

# Your **BIG** or **small** Donation will make an **Impact!**

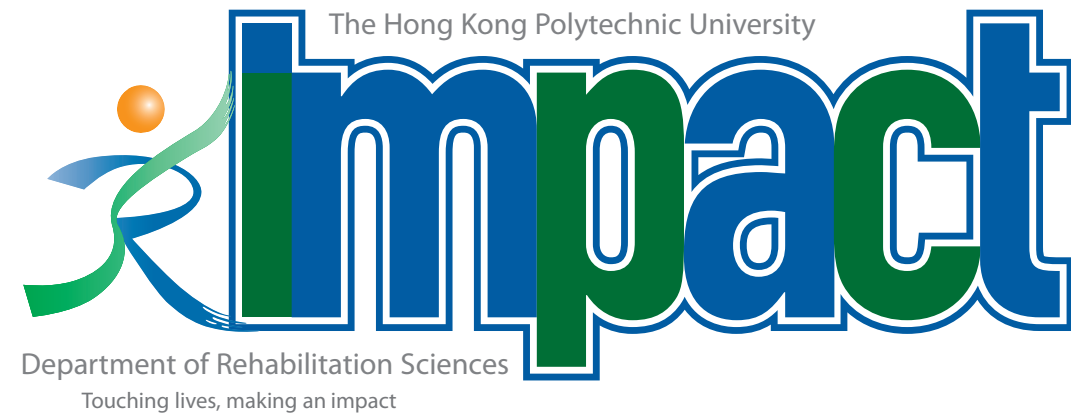
The Department of Rehabilitation Sciences (RS) has been providing high-quality internationally benchmarked entry-level education to occupational therapists and physiotherapists for 30 years. Our graduates are competent professionals serving clients in Hong Kong, Mainland China, and many other countries. We also offer excellent opportunities to practitioners and researchers to pursue further education from a disciplinary-specific or multidisciplinary perspective in rehabilitation sciences. In order to achieve its mission of providing high-quality education and mediating professional development, our Department still has a lot to do in the future. Your support is vital to facilitate this process!

Please offer your support by making a donation. Your donation, no matter whether big or small, will make an impact on the future of rehabilitation in Hong Kong and throughout the world.



## Donation Form

Name: _____ Prof. / Dr. / Mr. / Mrs. / Ms. / Miss	
Address: _____	
Contact Tel. No.: _____	Email: _____
Company: _____	Position: _____
Year of Graduation: _____ (For RS alumni only)	
Donation Amount: _____	
<p>I wish to contribute to the development of RS; please allocate my donation for the following purpose(s). (Please add a "✓" where appropriate)</p> <p><input type="checkbox"/> Research conducted by RS</p> <p><input type="checkbox"/> RS student development</p> <p><input type="checkbox"/> At the discretion of RS</p> <p><input type="checkbox"/> Other (Please specify): _____</p>	
<p>Please make your cheque payable to:  <b>THE HONG KONG POLYTECHNIC UNIVERSITY</b>                  and mail it to:                  Department of Rehabilitation Sciences                  The Hong Kong Polytechnic University,                  Hung Hom, Hong Kong</p> <p>** A donation receipt will be issued by the University for tax deduction purposes</p>	
Signature: _____	Date: _____



SUMMER / 2010

## Cover Story

# RS innovative invention wins **AWARD** in **Geneva**

The 38th International Exhibition of Inventions of Geneva was held during April 21-25, 2010, with exhibitors from 45 countries presenting more than 1,000 new inventions and products. This year, PolyU researchers brought home two gold medals, three silver and one bronze from this international event despite the standstill in air traffic arising from the volcanic eruption in Iceland. All medal awardees received high recognition for their outstanding achievement in their respective fields.

One of the silver medals was granted to Dr Xianna Guo's project "Rapid Ultrasonic Decalcifier". This breakthrough stems from the collaboration between the Department of Rehabilitation Sciences and the Department of Health Technology and Informatics, and is based on a novel technique designed to accelerate the process of bone decalcification for pathological diagnosis or bone-grafting in orthopaedic or plastic surgeries. Bone decalcification, or the



Dr Guo introducing her award-winning invention



removal of calcium ions from the bone, is a key step for softening bones to be processed into thin sections for microscopic investigation. While traditional procedures are complicated and take months to complete, this new method can achieve decalcification within a few days or even hours.

