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Cover Story

2012 International *Occupational Therapy* CONFERENCE

Professor Cecilia Li (Professor)

The 2012 International Occupational Therapy Conference (IOTC) was held in Hong Kong from 24th to 26th February 2012. It was co-organised by The Hong Kong Occupational Therapy Association, The Hong Kong Institute of Occupational Therapists, The Hong Kong Polytechnic University (PolyU) and The Chinese Association of Rehabilitation Medicine. The conference was funded by The Commerce and Economic Bureau under The Professional Services Development Assistance Scheme.

At the opening ceremony, Professor Timothy



Professor Cecilia Li, Organising Committee Chairman, delivering the plenary speech

Tong, our President, extended a warm welcome to all participants and shared with the audience about the roles and contribution of our occupational therapy (OT) colleagues to the rehabilitation of the injured victims from the Sichuan

earthquake. Dr York Chow, Secretary of Health and Food Bureau, supplemented the opening ceremony with a focus on the exponential growth of local OT services in the past two decades.

Renowned speakers from Canada, the UK, the USA and

Hong Kong presented six keynote speeches. In addition, both local and international experts also contributed to the plenary speeches during the three days of conference. Five pre- and five post-conference workshops were organised for the participants and a visit to



Mr Leung Kwok Fai (first row, first on the right) and the Organising Committee



The opening ceremony (President Tong, Dr York Chow and the Organising Committee)

two regional hospitals in Hong Kong was arranged for overseas delegates. Altogether, 282 participants attended from 14 countries including Australia, Canada, China, Japan, Kuwait, Macao, Malaysia, Philippines, Qatar, Singapore, Taiwan, the UK and the USA.

On the last day of the conference, more than 200 participants stayed to attend the last keynote speech and the closing ceremony. The conference is considered to be the largest scale of an OT conference to have been held in Hong Kong ever since The Asia Pacific Occupational Therapy Conference that was hosted in 2006. It also has the highest number of OT participants from 14 countries. We hope that through collaboration of the two professional organisations and the PolyU that the IOTC can continue to organise the conference so that more knowledge, skills and innovation can be cultivated through this international event.



One of the workshops being delivered by a keynote speaker

Staff Activities

Community Service in the Neighbourhood: Hopeful Outdoor Parkinson Exercise (HOPE) Programme

Dr Margaret Mak (Associate Professor)

Thanks to the support from our clients, departmental staff and students, physiotherapy (PT) colleagues and all the voters on-line, the Hopeful Outdoor Parkinson Exercise (HOPE) Programme - 遜心飛躍·柏動全城 has been successfully funded by the Love Ideas Love Hong Kong and has been in operation since its launch in March 2011. This is a community-based fall prevention programme for people with Parkinson's disease (PD), aiming to enhance their balance performance, balance confidence and quality of life. Educational talks have been organised for PD support groups in non-government organisations and hospitals at various districts with good responses. About 40 clients have completed an 8-week training under the supervision of physiotherapists. These clients would have first familiarised themselves with basic indoor exercises including stretching and functional training, and then they would have proceeded to learn new skills such as Balance Dance with music, modified Wing Chun, and Square Stepping Exercises. The next phase would have been to apply their learnt postural and gait skills by practicing fall-prone activities safely in the community (e.g., road crossing, pulling and pushing doors, stepping in and out of escalators and elevators, walking while talking on a mobile phone in malls and so on). They also would have learnt to progress from performing exercises



All clients and physiotherapists exhibiting a Wing Chun upper limb move in Jordan Valley Park

indoor to performing exercises on different ground conditions and using facilities in local parks.

The preliminary results from the data analysis are encouraging. After completion of the 8-week HOPE programme, clients showed significant improvements in the Unified PD Rating Scale Activity of Daily Living scores by 51% and Motor scores by 29%. These findings imply that the programme can potentially improve

patients' independence in daily functions and slow down the progression of PD. The clients' balance performance also improved significantly after training by 13% as shown by the Mini-Balance Evaluation System Test. All clients indicated their satisfaction with the programme too and agreed that the exercises are beneficial to their daily activities and can increase their balance confidence level. About 92% agreed that the exercises are useful and important. Aside from learning practical balance skills and developing good exercise habits, they really enjoyed socializing and supporting each other too. All these key components will contribute to the continuing success of the HOPE program.

