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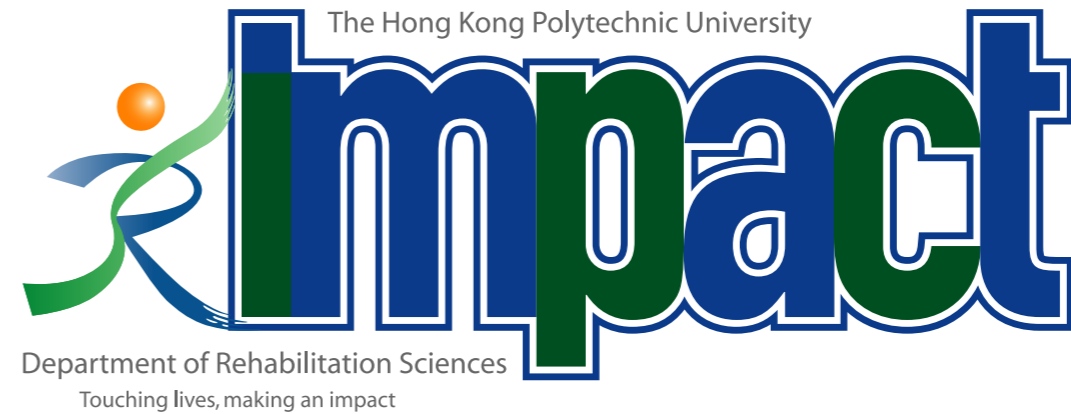
The Department of Rehabilitation Sciences (RS) has been providing high-quality internationally benchmarked entry-level education to occupational therapists and physiotherapists for 30 years. Our graduates are competent professionals serving clients in Hong Kong, Mainland China, and many other countries. We also offer excellent opportunities to practitioners and researchers to pursue further education from a disciplinary-specific or multidisciplinary perspective in rehabilitation sciences. In order to achieve its mission of providing high-quality education and mediating professional development, our Department still has a lot to do in the future. Your support is vital to facilitate this process!

Please offer your support by making a donation. Your donation, no matter whether big or small, will make an impact on the future of rehabilitation in Hong Kong and throughout the world.



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AUTUMN / 2011

## Cover Story

# Research Output in Public Policy Digest

Professor Hector Tsang (Professor)

Despite strong competition, the study "Rehabilitation Needs of People with Schizophrenia and their Caregivers in Hong Kong: Implications for Public Policy" was funded by Public Policy Research (PPR) in the third round of applications. Professor Hector Tsang was the principal investigator. This was the first PPR project at PolyU to be funded by RCG.

Although there are more than 70,000 people living with schizophrenia in the Hong Kong Special Administrative Region (HKSAR), their needs have never been systematically examined. Their caregivers also experience many subjective and objective burdens, but their needs are also largely neglected by health-care providers. This study aimed to investigate the rehabilitation needs of patients and their caregivers with a view to facilitating policy development and, as a result, the provision of high-quality rehabilitation services.



Professor Tsang and his team members of this PPR project

Caregivers (PRNQ-C). The findings of our study, gathered using these instruments, may in turn serve as a source of empirical information for the HKSAR government to draw on when formulating policy and prioritising the allocation of resources to psychiatric services aimed at these groups. The most salient results are summarized below.

### The Rehabilitation Needs of People with Schizophrenia

Patients and their caregivers expressed concerns about "Medical" and "Stress Management" issues. "Knowledge and Information on Mental Illness" and "Symptoms" were distinct concerns for caregivers, whereas "Discrimination", "Participation in Treatment" and "Harmful to Self or the Public" were the main foci of mental-health professionals. In terms of rehabilitation services, "Psychiatric Medication" and "Community

### The aims and objectives included the following:

1. To identify issues arising in the rehabilitation needs of people with schizophrenia and their caregivers in Hong Kong via focus-group discussions;
2. To develop and validate questionnaires for measuring the perceived, normative and expressed rehabilitation needs of people with schizophrenia and their caregivers;
3. To carry out a survey to investigate these needs;
4. To propose future directions for mental-health policy and the development of rehabilitation services.

