



# 歡迎醫療及社會科學院 新鮮人! FHSS Welcomes Freshmen!

當辦妥入學註冊手續後，新鮮人第一個感受大學生活的活動就是迎新營，今年醫療及社會科學院的新生更有幸於迎新營的準備會中巧遇理大校董會楊敏德主席，楊主席與新生分享，如何裝備自己迎接大學新挑戰，相信各新鮮人都獲益良多。

After completing the formalities for registration as new students, the first taste of university life for many freshmen is an orientation camp. And before this summer's orientation camp for the first-years of the Faculty of Health and Social Sciences (FHSS) of The Hong Kong Polytechnic University (PolyU), a 'pre-o'camp' was held for them, in which PolyU Council Chairman Ms Marjorie Yang, GBS, JP, shared some words of wisdom with them. What better way to start university life than with a bit of fun and a bit of advice?

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# 2013 迎新營 Orientation Camp 2013

今年的迎新營以「海戰」為題，新生們分為多個小組，於充滿歡笑的破冰遊戲中，與相同學系以及其他學系的同學互相認識，未開學前已經建立起跨專業之間的友誼，並為以後學習及工作時必備的跨專業合作奠下基礎。

At the o'camp, the FHSS freshmen were divided into small groups and enjoyed laughter-filled, ice-breaking games to get to know one another, including their contemporaries from other FHSS disciplines since cross-disciplinary collaboration is important in health and social care. A particular highlight of the o'camp was the 'sea war' at the Community Sports venue in Sheung Shui.



## 第二十屆醫療及社會科學院學院會 20th FHSS Students' Association

有參加過迎新營的同學，必定會對一眾第二十屆醫療及社會科學院學院會的幹事有所認識。學院會由一班不惜犧牲個人時間，盡心盡力服務同學所組成，幹事分別來自不同學系，希望透過不同的活動，令學院內各個醫療社科專業更團結，讓各位同學享受一個愉快的校園生活。

學院會主席陳肇發同學表示：「醫療及社會科學院學院會定期舉行不同的活動，以促進所有學院同學的友誼及互相支持。我們鼓勵不同學系的同學互動認識，亦作為學生與教職員間的溝通橋樑。學院會將於今個學年舉辦不同的活動，包括迎新晚會、運動比賽、歌唱比賽及周年晚宴等，希望各位同學鼎力支持！」

Freshmen who attended this year's orientation camp should now be familiar with the hard-working volunteers of the 20th Faculty of Health and Social Sciences Students' Association (FHSSSA). FHSSSA comprises FHSS students from different years and different disciplines who spend much of their spare time ensuring that all FHSS students enjoy their time at PolyU. If you were unable to go to the o'camp, don't worry. You're sure to meet them and other FHSS students at another social event soon by FHSSSA.

"FHSSSA organises activities to promote friendship and support among all FHSS students. We also promote interdisciplinary exchange and act as a channel for students and faculty members to communicate with each other," said Mr Terence Chan, President of 20th FHSSSA. "Stay tuned for our upcoming events, including orientation night, sports competitions, a singing contest, an annual dinner — and many more!"



## 2013-14年度新生入學成績

## Admission Scores for FHSS Programmes 2013-14

香港中學文憑考試入學新生  
HKDSE Applicants

學士學位課程 Degree Programme	入學成績計算方法 Admission Score Calculation Mechanism	最低分數 Minimum Score	最高分數 Maximum Score	平均入學成績 Average DSE Score Point Total
<b>應用社會科學系 Department of Applied Social Sciences</b>				
社會科學 - 廣泛學科 Social Sciences – Broad Discipline	4 Core + 1 Best Elective	21.0	23.0	21.6
社會政策及行政學 Social Policy and Administration	4 Core + 1 Best Elective	21.0	23.0	21.9
社會工作學 Social Work	4 Core + 1 Best Elective	22.0	25.0	23.1
<b>醫療科技及資訊學系 Department of Health Technology and Informatics</b>				
醫療化驗科學 Medical Laboratory Science	Any Best 5 Subjects	27.0	31.0	27.8
放射學 Radiography	Any Best 5 Subjects	27.0	32.5	28.5
<b>康復治療科學系 Department of Rehabilitation Sciences</b>				
職業治療 Occupational Therapy	Chinese + English + Best 3 Subjects	26.0	32.0	27.8
物理治療 Physiotherapy	Any Best 5 Subjects	28.0	32.0	30.0
<b>護理學院 School of Nursing</b>				
精神健康護理學 Mental Health Nursing	Chinese + English + Best 3 Subjects	22.0	26.2	23.1
護理學 Nursing	Chinese + English + Best 3 Subjects	20.0	28.0	23.4
<b>眼科視光學院 School of Optometry</b>				
眼科視光學 Optometry	Any Best 5 Subjects	21.0	32.0	26.5

香港中學文憑考試學生的入學成績計算，請瀏覽 <http://www.polyu.edu.hk/study>，以上分數只供參考之用。

Please refer to <http://www.polyu.edu.hk/study> for Admission Score Calculations for HKDSE Applicants. The above scores are for reference only.

