

PPGR The 8th Pan-Pacific Conference on Rehabilitation

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

Conference Objectives

1. Share the rehabilitation team in the global efforts of preventing, managing and rehabilitating disability in different patient and client populations.
2. Present a basic, multi-disciplinary approach to controlling 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.

Research Speakers

Maylene Woodcock, PhD
Sandra Saewyc, PT, PhD
Anita Bundy, PhD
Heather Murray, PhD
Hector Tsang, PhD
Mansi Pang, PhD

Call for Abstracts for Oral and Poster Presentations
Deadline for Submission: 06 July 2012

Call for Abstracts for Workshops
Deadline for Submission: 08 July 2012

Registration Fees for each workshop

Workshop	Early Registration	On-site	After
Workshop 1: Evidence-Based Rehabilitation after Stroke: Translating research into clinical practice	1,100	1,100	1,100
Workshop 2: Therapy using Sensory Integration Theory: How do you do it?	1,100	1,100	1,100

Limited to 75 participants

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

Logos: University of Santo Tomas, Philippine Physical Therapy Association, UST CRS, Department of Rehabilitation Sciences

The Hong Kong Polytechnic University

Impact

Department of Rehabilitation Sciences
Touching lives, making an impact

SUMMER / 2012

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Cover Story

Staff Induction Programme for **NEW Staff Members**

Prof Hector Tsang (Professor and Associate Head)

Due to the launch of the 334 Curriculum and a student intake increase, many new staff members will be joining our department in the coming years. In order to familiarise them with various aspects of their duties, a three-hour induction programme was launched on 24 July 2012 and turned out to be a very positive experience.

Altogether, seven new faces joined the induction programme: three assistant professors, two clinical associates, one clinical instructor, and one technician. Almost all of those holding key administrative posts in the department (head, associate head, programme leaders, delegate of the DLTC chair, administrative officer, and senior technician) were invited to meet the participants and deliver a short presentation in their area of responsibilities. The programme covered academic programmes, teaching quality, research, staff development, appraisal, and the mentoring system. It ended with an open discussion where many good questions were raised. The participants were particularly interested in performance indicators and staff development opportunities.

Because of the positive comments I received after the programme, it will become a regular practice in the department. I hope that this will translate into higher morale and job satisfaction among our staff.



NEW staff join our **BIG RS** family



Dr Sam Chan (Assistant Professor) earned his first BSc degree in Kinesiology at Simon Fraser University, Canada and received professional training as an occupational therapist at The Hong Kong Polytechnic University before starting to work as a registered O.T. in a local public hospital. During his clinical practice for almost a decade, he specialised in the rehabilitation of orthopaedic, spinal cord injury, and neurological conditions.

As for his research focus, he completed an MPhil project on the behavioural and psychological changes of participants with chronic diseases in a self-management programme. Dr Chan's PhD degree project was in the field of neuroscience, studying the neural processes of pain modulation in people with chronic pain. He also had the opportunity to work as a research fellow in the Rotman Research Institute in Toronto, and as a research associate on another neuroscience project.



Dr Roy Cheung (Assistant Professor) received his Bachelor's degree in Physiotherapy from The Hong Kong Polytechnic University. He worked as a frontline clinician in public and private settings for years. After earning his PhD in the area of sports biomechanics from the same university, Dr Cheung completed a postdoctoral fellowship at the Department of Physical Medicine & Rehabilitation, Harvard Medical School.

There he studied the relationship between running biomechanics and injury, and methods to examine the real-time kinematics of foot structures and the patella. His current areas of study include biomechanics in runners, the efficacy of a prophylactic device for sportsmen, and gait retraining for rehabilitation and injury prevention. Dr Cheung has generated a good number of academic publications in highly rated medical journals, including Sports Medicine, American Journal of Sports Medicine, British Journal of Sports Medicine, and Clinical Rehabilitation. He has also served as a reviewer for the Journal of Orthopaedic & Sports Physical Therapy and Sports Medicine, Arthroscopy, Rehabilitation, Therapy & Technology (SMARTT) Journal.



