



## 理大發明減慢兒童近視加深眼鏡鏡片 於國際發明展中勇奪全場總冠軍

## Spectacle Lens That Can Hinder Shortsightedness Wins Top Prizes at Prestigious International Inventions Exhibition

香港理工大學(理大)眼科視光學院林小燕教授及學院主任杜嗣河教授合作研究，創新發明一款證實能減慢兒童近視加深速度的眼鏡鏡片，於今年瑞士日內瓦舉行的第46屆國際發明展中，奪得全場總冠軍、特別大獎(由俄羅斯“Gorodissky & Partners”頒贈)，以及評判特別嘉許金獎共三項大獎。

A spectacle lens invented by Profs Carly Lam and To Chi-ho of the School of Optometry (SO), The Hong Kong Polytechnic University (PolyU), that can hinder or even halt the progression of shortsightedness or myopia in children has won 3 top prizes at the 46th International Exhibition of Inventions of Geneva this April. Competing against some 1,000 other inventions from 40 countries, the ground-breaking spectacle lens won the Grand Prix award for being the best invention of the whole exhibition, the Prize of the Legal Company “Gorodissky & Partners” — Russia, and a Gold Medal with the Congratulations of the Jury.



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《健訊》第十期曾報導林教授及杜教授發明的放緩兒童近視增長的「光學離焦」(DISC)軟性隱形眼鏡，於2011年4月舉行的第39屆國際發明展榮獲評判特別嘉許金獎，該發明的最新發展可詳閱本期第14頁。

有些兒童未必能按程序適當地佩戴上述的軟性隱形眼鏡，林教授及杜教授最新研發的「多區正向光學離焦」(DIMS)眼鏡鏡片，正好為他們提供多一個選擇，能同樣有效地減慢近視加深。

近視的成因，大部份是由於當眼球變長，晶狀體及角膜把光線投射在視網膜前，而不是在視網膜上，令人看遠的東西時，影像會模糊不清。有深近視的人士，亦容易出現其他眼睛毛病，最嚴重情況甚至會導致失明。

DIMS眼鏡鏡片的設計與DISC隱形眼鏡相同，同樣利用眼睛的自然回饋機制——「正視化現象」，以減慢近視加深的速度。DIMS鏡片中間為一個用來矯正屈光不正(即近視和散光)的「中心光學區」，圍繞中心區伸延至鏡片周邊的則為「多區持續近視離焦」部份。當佩戴者觀看不同距離的景物時，DIMS眼鏡片可同時提供清晰視野及近視離焦，以矯正視力。過程中，鏡片利用上述的「正視化現象」機制，令眼球生長至一個適當的長度，影像可以正常地聚焦到視網膜上。

林教授及杜教授早前進行一個為期兩年的隨機雙盲臨床實驗，邀請160名華裔兒童參與。當中79位被編配至治療組，獲安排使用DIMS眼鏡鏡片；另外81位則為對照組，被安排使用普通單焦鏡片。林教授及杜教授發現，佩戴DIMS眼鏡片兒童的近視加深情況較佩戴單焦鏡片的兒童顯著減慢59%。而治療組中68.5%的兒童近視僅平均增加38度，其餘21.5%兒童的近視並沒有加深。於控制組的兒童中，只有7.4%近視沒有加深，其餘的兒童則平均增加93度。

DIMS眼鏡鏡片為與Hoya Vision Care的合作科研項目，預計將於今年夏季七月推出市場。

In issue 10 of "Health News," we reported that Profs Lam and To won the Prize of the Technical University of Cluj-Napoca, Romania, and a Gold Medal with the Congratulations of the Jury at the 39th edition of the exhibition in April 2011 for their Defocus Incorporated Soft Contact (DISC) lens for hindering the progression of myopia in children. (Please see our update on the DISC lens on p.14 of this current issue!)

For myopic children who may find putting in DISC lenses every day too finicky, the professors' new award-winning spectacle lens could be a more manageable option. The Defocus Incorporated Multiple Segments (DIMS) spectacle lens utilises the same innate optical-biological principle as the DISC lens to slow down myopic progression in children, namely emmetropisation, in which the young eye can grow to a length that enables images to be focused on the retina.

The most common cause of myopia is an elongated eyeball, which results in images of distant objects being focused in front of the retina. People with high myopia have a higher risk of other eye diseases that can lead to permanent vision loss.

The DIMS spectacle lens has a central zone to correct the existing myopia (and astigmatism), leading to clear vision. From the central zone to the mid-periphery of the spectacle lens are multiple microlenses that focus images in front of the retina. Thus, the spectacle lens simultaneously enables both clear vision and barely perceptible myopic defocus — and therefore possible stimulation for emmetropisation — at all viewing distances.

A 2-year randomised double-blinded clinical trial of the spectacle lens had been conducted on 160 Hong Kong schoolchildren by a team led by Prof Lam and Prof To, who is the current Head of SO and Henry G. Leong Professor in Elderly Vision Health. Compared with the control group of 81 children who wore normal "single-vision" spectacle lenses to correct their existing myopia, the experimental group of 79 children who wore DIMS spectacle lenses had their myopic progression hindered by an average of 59%, with an average myopic increase of -0.38 dioptres in 68.5% of the 79 children. In 21.5% of the 79 children, their myopic progression had halted altogether. In contrast, the control group saw their myopia worsen by an average increase of -0.93 dioptres, and only 7.4% of the control group displayed no further myopic progression.

The DIMS spectacle lens will be manufactured for commercial sale from this July by Hoya Vision Care, the research collaborator for the lens.







## 應用社會科學系講座教授於 全球教學創新大獎中囊括金銀獎項 Gold and Silver at Reimagine Education Awards Won by Chair Professor and His Teams



醫療及社會科學院暫任院長石丹理教授，同時亦身兼理大協理副校長(本科生課程)，以及利豐服務領導教育教授暨應用社會科學系講座教授。石教授去年帶領其團隊，於全球教學創新大獎中獲得兩項銅獎。今年，石教授再下一城，在過去的輝煌成就上錦上添花，於2017年12月4日在美國費城舉行的2017/18年度全球教學創新大獎中，勇奪金獎及銀獎，令理大成為全球首所連續兩年在該比賽中榮獲四項殊榮的高等院校！

全球教學創新大獎由美國華頓商學院及國際大學評級機構Quacquarelli Symonds (QS) 合辦，堪稱為「高等教育界的奧斯卡」，旨在表揚積極將創意方法靈活地應用到教學，以達至提升學生的學習體驗，爭強競爭力的高等院校。

石教授與團隊策劃的「促進青少年及兒童發展」服務學習科目，在是次比賽中於「可持續性」組別脫穎而出，獲大會評選為金獎得主。理大於2013年推出該科目，修讀過學科的學生人數已高達981位。學科要求學生親自籌辦不同類型的社會服務活動，至今已幫助超過3,000位內地兒童，以及6,400多名的本港中學生。教學團隊期望學生在為不同背景的弱勢社群舉行活動之時，不但令受助者本身的生命及其社群帶來改變，亦讓學生從服務中得到思考的機會，為自己的個人未來發展加力。

另外，石教授亦帶領另一個教學團隊，憑著「明日領袖」的科目，於是次比賽中得到「領導道德」組別銀獎。該科目於2012年推出，旨在灌輸及加強學生的領袖道德價值觀，讓他們得到全人發展。學生學習不同的領袖道德理論及概念，透過不同形式的教學活動，促使個人進行反思，以及豐富與其他人相處時的互動，從而將合乎道德標準、誠實可信及具領導才能的特質紮根在他們身上。



PolyU has become the first university in the world to capture a total of 4 prizes at the global Reimagine Education Awards competition in consecutive years in the same areas, namely service-learning and leadership education. Following on from his 2 Bronze Awards in the 2016/17 contest, Prof Daniel T.L. Shek, Li & Fung Professor in Service Leadership Education and Chair Professor at PolyU's Department of Applied Social Sciences, who is also PolyU's Associate Vice President (Undergraduate Programme) and Interim Dean of the Faculty of Health and Social Sciences (FHSS), led 2 teams to a Gold Award and a Silver Award in the 2017/18 edition in Philadelphia at its awards ceremony on 4 December 2017.

The esteemed Reimagine Education Awards recognise innovative educational initiatives that enhance students' learning outcomes and employability and are jointly organised by the Wharton School of the University of Pennsylvania and Quacquarelli Symonds (QS), compiler of the QS World University Rankings.