To address these goals, a number of research instruments were developed including the Perceived Rehabilitation Needs Questionnaire – Schizophrenia (PRNQ-S) and the Perceived Rehabilitation Needs Questionnaire –

Outreach Services" were regarded as very important by people with schizophrenia and mental-health professionals alike. "Self-Management Programs" and "Psychotherapy" were important to caregivers and mental-health professionals, whereas "Social Welfare" was the key service for patients and caregivers.

### The Rehabilitation Needs of Caregivers

Both caregivers and mental-health professionals felt that "Knowledge and Information on Mental Illness", "Stress Management", "Emergency Services" and "Community Support and Welfare" were the most important rehabilitation needs for the former. Apart from "Emergency Services", mental-health professionals also showed concern about

Also in this issue:



Planting OT seeds in Sichuan p.4



TV interview on holistic management of chronic pain at RS p.3

“Discrimination”, “Family Intervention”, “Psychotherapy” and “Social Welfare”.

Based on our findings, we made a number of major policy recommendations to the HKSAR government regarding the allocation of resources to high-quality rehabilitation services such as family intervention, psychotherapy and the second generation of psychotropic drugs. The more important suggestions are summarized as follows:

1. Empowerment of people with schizophrenia and their caregivers by opening up channels to seek their opinions on the development of mental health-care policies and rehabilitation services.
2. Better public education about mental health and mental illness through establishing more community-based resource centres and hotlines.
3. Formulation of policies and strategies to reduce the stigma of mental illness.
4. The adoption of an “Integrated Community-based Care Approach”.
5. Provision of more practical support and advice to caregivers to help them manage their stress better and to relieve the associated burdens.

The results of this project have already been published, or accepted for publication, in a number of journals including *Quality of Life Research*, *Rehabilitation Psychology*

and *Administration and Policy in Mental Health and Mental Health Services Research*. More importantly, they have attracted the attention of researchers in mainland China. A collaborative research study with the Wuxi Mental Health Centre is now in progress, which will employ the research instruments developed in Hong Kong to replicate the study in Jiangsu. The findings will have implications for the estimated 16 million individuals diagnosed with schizophrenia in the mainland. In addition, Professor Tsang has been invited by Griffith University in Australia to serve as a visiting research fellow, to explore ideas for further collaboration based on the findings of this project.



Professor Tsang training researchers in Wuxi to use instruments developed in Hong Kong

## Staff Activities

# 2011-12 COMMENCEMENT CEREMONY

Rufina Lau (Clinical Associate) & Tsui Chi Man (Clinical Instructor)

The commencement ceremony was held on 30 August 2011 to welcome our students for the new academic year. At the start of the ceremony, our Head, Professor Gabriel Ng, delivered the Opening Address with the comment that our occupational therapy (OT) and physiotherapy (PT) programmes have become the favourite for JUPAS applications and the top courses at PolyU. The P scores were 16.1 and 15.5 for our PT and OT programmes, respectively. Comparing the P scores of all PolyU programmes, the two programmes continued to rank first and second. This is the fourth year in a row that PT is at the top and the second year in a row that OT is in second place among all PolyU programmes. Professor Ng



(from left to right) Mr Albert Law, Mr David Mong, Ms Pricillia Poon, Professor Raymond Ng, Mr Tang Wai Keung, Professor SP Chow, JP, Professor Maurice Yap, Professor Gabriel Ng, Ms Jenny Ng, Mr Samuel Chan and Dr Margaret Mak

thanked the hard work of all RS staff in attracting the highest quality students into our Department.

We were most delighted to have Professor SP Chow, JP, Pro-Vice Chancellor and Vice-President of the University of Hong Kong, as our officiating guest. In his Opening Speech, Professor Chow shared his experiences as a medical professional in increasing career happiness and satisfaction.

The ceremony ended with an award presentation to all outstanding RS students for their academic achievement as well as outstanding extra-curricular activities. Dr Kenneth Fong was also honoured with the RS Teaching Award 2011-12 for his pursuit of innovative teaching and learning methods.