Dr Shirley Ngai (Assistant Professor) earned her physiotherapy BSc and PhD at The Hong Kong Polytechnic University. Her PhD study investigated the effect of Acu-TENS, an East-meets-West integrative therapy, on airway obstructive diseases. During a postdoctoral fellowship, Dr Ngai explored the mechanisms of Chinese therapeutics

and East-meets-West integrative therapy using Near Infrared Oxygenation (NIRO) and continued research within the cardiopulmonary area at The Hong Kong Polytechnic University and the University of Sydney. Her research interests include the effects of Acu-TENS on the cardiopulmonary system, exercise physiology and cardiopulmonary assessment in healthy and diseased populations, and the assessment of cerebral and tissue oxygenation using NIRO.



Dr Doris Chong (Clinical Associate) received her Bachelor of Science in Physical Therapy from Queen's University in Canada, her Master of Science in Sports Science from University of Hong Kong, and her Doctorate of Science in Physical Therapy from University of Maryland Baltimore. Prior to joining the Department of Rehabilitation Sciences at

The Hong Kong Polytechnic University, she was a Clinical Assistant Professor at Northeastern University in Boston USA, coordinating and teaching the clinical neurological rehabilitation curriculum. She is a Board Certified Clinical Specialist in Neurologic Physical Therapy by the American Board of Physical Therapy Specialist. Currently, there are only 1,102 PTs in the USA who have achieved this prestigious credential. She has worked in various clinical settings in Canada, Hong Kong, and the USA. She worked as a neurologic clinical specialist at Stanford University Medical Center in California and as a staff physical therapist at Spaulding Rehabilitation Hospital in Boston. There she gained extensive clinical experience and contemporary knowledge in acute care and neurological rehabilitation.



Mr Dennis Cheung (Clinical Associate) earned a Bachelor's degree in Physiotherapy from The Hong Kong Polytechnic University and a Master's degree in sport sciences from The University of Hong Kong. Prior to joining PolyU, he gained extensive clinical experience in Hong Kong, Australia, and mainland China. He has also provided a

voluntary consultation service for mainland China over the last few years. During 2002-2004 and 2009-2012, he served as a physiotherapist in the Department of Defence, Sydney area, Australia, managing in particular Defence Special Force personnel with sports and musculoskeletal dysfunctions.

Staff Activities

Successful Validation of the MSc in Manipulative Physiotherapy programme

*Dr Nicola Mok (Assistant Professor and Vice-chairman MTSG, HKPA)
With input from Dr Arran Leung, Chairman MTSG, HKPA*

We were pleased to be informed by the International Federation of Orthopedic Manipulative Physical Therapists (IFOMPT) on 25 June 2012 that the standards established in our Master of Science in Manipulative Physiotherapy programme fulfilled all requirements of the International Monitoring in that world body of manipulative physiotherapy.

IFOMPT is a subgroup of the World Confederation of Physical Therapy, and was formed in 1974. IFOMPT aims to promote "Worldwide ... excellence and unity in clinical and academic standards for manual/musculoskeletal physiotherapists". Currently, IFOMPT consists of 22 Member Organisations (MO, including Hong Kong) and seven Registered Interest Groups. One of the missions of IFOMPT is

to work towards international unity/conformity of educational standards of practice amongst manual/musculoskeletal physiotherapists. To ensure the on-going quality of educational programmes and continued achievement of the IFOMT standards by MOs, only those MOs conducting a programme of postgraduate education in manipulative and other manual therapy skills will be eligible to be enlisted as a fellow member of the Federation (in accordance with the Educational Standards document).

The successful outcome is attributable to the concerted efforts of the executive committee of the Manipulative Therapy Specialty Group (MTSG), the Hong Kong Physiotherapy Association (HKPA), and the academic staff in the Department of

Rehabilitation Sciences, Hong Kong Polytechnic University. Other important parties involved in this process were Dr Alison Rushton, Chairperson of the Standards Committee IFOMPT; Dr Karen Beeton of the University of Hertfordshire, current Advisor of the International Monitoring to Hong Kong; and Dr Herman Lau, the current External Assessor to the MSc programme.

While we can now celebrate that the academic level of our MSc Manipulative Physiotherapy programme is on par with world standards, we cannot become complacent. We will continuously work to improve the MSc programme in order to meet the next round of International Monitoring in 2014.

