

Autumn 2015 Newsletter

Impact

TOUCHING LIVES, MAKING AN IMPACT

Also in this issue

p3 PolyU Summer Programme 2015

p5 'Shoe Lazy' – 2nd Runner Up and Best Presentation award in iCREATE 2015

Cover Story

Summer Overseas Exchange Scholarship Scheme (SOESS)

Prof. Hector Tsang
Chairman

Organizing Committee of the SOESS

To cultivate the integration of East and West in the rehabilitation sciences central to physiotherapy (PT) and occupational therapy (OT), as well as to nurture future leaders in the field, the Department of Rehabilitation Sciences (RS) launched the Summer Overseas Exchange Scholarship Scheme (SOESS); this scheme facilitates internationalization by inviting occupational and physical therapy students from top universities around the world to participate. This year is the second time of SOESS conducted by RS, it was successfully held from 22-26 June 2015.

The Organizing Committee was chaired by Prof. Hector Tsang, Associate Head of RS; the other members of the committee were Dr Amy Fu, Dr Benson Lau and Mr Christopher Lo. The secretarial duties were performed by Ms Gloria Man and Ms Joann Yiu.

There were over 160 applications from overseas students; eventually 30 overseas OT, PT and science students from prestigious universities around the world were selected on the basis of their academic merits and application statements. Applicants who had an outstanding academic record and stated a clear interest in pursuing a research career were selected. Ten local students also joined (as ambassadors), so a total of 40 students participated.

The programme lasted for a week. During the first three days, seminars and laboratory tours in the four major research areas – East-meets-West in Rehabilitation Sciences, Neuroscience and Neuro-rehabilitation, Orthopaedic and Sports Rehabilitation, and Geriatric Rehabilitation – were arranged. There were laboratory demonstrations by the principal research personnel in each area. Visits to rehabilitation facilities were scheduled for the fourth day. Individual meetings with professors and, finally, an open forum were arranged for the fifth day. During the weekend, the participants joined a tour to famous spots in Hong Kong as part of the cultural exchange programme.



Opening speeches by Prof. Gabriel Ng (Chair Professor and Head of RS) and Prof. Hector Tsang (Chairman of the SOESS Organizing Committee)



The participants visit various research laboratories to get in-depth understanding of the RS research themes



The participants enjoyed the SOESS, as was reflected by their positive comments. In addition, Portal FürPhysiotherapeuten, a well-known German physiotherapy journal, published an article on our SOESS and it was mentioned on Washington University Occupational Therapy Program's Facebook page.

The SOESS has made a good start in building up relationships with students in different countries and it has created opportunities for future collaborations and research.

Link:

Portal FürPhysiotherapeuten

<https://www.physiotherapeuten.de/austauschprogramm-mit-hong-kong-ein-erfahrungsbericht/##>



Group photo of student participants and staff

Continue reading on next page >>

Summer Overseas Exchange Scholarship Scheme (SOESS)

(Con't)



The organizing committee also arranges clinical visits for the participants



Students and staff enjoy a cup of tea at a farewell reception



Academic staff in different research-theme groups deliver talk to the participants



THE 6th CONGRESS OF THE ASIA PHYSICAL THERAPY STUDENT ASSOCIATION

Hong Kong Physiotherapy Concern



Hong Kong representatives performing on Cultural Night

The 6th Congress of the Asia Physical Therapy Student Association was the first international event hosted by Hong Kong Physiotherapy Concern (HKPC), with due support from RS, The Hong Kong Polytechnic University (PolyU) and Sportsline.

Over 150 undergraduate participants from eight regions – Hong Kong, Indonesia, Japan, Malaysia, Myanmar, the Philippines, Taiwan and Thailand – gathered in Hong Kong for educational and cultural exchanges on the topic 'The Emerging Importance of Physiotherapy in Sports – A Global Phenomenon'.

Day 1 (Saturday 8 August 2015) – Intensive learning

On Day 1, we were honoured to have Prof. Marco Pang officiate the event and welcome our friends from other countries. Afterwards, Prof. Ella Yeung and Dr Simon Yeung gave a talk on 'An Integrated Approach to Athlete Care – The Role of the Sports Physiotherapist', in which the situation of Hong Kong sports physiotherapists and their personal on-field experiences with national teams were shared, sparking the participants' interest in the area.

The participants were then split into four small classes. One of these received a practical lesson on 'Soft Tissue Treatment Techniques in Sports Rehabilitation' from Mr Christopher Lo, who specialises in the area. The other three classes were in the form of case-study discussion groups on sports injuries; these were led by Dr Arnold Wong and Mr Raymond Cheung, from our Department, and by Mr Otto Law, who provides his services at international sports events. Following the small classes, a more interactive lecture for all the participants – on sitting tai chi – was held by Dr William Tsang; this allowed them to relax their bodies and minds after the day's packed schedule. The participants were enthusiastically involved in all of these sessions.



Sitting Tai chi is fun!

Day 2 (Sunday 9 August 2015) – Delegate Presentations

Mrs Eleanor Chan, President of the Hong Kong Physiotherapists' Union, was invited as guest speaker to give a talk on 'Direct Access in Hong Kong'; she shared her insights into the feasibility of direct access to physiotherapy services without doctors' referrals. It is hoped that Hong Kong may play a leading role in advancing our profession.

In the second part of the day, delegates gave presentations on the current situation in sports physiotherapy and palliative care in their own regions. Our profession is developing at a different pace in different regions, and the presentations provided valuable information on how our counterparts are progressing and what can be learned from them.



Indonesian delegates in their traditional costumes

PolyU Summer Programme 2015



Group photo with participants



Discussion session with current students



Introductory session

Miss Hui Wai Wai, Nadia
Miss Chan Wing Yan, Wing
Mr Lee Chun Yin, Ervin

Mr Mak Ka Chun
Mr Cheung Hon Tung
Mr Tam Ling Hon

Year 3, BSc (Hons) in Physiotherapy

The Department of RS held a summer programme for Form 4 and Form 5 secondary-school students on 3rd of July. The programme was aimed at providing the participating students with a one-day experience of being a PT student. After a brief introduction to the profession and the curriculum that our school offers, Mr Christopher Lo (Clinical Associate of the Department) provided two tutorial classes: Exercise Science and Functional Anatomy. Six Year-3 physiotherapy students volunteered to be student leaders and helped to make the learning atmosphere more interactive.

The introduction started with a round of brainstorming on how PT was perceived by the participants. After that, a talk was given on the Joint University Programmes Admissions System (JUPAS) route to applying for the BSc (Hons) in PT programme; this was followed by a talk on related educational and career-training opportunities. The session was aimed at giving potential applicants a more comprehensive picture of the foreseeable future should they be enrolled.

To enable the participants to experience the learning atmosphere of the PT programme, a tutorial class on Exercise Science was conducted. Students of the endurance sports player type, the anaerobic performer type and the sedentary type were invited to take the Wingate Test, which is a commonly used anaerobic test performed on a cycle ergometer, with the rider pedalling all-out for 30 seconds against resistance provided by a weight. Our computer program provided an analysis and comparison of the test results, which triggered discussion of the implications. The students were highly involved in the learning process. After this tutorial came a class on the basic anatomy of the spine. Practical demonstrations – of the palpation of the spine and of muscle actions, for instance – were incorporated to facilitate learning.

It is hoped that the students who had a glimpse of the learning routine of our PT programme were able to better assess their suitability for the curriculum and were encouraged to develop an interest in the PT profession.



Practical lesson



The participants get their certificates after completing the programme

Problem-based Learning at McMaster University

Prof. Marco Pang
Associate Head
MPT Programme Leader



Ms Joan Southam (tutor – front row, 2nd on the left) and students in a problem-based tutorial

I had the opportunity to spend two weeks at McMaster University in June 2015, with the aim of learning how problem-based learning tutorials are implemented in the entry-level physiotherapy curriculum.

The master's degree (entry level) physiotherapy programme at McMaster University is a two-year programme that consists of six academic units (semesters), with each unit focusing on a different specialty area (musculoskeletal, cardiopulmonary, neurological, etc.). The students progress from unit 1 to unit 6 during the course of their two-year study. Apart from clinical placements, their curriculum consists of essentially only three courses (that span all six academic units): Clinical Lab, Problem-based Learning and PT Practice. Therefore, the students are required to heavily engage in problem-based learning right from the beginning. Such a curriculum design distinguishes the physiotherapy programme at McMaster University from those at other universities in Canada.

I attended several problem-based learning tutorials during my stay there. Each weekly tutorial is led by a tutor, who is often a very experienced clinician employed by the university solely to run the problem-based tutorials. There are only six or seven students in each tutorial group. The students are given a clinical case, with detailed medical history, subjective reports and objective examination findings. Each tutorial is focused on specific learning issues pertinent to the case (e.g. pathophysiology, surgical procedures, physiotherapy assessment findings, etc.). The students are required to identify the specific areas raised by, or terms used in, the case study that they do not quite understand and that they feel highlight the need to acquire more in-depth knowledge. As a group, the students formulate the learning objectives that they would like to achieve for the next tutorial. Before they meet again in the next tutorial, the students are required to do their own independent information searches to meet the learning objectives. In the subsequent tutorial session, the students share with the other group members what they have found. The students also have the opportunity to ask questions to clarify key

concepts and challenge/critique the information found by other students. Evidence-based practice is the essence of the problem-based learning tutorials. In later stages, when it comes to designing the treatment plan, each student is again expected to find relevant literature to support the choice of the proposed treatment. Through these learning processes, the students are trained to be independent lifelong learners, critical thinkers and physiotherapists who know what evidence-based practice really is.

The tutor mainly plays the role of a facilitator; the tutor provokes critical thinking and makes sure that the key learning issues are addressed and that the students are actively participating. The tutor also has to closely observe the performance of each individual student throughout the process, which becomes very important when it comes to evaluation.

At the end of each tutorial is the feedback component. The four evaluation criteria concern (1) professional behaviour, (2) contribution to the group process, (3) contribution to the group content and (4) evidence-based practice. Each student is required to reflect and present their views on their own performance.

Overall, my academic visit to McMaster University was an eye-opening experience. I would like to thank the Education Development Centre of PolyU for making this enriching experience possible by providing the required funding through the Overseas Scholarship Scheme.



Meeting with Dr Bonny Jung, Director of the Program for Interprofessional Practice, Education and Research at McMaster University



Meeting with Dr Liliana Coman, Department of Education Co-ordinator

PT Student Scooped Hong Kong Jockey Club Scholarship

Mr Chu Wai Lun, Ivan
Year 3, BSc (Hons) in Physiotherapy

My name is Ivan Chu, currently a Year 3 physiotherapy student. This year I am very honoured to have been awarded the Hong Kong Jockey Club Scholarship for my social service work. I would like to share my story with you all.

Since Form 2 (that is, for five years), I have been assisting a voluntary service scheme, Caritas Lok Yan School Service Team. Caritas Lok Yan School is an educational institution for severely mentally handicapped children. They cannot communicate in ordinary language, yet they have

their own way of expressing themselves. Some will shake their head or blink their eyes if excited. Our job was to design and organise activities for the children to cultivate friendships with them. During my regular visits, I realised that human beings are truly amazing. And, more importantly, I realised that even a young teenager could make a big difference to someone.

Therefore I continued to nurture my passion for social service after being admitted to PolyU. I have started voluntary work in Chinese Mainland. During the Christmas



break of 2013, my friends and I organized and implemented a voluntary teaching trip to a very remote village in Guizhou Province, Chinese Mainland. It is a poverty-stricken place and there are many ethnic Miao people. We found various sponsors – who provided such things as stationery and clothes – and raised money from the people around us. We designed the syllabus and schedule ourselves. We taught hygiene and health. We played football with the people there. We slept with the family of one of the children. It was a life-changing experience, both for us and for the children. In fact, if we are willing to try, we can create impacts on the community that surpass our imagination.

I am very lucky to have received this recognition from the Hong Kong Jockey Club. I hope that in the future I shall combine my passion with my profession and, as a physiotherapist, keep contributing to the community.



Outstanding Student Ambassador of the PolyU-Henry G. Leung Mobile Integrative Health Centre Awarded to OT Student

Miss Lam Ka Yee
Year 2, BSc (Hons) in Occupational Therapy



It is my honour to have been nominated as Outstanding Student Ambassador of the PolyU-Henry G. Leung Mobile Integrative Health Centre (MIHC) and to have been awarded the Certificate of Appreciation. The MIHC is a mobile clinic that reaches

have also improved through direct interactions during service delivery. Of particular value is the early opportunity the MIHC provides for me to practice the OT skills I learn in classes – from assessing risk of falls to providing safety tips, from assessing range of motion to providing advice on ergonomics or exercise, from assessing risk of depression to practising empathy, from assessing cognition status to explaining the pathology of gout, and much more.

There are always new challenges when I work for the MIHC, and these are indeed the driving force motivating me to 'stay hungry, stay foolish' – the motto that reminds me to be curious to learn more, to be open-minded in new situations, to be humble with people and to better equip myself to be a future occupational therapist. Thank you, MIHC, for giving me such a great and valuable learning experience.

out to different communities in Hong Kong; it provides basic health screening and health education to underprivileged senior residents. I was made aware of the service when I took the service subject 'SN3S02 Promotion of Healthy Aging in the Community' offered by the School of Nursing during my first year of study; I provided services at the MIHC, as it was my placement for the subject.

The service subject nurtured my interest in the field of geriatrics, which led me to continue my service at the MIHC after completing the module. At the MIHC I have the chance to work with students and staff from different healthcare disciplines. I learn about the different professional roles in maintaining the health and well-being of elderly people as well as of the general population. My communication skills with elderly people



'SHOE LAZY' – 2nd Runner Up and Best Presentation in the 8th Student Innovation Competition Design Category, iCREATE 2015

Miss Poon Kei Tung
Miss Law Hoi Ying
Year 4, BSc (Hons) in Occupational Therapy



Participating in the 8th Student Innovation (World) Challenge – held in Singapore from 10 to 14 August 2015 – was an extraordinary opportunity. It was also our great honour to receive the second runner-up and the best presentation award in the design category.

'Shoe Lazy' is an assistive device that was designed for the subject 'Environmental Issues and Assistive Technology' during our Year 3 studies. The idea came from our experiences during placement. We observed that there were many cerebral palsy and stroke clients who would have loved to wear a pair of sport shoes; however, because of their illness it was difficult for them to tie shoelaces with one hand. With this inspiration, we designed 'Shoe Lazy' to help single-handed users to tie their shoelaces efficiently.

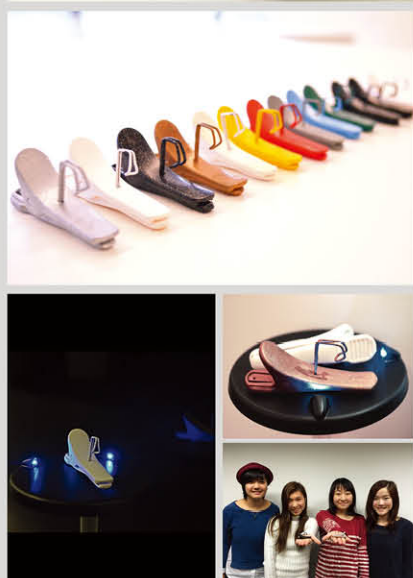
It is always challenging and eye-opening to participate in an international conference and competition. We are very grateful to have received much positive feedback, many compliments and useful recommendations from different judges, guests and students from all around the world. One of the judges suggested that we revise our instructions to enable product users to fully utilise 'Shoe Lazy'. The judges also pointed out that the key feature of a good assistive device is simplicity, which is one of the advantages of 'Shoe Lazy'. In addition, many suggested that we try out our product on our clients in order to get sufficient data for analysis, which is an area we should work on further. Being confident was critical to our performing well in the presentation and the showcase; the judges showed appreciation of our lively, confident and interactive



presentation performance. Calmness was also essential for an impressive presentation when a Thai princess visited our booth!

This was a wonderful platform for broadening our horizons and gaining new inspiration. By exchanging ideas on rehabilitation technology we now have a clearer picture of various rehabilitation cultures and of development in Thailand, Malaysia and Switzerland. As OT students, we also gladly shared our OT concepts to students with different backgrounds (in design, biomedical engineering and nursing, for example).

Participating in an overseas event definitely further developed our independence and problem-solving skills – especially when our team for this competition had only two people in it and we had to deal with all kinds of situations on our own. Lastly, we would like to recommend all of you who are creative and innovative to participate in a similar event. It will surely become one of the most meaningful and memorable experiences in your university life.



Taiwan Summer Exchange Programme



Lively taping tutorial by Dr Wang

On 22 August, practical lessons on sports injury-prevention taping and shoulder examination and treatment were delivered by Dr Wang Hsing-Kuo (Associate Professor at the National Taiwan University) and Mr Christopher Lo (Clinical Associate at PolyU), respectively. It was an unforgettable experience to have lessons together with local students and to appreciate the difference in teaching styles.

On 24 August, the participants visited the Department of Physical Therapy at Chang Gung University and had the opportunity to visit various research

Hong Kong Physiotherapy Concern

Hong Kong Physiotherapy Concern organized an exchange tour to Taipei that lasted from 21 to 26 August 2015. In all, 25 participants visited the National Taiwan University, Chang Gung University, Linkou Chang Gung Memorial Hospital and Taipei Veterans General Hospital.

laboratories. The participants also interacted with master's and doctoral students from the university and developed a better understanding of PT education and employment in Taiwan.

On 25 August, the participants visited the General Rehabilitation, Neurological Rehabilitation and Orthopaedic Rehabilitation divisions of Taipei Veterans General Hospital, where they were shown numerous pieces of sophisticated equipment used for diagnosis and treatment. The participants also visited the Centre for Assistive Technology Resources and Popularisation, and they explored the use of many assistive devices not covered in university lessons.

As a result of the exchange, the participants gained further insights into the ways that social and cultural factors affect the approach of physiotherapy management. For example, traumas resulting from motorbike accidents are common in Taiwan. The participants also learned how the National Health Insurance model altered the healthcare system in Taiwan, and they reflected on how similar healthcare reforms would impact the healthcare system in Hong Kong.



Trying out different wheelchairs in the Centre for Assistive Technology Resources and Popularisation



Movement Science Lab in Gang Gung University



Inspiring shoulder tutorial by Mr Lo



Cardiopulmonary division in Taipei Veterans General Hospital

Summer Internship Programme in Kunming



Between 27 July and 14 August 2015, five OT students participated in the Summer Internship Programme in Kunming. In this three-week period, we visited three different specialties in the Second Affiliated Hospital of Kunming Medical University, namely burns, neurosurgery and orthopaedics. This Summer Internship Programme was a golden opportunity for us to increase our understanding and experience of rehabilitation services in Chinese Mainland, and we really learned a lot.

During the first week we visited the Burns Unit. In the mornings, we were led by different doctors who taught us about the case management of burn patients and demonstrated to us some surgery in the operating theatre, such as skin transplants and amputations. This experience broadened our horizons, as we encountered a huge number of large-area burn patients (from deep second-degree burns to fourth-degree burns); such patients are rarely seen in Hong Kong.

We were guided by different physiotherapists in the afternoon; they shared with us their knowledge concerning the rehabilitation of the burn patients. Most of the burns were caused by massive explosions and electrical injuries resulting from a lack of safety measures and inspections in the factories. Some children were also burned, because of the low height of high-voltage cables in the rural area. Therefore, the main client types were working adults and young children. The therapists demonstrated to us different scar-management methods, including the use of pressure garments, face masks, ultra-sound and stretching. Unlike Hong Kong patients, the patients at Kunming Medical University receive rehabilitation treatment every day for a few months, with each session lasting for around three hours.

In the second and third week, we remained in the OT departments of neurosurgery and orthopaedics, where many



Miss Yuen Ching Yue, Cindy
Year 4, BSc (Hons)
in Occupational Therapy

Therapists and students in the orthopaedic outpatient clinic in Kunming Medical University

fracture, stroke and traumatic brain injury patients were found. We were attached to different occupational therapists, and they showed us different handling techniques for each type of patient. We also learned more about the medical service system in Chinese Mainland. The situation is different from the one in Hong Kong in that the occupational therapists in Kunming seldom receive referrals (instead, family members come to the hospital to seek rehabilitation services). The occupational therapists also showed tremendous social support to their patients, as they would accompany them for every training session. Before the internship programme ended, it was our honour to be invited to participate in the celebration of the 20th anniversary of Kunming Medical University.

To conclude, we had an unforgettable experience in Kunming and we would like to thank everyone who made the trip possible. The teachers and therapists in Kunming were friendly and willing to teach us. All of us gained a lot and we enjoyed this Summer Internship Programme very much.



Ceremony with Prof. Cecilia Li-Tsang and PT students

Therapists in the rehabilitation centre for burns at Kunming Medical University

New Colleagues



General Office

Mr Robbie Ho – Executive Officer (2nd row, 1st on the right)
 Mr Roy Ho – Executive Assistant (2nd row, 2nd on the right)
 Ms Phoebe Cheng – Executive Assistant (front row, 2nd on the left)
 Ms Alexandra Lo – Clerk (front row, 3rd on the left)

Technicians Team

Ms Mandy Lau – Technical Assistant
 Mr Sun Yiu Ming – Technical Assistant

The 2nd Occupational Therapy Student Ambassador



Occupational Therapy Student Ambassador

Thanks to the endeavours of the representatives of the 1st Occupational Therapy Student Ambassador (OTSA), it was a great success! From the establishment of OTSA (dating back to 28 April 2014) to the Taiwan exchange programme, OTSA has organized many different sorts of activities, including the Story of OT series, community services, school visits, the PolyU OT Day and others.

All of these activities share a common goal, which is to promote OT to the general public and deepen their understanding of our profession. Thanks to the representatives of the 1st OTSA, OT in Hong Kong is now turning a new page and expanding the promotion to others, and it is my and my team-mates' honour to continue the mission.

I am President of the 2nd OTSA, Chao Mun Cheung, Leo, Year 3 OT student at Hong Kong Polytechnic University. And may I introduce the other members of the 2nd OTSA to all of you:

- Ng Tsz Ho, Jake, External Secretary of the 2nd OTSA
- Lai Tsz Ying, Fiona, Internal Secretary of the 2nd OTSA
- Leung Wai Ping, Bing, Promotional Secretary of the 2nd OTSA
- Li Kai Sing, Sing, Information and Technology Secretary of the 2nd OTSA
- Lau King Wa, Stella, General Secretary of the 2nd OTSA
- Ho Kit Man, Mandy, Publication Secretary of the 2nd OTSA
- Wong Tsun Kit, Peter, Financial Secretary of the 2nd OTSA

We promise to try our best to sustain the efforts for promoting occupational therapy as our ultimate goal in the coming academic year! Please keep supporting us! We give colour to life, give meanings with pride! Thank you!

Visits to RS

2015
Jun
22

MPT Accreditation Panel Members



2015
Jun
29 – Jul
10

Haute École de Santé Vaud



2015
Sep
11

Admission Talk to Marymount Secondary School students



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 more than 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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I wish to contribute to the development of RS; please allocate my donation for the following purpose(s). (Please add a "✓" where appropriate) <ul style="list-style-type: none"> <input type="checkbox"/> Research conducted by RS <input type="checkbox"/> RS student development <input type="checkbox"/> At the discretion of RS <input type="checkbox"/> Other (Please specify): _____ 		Please make your cheque payable to: THE HONG KONG POLYTECHNIC UNIVERSITY and mail it to: Department of Rehabilitation Sciences The Hong Kong Polytechnic University, Hung Hom, Hong Kong	
** A donation receipt will be issued by the University for tax deduction purposes			
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