THE HONG KONG POLYTECHNIC UNIVERSITY
香港理工大學

健訊 HEALTH NEWS

fhss.polyu.edu.hk

ISSUE 20
OCTOBER • 2016

醫療及社會科學院科研成就
FHSS Scientific Research

香港理工大學(理大)醫療及社會科學院科研人員，一直致力進行不同有關人本服務及醫療健康的研究項目，冀能透過創新及具實際果效的科研，改善社會問題，及為人類健康福祉出謀獻策。醫療及社會科學院研究人員的優質研究，榮獲不同政府及有關機構研究資助，今期《健訊》將分享幾項近期具代表性的科研項目。

The researchers at the Faculty of Health and Social Sciences (FHSS) at The Hong Kong Polytechnic University (PolyU) are human-services and healthcare scientists dedicated to developing insightful and practical research solutions to various societal problems. The importance of their research is evidenced by the generous research grants they have received from the government and related organisations. Some recent studies by FHSS researchers are covered in this issue's "Health News".

醫療及社會科學院
Faculty of Health and Social Sciences

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**Principal Investigator: Prof LI Heng (BRE); other Co-Investigators: Dr Johnny WONG (BRE) and Prof CAO Jiannong (COMP).*

醫療及社會科學院學系/學院 FHSS Departments/Schools
APSS: 應用社會科學系 Department of Applied Social Sciences
HTI: 醫療科技及資訊學系 Department of Health Technology and Informatics
RS: 康復治療科學系 Department of Rehabilitation Sciences
SN: 護理學院 School of Nursing
SO: 眼科視光學院 School of Optometry

非醫療及社會科學院學系 Non-FHSS Departments
BRE: 建築及房地產學系 Department of Building and Real Estate
COMP: 電子計算學系 Department of Computing

理大首創度身訂製壓力矯形套裝 獲國際殊榮

PolyU Tailor-made Compression Orthesis Wins International Awards

很多香港人都患上靜脈曲張或膝關節炎，嚴重者更甚至同時出現兩種症狀。其中一個普遍處理及舒緩靜脈曲張或膝關節炎的方法，是讓患者穿戴合適的壓力襪和護膝，以促進其腿部的血液循環，並為膝關節的活動帶來支持。然而，市面上出售的壓力襪及護膝因屬大量生產之商品，物料容易令用家於長時期使用後出現皮膚敏感的情況，而且由於產品並非針對亞洲人腿形和尺寸，施壓位置不太準確，更有可能弄巧成拙，導致用者的腿部腫脹，甚至引致靜脈栓塞。

Many people in Hong Kong suffer from varicose veins or knee pain, or even both conditions. A common method of treating and alleviating these problems is to wear suitable compression hosiery and a knee brace that can improve blood circulation in the leg and support the mobilisation of the knee joint. However, the mass-produced compression orthesis products on the market today are often made of materials likely to cause skin allergies after prolonged use, and the compression points are often unsuitable for the shape and size of Asian legs.

理大康復治療科學系副教授郭霞博士及其研究團隊，於較早前研發一款綜合型壓力矯形套裝，可為患者度身訂製壓力襪和護膝，同時預防及治療靜脈曲張和膝關節炎。是項發明更於瑞士日內瓦舉行的第44屆國際發明展，於芸芸眾多參賽發明中脫穎而出，獲得銅獎殊榮。

當患者腿部血管的靜脈壁和瓣膜不能正常運作時，血液因難以由腿部回流到心臟而囤積於小腿，形成靜脈曲張；而膝關節炎的出現是由於關節軟骨退化，失去天然緩衝功能，引致痛楚及炎症的發生。

郭博士及其團隊進行為期兩年的研究，邀請了200名年齡介乎40至60歲的人士進行人體掃描，將收集到的數據資料建成一個人體體型及尺寸系統，並進行大數據圖像分析，發現超過六成45歲或以上人士，同時患有靜脈曲張和膝關節炎。

為配合同時患有靜脈曲張和膝關節炎人士的需要，郭博士及研究人員採用了醫療用的彈性物料，並配以先進的三維混合緯編針織技術，為亞洲人發明一款施壓力度及位置精準、穿戴舒適貼身的綜合型壓力矯形套裝，套裝中的壓力襪及護膝提供雙軸向拉伸的彈性及精確的遞減梯度壓力，改善使用者腿部的血液循環，以及協調膝關節的受控活動能力。

郭博士團隊研發的綜合型壓力矯形套裝，特別將施壓力量集中分佈於腳踝，而分佈最少為膝部，同時紓緩靜脈曲張和膝關節炎情況，此項發明預計可於2017年推出市場。為求精益求精，研究團隊現正積極再進一步研發手機應用程式，讓用家可用手提電話拍攝其腿部相片，將資訊上傳至系統伺服器，系統將自動分析及測量影像，為用家生產度身訂製的綜合型壓力矯形套裝。

Dr Guo Xia, Associate Professor at Department of Rehabilitation Sciences (RS), led a research team in developing an integrated compression orthesis to address chronic venous insufficiency (CVI) and knee osteoarthritis (KOA) simultaneously. This invention won a bronze medal in the 44th International Exhibition of Inventions in Geneva this year.

CVI is a condition in which venous walls and valves in the leg veins do not work effectively, making it difficult for blood to return to the heart from the legs. This causes blood to pool in the legs. KOA happens when the natural cushioning between joints wears away.

Dr Guo and her research team conducted a 2-year body-scanning study with 200 research participants aged between 40 and 60. The data collected contributed to the development of a human body figure and size measurement system, and Dr Guo and her team also found that more than 60% of the participants aged 45 or above suffered from KOA and CVI simultaneously.

To address the needs of patients with KOA and CVI, Dr Guo and her team used advanced three-dimensional hybrid weft knitting technology and seamless medical fabrics ensuring consistent pressure and comfort to make an integrated compression orthesis set consisting of compression hosiery and a knee brace customised to suit the leg shapes and sizes of Asian people. This combination delivers bi-axial elastic tension and precise degressive gradient compression, improving blood circulation in the leg and supporting the controlled mobilisation of the knee joint.

The set developed by Dr Guo and her team, which will be commercially available in 2017, simultaneously prevents and treats KOA and CVI conditions by exerting the greatest pressure on the ankle and the lightest on the knee. The research team is also developing a mobile application incorporating an online ordering system that enables patients to order customised products simply by taking and uploading photos of their legs.

理大專家研發電腦化觸感仿真系統 以訓練護理學學生插鼻胃管

PolyU Researchers Develop a Novel Haptic System for Nasogastric Tube Placement Training

某些病人需要由醫護人員插鼻胃喉，從鼻孔插入鼻胃管，經咽喉到達胃部，以進行診斷治療及照料。就算各位沒有經歷過亦會明白，插鼻胃喉對病人而言絕對不是一個愉快的經驗，過程中往往感到不適難耐；而醫護人員於進行程序時亦必須掌握高度技巧，插錯鼻胃喉位置不但傷及病人，嚴重時更會危及病人的生命。為提升護理學生於插鼻胃喉時的技巧，理大護理學院研究人員，於大學教育資助委員會研究資助局優配研究金的撥款支持下，最近發明了全港首套電腦化仿真訓練系統，讓護理學生可於安全的環境下，深化進行插鼻胃喉程序的技巧。

護理學生現時透過課堂，學習插鼻胃喉的理論知識，並於臨床導師帶領下以小組形式，利用人體模型練習實際操作技巧。但由於人體模型未能仿照病人狀態為學生作出反應，而學生亦不能感受到真正為病人插鼻胃喉時的真實力度及觸感，訓練未能達致最好的預期效果。

理大護理學院副教授蔡及時博士，聯同助理教授蔣忠廉博士，共同開發了一套電腦化仿真訓練系統，以力學模型配合反饋裝置，模擬醫護人員為病人插鼻胃管時的觸感。該系統採用「工程力學」，將鼻胃管與鼻胃通道視為工程結構設計，運算兩者之間的力度，亦採用「專家系統」方法，以專業護理人員的知識和經驗計算出所需力度。學生可透過系統，於安全及標準的情況下，反覆地按個人進度練習為病人插鼻胃喉的技巧。該系統更可以模擬病人打嗝及咳嗽的情況，訓練學生作出即時的適切反應，讓他們將來於病房實際工作時更有經驗和信心。此外，系統亦能為學生提供鼻胃管在體內的實時位置圖像顯示，讓學生更能掌握到整個過程的認知，而他們亦能透過系統記錄下的完成時間及力度作出自我評估，了解個人表現。

護理學院於本學年起將此系統納入為教學的輔助平台，以測試系統的效度。而蔡博士及蔣博士將帶領研究團隊繼續優化系統的仿真度，例如加入模擬於插鼻胃喉時管道在病人口腔內捲纏，以及病人於接受程序時出現反抗及劇烈身體反應時的情境，深化學生的經驗。此外，團隊亦會將有關技術進一步應用到其他醫療程序，包括為病人插尿喉的訓練。

Some patients require nasogastric intubation to enable healthcare practitioners to access their stomachs for diagnostic and therapeutic purposes. Inserting a nasogastric tube (NGT) through the nostril and down the throat can be a very unpleasant experience for the patient, and requires a high level of skill from the nurse. A misplaced tube may lead to serious and even life-threatening unexpected complications. To minimise the risk posed to patients, PolyU's School of Nursing (SN) researchers have recently developed a computerised haptic system for NGT-placement training with the support of the General Research Fund from the Research Grants Council of University Grants Committee. The system is the first locally developed computerised haptic system designed to train nurses in clinical skills.

