

健訊
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THE HONG KONG
POLYTECHNIC UNIVERSITY
香港理工大學



醫療及社會科學院
Faculty of Health and Social Sciences



醫療專業健康教育巡迴之旅

了解醫護專業 打造健康校園

Promoting Health at Schools!

FHSS Health Professions and
Education Roving Exhibition



隨著市民對健康日益關注，政府亦著重醫療制度的可延續性，社會對醫療服務的要求愈來愈高。現時香港醫療體制逐漸看重社區醫療角色，護士、物理治療師、職業治療師及眼科視光師等醫療專業愈趨重要。鑒於近年社會對各種社區醫療專業的需求甚殷，作為本港輔助醫療專業的搖籃，愈來愈多高質素的學生入讀香港理工大學(理大)醫療及社會科學院，以回應社會的需要。

為了加深學界對醫療及社會科學院的認識，進一步了解學院的不同專業，讓各中學同學及早鎖定未來路向，學院率先於去年底展開「醫療專業健康教育巡迴之旅」，於不同的目標中學舉辦講座及展覽，介紹學院課程及各醫療社科專業，同時為學生進行基本健康檢查，宣揚各種健康訊息，建立新世代健康校園。學院於今年3月31日至4月3日於聖士提反女子中學舉行歷來最大規模的展覽及講座，吸引超過500名校內師生踴躍參與，大大提高同學對醫療專業的認識。

學院亦希望藉此機會，讓學院專家及學生到各中學作交流。學院特別委任12名護理學院及眼科視光學院的學生大使，於會場中為參觀同學介紹學院資訊，並以其親身經驗，為他們介紹校園生活及有趣經歷，以及每個學科的詳細情況，讓同學更全面掌握不同學科的資訊，有助決定未來的升學路向。而在專家的指導下，他們為該校學生進行基本身體及眼睛健康評估，包括量度身高體重指數、血壓、色覺、立體視力等，並為他們詳細解答有關保健問題。

As part of the Hong Kong government's proposals for a more sustainable model of health care delivery and financing, it intends to increase the provision of community health services. Being a major provider of tertiary education in health and human services in Hong Kong, the Faculty of Health and Social Sciences (FHSS) of The Hong Kong Polytechnic University (PolyU) is increasingly attracting the brightest and best students who want to fill this critical shortage in the city's health and social care system.

FHSS began holding roving exhibitions in local secondary schools last year to introduce to their students and their teachers its departments, schools, courses and associated professions in order to widen their understanding of health and human services career options as well as to promote the importance of health and well-being to them. As a result of the enthusiastic reception to the exhibitions last year, FHSS organised its biggest ever roving exhibition at St. Stephen's Girls' College from 31 March to 3 April 2009. More than 500 schoolchildren and their teachers joined the event.

Talks on eye care, sports injury prevention, nutrition, and first aid were given by staff from FHSS's Sports Conditioning and Health team, School of Nursing, and School of Optometry to promote health awareness among the secondary school students. Staff and 12 student ambassadors from FHSS were on hand to administer basic health checks on BMI, blood pressure, colour vision and stereopsis (stereoscopic vision) to the schoolchildren and to answer any health-related questions they or their teachers had.

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學院更派出護理、運動健康及眼科視光學的專家，為學校同學舉辦不同的健康講座，內容包括運動創傷預防、營養學、急救及眼睛護理等，讓同學在日常生活中實踐和應用有關的保健知識，共建健康人生；同時希望同學從不同的角度了解學院各專業範圍及工作，從而增加他們加入醫療社科專業的興趣。

學院一直致力推動基層健康理念，希望透過各種社區服務及教育工作，推動公眾的保健意識。學院已先後參與不少社區健康展覽，這次更藉著與學校合作，希望把關注健康的訊息進一步傳達至學界。

The FHSS student ambassadors spoke about their lives at PolyU and their courses of study, giving the schoolchildren an invaluable chance to learn about university life and studying health science and applied social science, which will help them to formulate their own career or further studies plans.

FHSS has long initiated projects in the community to promote health and well-being to the public. To encourage health awareness and adoption of healthy habits early in life so as to sustain healthy lifestyles throughout adulthood, FHSS aims to hold more exhibitions for schoolchildren through mutual cooperation with secondary schools.



為期4天的聖士提反女子中學巡迴展覽只是開始，學院將繼續到不同學校展開有關活動，期待你的熱情參與！

醫療及社會科學院歡迎各學校垂詢有關「醫療專業健康教育巡迴之旅」的合作模式，學院除提供展覽設施外，也可按各校需要設計相關講座、健康檢查等項目，讓師生更了解我們的課程及專業，以及各種保健資訊。

We look forward to your participation in the future!

