With a full-house attendance, the Inauguration Ceremony for the new academic year of the Department of Rehabilitation Sciences (RS) was successfully held on the 29th August 2014. Mr Lam Ka-tai, Deputy Director (Services), Social Welfare Department, HKSAR, our officiating guest, delivered a welcome speech to our staff and students at the ceremony.

The Inauguration Ceremony is an annual departmental event and an occasion for us to welcome our students at the start of the new academic year. Apart from a welcome to our new students, it also provides an opportunity to recognize students who have achieved outstanding results in the previous year. Our clinical partners from Hospital Authority and various NGOs were invited to the ceremony. This year, more than 70 students were awarded various scholarships sponsored by the department, professional bodies, industrial elites, and memorial funds for overseas clinical placements and self-development.

Moreover, Dr Shirley Ngai, Assistant Professor (Physiotherapy), won the RS Outstanding Teaching Award 2013-14 in recognition of her innovative teaching and learning methods through a simulated learning environment and e-learning platform to enhance students’ learning and their translation of knowledge and skills learnt in classroom into clinical practice.

Prof. Gabriel Ng, Chair Professor in Rehabilitation Sciences and Head of RS, delivered a welcoming speech to the guests

Ms Joann Yiu
Executive Officer (Marketing)

World Physiotherapy Day 2014 – Hong Kong Station
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Prof. Maurice Yap, Dean of FHSS, and Prof. Gabriel Ng presented the scholarships to the recipients.

Mr Samuel Chan
Chairperson, Hong Kong Occupational Therapy Association

Ms Priscilla Poon
President, Hong Kong Physiotherapy Association

Ms Lily Tam,
donor of Professor Alan S. F. Tam Memorial Scholarship

Mr Terence Chau
CEO, Asian Academy for Sports Fitness Association

Group Photo of guests and senior management of the department
It has been a great honor to receive the first runner up prize from the 7th Student Design Challenge held by iCREAte during 20th – 22nd August in Singapore this year. This reward has proven that “EasyOpen” is well accepted by people with different areas of expertise as well as by people from different ethnic groups.

“EasyOpen” is the coursework designed for the subject “Environmental Issues” during our year two studies. At the Challenge, we presented our prototype “EasyOpen” as a universal design aimed at helping not only the elderly or those with a visual impairment, but also the general public to fit a key into its keyhole easily. During the judges walk-through session, we received several positive comments from the judges. One of the judges, who is an interior designer, mentioned that with minor modifications on the outlook and details of the design, “EasyOpen” could be a lifestyle design that improves users’ quality of life. We also received various valuable recommendations for making further improvements to our design. These comments and recommendations have actually motivated us to consider bringing this prototype to production and to benefit the general population.

By looking at the different kinds of student design, we were inspired that the development of assistive device is merging with phone apps in the future. Therefore, students may be able to start learning about how to write useful apps to facilitate the rehabilitation process in the future.

After all, this Student Design Challenge is an eye-opening experience for us where we got to meet students and professionals from different countries and with an expertise in different disciplines such as bio-engineering and assistive technology. Through conversation and discussion with them, we were able to generate ideas and share our experience. We also took the opportunity to travel around Singapore.

Participating in an overseas student challenge is definitely a memorable and excellent experience during University life. Thus, if you have a good design or innovative idea, we would highly recommend you to make it a reality and participate in similar events as you may learn more than what you expected.
Earthquake is no longer a stranger to those living in this quake zone ranging from Sichuan to Yunnan province. The 803 earthquake in LuDian has again shaken the lives and families of the residents with many people injured and their homes damaged. With the experiences from the Wenchuan and Ya’an earthquake in Sichuan, the early disaster response and evacuation have led to higher survival rates and less death as shown from previous literature (Burns, O’Connell & Rathore, 2012). At the 420 Ya’an earthquake, most of the injured victims were sent to large hospitals where medical and rehabilitation services are more comprehensive. However, in this 803 Yunnan earthquake, most injured victims were sent to Zhao Tong Hospital where medical rehabilitation was just recently established, while Lu Dian Hospital has not established a rehabilitation department yet. Our department has been committed to education and training of rehabilitation professionals in HK and Mainland China.

On 10th August, a Rehabilitation team led by Prof. Li Jianan, President of the China Physical Medicine and Rehabilitation Society, Prof. Ao, Vice-president, Yunnan Society for Medical Sciences, Prof. Li and the rehabilitation team examined the child with severe hand injuries at the corridor of the LuDian hospital. Examination results showed that the child needed urgent medical attention and was referred to Zhong Da Hospital in Beijing for further treatment. The injury was caused by the fallen walls of the school during the earthquake.

