



健康訊

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ISSUE 19
APRIL • 2016



醫療及社會科學院與聯合國合作 加強災害管理及社區抗逆力

Partnering with the United Nations on Disaster Risk Reduction and Resilience

人類可以避免自然災害帶來的傷害嗎？沒有絕對答案。自然界的力往往是人類控制能力範圍以外，但我們卻可以透過採取適切的預防措施，將自然災害帶來的影響減至最低，保障寶貴的生命及保護財產安全。

香港理工大學(理大)醫療及社會科學院與聯合國國際減災戰略署進行合作項目，旨在提升本港及鄰近地區對災害的關注，以及面對災害的抗逆力。項目於早前成功舉辦兩項大型國際性活動，分別為「國際減災日」及「聯合國減輕災害風險全球評估報告發佈會」，教育公眾如何應對自然災害及將影響減至最低，項目亦為有關專家及持份者提供一個交流及科研平台，共同制訂未來發展方向。

Are natural disasters inevitable? The answer is both yes and no. Although the forces of nature are beyond human control, proper planning and preparation can help to prevent widespread human life and property losses.

The Faculty of Health and Social Sciences (FHSS) at The Hong Kong Polytechnic University (PolyU) is collaborating with the United Nations Office for Disaster Risk Reduction (UNISDR) to promote disaster awareness and resilience in Hong Kong and neighbouring areas. Events held in honour of last year's International Day for Disaster Reduction (IDDR) and the launch of the 2015 Global Assessment Report (GAR15) were two recent FHSS initiatives to raise public awareness of the need for disaster resilience and to provide a platform for relevant experts and stakeholders to discuss the way forward.



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「香港理工大學—聯合國國際減災戰略署合作項目」由理大應用社會科學系副教授沈文偉博士牽頭並出任總監，旨在透過學術研究及科學化分析，配合有系統的公眾教育計劃，促進訂立有效的危機溝通公共政策，加強社區的抗災能力。

聯合國大會將每年的10月13日定為「國際減災日」(又名「國際減輕自然災害日」)，呼籲全球所有國家於當日舉辦不同活動，宣傳預防、減少及防備自然災害的工作。為響應聯合國2015年的國際減災日，該合作項目於10月12日至16日在理大校園以「居安思危·有備無患」為主題，舉行為期一星期的活動，向公眾人士宣傳經驗承傳及傳統智慧於防災及減災層面的重要性。

開展儀式由香港天文台台長岑智明太平紳士、醫院管理局總行政經理(感染及應急事務)劉少懷醫生、理大副校長(行政及營運)盧麗華博士，以及協理副校長(學術支援)何兆鑾教授主禮，而理大副校長(學生及環球事務)阮曾瑛琪教授亦透過錄影片段支持。

大會於開展儀式前舉辦災害拯救及減災研討會，由沈文偉博士、岑智明台長及劉少懷醫生三位災害管理專家分享防災訊息及經驗。大會亦邀請了兩位於四川修讀理大護理學院災害護理學碩士學位課程學生到港，聯同來自四川汶川縣的老師及學生，分享他們於災區拯救，以及從災害經歷中總結出的經驗。大會亦將受災兒童的圖畫展出並製作成明信片，歡迎參觀人士將防災訊息寫在明信片上，並由大會代為寄出。同時邀請參觀人士親手製作小心意禮物，隨後轉交到中國內地及尼泊爾等受災地區之居民手上。

於12月2日，合作項目於理大校董會會議室，舉行首次於香港進行的《減輕災害風險全球評估報告2015》發佈會暨《仙台減少災害風險框架》(《仙台框架》)討論。

約50名來自本港不同界別的持份者代表出席是次會議，當中包括香港特別行政區政府、商界及私營機構、非政府機構、科研及學術界，以及撥款組織和基金會等。



The PolyU-UNISDR Collaboration Programme is led by Dr Timothy Sim, Programme Director and Associate Professor of the Department of Applied Social Sciences. The programme aim is to identify areas for cooperation and collaboration in promoting risk-informed public policies and developing risk-resilient measures through innovative academic research and educational programmes that promote mutual understanding.

The United Nations General Assembly has designated 13 October IDDR to promote a global culture of disaster prevention, mitigation and preparedness. In support of last year's IDDR, the PolyU-UNISDR Collaboration Programme hosted its key inaugural event on the PolyU campus with a series of disaster risk reduction activities to highlight the importance of traditional and local knowledge of disaster reduction strategies from 12 to 16 October 2015.

The kick-off ceremony was officiated by Mr Shun Chi-ming, JP, Director of the Hong Kong Observatory, Dr Liu Shao-haei, Chief Manager (Infection, Emergency and Contingency) of the Hospital Authority, Dr Miranda Lou, PolyU Vice President (Administration and Business), and Prof S.L. Ho, PolyU Associate Vice President (Academic Support). The ceremony was also graced by a video-recorded message from PolyU Vice President (Student and Global Affairs) Prof Angelina Yuen.

During the ceremony, Dr Sim, Mr Shun and Dr Liu discussed their experience and knowledge of disaster risk reduction from the disaster management expert's point of view. In addition, two postgraduate students from the Master of Science Disaster Nursing programme run by the PolyU School of Nursing in Sichuan, a primary school teacher and a primary student from Yingxiu Primary School, Wenchuan, Sichuan, were invited to offer their perspective on the subject. Other activities in honour of IDDR 2015 included an exhibition of drawings by children who survived the 2008 Wenchuan Earthquake depicting their feelings about and knowledge of disaster reduction, a campaign inviting visitors to disseminate IDDR messages by writing and sending postcards and a booth in which visitors could make handicrafts in support of quake survivors.

On 2 December 2015, the PolyU-UNISDR Collaboration Programme jointly organised the launch GAR15 and dialogue on implementation of the Sendai Framework (2015-2030) at the Council Chamber on the PolyU campus.



發佈會開幕儀式由聯合國日內瓦國際減災戰略署協調主要撰稿人Andrew Maskrey先生、聯合國國際減災戰略署亞太區項目主任Sujit Mohanty先生、香港天文台台長岑志明太平紳士，以及阮曾媛琪教授主持。

《聯合國減輕災害風險全球評估報告》為聯合國隔年發行的旗艦刊物，全面評估與分析全球災害風險和風險管理形勢，並對未來全球減輕災害風險作出詳細建議。Maskrey先生指出，今年報告以「實現可持續發展：管理災害風險的未來」為題，一反過往只針對減少大自然災害風險的概念，強調災害風險管理必須在社會和經濟活動發展進程中實現，並提倡減輕災害風險是保障社會可持續發展的必要條件。

聯合國成員國於2015年3月18日同意落實《仙台框架》，為一個長達15年的自願性不具約束力協議，Mohanty先生強調政府應擔當減少災害危機的領導角色之同時，其他持份者亦要共同承擔責任。

大會亦邀請了來自不同背景的持份者代表以「成功管理災害和氣候風險，實現可持續發展—探索科學、技術及商界的災害和氣候風險角色」為題進行座談會，分享各界別於災害管理的心得及建議。

沈博士表示：「『香港理工大學—聯合國國際減災戰略署合作項目』為不同的持份者包括政府、商界、慈善團體及其他機構提供一個平台，促進訂立配備有效危機溝通的公共政策，加強社區的抗災能力。項目於2016年亦會於國際減災日前後舉行國際會議，並聯同香港天文台合作推展災害管理的社區教育活動。」

Around 50 representatives of various stakeholder groups took part in the event. Distinguished guests from the Hong Kong SAR Government joined members of the business, research and academic sectors and representatives of non-governmental organisations, funding bodies and foundations at the high-level launch.