The Rapid Ultrasonic Decalcifier operates using a custom-made ultrasound machine and foaming agent. The patented, built-in system has an end-point detection and temperature controlling function which prevents deterioration of biological properties of decalcifying bone.

The granting of this award in a large-scale international event testifies to the efforts and dedication of Dr Guo and her research team. Let us once again congratulate Dr Guo for her tremendous accomplishment!

Also in this issue:



Rehab experts introduce newly invented products in the Technology Networking Seminar p.2



Sandplay: A New Dimension in Psychotherapy p.3

Staff Activities

# Rehab experts introduce newly INVENTED PRODUCTS in the Technology Networking Seminar

Professor Cecilia Li, Dr Xianna Guo, and Dr Kenneth Fong were invited to introduce their newly invented products to members of the Hong Kong Medical and Healthcare Device Industries Association in the Technology Networking Seminar, organised by the Product Development Office (PDO) of our university.



Professor Cecilia Li (left) and Dr Kenneth Fong (right) introduce their products to Mr Eddie Lee (middle), a member of the Hong Kong Medical and Healthcare Device Industries Association

The theme of the seminar was "Revolutionary Medical Devices for Better Living". During the seminar, Professor Li, Dr Guo, and Dr Fong presented their products, including the Smart Pressure Monitored Suit (SPMS), the Ultrasonic Decalcification Machine, and the Sensory Cueing Wristwatch for Stroke Rehabilitation.



Members of the association visiting Centre for East-Meets-West in Rehabilitation Sciences

The members showed great interest in these newly invented products, asking many questions at the seminar about the possibilities of their commercialisation. After the seminar, they acquired a deeper understanding of the inventions through visiting the research laboratories of the RS department. During their visit, the members of the association observed a hands-on demonstration of the products. They were very impressed by the efforts of these researchers to develop their innovative products.

## SANDPLAY

# A New Dimension in Psychotherapy

Dr Vinci Cheung (Assistant Professor)

### What is sandplay therapy?

Sandplay therapy was first developed by Swiss psychologist Dora Kalff in her therapeutic work with children in the 1950s. It is a non-verbal therapy using sand, water, and miniatures for clients to express themselves through sand art.

### How can sandplay therapy help?

As sand can be shaped and moulded, it is a medium that encourages three-dimensional free expression and mind-body integration.

THE THERAPEUTIC EFFECT takes place as the client produces a sand picture under the guidance of a trained sandplay therapist over a number of sessions (from 1 to 50) for up to three years.



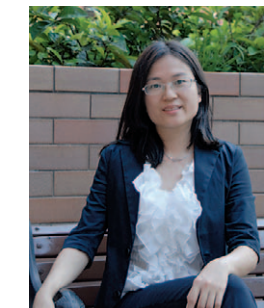
Sandplay is both therapeutic and fun

### Research evidence for the efficacy of sandplay therapy

Sandplay therapy is considered effective for alleviating emotional disturbances, especially subtle but long-lasting depression, across all age groups (Kalff, 2003/1980; Akimoto, 1995; Griffith, 2005).

Rousseau and colleagues (2009) reported that multiethnic preschoolers (4-6 years old, n=105) who had completed 4 months of sandplay therapy exhibited

- a decrease in emotional, relational, and behavioural symptoms;
- an increase in pro-social behaviour.



