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香港理工大學

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力求教研卓越 改善生活質素
Enriching Lives Through Excellence

今期《健訊》與讀者分享香港理工大學（理大）醫療及社會科學院師生的最新成就和獲獎消息，並介紹學院如何致力進行開創性的研究和發明，以解決廣泛的醫療和社會問題；實踐嶄新教學方法，以幫助理大學生以至世界各地的公眾和專業人士增進知識，以及提供適切服務，以改善社區生活質素。

In this edition of "Health News," we highlight some of the many recent achievements and awards of our staff and students at the Faculty of Health and Social Sciences (FHSS) of The Hong Kong Polytechnic University (PolyU). Read how their pioneering research and inventions tackle different health and societal issues affecting the young and old, how their innovative teaching not only expands the knowledge of students at PolyU but also people and professionals around the world, and how their recently launched services are improving the lives of people in the community.

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

短期中國內地學習項目助提高本地學生國民身分認同

Short Study Programmes on Mainland Can Boost Local Students' Identification with China

香港的歷史和生活方式在許多方面都與中國其他地區有所不同，香港人因而對國家沒有強烈歸屬感不足為奇。理大應用社會科學系副教授兼副系主任于璐博士，與理大暫任副校長（研究及創新）、協理副校長（本科生課程）、應用社會科學系講座教授、利豐服務領導教育教授石丹理教授，於2019年1月至9月期間，帶領跨院校團隊進行了一項研究，向於2018/19學年參加了三類短期內地學習項目的本地大學生進行調查，發現他們在完成這些項目後，對中國內地的態度和看法變得更正面，對國民身分的認同度更高，而他們的跨文化能力亦有所提升。

Since many aspects of Hong Kong's history and way of life differ from those of the rest of China's, it is perhaps not surprising that some Hong Kong people may not feel a strong sense of belonging to the nation. From January to September 2019, an inter-institutional research study co-led by Dr Yu Lu, Associate Head and Associate Professor at PolyU's Department of Applied Social Sciences (APSS), and APSS's Prof Daniel T.L. Shek, who is Li & Fung Professor in Service Leadership Education, Chair Professor of Applied Social Sciences, and PolyU's Associate Vice President (Undergraduate Programme) and Interim Vice President (Research and Innovation), surveyed if voluntary participation by Hong Kong local tertiary students on 3 kinds of short-term study programmes on the mainland during the 2018/19 academic year had any impact afterwards on their perceptions and attitudes towards the mainland, sense of national identity, and intercultural competence. The researchers found that participation on such study programmes on the mainland produced a mostly positive effect on the students across those dimensions.

來自八所獲政府資助的本地院校合共380位本地學生參與是次調查。研究要求他們在參與於中國內地不同城市進行為期1至8週的文化交流團、服務學習項目或其他暑期課程開始前及完成後，分別填寫調查問卷。

研究發現，學生的跨文化及跨文化溝通意識於完成學習項目後顯著提高。在對中國內地的看法方面，他們在參加項目前和後的平均評分分別為2.61分和2.74分（以4分為最高分），其中服務學習項目和暑期課程的評分增長最為顯著。在對自己是中國公民這身分的認同方面，他們在參加項目前和後的平均評分分別為4.74分和4.93分（以7分為最高分），而對香港人的身分認同則一直維持高評分。另外，相比起過往曾參加短期中國內地學習項目的學生，未曾參加的學生在完成是次項目後，對於自己是中國公民這身分的認同強度以及重要性方面顯著提高。而過往曾參加短期中國內地學習項目的學生，其跨文化溝通意識在完成是次項目後則有更顯著的提升。

因應研究的正面結果，研究團隊建議本地大學為學生舉辦更多短期內地學習項目。

A total of 380 local undergraduates from 8 publicly funded universities in Hong Kong completed the study's self-report questionnaire before and after their participation on the 1- to 8-week cultural tours, service-learning programmes, or summer-term programmes in various mainland cities.

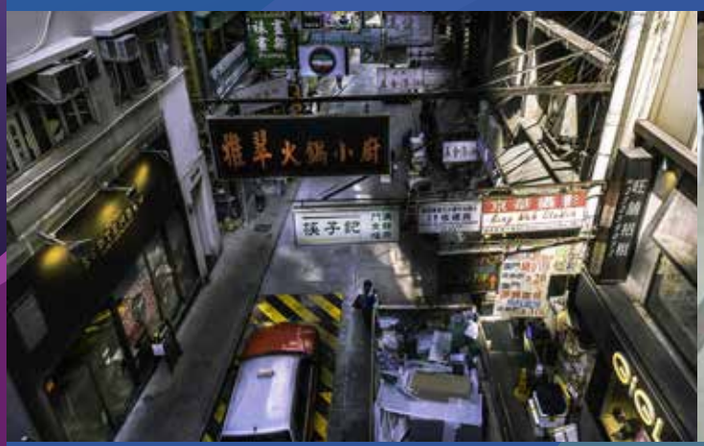
The respondents' ratings of their intercultural effectiveness and intercultural communication awareness showed significant, positive increases after their participation on the study programmes. On average, they gave ratings of 2.61 pre-visit and 2.74 post-visit on a 4-point scale, with 4 being the highest score, for their perceptions about the mainland, with those on the service-learning programmes and summer-term programmes showing more significant increases. Respondents also gave pre-visit and post-visit ratings of 4.74 and 4.93 on average on a 7-point scale, respectively, for their sense of identity as Chinese citizens, while their sense of identity as Hong Kong citizens remained high at a similar level. Compared with the respondents who had been on a short-term study programme on the mainland before, those who had not showed more positive increases in their identity as Chinese citizens and in their perception of the strength and importance of this identity. In contrast, those who had previously attended short-term study programmes on the mainland reported more improvement in their intercultural communication awareness.

Given those positive results, the researchers suggested that local tertiary education institutions offer more optional short-term study programmes on the mainland to their students.

基因組測序助追蹤新冠肺炎來源及傳播鏈
Using Genomics to Work Out COVID-19 Sources and Transmission Chains

新冠肺炎由SARS-CoV-2病毒引起，因此，遏制疫情的關鍵在於檢測和追蹤該病毒的輸入及傳播途徑。自第一波疫情2020年初在香港爆發以來，理大醫療科技及資訊學系副教授蕭傑恒博士與科研團隊一直致力於全基因組測序工作，對取得的本港確診個案樣本進行SARS-CoV-2病毒株和變異分析，以確定病毒基因組和系統發育特徵（或基因組進化特徵）。透過審視分析結果及這些確診個案的臨床和流行病學數據，研究團隊能夠推斷病毒的可能來源和傳播途徑。

A key weapon in the fight against COVID-19 in Hong Kong is detecting and tracking how the SARS-CoV-2 virus that causes the disease enters or spreads in the city. Ever since the 1st wave of COVID-19 in early 2020, Dr Gilman Siu Kit-hang, Associate Professor at PolyU's Department of Health Technology and Informatics (HTI), and his collaborators have been using whole-genome sequencing to analyse the strains or variants of SARS-CoV-2 of locally acquired cases to determine their genomic and phylogenomic characteristics (or the evolutionary characteristics of the genomes). By combining their genomic analyses with clinical and epidemiological data about the cases, they are able to work out the likely sources and transmission chains of the strains.



去年11月16日蕭博士在理大的網上新聞發布會上提出當時香港出現防疫漏洞，是首批指出相關漏洞的醫學專家之一。數日後他與研究團隊在《新興微生物與感染》雜誌發表相關研究論文。在新聞發布會上，蕭博士提出兩個需要關注的情況：香港的家居和酒店檢疫措施出現漏洞，以及在香港機場進行的病毒檢測出現異常高的假陰性比率。他指出，當時有超過25%的輸入個案是在隔離期間而非抵港時在機場接受RT-PCR核酸測試檢測出來。蕭博士亦率先就堵塞相關漏洞提出建議，他指出14天強制性檢疫應在禁止訪客進入的檢疫中心或指定酒店進行，而且受檢人士應由專車從機場接載而非自行乘搭公共交通工具前往。他又預測，若當時香港與新加坡的雙邊「旅遊氣泡」計劃如期實施，香港將有更多難以偵測的輸入個案。研究團隊的另一項發現是，相比起引發首三波疫情的病毒株，去年9月至10月期間發現的輸入個案的病毒株，在系統發育上與去月10月在香港出現的個案的病毒株有更密切的關係。研究團隊因而建議堵塞相關防疫漏洞，以避免香港再次爆發疫情。

去年12月4日，蕭博士於醫療及社會科學院和醫療科技及資訊學系舉辦的網上講座中，再度分享相關研究的發現，以期提高公眾對SARS-CoV-2病毒株的基因組分析和追蹤的了解。

In a PolyU online press briefing on 16 November 2020, a few days ahead of the publication of his and his team's associated research paper in the journal "Emerging Microbes and Infections," Dr Siu was among the first health experts in Hong Kong to publically raise the alarm about loopholes in the city's then home and hotel quarantine arrangements and the unexpectedly high rate of false negative COVID-19 test results at the city's airport. He stated that more than 25% of the imported cases at that time were detected during their quarantine, not through the then RT-PCR nucleic acid test at the airport. In the same briefing, Dr Siu was also among the first experts to suggest that people undergoing the then 14-day compulsory quarantine should do so only in either quarantine centres or designated hotels for quarantine with visitors barred, that they should be transferred from the airport to their designated quarantine hotel or quarantine centre via a designated shuttle bus service instead of using public transport, and that undetected cases could enter the city if the then planned "travel bubble" between Hong Kong and Singapore was implemented. The team's research had discovered that locally acquired cases in October were phylogenetically more closely related to recently imported cases in September and October than to the strains causing the 1st, 2nd and 3rd waves, leading them to raise the possibility that a next wave could be set off if loopholes were not closed.

To increase the general public's understanding about genomically analysing and tracking SARS-CoV-2 strains in Hong Kong during the pandemic, Dr Siu spoke about his and other research teams' findings in a public lecture he gave online on 4 December that was jointly organised by FHSS and HTI.

「身心並用」康復訓練減低中風患者跌倒風險

Dual-Task Training Can Significantly Reduce Falls in Chronic Stroke Patients

香港每年有超過25,000人因中風而需入院治療。腦出血或腦血管閉塞可引致不同類型和程度的傷害，而活動能力受損是其中最常見的一種。有資料顯示，高達73%中風患者於出院後六個月內曾經跌倒，另高達50%慢性中風患者（中風超過六個月）亦曾經跌倒。由理大康復治療科學系彭耀宗教授領導的一項研究發現，「身心並用」康復訓練有效減低中風患者跌倒的風險。相對於對照組別（只進行柔韌性訓練和上肢訓練），有接受「身心並用」訓練（即同時進行平衡步行和認知活動訓練）的組別，中風患者跌倒及因跌倒而受傷的風險分別下降25%及22.2%；而接受單項任務訓練（即完成平衡步行後才坐下進行認知訓練）的組別，雖然有關風險分別下降22%及18%，但這結果在統計上並不顯著。

日常生活中，人們經常同時處理兩項或多項事情，其中包括需使用認知能力的活動，例如在外出和走路時與人交談。而無論在同一時間只進行步行或認知活動，或同時進行這兩項活動，中風患者的表現都遜於較健康的長者。目前，探討「身心並用」訓練對慢性中風患者的影響的研究不多，而且都只集中於步行表現。彭教授及其團隊的研究，則一併探討患者步行時進行的認知活動的表現，而且跟進的時間較長。團隊記錄患者於完成相關訓練後共六個月的跌倒次數。

合共84位輕度或中度活動能力受損的慢性中風患者參與這項隨機對照研究，他們的平均年齡為60歲並已中風超過五年。他們接受每星期三節、每節一小時的訓練，為期八星期。這項研究已於美國心臟協會經同行評審的醫學期刊Stroke上發表。

慢性中風患者經物理治療師評估後可進行「身心並用」訓練。這種訓練的效果理想，而且所需輔助設備簡單，是慢性中風患者在家或社區中進行長期康復治療的可行方法。彭教授及其團隊現正計劃為專業醫護人員提供培訓，並為慢性中風患者、照顧者和服務提供者製作培訓手冊。

Every year, some 25,000 people in Hong Kong are admitted to hospital with stroke. The bleeding or clot in their brain leaves many survivors with varying types and degrees of disability, with motor impairments being the most common. Up to 73% of survivors fall within the first 6 months after being discharged, and up to 50% of chronic stroke patients (whose stroke occurred more than 6 months ago) also experience falls. However, a recent study led by Prof Marco Pang Yiu-chung of PolyU's Department of Rehabilitation Sciences has demonstrated that "dual-task" training comprising balance-and-gait exercises with a concurrent cognitive task could significantly help to reduce the number of fallers and fall-related injuries among chronic stroke patients by 25% and 22.2%, respectively, compared with a control group of chronic stroke patients who underwent flexibility and upper limb exercises only. Although the numbers of fallers and fall-related injuries in the single-task group of chronic stroke patients who underwent balance-and-gait exercises followed by sitting down to do the cognitive tasks were 22% and 18% lower than in the control group, the reductions were not statistically significant.