# 暑期研究生計劃

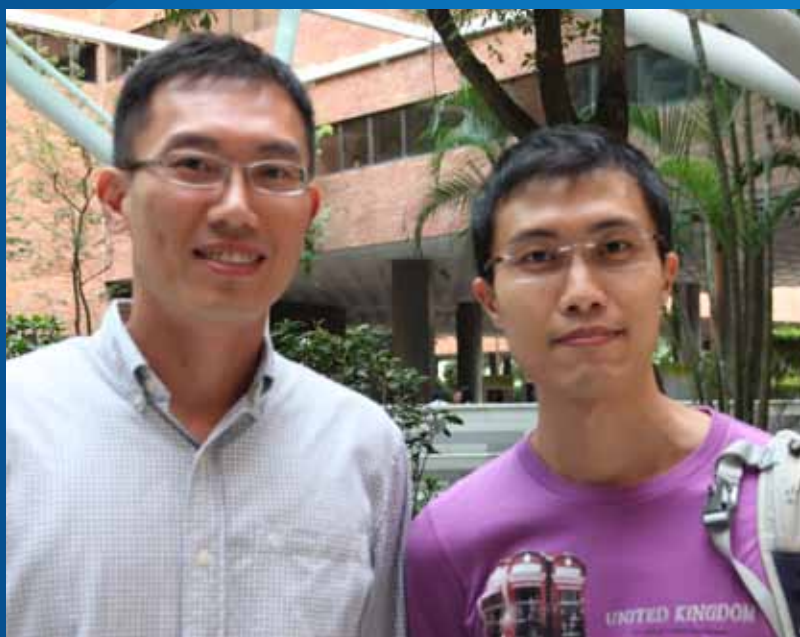
## Undergraduates Gain Invaluable Research Experience via FHSS Summer Studentship Scheme



科學研究未必是一件本科生遙不可及的事情。今年就有超過80位醫療及社會科學院的學生把握一個難得的機會，競逐15個暑期研究生計劃的名額，跟隨共13位來自學院不同專業領域的老師學習，於暑假嘗試當個科研人員。



Doing research isn't beyond the reach of undergraduates. To enable non-final-year full-time students to get a taste of what researchers do, FHSS launched its Summer Research Studentship Scheme in 2012, which was very well received. This year, FHSS received over 80 applications for 15 places to work with 13 mentors from different disciplines within the faculty.



其中一位參與計劃的同學為眼科視光學院當時二年班學生的李家健同學，於剛過去的暑假，家健跟隨眼科視光學院副教授杜志偉博士學習，研究中藥於控制青光眼的效用。家健說：「青光眼是一種非常嚴重的眼睛毛病，有機會令病人失明，我希望透過研究，找到西藥以外控制青光眼的的方法。」青光眼的形成，是由於前房水積聚在眼球內，未能及時適量排出而引致眼壓上升，影響視力。

本身有研讀由明朝醫師李時珍編撰之《本草綱目》的家健，於廣覽文獻後，將控制青光眼的研究範圍收窄為三種中藥：決明子、車前子及黃芩。他將三種中藥加到新鮮屠宰的豬眼上，發現黃芩對於控制前房水的反應效率最高。

參與計劃後，家健發現一個成功的科研人員必須有兩個特質：勤力及耐性。他說：「每天清早我便要出發，前往上水屠房領取新鮮屠宰下來的豬眼，然後以最短時間，在豬眼細胞組織未壞死前趕回實驗室，繼而解剖眼睛及進行實驗。然而天氣有時都不似預期，幸運之神未必經常出現。有時領取到的眼睛，於我回到實驗室時已經壞死，當天的實驗便要告吹。所以我要提醒自己希望在明天，期望明天可以領到理想的眼睛，得到理想的實驗結果。」

杜博士表示：「家健是一個很主動學習的學生，我很高興他能成為我研究團隊的一員。我特別欣賞他的學習態度，而他的研究結果亦很有啟發性。」杜博士認為，暑期研究生計劃有助本科生建立批判思考及科研技巧，對他們準備畢業研究報告時一定有所裨益。

如果你想於下一個暑假都可以有這個特別經歷的話，請留意醫療及社會科學院於下年二月公佈的詳情，未曾參加這計劃的同學將獲優先考慮。

Among those successful was Mr Leo Lee Ka-kin, who was then a Year 2 student at the School of Optometry (SO). He spent this summer working with Dr Do Chi-wai, SO Associate Professor, on the effects of traditional Chinese medicine for controlling glaucoma. "Glaucoma is a very serious eye disease leading to vision loss," said Mr Lee. "I wanted to look for alternative ways other than Western medicine to help glaucoma patients." A risk factor for glaucoma is increased pressure in the eye from aqueous humour building up, often because it can't drain away properly.

Mr Lee has a particular interest in the 'bible' of traditional Chinese medicine, the "Compendium of Materia Medica" by Li Shizhen, which was completed in 1578 (during the Ming Dynasty). Mr Lee took the initiative to carry out literature research and finally decided to test the effects of *Cassia obtusifolia* L., *Plantago asiatica* L., and *Scutellaria baicalensis georgi* on aqueous humour in freshly slaughtered pigs' eyes. He found that *Scutellaria baicalensis georgi* produced the best response magnitude in influencing aqueous humour.


When asked about his experience on the studentship scheme, Mr Lee said he learned that a researcher must have the qualities of diligence and patience. "I needed to get up very early every day to get pigs' eyes from the butchers in Sheung Shui and rush back to dissect the eyes and conduct the testing on time. I wasn't always lucky. Sometimes the eyes were damaged and unfit for experimenting on. I had to think positively and hope for better luck the next day," he said.

"Leo is very self-motivated and I'm glad to have had him on my research team. His attitude towards learning impressed me and his research finding was very insightful," said Dr Do. He then added: "The studentship scheme helps undergraduates to develop critical thinking and research skills. This benefits them in their preparation for their final-year project."

So if you're an undergraduate and looking for a unique experience next summer, look out for details next February about applying for an FHSS Summer Research Studentship! Students who have not joined the scheme before will be given priority.




## 護理學院及康復治療科學系首次舉辦博士學位先修計劃 Summer Courses Introduce PhD Programmes in Nursing and Rehabilitation Sciences

 護理學院及康復治療科學系於剛過去的夏季，為有志於學術研究發展及有意報讀博士學位的優秀本地及海外學生，各自舉辦了短期暑期課程。課程不但令學生加深對理大及學系專業的認識，更有助他們計劃未來的升學與就業方向，以及親身嘗試一下香港的生活。

護理學院於7月7至19日舉辦為期兩週的「國際卓越護理學研究博士先修獎學金」計劃，共吸引20位海外學生及5位本地學生參加。學院希望透過一系列的講座及研討會，向學生介紹理大及學院的超卓科研成果，並加深他們對現今香港醫療體系的認識。護理學院的教員更邀請學生們參與研究課題，亦與他們分享於研究歷程上的寶貴經驗，以及攻讀博士學位會遇到的挑戰。


康復治療科學系亦於7月15至21日首辦「海外學生交流先修獎學金」計劃，課程共有25位海外學生及15位本地學生參與。參與的學生不但透過研討會交流學術研究知識，導師亦介紹了學系於康復治療領域上的最新研究成果。此外，學生們還通過參觀，了解職業治療師、物理治療師，以及其他醫療人員的工作環境及社區配套設施。


 This summer, PolyU's School of Nursing (SN) and Department of Rehabilitation Sciences (RS) held short programmes with social activities for talented students from overseas and Hong Kong to learn about their research, advice on refining research proposals and studying for a PhD, and life as a research student at PolyU and in Hong Kong.

Comprising lectures and discussion sessions, SN's "International Nursing Scholarship for Pre-PhD in Research Excellence" (INSPPIRE) from 7-19 July was attended by 20 overseas and 5 local students. They were given an introduction to PolyU, SN and its research strengths, as well as an overview of health care in Hong Kong. They also brainstormed and discussed possible research topics, made presentations about their own research experiences, learned about the challenges of doing a PhD, and found out about research support at SN and student services at PolyU.

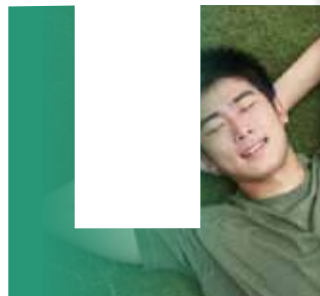
RS held its Summer Overseas Exchange Scholarship Scheme (SOESS) for 25 overseas and 15 local postgraduates and final-year undergraduates from 15-21 July. They were introduced to the latest research in RS's areas of expertise via lectures, seminars, and laboratory attachments. The students also visited health and community settings around Hong Kong to see occupational therapy, physiotherapy, and other allied health professions in action, after which they joined a forum to exchange views and ideas on professional issues.

## 理大與芝加哥大學合辦 2013暑期課程 UChicago-PolyU Summer Institute 2013 for Applied Social Sciences Research Students


 應用社會科學系首次與美國芝加哥大學社會服務行政學系，於今年8月15日至28日為應屆研究生舉辦首屆暑期課程。參與的學生於第一個星期於理大校園上課，而第二週則遠赴中國昆明，參與由理大與雲南大學合辦的設計與社會發展研究中心提供的課程。是次課程以「應對社會排斥：中國、香港、美國的相應行動」為主題，透過講座、小組討論及實地考察，讓學生了解全球一體化如何影響世界各地的社會達至共融，以及引致社會排斥等問題，並理解到香港、中國及美國三地應對社會排斥的方法。課程的講座亦有探討新移民和城鄉遷移人口的社會排斥問題，以及社會在此疑難上擔當的角色。


 PolyU's Department of Applied Social Sciences jointly organised the first Summer Institute with the University of Chicago's School of Social Service Administration on 15-28 August for their research students. Themed "Countering Social Exclusion: Actions in China, Hong Kong and the United States," it was held at PolyU in the first week and at the PolyU-Yunnan University Design and Social Development Research Centre in Kunming, Yunnan province, for the second week. Via lectures, seminars, and site visits, the students learned how globalisation has resulted in and perpetuated social exclusion and how the problem is being handled by the state and community in China and the US. Topics included rural-to-urban and west-to-east migration in mainland China, urban renewal, and the role of social work in alleviating social exclusion.





## HEALED 研究小組成立研討會 “Health for Life” Symposium by HEALED Research Group

 大家會不會希望時間可以倒流，讓你於進入青春期時多吃某些食物或吸收多一點某些營養，令現在的你可以長高一點、健康一點？醫療及社會科學院今年成立一個名為「HEALED」的跨學系研究小組，於7月8日在理大校園舉行成立研討會，內容除涉及以上的有趣生活議題外，並介紹了各研究小組成員的最新研究。

 It's something many of us probably wished we knew when we were younger: what we eat *before* we enter puberty influences how tall we will become, besides the more well-known factor of our parents' heights. This example of how nutrition (or malnutrition) can affect our development even from a young age was just one of many interesting facts and findings touched upon in the inaugural symposium of PolyU's new HEALED Research Group on 8 July, which introduced the recent work of its members and invited interdisciplinary research collaborations from inside and outside PolyU.

「HEALED」研究小組的成立目的，是為校內不同學系的研究人員提供一個平台，就著健康(Health)、環境(Environment)、老齡化(Ageing)、生活模式(Lifestyle)、運動(Exercise)及飲食(Diet)的主題集思廣益，彙集眾人的智慧，令研究成果更為豐碩。負責統籌研究小組的醫療科技及資訊學系彭雅詩教授指出：「社會及傳媒經常只重點報導有關傳染病的訊息，但其實大眾亦應該關注一些非傳染性疾病，例如癌症、糖尿病和心臟病的嚴重性，因為這些疾病會大大影響到病人及其照顧者的生活。」彭教授認為，要維持一個健康自主的生活，就必需要減低患上各種疾病的風險，因此她希望提醒大眾盡早開始建立一個健康而有紀律的生活模式。

“HEALED” stands for Health, Environment, Ageing, Lifestyle, Exercise, and Diet. The group's coordinator, Prof Iris Benzie, Chair Professor of Biomedical Science at PolyU's Department of Health Technology and Informatics (HTI), explained the symposium's title, “Health for Life.” She said that although infectious diseases may grab the headlines, it is actually non-infectious or non-communicable diseases such as cancer, diabetes and heart disease that are leaving many more people in Hong Kong and other ageing societies with disability and dependency for several years until their death. She said the challenge for health care and developed societies like Hong Kong is not to lengthen life expectancy per se, since life expectancy is already long, but to lengthen people's healthspan, or period of general good health within their lifespan, and reduce the time they suffer from non-communicable diseases.

Prof Benzie said the health sector and people themselves must be more proactive in minimising risk factors like obesity for developing such diseases. She recommended that people begin minimising the risk factors for themselves as early as possible in their lives by adopting a healthy diet and lifestyle but added that it's never too late to start.

康復治療科學系彭耀宗教授，在研討會上分享其研究結果，指出全身震盪治療技術可大大改善及強化老化的骨骼。此技術可幫助中風病患者提升腳部肌肉及感覺功能，以防因失平衡而至跌倒帶來的骨折。

要維持理想的體重，就要從小開始下功夫。有研究指出如果少年時過分肥胖，年長時就較難控制體重。護理學院李麗棠博士及醫療科技及資訊學系施文遠博士合作進行有關體重管理的研究。他們希望透過研究加強中小學生對均衡飲食的知識，以及協助學童建立良好的飲食習慣和運動模式。而為幫助居住於屯門的弱勢家庭，理大應用社會科學系梁敏教授及香港大學曾潔雯博士進行「健康由家庭開始」計劃，以督導形式協助家長管理情緒、學習溝通及以正面的態度來管教子女，藉此改善家庭的健康、快樂及和諧狀況，並加強親子關係以減少日常生活中所引起的衝突。

眼睛健康方面，眼科視光學院杜志偉博士講述如何利用由中藥植物黃芩提取的黃芩素來降低眼壓。杜博士於實驗中對比只注射生理鹽水，以及注射黃芩素的老鼠的眼壓情況，發現使用黃芩素的成效則比較顯著。

護理學院謝敏儀博士、香倩雯小姐及黎蘊賢小姐與出席者分享他們的團隊如何幫助一班居住在庇護中心的輕度至中度智障的人士，改善他們的飲食和運動習慣，以及口腔的衛生保健。

來自新加坡臨床營養研究中心 (Clinical Nutrition Research Centre) 的 Christiani Jeya Henry 教授應小組之邀請來港，發表有關身體成分及食物攝取量如何影響身體肌肉和脂肪比例的研究報告。身體成分是指身體內的脂肪與非脂肪的比例，而食物攝取量可根據其生活方式、性別及種族來衡量。Henry 教授解釋，要有效控制體重，個人必須瞭解自己的身體成分是，而且這亦可提高當患重病接受治療時的生存率。

Prof Marco Pang of PolyU's Department of Rehabilitation Sciences then reviewed evidence on whether exercise interventions such as whole-body vibration therapy that have proved effective for older adults' bone health could benefit stroke patients too. Like the elderly, stroke patients have poorer bone health status and a high risk for fractures from falls because their mobility is limited, resulting in the weakening of their bones especially on their affected or paretic side.

Many problems in teenagers and adults are the result of experiences they had when they were younger. Dr Regina Lee, Assistant Professor at PolyU's School of Nursing (SN), and Dr Daniel Sze, Associate Professor at HTI, described their team's ongoing study on school policies and practices regarding the prevention of obesity among schoolchildren. Noting that obese children tend to stay obese when they are adults, they hope to strengthen schools' knowledge and role in improving their students' dietary and physical activity patterns.

And to help socially disadvantaged Chinese families with preschool children, such as those with a low income or single parent or new immigrant parents, Prof Cynthia Leung of PolyU's Department of Applied Social Sciences and Dr Sandra Tsang, Associate Professor at the University of Hong Kong's Department of Social Work and Social Administration, piloted their team's "Healthy Start Home Visit Program" in Tuen Mun. Dr Tsang outlined how other parents in the community who volunteered to help were selected and trained as parent assistants to visit and help the families foster their children's physical, cognitive and psychosocial development.


Chronic glaucoma is a common, painless eye disorder that progresses slowly over many years, which often leaves sufferers unaware of their irreversible visual loss. A risk factor is increased pressure in the eye from aqueous humour. Dr Do Chi-wai, Associate Professor at PolyU's School of Optometry, described his team's study in which baicalein, a plant-derived flavonoid sometimes used in traditional Chinese medicine, was injected into gerbils. They then exhibited significantly lower intraocular pressure, probably because of reduced aqueous humour formation, when compared with control gerbils that were injected with saline.

Dr Mimi Tse, Assistant Professor at SN, explained an ongoing programme that she and colleagues Ms Rose Heung and Ms Peony Lai designed for the mildly to moderately mentally challenged residents of a sheltered home. It includes interventions to improve the usually sedentary residents' exercise and dietary habits as well as self-care in oral hygiene.

Last but not least, keynote speaker Prof Christiani Jeya Henry, Director of Singapore's Clinical Nutrition Research Centre, explored issues surrounding the measurement of body composition and food intake, such as lifestyle, gender and ethnic origin affecting muscle mass and the distribution of fat, as well as the cultural and practical limitations of using food diaries. Knowing about people's body compositions is not only useful for helping them to manage their weight; it also has implications for the survival rates of major medical treatments they may receive, such as for cancer and for organ transplants.



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

 理大腦神經科學研究小組經常舉辦不同題材的研討會，為校內師生以及有關專業人員提供平台，促進知識交流，以及推動發展研究合作。

 PolyU's interdisciplinary Neuroscience Research Group continued to host more seminars on campus to share knowledge and encourage research collaborations among PolyU and non-PolyU scholars and researchers.

於6月18日，來自中國上海交通大學的何士剛教授，分享其對於老鼠眼睛視網膜的研究。何教授發現，負責偵測單一方向動態的神經節細胞的神經迴路發展，於老鼠出生後九至11日預備開眼的期間，是由遺傳基因所影響。理大眼科視光學院陳浩龍博士則剖析其團隊針對全球閃存多焦視網膜電圖(Global Flash Multifocal Electoretinogram)效用性的研究，指出得出的數據比臨床診斷，可提早三至四年有效地預測到病人青光眼發展的趨向。

On 18 June, Prof He Shigang from Shanghai Jiao Tong University's School of Biomedical Engineering spoke about his team's study that showed the neurocircuitry of ganglion cells in the mouse retina that detect motion in one direction formed at 9-11 days after birth, around eye opening, and seemed driven by genetics. Next, Associate Professor Dr Henry Chan from PolyU's School of Optometry described his team's study demonstrating the effectiveness of global flash multifocal electroretinogram and their adaptive index to detect early signs of glaucoma in the human retina at least 3-4 years before current clinical assessments can. He said the adaptive index is also useful for predicting the progression of glaucoma, especially for high-risk people such as the elderly and people who have a family member with glaucoma.