In addition to Mr Shun and Prof Yuen, the other officiating guests at the opening ceremony were Mr Andrew Maskrey, Lead Author and Coordinator of GAR15 from the UNISDR in Geneva, and Mr Sujit Mohanty, Programme Officer of the UNISDR Regional Office for Asia and the Pacific.

The UN's GAR on Disaster Risk Reduction is a flagship biennial comprehensive review and analysis of global disaster risk and risk management. At the GAR15 launch event, Mr Maskrey provided an overview of GAR15, which is entitled "Making development sustainable: The future of disaster risk management". GAR15 emphasises that sustainable development cannot be attained without disaster risk reduction, he said. Such reduction requires managing the risks inherent in social and economic activities rather than focusing solely on measures to reduce the risks of natural disasters, Mr Maskrey added.

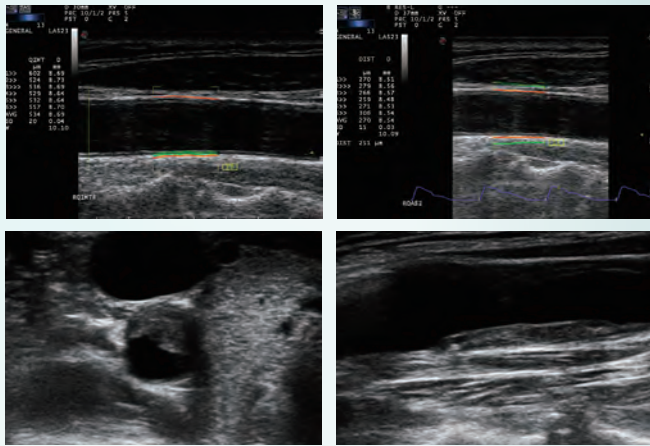
UN Member States adopted the Sendai Framework on 18 March 2015. It is a 15-year, voluntary, non-binding agreement that recognises that states play the primary role in reducing the disaster risk, although their responsibility should be shared with other stakeholders. Mr Mohanty emphasised that all countries and stakeholders need to focus on preventing new disaster risks, reducing existing such risks and strengthening their disaster resilience.

A panel discussion on the theme "Sustainable development cannot be achieved without successfully managing disaster and climate risk: The role of science, technology and business sector in managing disaster and climate risk in line with the implementation of the Sendai Framework" was also organised during the event.

"The UNISDR-PolyU Collaboration Programme provides the best platform in Hong Kong to pool experts from different disciplines on the work of disaster reduction and resilience", Dr Sim said. "We are currently planning to organise a large-scale international conference on IDDR 2016 during which experts in the field will discuss the latest developments in disaster research", he added, noting that the programme would also hold a public education exhibition in conjunction with the Hong Kong Observatory.

跨學科研究剖析鼻咽癌患者於電療後出現頸動脈粥樣硬化情況

Cross-disciplinary Study Reveals Stroke Risk in Post-radiotherapy Nasopharyngeal Carcinoma Patients



臨床數據顯示，鼻咽癌經常會引發頸部淋巴結轉移的情況，因此醫療人員很多時會為鼻咽癌病人進行頸部放射線治療。然而治療中產生的游離輻射很大機會破壞病人的頸動脈組織，引致頸動脈粥樣硬化，有機會造成腦血管疾病包括短暫性腦缺血及中風。



Radiotherapy to the neck is a common treatment for nasopharyngeal carcinoma (NPC), which clinical data have demonstrated to lead to a high incidence of cervical lymph node metastasis. However, the ionising radiation in radiotherapy damages patients' carotid artery, which can result in the development of carotid atherosclerosis and, in turn, cerebrovascular events such as transient ischaemic attack and stroke.

理大醫療科技及資訊學系的放射學及醫療化驗科學專家，於早前進行跨專業研究，探討鼻咽癌患者於接受電療後，頸動脈出現粥樣硬化的機率。研究由該系副教授應天祥博士、系主任葉社平教授，以及副主任胡永祥博士合作進行。

研究團隊利用超聲波檢查，評估及比較三組人士的頸部動脈粥樣硬化的情況，當中包括69位曾接受放射治療的鼻咽癌病人，70位二型糖尿病病人，以及76位健康人士。結果發現，87%曾接受放射治療後的鼻咽癌病人有出現因游離輻射引致的頸動脈粥樣硬化。該組病人與糖尿病病人和健康人士比較時，研究人員亦發現接受放射治療後鼻咽癌病人的頸動脈壁較硬、頸動脈斑塊的發生率亦較高，頸動脈亦較狹窄，推斷接受放射治療後鼻咽癌病人罹患中風的風險比另外兩組人士高出一倍。

研究團隊總結結果，建議腫瘤科醫生於為鼻咽癌病人設計頸部放射治療療程時要留意劑量的調較，避免影響到病人頸部及附近的正常細胞，而病人於接受療程四年後，亦要最少每兩年進行一次超聲波檢查，以監察頸動脈有否出現變異。

Experts in the fields of radiography and medical laboratory science at PolyU's Department of Health Technology and Informatics (HTI) recently carried out cross-disciplinary research investigating the chances of carotid atherosclerosis development in post-radiotherapy NPC patients. The research was led by Associate Professor Dr Michael Ying and Prof Yip Shea-ping and Dr Vincent Wu, HTI Head & Professor and Associate Head & Associate Professor, respectively.

The research team used ultrasonography to evaluate and compare the degree of carotid atherosclerosis in 69 NPC patients treated with radiotherapy, 70 patients with type 2 diabetes mellitus (DM) and 76 healthy participants. The results showed that radiation-induced carotid atherosclerosis occurred in 87% of the post-radiotherapy NPC patients. In addition, these patients also presented with a stiffer carotid artery wall and larger carotid plaque burden compared with both the DM patients and healthy controls. The greater prevalence and severity of carotid atherosclerosis observed suggests that post-radiotherapy NPC patients' risk of stroke is double that of non-irradiated controls.

The findings prompted the research team to recommend that oncologists control and adjust the radiotherapy dose carefully to avoid unnecessary damage to patients' normal cells in the neck and surrounding areas. The team also recommended that these patients be monitored for the possible onset of carotid atherosclerosis via ultrasound carotid evaluation at least biennially four years after radiotherapy.