Prof Shek and one of his teams won the Gold Award in the Sustainability Category of the Reimagine Education Awards for their service-learning subject "Promotion of Children and Adolescent Development." The subject facilitates the long-term personal and social development of the PolyU full-time undergraduates taking part as well as the target recipients from disadvantaged backgrounds, and consequently therefore of the recipients' communities too. First introduced in 2013, the subject has enabled 981 students from across PolyU to design and implement service projects to aid in the educational and personal growth of more than 3,000 mostly migrant children in mainland China and some 6,400 secondary school students in Hong Kong.

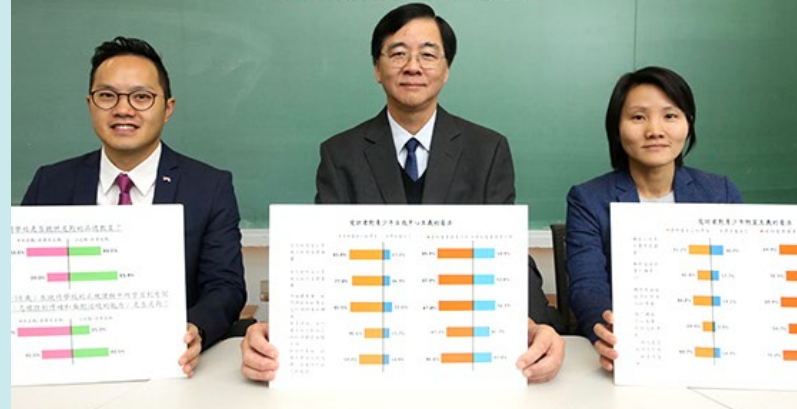
Prof Shek and another of his teams were bestowed the Silver Award in the Ethical Leadership Category for their subject "Tomorrow's Leaders." First offered in 2012, the subject aims to promote and instil ethical leadership values in PolyU students while boosting their holistic development. Students learn different theories and notions about the crucial qualities of ethical leaders. Through different pedagogical approaches and fun exercises, the students are led to reflect upon themselves and how they relate to and interact with others, and ultimately to develop their own morality, integrity, and leadership qualities.



# 研究顯示香港青少年需接受更多道德及生活技能教育

## Perceptions About Hong Kong Adolescents Suggest Need for More Moral and Life Skills Education

Character Building – A shared mission for a better future  
塑造品格·共創未來



醫療及社會科學院暫任院長石丹理教授及其團隊，與和富社會企業合作，進行「塑造品格·共創未來」大型研究計劃，以探討本港青少年的道德及品格發展。石教授及團隊於早前就研究所得，先後發表三個系統性報告，分別從中學生個人、家長/監護人，以及教師的角度，探討不同組別人士對現今一般青少年的評價。



PolyU Prof Daniel T.L. Shek (please see previous page) and his teams have been collaborating with Wofoo Social Enterprises on the project “Character building — a shared mission for a better future” to examine the moral and character development of Hong Kong adolescents. The main findings from the first 3 studies on the perceptions of adolescents by secondary school students, parents/guardians, and teachers, respectively, were released in the past year.

研究團隊以問卷形式，先後訪問2,474位來自20間本地中學的學生、431位來自九間學校的家長/監護人，以及568位來自11間中學的老師。根據調查結果顯示，受訪者於評價自己，從家長/監護人身份評價自己子女，以及以教師身份評價正任教的學生時，往往會較評價本港一般青少年的分數為高。

大部份學生、家長/監護人及教師都認為，本港的青少年擁有友好、善良及有同情心的品格特質。然而超過五成的家長/監護人，以及近七成教師認為青少年的道德水平有下降趨勢，而36.5%的家長/監護人則認為本港的青少年道德水平偏低。近三成學生、四成家長/監護人，以及五成教師都認為，學校現時提供的道德教育不足夠。而絕大部份受訪者都表示，本港的青少年不夠勤力盡責，以及於自我控制能力上有不足之處。

此外，約兩成學生被評價為較物質主義及自我中心。當比較高中生與初中生時，高中生被認為較物質主義及自我中心，而對於社會的信任度及生活滿足感亦較低。

很多家長/監護人認同，現今青少年的社會心理能力薄弱，亦覺得學校提供的社會心理支援不足。大約30%的學生，60%的家長/監護人，以及超過70%的教師，都認為學校所提供的生活技能教育不足。超過七成的老師覺得學生的責任感可以加強，而大部份教師則認為學生的情緒能力，以及面對逆境的能力都應該可以進一步提升。

至於青少年的品德發展上，超過六成學生表示為他們帶來最重要的影響來自家庭、學校及朋輩，只有30%至40%的學生認為傳媒及互聯網會為他們帶來影響。對於家長而言，他們則認為朋輩(80.9%)、家庭(77.6%)、互聯網(75.5%)、學校(74.3%)及傳媒(63.7%)均會為青少年帶來重要影響。而絕大部份教師則表示學校、傳媒及互聯網都會為青少年帶來某程度上的影響力，但超過九成的教師都認為家庭及朋輩的影響更為重要。

The studies used self-reported questionnaires and received responses from 2,474 students from 20 local secondary schools, 431 parents/guardians from 9 secondary schools, and 568 teachers from 11 secondary schools. Respondents tended to show more favourable self-perceptions or perceptions of their own adolescent children or students when compared with those of adolescents in general.

Most of the students, parents/guardians and teachers perceived adolescents as being friendly, kind, and empathetic. However, over 50% of parents/guardians and almost 70% of teachers perceived a moral decline among adolescents, and 36.5% of parents/guardians felt adolescents have a low level of morality. Some 30% of students, 40% of parents/guardians and over 50% of teachers felt moral education at schools was insufficient. All groups concurred that adolescents lacked diligence and self-discipline to some extent.

Some 20% of the students seemed materialistic and egocentric to a degree. Senior secondary school students showed greater materialism and egocentrism and lower social trust and life satisfaction when compared with junior secondary school students.

A large majority of the students and parents/guardians felt adolescents' psycho-social competences were mainly weak, and most parents/guardians believed schools did not provide sufficient training in psycho-social competence. Some 30% of students, 60% of parents/guardians and over 70% of teachers believed life skills education at schools was insufficient. Over 70% of teachers felt students' sense of responsibility could be greater, and almost all teachers thought students' emotional competence and ability to cope with adversity could be increased.

In addition, over 60% of students felt family, school, and peers were the most influential factors affecting adolescents' character development, and only 30-40% of students regarded the influence of the media and the Internet as important. This differed from the much higher percentages of parents/guardians believing that peers (80.9%), family (77.6%), the Internet (75.5%), school (74.3%), and the media (63.7%) were important factors. While most teachers concurred that school, the media, and the Internet were influential, over 90% of them regarded family and peers as being the most powerful.



## 新方案幫助不同學習需要的學前兒童 New Approach Could Improve Support For Preschool Children with Diverse Learning Needs



本港為有不同學習需要兒童所提供的輔導及康復服務質量，一直備受家長及社會各界關注。由於現時有學習困難的學前兒童人數眾多，但政府所能提供的資源及服務有限，許多兒童往往需要輪候多時，才能得到由專業人士作出評估及診斷的機會。理大應用社會科學系梁敏教授，早前與該系兼任副教授梁士莉醫生及助理教授梁倩儀博士，合作進行一項先導研究計劃，評估一個由教育心理學家及教育統籌員組成的學前兒童支援團隊，於協助有特殊學習需要兒童的效度。團隊到校為有需要的兒童進行評估外，並為未達接受服務資格但其實需要協助的兒童提供支援。根據研究團隊的中期發現顯示，該先導研究提出的學前兒童支援團隊之構思甚具效用。



Rehabilitation support for children with diverse learning needs is a hot topic among parents in Hong Kong. For preschoolers, referrals for rehabilitation are available only after a long wait for assessments and a diagnosis of a mild or severe degree of learning need. A pilot project by Prof Cynthia Leung Man, Adjunct Associate Professor Dr Shirley Leung Sze-lee and Assistant Professor Dr Janet Leung Tsin-ye of PolyU's Department of Applied Social Sciences studied the efficacy of a "preschool support team" to expedite the assessment of kindergartners for existing rehabilitation services as well as provide customised rehabilitation support for those who do not qualify. The research team's interim findings indicate that the preschool support team is effective in achieving those goals.

