



理大醫療及社會科學院 臨危不亂積極應對社會挑戰 Rising to the Challenge

近月於本港發生的社會事件以及新冠肺炎席捲全球,引致香港人的身心健康承受比平常更巨大的 壓力。然而,香港理工大學(理大)醫療及社會科學院的學者和教職員,儘管在這些社會挑戰下面臨重 重障礙,仍繼續竭力提供優質教學及進行頂級研究,努力不懈造福理大學生及社會大眾。

For nearly a year, the health and well-being of Hong Kong people have been put under more strain than usual because of the social unrest and disease outbreak. However, despite facing many practical hurdles from those societal challenges, our academics and other staff members from the Faculty of Health and Social Sciences (FHSS) of The Hong Kong Polytechnic University (PolyU) continue to conduct quality teaching and research for the benefit of our students and the community at large ...



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研究發現公共洗手間乾手設施 有抗藥性細菌 Drug-Resistant Bacteria Found on **Public Restroom Hand-Drying Fixtures**

近期有個案證實新型冠狀病毒確診者的糞便均帶有該種病毒,假如 洗手間內的衞生情況沒有達到良好水平的話,病毒就有可能經此 傳播。不過,早在新型冠狀病毒爆發前,理大護理學院和醫療科技及資訊 學系於去年在 Antimicrobial Resistance & Infection Control 期刊發表的研究已發 現,本港公共洗手間的大門內側門把和乾手設施皆有大腸桿菌、金黃葡萄球菌 菌株以及其他致病細菌,令人有機會感染疾病,其中金黃葡萄球菌更是引起社 區性皮膚和軟組織感染最普遍的成因。

Recently, COVID-19 virus was confirmed to be present in the stools of infected patients, making spread of the coronavirus possible if good toilet hygiene and infrastructure are not practised. However, even before the pandemic, a study published earlier last year by PolyU School of Nursing (SN) and Department of Health Technology and Informatics (HTI) researchers in the journal "Antimicrobial Resistance & Infection Control" found E. coli, Staphylococcus aureus, and other disease-causing bacteria on internal exit-door handles and hand-drying fixtures in Hong Kong public restrooms, posing a contamination risk to users. Staphylococcus aureus is the most common community-acquired cause of skin and soft tissue infections.

護理學院副教授孫桂萍博士與醫療科技及資訊學系副教授 蕭傑恒博士,率領研究團隊在2017年進行研究,將本港55個 公共洗手間分為三組:第一組位於街市、公共屋邨、公園和 碼頭;第二組位於商場、旅遊景點、運動場、公共圖書館及 醫院;第三組則位於五星級酒店和高級商場。研究團隊從 洗手間的大門內側門把、抹手紙、紙巾架出紙位置以及乾手 機出風口採集樣本,從而比較洗手間的潔淨程度。

研究結果顯示,第二及第三組洗手間的地板、牆壁、洗手盤 及廁格相對較第一組乾淨,而女廁的地板、牆壁、洗手盤 附近及廁格的潔淨程度比男廁高。研究亦發現當中洗手間 近九成的垃圾箱沒有妥善蓋好,兩成的垃圾箱放在乾手機 下方,而有46.4%的女廁衞生箱經常打開。洗手間的垃圾箱如 沒蓋好或密封的話,可令細菌透過空氣傳播。

該研究亦發現,洗手間大門內側門把藏有最多細菌,其次為 噴射式乾手機出風口和暖風乾手機出風口。紙巾架出紙 位置的細菌量最少,其次為抹手紙。而三組洗手間的乾手設 施的總含菌量並無顯著分別。研究發現的大部分細菌普遍存 在於人體或環境當中,通常不會令健康人士患病,惟部分 細菌對人類具致病性,包括在乾手機出風口發現的腐生葡萄 球菌,便是常見的尿道病原體。令人憂慮的是,該研究在 公共洗手間發現的葡萄球菌,有87.1%對至少一種一線抗生素 具抗藥性,22.6%則同時對最少三種一線抗生素有抗藥性。

除保持良好的手部衞生習慣外,研究團隊亦建議洗手間設施 應放置在更理想的位置並要經常清潔,垃圾箱需要蓋好,並 可考慮採用免觸式設施及無門設計以減少感染細菌的機會。

Led by SN Associate Professor Dr Lorna Suen Kwai-ping and HTI Associate Professor Dr Gilman Siu Kit-hang, the study compared the cleanliness of 55 public restrooms across the city in 2017. They were divided into 3 categories: those at food or 'wet' markets, public housing estates, parks, and piers; those in shopping malls, tourist spots, sports centres, public libraries, and hospitals; and those in 5-star hotels and high-end shopping malls. Swab samples were taken of the internal exit-door handles and paper towels and around the outlets of paper towel dispensers and hand dryers.

THE HONG KONG POLYTECHNIC UNIVERSITY 香港理工大學

PolyU research finds drug-resistant bacteria

on hand-drying facilities in pu

研究發現公共洗手間的

Floors, walls, handbasins, and toilet and urinal areas in the latter restroom categories appeared relatively cleaner than those in the first category. Floors, walls, countertops around handbasins, and toilets were in general cleaner in female restrooms than in male ones. Some 90% of rubbish bins were improperly covered, 20% of rubbish bins were placed under hand dryers, and 46.4% of cubicle bins for female sanitary products were uncovered. Uncovered or improperly closed bins could allow bacteria on used products to spread in the air.

The highest bacterial count was found on internal exit-door handles, followed closely by jet-air hand dryer outlets and then warm-air hand dryer outlets. Paper towel dispenser outlets had the lowest bacterial count, followed by paper towels. There were no significant differences in total bacterial count for hand-drying facilities between restroom categories. Most of the identified bacteria are normally present on humans or in the environment and do not ordinarily cause disease in healthy people. However, some disease-causing bacteria were identified, including Staphylococcus saprophyticus, a common cause of urinary tract infections and which was found around hand dryer outlets. Worryingly, 87.1% of the Staphylococcus saprophyticus samples were found to be resistant to at least 1 type of first-line antibiotic, while 22.6% were co-resistant to at least 3 first-line antibiotics.

Besides proper hand hygiene, the researchers recommended better positioning and frequent cleaning of restroom facilities, covering bins, and installing hands-free fixtures and no exit doors to reduce contamination.

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新研究項目為青光眼病人恢復視力 Project to Explore Restoring Vision Loss in Glaucoma Patients

青光眼是由於連接眼睛和大腦的視神經受損所引致的一種眼疾,亦是本港頭號致盲的 原因。藥物治療最多只能透過降低眼壓,嘗試減慢或阻止青光眼惡化,而視覺復康治療則 有助嚴重視障人士,學習如何充分利用他們剩餘的視力。不過,理大眼科視光學院副教授張銘恩 博士率領的一項國際先導研究,有窒將數十年來的醫學信條扭轉過來。張博士與團隊成功獲得大學 教育資助委員會轄下研究影響基金的880萬港元撥款,進行為期58個月的全球首個大型臨床 測試,以了解透過控制大腦的可塑性或建立新的神經連接能力,是否可令青光眼患者恢復一定程度 的視力。他們以「使用非入侵性腦部刺激及知覺學習改善青光眼患者之視覺功能及生活質素: 隨機臨床試驗」為題的研究項目,是以其他相關研究的初步結果為基礎,其中包括張博士的另一項 研究,該研究結果顯示視覺感知學習和非侵入性腦刺激技術,或可改善這些中央視力已受損的 黃斑病變患者的周邊視覺功能。

Glaucoma is a group of eye diseases whereby the optic nerve, which connects the eye to the brain, is damaged. It is the leading cause of permanent vision loss in Hong Kong. At best, medical treatment can only try to slow or stop the progression of glaucoma by lowering the pressure inside the eye, while vision rehabilitation can help people with significant visual impairment to learn how to use their remaining vision to compensate. However, a pioneering international study led by Dr Allen Cheong Ming-yan, Associate Professor at PolyU's School of Optometry, could turn decades of medical dogma on its head. Dr Cheong and her team have won a grant of HK\$8.8 million over 58 months from RGC's competitive Research Impact Fund to conduct the world's first large-scale clinical trials to see if vision loss in glaucoma patients can actually be restored somewhat by manipulating the brain's plasticity or ability to make new neural connections. Their project titled "Improving vision and quality of life in patients with glaucoma using non-invasive brain stimulation and perceptual learning: a randomised clinical trial" builds upon initial results from other studies, including another of Dr Cheong's that seems to show visual perceptual learning and non-invasive brain stimulation techniques may be able to enhance peripheral vision in macular degeneration patients whose central vision is damaged.



