



HEALTH NEWS 健訊

fhss.polyu.edu.hk



理大醫療及社會科學院科研人員 於國際舞台大放異彩

PolyU and FHSS Researchers Shine on International Platforms

香港理工大學(理大)醫療及社會科學院於過去近40年，一直以培育高質素的醫療專業及人本服務專才為己任。學院教員及科研人員致力提供優質教育及專注進行科學研究，於多項國際比賽及世界大學排名中勇奪佳績，屢獲殊榮。今期《健訊》將介紹幾項學院最近的國際成就。

For nearly 40 years, the Faculty of Health and Social Sciences (FHSS) of The Hong Kong Polytechnic University (PolyU) has strived to offer the highest quality education to health and social care professionals. The efforts of our faculty members and researchers have been recognised at the international level, and they have received many awards and recognition at global competitions, rankings and programmes. Let's go through some of the recent international prizes and honours that FHSS has received!



目錄 Contents

- 02 國際殊榮
INTERNATIONAL RECOGNITION
- 06 科學研究
RESEARCH
- 08 災害管理
DISASTER RISK REDUCTION
- 09 運動科學
SPORTS HEALTH
- 10 學院快訊
FACULTY NEWS
- 12 學系消息
DEPARTMENTAL UPDATES
- 16 社區參與
COMMUNITY ENGAGEMENT

理大職業治療科研人員 於國際發明獎獲特別大獎

PolyU Occupational Therapy Researcher Wins Prestigious International Innovation Award



理大康復治療科學系李曾慧平教授，帶領其科研團隊於3月29日至4月2日，在瑞士日內瓦舉行的第45屆國際發明展覽會中，憑「應用於增生性癍痕治療的平疤貼」榮獲特別大獎及評判特別嘉許金獎。

李教授及團隊發明的新型「應用於增生性癍痕治療的平疤貼」，特製的壓力墊特別針對由燒傷、手術和外傷所引起的增生性癍痕而設計，它能緊貼身體曲線和輪廓，均勻施加壓力，減少癍痕形成，同時防止受傷皮膚的水份流失。下一期《健訊》將介紹該發明的詳細資料。

其實早於2009年時，李教授亦曾於第37屆國際發明展覽會中，與其團隊以「智能壓力衣」獲授金獎，該發明能有效處理由燒傷而引致的疤痕，以及都市人容易患上的靜脈曲張。

熱烈恭賀李教授及其團隊再次喜獲國際發明大獎！

Prof Cecilia Li-Tsang, Professor of the PolyU Department of Rehabilitation Sciences (RS), led her research team in winning a prestigious award at the 45th International Exhibition of Inventions of Geneva held in Switzerland from 29 March to 2 April. The newly invented "Smart Scar-Care Pad" for a Scar-less World received the Grand Award and Gold Medal with the Congratulations of the Jury at the world-acclaimed international innovation exhibition. This is truly a high honour for a researcher!

"Smart Scar-Care Pad" is specially designed to treat hypertrophic scars from burns, surgeries and trauma. The invention conforms to different body contours and provides optimal pressure dosage to reduce scar hypertrophy while retaining the moisture of injured skin. With its practical versatility in application, the "Smart Scar-Care Pad" received special attention from the jury panel and was the recipient of the distinguished award. More details regarding the invention will be introduced in the next issue of Health News.

Prof Li is no stranger to the Geneva exhibition. In 2009, she led her research team to the Gold Medal in the same exhibition with the invention of Smart Pressure Monitored Suit", which is effective in treating burn scars and varicose veins.

A big round of applause for Prof Li and her research team for winning this highly acclaimed international award!

理大物理治療科研人員 於國際發明獎榮獲銀獎

PolyU Physiotherapy Researcher Receives Silver Medal at the Geneva Exhibition



理大康復治療科學系助理教授張子熙博士及其研究團隊，於第45屆國際發明展覽會中，以「檢測跑步落地方式的鞋墊」，榮獲銀獎暨羅馬尼亞創新科技協會特別獎。該項目由香港紡織及成衣研發中心撥款資助。

該鞋墊的腳跟及第二蹠骨位置附近設置兩個感應器，感應器連接微型電路板，能與由團隊特別設計的智能手機應用程式交流資訊，該發明透過量度腳跟及腳趾位置的感應器著地時間之分別，以分辨跑手是腳跟著地，中腳掌著地，還是前腳掌著地，從而讓跑手改善跑姿，減少傷患。下一期《健訊》將邀請張博士詳細介紹「檢測跑步落地方式的鞋墊」的功能。

恭喜張博士於國際發明獎奪得佳績！

Dr Roy Cheung, Assistant Professor of RS, received a Silver Medal and Special Merit Award from the Romanian Association for Nonconventional Technologies at the 45th International Exhibition of Inventions of Geneva with his invention "Sensing Insole for Footstrike Pattern Detection in Runners". The project was funded by The Hong Kong Research Institute of Textiles and Apparel.

Dr Cheung's invention is a footstrike-detecting insole installed in shoes with two force sensors located at the heel and the second metatarsal that are connected to a miniature circuit board. The circuit board synchronises with a smartphone app to measure the triggering time difference between the heel and toe sensors, thus differentiating among runners with heel strike, midfoot strike and forefoot strike. With the data obtained through the sensor and the app, runners can modify their gait mechanics to prevent injury and facilitate rehabilitation. This invention will also be introduced in the next issue of Health News.

Congratulations to Dr Cheung on receiving this distinguished award!

理大護理學院被評為 全球最佳大學護理 學院第30位

PolyU School of Nursing Listed 30th in Top Nursing Schools in the World

理大護理學院去年於英國Quacquarelli Symonds Limited (QS) 全球最佳護理學院的排名中，被列為第42位，今年護理學院更再下一城，連升多級，飛躍至第30位。

QS的大學排名及評級的公信力為全球公認，於評分時機構除著重院校的名聲外，更分析院校學術人員所撰寫的研究文章被引用的次數，加上客觀評價學術成就的h指數，以評定院校於學術研究界的影響力，於去年首次將護理學進行獨立評級。

護理學院秉承「創新護理 惠澤全人」的宗旨，致力培育傑出的護理專才，服務社會。憑著學院的學術人員及科研人員的努力，令理大護理學院成為全球第30位最佳護理學院，傲視同群。

恭喜護理學院的非凡成績！

應用社會科學系研究人員榮獲 國際教學創新獎

Department of Social Sciences Researchers Receive Three Bronze Prizes in Wharton-QS Stars Reimagine Education Awards

美國賓夕凡尼亞大學華頓商學院高階管理研究中心，以及英國全球大學評級機構QS聯合於2016年12月5日及6日，舉行2016年度全球教育創新研討會，同時並設華頓-QS全球教學創新大獎。大會收到807份來自56個國家團隊遞交的報告，並接受了當中的527個作品，再經仔細考慮下篩選出140份入圍報告。理大醫療及社會科學院學術人員呈交的報告得到由40位國際專家組合而成的裁判團垂青，應用社會科學系最後於是項比賽中三大組別囊括三項銅獎。

應用社會科學系應用社會科學講座教授暨理大協理副校長(本科生課程)石丹理教授及其團隊，於是項教育創新獎中連中二元。石教授及負責學分科目「服務領袖」的團體，獲得「領導道德」(Ethical Leadership) 組別銅獎，科目內容包括教授基本服務領袖理論及三項重要領導特質，旨在培育學生發揮領導才能。

石教授亦與負責服務學習科目「服務特殊需要兒童與家庭的服務領袖」的團隊，於「社會企業」(Social Enterprise) 組別獲得另一個銅獎。該科目讓學生明白服務領袖的特質，讓他們於服務社區的活動中，將學習到的服務領袖知識融入工作，並能於社區服務中能夠主動分享及擁著同理心，建立個人的領袖才能。

應用社會科學系助理教授(研究)陳顯宏博士，以「協作學習與科技一同儕教學法及課程即時答問系統在大班課堂的應用」項目，於「最佳資訊及通訊科技工具應用組別」(Best Use of ICT Tools) 奪得銅獎。陳博士及團隊與理大教學發展中心合作，在大班課堂中採用同儕教學法，配合課堂即時答問系統，讓學生利用手提電腦或智能電話即時回應提問，老師亦可知悉學生的進度。

恭賀石教授、陳博士及其團隊的超卓成就！

Held on 5 and 6 December 2016 in Philadelphia in the USA, the Wharton-QS Stars Reimagine Awards was the conclusion to the 2016 Reimagine Education Conference organised by The Wharton School – SEI Center at the University of Pennsylvania and QS. This year, the global Reimagine Education competition attracted 807 submissions from 56 countries, of which 527 entries were accepted and 140 shortlisted. The projects submitted by FHSS scholars stood out from their competitors and were recognised by a judging panel of 40 international experts. The PolyU Department of Applied Social Sciences (APSS) was proud to receive three bronze prizes in this global event.

