hong Kong's University Grants Committee (UGC).

FHSS Dept/School	Principal Investigator	Research Project
APSS	Dr CHEN Juan	Structural inadequacies or cultural constraints? Deciphering barriers to seeking help for mental health problems in urban China
APSS	Dr Sylvia CHEN Xiaohua	Examining the effects of generalised beliefs on coping strategies and psychological functioning
APSS	Dr Anita KOO Ching-hua	Vocational education and social mobility of migrant youth in China
APSS	Prof PUN Ngai	A new age of world factory: capital expansion, the role of state and Foxconn production in China
HTI	Dr Vincent WU Wing-cheung	Post-radiotherapy changes of temporomandibular joint in nasopharyngeal carcinoma
HTI	Prof YIP Shea-ping	Identification of myopia susceptibility genes: a follow-up study of pilot genome-wide association analysis
RS	Prof Chetwyn CHAN Che-hin	Orienting attention for pain attenuation in patients with chronic low back pain: study of mechanism using event-related potential
RS	Dr Kenneth FONG Nai-kuen	Effect of sensory cueing on paretic upper extremity recovery for patients after stroke
RS	Prof HE Jufang	Accumulative effect of stimulus-specific adaptation through the ascending pathway to the auditory cortex
RS	Dr Margaret MAK Kit-yi	Physiological basis of motor facilitation by visual cues in Parkinson's disease
RS	Prof Cecilia LI-TSANG Wai-ping	An investigation of pressure therapy on the management of hypertrophic scar: histopathological perspective and timing of intervention
RS	Dr Ella YEUNG Wai	Role of TRPC1 in skeletal muscle regeneration
SN	Dr Thomas CHOI Kup-sze	Flight simulator in modern nursing education: an intelligent training system for nasogastric tube placement
SN	Prof Frances WONG Kam-yuet	Effects of a transitional palliative care model on patients with end-stage heart failure
SO	Dr DO Chi-wai	Baicalein — a novel pharmacological agent for the treatment of glaucoma

APSS: Department of Applied Social Sciences
SN: School of Nursing

HTI: Department of Health Technology and Informatics
SO: School of Optometry

RS: Department of Rehabilitation Sciences