FHSS welcomes proposals from secondary schools for similar exhibitions. We also customise exhibition panels, health seminars and health checks for other types of audiences.

如對本計劃有任何查詢，請致電 3400 3973，與黃小姐聯絡。

Please call Ms. Carolyn Wong at 3400 3973 for further details



School of Optometry Provide Comprehensive Primary Eye Care Enhance Quality of Life

眼科視光學院 綜合眼睛保健 提升生活質素

專訪理大醫療及社會科學院

眼科視光學院學院主任林小燕教授

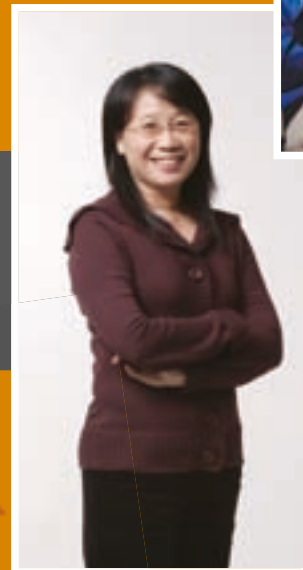
提起眼科視光師，很多人即時聯想起幫人配眼鏡的「眼鏡佬」。眼科視光學院學院主任林小燕教授表示，配眼鏡只是眼科視光師其中一項工作。他們是受訓提供綜合眼睛及視覺保健的專業人員，以改善市民的視覺質素為己任。

根據世界眼科視光學委員會的定義，眼科視光師是眼睛和視覺系統的基本健康保健提供者，負責全面的視覺保健服務，包括屈光檢查和配鏡，發現 / 診斷和處理眼疾以及視覺系統症狀的康復。

理大眼科視光學院開辦全港獨有眼科視光師的培訓課程，所有畢業生可向香港政府註冊成為執業眼科視光師。「鑒於是獨有課程，而本港的眼科視光師數目並不足夠，我們的畢業生都能百分百就業。」林教授說。畢業生可受聘為眼科視光師、或加入國際企業從事眼科護理工作。林教授說，近年多了畢業生自組眼科檢查中心，不受企業的束縛獨立創業，成績不俗。

眼科視光師常與人接觸，林教授認為，入讀的同學需要有耐性，喜與不同人士接觸，對工作要有責任感。「我們著重全人教育，很鼓勵學生參加慈善性質的視力篩選檢查計劃，以及社區的眼睛護理推廣活動。」學院設有四間眼科視光診所為公眾服務，分別位於理大、荔景、黃大仙的聖母醫院及剛成立的「耆色園－香港理工大學合辦眼科視光學中心」，學生均可在此獲得寶貴的臨床經驗。

科研亦是學院的重要一環。從三年級開始，所有學生會由教學人員帶領，進行小組科研項目。學院科研專長以近視眼及眼睛老化兩個課題為主。



Interview with Prof. Carly Lam, Head of SO

Many people think of optometrists as those who check how short- or far-sighted people are for dispensing the correct strength of glasses or contact lenses. Prof. Carly Lam, Head of FHSS's School of Optometry (SO), said that such work comprises only a small part of an optometrist's job. Optometrists are professionally qualified to provide a comprehensive spectrum of primary eye and vision care services to enhance the quality of eyesight and are regulated by law.

The World Council of Optometry defines optometrists as "primary health care practitioners of the eye and visual system who provide comprehensive eye and vision care, which includes refraction and dispensing, detection/diagnosis and management of disease in the eye, and the rehabilitation of conditions of the visual system."

SO is Hong Kong's sole provider of tertiary education in optometry to professional qualification, and is widely regarded as the best in Asia. Graduates are usually employed as optometrists in the commercial sector or in a multinational company engaged in the eye care business. Many graduates also set up their own practices and are receiving a good response from the public. "There's a shortage of optometrists in Hong Kong, so our graduates have an almost 100% employment rate," Prof. Lam pointed out.

As optometrists deal directly with patients, they need to have excellent interpersonal and analytical skills, as well as an acute sense of responsibility for the quality of care they provide. Prof. Lam said whole-person development is therefore very important in SO's four-year bachelor's degree programme, and students are also encouraged to take part in the School's charitable vision screening programmes and eye care promotion programmes for the public to instil in them social responsibility. SO's student optometrists gain clinical experience through four community-based clinics operated by the School, namely the Optometry Clinic at PolyU in Hung Hom, the Integrative Community Health Centre in Lai King, the Community Clinic inside Our Lady of Maryknoll Hospital in Wong Tai Sin, and the new Sik Sik Yuen-PolyU Optometry Centre in Wong Tai Sin.