Prof Daniel Shek, PolyU APSS Chair Professor of Applied Social Science and PolyU Associate Vice President (Undergraduate Programme), led his research teams to receive two Bronze Awards in the competition. The “Service Leadership” project, which is a credit-bearing subject that includes topics on basic service leadership theory and three essential leadership qualities, won the Bronze Award in the Main Awards Category (Ethical Leadership).

Prof Shek’s other project, “Service Leadership through Serving Children and Families with Special Needs” offered by APSS, received the Bronze Award in the Special Awards Category (Social Enterprise). The project empowers students to understand the core attributes of service leaders, apply the core components of service leadership through engagement in community-based service activities, develop self-awareness of sharing with and empathy toward others and the community and reflect on their service leadership qualities.

Dr Kevin Chan, PolyU APSS Research Assistant Professor, presented his project, “Collaborative Learning with Technology – Peer Instructions with Clickers for Large Classes” and won the Bronze Award in the Main Awards Category (Best Use of ICT Tools). Dr Chan and his team partnered with PolyU’s Educational Development Centre to examine how a peer instruction programme, with the assistance of a student response system, could provide a sustainable solution to engage and motivate students in large classes.

Many congratulations to Prof Shek and Dr Chan on their splendid achievements!

The PolyU School of Nursing (SN) ranked 42nd among its counterparts in the 2016 Quacquarelli Symonds Limited (QS) World University Rankings by Subject. This year, SN made a great leap forward, jumping to 30th in the rankings of the top nursing schools in the world!

The QS ranking is considered one of the most influential university rankings in the world. QS ranks each institution in a specific area according to its internal reputation, as determined through global surveys of academics and employers, and its research impact, which is based on research citations per paper and the *h*-index with reference to a comprehensive database of worldwide research citations. An evaluation of nursing programmes around the world was included in the organisation’s criteria for the first time in the last cohort.

By upholding the vision of “to become a leading School offering quality programmes and producing high caliber graduates in Nursing” and with the dedicated efforts of its faculty members and researchers, SN has made outstanding progress, as shown by its listing as the 30th best nursing school in the world.

Congratulations to SN for these great achievements!

護理學院跨院校合作項目於國際創新教育獎中榮獲銅獎

SN Inter-institutional Project Receives Bronze Prize in Wharton-QS Stars Reimagine Education Awards

理大醫療及社會科學院副院長、護理學院教授黃金月教授，與香港大學李嘉誠醫學院生物醫學學院陳立基醫生合作，以「醫藥衛生專科學生的跨專業團隊為本學習」項目，於全球教學創新大獎中奪得「生命科學專業」(Life Sciences) 組別銅獎。

於大學教育資助委員會的支持下，黃教授與陳醫生的團隊舉辦全亞洲首個大型醫藥衛生專科學生的跨專業團隊為本學習項目，讓來自不同專業的學生可以互相學習，進行跨專業

協作。共有約600名來自理大及香港大學的醫科、醫療科學及社會工作學學生於2016年率先參與試驗計劃，團隊於2017年更會將項目規模擴大，讓超過1,000名分別來自理大醫療化驗科學、護理學、職業治療、物理治療、放射學及社會工作學的學生，以及香港大學中醫、醫學、護理學、藥劑學及社會工作學的學生共同學習，相互交流。

學生分別組成跨專業小組，共同解決以實案為本的難題。項目團隊應用先進的科技以照顧眾多學生課堂的需要，讓教師可透過最新的教學科技系統，即時知道學生的進度，並提供網上平台讓學生進行研討。

恭賀黃教授及其團隊的出色成就！

Prof Frances Wong, PolyU FHSS Associate Dean and SN Professor, collaborated with Dr Chan Lap-ki of the School of Biomedical Sciences of Li Ka Shing Faculty of Medicine of The University of Hong Kong (HKU) on the project "Inter-professional Team-Based Learning (IP-TBL) for Health Professional Students", which won the Bronze Award in Discipline Award Category (Life Sciences) at the Wharton-QS Stars Reimagine Education Awards.

Funded by the University Grants Committee, IP-TBL is the first large-scale inter-professional education programme in Asia to promote peer-to-peer learning and collaboration across disciplines. Nearly 600 medical, health and social care students from PolyU and HKU piloted in 2016, and the scale of the project will be stepped up to serve over 1,000 students from both institutions in 2017. Students from PolyU's Medical Laboratory Science, Nursing, Occupational Therapy, Physiotherapy, Radiography and Social work will work with their fellow students from HKU's Chinese Medicine, Medicine, Nursing and Pharmacy and Social Work.

Students are required to form cross-disciplinary groups to work on case-based application exercises. To enhance their learning experience and for facilitators to manage the large number of students, the project team adopted state-of-the-art technology with an advanced teaching and learning system that is capable of providing instant statistics for facilitators to check on students' progress and provide an online discussion forum.

Congratulations to Prof Wong and the team on their great achievements!

醫療科技及資訊學系學者被選為全球最具科研影響力科研人員

Department of Health Technology and Informatics Scholars Named World's Highest Impact Medical Radiation Science Authors



於一篇最近發表於《醫學影像和放射科學期刊》(Journal of Medical Imaging and Radiation Sciences)的學術文章中，理大醫療科技及資訊學系副系主任暨副教授胡永祥博士，以及該系副教授應天祥博士，被列為全球頭十名具最高研究影響力的醫學影像及放射學學者。當中胡博士於放射治療專業中，為全球第四名最高研究影響力學者，而應博士則於放射診斷專業中為全球第五位最高研究影響力學者。

該研究文章檢視過去五年全世界醫學影像及放射學學者及科研人員，於科研方面的研究產量，當中包括對其於同行評審期刊發表的文章數量，論文被引用的總次數、國際合作指標、每份論文分別被引用的次數、*h*-指數、*i10*-指數進行量化。胡博士及應博士的研究成就無論於質及量方面均傲視同儕，故於該文章中被評為全球於醫學影像及放射學最具研究影響力學者。

恭喜胡博士及應博士的過人成就！

In a recent research article published in the *Journal of Medical Imaging and Radiation Sciences* entitled "A Review of Individual and Institutional Publication Productivity in Medical Radiation Science (MRS)", Associate Professor Head and Associate Professor Dr Vincent Wu and Associate Professor Dr Michael Ying of the PolyU Department of Health Technology and Informatics (HTI) were ranked among the top 10 scholars with the highest research impacts in the world: Dr Wu was recognised as the 4th highest impact scholar in the Radiation Therapy discipline and Dr Ying was the 5th highest impact scholar in the Diagnostic discipline among all researchers worldwide.

The study examined the research productivity of the top productive MRS authors over a five-year period quantifying total impact according to the total number of publications in peer-reviewed journals, total number of citations, international collaboration metrics, number of citations per publications, *h*-index, and *i10*-index. With their high quality and quantity of research, Dr Wu and Dr Ying have been truly honoured by this comprehensive study.

Congratulations to Dr Wu and Dr Ying on their extraordinary accomplishments!

