

Spring 2018 Newsletter

# Impact

TOUCHING LIVES, MAKING AN IMPACT

p2 RS Head's Message

p3 The 3<sup>rd</sup> China Occupational Therapy Rehabilitation Education Congress (COTREC) 'Coloring Life, Embracing Evidence'

p3 'Integrated Hospital-Community Rehabilitation in Mainland China: Model Building and Clinical Education' funded by the Keswick Foundation, 2018

COVER STORY

## 'From Students to The Magnificent Three' Elite Alumni Seminar cum Kick-off Ceremony to RS's 40<sup>th</sup> Anniversary Celebrations



Kick-off Ceremony and toasting



Mr David Leung, Commissioner for Rehabilitation of the HKSAR Labour and Welfare Bureau



Alumni from the fields of Physiotherapy, Occupational Therapy, and Rehabilitation Science in Hong Kong and Chinese Mainland

The Department of Rehabilitation Sciences (RS) is celebrating its 40<sup>th</sup> anniversary this year. Over 120 distinguished guests, including government officials, PolyU's senior management, students, staff, alumni, and friends, attended the Kick-off Ceremony at the Royal Garden Hotel on 7 February 2018 to launch the year-long anniversary celebrations.

RS was honoured by the presence of officiating guests including Mr David Leung, Commissioner for Rehabilitation of the HKSAR Labour and Welfare Bureau; Prof. Hector Tsang, Professor and Head of RS; Dr Kit Sinclair, Former President of the World Federation of Occupational Therapists (WFOT); Prof. Chien Wai-tong, Professor and Associate Dean of PolyU, Faculty of Health and Social Sciences (FHSS); Prof. Ho Shu Leong, Chairperson of the RS Advisory Committee; and Dr Amy Fu, Co-Chairman of the RS 40<sup>th</sup> Anniversary Organizing Committee. These guests officiated by completing a puzzle of the RS 40<sup>th</sup> Anniversary logo and raising their glasses in a toast to kick-off the event.

We were delighted to have three outstanding alumni as our guest speakers in our Elite Alumni Seminar: Dr Herman Lau, Mr Michael Tsui, and Prof. Wang Yuling. Dr Herman Lau is a Physiotherapist currently serving as Hospital Chief Executive of Shatin Hospital, Cheshire Home (Shatin), and Bradbury Hospice of Hospital Authority. Mr Michael Tsui is Founder and CEO

of Deltason Medical Limited and Rehab-Robotics Company Limited. Prof. Wang Yuling is the Head and Professor of the Department of Rehabilitation Medicine at The Sixth Affiliated Hospital of Sun Yat-sen University. They shared stories of their time as students and their subsequent success. We were all impressed and inspired by their talks.

The dinner came to a climax when Prof. Hector Tsang led a singing session with Ms Chloe Mo and other special guests, including Mr Samuel Chan (Chairman of the Hong Kong Occupational Therapy Association) and RS alumni Mr Frederick Au (Department Manager of the Occupational Therapy Department, Prince of Wales Hospital). Mr Samuel Chan also sang, accompanied by RS alumni Ms Melody Chan on the piano, causing the venue to resound with cheers and applause. Guests were continuously joining in the performance; the atmosphere of the dinner was certainly one of joy and high spirits.

Prof. Hector Tsang delivered the closing remarks, in which he expressed his appreciation to his colleagues for the hard work and contributions they made towards this great start of RS's anniversary celebrations. He wished all the forthcoming celebratory events great success and looked forward to having all of you support and celebrate RS's 40<sup>th</sup> anniversary together.

## RS Head's Message

**Prof. Hector Tsang**  
Professor and Head



This message serves as an interim report of the past semester under my headship and at the same time highlights our plans for the coming semester. It was an exciting experience for me when I first received the key to the entrance of the Head's office from Prof. Gabriel Ng at the last retreat in June 2017. This excitement quickly gave way to seemingly endless work from the senior management and external parties.