Building up competency in research is also a key aim of the degree curriculum. Starting in their third year, all students participate in a group research project under the supervision of an academic staff member. The School is internationally noted for its strong research in myopia, the ageing eye, and orthokeratology.

Dr. JUNE CROWN SPECIAL ADVISOR TO WORLD HEALTH ORGANIZATION VISITS Poly U

世界衛生組織特別顧問 JUNE CROWN 博士訪理大



理大醫療及社會科學院邀請到世界衛生組織特別顧問June Crown博士，CBE，於2月22日至27日訪問理大，並於25日於理大主持一個題為「廿一世紀健康與醫療」的研討會，分享其對廿一世紀醫療健康這專業議題的見解，以及過去二十年她在英國把處方的權力延展至地區護士及眼科視光師等不同醫療從業員的經驗及貢獻。

June Crown博士於行程中分別會見了理大校長唐偉章教授、醫療及社會科學院院長胡志城教授，並出席了護理學院及眼科視光學院的交流會議，與一眾學院教員作出寶貴的經驗交流。她亦與醫院管理局委員會會面，分享她於公眾健康領域的工作。

June Crown博士曾於1995年至1998年出任英國皇家內科醫學院公共衛生醫學科的主席。近年她除了出任世界衛生組織的特別顧問外，她亦為各國政府的醫療健康系統提供意見，其工作遍及歐洲中部及東部、以及俄羅斯。

Dr. June Crown, CBE, a frequent Special Advisor to the World Health Organization, was invited by FHSS to visit PolyU from 22 to 27 February. She gave a seminar on 25 February to PolyU staff and Hong Kong health care professionals on "Health and Health Care in the 21st Century," which outlined future professional issues in health and health services as well as how the U.K. has begun tackling those issues by extending prescribing rights to different allied health practitioners.

Dr. Crown also attended exchange meetings with staff from FHSS's School of Optometry and School of Nursing, and met with new PolyU President Prof. Timothy W. Tong and FHSS Dean Prof. George Woo. During her time in Hong Kong, Dr. Crown was also introduced to Board Members of the Hospital Authority, with whom she also shared her experiences in public health.

Dr. Crown was President of the Faculty of Public Health Medicine of the U.K.'s Royal College of Physicians from 1995 to 1998, and was instrumental in bringing about the extension of prescribing rights to allied health professionals in the U.K. She has been consulted by many overseas governments about health care, and was involved in work related to health services reform in Central and Eastern Europe and most recently in Russia.



園 - 香港理工大學合辦眼科視光學中心

黃大仙區健康安全城 協辦



食物及衛生局局長周一嶽醫生(中)、
理大校長唐偉章教授(右)及耆色園主席李耀輝先生(左)一同主持「耆色園—香港理工大學合辦眼科視光學中心」的開幕儀式。

The Centre was inaugurated by Dr. the Hon. York Chow, Secretary for Food and Health of Hong Kong SAR (middle); Prof. Timothy W. Tong, President of PolyU (right); and Mr. Lee Yiu-fai, Chairman of Sik Sik Yuen (left)

Sik Sik Yuen - PolyU Optometry Centre opens

「耆色園—香港理工大學合辦
眼科視光學中心」 **正式成立**

有關中心的查詢可致電 2329 8622 或瀏覽
www.polyu.edu.hk/so

Sik Sik Yuen will subsidise wholly or partially the consultation fee for eligible low-income patients. For more details, please call 2329 8622 or visit SO's website at www.polyu.edu.hk/so

理大眼科視光學院與宗教慈善團體耆色園合作，推行社區眼睛保健服務計劃，並在協辦單位黃大仙區健康安全城市的支持下成立「耆色園－香港理工大學合辦眼科視光學中心」，為全港兒童、長者、低收入及有需要人士提供綜合眼科視光檢查服務，加強基層市民對眼睛保健的認知，以達致「防盲」的目標。該中心預計每年能為超過五千名應診者提供服務。

中心位於黃大仙耆色園社會服務大樓內，並於2月14日開幕，邀得香港特別行政區政府食物及衛生局局長周一嶽醫生、耆色園主席李耀輝先生及理大校長唐偉章教授擔任主禮嘉賓。

理大眼科視光學院實習眼科視光師在教職員的專業指導下，在中心為市民提供全面眼科視光檢查服務。眼科視光師將按臨床需要，為應診者提供詳細問症、視力及屈光度數、雙眼協調、眼睛健康檢查、診斷及處理等服務。此外，該中心亦為學院實習眼科視光師提供一個平台服務社區，並獲取寶貴的臨床實習經驗。