很多學前兒童都有不同程度上的發展遲緩或功能障礙，但由於輪候評估直至得到服務過程需時甚久，許多家長覺得服務配額得來不易，所以就算子女已經進展到不需要服務時，亦不願意輕易放棄機會，讓子女離開政府的福利制度。

於李國賢基金會的支持下，梁教授及團隊提出一項名為「育幼同行」的嶄新校本計劃，以提升幼稚園的整體學生發展及全校共融。共16間本地幼稚園參與是項研究，所有學校均有參與由社會福利署（社署）提供的到校學前康復服務試驗計劃。當中八間為對照組，研究期間照常接受社署的服務。另外八間則為試驗組，在接受社署的服務之同時，再得到由教育心理學家及教育統籌員組成的學前兒童支援團隊的協助，研究期間教育心理學家到訪學校，而由富有支援特殊學習需要學生經驗的資深老師所出任的教育統籌員，則大部份時間駐守學校。

學前兒童支援團隊的工作包括協助學校優化政策，以提升學生的學習及發展，同時亦為教師及家長提供訓練。教育心理學家亦會為進度稍遜的學生進行評估，從而識別出有較嚴重問題的學生，讓社署到校學前康復服務試驗計劃的團隊特別留意，亦為其他有輕度學習需要的兒童提供度身訂造的個人化或小組形式康復服務。

梁教授及團隊發表中期研究結果，表示由於教育心理學家定期到訪學校，試驗組學校的學生，平均只需輪候9.07日便能接受評估，而控制組學生的輪候時間則平均需要41天。另外，團隊亦發現試驗組兒童於利他行為及學習行為上亦較對照組有明顯的進步。

Preschool children may have a developmental delay or a functional impairment. The long wait for assessments and a place in rehabilitation also often results in parents being reluctant to give up their child's place in rehabilitation even if the child no longer needs rehabilitation before entering primary school.

The project, titled "Whole and Inclusive School Empowerment (WISE)" and funded by the Simon K.Y. Lee Foundation, involves 16 local preschools: 8 in the control group and 8 in the intervention group. All 16 are recipients of the government's pilot On-Site Pre-School Rehabilitation Services (OPRS). The control group received OPRS as before, while the intervention group also received support from a WISE preschool support team comprising an external educational psychologist and external or internal preschool teachers experienced in working with children with diverse learning needs and special educational needs and who acted as part-time teacher coordinators. At each intervention school, the educational psychologist visited weekly or fortnightly, and a preschool teacher devoted 70% of his or her time to serve as a teacher coordinator instead of teaching full-time.

The preschool support team aided the intervention schools in their policies to advance child learning and development and provided training and consultations to teachers and parents. The educational psychologist also assessed the kindergartners for the respective schools to identify those who might need attention by OPRS and to provide those with lower degrees of learning needs with customised individual or group rehabilitation support at the schools.

The research team found that the children in the intervention group waited an average of 9.07 days to be assessed whereas their counterparts in the control group had to wait an average of 41 days. The children in the intervention schools also showed a significant improvement in their prosocial behaviour and readiness for primary school.



## ► 理大職業治療學及物理治療學研究成就 與美國、加拿大及澳洲著名學府看齊 PolyU's Occupational Therapy and Physiotherapy Research Impact On Par with Best in US, Canada and Australia



全球多個學術組織及教育團體都會制訂不同的排行榜及指數，以供升學學生、研究夥伴、捐款人及資助機構等，於世界眾多大學中作出選擇時加以參考。但是，由於世界上可供參考的大學排行榜近來有如雨後春筍般出現，資訊過多甚至可說是泛濫，加上不同機構的預設排名準則亦各有不同，容易令接收資訊的人士產生混淆，以偏概全。



Universities are now routinely scrutinised and ranked in international league tables as quick references for prospective students, potential collaborators, donors, and funding bodies. However, as handy and ubiquitous as rankings have become, they are in danger of becoming the be all and end all.

很多排名機構都會以僱主對於院校的評價、國際學者及海外學生人數比例，以及院校從業界中獲得的收入比例等原則，作為制訂排行榜的依據。然而世界上有許多專業學科，經常被這些排名機構籠統地歸納在一起作比較，甚至根本不被納入作出評級排名，以致這些學科經常在非公平、非合理的大前題下，透過非標準的原則作出比較，而醫療及社會科學院中許多專業學科，現時都以這種形式出現於國際的大學排行榜上。

康復治療科學系於職業治療學及物理治療學的教學及研究上均表現卓越，於亞洲學術界中顯赫有名。然而該兩個專業卻在較知名的排行榜，如QS世界大學排名或泰晤士高等教育世界大學排名等，從來未有被視為獨立學科以作出排行或比較。

為補足現時排行榜不善之處，以及本著知己知彼的精神，康復治療科學系進行了一個深入的科學化探討，將排名原則聚焦於高等院校最為重要的研究成就上，以了解學系的職業治療學及物理治療學，與美國、加拿大及澳洲同級數的高等學府比較時的表現。與現時普遍的大學排行榜準則不同，康復治療科學系今次採用的方法為分開比較兩個專業學科的研究影響力，針對學者發表的研究文章影響系數—H指數。H指數是一個國際公認的混合化指標，除計算研究發表數量外，亦計算研究文章被其他學者引用的次數，顯示出研究人員的學術產出數量及學術水平。康復治療科學系就美、加、澳、港四地的同級數高等院校進行分析，就院校中學術名銜由副教授及以上的學術研究人員的平均H指數高低，按次序作出排名。

根據以上排名量度準則，理大職業治療學的研究表現，於與20間美國院校比較時位列第二；於加拿大的14間院校中位列第三；而於12間澳洲院校比較中則位列第四。至於物理治療學方面，理大於14間加拿大院校中排列第八；於17間澳洲院校中排名第九；而於20間美國院校中則排列第15。

根據以上分析，顯然理大康復治療科學系的職業治療學及物理治療學的研究成就，於與美國、加拿大及澳洲高等大學的角力中實力相約，絕對不遑多讓。

Different criteria are used to compile the different league tables, such as the institutions' reputations with employers, ratios of international faculty members and international students, or ratios of industry income. However, many unrelated disciplines are often lumped together or disciplines are omitted altogether for the sake of convenience, leading to instances of oranges being compared with apples. Unfortunately, most of the disciplines within FHSS fall within the latter.

Our Department of Rehabilitation Sciences (RS) is home to the disciplines of occupational therapy (OT) and physiotherapy (PT). Despite RS's expertise in OT and PT being generally regarded as the best in Asia, there are no QS (Quacquarelli Symonds) or THE (Times Higher Education) rankings in the subjects of OT or PT for interested parties to refer to.

To help fill the gap in rankings, RS recently compared how well it was faring compared with its top counterparts in the US, Canada and Australia on one of the most important measures of higher education excellence: research impact. Unlike in the well-known international league tables, the methodology used by RS compared research impact in the *same* disciplines and took into account the impact of each institution's research papers in those 2 disciplines by their associate professors, professors and chair professors. (Assistant professors were excluded because of different countries' definitions of the job.) The institutions' average h-indices for each of the disciplines were ranked. H-index measures a person's research productivity and influence by looking at the number of citations of his or her research papers in other people's research papers.

Using the methodology, RS's OT research impact ranked 2nd among the top 20 OT providers in the US, 3rd among the top 14 OT providers in Canada, and 4th among the top 12 OT providers in Australia. RS's PT research impact ranked 8th among the top 14 PT providers in Canada, 9th among the top 17 providers in Australia, and 15th among the top 20 providers in the US.

These rankings confirm that RS's research impact is better if not comparable with many of its top counterparts in the US, Canada and Australia.

## 研究發現陰霾天色增加 精神病患者及神經系統疾病 病人的死亡機會 Hazy Days Increase Deaths of People with Mental Illness And Those with Nervous System Disease

香港環境保護署每天公布空氣質素健康指數，讓市民得知本港近日或會由空氣污染而引發疾病出現的短期健康風險，此指數特別針對長者、兒童、戶外工作人士，以及患有心臟及呼吸道疾病的人士而發出，以便他們能按空氣質素狀況採取不同預防措施，保障健康及生命。理大護理學院助理教授楊琳博士，早前參與一項由多位理大學者合作進行的研究，發現患有精神病或神經系統疾病的人士，於本港天色昏暗的日子中死亡機會有所增加。

TV viewers in Hong Kong may be familiar with seeing the forecasted Air Quality Health Index (AQHI) for the next day. Each forecasted health risk level corresponds to a different recommended precautionary action for the general public and vulnerable populations of the elderly, children, outdoor workers, and people with heart and respiratory disease. However, a pioneering study by mostly PolyU researchers from different faculties, including Assistant Professor Dr Yang Lin from FHSS's School of Nursing, has found that hazy days in Hong Kong can also significantly increase the risk of death among people with mental illness and those with nervous system disease.