加拿大多倫多大學 Robert Chen 教授於6月26日舉行研討會，講述大腦基底核及視丘於行動預備的角色。參與實驗的人士均曾接受過腦深層電刺激手術，以治療柏金遜症行動障礙、肌張力不全症或腦腫瘤的問題，研究人員於他們移動手腕之前及之時，量度及分析他們的腦電波，發現刺激手術使用不同的運作機能。

Meanwhile, the role of basal ganglia and the thalamus in the brain in movement planning and preparation was described on 26 June by Prof Robert Chen, who is Catherine Manson Chair in Movement Disorders and Professor of Medicine (Neurology) at the University of Toronto. The subjects have movement disorders Parkinson's disease, dystonia or tremor and were undergoing deep-brain stimulation (DBS) surgery as treatment. Their brainwaves were measured before and during their moving a wrist and indicated different mechanisms involved in DBS.

## 教職員消息 | STAFF NEWS

### 鄭荔英教授 Prof Gladys Cheing

*PDPT [Physiotherapy (HK Polytechnic)]; BScPT [Physical Therapy (Alberta, Canada)]; MSc [Physical Therapy (McGill, Canada)]; PhD [Physiotherapy (PolyU)]*

- 副系主任及痛症研究實驗室總監  
Associate Head, Department of Rehabilitation Sciences (RS); Director, Pain Research Laboratory, RS
- 研究興趣：糖尿病週圍神經病變引起潰瘍之監測及處理、週圍神經病變患者之平衡評估、肌肉骨骼疼痛之物理療法、疼痛治療之心理社交因素及針灸治療疼痛之策略  
Research interests: assessment and management of diabetic peripheral neuropathy and diabetic ulcer; balance assessment for people with peripheral neuropathy; physiotherapeutic management of musculoskeletal pain; psychosocial issues for pain management; acupuncture-related pain management technique

### 彭耀宗教授 Prof Marco Pang

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- 物理治療學碩士學位課程主任及香港物理學期刊總編輯  
Programme Leader, Master in Physiotherapy (MPT), Department of Rehabilitation Sciences
- 研究興趣：中風後復康、骨骼健康、運動對腦功能之影響、跌倒潛在危機及腦手術後防跌  
Research interests: stroke rehabilitation; bone health and exercise intervention in chronic neurological conditions; identification of fall risk and fall prevention after neurological injury

### 楊慧教授 Prof Ella Yeung

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- 肌肉生理實驗室負責人  
Coordinator, Muscle Physiology Laboratory, Department of Rehabilitation Sciences
- 研究興趣：骨骼肌的適應性及柔軟性、運動創傷的預防及復康、運動對於久坐及不健全人士健康的影響  
Research interests: adaptive plasticity of skeletal muscle in health and disease; sports injury prevention and rehabilitation; influences of physical activity on health outcomes in sedentary and diseased populations

- 梁顯利長者健康視覺教授  
眼科視光學院學院主任  
Henry G. Leong Endowed Professor in Elderly Vision Health, PolyU Head, School of Optometry
- 研究興趣：青光眼、近視、眼科藥物、蛋白質體學  
Research interests: glaucoma; myopia; eye drugs; proteomics

### 杜嗣河教授 Prof To Chi-ho

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新履任  
眼科視光  
學院學院主任  
Congratulations,  
New Head!



# 研究証實過度使用 智能電子產品容易 損傷肌肉骨骼

## Most Smartphone Users Suffer Musculoskeletal Pain from Excessive Usage



輕觸式設計的智能手機及相關產品日益普及，更成為潮流指標。由於智能手機可下載大量娛樂性豐富的應用程式，因此令不少成人及小朋友都沉迷其中，變成了「低頭族」。然而各位知否長期垂下頭「打機」會帶來甚麼健康危機嗎？康復治療科學系司徒佩玉博士，聯同香港物理治療學會兒科專研組主席陳娜智女士，以及香港物理治療學會會長潘綺紅女士，於9月1日舉行新聞發佈會，分享其團隊就香港人使用智能手機及電子產品對健康影響的研究報告。是項研究共訪問1,049人，受訪的成年人中，約有七成均表示因使用不同類型的電子產品而導致身體不同部位出現痛症，而受訪的學童中，亦有約三成有同樣徵狀。陳娜智女士指出，學童因各種痛症而需求診的個案近年有上升趨勢，相信與過度使用電子產品有關。

You see them everywhere: commuters with heads bowed, friends and family ignoring each other, and people walking zombie-like, all the while staring and swiping at their smartphones. It could be antisocial; it definitely can be painful. On 1 September at PolyU, Dr Grace Szeto, Associate Professor (Physiotherapy) from PolyU's Department of Rehabilitation Sciences, Ms Priscilla Poon, President of the Hong Kong Physiotherapy Association (HKPA), and Ms Nerita Chan Nar-chi, chairperson of HKPA's paediatric specialty group, presented their 2011-2013 survey findings of 1,049 people who were asked about their usage of smartphones and other electronic devices and physical problems related to it. Some 70% of the adults and 27.6% of the children reported having pain in their necks, shoulders, wrists or fingers. Ms Chan added that more children had sought medical help than before for such pain, which possibly pointed to obsessive usage of electronic devices.

