

Autumn 2021 Newsletter

Impact

Touching lives, making an impact

Also in this issue

- p. 3 *PolyU Physiotherapy Summer Programme 2021*
- p. 4 *Elite Occupational Therapist Taster Programme (EOTTP) 2021*
- p. 5-6 *Thank-you letters from the awardees of Cynthia Tang Memorial Scholarship*

COVER STORY

RS year-one students have won a significant portion of PolyU's entry scholarships

Since its inception, RS has been admitting elite students from Hong Kong and elsewhere into its programmes. We are proud to announce that RS admittees in this academic year perform extremely well in winning over a significant portion of the JUPAS and non-JUPAS entry scholarships offered by the University, an achievement as impressive as that of our past admittees in preceding academic years.

PolyU offers altogether 331 Entry Scholarships for Outstanding Academic Achievements to JUPAS admittees this year. Out of these 331 scholarships, 124 go to PT freshmen and 61 go to OT freshmen admitted through JUPAS. These two figures make up a total of 185, or 55.9% of all scholarships of the same category offered to all academic departments of PolyU.

As to the Entry Scholarship for Outstanding IB Results offered to local non-JUPAS admittees, RS takes up 12 of them, with 7 and 5 awardees from the PT and OT disciplines respectively. The total figure of 12 constitutes 42.9% of all scholarships of the same category offered by the University.

Finally, among the local non-JUPAS admittees being awarded the Entry Scholarship for Outstanding GCEAL/IAL Results, 2 of them are from PT and 3 from OT. These figures make up a total of 5, or 55.6% of all scholarships of this type.



President Jin-Guang Teng (1st row, 4th right), Prof. David Shum (Dean of Faculty of Health and Social Sciences; 1st row, 3rd right) and RS senior management group shared the delight of the RS admittees who have been awarded JUPAS and non-JUPAS Entry Scholarships offered by the University in this academic year.

RS Inauguration Ceremony 2021/22

The Inauguration Ceremony 2021/22 of RS was held on 25 August 2021 to welcome the approach of a new academic year with a new cohort of physiotherapy (PT) and occupational therapy (OT) students. Similar to our practice last year, the inauguration ceremony this year had to be held in the hybrid mode due to the COVID-19 pandemic. Still around 320 participants, including guests, RS staff and students, joined the event in-person and virtually to share the excitement in kicking off a new academic year.

The ceremony began with the opening address by Prof. Hector Tsang (Cally Kwong Mei Wan Professor in Psychosocial Health, Chair Professor of Rehabilitation Sciences and Head of RS). He said although last year had not been easy for any of us due to the continuous spread of COVID-19 and its new variants, we were fortunate enough to have the opportunity to learn from tough times, and had indeed achieved notable success and breakthroughs in the aspects of teaching and learning, research and creation of knowledge, and community services. He was happy that we were ranked the top two positions among all academic departments in PolyU in terms of our performance on teaching and learning, as obviously reflected by the continually outstanding admission DSE scores of our PT and OT students as well as the numerous

scholarships and awards they had won during their study at RS. Prof. Tsang also gave words of encouragement to the freshmen and reminded them to make the most of their learning opportunities in the coming four years, especially opportunities of local and overseas placements and exchanges.

Prof. Tsang's encouraging opening address was followed by an informative speech by our officiating guest Dr Cissy Choi (Head, Primary Healthcare Office, Food and Health Bureau, The Government of the HKSAR). Dr Choi mentioned the recent developments of primary healthcare services in Hong Kong and affirmed the important roles played by physiotherapists and occupational therapists in primary healthcare.

Afterwards, there was the announcement and presentation of a series of awards and scholarships to our distinguished students, as well as the Outstanding Teaching Award 2020/21 to our colleague Mr Alexander Woo (Senior Clinical Associate) by our guest Miss Cally Kwong (Donor of Cally Kwong Mei Wan Psychosocial Health Endowed Professorship). After taking group photos, Prof. Hector Tsang drew the ceremony to a close with a few final remarks and a vote of thanks to the guests and all participants.



Prof. Hector Tsang (Cally Kwong Mei Wan Professor in Psychosocial Health, Chair Professor of Rehabilitation Sciences and Head of RS) delivered an opening address.



Dr Cissy Choi (Head, Primary Healthcare Office, Food and Health Bureau, The Government of the HKSAR) delivered an informative speech.