陰霾是一個出現於大氣層的現象，因為空氣中有大量懸浮粒子而影響空氣質素和光線透穿，並會影響到視野能見度。負責進行研究的團隊，旨在探討本港陰霾日子與市民死亡危機的關係。研究人員首先分析2007年至2014年本港人口總死亡的人數及原因，發現死因大致上可歸納為四大類，分別為心臟呼吸道疾病、神經系統疾病、皮膚及皮下組織疾病、精神病及行為障礙。

當與天色良好的日子比較時，研究人員發現於陰霾日子的首日及次日，市民總死亡人數分別增加2.9%及2.4%。團隊亦發現在溫度過高及過低的日子，以及在不同空氣質素狀況(臭氧及微細懸浮粒子水平)的陰霾日子中，亦會不同程度地影響某些特定原因而引致死亡的機會，當中只有因皮膚問題死亡的人數與天色沒有直接關係。

就算同樣是陰霾的日子，於寒冷的日子中死亡的人數亦較於溫暖的日子為高。研究人員發現與普通溫度的陰霾日子比較時，在首個寒冷的陰霾日子的整體死亡率會增加13.1%，翌日雖然稍為下降但亦有增加9.5%。而患有心臟及呼吸道疾病的人士，於首個寒冷及陰霾的日子的死亡率會增加16.7%，第二天回落但仍增加11.8%。然而團隊發現，陰霾的日子對於精神病患者影響最大，即無論於寒冷或溫暖的陰霾日子中，首天的死亡人數會增加16.4%，次日更高達26.5%。

此外，研究團隊亦發現都市環境亦同樣會影響市民健康，增加患有心臟及呼吸道疾病、精神病及神經系統疾病人士的死亡危機。

Haze is an atmospheric event in which small particles are suspended in the air, affecting air quality, light, and the farthest visible distance or "visibility." The researchers wanted to investigate the risk of death on hazy days in Hong Kong. To this end, they analysed the city's mortality data from 2007 to 2014 for all causes of death and 4 specific causes of death, namely cardiorespiratory disease, nervous system disease, skin and subcutaneous tissue disease, and mental and behavioural disorders.

Compared with a non-hazy day, the researchers found the all-cause mortality risk rose 2.9% on the first average hazy day and 2.4% on the second average hazy day. They also discovered that extreme temperatures and different air quality on a hazy day, in terms of the levels of ozone (O<sub>3</sub>) and airborne particulate matter measuring 2.5 microns or less (PM<sub>2.5</sub>), affected the mortality risks of the specific causes differently. The only exception was that no significant correlation was found between hazy days and the mortality risk of skin-related disease.

A cold hazy day affected mortality risk more than a warm hazy day. Compared with an average hazy day, there was a 13.1% increase in mortality risk of all causes of death on the first cold hazy day and a rise of 9.5% on the second cold hazy day. For people with cardiorespiratory disease, the mortality risk rose 16.7% on the first cold hazy day and 11.8% on the second cold hazy day. However, the mortality risk was the highest for people with mental disorders regardless of the temperature, with the risk of death rising 16.4% on the first hazy day and 26.5% on the second hazy day.

Different characteristics of the urban environment also affected the mortality risks of cardiorespiratory disease, mental disorders, and nervous system disease.





## 理大新成立神經科學中心實驗室 New University Research Facility in Behavioral and Systems Neuroscience

科技發展一日千里，促使有關神經科學的跨學科研究與日俱增，讓研究人員能夠更深入了解人類的腦部結構功能，以及神經系統與腦部相互運作而產生的行為表現。為進一步促進神經科學的科研發展，理大成立神經科學中心實驗室，於1月17日在超過50位嘉賓的見證下，由理大常務及學務副校長陳正豪教授，以及理大協理副校長(學與教)暨康復治療科學系講座教授及神經科學中心實驗室總監陳智軒教授的主持下，舉行該實驗室的第一期開幕儀式。

神經科學中心實驗室為先進的科研平台，讓來自本港及海外高等學府及研究中心的學者及科研人員組成智囊團，共同進行跨學科的神經科學研究，同時亦為學生及新晉研究人員提供難得的實習及訓練機會。

科技進步讓研究人員於大腦與神經系統運作的認知上取得莫大的進展，對於腦部結構及運作如何影響人類健康的研究上亦取得多項重大突破。神經科學中心配備多項先進儀器，讓科研人員能夠針對認知測試、腦部刺激、電生理學、腦部素描及組織切片等範疇上，進行不同的人體及動物研究。該實驗室亦正密鑼緊鼓進行第二期的發展，預計於2019年底前購置磁力共振成像儀器，讓科研人員進行更高質素的神經科學研究。本地及海外合資格的研究人員，亦可透過實驗室的中央登記系統進行預約，使用實驗室的設施進行科研項目。

神經科學中心實驗室的研究範圍包括人類發展、健康高齡化、神經復康及修復，以及精神健康等。醫療及社會科學院中來自康復科學、職業治療、物理治療及眼科視光學專家亦組成智囊團，就腦部和神經系統如何影響身體機能運作的大題目下進行研究，研究對象除健康正常的人士外，亦包括患有神經發展及精神問題的人士。研究團隊亦進行多項轉譯研究，將研究成果加以轉化應用，建構成適切的健康介入項目，改善相關患者的生活質素。智囊團持歡迎態度，期望與更多理大部門及其他院校組織建立夥伴合作關係，進行更多神經科學相關的研究。

In recognition of the growing importance of neuroscience in understanding human health and behaviour and to inspire and facilitate more interdisciplinary collaboration in neuroscience-related research, PolyU recently established the University Research Facility in Behavioral and Systems Neuroscience (UBSN). To mark the completion of the first phase of UBSN, an opening ceremony was held on campus on 17 January. More than 50 guests attended the launch, which was officiated by Prof Philip Chan, PolyU's Deputy President and Provost, and Prof Chetwyn Chan, Director of UBSN who is also Chair Professor of Rehabilitation Sciences at PolyU's Department of Rehabilitation Sciences and PolyU's Associate Vice President (Learning and Teaching).

UBSN is both a cutting-edge technological platform and think-tank for scholars and researchers from different disciplines at PolyU and other local and overseas higher education or research institutions. It also serves as a vital training hub for students and junior researchers.

Over the years, advances in technology and increased knowledge of how the brain and nervous system work have led to many breakthroughs in understanding how different brain structures and processes affect health-related outcomes. Human studies and animal studies can be conducted using UBSN's vast selection of sophisticated equipment, which include those used for behavioural tests, brain stimulation, electrophysiology, brain imaging, and tissue slicing. The second phase of UBSN's development will include the acquisition of a magnetic resonance imaging or MRI scanner by the end of 2019. UBSN's state-of-the-art facilities are available for hire by qualified users through a convenient central booking system.

UBSN's key strategic areas for research are human development, healthy ageing, neuro-rehabilitation and neural repair, and mental health. Its think-tank includes FHSS scholars in rehabilitation sciences, occupational therapy, physiotherapy, and optometry who investigate how the brain and nervous system affect various body systems and the functioning of healthy individuals and those with neurodevelopmental, neurological, or psychiatric disorders. They also conduct translational research by applying their findings to the design and testing of potential health interventions for improving patients' engagement in and quality of life. The think-tank would like to invite other qualified users at PolyU as well as at other institutions to collaborate on mutual neuroscience-related research interests.

