



跨世代互動 同創共融活躍社區

Institute of Active Ageing
Pursuit of Lifelong Enrichment for All



社會邁向高齡化 迎接機遇 拓展科研教育

Meeting the Challenges – and Potentials – of an Ageing Society

為體現大學校訓「開物成務 勵學利民」，理大醫療及社會科學院正積極籌備兼具教學、研究及服務的教研學院 (Institute of Active Ageing, 簡稱IAA學院)，推動積極、健康及豐盛的晚晴生活模式。

按世界衛生組織預測，踏入2050年，六十五歲或以上人口將佔香港總人口四成，香港屆時亦會在全球最多老化人口的城市中，排行第五。IAA學院總監鍾晶晶博士表示，長者為社會帶來挑戰亦帶來機遇。她說：「我們是一個跨專業的學術及研究中心，旨在透過科研和持續教育應付本地人口老化的挑戰及推動發展。」學院成員來自理大二十一個專業，涵蓋生活環境、建築設計及工程、商業及財務、科技、康復及護理、社會政策、藥物科學及傳統中醫藥、衣物科技以及康樂旅遊，開展與長者有關的教研課題。

開展跨專業教研工作 推動長者優質自主生活模式

IAA學院致力透過綜合及跨專業的教育、研究及實踐，推動長者擁有優質、自主，及豐盛的人生。學院的成立提供理大不同專業的學者一個應用科研的平台，為香港老齡化社會作出準備。通過研究、訓練及實踐，學院將與護理界專業人士、公營或私營機構，長者及其家庭共同努力，讓社會各界人士更了解長者的需要。鍾晶晶博士說：「以經驗及生活智慧來說，長者是香港寶貴的資產；有見及此，大學實在是有需要建立一個多元化的合作平台，讓社會各界充份運用到這份重要的人力資源。現時，IAA學院的跨專業的科研課題有設定全人健康指標、營造長者友善生活環境、及老年科技學。」鍾晶晶博士鼓勵長者積極參與有意義的活動如終身學習計劃、義務工作、和自助計劃等。她說：「長者通過參與這些活動可豐盛其生活；此外，我們亦計劃成立全港獨有的第三齡大學及第三齡組織。」

在教育培訓方面，學院會為本科生制定有關長者及社會關係的通識課程。另外，IAA學院亦會開辦跨專業的持續進修課程，培育對這方面具有透徹認識的專才。透過舉辦本地及國際會議及公開研討會，IAA學院可與社會分享科研結果，協助制定及推行與老齡化社會有關政策。此外，IAA學院為長者提供綜合服務，包括個人健康、精神健康、社交

健康、營養學、財務管理、服裝設計、產品設計及環境設計；亦希望為社福、醫療及商營機構提供相關的顧問服務。

IAA學院於四月份，舉行了兩個研討會。其中一個研討會由英國紐卡素大學Institute of Ageing and Health總監Tom Kirkwood教授與與會者討論及分析「系統生物學與長壽關係」。另一個研討會則由理大護理學院項目經理暨英國註冊營養學家鍾明恩博士和醫療及科技資訊學系助理教授譚永昌博士講解「長者的營養及食物安全」和「老年科技學」；兩人分別介紹如何處理食物安全事宜與及營養守則，與及長者輔助科技的原則及使用方法等。

IAA學院將於6月開辦以上兩個課題的進階課程，進一步為業界人士提升專業知識及加強對長者教研工作的認識。如欲報名，可瀏覽 iaa.fhss.polyu.edu.hk/courses/apply.html。



IAA學院總監鍾晶晶博士
Dr Jenny Chung, Director of
PolyU's Institute of Active Ageing



We all get older. It's a fact of life. And like most developed economies around the world, Hong Kong's population is ageing. The World Health Organization forecasts that by 2050, 40% of Hong Kong's populace will be aged 65 years or above, and Hong Kong will rank fifth in the world for cities with the biggest percentage of older adults. To address the challenges – and more importantly, the opportunities – presented by an ageing society, the Faculty of Health and Social Sciences (FHSS) of The Hong Kong Polytechnic University (PolyU) has initiated PolyU's Institute of Active Ageing (IAA), a new interdisciplinary centre that pools expertise from 21 disciplines across the university's different faculties and schools.

IAA aims to support Hong Kong to develop into an age-friendly society and to promote active, healthy and independent living among its older adults. Through research, training and practice, IAA is working with health care providers, private and public sectors, older adults and their families, and the general public to address issues related to the greying population. "The elderly are a rich source of human capital for Hong Kong in terms of their experience and wisdom. It's worthwhile to develop a platform of collaborations with different parties in society to make good use of this human resource," said Dr Jenny Chung, Director of IAA and Associate Professor at FHSS's Department of Rehabilitation Sciences.

Tapping existing age-related research strengths at PolyU, IAA uses a cross-disciplinary approach to develop education, research and services in the fields of the built environment, technology, design, business and finance, social policy, health and rehabilitation, biochemistry and traditional Chinese medicine, textiles and clothing, and leisure and recreation to nurture manpower and produce evidence-based practices and applications that are essential for an age-friendly society.

IAA also organises conferences, courses and seminars to educate professionals and the public on issues pertaining to active ageing. On 8 April, IAA held its very first seminar, with Prof Tom Kirkwood, CBE, Director of the Institute for Ageing and Health at Newcastle University, United Kingdom, as guest speaker. Prof Kirkwood, a renowned pioneer in the study of ageing, spoke on "Systems Biology of Ageing and Longevity," including his team's recent finding of a molecular feedback cycle that establishes and maintains cell suicide.

On 28 April, a seminar was held on "Nutrition and Food Safety in Ageing" and "Assistive Technology for Older Adults" by Dr Louisa Chung, Project Manager at FHSS's School of Nursing and a registered nutritionist, and Ir Dr Eric Tam, Assistant Professor at FHSS's Department of Health Technology and Informatics. Dr Chung outlined the nutritional principles underlying dietary guidelines and promoted awareness of foodborne illnesses and precautions. Ir Dr Tam introduced the principles and practices of assistive technologies for older adults, including in telemedicine, therapeutic training, client monitoring, and home modifications.

In June, IAA will offer two part-time advanced courses "Nutrition and Food Safety in Ageing" and "Assistive Technology for Older Adults" for managers, executives, supervisors and training personnel who work with older adults. The application period is open from 3 May to 26 May. For more details about the courses and to apply online, please visit iaa.fhss.polyu.edu.hk/courses/apply.html.



目錄 Contents

- 02 教研發展
Institute of Active Ageing
- 04 學院新成員
New Faculty Members
- 06 學術交流
Academic Exchange
- 08 研究平台
Research Corner
- 09 感染控制課程
Infection Control Course
- 10 運動與健康
Sports and Health
- 12 合作項目
Collaboration
- 13 社區服務實踐計劃
Community Service Learning Programme
- 14 學院快訊
Faculty News
- 15 學系新動向
Departmental Updates
- 16 國際獎項
International Awards



郝高林教授：「動物護理學課程最重要的目標，是提倡動物權益。」

“Promoting the welfare of animals is probably the most important goal of the course” – Prof Colin Howard

2003年的非典型肺炎對大部分的香港人或其他世界各地的人都是一個不能忘記的一年。非典型肺炎的肆虐提醒了醫療前線人員及市民明白預防傳染病的重要性。

香港於過去的日子亦爆發過人類豬流感和禽流感，三種不同流感的共通點，都是病毒從動物引發出來的。

郝高林教授認為動物健康與人類健康關係密切，他說：「微生物學專家研究人類和動物的病菌、起因和預防方法。對我們有影響而又認識的微生物有大約1,500種，當中有超過1,000種源自動物。」鑽研動物微生物學和寄生生物學的目的，是要防止動物和人類的病毒互相傳染。郝高林教授稱：「傳染病最初由動物傳給人類，從而逐步演變成人傳人。很多時因為人類過分砍伐樹木、氣候變遷和人口過於密集等社會和環境改變，造就了不少對於新種病毒及醫療科技的研究及發展。」

香港理工大學醫療及社會科學院聯同英國倫敦大學皇家獸醫學院在今年九月開辦全港首個動物護理學(榮譽)理學士學位課程，除了為應付現時動物護理員的短缺問題外，促進動物權益亦是課程要點。郝教授稱：「動物的健康和人類的健康是唇齒相依的。」

預防勝於治療，動物護理員不僅擔當著護理的角色，同時也肩負起宣揚動物權益的訊息給廣大市民的責任。動物護理學(榮譽)理學士學位課程的開辦不只促進港人對動物權益的認識，更讓大眾認識到公共衛生對於香港以致全世界的健康發展有莫大影響。



For people in Hong Kong and around the world, 2003 was a memorable year for the wrong reason: SARS. The outbreak of this unknown disease was a rude awakening for frontline health professionals trying to treat the patients and contain the disease – as well as those trying to identify the cause and how the disease was being spread.

In the past decade, Hong Kong has also seen outbreaks of ‘human swine flu’ and ‘bird flu’. What connects all three diseases is that their viruses originated in animals before jumping the species barrier to humans.

When asked about infectious viruses and how it relates to human health, Prof Colin Howard said, “Many microbiologists’ work includes studying and researching viruses, the infections they cause, and how they may be prevented by vaccinations.” He added, “There are about 1,500 known types of microbes that may affect humans, like bacteria, fungi and viruses. Over 1,000 of them originated in animals.” A crucial objective of veterinary microbiology and parasitology is to help prevent diseases transmitting from animals to humans. Prof Howard explained, “Some animal infections have become transmissible between humans, and there’s been an acceleration of this in the last 50 years. Societal changes and changes in the environment are likely the most significant causes of emerging diseases. Improvements in technologies for detecting new causal agents also play a major role.”

FHSS and the Royal Veterinary College, University of London, will be admitting students to their joint new Bachelor of Science (Honours) in Veterinary Nursing programme from this September. Apart from producing professional veterinary nurses to meet demand from Hong Kong’s veterinary industry, “promoting the welfare of animals is probably the most important goal of the course from a veterinary health point of view,” Prof Howard said. And as SARS, avian flu and ‘human swine flu’ show, ensuring animal health and welfare is a component in ensuring human health.

As in human health, prevention is better than cure when it comes to animal health. And like their human health counterparts, veterinary nurses play a pivotal role in the delivery of preventive as well as curative care. Hong Kong’s first-ever BSc(Hons) in Veterinary Nursing programme is therefore not only good news for improving animal health and welfare in the SAR, but ultimately public health in the city and beyond.



郝高林教授

英國倫敦大學皇家獸醫學院發展策略副校長
英國倫敦大學皇家獸醫學院微生物學及寄生生物學教授
香港理工大學醫療及社會科學院兼任教授

Prof Colin Howard

Vice-Principal for International and Strategic Development and Professor of Veterinary Microbiology and Parasitology, Royal Veterinary College, University of London
Adjunct Professor of FHSS, PolyU



◀ 趙醫生笑言現時的年青人工作令她有很大滿足感
Dr Chiu stands in front of the graffiti mural of a youth health centre where she is now volunteering as Medical Director

趙莉莉醫生：「公平處事，建立信任」 “Another crucial factor is being fair, as this is the basis for building trust” – Dr Lily Chiu

Can you imagine managing seven hospitals and several thousand employees at the same time? Dr Lily Chiu spoke with “Health News” on her experiences and insights gained from doing that seemingly impossible task ...

After graduating from university, Dr Chiu became a paediatrician at Queen Elizabeth Hospital. She said that looking after sick kids proved to be good training for her later managerial career. “Children, especially babies, can only cry when they’re not feeling well. They don’t know how to express themselves clearly like adults and tell you what’s wrong. So as a paediatrician, you have to observe very carefully to figure out the problem. Communication skills are equally important, as you can get a lot of information by talking to the nurses and parents.” Dr Chiu added, “Strong observation is important for dealing with people in general, and is especially applicable in management.”

In Kowloon West Cluster, five hospitals out of the seven are owned by NGOs. Each organisation has its own interests, so balancing their individual needs and using the resources widely and effectively for the whole cluster became a skilful art. Besides being flexible and diplomatic, building a trusting relationship with individual boards of governance is vital for a smooth operation. “Another crucial factor is being fair, as this is the basis for building trust with the various stakeholders,” emphasised Dr Chiu.

Over the years, Dr Chiu has also worked closely with FHSS. She was instrumental in establishing the highly successful diabetic retinopathy screening programme at FHSS School of Optometry’s (SO) and School of Nursing’s (SN) Integrated Community Health Centre in Lai King. The programme was a joint project between SO, Kwai Tsing Safe Community and Healthy City Association, and Princess Margaret Hospital. Her vision enabled over 20,000 people with diabetes in the Kwai Tsing area to have regular retinal screening, thereby minimising their risk of blindness. Dr Chiu was also Chairperson of SO’s School Advisory Committee, a Departmental Assessment Panel member of SN’s predecessor (Department of Nursing and Health Sciences), and she also collaborated on and contributed to its Higher Diploma programme in Nursing that was jointly offered with Queen Elizabeth Hospital.

趙莉莉醫生

70年代從香港大學畢業，在伊利沙伯醫院擔任兒科醫生
前醫院管理局九龍西醫院聯網總監，同時兼任瑪嘉烈醫院行政總監
香港理工大學醫療及社會科學院兼任教授
現任 QK 部落醫務總監

Dr Lily Chiu

Paediatrician at Queen Elizabeth Hospital after graduating from HKU during 1970s
Former Cluster Chief Executive (Kowloon West), Hospital Authority
Former Hospital Chief Executive, Princess Margaret Hospital
Adjunct Professor of FHSS, PolyU
Medical Director, QK Blog

趙莉莉醫生自去年2月從醫管局退下火線後，現在為葵青區一間青少年健康資源中心義務擔任醫務總監，為區內青少年提供健康體能測試及精神健康評估和輔導服務。

趙醫生於七十年代畢業後成為兒科醫生，「嬰兒除了哭，不懂得表達需要，兒科醫生必須細心和具備很強的觀察力，才能了解小朋友情況。」就是由照料嬰兒的經驗，趙醫生認為「觀察」對做任何事情都十分重要，當然亦要加上應變能力，才能對大大小小的挑戰應付自如。

趙醫生坦言，作為管理層實在不容易。於九龍西醫院聯網的七間醫院中，其中五間由非政府機構營運，每間機構對資源的需求均有所不同，要處理得公平得宜確是一門藝術。」趙醫生分享當中的心得：「同一時間內要處理很多急需處理的事情，因此必需要很靈活，分清緩急輕重。此外，於帶領團隊時，對團隊成員的信任及公平處事非常重要，經過真摯的互動，成員間建立起信心，便能發揮團隊精神。」

趙莉莉醫生一直與學院保持緊密合作，曾擔任眼科視光學院顧問委員會主席和護理及醫療科學系（護理學院前身）的評估小組成員，並協助促成學院與伊利沙伯醫院合作開辦的護理學高級文憑課程。早前，她更積極推展眼科視光學院、護理學院與葵青安全社區及健康城市協會合作的社區結合保健中心，提供糖尿病視網膜病變篩選檢查服務，讓區內超過二萬名市民受惠。

趙醫生支持學院活動，並於去年的預科生「體驗大學生活計劃2009」中的高桌晚宴擔任嘉賓

▼ Dr Chiu was a guest of honour at the High Table Dinner of FHSS Mini-U Programme 2009



理大與皇家獸醫學院正式簽訂合作協議 PolyU and the RVC Sign Formal Agreement for Collaboration in Veterinary Nursing