為了讓更多有需要人士受惠，耆色園除了撥款設置中心及購置有關醫療器材，亦會為合資格兒童、長者及有經濟困難人士提供資助，豁免其支付全部及部分服務費用。

FHSS's School of Optometry (SO) and religious charity Sik Sik Yuen, with the support of Wong Tai Sin District Healthy & Safe City, jointly launched the Sik Sik Yuen–The Hong Kong Polytechnic University Optometry Centre in Wong Tai Sin on 14 February to provide comprehensive primary eye care services to the local community, in particular children, the elderly and the needy of the old district. The Centre aims to increase public awareness of the importance of having regular eye checks in order to eliminate preventable vision loss. It is estimated that over 5,000 people will benefit from its services annually.

The opening ceremony of the Centre at its location in the Sik Sik Yuen Social Services Complex was officiated by Dr. the Hon. York Chow, Hong Kong's Secretary for Food and Health; Mr. Lee Yiu-fai, Chairman of Sik Sik Yuen; and Prof. Timothy W. Tong, PolyU's new President.

At the Centre, under the guidance of SO optometrists, the School's student optometrists provide a comprehensive range of services to patients, including assessment of vision, measurement of refractive error, assessment of coordination between the two eyes, evaluation of ocular health, and diagnosis and management of visual conditions. The Centre is an invaluable platform for student optometrists to serve the community as well as gain clinical experience. SO is the only provider of tertiary education in optometry in Hong Kong to professional qualification.



耆色園 - 香港理工大學合辦眼科視光學中心開幕典禮
黃大仙區健康安全城市協辦





FHSS Students' Association 2009-10 醫療及社會科學院會

由 14 位醫療及社會科學院同學組成的新一屆醫療及社會科學院會，剛於 4 月上任，於未來一年將為學院同學舉辦連串活動，務求令學習生活更添姿采。

新一屆的會長梁林輝說，14 位成員經過幾個月的競選過程，包括班級探訪活動及諮詢日等，成員之間的合作漸趨成熟，他們亦將展開連串新鮮活動，第一炮就是今年的學院迎新營。

幾位同學接受記者訪問時異口同聲表示，大學生活除了吸收知識，最重要是多參與不同的活動，認識不同的朋友，拓闊人際的網絡，廣開眼界。而在合作的過程中，亦學習到團隊合作的重要性，這些寶貴的經驗對日後投身社會工作有甚大裨益。

剛上任的他們已大計多多，但最標榜的仍是創意先行。「我們希望在活動中加入更多新鮮及互動的元素，例如將邀請同學設計院會的產品，希望能提高他們對院會的歸屬感。」看來他們已準備好發放正能量，你又準備好了嗎？

The new officers of the Faculty of Health and Social Sciences Students' Association (FHSSSA) have been elected by their peers and assumed their duties in April. They have indicated their wish to enrich the university life of FHSS students through creative ideas.

After undergoing several months of an electoral campaign, the officers have honed their skills in cooperating with others, according to Leung Lam-fai, the new Chairman of the Association. Their first mission will be to hold an orientation camp for new FHSS students this autumn comprising new, exciting activities.

第十六屆醫療及社會科學院會成員名單 16th Faculty of Health and Social Sciences Students' Association (FHSSSA)

會長 President	梁林輝 LEUNG Lam-fai	社會工作高級文憑 HD in Social Work
內務副會長 Internal Vice President	張耀祖 CHEUNG Yiu-jo	護理學 BSc in Nursing
外務副會長 External Vice President	馮家雋 FUNG Ka-chun	生物醫學工程 BSc in Biomedical Engineering
內務秘書 Internal Affairs Secretary	張宇軒 CHEUNG Yu-hin	職業治療學 BSc in Occupational Therapy
外務秘書 External Affairs Secretary	呂燕琪 LUI Yin-ki	護理學 BSc in Nursing
財務秘書 Financial Secretary	郭峻成 KWOK Tsun-shing	眼科視光學 BSc in Optometry
校政秘書 Faculty Affairs Secretary	陳廣鍵 CHAN Kwong-kin	職業治療學 BSc in Occupational Therapy
福利秘書 Welfare Secretary	陳智勤 CHAN Chi-kan	護理學 BSc in Nursing
宣傳秘書 Publicity Secretary	翁伊玲 YUNG Yi-ling	職業治療學 BSc in Occupational Therapy
出版秘書 Publication Secretary	朱華浩 CHU Wa-ho	職業治療學 BSc in Occupational Therapy
文娛秘書 Recreational Secretary	麥嘉朗 MAK Ka-long	生物醫學工程 BSc in Biomedical Engineering
學術秘書 Academic Secretary	郭俊顯 KWOK Chun-hin	社會政策及行政 BA in Social Policy and Administration
體育秘書 Sports Secretary	鄭正傑 CHENG Ching-kit	醫療化驗科學 BSc in Medical Laboratory Science
常務秘書 General Secretary	鄭柏慧 CHENG Pak-wai	護理學 BSc in Nursing

The officers look forward to meeting and helping their fellow FHSS students, as well as broadening their outlook and support networks through the offering of different activities. The experience in office will no doubt also boost the officers' own development and stand them in good stead in the future.

