

Cover Story

# Summer Overseas Exchange Scholarship Scheme

Prof. Hector Tsang  
Chairman of the SOESS 2013

Following the Hong Kong Polytechnic University's (PolyU) mission for internationalization, the Department of Rehabilitation Sciences organized a summer school programme with the name of Summer Overseas Exchange Scholarship Scheme (SOESS) from 15 to 21 July 2013 with the aim of helping our students develop a global awareness of rehabilitation education in various

and neurological rehabilitation, neurorehabilitation, and musculoskeletal and sports rehabilitation were organized. After the orientation, participants went out on the fourth day to visit the rehabilitation facilities of Kowloon Hospital and the Tung Wah Group of Hospitals (TWGHs) Jockey Club Rehabilitation Complex. On the fifth day, overseas students met with their selected



A friendly and happy ending of the programme

countries and opening up options for overseas students to pursue further study in Hong Kong. From more than 90 overseas applications, we selected 25 overseas Occupational Therapy (OT) and Physiotherapy (PT) students from prestigious universities around the world and 10 local students as ambassadors.

The opening ceremony was officiated by Prof. Maurice Yap, Dean of Faculty of Health and Social Sciences (FHSS) on 15 July 2013. The first three days were spent orientating students to our cutting-edge research with seminars and laboratory tours. Three seminars on our major research areas: East-meets-West approach to rehabilitation, neuroscience

professors to discuss their research interests and possibilities of further study in Hong Kong. There was an open forum towards the end that allowed the participants to exchange ideas about culture, people, education, and research across different countries.

Cultural and social activities were included throughout the programme. At the end, students voted Mr David Anekwe from McGill University, Canada as the Best Ambassador and Miss Narinda Chan from University of Queensland, Australia as the Best Friendship Ambassador. Two local students, Mr Freddy Lam Man-hin (PhD student) and Mr Kenneth Poon Ka-yin (PT student), received

the Best Local Ambassador award.

We have included a few comments of appreciation from overseas participants on their time with SOESS:

*"The whole experience was incredible!!... I learned so much and appreciate the whole effort you have done to arrange such a well planned and interactive week!!"*

*"This was a fantastic experience. I enjoyed every minute of it. I made great friends and learnt a lot about OT practice and research in Hong Kong and China...I'll never forget my experience here and I'm hoping to come back to PolyU to study in the future."*

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“Hope it will be held annually.”

“Overall this opportunity was AMAZING! It was a wonderful snapshot of OT/PT in Hong Kong and the research being completed.”

“Excellent job. It is the BEST experience ever.... I'd recommend to extend the period of the scheme...this was a memorable trip. Looking forward to collaborating with you in the future.”

The summer school ended with a closing ceremony and tea reception. During the reception, many overseas students asked if a similar programme will be organized next year and expressed interest in promoting SOESS among their peers. With this experience we hope SOESS will become a regular practice in the future to accomplish the goal of globalization.



Overseas and local students were exchanging their ideas in open forum

## **Findings** about the RELATIONSHIP BETWEEN use of **electronic devices** and **musculoskeletal symptoms**

Dr Grace Szeto  
Associate Professor

Each year the World Physiotherapy Day (WPD) is celebrated worldwide on 8 September. This year the WPD started with a press conference on 1 September 2013 to report the results of a series of research studies about how the use of electronic devices affects the health of people. This research project was jointly conducted by the Department of Rehabilitation Sciences at PolyU and the Hong Kong Physiotherapy Association (HKPA) over the past three years and included both adults and school children. The aim was to examine time spent on using various IT products, the tasks performed, and postures adopted in their daily use. Results show that out of

the 1,049 people surveyed 70% of adults and 30% of children and adolescents have reported musculoskeletal symptoms in different parts of the body in relation to the use of electronic devices. The most common problems were neck pain, shoulder pain, wrist, and hand symptoms.