為應付香港動物護理人才短缺的問題，醫療及社會科學院與英國倫敦大學皇家獸醫學院將於2010年9月合辦全港首個四年制動物護理學(榮譽)理學士學位課程。

於理大顧問委員會主席鍾志平博士的見證下，理大校長唐偉章教授及皇家獸醫學院院長 Quintin McKellar 教授於3月22日簽訂合作協議書，雙方除合作開辦四年制動物護理學(榮譽)理學士學位課程外，並展開多方面的學術合作，包括舉辦講座、工作坊及參觀等。同時，雙方將發展交換生計劃，讓學生可以得到香港與英國的臨床工作及經驗，了解兩地於動物護理行業的異同，並就有關題材進行研究。

即將開辦的課程得到業界人士的經驗支持，課程將教授學生動物護理行業所需的基礎知識及技術，加強大眾對動物健康與權益的意識。學院於過去兩年亦與皇家獸醫學院合辦了兩個動物護理學基礎課程，讓報讀人士了解及體驗動物護理的工作。

於舉行合作協議書簽署儀式當晚，英國皇家獸醫學院亦同時宣佈成立皇家獸醫學院(香港)，以促進該校於本地動物護理及相關領域的發展。

理大校長唐偉章教授(左)與皇家獸醫學院校長 Quintin McKellar 教授簽訂合作協議書，建立更緊密的合作伙伴關係

Prof Timothy W. Tong, PolyU President, and Prof Quintin McKellar, RVC Principal, shake hands after signing an agreement to collaborate on Hong Kong's first-ever veterinary nursing degree programme, the BSc(Hons) in Veterinary Nursing

To address the shortage of professional veterinary nursing personnel in Hong Kong and to improve the public's awareness of animal welfare in the territory, FHSS has joined with the Royal Veterinary College (RVC) of the University of London to offer Hong Kong's first-ever degree programme in veterinary nursing, the four-year Bachelor of Science (Honours) in Veterinary Nursing. A special ceremony and reception were held on 22 March at the Happy Valley Racecourse of the Hong Kong Jockey Club to mark this milestone between PolyU and the RVC as well as the RVC's inauguration of Royal Veterinary College (Hong Kong).

With Dr Roy Chung, PolyU's Court Chairman, witnessing, Prof Timothy W. Tong, President of PolyU, and Prof Quintin McKellar, Principal of the RVC, signed the historic memorandum of agreement for collaboration in veterinary nursing between the two institutions. Under the agreement, PolyU and the RVC will also organise academic exchange



events, such as seminars, workshops and visits, in addition to running the degree programme. They will also arrange student exchange programmes to enable their respective students to learn about different veterinary clinical practices and research in Hong Kong and the United Kingdom.

The degree programme, which has been well received by veterinarians in the city, will admit its first intake of students this September. It will equip students with the knowledge and skills to provide professional veterinary nursing support for veterinary professionals and help enhance public understanding of animal health and welfare. Two years ago, FHSS and the RVC had jointly offered Hong Kong's first-ever tertiary education course in veterinary nursing, the Foundation Studies in Veterinary Nursing, which gave students a chance to sample formal teaching and hands-on practical work in the discipline.

The ceremony and reception also celebrated the inauguration of Royal Veterinary College (Hong Kong). Its establishment confirms the RVC's commitment to playing an active role in contributing to the development of veterinary nursing education and related professions in Hong Kong.



理大校長唐偉章教授(右五)、副校長陳正豪教授(左四)、汪國成教授(左一)、阮偉華教授(右三)、理大顧問委員會主席鍾志平博士(右四)、醫療及社會科學院院長胡志城教授(右一)及皇家獸醫學院校長 Quintin McKellar 教授(左五)、副校長 Steven May 教授(左二)、郝高林教授(左三)、及 Mrs Elaine Acaster(右二)一起出席見證合作協議簽訂儀式

Senior officials of PolyU and the RVC attend the inauguration of Royal Veterinary College (Hong Kong): (from left) Prof Thomas K.S. Wong, PolyU Vice President; Prof Stephen May, RVC Deputy Principal and Vice-Principal; Prof Colin Howard, RVC Vice-Principal; Prof Philip C.H. Chan, PolyU Deputy President and Provost; Prof Quintin McKellar, RVC Principal; Prof Timothy W. Tong, PolyU President; Dr Roy Chung, PolyU Court Chairman; Prof Walter W. Yuen, PolyU Vice President; Mrs Elaine Acaster, RVC Assistant Principal; and Prof George Woo, FHSS Dean



日本營養學權威山本茂教授解構DNA核酸 FHSS Co-Organises Squina Distinguished Scholar Lecture on “Nucleotides as Nutrients”

醫療及社會科學院、應用科學及紡織學院及雪肌蘭國際感染控制中心於4月12日合辦兩場由日本お茶の水女子大學山本茂教授以「DNA核酸及核苷酸作為營養食物」為題的講座，吸引超過百多名校內師生、藥劑師及營養學家參與。此外，英國註冊營養學家暨護理學院項目經理鍾明恩博士同場亦分享了DNA核酸對人體的重要功效。

山本茂教授多年來以國際社區營養學為研究重點，他的學術成就獲得國際學者肯定。山本教授擔任日本學校午餐計劃主席逾10年，並於2009年獲頒日本文部科學大臣獎，同年亦獲頒發日本營養士會50周年主席大獎。山本教授於橫濱舉行的國際飲食學議會2008擔任指導委員會主席一職。

山本教授指核苷酸是構成DNA及RNA的重要成份，能促進細胞健康生長及有助細胞增生，從而幫助創傷後復元及製造免疫細胞，研究指出母乳含豐富的核苷酸。

山本教授表示若肝臟未能配合製造某些身體組織所需的核苷酸時，便需從其他地方攝取足夠的核苷酸。講座中，山本教授指出三文魚白子含有豐富的DNA核酸，並闡釋他早前以小白鼠及人體作核苷酸實驗的一系列研究結果。研究顯示服用核苷酸的小白鼠，在抑制老化、繁殖能力、記憶力、改善新陳代謝及對強化免疫力等方面均有顯著效用。在人體實驗中，服用從三文魚白子中提煉DNA能達致改善皮膚質素的正面效用。

鍾明恩博士在講座中綜合了DNA核酸最新近的科研發展及成果，她指出從學術研究中發現，DNA核酸對於修復及保護基因、增強免疫力、阻斷癌細胞糧食以及改善腦血管性痴呆幾方面有顯著功效。鍾博士指出我們應在日常生活中，按個人體格、生活形態及年齡，攝取充足的DNA核酸。

由於DNA核酸對於人體的正面功用仍存在很多研究空間，醫療及社會科學院的團隊將在此議題上作進一步研究，為改善人類健康作出貢獻。

Aiming to spark synergy across PolyU's faculties, FHSS, PolyU's Faculty of Applied Science and Textiles, and Squina International Centre for Infection Control, which is hosted by FHSS, invited Prof Shigeru Yamamoto of Japan's Ochanomizu University, who specialises in international community nutrition, and Dr Louisa Chung, Project Manager at FHSS's School of Nursing and a registered nutritionist, to give talks on the topic of “Nucleotides as Nutrients” on 12 April at PolyU.

Prof Yamamoto has been Chairperson of Japan's school lunch programme for more than a decade. In 2009, he was awarded the country's Minister of Education, Culture, Sports, Science and Technology's prize in 2009 commemorating the 120th anniversary of the school lunch programme, and Japan Dietetic Association's 50th Anniversary President's Prize.

Prof Yamamoto said nucleotides, which are compound molecules that form the basic structural units of DNA and RNA, are necessary for rapid cell growth in humans. Made in the liver, nucleotides are supplied to gastrointestinal and bone marrow cells, which require rapid production of new cells to replace damaged ones and also to produce immune cells. Nucleotides are also present in breast milk in high concentrations.

Prof Yamamoto recommended that people whose livers cannot produce enough nucleotides, such as the elderly, should ingest dietary nucleotides, because nucleotides are essential for maintaining bodily processes. To illustrate the effect of dietary nucleotides, he described research studies he had conducted on mice and on men. In experiments on mice, he found that the dietary DNA group showed a slowing down in ageing, a better performance in memory and other brain functions, and a higher concentration and motility of sperm. In studies on skin condition in men, the dietary DNA group's skin exhibited fewer blemishes and wrinkles and smaller pores.

Dr Chung said dietary DNA has been shown to help prevent allergies, protect and repair genes, induce self-destruction of cancer cells and abnormal cells, and stop nourishment to cancer cells. She pointed out that foods with a high protein content, such as pig's liver, sardines and soya beans, are rich in nucleotides. Dr Chung also advised that people should take in enough dietary DNA according to their own physical condition, age and lifestyle.



山本教授分享其於DNA核酸研究的成果
Prof Yamamoto explains his research on dietary DNA in experiments on mice and on men



鍾博士指DNA核酸對人體有多種良好功效，並因應個人身體情況攝取所需分量
Dr Chung gives examples of how dietary DNA is useful to the human body

探索超聲波技術 醫療科技及資訊學系 鄭永平教授專訪

Interview with Prof Zheng Yong-ping, Department of Health Technology and Informatics



超聲波技術早於五十年代已被應用，後來漸漸發展為醫學用途，如婦科檢查，甚至美容服務等；目前超聲波儀器，無論在價錢、體積，還是在功能上已非常的多元化。但是，往往只限於資金充裕的大型診所和醫院才能採用最新功能的超聲波儀器。

不過，歷史將被改寫，因為全球第一台桌上型可用於檢查和診斷乳癌超聲波彈性成像儀器終於面世了！

該項突破性研究由本學院醫療科技及資訊學系教授暨理大創新產品與科技研究所副所長鄭永平教授策劃。是次發明與國內製造商合作，為現時全世界體積最細及具有彈性測量功能的超聲波掃描儀。儀器現於國內進行測試，鄭教授期望於不久的將來可於香港進行臨床測試。

本港女性患上乳癌的個案急劇上升，鄭教授的發明有助婦女檢查乳房時得到更準確的結果。鄭教授深信超聲波技術能夠被廣泛應用於普羅大眾，造福社會。於是他致力研究開發既低成本，又可獲得高質素影像及有彈性測量功能的超聲波掃描儀。「雖然不少醫院都有超聲波儀器，但一台具有彈性成像的機器動輒百多萬，因此局限於大醫院才能負擔；我希望能夠生產一種小型醫院，或資源不太充裕的診所都能夠使用到的儀器，甚至是第三世界的地方，都能夠應用。」鄭教授說。

鄭教授加入理大前，在中國科技大學獲得本科與研究生學位，與內地不少電子工程廠商結下緣分，間接造就超聲波彈性成像儀器的誕生。「不少內地的廠商的生產技術已經非常成熟，礙於國內人才及研發資源所限，超聲波儀器新功能的研發一直比外國落後。今次理大與廠商合作，正好落實了理大應用研究的宗旨，我們提供最先進的研究成果，與國內純熟的生產技術結合，促成今次合作。」

Ultrasound is no longer regarded as advanced technology by many people nowadays. It is widely used in hospitals for diagnosis and treatment purposes, and even by beauty salons for facial treatments. Ultrasound equipment is now very diverse in price, size and function. A typical ultrasound diagnostic machine with elasticity function that is sometimes used for diagnosing breast cancer is the same size as a three-door fridge! However, a revolutionary Ultrasound Elasticity Imaging System has been developed by a team of researchers led by Prof Zheng Yong-ping of FHSS's Department of Health Technology and Informatics. Their system costs much less and is the size of a desktop computer!

Developed in collaboration with an ultrasound diagnostics manufacturer in Guangdong province, China, the system is also the world's smallest ultrasound diagnostic machine with elasticity imaging function, and the first-ever Chinese-brand ultrasound scanner with elasticity imaging function. The invention is now in clinical trials in hospitals in Guangdong and Shanghai. Prof Zheng hopes to find hospitals and clinics in Hong Kong to carry out clinical trials on it too.

There is much potential for the new device. In Hong Kong, breast cancer is seeing the fastest growing incidence of all cancers in women. And of all cities in Asia, Hong Kong has the highest crude and age-standardised rates of breast cancer. Women in Hong Kong are also increasingly being diagnosed with breast cancer at a younger age, many in their late 30s or early 40s. For these women, mammography, which uses low doses of radiation, is not a diagnostic option. Instead, they undergo diagnosis using ultrasound B-mode imaging with or without ultrasound elasticity imaging. Using ultrasound elasticity imaging in addition to ultrasound B-mode imaging is said to make diagnosing breast cancer more accurate and could reduce the need to perform a biopsy on the suspected tumour.

Prof Zheng, who is also Associate Director of PolyU's Research Institute of Innovative Products and Technologies, has been working on different ultrasonic projects for many years. "I hope ultrasound products will be as widespread as mobile phones," Prof Zheng said. "I hope small- and medium-sized hospitals will be able to afford a few ultrasound devices, even clinics in the Third World, and not just the big and wealthy hospitals."

When Prof Zheng was a student at the University of Science and Technology of China, he had already built up a useful network of contacts from mainland Chinese manufacturers. "They know the market well, they have flawless production, and they have a diligent workforce. What they need is high-end technology to compete globally and not have to just follow trends. We are the perfect partner to fill this knowledge gap," Prof Zheng said.



鄭永平教授示範如何使用這台比桌上電腦還小的超聲波彈性成像儀器，以檢查和診斷乳癌

Prof Zheng Yong-ping demonstrates how to use the world's smallest Ultrasound Elasticity Imaging System for the examination and diagnosis of breast cancer



鄭永平教授與他的研究團隊，在實驗室內開發和試驗不同產品

Prof Zheng and his team of researchers work hard to invent more ultrasound devices





第十七屆專業醫護人員 感染控制課程 17th Infection Control Course for Health Care Professionals

現今社會傳染病肆虐，為了讓前線醫護人員得到最新及有效控制傳染病的知識及預防技巧，醫療及社會科學院雪肌蘭國際感染控制中心聯同醫院管理局、世界衛生組織感染控制合作中心及 Asia Pacific Society of Infection Control (APSIC) 於3月15日至27日開辦第十七屆專業醫護人員感染控制課程。課程共有74人參加，當中包括醫生、護士、專業醫療人員及其他醫院人員，課程至今已累計有500多位專業醫護人員接受此感染控制課程的專業訓練。

是次課程由多位本港醫院及大學極具資歷的專業醫護人員主講，當中包括醫院管理局總感染控制主任司徒永康醫生、香港大學瑪麗醫院感染控制組高級護士長程棟妍女士、香港大學微生物學學系教授 Joseph Sriyal Malik Peiris、衛生防護中心公共衛生化驗服務處主任林薇玲醫生及伊利沙伯醫院病理部臨床微生物學顧問曾艾壯醫生等，他們分享於醫護環境中實施感染控制的知識及技巧，內容包括感染控制的歷史、醫療廢料處理及抗生素的應用。課程亦有討論關於傳染病調查及對付的措施等。

為深入了解醫護環境中感染控制的措施，課程安排學員分別到屯門醫院、浸會醫院、東區尤德夫人那打素醫院、瑪嘉烈醫院及瑪麗醫院參觀，了解隔離病房的間隔及通風系統的設計。學員現正密鑼緊鼓進行以「探究醫護人員對現時流行性感冒的知識及態度」為題的研究計劃。

為提升醫護人員對流行疫症的認識，感染控制中心將開始籌備下一屆課程，並不斷更新課程內容，務求讓課程學員能取得更新、更準確的資料，站在醫護最前線。

To update health practitioners' knowledge of and skills in infection control, FHSS's Squina International Centre for Infection Control co-organised the 17th Infection Control Course for Health Care Professionals with the Hospital Authority's Infectious Disease Centre, the World Health Organization Collaborating Centre for Infection Control, and the Asia Pacific Society of Infection Control from 15 to 27 March at PolyU. Among the 74 participants were physicians, nurses, allied health practitioners, and many types of hospital staff.

Senior figures from local hospitals and other health backgrounds imparted the latest news and information on infection prevention and control in clinical settings. The course touched upon the history of infection control, waste management, and antibiotics use. Research and measures against infectious diseases were also discussed.

The course's participants also made field visits to Tuen Mun Hospital, Hong Kong Baptist Hospital, Pamela Youde Nethersole Eastern Hospital, Princess Margaret Hospital, and Queen Mary Hospital. They observed and learned about the settings, arrangements and workflows adopted for the hospitals' units to be conducive for quality infection control. The participants were also explained the physical layouts and ventilation requirements of the hospitals' isolation rooms.

After sitting an exam, the participants undertook an individual assignment exploring the knowledge and attitudes of health care workers in clinical settings in the context of the current 'human swine flu' pandemic.

Over the years, a total of some 500 health care professionals have undertaken the course, which is reviewed and changed each year to include the most relevant and up-to-date issues in infection control.



香港賽馬會運動醫學及健康科學中心 @ 馬拉松嘉年華

HKJC Sports Medicine and Health Sciences Centre Mixes Fun with Running at Marathon Expo 2010

香港賽馬會運動醫學及健康科學中心參與於2月20及21日，假香港維多利亞公園中央草坪舉行香港馬拉松嘉年華2010。活動期間雖下著微微細雨，仍無損市民對馬拉松運動的熱愛和支持！

為隆重其事，中心特別於2月20日舉行攤位開幕儀式，出席主持儀式的嘉賓包括香港賽馬會慈善事務經理趙愛萍女士、渣打銀行(香港)有限公司執行董事及行政總裁洪丕正先生、香港理工大學校長唐偉章教授及香港中文大學副校長鄭振耀教授，而兩所大學的教職員及學生亦到場支持。此外，「看得見的希望」(Seeing is Believing)的全球親善大使尹約基(Henry Wanyoike)及其嚮導基實拿(Joseph Kibunja)亦特別到場參與儀式。中心期望透過參與今次的嘉年華活動，能夠讓大眾懂得何謂「跑得健康」，並鼓勵市民多做運動。

香港賽馬會運動醫學及健康科學中心於場地擺設展板及遊戲攤位，與眾同樂之餘，亦教導公眾備戰馬拉松，令選手跑得更出色！不少人一家大小前來參與，為這個每年一

度，全城參與的本地體壇盛事掀起熱鬧的序幕。此外，中心今年與香港理工大學康復治療科學系夥拍合作，派出多位有豐富經驗的物理治療師駐場，為參與嘉年華的市民提供免費的即場體能評估及諮詢服務。中心更特別為這個活動於熱門社交網站Facebook設立專頁，邀請公眾人士加入成為中心擁躉，讓他們下載換領券到場換取「加油打氣禮品包」，吸引了不少Fans踴躍到場參與。

是次嘉年華氣氛熱烈，估計入場人數超過六萬人次。中心除鼓勵市民積極做運動之外，亦希望透過推廣運動，建立一個健康的社會；並以不同形式，為大眾提供綜合性的運動醫學及健康科學服務。

香港賽馬會運動醫學及健康科學中心得到香港賽馬會慈善信託基金慷慨捐助，由香港理工大學及香港中文大學合作成立。由二零零八年成立至今，為精英運動員、公眾人士及與體育相關的行業，提供綜合的運動醫療、科學、健康科研和臨床診治服務。

The Hong Kong Marathon, one of the city's most prominent annual sporting events, saw a record registration of 60,000 runners this year. But before the races got off, a Marathon Expo was held on the weekend before at Victoria Park, this year on 20 and 21 February, to let runners collect their runner's pack and enjoy a day out with their families and friends at the carnival centred on running and fun for all. And it was definitely fun that attracted long, snaking lines of children and adults alike to try out the different activities on offer at the expo's largest booth, set up by The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, which is jointly run by PolyU and the Chinese University of Hong Kong (CUHK) with generous financial support from The Hong Kong Jockey Club Charities Trust.





3:52



4:19



6:22



Officiating at the kick-off ceremony for the Centre's booth on 20 February were guests of honour Ms Olga Chew, Charities Manager of The Hong Kong Jockey Club, Mr Benjamin Hung, Executive Director and CEO of Standard Chartered Bank (Hong Kong) Limited, Prof Timothy W. Tong, President of PolyU, and Prof Jack C.Y. Cheng, Pro-Vice-Chancellor of CUHK.

The ceremony was given a boost by the presence of Seeing is Believing's International Goodwill Ambassador Mr Henry Wanyoike and his running partner Mr Joseph Kibunja. Staff and students of the two universities also turned out in force to show their full support for the Centre and expo.

At the booth, experienced physiotherapists from FHSS's Department of Rehabilitation Sciences used specialist equipment and computer analysis to provide physical assessments and advice to visitors, while informative exhibition panels and computer games packed with running and sports health tips further engaged them. A Wii running game proved to be highly popular with kids and kidults, while mannequins sporting prototypes of cutting-edge running clothing developed by PolyU's Institute of Textiles and Clothing drew much attention from onlookers.

To further promote the expo, the Centre had set up a Facebook page through which online visitors who signed up as fans of the Centre could download a coupon to redeem a "Marathon, Go! Go!" premiums bag at the booth.

The Centre was established to offer clinical, training, research and professional services in integrated sports medicine, sports science and sports health to assist elite athletes, sports-related industries, and the general public. A major goal of the Centre is to help members of the public take up exercise and sports activities safely and regularly.

於油尖旺區廣傳健康訊息

Helping Yau Tsim Mong District to Celebrate World Health Day

香港賽馬會運動醫學及健康科學中心參與於4月10日假九龍公園廣場舉行的「世界衛生日2010：油尖旺健康城市嘉年華」。

「世界衛生日」為世界衛生組織每年一度的活動，今年的主題是城市化與健康，呼籲世界上的各地城市開放街道進行健康推廣活動。作為香港其中一個最繁忙的地區，油尖旺區有關組織舉行嘉年華宣揚健康訊息，主辦單位邀請中心為參與人士提供視力檢查及健康測試，中心亦繼續與學院的康復治療科學系合力支持是次別具意義的活動。

雖然活動當日天氣不穩有雨，中心的攤位仍吸引到幾千人士參觀，派發了二千套載有健康訊息的資訊。

Every year, the World Health Organization holds a World Health Day. This year's theme was on urbanisation and health. Yau Tsim Mong District is one of Hong Kong's most densely populated areas, and in support of the special day, organisations in the district decided to hold a "World Health Day 2010: Yau Tsim Mong Healthy City Gala" at the Piazza of Kowloon Park on 10 April and invited The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre to take part.

Constant rain forced the cancellation of the Centre's exercise programme for the elderly, but it failed to dampen the spirits of the thousands of visitors who were offered health and exercise literature, eyesight screenings and basic health assessments by the Centre at its booth shared by FHSS's Department of Rehabilitation Sciences (RS). Attendees could also try out RS's footscan gait analysis and sit-and-reach flexibility test.



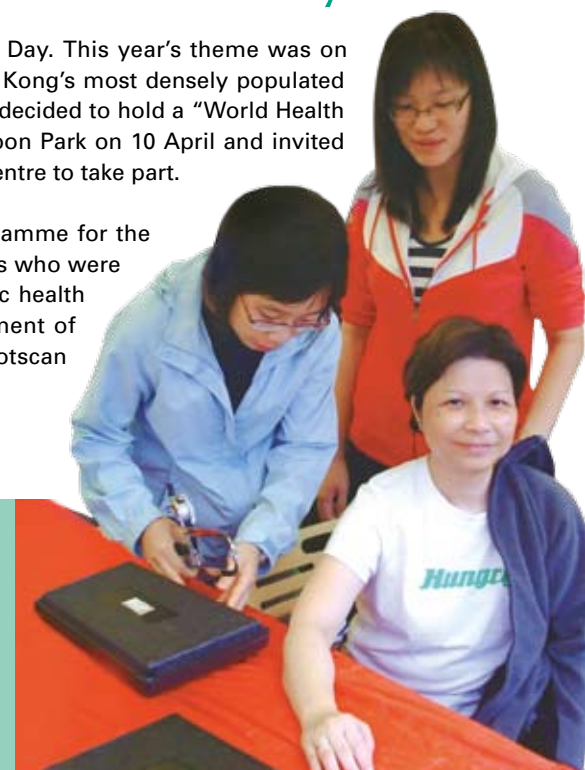
香港賽馬會運動醫學及健康科學中心總監葉健雄教授接受香港警務處油尖旺區副指揮官劉保祿先生頒發紀念狀

Prof Maurice Yap (right), Co-Director of The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, accepts a souvenir from Mr Paul Lau, Deputy District Commander (Yau Tsim) of the Hong Kong Police Force



健康測試甚受市民歡迎

Visitors at the booth of The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre and FHSS's Department of Rehabilitation Sciences take a flexibility test and a basic health assessment





理大專家協助迎戰亞運會 香港柔道選手加油！

PolyU Experts Help Hong Kong Judoists Prepare for 2010 Asian Games



近年，香港舉辦多項國際性體壇盛事，各界越見重視及支持各項體育運動。柔道較早前獲民政事務局體育委員會甄選為具發展潛能的體育項目，並增撥三年經費予中國香港柔道總會（柔道總會）發展柔道項目，柔道總會邀請理大康復治療科學系助理教授符少娥博士及其團隊為參加柔道項目運動員備戰2009東亞運賽事，最後運動員不負眾望，奪得一金一銅的佳績。

醫療及社會科學院的物理治療專家對於有機會協助香港柔道選手感到十分很榮幸，亦感謝總會及運動員的信任。早前，柔道總會決定伸延香港2009東亞運動會的成功合作，邀請理大專家為香港的柔道選手提供一系列針對該項目的體能測試及訓練計劃，並由理大康復治療科學系及眼科視光學院的專家為總會挑選精英運動員，為精英選手提供專業訓練和意見，備戰於今年十一月在廣州舉行的第十六屆亞運會。

柔道要求運動員反應靈敏，而運動員的肌肉爆炸力及持久度亦是勝負的關鍵。理大康復治療科學系的專家團隊會為每一位代表香港出賽亞運會的柔道運動員進行一系列的科學化及針對柔道項目的評估，再根據每位運動員的評估結果及體質度身設計體能鍛鍊及傷患預防計劃。專家團隊會密切監察運動員的身體狀況，提供適時的傷患處理及康復安排。

此外，視覺會影響運動員的反應及身手動作協調，特別是柔道這種講求運動員即時反應的運動。眼科視光學院會為柔道總會的選手進行一系列的運動視覺檢查，全力協助運動員發揮最佳狀態。

是次的伸延合作項目，學院得到香港賽馬會運動醫學及健康科學中心的支持，派出專家團隊協助選手提升運動表現，我們預祝柔道運動員在完善及度身設計的訓練計劃下，能於亞運會中再續傳奇，爭取更佳成績！

Whenever Hong Kong hosts a major international sports event or, better still, even win at such an event, locals find it easy to get inspired and interested in the sports. A harder task is tapping their interest and turning it into their participation. Even harder still is the struggle faced by participants to reach world-class level. But help is on hand for some of them from the Hong Kong government – and from FHSS. One such group is judoists. The Sports Commission of the Home Affairs Bureau has earmarked judo for additional funding as an up-and-coming sport for development. And FHSS will continue its collaboration with the Judo Association of Hong Kong, China to help prepare Hong Kong's judoists for the 16th Asian Games in Guangzhou this November.

For the 2009 East Asian Games in Hong Kong, a team from FHSS's Department of Rehabilitation Sciences (RS), led by Assistant Professor Dr Amy Fu, helped Hong Kong's judoists to win one gold and one bronze. The extension of the collaboration between FHSS and the Judo Association of Hong Kong, China, with the support of The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, will see experts from RS and FHSS's School of Optometry (SO) help the Association to identify the best judoists and provide assessment and performance-enhancement consultations to Hong Kong's squad for the 2010 Asian Games.

Each judoist will undergo general and judo-specific musculo-skeletal assessments and be prescribed with a personal conditioning programme by RS physiotherapists. The judoist's physical condition will also be checked regularly to identify any areas of weakness he or she has, which could lead to injuries. The physiotherapists will also guide the judoist through any injury prevention, management and rehabilitation measures that are needed. In addition, the judoist will undergo sports vision assessments by SO optometrists.



(第二排左四起) 理大康復治療科學系助理教授符少娥博士、理大康復治療科學系主任陳智軒教授、理大醫療及社會科學院院長胡志城教授、中國香港柔道總會會長貝鈞奇先生、中國香港柔道總會主席黃寶基先生、理大眼科視光學院主任林小燕教授、理大眼科視光學診所眼科視光師伍尚舜博士為一眾柔道選手打氣

At the extension-of-collaboration ceremony are (back row, from fourth left) Dr Amy Fu, RS Assistant Professor; Prof Chetwyn Chan, RS Head; Prof George Woo, FHSS Dean; Mr Pui Kwan-kay, Judo Association of Hong Kong, China President; Mr Wong Po-kee, Judo Association of Hong Kong, China Chairman; Prof Carly Lam, SO Head; and Dr Vincent Ng, SO Clinical Optometrist



二零零八/零九年度社區服務實踐計劃 眼科視光學及應用社會科學同學奪得金獎與銀獎 FHSS Students Win Gold and Silver in Community Service Learning Awards 2008-09



眼科視光學院的同學正為學童提供驗眼服務

An SO student checks the eyesight of a schoolchild in remote Teng County in Guangxi province, China



同學們家訪了廣西學童的居住地方
SO students accompany the schoolchildren home for a lunch and to learn about their families' living conditions



應用社會科學系的學生把「歡樂」帶給寶田邨的居民
APSS students have fun outside the office of their collaborator in their project to help Po Tin Estate residents



同學們正進行民意調查去瞭解居民的需要
APSS students pose before conducting a survey with Po Tin Estate residents to find out their needs

「理大的2008/2009社區服務實踐計劃」旨在鼓勵學生們積極參與社區服務，並加強他們對社會的承擔和責任感，服務對象不只是本地社區還有內地及海外各階層。該計劃的頒獎典禮於1月19日在校園舉行，其中醫療及社會科學院的眼科視光學院學生在課程項目(Course-required Projects)中勇奪金獎，應用社會科學系的同學在自發項目(Self-initiated Projects)中亦取得銀獎。

探訪中國廣西學童

獲金獎的同學來自眼科視光學院，他們到訪了廣西省梧州市藤縣，向一千三百多名中小學生推廣個人衛生常識及綜合眼睛護理的重要性。參與是次計劃的梁嘉欣同學稱：「眼睛綜合健康對學童的學習能力和進度是相當重要的。」同學們為學童提供驗眼服務，如發現孩子有視力問題，將會獲贈驗配眼鏡。此外，他們亦到學童的居住地方家訪，梁同學表示，是次家訪相信是同學們畢生難忘的經驗。她說：「孩子的居住環境沒有市區的那麼好，當日的午餐也十分簡單，然而卻相當美味。我們雖然只送了一些小禮物，但他們珍而重之，由心而發的笑容讓我們感受到他們的童真。」此計劃意義重大，同學們既學以致用之餘，亦能幫助有需要的學童，獲益良多。

接觸屯門區居民

應用社會科學系的同學憑「寶田大行動」社區服務計劃奪得銀獎。這計劃是跟城市睦福團契合作，一起透過活動及提供服務給屯門寶田邨的居民，宣揚「希望」和「愛」的訊息。同學們除了為居民安排本地遊、嘉年華會及家訪，亦進行民意調查，了解居民的需要和建立關係網絡，讓居民說出他們現正面對的問題。參與計劃的李佩怡同學稱：「在有限的時間和資源下，我們仍然能夠完成計劃目標，民意調查的結果亦被廣泛報導。我們鼓勵居民表達心目中的寶田邨是一個怎樣的社區，並希望外界能了解寶田邨的居民需要。」

To imbue PolyU students with a sense of social responsibility, PolyU's Student Affairs Office organises an annual Community Service Learning Programme and awards scheme to encourage and enable students to use their acquired professional knowledge and skills to volunteer on community service projects. On 19 January at the Community Service Learning Awards 2008-09 presentation ceremony at PolyU, the "Vision Screening Project and Home Visit in Guangxi" project by students from FHSS's School of Optometry (SO) won gold in the course-required project category, while the "Embracing Po Tin" project by students from FHSS's Department of Applied Social Sciences (APSS) snagged silver in the self-initiated project category.

For their project, the SO students travelled to remote Teng County in Guangxi province in mainland China to check the basic vision health of more than 1,300 primary and secondary schoolchildren and to learn about their living conditions. One of the SO team members, Daisy Leung, explained why they chose to help schoolchildren: "Schoolchildren need to have good eyesight to learn and study well." Besides vision screening, which was carried out under the supervision of SO optometrists, the SO students also walked home with the schoolchildren at lunchtime to see how they lived and ate. Daisy said, "Lunch at their place was an unforgettable experience. Their food is simple but delicious, and their living conditions cannot compare with those of cities. The children are grateful even when you just give them a candy or a pencil." Free spectacles were prescribed for the schoolchildren who needed them. And for the SO students, the project was equally eye-opening in many other ways.

Hong Kong also has social inequity. Po Tin Estate is the city's biggest interim housing estate, and 59 APSS students collaborated with the Urban Peacemaker Evangelistic Fellowship to help its residents. The students put on tours around the city and a community carnival for them, and they visited the residents to show their concern and conduct a survey to find out their needs in the community. The students also helped the residents to form a mutual network of support. The overall aim of the project was to bring a positive message of hope to the residents. The students' coordinator, Li Pui-yi, explained, "We wanted to encourage the residents to express their views on how to make Po Tin a better place to live." The students also organised a press conference to publicise their project. Pui-yi said, "A couple of newspapers wrote about our project and survey findings. Hopefully this will arouse public interest in the community and the residents."



暑期長者進修課程 2010

Elderly Mini-U Programme 2010



學習一向不僅是年輕人的專利，長者對持續進修亦有一定的需求。為鼓勵長者終身學習，學院先後已舉辦了三屆「暑期長者進修課程」，讓長者及退休人士體驗大學生活。學院本年度再接再厲，將於5月31日至6月11日舉辦第四屆「暑期長者進修課程」。

「暑期長者進修課程2010」由學院精心策劃，課程由理大講師教授實用科目，課程內容包括全人健康、心靈修養、個人生活管理、個人理財、電腦應用及語文運用。

學院今年更特別邀請星級講師，包括理大榮休校長潘完光教授、安老事務委員會主席梁智鴻醫生、應用社會科學系兼任教授及前社會福利署長余志穩博士、醫療及社會科學院兼任教授及前醫院管理局九龍西醫院聯網總監趙莉莉醫生、及香港經濟日報副社長石鏡泉先生與長者分享人生智慧及經驗。理大學生大使會在課堂內外為長者提供適切的協助，並與長者學生一同參與課後活動。

我們誠邀長者朋友的參與，為實踐終身學習踏出第一步，並期待於畢業禮上一同與你分享喜悅！

報名及查詢請致電3400 3984與麥小姐聯絡或瀏覽 fhss.polyu.edu.hk/tc。

Since its inception in 2007, FHSS's Elderly Mini-U has been introducing lifelong learning to older adults in a friendly, supportive environment at PolyU. Though this year's programme will start soon in late May, it's not too late to apply if you or your relatives or friends are aged 50 years or above!

To be conducted in Cantonese, the Elderly Mini-U Programme 2010 will consist of classes on physical and mental health, personal living management, financial management, computer usage, languages, and many other subjects.

Accompanying and assisting the elderly students around campus and in the classes will be current FHSS students, who will act as FHSS student ambassadors. Extra-curricular activities will also be arranged to give the elderly students a taste of university life outside the classroom.

FHSS has also lined up prominent public figures to be guest speakers. They are PolyU President Emeritus Prof Poon Chung-kwong, Hong Kong's Elderly Commission Chairman Dr Leong Che-hung, Adjunct Professor of APSS and former Director of Social Welfare Dr Stephen Fisher, Adjunct Professor of FHSS and former Cluster Chief Executive (Kowloon West) of the Hospital Authority Dr Lily Chiu, and "Hong Kong Economic Times" co-founder Mr Shek Kang-chuen.

If you would like to know more about the Elderly Mini-U Programme 2010 or apply for it, please call Ms Mak of FHSS at 3400 3984 or visit FHSS's website at fhss.polyu.edu.hk.



康復治療科學系教授 透過大氣電波 分享專業治療資訊 Rehabilitation Experts Star on Popular Health Radio Programme

香港電台第一台「精靈一點」節目於1月14日至2月18日邀請學院康復治療科學系教授們講解有關康復與治療的健康情報，內容包括運動物理治療、智能壓力衣 (SPMS) 的治療用途、老人痴呆症社區職業治療、中風後骨質疏鬆的處理、精神與情緒健康及疼痛管理。

如想了解更多節目內容，可登入 rthk.org.hk 收聽香港電台「精靈一點」節目重溫。

Listeners of a very popular RTHK Radio One programme on health (精靈一點) on Thursday afternoons were treated to expert opinions on various topics by guest speakers from FHSS's Department of Rehabilitation Sciences from 14 January to 18 February. Topics included sports physiotherapy, Smart Pressure Monitored Suit (SPMS) for the management of hypertrophic scars and other medical conditions, community occupational therapy for people with dementia, post-stroke osteoporosis, mental and emotional health, and pain management.

If you missed their interviews, you can listen to them via Radio One's programme archive on RTHK's website at rthk.org.hk.



世衛社區健康服務合作中心 於武漢舉行國際會議 WHO Collaborating Centre for Community Health Services Jointly Organises International Conference in Wuhan



World Health Organization Collaborating Centre
for Community Health Services
世界衛生組織社區健康服務合作中心

護理學院世界衛生組織社區健康服務合作中心聯同武漢市衛生局於2010年4月3至4日假中國武漢長江大酒店舉辦二零一零年武漢國際會議，吸引超過220名來自不同國家的醫護專業人員參加。

會議討論由疾病邁向健康之相關主要議題，包括：社區衛生服務模式、疾病預防與控制、災難應變、健康生活模式、精神衛生、老年保健、晚晴照護，以及中醫護理。會議提供交流平台，使不同領域的醫療護理、公共衛生專家聚首一堂，討論當代社區醫療衛生相關議題，前瞻發展趨勢，並聚焦探討各種策略，分享經驗和創新建議，共同為全民的健康生活作出貢獻。

如欲了解更多資料，請瀏覽會議網站 sn.polyu.edu.hk/wuhan2010。

The World Health Organization Collaborating Centre for Community Health Services, based at FHSS's School of Nursing, was a host organiser with the Wuhan Public Health Bureau of the Wuhan International Conference 2010, which was held at Yangtze Hotel, Wuhan, in China's Hubei province on 3 and 4 April. Themed "Community Engagement: Paving the Way to Optimal Health," the conference attracted an audience of more than 220 medical and health care professionals and scholars from around Asia, Australia, South America, the United States and the United Kingdom.