People often multi-task or at least "dual-task" cognitively when they are out and about walking, such as talking to someone else. Stroke patients perform worse in dual-tasking than healthy older adults in one or both tasks of walking and the cognitive activity. The existing few studies on the effect of dual-task training for chronic stroke patients focused on their walking performance. Prof Pang and his team's study is the first to examine chronic stroke patients' performances in the walking task and the concurrent cognitive task and to collect data of their falls over a relatively long 6-month follow-up period post-training.

Eighty-four community-dwelling chronic stroke patients with mild or moderate motor impairments and who were on average aged around 60 years old and had a stroke more than 5 years ago participated in the randomised controlled study, which was published in "Stroke," an American Heart Association peer-reviewed medical journal. They underwent 1-hr training sessions 3 times a week for 8 weeks for the study.

The effectiveness of dual-task training coupled with the simple equipment required make dual-task training a feasible form of long-term rehabilitation in home- or community-based settings for chronic stroke patients who are assessed by a physiotherapist as being suitable for such training. Prof Pang and his team are planning to conduct training workshops for health professionals and to develop training manuals for chronic stroke patients, caregivers, and service providers.

人工智能資料庫系統改善工傷個案管理

New AI-Based Database System Can Improve Work-Injury Case Management

根據勞工處的數據，2019年香港有32,872宗職業傷亡個案，其中10%至12%僱員受傷後約六個月才康復，有些僱員甚至兩年後才可復工。工傷除了對僱員的身心和經濟構成壓力之外，亦衍生由僱主承擔的醫療和聘用替工開支，以及保險公司的賠償支出。為了幫助受傷僱員、僱主、保險公司和醫療服務提供者有效處理工傷，理大康復治療科學系副教授鄭樹基博士帶領由其學系和理大工程學院電子計算學系研究人員組成的團隊，研發了一套人工智能工傷管理系統。

這套工傷管理系統在加密安全的中央雲端平台上提供數據儲存、數據分析及機器（或深度）學習的管理工具。系統的資料庫儲存着工傷個案的數據，包括動態數據（醫療記錄）和靜態數據（人口和事故數據），並採用文字探勘技術擷取資料，以及人工智能技術對資料進行深入分析。研究團隊從68間保險公司取得約90,000宗工傷個案的數據，包括受傷僱員的健康狀況和相關開支資料，並以深度學習技術建立了數據分析模型。透過人工智能和大數據分析，這套系統估算受傷僱員的傷殘程度和病假日數，準確度分別約為70%和60%，較人手估算更加準確。

這套系統亦有助減少工傷個案所涉及的行政工作，且能推算受傷僱員的康復進程和相關開支，並提供醫療和復工建議。系統帶來的效益還包括加深僱主對職業安全和健康的了解，例如對常見工傷意外的認識，從而預防意外發生；幫助保險公司優化其醫療保險計劃；以及讓醫療服務提供者獲得有助編配資源的參考資料。

現時已有6間保險公司表示有興趣採用這套系統。研究團隊由今年3月開始讓這些公司試用系統，為期6個月，並計劃明年於保險和醫療界正式推出系統。

According to Hong Kong's Labour Department, there were 32,872 reported cases of occupational injuries in 2019, of which 10-12% of the injured employees took about 6 months to recover and some needed as long as 2 years to be able to return to work. Work injuries can result in both health and economic consequences for the injured, as well as incur medical and employee-substitution costs for the employer and insurance claim costs for insurance companies. To help employers, employees, insurance companies, and health care providers to better manage their work-injury cases, Associate Professor Dr Andy S.K. Cheng from FHSS's Department of Rehabilitation Sciences led a team of researchers, including from PolyU's Department of Computing in its Faculty of Engineering, to develop an artificial intelligence-based work-injury database called the "Smart Work Injury Management System" (or SWIM system).

SWIM offers management tools for data storage, data analytics, and machine (or deep) learning on a secure, centralised cloud platform. It uses artificial intelligence (AI) to perform in-depth analysis of work-injury case files through text-mining techniques to extract information from them, such as from dynamic data (like medical notes) and static data (like demographic and accident data). The research team collected some 90,000 finalised real cases, including health and cost information, from 68 insurance companies to build up SWIM's analytic models through machine learning. Through the use of AI and big data, SWIM's prediction accuracy can reach 70% and 60% in assessing the disability levels of and the number of days of sick leave required for injured workers, respectively, surpassing the prediction accuracy of professionals.

SWIM can also help to reduce administrative work and predict return-to-work trajectories and the cost of work injuries, as well as provide advice on appropriate health care and return-to-work interventions. SWIM can also offer advice on occupational health and safety to employers to minimise workplace injuries, such as common causes of different types of accidents. Insurance companies can use SWIM to help enhance their medical insurance plans, while health care providers can use SWIM as a reference to inform their allocation of resources and services.

Six insurance companies have already expressed their interest in adopting SWIM. The research team is beginning a 6-month test run of SWIM in those companies from this March, and aims to launch SWIM for the insurance and health care sectors next year.

研究加強「提醒治療法」效果助中風病人患手復健
Project to Enhance "Remind-to-Move" Rehabilitation For Post-Stroke Partially Paralysed Arms

中風可導致病人的手臂完全或部分癱瘓，即使患手仍有活動能力，中風病人在日常生活中亦傾向減少使用該患手。有見及此，理大康復治療科學系方乃權教授和其研究團隊研發了「提醒治療法」，透過使用具備提示功能的手錶，訓練中風病人多用患手。手錶可預設為只針對患手並在指定時間發出感知信號的模式，中風病人在患手戴上手錶後便可按時收到震動信號，提示他們運動患手。方教授和跨學院研究團隊致力進一步提升這種治療法的效果，成功爭取研究資助局的研究影響基金批出919萬港元的撥款，以支持他們開展名為「腦卒中患者偏癱上肢可穿戴式閉環神經控制提醒治療法」的項目，為期48個月。

這個獲資助項目旨在研發一套雙臂運動同步記錄系統，以及閉環感知運動流程和儀器原型。研究團隊亦將會對「事件相關同步」現象作為運動軌跡的腦神經標記進行研究。

Many stroke patients with a partially paralysed or "paretic" arm tend to use only their unaffected arm to carry out activities of daily living, even though their paretic arm can still be voluntarily moved or used somewhat. "Remind-to-Move" is a recently developed treatment by Prof Kenneth N.K. Fong of PolyU's Department of Rehabilitation Sciences and his collaborators for training patients to move or use their paretic arm by wearing a special wristwatch device on their paretic arm. The device vibrates at set times as a reminder cue for the patient to move or use the paretic arm after switching off the cue with his or her unaffected arm. Thus, the cue increases the patient's attention towards moving the arms. To enhance the treatment, Prof Fong and his inter-institutional research team have secured a HK$9.19 million grant over 48 months from RGC's competitive Research Impact Fund for their project titled "Wearable closed-loop neural control 'Remind-to-Move' treatment for hemiparetic upper extremity in people with hemiplegia after stroke."

The project aims to develop a bilateral arm movement synchronised recording system and a novel closed-loop sensorimotor protocol and prototyping of devices. It will also investigate event-related desynchronisation as a neuromarker for motor trajectory.

醫療及社會科學院科研項目獲科研資助
FHSS Projects Win Competitive External Research Grants

Department	Principal Investigator	Project Title	Major Funding Source
APSS	Dr Ada FUNG Wai-tung	Hong Kong-Vigilance and Memory Test (HKVMT) to enhance detection of early cognitive impairments in preclinical phase	Innovation and Technology Fund for Better Living, Innovation and Technology Bureau
APSS	Dr Ben KU Hok-bun	Evaluation as learning tools: practice research for the PRH projects	Community Investment and Inclusion Fund, Labour and Welfare Bureau
APSS	Dr Ben KU Hok-bun	China Social Work Project Fund III	China Social Work Project Fund phase III, Keswick Foundation
APSS	Prof Daniel SHEK Tan-lei	Promotion of psychological well-being in university students under COVID-19	special grant for student support services in response to COVID-19 pandemic, University Grants Committee
APSS	Prof Edward CHAN Ko-ling	Jockey Club "Craft Your Life Together" co-living community project research	Society of Rehabilitation and Crime Prevention, Hong Kong
APSS	Prof Edward CHAN Ko-ling	Residents' journey from trauma to empowerment (RESTORE)	Hong Kong Student Aid Society
RS	Dr Arnold WONG Yu-lok	Older people's experience of living with chronic low back pain in Western and Eastern cultures	Swiss Federal Institute of Technology Zurich
RS	Dr Bolton CHAU Ka-hung	Mechanisms of information sampling during decision making	State Key Laboratory Open Research Fund
RS	Prof David SHUM Ho-keung	Virtual-reality assessment of social cognition impairment and its related neural mechanism in schizophrenia patients and at-risk individuals	National Natural Science Foundation of China/RGC Joint Research Scheme
RS	Prof Kenneth FONG Nai-kuen	Wearable closed-loop neural control "Remind-to-Move" treatment for hemiparetic upper extremity in people with hemiplegia after stroke	Research Impact Fund, Research Grants Committee
RS	Dr Sonata YAU Suk-yu	Effects of chronic maternal consumption of high linoleic acid diet on inducing autistic-like behaviour in offspring and its neuroinflammation mechanisms	State Key Laboratory Open Research Fund
SO	Prof Carly LAM Siu-yin	The ability of using the Vision-RTM 800 instrument on children as well as to compare its outcome to standard refraction protocol under cycloplegia	Essilor International

APSS: 應用社會科學系 Department of Applied Social Sciences
HTI: 醫療科技及資訊學系 Department of Health Technology and Informatics
RS: 康復治療科學系 Department of Rehabilitation Sciences
SN: 護理學院 School of Nursing
SO: 眼科視光學院 School of Optometry

專訪魏佩菁博士
康復治療科學系
Interview with Dr Shirley Ngai
Department of Rehabilitation Sciences

憑著在教學的持續優秀表現和貢獻，理大康復治療科學系副教授魏佩菁博士獲頒2019/20年度校長特設卓越表現／成就獎的教學獎（個人），這是大學嘉許教學表現最高級別的榮譽。

For her continual standout performance and contributions in teaching and learning, Dr Shirley Ngai, Associate Professor at PolyU's Department of Rehabilitation Sciences (RS), has been bestowed with a President's Award for Outstanding Achievement in Teaching (Individual) for 2019/20, PolyU's highest — and very rare — teaching award at the university level.

這次獲獎為魏博士再添殊榮。數年前，她獲國家教育部頒發2018年國家級教學成果獎二等獎（高等教育），是香港首批獲得這個全國最高教學榮譽的學者之一。香港大學教育資助委員會亦於2016年向她頒發傑出教學獎（新晉教學人員組別），對她的成就予以肯定。其他獎項還包括2013/14年度醫療及社會科學院學院特設傑出教學表現／成就個人獎，以及康復治療科學系傑出教學獎。

魏博士是物理治療學本科課程主任，她的教學理念是「與學生同步成長」。她採用以學生為中心的教學模式和不同的創新教學法，以促進學生的學習。她又積極為進行臨床實習的學生提供支援，她說：「在學生臨床實習時，我察覺他們在實踐及應用課堂上學到的知識和技能時感到困難，亦對執行治療缺乏信心且有很大壓力，這可能會影響他們在臨床實踐中的學習。」魏博士於是為心肺物理治療教學引入模擬醫學，她設計了模擬醫學情景翻轉課堂教學法，讓學生透過對模擬患者進行練習，熟習如何作出治療決定和應用知識與技能，從而幫助他們為臨床實習做好準備。最近，她更開發了幫助學生掌握心肺物理治療知識的手機應用程式，為學生於實習時提供支援。

魏博士一直積極開發學生主導的網上學習課程，內容亦包括物理治療學科以外的知識。她說：「學生傾向於只顧及獲取知識、培養臨床實習技巧與臨床分析能力，卻忽略了發展軟技能的重要性。」由於文化差異會影響對患者的管理，魏博士亦有設計以提升學生的溝通技巧和文化能力為目標的學習單元。

魏博士說：「我衷心感謝我的同事、學院中其他成員和合作夥伴，他們的持續支持和指導幫助我將構思轉化為實際成果，為學生提供學習支援。」

This is Dr Ngai's latest notch in her impressive track record of teaching laurels. A couple of years ago, she won a 2nd class prize in the Higher Education category of the National Teaching Achievement Awards 2018 from China's Ministry of Education, making her one of the first Hong Kong academics to receive a top national accolade in higher education. Dr Ngai has also gained territory-wide recognition in Hong Kong, with a University Grants Committee Teaching Award in the Early Career Faculty Members category in 2016. At PolyU, she had won FHSS's Faculty Award for Outstanding Performance/Achievement in Teaching (Individual) in 2013/14 and RS's Outstanding Teaching Award in 2013/14.