Prof. David Shum (Yeung Tsang Wing Yee and Tsang Wing Hing Professor in Neuropsychology, Chair Professor of Neuropsychology and Dean of Faculty of Health and Social Sciences) and awardees of Outstanding Academic Achievement.



Miss Cally Kwong (Donor of Cally Kwong Mei Wan Psychosocial Health Endowed Professorship) presented the Outstanding Teaching Award 2020/21 to Mr Alexander Woo (Senior Clinical Associate).

▶ PolyU Physiotherapy Summer Programme 2021

The PolyU Physiotherapy Summer Programme 2021 was held successfully on 26 July 2021 and attended by over 100 secondary four and five students from local elite secondary schools. The programme aims to provide secondary school students with an authentic experience of being a physiotherapy (PT) student at PolyU.

To kick off the PT Summer Programme 2021, Prof. Shamay Ng (Associate Head of RS) and Dr Shirley Ngai (Programme Leader of the BSc [Hons] in PT programme) welcomed the participants and introduced the programme. After an icebreaking game led by our current students, the participants started to go through the informative and intriguing experience of being a PT student and participated in different activities in small groups. The activities included:

“Human Anatomy: Our Brain, Muscles and Skeletons” by Dr Stanley Winser (Assistant Professor) and Dr Sonata Yau (Associate Professor)

“Cardiorespiratory System & Simulation Lab Demonstration” by Dr Alex Cheung (Research Assistant Professor)

“Practical: Measurement of Upper Limbs Joint ROMs” by Dr Freddy Lam (Assistant Professor)

“Rehab Clinic Tour: Knowing How We Treat Patients” by Mr Eugene Kwok (Clinical Associate)

At the end of the programme, Mr Stanley Wu, Clinical Associate and person-in-charge of the programme, provided various types of useful information on admission requirements, interview skills and career prospects in the Q&A session.

The participants enjoyed their one-day experience of studying PT. They reflected that they knew more about what and how they would learn in the PT programme now and that the Summer Programme had enhanced their interest in studying PT at PolyU, as they were impressed by everything around them that day, including nice helpers, kind professors and a great university.



Elite Occupational Therapist Taster Programme (EOTTP) 2021



Occupational Therapy Student Ambassador (OTSA) was established in 2014, and this year marks its 7th anniversary. OTSA aims to promote OT profession to the general public through various activities. With secondary school students being one of the major promotional targets, RS of PolyU joined hands with OTSA again in organising the Elite Occupational Therapist Taster Programme (EOTTP) for students' early exposure to the OT profession.

The 4th EOTTP was successfully held at PolyU on 10 August 2021 and attended by nearly 100 passionate participants from around 50 elite secondary schools in Hong Kong. It was our honour to have invited Prof. Hector Tsang (Cally Kwong Mei Wan Professor in Psychosocial Health, Chair Professor of Rehabilitation Sciences and Head of RS) to give an inspiring opening speech, which marked the start of the event.

In order to provide the participants with a holistic perspective of the roles of occupational therapists, we prepared an array of activities, including a theory-learning class, a splinting workshop, and visits

to teaching laboratories and the Rehabilitation Clinic. Thanks to the generous support from RS faculties, the participants were able to have a comprehensive understanding of the OT profession including OT theories and practices.

After the opening ceremony, Mr Tony Wong (Clinical Associate) taught the theory-learning class in which he lectured on OT theories, concepts and models. In the group study session that followed, participants tried to conduct simple case analyses by applying their newly learnt theories and models, so as to experience briefly the process of assessing patients.

The splinting workshop was conducted by Ms Josephine Wong (Senior Clinical Associate), Ms Bonnie Jim (Clinical Associate), Mr Kin-Chung Tang (Clinical Associate) and Mr Tony Wong. The four clinical associates demonstrated to the participants the steps of making hand splints, and instructed them to make a protective mallet finger splint by themselves.

During the teaching lab tour, participants had a chance to visit the state-of-the-art teaching facilities, thereby deepening their understanding of various types of OT specialties. The visit to the Rehabilitation Clinic was led by Mr Johnny Lam (Clinical Associate), in which participants had a glance at the environment where occupational therapists worked and their different treatment media.

Through this successful one-day programme, it is anticipated that the secondary school students could gain a better insight into the OT expertise and our OT undergraduate programme. Meanwhile, the service period of the 7th OTSA has come to an end. We would like to express our heartfelt gratitude to everyone who has supported us over the past year. Please stay tuned for the coming OTSA events!