專訪應用社會科學系任剛先生

Interview with Mr Yam Kong, Department of Applied Social Sciences



+ 理大應用社會科學系專任導師任剛先生，榮獲醫療及社會科學院2014/15年度學院特設傑出教學表現/成就獎。護理學院副教授陳胡安琪博士、應用社會科學系助理教授馬汶詩博士、康復治療科學系副教授麥潔儀博士，以及眼科視光學院負責統籌於社區推展眼科視光檢查科目的教學團隊亦獲得表揚獎項。

任剛先生為理大社會工作學畢業生，八年前加入理大，於任教前已有10年擔任前線社工的經驗，其教學及研究範疇為處理災害、學校、兒童及青少年的社會工作。

任先生表示，其教學理念可歸納為三點：學生為中心、體驗式學習，以及將學生培訓成導師。任先生說：「我的教學以學生為中心，會按學生的需要製作緊貼時代的合適教材，並按學生的進度及反應經常作出調整，希望學生可以吸收到最多的知識。此外，我認為體驗式學習能夠有效將書本理論活用到實務工作，讓學生透過親身的感受及經驗，深化對科目的認識。於人本科目如社會工作，將學生培訓成導師，達至經驗承傳乃重要的一環，我經常鼓勵學生參與不同的師友計劃及培訓項目，發揮個人潛能，相信他們於指導其他人之同時，自己本身亦有所得著及提高自信心。」

社會工作是一門以人為本的專業，旨在協助人們發展和提升個人潛能及社交網絡，改善社會制度和系統，以及預防和解決社會問題。任先生表示：「我希望學生於幫人前首先要對自己有充份了解，因為只有了解自己的人，才可以明白其他人及社會的需要。」

任先生補充說：「老師每年都會年長一歲，但我於學校裡所教導的學生，大致上都維持在同一個年齡層，所以無論於課堂內外每當有適當的機會，我都會主動與學生分享人生經驗，因為我相信，最理想的教育應該是大大超乎單純的知識傳授。」

+ Department of Applied Social Sciences (APSS) Teaching Fellow Mr Yam Kong was recently bestowed with the Faculty Award for Outstanding Performance/Achievement in Teaching in 2014/15, in recognition of his outstanding achievements. School of Nursing Associate Professor Dr E. Angela Chan, APSS Assistant Professor Dr Cecilia Ma and Department of Rehabilitation Sciences Associate Professor Dr Margaret Mak were honoured with Faculty Teaching Prizes, whilst the School of Optometry teaching team received the team prize for the subject “Learning through Providing Eye Care and Vision Health to the Community”.

A PolyU graduate in Social Work, Mr Yam practised as a frontline social worker for 10 years before taking up teaching duties at PolyU eight years ago. His teaching and research focus on social work in the areas of disaster, school, children and youth.

Mr Yam cited student-centred teaching, experiential learning and training-the-trainer as his three main teaching principles. “By student-centred teaching, I mean that I create tailor-made, up-to-date teaching materials and modify the content in accordance with students’ responses and progress”, he said. “Experiential learning helps students to integrate theory into practice and deepens their understanding of the subject through first-person contact or hands-on experience. Training-the-trainer is a crucial way of delivering knowledge, particularly for human-centred subjects such as social work.” Mr Yam added that he encourages students to take part in mentorship programmes or training projects as trainers to develop their potential to the fullest.

Social workers help to develop and strengthen individuals’ social networks and personal potential, as well as to improve social systems and resolve social problems or prevent them from occurring. “It is important for my students to first understand themselves”, he explained, “and then they will have the ability to understand the needs of others and the community.

“Teachers get older every year, but the students they teach remain in the same age range. Whenever there is a chance, I like to share with students my life experience inside or outside the classroom. Teaching is more than purely knowledge input.”

2014/15學院特設傑出服務表現/成就獎 Faculty Team Award for Outstanding Performance/ Achievement in Services

★ 在大鴻輝慈善基金及其主席梁紹鴻博士的慷慨支持下，護理學院於2008年成立「理大一梁顯利流動結合保健中心」。該中心以貨車改裝而成，讓護理專業人員主動外展，走入社區為有需要的長者提供身體檢查及健康教育，同時亦為醫療及社會科學院學生提供寶貴的實習機會，並作為科研人員進行有關長者研究的平台，幫助香港迎接高齡化社會的挑戰和機遇。醫療及社會科學院特別頒授2014/15學院特設傑出服務表現/成就獎予中心的项目團隊，成員包括護理學院副教授蔡及時博士、資深護師郭洋芷女士及韋珏璧女士，以表揚中心多年來的服務成就。

★ Established in 2008 with a generous donation from Dr Edwin Leong and the Tai Hung Fai Charitable Foundation, the PolyU-Henry G. Leong Mobile Integrative Health Centre (MIHC) carries out outreach activities such as health screening and education initiatives amongst the community-dwelling elderly. In addition, the MIHC also provides practice opportunities for FHSS students and serves as an important platform for scientific research in response to the needs of an ageing society. In recognition of the centre's significant contributions, the MIHC project team, comprising School of Nursing Associate Professor Dr Thomas Choi, Advanced Practice Nurses Ms Esther Kwok and Ms Rebecca Wai, was honoured with the Faculty Team Award for Outstanding Performance/Achievement in Services in 2014/15.



醫療及社會科學院會舉辦 「惜食・識食」社科週 FHSS Students' Association Organises Foodwise, Recycling and Upcycling Activities



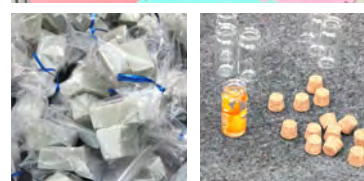
醫療及社會科學院會於2月15日至16日在理大校園舉行「社科週」，各位於早前有沒有在校園碰到提醒社會人士減少浪費的眼闊肚窄「大嘍鬼」？

醫療及社會科學院會關注社會議題，有見香港堆田區每日接收數千噸的廚餘問題，特別於校園舉行活動，呼籲師生關注食物浪費的情況。活動分為六個環節，包括以橙皮製作環保蚊怕水、以廢油製作清潔肥皂、健康檢查站、最新發展的健康手機應用程式介紹、草本茶試飲，以及有關惜食主題的展板，吸引不少師生駐足參觀。



The Big Waster, whose eyes are literally bigger than his stomach, is a popular icon promoting the importance of a "foodwise" attitude. He was a regular visitor to PolyU Chan Sui Kau and Chan Lam Moon Chun Square last month when the FHSS Students' Association (FHSSSA) invited him to take part in Health and Social Sciences Week from 15 to 16 February.

The FHSSSA is concerned with a variety of social issues, including the important issue of food waste. Several thousand tonnes of food waste are deposited in Hong Kong landfills every day. To publicise the issue, the FHSSSA recently organised an on-campus health event with six themes and activities, including workshops on a DIY insect repellent using orange skins and DIY soap made from used oil, a health check kiosk, an introduction to newly developed health apps, a kiosk serving herbal tea and foodwise exhibition boards.



世界衛生組織助理總幹事 分享全球耐藥性問題 WHO Assistant Director-General Lectures on Antimicrobial Resistance



抗微生物藥物耐藥性是指細菌對於抗生素產生對抗能力，令抗生素失去控制及消滅細菌的功能，為現時全球面臨的其中一個最重要議題。



Antimicrobial resistance (AMR) occurs when an antibiotic loses its effectiveness in controlling or killing bacterial growth because the bacteria in question have become resistant to the antibiotic's therapeutic functions. The issue has been recognised as one of the greatest threats to human health worldwide.