Dr Ngai is Programme Leader of RS's undergraduate programme in physiotherapy. Reflecting her teaching philosophy of "growing step by step with my students," she adopts a learner-centred approach and uses different innovative pedagogies to facilitate their learning. "I noticed that students were having difficulties in applying the knowledge and practical skills they had learned in the classroom to their clinical placements. They said they were stressed and lacked confidence when treating cases, which can potentially affect their clinical performance and impede their learning process," Dr Ngai said. So she adapted ward-simulation training, common in medicine and nursing education, for physiotherapy education by integrating computerised medical simulation into a flipped classroom to teach cardiopulmonary physiotherapy and prepare students for their clinical placements. By using a simulated patient, students are able to practise making treatment decisions and applying their knowledge and skills beforehand. Dr Ngai also recently developed her educational "Mobile App for Cardiorespiratory Placement Survival" (MOCARPS) to provide portable, on-the-spot learning support when needed by students on clinical placements.

"Students also tend to focus on acquiring knowledge, practical skills, and clinical analytical ability, but they often overlook the importance of developing soft skills," Dr Ngai observed. So besides developing student-led online learning modules on physiotherapy, she has created student-led online learning modules to enhance their communication skills and cultural competency, since cultural perceptions and differences can affect patient management.

"I would like to thank my colleagues, other faculty members, and collaborators for their continual support and guidance which help me to turn ideas into real practice to support students," said Dr Ngai.

專訪紀家樹博士
眼科視光學院

Interview with Dr Kee Chea-su
School of Optometry

早於新冠病毒導致全球不少院校局部或完全關閉校園並高度依賴網上教學之前，理大的教員和教育發展專家已開發電子學習資源，以豐富學生的學習體驗。理大眼科視光學院副教授兼副學院主任紀家樹博士，憑著開發「眼鏡驗配虛擬診所」(Ophthalmic Dispensing Virtual Clinic)幫助將到真實診所實習的二年級和三年級學生作好準備，榮獲2019/20年度醫療及社會科學院學院特設傑出教學表現／成就獎（個人）。紀博士畢業於理大眼科視光學院，其後赴美升學，取得碩士和博士學位後加入美國麻省新英格蘭視光學院，出任生理光學助理教授。他於2007年回到母校擔任助理教授，2013年晉升為副教授。

Long before COVID-19 forced many educational institutions around the world to partially or completely close their campuses and rely heavily on online teaching, teachers and educational development specialists at PolyU have been innovating e-learning resources to enrich its students' learning. For the development of the online Ophthalmic Dispensing Virtual Clinic (ODVC) to help the university's Year 2 and 3 optometry students prepare for their work placements in real clinics, Dr Kee Chea-su, Associate Professor and Associate Head of PolyU's School of Optometry (SO), has been awarded FHSS's Faculty Award for Outstanding Performance/Achievement in Teaching (Individual) for 2019/20. An SO alumnus, Dr Kee earned his master's and PhD degrees in the US before becoming Assistant Professor of physiological optics at the New England College of Optometry, Boston, Massachusetts. He returned to his alma mater as Assistant Professor in 2007 before he was promoted as Associate Professor in 2013.

「醫療護理學科的教學工作要面對的其中一個挑戰，是幫助學生將所學付諸實踐。來自實證為本的研究和業界的資訊數量龐大且迅速增加，知識的整合和應用更顯重要。眼鏡驗配虛擬診所是將當前的研究成果與課堂和網上教學結合，提升教學成效。」

大部分香港人面對至少一種屈光不正的問題，例如近視。眼科視光學學生需掌握處理相關問題的所需技能，包括計算屈光度數和處方，以及因應不同人士或個案的需要驗配合適的眼鏡或隱形眼鏡，至關重要。該虛擬診所系統，投入香港市售眼鏡的最新資料，採用個案為本的模式，幫助學生發展批判思維和解難能力。紀博士說：「這套系統讓學生即使在老師給予最少的指導下，亦能夠透過實例了解驗配眼鏡的常見問題，幫助他們為臨床實習作好準備。」

除了說教式教學之外，紀博士與業界夥伴合作，為學生安排夏季實習和實地考察活動，讓他們更進一步了解眼科視光學的新科技和標準。

在校園面授課堂暫停期間，電子學習資源對學生相當重要。紀博士一直致力製作教學錄像，示範如何操作不同的視光檢查儀器，又計劃開發更多網上教材。他說：「我衷心感謝我的同事，令我開發電子資源並將它們融入教學的過程十分充實，特別是眼科視光學院臨床導師丁偉祺博士和助理教授（研究）梁子榮博士。」

"One of the challenges of teaching health care subjects is to relate learning outcomes to real practice. This has become increasingly important with the rapidly expanding information available from both evidence-based research studies and the health care sector. ODVC is developed to combine current research and effective classroom and online teaching into a synergistic partnership," said Dr Kee.

With the majority of Hong Kong's population having at least one type of refractive error, such as shortsightedness or myopia, it is vital that optometry students know how to calculate, prescribe and fit suitable spectacles or contact lenses for each client or 'case'. ODVC facilitates a case-based approach to stimulate students' critical thinking and problem-solving skills using up-to-date information of commercially available spectacle lenses in Hong Kong. "ODVC gives students the opportunity to review some common case-based ophthalmic dispensing problems with minimal guidance from the teacher before they undertake their clinical placements," Dr Kee explained.

In addition to didactic teaching, Dr Kee collaborates with industry partners to set up summer internships and field trips to help students further acquire knowledge of contemporary ophthalmic optics technology and standards.

During campus restrictions, e-learning resources have become essential for students. Dr Kee has been producing video clips to demonstrate how to operate different optometric equipment and he plans to develop more online teaching materials in the future. "I'm indebted to my colleagues who made my journey of developing and integrating digital resources into my teaching so fulfilling, in particular Dr Patrick Ting [SO Clinical Associate] and Dr Jeffrey Leung Tsz-wing [SO Research Assistant Professor]," said Dr Kee.

專訪袁偉文博士
護理學院
Interview with Dr John Yuen
School of Nursing

健康和家庭對我們的重要性無可比擬。為了讓世界各地更多公眾人士或醫療從業員接觸健康教育和認識最佳實踐方法，理大護理學院副教授袁偉文博士及其團隊，在非牟利平台edX上推出多個與健康相關的大型開放式網絡課程（MOOC），廣受歡迎。袁博士及其團隊獲頒2019/20年度醫療及社會科學院學院特設傑出教學表現／成就獎（團隊），以表揚他們多年來發展這些跨學科、跨院校課程的重要貢獻。

There is nothing more important than one's health and that of one's family. To widen access to professional health education and best practices to members of the public and health practitioners around the world, Dr John Wai-man Yuen, Associate Professor at PolyU's School of Nursing (SN), and his team have developed highly popular health-related Massive Open Online Courses (MOOCs) for the non-profit edX platform. In recognition of the significant educational impact of their inter-disciplinary, inter-institutional MOOCs over the years, Dr Yuen and his team have been bestowed with FHSS's Faculty Award for Outstanding Performance/Achievement in Teaching (Team) for 2019/20.

2015年，由袁博士領導的跨學科團隊推出「人體解剖學」課程（其後易名為「中風患者的人體解剖學」），是理大首批大型開放式網絡課程之一。團隊其後再推出三個獨立課程，分別以「醫病共享決策與跨專業合作」、「體弱與日常生活」和「中風復康科學」為主題。這四個課程至今吸引了合共157,240名來自逾180個國家及地區的人士參加。學員能夠透過報讀香港中風學會認可的全新「中風復康科學」及「中風患者的人體解剖學」網上課程，而獲得「基礎中風護理」專業證書。

「在開發這些課程時，我的團隊在教學法的設計上遇到不少難題。因為香港學生和其他地方的學生的學習行為不同，所以我們必須開發一個適合全球環境的課程結構。」袁博士說。

為了讓世界各地的學員更易掌握課程的內容，每個課程均會涵蓋特別製作的實況短劇，透過描述一位虛擬病患者的個案，幫助學員理解病徵與相關科學和臨床概念的關係，以及激發他們思考自己在面對類似狀況時的既有偏見和行為。

袁博士及其團隊將不同的學習活動融入課程中，以刺激學員進行主動學習和探究式學習。「無論學員是公眾人士、專業醫療人員、護理人員或病患者，都可透過課程的不同活動與世界各地的學員一同學習及分享經驗和見解。」袁博士說。

袁博士補充：「最後，我要感謝我的團隊，以及為這些課程的發展作出重要貢獻的每一位。」

In 2015, an interdisciplinary team from FHSS led by Dr Yuen created one of PolyU's first MOOCs in the form of their "Human Anatomy" course (which has been renamed "Human Anatomy for Stroke"). They followed this up with 3 other standalone MOOCs: "Shared Decision Making and Interprofessional Collaboration in Healthcare," "Frailty in Daily Living," and "Science of Stroke Recovery." To date, the 4 MOOCs have attracted some 157,240 learners from more than 180 countries and territories. Learners can now earn a Professional Certificate in Introduction to Stroke Care if they enrol on the team's new Hong Kong Stroke Society-endorsed

"Our team encountered enormous problems in pedagogy design for the MOOCs. The learning behaviour of Hong Kong students is different to those of students in other places. So we had to create a new structure for a global context," said Dr Yuen.

To make the MOOCs accessible to a global audience, each MOOC features a case study of a hypothetical patient portrayed in a short docu-drama. This helps learners to both relate what is happening to the patient to the new scientific and clinical concepts being taught as well as prompting them to examine their own preconceptions and actions if they come across similar health situations in their lives.

Dr Yuen and his team incorporated different types of learning activities into the MOOCs to stimulate active and enquiry-based learning. "Learners, regardless of whether they are in formal education or are members of the public, health professionals, or caregivers or patients, can co-learn and share their own experiences and insights with counterparts from around the world," Dr Yuen said.

"Lastly, I would like to thank my team members and others who have made a tremendous contribution to the development of the MOOCs," he added.

專訪楊琳博士
護理學院
Interview with Dr Yang Lin
School of Nursing

新興傳染病可以成為人類的重大威脅，是因為我們對它們的認識有限，肆虐全球的新冠肺炎正好說明這情況。憑著對新冠肺炎及多年來對其他疾病的開創性研究，理大護理學院副教授楊琳博士榮獲2019/20年度醫療及社會科學院學院特設傑出研究表現／成就獎（個人）。

As the global spread of COVID-19 shows, emerging infectious diseases can present a unique challenge to humankind due to limited understanding of the new threats. For her ground-breaking research on COVID-19 and other diseases over the years, Dr Yang Lin, Associate Professor at PolyU's School of Nursing, has been bestowed with FHSS's Faculty Award for Outstanding Performance/Achievement in Research and Scholarly Activities (Individual) for 2019/20.

