

Spring 2017 Newsletter

# Impact

TOUCHING LIVES, MAKING AN IMPACT

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COVER STORY

PolyU

## Occupational Therapy Day 2017



### Organizing Committee Occupational Therapy Student Ambassador

"Keeping the Faith" - This motto reminds us of the mission of occupational therapists and our passion for the work. The PolyU OT Day served not only to entertain visitors, but it also provided a platform for us to promote occupational therapy to the public and our students to acquire more knowledge about this profession.

On 3 March 2017, a one-day carnival for PolyU staff members, students and the public was organized by the Occupational Therapy Student Ambassador (OTSA), with support from the Department of Rehabilitation Sciences (RS) and the Hong Kong Occupational Therapy Association (HKOTA). The annual event was a big success in the previous two years, which gave us the confidence to turn it into a large-scale function this time. Changing the venue from the podium level to Logo Square attracted over 400 participants. Visitors enjoyed the opportunity to learn about occupational therapy through interactive games and exhibitions.

This year, we highlighted five domains: geriatrics, pediatrics, psychiatrics, work rehabilitation, and barrier-free environment construction. More than 70 student helpers joined in to design a variety of booths to draw visitors' attention. We also made use of innovative assistive devices and work assessments to let the participants know more about the roles of occupational therapists.

It was our honour to hear opening speeches from Prof. Hector Tsang, Associate Head of RS, and Dr Andy Cheng, Occupational Therapy Programme Leader and Associate Professor. We also heard from students in the WeCare WeShare program talk about their experiences on a service trip to Sichuan. Three performances by our OT students, including band shows and a chorus, marked the climax of the day's event.

There is still a long way to go in raising community awareness about occupational therapy. We hope that our OT Day can be a basis for future efforts aimed at letting the community know more about our profession.

## Student Activities

## Year 1 Physiotherapy Student Wins Second Runner-Up in 10K Junior Women's Hong Kong Marathon 2017

**Hung Cheuk Yi**  
Year 1, BSc (Hons) in Physiotherapy

On 12 February 2017, I participated for the fourth time in the Hong Kong Standard Chartered Marathon 10K race. The weather was perfect for running—cool temperature and low humidity. From my ride on the MTR, I felt the passion from every athlete around me, and an exciting atmosphere was cultivated around Hong Kong's Victoria Park as well. This was my last time racing in the junior group, so I was truly delighted to get onto the podium this year. I also achieved a personal best time, which is encouraging to me in advance of being promoted to the senior group, where the competition will be much more fierce. Since I am one of the current Hong Kong Triathlon Team members, I mainly focus on

triathlon competition. The run distance for the junior triathlon is five kilometers, but the senior Olympic distance, from next year onward, will be a 10km run. Due to this change, my coach and I think that February's race has been a great opportunity to help me adapt to the new distance. Furthermore, my training had been suspended for more than three months in order to prepare for DSE last year, so it was a challenge to gain back my original fitness over the past few months. This was an ideal chance for me to evaluate my current fitness level.

Regarding my preparations for the 10km race, my coach and I mainly focused on running 1km

interval sets with short resting times. This definitely improved my aerobic fitness threshold and my ability to hold my 10km running pace. At the same time, one week before the race, I started to eat more carbohydrates (carbo-loading), which is an important method used in aerobic sports that allows athletes to store energy resources.

In the end, I came in second place, and I achieved a nearly 45-second improvement on my 10km best time. It was a remarkable experience for me, and I am grateful to have the chance to share my achievement here with all of you.



## Miss Chan Mei Yan Melody Achieved PolyU's Outstanding Student Award

**Dr Andy Cheng**  
Programme Leader of BSc (Hons) in Occupational Therapy



Miss Chan Mei Yan Melody, final-year student of the BSc (Hons) in Occupational Therapy Programme, has received PolyU's Outstanding Student Award 2016. The presentation ceremony was held on 15 March 2017. Council Chairman, Mr CHAN Tze-ching and President, Prof. Timothy W. TONG officiated the award ceremony and presented the award to her.