醫療及社會科學院及理大應用科學及紡織學院，聯合於2月1日在理大賽馬會創新樓舉行座談會，邀請世界衛生組織(世衛)抗微生物藥物耐藥性特別代表暨助理總幹事福田敬二博士，就「抗微生物藥物耐藥性：全球挑戰及未來發展」為題，與近250位來自本地及海外的學者、科研人員、醫生、醫療人員及學生分享世衛的研究與處理前景。

福田博士指出，細菌、寄生物及霉菌不斷帶來新的病毒感染，耐藥性問題衝擊傳統以來有效的疾病預防及治療基制。全球不同國家皆有出現耐藥性問題，許多衛生組織、科研團體、醫療學會及學術界均表示關注，並於此大題目上亦進行不少研究。多年來，全球於耐藥性的科學認知上得到很大成就，發展了不少方法及工具以監察及嘗試控制情況。然而，根據世衛於2014年發表的《抗生素耐藥：全球監測報告》指出，全球許多地方普通細菌的耐藥性情況仍然嚴重，類似結果亦詳列於2013年美國疾病控制與預防中心的研究報告。

福田博士表示，耐藥性不單延長病人的患病時間及提升死亡率，為人類生活帶來直接影響，全球各國亦因人民住院率上升而削弱國民生產力，間接地為經濟帶來沉重的負面影響。世衛推測，到2050年，全球每年將有超過1,000萬人會因耐藥性問題死亡，累積的經濟損失更高達百萬億美元。

耐藥性問題於全球一發不可收拾，主要是由於各界濫用及誤用抗生素所致，社會大眾亦往往因為在缺乏足夠資料的情況下，忽視或無視耐藥性所帶來的影響。福田博士指出，全球各地應聯手創立一個明確清晰的目標，並制訂實際可行的計劃以處理耐藥性問題，讓公眾理解何謂耐藥性及其影響，設計一系列方法以改變大眾於生活習慣、日常行為及傳統文化中對抗生素使用的誤解，而各國政府亦要有堅定的意向及投放足夠資源，以推動社會對耐藥性問題的關注。

福田博士於總結時表示，能否扭轉現時耐藥性嚴重的情況，關鍵在於整個國際社會能否緊密配合。全球各地現正與時間競賽，各地政府需要積極起動，加強力度處理問題。福田博士指出，緊接世衛於2015年5月提出關注全球耐藥性情況後，聯合國大會亦將於2016年討論如何深化國際及不同界別參與，以逆轉耐藥性的局面。

To highlight the importance of reversing AMR, FHSS and PolyU Faculty of Applied Science & Textiles hosted a joint distinguished lecture at the Jockey Club Innovation Tower on 1 February. Dr Keiji Fukuda, Assistant Director-General and Special Representative for Antimicrobial Resistance in the Office of the Director-General of the World Health Organization (WHO), was invited to speak on the topic "Antimicrobial Resistance: Global Challenges and Ways Forward". Some 250 people attended the lecture, including academics, researchers, physicians, healthcare practitioners, and local and international students.

Dr Fukuda warned that AMR threatens the effective prevention and treatment of an ever-increasing range of infections caused by bacteria, parasites, viruses and fungi. AMR is a worldwide threat, and is thus an issue that has attracted widespread concern from and ameliorative efforts by various agencies, scientific and medical societies, and academia. Scientific knowledge in the AMR arena has progressed, and new tools to monitor the situation have been developed over the years. However, according to the WHO's "Antimicrobial Resistance: Global Report on Surveillance" published in 2014, there are very high rates of resistance to common bacteria in all WHO regions. Similar findings were reported by the Centers for Disease Control and Prevention in the United States in 2013.

Dr Fukuda explained that AMR not only leads directly to longer illnesses and more deaths. It also exerts such indirect effects as economic and productivity losses and longer hospitalisation periods. He cited a WHO projection indicating that AMR will lead to over 10 million deaths per year globally by 2050, with a cumulative cost of US\$100 trillion.

The overuse and misuse of antibiotics are a major contributor to the AMR problem, and the implications of AMR are not always readily discernible by ordinary members of the public. Dr Fukuda said that global efforts are needed to set clear and realistic priorities for plans to combat AMR. It is also important to broaden public perceptions and understanding of what exactly AMR is, he said, and to build awareness to effect changes in expectations, behaviour and culture. To fuel effective actions, political will and capital and resource investments are equally important.

Dr Fukuda concluded that reversing AMR requires the engagement of the entire society, as the world is now in a race against time. Subsequent to the WHO's AMR Global Action Plan, adopted in May 2015, the UN General Assembly will meet in 2016 to discuss and intensify national and inter-sectoral AMR engagement, commitment and action.

互訪交流意見及建立合作 Visits to Exchange Views and Develop Collaboration



醫療及社會科學院一直致力與中國內地及海外國家高等學院，建立相互科研合作及師生交流機會。學院最近接待來自挪威及中國著名學府學者的到訪，亦組織外訪團前赴台灣及中國北京進行考察。



FHSS is keen to develop opportunities for collaboration on joint scientific research projects with institutions in mainland China and overseas countries and to promote exchanges between faculty members and students. The Faculty recently received guests from a number of esteemed institutions in Norway and mainland China, and has arranged delegation visits to Taiwan and Beijing.

於2015年11月17日至20日，醫療及社會科學院接待由挪威卑爾根大學的訪問團，由該校職業治療、物理治療及放射學系副教授及系主任Björg Hafslund博士領導，與醫療及社會科學院教員進行深入討論，並參觀學院的科研設備及教學設施，冀能建立緊密的科研合作及師生交流機會。

中國內地對於社區精神健康關注日增，中華人民共和國國家衛生和計劃生育委員會疾病預防控制局精神衛生處王立英處長率領代表團，聯同北京大學教學及科研人員，於2015年12月10日到訪學院，與學院不同專業的人員會面，商討如何於兩地進行合作，提升國內及本港針對精神健康的社會工作、護理及復康發展。

位於啟德新發展區的香港兒童醫院將於2017年落成，醫療及社會科學院院長葉健雄教授率領學院不同學系/學院的人員，於3月9日至11日前赴台灣，拜訪林口及桃園長庚紀念醫院兒童復健科及國立臺灣大學醫學院附設醫院兒童醫院，以瞭解兒童醫院的運作模式。

醫療及社會科學院有關精神健康方面的專家組成代表團，於3月18日至19日到訪北京大學第六醫院，主力考察其教研設施，並與有關單位進行深入討論，冀能盡快落實合作安排。



From 17-20 November 2015, FHSS received a delegation from the University of Bergen in Norway led by Dr Björg Hafslund, Associate Professor and Head of the Department of Occupational Therapy, Physiotherapy and Radiography. The delegation met with FHSS faculty members and visited the Faculty's research and teaching and learning facilities to explore research collaboration and student exchange opportunities.

Concern over the mental health of the community is growing in mainland China. A delegation led by Ms Wang Li-ying of the Division of Mental Health of the Bureau of Disease Prevention and Control in the National Health and Family Planning Commission (NHFPC) of the People's Republic of China joined faculty members from Peking University during a visit to FHSS on 10 December 2015. The delegation met with FHSS faculty members from various disciplines to discuss ways to collaborate on research projects focusing on the social, care and rehabilitation aspects of mental health problems.

The Hong Kong Children's Hospital on the Kai Tak site is due for completion in 2017. FHSS Dean Prof Maurice Yap recently led a delegation comprising representatives from all FHSS departments and schools on a visit to Taiwan. The delegation visited the paediatric rehabilitation departments of Chang Gung Memorial Hospital in Linkou and Taoyuan and National Taiwan University Children's Hospital from 9 to 11 March to learn about and observe various models for running a children's hospital.

Subsequent to the visit by the NHFPC and Peking University delegations, FHSS faculty members travelled to Beijing on 18 & 19 March to observe the research environment at Peking University Sixth Hospital. The delegation also engaged in in-depth discussions concerning mental health and rehabilitation research projects.