We would like to serve another 40 people in the coming half a year in different areas and an exercise video is under production for further benefit to the PD clients. Please find more information about the HOPE Program at: <http://www.facebook.com/hopeprogramhk>

Student Activities

Postgraduate Scholarship from Hong Kong Association of University Women

Ms Irene Wong (PhD Candidate)

After working all these years in Hong Kong and Canada as a physiotherapist, clinical educator and administrator, I eventually entered a new era of my professional life in September 2010: returning to PolyU as a full-time student pursuing PhD study in the area of neurorehabilitation.

It is a real challenge to adapt to this new identity and environment. I deeply appreciate Dr Margaret Mak, my supervisor, for her valuable guidance and encouragement. I am also grateful for my fellow students, Christin and Liling as well as the team of research assistants and technicians for their continuous support. It was my honour to receive the Hong Kong Association of University Women (HKAUW) Nancy Chang-Woo Memorial Postgraduate Scholarship during the 2011 Scholarship Award Presentation held last December. HKAUW is a non-profit

organization formed for women graduates and students. Since 1957, it has actively promoted lifelong education to improve the status of women and to enable them to effect positive change for a peaceful, sustainable future in Hong Kong. With this excellent recognition, I hope I can further contribute to the profession and serve the Parkinson's disease community with my mission and passion.



Ms Julia Woo (left), the Scholarship Donor, and Irene Wong (right) at the HKAUW 2011 Scholarship Award Presentation

Cross Visual-Auditory Influences on Emotional Recognition

Chan Ka Yin, Chan Yuk Chu, Lam Hon Wai and Yam Yuen Wai Alicia (Year 3 Occupational Therapy students)

The research project that we conducted titled "Cross Visual-Auditory Influences on Emotional Recognition" was awarded the Prof Alan SF Tam Memorial Scholarship. We are very honoured to receive this award. We would like to express our gratitude to the donor of the award, and likewise, to



The supervisor, Professor Chetwyn Chan (first left) and the awardees

our supervisor Prof Chetwyn Chan and his doctoral student Ms Davynn Tan.

It was a pilot study that explored how visual or auditory forms of stimuli could influence an individual's perception of the emotion conveyed by these stimuli. We believe that the findings of this study can shed light on the theoretical basis of the sensory integration technique which is commonly used by clinicians for intervening in problems associated with developmental disabilities. The study involved university students as the subjects (N=35) who were asked to recognize a happy or sad emotion conveyed by two forms of stimuli: colour (visual) or sound burst (auditory). A happy emotion was represented by the red or orange templates in the visual form and by happy prosody sound bursts in the auditory form; whereas a sad emotion was represented by purple or black templates and by sad prosody sound bursts, respectively. The subjects were asked to only attend to one form of stimulus and to ignore the other form of stimulus. The subjects then judged whether the emotion conveyed by the attended

stimulus was happy or sad. The main finding is that judgment of happy emotions was facilitated by congruent trials (i.e., a red or orange colour together with a happy sound burst), which we did not observe in the incongruent trials. The bimodal facilitation effects were not observed in the sad emotion condition. This pilot study demonstrates that pairing of visual-auditory stimuli could elicit an integrative (under congruent conditions) or interfering (under incongruent conditions) effect on recognising the emotion that the stimuli convey. It is an example of cross-modal processing that involves the visual and auditory systems. The cross-modal concept can be extended to the sophisticated processing that underlies the sensory integration techniques commonly used by occupational therapists. The techniques heavily utilise a cross-over of sensory systems such as the visual-vestibular, visual-tactile and auditory-vestibular systems. Our work calls for further studies on using cross-modal learning theory to explain the effects of sensory integration.

We are particularly pleased with the experience gained throughout the critical enquiry process. There were plenty of challenges though. During the critical enquiry process, we kept on generating questions for ourselves and, at the same time, attempted to come up with the most plausible answers. It involved logical and critical thinking, judgment and decision making. We all agreed that our participation in this final-year project has offered us the opportunity not only for exploring the theoretical basis for supporting clinical practice but also for broadening our mind to think more critically, innovatively and globally. We are looking forward to meeting the challenges in our professional lives ahead of us.