開發便攜式眼角膜形狀分析儀以應對異常屈光問題 Project to Build Portable Cornea Shape Analyser To Tackle Refractive Errors in Children

為更有系統地量化和調查兒童發育期間眼角膜形狀的變化,理大眼科視光學院副教授兼副學院主任紀家樹博士的研究團隊,成功獲得由特區政府設立的創科生活基金資助360萬港元,開發「用於兒童的智能便攜式角膜形狀分析系統」,為期三年。

該項目旨在研發便攜式的人工智能系統,分析並分類眼角膜影像,以供醫學及視光學作參考用途。由於兒童較難安靜地 坐著不動,故此該系統希望透過高速錄像拍攝他們的眼角膜,再利用深度學習人工智能將影片化成千張圖像並將其分 類,從中挑選眼球對正相機的影像再作分析。接著系統將利用已選(匿名)圖像建立數據庫,以協助日後進行矯視治療 以及研發針對異常屈光情況的嶄新治療方案和相關產品。紀博士期望系統能透過恆常的視力篩選檢查計劃,收集990個 4歲至12歲兒童的眼角膜圖像以建立數據庫。

To more systematically quantify and investigate changes in corneal shape in child development and their role in the development of refractive errors, a research team led by Dr Kee Chea-su, Associate Professor and Associate Head of PolyU's School of Optometry (SO), has secured a grant of HK\$3.6 million over 3 years from the government's competitive Innovation and Technology Fund for Better Living (FBL) for its "Development of a smart portable corneal topographer for characterising corneal shape in young children" project.

The project aims to develop a portable artificial intelligence-based system to analyse and categorise corneal shape for medical and optometric use. Young children may have trouble sitting still, so the system aims to capture high-speed video of their corneas and utilise deep-learning AI to create and sort through the thousands of captured still images to select only those of the cornea at the correct angle. The system will then use the selected (anonymised) images to build its databank to aid treatment and the development of new interventions and corrective products for refractive errors. Dr Kee hopes that corneal images of 990 children between 4 and 12 years old can be captured to build the databank, such as through SO's vision screening programmes.





開發流動應用程式助早期認知障礙症患者 Project to Create Training App for Early Dementia Patients

理大康復治療科學系助理教授黎浩然博士和文偉光教授的研究團隊,成功獲特區政府創科生活基金撥款190萬港 元,進行一項為期三年的研究項目,題為「流動應用程式提升長者和認知障礙者生活能力」。早期認知障礙症患 者的認知功能、情緒和行為會出現不同的變化,而這些症狀或會危及自身安全,以及增加照顧者的工作量和心理壓力。

團隊將利用虛擬實境和人工智能開發流動應用程式,訓練早期認知障礙症患者的認知及日常生活能力,以提高他們的自 主程度,並減輕照顧需要以及照顧者的心理壓力。該應用程式將提供定期認知功能評估以及四個虛擬訓練場景,包括使 用公共交通工具、到超市購物、管理金錢以及簡單煮食,並會分析使用者的評估結果以制定個人化訓練。該應用程式亦 將包含專為照顧者而設的資料庫,透過互動的虛擬實境錄像,教導和提升他們對早期認知障礙症患者的照顧技巧。

A research team led by Assistant Professor Dr Frank Lai Ho-yin and Prof David Man from PolyU's Department of Rehabilitation Sciences has received a grant of HK\$1.9 million over 3 years from the government's competitive Innovation and Technology Fund for Better Living (FBL) for its "VR & AI-based mobile app in enhancing independence of daily living in older adults and people with early dementia" project. People with early dementia often have diverse cognitive, emotional and behavioural symptoms. These can endanger their safety as well as increase the amount of care required from and the psychological stress induced in their caregivers.

The project will develop an intelligent virtual reality- and artificial intelligence-based mobile app to train up the cognitive and daily living functions of people with early dementia so as to enhance their level of independence and alleviate the care demands and psychological stress of their caregivers. The app will schedule cognitive assessments, checklists, and self-paced training in 4 virtual training scenes of taking public transport, shopping in a supermarket, managing money, and doing simple cooking. The app will analyse the user's assessment results to customise the training for him or her. The app will also include a resources bank for caregivers featuring interactive VR videos to teach and enhance their care techniques for people with early dementia.





為認知衰弱長者開發虛擬肌能認知訓練系統 Project to Develop Virtual Motor-Cognitive Training For Elderly with Cognitive Frailty

認知衰弱是指一個人同時出現認知障礙和身體機能衰退的情況。認知衰弱會令患者的
 社交活動參與度受阻,並會限制其出外的活動能力。認知衰弱人士亦可能有較高風險
 患上認知障礙症,並在日常生活上更需要依賴他人幫助。

理大護理學院助理教授關耀祖博士及博愛醫院聯手,為協助社區的認知衰弱長者維持獨立生活的能力,而計劃開發一項虛擬實境運動及認知訓練系統。透過改善用家的認知和身體功能,藉此提高他們的生活空間流動性,並減低患上認知障礙症的風險。關博士為期兩年的研發項目名為「虛擬實境運動及認知訓練,以應對認知衰弱及體能遲緩長者的需要」,成功獲得特區政府創科生活基金資助260萬港元。該訓練包含日常活動的不同任務,於虛擬實境的環境中以遊戲方式呈現,務求更吸引長者使用



Cognitive frailty is when both cognitive impairment and physical frailty are present in a person. Having cognitive frailty can limit the person's participation in social activities and his or her movement to and around the places he or she normally frequents. People with cognitive frailty are also likely to have a higher risk of developing dementia and becoming dependent on other people for help in daily living.

To help maintain the independence of community-dwelling elderly people with cognitive frailty, Dr Rick Kwan Yiu-cho, Assistant Professor at PolyU's School of Nursing, and his collaborators at Pok Oi Hospital aim to create a virtual-reality training system to simultaneously improve those elders' cognitive and motor functions to enhance their everyday functioning and mobility and to reduce their risk of developing dementia. Dr Kwan has won a grant of HK\$2.6 million over 2 years from the government's Innovation and Technology Fund for Better Living (FBL) to develop the project, titled "Virtual reality motor-cognitive training of or older people with cognitive frailty." To make the training using daily activity tasks more engaging for users, the tasks will be gamified in the VR environments.



探討以非侵入性大腦刺激治療濫藥成癮行為 Project to Examine Treating Drug Addiction with Non-Invasive Brain Stimulation

》 濫用藥物是一種慢性疾病,可影響使用者的身體機能和社交能力。有神經科學的研究發現,吸毒成癮者的前額皮層 網絡的潛在變化,可能會阻礙他們的戒毒成效,並再次濫藥。

重複經顧磁刺激(簡稱rTMS)是一種非侵入性的大腦刺激技術,是治療抑鬱症的其中一種方法。不會,有關吸毒成癮者 使用rTMS作為輔助治療的相關研究極少。因此,理大康復治療科學系副教授蕭敏康博士的研究團隊針對這一缺塊,將透 過名為「重複經顧磁刺激(rTMS)在減少毒癮及使用非法藥物的功效研究」的項目進行rTMS隨機臨床試驗。項目獲得由 特區政府設立的禁毒基金2019年度一般撥款計劃資助約80萬港元,並將會招募38名18至35歲,經常使用可卡因和冰毒人 士進行試驗。

Substance use disorder or drug addiction is a chronic condition that can lead to functional and social problems for the user. Findings from neuroscience studies have suggested that underlying changes in the prefrontal cortex of people with the disorder could hamper the effects of drug rehabilitation on them and perpetuate their relapses.