The Outstanding Student Awards Scheme aims to recognize the achievements of full-time final-year students who excel in both academic and non-academic pursuits during their studies. Under the scheme, each academic department under the purview of a faculty will select a student to receive the

Outstanding Student Award for the department, and the same student then competes with the other departments' award recipients from the same faculty for the "Outstanding Student Award of Faculty". In other words, Melody is not only the outstanding student award recipient of RS but also the outstanding student of FHSS.

Melody is an exceptional student and ranked among the best in her class. She has won numerous academic awards including the HKSAR Government Scholarship for two consecutive years, the Li Po Chun Charitable Trust Fund Scholarship 2015/16, and the HKSAR Government Scholarship Fund - Talent Development Scholarship 2014/15. She was first runner-up in the Social Innovation Invention - Competition for Innovative Design 2014/2015. She also plays an active role in community service, being a volunteer in the Heep Hong Society. She received the Bronze Award for Volunteer Service from the Social Welfare Department.

Melody also excels outside school, showing strong respect for others and commitment to make a difference in the world around her.

## Reddy for Party - Research Postgraduate Gathering in 2017



**Ms Janet Zhang  
Mr Daniel Ahorsu  
Research Postgraduate Students**

The research postgraduate gathering in RS was held on 10 February 2017, with the theme "Reddy for Party" in celebration of the Chinese Lunar New Year. It was held on the second to last day of the Chinese Lunar New Year, and every participant was asked to wear something red as a symbol of good luck in Chinese culture. In total, 33 staff and postgraduate students registered for this gathering.

Held in RS, the gathering offered a platform for postgraduate students to communicate with other students and staff, as well as a chance to relax and make friends. The students and staff were provided with a buffet dinner, including both western and eastern foods. Prof. Hector Tsang gave an opening speech for the gathering. The students and staff were invited to join games and get to know one another. In the middle of the gathering, there were lucky draws, with gifts contributed by Prof. Tsang. Taking a break from research work and having a relaxed time to meet friends were the main aims of this postgraduate gathering. Prof. Tsang expressed his wish for all the postgraduate students to have productive results in the new year.



## Internationalization of student learning experience: A visit to the Sports Authority of Thailand and Mahidol University

CHAN Mui Sing Sam  
LO Tung Lam Thomas  
LI Ka Yau Samuel  
LI Cheuk Wing Samantha  
THAM Yuen Yi  
**Year 4, BSc (Hons) in Physiotherapy**

AU Kwok Hei  
WONG King Tung Kenny  
LAU Wai Kit Patrick  
WU Siu Lok Edwin  
WONG Wing Shu Icy  
KAN Pik Wai Vania  
CHAU Yuen Ying Cindy  
**Graduates of class 2016**



Twelve final year physiotherapy students of the Student Training and Rehabilitation (STAR) program were given the opportunity to visit the Sports Authority of Thailand (SAT) in 2016 to experience sports physiotherapy practice through international perspectives. In December, five of us attached to SAT for one week and also visited the Physiotherapy Department in Mahidol University in Bangkok, Thailand.

### Attachment at the Sports Authority of Thailand

During our visit in SAT, we worked with the sports physiotherapists to assess and to treat the elite athletes of the National teams in Thailand. It was a challenging but valuable intriguing experience for us, as this is the first time we handled a variety of sports cases and were engaged in rehabilitation programs tailor-made for the athletes. By discussing with the local experienced physiotherapists, we understood their approaches and the perspectives we should consider when treating sportsmen, as sports injuries are not just purely musculoskeletal problems. Ultimately the performance of players in training or in games is the major focus. This stimulated us a lot in terms of clinical reasoning as student physiotherapists who are interested in sports, to think more comprehensively when designing rehabilitation plans for sportsmen.

Apart from that, we were also involved in the training sessions of the Thailand National beach soccer team, to provide on-field physiotherapy support. The on-field service required more efficient assessment and treatment. We had to make prompt and sound decisions to screen out serious injuries, to provide immediate treatment and to decide if the players needed physiotherapy treatment or further medical attention. Participating in a training session of National beach soccer team enlightened us about our role in a sport team: having a fast and precise clinical judgement on-field.