Establishment of "The Scar Research Laboratory" at Long Gang Hand Hospital, SHENZHEN

Prof Cecilia Li (Professor)

A memorandum of understanding (MoU) was signed on 5 March 2012 between the Department of Rehabilitation Sciences (RS), The Hong Kong Polytechnic University, and the Long Gang Hand Hospital to establish a scar research laboratory based in the hospital. Dr Zhang Ziqing, Chief of the Long Gang Hand Hospital and Prof Cecilia Li-Tsang, Department of Rehabilitation Sciences, jointly signed the agreement witnessed by Mr Duan Xiaobei, Deputy Director, Standing Committee of People's Congress, Long Gang District; and Dr Xie Jianxiong, Head of the Long Gang Central Hospital.

The main goals of setting up the scar research laboratory include improving the rehabilitation services for patients with scar problems, promoting evidence-based practice in scar management, and enhancing research collaborations between the two institutes. Prof Cecilia Li and her research team will assist the hospital in setting up the scar research laboratory and provide innovative techniques and interventions for patients with scar problems. Meanwhile, the Hand Hospital, with its large patient resources, will



Prof Li (4th left) and other key persons at the opening ceremony

actively participate in clinical studies and randomised trials, led by Prof Li, in order to evaluate the efficacy of different intervention programmes for scar management.

The partnership between these two parties contributed to the establishment of the Pressure Therapy Research Lab, which will undoubtedly advance the development of pressure therapy (rehabilitation) services and research in mainland China. Moreover, the lab will benefit both medical and health care professional staff and patients by continually pursuing knowledge development within the pressure therapy and systematic rehabilitation domains. It may also accelerate the across-border development between Shenzhen and Hong Kong in the field of rehabilitation medicine.

CONGRATULATIONS on your *big leap!*

It is with great pleasure that we congratulate our colleagues on their promotions!



Prof David Man (Professor)'s research on innovative cognitive rehabilitation and application of cutting-edge technology (virtual reality and artificial intelligence) has local and overseas influences. As a result, he has been at the forefront of developing cognitive assessments and intervention packages.

More than 15 innovative packages have been validated. They include the patented "SensGym", a commercial product on Virtual-reality based Rehabilitation System (VRRehab) that is, an internet-based "E-fun for brain health in the elderly", and a computerised, errorless learning-based package for mild dementia. Prof Man's current research relates to neuroscience and cognitive remediation in stroke, mild cognitive impairment (MCI), schizophrenia, and bipolar disorders. He runs a virtual reality (VR) laboratory studying human prospective memory, executive functions, and decision-making processes. Prof Man has a very satisfactory record of securing external research funding, including General Research Fund, Health Service Research Fund, and Health Care and Promotion Fund. He has a well-established publication record and has received invitations to international conferences and scientific meetings.

in teaching and research at the university. He received the Department Outstanding Teaching Award in July 2011 and was a member of the team that received the Faculty Team Teaching Award in November 2010. His current research interests lie in exploring the mechanisms underlying neurorehabilitation's enhancement of cognitive, perceptual, and motor recovery for clients with acquired brain injury or stroke. Recently, he obtained the RGC GRF 2012/13 grant to develop his innovative therapy "Reminding to move", which was first developed in 2008 as the first of its kind in the world. This treatment also led to two patents last year due to the invention of a wearable, portable sensory cueing device for increasing paretic limb use awareness and user awareness in clients with hemiplegia.



Dr William Tsang (Associate Professor) has extensive clinical experience in various sectors of physiotherapy service. Before joining The Hong Kong Polytechnic University, he served older adults in a geriatric day hospital. Dr Tsang is now the subject leader of: 1) Human Anatomy in the Faculty of Health and Social Sciences; 2)

Functional Anatomy of the BSc Physiotherapy and BSc Occupational Therapy programmes; 3) the Art and Science of Tai Chi; and 4) Aging and Geriatrics. He serves as a practical examiner on the Physiotherapy Board, Hong Kong. He has published on muscle strength in natural physiological movement, biomechanical studies of the knee ligaments, balance control and exercise science of oriental exercises, Tai Chi and Qigong, and Western exercise, golfing. Dr Tsang's current research interests include: 1) eye-hand coordination with a concurrent postural control task, pursued with samples of elite basketball players, stroke survivors, and frail older adults; 2) Sitting Tai Chi for subjects with frailty, spinal cord injury, and Parkinsonism; and 3) investigating prevention of falls and interventions using virtual reality and optical lenses.



Dr Shamay Ng (Associate Professor) is a registered physiotherapist. She received her professional training in Hong Kong and Australia. Dr Ng is interested in undergraduate and postgraduate teaching, and she was the recipient of the Departmental Outstanding Teaching Award in 2010.

Dr Ng's current research interest focuses on neurorehabilitation, particularly patients with stroke. She is now investigating the neurophysiological mechanism(s) mediating motor recovery in patients with stroke. Dr Ng was also awarded with research grants to investigate not only the efficacy of an innovative rehabilitation programme, but also the validity of outcome measurements used to assess stroke rehabilitation.



Dr Andy Cheng (Associate Professor) is a registered occupational therapist, chartered safety and health practitioner, and certified work capacity evaluator. He was the first Asian recipient of the Canadian Institutes of Health Research Scholarship for postgraduate training on the Work Disability Prevention CIHR Strategic Training Program at the Université de Sherbrooke and the University of Toronto.

Dr Cheng has extensive experience in hand rehabilitation and medico-legal evaluation for work-injured cases. His research interests are in the areas of prevention and rehabilitation of occupational injuries, return-to-work interventions for injured workers, and work disability management. This includes a focus on the underlying mechanism of the occurrence of occupational injuries and biopsychosocial rehabilitative approaches for injured workers. Currently, he is conducting different studies related to risk-taking behaviour and hazard perception of professional drivers and neuropsychological causes of traffic accidents.



Dr Kenneth Fong (Associate Professor) is the editor-in-chief of the Hong Kong Journal of Occupational Therapy (HKJOT) (Impact Factor 0.353 SCI 2011), and member of several subcommittees of the Hong Kong Occupational Therapists Board. With his intensive clinical experience, particularly in the area of rehabilitation for clients with

acquired brain injury or stroke, he has developed a keen interest

Brain Health Symposium of Older Adults

Prof David Man (Professor)

Cognitive decline is becoming a pressing problem among our ageing population. Awareness of this fact is fuelling a desire to learn about appropriate actions to maintain good brain health in Hong Kong. The Brain Health Project for Older Adults was an attempt to cater to the needs of older adults, especially those who commonly reported memory failures. The Brain Health Symposium for Older Adults, held on 28 June 2012

at The Hong Kong Polytechnic University, was sponsored by a funded project of the Health Care and Promotion Fund (HCPF)-Seed Funding Scheme (Project Number: 02090235) of the Food and Health Bureau, HKSAR. The project has been under the leadership of Prof David Man of the Department of Rehabilitation Sciences (RS) and the symposium was hosted by RS and jointly organised by the Neighbourhood Advice-Action Council and the Occupational Therapy Department of Kwai Chung Hospital. It served as a venue to report project information to a professional community, reveal recent research findings, and provide an atmosphere conducive to the discussion of issues related to the brain health of older adults in Hong Kong.

The project information and related findings were first disseminated via a press conference on the morning of 26 June 2012. Two public exhibitions, consisting of educational talks, were attended by about 200 older adults. Ten elderly service settings and a total of 96 older adults joined a project-associated study by using a new internet-based, errorless-learning memory training programme. Positive feedback pertaining to the programme's



Officiating guests and speakers on the stage

treatment effectiveness, acceptance, and usability was presented. Memory problems, especially prospective memory issues, are common and affect Hong Kong older adults' daily and social functioning. The press conference was well attended by the local media, being reported on widely by eight local newspapers the following day and in a magazine the following week.

More than 180 professional workers

participated in the Brain Health Project Symposium during the same afternoon.

Officiating guests of the professional symposium included:

- Mr Tung Chi Fat, MH, Executive Director, The Neighbourhood Advice-Action Council; Prof. Hector Tsang, Associate Head, Department of Rehabilitation Sciences, The Hong Kong Polytechnic University; Dr Lo Tak Lam, William, Hospital Chief Executive, Kwai Chung Hospital.