有關神經科學中心實驗室的詳情，請瀏覽：

For more details about UBSN and to make bookings, please visit :

<https://ubsn.polyu.edu.hk>







## 理大物理治療團隊為 2018 香港馬拉松大會及選手提供協助 Physiotherapy Staff and Students Give Helping Hand for Hong Kong Marathon 2018



本港體壇盛事——香港馬拉松於1月21日舉行，當日天氣溫暖及稍為潮濕，與賽事舉行前的天氣截然不同，因此專家提醒跑手們於賽事中要留意身體狀況，調節跑步節奏，以確保能夠順利完成賽事。

大會今年將半程馬拉松的其中1,000個名額撥至全程馬拉松組別，讓更多跑手可以透過參與全長42.195公里的賽事中挑戰自我。此外，大會亦於每個組別增加「公益名額」，讓更多熱愛跑步的人士可以參與之餘，亦同時共襄善舉，收集更多善款幫助有需要的人士。而大會今年更特別推出名為「前世情人跑」及「家庭跑」的組別，賽程分別為400米及一公里，讓公眾組成親友成員隊，一起感受馬拉松的氣氛。

一如往年，理大康復治療科學系的物理治療團隊都全力守護跑手，配合大會的安排，為無論志在參與的跑手，又或認真準備賽事的跑手，運用專業知識為他們備戰賽事。

於賽事舉行前的一星期，香港賽馬會運動醫學及健康科學中心聯同理大康復治療科學系，於康復治療科學系楊慧教授的帶領下，由系內師生及執業物理治療師組成專業團隊，參與於維多利亞公園舉行的馬拉松嘉年華。理大於攤位中提供不同的測試，當中包括步態分析、柔軟度、身體脂肪比例、核心力量評估等，讓參與人士了解其體能狀況。而物理治療師亦駐場為有需要的跑手示範運動肌內效貼布的使用，以及提供專業物理治療諮詢服務，參加者亦可從攤位內的展板中獲得跑步留意的要點。

於香港馬拉松舉行當日，楊慧教授亦率領超過50名物理治療師及物理治療學生組成的強大團隊，於賽事沿途及終點駐守，為有需要的跑手提供即時的治療及舒緩。



With the weather forecasted to be relatively warm and humid for this year's Hong Kong Marathon on 21 January, competitors were advised to listen to their body while running to adjust their level of effort instead of blindly pushing to achieve the pace they were accustomed to or targeting during training in the previous cooler weeks.

This tip was especially pertinent because an extra 1,000 places had been allocated for the full marathon from the half-marathon quota and the number of "charity entry" spots for all race lengths had been increased from last year's event. In addition, for one of the later 10K runs, the organiser introduced a few hundred "team entry" spots for small groups of relatives or friends who wanted (or were cajoled) to run together.

Despite the higher number of full marathoners and 'fun runners', physiotherapy staff and students from PolyU's Department of Rehabilitation Sciences (RS) were once again ready to help all competitors prepare for and recover from their respective races.

On the weekend before race day, The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, which is co-hosted by FHSS, and RS set up their annual joint booth at the Marathon Carnival in Victoria Park. Runners and other visitors to the carnival were invited to undergo free assessments of different facets of fitness by a contingent of RS physiotherapy professionals and students led by RS Prof Ella Yeung. Visitors could get their running gait analysed, flexibility and body composition measured, and their core strength tested. They could also learn about kinesiology taping or even consult with a physiotherapist. Visitors could also browse running health tips on the booth's information boards.

For competitors who did find themselves suffering from cramp or other aches on the big day, help was on hand (literally) from Prof Yeung's large volunteer team of more than 50 RS and non-PolyU physiotherapists and RS student physios stationed at the finish area.





## 2017 年度醫療及社會科學院卓越學生獎 FHSS Outstanding Student Award 2017

★ 理大於2月26日舉行卓越學生獎頒獎典禮，由校長唐偉章教授頒發獎狀嘉許2017年度最優秀的學生，當中包括被選為醫療及社會科學院卓越學生獎的應用社會科學系社會工作學陳映嵐同學。

陳同學學術成就出色，曾獲多項獎學金。於繁忙的學習生活中，她仍會主動協助籌辦許多校內課外活動，亦會投放很多時間以義工身份服務社會。陳同學於香港特區政府社會福利署舉辦的義工嘉許禮中曾獲金獎及銀獎，亦曾被選為元朗區傑出義工。陳同學分享說：「理大給予我很多機會裝備自己，成為一個更出色的人，最重要是讓我能夠學習成為一個真正幫助到有需要人士的成功社工。」

謹此恭賀陳同學！

★ At PolyU's prize presentation ceremony on 26 February 2018 for its annual Outstanding Student Awards Scheme, PolyU President Prof Timothy W. Tong presented certificates of award to the university's top all-round students for 2017. Among the recipients honoured was Miss Chan Ying-laam, a social work student at the Department of Applied Social Sciences, who was bestowed with the PolyU Outstanding Student Award of Faculty/School for FHSS.

Miss Chan's academic prowess is amply demonstrated by her winning a number of scholarships during her studies at PolyU. Yet despite her busy schedule, she has taken part or proactively helped in the organisation of many extra-curricular activities at PolyU while continuing her pre-PolyU passion as a longtime volunteer in community service. Miss Chan has won Gold and Silver Awards in Volunteer Service from Hong Kong's Social Welfare Department, and has also been selected as an Excellent Volunteer in Yuen Long District. "PolyU has provided me with so many opportunities to equip myself to be a better person and, more importantly, to become a better social worker to help people in need," she reflected.

Congratulations to Miss Chan!



## 醫療及社會科學院 2016/17 學院特設傑出教學表現/成就獎 FHSS Faculty Awards/Prizes for Outstanding Performance/Achievement in Teaching 2016/17

★ 理大一向致力提供高質素的教學，讓學生享受最佳的學習經驗。為表揚教員的出色表現，大學每年設立傑出教學表現/成就獎，由學院選出每年表現最突出的教員進行嘉許，衷心恭賀醫療及社會科學院2016/17學院特設傑出教學表現/成就獎得主。

★ PolyU places a very strong emphasis on high-quality teaching so that its students receive the best learning experience possible. To recognise and reward PolyU teachers who exemplify this, PolyU runs an annual awards scheme whereby its faculties and independent schools decide worthy recipients from among their ranks. FHSS recently bestowed its Faculty Awards/Prizes for Outstanding Performance/Achievement in Teaching 2016/17 to the following staff members. Congratulations to all of them!

### 學院特設傑出教學表現/成就獎 Faculty Awards for Teaching

組別 Category	得獎者Awardee
個人 Individual	眼科視光學院臨床導師丁偉祺博士 Dr Patrick Ting, Clinical Associate, School of Optometry

### 學院優秀教學獎 Faculty Prizes for Teaching

組別 Category	得獎者Awardee
個人 Individual	應用社會科學系導師張慧婷女士 Ms Rita Cheung, Instructor, Department of Applied Social Sciences
個人 Individual	醫療科技及資訊學系助理教授李泳怡博士 Dr Shara Lee, Assistant Professor, Department of Health Technology and Informatics
個人 Individual	康復治療科學系臨床導師蘇俊龍博士 Dr Billy So, Clinical Associate, Department of Rehabilitation Sciences
團隊 Team	「Clinical Skills in Radiography Practice」教學團隊 醫療科技及資訊學系助理教授李泳怡博士 (領袖)及 副教授羅嘉慧博士 Teaching team for the subject "Clinical Skills in Radiography Practice" Dr Shara Lee, Assistant Professor (Team Leader); and Dr Helen Law, Associate Professor, Department of Health Technology and Informatics

下頁將有《健訊》與學院特設傑出教學表現/成就獎得主丁偉祺博士的專訪。  
An interview with Dr Patrick Ting, the winner of the Faculty Award in Teaching, is featured on the following page.



## 專訪眼科視光學院 丁偉祺博士 Interview with Dr Patrick Ting, School of Optometry



理大眼科視光學院臨床導師丁偉祺博士，最近榮獲醫療及社會科學院頒授2016/17學院特設傑出教學表現/成就獎。丁博士1999年於理大眼科視光學院完成學士學位課程，隨後遠赴澳洲昆士蘭科技大學取得博士學位，再於2005年回到理大以導師身份任教於眼科視光學院。於2011年，丁博士前往新加坡出任導師及臨床導師的工作兩年後，2013年再重返理大，於眼科視光學院出任臨床導師。作為眼科視光學院畢業生及教員，丁博士如何運用其經歷，以及配合其海外學習及工作經驗，幫助眼科視光學院學生學習呢？



Dr Patrick Ting, Clinical Associate at PolyU's School of Optometry (SO), was recently bestowed with FHSS's Faculty Award for Outstanding Performance/Achievement in Teaching 2016/17. A 1999 SO graduate, Dr Ting joined SO in 2013 in his current position after spending 2 years as a lecturer and a clinical tutor in Singapore. Before moving to the Lion City, he had been a full-time Instructor at SO after joining his alma mater in 2005 with a newly minted PhD from Australia's Queensland University of Technology. So how does Dr Ting approach teaching, having been an SO student and an SO staffer twice over as well as having studied and worked abroad?