# TV interview on holistic management of chronic pain at RS

Sammi Tsui (Physiotherapist I) and Sharon Wan (Clinic Manager), Rehabilitation Clinic

Not many people here in Hong Kong, a prosperous city, live a healthy lifestyle. It is not surprising to find numerous people around us tormented by chronic musculoskeletal pain. This is also not confined to the elderly population. Although such pain is not life threatening in most cases, it certainly affects the sufferer's quality of life. People usually find it difficult to cure such chronic pain. Different therapies use various treatment approaches. So, how do we help these people who come to us with chronic pain in the Rehabilitation Clinic?

We were approached by RTHK in July 2011 to help with the lead role, Billy, in the last episode of the TV series *Medical Discovery*. Billy, aged 34, had suffered for 10 years from chronic neck and back pain and stiffness. Like most Hong Kong people, Billy worked long hours and required prolonged standing and occasional lifting as a florist. He had already sought out several passive treatments, such as acupuncture, Chinese massage, and chiropractic. Since he had heard that 'sports are good for health', he also tried running in the hope that it would relieve his pain. But the pain only got worse. Together with Dr Patrick Yung, Orthopaedic Specialist, our team conducted a thorough examination of Billy and found that he suffered from pronated feet, which induced his knee pain in his beloved sport of running. Worst of all, other than inherited scoliosis, he had also adopted poor posture in daily activities, which was the root cause of his chronic pain. In accordance with the multiple problems Billy suffered from, we carefully designed a rehabilitation

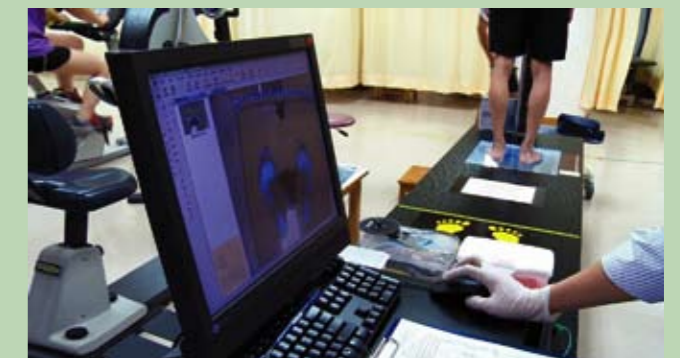


Dr Amy Fu assessing the posture of a client

programme for him that included prescription of a pair of suitable orthotics, joint mobilization, acupuncture, and a series of active exercises. The exercise programme consisted of Pilates, muscle stretching, and strengthening. After 14 sessions of treatment, Billy enjoyed marked improvement in general. He could also enjoy

wakeboarding, which he had not tried in five years, at the end of the TV show. Billy could finally pick up a pain-free active life again!

When treating acute injuries, localized treatment usually works quite effectively (though underlying predisposing factors may exist). But when it comes to chronic pain, other possible structures or deficiencies need to be taken into consideration as well. The more precisely



Proper foot assessment to provide correct treatment for our clients

we can identify the root cause(s), the more effective treatment will be. This TV programme passed along a very important message of taking a holistic approach to chronic musculoskeletal pain. In physiotherapy, it is the strength of our profession that we used both passive and active treatments so as to treat clients more holistically. Treatment effectiveness may not be as satisfactory if either passive or active treatment stands alone. In response to the tremendous demand of these patients, we will shortly be launching a Chronic Pain Management Programme. Helping people get rid of their pain and lead a healthy lifestyle is the ultimate goal of this programme. Let us work hand-in-hand with our clients in leading to a healthy and happy life!