理大物理治療學者入選為脊骨神經醫學院研究領袖計劃院士

Physiotherapy Faculty Member
Receives Fellowship in
Chiropractic Academy for
Research Leadership Programme



於世界脊骨神經醫學聯合會 (World Federation of Chiropractic), 以及歐洲脊骨神經醫學卓越研究中心 (European Centre for Chiropractic Research Excellence) 的贊助下推出的脊骨神經醫學院研究領袖計劃 (Chiropractic Academy for Research Leadership Programme), 吸引來自世界各地的精英學者及研究人員申請成為院士。該競爭激烈的計劃旨在培育研究成就冒升中的科研人員, 於脊骨神經醫學的籌疇, 針對病人、專業人員及政策制定者的需要, 保持專業科研方面的持續發展。

理大康復治療科學系助理教授黃宇樂博士榮幸得到大會賞識, 於世界芸芸眾多申請者中, 憑著出色的研究及學術成就, 被取錄為項目計劃其中一位院士, 將被邀請到海外進行學術交流, 再深化其研究技巧。此外, 世界知名的資深研究人員更會為黃博士提供遙距支援, 並提供合作機會與其他世界科研人員進行協作。

恭賀黃博士的成就!

Sponsored by the World Federation of Chiropractic and the European Centre for Chiropractic Research Excellence, the Chiropractic Academy for Research Leadership (CARL) programme attracts fellowship applications from academics and researchers from all over the world. The competitive programme identifies, nurtures and supports emerging researchers to investigate chiropractic issues to foster a sustainable international research culture to meet the needs of patients, practitioners and policymakers.

Dr Arnold Wong, Assistant Professor of the PolyU Department of Rehabilitation Sciences, was recently selected as a Fellow for his outstanding research outputs and academic achievements. He will be invited to participate in an annual residency with guest speaking opportunities and to engage in sessions covering different aspects of research skills. He will also be provided with distance monitoring and support from senior researchers facilitating the programme and will be encouraged to form research collaborations across the cohort.

Many congratulations on this great accomplishment!

理大眼科視光學院研究人員榮獲國際獎項

School of Optometry
Researchers Receive
International Award

理大眼科視光學院副系主任暨副教授林國璋博士, 以及其博士研究生韓瑩小姐於早前榮獲由美國眼科視光學會頒授之2016年度Garland W. Clay Award。該獎項首設於1978年, 頒發予刊登於*Optometry and Vision Science*期刊內, 最近五年內被引用最多次的論文作者。

林博士及韓小姐的得獎論文以“Corneal Deformation Measurement Using Scheimpflug Noncontact Tonometry”為題, 為全球首個針對新醫療儀器Corvis ST的重複性及再現性的研究。頒獎儀式於2016年11月11日在美國加州美國眼科視光學會周年會議中舉行。

Dr Andrew Lam, Associate Head and Associate Professor of the PolyU School of Optometry and his PhD student, Miss Shanica Hon, were awarded the Garland W. Clay Award in 2016. Established in 1978, the Garland W. Clay Award is presented by the American Academy of Optometry to the author or authors of the manuscript published in *Optometry and Vision Science* that has been most widely cited in scientific literature in the preceding five years.

The academic paper submitted by Dr Lam and Miss Hon titled “Corneal Deformation Measurement Using Scheimpflug Noncontact Tonometry” was the first on the repeatability and reproducibility of a newly launched clinical device called the Corvis ST. The award ceremony was held at the American Academy of Optometry’s annual meeting on 11 November 2016 in California, USA.

Congratulations to Dr Lam and Miss Hon on this exceptional award!



理大社會科學專家探討香港青少年使用粗口情況

PolyU Social Scientists Study the Use of Foul Language among Hong Kong Adolescents



無論於街上、食肆、公共交通工具上，甚至校園內，往往都會聽到有年輕人於對話中加插粗鄙字句。年青人使用粗口的情況越來越普遍，但學術界卻鮮有研究文獻探討這個現象。理大應用社會科學系應用社會科學講座教授石丹理教授，聯同該系助理教授(研究)林立博士，於早前一個縱貫性研究，以瞭解香港中學生使用粗口的情況。

石教授及林博士進行的研究為期六年，對象包括3,328位來自28間中學的學生，為首個探討青少年在成長過程中，於不同年齡時使用粗口的頻率有何改變的科學研究，亦為「共創成長路」—賽馬會青少年培育計劃的其中一個受資助項目。石教授及林博士以問卷形式讓青少年自我報告其使用粗口的情況，結果顯示青少年使用粗口的頻率的確會隨年齡增加，但使用粗口頻率的升幅卻會隨年齡增長而收窄。當比較性別分別時，發現男性比女性於使用粗口的頻率上會隨年齡急升，但男性於粗口的使用上會比女性減速得快。研究團隊亦發現若於調節感情、社交及道德三方面心理質素的能力越好，則會減少他們於日常生活中說髒話。

石教授表示：「研究顯示香港的青少年於日常溝通時使用粗口的情況十分普遍，其實講粗口本身沒對錯之分，很多時更是青少年發洩被壓抑情緒的途徑。今次的研究讓家長及教育人士反思，應如何使用更有效的方法去處理青少年說粗口的情況。」

石教授及林博士都認為，現今的香港教育制度太偏重於科目內容的傳授，而忽視了教導學生應如何管理情緒及灌輸正確的品德觀念。石教授補充：「學校及家長與其只透過只責罰或埋怨以減少青少年說粗口，不如協助青少年提升情感、社交及品德的質素，更能有效地處理現時青少年使用粗口上升的趨勢。」

When strolling on the streets, travelling on public transports, eating at restaurants, or even walking on school campuses, it is not uncommon to hear young people using rude words in their conversations. The use of foul language has become popular among young people, but there is little scientific research on this topic. Prof Daniel Shek, the Chair Professor of Applied Social Sciences, and Research Assistant Professor Dr Lin Li of the PolyU Department of Applied Social Sciences conducted a longitudinal study on the use of foul language among secondary school students in Hong Kong.

Their six-year longitudinal study, which involved 3,328 students from 28 secondary schools, is the first scientific study to investigate the developmental change of adolescent cursing. It is one of the many projects in the P.A.T.H.S. to Adulthood: A Jockey Club Youth Enhancement Scheme sponsored by the Hong Kong Jockey Club Charities Trust. The research team led by Prof Shek and Dr Lin found that the self-reported frequency of using foul language among young people increases with age but that this rate lapsed over time. The results also show that males presented faster linear increases but faster deceleration than females. The team also found that young people's emotional, social and moral psychosocial competence restrains their tendency to use foul language in daily life.

"Our study concluded that using foul language is quite a common way of communication among the youngsters in Hong Kong. While using foul language is not a matter of absolute right or absolute wrong and can be a way for young people to express their intense emotions, the present study promotes parents and educators to consider a wiser and more effective approach to handling cursing among young people," said Prof Shek.

Prof Shek and Dr Lin agreed that Hong Kong's education system focuses too much on teaching subject knowledge and has neglected emotion management and moral education. "Punishing and blaming adolescents for cursing seem not to be the best way to stop cursing. Both schools and parents should consider putting more emphasis on promoting emotional, social and moral competence to counter the increasing trend of the use of foul language," said Prof Shek.

PolyU study reveals minimalist shoes increase leg and foot muscle
理大研究發現仿赤足鞋增加小腿及足部肌肉

理大物理治療科研人員發現 仿赤足鞋能有效增加 小腿及足部肌肉

PolyU Physiotherapy Experts Prove Minimalist Shoes Increase Leg and Foot Muscle Volume



現時許多市面上出售的運動鞋，都以配備多項先進科學技術功能，經過科學驗證為賣點，聲稱不但能為用家帶來舒適感，更能提升其運動表現。理大康復治療科學系助理教授張子熙博士進行研究，發現穿著仿赤足鞋能有效增加小腿及足部肌肉，研究結果可應用於為病人製訂康復計劃。

張博士與美國哈佛醫學院進行聯合研究，招募38名來自本地跑會，平均有六年跑步經驗的跑手參與項目。跑手們於過去六年一直穿著傳統跑步鞋跑步，即腳跟與前腳掌距離地面高度的差距大於五毫米，而且具有額外托墊及人造足弓承托的跑鞋。當中20人被隨機分到實驗組，按研究要求穿著仿赤足跑鞋參加為期六個月的訓練，並要完成一個自我監測計劃，包括進行加強小腿鍛鍊和平衡訓練的運動。而另外18人則參與對照組，他們參加與實驗組相同的訓練計劃，但期間只需穿著傳統跑鞋。