Physical Medicine and Rehabilitation, Prof. Cecilia Li, PG, PolyU have conducted a preliminary review on the injured survivors at the two hospitals. This time, though the severity of injuries was less than the previous two episodes of earthquakes, there were more crushed injuries on chest, head, spine, upper and lower limbs.

Prof. Ao, together with her rehabilitation team (including PT, OT, P&O) worked closely with Prof. Cecilia Li to screen and assess the quake victims at the Lu Dian Hospital where there was no rehabilitation department set up yet. Most of the injured were still placed at the hospital corridors as there were insufficient beds available for them. As time was pressing, children with injuries were prioritized for treatment. The hospital conference room was temporarily set up as the rehabilitation station for patients. Children with hand injuries received wound dressing, splinting programme, while family members were encouraged to provide mobilization of the uninvolved joints. Prof. Li also provided some bedside teaching to the rehabilitation therapists at the hospital and had discussion with the orthopaedic surgeons on further management. To update, these patients were discharged three weeks after the earthquake. If early rehabilitation could not be provided, a lot of complications would arise.

In view of the frequent occurrence of disasters along the earthquake zone, there should be an effective system to mobilize a team of disaster rehabilitation experts within the whole province to provide regular training for the medical professionals in small cities and districts on post-disaster management and rehabilitation. At the same time, when disaster occurs, an emergency rehabilitation team should be ready to help out the rescue team and hospitals to assess and evaluate the level of severity such that further planning of rehabilitation could be done. Long term rehabilitation needs among these injured should also be inspected.

To continue with the progress of the Hopeful Outdoor Parkinson Exercise (HOPE) Programme (希望全城、帕動全城) as reported in the Spring 2012 Impact issue, our team has successfully completed this meaningful community project for 42 people with Parkinson’s disease (PD) with 1-year follow-up. The rationale of this 8-week context-specific, blended indoor and outdoor balance exercise programme was based on the Balance Evaluation Systems Test (BESTest) identifying six different postural systems. We aimed to improve balance performance, balance confidence and walking performance of patients with PD. Immediately after training, these patients significantly increased their BESTest % total score by 13% and Activities-specific Balance Confidence Scale (ABC) by 6%, and they decreased their dual-task Timed-up-and-go (TUG) time by 14%. The significant gain of the BESTest % total score was maintained for up to 12 months, whereas the gain in the ABC score and the reduction of the dual-task TUG time was maintained for up to 6 months. Therefore, it is evident that the HOPE programme demonstrates long-term benefits for enhancing balance and gait abilities in people with PD. To further promote the exercise protocol to both physiotherapists and clients, a DVD training set has been released by our department.

In addition, a 3-hour workshop on PD balance training for physiotherapists was organized on the 16th August with a good response of over 30 participants. In addition to acquiring the most up-to-date evidence for managing balance and gait disorders in PD, they had the opportunities to learn and practice on two novel exercises specially designed for PD: the modified Wing Chun Tsuen and the Balance Dance. The 9-form modified Wing Chun Tsuen emphasizes rapid upper and lower extremity movement and postural changes, as well as reactive responses to external perturbations. The music-based Balance Dance incorporated strong beat-driven music into exercise for training balance abilities in 6 BESTest domains. We hope more PD clients in the community could benefit from the HOPE program with the enthusiastic help of our profession.

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World Physiotherapy Day 2014 – HONG KONG Station

Jointly organized by the Hong Kong Physiotherapy Association (HKPA) and the Hong Kong Physiotherapy Concern (HKPC), with Department of RS as a supporting organization, the World Physiotherapy Day 2014 was successfully held on the 5th September 2014 at PolyU with the theme of “Fit to Exercise,” encouraging people to exercise regularly to echo the World Physiotherapy Day 2014 – HONG KONG Station

The opening ceremony was kick started by Ms Pricilla Poon, President of the HKPA, Miss Yeung Chau-yee, President of the Promotion Branch of the HKPC and Prof. Gabriel Ng, Chair Professor and Head of RS who welcomed the visitors and thanked them for their participation. A brief history of World Physiotherapy Day was also introduced by Prof. Ng so that visitors were briefed with the background of the event. The visitors enjoyed participating in 6 health check and exercise game booths and souvenirs were given out to those who visited the booths.

In the cardiopulmonary session, lung anatomy was introduced (left photo); abnormal lung sounds and normal breathing sounds were demonstrated.

Visitors were educated about proper exercise training intensity in regard to cycling and rowing.