丁博士表示：「我會花很多心思整合課堂內容，令教授的資料有結構性，讓同學能夠將所學到的知識，有信心地實踐運用到實習上。」眼科視光學院學生於五年的課程中，畢業前的兩年都需要接受臨床實習訓練。於實習期間，丁博士會給予學生高度的自由，但同時亦會謹慎地跟進每一個臨床個案，讓學生於自主之同時，亦會作出積極的引導，讓他們為病人歸納出準確的診斷，以及提供適切的治療。丁博士說：「學生們需要足夠的空間去思考，從而才能培養出準確的判斷、自信及專業能力，這些對於他們於畢業後執業極為重要。」

丁博士說：「我會於教學時應用不同的科技，以提升學生學習經驗。現時我多會使用Facebook與學生交流，以及上載影片至YouTube讓他們能夠深化所學。另外，為配合新一代學生的喜好，我亦會使用其他社交媒體及應用程式與他們保持溝通。」於丁博士多年教學的經驗中，他發現學生於發問及回應問題時，喜歡保持低調，甚至匿名。丁博士說：「比較起透過其他傳統網上教學系統及平台，我的學生於回應Google Docs時會反應更快以及更投入，這正是由於學生回應Google Docs時，不需要公開其身份，所以會表現得更積極及暢所欲言。」

丁博士亦負責眼科視光學院其中一科名為「Public Health Optometry」的服務學習科目，修讀的學生需要由零開始，於香港、國內或海外地方籌辦及執行社區眼睛健康項目。丁博士表示：「我很喜歡執教這個科目，因為於引導學生策劃社區眼睛健康活動之同時，他們可以靈活地運用學習過的知識服務社會，而於過程中亦能得到認同感，以及作為專業眼科視光師的使命感。這些寶貴的經歷，對於他們將來成為稱職及有自信的眼科視光師影響深遠。」

"I try my best to structure the content of my teaching so that students can integrate the knowledge they learn with applying it in practice," said Dr Ting. SO undergraduates undertake intensive clinical placements during their last 2 years of the 5-year degree programme. "I usually give them a free hand during the clinical placements, but I keep a close eye on all the cases. I guide the students to come up with the best treatment and conclusion for each patient they see," he said. "By giving the students some leeway to think for themselves, I want to nurture their judgement, confidence and competence, which are very important in professional practice," he explained.

Dr Ting also uses different technologies to boost his students' learning experience. "I usually use Facebook and upload videos to YouTube, but I also explore other ways to communicate with them," he said. "Also, from my experience, students like to keep a low profile or be anonymous when they are expected to ask or answer questions. My students tend to give prompt and better responses when they are invited to answer on Google Docs compared with inviting them to do so on the online learning management system or LMS that PolyU currently uses," he reflected.

Dr Ting is also responsible for SO's service-learning subject "Public Health Optometry" for SO students whereby they organise and implement community vision screening in Hong Kong, mainland China or overseas. "I enjoy leading students in those projects because, through their experience of serving the community, they gain more recognition of and interest and pride in the optometry profession. These are also very important for them to become competent optometrists," he said.



## 理大康復治療科學系40周年誌慶及精英校友講座 Department of Rehabilitation Sciences' 40th Anniversary Kicks Off with Seminar by Prominent Alumni



理大康復治療科學系由1978年起，提供高質素及達國際水平的職業治療及物理治療專業教育。該系今年慶祝成立40周年，首項重點活動為於2月7日舉行的精英校友講座，邀請多位於社會上有不同建樹的校友作分享，而當晚亦同時舉行40周年誌慶開幕典禮。



PolyU's Department of Rehabilitation Sciences (RS) evolved out of the then Hong Kong Polytechnic's Institute of Medical and Health Care, which had begun offering academic programmes in occupational therapy and physiotherapy in 1978. As illustrated on p. 6 of this issue of "Health News," RS has come a long way since and celebrates its 40th anniversary this year. Its packed calendar of celebratory activities commenced with an Elite Alumni Seminar-cum-Kick-Off Ceremony on 7 February featuring prominent alumni as distinguished speakers.

有關康復治療科學系的40周年誌慶活動詳情，請瀏覽[www6.rs.polyu.edu.hk/rs40a](http://www6.rs.polyu.edu.hk/rs40a)

For more information on RS's 40th anniversary activities, please visit [www6.rs.polyu.edu.hk/rs40a](http://www6.rs.polyu.edu.hk/rs40a)



Department of  
Rehabilitation Sciences  
康復治療科學系



## 物理治療教員於第27屆歐洲中風會議榮獲研究員獎 Physiotherapy Staffer Wins "Young Investigator Award" at 27th European Stroke Conference



理大康復治療科學系臨床導師(物理治療)羅英敏先生，於4月11日至13日在希臘雅典舉行的第27屆歐洲中風會議上，在眾多的提交研究項目中表現突出，獲大會評選為十大最佳項目，榮獲「Young Investigator Awards for Excellent Stroke Research」獎項，該獎項旨在表揚於中風研究上有卓越成就的年青學者。羅先生帶領幾位物理治療學碩士(中國)學位課程學生，研究及歸納運動鍛煉對中風後閉鎖症候群患者身體恢復的影響，於是次會議中脫穎而出，有關研究文章稍後亦會於兩本國際同行評審期刊中發表。

再次恭賀羅先生及一同參與研究的學生！



Mr Angus Law, Clinical Associate (Physiotherapy) at PolyU's Department of Rehabilitation Sciences, was a recipient of the "Young Investigator Awards for Excellent Stroke Research" at the 27th European Stroke Conference in Athens, Greece, from 11-13 April. The awards were presented for the 10 best research abstracts submitted for the conference. Mr Law and some of his Master in Physical Therapy (China) students had conducted the corresponding research study, "Effect of physical exercise for physical recovery of people with locked-in syndrome after stroke: What do we know from the current evidence? A systematic review." An international peer-reviewed journal plans to publish the research paper.

Congratulations to Mr Law and his students!

## 理大受政府委託成立顧問團隊協助籌劃本港未來康復服務 PolyU Consultancy Team Seeks Public's Views on Updating Hong Kong's Rehabilitation Services



根據政府於2013年進行的人口普查，於本港居民中，有8.1%人士有肢體傷殘或精神病患，另外亦有1.5%人士有智力問題。政府的《香港康復計劃方案》不時作出檢討及更新，以配合城市的人口及社會發展，制訂適切的康復政策及服務，與時並進。理大受政府委託，成立由康復治療科學系主導的顧問團隊，協助制定由2020年起納用的《香港康復計劃方案》，當中包括公眾諮詢，邀請持份者及廣大市民提出意見。

《香港康復計劃方案》就殘疾人士的各種服務需要闡述策略性方向，以及短、中、長期的措施，包括住宿及日間照顧、社區支援、就業、無障礙設施，以至交通、醫療、教育、體育、藝術等範疇。現時的方案涵蓋十項殘疾類別，分別為注意力不足/過度活躍症、自閉症、聽障、智障、精神病、肢體傷殘、特殊學習困難、言語障礙、器官殘障及視障。



According to a 2013 census, 8.1% of people living in Hong Kong had a physical impairment or a mental disorder, while some 1.5% had an intellectual disability. The government's Hong Kong Rehabilitation Programme Plan (HKRPP) is revised every decade or so to keep the SAR's rehabilitation services up to scratch with the city's changing demographics and developments. An FHSS consultancy team led by PolyU's Department of Rehabilitation Sciences has been commissioned to help in the review and formulation of the new HKRPP to be implemented from 2020, including engaging with and collecting views from stakeholders and the public.

The new HKRPP aims to set out the strategic directions and short-, medium- and long-term measures to address the rehabilitation service needs of people with different disabilities at different life stages, such as but not limited to residential and day care, community support, employment, barrier-free facilities, transport, health care, education, sports, and arts. The current HKRPP covers 10 categories of disability, namely attention deficit/hyperactivity disorder, autism, hearing impairment, intellectual disability, physical disability, mental illness, specific learning difficulties, speech impairment, visceral disability, and visual impairment.