At present, nursing students acquire skills in NGT placement through classroom lectures and small-group hands-on clinical practice with low-fidelity mannequins. However, as the mannequins cannot provide feedback, students do not gain a realistic experience of the actual insertion technique.

In the novel system developed by SN Associate Professor Dr Thomas Choi and Assistant Professor Dr Vico Chiang, force models are used to simulate NGT insertion and render feedback forces through a haptic device. Using engineering mechanics to numerically calculate the forces between the NGT and the nasogastric passage and an expert system leveraging the experience of nursing professionals to further compute these forces, the system simulates the insertion force at different locations along the nasogastric passage, along with the static and dynamic friction between the NGT and the nasogastric passage, during insertion training. This computerised simulation system allows nursing students to refine their nasogastric intubation skills in a safe, standardised, repeatable and self-paced manner. The system can also simulate gag and cough reflexes to which students must react immediately, providing them with a more realistic experience of the task. In addition, the system has a built-in interface to display the tube's position inside the body during the intubation-training process. This gives the students a more comprehensive cognitive understanding of the process, and allows them to evaluate their own performance based on quantitative measurements of completion time and insertion force.

SN will conduct a pilot run in this academic year to evaluate the training effectiveness of the system. In addition, Dr Choi and Dr Chiang will lead the research team to enhance the features of the system by adding other simulated insertion outcomes, such as the coiling of the NGT inside the mouth during insertion, and rigorously replicating the bodily responses and movements of the virtual patient. The team will also develop another high-fidelity simulator to provide training in urinary catheter insertion.

理大進行父母管教壓力及家長教育課程研究

PolyU Social Science Study of Parental Stress and Parental-Training Programmes

現今不少香港人都為口奔馳，為維持家庭而營營役役，工作時間普遍較長，影響正常家庭生活。為人父母者往往還要面對子女的升學及管教煩惱，費盡心力。根據理大應用社會科學系早前與香港救助兒童會合作的研究報告顯示，來自貧困家庭以及教育程度較低的家長，於面對子女學業，特別是子女由幼稚園過渡到小學的時期，比其他家長承受到更大的壓力。理大應用社會科學系副教授區美蘭博士建議政府，增撥資源開辦以社區為本的家長培訓課程，協助家長減壓及為他們提供實際支援。

區博士的研究團隊於2014年5月至2016年5月期間，邀請200名育有6至7歲孩子的家長，參與一項名為「教得合適，孩子得益」的研究調查。結果顯示，60.5%參與的家長表示於教導子女時感到壓力，34.7%則認為子女學習動機差，並發現上述情況與家長本身的家庭經濟狀況有密切關連。有此兩種感受的家長，多數來自低收入家庭，他們面對較重經濟壓力，於教導子女的自信心程度較低。相比之下，學歷水平越高的家長，情緒管理能力也較得心應手，於子女管教方面亦有較高信心。

針對此情況，區博士邀請多位社工、臨床心理學家、實習中的教育心理學家，以及應用心理學碩士學生組成一個跨學科的研究團隊，以低成本為原則，針對當下社會需要，製訂一個共六節的家長訓練小組計劃，介紹管理壓力的技巧，以改善家長們的精神健康，繼而鼓勵家長們正面地改善子女的個人自理能力及提升子女的學習動機。

於參與計劃的200名家長中，共有117人成功完成訓練課程，研究人員將他們隨機分派到跟進小組及對照組作出進一步研究。研究人員於課程完結後致電被分配到跟進小組的家長作出跟進，諮詢他們對課程的意見，討論他們將理論實踐時的困難，並按情況更改課程內容。與對照組家長相比下，跟進小組的家長們表示家教壓力有顯著下降，個人處理壓力的能力亦有所改善，他們更有信心將不同技巧應用於管教子女上，而子女的學業成績亦有所進步。研究證實早期介入理念，的確能夠改善家長與子女間的社交及感情發展，並能某程度地解決家庭衝突。

研究報告亦提出數項建議以改善家長管教子女的方法，當中包括增加親子互動的時間、清晰地說明自己的要求、真誠讚賞、與家人保持溝通，以及獎罰態度一致等。

Families today face financial pressure and a host of work and social commitments, and many people are unable to reduce their working hours, despite acknowledging the various negative effects of these hours on family life. Parents with long working hours who also take on responsibilities relating to their children's school lives experience particular challenges. In a research study commissioned by Save the Children Hong Kong, Dr Alma Au, Associate Professor of Department of Applied Social Sciences (APSS) at PolyU, and her research team found that parents with lower education and income levels tend to experience greater parental stress, especially when their children are transiting from kindergarten to primary school. Dr Au recommended that the government allocate more resources to the establishment and development of community-based parental training programmes to relieve parents' stress and provide them with social support.

Dr Au and her research team interviewed 200 parents with children aged between 6 and 7 between May 2014 and May 2016. About 60.5% of the parents reported experiencing parental stress, and 34.7% of their children had a low motivation to learn. These two problems were correlated with family household income; both occurred more commonly in low-income families. In addition, parents with more financial stress had less confidence in their ability to perform parenting tasks. In contrast, parents with higher levels of education were usually better able to manage their emotions and demonstrated greater competence in parenting tasks.

Experts from several disciplines, such as social workers, clinical psychologists, educational-psychologist trainees and students from the Applied Psychology Master's programme, were invited to form an interdisciplinary team to design a low-cost intervention programme comprising six sessions, based on their professional expertise and the needs of the community. The programme was designed to improve parents' mental health by demonstrating strategies for reducing stress and persuading them to take positive action to improve their children's self-care ability and learning motivation.

Of the 200 parents, 117 completed the intervention programme and were randomly assigned to either a follow-up group or a control group. The research team telephoned the parents in follow-up sessions to obtain their feedback on the training programme, identify difficulties in implementation and revise the programme content accordingly. The parents who attended the training programme reported that their parental stress had been significantly alleviated, and that their stress-management skills had been enhanced. The parents showed more confidence in using a range of approaches to discipline their children, and their children tended to demonstrate improved academic progress. The research revealed that early intervention is one of the most important ways of fostering children's socio-emotional development and resolving certain types of family conflict.

Based on the findings of the study, important recommendations were made for the enhancement of parental skills. For example, parents should spend more time with their children, express their expectations as clearly as possible, praise their children appropriately and sincerely, maintain communication with other family members, and ensure that their behaviour is consistent when rewarding or punishing their children.

理大專家探討園藝治療對院舍體弱長者的幫助

PolyU Researchers Investigate Horticultural Therapy for Frail Older People in Residential Care

根據美國園藝治療協會的定義，園藝治療是指服務接受者於受訓的治療師帶領下，以特定治療結果為目的，參與園藝及栽種的活動。園藝治療於不同受眾及不同環境中的應用，獲得社會廣泛注意，科研人員的多項研究亦證實園藝治療的實用價值。

Horticultural therapy (HT) is defined by the American Horticultural Therapy Association as engagement in gardening and plant-based activities facilitated by a trained therapist with specific therapeutic treatment goals. The use of HT with different clients and in different environments has received extensive attention, and many researchers have reported promising scientific evidence of its effectiveness.

理大護理學院轄下的耆年護理中心積極推廣園藝治療的應用，於2014年6月與香港園藝治療協會合辦全港首個「園藝治療及治療性園景設計國際研討會」。耆年護理中心總監暨護理學院教授賴錦玉教授於早前帶領其團隊，研究園藝治療對於改善長期居住於院舍的體弱長者精神健康狀態的效用。賴教授及團隊於博愛醫院的撥款資助及其安老院舍職員的協助下，進行了一個質性及量性俱備的研究，於2014年7月至2016年3月期間，邀請96位年齡70歲以上，居住於博愛醫院轄下四間安老院舍，其認知能力均為正常或只屬輕微退化的長者參與研究。研究人員將參加者分配到實驗組及對照組，於實驗組的長者參與由香港園藝治療協會的園藝治療師教授的八星期活動，而對照組的長者則參與內容不同的社交活動。

研究結果顯示，於比較實驗組及對照組的長者時，實驗組的長者較為快樂，反映出園藝治療能實際幫助長期居住於院舍的長者的精神健康。賴教授及團隊認為，園藝治療對於身體活動能力受阻，或有抑鬱問題的長者而言，是一項值得考慮採用的治療方法，並建議有關方面將園藝治療加入成為院舍日常活動的一部份，讓長者透過觀察植物生長體驗到大自然的奇妙，接觸到其他治療方法未必能夠帶來的特別感受。

賴教授表示：「現時並未有研究針對園藝治療於體弱長者身上的效用，特別鳴謝博愛醫院及香港園藝治療協會的鼎力支持，讓我們進行此個全球首次集中針對園藝治療與體弱長者的研究，肯定園藝治療為受眾帶來的正面效果。研究證實園藝治療能令居住於院舍的體弱長者更快樂，同時亦啟發安老服務單位及研究人員對於園藝治療之治療價值的認知。」

The Centre of Gerontological Nursing (CGN) at School of Nursing (SN) advocates the therapeutic value of HT, and hosted the first International Conference on HT and Therapeutic Landscaping in June 2014. Prof Claudia Lai, Director of the CGN and Professor at SN, led her research team to conduct a pioneering study of the effects of HT on the mental health of frail elderly people in long-term residential care. Funded by Pok Oi Hospital and with the full support of the staff of its Care and Attention Homes, Prof Lai designed a mixed-methods study involving both quantitative and qualitative analysis. Between July 2014 and March 2016, 96 frail elderly people (aged over 70) with normal or only mildly impaired cognition were recruited from four residential homes run by Pok Oi Hospital. The subjects were assigned to experimental and control groups: the experimental group received eight weekly sessions delivered by a horticultural therapist from the Hong Kong Association of Therapeutic Horticulture, and the control group engaged in social activities similar in design but not in content to those of the experimental group.