I am also very pleased to have a supportive university senior management and a competent, dedicated, and cooperative senior management group of three associate heads and two undergraduate programme leaders. We have already compiled our SWOT analysis and formulated short-term and long-term strategic directions according to our needs and the university's strategic directions. Under the direction of the SWOT analysis and strategic plan, we have taken a number of actions in the hope of taking RS to higher levels of achievement. These included:

1. The preparation and submission of plans for renovation before the new campus at Ho Man Tin site is ready for occupancy in 2024: Over the coming six years, the plans essentially intend to create new space for carrying out our research, accommodate for an increased number of staff, and expand the Rehabilitation Clinic to offer more Occupational Therapy (OT) services.
2. Preparation for the Research Assessment Exercise (RAE) 2020: We invited Prof. Avril Drummond from the University of Nottingham to come and give us advice how we should prepare. We introduced a scheme to reward the publication of potential three star and four star papers.
3. Improving our research: We continued to have input from Prof. Mark Jensen, who has come yearly to help junior staff write their GRF/HMRF proposals and publish high impact factors. We rolled out different schemes to provide more resources to help staff develop international networks and start off new research areas.
4. Improving teaching: We introduced the seed funding scheme for teaching and learning projects.
5. Fostering collaboration: We are in the process of developing partnerships with several overseas universities (e.g. Queensland University, University of Alberta), Chinese Mainland universities, government bureaus and departments, and commercial organisations.
6. Setting up the Organizing Committee (OC) for organizing a series of celebratory events for RS's 40<sup>th</sup> Anniversary.



With the above actions in place, we have realized the following achievements:

1. Our Phase One Renovation Plan has been improved by the senior management, hoping that the work will be completed before September this year.
2. We have had numerous high impact publications over the past year.
3. I have been appointed by the university to be the Deputy Coordinator for the Unit of Assessment in the coming RAE.
4. We have had a number of successes in research and consultancy projects, including a few successful Innovation and Technology Fund (ITF) projects, such as the Mid-stream Research Scheme, and the Rehabilitation Programme Plan from the Labour and Welfare Bureau.
5. We have maintained our position of having the top two admission scores among all PolyU undergraduate programmes. Our graduates were most wanted by the Hospital Authority (HA) and in non-HA settings compared with those of our competitors.
6. We have made very good progress in recruiting both academic and non-academic staff, with a realistic estimation that the 16 vacant posts for the current DSP would be filled in the coming six to nine months.

## The 3<sup>rd</sup> China Occupational Therapy Rehabilitation Education Congress (COTREC) 'Coloring Life, Embracing Evidence'

Prof. Cecilia Li-Tsang



The 3<sup>rd</sup> China Occupational Therapy Rehabilitation Education Congress (COTREC) was held in Fuzhou from 9-11 December 2017, with the theme of 'Coloring Life, Embracing Evidence'. The congress was organised by RS, The Hong Kong Polytechnic University (PolyU), and the Fujian University of Traditional Chinese Medicine (FJTCM), and sponsored by the Cynthia Tang Memorial Fund (CTMF). The aim of the congress was to promote OT education development in Chinese Mainland through an exchange of knowledge and educational experiences as well as the provision of networking opportunities for colleagues, graduates, and students in the profession.

The congress demonstrated its brilliance with its distinguished speakers, Prof. Anne Cusick (Australia), Prof. Sandra Rogers (US), Prof. Ao Li-juan (China), Prof. Lin Keh-chung (Taiwan), and Dr May Lim (Singapore), who delivered the keynote and plenary talks at the conference. We were also honoured to have Prof. Chen Li-dian, the president of FJTCM, and Prof. Hector Tsang deliver the welcome speech to all participants. The Organizing Committee (OC) was co-chaired by Dr Kenneth Fong from PolyU and Prof. Chan Li-dian from FJTCM. The Scientific Committee was co-chaired by Prof. Cecilia Li-Tsang and Prof. Tao Jing. The other members of the Committee were Mr Tang Kin-chung, Mr Tony Wong, Ms Wang Han-jie, and student helpers from PolyU and FJTCM.