Repetitive transcranial magnetic stimulation (rTMS) is a non-invasive brain stimulation technique. It is used to treat depression when other treatments have failed. However, little research has been done on the efficacy of rTMS for treating substance use disorder. To address this, a team led by Dr Andrew Siu, Associate Professor at PolyU's Department of Rehabilitation Sciences, will be conducting a randomised clinical trial on rTMS in their project titled "The application of repetitive transcranial magnetic stimulation (rTMS) as an adjunct therapy in reduction of craving and consumption of illicit drugs." The project, which won a grant of nearly HK\$0.8 million from the government's Beat Drugs Fund Regular Funding Scheme 2019, will recruit 38 active users of cocaine and methamphetamine who are between 18 and 35 years old for the trial.

社會事件的深層次及相關議題研究 Projects to Probe Underlying Causes of Hong Kong's Social Unrest

鑑於去年6月開始的社會事件,特區政府政策創新與統籌辦事處,推出公共政策研究資助計劃特別 輪次;探討近期社會事件的潛在成因,以及就解決香港社會的深層次問題提出建議。該特別輪次的 資助計劃將向每項獲批的研究項目,撥款最高50萬港元,進行為期最長六個月的研究,而理大應用社會科學系 有多位教員將率領其中的四個項目。

這四個項目分別為,理大應用社會科學系社會工作及老年學講座教授暨系主任黎永亮教授領導的「社會與政治 動盪對長者心理健康的影響」;副教授盧希皿博士帶領的「階梯模式、跨專業及實證為本方式促進社會不安 後的青少年及家庭健康」;副教授于璐博士的「香港初中學生對涉及暴力與毀壞的政治活動之態度及參與: 從青少年正面成長的角度研究其個體,家庭,學校層面的相關因素」,以及研究助理教授林立博士的「社會 流動性信念對香港大學生的社會政治態度的影響」。

Hong Kong has been experiencing social unrest since June last year. To help identify the underlying causes of the social incidents and to come up with recommendations for solutions to address the deep-seated problems of Hong Kong society, a special round of the Public Policy Research Funding Scheme was held by the government's Policy Innovation and Co-ordination Office (PICO) with a list of possible research topics. A grant of up to HK\$0.5 million for a period of up to 6 months has been awarded to each successful project in the special round. They include 4 projects led by scholars from PolyU's Department of Applied Social Sciences (APSS).

The 4 projects are: "Effects of social and political unrests on mental health of older people in Hong Kong" by Prof Daniel Lai Wing-leung, APSS Head and Chair Professor of Social Work and Gerontology; "A stepped-care, multidisciplinary, evidence-based approach to strengthen adolescence and family well-being after social unrest" by Associate Professor Dr Herman Lo Hay-ming; "Hong Kong junior secondary school students' attitudes towards and engagement in political activities involving violence and destruction: the associated individual, family, and school factors from a positive youth development perspective" by Associate Professor Dr Yu Lu; and "The influences of social mobility beliefs on social political attitudes among Hong Kong college students" by Research Assistant Professor Dr Lin Li.







石丹理教授 Prof Daniel Shek

應用社會科學系 Department of Applied Social Sciences

★ ★ ★ NATIONAL AWARDS 理大協理副校長(本科生課程)、利豐服務領導教育教授 及應用社會科學系講座教授石丹理教授,獲國家教育部 選為長江學者講座教授,這項名銜為內地高等教育學者 的最高榮譽。石教授獲授長江學者講座教授這項殊榮 後,將到中國西南財經大學擔任訪問教授三年,並合作 及領導一項為內地「留守青少年」而設的培育計劃 進行研究。石教授期望透過促進青少年的全人發展為

目標的研究,將有助加強青少年的社會心理能力,從而減少他們的危險 行為。

Prof Daniel T.L. Shek, PolyU's Associate Vice President (Undergraduate Programme), Li & Fung Professor in Service Leadership Education, and Chair Professor of Applied Social Sciences at the Department of Applied Social Sciences, has been bestowed with the title of Changjiang Scholar Chair Professor by China's Ministry of Education — the nation's highest academic award for scholars in tertiary education. The award, also known as Cheung Kong or Yangtze River Scholar Chair Professor, will see Prof Shek spend 3 years as a visiting professor at Southwestern University of Finance and Economics, mainland China. He will be collaborating and leading research with the university in a youth enhancement programme for "left-behind" adolescents on the mainland. Prof Shek hopes the research using the positive youth development approach will help to strengthen the adolescents' psychosocial competencies, which could decrease their risk behaviours.



~**v**~

陳智軒教授 Prof Chetwyn Chan

康復治療科學系 Department of Rehabilitation Sciences

理大協理副校長(學與教)及康復治療科學系講座教授 陳智軒教授的研究團隊,於今年1月勇奪由國務院設立的 2019年度國家科學技術獎中的國家科學技術進步獎二等 獎。這個獎項專為中國籍的研究人員而設,以表彰傑出 創新的科學技術項目;得獎項目須經過三年以上廣泛 應用,並產生了顯著的經濟效益和社會利益,以及對推動 行業科技進步有明確貢獻。陳教授聯同內地大學或研究院

包括福建中醫藥大學及復旦大學的專家組成的跨院校研究團隊,將傳統 中醫與西方醫學融合,為中風患者認知功能缺損進行康復訓練,以及 制定有效的臨床評估和治療方案。

Prof Chetwyn Chan, PolyU's Associate Vice President (Learning and Teaching) and Chair Professor of Rehabilitation Sciences at the Department of Rehabilitation Sciences, and his research team have won a 2nd class award in the State Scientific and Technological Progress Award category of the State Science and Technology Awards 2019 this January, which were administered by the State Council. The award category for researchers of Chinese nationality honours science and technology projects that exhibit outstanding technological innovation, have been extensively implemented for more than 3 years and resulted in substantial economic returns and social benefits, and have made an obvious contribution to the scientific and technological advancement of the field or industry. The project by his team, which included members from Fujian University of Traditional Chinese Medicine, Fudan University, and other institutions in mainland China, integrated traditional Chinese and Western medicine to develop effective clinical evaluation and intervention protocols for cognitive impairment rehabilitation in post-stroke patients.



袁楨德教授 Prof Alice Yuen Loke

護理學院 School of Nursing



理大護理學院副學院主任(深造教育)袁楨德教授榮登國際護理榮譽學會的國際護理研究 人員名人堂,表彰袁教授一直以來在國際及本港對家庭及社區健康研究的重大貢獻,並藉 此推動護理專業以及健康護理方面的進步發展。她的研究範疇包括如何支援癌症患者 家屬、婦女健康、未能懷孕的夫婦、青少年的身心健康和健康行為。袁教授將出席國際 護理榮譽學會第三十一屆國際護理研究會議的名人堂典禮接受獎項,該會議將於7月23日 至27日在阿拉伯聯合酋長國阿布扎比舉行。

Prof Alice Yuen Loke, Professor and Associate Head (Postgraduate Education) at PolyU's School of Nursing, has been chosen to be inducted into the International Nurse Researcher Hall of Fame of Sigma Theta Tau International Honor Society of Nursing (Sigma). The distinction will be bestowed in recognition of Prof Loke's internationally and locally significant and sustained contributions to family and community health research that have led to improvements for the nursing profession as well as for the care and health of people. Her research interests include family and spousal support for cancer patients, women's health, infertile couples, and adolescents' health risk behaviours and health lifestyles. Prof Loke will be presented with an award commemorating her induction during Sigma's 31st International Nursing Research Congress scheduled to be held in Abu Dhabi, United Arab Emirates, from 23-27 July.