The results of the study indicated the value of HT to elderly people in long-term residential homes, as the experimental treatment was found to make the participants happier. The team concluded that HT is a worthwhile treatment medium for frail elderly people whose physical activity is limited, and for those with depression. The researchers suggested that HT activities can also be integrated into regular home life to enable the elderly to witness the “magic” of nature, and that this feature is not afforded by other intervention strategies.

“The role of HT in improving the well-being of frail older people has not previously been examined; this is the first study of its kind, and offers sound evidence of the efficacy of this treatment method. We sincerely thank Pok Oi Hospital and the Hong Kong Association of Therapeutic Horticulture for giving us full support in the study. The study confirms that HT has a significant positive influence on the subjective happiness of frail nursing-home residents, and provides insights for service providers and researchers into the use of HT as a therapeutic modality,” said Prof Lai.

專訪新任應用社會科學系系主任黎永亮教授

Interview with Prof Daniel Lai, Department of Applied Social Sciences

2015年12月15日履任理大應用社會科學系系主任的黎永亮教授，於過去25年一直致力促進社會工作、社會政策及行政，以及社會科學的知識領域及實務工作發展。黎教授同時亦為理大社會工作及老年學講座教授，以及活齡學院總監。黎教授曾於加拿大卡爾加里大學社會工作學院任職15年，於加入理大前為該學院教授暨研究及合作副院長。

黎教授為國際知名學者，於社會工作、社會政策及老年學享負盛名。黎教授曾於香港及加拿大擔任前線社工多年，專注於家庭及長者服務，熟悉社工的實務工作，隨後於香港及加拿大多間院校任教，展開學術及研究工作。黎教授曾於1989年出任理大應用社會科學系訪問講師及學系講師，與理大及應用社會科學系早已結下不解之緣。

For over 25 years, Prof Daniel Lai's research, teaching, and leadership roles have reflected his commitment to advancing knowledge and practice in the fields of social work, social policy and administration, and social sciences in Hong Kong and internationally. Prof Lai became Head of the Department of Applied Social Sciences (APSS) at PolyU on 15 December 2015, where he is also the Chair Professor of Social Work and Gerontology and the Director of the Institute of Active Ageing (IAA). Before joining PolyU, he was a Professor and the Associate Dean for Research and Partnerships at the Faculty of Social Work at the University of Calgary, Canada, where he had worked for over 15 years.

Prof Lai is an internationally renowned scholar in the fields of social work, social policy, and gerontology. He began his career as a dedicated frontline social worker working with families and older adults, before holding faculty positions in higher education institutions in Hong Kong and Canada. Prof Lai's relationship with APSS began in 1989, when he first served as a visiting social work lecturer and then as a department lecturer.

實證為本的實務工作是應用社會科學系其中一個重要策略，讓學術及科研人員將理論、研究結果及實務工作結合，為服務受眾及整體社會帶來正面幫助。黎教授表示：「香港是一個多元化社會，我們可以於教育、社會工作研究及實務，以及社會政策及行政方面做得更多、做得更好。學系名為『應用社會科學系』，顧名思議，學系科研人員的研究項目不但以幫助服務對象為目的，更冀能將研究所得應用到整個社區，促進社會發展。我們於培育能善用所學服務社會的出色人本服務專才外，亦積極進行具實用價值、應用性高的科研項目，確保我們的專業發展可貼近服務對象的實際需要。」

應用社會科學系多年來培育眾多社會工作，以及社會政策及行政範疇的專才，歷史悠久。黎教授銳意於這個結實的基礎上作出更大發展，加入先進的科技教育元素，他認為社會科學教育若能配備適合的科技運用，將可事半功倍，豐富教師和學生於教與學的經驗。黎教授亦會加強學系的本科生及研究生課程，讓學生於畢業後成為更了解及貼近社會需要的人本服務專才。此外，於全球化的巨輪下，黎教授表示學系會致力將世界公民的概念植根到學生身上，鼓勵他們參與學生交流計劃，拓闊視野及了解全球議題。

黎教授指出，社會工作和社會政策及行政的發展著重合作關係。他鼓勵學系同事多參與高質素的研究項目，從中培育傑出的研究生。黎教授亦積極加強學系與知名世界學府在研究方面的合作，他深信學系一直與中國內地的密切關係，高質素的研究成果將指日可待。

應用社會科學系擁有來自不同社會科學範疇的專家，為香港這個多元化的社會籌謀獻策。學系研究人員亦經常與醫療、科學、科技、設計及管理的專家合作，針對實務社會工作及社會政策議題，共同建構創新的解決方案。黎教授補充：「世事日新月異，我們常常提到凡事要有轉變，香港社會生活節奏急促，轉變更是無可避免。社會科學家的工作，就是要想辦法為社會作出正面轉變，運用專業知識幫助服務受眾及社區。作為應用社會科學系系主任，我期望可以我的經驗及國際網絡關係為學系帶來轉變。我們學系是一個已經上了軌道的學術部門，於世界上佔有一個重要席位，我希望可以於未來的日子將應用社會科學系演變成一個擁有獨特研究範疇的研究樞紐，並為現時系內的學術課程帶來嶄新轉變。」

Evidence-based practice is one of APSS's core strategies, enabling the integration of theoretical knowledge, research findings, and hands-on practice intended to benefit both service recipients and the wider society. As Prof Lai explains, "Hong Kong is a diverse society, and there is so much we can do to improve education, social work research, and practice and social policy administration. As its name suggests, the top priority of APSS is to produce research knowledge that is applicable not only to targeted recipients but to society at large. We wish to train human service professionals and social scientists who are capable of applying their knowledge and skills in the community, to conduct practical scientific research that can be applied in different settings, from micro to macro levels, and to ensure that our professional practices are applicable to and meet the changing needs in our society".

APSS has a long history of nurturing professionals in the fields of social work and social policy administration, and Prof Lai is planning to build on this solid foundation by introducing more advanced technology and innovative learning and teaching approaches. He is confident that the use of appropriate technologies in educational settings will enhance the teaching and learning experiences of both faculty members and students. Prof Lai aims to strengthen APSS's undergraduate and postgraduate programmes, to train professionals who are capable of meeting the changing needs of society in Hong Kong as well as internationally. In an increasingly globalized world, students must be nurtured as global citizens and Prof Lai is keen to encourage students to join overseas exchange programmes to broaden their horizons and understanding of global issues.

Prof Lai views collaborative relationships and projects as central to the development of social work and social policy fields. He encourages APSS staff members to conduct more high-quality research and to support postgraduate students to become capable researchers through systematic mentorship and training. He is also keen to develop the Department's collaboration with highly reputed overseas institutions to facilitate joint research projects with internationally relevant findings. Prof Lai believes that the Department's strong network in mainland China will also enable researchers to develop numerous high impact research projects.

APSS includes colleagues from various social science backgrounds who are working together and forming multi-disciplinary alliances to address research topics and issues that are relevant to Hong Kong's diverse communities. At APSS, researchers in the disciplines of health, sciences, technology, design, and management frequently collaborate to bring together diverse ideas and strengths to develop innovative solutions to practice and policy issues. As Prof Lai notes, "People always talk about the need for change, and indeed change is inevitable in an ever growing society, as reflected in Hong Kong and internationally. Social scientists strive to respond to these changes and deliver value to their clients and the wider community through their expertise. As Head of APSS, I propose changes to the Department based on my previous experience and international connections, to ensure that our research is as applicable as possible. I am proud to say that APSS is already a very well-established department, with international standing. It is my goal to support APSS to further evolve by bringing a unique and innovative edge to our research and creating a new image for our academic programmes".

活齡學院進行長者及年齡友善城市項目
Institute of Active Ageing Conducts Age-friendly City Project

香港社會高齡化，人口平均壽命超越日本，為全球人口最長壽的地方，帶來不少機遇和挑戰。於香港賽馬會慈善信託基金慷慨撥款支持下，理大活齡學院成為「賽馬會齡活城市計劃」成員，以世界衛生組織(世衛)訂立的框架作為參考，評估及推動各地區於長者及年齡友善的表現。世衛訂立的全球長者及年齡友善城市建設的主要元素中，確認了八大範疇，包括：室外空間和建築、交通、房屋、社會參與、尊重和社會包容、公民參與和就業、信息交流，以及社區參與健康服務。此外，亦希望透過計劃設立一個由下而上的社區主導介入方法，增加公眾的認識，共同將香港建設為一個長者及年齡友善城市。

活齡學院的跨專業研究團隊，由來自社會工作、設計、心理學、護理學、老人學及社會政策等不同背景的專家組成。於2015年9月至2016年1月期間，在九龍城區及觀塘區，共收集到超過1,100份由當區居民填妥的問卷，並於2015年12月至2016年2月期間舉行了10個焦點小組座談會，以及為逾100位「齡活大使」舉辦多個工作坊。研究團隊亦與區議會及民政事務處人員會晤，多方位收集資料作進一步整合分析。

歸納研究結果，專家團隊認為政府要關注年長人士不同的需要，讓來自不同社會背景長者充權，令他們感受到自己的社會價值。研究團隊亦指出，有關方面應按長者的需要，改善空間的使用、交通運輸配套，以及前往醫療健康設施的易達程度。於公民參與和就業方面，年長人士希望社會提供有系統性的就職培訓及就業機會，亦希望可以有更多參與義工服務，以及就不同議題發聲的機會。

研究團隊早前於3月5日至6日，在日本福岡市舉行的亞太活齡會議 (Active Ageing Conference in Asia Pacific)中展出海報，介紹於觀塘區及九龍城區的中期研究結果，喜獲最佳海報報告大獎，並於芸芸60份報告中，被評為最佳頭五位。

Hong Kong has an ageing population, with the longest life expectancy in the world. This creates both new opportunities, due to an expanding pool of older human capital, and new challenges for the city. With a generous endowment fund from the Hong Kong Jockey Club Charities Trust, PolyU's Institute of Active Ageing (IAA) has launched a study under the Jockey Club Age-friendly City Project to identify and promote the core features of age-friendliness in Hong Kong, based on the World Health Organisation's framework. The domains covered are outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, and community support and health services. Another aim of the project is to develop a bottom-up community-based intervention to increase public awareness and understanding of the opportunities and challenges created by an ageing population.

