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# Summer 2018 Newsletter

# Impact

TOUCHING LIVES, MAKING AN IMPACT

## COVER STORY

## RS 40<sup>th</sup> Anniversary Event:

# RS Got Talent 2018



All awardees with our judges and guests



Live band performance by guests Dear Jane



Mr Charles Leung and Prof. Hector Tsang with guest artist Dear Jane



Opening speech by Prof. Hector Tsang  
(Professor and Head of RS)



Prof. Hector Tsang singing with Mr Charles Leung,  
Chief Social Work Officer (Rehabilitation and Medical  
Social Services) 2, Social Welfare Department



Guest singer and PolyU  
alumnus On@CAllStar

As one of the 40<sup>th</sup> anniversary celebratory events of the Department of Rehabilitation Sciences (RS), the first-ever talent show for our students – RS Got Talent 2018 – took place on 29 June 2018. We had a full house in the Chiang Chen Studio Theatre, with a good mix of local undergraduate and postgraduate and overseas students.

We were honoured to have the presence of Mr Charles Leung [Chief Social Work Officer (Rehabilitation and Medical Social Services) 2, Social Welfare Department], Prof. Hector Tsang (Professor and Head of RS) and Prof. Marco Pang (President of Hong Kong Physiotherapy Association (HKPA) and Professor at RS) to be the judges. Starting off the show, Mr Charles Leung and Prof. Hector Tsang sang two songs together, which roused all audience members to clap along to the beat.

There were a total of 12 teams in the competition, consisting of undergraduate and postgraduate students performing a variety of acts ranging from an acoustic band, musical instrument playing, miming, to a martial arts display. A group, One Rainy Day in June, formed by our PhD students Mrs Dalinda Isabel Sanchez Vidana and Mr Tiev Miller, performed a mime that captured the applause of the judges and audience alike. They received three awards in total: Public Award,

Peer's Choice Award and Bronze Award. The Silver Award went to our Year 3 PT students Ms Lee To Yee and Ms Lai Yeon Hong Chloe who demonstrated "East meets West" by performing on piano and guzheng. Mr Fung Ka Fai Lucas, our Year 2 PT student who showcased his talent on piano and which dazzled the audience, received the Gold Award. All awardees will also be receiving attractive cash prizes as further encouragement to them to develop their talents.

Apart from the competition, we had guest performances by staff (Dr Sonata Yau performing on bagpipes), an alumna (Ms Melody Chan performing on yangqin) and summer school exchange students (performing magic tricks and group singing). The show reached its climax when two local artistes – popular band Dear Jane and singer On@CAllStar who is also a PolyU alumnus – performed on stage. The theatre was filled with cheers, with everybody also waving their light sticks in appreciation. RS Got Talent 2018 provided a platform for RS students to showcase their talents in performance arts, reflecting our educational philosophy in developing the all-roundedness of our students. The event also promoted more interaction between our students, teachers and alumni. We are all very proud of our students' having so many different talents, and we look forward to having more of this kind of fun event in the future! (cont. in page 2)



# RS Got Talent 2018



Year 2 PT student soloing on piano



PhD students performing a mime



MPT student giving a display of martial arts



Ms Melody Chan (OT alumna) performing on yangqin



Year 3 PT students performing on piano and guzheng



Dr Sonata Yau (Assistant Professor at RS) playing the bagpipes



Our summer school students performed acoustic songs



Our summer school student showing off his magic tricks



## RS 40<sup>th</sup> Anniversary Activities – Occupational Therapy Day 2018



Occupational Therapy Student Ambassador

The annual event of the Hong Kong Polytechnic University (PolyU) Occupational Therapy Day (OT day), went off smoothly on 16 March at the Logo Square, PolyU. This year is also the 40th Anniversary of RS. It is to the credit of the wholehearted support from the RS and the Hong Kong Occupational Therapy Association that the Occupational Therapy Student Ambassador (OTSA) was able to deliver this celebration successfully. The OT day aims at promoting OT to students and staff in the university as well as to the public. The theme of this year was mental health. We delivered insights into the principles, domains of concern and treatments of occupational therapy in relation to mental wellness and well-being. We were honoured to have Prof. Hector Tsang and Mr Hercy Li provide us with informative speeches and to open the ceremony. Booth games and an exhibition were prepared to provide an educational and simulated experience for participants to understand more about our work in the domain of mental health.