張博士及團隊分析跑手於訓練前後，針對右腿進行的磁力共振掃描資料，發現對照組跑手的小腿及足部肌肉體積沒有明顯改變，但實驗組跑手的小腿肌肉和足部肌肉均顯著增加。實驗組跑手的小腿至足部的外在足部肌肉平均增加了7.05%，即由每公斤平均約25,100立方毫米增至27,000立方毫米；在腳跟至腳趾的內在足部肌肉亦增加8.8%，由每公斤平均約4,600立方毫米增至近5,000立方毫米。團隊更發現，參加者越按指示穿著仿赤足跑鞋跑步越多，他們的小腿肌肉增長則更為顯著。

張博士解釋，由於仿赤足跑鞋只為跑手足部提供少量托墊，更沒有為足弓帶來機械承托，因此當跑手進行訓練時，對其內在和外足部肌肉的強度要求更高。此外，由於仿赤足跑鞋需要跑手以中及前足著地，為前足尤其是跖趾關節帶來更多刺激，該關節的運動肌肉亦因而變得更強壯。研究團隊建議專業人士於處理弱足部肌肉的案例時，不要單靠使用足部矯形器材，可考慮將治療重點放在足部的核心訓練。

Many sports shoes now on the market are said to be equipped with many advanced technological functions based on scientific research that can not only provide comfort but also enhance performance. Dr Roy Cheung, Assistant Professor of the PolyU Department of Rehabilitation Sciences (RS), found that minimalist shoes can increase leg and foot muscle volume and has potential applications in rehabilitation programmes.

In a collaborative research study with Harvard Medical School, Dr Cheung and his team recruited 38 runners from local running clubs. The participants had been running for six years on average with traditional running shoes that had a heel-to-toe drop of over 5mm and that were equipped with additional cushioning and arch support. 20 participants were randomly chosen as the experimental group. They underwent a six-month training programme with a pair of minimalist running shoes and participated in a self-monitoring programme including a transition exercise regimen. The other 18 runners acted as a control group. They received the same training programme but continued to run in their traditional running shoes.


Using the pre- and post-MRI (magnetic resonance imaging) scanning data of all of the participants' right legs and foot muscles, Dr Cheung and his team found that while the volume of the leg and foot muscles in the control group remained unchanged, the participants in the experimental group exhibited significantly greater leg and foot muscle volume. The mean volume of their extrinsic foot muscles attached from the leg to foot increased by 7.05% (from around 25,100 mm³/kg to 27,000 mm³/kg) and the intrinsic foot muscles attached from the heel to the toes increased by 8.8% (from around 4,600 mm³/kg to nearly 5,000mm³/kg). The research team also found that participants who wore minimalist running shoes more often had greater leg muscle growth.

Dr Cheung explained that as minimalist running shoes provide minimal cushioning and no mechanical support for the foot arches or the intrinsic and extrinsic foot muscles, they lead to greater demands for strength. Furthermore, because minimalist running shoes require runners to land on their mid- or forefoot, the muscles responsible for the metatarsophalangeal joint motions are therefore strengthened. Based on the findings that minimalist running shoes are capable of strengthening the muscular components of the foot core system, Dr Cheung recommended that current clinical guidelines should emphasise foot core training in the treatment of injury related to weak foot muscles instead of focusing solely on orthotic devices.



理大舉行災害管理 研討會及意見交流會 PolyU Organises a Symposium and Write-shop for Disaster Risk Reduction and Governance




 自1989年起，聯合國大會將每年的10月13日定為國際減災日，邀請全球各地於當日舉行活動，提醒社區及民眾注意有可能發生的自然災害及提升防災意識。

為響應國際減災日，理大醫療及社會科學院於2016年10月14日舉行題為「災害風險管治：以經歷分享最佳處理及挑戰」的研討會，邀請到八位國際知名專家與出席人士討論管治及處理災害危機的理想做法，以及如何提升城市於應對災害時的恢復能力。出席專家包括美國科羅拉多大學Mickey Glantz教授、中國四川大學Gretchen Kalonji教授、英國倫敦大學學院Ilan Kelman博士、中國北京師範大學史培軍教授及葉謙教授、尼泊爾國家地震技術科學會Surya Narayan Shrestha先生及台灣國立臺灣大學譚義績教授。理大應用社會科學系副教授沈文偉博士，以及香港天文台助理台長黎守德先生分別擔任研討會主持人及分享經驗。超過50位來自本港不同界別的人士應邀出席是次研討會，與眾嘉賓從不同角度就災害管治方面交流意見。

於研討會後，理大於2016年10月15至17日舉行一帶一路倡議綜合風險意見交流會，出席者就主題進行深入討論，並將意見整理為諮詢報告，將呈交聯合國國際減災戰略署及印度政府內政部舉行的第七屆亞洲減災部長級大會。

理想的災害管理必須將社區及群眾納入政策之內，理大於2016年10月13及17日舉行兩個社區講座，邀請香港紅十字會及香港天文台派員，分別與公眾人士分享危機中的心理支援服務以及香港的自然災害。此外，香港天文台於10月11至28日亦在理大校園舉行「回應·氣候展」巡迴展覽，加深公眾對本港自然災害的認識。

 Since 1989, the United Nations General Assembly has designated 13 October as the International Day for Disaster Reduction (IDDR), inviting global action to promote awareness and disaster reduction. Countries are encouraged to conduct activities to show how communities are reducing their exposure to disasters and how people are working to increase their awareness and resilience in responding to natural disasters.

In connection with the IDDR, PolyU organised a symposium on “Disaster Risk Governance: Live to Tell the Good Practices and Challenges” on 14 October 2016, inviting eight internationally renowned experts to share on good practices and challenges in risk governance, managing disaster and building resilient cities. Speakers included Prof Mickey Glantz from the University of Colorado, Prof Gretchen Kalonji from Sichuan University, Dr Ilan Kelman from University College London, Prof Shi Peijun and Prof Ye Qian from Beijing Normal University, Mr Surya Narayan Shrestha from the National Society for Earthquake Technology – Nepal, and Prof Tan Yih Chi from National Taiwan University. Dr Timothy Sim, Associate Professor of PolyU Department of Applied Social Sciences, and Mr Edwin Lai, Assistant Director of the Hong Kong Observatory, also spoke and facilitated discussions. The symposium attracted over 50 participants from different sectors in Hong Kong to exchange their views and experience in the field of disaster risk governance at the national, regional, urban and community levels.

Following the symposium, a write-shop titled “Integrated Risk Assessment on the One Belt-One Road Initiative: Opportunities and Challenges for Participating Countries and Regions” was held on 15 to 17 October 2016. Participants discussed and prepared a consultation report on the opportunities and challenges related to the implementation of the One Belt-One Road initiative for the 7th Asian Ministerial Conference on Disaster Risk Reduction organised by the United Nations Office for Disaster Risk Reduction and the Ministry of Home Affairs (MHA) of India.

As the community must be involved to establish successful disaster risk reduction and to build a resilient city, PolyU hosted two community talks on 13 and 17 October 2016, inviting representatives from the Hong Kong Red Cross to share with the general public on psychological support services in emergencies and the Hong Kong Observatory to share on the risks of hazardous weather. The Hong Kong Observatory also hosted a roving exhibition titled “Climate Change – Our Response” at the PolyU campus on 11 to 28 October 2016.