The IAA's multidisciplinary research team comprises experts in the fields of social work, design, psychology, nursing, gerontology and social policy. The team collected more than 1,100 completed questionnaires from residents of Kowloon City District and Kwun Tong District from September 2015 to January 2016, and conducted 10 focus groups and various workshops with more than 100 senior-citizen ambassadors between December 2015 and February 2016. The team has also met with District Councils and District Offices to collect information from different perspectives.

The findings underscore the need for the government to recognise and accommodate the diverse needs of senior citizens and empower elderly people from different social backgrounds. In particular, the use of space, transport and the accessibility of health services should be improved to meet the needs of elderly people, and awareness of these needs should be raised in the community. In terms of civic participation and employment, senior citizens require more systematic opportunities for job training and employment, along with forums for volunteering and voicing their opinions.

The IAA Hong Kong Jockey Club Age-friendly City Project Team submitted a poster presentation on an interim report on the Age-friendly Project in two districts – Kwun Tong and Kowloon City – at the Active Ageing Conference in Asia Pacific held on 5 & 6 March 2016 in Fukuoka, Japan. The presentation received the award for Poster of Excellence for its contribution to the enhancement of active ageing in Asia Pacific, and was ranked in the top 5 of 60 presentations submitted.

第三齡進修課程 Mini-U for the Third Age

理大活齡學院一直致力推動長者進修，開辦不同課程，讓第三齡人士享受終身學習的機會，提升退休後的生活質素。活齡學院於6月13日至24日，於理大校園舉辦為期兩星期的「第三齡進修課程」，吸引超過60位長者學生參與，一圓大學夢。

今年的課程內容包羅萬有，學生可選修入門級普通話或韓語，亦可以參與不同主題的課外活動。活齡學院更特意邀請到多位星級講師，與學生分享專業知識及人生經驗。於完成課程後，長者學生於7月17日舉行的畢業禮中穿上畢業袍，戴上四方帽，在家人朋友的見證下，從主禮嘉賓手上接過畢業證書。

To promote life-long learning and to encourage elderly people to lead active and fruitful lives, the IAA organised a 2-week "Mini-U for the Third Age" programme from 13 to 24 June, which attracted more than 60 elderly students to learn in the university setting.

The IAA arranged a variety of classes with different themes, encouraging the students to make the best use of their time to acquire new knowledge. The students were given the choice of either a Mandarin or a Korean introductory class in the morning, and were then able to attend various educational activities and demonstrations in the afternoon. The IAA invited well known public figures to share their expertise in and life experience of the lecture topics. On completion of the Mini-U programme, the students received a certificate from the officiating guests at a graduation ceremony on 17 July, which was held at PolyU campus to honour the students' achievement and enable them to celebrate this precious moment with their family and friends.

2016年教資會傑出教學獎
University Grants Committee Teaching Award 2016

理大康復治療科學系助理教授魏佩菁博士，喜獲2016年教資會傑出教學獎(新晉教學人員組別)殊榮。魏博士為理大康復治療科學系畢業生，於2012年正式加入理大開展教學生涯。魏博士設計創新的教學方法，加入混合學習、翻轉教室，以及電腦醫學模擬等先進科技教學平台，讓學生培育成專業能力及信心俱備的醫療專才。魏博士於早前亦榮獲醫療及社會科學院2013/14年度學院特設傑出教學表現/成就獎。

Dr Shirley Ngai, Assistant Professor at Department of Rehabilitation Sciences (RS), recently received an esteemed award in the Early Career Faculty Member category of the 2016 University Grants Committee Teaching Award. Dr Ngai is a RS Physiotherapy graduate, and launched her academic career at PolyU in 2012. She has since integrated various innovative pedagogical strategies, such as blended learning, the flipped-classroom approach and computerised medical simulation, into her teaching to help her students to become capable, critical, competent and confident clinicians. Dr Ngai also received PolyU's Faculty/School Award for Outstanding Performance and Achievement in Teaching (FHSS) in 2013/14.

醫療及社會科學院分享科研成就
FHSS Research Highlights

醫療及社會科學院推出名為「FHSS Research Highlights」的網上電子通訊，分享學院研究人員的有趣及創意俱備的科研項目，範疇廣泛，包羅不同科學性題材，包括另類荷爾蒙補充療法、思覺失調症復發、如何識別危險駕駛者，以及遊戲治療於長者身上的應用等。

To showcase its innovative scientific research projects, the FHSS has published an online newsletter entitled "FHSS Research Highlights", which provides information on interesting research projects conducted by the Faculty's researchers. The recent bulletins cover a wide range of scientific topics, such as alternative hormone replacement therapy, schizophrenia relapse, the identification of high-risk drivers and play therapy for the elderly. Stay tuned for more innovative social science and healthcare research!

FHSS Research Highlights:
http://fhss.polyu.edu.hk/ext/research_highlights

教職員消息
Staff News

榮升教授
Congratulations to a new Professor!

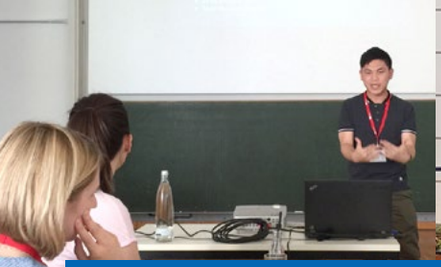
應用社會科學系
Department of Applied Social Sciences

陳曉華教授
Prof Sylvia Chen

BA (Sun Yat-sen); MA (Santa Clara); PgD (CUHK); MPhil (CUHK); PhD (CUHK)

研究興趣：雙語及二元文化的社會心理學、全球化及多元文化、文化背境中的人格及社會行為、社會文化於生病行為及求助模式的影響

Research interests: social psychology of bilingualism and biculturalism; globalisation and multiculturalism; personality and social behaviour in cultural contexts; socio-cultural influences on illness behaviour and help-seeking patterns





2016年世界城市、世界級大學網絡研討會
World Cities, World Class University Network Symposium 2016

世界城市、世界級大學網絡（World Cities, World Class (WC2) University Network），由英國倫敦城市大學於2010年9月牽頭成立，旨在聚集來自全球11間位於世界城市的世界級大學學者、科研人員及學生，就重要的環球課題如運輸、全球健康及文化、可持續性及商業發展，互相交換專業意見及分享最佳模式。

除理大及英國倫敦城市大學外，其他成員大學包括美國紐約城市大學、日本明治大學、俄羅斯聖彼得堡國立技術大學、意大利米蘭理工大學、加拿大懷雅遜大學、德國柏林工業大學、墨西哥大都會自治大學、巴西聖保羅大學，以及南非金山大學。

第一屆WC2研討會於2015年在英國倫敦舉行，獲得空前成功，第二屆的研討會亦已於今年8月8日至12日，在德國柏林圓滿舉行，共有140名來自網絡成員大學，以及兩間非成員大學的學者及學生出席，內容集中探討圍繞全球都市的文化、環境及政治議題。

今屆的研討會以「大學作為都市推動者的角色，邁向落實《新城市議程》」為題，就於今年10月在厄瓜多首都基多舉行的聯合國住房與可持續城市發展會議，暨第三屆人居署會議接納的文件《新城市議程》作出討論。該文件為國家、行政人員及持份者提供建議，以落實多項由聯合國提出的國際議程。研討會將來自全球各地的專家聚首一堂，為參加者提供一個理想平台，討論大學及學術機構於實踐《新城市議程》的角色。

理大作為WC2網絡的重要成員，醫療及社會科學院院長葉健雄教授率領由學術人員、研究人員及學生組成的團隊，代表出席今屆WC2研討會，於全球健康的組別中作出分享，而學院代表於研討會中亦獲益良多。

The World Cities, World Class (WC2) University Network was established by City University of London in the UK in September 2010. The WC2 Network is designed to bring together the expertise of academics, researchers and students from 11 top universities in major cities worldwide to address key urban issues such as transport, global health and culture, sustainability and business.

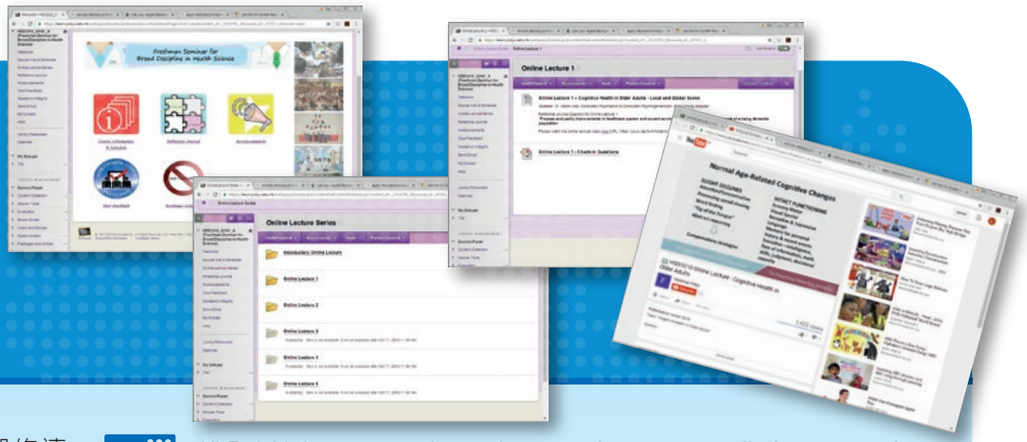
In addition to PolyU, the member institutions of the WC2 Network are City University of London (UK), The City University of New York (USA), Meiji University (Japan), Peter the Great St Petersburg Polytechnic University (Russia), Politecnico di Milano (Italy), Ryerson University (Canada), Technische Universität Berlin (Germany), The Universidad Autónoma Metropolitana (Mexico), Universidade de São Paulo (Brazil) and The University of the Witwatersrand (South Africa).

Building on the great success of the inaugural WC2 Symposium in London in 2015, the second annual WC2 Summer Symposium was held in Berlin, Germany on 8-12 August. This symposium brought together 140 participants from the member universities and two non-member universities to address issues relating to the culture, environment and politics of cities worldwide.

The focus of the symposium, entitled “Universities as Urban Actors: Towards the New Urban Agenda”, was the New Urban Agenda, a draft of the outcome document for adoption at the Habitat III Conference, the third United Nations Conference on Housing and Sustainable Urban Development, held in Quito, Ecuador in October 2016. The New Urban Agenda provides a tool to help national governments, administrators and stakeholders to implement Sustainable Development Goals, the outcomes of the United Nations Framework Convention on Climate Change in Paris and other global agendas. Pooling experts from cities worldwide, the symposium offered an excellent opportunity for participants to discuss the roles of universities and academic institutions in the formulation and implementation of the New Urban Agenda.

As PolyU is one of the key members of the WC2 network, Prof Maurice Yap, FHSS Dean, led a delegation comprising academics, researchers and students from the Faculty to take part in the WC2 Symposium, delivering presentations on the theme of global health in the seminar session. The members of the delegation in turn gained many valuable insights from the contributions of speakers and presenters from around the world.

大一生專題研習課程
Freshman Seminars



所有入讀理大的新生均需於首學年第一期修讀「大一生專題研習課程」，醫療及社會科學院的新生會按其修讀的學科，分別編到不同組別，入讀醫療科技及資訊學系、康復治療科學系、護理學院及眼科視光學院課程的同學，會被編入醫療科學廣泛學科，而修讀應用社會科學課程的同學，則會被編到社會科學廣泛學科。課程目的旨在幫助新生適應大學生活，以及協助他們準備迎接與中學時期截然不同的大學學習模式，同時亦期望他們能對其專業範疇以及未來發展有更深入認識。

將科技應用到教學平台為大勢所趨，於專題研習課程中屬於醫療科學廣泛學科的同學，可以登入電子教學平台，透過互聯網修讀有關課程介紹、學術操守及醫療科學議題的導修課和課堂。學生於觀看短片後，需要完成小型測驗，加深他們對網上課堂的認識。學生亦要提交反思論文，以及問題為本的導修課，最後以小組形式，與來自不同主修專業的同學合作進行研究及滙報研究結果。社會科學廣泛學科的63位同學，則於應用社會科學系教員帶領下參與不同課堂及座談會。

All PolyU first-year undergraduate students are enrolled on compulsory Freshman Seminars in their first semester. The students are divided into groups according to the “broad discipline” of their study programmes. Freshmen enrolled on programmes run by PolyU’s Department of Health Technology and Informatics, Department of Rehabilitation Sciences, School of Nursing and School of Optometry are grouped under the broad discipline of Health Sciences, while their peers on programmes run by Department of Applied Social Sciences (APSS) are under the broad discipline of Social Sciences. The purposes of the Freshman Seminars are to help new students to adapt to and prepare for academic life at university and actively familiarise them with their future professions.

The integration of new technology with teaching allows Health Studies students to log in to the e-learning platform Blackboard to take online tutorial and introductory lectures on course materials, academic integrity and current issues in health sciences. The students are also required to respond to a short test containing a few check-in questions to help them grasp some of the key concepts shown in the lecture videos. In addition, students are asked to submit reflective essays, attend Problem-based Learning tutorials and work on a poster project as a group with students from other professional disciplines to cultivate cross-disciplinary collaboration. The other 63 students from APSS undertake lectures and seminars conducted by the Department’s faculty members.

醫療及社會科學院暑期研究生計劃
FHSS Summer Research Studentship

所有醫療及社會科學院全日制學生，如非修讀課程最後學年，均可參加學院舉辦的暑期研究生計劃。成功參與計劃的學生可得到寶貴的研究經驗，瞭解進行科學研究的流程，以及發掘個人研究興趣。參與計劃的學生將與經驗豐富的科研人員合作，成為研究團隊的一份子，學習科研技巧，包括如何訂定研究問題、建構、設計及執行研究計劃，分析資料及總結研究結果。有興趣善用暑假吸收研究經驗的同學，請密切留意醫療及社會科學院於11月透過網站公佈的詳情。

Full-time undergraduate FHSS students who are not in their final year of study are encouraged to apply for the Faculty’s Summer Research Studentship scheme, which will be open for application in November. This is an excellent opportunity for the students to obtain hands-on experience of the research process and explore their own scientific research interests. The successful students will work closely with experienced researchers as members of research teams, and learn research skills from their mentors. They will be involved in generating research questions, constructing a research plan, designing and implementing a research project, analysing the data generated and concluding the research project. Interested students should look out for updates on the scheme, which will be announced shortly on the FHSS website.

與泰國清邁大學簽署合作諒解備忘錄
Signing of Memorandum of Understanding with Chiang Mai University

醫療及社會科學院積極與海外大學及學術機構建立合作夥伴關係，推動學生交流、以及科研及學術合作。醫療及社會科學院院長葉健雄教授於7月27日前赴泰國，與清邁大學輔助醫療科學院院長Wasna Sirirungsi博士，簽署合作諒解備忘錄，加強雙方合作。Sirirungsi博士於2015年12月亦曾率領其學院學術人員，到訪醫療及社會科學院。

FHSS is keen to collaborate with overseas universities and other institutions on student-exchange, research and academic programmes. On 27 July, Prof Maurice Yap, FHSS Dean, signed a Memorandum of Understanding with Dr Wasna Sirirungsi, Dean of the Faculty of Associated Medical Sciences at Chiang Mai University in Thailand, to strengthen collaboration between the two faculties. In December 2015, prior to the signing of the memorandum, Dr Sirirungsi and a delegation from her faculty had visited the FHSS.

醫療及社會科學院2015/16學院特設傑出表現/成就獎
FHSS Faculty Awards/Prizes for Outstanding Performance/ Achievement 2015/16

為表揚學院人員於教學及研究的出色表現，醫療及社會科學院公佈2015/16年度學院特設傑出表現/成就獎得主，詳情如下：

In recognition of its members' distinguished achievements in teaching, research and scholarship, the FHSS is pleased to announce the recipients of the Faculty Awards/Prizes for Outstanding Performance/Achievement in 2015/16, as follows.

學院特設傑出教學表現/成就獎
Faculty Awards in Teaching

組別 Category	得獎者Awardee
個人 Individual	醫療科技及資訊學系導師劉詠思博士 Dr Josephine Lau, Instructor, Department of Health Technology and Informatics
團隊 Team	人體解剖學 (HSS2011)教學團隊 Teaching team for the Faculty-hosted subject Human Anatomy (HSS2011) 康復治療科學系副教授曾偉男博士 (團隊領導) Dr William Tsang (Team Leader), Associate Professor, Department of Rehabilitation Sciences

學院優秀教學獎
Faculty Prizes in Teaching

組別 Category	得獎者Awardee
個人 Individual	醫療科技及資訊學系助理教授羅嘉慧博士 Dr Helen Law, Assistant Professor, Department of Health Technology and Informatics
個人 Individual	康復治療科學系副教授伍尚美博士 Dr Shamay Ng, Associate Professor, Department of Rehabilitation Sciences
個人 Individual	應用社會科學系助理教授胡嘉如博士 Dr Florence Wu, Assistant Professor, Department of Applied Social Sciences

學院特設傑出研究表現/成就獎
Faculty Awards in Research and Scholarly Activities

組別 Category	得獎者Awardee
個人 Individual	應用社會科學系教授梁敏教授 Prof Cynthia Leung, Professor, Department of Applied Social Sciences
團隊 Team	應用社會科學系教授潘毅教授 (團隊領導) Prof Pun Ngai (Team Leader), Professor, Department of Applied Social Sciences

專訪醫療科技及資訊學系劉詠思博士
Interview with Dr Josephine Lau, Department of Health Technology and Informatics

醫療科技及資訊學系導師劉詠思博士，榮獲醫療及社會科學院2015/16年度學院特設傑出教學表現/成就獎，劉博士於2003年出任護理學院助教一職時亦曾榮獲相同獎項。

所有入讀醫療及社會科學院的醫療專業學科學生，均須於第一學年修讀核心科目：人體解剖學。劉博士就是科目教學團隊的其中一位重要成員，同時她亦任教醫療科技及資訊學系醫療化驗科學中的病理生理學一科，以及負責教導學生進行實驗的技巧及數據分析。

Department of Health Technology and Informatics (HTI) Instructor Dr Josephine Lau recently received the Faculty Award for Outstanding Performance/Achievement in Teaching for 2015/16. Dr Lau received the same award for her tutoring work at School of Nursing in 2003.

All FHSS freshmen studying health-science disciplines are required to take the core subject Human Anatomy in the first semester of their first year of study. Dr Lau is one of the key members of the subject's teaching team, and also teaches the subject to Pathophysiology students at HTI. In addition, Dr Lau is responsible for supervising the hands-on practical techniques and data interpretation required for clinical training of HTI students.

提起人體解剖學或病理生理學，相信各位都會第一時間想到那些既冗長，又艱澀的醫學名詞，加上人類身體結構複雜，器官、骨骼、肌腱，以及各身體系統相互聯接，錯綜複雜，很難記進腦袋，直覺上是一門很難修讀的學科。

劉博士分享教學心得說：「曾經有位老師和我說過，無論是站在老師立場教導，還是作為學生學習，如果接觸人體解剖學或病理生理學時，只是單純地將書本資料硬啃到腦袋，毫無疑問絕對是十分枯燥乏味的事情。但如果師生都能夠重點探討身體各部份的功能與運作，繼而了解病理及病患的演變過程，做到融會貫通，活學活用，教與學都會變得有趣味，而對於醫療專業學生而言，亦是將來執業時十分重要的基礎。」

劉博士認為老師本身要對任教的科目有透徹的認識外，亦要追上時代步伐，與時並進，將最新教學科技應用到幫助學生掌握知識之上。劉博士說：「為了切合學生的需要，我們團隊花了不少時間鑽研不同的科技教學平台如MOOC、Flipped Classroom、Clickers等，為的就是鼓勵學生備課及積極參與課堂討論，而透過學生的即時反應，老師可以了解到學生的學習進度，以及作出即時回應。」

於課堂以外，劉博士亦主動與學生溝通，關心的不只是學生的學習情況，而是希望可以透過個人化的了解接觸，幫助學生訂立清晰的目標，激發起他們的原動力，明白及相信各人的內在潛能。任教多年，劉博士笑言不少學生已經成家立室，關係由師生與變成老朋友。

談及教學理念，劉博士表示：「抽象點來說，我覺得在這世界上發生的每一件事，就好像於這空間中的一個點一個點，老師無論於課堂內外的責任，就是提示學生如何將不同的點用線連繫起上來，建組成一個一個有意思的知識方塊，其後老師的進一步的責任就是教導他們將這些方塊組織起來，建構一個不同的立體形狀。我相信如果學生擁有將點變成線，線變成方塊，方塊再變成立體空間的能力，他們無論於學習過程還是人生過程中，都能夠從多方位、多角度去立體化分析和欣賞不同事情，將會受用終身。」

Whenever "human anatomy" and "pathophysiology" is mentioned, images of long words and difficult medical terminology is conjured up. You may feel that this subject which requires understanding of complex organ systems including bones, muscles and body structures is inherently difficult to learn and remember.

Dr Lau believes that if you simply bombard your brain with facts rather than integrating facts with a practical aspect, it would be very difficult to understand and remember. You will soon find the topic uninteresting and too detached from reality to understand. But if a teacher is able to facilitate her students' understanding by integrating facts with the functions of each aspect of the body, then the study of pathology and evolution of disease states will become fascinating areas of study. Not only is this important academically, but a good understanding of the fundamentals of anatomy and pathophysiology is an essential aspect in the practice of health sciences, and therefore of paramount importance for students in this field.

Dr Lau has found that in addition to having a broad knowledge of relevant subjects, keeping abreast of technological developments and integrating these advancements into her teaching has enabled her to communicate with and motivate her students to further their learning. "Our team has endeavoured to incorporate new information-technology platforms into classes, such as Massive Open Online Courses, the flipped-classroom approach and Clickers. We wish to encourage students to actively prepare for and participate in their lectures. Students' real-time responses enable teachers to assess their progress and receive feedback immediately," said Dr Lau.

Communicating effectively with her students, even outside the classroom is also something which Dr Lau is known for. Her interest in her students is not limited to their academic progress; she also helps them to establish clear goals for future development, and she takes great responsibility in befriending and motivating her students and developing all areas of their potential.

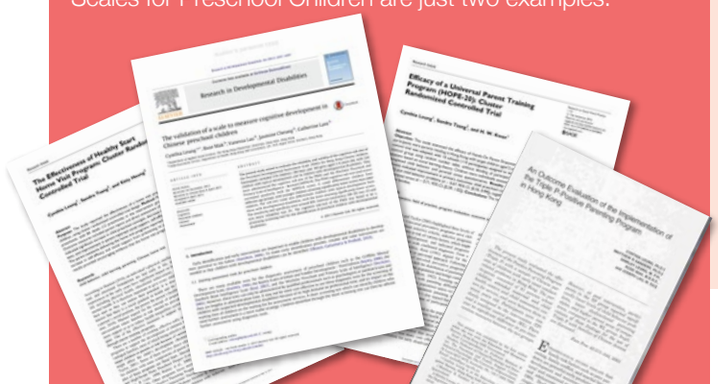
Dr Lau describes her lifelong teaching philosophy rather like an architect would describe transcribing a 2-D image into a 3-D structure. "Events, or isolated incidences are rather like the points on a sketch, they occur in a single dimension. The job of a teacher is to facilitate her students to enable them to link these points with pathways, rather like neural networks in the brain, only then can the students transcribe these pathways into images, and from these images, create a 3-D structure which makes sense in their everyday lives. If students are able to apply this analytical concept into all disparate pieces of knowledge obtained in the classroom, then they are equipped to learn anything in a multi-dimensional fashion," said Dr Lau.

專訪應用社會科學系梁敏教授

Interview with Prof Cynthia Leung, Department of Applied Social Sciences

理大應用社會科學系梁敏教授，榮獲醫療及社會科學院2015/16年度學院特設傑出研究表現/成就獎。梁教授的研究重點範疇為「親職教育」，尤其針對本港基層及弱勢社群家庭的親職壓力。於過去多年，梁教授一直與政府部門、非政府組織及幼稚園合作，進行多項親職教育科研項目，取得豐碩成果，並推展到社會獲廣泛應用，當中包括：衞生署家庭健康服務於2003年納為常設課程的「3P親子正策課程」、與衞生署於2014年合作發展的全港首套本地研發《香港學前兒童綜合發展量表》等，均是梁教授與團隊的心血結晶。

In recognition of her outstanding research output in the field of human services, the FHSS takes great pleasure in presenting Prof Cynthia Leung of Department of Applied Social Sciences with the Faculty Award for Outstanding Performance/Achievement in Research and Scholarly Activities for 2015/16. Prof Leung's research interests lie in parenting education, with a special focus on the parenting stress experienced by low-income and disadvantaged families in Hong Kong. Prof Leung works closely with government departments, non-governmental organisations and kindergartens to implement various projects relating to parenting. Many of her projects have been widely adoptefd and benefited many families in need; a 2003 project entitled "Positive Parenting Programme" and a 2014 project on Hong Kong Comprehensive Assessment Scales for Preschool Children are just two examples.



梁教授認為，由於幼童改變周遭成長環境的能力有限，所以要讓他們健康成長以及避免家庭問題發生，社會要由父母的親職教育著手，於有需要時提早介入，及時處理，這亦是社會服務科研項目的價值所在。

人本服務的科學研究，顧名思義，項目均以人為重要基礎，科研人員不能單靠個人之力，於實驗室或儀器前獨自完成。梁教授認為，項目成功關鍵除在於內容的質素外，更取決於能否獲得合作夥伴的信任和支持，以及與服務對象保持互動和交流，而整個研究團隊的合作更有不可或缺的重要性。梁教授表示：「人本服務的科研需時較長，研究人員對項目的投入感及熱誠十分重要。我著重與團隊成員一起設計及發展項目內容，鼓勵各成員積極參與，從而對項目產生一份歸屬感，更重要是讓各成員知道他們並不是在當我的助手，而是項目的真正擁有人。」

何謂一個有影響力的高質素研究？梁教授認為研究結果要具備實用性，不但能為項目參與者的個人發展帶來正面影響，更理想是改變社會，以及最後能影響到政策的制訂和發展。梁教授說：「社會問題可以從多方位、多角度去探討，處理一個問題時往往有多種不同方法，然而由於資源有限，優質高應用性的科研就能提供實證支持，為有關機構組織提供循證為本的方向，集中資源去幫助有需要的一群。此外，我認為成功的項目亦要具有持續性的特質，能夠推展到不同層面應用，以及不斷隨時間發展及優化。」

梁教授多年來得到政府部門和不同機構的支持，進行多項研究。梁教授認為，研究人員於訂立研究方向及撰寫計劃時，必須要清楚明白合作機構的要求及需要，於計劃中提供實據支持論點，言之有物尤為重要。梁教授分享：「科研是一項有趣的工作，但研究人員必須對進行的項目有信心、有熱誠才可以樂在其中，切忌為做研究而做研究。」

Prof Leung believes that toddlers have limited power to change their environment, and that the responsibility for their development lies with their parents. She argues that good parenting education should be provided, as this enables many family problems either to be avoided altogether or to be dealt with at an early stage. This is just one illustration of the contribution made by human-service research to society at large.

