

Summer 2017 Newsletter

Impact

TOUCHING LIVES, MAKING AN IMPACT

COVER STORY



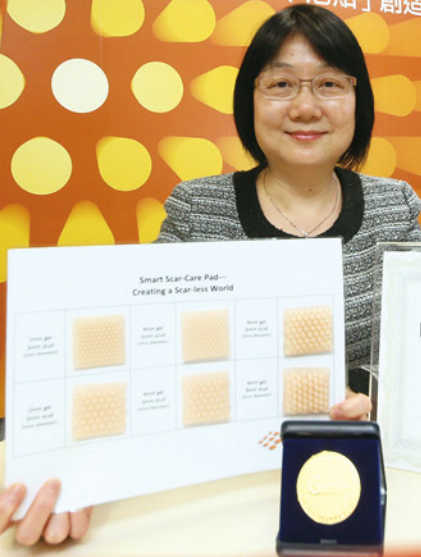
Congratulations

Also in this issue

- p2 World Health Day Carnival 2017
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Consequent upon a global search for Head of Department of Rehabilitation Sciences, University Management are pleased to announce the appointment of Professor Hector Tsang Wing-hong, Professor of Department of Rehabilitation Sciences, as Head of Department of Rehabilitation Sciences with effect from 1 July 2017. There will have a cover story for his future plan in RS in next IMPACT.

PolyU designs innovative "Smart Scar-Care" pad to create a "scar-less" world
理大設計「平疤貼」創造平痕世界



Professor Cecilia LI-TSANG wins

GRAND AWARD AND GOLD MEDAL at the 45th International Exhibition of Inventions of Geneva

Prof. Cecilia Li-Tsang of the Department of Rehabilitation Sciences (RS) at The Hong Kong Polytechnic University (PolyU) led her research team in winning a prestigious award at the 45th International Exhibition of Inventions of Geneva, held in Switzerland from 29 March to 2 April. The newly invented 'Smart Scar-Care' pad for a 'scar-less' world received the Grand Award and Gold Medal with the Congratulations of the Jury at the world-acclaimed international innovation exhibition.

An innovative 'Smart Scar-Care' pad, which serves the dual functions of reinforcing pressure and occlusion, has been designed by PolyU to treat hypertrophic scars from burns, surgeries and trauma. Compared with traditional pressure pads and silicone gel sheets, the 'Smart Scar-Care' pad has the advantages of both.

It showed good performance in reducing pigmentation and vascularity, improving elasticity and preventing dehydration in a clinical trial.

It is more durable and user-friendly compared with the traditional pad (polyethylene foam), as reported by patients. The 'Smart Scar-Care' pad is designed to combine the effects of pressure therapy and silicone gel on scar management. It is composed of silicone stiffener and a medical grade silicone gel sheet. Its smooth side is attached to the silicone gel sheet which serves to moisturize the scar. The other side of the silicone stiffener is characterized by circular silicone studs which can easily be adjusted to shape the curved or flat skin surfaces to provide even pressure under elastic bandages or pressure garments.

The 'Smart Scar-Care' pad has a number of advantages over traditional polyethylene foam. It can be easily trimmed to fit the size of the scar and body contours, while the fabrication of polyethylene foam sheets is time consuming and has to be done by occupational therapists. Additionally, the 'Smart Scar-Care' pad is more durable and can last for two to three months, while the polyethylene foam may last only a few weeks.

World Health Day Carnival 2017

Mr Ken Chung
(Clinical Associate – OT)

Ms Chloe Mo
(Clinical Associate – OT)

Ms Joann Yiu
(Executive Officer – Marketing)



Jointly organized by The Hong Kong Academy of Nursing and PolyU Faculty of Health and Social Sciences (FHSS), World Health Day Carnival 2017 took place in Tuen Mun Cultural Square on 8 April 2017. The theme of this year was 'Depression' and related Occupational Therapy elements were infused into the booth game, health talk and souvenirs.