理大物理治療團隊支援 香港馬拉松跑手 Physiotherapists and Physiotherapy Students Back Up Marathon Runners



一如以往，理大康復治療科學系及香港賽馬會運動醫學及健康科學中心均為香港馬拉松跑手的強大後盾，於選手在備戰階段、馬拉松賽事中，以及賽事後提供周全的支援。

理大康復治療科學系物理治療專家暨香港業餘田徑總會首席副主席楊世模博士，於2016年9月至2017年1月期間，為參賽選手舉辦馬拉松訓練課程，為跑手提供全面的訓練指導，內容包括理論課、訓練前體質評估、實戰班、預防跑步受傷工作坊、測試賽、賽前體質評估，以及為長跑經驗設計專屬的個人訓練計劃。參加全馬拉松工作坊的人士更可選擇參與一對一身體素質評估，當中包括量度其最大攝氧量測試、肌力及肌耐力測試、跑姿及步態分析、核心肌力測試及柔軟度測試等。馬拉松工作坊一直深受跑手歡迎，400個名額於開始接受報名之後不久已告滿額。

理大物理治療團隊亦積極參與於賽事舉行前一星期，於香港維多利亞公園舉行的馬拉松嘉年華。在康復治療科學系楊慧教授的帶領下，為公眾人士提供一系列健康檢查，幫助跑手於賽事前作最後的充足準備。物理治療學生為參觀人士進行跑姿分析及核心力量評估外，亦為他們檢查和分析健康指數、身體柔軟度及脂肪比例。到場人士亦可向駐場的物理治療師諮詢意見，有需要時物理治療師亦會為他們示範使用運動肌內效貼布，以減少肌肉痛楚，促進傷患復元，以及提升運動表現。

於2月12日香港馬拉松舉行的大日子，楊教授亦率領一隊由超過50位物理治療學者、物理治療師及物理治療學生聯合組成的強大陣容團隊，為跑手提供即時支援。

香港馬拉松為一項國際享負盛名的大型體育運動賽事，吸引眾多本地及海外跑手參與，康復治療科學系學生很榮幸地能於賽事中出一分力，發揮所長，得到寶貴的實習經驗。



As in previous years, the PolyU Department of Rehabilitation Sciences (RS) and the Hong Kong Jockey Club Sports Medicine and Health Sciences Centre “run” with marathon runners during their entire course, including preparation, during the run and after the run!

Dr Simon Yeung, RS Physiotherapy expert and Senior Vice-President of the Hong Kong Amateur Athletic Association, organised the Marathon Clinic for marathon runners from September 2016 to January 2017. The Marathon Clinic provides participants with useful and comprehensive training guidelines and principles for the Hong Kong Marathon. In addition to introductory classes, pre-training physical fitness assessments, train-together sessions, injury prevention workshops, and specific test runs, instructors tailor training programmes to participants according to their fitness levels and running experience. Full marathon runners can opt to take a one-on-one laboratory test that measures and assesses their maximum oxygen consumption, isokinetic muscle performance, core stability, running gait and joint flexibility. The Marathon Clinic is highly acclaimed by runners, and all 400 places were filled soon after enrolment began.

At the Marathon Carnival held one week before the race, RS Prof Ella Yeung led a team of professional physiotherapists and physiotherapy students to conduct a variety of health assessments essential for the runners to gear up for the race. Visitors can check their running gait on the treadmill, evaluate their core stability with the TRX suspension training equipment and check their health indexes, flexibility and body composition. Visitors can also consult with physiotherapists onsite regarding different running and physiotherapy issues. As needed, physiotherapists can apply athletic tape to reduce pain and swelling, promote injury resolution and enhance performance.

During the run on 12 February, Prof Yeung also led a physiotherapy professional team comprised of over 50 faculty members, physiotherapists and physiotherapy students to provide immediate assistance to runners who needed help during and after the race.

The Hong Kong Marathon is a signature international sporting event recognised by local and global runners. By participating in this large-scale event, our RS students gain invaluable experience by putting their knowledge into practice and serving the runners.

醫療及社會科學院推出跨專業臨床教育先導計劃 FHSS Launches Inter-professional Clinical Education Pilot Programme

理大醫療及社會科學院轄下五個學系/學院，以培育具熱心、有才能的醫療及人本服務專才為己任，尤其注重專業之間的跨學科跨領域協作，旨在為服務受眾提供全人健康護理。

醫療及社會科學院的應用社會科學系、康復治療科學系及護理學院，於2016年12月12及13日聯合舉辦首次於模擬環境中進行的跨專業臨床教育先導計劃。就讀於該三個學系/學院最後一年課程的學生，於模擬病房內就三個仿現實的預設情境中，分別單獨及以小組形式合作完成要求，深化跨專業間的合作默契，讓他們預先感受到將來投身工作時，有機會遇到的真實情況。學生亦可透過實習及與其他專業的同學互動中，從新角度反思其專業的角色。參與學生對是次先導計劃評價甚高，醫療及社會科學院各學系/學院將會繼續實行計劃，並優化內容設計。

The five departments/ schools under FHSS nurture dedicated and capable professionals in the fields of health care and human services. FHSS places special emphasis on interdisciplinary and cross-disciplinary approaches to provide the best holistic care to service recipients.

The Department of Applied Social Sciences, the Department of Rehabilitation Sciences and the School of Nursing hosted the first Inter-professional Clinical Education Pilot Programme in a Simulated Clinical Setting on 12 and 13 December 2016. Final-year students were required to perform independently and collaboratively in three scenarios constructed for interdisciplinary learning. The scenarios simulated real clinical and community settings so that the students could practise teamwork and enhance their awareness of health care and rehabilitation issues in actual work settings. Students also gained new perspectives on their own professional roles through their interactions with their fellow students from other professional disciplines. Having received positive feedback from the participating students, FHSS's departments and schools will host similar programmes in the future.



第22屆畢業典禮 22nd Congregation

醫療及社會科學院於2016年10月25及26日，在賽馬會綜藝館舉行第22屆畢業典禮，典禮共分六節舉行。醫療及社會科學院於2015/16的畢業學生人數為1,823人，當中包括43名哲學博士學位及博士學位畢業生。按本學院的傳統，所有畢業生於典禮中，在學院院長、教職員及親友面前宣讀專業誓章。

The 22nd Congregation of FHSS was held at the Jockey Club Auditorium on 25 and 26 October 2016 in six sessions. FHSS had 1,823 graduates in the 2015/16 academic year, including 43 PhD and Doctoral Degree students. As a tradition, all FHSS graduates have to recite a Pledge of Professionalism at the congregation ceremony before the faculty dean, faculty members and their families and friends.



2015/16年度院長優異生名單，請瀏覽：

For the Dean's Honours List 2015/16, please visit <http://fhss.polyu.edu.hk/docs/en/promo/DeansList1516.pdf>

教職員消息 | Staff News

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，被醫院管理局委任為沙田醫院管治委員會主席。

Prof Maurice Yap, Dean of FHSS, K.B. Woo Family Professor in Optometry, and Chair Professor of Optometry at PolyU's School of Optometry, was appointed by the Hospital Authority as the Chairman of Hospital Governing Committee of Shatin Hospital.



醫療及社會科學院協辦神經科學講座 FHSS Co-organises Neuroscience Seminar



醫療及社會科學院於2016年11月28日與理大神經科學中心實驗室合作，邀請蘇黎世大學藥劑學教授暨該校與蘇黎世聯邦理工學院合作的藥劑學研究所總監Hanns Möhler教授，就「轉化神經科學：從四個腦部狀態剖析由發現至臨床測試的過程」為題舉行講座。

Möhler教授分享藥劑界最近有關四個腦部狀態，包括發展中、進行康復治療中、緊張情緒及認知過程中腦部狀態的最新研究發展，以及科研人員如何於研究人類疾病基因中，直接或間接透過動物實驗，啟發治療發展方向。Möhler教授表示，科研人員於研究γ-氨基丁酸(GABA)的抑制過程中，啟發出多個治療失眠、緊張情緒及痛楚的新方向。此外，Möhler教授亦指出，當科研人員於研究GABA的反抑制過程時，更發明了一種可促進海馬體學習及增強記憶力的藥物。



FHSS and the PolyU University Research Facility in Behavioural and Systems Neuroscience invited Prof Hanns Möhler, Professor of Pharmacology and Director of the Institute of Pharmacology of the University of Zurich and the Swiss Federal Institute of Technology in Zurich, to host a seminar titled "Translational Neuroscience: From Discovery to Clinical Trial as Illustrated for Four Brain States" on 28 November 2016.

Prof Möhler reviewed recent advances in drug discovery concerning four brain states: the developing brain, the brain in rehabilitation, the anxious brain and the cognitive brain. He also illustrated how human disease genetics inspire therapy either directly or via animal models. Prof Möhler stated that by studying the modes of GABAergic inhibition, a variety of new approaches to treating insomnia, anxiety and pain have been discovered. He also remarked that a novel class of drugs based on disinhibition that can enhance hippocampal learning and memory has emerged.