醫療及社會科學院 第21屆畢業典禮 FHSS 21st Congregation



醫療及社會科學院自1977年成立以來，於過去37年已培育超過38,000位於醫療服務及人本服務有承擔、有遠見的專業人員。學院於2015年10月27日至28日在理大賽馬會綜藝館舉行第21屆畢業典禮，頒授學位予2,061位2014/15年度的畢業生。各畢業生於接受學位頒授後，莊嚴地在親友見證下宣讀專業誓章，表示將以專業精神盡力服務社會。



Since its establishment in 1977, FHSS has nurtured more than 38,000 graduates with a strong commitment to health care and human services in the community. On 27-28 October 2015, FHSS held its 21st Congregation for 2,061 2014/15 graduates in the PolyU Jockey Club Auditorium. During the ceremony, the graduates demonstrated their dedication to serving society by making a public pledge of professionalism that was witnessed by FHSS faculty members and their own families and friends. FHSS wishes all graduates success in their future endeavours.

2014/15 年度醫療及社會科學院院長優異生名單 FHSS Dean's Honours List 2014/15
<http://fhss.polyu.edu.hk/docs/en/promo/DeansList1415.pdf>

教職員消息 Staff News

新任系主任 New Department Heads

黎永亮教授於2015年12月15日起出任應用社會科學系系主任，黎教授亦同時為社會工作及老年學講座教授及活齡學院總監。

Prof Daniel Lai has been appointed the new Head of Department of Applied Social Sciences, with effect from 15 December 2015. Prof Lai is also the Chair Professor of Social Work and Gerontology and Director of the Institute of Active Ageing.

葉社平教授於2016年1月起出任醫療科技及資訊學系系主任，葉教授於2009年7月至2015年6月為該系副主任。

Prof Yip Shea-ping has been appointed Head of Department of Health Technology and Informatics, with effect from 1 January 2016. Prof Yip was the Department's Associate Head from July 2009 to June 2015.

新履職教授 Welcome, New Professors!

康復治療科學系

余其殷教授

Prof Benjamin K. Yee

Department of Rehabilitation Sciences

BSc Hons, DPhil (Oxon), CPsychol

研究興趣：神經/精神病症的「平移模型」、神經可塑性、學習與記憶、神經康復學的心理生物學基礎

Research interests: translational models of neuropsychiatric conditions; neuroplasticity, learning and memory; psychobiological basis of neurorehabilitation

護理學院

Maritta Välimäki 教授

Prof Maritta Välimäki

School of Nursing

PhD, Lic.NSc, MNSc, Specialised Nurse, RN

研究興趣：精神健康、實效研究、醫療科技、循證為本實務
Research interests: mental health; outcome research; health technology; evidence-based practice

專訪新任醫療科技及資訊學系系主任 葉社平教授

Interview with Prof Yip Shea-ping, Department of Health Technology and Informatics



新任醫療科技及資訊學系系主任葉社平教授，與理大淵源甚深。葉教授1980年於當時的香港理工學院修畢醫療化驗科學文憑課程，其後於聯合醫院工作，1992年於理工學院完成深造課程，為學院首屆哲學碩士畢業生。葉教授由1990年起加入理工學院擔任醫療科學系講師，其後一直於理大任教，並由2016年1月起出任系主任。葉教授的研究重點為人類遺傳學、血液學及分子診斷學。

Prof Yip Shea-ping has strong ties with PolyU, having completed an ODip in Medical Laboratory Science at the then Hong Kong Polytechnic in 1980. He was also amongst the first batch of Hong Kong Polytechnic MPhil graduates in 1992. Prof Yip's specializations are human genetics, haematology and molecular diagnostics. He launched his academic career at Hong Kong Polytechnic as a Lecturer in the then Department of Health Sciences in 1990 before taking up the headship in the Department of Health Technology and Informatics (HTI) in January of this year.

葉教授表示：「醫療化驗科學及放射學專業人員為醫療系統中的重要成員，身體機能的數據資料，準確無誤地反映病人的身體狀況，而醫療化驗科學及放射學專業人員的工作，就是要透過科技應用，將隱藏於身體機能內的指數資料顯示出來，並加以分析解讀，於醫療團隊為病人進行斷症及診治時，提供實在可靠的客觀理據支持。」

於出任系主任後，葉教授期望可以領導學系科研人員進行創新、實用及高質素的科研項目，研究重點集中五個大範疇，包括(1)癌症基因組學及生物信息學；(2)複雜病症及微生物感染；(3)健康高齡化：飲食、環境及生活模式影響；(4)放射科學於癌症治療的應用，以及(5)將顯像科技應用到代謝及血管疾病研究。葉教授表示：「醫療團隊著重宏觀地全方位分析病人的情況，並講求團隊合作，因此我希望學系進行的科研項目，不但是邀請多個專業配合，最理想的是達致跨專業協作。」

葉教授亦會致力推展公眾教育活動，他認為醫療化驗科學及放射學與大眾日常生活息息相關，然而市民大眾卻往往忽略其重要性或有所誤解，因此希望透過舉辦不同的宣傳活動，讓公眾人士更關注及理解學系的專業範疇。

於人才發展上，葉教授將盡力協調系內各教學人員的工作量，並會招聘足夠的專業應用教授專注教授學生的專業技術，讓教學人員有足夠時間進行具質素的科研項目。葉教授亦鼓勵同事積極參與本地及國際專業團體的工作，從而擴闊於領域內的知識眼界，並可以將他們的意見帶到學會進行高層次的討論。葉教授表示：「作為系主任，我希望可以讓同事於教學、科研及專業發展上得以發展。」

至於學生方面，葉教授相信學系近年來都吸納到一班成績及專業理想兼備的學生修讀，他希望學生除要掌握其修讀的專業知識外，亦要對其他專業的運作有所瞭解。葉教授表示：「就如我之前所說，醫療專業講求團體合作，學生於畢業後隨即投身社會工作，成為專業團隊的其中一員，若他們於讀書時已明白各自的位置，以及整個團隊的運作，將有助他們更能融入工作。」

“Medical laboratory scientists and radiographers are indispensable members of the healthcare system”, Prof Yip said. “Data show the facts, and it is the job of medical laboratory scientists and radiographers to detect and decode the information hidden within samples and images to provide solid grounds for accurate assessment.”

Now that he has taken up the HTI headship, Prof Yip will steer the department towards conducting pioneering yet practical high-quality scientific research projects in five areas: (1)Cancer Genomics and Bioinformatics; (2)Complex Diseases and Microbial Infections; (3)Healthy Ageing: Dietary, Environmental and Lifestyle Influences; (4)Applications of Radiation Science in Cancer; and (5)Imaging Research in Metabolic and Vascular Diseases. “Healthcare takes a holistic approach, and places strong emphasis on teamwork”, Prof Yip said. “Our research will not only be multidisciplinary in nature, but also involve cross-discipline collaboration.”


Prof Yip is also enthusiastic about raising public awareness and knowledge of medical laboratory science and radiography through the organisation of public education campaigns and events. Although not often discussed, topics in these areas are of considerable importance to everyday life.


Talking about his plans to build a pool of experienced experts-cum-teachers in HTI, Prof Yip said that he will make concerted efforts to strike a balance between faculty members' teaching and research workloads and will explore opportunities to appoint an ample number of professors of practice to train up students' professional skills to allow faculty members to allocate more time to quality teaching and research. He also encourages faculty members to participate in the work of local and international professional bodies and professional boards, both to widen their horizons and to ensure that their voices are heard. “I would like all of my colleagues to excel in their teaching, research and professional development”, Prof Yip said.

With regard to students, Prof Yip believes that HTI is admitting quality students with good academic results and a mind-set of service to the community. He advises all HTI students to equip themselves with professional knowledge beyond their own disciplines: “Healthcare is all about teamwork. Students will become healthcare practitioners after graduation, and it is important for them to understand their roles and fit themselves into the healthcare system.”