Pilates exercises to build up core strength and stability

# Planting OT seeds in Sichuan

Professor Cecilia Li (Professor)

On 18 March 2011, when I stepped into the “OT practical room” located at the clinical teaching building at West China Hospital, Sichuan University, I saw a group of youngsters so eager and attentive. This is our first batch of bachelor degree students in the Mainland that we are targeting to train as **professional Occupational Therapists** in a programme that could be benchmarked internationally. This training programme was funded by the HKSAR donation fund after the Sichuan 512 earthquake, with a view to strengthening rehabilitation services in China.



treatment. They also enjoy the sharing of case studies that we have captured via the e-cased platform. With the help of our Sichuan partners, we managed to get three patients attending class for practical demonstrations of our therapeutic techniques. I hope the enthusiasm and dedication of these students and staff will continue in the coming year such that our first

batch of OT students will excel in their professional knowledge and clinical skills. Our vision is to set up the first group of quality OT graduates to serve the Chinese community, to provide training, and, if possible, to enhance evidence-based rehabilitation practices within the scope of OT.

Finally, my hat is off to the teaching team, since all of them are so dedicated to teaching students and despite the cold, humid weather, lack of equipment and teaching materials, and poor articulation of Putonghua, they still managed to achieve such high SFQ scores and many compliments from the students. Let us continue our momentum to get the job done.



Our university was given around \$10 million in funding to support the teaching of the OT, PT, and P&O programme in Sichuan. But the funding is sufficient only for providing one batch of graduates in Sichuan, and there is no support for equipment or any other teaching materials. Thus, academic staff are often confronted with a lack of teaching materials, books, assessment instruments, and rehabilitation equipment, all of which are extremely important for educating students in their professional knowledge and skills.

OT, however, is often good with adaptation and modification. We have purchased materials and equipment locally and improvised them for our teaching purposes. In addition, the students are very motivated and eager to learn, particularly practical skills in assessment and



# Ultrasonography Project

## honoured with the WFUMB award

Arthur Lee (PhD candidate)

The 13<sup>th</sup> World Congress of the World Federation for Ultrasound in Medicine and Biology (WFUMB) was held in late August in Vienna, Austria. We are very happy to share with you all that our electronically presented poster, titled “Ultrasonography-assisted in-vivo tendon strain can discriminate between athletes with and without anterior knee pain” was awarded a certificate of merit.

As physiotherapists in the musculoskeletal field, no doubt we were the “minority” group participating in this global congress. Within hundreds of posters, we were delighted that three posters awarded out of a total of 10 were in the musculoskeletal field. We can appreciate that sonography in the musculoskeletal field really caught the eyes of the jury and researcher!

Ultrasonography was to me completely new about two years ago. Thanks to my working unit and colleagues, I was given the chance to study overseas in musculoskeletal ultrasound imaging in the late 2009. Since then, I have admired the art of this imaging technique and its use in our daily clinical practice. I think this is the reason I insisted on merging the component of sonography into my postgraduate research that I am now pursuing. I hope that through the learning path of my research study, I can continue



The team of “excellence” was awarded a certificate of merit at the 13th World Congress of the WFUMB. (left to right: Ms Moon Leung, Dr Amy Fu, Mr Arthur Lee, Professor Gabriel Ng, Mr Tom Zhang, Dr Brian Kot, Mr Siu Sik Cheung)

to explore and appreciate the maximal use of this evaluation and differentiation tool in our sports physiotherapy management. Here I must express my deepest thanks to the great teamwork of my research colleagues and the excellent guidance by my supervisors Dr Amy Fu and Prof Gabriel Ng. The award belongs to you all!

# RS research team WINS Special Innovation Award at

## the 2<sup>nd</sup> World Cup of Computer Implemented Inventions

Roy Lau (PhD candidate)

The 2<sup>nd</sup> World Cup of Computer Implemented Inventions (CIIs) is a worldwide competition, exhibition, and business event for computer-implemented inventions organized by the International Federation of Inventors' Associations (IFIA). This year, the event was organized at I-Shou University, Taiwan, from 24 to 27 August 2011.