Our booths involved work rehabilitation, adult psychiatric services, geriatric services and paediatric services. A horticultural therapy element was also included. In work

rehabilitation, we had sorting games and VALPAR components to simulate the cognitive demands required in work settings. Meanwhile Paediatric, Geriatric and Adult Psychiatric booths had symptoms-related matching games to enhance public awareness of common mental-health related illnesses such as dementia, Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder and so on. In the Adult Psychiatric booth, as a way of mimicking the daily experience of positive symptoms, we established a groceries checklist game that the participant had to complete whilst listening to a soundtrack with disturbances. In the Geriatric booth, the adapted ATM machine developed by Dr Kenneth Fong was a very popular exhibit given positive feedback by the participants.

The artistic talents of the staff and students were not limited to create booth games and decorations, they also provided a musical performance. Our brilliant staff and OT students participated in a musical performance, which together made the atmosphere of the entire OT day more enthusiastic.



## Senior Government Officials visit RS

Prof. Sophia Chan, Secretary of the Food and Health Bureau visited RS on 22 March. The purpose of this visit was to acquire a better understanding of the teaching environment and facilities for Occupational Therapy (OT) and Physiotherapy (PT) students. During the visit, Prof. Chan also met with our students and had a great time with them.



## Delegation of China's Disabled Persons Federation visited the rehabilitation related disciplines in PolyU

A delegation of China's Disabled Persons Federation made a visit to RS on 12 May. The delegation also paid a visit to the Exhibition "Resilience: From Disaster Management to Disaster Risk Reduction – 10 Years After Wenchuan Earthquake" staged at the PolyU campus.





# Congratulations for the promotion of faculties

## From Associate Professor to Full Professor

Prof. Mak graduated as a physiotherapist and obtained her PhD from Curtin University of Technology, Australia. Her research focuses on neurological rehabilitation, with special emphasis on Parkinson's disease. Using augmented technology-assisted training and the blended motor-cognitive training paradigm, she has developed an innovative fall-prevention programme. She has also been conducting research into neurophysiological mechanisms underlying the positive effects of physiotherapy treatment in people with Parkinson's disease and the application of non-invasive stimulation in Parkinson's disease.

In recognition of her innovative teaching methods such as blended e-learning and simulated based learning, Prof. Mak was honoured with the Departmental outstanding teaching award in 2015 and Faculty teaching prize in 2016. Equally dedicated in her professional contributions, she has been serving as an appointed chief examiner on the Board of Examiners for Physiotherapists Full Registration Examination, and a council member of both the Hong Kong Parkinson's Disease Foundation and the Hong Kong Movement Disorder Society.



**Prof. Margaret Mak**  
Professor –PT

## From Assistant Professor to Associate Professor



**Dr Sam Chan**  
Associate Professor –OT

Dr Sam Chan received training as a kinesiologist at Simon Fraser University, Canada and as an occupational therapist at the PolyU. He worked as an occupational therapist in a rehabilitation hospital for nearly ten years, providing treatment to patients with spinal cord injury, orthopaedic conditions and stroke. During his clinical practice, he obtained a number of clinical accreditations including credited Assistive Technology Practitioner (RESNA, US) and certified Life Coach (the Institution for Life Coach Training, US). He completed an MPhil project on psychological factors determining behavioural changes in participants in a chronic disease self-management program. As part of his

PhD study, he had an attachment as a research fellow and became involved in neuroscience projects at the Rotman Research Institute, Baycrest, Toronto. His PhD project focused on the neural processes of self-regulation of nociceptive perception among people with chronic pain. He has published academic articles in a number of international journals, including PLoS ONE, Rehabilitation Psychology and Spinal Cord. He has also been invited as an article reviewer to a number of international journals including NeuroRehabilitation, Archives of Physical Medicine and Rehabilitation and Disability and Rehabilitation. In 2009, he was awarded a Sir Edward Youde Memorial Fellowship.

## From Assistant Professor to Associate Professor

After the completion of his undergraduate degree in occupational therapy, Dr Lau further pursued his postgraduate studies at the University of Hong Kong. During his research training, he found a particular interest in the biological basis of behaviour, which later became his major research theme. After obtaining his PhD degree, Dr Lau continued his research work on behavioural neuroscience in the department of anatomy at HKU as a postdoctoral fellow.

The research interest of Dr Lau is to elucidate the importance of neuroplasticity in emotions and behaviours. Using animal models that simulate emotional and behavioural symptoms including depression, anxiety, phobia and sexual dysfunction,

Dr Lau's study explores the neurological basis of these symptoms and the mechanisms underlying the respective treatment methods, especially rehabilitation treatment modalities.