As its name suggests, human-services research emphasises the importance of human relationships, and thus cannot be carried out with laboratory equipment alone. Prof Leung explained that although the relevance of a research topic is vital to successful research, cooperation within the research team and mutual trust and support between researchers, partners and service recipients are equally important. "Human-services research usually takes a long time to complete, so the research team must be dedicated to and passionate about the topic. To motivate the members of my research teams, I usually develop projects with them, taking into account their opinions and suggestions. This gives them a sense of ownership; it is very important for them to know that they are not merely helping me to carry out the project, but are the real owners of the project."

How should the value of social-science research be assessed? Prof Leung stated that the research outcomes should be useful and practical, benefiting not only the research participants but society at large, and ultimately influencing policy formulation and development. "Social problems can be addressed from various perspectives, and there are always many possible solutions. To better deploy limited public resources, high-quality and practical social-science research facilitates evidence-based practice by offering concrete scientific data that enable relevant authorities and organisations to help those in need. In addition, successful research should be sustainable and highly adaptable and have the potential to evolve with time."

Prof Leung has received ongoing support from the government and other organisations to conduct an array of studies over several years. To effectively solicit funding and support, researchers should have a full understanding of the requirements and needs of partner organisations before drafting research proposals, and provide ample and appropriate evidence to support their research aims. "Conducting scientific research is very challenging, but also very interesting. Researchers should be confident in and passionate about their projects; most importantly, they should not conduct research without a purpose," said Prof Leung.

醫療及社會科學院學術人員出席聯合國國際減災戰略署高級論壇

FHSS Faculty Member Participates in UNISDR High Level Forum

根據國際統計數字，於2050年，全球將有三分二人口，即約60億人，屆時將集中居住於城市。在面對自然災害的威脅時，城市將首當其衝，第一時間直接受到災害影響。居住於城市的民眾，無可避免地成為面對災害及承受其影響的第一群，需要作出即時反應。城市的管理當局，必須要加強城市面對災害的抗逆力，減低城市基礎建設及經濟於面對災害時的受到破壞的機會，保護居民避免現時與未來有可能發生的危機。各地政府亦應透過相互合作、長遠計劃及投放資源，就此大議題作出即時介入及周詳安排。

According to global statistics, up to two thirds of the world's population, or some 6 billion people, will be living in cities by 2050. Cities will act as first responders to the threat and consequences of disaster, and urban populations will undoubtedly experience the effects of disaster first hand. City authorities must build urban resilience to reduce the vulnerability of their cities' infrastructure and economy to disasters and to protect residents from current and future risks. Immediate intervention by local governments in the form of cooperation, planning and investment is thus essential.

聯合國國際減災戰略署夥拍意大利政府及佛羅倫斯市，於6 月16日及17日，假佛羅倫斯市政廳舉行高級論壇，商討如何地方層面落實《仙台框架》。出席論壇的人士包括多國高級政府人員、政策制訂者、各地政府官員、私人機構代表、專家及不同界別的持份者，共同確立建設都市抗逆力的方向，以及深化各地於災害減少的政策。

究竟香港於面對災害的抗逆力如何？理大應用社會科學系副教授沈文偉博士，早前成立一個由理大專家，以及本港葵青安全社區及健康城市協會前線人員組成的特別工作團隊，透過多方位的研究方式，包括分析文獻資料、焦點研究小組會面，以及與重要人物進行個別訪談後，得出圓滿的研究結果。

沈博士獲聯合國國際減災戰略署之邀請，前赴意大利於高級論壇中，詳細介紹其於分析香港災害抗逆力時應用的嶄新由下而上研究框架，並分享研究所得。沈博士及團隊發現香港於應付災害的抗逆力整體而言令人滿意，本港的強勢在於採取積極進取的行動保護自然生態，社會亦擁有理想的回復力。然而，香港缺乏災害危機評估基制，以及缺少明白及借鏡災害情境作出反思的策略。此外，由於本港暫未有完善基制讓持份者分享面對災害的知識及技能，於機構層面的抗逆力亦有改進空間。

The United Nations Office for Disaster Risk Reduction (UNISDR) partnered with the Italian government and Florence city authorities to organise a High Level Forum on Implementing the Sendai Framework for Disaster Risk Reduction at Local Level at Florence's City Hall on 16-17 June 2016. Senior national government officials, policy makers, local government authorities, private-sector representatives, experts and other stakeholders from across the world were invited to the forum to discuss directions for building local and urban resilience and consolidating disaster risk reduction policies.

To determine whether Hong Kong is a disaster-resilient city, Dr Timothy Sim, Associate Professor at PolyU's Department of Applied Social Sciences, created a task force comprising academics from PolyU and front-line practitioners from the Kwai Tsing District Safe Community and Healthy City Association. The team used a mixed-methods approach, combining documentary review, focus-group interviews and individual interviews with key informants, which yielded some very fruitful results.

Dr Sim was invited by UNISDR to share his creative bottom-up framework for examination of Hong Kong's disaster resilience and to present the preliminary results of the first round of resilience assessment at the High Level Forum in Florence. Dr Sim and his team revealed that the integrated performance of disaster resilience in Hong Kong is satisfactory. Particular strengths lie in Hong Kong's proactive protection of natural ecosystems and solid social capacity for resilience. However, the most obvious shortcomings preventing the city from qualifying as resilient are inadequate risk-identification mechanisms, a lack of strategies for understanding and leveraging current and future risk scenarios and a relatively weak institutional capacity for resilience, such as the lack of an effective mechanism for the sharing of knowledge and skills among stakeholders in disaster resilience.

理大與中國北京大學及美國芝加哥大學合作推動中國社會工作教育及科研發展

PolyU Collaborates with Peking University and the University of Chicago to Promote Social Work Education and Research in China

理大應用社會科學系於9月1日，與中國北京大學(北大)社會學系及美國芝加哥大學(芝大)社會服務管理學院展開為期五年的合作計劃，開展儀式得到香港特區政府勞工及福利局局長張建宗GBS太平紳士蒞臨主禮。根據理大、北大及芝大簽署的諒解備忘錄，三校將致力推動中國的社會工作、社會福利和社會政策方面的研究生教育與研究工作，以及促進這方面的國際合作，並鼓勵三校學生和學者進行交流。超過130位學者、社工及持份者出席是次開展儀式。是次合作亦有賴包陪慶基金會和靜暉投資，合共撥款300萬美元支持計劃的推展。

PolyU's Department of Applied Social Science (APSS) entered into a 5-year collaboration with the Department of Sociology at Peking University (PekingU) and the School of Social Service Administration at the University of Chicago (UChicago) on 1 September. The Honourable Matthew Cheung, GBS, JP, Secretary for Labour and Welfare of the Hong Kong SAR Government, was invited to officiate at the launch ceremony. In a Memorandum of Understanding signed by PolyU, PekingU and UChicago, the three universities agreed to advance the development of graduate education and research in social work, social welfare and social policy in mainland China, in addition to forming three-way student and scholar exchanges between the universities. More than 130 leading academics, professionals, including social work professionals, and stakeholders attended the launch ceremony. The initiative was enabled by a generous donation of US$3 million from the Anna Pao Sohmen Foundation and Iris Pacific Investment.

醫療及社會科學院學生再度榮獲創新科技獎學金

FHSS Students Receive Innovation and Technology Scholarship Award

為鼓勵學生培育對科學及嶄新科技的興趣，香港青年協會主辦「創新科技獎學金計劃」，並得到香港特區政府創新科技署，以及香港上海滙豐銀行有限公司的贊助支持。

四位理大本科生榮獲本年度頒發之獎學金，而全部四位均為醫療及社會科學院同學。每位得獎同學獲頒發港幣15萬元獎學金，以資助他們參與不同的培訓項目，包括導師計劃、服務項目計劃，以及本地及海外實習計劃。

To nurture students' passion for science and technology, the Hong Kong Federation of Youth Groups organised an Innovation and Technology Scholarship Award Scheme, sponsored by the Innovation and Technology Commission of the HKSAR Government and Hongkong and Shanghai Banking Corporation Limited.

Four outstanding PolyU undergraduate students received the scholarship award this year, and all were from the FHSS! The awardees each received a scholarship worth up to HK$150,000 to study overseas, and they will also participate in mentorship programmes, service projects and local/mainland internships.

得獎學生 Awardee	醫療及社會科學院學系/學院 (主修課程) FHSS Department/School (Study Programme)
陳懋昇先生 Mr Chan Mui Sing	康復治療科學系 (物理治療) Department of Rehabilitation Sciences (Physiotherapy)
葉曉彤小姐 Miss Ip Hiu Tung, Joan	康復治療科學系 (物理治療) Department of Rehabilitation Sciences (Physiotherapy)
楊凱婷小姐 Miss Yeung Hoi Ting	康復治療科學系 (物理治療) Department of Rehabilitation Sciences (Physiotherapy)
鄭為潔小姐 Miss Anita Ongky	醫療科技及資訊學系 (放射學) Department of Health Technology and Informatics (Radiography)

護理學院舉行耆年護理會議
School of Nursing Hosts Conference on Gerontological Nursing

由理大護理學院賴錦玉教授倡導成立的耆年護理中心，旨在將長者護理的科研、實務及教育三個範疇結合，促進年長人士的身心健康。耆年護理中心於5月27日舉行以「轉化證據為影響力：建立照顧體弱人群的行動方案」為題的會議，共400名來自世界15個不同地方的護理專家、科研人員、臨床專家、政策制定者及學者出席。大會邀請到香港特區政府食物及衞生局副局長陳肇始教授太平紳士，以及醫院管理局主席梁智仁教授SBS太平紳士，聯同理大醫療及社會科學院院長葉健雄教授，以及理大護理學院學院主任莫禮士教授擔任主禮嘉賓。

Led by Prof Claudia Lau of School of Nursing (SN), the Centre for Gerontological Nursing (CGN) is an important unit under SN, integrating gerontology research, practice and education to promote elderly health. CGN hosted a conference themed “Translating Evidence into Impact: Creating a Road Map in Caring for the Frail” on campus at PolyU on 27 May. The conference was attended by 400 health-care professionals, researchers, clinicians, policy makers and educators from more than 15 countries. Prof Sophia Chan, JP, Under Secretary for Food and Health of the Hong Kong SAR Government, and Prof John Leong, SBS, JP, Chairman of Hong Kong’s Hospital Authority, were the officiating guests, along with Prof Maurice Yap, Dean of the FHSS, and Prof Alex Molasiotis, Head of SN.