醫療科技及資訊學系 學生榮獲泰山杯獎項 Radiography Students Win Four Awards in Taishan Cup




 理大醫療科技及資訊學系三名放射學學生，於中華醫學會影像技術分會主辦的第三屆「泰山杯」，囊括了四個獎項，當中亦包括團隊二等獎。是次比賽於2015年10月15日至17日假山東省泰安市泰山醫學院舉行，共吸引14支來自兩岸三地不同大學的隊伍參加，旨在啟發學生在醫學影像技術科技上的創新思維及鼓勵他們積極參與創新科技活動之外，亦藉此提供平台給參與者互相交流。


 Three radiography students from the Department of Health Technology and Informatics (HTI) brought home four awards from the Taishan Cup organised by the Chinese Society of Radiology of the Chinese Medical Association and held at China's Taishan Medical University from 15 to 17 October 2015. The competition's aim is to explore students' creativity and promote their interest in research development. The Taishan Cup has emerged as an exchange and cooperation platform for students and researchers. 14 teams of students from mainland China, Taiwan and Hong Kong competed on their practice skills in medical imaging technology. The PolyU team comprising three HTI students won distinguished awards in research presentation and practical skills and received a second-class award in the team competition.

得獎同學 Awardee(s)	組別 Category/Division	獎項 Award
林忠寧同學 Mr Lam Chun-ning 劉家偉同學 Mr Lau Ka-wai 簡明賢同學 Mr Kan Ming-yin	科技創新項目 Research Presentation	一等獎 First-class Award
劉家偉同學 Mr Lau Ka-wai	數碼放射檢查技術項目 Digital Radiography (DR) Examination Technology division	二等獎 Second-class Award
簡明賢同學 Mr Kan Ming-yin	電腦斷層掃描檢查技術項目 Computerized Tomography (CT) Examination Technology division	三等獎 Third-class Award

眼科視光學教授榮獲國際殊榮 School of Optometry Professor Bestowed with International Award





 眼科視光學院林小燕教授及其研究團隊早前獲英國倫敦眼科視光學院頒發2015年度Bernard Gilmartin OPO獎項，表揚其團隊刊載於《眼科與生理光學》題為「過去20年香港華語學童近視盛行情況的轉變」的學術論文獲高度評價，於過去五年內被多次引用，頒獎典禮於2015年11月假英國倫敦西敏中央禮堂內舉行。林教授與團隊發現，近年本地華語學童患有近視的比率跟20年前相約，然而他們的近視深度及比率卻比其他種族的學生較為嚴重。

 School of Optometry Prof Carly Lam and her team were awarded the Bernard Gilmartin OPO Award at the College of Optometrists' annual Diploma Ceremony at Central Hall in Westminster in London, United Kingdom in November 2015. Their paper entitled "Prevalence of myopia among Hong Kong Chinese school children: Changes over two decades" has been named the most highly regarded paper published in *Ophthalmic and Physiological Optics* within the past five years. The paper suggests that although the prevalence of myopia in Hong Kong Chinese children has changed little in the past two decades, both the prevalence and severity of myopia are higher in this group than in other ethnic groups.

眼科視光學院協辦重要國際會議

School of Optometry Co-organises Overseas and Local Optometry Conferences

 理大眼科視光學院於早前參與舉辦多個大型會議，當中包括於2015年11月9日至11日，聯同亞太眼科視光學會及馬來西亞眼科視光學會，於馬來西亞吉隆坡舉行的「第20屆亞太眼科視光學會議」。會議以「眼科視光學：促進眼睛健康」為題，逾330位眼科視光學專家、學者及醫療專業人員出席。

 School of Optometry (SO) co-organised two important international and local optometry conferences with professional bodies last year. Over 330 scholars, optometrists and health experts from 22 countries attended the 20th Asia Pacific Optometric Congress held from 9 to 11 October 2015 in Kuala Lumpur, Malaysia. Themed “Optometry: Advancing Eye Health”, the Congress was organised by the Asia Pacific Council of Optometry and jointly supported by SO and the Association of Malaysian Optometrists.

於2015年11月5日至7日，眼科視光學院聯同香港貿易發展局及香港光學會舉辦「第13屆香港視光學會議」。會議主題為「眼前部病變及乾眼症新知」，六位來自本地及海外的知名專家，分享治療乾眼症的最新科技及特製隱型眼鏡等議題。


From 5 to 7 November, SO co-organised the 13th Hong Kong Optometric Conference with the Hong Kong Trade Development Council and Hong Kong Optometric Association at the Hong Kong Convention and Exhibition Centre. Six local and overseas optometric experts were invited to share their insights into such topics as anterior ocular disorders and dry eye syndrome.




世界視覺日推廣「全民眼睛健康」

World Sight Day Promotes “Eye Care for All”




 世界衛生組織將每年10月的第二個星期四定為「世界視覺日」，目的是喚起大眾對視覺健康的關注。為響應2015的主題「全民的眼睛健康」，眼科視光學院聯同香港眼科視光師學會、護眼基金、香港執業眼科視光師協會及香港隱形眼鏡學會，於2015年9月30日舉行聯合新聞發佈會，建議政府盡快為學生提供綜合眼科視光檢查，以及成立跨部門防止兒童近視委員會，推動相關工作。

 The second Thursday of every October is designated “World Sight Day” with the aim of attracting global attention to blindness and visual impairment under the rolling theme of “Universal Eye Health”. In conjunction with the call to action this year for “Eye Care for All”, SO co-hosted a press conference with the Hong Kong Society of Professional Optometrists, The Eye Foundation, the Hong Kong Association of Private Practice Optometrists, the Hong Kong Society of Professional Optometrists and the Hong Kong Contact Lens Research Association. Held on 30 September 2015, the press conference urged the government to provide more comprehensive eye care services to students and to form an inter-departmental committee to promote eye health.

理大護理學院入選全球最佳50間護理學院

PolyU School of Nursing Ranks Among the World's Top 50 Nursing Schools




 Quacquarelli Symonds Limited (QS) 為一間本部設於英國，專門分析及提供世界各地高等教育及升學就業的組織。QS每年均就全球高等教育學府進行評核，其評級被公認為世界上其中一個最具公信力的指標。

於最新發表的2016年全球大學於特定科目的排名中，QS首次將護理學進行獨立評級。於全球芸芸眾多間高等學府中，理大護理學院榮幸地被QS評為全球最佳護理學院第42位。

QS於為全球大學於特定科目評級時，會透過問卷調查邀請全球不同學者及僱主對院校評分，以分析該校的名望聲譽；另一方面亦參考國際著名的科研資料庫提供的資料，針對院校學術人員所撰寫的研究文章被引用的次數，加上客觀評價學術成就的 h 指數，以評定院校於學術研究界的影響力。

護理學院學院主任莫禮士教授表示：「護理學院很榮幸被QS列為全球50間最佳護理學院之一，正面評價本學院於護理學教育的國際成就。我們將一如以往，秉承『創新護理 惠澤全人』的院訓，繼續為學生提供優質的護理學課程，培育高質素專業護理專才。」

 Quacquarelli Symonds Limited (QS) is a higher education and careers information and solutions provider based in the United Kingdom. The organisation compiles global rankings of higher education institutions worldwide and is regarded as one of the most authoritative and influential rankings in the world.

In the recently published 2016 QS World University Rankings by Subject, the organisation included an evaluation of nursing programmes around the world for the first time. The nursing programme offered by PolyU School of Nursing (SN) is proudly ranked 42nd among its counterparts in the world in this brand new ranking.