Dr Lau's work shows that intact adult neurogenesis (production of new neurons in the adult brain) is required for male rats to display normal emotional and sexual behaviours, whilst the new neurons may be important in mediating pro-sexual or the therapeutic effects of pharmaceutical agents. These pre-clinical findings will help to define new potential therapeutic targets, to facilitate the development of new treatment options of neurological/psychiatric conditions and to provide a scientific basis for current treatment methods.



**Dr Benson Lau**  
Associate Professor –OT



### *From Assistant Professor to Associate Professor*



**Dr Shirley Ngai**  
*Associate Professor –PT*

Dr Ngai obtained her Bachelor's degree in Physiotherapy from PolyU. She worked as a clinician for years and later focused on research in the cardiopulmonary area. Her PhD studies investigated the effect of Acu-TENS, an East-meets-West integrative therapy, on airway obstructive diseases. During her postdoctoral fellowship, Dr Ngai continued her research in the cardiopulmonary area and explored the mechanisms of Chinese therapeutics and East-meets-West integrative therapy using Near Infrared Oxygenation (NIRO). In 2011 and 2013, Dr Ngai was awarded an Australian

Endeavour Research Fellowship and an Asian Pacific Society of Respiratory (APSR) short-term research fellowship to pursue her research studies at the Royal Prince Alfred Hospital and University of Sydney for research studies specialized in airway obstructive diseases. She has published articles in international journals including Respiratory Physiology Neurobiology, Journal of Rehabilitation Medicine and Evidence Based Complementary and Alternative Medicine.

### *From Clinical Associate to Assistant Professor*

Billy is an Assistant Professor (PT) in RS. Billy has worked as a physiotherapist for over 15 years and gained solid clinical experience in different clinical settings.

Billy is an active educator in different health-related areas and he has extensive teaching experience at community and tertiary levels. He is the recipient of the RS Outstanding Teaching Award 2016/17 of the PolyU. He has been appointed as a Guest Lecturer at the Occupational Safety and Health Council (OSHC) and Lecturer at the Hong Kong Physical Fitness Association (HKPFA).

Billy has participated in different professional organizations. He is an Executive Committee Member of the Hong Kong Physiotherapy Association and the General Secretary of the Hong Kong Ergonomics Society.

Billy holds different qualifications including Certified Exercise Physiologist (ACSM, US), Certified Strength and Conditioning Specialist, Certified Personal Trainer (NSCA, US), St John Lecturer in First Aid, and St. John Instructor in PHTLS, AED & Sport Emergencies. Billy is also interested in aquatic-related sport coaching and he is the holder of the Swimming Teacher Certificate and the Swimming Technical Official Certificate (HKASA), the Lifesaving Teacher and Aquatic First Aid Instructor Certificate (HKLSS) and the Hydro Fitness Instructor Certificate (HKPFA).

Billy's research interest primarily focuses on applying ergonomic principles in preventing work-related musculoskeletal disorders. His PhD thesis was awarded the Best Occupational Safety and Health Project Award 2011 by the Occupational Safety and Health Council. He was also awarded the Canadian Institute of Health



**Dr Billy So**  
*Assistant Professor –PT*

Research Scholarship for Post-Doctoral training on the Work Disability Prevention CIHR Strategic Training Program at the University of Toronto (2013-2015).

Billy delivers physiotherapy consultancy services to clients in the University Rehabilitation Clinic. His clinical interests include musculoskeletal physiotherapy, acupuncture therapy and aquatic physiotherapy.

### *From Scientific Officer to Research Assistant Professor*



**Dr Alex Cheung**  
*Research Assistant Professor –PT*

Dr Cheung obtained his BSc in Applied Biology at the Hong Kong Baptist University and his MPhil in Basic Medical Sciences at the Chinese University of Hong Kong, during which he worked extensively on cancer biology. After receiving his PhD in Neuroscience at University College London, he pursued his first postdoctoral training at the Victor Chang Cardiac Research Institute in Sydney studying the renewal mechanisms of skeletal muscle stem cells. He also worked as a postdoctoral fellow at the Chinese University of Hong Kong, focusing on developmental

neuroscience and myogenesis before joining the Hong Kong Polytechnic University.

Alex is interested in dynamic gene expression pattern during different stages of cell differentiation and maturation, pathophysiology of tissue injury as well as mechanisms during tissue regeneration. He is currently working closely with academic staff on basic science research.