Outstanding Student Award recipient sharing his life magic

Harry Ming Chun Choi (Year 3 Physiotherapy student)

In the past, I had never imagined I could receive such great recognition for my outstanding achievements in both academic and non-academic pursuits as the Outstanding Student Award of the Faculty of Health and Social Sciences. During the ceremony, I was encouraged by PolyU President Prof Timothy Tong to continuously contribute to Hong Kong and the University. I have aspirations to become a dedicated academic in the hope of having the chance to nurture the new generations of physiotherapists in the future.

I knew nothing about this award at the beginning. I did not expect to receive such a tremendous honour in recognition of my study within the PT programme. None of my family



Harry Choi (right) receiving the Outstanding Student Award of the Faculty of Health and Social Sciences from PolyU President Professor Timothy Tong

members are highly educated, and I did not graduate from a prestigious secondary school; however, I am very devoted to my study and eager to learn with curiosity and enthusiasm. I grasped every learning opportunity from classrooms to internships and community services. Personally, I think an intrinsic and intuitive motivation that I seem to have is essential in developing a high level of perseverance.

This was a truly magical experience and a great honour for me to receive this award. I have learnt from this experience that magic does not come by chance. Magic only happens to those who seize the opportunity when it comes up. I give thanks to my parents who have encouraged me to become an independent and determined person. I will continue to work hard and create more magic in life!

HAND in HAND: Serving the people with rehab needs in CHINA

Amos Lee (Year 3 Occupational student) and Curtis Wong (Year 3 Physiotherapy student)

Aiming at serving people with rehabilitation needs, enhancing cultural appreciation as well as broadening our clinical experience, Dr Karen Liu and Dr Grace Szeto together with a group of students from the Department of Rehabilitation Sciences (RS) consisting of 20 occupational therapy (OT) and 31 physiotherapy (PT) students, collaborated hand in hand to launch a 3 to 4-week service learning trip to China during last summer. Divided into several groups, we conducted rehabilitation services in the following regions: Chengdu (成都), Xinjiang (新疆), Xining (西寧), Shanghai (上海), Qingdao (青島) and Guangzhou (廣州).

There is a great need for rehabilitation for people with disabilities in China, and we delivered our service in various settings such as orphanages, children's Homes, rehab centres and hand surgery hospitals. PT and OT students worked together and discussed the management of individual cases with the local rehab staff. The results would then be incorporated into the contemporary rehab treatment programme. We did not only deliver service directly to patients, but also we visited local hospitals to organise seminars to the staff and foster parents. Moreover, we shared our practice in Hong Kong and shared our thoughts with the local staff within the local rehabilitation services.

Compared with Hong Kong where rehabilitation is better developed, the development of rehabilitation in some areas of mainland China is lagging far behind. In order to cope with the

lack of resources and rehab modalities, we tried to make use of our innovative mind to devise our own equipment; for example, our students had made use of some theraband brought from Hong Kong and



RS students and hospital staff from a local hospital sharing clinical assessment techniques

a screwing board available in their surroundings to make a gadget that could train the hand function of opening up the first web space between the thumb and index finger. Other than inventing new instruments, we also tackled the problem by making creative use of limited training equipment to serve different training purposes. Although the resources might not be adequate and the gadgets we made did not have top notch quality, we tried to provide the best treatment to our client and to maximise the therapeutic value of our intervention through creative thinking.

Participating in this project was an invaluable opportunity for us as we could broaden our horizons by exploring different rehabilitation approaches and settings, such as paediatric rehabilitation and hands



RS students receive the Silver Award at the Community Service Learning Award Presentation Ceremony (left to right: Professor Hector Tsang, Amos Lee, Curtis Wong, Jason Tai, Cynthia Li and Dr Grace Szeto)

rehabilitation. This really enriched our own clinical experiences and case study types that we came across in the services, both of which can be applied to our future careers. This project also helped some of the organisers to revalue their work (rehabilitation) in the community. It was really meaningful to help patients to return to their normal life or to enhance the self-care technique of children with a disability. The smiling faces from the patients and clients gave us a lot of support in our work. We all became more and more dedicated to our future job and career and determined to strive to do our best in applying our professional knowledge to serve the patients and the community.

It is our great honour to receive a Community Service Learning Silver Award from the Student Affairs Office for this service learning programme. We would like to take this opportunity to express our gratitude to the professors in RS, the collaboration agency Goodrock Foundation, Christian Action, Hand in Hand Funding and local rehab organisations, hospitals and staff and all the student participants. Special thanks should also be given to the project advisors Dr Grace Szeto (PT) and Dr Karen Liu (OT) for their coordination of the programme, and to the voluntary clinical tutors Dr Eria Li (OT), Ms Beverly Yiu (OT) and Ms Catherine Cheung (PT) for their supervision of our clinical practice in China. We would not have been able to achieve such a huge success without their support.