陳曉華教授 Prof Sylvia Chen

應用社會科學系 Department of Applied Social Sciences



周嘉鴻博士 Dr Bolton Chau

康復治療科學系 Department of Rehabilitation Sciences



理大應用社會科學系教授暨醫療及社會科學院副院長 陳曉華教授,獲美國心理科學學會頒授院士榮銜。這個享 負盛名的國際專業組織只為具有10年或以上博士後經驗、 並於心理科學的研究、教學、服務或應用方面不斷作出 傑出貢獻的會員頒授院士名銜,以表揚他們的卓越成就。

與此同時,康復治療科學系助理教授周嘉鴻博士獲學會 嘉許為「APS後起之秀」。這項榮譽旨在表彰處於博士後 研究階段初期的傑出會員,頌揚他們的創新研究有助推進 心理科學發展,以及作出持續貢獻的潛力。

Prof Sylvia Xiaohua Chen from PolyU's Department of Applied Social Sciences, who is also FHSS Associate Dean, has been elected as a Fellow of the Association for Psychological Science (APS), previously known as the American Psychological Society. The international professional body bestows fellowships upon APS members possessing a minimum of 10 years' postdoctoral experience who have made sustained outstanding contributions to the science of psychology in the areas of research, teaching, service, or application.

Meanwhile, Dr Bolton K.H. Chau, Assistant Professor at PolyU's Department of Rehabilitation Sciences, has been selected by the association as an APS Rising Star. The designation distinguishes outstanding APS members in the earliest stages of their post-PhD research career whose innovative work has already advanced the science of psychology as well as indicate their high potential for continuing to make significant contributions.



彭耀宗教授 Prof Marco Pang

康復治療科學系 Department of Rehabilitation Sciences

INTERNATIONAL AWARDS 理大康復治療科學系彭耀宗教授撰寫的一篇研究論文, 榮獲《物理治療期刊》2018年度「讀者之選大獎」。彭教授 在澳洲物理治療學會於2019年10月17日至19日在澳洲阿德 萊德舉行的物理治療會議上接受這項殊榮。他的論文題為 「系統綜述:運動有助改善認知功能受損人士及認知障礙症 患者的力量、平衡、活動能力和耐力」,在期刊發表後首六 個月內累積了最高下載次數。《物理治療期刊》由澳洲物理 治療學會出版,為物理治療領域的頂尖國際期刊之一。

Prof Marco Pang, a scholar from PolyU's Department of Rehabilitation Sciences, was bestowed with the Readers' Choice Award 2018 by the "Journal of Physiotherapy" for one of his research papers. He received the honour during the Australian Physiotherapy Association's Transform 2019 Physiotherapy Conference that was held in Adelaide, Australia, from 17-19 October 2019. His research paper, titled "Physical exercise improves strength, balance, mobility, and endurance in people with cognitive impairment and dementia: a systematic review," had racked up the most downloads in its first 6 months after its date of publication in the journal. The "Journal of Physiotherapy" is published by the association and is ranked top among international physiotherapy journals for the category of rehabilitation.



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NTERNATIONAL Awards

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羅英敏先生 Mr Angus Law

康復治療科學系 Department of Rehabilitation Sciences

康復治療科學系臨床導師羅英敏先生勇奪2019年教學 科技獎的「移動學習最佳應用」組別銅獎,得獎項目 題為「流動脊柱:為專業物理治療及職業治療教育而 設的綜合虛擬治療室中透過智能手機和平板電腦採用 虛擬實境、擴增實境、便攜式三維全息模型以及互動 遊戲進行人體脊柱矯形和創傷學的移動學習」。盛大 的晚宴頒獎典禮已於2019年11月27日在倫敦舉行。

Mr Angus Law, Clinical Associate at PolyU's Department of Rehabilitation Sciences, won a Bronze award in the "Best Use of Mobile Learning" category of the Learning Technologies Awards 2019 global competition. His prize-winning project is called "m-Spine: use of smartphone and tablet for mobile learning of orthopaedics and traumatology of human spine using VR, AR, portable 3D hologram model and interactive games on an integrated virtual operating room for professional physiotherapy and occupational therapy education." Mr Law received his prize at the competition's black-tie gala dinner awards ceremony in London on 27 November 2019.



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NTERNATIONA AWARDS

Dr Geor<u>g Kranz 博士</u>

康復治療科學系 Department of Rehabilitation Science 理大康復治療科學系研究助理教授Georg Kranz博士,榮獲由香港資助研究局與德國學術 交流協進會設立的德國與香港合作研究計劃的考察資助金,為期一年。Kranz博士將與德國 慕尼黑大學精神科學系的經顧腦刺激及神經可塑性實驗室總監Frank Padberg教授,就其 「利用高速經顧磁刺激治療重度抑鬱症」的研究項目加強合作。

Dr Georg Kranz, Research Assistant Professor at PolyU's Department of Rehabilitation Sciences, received a 1-year travel grant from the Germany/Hong Kong Joint Research Scheme 2019/20, which is sponsored by Hong Kong's Research Grants Council (RGC) and the German Academic Exchange Service (DAAD). The grant will enable Dr Kranz to visit the Ludwig Maximilian University of Munich (aka LMU Munich or the University of Munich) to enhance his research collaboration with Prof Dr Frank Padberg, Director of the Laboratory of Transcranial Brain Stimulation and Neuroplasticity at LMU Munich's Department of Psychiatry, on Dr Kranz's project titled "Theta burst stimulation for the treatment of major depressive disorder."



2019年度醫療及社會科學院卓越學生獎 FHSS Outstanding Student Award 2019

恭喜眼科視光學院五年級學生林子韜先生獲頒2019年度「醫療及社會科學院卓越學生獎」!理大 每年均於大學、學院和學系層面,表揚正修讀最後學年的全日制本科課程的優秀學生,嘉許他們 在學業成績、課外活動和社會公共事務方面的卓越及積極表現,亦同時展現出色的領導才能和個人品 格。林同學談到得獎感受時表示,「以正直方式勇往直前」的信念激發了他堅強、專注和竭盡所能的 個性。

林同學學術表現優秀,曾獲多項獎學金,包括四次獲得香港特別行政區政府獎學基金,以及理大「伍達倫博士紀念獎學金」;於繁重的學業以外,他亦擔任其中學母校的聖約翰救傷隊少青團見習 長官,帶領團員參與義工活動。林同學深思義務工作對他的意義時說:「參與不同的義工服務令我獲益 良多,讓我學習如何和他人合作,也令我得以貢獻社會並幫助弱勢社群。」

Congratulations to Mr Lam Tsz-to, a Year 5 student of optometry, who has won FHSS's Outstanding Student Award 2019! Every year, PolyU honours the top full-time final-year undergraduates at the university-, faculty-, and department and school levels who have displayed proactivity and excellence throughout their programmes of study, extra-curricular activities and in community service, and have demonstrated strong leadership and good personal qualities. Mr Lam said that belief in moving "forward with courage in ways that are just" motivated him to be strong, focused and determined to do his best.

Mr Lam has won many student scholarships, including the HKSAR Government Scholarship Fund four times and PolyU's Dr Ng Tat-lun Memorial Scholarship. Besides his busy study schedule, Mr Lam has been serving as a Cadet Officer in the St John Ambulance Association's cadet division of his old secondary school to guide the school's younger Cadet Members in carrying out the association's volunteer activities. Mr Lam reflected, "To engage in different volunteer work is very rewarding. It allows me to learn how to cooperate with others. It is also an opportunity for me to contribute to the community and empower the underprivileged."