### *From Clinical Associate to Senior Clinical Associate*

Josephine worked in public hospitals for more than 20 years after she attained her professional diploma in occupational therapy. She specializes in orthopaedic rehabilitation, especially in hand and upper limb injuries rehabilitation. She has often been published in periodicals and books on related fields. Since 2003, she has been a visiting lecturer at Universities and Institutions and at PolyU, sharing her clinical experience with undergraduates and postgraduates. She has also been invited as a guest speaker at international seminars and conferences to present her expertise.

Josephine also actively participates in academic activities, aiming at improving professional development opportunities for all therapists who specialize in hand rehabilitation. In 2007 she founded and chaired the Hong Kong Society for Hand Therapy and later became the Congress President of the 3rd Asian Pacific Federation of Societies for Hand Therapists, thus delivering valuable experience to therapists all over the Asian-Pacific region. Moreover, in order to improve her own skillset, Josephine recently visited North America and successfully acquired the certificate of Certified Hand Therapist as the ultimate destination for her clinical knowledge and skills.



**Ms Josephine Wong**  
*Senior Clinical Associate –OT*



## Welcome to our NEW Faculty Members

### Dr Sunny Chan – Assistant Professor – OT



Dr Chan received his undergraduate training in occupational therapy from PolyU. Since then, he further pursued a Master's degree in Mental Health and a Postgraduate diploma in Psychology at the University of Hong Kong and the Chinese University of Hong Kong, respectively. Last year, Dr Chan graduated with a Doctoral Degree specialising in Mental Health at the University of Hong Kong. Dr Chan has many years of clinical experience in the field of mental health, working in various public hospitals and non-governmental organizations including acute psychiatric services, community psychiatric rehabilitation, and psychological intervention for common mental disorders. His work is characterised by his orientation towards recovery paradigms such as psychotherapy, cognitive behavioural therapy, solution focused therapy and mindfulness-based

interventions. Anchored in his clinical practice and jointly with his colleagues, Dr Chan has developed an illness management programme entitled Transforming Relapse and Instilling Program (TRIP) in Hong Kong. This programme has been well recognized locally and internationally. It has also been included as a chapter in an international handbook on occupational therapy interventions and adopted as one of the standard occupational therapy programmes in acute mental health care in Hong Kong. Dr Chan's research interests focus on bipolar disorder, coping flexibility, mental health recovery, psychosocial interventions and mindfulness-based interventions. He has several years of experience in mindfulness practice and conducting mindfulness-based intervention programmes. He has also had extensive training in mindfulness in Hong Kong, Beijing, Taiwan and the USA.

## Congratulations to Dr Andy Cheng for being bestowed awards at the 4<sup>th</sup> Force Research Award Scheme

Dr Andy Cheng, Associate Professor (OT) has recently been bestowed with the "Most Innovative Award" and the "Gold Award for the Best Quality Award (Team / Major Formation Category)" at the 4<sup>th</sup> Force Research Award Scheme.

Dr Cheng's winning project aims at investigating the relative importance of visual attention on the hazard perception ability of police motorcycle officers. The intention is to understand their training needs to enhance their riding competency, especially during police pursuits and emergency response driving. A computerized hazard perception test was developed for this project with an eye-tracking system to record police motorcycle officers' eye movements and response latencies to potentially dangerous traffic situations.



## Meeting with Physiotherapy-related associations



From left: Prof. Marco Pang (President of HKPA), Mrs Eleanor Chan (President of HKPC), Dr Ivan Su (ExCo member of HKPA), Prof. Hector Tsang, Ms Lit Ming Wai (Convener of Physio Action), Prof. Ella Yeung and Mr Anthony Chau (Chairman of HKPC)

Prof. Hector Tsang, Professor and Head of RS met with core physiotherapy-related associations and groups, namely HKPA, Hong Kong Physiotherapists' Union (HKPU), Hong Kong Physio Action and Hong Kong Physiotherapy Concerns (HKPC) on 18 May. Prof. Tsang shared the latest developments in department and physiotherapy programmes with the members. The members were pleased to learn about the updates. During the meeting, they discussed the issue of increased student intake, teaching space and the scale of student and teaching staff. Prof. Tsang and the members found the opportunity to share was very worthwhile and believed that the meeting should be organized on a regular basis.



## Mr Angus Law won ESRF Investigator Award 2018



Presented by the European Stroke Research Foundation (ESRF) at the 27th European Stroke Conference, Mr Angus Law, Clinical Associate (Physiotherapy) won the "Investigator Award". The ten best research works submitted from all over the world are selected for this award annually.