Group photo of RS students and the programme tutors, Dr Eria Li and Ms Catherine Cheung, together with the local staff in Xinjiang Orphanage

RS Clinic

Clinical Education at the Rehabilitation Clinic

Mr Michael Wong (Senior Physiotherapist)

The Rehabilitation Clinic has been providing rehabilitation services to our clients for more than a decade. As a service extension of the Department of Rehabilitation Sciences, it also participates in the clinical education for the undergraduates of the Department. Since 2003, the Clinic participates actively in education by providing clinical placements to the undergraduates from the Department of Rehabilitation Sciences. It was primarily the undergraduates from the local PT programme who went on these placements in the beginning. There were also some overseas PT students having their placements at the Clinic at that time. Since 2006, our Department has developed further collaborations with other overseas universities and this has established an increase in the number of overseas students having their clinical placements at the Clinic. This continues to be the case today.

As the Clinical Educator at the Clinic since 2004, I have worked with PT students from Australia, Canada, Holland, Nordic countries (Sweden and Finland), Mainland China, Singapore, Taiwan, the UK and the USA throughout these years. The duration of their placements ranges from 4 weeks to 12 weeks depending on their clinical placement requirements. Apart from the daily PT practice during the placement period, these students also have attachments with the Traditional Chinese Medicine doctor so that they can have exposure to the role of Chinese medicine in rehabilitation. Moreover, the students also have the opportunity to work with our PT on-field service for the University sports teams, local professional soccer teams and some major sports events in Hong Kong, such as the Standard Chartered Hong Kong Marathon and the Oxfam Trailwalker in previous years.

Since most of the overseas students are having their first visit to this oriental city, especially for those from European countries, they typically find that it is a challenge when working in a different place and with people from a different cultural background. The language barrier is the first thing to overcome. With assistance, most of the students are able to use some simple Chinese words or phrases together with body language to communicate with their patients who cannot speak English well. Towards the end of each overseas placement, these students always find that the required level of performance from the clinical educator and the patients is high at the Clinic, yet they also find themselves learning a

lot with regards to professionalism, knowledge and skills during their placements.

From my perspective as a clinical educator, the main challenge that I have encountered with the overseas undergraduate students is the difference in the level of PT training

from each of their own universities. Therefore some of these overseas students are able to perform in a knowledgeable and skillful manner while some of them will require guidance in order to work in a competent manner with their clients. The way of coaching for these overseas students can be very different and can vary quite a lot between each student.

Meanwhile, with the help from the Clinical Coordination Team of the Department, the

overseas students pair up with local undergraduates from the same placement at the Clinic. Through this arrangement, these PT students can have the opportunity to share their clinical and learning experiences together. Apart from PT undergraduates, local OT undergraduates have also started to have clinical placements at the Clinic since 2010, and they are being coached by the full-time Occupational Therapist at the Clinic.

As the Clinic is a service extension and as we will have more PT undergraduates from 2012 onwards, my clinic colleagues and I are always looking forward to the challenges ahead and to providing our very best in both the clinical services to our service users as well as the clinical education to our undergraduates.



Providing on-field PT services at the Standard Chartered Marathon 2012 with a PT student from the USA



Coaching a PT student from Taiwan

Visitors

22 Feb
2012

Visit by Dr Alex Mihailidis, University of Toronto, Canada

2 Apr
2012

Visit by 中南大學湘雅醫院

22 Feb
2012

Visit by 成都市第二人民醫院

16 Apr
2012

Visit by 河北聯合大學

News

Activities and Ceremonies

28 & 29 Jan 2012
Marathon Expo



Professor Gabriel Ng, Head of Department (1st from left), Dr Simon Yeung (2nd from right) and Dr Ella Yeung (1st from right) having a photo taken with the representatives of FHSS during the Marathon Expo

WELCOME to our NEW Colleagues

Dr Sam Chan, Assistant Professor
Mr Dennis Cheung, Clinical Associate
Dr Doris Chong, Clinical Associate
Ms Grace Lung, Clinical Associate
Ms Emily Sin, Clinical Instructor