There were over 150 registrants, with people from Chinese Mainland universities with OT degree programmes, colleges running rehabilitation therapy courses, graduate OT students, and OT workers working in different facilities joining our congress. During the students' forum, graduate OT students from five WFOT-certificated universities shared their learning experiences regarding Bachelor/Master/PhD programmes in Chinese Mainland, Hong Kong, and the US. Speakers shared advanced evidence regarding OT management in the neuro, geriatric, paediatric, and burns subfields; techniques for preparing and writing research projects; and considered the past and future of the development of the OT field in Hong Kong and Chinese Mainland. We also had the Cynthia Tang Memorial Scholarship Award Ceremony during the main congress. The awardee was Ms Zhang Ying-ying, who joined the Doctor of Health Science (OT) programme in 2017.

Apart from the positive feedback from the participants, the spirit of COTREC is further sustained by the enthusiastic responses regarding the hosting of the 4<sup>th</sup> COTREC. It is expected that the OT profession will be further enhanced through this biennial congress, in which OT academics, clinicians, and students share their clinical and research work.

## 'Integrated Hospital-Community Rehabilitation in Chinese Mainland: Model Building and Clinical Education' funded by the Keswick Foundation, 2018

Prof. Cecilia Li-Tsang



In 2014, the Keswick Foundation funded a project, 'A Hand in Hand Capacity Building Model in Disaster Reconstruction and Preparedness', and initiated a pilot study to promote the integration of hospital based and community based rehabilitation for survivors of massive disasters. The project was led by Prof. Cecilia Li-Tsang, Mr Tang Kin-chung, and Mr Tony Wong, from RS, who provided rehabilitation services to the injured survivors. Over the past two years, the project team has successfully promoted the concept of integrated hospital-community rehabilitation and established a hospital-community interface system in Ludian Hospital to serve the earthquake survivors in Ludian, Yunnan.

In order to ensure the sustainability of the hospital-community rehabilitation model, a formal clinical education programme must be launched to educate

students from Hong Kong and Chinese Mainland who have a background in rehabilitation so they may be the inheritors of the model.

On 1 December 2017, a team of directors from the Keswick Foundation arrived at PolyU to meet with the project leader, Prof. Cecilia Li-Tsang, team members Mr Tang Kin-chung and Mr Tony Wong, and the OT students. The project team gave a short introduction to the work conducted over the previous two years and the students guided the panel to review the posters they had prepared for case management in the community. The panel, impressed by the team's enthusiasm and conscientious effort to support the earthquake survivors, finally approved generous funding to allow the project to continue its work for three more years.

## Research Student Gathering



Wendy So  
PhD student

The research student gathering was held on 2 February 2018. The theme for this year was 'Work Hard Play Hard'. All research students and academic staff were invited to join the gathering, which 50 people attended. Refreshments were ordered from a non-government organization and drinks were provided. The gathering began with a speech given by our Departmental Research Committee (DRC) Chair, Prof. David Man. A group picture was taken afterwards to capture this memorable gathering. All participants enjoyed eating and engaging in small talk; it was a valuable experience for all participants since they may not be able to stop their work and chat with colleagues during work time. Another highlight of the gathering was the prize draw, to which many students were looking forward.

## OT Students won Outstanding Students Awards of PolyU



Cheung Chung Yan, Grace  
Year 4, BSc (Hons) in Occupational Therapy

Looking back on my past years as an OT student, I am grateful for the vast experiences gained at PolyU.

While placing an emphasis on academic studies, I also grasped opportunities to expand the breadth and depth of my experiences in other areas, including social innovation, community service and international exposure.

For social innovation, I took the initiative to design projects to serve people who were disadvantaged, and became a semi-finalist in the Hong Kong Social Enterprise Challenge. I also devoted myself to serve as the event management team member of the Limitless Disability Awareness Campaign to organize awareness events advocating social inclusion of people with disabilities. To expand my international exposure, I developed global projects combating food wastage. Other than global projects, I would attend an overseas clinical placement which I would be able to gain first-hand experiences involving occupational therapy practices in a foreign environment, learn from the strengths among different settings and integrate my knowledge to provide professional OT services to clients in the future.

Throughout these years, I am truly thankful for the support from my teachers and friends who enrich and color my university life. As the end of my years as an undergraduate student approaches, I believe an exciting journey of fruitful encounters is yet to come.