### Visit to Mahidol University

Mahidol University is a famous university that provides physiotherapy training in Thailand. During our trip, we were honored to meet Dr Pakaratee Chaiyawat from the Department, to share with her the physiotherapy training and practice in Hong Kong. We also visited the physiotherapy laboratories and on-campus clinic to see how the program was conducted. It was an interesting experience for us to have a glance on how physiotherapy training was run in Thailand as we could see the similarities and differences of physiotherapy training from Hong Kong.

### Sports Physiotherapy in the International Context

The collaboration between RS PolyU and SAT is invaluable. This allow us to be exposed to sports physiotherapy in an international context. Since SAT trains and develops National team athletes at the elite level, we would be able to learn from the expertise of SAT staff in treating the professional players. This trip is the first formal activity with overseas experience under the STAR program. As core members of STAR, we can share our enriching experiences with the junior STAR members who are also interested in sports physiotherapy, to help facilitate the development of sports physiotherapy, which is one of the specialties of physiotherapy worldwide.

Sports physiotherapy is an integral part of physiotherapy practice. Through this activity, we all benefited a lot by learning from the therapists working in professional sports context and seeing how different institutes of Thailand provide physiotherapy training. We hope that we can make good use of what we acquired in this visit to contribute to the development of STAR, which is a program allowing students to have wide exposures of on-field physiotherapy in the sports field.

Last but not least, we would like to thank PolyU for giving us generous support throughout the trip and give our special thanks to Prof. Ella Yeung and Dr Simon Yeung for arranging such a meaningful trip for the 12 of us who are passionate about sports physiotherapy.

## Alumni Activities

## Dr Herman Lau appointed to HCE of Shatin Hospital, Bradbury Hospice and Cheshire Home, Shatin



**PhD in 2011, MPhil in 2006,  
Professional Diploma in Physiotherapy, 1984**

Dr Herman Lau, who is currently the HCE of Cheshire Home, Shatin (SCH), takes up the post of HCE of Shatin Hospital, Bradbury Hospice and Cheshire Home, Shatin with effect from 21 March 2017.

Dr Lau, a physiotherapist by training, brings over 18 years of management experience in healthcare service at the hospital and cluster levels. Serving as HCE (SCH), he has led the hospital to accommodate transfers from Shatin Hospital as a measure to help relieve access blockages in New Territories East Cluster (NTEC). In addition to his HCE duties, Dr Lau's work portfolio also covers cluster service and annual planning, development and monitoring of cluster voluntary service, rehabilitation shop, the Health Resource Centre, and cluster allied health service. As the Cluster Service Coordinator (Allied Health), he has facilitated the extension of allied health services to emergency wards in the acute hospitals of the cluster and introduced allied health services in Shatin Hospital and Tai Po Hospital on weekends and public holidays to ensure safe and early discharge of patients while coping with service demands during the winter surge. (Sources from Hospital Authority)

## Our Alumni became the second Hong Konger to summit Mt. Manaslu



**Ng Chun Ting, Elton  
BSc (Hons) in Physiotherapy, 2000**

Mr Ng Chun Ting Elton, a registered physiotherapist, is an elite athlete who represents Hong Kong around the world in international competitions. On 30 September 2016, Elton became the second Hong Konger to summit Mt. Manaslu, the eighth-highest mountain in the world.

For a decade, Elton worked on learning all the essential knowledge and techniques needed for expertise in hiking and mountain climbing. Thanks to Elton's reputation, credibility, and expertise, a Hong Kong television broadcasting company invited Elton to lead a team to the summit of Mt. Manaslu. Mt. Manaslu, located in west-central Nepal, rises 8,163 metres above sea level, and has a permanent snow line above 5,000 metres. Winding through the mountainous terrain of Manaslu, the trekking route is prone to monsoons, landslides, and land falls—making summiting Manaslu precarious. The death rate for Manaslu trekking is ranked fourth among the world's 14 mountains with altitudes of 8,000 metres or above. On average, 10 per cent of people attempting to climb Manaslu have lost their lives. Hypoxia, high ultraviolet levels, frigidty, and dryness are just some of the hardships that climbers face.

