



# 學習中服務大眾 服務中成就學習

## Learn to Serve, Serve to Learn!

香港理工大學(理大)為全港首間將服務學習列入為必修課程的大學，所有全日制本科生於畢業前必需選修一個服務學習的科目。理大不同學科的同學可按興趣，選修由其他學系/學院所提供的服務學習科目。醫療及社會科學院為現時校內提供最多服務學習科目的學院，希望讓更多理大學生透過服務不同背景及需要的弱勢社群時，能領悟及學習到醫療及社會科學院的核心價值：專業自信、承擔責任、關懷及同理心。新課程將不斷推出，請各位同學留意。

The Hong Kong Polytechnic University (PolyU) is the first university in Hong Kong to make service learning mandatory for all students on full-time undergraduate degree programmes. Many service-learning subjects are open to PolyU students of any discipline. The Faculty of Health and Social Sciences (FHSS) currently hosts the biggest number of service-learning subjects with the hope of encouraging more PolyU students to learn about and serve different underprivileged groups in society with FHSS's core values of competence, commitment, care and compassion. New service-learning subjects are always being developed, so keep your eyes open!

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理大於2012年設計「3+3+4」學制的新課程內容時，特別將服務學習列入為學生必需修讀的科目。學生現時可於入學的第一學年第二學期，至畢業前最後一年第一學期前的修讀時間內，從55個由24個部門所提供的服務學習科目中，選讀其中一個科目，醫療及社會科學院現時提供19個服務學習科目。

理大一直與不同捐款人、非牟利團體、學校、專業團體及政府部門合作，於香港、中國內地及其他國家建立更多服務學習機會。課程內容涉獵範圍廣泛，包括醫療服務、健康教育、社會融合、教育與學習提升、科技發展及教育，以及環境改善和社會可持續發展。

服務學習將社會服務，與學生的學習及成績考核結合。理大的服務學習不單止為受助人提供直接服務及援助，亦包括透過倡導或實地考察，間接地令有關人士受惠的項目。學生從幫助社區內有需要人士中得到寶貴的經驗外，亦由於修讀課程的同學來自不同背景，師生合作組成一個跨專業跨學科的團隊，集合各人所長，能於現實環境中謀策多方位、多角度的改善建議。學生於課程中，不但能夠提升人際溝通技巧、增強團隊合作精神、鍛鍊解難能力，以及增強領導才能，亦能學習到同理心及社會責任，明白到社會每個人，皆可透過積極主動的介入，於不同有需要人士的生命中有所作為，更可學習到社會多元化及社會公義。

於理大推出服務學習前，醫療及社會科學院的學生已經一直參與許多有意義的服務學習科目，以及不同的社會服務計劃。應用社會科學系學生曾策劃及參與推動本港、中國內地及外國弱勢社群的社會發展項目；康復治療科學系學生為有需要人士提供免費職業治療及物理治療服務，以及健康講座和工作坊；護理學院學生亦為許多本地及中國內地有不同需要的人士提供身體檢查、健康教育及健康推廣活動；眼科視光學院為本港、中國內地及其他發展中國家的低收入家庭、智力障礙人士、貧困兒童，以及長者提供視覺篩查服務。

醫療及社會科學院希望更多理大學生積極參與服務社會的活動，實踐於學習中提供服務，於服務中成就學習的理念。

Mandatory service learning was introduced in 2012 as part of PolyU's revamping of its curricula under Hong Kong's new 3+3+4 academic structure. At the moment, students can choose to complete 1 service-learning subject sometime from Semester 2 of their 1st year to their final year from a choice of 55 run by 24 departments and schools from across PolyU. FHSS's constituent departments and schools currently offer 19 service-learning subjects.

PolyU continually searches for and forges collaborations with many donors, NGOs, schools, professional bodies, and government departments to proactively develop as many service-learning opportunities as possible in Hong Kong, mainland China, and abroad. The scope of service-learning subjects now covers health care services and health education, promotion of social integration, education and learning enhancement, technology education and development, environmental improvement, and sustainable development.

Service learning combines community service with academic study and assessment. At PolyU, service learning may either directly benefit people in need or indirectly benefit them by way of advocacy or field studies. Students also gain valuable experience in directly interacting with disadvantaged people in their own communities. In many cases, they also learn to work in interdisciplinary teams of PolyU students and staff of other disciplines to improve a real, multidimensional situation. By doing so, students not only improve their interpersonal, teamwork, problem-solving and leadership skills, but they also acquire empathy and a sense of social responsibility and proactivity in that they *can* make a difference in people's lives. They also learn to appreciate diversity and social justice.

In past years, FHSS students have participated in many meaningful service-learning subjects, as well as community-service projects before service learning was launched. For example, students from our Department of Applied Social Sciences (APSS) have been involved in projects related to the social development of underprivileged groups and ethnic minorities in Hong Kong, mainland China, and overseas. Students from our Department of Rehabilitation Sciences (RS) have provided free occupational therapy and physiotherapy services and education to the needy, while their peers in our School of Nursing (SN) have organised health screenings, health education, and health promotional activities for different target groups in Hong Kong and the mainland. And students from our School of Optometry (SO) have screened the vision of low-income families, people with intellectual disabilities, underprivileged children, and the elderly in Hong Kong, the mainland, and some developing countries.

We hope all current and future PolyU students will embrace the central idea of service learning: learn to serve and serve to learn!



## 醫療及社會科學院各學系/學院提供之服務學習科目 List of Service-Learning Subjects Currently Hosted by FHSS Constituent Departments/Schools



### 應用社會科學系 Department of Applied Social Sciences

APSS3S01	Community Psychology
APSS3S02	Engaging with Diversity
APSS2S03	Understanding Learning Difficulties
APSS2S04	Service Learning: Understanding Children in Poverty in Hong Kong
APSS2S05	Promotion of Children and Adolescent Development
APSS2S06	Striving for a Sustainable Livelihood in Guangdong
APSS2S07	You Can Make a Difference to Our Planet
APSS2S08	Servicing School Dropouts
APSS2S09	Service Leadership Through Serving Children and Families with Special Needs
APSS3S10	Growing Resilience of Children in Post-Disaster Contexts



### 康復治療科學系 Department of Rehabilitation Sciences

RS4280	Enabling Occupation: Home and Community Practice
RS3S01	Serving People with Special Health Care Needs in the Chinese Mainland
RS2S02	Inter-Professional Health Promotion and Rehabilitation Services in Hong Kong



### 護理學院 School of Nursing

SN2S01	Collaborative Care in School Health and Safety
SN3S02	Promotion of Healthy Ageing in the Community
SN2S03	Healthy Lifestyle Challenges for Developing Communities
SN2S04	Mentoring Health Ambassadors for School Communities



### 眼科視光學院 School of Optometry

SO4006	Public Health Optometry
SO2S01	Learning Through Providing Eye Care and Vision Health to the Community



理大研發嶄新電腦智能

醫療科技及資訊學系  
研發嶄新電腦智能系統  
能準確快捷偵測急性中風  
New PolyU Intelligent  
Computer System  
Detects Acute Stroke  
Accurately Within 3 Minutes



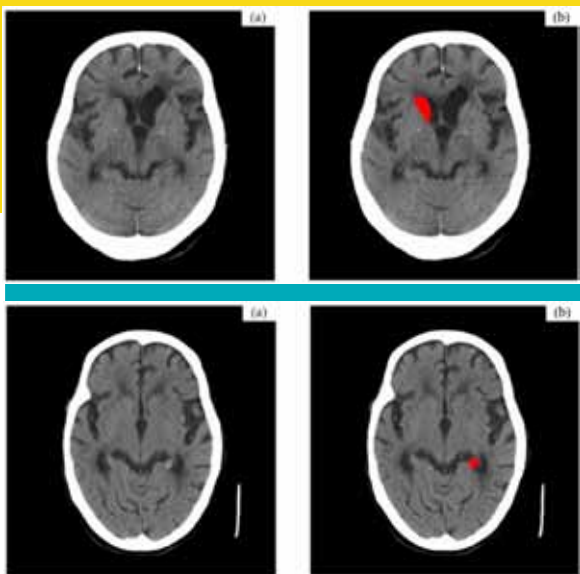
⚡ 中風是香港第四號致命殺手，每年奪去3,000多人的寶貴性命，任何年齡的人士均有機會患上中風。中風引致的後遺症每年令近17,000名病人殘障，影響到他們的活動及認知能力。中風大致分為兩個類型，第一類型是缺血性中風，即腦部血管受到阻塞，不能順利流通；另一類型為充血性中風，動脈壁破裂以致血液流出，即俗稱的爆血管。

要減低中風對病人造成的損害，醫療人員必須把握病發後三小時的黃金治療時間，為病人提供適時適切的治療。理大醫療科技及資訊學系副教授兼系主任鄧福禧博士與其科研團隊，於5月11日舉行新聞發佈會，介紹由團隊研發的嶄新偵測急性中風電腦輔助系統。該系統能於短短三分鐘內偵測到病人是否罹患缺血性中風或充血性中風，診斷準確度高達百分之九十，與專科醫生的診斷準確度相若，但斷症時間則大大縮短。

香港醫療界一直缺乏腦神經科專科醫生，而於晚間值勤的人手更為短缺。鄧博士及其團隊發明的新系統，能協助非專科醫護人員快速及準確地斷症，而由於系統能偵測到極微細的腦部變化，同時亦能為專科醫生提供快捷準確的第二參考意見，大大減少漏診的機會。

系統透過電腦斷層掃描，利用X光為病人的腦部拍攝多角度的橫切面影像。系統的第一部份為運算算式，程式可自動框選出懷疑中風的範圍，交由系統第二部分的人工神經網絡，透過預設於系統中的22組圖像特徵分類，以分辨框選範圍是否中風，以及中風的性質。

新研發的系統透過讀取80至100張電腦斷層掃描影像，分析懷疑中風腦部範圍的細微密度變化，以偵測到病人患上的是缺血性中風(密度減低)，還是充血性中風(密度增加)。由於系統配備人工智能技術，令系統可以隨著每次輸入的掃描影像，加上專家的意見反饋，將診斷的準確度不斷提升。



⚡ In Hong Kong, stroke is the 4th leading cause of death and claims more than 3,000 lives annually. Stroke is also a major cause of disability in the city, leaving some 17,000 additional sufferers with physical or cognitive impairments every year. Stroke can strike children as well as adults, and occurs mainly when the blood supply to the brain is either disrupted by a blood clot (which causes ischemic stroke) or by a rupture of a blood vessel in the brain (which causes haemorrhagic stroke). Timely diagnosis and correct treatment within 3 hours of the onset of stroke are vital to saving lives and minimising brain damage. On 11 May at a press briefing on campus, Dr Tang Fuk-hay, Associate Professor and Associate Head of PolyU's Department of Health Technology and Informatics (HTI), and his student team revealed their novel computer-aided detection system for stroke that can detect with 90% accuracy within 3 minutes whether a patient has suffered which kind of stroke — the same accuracy as that which can be achieved by a neurologist but up to a fifth of the time it typically takes!

There is a shortage of neurologists in Hong Kong and which is especially apparent during hospital night shifts. The new system can help non-neurologist doctors reduce their risk of making a delayed diagnosis or a misdiagnosis, as well as give experienced neurologists a very quick and reliable second opinion on their diagnosis since a very small lesion on a computed tomography (CT) scan can be missed by the naked eye.

A CT scan creates computerised cross-sectional images or "slices" of the brain by processing X-ray images of the brain taken from different angles. The new system comprises two main parts: an algorithm to automatically extract and highlight areas of the brain that are suspected regions of interest; and an artificial neural network that uses a reference set of 22 types of image features to classify the regions of interest for which kind of stroke.

Like a doctor, the system is given 80-100 CT brain images to read of a suspected stroke patient. By detecting subtle changes in density in the regions of interest, the system can indicate for the doctor's review where the patient is likely to have been struck by ischemic stroke (by a decrease in density) or haemorrhagic stroke (by an increase in density). Furthermore, the system's artificial intelligence allows it to improve its accuracy with every CT scan and feedback it receives from the doctor.



## 家長管教方式與子女心理健康 Parenting Style Impacts Children's Psychological Health

近來社會流行以不同的詞彙形容過份保護子女的家長管教方式，例如不斷監察子女一舉一動的父母被稱為「直升機家長」、一直站在子女前面披荊斬棘的父母為「割草機家長」、積極地為子女掃平障礙的父母為「冰壺家長」，以及甘願為子女做出各樣瘋狂行為的父母為「八爪魚家長」。與這些過份溺愛子女的父母相反，有一些母親會無情地強迫子女於學業或課外活動中表現卓越，媒體稱她們為「虎媽」。「虎媽」一詞源於美籍華人蔡美兒於2011年所作之自傳《虎媽的戰歌》，而因著一齣中國內地電視劇「虎媽貓爸」的播影，「貓爸」就成為與虎媽相反的爸爸，泛指關懷、溫柔、和藹的父親。

理大應用社會科學講座教授石丹理教授，以及應用社會科學系講師霍鴻榮博士於2011年9月至12月，與香港明愛合作進行研究，探討不同管教模式與子女心理健康的關係，並於2014年12月2日舉行記者招待會公佈研究結果。

You may have heard of the overprotective “helicopter parent,” “lawnmower parent,” “curling parent,” or “octopus parent” — and their diametric opposite, the infamously fierce “tiger mom,” derived from the 2011 memoir “Battle Hymn of the Tiger Mother” by Amy Chua, an American Chinese. Another popular parenting term has since emerged in Hong Kong and mainland China: “cat father,” from the name of a mainland TV drama series, “Tiger Mother, Cat Father.” Unlike strict “tiger mothers” who relentlessly drive their children to excel in schoolwork and extracurricular activities, “cat fathers” refer to their husbands who, in contrast, are more caring, kind and gentle. The effects of different parenting styles on children’s psychological health was the topic of a study that Prof Daniel Shek, Chair Professor of Applied Social Sciences at PolyU’s Department of Applied Social Sciences (APSS), Dr Fok Hung-kit, Instructor at APSS, and Caritas Hong Kong jointly conducted from September to December 2011. They held a press briefing on 2 December 2014 at PolyU to share their findings with the public.

研究人員透過問卷訪問共2,007位年齡介乎12至16歲的青年人，當中邀請他們就無望感、生活滿意度及青少年的正面發展三方面自我評分，以一分為最低，五分為最高。結果顯示參與研究的青少年心理健康良好，平均無望感指數為2.87，生活滿意度為4.96，而青少年的正面發展為4.45。然而，他們均普遍認為母親的管教模式較父親嚴厲，就這方面子女給母親的評分為3.36，父親則為3.4，較母親為低。研究人員亦發現如果父母使用越嚴厲的管教模式，其子女的心理健康越差。若然母親使用「心理控制」的管教方式，子女表示覺得最不快樂。

是項研究中的父母管教模式分為三類：行為規範、心理控制，以及運用中國傳統價值觀來管教子女。行為規範是指家長對子女有清晰的指引；心理控制是指家長透過心理威脅，包括使用內疚、羞辱或威脅，以及過份保護來控制子女服從自己；運用中國傳統價值觀來管教子女，是指父母對子女有高的期望、有嚴格和堅定的紀律以及要求子女對父母無條件的尊重。

霍博士認為嚴厲的管教模式對子女的心理健康帶來負面影響，表示：「於三種管教模式中，父母最不應該採用心理控制的方式管教子女，因為這會令他們產生無望感及影響他們的正面發展。」石教授指出管教模式太嚴厲或太寬鬆都會對子女的心理健康產生負面效果，他表示：「父親及母親應該要採用方向一致的父母管教模式，避免像『虎媽貓爸』般南轅北轍。」

研究亦發現良好的夫妻關係會令父親更能顯著地發揮關懷子女的功能，但若夫妻關係欠佳，父親則難以有效地發揮這功能。然而無論夫妻關係是否良好，母親均能發揮關懷子女的功能。

In the study, 2,007 children aged between 12 and 16 years old were asked to rate their self-perceived hopelessness, satisfaction with life, and positive youth development (PYD). Using various indexes, the results suggested that overall the children had good psychological health. There was an average rating of 2.87 for hopelessness, an average rating of 4.96 for satisfaction with life, and an average rating of 4.45 for PYD. However, the children generally rated their mothers as being stricter than their fathers, with the mothers’ strictness rated at 3.36 on average and fathers rated at 3.4 on average. In addition, the study found that the stricter the parents, the worse the psychological health of their children. In particular, children with mothers who tended to psychologically control them were the unhappiest.

In the study, different parenting styles were categorised as either based on behaviour control, psychological control, or an emphasis on traditional Chinese values. Behaviour control involved the citation of rules by a parent to regulate his or her child’s behaviour; psychological control involved criticism or behaviour by a parent that makes his or her child feel inadequate or bad to regulate the child’s behaviour; while an emphasis on traditional Chinese values involved the imposition of traditional Chinese values by a parent to regulate his or her child’s behaviour, such as being deferential and filial to elders.

Dr Fok said strict parenting styles tend to worsen children’s psychological health. “Among the 3 types of parenting styles we studied, I would say that the least preferred is by psychological control because this makes children feel hopeless and affects their positive development,” he added. Prof Shek also commented that too strict or too relaxed a parenting style would have a negative effect on children. “I recommend both parents to adopt the same child-rearing approach and not use polar-opposite styles,” he advised.

The study also found that a good relationship between a husband and his wife could enhance the husband’s parenting of their child or children, while a bad relationship lessened the husband’s role in child-rearing. However, mothers were found to provide parenting for their children regardless of how good or bad the relationship with their spouses.

# 理大提出綠化平台創新方案優化鄰近地區環境 醫療及社會科學院協助探討公眾意見

## PolyU's Proposed Green Deck: Initial Study on Public's Views of Existing Environment, Amenities and Services in Immediate Neighbourhoods



每天的繁忙時間，噪音、廢氣、擁擠的人群充斥著理大接鄰的紅磡海底隧道收費廣場。現時每日有117,000架次車輛駛經紅隧，車輛於輪候進出隧道期間，不時出現交通阻塞的情況，等候巴士的乘客無奈地呼吸著由車輛排放出來的有毒廢氣，輪候上車的人龍亦往往伸延到行人天橋上，與熙來攘往的行人摩肩接踵，這就是繁忙香港的縮影。有見及此，理大提出嶄新構想，建議於紅隧收費廣場上興建一個佔地43,000平方米的綠化平台，連接紅磡港鐵站、理大校園及鄰近社區，除可解決區內現有的環境問題，為穿梭往來的行人優化道路及候車環境外，更能夠鄰近居民及遊客創造一個遠離城市生活煩囂的綠色公共空間，提供各種康樂、文化及體育設施，一舉數得。

理大提出的綠化平台方案融合環保建議及可持續發展方針，得到專業團體的認同，在香港綠色建築議會及環保建築專業議會合辦的2014年環保建築大獎中，獲得研究及規劃類別優異獎。理大專家組成跨學科團隊進行了多個研究項目，分別探討綠化平台於解決區內污染問題的果效、創新產品及科技於建築上的應用、改善行人流動的方案，以及綠化平台對房地產及不同持份者的影響等。

身兼醫療及社會科學院副院長的護理學院黃金月教授，連同應用社會科學系副教授暨副系主任葉富強博士，最近完成就綠化平台對人口稠密地區所帶來的健康和社會影響的第一階段研究。黃教授及葉博士的團隊於2014年10月10日至2015年2月28日期間，在理大校園舉行的綠化平台展覽中，以問卷調查方式邀請參觀者對紅磡、愛民、黃埔、尖沙咀、京士柏的環境、休憩及康樂設施、社區及醫療服務表達意見，和以自我報告方式評估其生活質素、健康狀況及運動習慣。共有1,010人參與調查，其中16.5%為區內居民。

If you want to see rush hour in Hong Kong, you'd be hard pressed to find a worse place than the massive, noisy toll plaza of the Cross-Harbour Tunnel. Some 117,000 vehicles pass through the tunnel daily — but not before many of them get stuck in long traffic jams in the vicinity while spewing out carcinogenic exhaust fumes for thousands of people to breathe as they wait for buses or inch their way along the 2 narrow, overcrowded footbridges. To address this huge health hazard and lack of space for commuters, residents and visitors, PolyU proposes to build a Green Deck over the toll plaza to greatly improve the air quality and to create a new, large, public green space for people to commute through or linger to enjoy. The 4.3-hectare Green Deck would connect Hung Hom MTR station with all of the immediate neighbourhoods and PolyU's main campus, and include new recreational, cultural and sports facilities for the general public's use to complement those in the neighbourhoods.

Designed as sustainable development, the proposed Green Deck has already won a Merit Award in the Research and Planning category of the Green Building Award 2014, which is jointly organised by the Hong Kong Green Building Council and the Professional Green Building Council. Several research projects on reducing different types of pollution through the use of innovative products and technologies, improving pedestrian flow, and how the Green Deck could affect real estate and different types of stakeholders have been undertaken by PolyU scholars from different disciplines.

In addition, Prof Frances Wong of PolyU's School of Nursing and Associate Dean of FHSS, and Dr David Ip, Associate Professor and Associate Head of PolyU's Department of Applied Social Sciences, have recently finished the first phase of their joint study into the health and social impact of the Green Deck on the population living in the immediate neighbourhoods. They developed a survey questionnaire for PolyU's public exhibition on the Green Deck from 10 October 2014 to 28 February 2015 to solicit views from visitors about their satisfaction levels on various aspects of the environment and the accessibility of different leisure amenities and health and social care services in the Green Deck's immediate neighbourhoods of Hung Hom, Oi Man, Whampoa, Tsim Sha Tsui, and King's Park. They were also asked to rate their quality of life, health status, and the amount of exercise they do. By the end of the exhibition, 1,010 people had completed the survey, of whom 16.5% were residents of the immediate neighbourhoods.

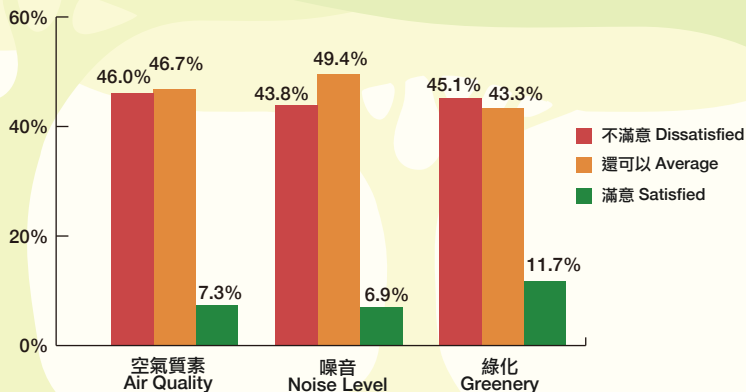
## 綠色環境帶來的好處\*

### General Benefits of a Green Environment\*

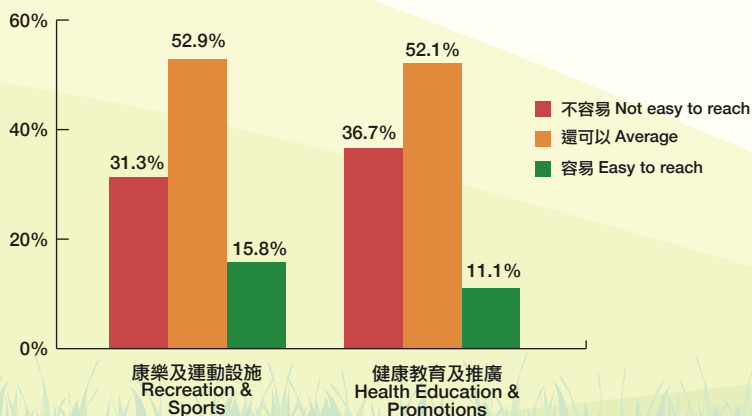
感覺比較健康	Feel more healthy
增加體能活動	Increases physical activity
幫助維持健康體重	Helps to maintain a healthy body weight
恢復心理健康	Restores psychological health
改善睡眠質素	Improves sleep quality
增加對社區的滿意度	Feel more satisfied with the neighbourhood
加強社區聯繫	Improves community connectedness
改善人際關係及社區互信	Improves interpersonal and neighbourhood trust
改善空氣質素	Improves air quality
減少熱應力及聲音污染	Eliminates thermal stress and noise pollution
減低壓力	Reduces stress
降低罹患冠狀動脈疾病、 抑鬱症及呼吸道疾病等 病症的機會	Lowers risk for coronary heart disease, depression, respiratory diseases, etc.
降低罪案率(加強社區監察)	Lowers crime rate (greater social supervision)

\* 根據黃教授及葉博士研究團隊之文獻綜述  
Literature review findings by Prof. Wong and Dr Ip's research team

### 受訪人士對區內環境方面滿意度之意見 Respondents' Satisfaction Levels on Different Aspects of the Environment in the Immediate Neighbourhoods



### 受訪人士對區內設施及服務使用容易度之意見 Respondents' Ratings on How Easy It Is to Reach Different Amenities and Services in the Immediate Neighbourhoods



於參與調查的受訪者中，約46%對紅磡、愛民、黃埔、尖沙咀、京士柏地區的空气質素表示不滿，相反表示滿意的只有7.3%。至於噪音水平方面，43.8%的受訪者表示不滿意，而表示滿意的則只有6.9%。共有45.1%的受訪者不滿意區內的綠化環境，而滿意的只有11.7%。另外，31.3%表示不容易使用到區內的康樂及體育設施，而認為容易使用到有關設施的只有15.8%。而對於區內健康教育及推廣服務的意見上，36.7%的受訪人士認為不容易使用到有關服務，覺得容易使用的只有11.1%。

於比較紅磡、愛民、黃埔、尖沙咀、京士柏居民與居住於其他地區的人士時，區內居民明顯比其他區居民不滿意紅磡、愛民、黃埔、尖沙咀、京士柏的噪音水平及綠化環境（區內居民的不滿意率為48.5%及52.8%；其他區居民為42.8%及43.5%）。此外，區內居民亦明顯地較其他區居民認為不容易使用到區內的公園/花園/休憩空間及康樂運動設施（認為不容易使用的區內居民為32.3%及33.7%，其他區居民為29.3%及30.7%）。而於健康狀況的不滿意度上，紅磡、愛民、黃埔、尖沙咀、京士柏區居民亦較其他區居民為高（區內居民為28.5%，其他區居民為21.9%）。

黃教授及葉博士與研究團隊將展開第二階段研究，與區內居民作深入式面談，冀能瞭解他們於生活上的切實需要及對綠化平台的意見。理大歡迎公眾對綠化平台繼續發表意見及建議，請將意見傳送到 [views.on.greendeck@polyu.edu.hk](mailto:views.on.greendeck@polyu.edu.hk)。

Some 46% of all respondents indicated they were dissatisfied with the neighbourhoods' air quality compared with only 7.3% who reported they were satisfied with it, 43.8% were dissatisfied with the noise level compared with only 6.9% who were satisfied, and 45.1% were dissatisfied with the greenery compared with only 11.7% who were satisfied. Meanwhile, 31.3% found the recreational and sports facilities were not easy to reach compared with only 15.8% who did. And 36.7% indicated that health education and promotions were not easy to reach compared with only 11.1% who rated them as being easy to reach.

Worse still, when comparing the responses of residents with those of respondents who live in other districts, significantly more residents were dissatisfied about the neighbourhoods' noise level and greenery (48.5% and 52.8% of residents compared with 42.8% and 43.5% of non-residents, respectively). Significantly more residents also rated parks, gardens, open spaces, and recreational and sports facilities as not easy to reach (32.3% and 33.7% of residents compared with 29.3% and 30.7% of non-residents, respectively). And significantly more residents (28.5%) reported they were dissatisfied with their health status than non-residents (21.9%).

Prof Wong and Dr Ip will soon commence the second phase of their research by conducting in-depth interviews with residents in order to further understand their needs and views about the Green Deck. In the meantime, PolyU continues to welcome views, comments or suggestions from all members of the public about the Green Deck proposal. Please e-mail them to [views.on.greendeck@polyu.edu.hk](mailto:views.on.greendeck@polyu.edu.hk).



## 醫療及社會科學院第20屆畢業典禮 More than 1,800 Graduate from FHSS at PolyU's 20th Congregation



醫療及社會科學院於2014年10月28日及29日，在理大賽馬會綜藝館舉行第20屆畢業典禮。今屆共有1,852名畢業生，在老師及親友的見證下接受院長頒授學位，象徵著他們完成課程，展開人生及知識領域上的另一階段。今年共有144名畢業生獲頒發「院長優異生」殊榮，以表揚他們在學術和非學術上的傑出表現。各畢業生亦於典禮中宣讀專業誓章，承諾於執業時秉持專業態度，盡心服務社會及大眾。



It's the moment many parents had been waiting for a very long time: to see their son or daughter decked out smartly in black robes and mortar board and walk across a stage to be presented by his or her university as a newly minted graduate. On 28 and 29 October 2014, many memories were made and photos proudly taken as the 1,852-strong FHSS class of 2014 were individually presented inside PolyU's Jockey Club Auditorium in front of their loved ones. In addition, 144 of the graduates had been selected for the Dean's Honours List and were presented again on stage to publically recognise their outstanding academic and non-academic performance over their whole course of study.

During their graduation ceremony, all of the graduates also collectively cited a pledge of professionalism in front of university officials and the audience to underline their commitment to serve the public and chosen professions to the best of their ability.

院長優異生名單已上載於 The Dean's Honours List 2013/14 can be viewed at <http://fhss.polyu.edu.hk/docs/en/promo/DeansList1314.pdf>



## 腦神經科學研究小組研討會 Seminar by Neuroscience Research Group



香港以及東亞許多地方的小朋友都有近視的情況，但其出現原因一直成謎。醫療及社會科學院的腦神經科學研究小組，於2014年12月10日特別邀請加拿大卡爾加里大學細胞生理及解剖學系教授，暨該校手術外科(眼科)學系教授William K. Stell醫生蒞臨，分享於小雞眼球視網膜上就光線適應、時間空間處理、細胞聯結幾方面的研究結果。Stell醫生綜合研究資料，認為光線不足很大機會是近視出現率急升的原因，他認為基因及近距離工作等其他因素未必足以解釋近視的成因。

Stell醫生於研討會上介紹其科研團隊最近的研究成果，以及講述為何小雞眼睛是適合的研究對象。他表示從其他研究結果顯示，讓小雞照射某程度的強光，可有效抑制其因眼球生長而誘發的近視。Stell醫生及團隊透過運用形覺剝奪技術令小雞出現近視，並以電腦儀器令小雞出現視動反應時，發現小雞眼球於適應不同強度光線時的視網膜神經機制，與他們被照射強光，或給予豐富空間感的影像時之視網膜神經機制相似，甚至相同。



Shortsightedness, or myopia, has become extremely prevalent among the young in Hong Kong and the rest of East Asia, but its exact cause is still unknown. On 10 December 2014, PolyU's interdisciplinary Neuroscience Research Group hosted a talk on "Light Adaptation, Spatiotemporal Processing, and Cell-Cell Coupling in Chick Retina" by Dr William K. Stell, Professor at the Department of Cell Biology and Anatomy and Department of Surgery (Ophthalmology) at Canada's University of Calgary. Citing previous studies, he opined that not enough light is the most likely cause and can explain the rapid rise in myopia prevalence, while other candidate factors, such as genes and near-work, had possible shortcomings.

Dr Stell then introduced his research teams' latest work and why they chose chick eyes for experimentation. Other studies had shown that eye growth and hence myopia development in chick eyes could be hindered by exposing them to bright light for certain durations. Using form deprivation to induce myopia and computer-controlled equipment to elicit optokinetic response from chicks, Dr Stell's teams found that the retinal neural mechanisms involved in light adaptation to different intensities of light seemed similar or even identical to retinal neural mechanisms involved in myopia inhibition resulting from exposure to bright light or visual scenes featuring rich spatial detail.



# 醫療及社會科學院 代表團參觀內地合作單位 FHSS Delegates Visit Collaborating Organisations in Mainland China



醫療及社會科學院院長葉健雄教授及副院長余雲楚博士，於2014年11月23日至29日期間，率領由來自學院轄下五個學系及學院教員所組成的代表團遠赴內地，走訪多個內地合作夥伴單位，旨在與不同的內地單位就教學及科研發展方面，探討進一步的合作機會。

早於2008年四川發生大地震後，醫療及社會科學院的醫療社科專家即時組成合作團隊，除於災區為災民提供即時幫助外，並協助組織及培訓人才進行災後重建。代表團此行先參觀四川大學(川大)與理大於2013年合作設立的「四川大學—香港理工大學災後重建與管理學院」，隨後與川大管理層及災後重建與管理學院學生會面，並與來自英國自然環境研究委員會、經濟與社會研究委員會、Earthquakes Without Frontiers國際會議，以及當地非牟利團體代表就災後重建的議題進行交流。

代表團亦到訪由理大及雲南大學成立的社會發展研究中心，該中心結合科研、教育、社會服務及創新設計，希望透過加強民族身份認同感、傳統文化承傳，以及環境可持續性三方面，協助當地的少數民族社會發展。代表團其後前赴北京，參觀「北京大學—香港理工大學中國社會工作研究中心」，該中心匯集人材，致力結合學術研究與應用實踐，為中國內地的未來發展作出貢獻，代表團其後亦與北京大學社會學系代表見面。

代表團於行程中亦與內地華西醫學康復中心、成都市第二人民醫院、北京大學第三醫院，以及多個非牟利團體和醫療機構代表會面，探討加強協作的可能性。



Led by Prof Maurice Yap and Dr Shae Wan-chaw, FHSS's Dean and Associate Dean, respectively, a multidisciplinary delegation of Heads, Associate Heads and other scholars from FHSS's departments and schools visited some partner organisations in mainland China on 23-29 November 2014 to strengthen existing ties and to explore further opportunities for collaboration.

Health and social care scholars and practitioners from FHSS have been providing professional assistance and training in Sichuan province ever since the aftermath of the magnitude-8 earthquake in 2008. Since one of PolyU's collaborations since that calamity include the joint establishment of the Institute for Disaster Management and Reconstruction (IDMR) with Sichuan University (SCU) in 2013, the delegates started their mainland tour at a few of the badly affected sites, such as Yingxiu, the town closest to the epicentre, to better understand the results of the Institute's work in the years since and the work that still needs to be done.

To this end and to discuss the possibility of PolyU's extending its expertise to help with the vulnerability and resilience of communities in other disaster-prone regions, the delegation held fruitful meetings with IDMR and SCU senior management, IDMR staff and students, as well as several visiting representatives from the UK's Natural Environment Research Council (NERC), the UK's Economic and Social Research Council (ESRC), the NERC- and ESRC-funded Earthquakes Without Frontiers international consortium, NGOs, and local experts.

Delegates also visited the interdisciplinary Design and Social Development Research Centre, which was jointly set up by PolyU and Yunnan University at the latter's campus in Kunming. The centre integrates research, education, social services, design and innovation to cultivate the social development of the many ethnic minorities in the province through strengthening their ethnic identities, preservation of heritage, and environmental sustainability. The itinerary also included a visit to the Beijing premises of the Peking University-PolyU China Social Work Research Centre, which conducts training and research to advance social work practice and study in mainland China, and a luncheon with representatives of PolyU's partner for the centre, Peking University's Department of Sociology.

During the tour, the delegates also met with senior officials of other collaborating organisations, such as local NGOs, health institutions and hospitals, including Huaxi Hospital Rehabilitation Centre, Chengdu No. 2 People's Hospital, and Peking University Third Hospital.



## 理大專家協助中國內地災後醫療支援及人才培訓 PolyU Experts Provide Treatment and Training and Develop New Initiatives in Disaster Management



2008年四川汶川發生大地震，於當地及鄰近省份造成近七萬名人命損失，理大及四川大學(川大)於災難後即時展開合作，合力應付大地震後對災民帶來的傷害及重建工作。位於中國西南面的龍門山斷層帶連接四川盆地，由於該處地殼板塊移動活躍，容易發生殺傷力強大的地震，並引發其他自然災害。作為應對，理大及川大於2013年聯合成立「災後重建與管理學院」，為全國首所針對自然災難進行防災、減災及災後重建研究的最高學府。於2014年12月10日，理大副校長(學院發展及合作)阮曾媛琪教授，連同醫療及社會科學院轄下學系及學院的專家，於理大校園舉行新聞發佈會，分享理大災後重建與管理學院，為去年8月3日於雲南省昭通市魯甸縣發生大規模地震後，為當地災民所提供的即時支援及協助工作。

阮教授表示，理大災後重建與管理學院於地震發生後，即時派出由該學院培訓的跨專業內地專家團隊，連同理大不同範疇的專家前赴災區，提供不同的醫療支援服務，隨後更為應付未來可能再發生的地震訂立對策。於地震發生後，理大提出建立災區社會工作服務支援計劃的新模式，突破性地由民政部社會工作司會同雲南省民政廳統籌協調，通過跨省支援的方式，組建魯甸地震災區社會工作服務支援團，統領跨省支援。

應用社會科學系與國內醫院管理單位及民政部合作，於雲南省昭通市第一人民醫院成立全國首個醫療社工站，以跨專業界別合作模式，讓社工及護士協力，為傷者及受影響人士提供心理治療服務。理大應用社會科學系副教授沈文偉博士率領就讀於災後重建與管理學院的博士研究生及社工組成一個支援團隊，於站內透過家庭治療、遊戲治療、藝術治療及音樂治療，為嚴重身體受傷及心理創傷的災民及其親屬，提供精神健康及心理輔導。沈博士亦積極培訓來自北京、上海、廣州、四川，以及中國社會工作協會的五個社工援助隊伍，傳授災後支援、災害預防及心理治療知識。援助隊伍受中國政府所託，駐守於災區，為當地學校、社區及偏僻村落提供三個月的災後創傷治療服務。

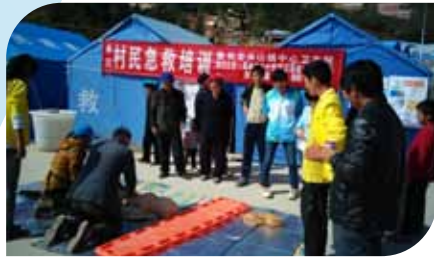


It's been 7 years since PolyU and Sichuan University (SCU) started collaborating in the wake of the devastating 2008 earthquake that killed thousands of people in Sichuan and neighbouring provinces in mainland China. With southwestern China riddled with fault lines and prone to often fatal quakes, the 2 universities' joint Institute for Disaster Management and Reconstruction (IDMR), which was formally established in 2013 and based at SCU, has continued to provide essential relief, reconstruction and disaster prevention work and training. On 10 December 2014, PolyU Vice President (Institutional Advancement and Partnership) Prof Angelina Yuen and staff from FHSS's departments and schools gave a press conference at PolyU about our university's immediate assistance via IDMR in the aftermath of another strong earthquake on 3 August 2014 that centred in the county of Ludian in the city of Zhaotong, Yunnan province. The quake, of a magnitude above 6, killed more than 600 people and left some 2,400 others injured.

Prof Yuen said an interdisciplinary team of mainland professionals that PolyU had trained at IDMR as well as an interdisciplinary team of PolyU colleagues had been dispatched to the affected areas. She said that among the initiatives PolyU introduced was the idea of a social work services support group there, which was quickly taken up and coordinated by the state Ministry of Civil Affairs' Department of Social Work and Yunnan's Civil Affairs Department.

In addition, PolyU's Department of Applied Social Sciences (APSS), the mainland's hospital authority, and the Ministry of Civil Affairs jointly set up the mainland's first medical social work station in Zhaotong City No. 1 People's Hospital soon after the quake. APSS Associate Professor Dr Timothy Sim, his IDMR-based PhD student, and social workers formed a team to deliver mental health and psychosocial support to severely injured and traumatised patients and their relatives at the station using family therapy, game therapy, art therapy, and music therapy. Dr Sim and his team were also active in the planning and provision of training in relief support, disaster risk reduction, and psychotherapy to social workers and staff of 5 support teams from the China Association of Social Workers, Sichuan, Beijing, Shanghai, and Guangzhou that had been asked by the Chinese government to treat people for post-quake trauma at schools, communities and remote villages for 3 months.

On the mainland, hospital patients do not usually receive any follow-up after they are discharged. Also, most rehabilitation-related therapists on the mainland have never received any specialised physiotherapy or occupational therapy training. In the aftermath of the quake, RS Prof Cecilia Li and her team decided to address this double shortfall by providing post-operative rehabilitation to emergency and trauma patients from the quake and training to local health personnel in Zhaotong City No. 1 People's Hospital and Ludian County People's Hospital with the aim of minimising long-term negative health effects and functional loss in the patients. In mid-December, they returned



於中國內地，醫療人士於病人出院後鮮有進行跟進，而內地治療師亦普遍欠缺專科物理治療及職業治療之培訓。康復治療科學系及護理學院的專家亦於醫療社工站為災民提供協助。於2014年8月，康復治療科學系李曾慧平教授率領康復團隊，前赴雲南昭通市第一人民醫院和魯甸人民醫院，為受傷災民提供手術後的康復治療方案外，亦同時為當地的醫療團隊傳授康復治療培訓。於去年12月中，李曾慧平教授及團隊再次遠赴雲南，為當地引入社區及家居康復的概念，培訓當地的治療師，於出院前後評估病人的身體及心理狀況、康復進度，以及對輔助器材的需要，以及家居配套設備，並為病人提供職業治療方面的訓練，讓他們於康復後重投社會，減低傷患帶來的後遺症和喪失身體功能的機會。

於地震發生一個月後，護理學院專任導師李斯儉博士及其護理團隊，於雲南昭通市第一及第二人民醫院為370位臨床護士，提供一星期的緊急專科護理培訓，引入康復護理、傷口護理、疼痛管理和災後傳染病預防和控制方面的嶄新專科護理概念。在內地，臨床護士的工作大多局限於基本護理操作，缺乏專科護理概念，因此專科護理項目大多數由醫生負責。理大為當地護士提供專科護理培訓，除助提升護理質素外，更減輕了醫生的工作量，讓他們專注於醫治傷者及處理緊急複雜病例的工作，無形間亦提升緊急救援的進度。理大護理團隊在9月及10月初，於雲南魯甸農村社區醫院魯甸龍頭山中心衛生院提供緊急護理服務，直接照顧超過2,500名病人，以舒緩人手不足的問題。護理團隊亦在當地為村民舉辦健康培訓課程和急救培訓課程，提升村民的公共健康和防災意識。

為進一步加強培訓工作，護理學院與英國曼徹斯特大學人道主義和衝突應對研究所簽訂協議，於2016年9月起，聯合提供網上修讀形式的災害管理碩士學位課程，傳授環球衛生災害管理知識及技能，內容著重於災害風險管理，提升社區脆弱性及抗災能力。於2015年2月，醫療及社會科學院代表理大與聯合國國際減災戰略署簽署合作協議，進行及促進針對減低災害危機的科學技術研究。

to train local therapists in community- and home-based rehabilitation for quake patients before and after they are discharged, such as assessing the physical, psychological, rehabilitative, and assistive device needs of patients, making their homes more suitable for their recuperation, and home training for their re-integration into society.

A month after the quake, SN Teaching Fellow Dr Sijian Li and her team also went to Zhaotong City No. 1 and No. 2 People's Hospitals for a week to offer training in specialised emergency nursing care to 370 local frontline nurses, including in infection control, wound care, pain management, and rehabilitation care. Unlike in Hong Kong and top-level mainland hospitals, frontline nurses on the mainland mostly provide basic nursing care while specialised nursing tasks are carried out by doctors. The SN team's training not only upgraded the nurses' skill set but freed doctors to focus on delivering medical care for more complicated emergency cases. The team spent the rest of September to the beginning of October at Longtoushan Central Hospital in Ludian, a community-based hospital, to help relieve its nursing shortage by providing hands-on nursing care to more than 2,500 patients. They also provided health education to families and first-aid training for community disaster risk reduction to villagers housed in relief tents.

Besides these efforts, FHSS and its departments and schools have co-organised more initiatives on disaster mitigation. In November 2014, SN signed a collaborative agreement with the Humanitarian and Conflict Response Institute of the UK's University of Manchester to jointly develop an online Master of Science degree programme in disaster management, which will focus on resilience, response and relief, especially on the disaster risks, vulnerability, and resilience of communities. It is hoped that the programme, which is primarily aimed at students based overseas, can be launched for entry in September 2016. And FHSS, on behalf of PolyU, signed a statement of cooperation with the United Nations Office for Disaster Risk Reduction (UNISDR) in February 2015 to conduct and promote science and technology research for disaster risk reduction.



# 活齡學院五周年誌慶暨「積極活齡週2015」 以科研、教育及實踐 推動長者友善社區發展 Institute of Active Ageing Celebrates 5th Anniversary



為慶祝理大活齡學院成立五周年，學院於2015年4月10日舉行五周年誌慶暨「積極活齡週2015」開幕典禮，由香港特別行政區政府勞工及福利局張建宗局長及安老事務委員會長者學苑發展基金委員會主席暨理大活齡學院諮詢委員會主席梁智鴻醫生一同主禮。典禮匯聚200多名社會賢達、捐款機構及合作夥伴，見證學院在科研、教育及實踐三個範疇的成果。

In celebration of its 5th anniversary and the start of its Active Ageing Week this year, PolyU's Institute of Active Ageing (IAA), which is hosted by FHSS, held a 5th Anniversary cum Active Ageing Week 2015 kick-off ceremony on 10 April. The ceremony was officiated by the Hon Matthew Cheung Kin-chung, GBS, JP, Hong Kong's Secretary for Labour and Welfare, and Dr the Hon Leong Che-hung, GBM, GBS, JP, Chairman of the Elderly Commission's Committee on the Elder Academy Development Foundation and Chairman of IAA's Advisory Committee. More than 200 guests from the community, donors and collaborating organisations gathered to celebrate the special occasion.



張建宗局長於典禮上讚揚活齡學院在建構長者友善社區的貢獻及成就。張局長更表示，要提升長者的生活質素，實在有賴社會各界包括政府、非牟利團體及學府攜手合作，在各自專業領域上作出貢獻。

Speaking at the ceremony, Mr Cheung praised the contributions and achievements of IAA in helping to build an age-friendly Hong Kong for the city's ageing population. Mr Cheung added that the quality of life for third-agers (i.e., those aged 50 years or older who have no significant employment or family responsibilities) would definitely be upheld through joint efforts in the community by the government, NGOs, and educational institutions.



活齡學院總監暨應用社會科學系高級專任導師錢黃碧君女士特別鳴謝理大的教學人員、協作機構及捐款人多年來對學院的支持及鼓勵，讓學院得以在教學、科研及實踐三方面作全面發展。此外，學院將會繼續往開來，透過斬新項目，在積極活齡的領域上再創高峰，包括：重點探索先進科技如何提升長者生活質素、與僱員再培訓局合作，成為全港首個專為50歲以上第三齡人士提供證書課程的培訓中心，協助釋放第三齡人士潛在的勞動力和提升他們的技能水平，讓他們重投就業市場、耆賢廊匯集各界第三齡人士，參與各項科研項目，為推動科研及教學作出貢獻等。錢女士於典禮上更宣佈學院獲安老事務委員會長者學苑撥款超過港幣50萬元，資助學辦課程，讓第三齡人士能參與多元化的實用課程，推廣終身學習的理念。

Mrs Teresa Tsien, Director of IAA and Senior Teaching Fellow at PolyU's Department of Applied Social Sciences, thanked PolyU faculty members who have participated in the activities and running of IAA, as well as collaborating partners and donors for their unfailing support to the work of IAA, which consists of the interlinked areas of research, education and practice. She emphasised that without any one of those key areas, the work of IAA as a whole could not proceed. Mrs Tsien also shared details of the way forward for the Institute, which would continue to work to further active ageing through new initiatives. They include placing a high emphasis on interdisciplinary research involving technology, IAA's appointment as an approved course provider by Hong Kong's Employees Retraining Board, the offering of retraining courses to older adults (i.e., those aged 50 years or above) who wish to rejoin the workforce, and the continuation of IAA's Project for the Third Age as an invaluable resource to support the Institute's research and educational activities. Mrs Tsien also announced to the audience the exciting news that the Elder Academy Development Foundation had approved funding of over HK\$500,000 to support educational initiatives for third-agers by IAA.



此外，學院於2015年4月10至17日在理大校園舉辦「積極活齡週2015」，讓各界深入認識學院的工作。

The kick-off ceremony also signalled the start of IAA's Active Ageing Week 2015. Held on campus from 10-17 April, the showcase primarily targeted older members of the public and consisted of an exhibition introducing IAA and its work, free seminars and workshops, demonstrations, and game booths.

學院五周年的另一重頭項目是於2015年7月3日假灣仔香港會議展覽中心舉行研討會，並邀得海外及本港著名學者分享積極活齡的科研成果。

IAA's 5th anniversary signature event will be an international symposium on active ageing on 3 July 2015 at the Hong Kong Convention and Exhibition Centre, Wanchai.

# 活齡學院與恒基兆業再辦「第三齡體驗大學課程2015」

## Hang Oi Charitable Foundation Helps to Sponsor Another Elderly Mini-U to Promote Active Ageing



活齡學院與恒基兆業地產集團再度合作，於2015年1月5-9日舉辦第二屆「第三齡體驗大學課程2015」，共有39名第三齡同學參加，年齡介乎50至82歲，課程旨在鼓勵長者善用餘暇，終身學習。



Following on from the success seen last year in its first collaboration with PolyU's Institute of Active Ageing (IAA), Hang Oi Charitable Foundation once again supported another meaningful Elderly Mini-U on campus by IAA for another group of retirees and older adults. A total of 39 students ranging in age from 50 to 82 years old attended the weeklong programme from 5-9 January, which aimed to promote lifelong learning to them as an enjoyable way to use their free time as part of active ageing.