Symposium speakers and topics included:

- Prof Lam Chiu Wa, Linda, Professor (Clinical) & Chairman, Department of Psychiatry, the Chinese University of Hong Kong (Interventions to optimise cognitive function in older adults).
- Ms Lee Hing Yee, Ada, Deputy Service Manager and Occupational Therapist, Hong Kong Alzheimer's Disease Association (TheiPad's application in cognitive training of elderly with cognitive impairment).
- Mr Lau Ka Leung, Frank, Occupational Therapist, Jockey Club Digital Inclusion Centre of Association for Engineering and Medical Volunteer (Cognitive training by using somatic and mental control activity through IT technology).
- Prof Man Wai Kwong, David, Cognitive Rehabilitation Laboratory, Department of Rehabilitation Sciences, The Hong Kong Polytechnic University (Prospective memory failures among older adults in Hong Kong: Assessment and intervention).
- Ms Lee Yuet Ying, Grace, Senior Occupational Therapist, Advanced Practitioner in Psychogeriatrics, Kwai Chung Hospital (Brain health project for older adults).
- Mr Li Yum Kwok, Francis, Service Supervisor, Sham Shui Po District Elderly Care Centre, The Neighbourhood Advice-Action Council (Feedback from users on an e-training programme).



Invited speaker Prof Linda Lam with Prof David Man (right)

2012 LONDON Olympic Games



Dr Amy Fu (Associate Professor) and Ms Phoebe Cheuk (Senior Physiotherapist)
Dr Chan Sui Kau and Mrs Chan Lam Moon Chun GD-HK Centre for Sports Rehabilitation, Department of Rehabilitation Sciences

Being an Olympian is a dream for many athletes, and being a sports physiotherapist supporting an Olympian is also an honour. We were lucky to be able to support our athletes in both the 2008 Beijing and 2012 London Olympic Games in various ways. During the latter Olympics, we provided sports physiotherapy to both the Hong Kong and China judoists.

CHINESE JUDO TEAM

Our collaboration with the Chinese Judo Team started in July 2011. The National Judo Sports Association invited our team in July 2011 to better prepare their qualified athletes at the Tianjin base for the London Olympic Games. Our team included Dr Amy Fu (Associate Professor), Ms Phoebe Cheuk (Senior Physiotherapist), and Mr Tom Zhang (PhD student).

Tong Wen and Chan Fei, from the Tianjin Team, qualified for the London Olympic Games. Both Tong and Chan were under an intense training programme with frequent competitions. Tong Wen won the gold medal at the 2008 Beijing Olympics. She is experienced and determined, but suffered from some physical deficits associated with multiple chronic injuries. During the early preparation phase, the main focus was to evaluate her overall physical profile, determine if there were any weak links, and if so improve them to yield a better injury prevention programme. We tailor-made therapeutic and specific exercise programmes, and were able to integrate them into the athlete's normal training routines. Recovery was another issue we needed to tackle to enhance performance and prevent injury. Tong is 29 and judo demands that athletes react fast. Moreover, they need explosive power and musculature endurance to withstand five minutes in a high-intensity competitive environment. Strategies for a better recovery regime, such as a heat/cold bath, were suggested to Tong. All and all, we were able to minimise the injury impact and maintained not only Tong's overall physical condition, but also her confidence to achieve peak performance. Chan Fei, on the other hand, is relatively young (aged 20) and injury-free. Unfortunately, she suffered from a serious injury in one of the World Cup events three months before the Olympic Games. Our team made the diagnosis. We discussed the matter with Coach Wu and estimated her recovery time, developed a rehabilitation plan, and provided training strategies during her recovery. Fortunately, with the combined efforts of her coach, the athlete, and our team, she was able to go back to training within two weeks. Speedy recoveries and safe returns to training are of paramount concern when the Olympics are approaching. Psychological support via clear explanations of the injury and strategies for safe training was essential in order to alleviate Chan's fears.



Chan Fei (left), Chinese judo Olympian, and Dr Amy Fu (right) were cheering for the CHN team at the Excel Venue

After one year of preparation, we went to London with coach Wu, Tong, and Chan. The atmosphere was heavy. Tong was being studied and watched by other competitors. This was Chan's first Olympics. Tong Wen won a bronze medal for the China team and Chan Fei got fifth place. Tong is determined to achieve gold at the next Olympics. Chan's achievement met the coach's expectations, as she had only competed at a world-class level for two years. It was exciting for us to have the opportunity to prepare the Olympians and see them on stage at their peak performance levels.

HONG KONG JUDO TEAM

In Hong Kong, judo is not an elite sport: the last athlete to compete took part in the 1996 Atlanta Olympic Games. Cheung Chi Yip is only the second athlete to qualify for the Olympics during this 16-year gap. Based on a successful collaboration since 2009 (for the East Asian and Asian Games), the Hong Kong Judo Association invited us to assist their athlete in preparations for this big occasion.



Tong Wen, of the Chinese Judo Team, received sports rehabilitation under Dr Amy Fu's supervision while preparing for the London Olympics

Apart from being a judo athlete, Chi Yip is also a full-time fireman. The combined load challenged him to maintain "injury-free" status. Sometimes he had to train after a 24-hour shift. Therefore, the primary focus during the preparation phase was to prevent and manage any injuries in a timely manner, thereby ensuring optimum training despite all the constraints. Everything went smooth until late November 2011, when Chi Yip suffered a serious injury that prevented normal training and competing for three months. We went through a lot of ups and downs together during this period with endless evaluations, treatments, and modifications of loading, but our spirit remained positive. We must thank the athlete who trusted us to manage his condition. Then good news came in with the confirmation of his successful qualification for the London Olympic Games.

Judoists need explosive power and musculature endurance to withstand five minutes in a high-intensity competitive environment. Therefore, in order to maintain his aerobic and anaerobic fitness, the athlete carried out a fitness programme we designed with a high level of self-discipline. His rehabilitation programme progressed well under close monitoring and we gradually loaded him up to better prepare for his return to competition. Review of systematic evaluations revealed that both sensory and motor capabilities of the injured limb were recovering well. Later on, we travelled to Uzbekistan for the Asian Judo Championship, which was his first international competition after

the serious injury. He did well as a 'return-to-field' competitor, and all of us were happy. Without much rest, we had to focus on the upcoming Olympics as time was running out.

Further rehabilitation for Chi Yip focused on honing specific peak power and agility in order to help him achieve peak performance at the Olympics. At the same time, we used on-going evaluations to closely monitor

the condition of his limb and to prevent relapses due to overloading. Finally, he was able to compete with confidence and fight for his best possible performance on the Olympic stage where he faced top-class athletes. We all enjoyed his

match and it was a breakthrough performance for Hong Kong judoists.

SUMMARY

Supporting the China and Hong Kong judoists for the London Olympic Games was exciting and rewarding. This was an ever-demanding process requiring us to call upon our professional knowledge and experience to cater to the Olympians' personal needs. The ultimate goal was to enhance their peak performance



Hong Kong judo Olympian Cheung Chi Yip (left) and Phoebe Cheuk (right) at the London Olympics

and injury prevention/protection during their preparations in a manner that ensured that they could recover fast and safely return to a world-class competitive level. Moreover, we wanted them to not only be able to perform at peak performance levels during their competition, but also to do so with confidence. We would like to thank Dr Chan Sui Kau and his family in supporting the Dr Chan Sui Kau and Mrs Chan Lam Moon Chun GD-HK Centre for Sports Rehabilitation, which benefits many Hong Kong and China athletes.

OBITUARY to our *OT pioneer*, **Mr Philip Chan** (1940-2012)

Prof Cecilia Li (Professor)

Mr Philip Chan, our first OT teacher and founder of the occupational therapy education programme at The Hong Kong Polytechnic, passed away on 24 June 2012 in Sydney, Australia.

Philip was born on 22 April 1940 in Hong Kong. He first worked as an interpreter for the Hong Kong Police Force. He then worked as a psychiatric nurse at the Castle Peak Hospital before earning a scholarship, offered by the Hong Kong Government, to study for a diploma in Occupational Therapy in Australia. When he returned to Hong Kong, he began working as an OT in Kowloon Hospital. He later joined the Hong Kong Correctional Services in 1974 as an occupational therapist.

In July 1978, he decided to join the former Hong Kong Polytechnic and helped to develop the first professional OT programme in Hong Kong. He was the only lecturer for the OT programme when the first cohort of OT students was recruited. I was fortunate to be among that first cohort of students. Most of my classmates at that time did not know at all what "Occupational Therapy" was. The only background information we received originated from Philip's presentation at the informational session organised by the then Institute of Medical and Health Care (IMHC), later renamed the Faculty of Health and Social Sciences.