Dr Vinci Cheung

Further information on sandplay therapy, including sandplay research participation, is available at the Rehabilitation Sciences Department and can be found on our website: <http://www.rs.polyu.edu.hk/sandplay/Events.html>

### References:

Akimoto, M. (1995). Application of sandplay therapy in brain-injured elderly. *Journal of Sandplay Therapy*, 5, 10-17.  
 Kalff, D.M. (2003/1980). *Sandplay: A psychotherapeutic approach to the psyche*. Cloverdale, CA: Temenos Press.  
 Griffith, M. (2005). Images of older adults in sandplay. *The Journal of Sandplay Therapy*, 15(1), 12-15.  
 Turner, B. (2005). *Handbook of Sandplay Therapy*. San Diego, CA: Temenos Press.  
 Rousseau, C., Benoit, M., Lacroix, L., & Gauthier, M. (2009). Evaluation of a sandplay program for preschoolers in a multiethnic neighborhood. *Journal of Child Psychology and Psychiatry*, 50, 743-750.

# The IMPACT of Our Rehabilitation Services for Post-Quake Victims in SICHUAN

Professor Cecilia Li (Professor and Associate Head)

The 512 Wenchuan Earthquake was the most drastic natural disaster on the Mainland resulting in many deaths and injuries. Soon after the disaster, our department jointly collaborated with the Hong Kong Red Cross to establish a prosthetic and rehabilitation center in Deyang, Sichuan to provide rehabilitation and prosthetic services for the injured victims who mainly suffered from amputation, fractures, and spinal cord injuries.

In the past two years, our academic professors and clinical partners (physiotherapists, occupational therapists, and prosthetists) have worked



Professor Cecilia Li demonstrated the mirror therapy techniques for a lady with forearm amputation to minimize the phantom sensation

together to provide quality rehabilitation services for more than 1200 injured victims. As well as providing therapy services and setting up rehabilitation units, the professional team has also served as clinical educators to train our Hong Kong physiotherapy/occupational therapy students and local rehabilitation therapists to manage these complex cases.

Our team recently organized a two-day training workshop on "Management of patients with amputation" in Deyang (17th to 18th July, 2010). The teaching team included Dr T L Poon (orthopaedic surgeon), Professor Cecilia Li (project co-ordinator), Dr Andy Cheng (OT), Dr Jack Lai (PT), and Mr

Peter Tsang (P&O). More than 90 rehabilitation professionals attended the workshop, including surgeons, nurses, rehabilitation therapists, prosthetists & orthotists, and social workers. There were morning lectures to introduce the team management of different rehabilitation professionals followed by practical workshops in the afternoon to demonstrate some technical skills in occupational therapy, physiotherapy, and P&O. Feedback on the training workshop was extremely positive and most of the participants requested more workshops to include management of other types of medical conditions. In addition, some departments have

considered sending staff for more specialized training in physiotherapy and occupational therapy skills.

Our team's dedication and effort has formally been recognized by our Chief Executive, Mr Donald Tsang, who visited the Deyang Rehabilitation Center on 26th July, 2010. During his visit, he was greeted by our therapists who introduced the rehabilitation programme for the patients. He expressed his gratitude to the rehabilitation team at the Deyang Center and acknowledged the roles of our University staff as trainers and educators in this field of practice.



Ms Daisy Lv, our MPT graduate, explained the PT training to Mr Donald Tsang and the Sichuan officials

## University Rehabilitation Clinic

### Individualised Exercise Programme:

# A Precursor in Primary Health Care Service

Sammi Tsui (Physiotherapist I)

The Individualised Exercise Programme at the Rehabilitation Clinic was launched at the beginning of 2009. Since then, 70 participants, aged 18 -78, have completed the programme.

With the increasing awareness of the importance of a healthy lifestyle, the Rehabilitation Clinic has initiated a series of primary healthcare programmes. The Individualised Exercise Programme was one of its early activities. The programme is based on a collaboration



Physiotherapist performing lung function test

between the Department of Rehabilitation Sciences and the University Health Services. The findings show that exercise can reduce total cholesterol level, the hip-waist-ratio, and the resting heart rate, and can increase maximal oxygen consumption and upper limb and lower limb strength and

flexibility. We recruit individuals seeking a safe and effective exercise programme, who are looking for professional guidance in weight management, or who suffer from a musculoskeletal disorder that can be alleviated with exercise, and those wanting to improve their overall fitness level.