是項課程的長者學生包括恒基物業管理部退休員工、現職員工家屬、恒基旗下屋苑的住戶，以及非牟利長者機構的會員。為鼓勵長者積極參與，恒基更透過旗下的恒愛慈善基金特別為所有參加者提供全費或半費資助。

活齡學院為參加者設計了一系列實用與趣味兼備的科目，包括普通話、身心健康、人際關係、坐式太極、穴位按摩等。另外，五位正修讀應用老年學學士課程的同學於課程舉辦期間擔任學生大使，在課堂內外為長者學員提供協助，促進長青共融、互相學習的良好氣氛。

課程的畢業典禮於2015年1月18日在理大校園舉行，由理大大學顧問委員會主席鍾志平教授、安老事務委員會長者學苑發展基金委員會主席暨活齡學院諮詢委員會主席梁智鴻醫生，以及恒基兆業地產集團執行董事孫國林先生擔任主禮嘉賓，並頒發證書予課程參加者。

To encourage participation by members of the older generation who may not be able to pay or who may be hesitant to try something new at their age, Hang Oi Charitable Foundation generously sponsored the full or half of the programme fee for each student. The students were a mixture of retired employees and family members of current employees of Henderson Land Development Co Ltd, residents of properties managed by Henderson, and members of the public referred by NGOs.

The students attended practical classes that were tailored for an older audience, including Putonghua, physical and mental health, interpersonal relationships, 'sitting Tai Chi' (Yan Chai Yi Jin Ten Section Brocades), and acupressure.

Five students from IAA's BSc(Hons) in Applied Ageing Studies programme volunteered to be student ambassadors to help their older counterparts on the Elderly Mini-U during the classes and around the campus.

To top off their university studies, a formal graduation ceremony complete with robes and mortar boards was held for the Elderly Mini-U students at PolyU on 18 January. Officiating guests Prof Roy Chung Chi-ping, BBS, JP, Chairman of PolyU's Court, Dr the Hon Leong Che-hung, GBM, GBS, JP, Chairman of the Elderly Commission's Committee on the Elder Academy Development Foundation and Chairman of IAA's Advisory Committee, and Mr Suen Kwok-lam, MH, JP, Executive Director of Henderson Land, had the honour of handing the graduation certificates to the elderly students.

# 香港理工大學·英國倫敦大學皇家獸醫學院 動物護理學(榮譽)理學士學位課程圓滿完成 培育全亞洲首批動物護理專業人員

## Asia's First-Ever Veterinary Nursing Degree Cohort Graduates from FHSS and Royal Veterinary College



香港理工大學醫療及社會科學院與英國倫敦大學皇家獸醫學院於2010年9月合辦全港獨有的四年制動物護理學(榮譽)理學士學位課程，將本港動物護理專業推向新里程。學生經過四年學習，於2014年10月28日舉行的第20屆畢業典禮中，由理大醫療及社會科學院院長葉健雄教授，以及倫敦大學皇家獸醫學院校長Stuart Reid教授手中接受由兩校聯合頒授的證書，成為全亞洲首批理論及實務知識兼備的動物護理學專業人員。



After 4 years of intensive study, 30 students have successfully completed the pioneering BSc(Hons) in Veterinary Nursing degree programme jointly run by FHSS and the Royal Veterinary College (RVC), University of London. They are the first-ever cohort of degree-level veterinary nursing graduates not only in Hong Kong but the whole of Asia. The graduates received their joint award from PolyU and the University of London at FHSS's first graduation ceremony during PolyU's 20th Congregation on 28 October 2014 from Prof Maurice Yap, FHSS's Dean, and Prof Stuart Reid, Principal of RVC.



香港醫療教育一向以「醫人為本」，但隨著香港市民對動物愈趨重視，再加上近年公眾對於源自動物的疾病，包括禽流感同豬流感等有更多的關注，社會對動物護理人員的重視及需求與日俱增。於2010年，醫療及社會科學院與英國倫敦大學皇家獸醫學院合作，推出全亞洲首個及唯一一個動物護理學榮譽理學士學位課程，旨在培育一批具有熱誠兼擁有專業理論及實務知識的專業人才，提升本港的動物健康及福利。

經過嚴謹的面試及甄選，課程共取錄了30多位來自不同背景的學生，當中包括動物護理業界人士、行政人員、應屆畢業生等。學生的多元化背景及經歷，加強了同學間的互動，於討論動物福利時更帶來不同的看法。

課程以英國皇家獸醫學院的動物護理學課程為藍本，主要科目由英國皇家獸醫學院派調來港的導師教授，並配合理大不同專業的教員，為學生提供高質素的課程之餘，亦加入本地動物護理業界適切的元素，融合兩地特色，配合香港對動物護理專業人員的需要。課程由不同科目組成，範疇包括學術理論至實務所需的動物護理知識，亦提供臨床訓練及專業領域的深入知識，當中尤其著重實踐經驗，學生需到本港、中國內地及新加坡不同機構及診所進行實習48星期，於實際工作環境中透過與專業人員共事，以及照顧動物和與動物主人交流時，得到書本上學不到的知識。

The emphasis of health care education and policy in Hong Kong has always been human-oriented. But with increasing pet ownership and rising awareness of animal welfare, as well as public health concerns in recent years about zoonotic diseases such as avian flu and swine flu, there is growing demand for well-trained veterinary nursing professionals by veterinary-related sectors. In September 2010, FHSS collaborated with RVC to offer the first and only undergraduate degree programme in veterinary nursing in Asia. The programme aimed to groom caring veterinary nursing professionals who are well versed in theory and practical knowledge to promote animal health and welfare, especially for small animals commonly kept as pets.

Before being selected carefully by RVC and PolyU academics as suitable candidates for the programme, some of the students were already working in veterinary clinics as veterinary assistants who had received ad hoc training on the job, others were working in administrative or executive jobs in other industries, while still others were fresh graduates. Far from being a disadvantage, their diverse backgrounds and experiences usefully gave them disparate kinds of knowledge and points of view, which enriched their sharing and learning, such as when discussing animal welfare.

RVC's veterinary nursing undergraduate programme in London served as the blueprint for the Hong Kong programme. RVC faculty members based in Hong Kong and those flying in from London taught the core subjects while their PolyU counterparts taught subjects that supplemented them. This unique combination ensured that the students could learn as much as possible about veterinary nursing tailored to the local context. The subjects included both theory and practical knowledge to ensure in-depth understanding and skills. In addition, great emphasis was put on the importance of practical experience, with students going on external placements for a total of 48 weeks at different animal-related organisations and veterinary clinics in Hong Kong, mainland China and Singapore. Practising in the field facilitated them to learn beyond the textbook by working with different professionals, caring for different animals, and communicating with different types of people, including pet owners and guardians.

學生於畢業前需進行小組專題研究，以深化學到的知識，各小組於導師的引導下對其感興趣的課題作出深入研究，題目包括：寵物主人與龜鱉類寵物的關係、分析香港動物護理專業現況及發展、香港狗隻主人於使用牛蟬傳染產品的認知及跟從程度、香港對流浪動物的繁殖控制、本地寵物主人於接收動物護理建議的理解、公眾人士對政府野生猴子避孕及絕育計劃及其他措施的理解。研究專題多元化的題材，顯示學生對於動物護理這個大課題上不同層面的獨特觀點。

課程畢業生大部份皆投身動物護理及動物福利行業，於不同類型的機構及診所中學以致用，為動物健康及福利作出貢獻。

In their final year, the students were required to complete a group research project under the supervision of faculty members. Their research topics included human-animal bond in tortoises and terrapins, professional development of veterinary nursing in Hong Kong, awareness of ticks and compliance with tick preventative products by dog owners, population control of stray animals, owners' perceptions of post-operative information provided by veterinary teams, and public perceptions of wild monkeys in Hong Kong. The wide range of topics showed that the students had gained a strong perspective of veterinary nursing and animal welfare in Hong Kong.

As the first batch of veterinary nursing degree graduates in Asia and Hong Kong, they are now in high demand by the veterinary community. Most graduates have found employment at veterinary clinics or animal-related organisations as veterinary nurses or in animal welfare.



## 學生分享 A Few Words from Our Graduates ...

### 鍾佩妤小姐 Ms Serena Chung

工作機構：嘉道理農場暨植物園  
Employer: Kadoorie Farm and Botanic Garden

從事有關動物的行業一直是我的願望，課程除讓我得到有關動物護理的專業知識外，更擴闊了我在業界內的人際網絡。畢業後我會繼續從事動物護理的行業，並計劃再報讀動物護理深造課程，並希望有機會到海外交流。

It's always been my wish to have a career related to animals. The programme equipped me with professional knowledge of veterinary nursing and extended my network of contacts in the industry. I'm now working as a veterinary nurse and I'm planning to study postgraduate courses in the future. I also hope to gain a chance for overseas exchange.



### 鄺凌敏小姐 Ms Kimie Kwong

工作機構：香港愛護動物協會  
Employer: Society for the Prevention of Cruelty to Animals (Hong Kong)

我一直從事動物護理行業，由於學習更多專業的知識可以令我有更佳的發展，所以當時毅然放下工作修讀這個課程。於課程中除學到專業知識外，更了解到業內不同機構的運作，我打算於工作之同時，透過遙距方式進行專科深造。

I worked as a veterinary assistant before I applied for this programme. I knew that I would have better career development if I could learn more professional knowledge about this field [veterinary nursing], so I quit my job and enrolled on the programme. Besides learning about veterinary nursing, I also got to understand the operations of different organisations. I hope to study further specialised subjects via distance learning in the future.



### 麥茜婷小姐 Ms Ruby Mak

工作機構：跑馬地獸醫診所及醫院  
Employer: Happy Valley Veterinary Clinic

我自幼很喜歡照顧動物，當年畢業時剛巧推出這個課程便毫不猶豫地報讀。我於課堂中學習到專業知識外，更在實習時真正實踐所學。現在我於獸醫診所工作，希望以我的知識幫助動物，並向動物主人提供專業的動物護理意見。

I've always had a passion for animals since I was young. The programme was launched just when I graduated and I had no hesitation in applying for it. I gained a lot of knowledge from the lectures and I've had the opportunity to practise what I've learned during the placements. I'm now working at a veterinary clinic, and I hope I can help more animals and give more professional advice to clients.



# 理大—梁顯利流動結合保健中心 再獲大鴻輝慈善基金捐款支持

## PolyU—Henry G. Leong Mobile Integrative Health Centre Receives New Donation from Tai Hung Fai Charitable Foundation



護理學院於2007年在大鴻輝慈善基金主席梁紹鴻博士的慷慨支持下，成立「理大—梁顯利流動結合保健中心」，為當時全港首部為長者提供一站式健康服務的流動結合保健中心。中心以貨車改裝而成，配備多款先進健康檢查器材，讓醫療護理專業人員及學生主動走訪社區，為有需要的長者提供免費基層醫療及疾病預防的醫護服務，並定期為長者舉辦健康教育講座，服務一直得到社會大眾的認同及讚賞。梁博士其後於2012年再次透過大鴻輝慈善基金捐款，支持中心繼續為期三年的服務。於2015年5月15日，「理大—梁顯利流動結合保健中心」再揭開發展的新一頁，得到梁紹鴻博士捐款1,131萬元，支持開展第三期服務計劃，增善儀器設施，擴展服務範疇。

理大唐偉章校長感謝梁博士一直以來對流動結合保健中心及理大的支持，並指出中心不但為長者提供服務，亦承傳有關迎接高齡化社會的科研及人才培訓工作，將服務、科研及教育三個重要環節緊緊扣合。梁博士認為香港人口老化問題日趨嚴重，「理大—梁顯利流動結合保健中心」將會繼續全面配合政府居家安老，加強社區照顧服務的方向，添置器材及策劃不同活動，服務更多有需要的長者。於過去八年，中心已服務超過四千名長者，總服務人次更高達四萬。

是次捐款將會用於購置多項健康檢查儀器，改善服務，並進一步為理大學生提供實習機會。中心亦會與非牟利機構合作，於不同地區設立小型健康站，為長者提供健康教育及個案分類，有需要時轉介到中心跟進，讓長者獲得更適切的護理。

In December 2007, Hong Kong's first-ever mobile one-stop integrative health clinic was established by PolyU's School of Nursing (SN) with the help of a generous donation from Dr Edwin Leong Siu-hung through his Tai Hung Fai Charitable Foundation. The special vehicular PolyU—Henry G. Leong Mobile Integrative Health Centre (MIHC) houses an array of advanced health screening equipment and materials, enabling the nurse-led clinic to visit different older districts around the city to provide free primary and preventative health care and education to elderly in need. MIHC has consistently received very positive feedback from the community and Dr Leong, Chairman of Tai Hung Fai Charitable Foundation, made another donation in 2012 to support MIHC's operation for another 3-year phase. At a ceremony on 15 May 2015 at PolyU, another landmark for MIHC was reached as PolyU President Prof Timothy W. Tong accepted a new donation of HK\$11.31 million from Dr Leong, on behalf of Tai Hung Fai Charitable Foundation, for the commencement of MIHC's Phase 3 Service Programme.

Prof Tong thanked Dr Leong for his continual support to MIHC and PolyU. He also spoke about MIHC's uniqueness as a mobile outreach health clinic that not only delivers health promotion and services to the elderly, but also acts as an interdisciplinary platform for the carrying out of scientific research by PolyU scholars and for the education of PolyU students through placements and service-learning opportunities. Dr Leong pointed out the increasing relevance of MIHC to Hong Kong in the face of the city's ageing population as well as its being in line with the government's policy of "ageing in place," in which capable older adults and elders are encouraged to continue living at home. Over the past 8 years, the centre has served more than 4,000 disadvantaged elderly in their local neighbourhoods and logged some 40,000 visits in total by them.

The new donation will help MIHC to upgrade its services and increase opportunities for research and student education. Among its new equipment is a vision screener for basic vision checking. The centre will also collaborate with non-profit organisations to set up mini health-check stations in different districts to provide health education and screening for more disadvantaged elderly, with elders detected with health problems at those stations to be referred back to MIHC for follow-up action.



# 物理治療學及工商管理學學生 設立全港首間由學生管理的康健所 Physiotherapy and Business Students Operate First Student-Run Wellness Clinic in Hong Kong



**醫療及社會科學院**一向鼓勵跨部門、跨專業進行協作，康復治療科學系早前與理大工商管理學院合作，成立香港理工大學康健所(學生管理)，為全港首間全由學生負責管理及運作的康健所，並於2014年11月26日舉行簡單而隆重的開幕禮暨嘉年華，為康健所打響頭炮。

香港理工大學康健所旨在透過教育活動提升預防保健、宣揚健康生活、促進疾病研究及傷患預防。物理治療學學生於康復治療科學系的註冊物理治療師指導下，為不同年齡及來自不同背景的人士提供服務，除可學以致用，更能提升人際溝通技巧。所謂知己知彼，物理治療學同學與工商管理學同學合作時，亦能建立他們的溝通、管理及領導才能。

自成立以來，康健所已舉辦多個講座及工作坊，內容包括長者防跌、預防肌肉勞損和痛症，以及預防腰背痛體驗課程等。康健所將於未來針對兒童脊柱問題，設計一連串適合兒童參與的活動。



FHSS encourages its faculty members and students to collaborate with their counterparts not only within FHSS but also in other faculties and schools across PolyU. In line with this interdisciplinary philosophy, our Department of Rehabilitation Sciences (RS) has jointly created the PolyU Student-Run Wellness Clinic with the university's Faculty of Business (FB), allowing RS physiotherapy students to work with their peers in FB to operate Hong Kong's first-ever student-run physiotherapy clinic. On 26 November 2014, the clinic's Inauguration Ceremony cum Elderly Carnival was held at PolyU to signal the start of the students' efforts to help different target groups understand and achieve wellness.

The PolyU Student-Run Wellness Clinic aims to promote better health to members of the public through educational talks and training activities in preventive health and injury prevention. Through the clinic, RS physiotherapy students gain more opportunities to interact with and practise their physiotherapy and interpersonal skills on different types of clients under the supervision of an RS physiotherapist. They are also able to hone their communication, managerial and leadership skills with FB students as they work together in the management of the clinic.

Since its establishment, the clinic has offered participatory programmes on fall prevention for the elderly, the prevention of muscle strain and pain from office or school work, and the prevention of low back pain. The students are planning to hold a programme on children's spinal health in the future.

詳情請瀏覽香港理工大學康健所(學生管理)的Facebook專頁  
For more details about the PolyU Student-Run Wellness Clinic, please visit its Facebook page at <https://www.facebook.com/polyuwellnessclinic> (in Chinese only).

# 職業治療學學生協助創下 「最大型氣功教授班」 健力士世界紀錄 Occupational Therapy Students Help Set New World Record for Largest Qigong Lesson



眾所皆知，中國的氣功講求結合身體姿勢、呼吸調整及意志集中，能夠強身健體。香港特區政府發展局及建造業議會於去年5月合辦「建造業安全周2014」，特別邀請香港職業治療學會及理大康復治療科學系學生，為幾百位註冊安全主任舉辦氣功八段錦訓練課程。

為進一步宣揚健康生活和強健體魄、實踐建造業安全的訊息，職業治療學學生、出席典禮的嘉賓，以及幾百位建造業從業員众志成城，於2014年5月26日假啟德郵輪碼頭舉行的「建造業安全周開幕活動暨意外授旗典禮」中，創下833名一起耍氣功八段錦的「最大型氣功教授班」的健力士世界紀錄。

Qigong is an ancient Chinese mind-body-spirit exercise incorporating physical movements and postures, controlled breathing, and meditation. In support of Construction Safety Week 2014 in late May last year, the joint organisers Construction Industry Council and Hong Kong's Development Bureau invited the Hong Kong Occupational Therapy Association and the Occupational Therapy Students' Society of PolyU's Department of Rehabilitation Sciences (RS) to train hundreds of registered safety officers in "Ba Duan Jin" (or "Eight Pieces of Brocade") qigong over several weeks for a special event — the world's largest qigong lesson — to promote a healthy lifestyle to them and the goal of zero accidents on construction sites.

A total of 833 participants, including 50 RS occupational therapy students, practised "Ba Duan Jin" for more than 30 minutes at the Kai Tak Cruise Terminal to set a new Guinness world record on 26 May 2014.

# 眼科視光學院慶祝成立35周年

## School of Optometry Celebrates 35th Anniversary



為慶祝35周年大日子，眼科視光學院於2014年11月6日假維港營舉行35周年誌慶晚宴，並由香港特別行政區政府食物及衛生局副局長陳肇始教授太平紳士主禮。一眾嘉賓共同見證學院多年來努力不懈，人才輩出，並展望更輝煌的成就。

胡廣佩家族眼科視光學教授、醫療及社會科學院院長暨眼科視光學講座教授葉健雄教授代表學院致歡迎辭。陳肇始教授在晚宴致辭時，讚揚眼科視光師在教育、科研及推行基層醫療發展方面貢獻良多。眼科視光學院學院主任感謝眼科視光師及學院教職員，致力守護市民大眾的眼睛健康。

PolyU's School of Optometry (SO) celebrated its 35th anniversary with a sumptuous dinner at the university's Hotel ICON in Tsim Sha Tsui East on 6 November 2014. Many notable guests joined the special occasion, which simultaneously reflected on SO's past successes and looked forward to the future. Among them was the guest of honour, Prof Sophia Chan, JP, Hong Kong's Under Secretary for Food and Health.

The celebrations were kicked off with a welcome address by FHSS's Dean, Prof Maurice Yap, who is K.B. Woo Family Professor in Optometry and Chair Professor of Optometry at SO. He was followed by Prof Chan, who praised the contributions made by optometrists in education, research and practice in primary health care. SO Head and Henry G. Leong Professor in Elderly Vision Health, Prof To Chi-ho, expressed his gratitude to optometrists and the School's staff for their efforts in upholding high standards for ocular health.