Our booth attracted hundreds of visitors from all walks of life, from toddlers to senior citizens. The booth game and the poster on cognitive behavioural therapy were well received by the audience. They found it easy to grasp the idea that body, mind and mood are intertwined and how a change in any of these components could upset the system. Upon completion of the booth game, participants received tailored-made badges carrying positive words such as 'Thanksgiving', 'Contentment' and 'Happiness'. The meanings of these words were translated automatically onto their faces.

Moreover, Ms Chloe Mo and Mr Ken Chung joined hands with our undergraduate and research students in demonstrating Ba Duan Jin in the health talk. Ba Duan Jin is a popular and effective health qigong method, promoting body-mind relaxation as well as improving self-efficacy for people with depression. The 15-minute live demonstration was well narrated by Ms Chloe Mo, who discussed the benefits of doing Ba Duan Jin, as well as the relevant precautions. The audience was then given the chance to practice together on the spot, making the whole experience even more interactive and effective.



Research paper selected as one of the best papers in the 11th ISPRM World Congress

Prof. Marco Pang
Professor - PT



My PhD student, Feigo Yang, and I attended the 11th International Society of Physical and Rehabilitation Medicine (ISPRM) World Congress held in Buenos Aires, Argentina on 1-4 May 2017. The conference was well-attended with more than 1,200 participants from different continents. The research paper submitted by Feigo and myself titled 'Muscle strength is associated with tibial bone strength index in women with chronic stroke: implications for rehabilitation', which will form part of Feigo's PhD thesis, was selected by the panel as one of the five best oral papers. We were pleasantly surprised by the results, because the competition was stiff, with more than 900 papers presented at the conference. To know that we are recognised for excellence in research at an international platform was an amazing feeling. We certainly wasted no time in celebrating Feigo's impressive achievement by indulging ourselves in a nice dinner with Argentine beef steak and Malbec wine!

RS2S02: Inter-professional Health Promotion & Rehabilitation Services in Hong Kong



Dr Grace Szeto
(Associate Professor – PT)
Ms Jessica Rauszen
(Part-time clinical instructor)
Ms Susanna Cheung
(Part-time clinical instructor)

PolyU aims to develop well-rounded graduates who are responsible citizens with a global outlook. Service learning as a credit-bearing general education subject is one of the major innovations in PolyU's 4-year BSc curriculum. RS2S02 is the only service learning subject offered to all FHSS students by RS. It was initiated by Dr Grace Szeto and has been jointly taught by a team of dedicated clinical instructors in both semesters 1 and 2. By engaging in community service, students develop many new skills: interpersonal communication, social responsibility, problem solving and team work, to name a few.

In 2016-17, Semester 2, 75 students were organized into four tutorial groups, each of which worked with a different non-governmental organisation (NGO). One group of students were introduced to a new contributing NGO – the Chinese YMCA's Centre for the Deaf. The experience raised awareness of the societal needs of this marginalized group, who have little access to basic services due to a lack of interpreters in Hong Kong. Students enjoyed learning basic sign language and introduced healthy lifestyle, diet and exercises to the group of elderlies with deafness.

On-going services include creating Life Story Books with the Salvation Army's Residence for senior citizens. Students delved into the past and helped the elderly recount and rediscover the highlights of their lives with the aid of family photos, newspaper snippets, memorabilia and tales from the past. This insightful experience allowed students and senior citizens with cognitive impairments such as dementia to connect and create meaning out of the latter's long and fruitful lives.

The Waiji Christian Service serves ageing adult clients with mental handicaps. Students worked in inter-professional teams to provide health assessments and education in fun and interactive workshops.

The self-help group of Hong Kong Stroke Association had the pleasure of receiving the support of Dr Stephanie Au-Yeung's students in performing maintenance exercises and health assessments in fun group activities.

Through these experiences, students learned to communicate with people from different sectors of the community. They also experienced the taste of success in organising different activities such as cognitive games, group exercises and health education for their clients. Students expressed their personal feelings about these challenging experiences in their reflective journals and group presentations.

PolyU Gathering

To conclude another successful term of service learning, the students hosted a gathering for participating NGOs on 22 April 2017. Games were organized to specifically facilitate the interaction between elderly clients with cognitive impairments and those with deafness. Therefore, while music was playing in the background for the enjoyment of clients, those from the Y's Men's Centre for the Deaf were treated to a colourful slideshow of the semester's activities. The event excelled in highlighting the benefits of inclusion and intergenerational learning!

Behind the Games: The STAR team

Year 4, BSc. (Hons) in Physiotherapy

Chan Kwong King
Chan Lok Yi, Cherry
Lam Pui Yan, Christine
Lee Chung Hang, Anson
Ngai Tsz Hon, Jeff
Poon Ka Wai, Sara
Sze Kai Tsit, Amanda
Tio Yuk Pui, Owen
Tong Chui Tung, Kate
Yeung Ching Yee, Jessica

Graduates of class 2017:

ChanMui Sing, Sam
Chang Hoi Yee, Cheryl
Li Ka Yau, Samuel
Li Cheuk Wing, Samantha
Li Chun Yin, Ervin
Lo Tung Lam, Thomas
Tham Yuen Yi

What have we learnt?

Skills and Knowledge: The Fundamentals of Giving Good Care to Players

We are fortunate enough to be able to learn the essentials of sports physiotherapy in the program, like taping skills. We feel thankful to have the chance to learn from different experienced physiotherapists. Taping workshops abound but hands-on experience on athletes like what we have is not readily available in our clinical placements. Players' feedback and sports performance are valuable reflection of our taping skills.

Apart from taping techniques, we also gain precious experience in treating various musculoskeletal problems under the supervision of physiotherapists. The variety in players' conditions challenges us and demands a good grasp of related knowledge. Other than the injuries from the last game, many players suffer from old injuries or dysfunction sustained from previous games or overloading in prolonged training. This further complicates the players' condition. As such both knowledge and careful interpretation of the assessment are required to deal with their problems.

Also, we were given opportunity to assist in individualized sports rehabilitation programs after injury. We have to put several factors into consideration, for example, their stage of injury, pre-morbid condition, expectation and goal. We assist with monitoring players' condition to make sure they are heading in the right direction. It is such a rewarding experience to see our players getting better by the day and return back to play.

We still have a long way to go to drill on our skills and foundations and we are looking forward to having more exposures and chances to learn.



An Exposure to Sports Physiotherapy

Going on-field is an exciting and fruitful experience. Each student member of the STAR program go on an on-field mission about once a week. During that, we would work with an experienced physiotherapist. We encountered numerous chances to deal with different kinds of sports injuries, ranging from minor bruising or lacerations to more severe injuries such as shoulder dislocation, ACL tear, concussion.

The biggest challenge is that we have to react to the ever-changing situation on-field in a split second. It requires our undivided attention. We need to assess the injury on the spot and decide the best way to handle it. Sometimes we have to get the players off the field due to the higher severity of their injury. Protest and embitterment sure ensue but we observe how decisions are made in the players' best interests. This may be difficult and stressful in the beginning, however, with more experience built up, confidence and skills are gradually acquired.

Building Up Rapport!

Good rapport with your players is crucial for sports physiotherapist. By no means is treating physical problems the sole focus. Knowing what your players' playing positions, their usual way of playing and their injury history etc. are crucial to effective delivery of treatments. We are blessed with the chance to get to know Hong Kong-based players and we are delighted to be able to build up a reciprocal relationship with them and to provide them with the help they need.

We learnt that we are the strong backup force of the team. We are the ones the players turn to constantly so our role is indispensable. We should do all we can to enable the players to feel confident and supported, secure in the knowledge that they are in good hands.

Since Sports Physiotherapy elective no longer exists in the 4-year Physiotherapy curriculum, the STAR program is the only alternative. The program is an amazing experience and we all enjoy working in it immensely. We have a clearer understanding of the job of a sports physiotherapist and a better idea of our career pathway.



What is Student STAR program?

"STAR" stands for Sports Training and Rehabilitation. This program consists of multi-tiered network where junior and senior physiotherapy students, graduates and experienced physiotherapists are involved in providing care to sports teams. The aim of the program is to provide students with hands-on experience in sports physiotherapy. The program is led by Drs. Ella Yeung and Simon Yeung from the Department.

What do we do?

Since season 2015, the STAR team works with the USRC Tigers rugby teams and has taken the role of providing on-field physiotherapy service for the teams. Generally, two to three students attach with an experienced physiotherapist at the game every week. In addition, injury follow-up and other physical conditioning are also provided in the training sessions each week. This season, the STAR team looks after six rugby team. Our team provided on-field coverage for 79 games and in 26 training sessions!

Innovation and Technology Scholarship Scheme 2017



“ Two Year 3 PT students won the Innovation and Technology Scholarship Scheme 2017, namely Yeung Ching Yee, Jessica and Fong Chun Kit, Isaac. The selection criteria are based on academic merit, leadership potential and participation in extra-curricular activities. Jessica and Isaac will be able to use this Scholarship for overseas clinical placement at the Karolinska Institutet in Stockholm, Sweden. They would like to share their feelings as below: ”

Yeung Ching Yee, Jessica
Year 3, Bsc (Hons) in Physiotherapy

The scholarship offers me funding for my overseas clinical placement at the Karolinska Institutet (Sweden), one of the best medical schools on the globe. I believe this overseas experience can broaden my horizons, provide me with inspiration and allow me to bring foreign creativity back to Hong Kong.

Besides, I am planning to attend some of the physiotherapy-related conferences to learn more about the latest scientific trends and technological advancements, so as to equip myself to be a professional with evidence-based experience.

It is my honour to have Prof. Paul Tam, the Provost and Deputy Vice-Chancellor of the University of Hong Kong,

as my mentor. He will guide me in the contribution of innovation and technology development in Hong Kong. I am looking forward to the lunch meeting with him and the chance to learn from him.

Apart from the funding, the scholarship also offers me a chance to meet other awardees from different disciplines and interests. We will work together in service projects to contribute to society, and get a better understanding of the strengths of different disciplines. The alumni association of the scheme also connects us with senior graduates of Physiotherapy, as well as other professionals. With all these upcoming activities, it will be a wonderful year for me.



Fong Chun Kit, Isaac
Year 3, Bsc (Hons) in Physiotherapy

To many, three years of university study may pass in the blink of an eye. But to me, these three years have been the most fruitful years of my life.

Throughout these years, the physiotherapy programme at PolyU has not only fostered improvements in my clinical skills, but also the passion to become a competent physiotherapist. Meanwhile, it has also been continuously supporting us to broaden our horizons, as well as to build an international awareness of issues and developments in the field.

By the end of 2016, with the generous support of Dr Shirley Ngai and Dr Veronika Schoeb, I had an unforgettable experience visiting Switzerland. During this trip, I was given chances to observe how Swiss physiotherapy students were trained, as well as physiotherapy practices in Europe. These opportunities have certainly led me to think and reflect from a global

perspective about what makes a competent physiotherapist. Having had such a rewarding experience, I became even more determined to seek further overseas opportunities to enrich myself.

Thanks to the support and assistance from the department, in spring 2017, I have been selected as one of the awardees of the Innovation and Technology Scholarship Scheme. Through this scheme, I will be supported to have an overseas placement in Sweden at Karolinska Institutet next year, and I surely cannot hide my great anticipation of what I might see, especially their practices in neuro-rehabilitation.

These three years have been fruitful, but I believe this is just the beginning of a lifelong journey – a journey that will add wonderful and vibrant colours to my life as well as to lives of those around me.

Evidence-based health promotion

Prof. David Man, a member of the Health Care and Promotion Committee, Food & Health Bureau of HKSAR, was invited to deliver a talk on 'Evidence-based Health Promotion' to more than 120 participants coming from local hospitals, universities and NGOs. This briefing cum Grant Skill Training Workshop of the Health Care and Promotion Scheme (HCPS) has been an important event for the application of the new HCPS which is now incorporated under the Health and Medical Research Fund (HMRF). The funding amount has been greatly increased to a maximum of 1.2 million in this new round and has attracted a lot of applications in 11 thematic priorities. Prof. Man has been serving as a Grant Review Board member in both HCPS (the then HCPF) and HMRF for years and his team has successfully obtained funding several times, including the seed funding under HCPF.

Prof. David Man
Professor - OT



Showcase of innovative products in GIES

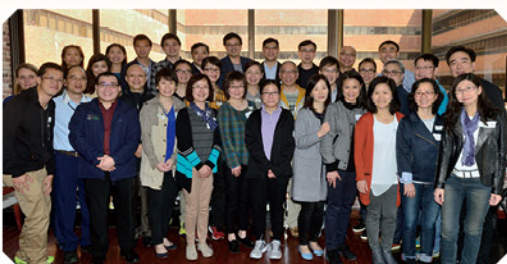
Gerontechnology and Innovation Expo cum Summit (GIES) was jointly hosted by the HKSAR Government and the HKCSS, 16-18 June 2017. PolyU RS was cordially invited to join the first event of its kind in Hong Kong emphasising 'Gerontechnology'. GIES is also a signature event for the Government to celebrate the 20th Anniversary of the establishment of the HKSAR as well as for HKCSS in celebrating its 70th Anniversary.

In this Expo, Prof. David Man and his team showcased innovative products and ideas for technology application, including virtual reality (VR). Several VR-based systems were well received by local and overseas visitors, including: VR for community living training, virtual boutique for cognitive enhancement and vocation rehabilitation, and virtual café for cognitive training in mental health rehabilitation. Other rehabilitation products displayed were mobile technology applications, such as Be-Smart programme for older adults; computer-assisted, errorless-learning based memory training system for early dementia; and intelligent cognitive assessment for clinical use.

Prof. Man was also invited to attend the Welcoming Reception hosted by Mr CY Leung, the Chief Executive of HKSAR at the Conference Hall of Central Government Offices. As a key figure in technology application for health and rehabilitation, Prof. Man was an invited speaker in a GIES workshop, delivering a talk on 'VR/AR for Eldercare: the benefits of gaming'.



Physiotherapy Clinical Education Retreat 2017



On 20 March 2017, the physiotherapy clinical education coordination team hosted the first clinical education retreat at the PolyU Staff Club Restaurant, with clinical educators from various clinical settings. Proposed by the clinical education coordination team in one of the post-block meetings, the idea of launching a collaborative full-day retreat was well received among members, with the goals to address and reflect upon current concerns regarding assessing and teaching in clinical education under the new curriculum. The retreat format was based upon the skeleton of our departmental retreat, with group discussion and sharing sessions on selected topics on clinical education.

The day started off with a warm welcome, by the PolyU physiotherapy clinical education coordination team, of the 25 clinical educators from the hospital authority, non-government organizations and the private sector. We

warmed up through our breakfast greetings and conversations. The morning session was dedicated to concurrently discussing various aspects of the current clinical performance assessment system, including but not limited to the grading system itself, the assessment form and definitions of entry-level performance. The afternoon session, on the other hand, was focused on students' teaching and learning in clinical education, particularly focusing on the uniqueness of this generation and appraising the differences between current and previous clinical education models. The sessions were interlaced with formal sharing sessions and informal lunch mingles.

Reflecting upon our current practices in assessing and teaching students in clinical education, as well as picturing what we want the future to look like, it truly was an intensive day and our brains were pleasantly overwhelmed by fantastic ideas on how to move forward our clinical education programme. The retreat, however, was just a beginning; the team will continue to work closely with our clinical partners to prioritise and realise these constructive ideas. After all, this is a thousand miles' journey that requires collaborative effort to succeed, and we thank those who participated in jump-starting this journey.