The conference, which was organised by the Wuhan Centers for Disease Prevention and Control, saw speakers tackling its sub-themes of community health service models, disease prevention and surveillance, emergency preparedness, healthy lifestyles, mental health, community support for elderly care, end-of-life care, and Chinese medicinal nursing. An overview of Wuhan's community health services was also given, and a visit to its community health services centres arranged.

For more information about the conference, please visit sn.polyu.edu.hk/wuhan2010.

「健訊」獲國際殊榮

FHSS “Health News” Receives International Award

你正在閱讀的「健訊」為理大醫療及社會科學院的重要對外溝通渠道，推廣健康訊息並報導學院的最新動向。最近「健訊」很榮幸獲得MerComm, Inc., 頒發「通訊：對外」組別的MERCURY銅獎。

MerComm, Inc. 為全球唯一的獨立評獎機構，而每年一度的MERCURY獎由1987年推出至今已為第23屆，歷年累積吸引超過4,500份由世界不同地方創作的作品參加。MERCURY獎由羅馬傳遞訊息之神「墨丘利」而命名，旨在表揚宣傳作品的創意、原創性及創作人的才能。

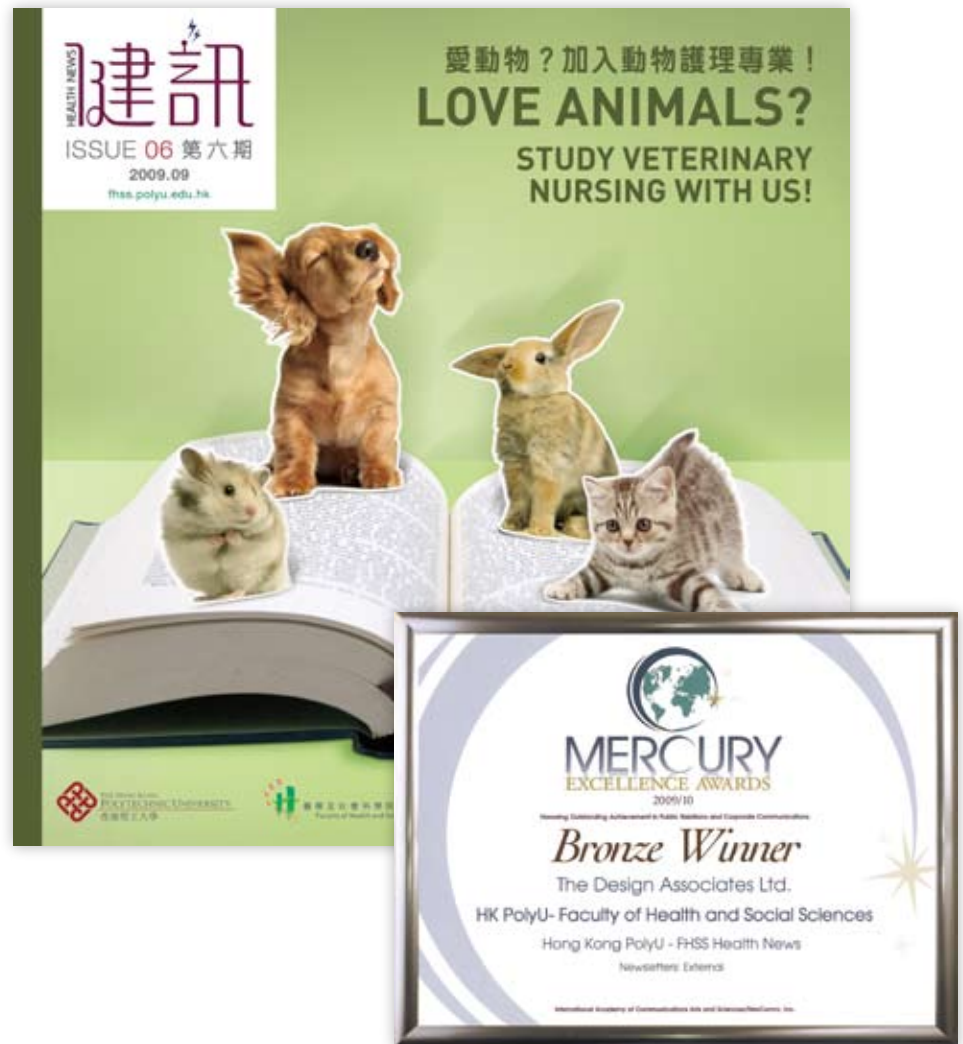
今次比賽由超過100位來自世界各地45間不同的公共市場推廣及廣告公司的專業人員擔任評審，醫療及社會科學院對於「健訊」於芸芸代表21個國家及地區的近700份作品中脫穎而出，感到與有榮焉，學院將會不斷報導更多新鮮的健康資料及故事，請各位繼續支持！

有關獎項的消息，請瀏覽 mercommawards.com/mercury.htm。

The newsletter that you're reading, "Health News," is an important communications channel for FHSS. "Health News" has two major aims: to introduce FHSS and its departments and schools to the general public by depicting their work, courses, people and events; and to promote better public understanding of health and well-being matters. To put "Health News" together requires teamwork from many people inside PolyU and outside of it. So we are extremely proud that our newsletter has received the bronze prize in the 23rd International Mercury Awards 2009-10 in the category of Newsletters – External!

The annual competition was inaugurated in 1987 to promote excellence in communications. More than 100 professionals from over 45 agencies in the public relations, marketing and advertising industries, corporate communications departments and public affairs offices around the world were involved in judging the nearly 700 entries received this year from 21 countries and territories.

More information about the Mercury Awards can be found at mercommawards.com/mercury.htm.



《健訊》編輯委員會

主席：香港理工大學醫療及社會科學院院長胡志城教授

編輯諮詢委員會委員：

應用社會科學系管理系主任余雲楚博士
 醫療科技及資訊學系系主任翁一鳴教授
 康復治療科學系系主任暨學院副院長陳智軒教授
 護理學院學院主任彭美慈教授
 眼科視光學院學院主任林小燕教授

總編輯：醫療及社會科學院行政經理(發展支援)莊雪蓮

記者：劉潔雯、黃婉儀、湛美玲、黃英瑩、李漢基、麥錦雲

Health News Editorial Board

Chairman: Prof George Woo, Dean of FHSS, PolyU

Editorial Advisory Board Members:

Dr Shae Wan Chaw, Acting Head of APSS
 Prof Benjamin Yung, Head of HTI
 Prof Chetwyn Chan, Head of RS and Associate Dean of FHSS
 Prof Samantha Pang, Head of SN
 Prof Carly Lam, Head of SO

Chief Editor: Ms Shirley Chong, Executive Manager (Development Support) of FHSS

Reporters: Miss Kitman Lau, Ms Carolyn Wong, Miss Cham Mee-ling, Miss Rita Wong, Mr Jackson Lee, Miss Candy Mak

香港九龍紅磡香港理工大學鍾士元樓四樓A408室
 Room A408, Chung Sze Yuen Building,
 The Hong Kong Polytechnic University, Hung Hom, Kowloon, Hong Kong

電話 Tel.: (+852) 2766 5075 / 2766 5077
 傳真 Fax: (+852) 2363 0146

電郵 E-mail: fhss.email@polyu.edu.hk
 網址 Website: fhss.polyu.edu.hk