The evening also served as an informal gathering for practitioners, researchers, government officials, donors, and other stakeholders to exchange views on how to improve eye and vision health in the community at large. The dinner also featured music and dance performances by different local groups.



晚宴正好讓業界、科研人員、政府長官、捐款人及合作夥伴等，可以聚首一堂，就眼睛護理的議題交流意見。此外，精彩的音樂及舞蹈表演為晚宴生色不少。

## 眼科視光學榮休教授再獲殊榮

### PolyU Emeritus Professor of Optometry Bestowed with Distinguished Asian/Pacific American Alumni Award



眼科視光學客座講座教授兼榮休教授胡志城教授再獲殊榮，早前獲其母校印第安那大學校友會頒發 Distinguished Asian/Pacific American Alumni Award 2014，表揚胡教授在其專業範疇上卓越的成就及對大美籍亞太裔社區的貢獻。有關頒獎典禮於2015年3月29日在Indiana's School of Optometry Borish Symposium 舉行。

Prof George Woo, Emeritus Professor and Visiting Chair Professor of Optometry at PolyU's School of Optometry, was honoured by the alumni association of one of his alma maters for his inspirational excellence and achievements in his career and his impact on local communities and the greater Asian/Pacific American community. Prof Woo received the Distinguished Asian/Pacific American Alumni Award 2014 from Indiana University Alumni Association at a presentation ceremony held during Indiana's School of Optometry Borish Symposium on 29 March 2015.

# 「睛」明有道@校園計劃 推廣關注學童眼睛健康 推動科學研究 School of Optometry and TWGHs Launch Smart Eye@Campus for Schoolchildren



或許大家都有留意到近年越來越多學童配戴深近視眼鏡。眼科視光學院早前為東華三院王家潔紀念小學的學生進行眼睛健康篩查及評估。所得研究數據顯示，以12歲的學童為例，近視普遍性與年前學院的大型調查結果相約，超過60%學童有近視問題；然而，學童的近視度數則有上升的趨勢。在年前的調查中，12歲學童的平均近視度數約為167度，而於今次調查中，平均近視度數則上升至208度，顯示近視的情況比從前嚴重。另外，患有深近視（即600度以上）的學童的百分比亦由3.8%銳升至9.5%，情況值得家長及學校關注。若不正視視力問題，使用合適的矯視工具，有機會影響學童的日常生活、妨礙學習及影響其他活動表現。此外，深近視更容易引致視網膜退化、黃斑病變、白內障和青光眼等，嚴重可致永久視覺受損和失明。

本港學童的近視問題嚴重，有見及此，眼科視光學院及東華三院2014年10月8日簽訂「睛」明有道@校園計劃合作備忘錄，計劃隨即落實並展開。理大眼科視光學院將計劃到東華三院轄下13間小學，為6,600名學童進行眼睛健康篩查。這次與東華三院的合作計劃，除可向學童及家長推廣眼睛護理及定期接受綜合眼科視光檢查外，更有助眼科視光學院掌握學童近視普遍性及度數趨勢，進一步推展有關控制近視的研究，為基層眼睛護理作出貢獻。

Have you noticed that more and more children are wearing thicker glasses nowadays? According to findings from a 2014 vision-screening project conducted by PolyU's School of Optometry (SO) on schoolchildren at TWGHs Wong Yee Jar Jat Memorial Primary School, the prevalence of myopia among those aged 12 years was similar to previous studies' at more than 60% (compared with about 80% of children of different ages in Hong Kong) but the average degree of myopia has risen alarmingly to -2.08D from -1.67D several years ago. More worryingly, 9.5% of the schoolchildren in the 2014 study were found to have high myopia of more than -6D compared with only 3.8% a few years ago.

Severe myopia can interfere with schoolchildren's learning and lives. In the long run, it increases the risk of sight-threatening diseases such as glaucoma, macular degeneration, cataract and peripheral retinal degeneration, which could possibly lead to permanent visual loss.

In response to this troubling trend, on 8 October 2014 the Tung Wah Group of Hospitals (TWGHs) and SO announced their joint vision-screening initiative called "Smart Eye@Campus" for 13 TWGHs primary schools. Besides screening the vision of some 6,600 schoolchildren, it aims to promote to the children and their parents the importance of having good ocular health and proper eye care, such as regular comprehensive eye examinations. The initiative will also help SO's research efforts in increasing the understanding of myopia prevalence and attempts to hinder myopic progression.



## Integrative Community Health Centre Receives Social Capital Builders Award 2014 眼科視光學院社區結合保健中心 榮獲2014年社會資本動力獎



眼科視光學院一直致力推動眼睛基層護理，透過不同的公眾教育項目，守護普羅大眾的靈魂之窗。學院其下位於荔景的社區結合保健中心早前獲頒香港特別行政區勞工及福利局2014年社會資本動力獎。學院主任杜嗣河教授出席於2014年12月9日假香港會議展覽中心舉行的頒獎典禮，並代表結合保健中心接受獎項。

PolyU's School of Optometry (SO) has long demonstrated its care for locals through different projects in the community, including primary eye care education and activities for the general public and off-campus clinics to better reach vulnerable populations. One of its clinics, the Integrative Community Health Centre (ICHC) in Lai King, Kwai Tsing District, was among 151 recipients of a Social Capital Builders Award 2014 from the Community Investment and Inclusion Fund of Hong Kong's Labour and Welfare Bureau. On 9 December 2014, SO Head Prof To Chi-ho received the award on behalf of ICHC at the award's presentation ceremony at the Hong Kong Convention and Exhibition Centre that was attended by top government officials.


The award recognises enterprises that successfully foster the development of social capital and a harmonious society through mutual trust and help. ICHC has been offering comprehensive eye examinations, diabetic retinopathy screening, and health talks to local district residents for more than 10 years in partnership with Kwai Tsing Safe Community and Healthy City Association and Kwai Tsing District Office.


2014年社會資本動力獎共有151個不同單位獲獎，目的旨在鼓勵企業實踐社會責任以推動社會資本並表揚及嘉許對香港社會資本發展有貢獻的人士和機構。過去10年，結合保健中心與葵青安全社區及健康城市協會及葵青區議會攜手合作，為區內居民提供綜合眼科視光檢查、糖尿病視網膜病變篩選檢查、以及眼睛健康講座。



# 理大物理治療專家協助馬拉松選手挑戰自我 PolyU Physios Help Runners Prepare For and Recover from 2015 Hong Kong Marathon



 香港馬拉松為本港的體育盛事，今年賽事的首個報名日巧遇天文台發出八號熱帶氣旋警告信號，讓許多報名人士不單多了半天假期，亦令他們可以較輕鬆地於家中報名。縱使天氣不似預期，但要滿額的總要滿，雖然主辦單位香港業餘田徑總會已增加多1,000個「全馬」名額，但仍然有不少跑手向隅，未能成功報名。香港馬拉松今年亦加推了500個「半馬」名額，但由於要配合交通管制時間，大會需限制比賽的總人數為73,000人，因此同時亦減了1,500個「十公里」賽事名額。

 Many people who planned to enrol for the full marathon of the 2015 Hong Kong Marathon/2015 Asian Marathon Championship woke up early in the morning of the first day for applications to find a welcome surprise awaiting them: a typhoon signal no. 8! They were able to register from the comfort of home and sleep in afterwards. But the head start for some meant heartache for others who applied later in the morning, only to find all places had gone much earlier than in previous years — despite the extra 1,000 places on offer as part of organiser Hong Kong Amateur Athletic Association's (HKAAA) efforts to encourage participants who had previously completed the half-marathon to challenge themselves with the full marathon. Places for the half-marathon were similarly increased by 500, while spots for the 10K had to be decreased by 1,500 since HKAAA could not increase the total enrolment number above 73,000 due to road closure times. But with more entrants tackling the tougher, longer races, being "fit to run" was more important than ever. FHSS, through its co-hosted Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, and its Department of Rehabilitation Sciences (RS) duly obliged by offering free advice and fitness assessments at their booth during the Marathon Carnival on the weekend before race day on 25 January.



理大醫療及社會科學院的康復治療科學系，一如以往夥拍香港賽馬會運動醫學及健康科學中心，於1月17及18日在維多利亞公園舉行的香港馬拉松嘉年華中，為跑手提供免費物理治療諮詢及多項體能測試，讓他們以最佳狀態於賽事中全力以赴。

And with the Youth Dash, a new 2.2-km race for schoolchildren aged 12 to 15 years old that was set up to encourage youngsters to take up distance running and take part in Hong Kong's biggest annual mass-participatory sports event, the booth and its professional and student physiotherapist volunteers were busier than ever. The volunteers, overseen by RS Prof Ella Yeung, were also on hand on race day at 39 km along the full marathon route and in the Victoria Park finishing area to provide physiotherapy to runners who requested it.



而為鼓勵社會上不同年齡人士一同享受跑步樂趣，主辦單位今年試辦少年跑，讓12至15歲青少年能親身參與這項國際體壇盛事，而理大的物理治療師及學生義工今年則更加忙碌，支援更多來自不同年齡及界別的參賽跑手。康復治療科學系楊慧教授身兼重任，除負責統籌理大物理治療團隊的工作，更親自於維多利亞公園的終點位置為有需要的跑手提供物理治療服務。

RS Associate Professor and HKAAA Senior Vice-Chairman Dr Simon Yeung also guided many runners of all levels to prepare properly during the months leading up to the big day by providing them with tailored training via HKAAA's Marathon Clinic with the aim of assisting them to achieve personal bests. And similar to this year's introduction of priority entry for runners who had finished last year's races within certain time standards, attendees of the Marathon Clinic who met various criteria were invited to register for the corresponding race for which they were training.

身兼香港業餘田徑總會高級副主席的康復治療科學系副教授楊世模博士，於賽事前舉辦馬拉松訓練課程，為參與者提供度身訂造的訓練建議，協助他們取得最佳個人成績。