The officers plan to invite FHSS students to help design the Association's materials so as to actively involve them in the running of their Association and to increase their sense of belonging.

推廣伸展按摩運動 建立健康生活

鑒於不少人對工作及運動的正確姿勢缺乏認識，容易造成傷患，為了推廣伸展按摩運動對預防傷患的益處，以及平衡體態的重要性，學院運動體能及健康促進部特別於3月為理大教職員舉辦一連兩場伸展按摩運動講座，由前印度國家體操隊成員、學院臨床導師 Mr. Naresh Kumar 講授，除了即席示範各種於工作及運動後可用作舒緩肌肉繃緊的伸展運動，還介紹正確的工作姿勢及運動姿勢，為教職員建立一套正確的平衡體態觀念。

學院運動體能及健康促進部由副教授陳方燦博士帶領，除了積極參與各種運動項目，協助運動員及運動相關行業的專業人員增強體能狀態，提升相關知識及表現，還致力推動運動健康教育發展。

Benefits Of Stretch Massage for work and sports

Many Hong Kong people suffer from posture-related injuries because of an inadequate knowledge or practice of postural balance during work or when exercising or playing sports. To introduce the benefits of stretch massage and bring about self-awareness of postural imbalance in order to prevent such injuries, Mr. Naresh Kumar, part-time FHSS Clinical Instructor and a former Indian national gymnast, gave two talks organised by FHSS's Sports Conditioning and Health team on "Stretch Massage Technique for Muscle Stiffness After Work or Sports" in March for PolyU staff.

During the talks, Mr. Kumar demonstrated different stretch massage techniques that can be self-administered or administered by a second person, and shared some tips on how to adopt healthier postures at work and address postural imbalance in sports.

The Sports Conditioning and Health team is led by Dr. Bob Chen, FHSS Associate Professor. Apart from assisting and teaching athletes and sports-related professionals about conditioning and performance optimisation, the team also conducts sports health education to the public.





何文昌(右)分享他四年大學生活的體悟
Bryant Ho (right) with his classmates



Thoughts From A Nursing Graduate 護理畢業生隨筆

常言道「光陰似箭、日月如梳」，但倒不及俗語上的一句「眨下眼」形容得貼切。因為經已是四年級的下學期，現在每天都需要在醫院裡實習(亦即是我們所謂的「出 ward」)；有時候碰見師弟妹都會被他們叫一聲「師兄」，心裡不禁有一點飄飄然，但暗喜過後總覺得有一點不是味兒。因為「眨下眼」四年的大學生涯將近尾聲，而自己亦將踏出社會；角色上的轉變為我帶來不少衝擊，一方面滿腔期待學成下山闖盪江湖幹一番大事，另一方面又有點害怕。

回想四年的理大生活雖然算不上多姿多采，但總算得著不少。深深記得一年級第一次「出 ward」時，其實對護理所知不多，都只是普羅大眾所認識的「打針」、「派藥」罷了。經過十多天的觀察後，發覺護理比我想像中的精彩！直至二年級時因為某教師的一席話令我印象深刻，亦十分感動，她說：「…去搵啦，你會發現乜野係『beauty of nursing』！」雖然那一刻不能作出定義，但我知道尋找必找得到。

「生、老、病、死」是人生必經階段，每一趟實習更豐富我的人生閱歷。人生每一個階段、每一件事情、甚至每一分、每一秒都有著不同的需要。記得剛過去的學年我到澳門與不同的護理院校交流，會上聽到某前輩對護理的看法—「生命就是護理」。聽到的一刻很震撼，腦海中不斷的思索這一句，並且不斷將過往的經歷想法貫穿起來；我相信，我已經找到了答案。

除此之外，學系及學院亦提供了不同機會讓我多元地成長。這些大大小小的體驗確實無價，如三年級的暑假參加「校企協作計劃—富城物業管理有限公司實習計劃」更令我大開眼界！這計畫不但讓我對物業管理有所認識，更可把醫護知識學以致用。另一大得著就是透過不同活動令我結識各方好友！在此亦要感謝每一位導師及好友給予的指導及機會。

最後祝願學系及各學院校務蒸蒸日上，主恩滿溢！

何文昌
護理學院 2009 畢業生



Time passes by so quickly. It's now the second semester of my postgraduate degree. I need to practise on-site in a hospital every day now. Sometimes I am called the "Senior Schoolmate" by the new students. I used to be quite happy about this, but then I suddenly felt frustrated. In the transition from student to professional, I found myself happy that I could at last utilise my skills to develop my career; yet frustrated at myself that I couldn't execute my skills better.