QS ranks each institution in a specific area with respect to the institution's internal reputation gathered through global surveys of academics and employers, and ranks its research impact based on research citations per paper and the h -index with reference to a comprehensive database of worldwide research citations.

"SN is pleased to be recognized by QS as one of the high achievers in providing high-quality nursing education. As expressed in our School motto, 'To excel in nursing for the well-being of mankind', SN is striving to achieve its vision of becoming a leading school offering quality programmes and producing high-calibre graduates in nursing", said Prof Alex Molasiotis, Head of SN.


護理學院新推網上災害管理理學碩士課程

New Online Master of Science Programme in Disaster Management (Resilience, Response and Relief)



 全面可靠的災害管理能有效幫助社區減少災害對生命財產的損失，而即時的支援更可拯救受災者，並幫助社區盡快振興恢復。

護理學院與英國曼徹斯特大學人道主義和衝突應對研究所合作，於2016年9月推出以網上模式修讀的「災害管理理學碩士學位課程」，透過跨專業的教學方式，讓學生於完成課程後成為全球衛生界別內具有專業災害危機管理及人道立場知識的專業人員。於課程中，修讀學生除透過互聯網接受本地及國際學者的授課外，亦需要到受災地區進行考察，以深化其理論知識。

 Practical and comprehensive disaster management is essential for a community to reduce potential human and property losses from disasters, to ensure prompt assistance to victims and to recover rapidly and effectively.

In collaboration with the Humanitarian and Conflict Response Institute at The University of Manchester in the United Kingdom, SN is offering a new online Master's programme in disaster management starting in September 2016. The programme is underpinned by a multidisciplinary approach and equips students with the knowledge to become core members of disaster risk management and humanitarian teams in global health contexts. Apart from learning online from a teaching team of local and international academics, students are also expected to become involved in hands-on placements to gain valuable experience to deepen their theoretical knowledge.

災害管理理學碩士學位課程詳情請瀏覽：

Details of Master of Science in Disaster Management (Resilience, Response and Relief) is available at:

http://sn.polyu.edu.hk/en/programmes/postgraduate_studies/master_of_science_in_disaster_management/index.html

雪肌蘭國際感染控制中心新面貌 New Face of Squina International Centre for Infection Control



雪肌蘭國際感染控制中心提供一個跨專業的科研平台，讓有關專業人員進行感染控制與預防的科研项目。中心最近進行大規模裝修，並於2015年11月13日舉行重新啟用儀式，由醫院管理局總感染控制主任曾艾壯醫生、雪肌蘭國際集團有限公司主席兼行政總裁劉陳小寶教授、集團副主席兼董事總經理陳細潔小姐、中心顧問委員會主席司徒永康醫生、醫療及社會科學院院長葉健雄教授，以及護理學院學院主任莫禮士教授主禮。

莫禮士教授表示：「中心於進行重新裝修後，現時配備更多先進器材及設備，讓科研人員進行質量兼備的感染控制的研究，並繼續為不同界別人士提供專業訓練，籌辦多元化的公眾教育活動，讓公眾士明白感染控制的重要性。」



The Squina International Centre for Infection Control (CIC) within the School of Nursing (SN) is a multidisciplinary, technological, educational and consultative centre whose aim is to promote excellence in the practice of infection control in Hong Kong and neighbouring regions. The CIC recently underwent major refurbishments, and an official re-opening ceremony was held on 13 November 2015. The ceremony was graced by the presence of Dr Dominic Tsang, Chief Infection Control Officer of the Hospital Authority, Prof Angel S.P. Chan Lau, Chairman and CEO, Miss Abbie Chan, Vice Chairman and Managing Director of Squina International Group Limited, Dr Seto Wing-hong, Chairman of CIC Advisory Committee, Prof Maurice Yap, Dean of FHSS, and Prof Alex Molasiotis, Head of SN.

Prof Molasiotis said that the newly renovated centre, which now boasts more advanced equipment and facilities, will enable researchers to conduct a wide spectrum of research in the areas of infection prevention and control and offer professional training courses tailored to a variety of recipients. It will also deliver educational activities designed to arouse public concern about the issue.

第二屆香港創意日 Second Hong Kong Innovation Day



護理學院於2013年成立香港創新學院，並舉行首屆香港創意大獎比賽。學院於2015年11月25日再次舉辦「第二屆香港創意日」及「第二屆香港創意大獎比賽」，讓本地科研人員展示其於醫療健康護理方面的嶄新發明及概念。

香港創意大獎的冠軍得獎者為理大生物醫學工程跨領域學部鄭永平教授，其發明「Scolioscan：利用3D超聲波影像的無輻射脊柱側彎測量技術」獲得冠軍及現場觀眾最喜愛大獎。鄭教授將代表香港，參加今年於加拿大艾伯塔省卡加利舉行的「世界醫療護理創新日」，與來自世界各地的代表競逐「全球創新健康獎」。



Following on from the great success of the inaugural Hong Kong Innovation Day and Hong Kong Innovation Awards in 2013, the Hong Kong Innovation Academy and SN hosted the second Hong Kong Innovation Day and Hong Kong Innovation Awards on 25 November 2015. Researchers were invited to submit solutions and innovations addressing current issues in medical and healthcare science to compete for the award.

Prof Zheng Yong-ping from the PolyU Interdisciplinary Division of Biomedical Engineering was named the winner with a project entitled "Scolioscan: Radiation-free Assessment of Scoliosis Using 3D Ultrasound Imaging" after impressing the judging panel. He will represent Hong Kong at the Global Healthcare Innovation Day event to be held in Calgary, Alberta, Canada this year, and will compete for the Innovation for Health Award of Excellence with fellow champions from all over the world.

護理學院舉辦第四屆跨境安老服務研討會 School of Nursing Organises 4th Cross-Border Elderly Care Seminar



2015年12月9日，護理學院耆年護理中心與理大活齡學院及其他機構，在理大校園舉行「第四屆跨境安老服務研討會」，逾100名業界代表及相關持份者出席。研討會以「跨境安老服務：以家庭為本的知情抉擇」為題，旨在協助正輪候入住資助護理安老宿位的合資格長者和其家人，提供一個知情選擇。護理學院耆年護理中心總監賴錦玉教授指出，於選擇優質院舍服務時，要留意院舍是否擁有以長者為中心的護理文化，以及能否為長者提供一個舒適的居住環境。



Over 100 stakeholders and elderly care practitioners recently took part in the 4th Cross-Border Elderly Care Seminar co-organised by the SN's Centre for Gerontological Nursing (CGN) and PolyU Institute of Active Ageing in conjunction with other NGOs. The seminar was held on the PolyU campus on 9 December 2015.

Entitled "Cross-Border Elderly Care: A Family Approach to Reaching an Informed Decision", the seminar explored the best approaches to helping seniors and their families to make informed choices about residential care homes. Prof Claudia Lai, Director of CGN, offered expert advice on elderly-focused nursing care, noting that a comfortable environment is an important factor in delivering quality care in residential homes.

物理治療專家進行針對高爾夫球的運動研究

Study on Golfing by Physiotherapy Expert



於一場高爾夫球比賽中，選手往往要高速度地向相同方向揮桿超過100次，容易引致肌肉疲勞。若然選手於運動前沒有進行足夠的熱身運動，更會加劇勞損情況。康復治療科學系早前與香港養和醫院及香港高爾夫球總會合作進行研究，探討運動者的體格與高爾夫球揮桿表現的關係。

研究團隊於2011年至2015年，為34位年齡介乎41至66歲，球齡由5至25年的高爾夫球選手進行體格分析。研究人員量度他們於旋轉脊椎及臀部關節時，臀部及肩袖旋轉肌肉群的力度，作為測試體格指數的基準，並比較他們於高爾夫球運動時的表現水平。康復治療科學系副教授符少娥博士指出，53%的參與者表示有出現某程度的痛楚，當中26%指出背部下部肌肉疼痛，而其他痛楚部位包括肩膀、膝蓋及手肘。符博士建議經常會進行高爾夫球的選手務必要恆常鍛鍊肌肉，並於運動前要進行足夠的熱身運動。

Golfers often suffer various degrees of muscle strain, as they must perform high-speed, same-direction swings more than 100 times during a single round of golf. The problem is exacerbated by a failure to perform proper warm-up exercises, and may even result in injury. PolyU Department of Rehabilitation Sciences (RS), in conjunction with the Hong Kong Sanatorium & Hospital and Hong Kong Golf Association, recently completed a four-year study investigating the relationship between golf swing performance and golfers' physique.

The study, conducted from 2011 to 2015, assessed 34 golfers aged 41 to 66 who have been golfing for five to 25 years. The researchers measured the strength of the participating golfers' hips and shoulder rotators and the rotation range of their spine and hip joints to determine how physical factors affect golf performance. RS Associate Professor Dr Amy Fu and her team discovered that 53% of the participants had various degrees of pain and that 26% experienced low back pain or pain in the shoulders, knees and elbows. Dr Fu advised frequent golf players of the need to constantly train their muscles, and emphasised that warm-up exercises prior to golfing are a must.

康復治療科學系於上海協辦國際會議

International Congress on Occupational Therapy in Shanghai



於鄧楊金喜紀念獎學金支持下，康復治療科學系與中國上海中醫藥大學，於2015年12月10日至13日合辦「第二屆中國康復作業治療教育峰會」。峰會以「團結力量，暢想未來」為主題，邀請到超過70位知名學者及專業人員舉行多場主題演講，分享其於職業治療(作業治療)的專業意見及知識。此外，超過130名職業治療學生出席在峰會最後一天舉行的各地學校學生代表交流會，分享於中國內地及其國家的學習經驗。

With the support of Cynthia Tang Memorial Scholarship, RS jointly organised the 2nd China Occupational Therapy Rehabilitation Education Congress with the Shanghai University of Traditional Chinese Medicine from 10 to 13 December 2015 in Shanghai, China. Themed "Honouring the passion, embracing the future", the Congress invited more than 70 distinguished guests from Hong Kong, mainland China and overseas to discuss their expertise in and knowledge of occupational therapy with the participants. More than 130 students also participated in a student forum exchanging learning experiences from the mainland China and abroad.

物理治療團隊支援慈善跑選手

Physiotherapists and Students Serve Charity Runners



康復治療科學系物理治療臨床導師及學生組成專業團隊，應大會之邀請，出席於2015年11月28日在西貢北潭涌保良局渡假營內舉行的「保良局慈善跑」大型活動，為參加者提供即場物理治療服務及傷患處理，以及有關避免和處理運動受傷的貼士。為提升參加者的表現，物理治療團隊更於開跑前，帶領參加者進作伸展運動。

A team of RS physiotherapy students and staff took part in the Po Leung Kuk Charity Run on 28 November 2015. The team provided an on-field physiotherapy service offering acute injury care to runners and delivered advice on prevention techniques and the proper management of sports injuries. To improve runners' knee muscle strength to prevent injuries, the RS team also engaged them in stretching exercises prior to race commencement.



繼續支持香港馬拉松跑手 Physiotherapy Experts and Students Offer Unfailing Support to Marathon Runners



香港馬拉松今屆慶祝20周年紀念，於過去20年中，賽事由1997年只有1,000多人參與的小型活動，發展到現時共74,000參賽者的國際著名賽事。今年香港馬拉松更得到國際田徑聯會升格為金級道路賽，優勝者可參與2016年巴西里約熱內盧奧運會。

This year marked the 20th anniversary of the Hong Kong Marathon. In the two decades since the inaugural Hong Kong Marathon in 1997, the marathon has grown from a local running event with around 1,000 participants to a world-renowned race that saw 74,000 runners compete in 2016. The Hong Kong Marathon was also upgraded to Gold Label Road Race status by the International Association of Athletics Federations (IAAF) this year. The event's elite international runners had an opportunity to fight for a spot in the 2016 Olympics in Rio De Janeiro, Brazil.

一如往年，理大康復治療科學系聯同香港賽馬會運動醫學及健康科學中心，派出物理治療專家、物理治療師及學生組成專業團隊，積極參與香港馬拉松舉辦的活動，為參賽者提供比賽前、比賽期間，以及比賽後的賽跑意見及物理治療服務，協助他們備戰賽事，挑戰自我。

康復治療科學系副教授暨香港業餘田徑總會高級副主席楊世模博士，於2015年9月至2016年1月舉辦馬拉松訓練課程，為參加者提供全面的訓練指導，當中包括理論課、訓練前體格評估、實戰班、預防跑步受傷工作坊，以及為每位跑手設計個人專屬的訓練計劃。

於康復治療科學系楊慧教授的領導下，一眾物理治療師及學生於1月9日至10日舉行的馬拉松嘉年華設立「Fit to Run」攤位，為到場人士提供免費測試及評估，包括核心力量、柔軟度、跑步姿勢分析、身體脂肪比例及運動肌肉貼布示範等。攤位多年來一直深受跑步愛好者的歡迎，到場人士亦可即席向物理治療師諮詢跑步建議，以及有關物理治療的專業意見。

於1月17日香港馬拉松賽事當日，楊慧教授帶領物理治療團隊駐守於賽道及終點，為有需要的跑手提供即時治療及支援。多名物理治療學生亦參與其中，獲得親身參與大型運動項目比賽的寶貴經驗，並於觀察及協助註冊物理治療師工作之同時，深化課堂所學。

Over the past few years, sports physiotherapy experts, physiotherapists and students from the PolyU Department of Rehabilitation Sciences (RS) have cooperated with the Hong Kong Jockey Club Sports Medicine and Health Sciences Centre to provide various activities and services to equip enthusiastic runners and gear them up for the challenge.

Dr Simon Yeung, RS Associate Professor and Senior Vice-Chairman of the Hong Kong Amateur Athletic Association, and his sports physiotherapy team ran several Marathon Clinics for runners at different levels from September 2015 to January 2016. With the aim of promoting healthy running in the community, Dr Yeung provided runners with comprehensive guidance on performance improvement through introductory classes, pre-training physical fitness assessments, training sessions, an injury prevention workshop and tailored test runs.

After receiving very positive comments from visitors and runners, RS again operated a booth "Fit to Run" at the Hong Kong Marathon Carnival held in Victoria Park on 9 and 10 January. From the booth, RS Prof Ella Yeung and her team offered core stability, flexibility, running gait and body composition assessments to visitors to encourage them to challenge themselves and learn more about their ability. Visitors could also obtain professional advice on their running performance from the registered physiotherapists on hand.

On race day on 17 January, Prof Ella Yeung and her team of professional physiotherapists and physiotherapy students were stationed along the race route and at the finish point to provide immediate physiotherapy treatment and support to runners. RS students greatly benefited from the large-scale event, gaining valuable practical experience and learning essential skills from practising physiotherapists on the delivery of appropriate service to marathon runners.