The balance assessment using Wii Fit and the taping session were the most popular parts as visitors could experience the most updated technology in physiotherapy treatment.

Common injuries such as patellofemoral joint pain syndrome and a meniscus injury, and the appropriate treatments were conducted in a quiz game to show the importance of accurate physical diagnosis.

The education corner on correct posture for standing and sitting was specific for the problems occurring within the electronic generation.

Opening ceremony of the event by (left to right) Prof. Gabriel Ng, Chair Professor in Rehabilitation Sciences and Head of RS, Ms Pricilla Poon, President of the HKPA and Miss Yeung Chau-yee, President of the Promotion Branch of the HKPC.

Grab Your Time to LEARN

Under the nomination of the RS, I was selected for the Li & Fung Scholarship. This scholarship supports undergraduate students who wish to participate in overseas exchange programmes with a view to enriching their understanding of their chosen field to study and achieving greater exposure to different cultures and environments. In the coming semester 1, I will go for 6-week overseas placement in Curtin University, Australia.

Here, I would like to talk about “learning.” Learning differs from “studying”—if studying is a lake, then learning is a sea. To study well, what we need is to be hardworking with the use of teaching materials. In return, we achieve academic merits. To learn well, what we need is to read books and journals. As a result, we possess competence in treating patients. For me, I have chosen learning as my goal. What is yours?

There are two motivations for my learning goal. The first motivation is the patients’ health. As healthcare professionals, it is our obligation to equip ourselves with sufficient knowledge and skills in order to provide the best treatment to our patients. Meanwhile, patients’ happiness when recover from diseases is always the most valuable reward. The second motivation is my own interest. I am blessed to have great interest in physiotherapy. This interest originated from before I entered the programme and grew with time. For me, I have found my interest in musculoskeletal disorders. How about you?

It takes a long time for us to learn and to become competent physiotherapists. A clear goal and strong motivation are things we must have on this journey.

A special thanks to Prof. Ella Yeung who gave me much assistance and support in different affairs. Thanks to all my teachers for their teaching and guidance.

A group photo with recipients from all universities in Hong Kong this year.

Sharing of an Australia exchange experience from a previous scholarship recipient.

Mr Wong Pak-yu, Eddy
Year 3 Student, BSc(Hons) in Physiotherapy

Mr Christopher Lo (Clinical Associate - Physiotherapy)
Have you ever heard about the City Zhuzhou? What do you know about the City Changsha? Anything special about them? They are two of the most advanced and pioneering cities in rehabilitation across China! We were glad to undertake a 1-month internship in Changsha Xiangya Boai Rehabilitation Hospital and Zhuzhou Jiaman Rehabilitation Hospital. These experiences were fruitful and unforgettable!

For the first 2 weeks, we were attached to the pediatric rehabilitation center of Xiangya Boai Rehabilitation Hospital. Children with cerebral palsy (CP) are sent there to receive multidisciplinary services including OT, PT, ST and vibroacoustic therapy. As members of the OT profession, it was remarkable for us to hold 4 play group sessions for these children. There were cognitive components aiming to prepare them for going back to school. For example, we designed the plainyn games in order to let the children learn through playing. The children also engaged in art and craft activities to train their fine motor and eye-hand coordination. We improved our group leading skills among younger children and understand more about the clinical pictures of CP.

Another unforgettable experience in Changsha was setting the treatment goal of a CP child with his or her parent(s). In this case, the parent(s) had too high expectations for the rehabilitation potential of their child and overlooked the age-appropriate development of their son or daughter. Therefore, we had to convey this message to the parent(s) and persuade the parent(s) to focus not just on the motor functions but also on the need for schooling and social interaction. We got a sense of satisfaction and achievement when the parent(s) accepted our proposed advice for their son or daughter.

For another 2 weeks, we were attached to the Zhuzhou rehabilitation hospital. It is renowned for adult rehabilitation in stroke, TBI, SCI and burn cases. We observed the therapist’s practical techniques and clinical reasoning in those particular cases. It was really inspiring to us. Being members of the OT profession from Hong Kong, we introduced various assistive devices and assessment tools commonly used including fabricated splintage and held badaunjin groups, and we shared our OT training journeys with them. Moreover, the most interesting thing was that we got the chance to discuss the cases and interact with local therapists and a Canadian PT therapist there. We even became the translators for the Canadian therapist during the case treatment! It is great for us to share what we learnt with them and contribute to the OT development in China!

In all, staff of both hospitals were very nice and passionate to teach and interact with us. In addition to knowing more about rehabilitation development in China, we also got the chance to explore the local culture and history of both cities through weekends travelling during our stay. We indeed achieved positive learning outcomes and the exchange of knowledge between Hong Kong and China during this internship. We also treasured the friendships we made with each other. We believe all these experiences will be helpful to us in preparing for our future career in the OT profession.