理大80周年環球領袖講座系列



PolyU 80th Anniversary Global Leader Lecture Series



為慶祝理大創校80周年，醫療及社會科學院與應用科學及紡織學院於2月15日合作，為理大80周年環球領袖講座系列揭開序幕，邀請世界衛生組織(世衛)的衛生系統與創新助理總幹事Marie-Paule Kieny博士，主持題為「在伊波拉病毒疫症期間開發疫苗：防疫經驗及未來展望」的講座，得到超過300位來自不同專業的人士出席。

伊波拉病毒於1976年被發現，當初只有零星個案於非洲發生。然而於2013年至2016年期間，非洲西部國家出現大規模伊波拉病毒感染，死亡人數高達11,300人。於出現伊波拉疫情期間，Kieny博士與其團隊，於西非測試一種名為rVSV-ZEBOV疫苗的效度，發現該疫苗能有效及安全地保護民眾不受病毒感染。Kieny博士總結處理伊波拉疫情的經驗，製訂出世衛研究及發展藍圖，確立全球各國必須以積極預防及盡早介入醫療科技的方向，裝備、應對及控制有可能出現的新興傳染病。



In celebration of the 80th Anniversary of PolyU, FHSS and the Faculty of Applied Science and Textiles (FAST) invited Dr Marie-Paule Kieny, the Assistant Director-General of Health Systems and Innovation of the World Health Organization (WHO), to present a lecture entitled "Vaccine Development during the Ebola Public Health Emergency: Lessons Learnt and Perspectives for Enhanced Preparedness" on 15 February. The lecture kicked off the 80th Global Leader Lecture Series and attracted attendance of around 300 participants from different professional disciplines.

The Ebola virus was first identified in 1976, with only scattered occurrences in Africa. However, a large-scale outbreak of Ebola in West Africa from 2013 to 2016 led to over 11,300 deaths. During the Ebola outbreak, Dr Kieny and her research team tested the Ebola vaccine rVSV-ZEBOV in West Africa. The results indicated that the vaccine was safe and highly efficacious in preventing Ebola. Through the experience, Dr Kieny articulated a novel research and development model – the WHO R&D Blueprint – a global strategy and preparedness plan to ensure that the targeted R&D can strengthen emergency response by providing medical technology to patients during epidemics.



理大護理學院慶祝40周年 School of Nursing Celebrates 40th Anniversary



本著「創新護理 惠澤全人」的院訓，理大護理學院於過去40年間跨越多個重要里程碑，由一個附設於當時香港理工學院醫療服務學院的護理部，於1987年被納入醫療科學系，隨後於1997年改名為護理及醫療科學系，並於2002年升格為護理學院。學院一向鼓勵師生積極於教與學、科學研究及社會服務幾方面發揮所長，以專業護理知識服務大眾。

為慶祝成立40周年，護理學院舉行多項慶祝活動，歡迎學院教職員、退休同事、校友、學生及合作夥伴參與。

Upholding the motto “To excel in Nursing for the well-being of mankind”, PolyU School of Nursing (SN) has achieved many great things in the past four decades, from the nursing section of the Institute of Medical and Health Care to the Department of Health Sciences in 1987, which was renamed the Department of Nursing and Health Sciences in 1997 and as has been known as the School of Nursing since 2002. SN encourages staff members and students to excel in teaching, learning, scientific research and community service.

To celebrate the achievements of the past 40 years, SN will host a series of celebration events for faculty members, colleagues, retired staff members, alumni, students and partners in Hong Kong and all over the world.

各項活動的詳情，請瀏覽：

For more details of the past and upcoming celebration events, please visit:
http://sn.polyu.edu.hk/sn_40th_anniversary



- | | |
|----------------------------|---|
| 9-10/3/2017 | 第20屆東亞護理學者論壇
The 20th East Asian Forum of Nursing Scholars (EAFONS) |
| 8/4/2017 | 2017世界衛生日健康嘉年華
World Health Day 2017 – Health Carnival |
| 20/5/2017 | 2017國際護理榮譽學會香港分會
Induction Ceremony 2017 of Pi Iota Chapter, Honor Society of Nursing, Sigma Theta Tau International |
| 2017年7月中旬
Mid-July 2017 | 華夏高等護理教育聯盟暑期交流課程
Chinese Consortium Student Exchange Summer Programme |
| 28/7/2017 | 護理學院40周年校友晚宴
SN 40th Anniversary Alumni Dinner |
| 18/10/2017 | 華夏高等護理教育聯盟會議
Chinese Consortium Conference |
| 19/10/2017 | 40周年國際論壇
40th Anniversary International Forum
40周年晚宴
SN 40th Gala Dinner |
| 2017年11月
November 2017 | 第三屆香港創新日
The 3rd Hong Kong Innovation Day |

護理學院舉行第20屆 東亞護理學者論壇 SN Hosts the 20th East Asian Forum of Nursing Scholars



護理學院於3月9日至10日舉辦第20屆東亞護理學者論壇，主題為「全球化與護理學博士教育之研究」。東亞護理學者論壇成立於1997年，旨在為世界各地的護理專業的學者及博士生提供交流平台，以推廣博士研究和教育的發展。今年護理學院很榮幸邀請到香港特區政府食物及衛生局副局長陳肇基教授太平紳士出席主持開幕儀式。

超過700多名來自14個國家或地區的專家或博士生出席是次論壇，並由美國華盛頓大學護理學院院長Azita Emami教授，以及英國阿爾斯特大學護理學院護理學教授、兼護理學博士教育國際網絡主席Sonja McIlpatrick教授擔任主題發言講者。出席人士亦被邀請參與圓桌會議討論、海報展覽及報告、工作坊、座談會及分組討論。於論壇結束後，大會更舉行文化之夜，讓與會人士渡過一個輕鬆有趣的晚上。




SN hosted the 20th East Asian Forum of Nursing Scholars (EAFONS), “Globalisation and Research in Doctoral Nursing Education”, on 9 and 10 March. Formed in 1997, EAFONS has provided an international platform for participants to exchange ideas, share experiences, and establish collaborations in the areas of doctoral nursing education and research. SN was honoured to have Prof Sophia Chan, JP, Under Secretary for Food and Health of the HKSAR Government, to officiate the opening ceremony.

Over 700 nursing professionals and doctoral students from 14 countries attended the forum this year. The two renowned keynote speakers were Prof Azita Emami, Professor and Dean of the School of Nursing, University of Washington, USA; and Prof Sonja McIlpatrick, Professor of Nursing of the School of Nursing, University of Ulster, UK, and President of the International Network for Doctoral Education in Nursing. Participants were also invited to take part in roundtable discussions, poster sessions, workshops, symposiums, talks and concurrent sessions. A cultural night was held after the Forum for visitors to relax and enjoy a fun-filled evening.



理大眼科視光學院獲捐款支持 開展「看見愛」流動護眼計劃 School of Optometry Receives Donations to Fuel Vision of Love Mobile Eye Care Project



 理大及醫療及社會科學院鼓勵學生積極參與服務學習項目，讓他們將專業知識應用，服務社群。自2014年起，眼科視光學院推出「眼睛護理及視覺健康在社區」服務學習科目，鼓勵學生以所學專長服務社群。三年來，超過900名來自理大不同學系的學生，於本港、中國內地、柬埔寨及越南提供視覺篩查及眼睛健康講座，受惠人次超過16,000。


眼科視光學院師生的努力，得到理大大學院士暨理大基金管治委員會成員鄭美雲小姐的認同，聯同其友好慷慨捐款港幣380萬元，成立「看見愛基金」，啟動「看見愛流動護眼計劃」，進一步推展相關「服務學習」學科，並添置一輛七人車，配置眼科視光檢查器材，讓理大的外展服務進一步拓展至全港各區，預算計劃首年提供視覺篩查達5,000人次。