With the kind invitation from the organizing committee of the CIIs, our team, consisting of Dr Guo Xia's research team, joined the event and presented five inventions from our research projects. The topic of my presentation was the “Application of Implantable Micro-electrical



Roy Lau, recipient of the Special Innovation Award at the 2<sup>nd</sup> CIIs

Stimulators (IMES) in the Prevention of Disuse Bone Loss”, which is the main theme of my PhD research project. The exhibition showcased many interesting inventions developed by research teams from around the world. Since “cultural innovation” was one theme of the event, many of the products reflected distinct features in the cultural background of their home countries. In the 2<sup>nd</sup> CIIs, I was honoured that my work was awarded the Special Innovation Award. Here, I would like to take this opportunity to thank my supervisor, Dr Guo Xia, and co-supervisor Prof LM Li of Tsinghua University, for their guidance.

# In Memory of Dr Jenny Chung

Dear Jenny,

Your ready smile & lively personality live on!  
Our friendship has spanned many years  
& I will always remember well your enthusiasm  
for life & living....

I will miss you!



Kit Sinclair

Dear Jenny,

Your contributions to the Department,  
the University and the OT Profession are deeply  
appreciated and valued. You will always be  
remembered and loved by us all.



Gabriel Ng

Dear Jenny,

I will miss you at breakfast...  
at badminton...

We all miss your smile! You will always be  
with us in our hearts!!!



Grace Szeto

Dear Jenny,

You are a gentle kind and genuine lady.  
You have always brought calmness to our mind &  
remind us to keep a good balance between work  
and family.....

You will be very sadly missed....



Alice Jones



Dear Jenny,

We will remember your dedication,  
hard work and love for our students at PolyU.

May God bless you in heaven.

You will be in our heart & memory at PolyU.



Walter Yuen

Dear Jenny,

Your work means a lot to all to us,  
and particularly to the people suffering  
from dementia. Your dedication and  
warmest heart in teaching students will be  
forever remembered.



Chetwyn Chan

Dear Jenny,

Rest in peace.

Remember your smile always.



Cecilia Li

Dear Dr Chung,

We will be working hard to be a professional OT.  
Thank you for your teaching. You're really a  
good teacher.



Yr 3 student, Harry Hung

Student's Activities

# The zzZip – Winner of the Prof Alan Tam Memorial Fund Award 2011 in assistive product design

Kelvin Liu Oi Fung, Candy Lee Po Chi, Agnes Liu Shuk Yin, Michael Ng Siu Ho  
(Year 2 Occupational Therapy students)

Stroke patients face multiple challenges when they return to the community. Most daily tasks can still be accomplished to some extent using one-handed techniques. But dressing is a challenge for individuals because it requires a combination of bilateral gross and fine motor functions. Therapists can advise patients to wear a different kind

of clothing such as button-up shirts to avoid this problem. But clothing selection is often limited. As occupational therapists, we want our clients to have a choice when deciding on their wardrobe, thus increasing their self-efficacy. Zippers remain a stalwart in many fashion designs, especially in jackets. We realize that this is a type of clothing that the Hong Kong population wears throughout the four seasons but is also a type that is difficult for hemiplegic clients to put on.