I learned a lot during my time at PolyU. I didn't think much about nursing philosophy while at PolyU, only about practices like making injections, which I did for the very first time in a hospital. Gradually, however, I found that nursing is far more than I had anticipated! In my second year as an undergrad, a teacher's words inspired me a lot. She said, "Go and find the beauty of nursing!" I didn't get what she meant at the time, but just knew that I would if I persisted.

We are born, grow old, then die. We will experience different needs and demands during different periods of our lives. We may become ill. But we can't change the human lifecycle. Last semester, I attended a sharing session in Macau in which a senior nurse told us his idea of nursing: "Nursing is life." I was blown away! I now try to connect my nursing experiences with this concept. I think I finally understood.

FHSS and its School of Nursing also offered me and my fellow students many chances to learn and grow as a person, including some things that may not seem obviously related to our disciplines. I won a place on the FHSS–Urban Property Management Limited Internship Programme. It really broadened my views of property management, and I was able to utilise my health care knowledge during the programme. Another important thing I got from being at PolyU was plenty of friends. I want to thank them sincerely for their caring and support!

Bryant Ho Man-cheong
2009 Graduate, School of Nursing, FHSS



The 16th
INFECTION
CONTROL
COURSE
for
HEALTH CARE PROFESSIONALS

第十六屆專業醫護人員 感染控制課程

為增加專業醫護人員對傳染病的認識，以及於工作環境有效控制傳染病的知識，醫療及社會科學院雪肌蘭國際感染控制中心及 The Asia Pacific Society of Infection Control (APSIC) 於 2009 年 2 月 23 日至 3 月 6 日合作開辦第十六屆專業醫護人員感染控制課程。課程共有 103 人參加，當中包括醫生、護士、專職醫療人員及其他醫院人員。

課程由本港醫院及大學中極具資歷的專業人員主講，旨在為專業醫護人員提供最新的感染控制知識及技巧，內容包括感染控制的歷史、醫療廢料的處理以及抗生素的應用等，讓他們能於醫護環境中有效地實施感染控制的措施，而課程亦有討論有關傳染病爆發的調查及對付的措施。

16TH INFECTION CONTROL COURSE FOR HEALTH CARE PROFESSIONALS

To enhance the knowledge of and practical skills in infection control of health care professionals in clinical settings, FHSS's Squina International Centre for Infection Control co-organised the 16th Infection Control Course for Health Care Professionals with the Asia Pacific Society of Infection Control from 23 February to 6 March at PolyU. Among the 103 participants were doctors, nurses, allied health practitioners, and various types of hospital staff.

Prominent figures from local hospitals and health care institutions conducted the classes to share with the participants the latest infection control knowledge and skills they can use to implement infection prevention and control more effectively in clinical settings. The topics covered included the history of infection control, waste management, and the use of antibiotics. Research and measures against emerging infectious diseases were also discussed.



第二屆全港運動會

醫療及社會科學院及香港賽馬會運動醫學及健康科學中心參與由民政事務局體育委員會主辦，於 5 月 9 日至 31 日舉行的第二屆全港運動會，提供運動健康教育及駐場物理治療服務。超過 2,000 名來自 18 區的運動員將參與六個項目的賽事，包括田徑、羽毛球、籃球、游泳、乒乓球及網球。學院及中心除了派出康復治療人員為籃球及田徑項目提供駐場物理治療服務外，更派出運動健康方面的專家，特別於賽事展開前，為全數六個項目的運動員提供有關運動健康的教育講座，讓運動員避免傷患，為未來比賽做好準備。

The 2nd Hong Kong Games

FHSS and The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, which was jointly established by PolyU and The Chinese University of Hong Kong last year, will provide sports health education and on-site physiotherapy services at the forthcoming 2nd Hong Kong Games. The biennial event, which will run from 9 to 31 May, will see some 2,000 athletes from all of Hong Kong's 18 districts competing in track and field athletics, badminton, basketball, swimming, table tennis, and tennis. FHSS and the Centre held seminars on sports training and health for the athletes in all six sports to help them better prepare for the Games, as well as send their rehabilitation and sports health staff to deliver physiotherapy on-site for the track and field and basketball competitions.