Thank-you letters from the awardees of Cynthia Tang Memorial Scholarship

Cynthia Tang Memorial Scholarship was founded by the family of the late Mrs Cynthia Tang, a dedicated occupational therapy practitioner and clinical educator, as well as a diligent leader and manager of the allied health and rehabilitation professions in the Hospital Authority. The scholarship supports students from mainland China to study the Master in Occupational Therapy (MOT) programme at RS on a full-time basis. Please visit http://www.rs.polyu.edu.hk/scholarship_ctms/eng_establishment.html for details about the scholarship.

Ms Yi Wenchao and Ms Zhou Jing, MOT graduates (2018 cohort) and awardees of Cynthia Tang Memorial Scholarship, would like to express their gratitude to Mrs Tang's family and RS for the generous support and share their learning experience at PolyU:



A photo of Mr Tang (middle), the sponsor of Cynthia Tang Memorial Scholarship, and awardees in the 2018 cohort, Ms Yi Wenchao (left) and Ms Zhou Jing (right).

The impacts of Cynthia Tang Memorial Scholarship on me

Yi Wenchao

I am writing to extend my sincere gratitude to the Department of Rehabilitation Sciences (RS) of The Hong Kong Polytechnic University (PolyU) and Mr Tang, the sponsor of Cynthia Tang Memorial Scholarship. Thanks for both the financial and emotional support you have given me in the past two years.

After graduation from the Master in Occupational Therapy (MOT) programme, I returned to work at the OT Clinic of the Physical Medicine and Rehabilitation Center, Jiangsu Province Hospital. Jiangsu Province Hospital is a well-known public hospital in the middle eastern part of China, serving people with disabilities in superacute, acute, subacute and chronic stages. The OT Clinic here mainly serves people with hand injuries and ambulatory stroke survivors. We have reorganised our OT service flow, modified the work procedures, and have received good feedback from clients, students on clinical attachment (we need to mentor local students and students from abroad), colleagues, and the Clinic Leader.

Besides working in the clinic, I also work for the OT Department of the School of Rehabilitation Medicine, Nanjing Medical University (NMU). The educational experience I gained from PolyU has helped me improve my teaching quality and contribute to the pass of NMU's OT programme in the 7-year WFOT certification.

Scholarships offered to those who need financial support to pursue OT education in Hong Kong are like

fuel delivered in the snowy weather. The tuition fees in Hong Kong are much higher compared with those in mainland China; so most of us mainland students cannot afford them. However, the enthusiasm of acquiring OT knowledge is equally great in mainland students. If they have the chance to be supported by scholarships like Cynthia Tang Memorial Scholarship, they would have an equal chance to access education in Hong Kong.

With regard to the study experiences at PolyU compared with those in mainland China, the most impressive ones for me are the library and the fitness centres. The PolyU library provides comprehensive services. Any inquiry will be answered satisfactorily. The library has ample hard and soft resources, such as computer stations, freely lendable laptops, useful regular training courses, wonderful books, huge databases and nice staff. You can swim in the ocean of knowledge freely and delightedly. The fitness centres charge the users in a humanised way. Booking the earliest and the latest time slots can enjoy a return of the deposits.

Occupation is of great importance to humans. The origin and growth of OT on the mainland are quite different from those in Hong Kong. It will take on a brand-new look in a humble and inclusive culture. Clients who had received our OT services expressed great satisfaction in their feedback. The public awareness of OT will be rapidly improved if appropriate, widespread promotion can be done.

Sharing of my personal experience regarding the impacts of Cynthia Tang Memorial Scholarship

Ashley, ZHOU Jing

In 2019, I was very fortunate to be awarded Cynthia Tang Memorial Scholarship which allowed me to study the MOT programme at the Department of Rehabilitation Sciences, The Hong Kong Polytechnic University (RS, PolyU). After completing the two-year MOT programme, I returned to my previous position at Zhujiang Hospital of Southern Medical University (SMU), a teaching hospital with a Rehabilitation Medical College, which trains professional physiotherapy and occupational therapy undergraduate and graduate students.

Working at Zhujiang Hospital of SMU provides me with opportunities to promote OT in several aspects. The first and foremost aspect is teaching and training more OT students. I am currently responsible for three OT subjects. At the same time, I will help in the preparation of SMU for WFOT accreditation.

As a full-time occupational therapist at the hospital, I provide OT services for my clients. Although I work in the area of neurological rehabilitation, I am keen to explore and develop diversified OT services with different departments, such as OT services in the ICU and environmental modification. In addition, as a volunteer for a stroke NGO in Guangzhou, I am preparing the activities for their coming OT Day and will educate the general public about how OT can help hemiplegic stroke survivors and their families in the community.