## Po Leung Kuk Charity Run

Lee Ka Wing, Vincy  
Year 3, BSc (Hon) in Physiotherapy

This year the Po Leung Kuk Charity Run took place in rainy, chilly weather, but it was surely warmed up by the eagerness of the participants and the avidity of every person that helped put together the event. The day began with a stretching session led by students and academic staff from RS. We demonstrated stretching techniques for muscles considerably engaged when running, such as hamstrings, quadriceps, and calf and hip muscles. The participants actively followed the instructions. It was noticed that even though some of them did routine stretching, their technique was not necessarily effective. I was very pleased to be of help to the participants and to contribute in raising public awareness of proper exercise routines.

After the run began, some of the participants sought help in our booth. The majority of them had problems with muscle cramps and/or swelling. Amateur runners with such diagnoses obtained relief from their symptoms from our ice therapy and massage treatments, and more importantly received educational information on proper exercise posture and avoiding compensatory movements, which may have been causing their problems. Some more experienced runners consulted us on how to improve their training, for example regarding mileage allowance and tapping technique. We were overjoyed to receive a very satisfactory response from all the participants who underwent our care.



## Welcome to our New Faculty Member

### Dr Chen Chao-ying – Assistant Professor (PT)

Dr Chen Chao-ying is a rehabilitation scientist specializing in paediatric physical therapy, in particular the early development and assessment of high-risk infants. She is also a licensed physical therapist in Taiwan and a certified General Movement Assessment (GMA) investigator for infants.

Dr Chen obtained her Bachelor of Sciences degree and Master degree from the National Yang-Ming University in 2006 and 2008 respectively. During her Master studies, Dr Chen studied lower extremity kinematic performance and insole intervention effect in the gait of children with flexible flatfoot. As Dr Chen's interest lies in paediatric physical therapy and infant development, she studied her PhD in the Infant Laboratory of The Ohio State University from 2009 to 2014. During her

PhD studies, Dr Chen investigated early motor, cognitive, and autonomic performance of high-risk infant populations, including preterm infants and those with perinatal stroke and complex congenital heart diseases. After receiving her doctorate in 2014, Dr Chen spent two years as a post-doctoral researcher at the University of Minnesota investigating brain development and function using brain imaging and transcranial magnetic stimulation (TMS) in infants with brain bleeding and children with cerebral palsy.

Dr Chen aims to align her training and experience to enable research results that will support and enhance the developmental outcomes and quality of life of high-risk infants and children with disabilities.



### Ms Jessica Rauszen – Clinical Associate (PT)



Ms Jessica Rauszen received her Bachelor of Science in Physiotherapy from PolyU and her Postgraduate Diploma in Education from The University of Hong Kong.

Upon graduation, Jessica worked both as a physiotherapist in private clinic settings and as a teacher focusing on special needs education in local mainstream schools. Her interest in physiotherapy motivated her to work in tetraplegic rehabilitation at the Jockey Club New Page Inn, which led to her pursuing a Master degree in Neurological Physiotherapy at PolyU. During this time, she studied the physiological benefits of cardiovascular exercise for people with early- to mid-stage Parkinson's disease.

Prior to joining RS as a full time clinical associate, she was active as a physiotherapist in Tuen Mun Hospital and as a part-time clinical instructor in RS, where Jessica led client-centred learning for allied health students with an emphasis on inter-professional collaboration. As the work involved NGOs representing various sectors of the community, this combination of disciplines helped to integrate her knowledge and expertise in geriatric and community settings.

She is part of an inter-disciplinary team working for the community voucher scheme in Chai Wan, in collaboration with the Chinese YMCA, providing physiotherapy interventions for homebound elderly patients.

