

Department of Rehabilitation Sciences, PolyU
35th Anniversary Celebration Dinner

cum

Student Conference in Sports Science,
Rehabilitation and Medicine 2013 Conference Dinner

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The “cradle” of Physiotherapists and Occupational Therapists in Hong Kong, the Department of Rehabilitation Sciences (RS) has now been established for more than 35 years. Over 200 guests including alumni, students and staff came together to celebrate and share the joy of the department’s 35th birthday in Kimberley Hotel on 30 November 2013.

Prof. Maurice Yap, Dean of Faculty of Health and Social Sciences and Prof. Gabriel Ng, Chair Professor and Head of Department of Rehabilitation Sciences delivered speeches

to express their gratitude and appreciation for the hard work and contribution of our colleagues collaborators. Our undergraduate in Physiotherapy (PT) and Occupational Therapy (OT) students performed an excellent live show singing popular songs and playing guitars to entertain the throng. A singing session led by Prof. York Chow (Honorary

Professor of our department and Chairperson of the Equal Opportunities Commission) and Mr Samuel Chan (Chairman of the Hong Kong Occupational Therapy Association) raised the ambience to a climax. In response to insistent calls for an encore from the crowd, Prof. York Chow delivered a final solo number to rapturous applause.

Another dramatic highlight of the evening was the lucky draws raffle. Amid great tension and excitement our VIP guests picked the winners of numerous gifts, including buffet coupons,

electric appliance, supermarket cash coupons and other lovely presents, generously supplied by our sponsors. The participants’ excitement was maintained throughout the session, especially for those lucky enough to clinch the prizes. Also featured in the ceremony was a slideshow presentation of RS’s journey, showcasing our precious moments and various milestones over the years, which was warmly received.



Group photo of our VIP guests

Ms Joann Yiu
Executive Officer (Marketing)



Cake cutting session to mark the 35th anniversary celebration of RS

An excellent singing session by Mr Samuel Chan (left) and Prof. York Chow (right)

Live band show performed by PT and OT students

Prof. Maurice Yap and Prof. Gabriel Ng were the guests for the lucky draws session

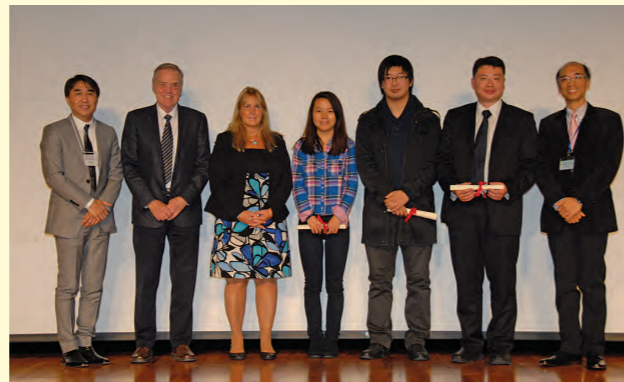
A full house of participants enjoyed the ceremony

The **STUDENT CONFERENCE** in *Sports Science, Rehabilitation and Medicine 2013*

The Organizing Committee of Student Conference 2013

The Student Conference in Sports Science, Rehabilitation and Medicine 2013, jointly organized by RS and the Hong Kong Association of Sports Medicine and Sports Science, was successfully held on 30th November 2013. Our department organized the first student conference in 2003 and again in 2006; this year marked the 10th anniversary of this conference series and it also constituted the key departmental academic activity for the 35th anniversary of RS.

The theme of the conference was "Life-long Exercise – From Amateur to Elite". The conference was attended by more than 160 participants from local institutions. We were blessed to have Prof. Irene Davis (Harvard Medical School) and Emeritus Prof. Tony Parker (Queensland University of Technology) as our keynote speakers. Prof. Davis has a professional background in physiotherapy and sports biomechanics, and she presented a very thought-provoking account of her research on the science of barefoot running or running with minimal footwear. Prof. Parker works on the



Dr Gary Mak (Chairperson of the Hong Kong Association of Sports Medicine and Sports Science) (1st from left), Prof. Tony Parker (2nd from left), Prof. Irene Davis (3rd from left), and Prof. Gabriel Ng (1st from right) presented the prizes for best papers and poster award

development of new technologies used in the prevention of chronic musculoskeletal injury and disorder, and he presented a discussion on global challenges in Exercise and Sports Science. The scientific sessions comprised 17 free papers and 10 poster presentations and three prizes were given out to the best papers and poster. The conference was a success, with high-quality papers presented and good opportunities for the exchange of ideas among participants.

The Organizing Committee would like to thank the Research Grants Council (RGC) for the RGC Postgraduate Students Conference/Seminar Grants; Dr Gary Mak (Chairperson of the Hong Kong Association of Sports Medicine and Sports Science) for the donation of the best paper and poster award prizes; and other sponsors for their support. We would also like to thank all the supporting organisations, speakers and delegates. Without their participation, the conference could not have been so successful.



Organizing Committee: from left to right: Dr Roy Cheung, Ms Karly Chan, Ms Annie Leong, Dr Parco Siu, Prof. Gabriel Ng (Chairperson), Mr Man Chung, Mr Bjorn Tam, and Mr Dennis Mok

Staff Activities

Welcome to our **NEW Faculty Members**

Dr Cynthia Lai, Assistant Professor

Dr Cynthia Lai graduated from PolyU with a Postgraduate diploma in Occupational Therapy, a Master's degree in Health Care, and a PhD in Rehabilitation Medicine. Before joining the university, Dr Lai had been working as a paediatric occupational therapist for more than 17 years and as a clinical educator for the occupational therapy students of the university. During these years, she also acted as chief investigator in both government and non-government funded projects to develop evaluation and rehabilitation instruments for children. These evaluation instruments have since been applied in daily clinical practice by occupational therapists. Her publications include research papers in scientific indexed journals and book chapters.

Dr Lai is experienced in the fields of paediatrics and people with developmental disabilities, including autistic spectrum disorders, attention deficit/hyperactivity disorders, developmental delay and dyslexia. Her recent research addresses physiological and behavioural issues of children with sensory processing difficulties. Her research interests include sensory processing, self-regulation, and management of people with developmental disabilities.



Mr Christopher Lo, Clinical Associate

Mr Christopher Lo has been practising as a physiotherapist since he finished his BSc (Hons) from PolyU in 2005. His professional experience has covered various areas, primarily in physiotherapy clinics and rehabilitation hostels. Christopher has served as an organization physiotherapist at the East Asian Games 2009 and Singapore Gymnastics 2011.

Mr Lo completed his Master's degree in Musculoskeletal & Sports Physiotherapy at the University of South Australia. After that he developed a special interest in pain management, neurogenic inflammation and nervous system-related musculoskeletal dysfunction.

Prior to joining PolyU, Mr Lo participated in professional training for scoliosis rehabilitation and manual therapy. He welcomes discussion with students, especially on the topic of clinical reasoning development.



Student's Activities

GRADUATION Ceremony (2012 intake) *cum* INAUGURATION Ceremony (2014 intake) of *Entry-level Master in Physiotherapy (MPT)* and *Master in Occupational Therapy (MOT)*

The first Graduation Ceremony for MPT and MOT programmes of RS took place in Chiang Chen Studio Theatre on 18th January 2014. The programme leaders, Prof. Marco Pang and Prof. David Man share their thoughts on this occasion below

MASTER in Physiotherapy (MPT) Programme: a NEW chapter

Prof. Marco Pang
MPT Programme Leader

The Graduation Ceremony and Inauguration Ceremony for the MPT programme was successfully held on 18th January 2014. It marked a day of celebration for the first cohort of students enrolled in the MPT programme. After two years of hard work, the graduates have now blossomed into qualified physiotherapists who I expect will contribute enormously to our profession. With their strong academic training, effective communication skills, and high level of maturity, I am confident that they will be able to provide quality patient care, regardless of the clinical settings in which they decide to launch their future careers. As the programme leader, I feel extremely proud of the students, who have wholeheartedly devoted to reaching their goal of becoming a physiotherapist throughout the course of their study, despite the packed curriculum, the uncertainty of registration with the Physiotherapists Board, and the scepticism and at times derogatory comments from others. I am utterly impressed by their perseverance and positive attitude, which has helped them overcome the obstacles they encountered in the past two years.

The ceremony also marks the beginning of a new chapter for the MPT programme, with the second cohort of students having now commenced their study. Thirty students are enrolled in the programme. As in the first cohort, their academic background is diverse, including kinesiology, physical education, psychology, nutritional sciences, engineering and biomedicine. We expect challenges ahead, particularly with respect to the accreditation process stipulated by the Physiotherapists Board. However, with the perseverance and positive attitude that I have learned from



Congratulations to our graduates of MPT and MOT (2012 intake)

our students, and the support of our colleagues, I firmly believe that assuming the programme leadership will turn out to be a rewarding experience when all is said and done.



Prof. Gabriel Ng, Chair Professor and Head of Department (right) and Mr Lam Ka-tai, Deputy Director (Services) of Social Welfare Department delivered speeches to our Graduates and New Students of MPT and MOT programmes

A MILESTONE for Occupational Therapy education in Hong Kong

Prof. David Man
MOT Programme Leader

A beautiful Saturday morning on 18th January 2014 graced a significant moment for MOT education in Rehabilitation Sciences (RS). It was the day of the Graduation Ceremony (2012 intake) and Inauguration Ceremony (2014 intake) for MOT and MPT. We had a full house of guests, teaching faculty members, graduates, new students and their families at Chiang Chen Studio Theatre. Official guests included our Chair Professor and Head, Prof. Gabriel Ng and Mr Lam Ka-tai, Deputy Director of Social Welfare (Services). Invited guests and presenters of student awards included Mr Samuel Chan, Chairman of HKOTA, Ms Priscilla Poon, President of HKPA and Prof. Maurice Yap, Dean of Faculty of Health and Social

Sciences. Valedictorian and graduation speeches were delivered by Miss Chan Ping Ling (MOT) and Mr Fung Ying Ki (MPT) respectively.

We are all proud of our graduates' high performance, which was partly reflected by the awardees of Best Overall Academic Performance (Miss Chan Ping Ling, Clara), Best Student Research Project (Miss Chan Tsz Yan, Yvonne), Best Performance in Clinical Education (Miss Chan Ping Ling, Clara and Miss Chan Yuk Tung, Tammy), and the all-round Student Award (Miss Ip Po Ki, Adeley). It is time now for our graduates to take the next step by practising as an occupational therapist in those NGOs which joined the sponsorship scheme

led by the Social Welfare Department, HKSAR. We are also grateful to all the clinical placement units under Hospital Authority and participating NGOs. Recognising that they have a bright but challenging professional future ahead, and that there will be obstacles, I have full confidence that our graduates will use what they have learnt and become a young and energetic force in occupational therapy services development.

It was equally joyful to welcome the new batch of 30 MOT students on the same occasion. Like their seniors, they have clearly demonstrated the academic performance in related fields (psychology, health, social sciences and education), communication skills and attitude required to prepare them to embark on an intensive two-year MOT programme. Welcome them to the academic breadth and depth, the intellectual rigour and the societal engagement that are hallmarks of OT education and our RS experience.



Group photo of our VIPs



FIRST Occupational Therapy

Education Symposium in China

Prof. Cecilia Li, Dr Kenneth Fong, Mr Tang Kin-chung and Dr Calvin Yip

With the generous support of Ir. Tang, WK, his family and Department of RS, the 1st Occupational Therapy Education in China Symposium cum Cynthia Tang Memorial Ceremony was successfully held in Sichuan, China from 8th to 10th December, 2013. The symposium was hosted in the Institute for Disaster Management and Reconstruction (IDMR), Sichuan University—The Hong Kong Polytechnic University, Chengdu, Sichuan. This is the first symposium to be held on the mainland focusing on educational strategies and development of the profession. There were more than 150 guests and participants from the USA, Australia, Singapore, China and Hong Kong. We were honoured to welcome invited speakers from Pacific University in the USA, delegates from the World Federation of Occupational Therapists and leading rehabilitation professionals from the mainland including Capital Medical University, Beijing, Kunming Medical

perspectives, and it was this aspect that attracted participants from far afield and different provinces to attend.



University, Sichuan University and West China Hospital and Guangdong Work Injury Hospital. The symposium provided a platform for participants to share and exchange knowledge and the philosophy of the OT profession from western and Chinese

at the symposium on their contribution towards the OT profession on the mainland. Participants were touched by the enthusiasm of the graduates and their dedication to developing the OT profession in China.

Time flies and this year sees the 10th anniversary of the Cynthia Tang Memorial Scholarship, which was set up to support OT education on the mainland. A memorial ceremony was conducted at the conference to show our respect to our pioneer Mrs Cynthia Tang, who was a dedicated OT. Over the past decade the scholarship has supported more than 25 students to study in Hong Kong. Past recipients of the scholarship were invited to present

Meeting the *need* for qualified physiotherapists in **CHINA**: Our *new MPT (China) programme*

Dr Simon Yeung
MPT (China) Programme Leader

With a growing elderly population, and with more than 0.8 million handicapped people and 270 million people suffering from chronic diseases, the demand for rehabilitation services in China is obvious. More significantly, with the rapid growth of the economy in many regions of China and increasing public knowledge of health care, the demand for “quality” rehabilitation services is escalating. Indeed, the Ministry of Health has recently produced a blueprint for rehabilitation services in 3A and 2A hospitals in China. However, the training of rehabilitation personnel in



Students and teaching staff group photo of the 1st cohort MPT (China) Programme



Happy MPT class

China is diverse. With close to 30 different institutes offering rehabilitation therapy training, the curriculum is not standardised, and many of these institutes offer integrated training in physiotherapy, occupational therapy and speech therapy.

Tapping on the previous experience of our MPT programme in Wuhan, this MPT (China) programme aims to meet the pressing need for qualified physiotherapists who are comparable to international standard. The programme is launched at Sichuan University in mainland China under the umbrella of the Institute for Disaster

Management and Reconstruction (IDMR) funded by the Hong Kong Jockey Club. Our department is fully responsible for the design of the curriculum, teaching and implementation of assessment for students, while the IDMR is responsible for the provision of infrastructure, teaching and laboratory facilities for this programme. The teaching and learning methods are geared toward students who have relevant undergraduate experience, and incorporate predominantly problem-based learning, peer learning, critical reasoning and discussion. The programme has officially started, with its first intake in September 2013. We have currently recruited 30 students who have completed a Bachelor's Degree in Rehabilitation Therapy (or equivalent) recognised by the Ministry of Education of China. The feedback from teaching staff members about this cohort of students is very positive. The students are mature and possessed of a very good learning attitude. It is expected that the graduates, after completing the programme, will reach the standard of practice stipulated by the World Confederation for Physical Therapy.



Students practising walking aids measurement

Our experience of the *FIRST Hong Kong Innovation Day*

Creative Collaboration

Sham Wing-man, Sabrina Wan Tsz-kwan,
Phoebe Lai Tsz-wing, Leona Chan Hiu-kwan
MOT graduate (2012 Intake)

This is the most innovative event that we have ever experienced! This was our impression of the first Hong Kong Innovation Day, which we were honoured to attend as part of the selected team. It was an event that should not only inspire health



An example of innovation: this tool is called "You hold I hold". The implement is designed to assist people with limited motion of wrist and fingers to hold a spoon



care providers but also benefit all clients across the generations. We met many professionals who came from university, the Hospital Authority and NGOs, and who shared their creativity, passion and unique perspective on innovation in the areas of medical and health care.

Questions about products and techniques could be raised for discussion during the Question and Answer session after presentations, while the buffet lunch allowed time for networking and poster viewing. Some questions that arose were quite challenging, however, all of them have inspired us to think more deeply about the issues that we could improve and this event has absolutely broadened our horizons. As we are going to be registered Occupational Therapists, innovation and creative practice are both vital for maintaining progress throughout our career. Throughout the event, we felt that all health care providers are looking forward to collaborating with each other in order to remove barriers to innovative new products and thus improve the quality of health care services.




Improving clients' QUALITY of LIFE


Tsang Yuen-ling, Lee Oi-ping, Young Gar-en
MOT graduate (2012 Intake)

I was so glad to participate in The First Hong Kong Innovation Day. The product shown in the event was modified from our Environmental Issue project. Thus, I have to thank the teaching team and my classmates for their guidance and support.


As we were tasked with presenting our ideas and showing our product's potential to improve the lives clients to manufacturers, local reporters, scholars and experienced clinicians from different fields, the first Hong Kong Innovation Day was naturally my most exciting event of 2013. We were so happy to receive positive feedback and recognition of our efforts, along with sincere advice for further improvement. In addition, we had a valuable opportunity to explore the latest innovative health care products from other teams. Learning is infinite. Participation in the First Hong Kong Innovation Day was a memorable experience for me. I will put all my learning into future practice and keep craving for knowledge.




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Easy Package Opener (EPO), Easy Way to Improve QoL

Author
Tsang Yuen Ling

Affiliation
Originally designed by EI project group:
Lee Oi Ping, Tsang Yuen Ling and
Young Gar En

Background
In the process of civilization, we packaged our food in order to keep them in good condition, clean. Thus, we always need to open food, beverage package in daily life. Mostly we need to open package by two hands cooperation or even using tools like scissors. However, for people after stroke, or with certain conditions such as RA, poor manual dexterity and strength may encounter difficulty to open package independently to feed or prepare meal.

Objectives
The invention of "Easy Package Opener" (EPO) aims at helping people with poor fine motor function or capable to manipulate tools with single hand only to open package in order to facilitate their daily function and improve their independence.

Methods
10 community living subjects with difficulty to open package caused by different level of fine motor weakness were invited to use EPO opened food, drink package. First, they were asked to open package without any tool. Then, they were provided a 2 minutes tutorial of function and usage of EPO and opened package by EPO.

Instruction of using EPO

Open package clip
(handle can be on top/ bottom)

Place package corner
between
package clip

Close
package clip


Slide handle &
open package

Results
2 subjects were able to open food package manually after 30 sec to 1 minute trial. The rest of them could not open package without tool. When using EPO, all subjects could open package within 1 minute trial. All subjects agreed EPO was handy, easy to use. They were satisfied with using EPO to open package.


Conclusion
EPO is a safe, handy, low cost and user-friendly tool which facilitates client to open food and drink package in their daily life. It is suitable for community living client to improve their quality of life and independence. However, EPO is not suitable for client who is not able to understand at least two steps instructions or has poor/ no control in both hands and it is not applicable in non-flatten package (such as cone shape). For future development, it is suggested to adjust EPO with blade moving function when open or close package clip so as to simplify the step of usage.

Special thanks for Mr. Peterson Chui for close supervision in this project.

Easy Package Opener



View from lateral side



View from top

Application
EPO is useful for people with poor fine motor function like those with rheumatoid arthritis, spinal cord injury and hand injuries. The cutter will slide along the plastic track inside package clip accordingly.

Poster of Easy Package Opener developed by Tsang Yuen-ling

My **VISION** of *Physiotherapy*

Felix Wong Tsz-kin

Year 3 student, BSc (Hons) in Physiotherapy

Our final year PT student Felix Wong has been awarded the Li & Fung Scholarship. The selection of this scholarship is based on academic merit, independence, leadership potential and participation in extra-curricular activities. The scholarship awardees are honoured as "Fung Scholars". This scholarship supports Felix Wong during an overseas exchange placement at the University of Toronto Canada in late January. Below Felix shares his thoughts on being the recipient of the scholarship.

Hello, this is Felix Wong, a very ordinary Year 3 student in the Physiotherapy programme. Here I would like to share some of my experiences in getting the 2013-2014 Li & Fung Scholarship award.



With my passion being in the healthcare profession, I have been spending time exploring human physiology, pathology and related physiotherapy treatments by reading books, journals and

newspapers in addition to my study. Besides, I also joined Hong Kong Physiotherapy Concern and participated in many voluntary services to contribute what I learn to society, promoting primary health in the community.

Clinical placement is a milestone for me. It provides me with a real and precious opportunity to practise what we have learnt in the class. We have to equip ourselves well so as to alleviate patients' suffering. I also always seek chances to empower myself to resolve their problems.

There is no doubt that guidance and encouragement from all the teachers who have taught me in these three years are the key inspiration for me to clinch this scholarship. My teachers always answer my questions patiently, although I am a curious student who keeps raising questions in the lesson. I would like to express my special gratitude to Prof. Ella Yeung, my Final Year Project advisor. Prof. Yeung has always given her favourable and professional advice on our project in spite of her heavy workload. It is my fortune in life to have such a cordial teacher and a nice studying environment in which to challenge myself to excel.

Physiotherapy is a brilliant profession but it requires enthusiastic volunteers. I will keep trying my best to fit in this profession in the future. Thank you.

FIRST Physiotherapist obtains the *Ten Outstanding Young Persons Award*

Fung Ying-ki

MPT graduate (2012 intake)

The phrase "Mastering others is strength, Mastering yourself is true power" has been my motto in life. Although crippled at the age of 13 due to viral infection of the spinal cord (acute transverse myelitis), I had not quite totally been struck down as a young man. Though being dependent on a wheelchair for almost 10 years, this was the time when I started my wheelchair fencing career and attained great achievements.

Exercise and perseverance is a good therapy for recovery. Although the sensory function of my lower limbs has not and will never completely recover, I am grateful that I am now able to walk by myself. To receive the Ten Outstanding

Young Persons (TOYP) award – 2013 is a great honour for me. My past experience of participation in wheelchair sports and then rehabilitation through exercise has helped me realise the importance of exercise for promotion of early recovery in patients. After retiring from wheelchair fencing, I decided to step on further, from one P (patient) to another P (physiotherapist).



I will be graduating from my master's degree in physiotherapy and working in an NGO in early 2014. I hope that by receiving the TYOP award, publicity for the valuable work of the allied health professions in Hong Kong can be raised. My dream is not only in sports and the highest platform is not the Olympic podium. I hope to encourage and give support to those in need both physically and psychologically, especially to the disabled, to improve their quality of life and to help them to step out onto their highest platform of life.



Visitors



Visit by students of St Paul Co-educational College



Visit by Dr Cheung Wai Lun, Director of Cluster Services of the Hospital Authority and delegates of Rehabaid Centre



Visit by members of Physiotherapy Board



Visit by Fellows of Asia Football Confederation Travelling Fellowship Programme



Visit by the students of University of Illinois at Urbana-Champaign

News

Promotion

Mr Thomas Chan
promoted to Assistant Technical Officer

Editors :
Mr Raymond Lo (PT)
Ms Joy Lau (OT)

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**9th Pan-Pacific Conference on Rehabilitation cum
21st Annual Congress of Gerontology**
第九屆泛太平洋康復會議暨第廿一屆老年學週年會議

Date : 29-30 November 2014

Venue : Jockey Club Auditorium, The Hong Kong Polytechnic University

Rewinding the Aging Clock

黃金歲月·活出精彩

Deadline for Abstract Submission: 15 May 2014

Early-Bird Registration ends on 15 July 2014

Keynote Speakers

Prof. Kenneth Rockwood
Professor of Medicine (Geriatric Medicine & Neurology)
Dalhousie University, Halifax, Canada

Prof. Keith Hill
Head of School of Physiotherapy & Exercise Science
Curtin University, Australia
President, Asia / Oceania Regional Council,
Int. Asso. of Geriatrics & Gerontology

Prof. Piu Chan
Professor & Director of the Beijing Institute of Geriatrics
Departments of Neurobiology, Neurology & Geriatrics
Xuanwu Hospital of Capital Medical University,
Beijing China

Prof. Lindy Clemson
Professor in Ageing and Occupational Therapy
The University of Sydney, Australia

Co-organizers



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For more information, please visit the websites: <http://www.rs.polyu.edu.hk/ppcr/2014> and www.hkag.org

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

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