

Cover Story

Department of Rehabilitation Sciences (RS) Academic staff and PT students *WON* international awards

**GOLD Medal** in the **42<sup>nd</sup> International Exhibition of Inventions of GENEVA**  
*Rehabilitation Adhesive Tape* inspired by **Octopus Suckers**

Dr Guo Xia  
Associate Professor

Recently, The Hong Kong Polytechnic University (PolyU) has won a total of 11 prizes for its multi-faceted innovations presented in the 42<sup>nd</sup> International Exhibition of Inventions of Geneva. Not only have these breakthroughs brought glory to Hong Kong, but they have also extended the frontiers of knowledge and enhanced the well-being of our society on different fronts. One of the Gold Medals was given to PolyU for a rehabilitation tape inspired by octopus suckers.

Most of the medical adhesive sheets available on the market are designed to provide a very light and thin film to cover the wound. The adhesive strength of the sheets may not be sufficient to form a solid interface between the tape and the skin. Medical adhesives with high tackiness are difficult to remove and may result in pain and damage to the skin. The ideal tapes are reusable for several months and can be cleaned daily with water.

With ITF grant (ITP-006-10TP) support, a research project on the development of re-peelable adhesive tape inspired by octopus suckers was jointly undertaken by Dr Guo Xia and co-investigators from the PolyU and the Hong Kong Research Institute of Textiles and Apparel (HKRITA). This newly invented rehabilitation tape can fix the subluxed joint and correct an extreme deformity of the body. With good adhesion to the substrate, this innovative tape enables external fixation



of the subluxed joint and good control of the motion of the injured joint.

**Special Features and Advantages of the Tape:**

- The adhesive elastic tape containing an elastic polymer with biomimetic micro-pattern is re-peelable and reusable.
- The micro-pattern is inspired by octopus suckers which can achieve a good adhesion to the substrate by van der Waal's force. The removal of the micro suckers is easy and requires little effort.

**Applications:**

- External fixation of the subluxed joint and control of the range of motion of the injured joint.
- Partial replacement of the function of injured muscle.
- Progressive correction of extreme deformities, such as clubfoot.
- Ability to adhere a device to the skin.

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## PT students *CLINCHED* the **Best Scientific Oral Presentation Award** at the **Singapore International Physiotherapy Congress 2014**

The Singapore International Physiotherapy Congress 2014 (SIPC 2014) was held at the Raffles City Convention Centre in Raffles City, Singapore on 3 and 4 May 2014 by the Singapore Physiotherapy Association (SPA). The theme for this year's congress was "Enhancing Health through Physiotherapy: 50 years and beyond". Out of 3 best oral presentation awards given out at the congress, 2 were won by our RS students. Mr Andy Chan and Mr Kenneth Poon won the first prize and the third prize respectively for the same category. How they felt as the recipient of the award one described below:

### Best Scientific Oral Presentation Award – *The First Prize*

*Mr Andy Chan*

*Doctor of Health Science (DHSc) Student in Physiotherapy*

"This year, there were 37 poster and 36 oral presentations in total that were divided into 6 scientific tracks. My paper, entitled 'Psychometric Properties of the Balance Evaluation Systems Test (BESTest), the Mini-Balance Evaluation Systems Test (Mini-BESTest) and the Brief Balance Evaluation Systems Test (Brief BESTest) in Patients with Total Knee Arthroplasty', which is part of my DHSc thesis, was accepted for oral presentation under the scientific track – Balance Across Population.

It was difficult to find the words to express how I felt when I was conferred the first prize of the 'Best Scientific Oral Presentation Award'. I was very grateful for the recognition



*Mr Andy Chan and his thesis supervisor Prof. Marco Pang*

and I was honoured and humbled to receive such a prestigious award. This award allowed me to reflect on my thesis study and motivated me to continue my endeavours in future research.

I would like to take this opportunity to express my sincere gratitude and heartfelt thanks to my thesis supervisor, Prof. Marco Pang, for his excellent tutelage, continuous inspiration and encouragement throughout my study, and to my

Cluster Manager, Dr Polly Lau, for her valuable guidance and unfailing support for my study. My appreciation should also go to the colleagues of the Physiotherapy Department of Hong Kong Buddhist Hospital for their valuable contributions to my presentation at the SIPC 2014."

### Best Scientific Oral Presentation Award – *The Third Prize*

*Mr Kenneth Poon*

*Year 3 Student BSc (Hons) in Physiotherapy*

"It is my great honour to win the Best Scientific Oral Presentation Award at the SIPC 2014 with our findings on the research entitled 'Examination of the true effects of Kinesio tape on isokinetic knee function: a deceptive study'. My group mates Michael Roper, Carol Li and Michelle Wong deserve most of the credit of this award for their one-year's hard work and efforts. I would like to express my special thanks to Dr Roy Cheung, my Final Year Project supervisor. He always gives his favourable and professional advice on our project in spite of a heavy workload burdening him. It is my fortune to have such a cordial teacher in life and a nice opportunity to excel myself.