於2011至2012年期間，研究人員共訪問了465名年齡介乎18歲至50歲的成年人，發現超過九成受訪者有使用智能手機，約七成四有使用桌面電腦，逾六成有使用手提電腦，以及三成半有使用平板電腦的習慣，所有受訪者均同時使用多於一種電子產品。當中有七成受訪者表示於使用電子產品後感覺到頸痛，六成半人有肩痛，而逾五成人則出現手腕和手指不適。

於今年四月及五月，研究人員訪問了584名10歲至15歲的小五至中三學生。結果顯示，有八成四受訪學童表示有使用智能手機的習慣、七成六有使用桌面電腦，以及超過三成有使用平板電腦。受訪學生中，有三成每日會使用智能手機一至四小時，大約有兩成七的學生均表示於使用電子產品後感到不適，當中有約八成人頸痛、三成人肩痛，而五成人則出現手腕和手指不適。

司徒博士指出長期使用輕觸式設計的電子產品，或者過度使用智能電話發送短訊，會因為大拇指及食指經常快速來回撥動畫面，引起手指或手腕肌腱發炎或拇指關節退化等問題。她續稱：「如果學童從小養成了不良的坐姿及站立姿勢，會引致身體出現不同的痛症，長大後亦難以糾正。長期低頭『打機』更會令頸椎受壓，影響骨骼成長，以及容易令脊椎受損。」

司徒博士及陳女士提醒家長應提醒子女注意坐立姿勢，鼓勵他們定期運動，舒展肌肉及筋骨，確保他們的身體得以健康成長。

In 2011-2012, 465 adults between 18 and 50 years old were interviewed about their daily usage of electronic devices. Some 90% replied they used a smartphone, 74% a desktop computer, 61% a laptop, and 35% a tablet computer. All of them said they used more than one type of device daily for long periods. Neck pain was reported by 70% of them, 65% reported shoulder pain, while 46% had wrist and finger pain.

This April and May, 584 schoolchildren between 10 and 15 years old were surveyed. When asked about their daily usage, 84% said they used a smartphone, 76% a desktop computer, and 31.6% a tablet. Some 30% said they used a smartphone for 1-4 hours each day. About 27.6% reported having pain related to the usage of the devices: of those, nearly 80% said they experienced neck pain, 30% shoulder pain, and 51% wrist and finger pain.

Dr Szeto said repetitive actions from texting or using a touch screen could lead to degeneration of the thumb or index finger joints and inflammation of tendons. She added: "If children develop poor postural habits when they're young, it'll be even more difficult for them to correct their postures when they become adults and this may increase their risk of developing aches and pains in their bodies." She explained that children have a higher head-to-body weight ratio than adults and so when they bow their heads, a heavier load is imposed on their necks, which could easily damage their growing bones if prolonged.

Dr Szeto and Ms Chan recommended that parents be vigilant about their children's postures and encourage them to exercise regularly to ensure their healthy physical development.





# 跨專業合作服務社會

## Students Learn Interdisciplinary Cooperation by Serving the Community



要為市民提供最優質的醫療及社會服務，專業人員及有關團體與部門必須具有團結精神，緊密合作，以及良好的溝通。醫療及社會科學院一向積極推廣跨專業合作，讓學生有機會明白及經歷醫療社科專業的跨專業合作特色。應用社會科學系、康復治療科學系、護理學院及眼科視光學院早前聯合舉辦「跨專業合作項目2013」，就是其中一個上佳例子，讓來自四個學系的學生合作，攜手推廣基層醫療健康。學院同時亦希望透過這個活動，向學生灌輸作為一個專業醫療人員必須具備的專業精神，以及個人操守與社會責任的觀念。

項目由理大教務委員會屬下的教學委員會資助，參與學生來自社會工作學、職業治療學、物理治療學、護理學及眼科視光學。截至現時，共有100位學生於學院教員的帶領下，為接近200位市民及有需要人士進行身體健康及視覺檢查，過去幾個月的受惠者分別為來自基督教懷智服務處的人士，以及參與活齡學院第三齡暑期課程的年長人士。

學生為服務對象提供眼睛健康及視覺檢查，並量度他們的血壓、體質指數、腰臀比例、身體脂肪百分比、手抓握力、平衡力及活動程度。團隊並為他們進行尿液檢查及皮膚水份測試，以更了解檢查人士的健康狀態。此外，接受檢查的人士亦需填寫一份簡易智能評估的問卷，以分析他們的認知程度。

學生於是項跨專業項目中學習到不同專業的人士可提供不同的分析角度、技巧及知識，以補足個人的觀點，同樣亦明白到醫療健康全面的觀念。



Providing the highest standard of health and social care is only possible if there is good teamwork, coordination and communication among health and social services professionals and departments or agencies. FHSS is keen to promote collaboration between different disciplines to give students more opportunities to understand and experience the interdisciplinary nature of health and social care. A good example of this is the recently launched community service project “Nourishing Undergraduate Health Care Students in Primary Health Care Curriculum by Adopting an InterProfessional Collaborative Practice” (IPCP) by PolyU’s Department of Applied Social Sciences, Department of Rehabilitation Sciences, School of Nursing, and School of Optometry. IPCP also aims to instil a stronger sense of professionalism and personal and social responsibility in the students towards one another despite their different disciplines and towards the community, which they will serve in the future as qualified professionals.