楊博士曾領導和發表多項獲得廣泛引用的研究，包括傳染病流行病學、感染控制，以及環境因素對傳染病影響的研究。她是最早使用先進的統計模型方法估計亞熱帶和熱帶地區流感疾病負擔的研究人員之一。當武漢出現首宗與SARS冠狀病毒相似個案的消息出現後，楊博士將其研究的範圍擴至涵蓋這種新傳染病，希望為控制該病毒出一分力。她剛好在武漢市被封鎖的前一天抵達當地，逗留共79日，並到當地醫院了解應對這疾病大流行的計劃。楊博士說：「在那段時期，我對新冠病毒進行大量流行病學和模型研究，很高興能與理大應用數學系的何岱海博士和樓一均博士在這些研究上合作。我們是率先向國際科研界報告SARS-CoV-2病毒傳播特徵的研究人員之一。」楊博士續說：「當時我與武漢的前線醫生一起工作，我亦是第一個提出患上新冠病毒的孕婦有更高早產風險的人，並發表了數篇關於武漢醫院感染控制措施的論文。」

楊博士對於針對直接或間接保護長者的流感疫苗接種策略亦有豐富的研究經驗，其中包括探討患有糖尿病的長者的家庭接觸者的流感疫苗接種率。她亦與香港醫院管理局的醫生合作，透過大數據分析鑑別糖尿病患者患上慢性腎病的風險因素。

「相信自己，向人學習」是楊博士的座右銘。她認為自己的熱誠和好奇心是激勵她在研究上追求卓越的關鍵。她說：「我知道如何充分運用我的專業知識——當中最困難的部分是尋找有趣味且有意義的研究主題。我非常感謝在這方面給我啟發的同事。」

Dr Yang has led and published highly cited research studies on infectious disease epidemiology, infection control, and the effect of environmental factors on infectious diseases. She was among the first to use state-of-the-art statistical modelling approaches to estimate the disease burden of influenza in subtropical and tropical regions. When news broke of the first cases of a SARS-like disease in Wuhan, Dr Yang expanded her research to cover the emerging infectious disease to help contain it. She happened to be in Wuhan one day before the city was locked down and ended up staying for 79 days, during which she took the initiative to visit some hospitals in the city to witness their pandemic response plans in action. Since then, "I've done a lot of epidemiological and modelling studies on COVID-19. I was lucky to have the opportunity to work with [Associate Professors] Dr He Daihai and Dr Lou Yijun from PolyU's Department of Applied Mathematics on it. We were among the first to report SARS-CoV-2 virus transmission characteristics to the international research community," Dr Yang recalled. "I also worked with frontline doctors in Wuhan and was the first to report that pregnant women with COVID-19 had a higher risk of preterm delivery. I also published several papers on infection control practices in Wuhan hospitals," she said.

Dr Yang has also developed a strong research record in investigating possible influenza vaccination strategies to directly or indirectly protect the elderly, such as examining the influenza vaccination rates of household contacts of older people with diabetes. She has also collaborated with doctors from Hong Kong's Hospital Authority to conduct big-data analysis to identify risk factors for developing chronic kidney disease in patients with diabetes.

"Believe in yourself and learn from others" is Dr Yang's philosophy. She thinks her passion and curiosity are key in motivating her to excel in research. "I know how to use my expertise to the fullest — the most difficult part is to look for interesting and meaningful research topics. I'd like to thank my colleagues who inspired me," she said.

雪肌蘭國際感染控制中心
護理學院
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School of Nursing

憑著在新冠疫情爆發初期的迅速應對行動和對抗疫的突出貢獻，雪肌蘭國際感染控制中心團隊獲頒2019/20年度醫療及社會科學院學院特設傑出服務表現／成就獎（團隊）。設於理大護理學院的雪肌蘭國際感染控制中心，由雪肌蘭國際集團有限公司於2008年捐款成立，致力開展創新研究和社區教育項目，為專業人員和公眾人士提供有關感染控制的程序、行為和環境的指引和資訊。

In recognition of the quick and significant service contributions by the Squina International Centre for Infection Control (CIC) in response to the outbreak of the then emerging infectious disease now known as COVID-19, the CIC team has been conferred with FHSS's Faculty Award for Outstanding Performance/Achievement in Services (Team) for 2019/20. Established in 2008 with a generous donation from the Squina International Group Ltd and hosted by PolyU's School of Nursing (SN), CIC carries out innovative research and community education initiatives to inform infection control procedures, behaviours and environments for professionals and the public alike.

獲獎團隊由理大護理學院成員組成，領導團隊的是前任副教授孫桂萍博士（雪肌蘭國際感染控制中心前任總監），其他成員包括：副教授唐瑪芝博士和助理教授林清博士（分別是雪肌蘭國際感染控制中心新任總監和副總監）、副教授楊琳博士及張健博士、臨床導師何淑琪博士、何美芝女士和黎錦雄先生，以及導師高嘉恩女士。

新冠疫情爆發以來，獲獎團隊的成員一直與理大新型冠狀病毒應變小組和理大健康安全及環境事務處保持緊密合作，協助制定適用於理大學生、教職員和到訪人士的校園感染控制措施。他們又製作網上教育短片，指導香港和中國內地的公眾人士，以及醫療護理學生和從業員如何保護自己和他人免受感染。短片的主題包括如何正確洗手、使用酒精搓手液和穿戴與卸除個人防護裝備，以及如何防止醫院中物件的表面受污染，從而防止病毒傳播。此外，團隊為需要到醫院進行臨床實習的學生製作指引，指導他們如何在家中正確清洗制服，以減低感染風險。他們又積極透過媒體訪問和網上研討會，向公眾人士提供關於病毒及其傳播情況的資訊。團隊亦是新冠病毒在武漢和香港爆發初期，對該病毒開展研究的首批研究人員。

The winning team, which was led by the now former SN Associate Professor and CIC Director Dr Lorna Suen Kwai-ping, comprises SN Associate Professor and new CIC Director Dr Margaret O'Donoghue, SN Assistant Professor and new CIC Deputy Director Dr Simon Ching Lam, SN Associate Professors Dr Yang Lin and Dr Kin Cheung, SN Clinical Associates Dr Sukki Ho, Ms Jacqueline M.C. Ho and Mr Timothy Lai Kam-hung, and SN Clinical Instructor Ms Ko Ka-yan.

Since the beginning of the outbreak, they have been working closely with PolyU's Task Force on Response Actions for the Novel Coronavirus and the university's Health, Safety and Environment Office to formulate campus-related infection control measures for PolyU students, staff and visitors to observe. The team has made or co-made and uploaded educational videos onto its website for the general public and health-related students and practitioners in Hong Kong and mainland China on how to protect themselves and others against the virus. They include proper techniques for hand washing, using alcohol-based hand rub, and putting on and taking off different personal protective equipment (PPE) items, as well as how to prevent contamination of surfaces in hospitals to prevent virus transmission. The team has also issued guidelines for SN students on how to wash their uniforms properly at home to reduce the risk of infection after their clinical placement shifts in hospital. CIC team members have also proactively appeared in media interviews and online seminars to update the public about COVID-19 and its spread.

CIC team members were also among the first researchers to investigate the novel coronavirus in the early days of the outbreak in Wuhan and Hong Kong.

權力動態影響醫療傳意和病人安全
Power Dynamics Affect Health Communication And Patient Safety

導致病人嚴重受傷的醫院護理事故當中，大約70%由醫療傳意失誤所致。即使以醫護人員為對象的溝通技巧培訓近數十年有所增加，但這個比率一直未有減少，顯示相關失誤可能受其他因素影響；這是醫療心理學家 Bernadette Watson 教授最近演講的前提。Watson教授是理大英文系副系主任，亦是理大醫療傳意優化國際研究中心總監。她在去年11月5日於網上舉行的「醫療及社會科學院傑出講座」中，從語言和社會心理學角度概述醫療傳意，其中考慮到傳意者的社會歷史背景，例如他們的文化和心態如何影響他們與其他人的互動。

Watson教授及其團隊使用社會認同理論和溝通適應理論，發現在醫院中，職級地位和權力的差異是導致不同職系和級別的醫護人員之間傳意失敗的原因。研究團隊又發現，如病人有機會在接受診治期間提出意見並獲聆聽，會對醫護人員提供的服務更加滿意，亦更大機會願意接受持續的治療。

Some 70% of hospital care events resulting in serious patient harm are caused by communication failure. Despite more health communication skills training in recent decades, this rate has not fallen, implying that other contributing factors must be tackled. This was the premise for an online FHSS Distinguished Lecture on 5 November 2020 by health psychologist Prof Bernadette Watson, who is Associate Head of PolyU's Department of English and Director of PolyU's International Research Centre for the Advancement of Health Communication. Prof Watson outlined health communication from a language and social psychology perspective, which takes into account how individuals' sociohistorical backgrounds, such as their culture and attitudes, can affect their interactions with other people.

Using social identity theory and communication accommodation theory, Prof Watson and her collaborators found that dynamics arising from differences in hierarchical status and power between different types and ranks of medical and health professionals in hospitals were contributing to communication failure. They also found that patients who felt they were given the chance to give input during their consultations and were listened to supportively by their health care providers felt more satisfied with the care provided and were more likely to adhere to the treatments.

偏頭痛基因的發現及診斷測試研究
Uncovering Genes and Developing Diagnostic Test for Migraine

去年12月3日於網上舉行的「醫療及社會科學院傑出講座」邀得分子遺傳學家Lyn Griffiths教授擔任主講嘉賓。Griffiths教授是昆士蘭科技大學健康與生物醫學創新研究所所長，亦是該研究所內兩個分別專注基因組學研究，以及基因組學與個人化健康研究的中心的總監。Griffiths教授在講座中介紹由她和該研究所進行的腦震盪遺傳學研究，以及鑑定偏頭痛和可遺傳的家族性偏癱性偏頭痛涉及基因和基因組區域的研究。她提到，澳洲人口中12%患有偏頭痛，目前已知CACNA1A、ATP1A2和SCN1A這三型基因的突變引致三種家族性偏癱性偏頭痛，又指出該偏頭痛難以診斷，因為這些基因中有兩型也可引發不同類型的癲癇症，而且這三種偏頭痛的症狀，與其他神經系統疾病的症狀相似。Griffiths教授又談及該研究所的轉化研究，致力開發和使用針對家族性偏癱性偏頭痛、癲癇症及其他相關神經系統疾病的次世代測序診斷測試。相比起傳統的桑格定序法，這種測試所需時間更短，而且更便宜。

On 3 December 2020, an FHSS Distinguished Lecture was held online featuring molecular geneticist Distinguished Professor Prof Lyn Griffiths, who is Executive Director of the Institute of Health and Biomedical Innovation at the Queensland University of Technology and Director of the institute's Genomics Research Centre and Centre for Genomics and Personalised Health. She described her and the institute's research on concussion genetics and on identifying the genes and genomic regions involved in migraine, which affects some 12% of Australia's population, and in particular familial hemiplegic migraine (FHM) which is inheritable. To date, mutations in the CACNA1A, ATP1A2 and SCN1A genes have been identified as causing the 3 types of familial hemiplegic migraine. FHM is difficult to diagnose because 2 of those genes can also cause different types of epilepsy, the 3 types of FHM can present similar symptoms, and FHM symptoms can also be similar to those of other neurological disorders. Prof Griffiths also outlined the institute's translational research in developing and using a next-generation sequencing diagnostic test for FHM, epilepsy, and other related neurological disorders, which can be faster and cheaper than using conventional Sanger sequencing.

中國留守兒童積極經營家庭關係
China's Left-Behind Children Actively Shape Their Familial Relationships

農民工佔中國內地工人總數約三分之一，他們對內地的經濟發展作出重要貢獻，也同時受到社會制度和財政能力所限，需要將其子女交托在家鄉農村的親戚或父母照顧，型成了「隔代教養家庭」；而2012年內地農村地區有超過四分之一是這類家庭。今年2月25日英國牛津大學社會學家Rachel Murphy教授在網上主持醫療及社會科學院傑出講座，從一個鮮為人知的角度──留守兒童的角度探討「隔代教養家庭」中的關係和童年生活。

現有關於留守兒童的文獻指出，留守兒童的祖父母並不認為自己取代了受照顧兒童的父母的角色，而是認為是兩代人共同照顧兒童。Murphy教授以其在2010年至2015年於安徽省和江西省進行的縱貫性考察的發現為例子，解釋留守兒童和其父母以及照顧他們的祖父母的關係，通常因應兒童的年齡、受照顧的經歷和照顧者身分、對前景和生活的可能性的觀感，以及其父母和祖父母之間的關係而有所不同，但這些兒童有一個共通點，就是他們大多會嘗試與父母和祖父母保持良好關係並會與他們同住。

Around a third of all workers in mainland China are rural migrant workers. Rural migrant workers have contributed greatly to the mainland's economic development, but owing to administrative and financial barriers, many have had to leave their children behind in their home villages in the care of relatives, usually the paternal grandparents. More than a quarter of households in rural areas in 2012 were "skipped-generation families." On 25 February 2021, an FHSS Distinguished Lecture delivered online by sociologist Prof Rachel Murphy of the University of Oxford examined the relationships and childhood in skipped-generation families from the little known perspective of the left-behind children.

Existing literature on left-behind children revealed that caregiving grandparents did not see themselves as replacing the migrant parents in the lives of the children; rather, the parents and the grandparents worked together to provide care. Using examples from her longitudinal fieldwork in Anhui and Jiangxi provinces from 2010 to 2015, Prof Murphy said that although the children's relationships with their parents and caregiving grandparents generally varied according to the children's age, history of care and by whom, the evolving sense of their prospects and possibilities in life, and the relationship between the parents and the grandparents, most of the children tried to maintain meaningful relationships with their parents and the grandparents and ideally would live with their parents and the grandparents.