Apart from providing a platform for me to share and present our clinical research work, the congress allowed me to learn from the skills and expertise of other physiotherapists. To facilitate exchange of professional knowledge, some symposiums and workshops featured renowned speakers from around the region, bringing together some of the

best in physiotherapy. They remind me of the importance of continuous learning and evidence-based practice regardless of your preference on either the clinical or academic aspect, of the practicing region and of your job experience."





# NEW Guinness World Record for the Largest Qigong Lesson was set by OT students in the Construction Safety Week in 2014

Ms Joy Lau

Clinical Associate (Occupational Therapy)

Occupational therapists spare no effort to prevent work injuries and to promote a healthy lifestyle. On 26 May 2014, the Hong Kong Occupational Therapy Association (HKOTA) and our OT students were invited to join the Construction Safety Week event to promote a healthy lifestyle and the goal of zero accidents in the construction industry. Following the great success of the Construction Safety Week in 2013, this year the industry-wide safety promotional campaign was fully supported by the industry and jointly organised by the Development Bureau and the



World Record for the "Largest Qigong Lesson". At the moment that the record was announced, the safety officers, HKOTA members and all our students were so excited.

To make this Guinness World Record happen, our HKOTA members held classes to train up the hundreds of safety officers from March until May this year. Our



Construction Industry Council. The main theme for the Construction Safety Week 2014 was workers' health and safety leadership. In the Flag Presentation Ceremony, the members of the HKOTA and 50 of our OT students led the safety officers to exercise the Health Qigong BaDuanJin (BDJ). There were a total of 833 practitioners to exercise BDJ for more than 30 minutes and it set a new Guinness



OT students attended extra classes on BDJ to practise and improve their skills. We received votes of thanks from the Chief Executive CY Leung, the Secretary of Development Bureau and the Chairman of the Construction Industry Council for our effort and enthusiasm. It was a meaningful event for our OT colleagues to promote a healthy lifestyle in this year's construction safety week.



# Departmental RETREAT 2014

Dr Wayne Chan  
Clinical Associate (Physiotherapy)  
Departmental Retreat 2014 Organising Committee

The annual departmental retreat of RS was successfully held on 30 May 2014 at the Courtyard by Marriott Hong Kong Sha Tin. Similar to how it was held in the past few years, the annual retreat offered an opportunity for all staff members to share their perspectives on teaching, research and other issues, whilst having a better cohesion with fellow colleagues.

The theme this year was “Enhancing our core Business: Teaching and Research”. Prof. Gabriel Ng, Chair Professor and Head of Department of Rehabilitation Sciences, kicked off the retreat by giving a review on the plan formulated in the retreat last year. This year, we were honoured to have Prof. Maurice Yap, Dean of Faculty of Health and Social Sciences, to share the information about the future plan of the faculty and his valuable suggestions to our department on



various teaching and research issues. The retreat then moved on to the morning group discussion session, where the staff members brainstormed ways to improve teaching quality and to facilitate the learning of our students, as well as ways to promote our programmes and to improve the public image of the department. The representative of each group then shared the ideas with the rest of the staff members. Under the guidance of our facilitator Prof. Gladys Cheing, we had further discussion on various topics and some new approaches in teaching were created during the open forum.

After having a wonderful lunch buffet at the hotel, the

attendees had another round of a group discussion in the afternoon. Prof. Hector Tsang led our staff in discussing how to search for new research areas and collaborations, and how to create a green working environment in the department. Once again, the discussion was so stimulating and comprehensive that the attendees came up with some ideas about new research areas. A number of suggestions to improve collaborations in basic science and clinical research projects and to create

an environmentally-friendly workplace were also proposed.

One of the highlights of the retreat was the team building activity, where each group selected an recycled item brought in by colleagues and to explain how to make good use of it. Each group was so eager to show their “products”, and the other groups were surprised by their imaginative ideas. One group was eventually chosen to be the winner based on their creativity and practicability. Whilst having a good laugh, all staff members enjoyed this team building activity which increased their awareness of the creation of a green working environment at the University.

## 2014 Hong Kong Special Olympics (HKSO) Healthy Athletes Programme

Miss Lam Pui-yan, Cindy  
Year 3 Student, BSc (Hons) in Physiotherapy

Our PT students provided a voluntary screening service to intellectually disabled individuals who participated in the 2014 HKSO Healthy Athletes Program, which is organised by the Special Olympics Hong Kong. Cindy Lam, one of the volunteers shared her feelings as follows:

“Being a volunteer for the FUNfitness is always a very rewarding experience to me. It has already been the second time for me to take part in this meaningful event. The first time was in my first year, when I used to think performing assessments and athlete education was a piece of cake as we had been doing similar things during our clinical placements. However, it turned out to be a very different story. Not only do volunteers provide quick fitness screening for athletes with intellectual disabilities, but on-site consultation and education are also provided immediately to athletes, carers or even coaches. Volunteers have to make prompt judgments on any potential risks after fitness screening and make relevant



recommendations for further safe sports training and competition. Reasoning skills are therefore required. Additionally, a flexible communication strategy is required as instructions and explanations have to be simplified for our clients to easily understand them. I am really glad to participate in such a meaningful and significant event. The most impressive moment of all is to see that the athletes are no different from other people in terms of their sportsmanship. They had all tried their best to complete every assessment no matter how tired they were on the day”.

## Student's Activities

# A Fruitful JOURNEY begins

It is my honour to receive the Innovation and Technology (IT) Scholarship Award Scheme 2014, which colours my study life in physiotherapy. The IT Scholarship is supported by the Innovation and Technology Commission, sponsored by the HSBC and organised by the Hong Kong Federation of Youth.

The IT Scholarship supports my expenses of the 6-week overseas placement at the Karolinska Institutet in Sweden from this coming August to October. The Karolinska Institutet is a renowned medical university and is also famous for awarding a Nobel Prize in Physiology or Medicine every year. During the placement, I will have the rewarding opportunity to be allocated to the local hospitals and NGOs that are concentrated in the neurological setting. I am looking forward to learn from the local clinical educators and physiotherapists – their clinical approach and evidence-based practice – as well as from Sweden’s high

quality healthcare system and sophisticated primary health care. I am excited to have this journey in beautiful and metropolitan Stockholm, the capital of Sweden.

Apart from the international exposure, the IT Scholarship provides me with a valuable 4-week internship programme at the Department of Orthopaedics and Traumatology of the Queen Mary Hospital and at the Rehabilitation Medicine Division of the Tung Wah Hospital in the coming summer. I will have opportunities to work with orthopaedic surgeons and



Miss Yip Suet-chui, Jessie  
Year 2 Student, BSc (Hons) in Physiotherapy

rehabilitation disciplines in the special experience such as ward rounds and case conferences.

On top of the internship, every awardee is assigned a mentor to provide guidance on their career and personal development. It is my honour to be matched with Prof. Paul Tam, Pro-Vice-Chancellor and Vice-President (Research) of The University of Hong Kong. I eagerly anticipate learning his motto for success and about his experience in the medical field.

I am looking forward to the fruitful journey in the coming months and I am enthusiastic about sharing the experience with my teachers and fellow classmates. I sincerely thank Prof. Ella Yeung and our

department for their full support and valuable advice throughout the application process of the IT Scholarship.



## Staff Activities

# Welcome to our NEW Faculty Members

### Mr Tony Wong, Clinical Associate

Mr Wong obtained his Bachelor Degree in Occupational Therapy from The Hong Kong Polytechnic University and Master Degree of Health Science in Gerontology from the University of New England.



Before joining the University, he had worked in a Hospital Authority for over 16 years. He has a wide range of clinical experiences in acute and rehabilitative care, as well as in community rehabilitation. His clinical experience includes neurology, neurosurgery, general surgery, cardiac and pulmonary rehabilitation, medical care and geriatric care. His expertise is in cardiac and stroke rehabilitation. He is also a certified Sex Therapist and Life Coach.

### Mr Davis Lak, Clinical Associate

Mr Davis Lak received training as an occupational therapist at The Hong Kong Polytechnic (former name of The Hong Kong Polytechnic University). He worked as an occupational therapist in a psychiatric department of a local hospital for more than 20 years. He specialises in psychotherapy for common mental disorders, recovery-oriented practices for psychiatry, psychiatric rehabilitation and community psychiatric consultation. During his clinical practice, he obtained a number of clinical accreditations including becoming a certified Cognitive Behavioural Therapist in the US, a Board certified Neurofeedback in the US, a certified Hypnotherapist in Canada and the UK, a certified Sex Therapist in Hong Kong, an NLP practitioner in the US and a certified Wellness and Life Coach in the US. In 2011, he received a scholarship to study at Yale University focusing on recovery-oriented practices. His professional focus is on adopting advanced technology in psychotherapy and body mind wellness.



## facebook

“LIKE” our PT and OT Facebook fan pages

Ms Joann Yiu  
Executive Officer (Marketing)

Have you “Liked” our PT and OT Facebook fan pages yet? In addition to updating our information of physiotherapy and occupational therapy on our website, RS has launched designated Facebook fan pages for these two programmes so as to spread our news via these popular social media platforms. Show your support: find us under “HKPolyUOT” and “Fhssrspt” on Facebook fan pages and “Like” us now!



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# Visitors



12 Feb  
2014

A visit by the Hospital Authority Board Member, Prof. Francis CHAN Ka-leung, Hong Kong



20 Mar  
2014

A visit by the Sacred Heart Canossian College's students, Hong Kong



18 Feb  
2014

A visit by the Hospital Authority Board Member, Ms LAU Ka-shi, Hong Kong



16 Apr  
2014

A visit by lecturers from the Karolinska Institutet, Sweden



19 Feb  
2014

An Admission Talk in Ho Lap College, Hong Kong



5 May  
2014

A visit by delegates from Haute Ecole de Santé Vaud, Switzerland



11 Mar  
2014

A visit by therapists from the Wuxi Tongren International Rehabilitation Hospital, China

15 May  
2014

A visit by academic staff from the AUT University, New Zealand



16 May  
2014

A visit by delegates from the Queen Elizabeth Hospital, Hong Kong



# 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>_____</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><b>** A donation receipt will be issued by the University for tax deduction purposes</b></p>	
Signature:		Date:	