24 - 26 Feb 2012
2012 International Occupational Therapy Conference



Honourable guest, Secretary for Food and Health, Dr York Chow, (4th from right) having a photo taken with the President of PolyU, Professor Timothy Tong, (5th from right), Chairman of HKIOT, Mr Simon Wong (3rd from right), Chairman of HKOTA, Mr Samuel Chan (2nd from right), Executive Director of Chinese Association of Rehabilitation Medicine, Professor Yan Tie Bin (1st from right), WHO Collaboration Centre for Rehabilitation, Professor Zhuo Dahong (4th from left), Professor of RS, Professor Cecilia Li (3rd from left), Co-chairman of Organising Committee, Mr Leung Kwok Fai (2nd from left) and Chair Professor and Head of RS, Professor Gabriel Ng (1st from left)

We wish to bid FAREWELL to

Dr Dora Poon, Assistant Professor
Dr Shirley Fong, Clinical Associate

Impact Editor' Corner

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The 8th
Pan-Pacific Conference
on Rehabilitation

PPCR

a MULTI-DISCIPLINARY APPROACH to PREVENTION, MANAGEMENT and REHABILITATION of DISABILITY

Conference Objectives

1. Situate the rehabilitation team in the global efforts of preventing, managing and rehabilitating disability in different patient and client populations;
2. Present a holistic, multi-disciplinary approach to combating disability at different levels of prevention and in different practice settings; and
3. Provide evidence-based evaluation of and interventions for preventing and minimizing disability in different patient and client populations.

Resource Speakers

Marjorie Woolacott, PhD
Sandra Saavedra, PT, PhD
Anita Bundy, PhD
Heather McKee, PhD
Hector Tsang, PhD
Marco Pang, PhD

Registration Fees

	Early Registration	On-site	Post Reg.
Professionals			
General Registrants	\$280	\$300	\$350
USPHS, AAPPA, AOTA members	\$200	\$220	\$250
CPA, ACP, APTA members	\$250	\$270	\$300
Non-affiliated/Non-member	\$350	\$370	\$400
Undergraduate Students	\$50	\$70	\$100
General Students	\$100	\$120	\$150

Highlights of the Scientific Programme

1. Plenary sessions on current, general perspectives in the prevention, management and rehabilitation of disability in different patient or client populations.
2. Parallel sessions on population-specific, evidence-based presentations of evaluation techniques and interventions to address disability in different settings, from multiple rehabilitation disciplines.
3. Research poster and paper presentations.
4. Round-table discussions with experts involving sharing of experiences and exchange of best practices in specific areas of practice in the field of rehabilitation.
5. Student sharing sessions aimed at gathering information from students regarding the status of education and practice of physical therapy in their respective countries.

Pre-Conference Workshops

18 November 2012

Workshop 1: Balance Rehabilitation after Stroke: Translating research into clinical practice
Marjorie Woolacott, PhD & Sandra Saavedra, PT, PhD

Workshop 2: Therapy using Sensory Integration Theory: How do you do it?
Dr Anita Bundy

Call for Abstracts for Oral and Poster Presentations

Deadline for Submission: 08 July, 2012

Call for Abstracts for Workshops

Deadline for Submission: 08 July, 2012

Registration Fees for each workshop

	Early Registration	On-site	Post Reg.
General Registrants	\$280	\$300	\$350
USPHS, AAPPA, AOTA members	\$200	\$220	\$250
CPA, ACP, APTA members	\$250	\$270	\$300
Non-affiliated/Non-member	\$350	\$370	\$400

Limited to 75 participants

November 17-18, 2012
Medicine Cinematorium
University of Santo Tomas
Manila, Philippines

Your **BIG** or **small** Donation will make an **Impact!**

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.



Donation Form

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I wish to contribute to the development of RS; please allocate my donation for the following purpose(s). (Please add a "✓" where appropriate)		Please make your cheque payable to: THE HONG KONG POLYTECHNIC UNIVERSITY and mail it to: Department of Rehabilitation Sciences The Hong Kong Polytechnic University, Hung Hom, Hong Kong	
<input type="checkbox"/> Research conducted by RS <input type="checkbox"/> RS student development <input type="checkbox"/> At the discretion of RS <input type="checkbox"/> Other (Please specify): _____		** A donation receipt will be issued by the University for tax deduction purposes	
Signature:		Date:	