### Visits



Emeritus Professor,  
Western Sydney University



University of Illinois at Chicago



Texas Woman's University  
- Houston Center



University of Alberta



Kwok Tak Seng Catholic  
Secondary School



Diocesan Boys' School



Senior Management, Strategy and  
Planning Division, Hospital Authority



Rehabilitation Research  
Institute of Singapore



# 40th Anniversary Celebratory Events

**FEB  
2018****From Students to The  
Magnificent Three  
Elite Alumni Seminar  
Kick-Off Ceremony  
Anniversary**Date: **07 February 2018 (Wed)**

Time: 9:00pm - 10:00pm

Venue: The Royal Garden, Kowloon, Hong Kong

**Completed**• Enquiry: [rsdept@polyu.edu.hk](mailto:rsdept@polyu.edu.hk)**MAR  
2018****PolyU OT Day****Completed**Date: **16 March 2018 (Fri)**

Time: 11:30am - 5:00pm

Venue: Logo Square,  
The Hong Kong Polytechnic University• Enquiry: [rsdept@polyu.edu.hk](mailto:rsdept@polyu.edu.hk)**MAR  
2018****Mental Health Symposium:  
Returning people  
with Severe  
Mental Illness (SMI)  
to the Community****Completed**Date: **27-28 March 2018 (Tue)**

Time: 8:30am - 6:00pm

Venue: Chiang Chen Studio Theatre,  
The Hong Kong Polytechnic University• Enquiry: [tracy.wy.li@polyu.edu.hk](mailto:tracy.wy.li@polyu.edu.hk) (Ms Tracy Li)**JUN  
2018****Summer Overseas  
Exchange Subsidy  
Scheme (SOESS) 2018**Date: **25-29 June 2018 (Mon-Fri)**

Time: 9:00am - 5:00pm

Venue: The Hong Kong Polytechnic University

• Enquiry: [rsdept@polyu.edu.hk](mailto:rsdept@polyu.edu.hk)**JUN  
2018****RS Got Talent 2018**Date: **29 June 2018 (Fri)**

Time: 6:00pm - 8:00pm

Venue: Chiang Chen Studio Theatre,  
The Hong Kong Polytechnic University• Enquiry: [rsdept@polyu.edu.hk](mailto:rsdept@polyu.edu.hk)**AUG  
2018****Quality of Life through  
research and technology  
advancement**Date: **To Be Announced Soon**

Time: 8:30am - 6:00pm

Venue: The Hong Kong Polytechnic University

• Enquiry: [rsdept@polyu.edu.hk](mailto:rsdept@polyu.edu.hk)**NOV  
2018****RS 40th Anniversary  
Gala Dinner**Date: **17 November 2018 (Sat)**

Time: 6:00pm - 10:30pm

Venue: To Be Announced Soon

• Enquiry: [rsdept@polyu.edu.hk](mailto:rsdept@polyu.edu.hk)**NOV  
2018****11th Pan-Pacific  
Conference on  
Rehabilitation (PPCR)**Date: **17-18 November 2018 (Sat-Sun)**

Time: 9:00am - 5:00pm

Venue: The Hong Kong Polytechnic University

• Enquiry: [rsdept@polyu.edu.hk](mailto:rsdept@polyu.edu.hk)For more details, please visit: [www.rs.polyu.edu.hk/rs40a](http://www.rs.polyu.edu.hk/rs40a)**CHEERS TO 40 YEARS**Touching lives,  
making an impact

# 11<sup>th</sup> PAN-PACIFIC CONFERENCE ON REHABILITATION 第十一屆泛太平洋康復會議

17-18 November 2018

The Hong Kong Polytechnic University

## Prof. Neville Hogan

MASSACHUSETTS INSTITUTE OF TECHNOLOGY

- **A scientific basis for robot-enabled neuro-recovery**



## Prof. Li-Shan Chou

UNIVERSITY OF OREGON

- **Biomechanical Analysis of Gait Imbalance in the Elderly: Bridging Clinical Assessment with Laboratory Science**



## Prof. Joseph Hamill

UNIVERSITY OF MASSACHUSETTS AMHERST

- **What have we learned about barefoot, minimalist and forefoot running and injury risk?**



## Prof. Teresa Liu-Ambrose

UNIVERSITY OF BRITISH COLUMBIA

- **Exercise for Brain Health**



## Prof. Bruce Wexler

YALE UNIVERSITY

- **Digital Neurotherapeutics in 21st Century Psychosocial Rehabilitation for People with Psychiatric and Neurologic Disabilities**



## Dr Diane Damiano

THE NATIONAL INSTITUTES OF HEALTH

- **What's New in the World of Neurorehabilitation Research for Children with Cerebral Palsy**



Organizer:



Supporting Organizations:

