

Spring 2016 Newsletter

Impact

TOUCHING LIVES, MAKING AN IMPACT

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Cover Story

INTER-PROFESSIONALS 「職物相連」嘉年華 CARNIVAL

Mr Leo Chao
President

2nd Occupational Therapy Student Ambassador

Mr Matthew Ho

Promotion Branch Head
17th Central Committee

Hong Kong Physiotherapy Concern

With the concerted efforts of the Occupational Therapy Student Ambassador (OTSA) and the Hong Kong Physiotherapy Concern (HKPC), our joint function “職物相連” was successfully held on 19 February 2016! As the president of the OTSA, I was really glad to receive the invitation from the HKPC to co-organize this event with them. It has been our pleasure to take part in this cross-over event for the first time with the HKPC and it has truly meant a lot to us. Through this activity, we not only helped the general public to have a deeper understanding about cerebral palsy, fall prevention, rheumatoid arthritis and the corresponding Occupational Therapist and Physiotherapist's roles and interventions, but also gathered our teachers, classmates and volunteers from the Occupational Therapy (OT) and Physiotherapy (PT) altogether at this cheerful event!

We, the members of the OTSA, saw this event as a remarkable and precious opportunity for us to learn from members of the HKPC. Sharing our professional knowledge, getting to know more about our different therapeutic modalities, experiencing some of the treatments, exchanging ideas of activities that have been organized and group photos taken with teaching staff and classmates from both bodies are surely examples of unforgettable memories from the event for all of us. We hope that this symbolic first event in collaboration with each other can extend from generation to generation and that there will be an increasing number of collaboration opportunities between the HKPC and OTSA in the not-too-distant future!

We hope that the happiness and spirit of the event that we experienced at and from this joint function can be passed all the way down to the 3rd generation of the OTSA. We hope that the 3rd generation of the OTSA will organize more ground-breaking activities with the HKPC in the upcoming academic year.

Last but not the least, we would like to extend our gratitude to all of the teachers, staff, volunteers and classmates who provided substantial support and assistance to us for this event and to

those who attended the event! Without your cordial help and attendance, the joint function would not have been so successful!

With a view to promoting the strong connection between PT and OT to the public, HKPC cooperated with OTSA to hold an inter-professional carnival at PolyU in mid-February. At this meaningful carnival, the HKPC and OTSA offered a wide range of game booths to the university students and the public. The game booths that we provided were grouped into three main themes as follows: ‘fall prevention’, ‘rheumatoid arthritis’ and ‘cerebral palsy’. In the game booths under fall prevention, the participants were actively engaged in the proprioception exercises offered by our PT students and learnt how occupational therapists creatively modify the home setting to prevent falls in older adults. In other game booths, the participants received a unique chance to experience OT and PT such as wax therapy, hand splints and walking aids. Apart from encouraging the public to learn how physiotherapists cooperate with occupational therapists, this event also enhanced the understanding of their counterpart professionalism among the physiotherapy students and occupational students.



The Internationalization of our Research Students (Part I)

Prof. Hector Tsang

Associate Head and Professor

Chairman of the Departmental Research Committee

Our department has made significant progress in the past few years towards the internationalization of our research students. To date, only 18 (33%) out of 54 full-time research students are from Hong Kong. To achieve this, we organized two very successful summer attachment programmes for potential students from all over the world, one in 2012 and another in 2014. Stories of these attachments have been covered in earlier issues of IMPACT. In addition, we revamped our research homepage and carried out some promotions overseas on various occasions. Thanks to our efforts, there are currently nine PhD students studying in Department of Rehabilitation Sciences (RS) from around the world who constitute 18% of our full-time RPg population.

Other than from overseas, there are also many research students coming from Chinese Mainland. They will be portrayed in Part II of this story, which will be released in the next issue of IMPACT.

Going back to our overseas students, three of the students came from the Philippines and the other six students came from Ethiopia, Ghana, Iran, Mexico, Singapore and Spain. There will be another four PhD students coming from overseas in the next academic year. I invited a few of them to give a short introduction of themselves (see below) so that you will have a better understanding of their background and reasons for coming to Hong Kong to pursue their PhD.

Ivan Neil B. GOMEZ

I am Ivan Neil B. Gomez from the Philippines, a second-year PhD student supervised by Dr Cynthia Lai and Prof. Hector Tsang, under the PolyU Research Studentship and International Postgraduate Scholarship. I have an undergraduate degree in OT and a master's degree in special education. My field of clinical practice has focused on children with disabilities and their families, and on the development of participative and sustainable community-based health and rehabilitation programmes. Additionally, I am an instructor on the undergraduate OT programme at the University of Santo Tomas in the Philippines. I decided to come to Hong Kong and study at PolyU-RS because of their track record in research excellence and innovation, which I expect to play a part in and contribute to. My current research interest is in childhood autonomic regulation mechanisms. In my free time I enjoy exploring Hong Kong's culture, attractions and shopping experiences.



from the very beginning. The departmental staff not only cares about the quality and wellbeing of the students, but also offers a very challenging and enjoyable academic environment for the students to grow in and expand their potential in as researchers.