Philip was a lifelong learner. He managed to complete his master's degree through the support he received from The Hong Kong Polytechnic University. He continued teaching at the Hong Kong Polytechnic and was subsequently promoted to be the principal



lecturer of the programme. When I joined the teaching team in 1989, Philip was working hard to lead the OT team to prepare for the upgrading of the programme from a professional diploma to the degree level. It was a very challenging task considering the majority of the programmes were only at the higher diploma level. The programme was successfully upgraded and started the first year of intake of BSc (OT) students in 1991.

Together with his wife, Katherine, and his two daughters, Melody and Cindy, Philip migrated to Sydney, Australia in 1991. He continued to work at the University of Sydney as a lecturer

in OT until his retirement in 2005. He came back to Hong Kong occasionally to deliver short courses and talks to OT professionals.

Philip's lifelong passion was to serve the community. He had been a member of the St. John's Ambulance in Hong Kong (and later on in Australia) since 18. When he was studying in Australia, he was a member of the University of New South Wales Regiment of the Reserve Army. He was also a subbranch member of the Burwood Returned Servicemen League Club since 1997. He worked as a volunteer at the 2000 Olympics in Sydney. He was awarded the Centenary Medal of Australia for his contributions to society.

To us, Philip was not just our teacher, but also our mentor and friend! To some of us, he was even our counsellor, a big brother who provided us with support and guidance even after graduation. The news that he passed away was so sudden and heartbreaking. May he rest in God's hands and may his family be in peace!

Student's Activities

Hong Kong Physiotherapy Concern Student Exchange Tours

Natalie Fung (Year 3 physiotherapy student) and Eric Yip (Year 2 physiotherapy student)

This past July, the Hong Kong Physiotherapy Concern (HKPC) organised two exchange trips that gave students the opportunity to learn more about physiotherapy outside of Hong Kong.

On our first trip, held 10-13 July, 20 physiotherapy students, led by Ms Rufina Lau, visited some of the most prestigious universities in Taipei, Taiwan. It was an honour to be received by the enthusiastic faculty and students at the Chang Gung University (CGU) and the National Taiwan University (NTU). During our visit, the students learned about the differences between the education system and job market in Taiwan for physiotherapists. Dr Sam Chen of NTU also talked with us about how the universities are working together to enhance the education and status of physiotherapists through the implementation of a clinical PhD programme and the possibility of changing the Bachelor's degree to a Doctorate of Physiotherapy. Students also had the rare opportunity to catch a glimpse of the research done at these universities at the postgraduate level. We also had a lot of fun sharing our experiences with the many students who sacrificed time away from their research and exam preparation to chat and laugh with us over lunch and snacks. Our time in Taiwan was extremely fruitful, and we are grateful for the opportunities to learn and grow. We would like to thank Dr Chen Chiao-nen, from CGU, and Dr Sam Chen, from NTU, for their wonderful planning and heartwarming reception, all the students who made our trip so much more exciting, and especially Ms Rufina Lau, who gave us valuable insight into Hong Kong's professional and educational scene.

On our second trip, held 25-27 July, 19 students visited Guangzhou. The HKPC employment branch recognised the rise of physiotherapy practice on the mainland, and thus organised this trip. We visited the Guangdong Provincial Sports Hospital, the First Affiliated Hospital of Sun Yat-Sen University, the Guangdong Provincial Work Injury Rehabilitation Center, and the



Group photo at the Guangdong Sport Hospital

Department of Rehabilitation Therapy of Sun Yat-Sen University during the three-day journey. It was a great honour to have the opportunity to interact with the local rehabilitation science professionals and students. We offer our thanks to all of the institutional organisers for welcoming us. Through the visits and interaction sessions, we gained a deeper understanding of the scope of rehabilitation therapy on the mainland, which diverges from that of our city. In addition, we recognised that the development of rehabilitation therapy

on the mainland is in large part due to the help of Hong Kong professionals. It is important for us to cooperate with the mainland medical staff to promote our profession nationwide.