計劃開展儀式於1月12日舉行，理大校長唐偉章教授代表理大及受惠人士，感謝鄭小姐及其他捐款人慷慨支持。唐校長於致辭時表示：「於『看見愛流動護眼計劃』開展後，理大的專業團隊和學生便能走訪更多社區，為更多有需要人士提供視覺篩選及護眼教育，從而達至及早預防和及早處理各種眼睛健康問題。鄭美雲小姐及其他捐款人慷慨成立『看見愛基金』，實在是理大80周年校慶的一份極具意義的賀禮。」

鄭小姐於致辭時表示：「理大眼科視光學院在推動服務學習方面的成效，有目共睹。我相信這項護眼服務能夠持續發展，並且確保受惠人士能夠得到最專業最優質的服務，同時亦為學生帶來更多寶貴的服務學習機會。」

理大眼科視光學院學院主任杜嗣河教授介紹計劃內容，表示：「經視覺篩查發現視力或眼睛健康不及格的人士，學院會安排他們由專業眼科視光師深入了解患者的狀況，為他們提供綜合眼科視光檢查、視覺復康及專業建議。此外，我們的專業團隊亦會分析計劃收集的資料數據，作社區近視普及率及近視相關範疇的研究之用。」

此外，由理大師生、職員及校友組成的理大義工隊亦會配合流動護眼計劃，探訪及關懷社區有需要人士，並於接受眼科視光學院的專業培訓後，協助進行視覺篩查工作。另外，為推廣可持續發展，理大於校園推出眼鏡回收活動，呼籲師生及市民送出舊眼鏡。眼鏡經眼科視光團隊篩選、調較及重配鏡片後，將轉贈予有需要人士。

 PolyU and FHSS encourage students to actively take part in service-learning activities to apply their professional knowledge and to enhance their skills and competence in serving the needy. Since 2014, PolyU School of Optometry (SO) has offered a service-learning subject titled "Learning through Providing Eye Care and Vision Health to the Community". Over the past three years, more than 900 PolyU students from different disciplines have participated in providing vision screening and eye care education to over 16,000 people in Hong Kong, mainland China, Cambodia and Vietnam.

The efforts of staff members and students of the School of Optometry (SO) in providing community vision screening and eye health education received recognition from Miss Cally Kwong, PolyU University Fellow and member of the Governing Committee of the PolyU Foundation, who solicited a HK\$3.8 million donation to establish the "Vision of Love Fund" to increase the magnitude of SO's community work. With a converted mobile optometric unit, SO is able to reach various districts in Hong Kong and bring vision screening and eye health education to the doorsteps of people in need. It is expected that the team will be able to conduct 5,000 vision screenings in its first year of service.

At the launch ceremony held on 12 January, PolyU President Prof Timothy Tong expressed his heartfelt gratitude to Miss Kwong and her friends for the generous donation. Prof Tong said, "With the launch of this Project, our optometry experts and students can further reach the community to provide early prevention of and intervention for vision problems. The support of Miss Kwong and the other donors is a meaningful and timely gift for PolyU's 80th anniversary."

At the ceremony, Miss Kwong said, "I greatly appreciate PolyU's efforts in promoting service-learning, and I can see that they have achieved many impressive outcomes. I am confident that the Project will be sustainable in providing the most professional and quality services to the needy and in offering more service-learning opportunities to PolyU's students."

SO School Head Prof To Chi-ho introduced the Project at the ceremony. "Those screened having eye problems will be provided with comprehensive eye examinations, vision rehabilitation and follow-ups at PolyU. Under this Project, SO will also analyse the data collected for further research into myopia prevalence and myopia related issues," said Prof To.

The PolyU Volunteers, which include PolyU students, staff and alumni, will also participate in the Project to provide care visits, and they will be trained by SO professionals to provide basic vision screening onsite. To promote sustainable development, a campaign has been launched to collect used eyeglasses, which will be screened and adjusted by PolyU's optometry team before being redistributed to people in need.

應用社會科學系驗證中文版自閉症兒童評估工具 Department of Applied Social Sciences Validates Assessment Tool for Chinese Autistic Children



理大應用社會科學系專家早前與香港協康會及中山大學附屬第三醫院兒童發育行為中心合作，就中文版PEP-3（自閉症兒童心理教育評核第三版）(CPEP-3)進行驗證研究。研究結果有助建立中國首個自閉症兒童常模資料，讓中國評估人員更能準確地分析受驗兒童的表現及發展。

理大應用社會科學系講座教授石丹理教授及助理教授于璐博士與團隊，在2015年設計及進行為期一年的全國性大型研究，分析由中山大學附屬第三醫院兒童發育行為中心收集到的CPEP-3評估資料，當中包括554名來自中國多個省市的自閉症兒童及311名正常兒童的資料。石教授及于博士發現CPEP-3的信度和效度良好，是一套可靠有效的評估工具。石教授表示：「透過是次合作項目，我們建立了中國首個自閉症兒童常模資料，能夠準確地顯示自閉症兒童在評估項目中相對同齡發展正常兒童的表現，讓訓練人員清晰地掌握個別兒童的能力和學習需要，為他們提供最適切的支援及訓練。」



Social scientists at the Department of Applied Social Sciences (APSS) collaborated with Heep Hong Society in Hong Kong and the Third Affiliated Hospital, Sun Yat-Sen Hospital in mainland China, to conduct a reliability and validity study on the Chinese Edition of Psychoeducational Profile – Third Edition (CPEP-3). The study helped establish a Chinese norm for children with autism and normal development, and the data have enabled practitioners in Chinese communities to analyse children's behaviour and development more accurately.

In 2015, APSS Prof Daniel Shek and Assistant Professor Dr Yu Lu led the research team in designing and conducting a one-year study to analyse the CPEP-3 data collected by the Third Affiliated Hospital, Sun Yat-Sen Hospital. The data were collected from 554 autistic children and 311 normal children from different provinces all over mainland China. Prof Shek and Dr Yu said that the study proved that CPEP-3 is a reliable and valid assessment method for evaluating autism among Chinese children. "Through this collaborative study with Heep Hong Society and the Third Affiliated Hospital, Sun Yat-Sen Hospital, we have established a norm for autistic children in mainland China, which is the first of its kind in the world. With a better understanding of the performance of autistic children versus normal children, trainers can identify individuals' abilities and learning needs to tailor appropriate training programmes for them," said Prof Shek.

應用社會科學系推出應用老年學及服務管理本科生課程 APSS Launches a New Government-funded Undergraduate Programme in Applied Ageing Studies and Service Management



根據世界衛生組織的推測，香港於2050年將會成為全球人口老化城市的第五位，屆時65歲或以上人士將佔總人口的40%。高齡化為社會帶來不少挑戰，但亦同時帶來很多機遇。應用社會科學系將推出一個全新的政府資助本科生課程，培育有能力及具專業知識的專才，於不同的社會服務及醫療機構組織內，負責計劃、執行、處理、評估及統籌有關積極活齡及護理服務，以應付長者及高齡化社會的需要。

新推出的應用老年學及服務管理(榮譽)文學士學位課程以廣泛跨專業為中心，教學團隊來自不同的專業，包括老人學、社會工作、社會政策、服務管理、社會學、護理學、康復治療科學、心理學、設計、酒店及旅遊管理、財務管理及科技。學生於畢業前需完成240小時的校企協作教育計劃，以及呈交畢業論文以表現其將知識轉為實踐的能力。



According to a World Health Organization forecast, Hong Kong will be the fifth most aged city in the world by 2050, with 40% of its population aged 65 or above. Ageing brings both challenges and opportunities. APSS has launched a new government-funded undergraduate programme to nurture capable and knowledgeable professionals to plan, deliver, manage, evaluate and coordinate active ageing and care services in different social and health care settings to meet the emerging needs of an ageing society.

The new Bachelor of Arts (Honours) in Applied Ageing Studies and Service Management programme adopts a broad-based multidisciplinary approach with a teaching team comprised of experts in the fields of gerontology, social work, social policy, service management and administration, sociology, nursing, rehabilitation sciences, psychology, design, hotel and tourism management, financial management and technology. Students are required to complete 240 hours of Work-Integrated Education and a capstone project to demonstrate their ability to integrate knowledge into practice.