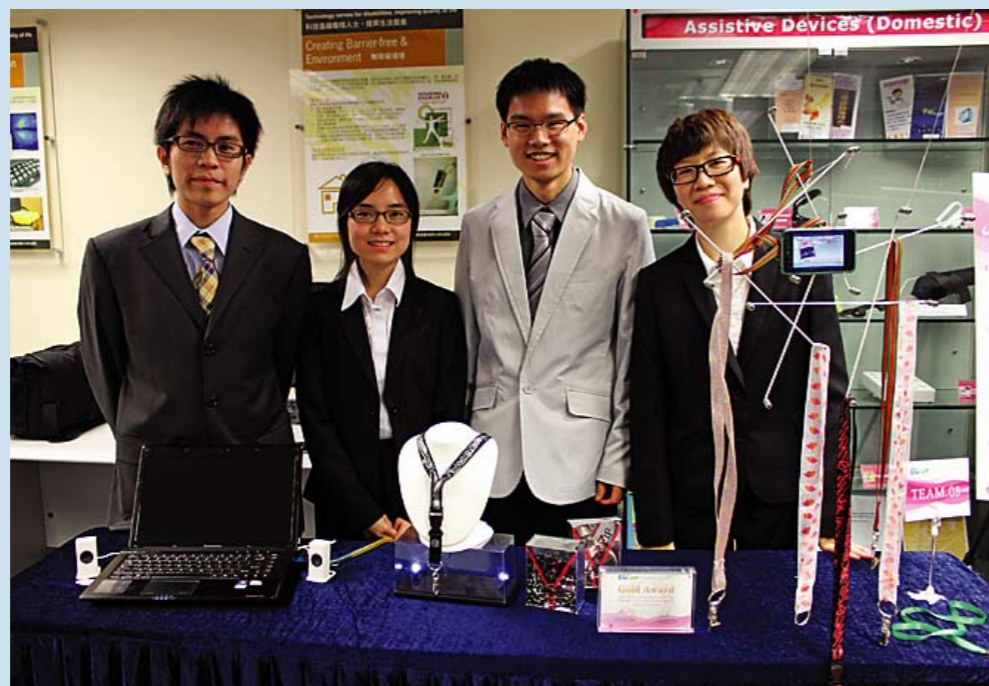
“Zzip” was inspired by a simple phone strap. The idea is to utilize other parts of the body to simulate the pulling action of the hemiplegic hand with the functional hand. The neck is ideal because it remains well controlled for most stroke patients.

A ring is attached to the end of the zipper. This is connected by the phone strap. The differences in the

length of the phone strap and the height of the zipper result in the jacket being lifted up. This allows the client to use his or her functional hand to insert the other side into the slider. The client initiates the pulling action by pulling back his or her neck, causing the slider to move up against the teeth of the zipper while the functional

hand stabilizes the jacket. The shorter the phone strap, the higher the zipper will go.

The phone strap itself is a fashion accessory and is easy to carry. The ease of accessibility and low cost also means that it can serve a large percentage of the stroke population. Don't wait now, start zzzipping!



Awardees (left to right): Michael, Candy, Kelvin & Agnes and products of Prof Alan Tam Memorial Fund Award 2011

## Be PART of the global physiotherapy community: student participation in the APTSA 2<sup>nd</sup> Annual Congress

Maurice Hon (Year 2 Physiotherapy Student)

The Asia Physical Therapy Student Association (APTSA) is a non-political organization initiated by PT professors and students at the National Taiwan University in Taiwan. The aim of APTSA is to broaden the horizon of PT students by providing them with an international outlook and greater understanding of the PT profession in other Asian countries. While Hong Kong is not a country, we are happy to join the likes of Japan, Taiwan, Singapore, Malaysia, the Philippines, Thailand, Indonesia, and South Korea as a member of APTSA.

This year the 2<sup>nd</sup> APTSA Annual Congress was held in Kyoto, Japan, on 1-4 September 2011. Three second-year PT students – Natalie Fung, Adrianna Stjernqvist, and I – represented Hong Kong. Nearly a hundred PT students from eight major universities in Japan worked incredibly hard to make the four-day event a huge success. The level of friendliness and hospitality they displayed is worthy of insurmountable praise.

The overall theme of the congress was clinical practice, and each country's team prepared a presentation to highlight the structure of clinical education in their country. Other events from the congress included the institution and



Participants at the APTSA 2<sup>nd</sup> Annual Congress from the Asian regions

hospital visit at Kyoto University, as well as symposiums based on community-based rehabilitation. Following these visits, we discussed the similarities and differences between the PT

programmes and the PT profession of each country. This was informative, since we were made aware of varying job markets across Asia and major differences in school curricula.

On the third day, however, we were met with a severe tropical storm, which cut the planned festivities short. But that day still proved to be productive and fun as country representatives gathered in a hotel room for six hours to partake in one of the most intense representative meetings there to decide on the future direction and member roles of APTSA.

After the conclusion of this year's congress, we already look forward to next year's in Manila, the Philippines, in November 2012. The planned theme will be regionally unique PT practices, and we hope more students will partake in this wonderful opportunity to learn and grow as PT leaders.