Last but not least, we would like to take this opportunity again to thank all of the staff of both hospitals, the Hong Kong Rehabilitation Society and RS of the PolyU for arranging such a meaningful and fruitful internship experience for us.

2014 HKPC Japan Exchange

It has always been the HKPC’s mission to provide PT students with worldwide insights. Under the joint effort of the HKPC and the Japan Physical Therapy Student Association (JPTSA), the “2014 HKPC Japan Exchange” was successfully held from 18th to 22nd August 2014. More than 20 PT students visited Kyoto and Kobe to observe the profession’s development and settings in Japan. The Exchange started off with a tour of Kobe University Hospital and Kyoto University Hospital.

"Rehabilitation departments in Japan demonstrate a high quality of patient-oriented care. For every kind of rehabilitation product, public hospital patients can choose from a wide variety of brands and models from one unified catalog. This allows patients to have higher autonomy on the road of rehabilitation." The organizer of the trip, Mr Wong Wai-keung expressed.

On the next day, we visited the practical classrooms at Kobe University. Students from both regions presented on their respective education systems and career settings afterwards. To many participants’ surprise, public hospitals only have one rank for physiotherapists. Without promotion opportunities, many physiotherapists in Japan aim at working in the academic field.

The PT students visited Kobe Rehabilitation Centre next. One of the participants, Mr Cheng Yat-fai described the experience as enlightening. "It amazes me to find that Physiotherapists in Japan treat one patient at a time."
Goodbye AND Thank You to Danny

Mr Raymond Lo
Clinical Associate (Physiotherapy)

After serving as the Physiotherapy Clinical Educator (CE) for 25 years, Mr Danny Chau is retiring from Princess Margaret Hospital this year. The IMPACT editor has interviewed Danny who is delighted to share his happiness with us.

E: How long have you been the Physiotherapy Clinical Educator?
D: I have been the CE since 1989; I have witnessed the advancement of Physiotherapy Education from a Professional Diploma to a Bachelor Degree and now to a Bachelor Degree with honors.

E: Are there any differences in the different student cohorts?
D: Actually, not much difference as the PT program always recruits the best students. They all have a good learning attitude. I do find that nowadays the students have better information-technology and presentation skills. However, their practical skills are not enough and their case-load tolerance is low. Therefore, the CE needs to put more emphasis on practical skills and share more guidance in this area in order to polish up their clinical skills.

E: What do you think about the development of Physiotherapy Clinical Education in Hong Kong?
D: The Clinical Education in Hong Kong is quite unique. The CE has designated experienced staff to carry out clinical education. They are employed by a Hospital Authority or their own organization. As a result, they will be more familiar with the placement area and can provide more support to the students during their placement. However, the CE usually needs to take up a key role in their own hospital or organization; consequently, they need to be able to face a high demand in both domains and it may lead to high levels of stress. In my view, the current CE to PT student ratio is still sub-optimal and it must be addressed with increasing student intake.

E: Are there any unforgettable things in your long service as the CE?
D: It has always been joy and happiness especially when receiving thank you cards from the students. They will express their true feeling of thanks after a tough learning experience. I will always remember these valuable memories and they provide a boost to my belief that providing the best clinical education is worthwhile. Some graduates even work with me now.

We would like to thank Danny for his past contribution to Physiotherapy Clinical Education and we wish him an enjoyable retirement.

E: Editor               D: Danny
Rewinding the Aging Clock
黃金歲月·活出精彩

Final Announcement

Keynote Speakers

Prof. Leon Flicker
Professor of Geriatric Medicine
Director, Western Australian Centre for Health & Ageing
Centre for Medical Research
University of Western Australia, Australia

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

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

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

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Acknowledgement of sponsorship

For more information, please visit the websites: http://www.rs.polyu.edu.hk/ppcr/2014 and www.hkag.org
Your **BIG** or **small** Donation will make an **Impact**!

The Department of Rehabilitation Sciences (RS) has been providing high-quality internationally benchmarked entry-level education to occupational therapists and physiotherapists for 30 years. Our graduates are competent professionals serving clients in Hong Kong, Mainland China, and many other countries. We also offer excellent opportunities to practitioners and researchers to pursue further education from a disciplinary-specific or multidisciplinary perspective in rehabilitation sciences. In order to achieve its mission of providing high-quality education and mediating professional development, our Department still has a lot to do in the future. Your support is vital to facilitate this process!

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

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