The study entitled "Effect of physical exercise for physical recovery of people with locked-in syndrome after stroke: What do we know from the current evidence? A systematic review", was a joint effort completed with the help of a group of Master's in Physical Therapy (China) students using it as their final year project. We found a positive trend of effect for exercise in the physical recovery of people with locked-in syndrome (LIS) after a stroke including an improvements in muscle strength, tone, walking ability and activities of daily living. Although mixed physical exercises have been investigated in existing studies, a suitable exercise prescription has yet to be determined. The details of this work will be published in the Journal of Cerebrovascular Diseases and the Journal of Cerebrovascular Diseases Extra.

We hope this preliminary work may help to promote awareness of rare diseases, the growth of related rehabilitation research and evidence-based practice for caring for these patients. This may help to extend their lives with better control of the complications and improvements in their quality of life.

Moreover, he takes this opportunity to express his sincere thanks for the support from our department, and from our former Programme Leader of the Master's in Physical Therapy (China) programme, Dr Simon Yeung, JP, as well as for the encouragement from Prof. Hector Tsang, Professor and Head of RS.

## Council Members for a New 2-year term of the Rehabilitation Sciences Alumni Association are elected



The annual general meeting of the Rehabilitation Sciences Alumni Association (RSAA) was held on 28 March. Dr Herman Lau, Hospital Chief Executive of Shatin Hospital, Bradbury Hospice and Cheshire Home, Shatin was elected to be the President of the RSAA Council. Dr Lau is our elite alumni with a physiotherapist background. With more than 18 years of management and administrative experience, Dr Lau's polished accomplishments facilitate enhancement in the quality of healthcare services at hospital and cluster levels. He is currently a Professor of Practice at RS.

Under the leadership of the new President, RSAA would like to achieve the following plans in the new 2-year term:

- To gain more resources for RSAA members from various channels
- To maximize the number of RSAA's membership, to double the current number of RSAA members
- To voice the needs of RS on behalf of the RS alumni
- To get involved in policy making regarding education and affairs regarding physiotherapy and occupational therapy
- To encourage RSAA's members to join the RS 40th Anniversary events and future RS activities

Prof. Hector Tsang, Professor and Head of RS welcomed Dr Lau and other new council members. He looks forward to RSAA strengthening the relationship between alumni and RS in the future. In the meantime, Dr Anthony Kwok stepped down and new council members expressed their thanks for his contribution in the previous term.

### New term of Rehabilitation Sciences Alumni Association Executive Council (2018-2020)

**1<sup>st</sup> row from left:** Dr Bacon Ng (Vice President), \*Prof. Hector Tsang (Professor and Head of RS), Dr Herman Lau (President) and \*Dr Amy Fu (Associate Professor and Associate Head of RS, MPT Programme Leader)

**2<sup>nd</sup> row from left:** Mr Alexander Woo (Chinese Mainland Alumni Liaison Secretary), \*Ms Joann Yiu (Executive Officer – Marketing of RS), Ms Konica Kwok (Recreation Secretary), Ms Josephine Wong (Welfare Secretary), Ms Eva Chun (Honorary Secretary), Mr Curtis Wong (Membership Secretary), Mr Kino Lam (Honorary Treasurer) and \*Dr Andy Cheng (Associate Professor and MOT Programme Leader of RS)

\*non-exec. member





**11<sup>th</sup> PPR**  
11<sup>th</sup> Pan-Pacific Conference on Rehabilitation 第十一屆泛太平洋康復會議

**11<sup>th</sup> PAN-PACIFIC  
CONFERENCE ON  
REHABILITATION**

第十一屆泛太平洋康復會議

17-18 November 2018

The Hong Kong Polytechnic University

**Prof. Neville Hogan**

MASSACHUSETTS INSTITUTE OF TECHNOLOGY

• A scientific basis for robot-enabled neuro-recovery



**Prof. Li-Shan Chou**

UNIVERSITY OF OREGON

• Biomechanical Analysis of Gait Imbalance in the Elderly: Bridging Clinical Assessment with Laboratory Science



**Prof. Joseph Hamill**

UNIVERSITY OF MASSACHUSETTS AMHERST

• What have we learned about barefoot, minimalist and forefoot running and injury risk?



**Prof. Teresa Liu-Ambrose**

UNIVERSITY OF BRITISH COLUMBIA

• Exercise for Brain Health



**Prof. Bruce Wexler**

YALE UNIVERSITY

• Digital Neurotherapeutics in 21st Century Psychosocial Rehabilitation for People with Psychiatric and Neurologic Disabilities



**Dr Diane Damiano**

THE NATIONAL INSTITUTES OF HEALTH

• What's New in the World of Neurorehabilitation Research for Children with Cerebral Palsy