The past two years I spent in Hong Kong are enriching and have influenced my life. MOT has always been my dream programme. It was great news to me that Cynthia Tang Memorial Scholarship would sponsor MOT applicants determined to be an occupational therapist in mainland China. I was even more impressed by the stories of Mrs Cynthia Tang and this scholarship. Mrs Tang was such a dedicated OT practitioner and clinical educator that she had devoted her career to the OT development in Hong Kong. Her family founded this scholarship to fulfil her wishes to support other potential students to study the OT programme. I am very grateful to Mr Tang and RS of PolyU for their generous assistance given to mainland occupational therapists like me who need financial support to receive postgraduate education in Hong Kong.

As for the learning experience in Hong Kong, it was so rewarding and unforgettable that I could not just use a couple of sentences to conclude it. Actually, there are three points which I find most imposing. The first one is the

curriculum design of the programme, with components interlocking and mutually supporting. There is a very smooth and reasonable transition from fundamental theories to clinical practice in the curriculum. Moreover, subjects in different semesters echo each other, and the integration of subjects in the same semester is well managed.

The second point is the active role played by students and the supportive teaching team throughout the whole learning process. Many of the subjects adopt multiple assessment methods, aiming to inspire students to play a leading role in solving practical problems and developing clinical reasoning skills, rather than passively receiving information or completing the exams. Students are also encouraged to seek help from teachers to achieve their learning goals proactively. The RS teaching staff and MOT classmates were very supportive to me.

The third point is the placement arrangement, which is far different from that on the mainland. All the clinical teachers I met were very responsible, who set clear expectations for the MOT students. They helped us to transform from a student to a qualified occupational therapist. Their teaching methods corresponded with the aforementioned concept of grading, enabling us to master skills step by step until we could handle the assessment and treatment of clients independently. Their appropriate and immediate feedback helped us improve our competence efficiently and develop a sense of professionalism gradually.

The OT service system in Hong Kong is much more robust than that in mainland China. The awareness of OT on the mainland is still weak compared with that in Hong Kong. People on the mainland often equate OT with upper-limb and hand therapy; the scope of OT services is relatively narrow here. But fortunately, with the strenuous efforts made by OT practitioners, there is growing acceptance of OT on the mainland in recent years. People are more eager to seek high-quality rehabilitation services and improve quality of life.

The rewards for my hard work over the past two years are greater than what a certificate can represent. The purpose of my OT journey, encouraged by the spirit of the late Mrs Tang and other OT educators, is to remain sensitive to the needs of clients as a whole person and provide valuable services for them with heart and soul, so as to help them live a life with choices.

Welcome new faculty members

Dr Bobby Ng Hin Po has over 30 years of clinical experience at the public hospital system of Hong Kong. He used to be the Senior Occupational Therapist and then the Department Manager (Occupational Therapy) at Kowloon Hospital, managing an occupational therapy department with around 120 staff and an annual workload of more than 4,000 patients.

Dr Ng was nominated by the Allied Health Grade Section of the Hospital Authority (HA) to be a member of the Grant Review Board of the Health and Medical Research Fund administered by the Food and Health Bureau during the period 2018–2020. He was also nominated by the Coordinating Committee of Occupational Therapy of HA to be a member of the following committees: i) Central Committee (Chronic Obstructive Pulmonary Diseases) (2014–2016), and ii) Working Group of the Primary and Community Care at the Hospital Authority Head Office (2009–2011). He contributed lots of professional inputs to the development of new services in the period 2009–2010, including “Nurse & Allied Health Clinics – Respiratory Diseases” and “Integrated Discharge and Support Program”, which provided opportunities for occupational therapists and physiotherapists to develop new modes of service.

To excel himself in the provision of better patient service and better clinical training, Dr Ng has been active in his own continuous professional development and has obtained additional professional qualifications up to trainer level in different aspects, including Neuro-IFRAH® Instructor, Certified Trainer in Motivational Interviewing, and Certified Health Qigong Coach & Referee (Junior Level). In January 2021, he received a Certificate of Appreciation from the Taiwan Occupational Therapy Association after holding a series of educational workshops on “Care and Rehabilitation of Patients with Cardiac & Pulmonary Diseases” for occupational therapists in Taiwan from 2018 to 2020. He is also one of the very few local clinicians who is active in scientific research and has contributed 16 scientific reports to peer reviewed journals.