查詢《香港康復計劃方案》諮詢活動的詳情及提出意見，請瀏覽<http://www6.rs.polyu.edu.hk/rpp>

For more details about the HKRPP exercise and how you can contribute, please visit [www6.rs.polyu.edu.hk/rpp/home](http://www6.rs.polyu.edu.hk/rpp/home)



## 理大兒童發展中心擴大服務範疇 PolyU's Child Development Centre Expands Scope of Services



理大應用社會科學系於2010年7月與仁愛堂合作，成立「理大仁愛堂歐雪明資優兒童發展中心」。為服務更多有需要的兒童，中心較早前更名為「理大仁愛堂歐雪明兒童發展中心」，除幫助資優兒童外，亦會為有特殊學習需要、需要心理支援及有發展障礙的小朋友提供支援。理大院士及贊助人歐雪明女士，聯同理大校長唐偉章教授主持於3月21日舉行的更名典禮，出席嘉賓亦參觀重新粉飾後的中心。

In July 2010, PolyU's Department of Applied Social Sciences (APSS) and Yan Oi Tong jointly established The Hong Kong Polytechnic University Yan Oi Tong Au Suet Ming Child Development Centre for Giftedness. To serve more children, the centre has now expanded its professional services to cover not only gifted children but also children in need, including those with special educational needs or who require counselling support or who have developmental challenges. To reflect its additional aims, the centre has been renamed as "The Hong Kong Polytechnic University Yan Oi Tong Au Suet Ming Child Development Centre." On 21 March, Ms Clarea Au Suet-ming, the centre's donor and a University Fellow of PolyU, and PolyU President Prof Timothy W. Tong officiated at the renaming ceremony and toured the newly equipped centre.

## 諾貝爾和平獎得獎者分享社會企業如何 減低貧窮、失業及環境破壞問題

### Nobel Peace Prize Laureate Shows How Social Enterprises Can Reduce Poverty, Unemployment, and Environmental Harm



作為理大環球領袖講座系列之一，理大應用社會科學系、企業發展院及賽馬會社會創新設計院，於3月29日聯合邀請2006年諾貝爾和平獎得主穆罕默德·尤努斯教授發表演說，題為「全球三零任務：零貧戶、零失業及零淨碳排放」，隨後並由多位嘉賓進行討論。尤努斯教授於1970年代後期，於孟加拉推出個人小額貸款及社會企業，並創立格萊珉銀行向企業推出小額借貸。

尤努斯教授近期支持的社會企業均以改善健康及環境為大前題，當中包括藉着向鄉村居民借出「廁所貸款」，改善落後村落的衛生狀況，以及讓每個家庭每月的火水支出，投放在安裝太陽能家居系統。尤努斯教授的演說，令全場450位出席者反思個人在社會上功能，不單只成為一個受聘的僱員，而是去思考如何為自己及其他人創造就業，促進社會進步。

As part of PolyU's Global Leader Lecture Series, APSS, PolyU's Institute of Entrepreneurship, and the Jockey Club Design Institute for Social Innovation co-organised a lecture at PolyU on 29 March by Prof Muhammad Yunus, 2006 Nobel Peace Prize Laureate, on the topic "A World of Three Zeros: Zero Poverty, Zero Unemployment, and Zero Net Carbon Emission," which was followed by a panel discussion with other distinguished guests. In Bangladesh in the mid-1970s, Prof Yunus pioneered microloans and social enterprises or "social businesses" for the impoverished and later founded the now oft-copied Grameen Bank to offer microcredit services.

Among his newer social businesses are those that also improve health and the environment, such as reducing the spread of disease by installing toilets and reducing pollution by replacing kerosene lamps with solar-powered energy. Prof Yunus challenged the over 450 audience members to not just think conventionally about becoming or being an employee but instead create a job for oneself or others.

## 應用社會科學系慶祝成立45周年 APSS Celebrates 45th Anniversary

應用社會科學系於醫療及社會科學院五個學系/學院中歷史最為長久，於1973年成立初期，為本港一所獨立運作的社會工作學院，於1977年被納入當時的香港理工學院，一直以培育出色的人本服務專才為己任。經過45年的發展，應用社會科學系於今年慶祝成立45周年，活動詳情可瀏覽 [www.polyu.edu.hk/apss](http://www.polyu.edu.hk/apss)。

Of all FHSS's constituent departments and schools, APSS has the longest history, having existed since 1973 in the form of the independent Institute of Social Work before it joined the then Hong Kong Polytechnic in 1977. During the 45 years since, the department has undergone major developments. From May, APSS is holding an array of 45th anniversary celebratory activities, details of which can be found on APSS's website at [www.polyu.edu.hk/apss](http://www.polyu.edu.hk/apss).



## 眼科視光學院慶祝40周年紀念 傑出學人講座系列揭開序幕 School of Optometry's 40th Anniversary Celebrations Lead Off with Distinguished Lecture Series



理大眼科視光學院的歷史可追溯至1978年，當年香港理工學院成立醫療服務學院，經過40年的發展，理大直至現時仍為本港唯一一所提供專業眼科視光學教育的高等院校。為慶祝40周年紀念，眼科視光學院將舉行一連串的活動，當中包括為慶祝活動揭開序幕的傑出學人講座系列。

理大眼科視光學院傑出講座教授計劃講座教授Sarah McGhee教授，於2月26日就醫療專業人員應如何協助完善綜合護理的題材作出分享，她指出在以醫院為中心的醫療系統中，往往存在醫療專業人員間的溝通問題，以及角色制度僵化的情況，以致只能提供成本高昂，但卻未能切合病人需要的醫療服務，當中尤其針對患有各種長期疾病病人的護理。McGhee教授繼而分享海外國家現時正進行中的多個先導計劃，有關計劃旨在讓跨專業團隊透過社區為本或遠程醫療的形式，直接為病人或間接地經過其護理者，提供更符合成本效益，以及從病人出發的貼身護理服務。

學院於3月6日亦邀請到美國俄亥俄州阿克倫兒童醫院的首席兒童眼科醫生及兒童視覺中心總監Richard Hertle教授蒞臨理大，分享有關兒童眼球震顫及異常眼睛活動臨床評估的最新發展。

有關眼科視光學院的40周年慶祝活動詳情，請瀏覽 [www.polyu.edu.hk/so/so40a](http://www.polyu.edu.hk/so/so40a)。



PolyU's School of Optometry (SO) has its origins in the then Hong Kong Polytechnic's Institute of Medical and Health Care that was formed in 1978, and remains the only home of professional education in optometry in Hong Kong. To mark its 40th birthday, SO has organised a yearlong line-up of celebratory activities, which were led off by 2 lectures as part of its 40th Anniversary Distinguished Lecture Series.

On 26 February, Prof Sarah McGhee, SO's Chair Professor of Public Health Optometry, spoke about "Filling the Gaps in Integrated Care." She showed how poor communication and rigidly held roles by medical and health professionals in hospital-centred health care systems often resulted in expensive, fragmented care for patients, especially those with multiple chronic diseases. She then described how pilot projects around the world were achieving improved, more cost-effective patient-centred care by having community- or telehealth-based multidisciplinary teams coordinate and personalise care with patients directly or through their caregivers.

Meanwhile, a specialist lecture on "Clinical Assessment of Nystagmus and Abnormal Eye Movements in Children" was delivered on 6 March by Prof Richard Hertle, Chief of Pediatric Ophthalmology and Director of the Children's Vision Center of Akron Children's Hospital, Ohio, US.

Please stay tuned for more details of SO's celebratory activities at [www.polyu.edu.hk/so/so40a](http://www.polyu.edu.hk/so/so40a).



## 放緩近視增長的隱型眼鏡商品化於市場面世 Award-Winning Contact Lens for Hindering Shortsightedness To Be Commercially Available Soon



回應本刊今期第二頁所介紹，由眼科視光學院林小燕教授及杜嗣河教授帶領研究團隊研發的「光學離焦」(DISC)軟性隱型眼鏡，將會以商品形式於市場上發售，造福患有近視的兒童。

眼科視光學院畢業生梁子文先生曾獲理大科技培育基金及理大科技領航基金資助，成立一家名為視覺科技有限公司(VST)的初創公司，於1月22日獲理大授權生產DISC隱型眼鏡。該公司會應眼科視光師的要求，採用高透氧的矽水凝膠，按客戶的需要製造個人化的鏡片。理大眼科視光學診所及獲VST認可的光學診所均會提供驗配DISC隱型眼鏡的服務。為確保鏡片果效及服務質素，理大會向驗配DISC鏡片的眼科視光師提供專業訓練。



As mentioned on p. 2 of this issue of "Health News," we are delighted to bring an update about the award-winning Defocus Incorporated Soft Contact (DISC) lens, which was developed by a team led by Profs Carly Lam and To Chi-ho of PolyU's School of Optometry (SO). The comfortable DISC lens will soon be commercially available for prescribing for shortsighted or myopic children.