The Individualised Exercise Programme includes a detailed physical examination conducted by a physiotherapist. The physical examination comprises the following:

- body composition analysis
- muscle strength, endurance, and power
- flexibility of muscles
- lung function test
- sub-maximal treadmill exercise test



Specific exercise programmes can help maintain a healthy body composition

Based on the results of the physical examination, the physiotherapist will design a custom-made programme mainly comprising flexibility, muscle strengthening, aerobic, and neuromuscular co-ordination exercises in response to the patient's goals and physical needs. The physiotherapist-supervised exercise session ensures that the clients are exercising in a safe and effective manner. Most clients appreciate our professional advice. Some clients found relief from musculoskeletal discomfort through appropriate exercises. Using our research to provide services to the community is one of our goals for promoting community health.

For further information, please go to [www.rehabclinic.org](http://www.rehabclinic.org).



Physiotherapist-supervised exercise sessions ensure that our clients exercise in a safe environment

## Student's Activities

# A Self-Reflection of the MSc OT Hand Therapy Practicum in Mainland CHINA

Wendy Wu (Student of MSc in the Occupational Therapy Programme)

I enrolled in the MSc course "Advanced Practice in Hand Rehabilitation" early in 2010, where we were given the opportunity to have our clinical practice in Longgang Hand Hospital of Shenzhen from March 27-28. The hospital specialises in acute regional hand surgery; as it is located in the heart of the industrial area, most patients at the hospital suffer from traumatised hand injuries. During the practical sessions, we not only applied our knowledge and techniques, but also learned how to present professional attitudes towards the patients as qualified occupational therapist. Most patients at Longgang Hand Hospital suffer more severe injuries than patients in Hong Kong that are more challenging to deal with. Under the supervision of Professor Cecilia Li, Dr Andy Cheng, and Mr Hercy Li, who have

extensive clinical experience in hand rehabilitation, each student was assigned to be in charge of one traumatic hand injury case. We provided occupational therapy assessments and treatments such as pressure therapy, splinting, and remedial activities for the patients. We were so pleased to help the patients and develop a good rapport with them. It was an unforgettable and valuable clinical experience that most of us had never had before.

The hospital staff were very nice and supportive, and it was an excellent opportunity for us to experience the various roles of occupational therapy under a different cultural background. In addition to the work, we had a chance to taste the delicious local food in Longgang during that weekend. The whole trip was exciting and unforgettable.



Students learning through case presentation



Class photo of the MSc OT Hand therapy in Mainland China

## i-LACE, I Knock out the LACE

Lau Ka Shing, Tsui Tsz Shan, Wong Man Lung, and Yuen Ming Wai (Second Year Occupational Therapy Students)

Imagine tying your shoelaces with one hand. Is it possible? We believe that people who have suffered hemiplegic strokes or unilateral upper limb injuries and amputations need not be confined to Velcro shoes and can choose whatever types of shoes they desire. This is where our inspiration comes from.

i-Lace is an innovative device that helps people lace their shoes with a single hand. No existing assistive products serve a similar function in the market. With its attractive look, clients can use our product everywhere, free from embarrassment.



Team photo taken with judges after announcing the winners of the Environmental Issues Student Innovation Project

We visited the Self Help Group for the Brain Damaged and the Hong Kong Stroke Association to collect responses from 36 post-trial interviewees. The mean overall satisfaction score was 8.11 out of 10, with over 60% expressing an interest in using i-Lace in the future. This reveals that most stroke clients are satisfied with i-Lace, forecasting a high market demand.

We are honoured to be the winners of the Environmental Issues Student Innovation Project 2010 and to receive a scholarship from the Prof Alan Tam Memorial Fund. We hope i-Lace can benefit the target population and improve their lives.