Photo credit to: Shuai Jia (PhD student at PolyU)

Donald S. LIPARDO

I am Donald S. Lipardo, a physical therapist from the Philippines. I obtained my master's in Physical Therapy from the University of Santo Tomas (UST), Manila, Philippines in collaboration with the University of South Australia. After working for more than 10 years at the UST as a faculty member, researcher and administrator, I decided to pursue my PhD here at the prestigious PolyU.



I chose PolyU for three main reasons.

First, it has an international reputation as an academic institution that advances high-quality research. Second, it offers scholarships to foreign students who want to complete their post-graduate degrees. And third, Hong Kong is very close to my home country, not just geographically but also culturally. Upon completion of my PhD, I expect to be more competent and confident in conducting scientific research of clinical and practical significance with published works in reputable journals.

Dalinda Isabel SÁNCHEZ VIDAÑA

I am Dalinda Isabel Sánchez Vidaña, a Mexican/Dutch national. I did my bachelor's in Pharmaceutical Industrial Chemistry and a master's in Drug Innovation focusing on traditional medicine. In the quest for a PhD programme that complemented this direction, I came across Hong Kong as a potential option for the location of pursuing my PhD in. Studying in Hong Kong was a very appealing choice not only because of the wide diversity of PhD programmes focusing on drug discovery, but also because of the international environment of the university settings as well as of daily life. I recently joined RS at PolyU and I received a very warm welcome



The Graduation Ceremony of the 2nd Cohort of the MOT and MPT programme

Double happiness – 2nd cohort graduates and the successful accreditation of the MOT programme

Prof. David Man
MOT Programme Leader



The second cohort of Master in Occupational Therapy (MOT) students have completed their studies with flying colours. They attended a graduation ceremony on 6 February 2016. Their happiness was mixed with the cheerful news of the successful accreditation of the MOT programme, which was conducted by the Occupational Therapist Board (OT Board). The accreditation document has been well commended by an eight-member accreditation panel (AP) led by Dr Bacon Ng and joined by an external expert, Dr Ingrid Provident. The AP met staff, students and employers on 11 February 2015. The AP also visited the clinical education sites, including the TWGH's Jockey Club Rehabilitation Centre, Shatin Hospital and Prince Margaret Hospital on 13 February 2015. Very positive feedback was received and they were very impressed by the students and the quality of the programme. The AP concluded that the MOT programme had fully met the

standards for accreditation and the accreditation reports have been endorsed by the Registration Committee of the OT Board and the Supplementary Medical Professions Council (SMPC). On 31 December 2015, the MOT programme formally became one of the prescribed qualifications under section 12(1)(a) of the SMPC Ordinance. All MOT graduates can thus apply for registration and local clinical practice, similar to on our existing BSc (Hons) in Occupational Therapy. Bravo!



Master in Physiotherapy (MPT) programme

Prof. Marco Pang
MPT Programme Leader

The 6 February 2016 was a day of celebration for the second cohort of students enrolled in the Master in Physiotherapy (MPT) programme as we successfully held the graduation ceremony. The students have now reaped the fruit of two years of diligent work and become qualified physiotherapists who I expect will contribute enormously to our profession. The ceremony was well attended by the students and their families, and by guests from the Social Welfare Department, hospitals and non-governmental organizations. Jason Tsoi, who won the All-Rounded Student Award, gave a particularly moving speech that impressed us all. It has indeed been my pleasure to witness the tough, but ultimately fulfilling journey that the students have travelled, and to realize that the students have experienced personal and professional growth along the way.

I am extremely delighted that the MPT programme has officially become an accredited programme under clause 12(1)(a). The process of applying for the MPT programme to be enlisted under clause 12(1)(a) has not been easy at all. It took the effort of many parties to make it happen. I must thank my team, particularly Dr Doris Chong, Ms Michelle Leung and Mr Dennis Mok for working with me closely in preparing all the documents and responses to the questions raised by the validation panels and coordinating the two-day visit programme. Credit must also go to our students, as the panel specifically pointed out that they were extremely impressed by our students' level of maturity, proactive attitude and their passion for our profession.