Dr Billy So acted as the MC for the press conference and also played an active role in conducting the survey with the school children. Ms Priscilla Poon, President of the HKPA, and Ms Nerita Chan, Senior Physiotherapist from Tuen Mun Hospital, also participated in the press conference together with Dr Grace Szeto. The press conference attracted

reporters from 17 newspapers, as well as local TV and radio stations. Musculoskeletal symptoms related to the use of electronic devices is a public concern as the use of mobile devices such as smartphones and tablet computers is extremely popular in modern society and affects all of us in our daily lives. Through the press conference we successfully conveyed an important message to the general public about potential health hazards in using electronic devices for prolonged periods. Such health impacts can affect not only working adults but also children of all ages. Another important message is about the active role of physiotherapists in health promotion. Physiotherapists play an important role in educating the public about taking care of their health and increase awareness to the benefits of good posture and regular exercise in the modern IT-driven lifestyle.



Dr Grace Szeto presented the findings on the relationship between using electronic devices and musculoskeletal symptoms

## Staff Activities

# Welcome to our *new Faculty Members*

**Dr Eric Tsang** RESEARCH ASSISTANT PROFESSOR



**D**r Eric Tsang received his Bachelor of Arts (Hons) in Psychology, his Master of Science in Human Development at Laurentian University, and his PhD in Medical Sciences (a collaborative programme with neuroscience) at University of Toronto. At Laurentian University he conducted various kinds of behavioural experiments and epidemiologic studies. Apart from having interests in human physiology and life sciences, he received research training in neuroscience and biochemistry and has extensive experience working with patients with neurological disorders. He has assisted in assessing patients who suffered from various kinds of head injuries at the Clinical Neuropsychology Clinic at Laurentian University.

For his doctoral research, Dr Tsang studied patients with movement disorders. He examined neuronal oscillatory activities in the human basal ganglia in patients with Parkinson's disease and dystonia at Toronto Western Hospital. He was the recipient of the prestigious Canadian Institutes of Health Research (CIHR) Sir Frederick Banting and Dr Charles Best Canada Graduate Scholarship Doctoral Award from 2008 to 2010. He has published the results of his studies in several high impact journals such as *Neurology* and *Journal of Neurology, Neurosurgery, and Psychiatry*. Dr Tsang's current research involves the investigation of cognitive and neuropsychological changes associated with aging and neurological diseases.

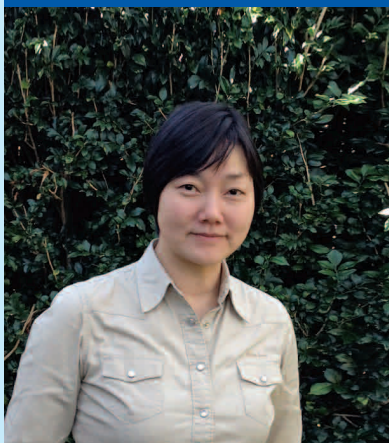
**Dr Calvin Yip** ASSISTANT PROFESSOR



**D**r Calvin Yip graduated from PolyU with a Bachelor's degree in Occupational Therapy and a PhD. After graduation, Dr Yip provided services in various hospitals under the Hospital Authority for more than 10 years. He joined the Department of Rehabilitation Sciences at PolyU as a Clinical Associate in 2009. During that period, he was the person-in-charge of the Occupational Therapy Department of the Red Cross Deyang Rehabilitation Centre and played an important role in establishing the Occupational Therapy Department in Wenchuan People Hospital, Sichuan, China. Dr Yip left the service of PolyU in June 2010 to set up Cy Functional Recovery Services and continued to provide high quality rehabilitation services to those in need until he rejoined PolyU in September 2013.

Dr Yip is experienced in the areas of orthopaedic, medical, neurological, pulmonary, and geriatric occupational therapy and rehabilitation. His research interests focus on cognitive and geriatric rehabilitation. He and Prof. David Man from PolyU created a cognitive assessment system, which has been published in various internationally indexed journals and presented in international conferences. Dr Yip has also obtained the qualification of ASCM Certified Health Fitness Specialist from the American College of Sports Medicine, Bowen Therapist from the International School of Bowen Therapy in Australia, Registered Hypnotherapist from the American Board of Hypnotherapy, and the Certificate of Attendance for the CranioSacral Therapy Level II Workshop presented by The Upledger Institute.

**Dr Tamis Pin ASSISTANT PROFESSOR**



**D**r Tamis Pin graduated as a physiotherapist from PolyU in the late 80s. She pursued her specialisation as a paediatric physiotherapist in Australia, obtaining her post-graduate diploma and MSc (Health Sciences) degree at Curtin University of Technology, Australia in 1993 and 1996 respectively. She graduated with her PhD from the University of Melbourne in 2009. Dr Pin has a very strong clinical background in neurological paediatrics and has been working as a paediatric physiotherapist in Hong Kong, UK, and Australia over the last 20 years. Her research interests are in areas of evidence-based practice in paediatric physiotherapy, management of children with cerebral palsy and preterm birth, outcome measures in neurological paediatrics, and transition to adulthood of adolescences with disability.

**Dr Wayne Chan CLINICAL ASSOCIATE**



**D**r Wayne Chan received his BSc (Hons) in Physiotherapy from PolyU, MSc in Clinical Gerontology, and PhD in Medical Sciences from Chinese University of Hong Kong. He was awarded an SH Ho Fellowship to support his PhD studies in the area of geriatrics. His research interests include elderly rehabilitation, patient empowerment, management of chronic diseases and conditions, and primary and community care. Dr Chan has published a number of articles in international peer-reviewed journals, book chapters, and research reports.

Prior to joining PolyU, Dr Chan worked as a frontline clinician at various non-government and private organizations where he gained extensive experience in working for older adults living in institutional, home, and day care environments.

**Ms Josephine Wong CLINICAL ASSOCIATE**



**A**fter 20 years working in a hospital environment, Ms Josephine Wong is excited by the new challenges she faces as a member of the Clinical Education Team. Ms Wong specializes in hand and upper limb rehabilitation of the musculoskeletal area.

During Ms Wong's years of work in Prince of Wales Hospital, a teaching hospital of Chinese University of Hong Kong, she obtained experience with seminars, lectures, and educational workshops both overseas and locally. These experiences have equipped and prepared her for this exciting change in her career path.

Ms Wong is looking forward to helping students learn and enrich their basic practical skills and knowledge in orthopaedics, abilities in clinical reasoning and problem solving, and interpersonal communication and professional attitudes in clinical settings. She looks forward to meeting with students, clinicians, and all hospitals and university collaborators in the near future so they can all work toward a better career.

## Congratulations to our newly *promoted Professors*

**Prof. Gladys Cheing**  
*Promoted from Associate Professor to*  
**FULL PROFESSOR**  
*Associate Head of the Department of*  
*Rehabilitation Sciences*

**I**t is my great honour to be promoted to Full Professor in the Department of Rehabilitation Sciences!

As an alumna of PolyU, I vividly remember the 'good old days' as a student, through my first day of work in PolyU in 1995, and now as a Full Professor. Time flies! I have been serving PolyU as a Research Fellow, Assistant Professor, Associate Professor, and now Professor (and Associate Head) in the Department of Rehabilitation Sciences.

I am thankful that our department has provided me with plenty of opportunities and helped me grow personally and professionally over all these years. More importantly, I have made a lot of good friends during my time here and it brings me joy to see my students develop and succeed in their professional speciality. I am grateful to God who gives me the opportunity to continue a career that I am proud of. Life is short and I am happy to count the blessings that I have.



**Prof. Marco Pang**  
*Promoted from Associate Professor to*  
**FULL PROFESSOR**  
*Master in Physiotherapy Programme Leader*

**I** am extremely delighted to learn that I got promoted to Full Professor. I must extend my gratitude to the Department of Rehabilitation Sciences for the opportunities given to me throughout my past eight years of service here. I would like to especially thank Prof. Gabriel Ng, Prof. Chetwyn Chan, and former Prof. Alice Jones for their leadership and mentoring. Their dedication to the Department of Rehabilitation Sciences and their professionalism has inspired me to strive for excellence in all aspects of my life. I would also like to thank our wonderful colleagues in the Department of Rehabilitation Sciences, both academic and non-academic, who have provided me with assistance, encouragement, and friendship all these years.

In the coming years I will continue to broaden and deepen my research programme in neurological rehabilitation. Another aim of mine is to further improve the quality of the Hong Kong Physiotherapy Journal so that it can become a preeminent indexed journal. Finally, educating physiotherapy students is one of our core missions and I will continue with my best efforts to enhance the quality of physiotherapy education. It is absolutely rewarding to see our students excel and become competent and compassionate physiotherapists who can make a positive impact on our society.



Prof. Ella Yeung  
Promoted from Associate Professor to  
FULL PROFESSOR

I am thankful for this opportunity to express my gratitude to my mentors, colleagues and students who have expressed kindness and have inspired me in my professional career. I am humbled and grateful by the promotion. My research interest focuses on the understanding of mechanisms that regulate skeletal muscle function in health and disease. Skeletal muscles exhibit high plasticity in response to stimuli and this adaptation offers a remarkable opportunity to study muscle adaptation, injury, degeneration and regeneration. I am truly blessed to have been involved in the area of muscle research which allows me a little glimpse in the wonder of Creation. For we are fearfully and wonderfully made.



## Student's Activities

# Fruitful experiences from 2013 Summer Internship in QINGDAO

Chan Ching-sheung, Cheung Paks-ho, Law Yuen-shan, Lee Chung-wa, Yip Wai-man  
Year 3 students, BSc (Hon) in Occupational Therapy

For three weeks this past summer our group joined the summer internship programme in the rehabilitation department of Qingdao 401 Hospital. During the placement, we served numerous patients with various orthopaedic conditions including fractures, tendon injuries, and other upper and lower limb injuries. It was a rewarding and eye-opening experience that provided us an opportunity to practice what we have learned and gain new knowledge and insight.



Our main duty was to make splints and pressure garments for both inpatients and outpatients. The splints ranged from small finger splints to large lower limb splints

such as the "anti-foot drop splint." We also made pressure gloves and socks for scar and edema control. The work was challenging as the conditions of the patients are quite different from those in Hong Kong, especially those patients with industrial injuries.

Besides working in the rehabilitation unit, we also had the chance to observe different hand surgeries in the hand clinic. We were exposed to different types of injuries, some of which were new to

us. There were also lectures given by senior clinicians about different hand conditions and the development of rehabilitation in Mainland China. We were deeply impressed

by the skills and experience of the clinicians and their talks were inspiring. We also had the novel experience of trying more traditional Chinese medicine techniques such as acupuncture and cupping therapy.

We had a great time in Qingdao and saw a lot of new injuries, techniques, and procedures that are rare in Hong Kong. We also gained new experiences through the local culture. Our group gained a greater understanding of the current situation and need of rehabilitation services in the Mainland. We will never forget this experience and sincerely hope that students will continue to have this valuable opportunity and exposure in the future.

Finally we would like to thank the Department of Rehabilitation Sciences and the Qingdao 401 hospital for giving us such a fruitful opportunity. All staff members were kind and supportive and we are happy and looking forward to maintaining a good relationship with them.

## Inspiring experience at I-CREATE – I can create!

Chan Ching-sheung, Tony Lau Kai-heong, Law Yuen-shan, Ko Wai-nam, Sarah Tsui Wai-ching  
Year 3 Students, BSc (Hon) in Occupational Therapy

We were excited to join Asia's biggest symposium and conference on rehabilitation and assistive technology, the 7th International Convention on Rehabilitation Engineering and Assistive Technology (i-Create), which took place in Korea.



We received the Merit Award in the Design category of the Student Design Challenge

Additionally, it is our greatest honour to receive the Merit Award in the design category of the Student Design Challenge for our product-"Donut 420".

Our idea for "Donut 420" came during OT practice where we had to design an assistive device, which fell under the category of environmental issues. We realized that people with upper limb dysfunctions had a need to wash tableware with a single hand. However, currently available products like dish washer and non-slip mats are either expensive or ineffective. We therefore designed "Donut 420" to fill this service need.

"Donut 420" works by stabilizing bowls and dishes with a cone-shaped body, which has non-slip materials inside. It helps target users conserve energy while washing tableware with a single hand as the effort to hold the tableware is reduced. Ultimately, the product could enhance independence and efficiency in this Instrumental Activity of Daily Living (IADL) with one hand.

In this competition, we were given the opportunity to exchange ideas on rehabilitation technology with people from different backgrounds and countries such as Korea, Thailand,



This is the Merit Award

Australia, and Singapore. Students from different backgrounds included engineering, design, and even radiology. We were glad to share our OT concepts and have these students reciprocate their ideas and designs with us. The competition showed us that multiple professions working as a team to create helpful rehabilitation aids in the field of assistive technology is what lies in Hong Kong's future. This competition helped us develop our independence and autonomy by making us find resources and deal with financial constraints on our own.

Finally, we would like to thank Dr Kenneth Fong and Mr Peterson Chui for their support, as well as Dr Teresa Chiu for accommodating our leave during the first week of the semester. We hope our journey can inspire students to contribute to the development of assistive technology in the future.

# Sunshine in our HEARTS

Mr Raymond Lo  
Clinical Associate

During the record breaking high temperatures in Shanghai this summer, seven PT students and eight OT students had their four-week summer placement at the Shanghai Sunshine Rehabilitation Centre.



Hands on practice of facilitation skills

The Shanghai Sunshine Rehabilitation Centre is well equipped and provides about 250 beds for patients who need comprehensive rehabilitation. Students got hands on experience in assessment, treatment planning, and skills practice under supervision of the clinical associate and centre

staff. Furthermore, students were tasked with taking care of eight to ten patients on a daily basis.

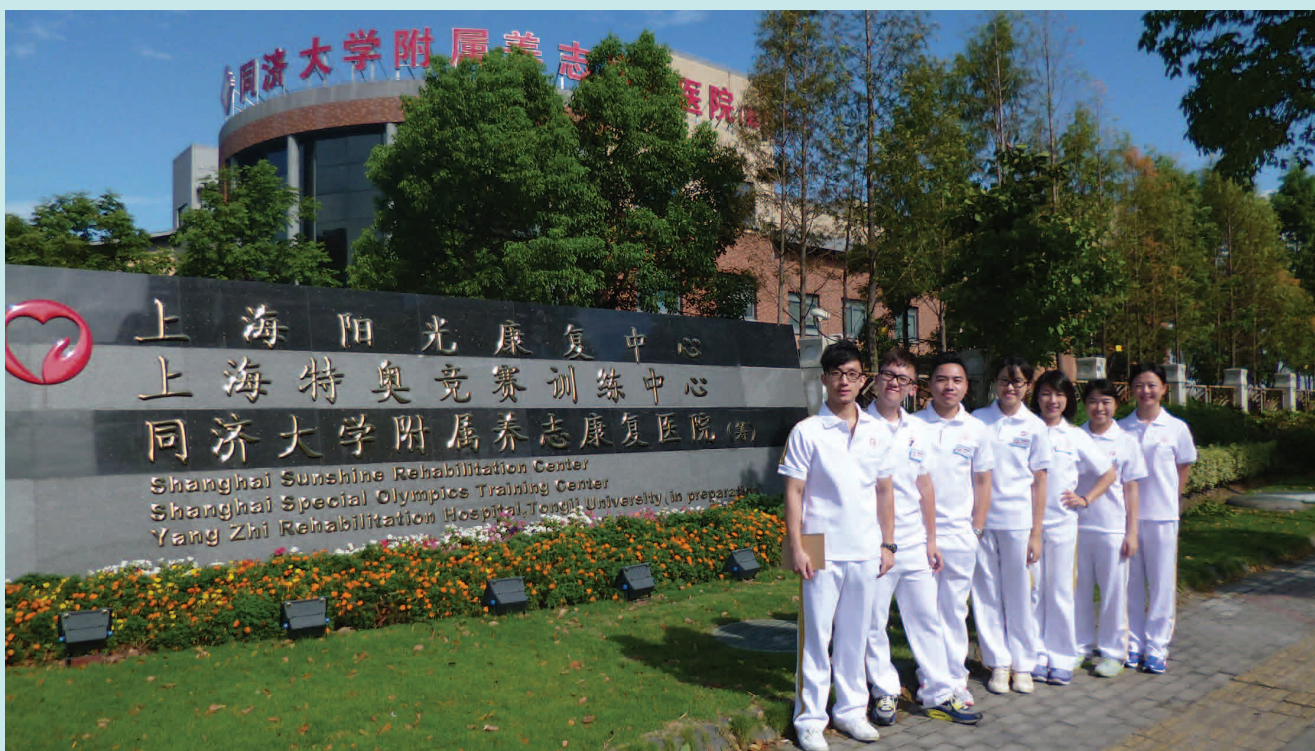
Students covered stroke, spinal cord injuries, and paediatric clients. Although, the environment is quite different from Hong Kong, the students performed well and integrated their clinical reasoning and neurological rehabilitation skills



Learning through clinical practice

into practice. Additionally, over a course of two lectures and a workshop, the students shared our neurological rehabilitation experiences with the centre staff.

Our students treasured this valuable learning experience, which was made more so after clients gave our students big thumbs up to show their appreciation at the professional performance of our great students! Keep it up and let the sunshine in our hearts for our clients.



The Sunshine boys and girls

# The SCHEME spells *INSPIRATION*

Wayne To Chin-wai

Year 2 student, BSc (Hon) in Physiotherapy

First of all, it is my pleasure to share my thrilling and rewarding journey in both applying for and participating in the scholarship programme “Innovation and Technology Scholarship Award Scheme 2013.”

The Innovation and Technology Scholarship Award Scheme, jointly sponsored by HSBC and the Innovation and Technology Commission and organized by the Hong Kong Federation of Youth, offers passionate undergraduates the chance to widen their international exposure, gain working experience, and cultivate their passion toward technology and science. It consists of four parts:

1. Overseas/Mainland Attachment Programme (with a maximum sponsorship of \$150,000).
2. Mentorship Programme (each awardee will be assigned to a mentor who is an outstanding expert in their field of work).
3. Service Project Programme.
4. Local Internship Programme (four to 12 weeks).

Interested students have to first be nominated by the faculty. Student then have to go through an interview held by their university before a final interview held by the organizer. The whole process lasts three to four months and although there was a lot of anxiety and waiting during this period, the preparation work offered me a great opportunity to self-reflect. I was able to explore the possibilities in the world of physiotherapy in terms of technology and cultivate my own



Wayne To (Left) and Cindy Lam (Right) receive congratulations from Prof. Timothy Tong during the Award presentation ceremony

creativity and ability to see professional and personal development from a wider perspective. These are experiences that cannot be found in textbooks.

Fortunately, my nomination was successful. I went to Curtin University in Australia for my clinical placement this September for the Overseas Attachment Programme. I was most interested in exploring manual therapy during this placement. For the mentorship programme, my mentor is Prof. Paul Tam, Pro-Vice-Chancellor and Vice-President (Research) of The University of Hong Kong. Prof. Tam is a famous medical doctor specializing in paediatrics. I am looking forward to working with and gaining inspiration from Prof. Tam, particularly from his own experiences and philosophy.