Elton's team comprised celebrities and broadcasting crew members—most of whom were inexperienced in extreme mountaineering conditions—set off to Mt. Manaslu in September 2016. They brought with them all their training to cope with the physical demands, as well as meticulous planning for all the possible situations they might encounter. They applied the techniques learned and used medical knowledge to overcome difficulties while climbing the mountain. On 30 September 2016, Elton successfully summited Mt. Manaslu and became only the second Hong Konger ever to do so.

Having conquered one of the biggest challenges of his life, Elton believes "we must partake of life whole-heartedly, not just focusing on uncontrollable outcomes. We must always learn from what we have overcome. That is what we should treasure the most."

*Elton's motto:  
"Strive for self-improvement and  
perfection, dreams will always  
come true."*

# Welcome to the New Faculty Members



## *Dr Priya Kannan – Assistant Professor (PT)*

Dr Priya obtained her master's degree in 2013 and her PhD in Physiotherapy (Women's Health and Pain) in 2016 from the University of Otago, New Zealand. She was awarded the University of Otago International Research Master's scholarship to support her master's study. Her exceptional performance in her master's study allowed her to receive an Otago University Doctoral scholarship for her PhD work. Dr Priya obtained her BSc degree in physiotherapy in 2002 from the Christian Medical College, which is one of the top-ranked medical colleges in India. Following her undergraduate studies, she worked in a hospital setting as a clinical physiotherapist for several years (2003-2008). Subsequently, she moved to Malaysia to take up a lecturer position at the Asia Metropolitan University (2008 - 2011). In addition to her lectureship, she headed up the women's health

physiotherapy clinic attached to the university.

Dr Priya has published in peer-reviewed journals with international standing. Her articles range from systematic reviews with meta-analysis, to clinical trials, protocols, and feasibility studies. She has also presented her work at national and international scientific conferences. Her work has been recognized in the international arena, specifically in Australia. The presentation of Dr Priya's work in a scientific conference resulted in her achieving the title of Best New Researcher at the Australian Physiotherapy Association Conference in Australia (2015). She also won the Best Research Paper award at the International Conference on Multidisciplinary Healthcare, India (2014).

## *Ms Amanda Weeks – Clinical Associate (OT)*

Ms Weeks received her Master of Science in Occupational Therapy in 2008 from Thomas Jefferson University in Philadelphia, Pennsylvania. Prior to joining the PolyU team, she worked in the United States at an acute inpatient rehabilitation hospital specializing in spinal cord injury, brain injury and stroke. Ms Weeks specializes in the treatment of various neurologic impairments as well as complex wheelchair seating and positioning. She received advanced certification by the Rehabilitation Engineering and Assistive Technology Society of North America (RESNA) as an Assistive Technology Professional (ATP) in 2012. Her other areas of interest include pressure ulcer prevention, postural assessment, power wheelchair mobility and assistive technology.



Visits



2017  
JAN  
03

University of Illinois at Urbana Champaign, America

2017  
JAN  
09

Diocesan Boys' School, Hong Kong



2017  
FEB  
06

NTHYK Yuen Long District Secondary School, Hong Kong



2017  
MAR  
15

St Rose Of Lima College, 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 more than 30 years. Our graduates are competent professionals serving clients in Hong Kong, the Chinese Mainland, and many other countries. We also offer excellent opportunities to practitioners and researchers to pursue further education from a disciplinary-specific or multidisciplinary perspective in rehabilitation sciences. In order to achieve its mission of providing high-quality education and mediating professional development, our Department still has a lot to do in the future. Your support is vital to facilitate this process!

Please offer your support by making a donation. Your donation, no matter whether big or small, will make an impact on the future of rehabilitation in Hong Kong and throughout the world.



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