醫療及社會科學院協辦問題賭博及成癮研討會
FHSS Co-Organises Conference on Problem Gambling and Addiction

東華三院與理大醫療及社會科學院、民政事務局，以及多個機構於去年11月27日至28日合辦第五屆2020年亞太區問題賭博及成癮問題研討會，透過會議分享關於預防、辨識和治療問題賭博及成癮的最新研究結果和服務發展的資訊。理大暫任副校長（研究及創新）、協理副校長（本科生課程）、應用社會科學系講座教授、利豐服務領導教育教授石丹理教授，是該研討會的籌委會主席。

這個跨學科研討會以「創新與科技世代中的挑戰及介入」為主題，吸引逾400名本地和海外專業人士參加。研討會的講題包括探究靜觀療法之新興科學；電玩成癮的診斷與評估；以流動健康技術介入防治吸煙及酗酒成癮；如何運用科技推動負責任網上博彩；以及新科技知識與服務發展的融合。

To help disseminate the latest research findings and service developments in the prevention, identification and treatment of problem gambling and addiction, Tung Wah Group of Hospitals organised the 5th Asian Pacific Problem Gambling and Addiction Conference 2020 online in Hong Kong with various co-organisers, including FHSS and Hong Kong's Home Affairs Bureau, from 27-28 November. Prof Daniel T.L. Shek of FHSS's Department of Applied Social Sciences, who is Li & Fung Professor in Service Leadership Education, Chair Professor of Applied Social Sciences, and PolyU's Associate Vice President (Undergraduate Programme) and Interim Vice President (Research and Innovation), was Chairman of the conference's organising committee.

Under the theme of "Challenges and Interventions in the Era of Innovation and Technology," the conference's keynote and plenary speeches attracted more than 400 international and local attendees and covered topics such as mindfulness programmes for addictions, diagnosis and assessment of gaming disorder, mobile health interventions for smoking and alcohol behaviours, online responsible gambling tools, and integrating knowledge of new technology into service development.

理大學者獲評為角膜矯形術領域「最具影響力學者」
PolyU Scholar Named as Most Impactful Author in Orthokeratology

角膜矯形術是一種經臨床驗證有效治療屈光不正的方法，特製角膜矯形隱形眼鏡除了能夠短暫改善兒童和成人的近視、遠視或散光等問題，亦能減緩兒童近視度數的增長。角膜矯形術於1960年代開始發展，隨著鏡片物料、設計、製造和驗光技術於2000年代開始改進，現今的角膜矯形鏡片安全性更高，而且可於睡眠時佩戴。雖然已有研究證明角膜矯形鏡片可以短暫矯正屈光不正，但理大眼科視光學院曹黃惠華教授及其團隊於2005年發表全球首項關於睡眠時配戴的角膜矯形鏡的縱貫性研究，顯示角膜矯形術亦能減慢近視加深。

最近，曹教授獲英國隱形眼鏡學會的《Contact Lens & Anterior Eye》研究期刊所發表的角膜矯形術文獻計量分析評為「最具影響力學者」。該項計量分析在全球最大的索引摘要資料庫Scopus進行，結果顯示曹教授的著作獲國際學者引用的次數及文章總數均為全球之冠。此外，曹教授團隊中的博士後研究員張倩雲博士在角膜矯形術範疇的文章被引用次數亦名列全球第三。曹教授和張博士的成就亦讓理大憑著最高徵引率獲得角膜矯形術領域中「領導院校」的榮譽。

Orthokeratology (or ortho-k) is a clinically effective treatment using special ortho-k contact lenses for temporarily correcting refractive errors (such as shortsightedness or myopia, farsightedness or hyperopia, and astigmatism) in children and adults and for slowing the progression of myopia in children. Unlike in the early days of ortho-k in the 1960s, improvements in the 2000s onwards in lens materials, design, manufacturing, and optometric technology have made modern ortho-k safer and enabled overnight wearing. Although there was existing research evidence that ortho-k could temporarily correct refractive errors, in 2005, Prof Pauline Cho of PolyU's School of Optometry and her team were the first to publish a longitudinal study on overnight ortho-k treatment, which showed that ortho-k could also slow the progression of myopia.

Recently, Prof Cho was named as the "most impactful author" worldwide in a bibliometric analysis of ortho-k-related papers that was published in "Contact Lens and Anterior Eye," the research-based journal of the British Contact Lens Association. The analysis of the Scopus database of peer-reviewed literature, one of the largest databases for science, found that Prof Cho had the highest paper count and the highest number of citations to her name than other authors. Postdoctoral Fellow Dr Peggy Sin-wan Cheung from Prof Cho's team is ranked third in the number of citations of her ortho-k-related papers. Prof Cho's and Dr Cheung's impact also helped to propel PolyU into the top spot as the "leading institution" in ortho-k, with the analysis showing that the university had the highest number of highly cited papers in the field.

醫療及社會科學院院長再獲任為醫管局大會成員
FHSS Dean Reappointed to Hospital Authority Board

理大楊曾永儀曾永馨腦神經心理學教授、神經心理學講座教授暨醫療及社會科學院院長岑浩强教授，再度獲委任為香港醫院管理局大會成員，兩年任期由去年11月1日起生效。

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 reappointed as a member of the Hospital Authority Board for a period of 2 years with effect from 1 November 2020.

醫院管理局代表團到訪醫療及社會科學院
Hospital Authority Delegation Visits FHSS

香港醫院管理局行政總裁高拔陞醫生及其管理團隊於去年10月21日到訪醫療及社會科學院。學院院長岑浩强教授及學院轄下學系和學院的代表於訪問活動中介紹學院的成就、研究活動、新計劃及教研設施和實驗室，以增進該局對學院的了解。

Members of Hong Kong's Hospital Authority led by Chief Executive Dr Tony Ko Pat-sing visited FHSS on 21 October 2020 to learn about the latest developments of the faculty. The delegation met with FHSS Dean Prof David H.K. Shum and representatives of FHSS's constituent departments and schools to gain a deeper understanding of our achievements, research activities, and new initiatives, as well as of our facilities and laboratories.

2020 年醫療及社會科學院卓越學生獎
FHSS Outstanding Student Award 2020

理大於今年3月12日舉行卓越學生獎頒獎典禮，嘉許將於今年畢業的本科生之中表現最傑出的高材生。理大校長滕錦光教授在典禮上向得獎學生頒發獎狀，當中包括眼科視光學院五年級學生”黃靖嵐，她榮獲2020年醫療及社會科學院卓越學生獎。

學業成績優秀的黃靖嵐同學是多項獎學金的得主，她積極投入不同的義務工作，期望為他人和社會帶來正面影響。她於2018年出任「港青專上學生聯會」委員期間，組織社會責任活動，以服務弱勢群體，又為同學安排前赴泰國北部和蒙古進行社會服務活動，展現卓越的領導才能。黃同學說：「服務社會令我感到快樂和滿足，所以我積極把握每一個實踐的機會。」

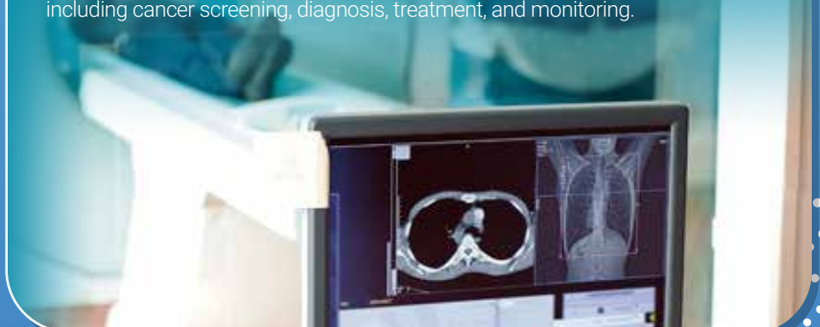
At PolyU's prize presentation ceremony on 12 March 2021 for its annual Outstanding Student Awards, Prof Jin-Guang Teng, President of PolyU, presented certificates of award to the university's top all-round final-year undergraduates of 2020. Among them, Wong Ching-laam, a Year 5 student from the School of Optometry, was honoured with FHSS's Outstanding Student Award 2020.

Ching-laam is a high achiever academically and has won a number of scholarships. She also proactively participates in various volunteer work in hopes of bringing about positive effects on individuals and society. For example, as a committee member of the Campus YMCA of PolyU in 2018, Ching-laam not only organised socially responsible activities to serve local underprivileged groups but she also arranged community service trips to northern Thailand and Mongolia for her classmates, which demonstrate her leadership qualities. "I embrace every opportunity to serve the community since it brings me happiness and satisfaction," said Ching-laam.

醫療及社會科學院
癌症研究交流會
FHSS Research Salon on Cancer

理大醫療及社會科學院研究交流會系列旨在促進學院中不同學術領域的學者交流互動，並就重要的研究主題進行跨學科研究協作。學院於今年1月13日在網上舉辦題為「癌症研究的挑戰與未來」的研究交流會，由理大護理學院劉陳小寶健康延年教授、講座教授及學院主任莫禮士教授，以及醫療科技及資訊學系副系主任應天祥教授主持，探討圍繞癌症研究的多個主題，包括癌症篩查、診斷、治療和監測。

FHSS's Research Salon Series is designed to bring together scholars of different disciplines from across the faculty to brainstorm ideas and collaborate on important research questions using an interdisciplinary approach. On 13 January 2021, FHSS held a research salon online on the theme of "Challenges and Future of Cancer Research," which was facilitated by Prof Alex Molasiotis, who is Angel S.P. Chan Lau Professor in Health and Longevity, Chair Professor of Nursing, and Head of PolyU's School of Nursing, and Prof Michael Ying Tin-cheung, Associate Head of PolyU's Department of Health Technology and Informatics. The salon touched upon many topics in cancer research, including cancer screening, diagnosis, treatment, and monitoring.



博士生指導工作坊
FHSS Workshop on PhD Supervision

理大醫療及社會科學院邀得澳洲格里菲斯大學衛生科學學院副院長（研究）Rod Barrett教授在2月23日主持以「反思研究課程指導的理想做法」為主題的網上工作坊。因應不少頂尖大學的博士研究生社群日趨多元化，這個工作坊的目標是加深指導教師對其角色和責任的了解，並鼓勵資深指導教師反思和進一步發展其指導工作。Barrett教授於工作坊上分享了良好指導工作的例子，並講述執行指導時可能要面對的疑慮和困難。

FHSS invited Prof Rod Barrett, Deputy Head (Research) of the School of Allied Health Sciences, Griffith University, Australia, to host a PhD Supervision Workshop online titled "Reflections on Good HDR Supervisory Practice" 23 February 2021. With many top universities attracting an increasingly diverse PhD student population, the workshop aimed to help new supervisors of students on higher degree research programmes gain a better understanding of their roles and responsibilities and to encourage experienced supervisors to reflect on and further develop their supervisory practice. Prof Barrett shared some examples of good supervisory practice as well as of apprehensions and difficulties that might emerge.

網上講座提供課程資訊
Online Talks for Prospective Students

新冠疫情下，理大雖未能透過校園參觀活動讓有意入讀理大課程的人士加深對大學的認識，但醫療及社會科學院一直積極透過由理大教務處和環球事務處統籌的網上活動，與他們保持聯繫。

教務處去年10月10日在網上舉辦教育資訊日，向中學生及有意透過大學聯招或非聯招途徑報讀理大的人士介紹理大的課程。活動當日，醫療及社會科學院各學系和學院的教員安排了講座、互動諮詢環節、示範和參觀實驗室等網上活動，以幫助有意入讀課程人士按其興趣和能力尋找合適的本科課程，並回應他們的查詢。如欲重温這些講座內容和獲得相關資訊，請瀏覽https://www.polyu.edu.hk/ug-info-platform/fhss。

醫療及社會科學院又聯同環球事務處於去年10月14日和11月18日在網上舉辦招生講座，向海外中學生介紹學院的本科課程和就業前景。環球事務處亦舉辦以中國內地學生為對象的網上講座，醫療及社會科學院院長岑浩強教授於去年12月17日和今年3月11日的活動上介紹學院及其本科課程。

教務處另於今年1月9日於網上舉辦授課式深造課程資訊日，期間醫療及社會科學院教員安排了講座和問答環節，提供學院的碩士課程資訊。如欲重温這些講座內容和獲得相關資訊，請瀏覽https://www.polyu.edu.hk/tpg-info-platform

Although COVID-19 has affected PolyU's on-campus events for prospective students, FHSS has been busy connecting with them through online activities organised by PolyU's Academic Registry (AR) and Global Engagement Office (GEO).