護理學院開辦性治療服務
School of Nursing Manages Sex-Therapy Clinic

服務詳請請瀏覽：
More information can be found at:
http://sn.polyu.edu.hk/filemanager/common/services/ihc_sextherapy.pdf.

理大護理學院轄下的結合保健中心，由註冊護士主理，為應診人士提供中西醫護及不同輔助替代療法，同時亦為護理研究及教育培訓的結合平台。

結合保健中心設立性治療服務，由資深註冊護士及專業治療師，為學校提供青少年性教育、社區講座，以及為夫婦或伴侶提供性愛輔導及治療。護士及治療師按應診者情況教導他們克服性障礙，並給予意見改善他們的親密關係。結合保健中心亦會協助有需要人士評估及處理性慾望障礙、性興奮障礙及性交疼痛問題。

The multi-disciplinary healthcare team at SN’s Integrative Health Clinic (IHC), a nurse-led centre for health services, nursing research and education, offers clients holistic care through the integrated use of conventional Western and Eastern healthcare modalities and complementary therapies.

IHC recently established the Sex Therapy Clinic to provide sex education in schools, sex-life talks in the community and sex counselling and therapy for couples, all conducted by experienced registered nurses and certified sex therapists. The therapy sessions help couples to identify difficulties in their love lives and discover new sexual techniques to improve their physical intimacy and connection. The clinic also provides assessment and management strategies for sexual-desire disorders, sexual-arousal disorders and pain disorders in sex.

眼科視光學院協辦第10屆亞洲區角膜及隱形眼鏡會議
School of Optometry Co-organises 10th Asia Cornea and Contact Lens Conference

於4月28日及29日，理大眼科視光學院協辦第十屆亞洲區角膜及隱形眼鏡會議。會議於香港會議及展覽中心舉行，邀請到港島西醫院聯網總監陸志聰醫生蒞臨主禮，並由五位本地及國際學者發表主題演講。約300名來自世界各地的學者、研究人員、業界人士出席，並於業界專題演講及論文發表環節中，交流探討角膜及隱形眼鏡專業的最新科研發展。

School of Optometry co-organised the 10th Asia Cornea and Contact Lens Conference at the Hong Kong Convention and Exhibition Centre on 28-29 April 2016. The launch ceremony was officiated by Dr Luk Che-chung, Cluster Chief Executive of the Hong Kong West Cluster, and five local and international experts were invited to deliver keynote lectures at the conference. Approximately 300 academics, researchers and industry practitioners from various countries shared their expertise and latest findings in cornea and contact-lens practice at the conference. Scientific-paper sessions, poster presentations, industrial sessions and exhibitions were held concurrently.

"Born2fɛat"

每年的醫療及社會科學院會，均由一班有熱心、有熱誠的學生組成，舉辦不同類型的活動讓同學參與，加強他們對學院的歸屬感，亦促進不同人本服務及醫療健康專業的同學的認識及相互交流。此外，院會亦為學生、教職員及學院之間的重要橋樑。

院會幹事會成員來自學院轄下五個學系/學院，顯示醫療及社會科學院同學的團結。今年幹事會特別取名為Born2fɛat，包含了「2」字外，而由於「Feat」與「Three」發音相近，代表今屆為第23屆的幹事。此外，「Born」與「Bond」的發音亦相近，代表院會希望加強學院內同學的聯繫，以完成功績創舉(Feat)。幹事會更別出心思地以希臘文「ε」(belongs to)以代替「Feat」中的「e」，表示將盡力為同學建立一個互相交流的平台，凝聚各學系/學院的同學，對學院產生歸屬感。

Born2fɛat　已於今年8月19日至21日為學院新生舉辦迎新營，當中精心設計了多項團體合作遊戲，讓新生們互相認識，與自己本系及其他學系的同學交流，體驗大學精彩的生活，期望各位能將跨專業的溝通及交流一直不斷深化。

Born2fɛat將會為同學呈獻多元化的活動，其中包括以『生命之旅』為主題的「醫社週」，宣傳健康訊息外，亦讓同學體驗人生各階段常見的疾病，其他更包括每年盛事歌唱比賽及賣物會等，請各位密切留意院會的最新活動消息！

Every year, several passionate FHSS students come together to form the FHSS Students' Association (FHSSSA), with the sole focus of serving their fellow FHSS students by organising a range of fun and exciting activities throughout the academic year that foster close connections between students from human- and health-service disciplines. The FHSSSA also plays an important role in bridging the gap between FHSS faculty members and students.

The members of the FHSSSA are drawn from the Faculty's five constituent departments/schools, representing the unity of all FHSS students from social-science and healthcare disciplines. As the 2016 FHSSSA is the 23rd such cabinet, the members have named themselves "Born2fɛat", which contains the numbers "2" and "3" (as the pronunciation "feat" is similar to that of "3"). The name also carries double meanings indicating the members' dedication to their cause: "Born (Bond) to (2) accomplish remarkable achievements (feats)". To emphasise the connection between the FHSS and its students, the committee also chose to replace the English "e" in "feat" with the Greek letter "ε" (epsilon, denoting "belongs to").

Born2fɛat has just finished hosting an orientation camp for freshmen on 19-21 August, enabling them to celebrate the milestone of their matriculation with lots of fun and laughter. A range of team-building activities were organised to allow freshmen from different social-science and healthcare disciplines to get to know each other. This will ultimately help to promote cross-disciplinary communication and collaboration among FHSS students and scholars.

In the not-too-distant future, Born2fɛat will present members with a series of fun yet educational activities, such as a Health Week with the theme "A Journey of Life" to promote health and well-being, a singing contest and a mega-sale. Stay tuned for more information!

2016年度新生平均入學成績
Average HKDSE Scores for FHSS Programmes in 2016

醫療及社會科學院提供的課程一直為不少中學生首選課程，吸引不少充滿熱誠、有志服務社會及具優秀成績的學生報讀。一如以往，入讀醫療及社會科學院的新生，於香港中學文憑考試獲得優異成績，多個課程的收生成績更為理大總新生成績的前茅。

FHSS programmes attract students who are dedicated to serving the community, and those capable of producing outstanding examination results. As in previous years, the average HKDSE scores of FHSS freshmen were among the highest at PolyU.

學士學位課程 Degree Programme	入學成績計算方法 Admission Score Calculation Mechanism	最低分數 Minimum Score	最高分數 Maximum Score	平均入學成績 Average DSE Score Total	全部科目總計平均入學成績 Average DSE Score Total of All Subjects
應用社會科學系 Department of Applied Social Sciences					
社會科學 – 廣泛學科* Social Sciences – Broad Discipline*	4 Core + 1 Best Elective	22	23	**22.1**	26.3
社會政策及行政學 Social Policy and Administration	4 Core +1 Best Elective	17	23	**20.9**	24.3
社會工作 Social Work	4 Core +1 Best Elective	23	24	**23.4**	28.5
醫療科技及資訊學系 Department of Health Technology and Informatics					
醫療化驗科學 Medical Laboratory Science	Any Best 5 Subjects	25	33	**28.4**	38.2
放射學 Radiography	Any Best 5 Subjects	26	33	**28.2**	38.8
康復治療科學系 Department of Rehabilitation Sciences					
職業治療學 Occupational Therapy	Any Best 5 Subjects	27	31	**28.5**	37.4
物理治療學 Physiotherapy	Any Best 5 Subjects	27	35	**29.9**	40.5
護理學院 School of Nursing					
精神健康護理學 Mental Health Nursing	Chinese + English + Best 3 Subjects	22	26	**22.6**	28.3
護理學 Nursing	Chinese + English + Best 3 Subjects	22	28	**23.9**	31.0
眼科視光學院 School of Optometry					
眼科視光學 Optometry	Any Best 5 Subjects	25	32	**27.5**	37.1

以上分數不包括非學術表現計劃之收生成績，只供參考之用。
The above scores exclude Non-Academic Achievement Scheme offers, and are for reference only.

查詢香港中學文憑考試學生的入學成績計算方法，請瀏覽http://www.polyu.edu.hk/study
For admission-score calculations for HKDSE applicants, please visit http://www.polyu.edu.hk/study.

香港中學文憑考試分數計算 Calculation of HKDSE Scores				
5** – 7 分points	5* – 6 分points	5 – 5 分points	4 – 4 分points
3 – 3 分points	2 – 2 分points	1 – 1分point	Unclassified – 0分 points

*此課程已陸續停辦，最後收生年度為2016年。This programme is phasing out with the last intake in 2016.