課程詳細資料，請瀏覽：

For more details, please visit

<http://apss.polyu.edu.hk/teaching/undergraduate-programmes-ft/bachelor-arts-honours-applied-ageing-studies-and-service>



應用社會科學系與加拿大高等學府簽訂合作計劃 APSS Signs Collaboration Agreements with Universities in Canada



理大應用社會科學系於早前分別與加拿大卡爾加里大學社會工作系，以及西門菲莎大學文學及社會科學院簽訂合作計劃，加強學系與該兩間知名大學的學術交流及科研合作。



The Department of Applied Social Sciences (APSS) signed separate agreements with the Faculty of Social Work of the University of Calgary and the Faculty of Arts and Social Sciences of Simon Fraser University in Canada. The agreements enable APSS to foster stronger academic exchanges and collaborative scientific research with two world-esteemed universities.

職業治療學生於國際比賽喜獲金獎 Occupational Therapy Students Win Gold Award in International Competition



五位理大康復治療科學系職業治療學四年級學生，於第10屆國際康復工程與輔助科技會議 (i-CREATE) 中得到金獎，該比賽於2016年7月25 至28日在泰國舉行。

越來越多人擁有智能電話，而智能電話的顯示屏更一代比一代大，手部能力有問題的用家往往很難單手控制電話。五位職業治療學生於康復治療科學系副教授方乃權博士的指導下，研發出一項名為「Easlider」的發明。該發明為一個柔軟及舒適的膠質手握，配備一個易於滑動的結構，讓使用者無礙於手部功能問題，能夠輕而易舉地接觸整個顯示屏，亦不怕會令電話意外跌到地上。該發明最後於眾多來自印尼、新加坡、馬來西亞及泰國的強勁對手中突圍而出，於i-CREATE中勇奪金獎。



A smartphone gadget designed by a team of five Year 4 occupational therapy (OT) students in the PolyU Department of Rehabilitation Sciences (RS) won the Gold Award at the 10th International Convention on Rehabilitation Engineering and Assistive Technology (i-CREATE) held in Thailand on 25 to 28 July 2016.

Increasing numbers of people own smartphones, and smartphone screens are becoming increasingly larger. Most users manipulate their phones single-handedly, but large screens might create difficulty for users with hand impairments. Under the supervision of RS Associate Professor Dr Kenneth Fong, the OT team designed a gadget named "Easlider", which is a soft, comfortable elastic grip with a slideable track allows people with different levels of hand function to navigate the whole screen easily without fear of dropping the phone. This innovative product differentiated itself from other works created by students from Indonesia, Singapore, Malaysia and Thailand and received the Gold Award at i-CREATE 2016.



職業治療學生獲醫療及社會科學院卓越學生獎 RS Student Receives Outstanding Student Award from FHSS



職業治療學生陳美恩小姐獲醫療及社會科學院卓越學生獎，陳小姐表示她以四個「A」字鼓勵自己成為全面的優秀學生，包括學術成就 (Academic excellence)、積極參與義務工作 (Active participation in volunteer service)、公開比賽成績 (Achievement in external competitions) 及音樂活動 (music Activity engagement)。陳小姐立志於畢業後成為優秀的職業治療師，她不但專心學習，更於臨床實習中表現出色，將課堂中學到的知識融入工作中。此外，陳小姐亦於本港及國內的機構擔任義工，並參與本地及國際康復治療相關的比賽。於學習以外，陳小姐亦為鋼琴及揚琴高手。恭喜美恩當選卓越學生！



OT student Miss Melody Chan of RS received the Outstanding Student Award from FHSS in 2016. She mentioned that there were four "A"s in making herself as a well-rounded student, including academic excellence, active participation in volunteer service, achievement in external competitions and music activity engagement. Seeking to become a capable and dedicated occupational therapist after graduation, Miss Chan has excelled not only in her academic study but also in clinical placement as she seeks to integrate theoretical knowledge into practice. She has also served as a volunteer in NGOs in Hong Kong and mainland China and participated in local and international rehabilitation science competitions. Miss Chan plays the piano and the *yangqin* and has been invited to perform on different occasions. Many congratulations to Melody for her great achievements!





醫療及社會科學院支持世界健康日 FHSS Supports World Health Day

遠於1950年起，世界衛生組織（世衛）將每年4月7日定為世界衛生日，提高全球大眾對特定健康議題的關注，2017年的主題為抑鬱症。

全球超過三億人患有抑鬱症，抑鬱症有可能帶來許多其他疾病，甚至引致傷殘。世衛鼓勵各有關機構於國際、區域性及本地層面推展不同的項目，呼籲民眾當發現自己或親友有抑鬱症的徵狀時，必須即時向專業人士尋求協助。

香港護理專科學院於4月8日在屯門區舉辦2017世界衛生日健康嘉年華，理大護理學院、康復治療科學系、眼科視光學院及活齡學院亦參與是次活動，除攤位遊戲及展板外，眼科視光學院為出席人士提供眼睛健康篩查，而康復治療科學系教員及學生更於台上示範八段錦，教導在場人士釋放壓力，放鬆心情。

Since 1950, the World Health Organization has designated 7 April as World Health Day to raise worldwide awareness of a subject of major importance to global health. The theme of the 2017 World Health Day campaign was "Depression: Let's Talk".

Depression is a leading cause of illness and disability. It afflicts over 300 million people worldwide. Organisations at the international, regional and local levels have been asked to hold events to encourage people to seek help if they have depression symptoms.

The School of Nursing (SN), Department of Rehabilitation Sciences (RS), School of Optometry (SO) and Institute of Active Ageing (IAA) participated in the World Health Day 2017 – Health Carnival organised by the Hong Kong Academy of Nursing, which was held in Tuen Mun District on 8 April. In addition to booth games and showcased display panels, SO provided vision screenings to visitors, and RS faculty members and students demonstrated *Baduanjin* on stage to teach the general public to relax under stress.



醫療及社會科學院協辦「存為愛—生死博覽」 FHSS Units Co-organise "Live to Love" Life and Death Exposition

理大應用社會科學系、活齡學院及護理學院與東華三院，於3月10日至12日舉辦首屆「存為愛—生死博覽」，希望藉著不同類型活動，多角度透析生命的意義，鼓勵公眾反思生命的價值，並打破對死亡的禁忌和恐懼。醫療及社會科學院學者舉行多場講座，並將學院的虛擬解剖及生理學實驗室轉為「靈堂教室」。其他活動包括VR虛擬人生體驗遊戲、紀錄片播放、話劇、藝術工作坊、及服務機構攤位展覽等。

The Department of Applied Social Sciences, IAA and SN co-organised the "Live to Love" Life and Death Exposition with the Tung Wah Group of Hospitals at PolyU's campus on 10 to 12 March 2017. The aims of the Exposition were to promote the notions of treasuring life and shattering the taboo of death through various activities. Faculty members were invited to deliver talks on the topic, and the FHSS Virtual Anatomy Laboratory was transferred to a funeral showroom to display various items involved in a funeral. Other activities included a documentary movie, a drama, a virtual reality experiential game, arts workshops, public talks and education booths.



醫療及社會科學院參與2017香港科學節 FHSS Departments Receive an Overwhelming Response at SciFest 2017

香港科學館由2014年起舉辦香港科學節，提升市民大眾對科學及科技的興趣。今年的科學節其中一個特色活動單元為「醫學與健康」，醫療及社會科學院的學系/學院分別舉行實驗室參觀活動及公眾教育講座，包括由醫療科技及資訊學系舉行的「輻射之謎」及「實驗室的奧秘」；護理學院舉行的「護理新里程」；以及由眼科視光學院舉行的「近視控制有根據」，以上的活動深受市民歡迎，讓大眾有機會了解本學院醫療專業的詳情。

Since 2014, the Hong Kong Science Museum has organised the HK SciFest to elevate public recognition and interest in science and technology. One of the themed topics for HK SciFest 2017 was "Medicine and Health". FHSS Departments and Schools were invited to host several laboratory tours and educational talk. These included "Mystery of Radiation" and "Secret of Medical Laboratories" delivered by the Department of Health Technology and Informatics, "New Era of Nursing Care" conducted by SN, and "Evidence-based Myopia Control" hosted by SO. The tours and talk received overwhelming responses and increased public knowledge about FHSS's health care professional disciplines.