## Undergraduate Physiotherapy Student **AWARDED**

### SIR EDWARD YOUDE Memorial Scholarship

Evelyn Leung (Third Year Physiotherapy Student)

I am very pleased to have been awarded the 2009/10 Sir Edward Youde Memorial Scholarship (SEYMS). It was so encouraging to see how my hard work over the last three years paid off and it has increased my determination to pursue my career and future studies. The SEYMS is conferred yearly, addressing not only personal academic achievement and community services, but also how the course undertaken contributed to Hong Kong society. Being awarded the SEYMS was a great honour to me, as well as a recognition of the significance of physiotherapy to Hong Kong. Thanks to the opportunity given by the Department of Rehabilitation Sciences, I was nominated to compete with fellow students from various departments and from other universities for the scholarship. I would like to express my special thanks to Dr Ella Yeung, Associate Professor in the Department of Rehabilitation Sciences, who provided me with full support and



Evelyn Leung was awarded the SEYMS for her strong commitment to both academic excellence and community services

guidance throughout the nomination and interview process. In the interview, instead of ordinary questions about the utilisation of the scholarship, I was asked about my employment status upon graduation, the usage of acupuncture in Hong Kong, and my experience in the East Asian Games and the STAR programme. The nervousness and embarrassment soon faded as the entire panel wanted to know more about physiotherapy and its contribution to Hong Kong. It was a great experience for my first formal interview. Through preparation for the interview, I was able to learn more about our profession and realise my personal weaknesses and strengths. I would like to utilise this knowledge for my further studies and participation in volunteer work in foreign countries and on the mainland. I would like to thank my teachers at the Department of Rehabilitation Sciences, who have supported and encouraged me, and my family.

## Clinical Placement in CANADA for Occupational Therapy Student

Tiffany Tse (Third Year Occupational Therapy Student)

Last winter, I went to an overseas clinical placement in Toronto, Canada. That was a brand new experience for me, both personally and professionally. I worked in Princess Margaret Hospital, one of the three hospitals in the University Health Network. It is an acute hospital specialising in oncology. The main responsibilities of the occupational



A photo taken by a stroke patient in Toronto General Hospital. (From left to right) Alana Davis, student coordinator; Shevy, Susan, myself, and Navdeep, students from the University of Toronto and York University

therapists there are to formulate discharge plans, deliver relaxation therapy, conduct physical and cognitive assessments, and provide education.

I worked very closely with the physiotherapist and rehabilitation assistant there. Together, we conducted the initial patient assessments. We often exchanged information and discussed the cases before and after meeting with the patients. Every morning, I prioritised my patient list, and then went up to the ward to visit them individually. I had to check and monitor their physical conditions throughout my session, as most of them were frail or suffered from side effects of their treatment. One of the challenges was to memorise and get to know the procedures and patient medications, and learn difficult medical terminologies. I also had the chance to meet people from other professions, such as a respiratory therapist and spiritual care specialist, and had contact with the transplant and psychiatric units. During the placement, I also made new friends from the University of Toronto and we had a great time sharing our learning experiences.

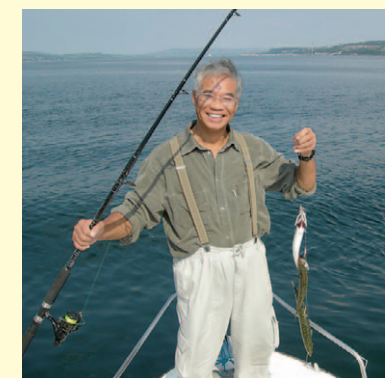
I would like to express my gratitude to the family and friends of Ms Pauline Jenks for the generous donation to support students for overseas clinical placement. The whole experience was inspirational and valuable.

## Special Corner

### A Personal Miscellany of **FOND** Memories

Dr Kevin Kwong (Associate Professor)

My retirement gives me an opportunity to recollect a lot of fond memories of the past 26 years in the Department of Rehabilitation Sciences. It also affords me the privilege to formally express my gratitude to those who helped me in developing my career. In fact, I should trace the start of this back to 1978 when I was fortunate enough to be admitted to the Physiotherapy programme as a very "mature" student - a rare case in those days. I then realized I had been admitted to a caring profession. A few years after graduation, I was invited to join the teaching team, thanks to my senior colleagues and the trust and confidence they had in me. From then, I shared the responsibility of being an educator of new generations of physiotherapists. I started "to learn by doing", following some Chinese wisdom. I am grateful to the University as I was given full financial support to attend a full-time MSc programme at Strathclyde University in Glasgow, and also later to study part-time for a PhD. In the past quarter-decade, I was given opportunities to take up various positions that allowed me to learn and refine my managerial and interpersonal skills, and I treasured the training and mentorship provided to me. Just before retirement, I was re-appointed as PT programme leader, which enriched my career life with a memorable finale - very much like a glass of apricot brandy to finish a sumptuous feast.