大埔足球會 運動健康教育

工作坊

FHSS RUNS SPORTS HEALTH EDUCATION
WORKSHOPS FOR TAI PO FOOTBALL CLUB



理大醫療及社會科學院(學院)及香港賽馬會運動醫學及健康科學中心與大埔足球會(球會)合作，為球隊提供運動健康工作坊，以強化球員對運動健康學的認識，提升狀態及表現。

這次計劃為球會與本港大學就有關運動教育的合作項目，亦是學院支援本地足球會，以至本地運動發展的一大里程碑。工作坊由學院及中心派出專業人員講授，分別於今年2月及4月舉行，題目為「足球比賽和訓練後的體能恢復」及「足球員傷患預防」教育工作坊，切合球員全面的需要。

大埔足球會於零二年成立，為地區性球隊，是本港首隊能夠由丙組足球隊晉升至甲組足球隊的地區性球會。大埔足球會本地色彩濃厚，外援比例極少。於零七/零八年球季，大埔足球會取得香港甲組足球聯賽第三名的優秀成績。

FHSS and The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre are partnering with top Hong Kong soccer team Tai Po Football Club to provide a range of sports health education workshops for the club's footballers to enhance their physical abilities and sports health knowledge.

The sports health education workshops are for the Hong Kong First Division team in collaboration with a local university with the aim of imparting sports health knowledge to its players. The workshops also signal FHSS's intentions to help the development of sports in Hong Kong. Sports professionals from the Faculty and the Centre had conducted two workshops tailored specifically to the needs and requirements of the football professionals in February and April respectively. They were "Recovery for Better Performance After Football Training or Matches," and "Injury Prevention Strategy for Footballers."

Tai Po FC was formed by Tai Po District Council in 2002. It is the first-ever football club in Hong Kong to gain promotion from the then new Hong Kong Third Division to the Second Division and on to the First Division. Unusually for a Hong Kong team, the club retains a largely homegrown squad with a very small proportion of foreign players. In the previous 2007-08 season, Tai Po FC finished

第14屆 中國國際教育巡迴展

14th China International Education Exhibition Tour



學院一向致力發展「校園國際化」的辦學理念，希望透過不同國家人才的文化交流，拓闊學生視野及語文能力，為了貫徹這一目標，學院參與世界各地的教育博覽，積極進行海外推廣工作。

招收傑出的國內學生一向是大學的目標，醫療及社會科學院中亦有不少國內同學。理大今年再次參與第十四屆中國國際教育巡迴展，學院分別參與了2月28日至3月1日的北京站，以及3月14日及15日的廣州站展覽，進行國內的推廣工作。

為隆重其事，理大校長唐偉章教授於2月28日親臨北京展覽的場館，主持理大展覽攤位的開展禮，並為一眾工作人員打氣。學院特別印製「健訊」的號外版於會場派發，甚受參觀人士歡迎。而為了拓闊學生視野，學院更特別委任四位學生大使，於北京及廣州兩地為參觀人士解答疑難，以增強兩地交流。

FHSS actively takes part in education expos abroad to introduce its departments and schools and academic programmes to overseas teachers, parents, schoolchildren and graduates. It also takes advantage of such opportunities to broaden the outlook and improve the interpersonal and language skills of its students.

PolyU and FHSS have a long history of engaging in initiatives in mainland China, including creating university outposts, running community health projects, as well as welcoming mainland Chinese students to study at PolyU. It was with the aim of extending its presence further in the mainland's public eye that FHSS took part in the 14th China International Education Exhibition Tour (CIEET) in Beijing from 28 February to 1 March, and Guangzhou from 14 to 15 March. PolyU President Prof. Timothy W. Tong officiated at the inauguration of PolyU's participation in the CIEET roadshow during its Beijing stop.

A special edition of FHSS's "Health News" newsletter was distributed at both shows, while four FHSS student delegates from various disciplines helped to answer visitors' questions about studying at FHSS.

理大暑期長者進修課程 2009

Elderly Mini-U Programme

醫療及社會科學院將於六月底推出為期兩星期的理大暑期長者進修課程2009，課程內容包括全人健康、健體運動、設計概念及歷史文化等，全以粵語授課，還可以入住理大宿舍，體驗大學舍堂生活！

FHSS will launch the Elderly Mini-U Programme 2009 in late June. It will consist of classes on health, design, culture, and sports, among other subjects, and will be conducted in Cantonese. The elderly students will also have the chance to experience life in PolyU's student hostels.