關以杰博士 Dr Crystal Kwan

應用社會科學系 Department of Applied Social Sciences



POLYU AWARDS

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沈文偉博士 Dr Timothy Sim

應用社會科學系 Department of Applied Social Sciences 理大應用社會科學系助理教授關以杰博士及副教授沈文偉 博士,在今個學年榮獲理大頒發2019年度「一帶一路王寬誠訪 問學人計劃」獎項。該計劃由王寬誠教育基金會慷慨資助, 旨在加強理大與其他位於一帶一路沿線國家及地區的高等教育 院校,在教育和研究方面的合作。在計劃資助下,關博士將 出訪菲律賓大學,而沈博士則會遠赴南非的比勒陀利亞大學 交流。

Assistant Professor Dr Crystal Kwan and Associate Professor Dr Timothy Sim Boon-wee of PolyU's Department of Applied Social Sciences have both won awards from the PolyU K.C. Wong Belt and Road Visiting Fellowship Scheme 2019 for the current academic year 2019/20. The scheme, which is supported by the K.C. Wong Education Foundation, aspires to build stronger educational and research relationships between PolyU and tertiary education institutions in other Belt and Road countries and territories. Dr Kwan is visiting the University of Philippines and Dr Sim is visiting the University of Pretoria, South Africa, for their respective fellowships.

醫療及社會科學院研究交流會 FHSS Research Salons

醫療及社會科學院一直鼓勵院內不同研究範疇的教職員,與其他學系、 學院以至其他院校的同儕交流,以跨學科的角度進行研究。因此,本學院 為教職員將會持續舉行一系列研究交流會,透過互相討論及集思廣益,而達致啟發 研究新思維的效益;每次的交流會均由與主題相關的教職員主持。首次交流會於 2019年10月25日舉行,以「醫療與社會研究:機遇與協作」為主題;而第二次的 交流會則於1月17日舉行,主題為「中風研究的挑戰與前景」。

FHSS encourages its faculty members from different backgrounds to engage with peers from other departments, schools, faculties, and institutions to conduct research from an interdisciplinary angle. To help facilitate this, FHSS has been organising the Research Salon Series for its faculty members, which are friendly in-house small-group discussions moderated by relevant colleagues. The first research salon on 25 October 2019 was themed "Health and Social Research – Opportunities and Collaboration," and the second was held on 17 January this year with the theme of "Challenges and Future of Stroke Research."



醫療及社會科學院院長 獲醫管局新任命 New Hospital Authority Appointments for FHSS Dean 理大康復治療科學系腦神經心理學講座教授、楊曾永儀曾永馨腦神經心理學教授 暨醫療及社會科學院院長岑浩强教授,被醫院管理局委任為區域諮詢委員會主席 及香港眼科醫院和九龍醫院醫院管治委員會成員,他將於2020年4月1日開始為期兩年 的新職務。

FHSS Dean Prof David H.K. Shum, who is also Yeung Tsang Wing Yee and Tsang Wing Hing Professor in Neuropsychology and Chair Professor of Neuropsychology at PolyU's Department of Rehabilitation Sciences, has been appointed by Hong Kong's Hospital Authority (HA) as the new Chairman of its Hong Kong Regional Advisory Committee and as a member of its Hospital Governing Committee of the Hong Kong Eye Hospital and Kowloon Hospital. He began these 2-year HA appointments on 1 April 2020.

2020理大聯招課程諮詢日 PolyU JUPAS Consultation Day 2020

今年的「2020理大聯招課程諮詢日:入學攻略」暫定於6月在 網上舉行,讓有興趣報讀理大本科課程的香港中學文憑考試 考生,於修改課程選擇指定時段前,有機會進一步了解理大的入學安排和 課程詳情。同時,聯招及非聯招申請人可按入理大網站主頁 www.polyu.edu.hk近頂部的「Study@PolyU」連結,以瀏覽入學及課程 資訊。

Keep your diaries clear in June! The PolyU JUPAS Consultation Day 2020: Admission Strategies will be held sometime that month, online if not on campus, for HKDSE applicants of the university's undergraduate programmes that will commence in the coming academic year. The event will give applicants the invaluable opportunity to update themselves about PolyU's admissions arrangements and programme details before they possibly amend their programme choices. In the meantime, JUPAS and non-JUPAS applicants alike, whether they are local or non-local, can also browse admissions and programme information via the Study@PolyU hyperlink below the search box on PolyU's homepage at www.polyu.edu.hk.



理大入學講座介紹本科課程 PolyU Seminar for Schoolchildren on Undergraduate Programmes

因應情況需要,理大教務處在去年10月設立了網上「理大本科入學資訊平台」,以 代替原本的「理大教育資訊日」。教務處轄下中學事務拓展組亦於2019年11月2日 舉辦了地區性中學講座,向油尖旺區及九龍城區的中學生介紹理大本科課程。是次活動吸引 了340多位中學生、家長及老師參加,反應熱烈座無虛席,亦有幸多得九龍城區的聖公會 聖三一堂中學慷慨地借出場地。

醫療及社會科學院各學系及學院的教員,在講座當天向來自69間著名中學的學生,介紹所屬 本科課程及各項有趣並具啟發性的特色。出席學生亦得以了解課程的入學要求、課程內容以 及相關行業的工作前景,每場講座亦預留充分時間讓出席者向理大教員及教務處代表查詢 詳情。

Owing to unforeseen circumstances, PolyU's Academic Registry (AR) implemented the online PolyU UG Admissions Info Platform in lieu of its on-campus PolyU Education Info Day last October. AR also organised a face-to-face seminar on PolyU undergraduate programmes on 2 November 2019 through its Secondary School Relations section for secondary school pupils in Yau Tsim Mong District and Kowloon City District. SKH Holy Trinity Church Secondary School in Kowloon City District generously played host to the event, which was attended by more than 340 schoolchildren, parents, and teachers, including those from outside the 2 districts.

Academics from FHSS's constituent departments and schools held talks on their respective undergraduate programmes to introduce the potential future freshmen from the 69 secondary schools to the wonder of ideas awaiting them on the programmes. The pupils learned about the programmes' admissions requirements, curricula, and the career prospects of their associated professions. Plenty of time was also set aside after each talk for the pupils to ask questions to the academics and AR representatives.















理大第25屆畢業禮 PolyU's 25th Congregation Graduates Class of 2019

理大畢業典禮是大學每年的焦點項目之一,理大畢業生以及他們的親友和老師皆熱切期待。醫療及社會 科學院於2019年10月29日及30日在賽馬會綜藝館舉行第25屆畢業典禮,為畢業生頒授學士學位以至 博士學位。今年學院共有1,564名畢業生,當中24位哲學博士學位及博士學位畢業生於10月27日舉行的理大第 25屆畢業典禮上獲頒授學術榮銜,而152位表現卓越的學生更名列2018/19學年院長優異生名單: https://fhss.polyu.edu.hk/docs/en/promo/DeansList1819.pdf

PolyU's annual Congregation is one of the highlights of the university's calendar and is eagerly anticipated by graduands, their parents, and their teachers. On 29-30 October 2019, FHSS graduands gathered inside the on-campus Jockey Club Auditorium to attend their respective conferment session at the 25th PolyU Congregation for their academic awards up to professional doctoral level. Meanwhile, 24 of their PhD peers were accorded their awards on 27 October at PolyU's main conferment session, which bestowed Doctor of Philosophy and honorary degrees. Among FHSS's 1,564 new graduates were 152 high-achievers who made it onto the Dean's Honours List 2018/19 for shining academically and non-academically during their undergraduate studies: https://fhss.polyu.edu.hk/docs/en/promo/DeansList1819.pdf





謹此恭賀醫療及社會科學院2019年畢業生! Congratulations to the FHSS class of 2019!

醫療及社會科學院資助學生接種疫苗 保障學生與公眾健康 Subsidising Flu Shots for FHSS Students to Protect Their and the Public's Health



季節性流感可在一年當中隨時肆虐。流感 特別容易令免疫系統較弱人士,出現支氣 管炎、肺炎或死亡等併發症,即使健康人士也有機會 引發上述併發症。香港特區政府建議,除有特別健康 情況外,六歲或以上人士每年應在1月冬季流感季節 開始前接種疫苗,有助降低他們感染流感和出現併發 症的機會,或至少減輕流感症狀。特區政府現已向較 高風險感染(基於健康或環境因素)或出現併發症的 高危人士,實施年度補貼及免費流感疫苗接種計劃。

為響應特區政府呼籲,醫療及社會科學院亦鼓勵院內 學生接種疫苗,尤其是這些有機會接觸較高風險群組 的同學。為提高實習期間與病人及醫護人員有緊密接 觸的學生的接種疫苗比率,醫療及社會科學院自 2018/19年起,連續兩年資助進行臨床實習的學生, 到大學醫療保健處接種流感疫苗的全部費用。 Seasonal influenza can strike anytime of the year. Flu can cause complications such as bronchitis, pneumonia or death even in healthy people but especially in those with weaker immune systems. The Hong Kong government recommends that everyone aged 6 months and above, except those with special medical circumstances, should get vaccinated every year preferably before the winter flu season starts in January to help cut the odds of their becoming infected with flu and developing complications — or at least lessen the misery of flu symptoms experienced. The government runs annual subsidised and free influenza vaccination programmes for different demographic and occupational groups that have a higher risk of becoming infected (because of health or environmental reasons) or developing its complications.

FHSS also encourages all of its students to get vaccinated, especially those who may encounter patients and clients whom may have a higher risk of developing complications from flu. To boost the vaccination rate among its students who would be interacting with patients, clients, and health or human services professionals as part of their training, FHSS subsidised the full cost of flu shots at PolyU's University Health Service for its students scheduled to undertake clinical placements or fieldwork in the immediate past and current academic years.

2019 年香港整體快樂指數 Hong Kong General Happiness Index 2019



⊋ 2019年度的香港整體快樂指數創10年新低。

理大護理學院助理教授林清博士獲和富社會企業「香港開心D」委託,進行2019年度的香港整體快樂指數調查。林博士和研究團隊於2019年9月9日至23日期間,以抽樣方式在九龍及新界區成功向1,077位受訪者進行調查,逾六成受訪者為34歲或以下,以及過半數受訪者為正職學生。

調查結果顯示,以10分為滿分計算,2019年港人快樂指數由 去年6.54下跌至6.15;其中25歲至34歲組別的受訪者為最不快 樂。約48.2%受訪者的快樂指數為7或以上,17%受訪者則只有 4或以下。內在心理因素(即「心理資本」)和外在環境因素 對個人的快樂程度皆有直接影響;而量度「心理資本」的四種 品質,包括——「關愛」、「智慧」、「堅毅」和「行動」, 均比去年下跌,當中以「行動」的跌幅最大(下跌0.68至 6.47)。外在環境因素的得分與去年相比亦同樣下滑,「政府 施政」的滿意程度從4.32下降至2.73,同時亦是得分最低分的 外圍因素;「政治及社會狀況」的滿意程度由4.53下跌至 3.06,「治安」的得分則從6.68下降至4.06。

團隊亦發現18.5%受訪者呈中度至嚴重抑鬱徵狀,有3.5%受訪 者表示幾乎每天都有自殺念頭,而有近11%受訪者每7日以上 就有傷害自己的念頭。

林博士表示,雖然社會氣氛或會影響港人的快樂指數,「惟個 人的快樂更取決於四項的內在因素而非外圍因素。因此,如經 常情緒低落或感到沮喪,應該尋求專業協助。」 In 2019, the Hong Kong General Happiness Index saw its lowest score in 10 years.

Dr Simon Ching Lam, Assistant Professor at PolyU's School of Nursing, was commissioned by HK.WeCARE of Wofoo Social Enterprises to conduct the 2019 survey. A total of 1,077 questionnaires were completed by convenience sampling in Kowloon and the New Territories from 9-23 September 2019. More than 60% of respondents turned out to be 34 years old or younger, and half of all respondents indicated they were full-time students.

On a scale from 0 to 10, the happiness index for 2019 fell to 6.15 from 6.54 in 2018, with respondents between 25 and 34 years old being the unhappiest. Some 48.2% of all respondents gave a happiness score of 7 or above, while 17% gave a score of 4 or below.

Internal and external factors contribute to a person's happiness. The scores for the internal factors of "love," "insight," "fortitude," and "engagement" (LIFE) slipped in the 2019 index from those in 2018, with "engagement" seeing the biggest drop (by 0.68 to 6.47). The scores for external factors also fell from those in the 2018 index, with the lowest for "government policy" at 2.73, down from 4.32; "politics and society" at 3.06, down from 4.53; and "law and order" at 4.06, down from 6.68.

Alarmingly, the 2019 survey also detected symptoms of moderately severe to severe depression in 18.5% of respondents. Some 3.5% of respondents reported having suicidal thoughts almost every day, and nearly 11% had suicidal thoughts every 7 or more days.

Although the social unrest may have affected the happiness of Hong Kong people, "a person's happiness is more dependent on the 4 internal factors than on external factors," said Dr Lam. "Therefore, people should seek professional help if they constantly feel down or frustrated," he advised.

物理治療團隊支援2020年保良局慈善跑選手 Physiotherapy Staff and Students Help Out in Po Leung Kuk Charity Run 2020



Helping participants to race as injury-free as possible in the Po Leung Kuk Charity Run 2020 on 4 January was a volunteer team of more than 50 physiotherapy students and Clinical Associates from PolyU's Department of Rehabilitation Sciences. They conducted a warm-up session for competitors before the 3K, 10K and half-marathon mass start, and provided physiotherapy for them upon their return from the scenic High Island Reservoir route of the run.





眼科視光學院 倡為高齡司機進行視力測試 School of Optometry Urges Eyesight Test for Elderly Drivers

即使身體狀況良好,長者的視力也會隨著年齡增長而變差。 許多與高齡有關的眼疾包括白內障、青光眼、黃斑病變、糖尿 病視網膜病變、夜盲症、眩光敏感度增加以及光暗對比敏感度 下降等,若不及時發現和治療,可導致駕駛過程危機四伏。

眼科視光學院及會上其他機構指出,本港約有五成的士司機 以及約四成小巴司機,年齡為60歲或以上。而涉及的士和小巴 的交通意外當中,分別約有39%及57%為60歲以上的高齡 司機。

為提高道路安全,眼科視光學院及會上其他機構促請政府規定 所有65歲或以上的司機,需每三年通過視覺測試,與海事處對 船長的視覺要求看齊;70歲或以上的高齡司機,則需每年通過 視覺測試。現時海事處對船長進行的視覺測試,會檢測他們的 遠、中及近距視力、周邊視野、色覺、複視和有否夜盲症狀。 目前,70歲或以上的駕駛人士只需每三年遞交醫療證明,表明 能在白晝光線下讀出距離23米遠的車牌號碼,即可申領駕駛 執照。 In support of World Sight Day 2019, PolyU's School of Optometry (SO), the Hong Kong Society of Professional Optometrists, the Hong Kong Association of Private Practice Optometrists, the Eye Foundation, and the Hong Kong Contact Lens Research Association jointly hosted a press conference on 25 September to urge the Hong Kong government to impose stricter eyesight requirements for drivers aged 65 years old or above who wish to obtain or renew their driving licences.

Eyesight tends to deteriorate more quickly in the elderly even if their overall health is good. Many age-related eye conditions, including cataract, glaucoma, macular degeneration, diabetic retinopathy, night blindness, increased sensitivity to glare, and decreased vision in different light levels, can make driving dangerous if they are not detected and treated.

SO and the other organisations pointed out that some 50% of taxi drivers and some 40% of minibus drivers in Hong Kong were 60 years old or above. About 39% and 57% of traffic accidents related to taxis and minibuses, respectively, involved drivers of those vehicles who were above 60 years old.

To improve road safety, SO and the other organisations called for the government to require all drivers aged 65 years or older to pass an eyesight test every 3 years to the Marine Department's standard for boat coxswains, and for drivers aged 70 years or older to pass the test every year. The test for coxswains examines their distant, intermediate and near vision; peripheral vision; colour vision; and for double vision and for night blindness. At present, drivers aged 70 years or older are required to only submit a medical certificate every 3 years stating they can successfully read a vehicle number plate 23 m away in good daylight.

康復治療科學系合辦 人類職能模型國際研討會 Department of Rehabilitation Sciences Co-Organises Model of Human Occupation International Symposium



● 理大康復治療科學系聯同伊利諾大學芝加哥分校(UIC)的職業治療學系,於2019年9月27日 至29日在UIC校園合辦了第六屆人類職能模型(MOHO)國際研討會。MOHO是職業治療學的 ─個主要概念模型,有助職業治療師確定病人的需要並為他們制定合適的治療方案。

是次國際研討會吸引了120多位業界從業員、職業治療學學者和學生參加,當中包括由25位理大康復治療科學系及香港職業治療學會組成的代表團。研討會主題為「人類職能模型:全球病者為本的 實踐」,從世界各地的不同環境下,對各類病者應用人類職能模型的情況中,探討人類職能模型的最 新理論、研究和實踐的發展。

In conjunction with the Department of Occupational Therapy at the University of Illinois at Chicago (UIC), PolyU's Department of Rehabilitation Sciences (RS) co-organised the 6th International Institute



on Kielhofner's Model of Human Occupation (MOHO) from 27-29 September 2019 on UIC's campus. MOHO is a major conceptual model in occupational therapy that can help therapists to pinpoint the needs of clients and devise appropriate therapeutic programmes for them. A 25-strong delegation from RS and the Hong Kong Occupational Therapy Association were among the more than 120 participants of the international symposium

A 25-strong delegation from RS and the Hong Kong Occupational Therapy Association were among the more than 120 participants of the international symposium for people working in, researching or studying occupational therapy. Themed "MOHO: Client-Centered Practice in a Global Context," the event examined the latest theoretical, research and practice developments in MOHO from its application around the world in different settings with different types of clients.

第四屆香港創意日 4th Hong Kong Innovation Day







孫雷博士 Dr Sun Lei

黎田先生 Mr Li Tian



理大護理學院與好薈社合辦的第四屆香港創意日, 鑑於新型冠狀病毒爆發,決定於2020年2月26日 移師網上舉行。今屆有不少來自香港和大灣區的機構 參賽,提出了林林總總應對臨床醫療問題的嶄新科學或 科技方案。

理大應用科學及紡織學院紡織及服裝學系副教授葉曉雲 博士,憑藉她創新的「可動式脊椎側彎矯形腰背架」奪 魁,這項新穎發明將代表香港參加今年在加拿大多倫多舉 行的世界醫療護理創新日。亞軍由工程學院生物醫學工程 學系副教授孫雷博士團隊奪得,得獎作品為「通過超聲波 刺激增強胰島素分泌以治療糖尿病」:而醫療及社會科學 院醫療科技及資訊學系的研究生黎田先生率領的團隊, 則以「四維磁力共振指紋識別技術的可行性研究」榮膺 季軍。理大設計學院產品設計學生王文偉先生以 「Dwarfs:為自閉症傾向兒童而設的情緒教育套件」的 創新設計,榮獲首度設立的最佳社會創新獎。 PolyU's School of Nursing and Good Seed social innovation and funding programme co-organised the 4th biennial Hong Kong Innovation Day on 26 February 2020 online because of the COVID-19 outbreak. Many new scientific or technological solutions addressing clinical health care problems were entered into the competition by organisations in Hong Kong and the Greater Bay Area.

Dr Joanne Yip, Associate Professor at PolyU's Institute of Textiles and Clothing in its Faculty of Applied Science and Textiles, won 1st prize for her "Flexible scoliosis brace with artificial hinge" invention. It will automatically represent Hong Kong at the Global Healthcare Innovation Day in Toronto, Canada, this year. The 1st runner-up award went to a team led by Dr Sun Lei, Associate Professor at PolyU's Department of Biomedical Engineering in its Faculty of Engineering, for their "Enhanced insulin release by ultrasound stimulation for the treatment of diabetics" project. A team led by Mr Li Tian, a then postgraduate from FHSS's Department of Health Technology and Informatics, landed the 2nd runner-up prize for their project "Four-dimensional magnetic resonance fingerprinting: a feasibility study." Mr Jack Wong Man-wai, a then product design student at PolyU's School of Design, won the inaugural Best Social Innovation Award for his "Dwarfs – educational kit about emotions for children with ASD (autism spectrum disorder)" invention.

新網絡課程:如何於日常生活中處理衰老問題 New Online Course on How to Manage Frailty in Daily Life



香港人口老化,預計長者的衰老情況漸趨普遍。身體 機能衰退、欠缺社交活動的生活方式以及環境的危害, 亦大大增加衰弱中的長者於跌倒、入院、殘疾護理甚至死亡的 風險。香港中文大學與賽馬會流金匯在2014年進行社區衰老 狀況篩選,結果發現65歲或以上的長者,有超過半數受訪者已 踏入前期衰弱,平均每八人便有一人出現此問題。然而,並非 所有長者也會身體衰弱,例如去年有一位85歲的蒙古運動員, 以平均每小時18公里的跑速,於1分20秒的驚人時間贏得一場 400米的跑步賽事,同時亦打破了同齡組別的男子室內跑步 世界紀錄。另一方面,認知功能障礙也是衰老症狀之一。

有鑑於此,理大護理學院在edX平台開辦了新的大型開放式 網絡課程,教導公眾和專業醫護人員關於衰老的概念與實用 技巧,用以識別、評估、監測及處理長者於日常生活中出現的 問題。此外,參加者亦會學習如何逆轉及預防衰老。 As Hong Kong's population ages, its number of frail elderly will likely increase. Because of age-related physiological decline, inactive lifestyles, and physical-environment hazards, frail elderly are at a higher risk of falls, hospitalisation, disability and need for care, or death. According to findings from a frailty community screening programme in 2014 by the Chinese University of Hong Kong and Jockey Club Cadenza Hub, 1 in 8 people aged 65 years or above are frail, while more than 50% are pre-frail. However, some elderly are far from frail – last year, running briskly at an average speed of 18 km/h, an 85-year-old Mongolian athlete won a 400m race in 1 min 20 secs, breaking the men's indoor world record for the distance in his age group. Frailty may also include cognitive impairment. A new massive open online course (MOOC) by PolyU's School of Nursing on the edX platform aims to teach key concepts and practical techniques to the general public and health professionals on how to identify, assess, monitor, and manage frailty in older people in daily life. Participants will also learn how frailty can be prevented and reversed in daily life.

如欲了解詳情及報讀這個四星期的免費課程,請瀏覽 For more information and to enrol on the free 4-week course, please visit https://www.edx.org/course/frailty-in-daily-living

護理學院合辦 2019 亞太災難與急救護理聯盟會議 School of Nursing Co-Hosts Asia Pacific Emergency and Disaster Nursing Conference 2019

基於自然及人文地理因素,亞太地區造成人們 傷亡或流離失所的災難風險比世界任何地區都 要高。理大護理學院與泰國瑪希敦大學護理學院為 亞太災難與急救護理聯盟聯合秘書處,於2019年11月 12日及13日在香港合辦了聯盟的年度會議,以「建立 協作策略以減少災難傷害」為主題。會議旨在促進 跨學科合作,以加強業界從業員、政策制定者和 公眾,減災、備災、應災及復原的協作策略。 世界衞生組織(世衞)首席護士長Elizabeth Iro女士以 錄影,以及理大護理學院學院主任莫禮士教授,他亦 是劉陳小寶健康延年教授、講座教授、及世衞社區 健康服務合作中心總監,於現場共同為會議主持揭幕 儀式。

今屆與會人數眾多,吸引了來自12個國家或地區的 專業護理人員、學者、研究人員和政策制定者參加。 六位來自亞洲的專家及學者,親臨會議或以視像方式 發表主題演講,內容提及近期的自然或人為災難發生 以來,在抗災能力方面所需要或已取得的成就。其中 一位專家談到2019年摧毀了加勒比海巴哈馬的五級颶 風多里安,而另一位專家則提及香港在1997年爆發的 禽流感及2003年的嚴重急性呼吸系統綜合症(SARS)。 The risk of disasters causing death, injury or displacement of people is greater in the Asia-Pacific region than in other parts of the world because of physical and human geography reasons. As Co-Secretariat of the Asia Pacific Emergency and Disaster Nursing Network (APEDNN), PolyU's School of Nursing (SN) and the Faculty of Nursing at Mahidol University,



Thailand, jointly organised APEDNN's Annual Conference 2019 on 12-13 November in Hong Kong with the theme "Building Collaborative Strategies to Reduce Vulnerabilities in Disasters." The conference aimed to bolster interdisciplinary collaborative efforts to strengthen disaster preparedness, response, recovery, and mitigation by practitioners, policymakers, and the public. Officiating at the opening ceremony were Ms Elizabeth Iro, the World Health Organization's (WHO) Chief Nursing Officer, via a video recording, and PolyU's Prof Alex Molasiotis, who is SN Head, Angel S.P. Chan Lau Professor in Health and Longevity, Chair Professor of Nursing, and Director of the WHO Collaborating Centre for Community Health Services.

Practitioners, scholars, researchers, and policymakers from 12 countries or territories working in nursing, other health and human services professions, and international and governmental organisations attended the conference. Six experts from academia and different health care systems in Asia and elsewhere delivered keynote speeches in person or via videoconferencing, with mentions given to improvements in disaster resilience needed or achieved since recent natural or man-made disasters. One referred to the Category 5 Hurricane Dorian in 2019 that devastated the Bahamas in "Hurricane Alley" in the Caribbean, and another to the emerging infectious disease outbreaks of avian or bird flu in 1997 and SARS in 2003 in Hong Kong.

眼科視光學院合辦 第17 屆香港國際視光學會議 School of Optometry Jointly Organises 17th Hong Kong International Optometric Symposium

第17屆香港國際視光學會議由香港貿易發展局、香港光學會及理大眼科視光學院攜手合辦,於2019年11月7日假座香港會議展覽中心圓滿舉行,逾540位參加者在會上深入了解並討論最新的視光學研究、專業實踐以及世界各地視光學界別的最新情況。是次會議的主題為「眼科視光學專業領域的進階發展」,醫院管理局行政總裁高拔陞醫生獲邀發表開幕辭後,由理大眼科視光學院、海外及私人執業的知明專家主講的六場講座隨即開始,他們分別向與會者介紹了乾眼症的診斷、雙眼視覺障礙對閱讀和學習的影響、特製隱形眼鏡於美國的趨勢,眼科視光師在航空安全的角色、運動視力,以及人工智能在眼科學和眼科視光學的作用等不同領域的最新發展。



Jointly organised by the Hong Kong Trade Development Council, the Hong Kong Optometric Association, and PolyU's School of Optometry (SO), the 17th Hong Kong International Optometric Symposium



was held on 7 November 2019 at the Hong Kong Convention and Exhibition Centre. More than 540 participants learned about and discussed the latest developments in research, professional practice, and the optometric industry from around the world. Themed "Advancements in Optometric Specialties," the symposium featured opening remarks by Dr Tony Ko Pat-sing, Chief Executive of Hong Kong's Hospital Authority, and 6 talks by guest speakers from SO and overseas higher education institutions and private practices. They updated the audience about dry eye syndrome diagnosis, binocular vision disorder effect on reading and learning, specialty contact lens trend in the US, the role of optometry, respectively.

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- ▶ 放射學 (榮譽) 理學士學位 BSc (Hons) in Radiography
- ▶ 醫學影像及放射科學理學碩士 MSc in Medical Imaging and Radiation Science
- ▶ 醫療化驗科學理學碩士 MSc in Medical Laboratory Science
- ▶ 醫學物理理學碩士學位²
 MSc in Medical Physics²

護理學院 School of Nursing

- ▶ 精神健康護理學 (榮譽) 理學士學位 BSc (Hons) in Mental Health Nursing
- ▶ 護理學 (榮譽) 理學士學位 BSc (Hons) in Nursing
- ▶ 護理學理學碩士學位 MSc in Nursing
- ▶ 專科護理學深造文憑 (澳門) Postgraduate Diploma in Specialty Nursing (Macau)
- ▶ 全日制護理學碩士學位² Master of Nursing²

應用社會科學系 Department of Applied Social Sciences

- ▶ 應用老年學及服務管理(榮譽)文學士學位¹ BA (Hons) in Applied Ageing Studies and Service Management¹
- ▶ 社會政策及行政 (榮譽) 文學士學位¹ BA (Hons) in Social Policy and Administration¹
- ▶ 社會政策及社會創業(榮譽)文學士學位 BA (Hons) in Social Policy and Social Entrepreneurship
- ▶ 社會工作(榮譽)文學士學位 BA (Hons) in Social Work
- ▶ 諮商與輔導文學碩士學位 MA in Guidance and Counselling
- ▶ 學校與社區心理文學碩士學位² MA in School and Community Psychology²
- ▶ 社會政策及社會發展文學碩士學位 MA in Social Policy and Social Development
- ▶ 社會工作文學碩士學位(家庭本位實務及家庭 治療)

MA in Social Work (Family-Centred Practice and Family Therapy)

- ▶ 社會工作文學碩士學位 (精神健康)³ MA in Social Work (Mental Health)³
- ▶ 應用心理學碩士學位 Master of Applied Psychology
- ▶ 應用心理學碩士學位 (特殊學習需要) Master of Applied Psychology (Diverse Learning Needs)
- ▶ 教育及兒童心理學碩士學位 Master of Educational and Child Psychology
- ▶ 社會工作碩士學位 Master of Social Work
- ▶ 社會工作博士學位³ Doctor of Social Work³

康復治療科學系 Department of Rehabilitation Sciences

- ▶ 職業治療學 (榮譽) 理學士學位 BSc (Hons) in Occupational Therapy
- ▶ 物理治療學(榮譽)理學士學位 BSc (Hons) in Physiotherapy
- ▶ 手法物理治療理學碩士學位³ MSc in Manipulative Physiotherapy³
- ▶職業治療學理學碩士學位³
 MSc in Occupational Therapy³
- ▶ 發展障礙人士復康理學碩士學位³ MSc in Rehabilitation of People with Developmental Disabilities³
- ▶ 康復科學理學碩士學位³ MSc in Rehabilitation Sciences³
- ▶ 運動物理治療理學碩士學位³ MSc in Sports Physiotherapy³
- ▶ 職業治療學碩士 Master in Occupational Therapy
- ▶ 物理治療學碩士 Master in Physiotherapy

眼科視光學院 School of Optometry

▶ 眼科視光學 (榮譽) 理學士學位 BSc (Hons) in Optometry

- ¹ 銜接課程 Top-up degree
- ² 課程尚待批准 Subject to approv
- ³ 每兩年招生一次 Admission in alternate years