Prof. Gabriel Ng, Chair Professor of the RS and Head of RS delivers the welcome speech to the graduates

Prof. Gabriel presents a souvenir to Mr FONG Kai-leung, Assistant Director (Rehabilitation and Medical Social Services) of the Social Welfare Department who also delivers a speech to the graduates



Group photo of the RS senior management and supporting organizations



All graduates share their joys with the guests

The Innovative Invention Competition organized by The Hong Kong Association for the Advancement of Science and Technology



Mr Lui Kwun Hin
Year 1, BSc (Hons) in Physiotherapy
Miss Mok Wai Sum
Year 1, BSc (Hons) in Occupational Therapy
Miss Wong Ying Chi
Year 2, BSc (Hons) in Physiotherapy

We are glad that we had the opportunity to join the Innovative Invention Competition organized by The Hong Kong Association for the Advancement of Science and Technology in December 2015. It was a fruitful learning experience to have in the first semester.

Our team was formed of two PT students and one OT student. Our invention was an inserting one-way brake for wheel chairs, which is beneficial for all wheel chair users. Usually, it is difficult for the users who move along an inclined plane with heavy wheel chairs. It requires a large amount of force continuously and it is dangerous at the same time because of the risk of slipping backwards. However, with the one-way brake, the wheelchair will not slip back on a slope even when the user's hands are away from the wheels.

In the competition, we first needed to make a prototype of the one-way brake. The basic idea was straight forward; we planned to combine a clutch into a wheel chair brake.

During the manufacturing process, we encountered quite a number of difficulties. For instance, the clutch did not fit into the brake and the surface of the bearing was too smooth to provide sufficient friction on the wheels. After seeking help from our engineering tutor, Mr Siu, we finally found the solution to our dilemma and eventually put the idea into real practice.

By inserting the one-way brake into a traditional wheel chair, the user would be able to climb up a slope with a maximum

inclination of 1:60, by his or her self or with a carer, without slipping backwards. The product turned out to be quite practical, which brought us a great sense of satisfaction.

Apart from the manufacturing stage, we also delivered a 15-minute presentation and demonstration to the judges. At the competition, the audience comprised both secondary school and university students. In total, around 30 groups of students took part in the competition. Our team was very honoured to receive the first prize in the Chronic Illness Caring group.

In this project, we experienced how troublesome and dangerous it can be for a wheel chair user to travel around by his or her self. For us, as students studying OT and PT, this competition was an incredible experience. We should master not only the knowledge in our own discipline, but also the knowledge in other disciplines such as engineering. We could invent some innovative ideas and apply them to benefit the needy in this way.

This achievement, however, would have never been possible without certain people. Here, we would like to express our gratitude towards Mr Christopher Lo and Mr Siu for their guidance and support throughout these months of preparation. Their help was essential in maximizing the practicability of our invention. All in all, we are grateful for being granted the opportunity to participate in this competition, which proved to be both enjoyable and meaningful.



Dotoral PT Students from the National Taiwan University attached in RS



Acupuncture practice

Two dotoral PT students from the National Taiwan University attached in RS from 18 January to 5 February. This aimed to exchange the knowledge of the PT discipline between Taiwan and Hong Kong. They shared what they gained in the following paragraph:



Greeting by Prof. Gabriel Ng and Dr William Tsang



Clinical placement in MMRC

Mr Shin Chang Su, Max advance DPT student National Taiwan University

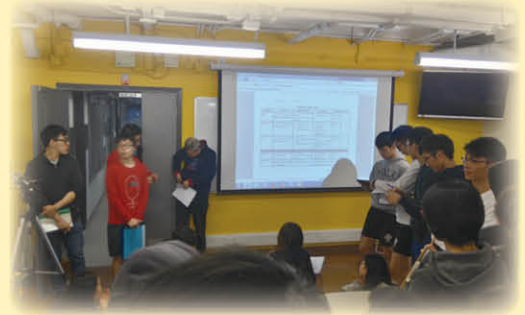
The advance DPT programme has been on offer in Taiwan since 2013. My classmate Mr Kong and I had an opportunity to choose a three-week overseas exchange placement. We enjoyed the journey and made many friends in Hong Kong. We were very grateful for this wonderful opportunity to achieve our goals. The purpose of the placement was to learn about the medical system and clinical settings in Hong Kong. Additionally, we also wanted to compare the differences in the academic and research fields between Hong Kong and Taiwan. In the first week of placement, we joined the students in their classes. In these classes, we were impressed with students' active learning and positive attitude. All of them studied hard and prepared well. The acupuncture course was one of the famous special topics in the PT department. We were able to practice acupuncture with each other. We visited different levels of hospital settings,

such as the acute hospital (Queen Mary Hospital), subacute hospital (MacLehose Medical Rehabilitation Centre) and rehabilitation centre (David Trench Rehabilitation Centre) in the subsequent days. We came to learn of the completed referral system in the Hong Kong West Cluster and realized the role of physiotherapists in these settings. Then, we went to three non-hospital settings. The strongest support for elite athletes in Hong Kong were the amazing gym and coordinated teams at the Hong Kong Sport Institute. In the Harold HWLee care and attention home, we met different professionals working in the building and compared the long-term care service provision between Taiwan and Hong Kong. At the end of our stay, we visited the rehabilitation clinic in PolyU, which served outpatients. We all gained a lot during this unforgettable exchange experience, and made long-lasting friendships.