去年曾參與此計劃的學生大使心聲：

去年暑假，與一班老友記一同度過愉快的兩星期，實在使我們這群年青人獲益良多。事實上老友記們精力充沛，上課熱心發問，下課後與我們打成一片，完全沒有代溝。

還記得上粵曲課時，有一位老友記突然感到不適，但他堅持上課，只因不想浪費導師的心血。雖然最終他也因病回院舍，但那種好學及感恩的精神，使我們一組同學深受感動。看見他們那種積極上課的態度，令我覺得自己需要更加把勁，不要浪費在大學的一分一秒。

畢業禮的那一天，老友記都穿起畢業袍，流露著滿足的笑容，不斷與親人及一眾學生大使拍照留念。看著他們滿足的神情，我想這就是我參加此計劃的最大回報。能夠和他們一同上課，互相學習，自己也有不少進益。若有機會，今年我定必再次參加！

希望你也鼓勵身邊的老友記參加，一同體驗學習的樂趣！

張曉雋

2008年度「長者體驗大學生活計劃」學生大使

Last summer, we shared two wonderful weeks with elderly students in FHSS's Elderly Mini-U Programme. We became friends with the students and did not notice a generation gap. We also learned a lot from them. I remember that one student felt ill while in a class, but she refused to leave as she didn't want to waste the preparatory work and time put in by the teacher. I was deeply impressed by her determined attitude towards learning and her good heart. It reminded me not to waste my own time at university.

I went along to the graduation ceremony of the programme too. My greatest satisfaction came from seeing the elderly students' wonderful smiles and their of graduation gowns. So please encourage any elderly people to join the fun Elderly Mini-U!

Cheung Hiu-Chun

2008 Student Ambassador, Elderly Mini-U



張曉雋(左)在老友記身上獲益不少
Cheung Hiu-chun (left) learned a lot from the elderly students.



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Enquiries: 3400 3983
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Nobel Laureate Lecture

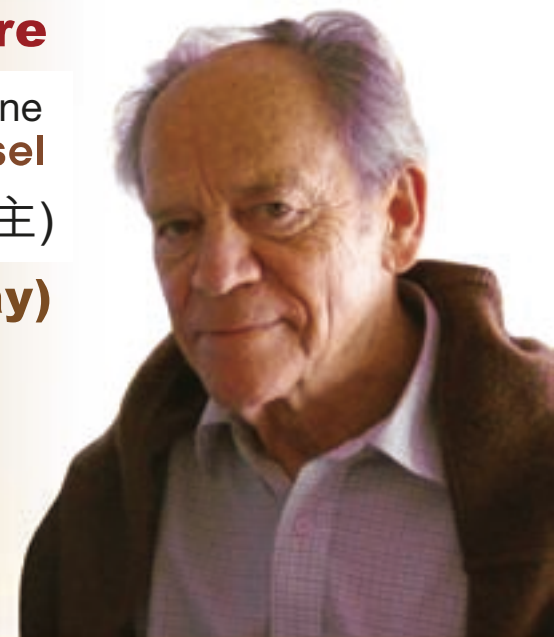
諾貝爾獎得獎者講座

Development of the Visual System: **Nature vs. Nurture**

by Nobel Prize Winner in Physiology or Medicine
Prof. Torsten Wiesel

韋素教授 (諾貝爾生理學或醫學獎得主)

30 May 2009 (Saturday)



FHSS cordially invites you to attend our Nobel Laureate Lecture titled "Development of the Visual System: Nature vs. Nurture" on Saturday, 30 May 2009, to be given by Nobel Laureate Prof. Torsten Wiesel, President Emeritus of The Rockefeller University and Vincent and Brooke Astor Professor Emeritus at its Laboratory of Neurobiology.

Prof. Wiesel jointly won the Nobel Prize in Physiology or Medicine in 1981 with his colleague David H. Hubel for their groundbreaking work on visual information transmission and processing in the cortex.

Apart from this golden opportunity to attend a unique lecture by a world-renowned Nobel Laureate, the event will also spark, cultivate and broaden interest in science beyond what is normally taught in high school!

Don't miss this wonderful chance to listen to a Nobel Prize-winning scientist!

Venue: Jockey Club Auditorium,
The Hong Kong Polytechnic University,
Hung Hom, Kowloon

Time: 9:15 a.m.–10:15 a.m. (morning tea at 10:15 a.m.)

Free Admission

Online Registration: <http://fhss.polyu.edu.hk/nobel>

Enquiries: 3400 3985 or terry.liu@polyu.edu.hk

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