My special thanks goes to Prof. Ella Yeung, Ms Sharon Tsang, and Mr Harry Leung (my senior schoolmate) who have been very supportive throughout the application process and offered me a lot of valuable and inspiring suggestions for the interviews.



# A MILESTONE in life

Under the nomination of the Department of Rehabilitation Sciences and Prof. Timothy W Tong, the President of PolyU, my classmate and I were selected for the Innovation and Technology Scholarship Award Scheme 2012/2013.

Because of the scholarship, we were able to widen our international exposure via the overseas attachment programme. Over a period of six weeks from September to October I had a clinical placement in the outpatient physiotherapy clinic of St. Mary's of the Lake Hospital, Canada, a teaching hospital affiliated with Queen's University.

Apart from international experience, each awardee was assigned a mentor to guide them. I was glad to be matched with Prof. Nancy Ip, Dean of Science of HKUST who is a renowned neuroscientist and internationally recognized for her discoveries in neurotropic



The Innovation and Technology Scholarship Award Scheme presentation ceremony

factors and their potential for the treatment of neurodegenerative diseases. She provided a lot of constructive feedback towards my learning and career goals.

Awardees can opt to work as an intern in their own field of study. Given this valuable opportunity, I was assigned a four-week placement in the Department of Orthopaedics and Traumatology of the Queen Mary Hospital and the Rehabilitation

Medicine Division of the Tung Wah Hospital. It was very rewarding because I was able to join orthopaedic surgeons during their ward rounds, conferences case, and surgeries. All these experiences helped me further understand doctors' diagnoses and management of their patients.

We were also required to participate in a service project programme in which we have to design a science workshop for youths with the aim of arousing local students' interest in science and technology.

Cindy Lam Pui-yan

Year 2 student, BSc (Hon) in Physiotherapy

## Hong Kong Physiotherapy Concern (HKPC)

### SICHUAN exchange trip 2013

The employment branch of HKPC organized a five-day exchange trip to Chengdu, Sichuan during the summer holiday. There were 16 first year PT students who attended.

The exchange trip was in collaboration with Sichuan University and Dr Grace Szeto, who strives to facilitate the communication between HKPC and Sichuan University. The trip provided a valuable opportunity for communication between local students and physiotherapists in terms of understanding their PT programme, practices used by hospitals, and the medical system in China.

During our visit to Sichuan University, we were inspired by talks about Chinese acupuncture given by a local student and post-earthquake management lectures from the Institute for Disaster Management and Reconstruction. An interactive sharing session was also held between Sichuan

and Hong Kong students to exchange ideas and suggestions on physiotherapy diagnosis, management, and electrophysical therapy.

Besides the classrooms activities, a tour of West China Hospital was arranged. We found that the specialization of PT and code of practices in the Mainland are quite different from Hong Kong, whereas the treatment modalities are similar between the two areas. We were delighted to see the exchange of professional resources and knowledge between Hong Kong and the Mainland.

The trip was fun and fruitful as we received the warmest welcome from the Sichuan students. It was of utmost importance that year one students could explore the field of physiotherapy and get prepared to confront the challenges facing us.

Joanna Lee

Year 2 student, BSc (Hon) in Physiotherapy

## Visitors

Visit by delegates of  
無錫市同仁國際康復醫院



26 Sep  
2013

26 Jun  
2013



Visit by  
delegates of  
Pacific University,  
US

30 Sep  
2013



Visit by  
delegates of KhonKaen  
University, Thailand

### WELCOME to Our NEW Office Staff

**Ms Joann Yiu**  
Executive Officer (Marketing)

**Ms Sally Chan**  
Senior Secretary

**Ms Connie Pang**  
Executive Assistant

### Impact

#### Editors' Corner

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# 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.



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