Hong Kong representatives with APTSA president Kazuya Yoshimura (centre) and Japanese participant Hitomi Miyauchi (left)

RS Clinic

# Neurological services at the *Rehabilitation Clinic* – a **HAPPY** formula

Jack Lai (Physiotherapist I)

**O**ur neurological services serve clients with neurological disorders across the lifespan. While some recover rapidly, many must live with these debilitating conditions for the rest of their lives. Though they may suffer from different conditions, our clients share the ultimate goal of achieving happiness by improving the quality of their lives. For this reason, a HAPPY approach to rehabilitation is essential, and this is what characterizes our service.

**H**olistic approach: Because the different parts of the body work together as a whole, we believe they cannot be considered separately. Multiple systems are normally affected in clients with neurological conditions. Although our focus is on improving the neuromuscular system, other systems are not overlooked. Our knowledge of and experience with neurological clients allows us to gain a better understanding of their conditions and needs. This extends from the neuromuscular system to other affected physical systems, and also includes psychological and social aspects.

**A**ttentive care: We understand that our clients go through a process of motor skills relearning, and they need proper guidance and practice for effective learning. We run a one-to-one model so we can pay full attention to our clients. Better rapport and closer communication (including a feedback system and doubt clarification) facilitate more effective motor relearning.

**P**ragmatic program: Our evidence-based treatment programme was devised after detailed assessments of our clients' conditions. Its effectiveness is regularly measured so that we can frequently fine-tune the programme to meet the most current needs of our clients.

**P**rofessional, advanced equipments: Our service is located in rooms GH026 and AG056. GH026 is a spacious private therapy room without distractions. It is equipped with an adjustable neurological plinth, a tilt-table, and other equipment. We use plinth exercises, hands-on therapy, and carer education sessions, especially for clients with attention deficit and sensitivity issues. Room AG056, which has an area of over 4,000 square feet, is equipped with advanced rehab equipment that meets the needs of clients with different levels of functional capacity. An Arjo walker, a vibration platform, a weight-supported ambulatory system, and functional electrical stimulation are some examples. Our clients' improvement in functional capacity can be better facilitated with such equipment.

**Y**ou and your carers are the keys to the success of our rehabilitation programme. It is of the utmost importance that clients be proactive, while a client's family members need to know how they can help. We therefore provide hands-on training to clients and their carers for better home exercise programmes and care. We aim to bring hope to clients through our HAPPY factors of therapy with love, care, and patience.



Vibration platform to enhance muscle performance and balance



Body weight support system for rehabilitation for locomotion and balance

## RS Visitors



## News

### Activities & Ceremonies

21 July 2011  
**PolyU Shenzhen Research Base Opening**



Professor Cecilia Li, Dr Amy Fu, and Dr Guo Xia (from left to right) celebrate the opening of the research labs of the RS dept at PolyU Shenzhen Research Base

30 August 2011  
**Commencement Ceremony 2011-2012**



Professor Gabriel Ng, Head of the Department (fourth from right) invites Professor Maurice Yap, Dean of the Faculty (fifth from right) and Professor SP Chow, JP, guest speaker (sixth from right) to take a group photo with other honourable guests

17 & 18 September 2011  
**Info Day 2011**



Both PT & OT students introduce our programmes to interested visitors on Info Day

18 October 2011  
**Preferred Graduate Development Programme, RS Student Volunteer Programme 2011 Sharing Session**



Students who joined this programme give thanks for the support of donors Mr Glory Wan (first row, fourth from left) and Ms Ophelia Ho (first row, third from right), and the Head of the Department, Professor Gabriel Ng (first row, fourth from right), and two programme coordinators, Dr Grace Szeto (first row, first on right) and Dr Karen Liu (first row, second from left)

### Congratulations

**Li & Fung Scholarship 2011-12**  
**Mr Choi Ming Chun, Harry**  
(Year 3 Physiotherapy Student)

**Local Academic / non-Academic Scholarship 2011-12, The Hong Kong Polytechnic University**  
Congratulations! A total of 8 OT students and 25 PT students were awarded this scholarship.

## Impact Editors' Corner

Editors :  
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