With the support of PolyU's entrepreneurship schemes for technology start-ups, the DISC lens was licenced on 22 January for production and distribution by Vision Science and Technology Co Ltd (VST), which was founded by SO graduate Mr Jackson Leung Tse-man. VST will manufacture DISC lenses out of highly oxygen-permeable silicon hydrogel according to the optometric prescription for each individual client. In addition to PolyU's Optometry Clinic, the DISC lens will also be available at optometric practices that have been designated by VST as authorised fitting centres. PolyU will provide fitting training to those practices' optometrists.







## 「看見愛流動護眼計劃」 2018 服務啟動 Vision of Love Mobile Eye Care Project 2018 Service Kick-Off Ceremony



理大眼科視光學院於「看見愛基金」的支持下，於2017年起加強社區基層和預防性眼睛健康檢查與護眼教育的力度，亦為更多理大學生提供寶貴的服務學習經驗。眼科視光學院於2月3日舉行2018服務啟動禮，為「看見愛流動護眼計劃」的第二年服務揭開序幕。



With generous support from the Vision of Love Fund, PolyU's School of Optometry (SO) launched its Vision of Love Mobile Eye Care Project in January 2017 to extend its vision and eye care outreach service to more members of disadvantaged groups as part of an existing SO service-learning subject for PolyU students. On 3 February 2018 at PolyU's new Alumni Atrium on campus, SO held a kick-off ceremony for the project's second year of service.



儀式由理大校長唐偉章教授、「看見愛基金」發起人鄭美雲小姐，以及理大眼科視光學院主任杜嗣河教授聯合主持，另外亦邀請到超過100位曾受惠於服務的長者及兒童出席見證。

唐教授致歡迎辭時感謝鄭小姐成立「看見愛基金」，開展「看見愛流動護眼計劃」，計劃推出了一年內，受惠人次已高達9,065。唐教授並分享他去年7月與34位理大同學赴吉爾吉斯，為當地近540名兒童和青年提供視覺篩查服務的經驗。

同時亦為理大大學院士暨理大基金管治委員會成員的鄭美雲小姐，於啟動禮上感謝理大眼科視光學院、師生及義工，於過去一年積極參與「看見愛流動護眼計劃」。

其中一位受惠長者於當日與眾嘉賓作出分享，她表示之前從來沒有接受過眼睛檢查，當透過計劃得知自己有視覺問題及白內障的徵狀時覺得十分出奇，並很感謝獲驗配適合的新鏡片，配到一副由社區回收到的眼鏡框上，而理大亦將她的情况轉介到眼科醫生跟進其白內障問題。

杜教授總結「看見愛流動護眼計劃」過去一年的工作，團隊於全年走訪過全港共26間學校、安老院舍及社福機構，提供視覺篩查、眼科視光檢查及跟進評估，以及眼睛健康教育和講座。於2018年，計劃將會進一步走進各社區，於全港13區提供外展社區護眼服務和教育，預期會有約一萬人次受惠。除了服務數量增加外，眼科視光學院更會將在服務中收集的數據加以分析，應用於社區眼科健康的研究和發展。

Miss Cally Kwong, founder of the Vision of Love Fund, PolyU President Prof Timothy W. Tong, and SO Head Prof To Chi-ho were the officiating guests. Among the some 100 attendees were recipients of the project's service, elderly care home residents, and schoolchildren.

Prof Tong thanked Miss Kwong for her unfailing support to the project and to PolyU. Since its inauguration a year ago, the project has helped 9,065 beneficiaries in Hong Kong, mainland China, and even a few Belt and Road countries. He shared his experiences of helping a group of 34 PolyU students provide vision screening to some 540 children and youths in Kyrgyzstan in July 2017.

Miss Kwong, who is a PolyU University Fellow and a member of the Governing Committee of PolyU Foundation, expressed her appreciation for the efforts of PolyU staff, students, and the PolyU Volunteers in the smooth running and outstanding achievements of the project in its first year of operation.

A beneficiary then shared her experience of the project. She revealed she had never gone for an eye check before and was surprised to learn she had refractive errors and symptoms of cataract. To correct her refractive errors, she was given a pair of second-hand spectacles from the project's collection of donated glasses and which had been screened, cleaned and fitted with new prescription lenses at SO. She was also given a referral for medical attention of her cataract symptoms.

Next, Prof To informed the audience that in 2017 the project team carried out vision screening, comprehensive eye examinations, follow-up evaluations, vision training, vision rehabilitation, and eye care education and seminars for a total of 26 schools, elderly care homes, and welfare organisations. He said the service in Hong Kong in 2018 would be expanded to cover 13 districts. This would not only benefit more people but also provide SO with more anonymised patient data to conduct research and further the development of community eye care.



# 醫療及社會科學院積極參與 理大建校80周年活動

## FHSS Participates in PolyU's 80th Anniversary Activities



理大建校歷史可追溯到1937年，成立當時為香港官立高級工業學院，經過80年的不斷發展，成為現時的香港理工大學。為慶祝建校80周年，理大於2017年舉行多項活動，讓理大社群、持份者及公眾人士分享喜悅，當中於12月份舉行的多個活動更將校慶氣氛推至頂點，醫療及社會科學院當然亦積極投入參與。

To mark 80 years of success and development since its initial incarnation as the Government Trade School in 1937, PolyU held a yearlong series of celebratory events in 2017 for the PolyU community, its stakeholders, and the general public. Several signature events in December topped off the festivities, which FHSS enthusiastically took part in.

12月2日及3日為理大建校80周年開放日，醫療及社會科學院於校園內建設「健康大道」，讓參與人士了解學院轄下學系/學院的最新教學、科研及服務發展，當中活動包括邀請公眾參觀平時不會對外開放的實驗室，以及舉行健康講座和研討會，參觀人士亦可參與健康評估，測試其平衡力、精神健康狀態、手眼協調及視覺健康，關注全人健康。

於12月3日，理大舉行8 x 80 單車樂活動，當日400位理大校友、學生、職員及其親友，於理大校長唐偉章教授及活動大使前世界冠軍單車手黃金寶先生的帶領下，浩浩蕩蕩由理大校園出發，於尖沙咀、油麻地及西九龍，圍繞著一條「8」字型的路線巡遊一番再返回校園，以環保及健康的理念，與地區人士同賀校慶。醫療及社會科學院師生校友組織成超過100人的單車團隊，於活動中更榮獲「最鼎力支持獎」。

校慶活動的閉幕活動為於12月7日假香港會議展覽中心大禮堂舉行的建校80周年晚宴，由香港特區政府行政長官林鄭月娥女士親臨主禮。醫療及社會科學院轄下學系/學院亦廣邀合作夥伴出席，同為校慶活動劃上完美句號。

At the PolyU 80th Anniversary Open Day on 2 and 3 December 2017, FHSS turned part of PolyU's main campus into a Road for Health for visitors to learn about the recent achievements and contributions of FHSS's constituent departments and schools in teaching and learning, and services. Some laboratories were opened for guided tours, and an array of talks and seminars were organised. Visitors were also able to receive free assessments of their balancing ability, mental health status, eye-hand coordination, and ocular health.

As part of the Open Day activities on 3 December, PolyU's "8 x 80 Cycling" saw an environmentally friendly and healthy homecoming of more than 400 PolyU alumni, students, staff, and their families and friends bike along an "8"-shaped loop route from the main campus through Tsim Sha Tsui and Yau Ma Tei to PolyU's West Kowloon campus and back. PolyU President Prof Timothy W. Tong and the event's ambassador, former world champion cyclist Mr Wong Kam-po, led the rainbow stream of riders. FHSS was bestowed with the event's Most Supportive Award for having the biggest team, with some 100 cyclists decked out in the green vest of the faculty.

The finale was the PolyU 80th Anniversary Celebration Dinner at the Grand Hall of the Hong Kong Convention and Exhibition Centre on 7 December, which was officiated by the Hon Mrs Carrie Lam, Hong Kong's Chief Executive. FHSS's departments and schools also invited guests from their partner organisations to share in the joyous occasion.