Mr Kang Fu-Jie, James advance DPT student National Taiwan University

Hong Kong's practice of physical therapy started early and has advanced to a well-developed stage. Furthermore, well-developed hardware and software systems, together with abundant resources promote the development of physical therapy in Hong Kong. We found that detailed and in-depth lectures and practical experience equip the therapists with solid basic skills. Moreover, the advantage of physical

therapy is its wide application, such as in community service, geriatric rehabilitation and sports rehabilitation. In summary, based on these three-week exchanges, both nations have their own strengths and weaknesses and deal with similar problems in the fields of PT and OT. Learning and sharing is key to success; together we can create a brighter future for physical therapy.



WELCOME TO OUR NEW FACULTY MEMBERS



Dr Sonata Yau – Assistant Professor (PT)

Dr Yau completed her bachelor's degree in Biochemistry at the Hong Kong University of Science and Technology in 2005, and her PhD in Neuroscience with the Department of Anatomy at the University of Hong Kong in 2009. Before she joined PolyU, she received a postdoctoral fellowship from the University of Hong Kong between 2009 and 2012, followed by another postdoctoral fellowship from the Division of Medical Sciences at the University of Victoria, British Columbia, Canada, in 2012. She is particularly interested in using different disease animal models to investigate the

effects of non-pharmacological and pharmacological interventions in promoting brain plasticity. Her current research projects focus on the hippocampus, a brain region important for learning and memory. She investigates the underlying mechanisms of physical exercise-induced hippocampal plasticity in disease animal models (e.g., depression and mental retardation) and tries to identify the related biomarkers for translational research in humans. She also investigates changes in the hippocampal plasticity underlying cognitive impairment and therapeutic treatments in mental retardation. She uses a number of research techniques to assess the hippocampal structure and function such as behavioural analysis, electrophysiology, immunohistochemistry and western blot analysis.

Dr Lin Chung-ying – Assistant Professor (OT)

Dr Chung-Ying Lin, an Occupational Therapist, obtained his PhD degree from the Institute of Allied Health Sciences at the National Cheng Kung University in 2012; served as an occupational therapist for patients with psychosocial dysfunction in the Department of Occupational Therapy at the Jianan Medical Center, Ministry of Health and Welfare (2012-2013); and continually worked on his postdoctoral research in the Department of Public Health at the National Cheng Kung University (2014-2015). Dr Lin studies quality of life (QoL), which is an important patient-reported outcome measure. He tries using QoL to help health professionals monitor and understand the health of people with or without a disability. Specifically, Dr Lin has validated several QoL instruments amongst different populations (including paediatric populations, populations with mental illness, cancer populations, populations with polycystic ovary syndrome and geriatric

populations) by using an advanced psychometric method – including confirmatory factor analysis (CFA) and item response theory (IRT) – to analyze the results. He also investigates some theoretical models related to QoL. In addition to QoL, Dr Lin is interested in stigma, a significant outcome measure specifically for people with a psychiatric disorder. He is currently working on self-stigma in people with a psychiatric disorder and their caregivers, and he has also validated some stigma instruments. With the experience of working as a psychiatric occupational therapist in a psychiatric medical centre, Dr Lin has great interest in the effectiveness of OT for people with a mental illness.



Mr Ken Chung – Clinical Associate (OT)

Mr Chung graduated with a bachelor's in Occupational Therapy and then obtained his master's in Vocational Rehabilitation at PolyU. He started out focusing on orthopaedic rehabilitation and work rehabilitation for people with physical disabilities, and then in 2005, began to develop his passion for mental health science and psychiatric rehabilitation. He has served in public hospitals for almost two decades and has cumulated extensive clinical experience for different clientele groups. Prior to joining PolyU, he worked as the keyworker in-charge at the Integrated Mental Health

Clinic under the Department of Family Medicine and Primary Health Care in the Hospital Authority (KEC). His expertise lies in managing clients with primary insomnia and common mental disorders by using non-pharmacological treatments. Mr Chung received clinical hypnotherapy training in Australia in 2014, and this continues to be his keen interest at present.



Visits

2016
Jan
16

University of Illinois at Urbana-Champaign



2016
Jan 18 - Feb 5

DPT students from the National Taiwan University



2016
Jan
26

NTHYK Yuen Long District Secondary School



2016
Feb
26

Southwestern University



2016
Feb
29

La Salle College



2016
Mar
2

Kwok Tak Seng Catholic Secondary School



2016
Mar
4

St. Clare's Girls' School



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CHRONIC DISEASES —
FROM PREVENTION TO REHABILITATION

控慢病 · 宜預防 · 速康復



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