Last but not least, we would like to express our heartfelt gratitude to Dr Grace Szeto, Ms Rufina Lau, and Dr Nicola Mok for their guidance and assistance during the planning process of the trips. We truly hope the HKPC can offer similar opportunities for students in the future.



We received a warm welcome from the faculty members and students of the School and Graduate Institute of Physical Therapy, College of Medicine, National Taiwan University

THE PROVIDENCE EXPERIENCE

Rehab Everywhere, Always ONE PATIENT at A TIME

Kelvin Liu (occupational therapy fresh graduate)

Providence Healthcare is a rehabilitation hospital that offers a wide range of occupational therapy services, from palliative care to amputation rehabilitation. I had the pleasure of working in the pre-rehabilitation unit in my final fieldwork placement. The clients are usually elderly who had amputations and fractures, along with some common geriatric conditions.

There are strong collaborations between all disciplines and weekly rounds ensure that everyone is in the loop about the client's progress. During their hospital stay, we ensure rehabilitation is everywhere. It is not limited to the patient's hospital room or the gym. As an occupational therapy student, my role was to facilitate clients in carrying out their daily activities as if they were at home. Together, we set up treatment goals and therapy time. I prescribed wheelchairs for them to get around the hospital. We also prepared light meals in the kitchens. For those who still have a passion for driving, a life-size car is available to practice car transfer and functional mobility. We also worked closely with the physiotherapists, and provided joint therapy sessions as needed. As clients got



Kelvin (1st left) and the preceptors

closer to being discharged, the team would get together to determine their needs once they returned home. For some, going home may require the aid of prescriptions or home modifications. For most clients, it means continuing therapy, with outpatient care, a community clinic, or a community referral centre, such as the Community Care Access Centre. To ease the transition for clients, we offer day or weekend passes. These passes allow patients to get a sense of what to expect without the

constant support of nurses and therapists. The pass allows clients to see what they still lack in order to go home safely and permanently. This system also encourages treatment compliance and keeps the client motivated during the therapy session. The satisfaction that I got when they returned home was unmatched, because I was there for them every step of the way.

Lastly, my gratitude goes out to my two preceptors, Andrew Lin and Saira Alibhai, for supporting me throughout the two months. They were resourceful and gave me a great deal of autonomy and respect, truly making me feel like part of the rehabilitation team.

Visitors

- Visit by Shanghai Sunshine Rehabilitation Centre - 23 Apr 2012
- Joint Meeting - CES, EST, and HKES - 22 Aug 2012
- Visit by 江蘇淮陰衛生高等職業技術學校 - 22 Aug 2012
- Visit by Alexandra Hospital, Singapore - 9 May 2012
- Visit by Project HOPE Shanghai - 15 Aug 2012
- Visit by Prof Susanne Brokop, Lund University, Sweden - 11 Sep 2012
- Visit by Prof Susanne Brokop, Lund University, Sweden - 6 Sep 2012

News

Activities & Ceremonies

18 May 2012
Departmental Retreat 2012



28 Jun 2012
Press Conference - Brain Health Project



Prof David Man (2nd from left), Professor of RS, PolyU explains the research findings with Ms Grace Lee (1st from left), Senior OT in Kwai Chung Hospital, Mr Yuen Siu Lam (2nd from right), Chairman of Self-help Group

for the Brain Damaged in HK and Mr Francis Li (1st from right), Manager of The Neighbourhood Advice-Action Council

28 Jun 2012
Symposium on the Brain Health Project



14 Sep 2012
Commencement Ceremony 2012-2013



Prof Gabriel Ng (7th from left) invites Ms Christine Fang, BBS, JP (8th from left) and all the honourable guests to have a group photo after the ceremony

WELCOME to Our NEW Colleagues

Dr Roy Cheung, Assistant Professor
Dr Shirley Ngai, Assistant Professor
Mr Cheng Wing Kei, Clinical Associate
Mr Peterson Chui, Clinical Associate
Ms Joy Lau, Clinical Associate
Mr Raymond Lo, Clinical Associate
Dr Billy So, Clinical Associate

PROMOTION

We would like to congratulate the following staff for their promotion:
Prof David Man promoted to Professor
Dr Andy Cheng promoted to Associate Professor
Dr Kenneth Fong promoted to Associate Professor
Dr Shamay Ng promoted to Associate Professor
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