Catch of the day

activities, teaching and administration. Though I had not contributed much to research, I did feel very proud being a member of the family when I read through the reports and documents. If I may recall, the only piece of research that I could mention to visitors in those good old days was a humble electrotherapeutic machine that our late Mrs Daisy Kong brought to clinical trial. A staff seminar would mean something like a keen member of staff (Raymond) sharing his adventures in Jiu Zhai Gou (九寨溝)

in the mid '80s. Arran's demonstration of Maitland's manipulative skills was the only professional activity in those days that I can recall. Looking back, the very first award was a Higher Diploma which was upgraded retroactively to a Professional Diploma after graduation, followed by the Bachelor's degrees. Currently, we offer the BSc (Hons) programmes together with some taught MSc programmes, and the MPhil and PhD research degrees; we have indeed made such a great leap forward both in programmes and research in the past three decades. I would like to dedicate the following poem by Henry Wadsworth Longfellow to our hard-working colleagues:

*The heights by great men reached and kept  
Were not attained by sudden flight,  
But they, while their companions slept,  
Were toiling upward in the night.*

I treasure the friendship we have established. It is a friendship that we have built together on the basis of trust and respect. To be frank, it is not easy for me to leave a place in which I have enjoyed my work for more than a quarter of a decade. I am also grateful to those staff who provided me with highly efficient and competent administrative and technical support that made my life much easier. I have received the kindest words and I feel that though I have left the post, I have not yet left the Department.

May I also take this opportunity to emphasise the core value of family. Without my family's support, particularly my wife's understanding, I would not have enjoyed a smooth ride through my working life. I look forward to spending more time with them on the water. Please allow me to indulge myself with this poem:

雲帶雨，浪迎風，  
釣翁回棹碧灣中。  
春酒香熟鱸魚美，  
誰同醉？纜卻扁舟篷底睡。

唐·李珣



Kevin and his family getting ready for a boat trip to the Tsing Ma Bridge

RS Activities

Visit by the President



12 March 2010

Visit by 四川德陽假肢及康復中心及汶川醫院訪問團



16 March 2010

Visit by 新疆醫科大學



26 May 2010

Visit by 湖南省工傷康復中心



26 May 2010

Visit by Hong Kong Medical and Healthcare Device Industries Association



31 March 2010

VISITORS

Visit by Shanghai University of Sport, China



28 May 2010

Visit by 三門峽職工康復醫院



11 May 2010

Visit by 中國康復醫學會



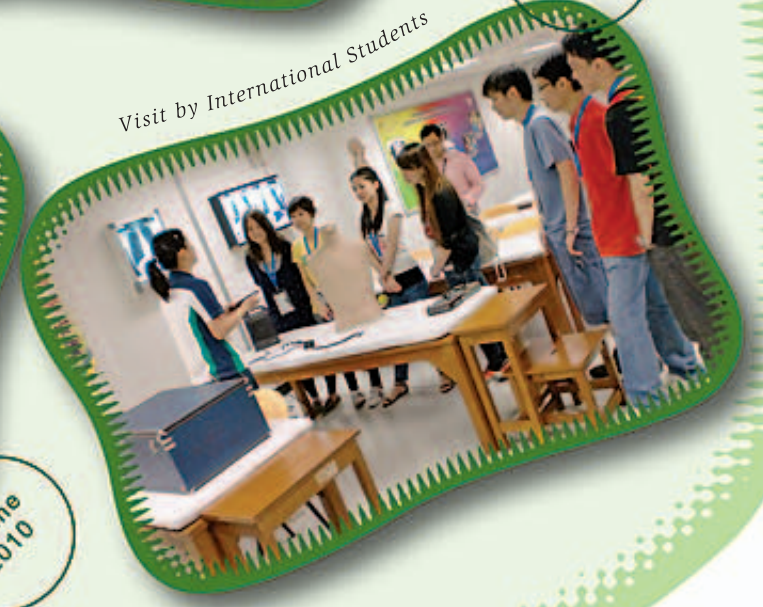
24 & 27 May 2010

Visit by Curtin University of Technology, Australia



2 June 2010

Visit by International Students



6 June 2010

Activities and Ceremonies

19-20 Apr, 2010  
Departmental Review



First row (from left to right): Professor Kenneth Ottenbacher, Mr Simon Wong, Dr Andrew Lam, Professor George Woo, Professor Gwendolen Jull, and Professor Chukuka Enwemeka.  
Second row (from left to right): Miss Cindy Yu, Ms Michelle Leung, Professor Gabriel Ng, Professor Cecilia Li, Professor Chetwyn Chan, Professor Alice Jones, Dr Hector Tsang, Dr Kevin Kwong, and Mrs Winnie Mak

28 & 29 May, 2010  
Health Expo 2010, Hong Kong Convention and Exhibition Centre



Dr Jenny Chung (in the middle) gives a talk about dementia at the Health Expo

Many visitors come to our booth to receive a free health assessment and get professional advice

4 Jun, 2010  
Visit to the China Astronauts' Training Centre and CAST



Professor Timothy Tong (in the middle), Professor Jan-Ming Ko (third from right), Ir Professor Ping-kong Alexander Wai (fourth from left), and Professor Chetwyn Chan (second from right) visit the China Astronauts' Training Centre

Congratulations

The 38th International Exhibition of Inventions of Geneva 2010 - Silver Award

Dr Xianna Guo  
Project: Rapid Ultrasonic Decalcifier



(From left to right): Professor Chetwyn Chan, Dr Xianna Guo, and Professor Zheng Yongping

The Chief Executive's Commendation for Community Service, The HKSAR Government: Dr Simon Yeung

We wish to bid farewell to :

Ms Daphne Ip, Clinical Associate  
Mr Calvin Yip, Clinical Associate  
Miss Fion Ho, Assistant Marketing Officer  
Miss Charlotte Siu, Assistant Marketing Officer

PROMOTION

We would like to congratulate the following staff for their promotions:

Dr Amy Fu is promoted to Associate Professor  
Dr Karen Liu is promoted to Associate Professor  
Dr Marco Pang is promoted to Associate Professor  
Dr Andrew Siu is promoted to Associate Professor  
Dr Grace Szeto is promoted to Associate Professor  
Mr Manfred Fung is promoted to Clinical Associate



Editors' Corner

Editors : Ms Rufina Lau ( PT )  
Ms Rebecca Wong ( OT )  
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PPCR The 7th Pan-Pacific Conference on Rehabilitation  
第七屆泛太平洋康復會議

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Conference Secretariat  
Tel : (852) 2766 5398  
e-mail : rsppcr@inet.polyu.edu.hk

Registration  
<http://www.rs.polyu.edu.hk/ppcr/registration.html>

Abstract & Workshop Information and Submission  
<http://www.rs.polyu.edu.hk/ppcr/abstracts.html>

Deadline for Abstract and Workshop Submission  
May 15, 2010

Keynote Speakers  
Prof. Leeanne Carey, La Trobe University, Australia  
Prof. Victor S. Sierpina, University of Texas Medical Branch, USA  
Dr Peter Wayne, Harvard Medical School, USA

Symposium on Health and Wellness (養生之道)  
Miss Mabel Chau, Hong Kong Society for Rehabilitation  
Dr. Rainbow Ho, The University of Hong Kong  
Prof. Poon Chung-kwong, President Emeritus,  
The Hong Kong Polytechnic University  
Prof Zhuo Dahong, WHO Collaboration Centre for Rehabilitation

Joint Organizers



Supporting Organizations



Date 23-24 October 2010 Venue The Hong Kong Polytechnic University