Dr Bobby NG
*Professor of Practice
(Occupational Therapy)*



Dr Pearl CHEN
*Research Assistant Professor
(Neuroscience and Neurological
Rehabilitation)*

Dr Lu Hua Chen (Pearl) is a registered medical practitioner who had received training and practiced at an affiliated hospital of Sun Yat-sen University in Guangdong, China, before pursuing her postgraduate study in Hong Kong. Her clinical training experience has aroused her passion for conducting research in neuropsychiatric disorders ranging from early neurodevelopment to late-life neurodegeneration. After graduating with a PhD degree from the Li Ka Shing Faculty of Medicine of The University of Hong Kong, she received her postdoctoral training in clinical neuroscience at the Department of Psychology of The University of Hong Kong and The Chinese University of Hong Kong, separately.

Dr Chen's research interests currently focus on understanding how genetic risk factors, environmental risk factors, and gene-environment interplay drive the development and/or exacerbation of neuropsychiatric disorders and related behaviours/traits. She intends to use systems science approaches combined with advanced and interdisciplinary analytic methods to bring together data from multi-levels and theories of multiple disciplines to facilitate our comprehension of the cognitive functions of the human brain. Additionally, she has interest in identifying cognitive endophenotypes for early disease detection and revealing social and cultural risk factors. Her ultimate aim of research is to translate findings to early clinical interventions to help patients suffering from impairments of mental abilities.

Mr Curtis Wong received his Bachelor of Science degree in Physiotherapy from The Hong Kong Polytechnic University and Master of Science degree in Musculoskeletal Medicine & Rehabilitation from The Chinese University of Hong Kong. He also obtained the Postgraduate Diploma in Modern Acupuncture for Rehabilitation from the HKU School of Professional and Continuing Education.

After graduation, Mr Wong had worked in different clinical settings, including in-patient and out-patient settings in the public sector, as well as in private clinics. Before working as Clinical Associate at RS of PolyU, he served as Physiotherapist I at the Rehabilitation Clinic of RS, providing services to patients with musculoskeletal, peripheral vestibular and neurodegenerative conditions.

Mr Wong has been an executive committee member of the Occupational Safety, Health and Rehabilitation Specialty Group of the Hong Kong Physiotherapy Association since 2012. He is a passionate learner and has been pursuing further education in physiotherapy throughout the past years, with his focus on acupuncture, manual therapy and exercise therapy. He would like to share his clinical experience with students and educate them to be a lifelong learner in the future.



Mr Curtis WONG
Clinical Associate (Physiotherapy)



Ms Vera LAM
Clinical Associate
(Occupational Therapy)

Ms Vera Lam graduated with a bachelor's degree in occupational therapy from The Hong Kong Polytechnic University, and obtained her master's degree in applied psychology from City University of Hong Kong. She specialises in psychiatry and has provided recovery-oriented services in public hospitals for more than 15 years.

Ms Lam has extensive clinical experience in different fields including general and community psychiatry, psychogeriatrics, substance abuse, and cognitive assessment and rehabilitation. Before joining PolyU, she was the OT service team leader at a Common Mental Disorder Clinic and a Substance Abuse Clinic, as well as the project leader of a research project sponsored by the Beat Drugs Fund Association, Narcotics Division, Security Bureau, The HKSAR Government. Ms Lam is also active in promoting and providing recovery-oriented mental health services.

Ms Bonnie Jim graduated with a bachelor's degree in occupational therapy from The Hong Kong Polytechnic University and obtained her master's degree in sports medicine from The Chinese University of Hong Kong.

Ms Jim had served in public hospitals for more than a decade, and has accumulated extensive clinical experience in different fields including orthopaedic, medical and geriatric, vocational rehabilitation and primary health care. Prior to joining PolyU, she had contributed to primary health care services and was in charge of the community outreach services at the Occupational Therapy Department of the New Territories West Cluster of the Hospital Authority. Her passion and expertise lie in the provision of interventions for environmental modification, community reintegration and home-based rehabilitation.



Ms Bonnie JIM
Clinical Associate
(Occupational Therapy)

Visits by and to other organisations



Visit by The Neighbourhood Advice-Action Council (23 July 2021)



Visit by the Labour and Welfare Bureau and the Social Welfare Department (16 August 2021)



Visit to Roseville Senior Living Management (24 August 2021)



Visit to The Neighbourhood Advice-Action Council (31 August 2021)



Visit by TWGHs Jockey Club Rehabilitation Complex (27 September 2021)