AR organised a virtual PolyU Education Info Day on 10 October 2020 for secondary school students and others seeking admission through JUPAS and non-JUPAS routes. Academics from FHSS's departments and schools held online talks, interactive consultation sessions, live demonstrations, and virtual laboratory visits to help them discover which undergraduate degree programmes may suit their interests and abilities and to answer their queries. You can view many of the talks and other information at https://www.polyu.edu.hk/ug-info-platform/fhss.

On 14 October and 18 November 2020, FHSS teamed up with GEO to host online admission seminars on its undergraduate programmes and career prospects for overseas secondary school students. GEO also organised webinars for prospective students in mainland China, during which FHSS Dean Prof David H.K. Shum spoke about the faculty and its undergraduate programmes in the 17 December 2020 and 11 March 2021 webinars.

On 9 January 2021, AR hosted the annual PolyU Info Day for Taught Postgraduate Programmes online, where FHSS academics held information seminars with Q and A sessions on their master's degree programmes. You can see the seminars and other information about the programmes at https://www.polyu.edu.hk/tpg-info-platform.

理大學生大使2020/21
PolyU Student Ambassadors 2020/21

合共九位醫療及社會科學院的本科生獲理大教務處委任為2020/21學年的理大學生大使，他們將會履行向有意入讀理大課程或對理大有興趣的人士介紹大學校園生活和課程的使命。各位如在理大的活動上遇到學生大使，歡迎與他們傾談！

Nine FHSS undergraduates are among the new PolyU Student Ambassadors appointed by the university's Academic Registry for the 2020/21 academic year. The FHSS representatives help prospective students and other interested parties to better understand what studying at PolyU and on our academic programmes are like. Feel free to chat with them if you see them at our events!

榮休教授獲頒「2020香港人道年獎」
Emeritus Professor Honoured with Hong Kong Humanity Award 2020

理大眼科視光學院榮休教授兼學院高級顧問、醫療及社會科學院前任院長胡志城教授榮獲「2020香港人道年獎」，以表揚他積極幫助有情緒困擾的人士。「香港人道年獎」是香港紅十字會和香港電台合辦的年度活動，旨在嘉許本著「保護生命、關懷傷困、維護尊嚴」實踐人道精神的傑出人士。

Prof George Woo, Emeritus Professor and Senior Advisor at PolyU's School of Optometry and a former FHSS Dean, has been bestowed with a Hong Kong Humanity Award 2020 for his devotion to helping people in emotional distress. The annual awards, which are jointly organised by the Hong Kong Red Cross and Radio Television Hong Kong, recognise individuals who have made outstanding humanitarian contributions in the areas of protection of human life, care for the health of the vulnerable, and respect for human dignity.

胡教授是資深眼科視光學專家，專注低視能復康研究，曾經接觸因眼疾或中風導致永久失明且變得意志消沉的病人。他憶述遇上一位因為患上糖尿病而失去視力的麻醉科醫生的經歷：「他想自殺，我花了很多時間開解他，陪他走過人生的低谷。」那位醫生最終放棄輕生的念頭，胡教授自此之後致力為有情緒困擾的人士提供支援。他深信，及時的幫助能夠挽回生命。

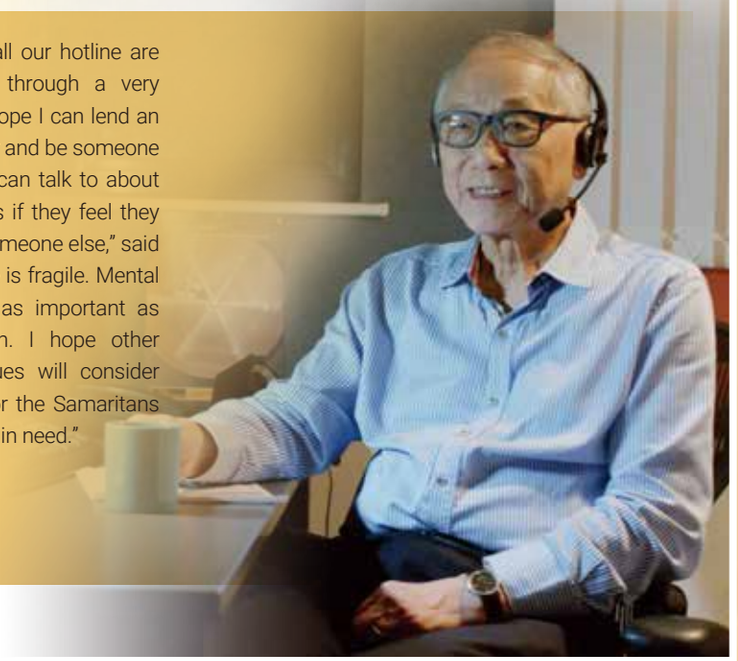
胡教授正於第三次退休的人生階段。他在第二次退休後萌生參與志願工作的想法，希望藉此回饋社會，特別是在醫療健康領域。為此，他於2002年接受撒瑪利亞會熱線義工訓練，雖然已年屆八十，但直到今天亦每月最少一晚通宵或偶爾半天接聽求助者電話，以耐性和同理心聆聽他們的心聲。2015年至2019年間，胡教授更出任撒瑪利亞會董事會主席，積極推動該會發展，其中包括協助設立以長者和青少年為對象的朋輩支援訓練計劃。

「來電的求助者通常正面對人生困境，我希望能聆聽他們的煩惱，把一些不能訴說給別人的心聲，跟我分享。」胡教授續說：「生命是脆弱的，我們不單要有健康的身體，還要照顧「心」和「靈」的需要。我希望醫療及社會科學院的同事們在不久的將來，也能成為撒瑪利亞會的一分子，借出耳朵，幫助別人。」

As a longtime optometrist with a particular interest in low vision, Prof Woo has come across patients who have become despondent with coping with their substantial permanent vision loss, such as from eye diseases or stroke. He recalls his first encounter with a patient who had become suicidal, an anaesthesiologist who had lost much of his vision due to diabetes: "He wanted to commit suicide. I spent a lot of time talking with and comforting him during this very difficult time of his life." Eventually, the patient let go of the idea of suicide. Since then, Prof Woo has aspired to provide support to other emotionally distressed people, believing that with similarly timely support he has a chance to help save their lives.

Currently in his third stint of 'retirement', Prof Woo had wanted to give back to society through volunteering after he retired the second time around, especially in the area of health. Thus, in 2002, he enrolled on a training course to become a hotline volunteer for the Samaritans at its centre. Every month since, he has continued to listen to callers with patience and empathy during at least 1 night shift and occasional 'half-day' shifts, even now at the age of 80. From 2015 to 2019, Prof Woo was also Chair of its board of directors, during which time he helped to expand its peer-support training programmes in the community for young people and for the elderly, among other developments.

"Those who call our hotline are usually going through a very tough time. I hope I can lend an empathetic ear and be someone they feel they can talk to about their difficulties if they feel they can't turn to someone else," said Prof Woo. "Life is fragile. Mental health is just as important as physical health. I hope other FHSS colleagues will consider volunteering for the Samaritans and help those in need."



葉社平教授
Prof Yip Shea-ping

醫療科技及資訊學系
Department of
Health Technology and Informatics

理大醫療科技及資訊學系系主任及理大生命科學中心實驗室副總監葉社平教授獲選為英國皇家生物學學會院士。英國皇家生物學學會只頒授院士榮銜予對促進生物科學發展有卓越貢獻的人士，或在該領域中擁有多年擔任高級領導和要職經驗的人士。

Prof Yip Shea-ping, Head of PolyU's Department of Health Technology and Informatics and Associate Director of the University Research Facility for Life Sciences, has been elected as a Fellow of the UK's Royal Society of Biology. Fellowships are granted only to individuals who have made prominent contributions to the advancement of biological sciences and who can demonstrate several years of senior leadership and responsibility experience in biological sciences.

張詩琪博士
Dr Daphne Cheung

護理學院
School of Nursing

人的身體、思想和需要會隨著年齡的增長而改變。理大護理學院助理教授張詩琪博士不但著重知識和技術上的培育，更強調對待患病長者應有的尊重和關懷。張博士在培育新世代的護士和醫護人員方面的努力獲得美國國家哈特福老年護理卓越中心表揚，於去年10月在網上舉行的2020年領袖會議上向她頒發2020年傑出老人護理教育獎。

As people age, their bodies, minds and needs change. For her notable efforts in nurturing the next generation of nurses and other health professionals not only to be knowledgeable and skilful but also to be respectful and caring when treating older patients, Dr Daphne Cheung, Assistant Professor at PolyU's School of Nursing, was named as one of the 2020 Distinguished Educators in Gerontological Nursing by the US-based National Hartford Center of Gerontological Nursing Excellence at its 2020 Virtual Leadership Conference last October.

蔡振榮博士
Dr Yanto Chandra

應用社會科學系
Department of
Applied Social Sciences

由理大應用社會科學系副教授蔡振榮博士領導的跨院校研究團隊在英國謝菲爾德大學去年9月在網上舉辦的2020年國際社會創新研究會議中獲頒最佳論文獎。獲獎論文的主題是「公民可透過創新改善社區健康嗎？社會企業在提供醫療護理服務中的角色」。

An inter-institutional research team led by Dr Yanto Chandra, Associate Professor at PolyU's Department of Applied Social Sciences, won the Best Paper Award at the virtual International Social Innovation Research Conference 2020, which was hosted by the University of Sheffield, UK, last September. The team's research paper is titled "Can citizens innovate to improve community health? The role of social enterprises in the provision of healthcare services."

邱莊儀博士
Dr Miranda Yau Chong-yee

醫療科技及資訊學系
Department of
Health Technology and Informatics

理大醫療科技及資訊學系客座助理教授邱莊儀博士是理大校友，畢業於醫療科技及資訊學系醫療化驗科學高級文憑課程，以及醫療及社會科學院醫療科學博士課程。邱博士獲頒2020年行政長官社區服務獎狀，以表彰她參與新冠狀病毒的流行病學研究，為香港對抗疫症作出傑出貢獻。

Dr Miranda Yau Chong-yee, Adjunct Assistant Professor at PolyU's Department of Health Technology and Informatics (HTI), who is also an alumna of both HTI's then Higher Diploma programme in medical laboratory science and FHSS's Doctor of Health Science professional doctoral programme, received the Chief Executive's Commendation for Community Service in the 2020 Honours List. Dr Yau was commended for her outstanding contribution to the fight against COVID-19 with her involvement in epidemiological studies on COVID-19 in Hong Kong.

職業治療學學生奪多個創新設計獎
Occupational Therapy Students Win Multiple Awards at i-CREATe 2020

由理大康復治療科學系職業治療學學生組成的五隊參賽隊伍，於2020年度第14屆國際康復工程及輔助科技會議上的「世界大學生創新挑戰賽」中，勇奪「設計組別」的五個獎項。該會議和挑戰賽以網上形式於去年12月在台灣舉行，衷心祝賀下列得獎學生隊伍！

Five inventions by occupational therapy student teams from PolyU's Department of Rehabilitation Sciences (RS) received various awards under the Design category of the Global Student Innovation Challenge for Assistive Technology at the 14th International Convention on Rehabilitation Engineering and Assistive Technology (i-CREATe), which was held in Taiwan online in December 2020. Congratulations to the RS student teams below!

銀獎 Silver

項目 Project : Sockcess

「Sockcess」是穿襪子的輔助工具，計設輕巧，便攜易用，並可防止穿上襪子時被過度拉扯。

"Sockcess" is a portable aid to help users put on ankle socks. The small size of the gadget enables users to take it along easily when travelling and prevents overstretching of ankle socks when they use it.

團隊成員 Awardees :

職業治療學碩士學生：
Master of Occupational Therapy Team :

鍾宛霖 Jocelyn Cheong Yuen-lam
張佩珍 Jane Cheung Pui-chun
韓嘉恒 Esther Hon Ka-hang
黎嘉宜 Bonnie Lai Ka-yee
李寶怡 Boey Lee Po-yee

銅獎 Bronze

項目 Project : BraVo

「BraVo」讓因中風或受傷導致一側無力的女士更容易獨力穿戴胸罩。「BraVo」的組件包括以橡根帶相連的兩個「BraVo鉤環」及用作連接胸罩兩端的兩個「BraVo搭扣」或磁性扣。

"BraVo" is an assistive tool to help women who suffer from one-sided weakness from either stroke or injuries to put on a bra independently. "BraVo" consists of 2 "BraVo Pegs" connected by an elastic loop, and 2 "BraVo Buckles" or magnetic snaps for attaching onto each of the wings of the bra.

團隊成員 Awardees :

職業治療學碩士學生：
Master of Occupational Therapy Team :

黃綺雯 Icy Wong Yi-man
黃嘉晞 Kathy Wong Ka-hei
黃雪瑩 Sprindy Wong Suet-ying
潘文傑 Angus Pun Man-kit

優異獎 Merit

項目 Project : Slide 2 Dry

「Slide 2 Dry」是傳統「擠壓式」衣夾的替代品，設計適合捏力弱、手部靈活度較低或有手部功能障礙的人士使用。

"Slide 2 Dry" is a practical alternative to traditional 'squeeze' clothes pegs for hanging up clothing and other items to dry, which can help people with weak pinch strength, poor hand dexterity, or disability-inducing conditions.

團隊成員 Awardees :

職業治療學（榮譽）理學士學生：
BSc in Occupational Therapy Team :

鄺可兒 Chloe Kwong Ho-yee
陳愷橘 Hannah Chan Hoi-kiu
許臨風 Geisty Shu Lin-feng
丁頌恩 Chloe Ting Chung-yan

最佳報告獎 Best Presentation

項目 Project : Bedman

「Bedman」是更換床單的輔助工具，類似槓桿的設計讓使用者在無需用手出力抬高床褥的情況下更換床單，適合患有偏癱、類風濕關節炎或上肢肌肉力量減弱的人士，以及一般料理家務者使用。

"Bedman" is a 'lever-like' bedsheet-changing aid that eliminates the need to manually lift up a mattress high to change the bedsheet. This can help people with hemiparesis, rheumatoid arthritis or reduced upper-limb muscle strength as well as homemakers and workers who change bedsheets.

團隊成員 Awardees :

職業治療學（榮譽）理學士學生：
BSc in Occupational Therapy Team :

楊頌謙 Issac Yeung Chung-him
張穎兒 Natalie Cheung Wing-yi
姜雅昕 Cherry Keung Nga-yan
李佩兒 Regina Lee Pui-yee
黃曉朗 Felix Wong Hiu-long

最佳原型設計獎 Best Prototype

項目 Project : Eager-to-Hang

「Eager-to-Hang」是採用凹型的晾衫衣架臂，而非傳統的「擠壓式」衣夾設計，適合類風濕關節炎患者或精細運動控制能力較弱的人士用作晾掛輕細衣服或物件。

"Eager-to-Hang" is a clothes-drying hanger with concave shaped bars instead of traditional 'squeeze' clothes pegs, which can help users with rheumatoid arthritis or poor fine motor control to hang small pieces of clothing or other items easier.

團隊成員 Awardees :

職業治療學（榮譽）理學士學生：
BSc in Occupational Therapy Team :

林映彤 Christy Lam Ying-tung
洪詩韻 Rita Hung Sze-wan
林穎妍 Anna Lam Wing-yin
劉曉鋹 Florence Lau Hiu-kwan
盛凱欣 Cathy Shing Hoi-yan

理大開設全新職業治療中心
PolyU Opens New Centre for Occupational Therapy Services

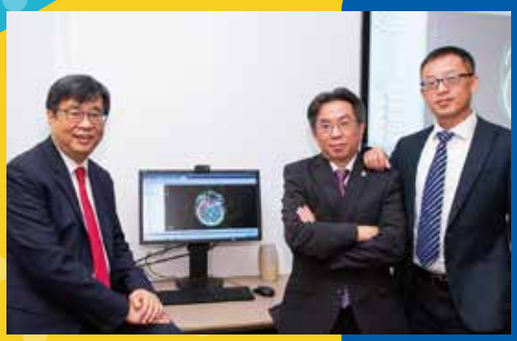
理大康復治療科學系在校園設立本港首間由大學營辦的職業治療中心。由譚榮芬先生及其家人慷慨捐贈的「譚榮芬康復治療中心（職業治療）」是理大校園內第二間康復治療中心。

新設的治療中心位於W座210室，為獲醫生轉介的公眾人士提供服務。因應香港人口老化，中心會聚焦於長者護理服務。中心設有先進的設備，服務涵蓋神經系統、肌肉骨骼和心理健康功能障礙等範疇，提供的治療包括長者跌倒和骨折、中風患者手臂復健、中風或腦損傷患者認知功能恢復、兒童學習和發展障礙、情緒障礙人士壓力管理等。

PolyU's Department of Rehabilitation Sciences (RS) has opened the first university-operated centre for occupational therapy (OT) services in Hong Kong. The new Tam Wing Fan Rehabilitation Service Centre (Occupational Therapy) is named after Mr Tam Wing Fan and his family for their generous donation for establishing the centre, and is the second rehabilitation centre on PolyU's main campus.

Located on the podium floor of Core W, in Room W210, the OT centre provides OT services using state-of-the-art equipment for members of the public with a medical referral, with an emphasis on elderly care in the face of Hong Kong's ageing population. These include OT treatments for neurological, musculoskeletal, and mental health dysfunctions, and falls and fractures by the elderly, such as hand and upper-limb rehabilitation for stroke patients, cognitive rehabilitation for stroke and brain-injury patients and for children with learning and developmental disabilities, and stress management for people with emotional disorders.

如欲了解或預約兩所治療中心的服務，請瀏覽診所網站：
For enquiries and appointments, please visit the website for the new OT centre and the Rehabilitation Service Centre (Physiotherapy) at:
https://www.polyu.edu.hk/rs/rehabclinic



開辦香港首個醫學物理學碩士學位課程
Hong Kong's First MSc in Medical Physics Programme Launched

在醫院中，專科醫生、護士、放射技師和醫學物理學家共同合作，為癌症或其他疾病的患者設計醫學成像及放射治療方案。有別於在前線接觸病人的放射診斷技師和放射治療技師，醫學物理學家主要從事「幕後」工作。除了協助制定最有效且安全的成像及治療方案之外，他們亦負責相關設備在技術方面，包括設計功能、運作、校正、質素保證、維修、測試和安全措施的監管工作。

在香港，要成為醫學物理學家，一般須持有海外醫學物理學碩士學位，或本地或海外工程學或物理學碩士學位。理大去年開辦香港首個醫學物理學碩士學位課程，為有志入行的人士提供一個新選項。這個跨學科課程採混合模式，已於去年開課，由醫療科技及資訊學系提供，教學團隊成員亦包括來自理大應用物理學系、應用數學系、電子計算學系及生物醫學工程學系的學者。

In hospitals, specialist doctors and nurses, radiographers, and medical physicists collaborate to devise medical imaging and, if appropriate, radiation treatment plans for patients with cancer or other diseases. Unlike diagnostic or therapeutic radiographers who interact directly with the patients to carry out the imaging or treatment, respectively, medical physicists work predominantly 'behind the scenes'. Besides helping to determine the most effective but safe imaging and treatment plans, they oversee all technical aspects of the medical imaging and treatment equipment. These include the equipment's site design features, commissioning, calibration, quality assurance, maintenance, testing, and safety precautions.

People wishing to become a medical physicist in Hong Kong typically had to complete a master's degree programme in medical physics abroad or in engineering or physics locally or overseas as a first step. Not anymore. Last semester, FHSS's Department of Health Technology and Informatics admitted its inaugural intake of students to its interdisciplinary Master of Science degree programme in medical physics, the first such programme in the city. Faculty members from across PolyU, including the Departments of Applied Physics, Applied Mathematics, Computing, and Biomedical Engineering, also teach on the mixed-mode programme.

學童停課期間視力變差
Children's Eyesight Worsen During Class Suspension

理大眼科視光學院聯同護眼基金、香港執業眼科視光師協會、香港眼科視光師學會、香港隱形眼鏡學會，以及香港角膜矯型學院於去年7月至9月期間在香港進行一項學童視力檢查及調查，並於去年9月29日公布調查結果，以響應世界視覺日2020。這項調查訪問了合共400位家長及其6至17歲的子女，發現去年2月至5月學校停課期間，學童近視度數的增幅比正常為高，而使用電子產品的時數亦較正常為多。

在該停課時段，參與調查的學童每日平均用12.5小時注視近距離事物，較停課前增加51%，其中每日平均用9.9小時使用電子產品，較停課前增加1.1倍。另外，他們每日平均用2.4小時進行戶外活動，較停課前減少57%。而他們的近視度數平均增加87度，惟平常只會增加75度，增幅為16%。

由於深近視會增加患上眼疾的風險，甚至導致視力受損，建議各位家長控制子女使用電子產品的時間。

For World Sight Day 2020, PolyU's School of Optometry, the Eye Foundation, the Hong Kong Association of Private Practice Optometrists, the Hong Kong Society of Professional Optometrists, the Hong Kong Contact Lens Research Association, and the Hong Kong Academy of Orthokeratology announced the results on 29 September 2020 of a survey they conducted in Hong Kong from July to September that year of 400 parents and their children aged 6 to 17 years old. They found that the children had a higher-than-normal increase in shortsightedness or myopia and had used electronic-device screens for a higher-than-normal amount of time during the suspension of school classes earlier in the year from February to May.

During class suspension, the children spent an average of 12.5 hours a day doing near work, 51% more than before, including using electronic-device screens for an average of 9.9 hours a day, an increase of 1.1 times more time than before. They spent an average of 2.4 hours outdoors, 57% less time than before. Their eyesight were found to have become more myopic by an average increase of -0.87 dioptres, 16% more than the usual -0.75 dioptres increase.

As high myopia increases the risk of eye diseases that can cause vision loss, parents are advised to limit their children's screen time.

第18屆香港國際視光學會議
18th Hong Kong International Optometric Symposium

理大眼科視光學院去年11月5日聯同香港貿易發展局及香港光學會於網上舉行第18屆香港國際視光學會議。以「跨越20/20 – 環球防盲前瞻與發展」為主題的會議吸引逾700名人士包括眼睛護理專業人員、眼鏡驗配員、眼科醫生及視光學從業員參加。會議邀得七位來自澳洲、加拿大及本港的眼科視光學專家、眼科醫生及視覺神經科學家擔任講者，與參加者分享關於眼睛護理及眼疾治療科技的最新資訊。

On 5 November 2020, PolyU's School of Optometry jointly organised the online 18th Hong Kong International Optometric Symposium with the Hong Kong Trade Development Council and the Hong Kong Optometric Association. Themed "Prevention of Blindness and Global Eye Care Development Beyond 20/20," the symposium's participants included more than 700 eye care practitioners, opticians, ophthalmologists, and optical industry professionals from around the world. Seven guest speakers from optometry, ophthalmology, and vision neuroscience from Hong Kong, Australia, and Canada updated the audience on the latest knowledge of eye care management and treatments using advanced technology.

看見愛流動護眼計劃獲頒社會資本動力標誌獎2020
Vision of Love Mobile Eye Care Project Wins Social Capital Builder Logo Award 2020

理大眼科視光學院「看見愛流動護眼計劃」獲勞工及福利局轄下的社區投資共享基金頒發「社會資本動力標誌獎2020」，以表揚這項計劃於2018年至2020年間對香港建立社會資本的貢獻。社會資本關乎社會關係和價值觀，「看見愛流動護眼計劃」致力幫助本地社區中有需要的人士，包括向居於沙頭角偏遠地區的長者提供眼睛健康護理外展服務並因此而獲提名得獎。這項計劃至今已令26,300人受惠。

"The Vision of Love Mobile Eye Care Project" (VOL) run by PolyU's School of Optometry has won a Social Capital Builder Logo Award 2020 from the Labour and Welfare Bureau in recognition of its achievements in building social capital in Hong Kong from 2018 to 2020. Roughly speaking, social capital is social relationships and values. VOL was nominated for providing outreach eye care services to elderly residents in rural Sha Tau Kok. To date, some 26,300 needy people around Hong Kong have benefited from VOL's services.

香港整體開心指數調查2020
Hong Kong General Happiness Index 2020

和富社會企業「香港開心D」委託理大護理學院助理教授林清博士，進行2020年度香港整體開心指數調查。林博士於去年9月在網上進行調查，共收集1,827份有效問卷，調查顯示香港人的「開心指數」只有6.16分（以10分為最高），比2019年微升0.01分。

調查亦發現，12歲至18歲群組的開心指數今年創新低，只有5.87分。而55歲或以上群組的開心指數則最高，達6.61分。林博士指出，學童向來是開心指數最高的群組，但這次調查得出相反的結果，相信是因為學校停課和疫情令他們的生活和社交活動以至情緒受到影響。女性的開心指數首度低於男性，可能反映女性在疫情下承受的家庭壓力有所增加。此外，約25%受訪者呈中度至重度抑鬱，較2019年上升6.5%，當中12歲至34歲群組的抑鬱程度最高。

在對生活質素的滿意度方面，「政府的施政」、「信任政府處事的程度」及「政治及社會」在10個外在環境因素中得分最低（分別是3.03分、3.04分及3.31分），其中35歲或以下的群組相比其他年齡群組，對這三個項目的滿意度最低。

The Hong Kong General Happiness Index 2020 increased by 0.01 from the index in 2019 to a score of 6.16 on a scale from 0 to 10. The 2020 survey of 1,827 Hong Kong residents, which was commissioned by HK.WeCARE of Wofoo Social Enterprises, was conducted online in September 2020 by Dr Simon Ching Lam, Assistant Professor at PolyU's School of Nursing.

Happiness among youths aged 12 to 18 years old hit a new low of 5.87, while those aged 55 and above scored the highest at 6.61. Usually, youths are the happiest age group. Dr Lam believed that their happiness was affected by disruptions to their life patterns and social activities due to the pandemic and school suspensions. For the first time, happiness among females was lower than among males, possibly reflecting a greater domestic burden on women during the pandemic.

Some 25% of respondents showed moderate to severe signs of depression, 6.5% higher than in 2019, with respondents aged between 12 and 34 being the most depressed age group.

"Government policy," "trust in the government," and "politics and society" scored the lowest among 10 external environmental factors, at 3.03, 3.04, 3.31, respectively, with people aged under 35 being the most dissatisfied with the 3 aforementioned factors.

再獲世衛任合作中心　訂耆年健康為新焦點
WHO Collaborating Centre Redesignated with New Focus on Healthy Ageing




理大護理學院再度獲得世界衛生組織（世衛組織）任命為「世界衛生組織社區健康服務合作中心」，任期四年，將以推動耆年健康為新工作焦點。理大去年11月20日在網上舉行任命典禮，邀得香港特別行政區政府食物及衛生局局長陳肇始教授太平紳士擔任主禮嘉賓。理大於典禮後舉行網上研討會，講者包括Hiromasa Okayasu博士和莫禮士教授。Okayasu博士是世衛組織西太平洋區域辦事處健康老年化資訊、策略及創意項目統籌；莫禮士教授是理大劉陳小寶健康延年教授、護理學講座教授兼護理學院學院主任，以及「世界衛生組織社區健康服務合作中心」總監。

Okayasu博士於講座中，介紹世衛組織在西太平洋區域的計劃，是協助該區的長者創造更健康和積極的晚年生活。莫禮士教授在題為「老化人口的預期壽命和相關因素」的講座中，談及一項發現，顯示社會經濟指數是促進耆年健康的關鍵因素，而醫療保健支出則既非促進耆年健康亦非引致死亡的關鍵因素。

The World Health Organization (WHO) Collaborating Centre for Community Health Services, which is hosted by PolyU's School of Nursing (SN), has been redesignated for another 4 years with a new focus on healthy ageing. Prof Sophia Chan Siu-chee, JP, Hong Kong's Secretary for Food and Health, was the guest of honour at the online redesignation ceremony on 20 November 2020. Following the ceremony was a webinar featuring guest speakers Dr Hiromasa Okayasu, who is Coordinator, Healthy Ageing Data, Strategy and Innovation, of the WHO Regional Office for the Western Pacific, and Prof Alex Molasiotis, who is Angel S.P. Chan Lau Professor in Health and Longevity, Chair Professor of Nursing, SN Head, and Director of the WHO Collaborating Centre.

Dr Okayasu's talk introduced the WHO's action plan to assist the region's countries and territories in facilitating their populations to age healthier and more positively. Prof Molasiotis' talk on life expectancy and associated factors in the region included the finding that health spending is not a key contributor to healthy ageing nor to mortality; in contrast, socioeconomic index is a key contributor to healthy ageing.

理大推出青少年戒煙熱線
PolyU Launches "Youth Quitline" Hotline for Smoking Cessation

現時的護理學本科課程大多並無涵蓋戒煙輔導的內容，而理大護理學院提供的課程將會培訓學生掌握相關輔導技巧。理大護理學院獲衞生署轄下控煙酒辦公室資助，推出「青少年戒煙熱線」為25歲或以下青少年提供免費電話戒煙輔導，啟動儀式於今年2月26日在理大校園舉行。

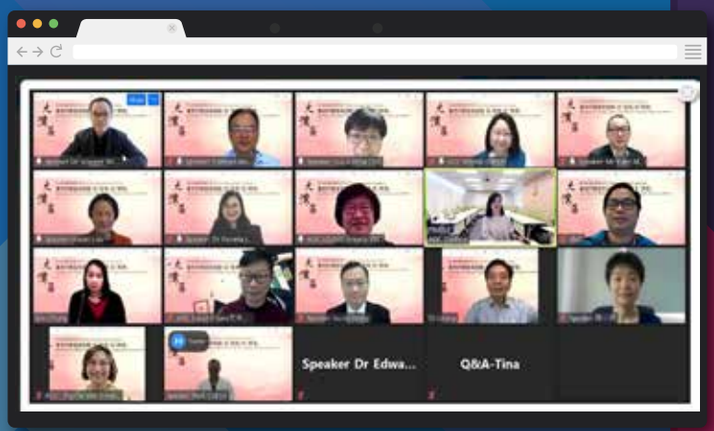
護理學院三年級學生經學院培訓成為朋輩輔導員，透過熱線講解吸煙（包括新興煙草產品例如加熱非燃燒煙）的害處和相關謬誤，並提供尼古丁依賴程度評估、戒煙計劃制定、控制煙癮建議及耳穴戒煙指導等服務。戒煙熱線至今已為逾100名青少年吸煙者提供服務，亦為理大護理學院學生提供社區為本的臨床實踐機會。

Unlike many other undergraduate programmes in nursing, smoking cessation is taught in that offered by PolyU's School of Nursing (SN). SN's expertise in smoking cessation has led it to be chosen by the Hong Kong government to run its free "Youth Quitline" telephone counselling hotline to help young people aged 25 years old and below to quit smoking. SN's "Youth Quitline" service, which is funded by the Department of Health's Tobacco and Alcohol Control Office, was kicked off at an on-campus ceremony on 26 February 2021.

Trained Year 3 nursing students from SN will serve as peer counsellors on the hotline to help callers understand the health hazards and misconceptions associated with smoking (including emerging tobacco products such as heat-not-burn cigarettes). They can also assess them on their nicotine dependence, help them formulate a suitable smoking cessation plan, suggest different ways to help control their smoking addiction, and instruct them on how to self-administer ear acupressure to lessen their smoking withdrawal symptoms. Since its launch, the hotline has served more than 100 young smokers. The hotline service is also a valuable community-based clinical placement opportunity for SN's students.

有關戒煙熱線的詳情，請瀏覽：
For more information on "Youth Quitline," please go to :
https://www.polyuyql.com

研討會探討疫情下跨境養老的機會與挑戰
Seminar on Cross-Border Elderly Care Amid Pandemic



第九屆跨境養老服務研討會於今年1月22日在網上舉行，探討新冠疫情下香港人在大灣區養老的機會和挑戰，吸引合共270位來自不同界別的人士參加。研討會由理大護理學院老年護理研究中心、理大應用社會科學系、理大活齡學院及五間本地老年服務或研究機構合辦。

研討會邀得來自香港特區政府、香港大學深圳醫院、保險界、社會服務界、復康機構，以及廣東省社工師聯合會的高層擔任演講嘉賓。他們概述了香港、中央和廣東省政府關於大灣區生活和養老的政策；大灣區的醫療服務開發和整合；大灣區的退休保障和醫療保險計劃；在廣東省經營以香港人為服務對象的長者復康和護理中心及安老院舍的挑戰；廣東省的院舍養老和居家社區養老服務；以及大灣區老年社會工作服務。

Some 270 stakeholders from different sectors attended the online 9th Cross-Border Elderly Care Seminar on 22 January 2021 to examine how opportunities and challenges in cross-border elderly care for Hong Kong retirees living in the Greater Bay Area (GBA) were affected by the COVID-19 pandemic. The seminar was jointly organised by the Centre for Gerontological Nursing of PolyU's School of Nursing, the university's Department of Applied Social Sciences and Institute of Active Ageing, and 5 other Hong Kong-based ageing-related organisations and research institutes.

Guest speakers comprised senior officials from the Hong Kong government, University of Hong Kong–Shenzhen Hospital, insurance sector, social services and rehabilitation organisations, and Guangdong social workers' association. They gave an overview of policies by the Hong Kong, central and Guangdong governments on living or ageing in the GBA; innovating and integrating medical services in the GBA; retirement protection and medical insurance plans in the GBA; challenges in operating a rehabilitation and elderly care centre and an elderly care home in Guangdong for Hong Kongers; institutional elderly care services and ageing in place in Guangdong; and social work for older adults in the GBA.

國際研討會探討將老年學元素注入大學課程
Symposium on Infusing Gerontology into Subject Curricula

理大活齡學院與香港大學秀圃老年研究中心於今年2月24日在網上舉辦國際研討會，以總結由這兩個單位協辦的「Geron-Infusion Education」項目的經驗和效益。該項目由「擇善基金會」資助，旨在推動在大學的不同學科課程中注入老年學的原素，以助應對全球的人口老化帶來的挑戰。此外，Global Ageing Research Partnership的成員院校代表亦在專題討論中分享將老年學觀點引入大學課程的實踐經驗。

PolyU's Institute of Active Ageing and the University of Hong Kong's Sau Po Centre on Ageing organised an online international symposium on 24 February 2021 for their jointly developed Geron-Infusion Education initiative, which is funded by ZeShan Foundation. Since Hong Kong's and other populations around the world are ageing, the initiative and symposium aim to incorporate gerontological considerations and knowledge into the curricula of different disciplines and subjects in the universities. A panel discussion by representatives from universities that form the Global Ageing Research Partnership also shared their experiences in innovative curriculum practices for infusing gerontological angles into tertiary education.

培訓護理人才應對科技和全球健康挑戰
Shaping Nursing Education to Meet IT and Global Health Challenges

理大護理學院去年10月17日聯同四川大學華西護理學院，以及廣東省高等學校護理學專業教學指導委員會暨南方醫科大學護理學院，在網上舉辦2020年華夏高等護理教育聯盟院校年度培訓活動。

培訓活動以「護理+時代下護理人才能力提升」為主題，吸引來自大中華地區120所高等院校的780名師生參加，以及八位講者就當前醫療護理議題發表演講。演講圍繞的四個專題包括公共衞生事件中的護理應對、資訊化時代對護理的影響、護理多學科合作，以及護理批判性思維培養。

PolyU's School of Nursing, Sichuan University's West China School of Nursing, and Southern Medical University's School of Nursing-cum-Nursing Teaching Steering Committee of Guangdong Tertiary Education jointly organised the 2020 Annual Education Program of the Chinese Consortium for Higher Nursing Education online on 17 October.

Some 780 teachers and students from 120 higher education institutions in greater China participated. Under the programme's theme of "Enhancing Nurses' Competence in the New Era," 8 plenary speakers gave lectures centred on 4 prevailing health care issues: developing nursing education and clinical nursing in the context of global public health incidents; the impact of information and communications technology in nursing; interdisciplinary collaborations; and nurturing critical thinking.

香江學者計劃
Postdoctoral Fellow Joins FHSS Through Hong Kong Scholar Program

來自北京中國科學院心理研究所的孫亞斌博士透過「香江學者計劃」加入理大，由本學年開始出任應用社會科學系博士後研究員，為期兩年。「香江學者計劃」旨在培育出色的博士後人才。在這計劃安排下，內地博士後人員加入香港的大學以接受資深學者的指導。孫博士將會在應用社會科學系教授兼醫療及社會科學院副院長陳曉華教授的指導下，進行題為「全球化傾向的心理效應及行為表現」的研究。

Dr Sun Yabin from the Chinese Academy of Sciences' Institute of Psychology in Beijing is joining PolyU's Department of Applied Social Sciences (APSS) as Postdoctoral Fellow this academic year for 2 years through the competitive Hong Kong Scholar Program. The national programme aims to train outstanding postdoctoral fellows from the mainland under experienced professors in Hong Kong universities. He will be working on a research project titled "Psychological outcomes and behavioural manifestations of global orientations" under the supervision of APSS Prof Sylvia Xiaohua Chen, who is also FHSS Associate Dean.