Dr Doris Chong
Senior Clinical Associate - PT

Home-based brisk walking programme is effective in enhancing walking capacity in people with Parkinson's disease



Dr Margaret Mak
Associate Professor – PT

Parkinson's disease (PD) is the second most common neurodegenerative disease, affecting 0.1% of the population. Although medication is the mainstay of management for patients with PD, physical deterioration and decrease in activity volume of these patients begin at early stages. Lord et al (2013) reported that patients in the early stages of PD have significantly lower daily step counts than healthy subjects. It is therefore important to improve PD individuals' activity level in order to deter the degenerative process. We have completed a 6-week home-based brisk walking programme aimed at examining whether this training is safe and effective for improving daily step count and walking endurance in people with PD.

Brisk walking is a type of aerobic exercise with a speed between leisure walking and jogging. Brisk walking requires a person to walk with large steps, with emphasis on heel strike when the foot hits the ground. The trunk has to turn and the arms have to swing to synchronise with each stride. Brisk walking was chosen for patients with PD because it corrects their abnormal gait pattern, including slow and shuffling gait, short and small steps, lack of trunk rotation and arm swing.

It is very encouraging to find that after six weeks of brisk walking training, the patients walked an average of 8800 steps/day, which is 35% more than the average step count of the control group. The brisk walking group also had greater increase in 6-minute walk distance than the control group at both post-training (by 14%) and 6-week post-training (by 16%). There was no adverse effect or fall incidence.

To conclude, the 6-week home-based brisk walking programme increased activity volume and walking capacity in individuals with early-stage PD. Positive findings of the study suggest home-based training is feasible and safe for this PD population.

The results of this study were presented at World Parkinson's Congress in September 2016. The brisk walking programme will be translated into clinical practice in community centres.

Ref: Lord et al. Ambulatory activity in incident Parkinson's: more than meets the eye? J Neurol 2013;260:2964-2972

Welcome to the New Faculty Member

Ms Davynn Tan – Clinical Associate (OT)

Ms Tan was trained as an occupational therapist at Nanyang Polytechnic in Singapore, after which she studied a bridging degree with Curtin University of Technology (Australia) while she worked as a clinician at a rehabilitation hospital. Prior to that, she received her Bachelor of Arts degree at the National University of Singapore with majors in Chinese Studies and Psychology.

Ms Tan's clinical experience focused on geriatric practice, particularly dementia, alongside stroke rehabilitation. During her clinical practice, she was trained in Neurodevelopmental Treatment for adults with hemiplegia (NDT), Validation Therapy and geriatric counselling. She spent a year working in rehabilitation service referral and planning at the national level in Singapore before she studied MSc OT and PhD with PolyU. Prior to joining the department as a clinical associate, Ms Tan was involved in course development for the BSc OT course in Singapore.



Congratulations to our **NEWLY** promoted

Dr Roy Cheung, from Assistant Professor to Associate Professor

Dr Roy Cheung took up an assistant professorship in RS in 2012. He has absolutely thrived in his scholarship, with successes in securing competitive research grants and publishing high impact papers. He has also demonstrated himself to be a well-rounded academician much adored by his students and peers.

RS expresses warm congratulations to Roy for his achievement and hopes this will open a new chapter in RS for our young academic staff with many more successes to come.



Mr Raymond Cheung, from Clinical Instructor to Clinical Associate

Raymond received his Bachelor of Applied Science in Physiotherapy from The University of Sydney and a Master's degree in Musculoskeletal Physiotherapy from The University of Melbourne. He joined our Department in May 2015. Prior to that, he was a Clinical Service Coordinator/Clinical Physiotherapist at Sarah Key MVO in Sydney, Australia and helped with teaching graduate physiotherapists in manual therapy skills and in the treatment of musculoskeletal pain conditions.

Raymond is currently involved in teaching an array of undergraduate and postgraduate entry level courses. He is also the timetabling officer for the PT programme and a clinical team member of the BSc (Hons) PT programme.

Visits

2017
MAR
30

Malmö University

2017
APR
06

St Clare's Girls' School

2017
APR
11

STFA Leung Kau Kui College

2017
MAY
29

Singapore Institute of Technology