Supported by a Learning and Teaching Development Grant from PolyU, IPCP involves staff and students from PolyU’s undergraduate programmes in social work, occupational therapy, physiotherapy, nursing, and optometry. So far, under the supervision of faculty members, 100 students have worked together in interdisciplinary teams to provide health assessments and vision screening to 134 people with disabilities at the Wai Ji Christian Service and 60 older adults or elders taking part in the Mini U for the Third Age project by PolyU’s Institute of Active Ageing between June and August.


The student teams provided eye screening and vision testing and took measurements of blood pressure, body mass index, waist to hip ratio, body fat percentage, hand grip strength, single leg stance (to test balance), and mobility. The teams also administered urine tests and skin moisture tests to gain a more comprehensive understanding of the clients’ health status and a Mini Mental State Examination to assess their cognitive health. The teams notified their supervisors if they detected anything out of the ordinary for follow-up.

By working in interdisciplinary teams, the students learned the value of having team members who can offer a different perspective, skills and knowledge to complement their own. Just as importantly, they also learned to see health and well-being from an integrated point of view.

# 活齡學院的忙碌暑假

## Busy Summer at Institute of Active Ageing

 活齡學院一直支持終身學習，特別鼓勵年長人士以正面的態度適應社會變遷。學院除經常舉行課程活動予年長人士外，亦匯聚學習及社會各界人士，共同為進入老年化的香港於政策及配套上獻計謀策。

 “Aging is not just decay ... [i]t’s growth,” observed Morrie, the old professor in the memoir “Tuesdays with Morrie” that was used in the READ@PolyU common reading programme for all freshmen last year. And PolyU’s Institute of Active Ageing has continued to encourage the general public, especially older adults, to adopt that same wisdom and attitude towards ageing. IAA offers lifelong learning and empowerment activities all year round to older adults and collaboration opportunities to scholars or organisations interested in Hong Kong’s ageing population.



活齡學院於5月7日在理大校園舉辦首次的教育資訊日，為市民大眾、學者、合作夥伴，以及對老齡化社會及銀髮市場有興趣的人士，提供第一手資訊。長者當年屆退休年齡時要從社會中退下火線，而子女亦逐漸長大成家立室，不免會有不知所措及百無聊賴的感覺。活齡學院為幫助「第三齡人士」過渡及開展人生新的一頁，經常舉行多元化的活動如義工服務、職業培訓、興趣小組及實務課程，讓他們有機會發揮所長，重投社會，享受積極、健康及豐盛的晚晴生活。


今年6月，學院舉辦為期兩星期的「第三齡進修課程」，共吸引了65位第三齡人士參與，透過講座及工作坊，讓他們吸收新知識，與世界接軌。活齡學院亦安排25位耆賢廊會員走出香港，遠赴新加坡實地考察，除參觀服務組織外，並與當地第三齡人士會面，探討如何於退休後保持終身學習，以積極的人生來提升自信，服務社會。

第20屆世界老年學暨老年醫學大會於6月23至27日在韓國首爾舉行，有過百位學者、老年學專家、政策決策人及研究人員參與。醫療及社會科學院院長葉健雄教授、活齡學院總監錢黃碧君女士，以及活齡學院委員會委員暨應用老年學理學士學位課程主任譚永昌博士亦有出席會議，與世界各地人士交流研究成果，商討提高老人生活質素的方案，以便日後向政府提出政策建議。錢女士於會上亦環繞着老齡化社會的應對方向和展望，跟在場專家分享其近年的研究成果。

IAA held an info day on 7 May at PolyU for members of the public and potential research or project partners to acquire a better understanding of active ageing and the silver market, and to increase their awareness of IAA’s uniqueness and strengths. Many older adults find themselves at a loss at what to do when they retire and their children have flown the nest. IAA offers them many ways to get together and keep learning, growing and contributing as valuable members of society, including volunteering and job-match services, and interest groups and formal courses. This June, 65 older adults attended IAA’s Mini-U for the Third Age programme to broaden their intellectual and social horizons. The 2-week non-credit-bearing course offered classes in holistic health, personal management, Putonghua, and many other subjects. In addition, 25 older adults from IAA’s Project for the Third Age went on a 4-day study tour of Singapore in June to learn about the history of some cultural sites and to visit several local organisations, where they met with Singaporean counterparts to share experiences and insights on lifelong learning.


Mrs Teresa Tsien, IAA’s Director, Dr Eric Tam, a member of IAA’s Management Committee and Programme Leader of PolyU’s BSc(Hons) in Applied Ageing Studies programme, and Prof Maurice Yap, Dean of FHSS, also attended the 20th IAGG World Congress of Gerontology and Geriatrics from 23-27 June in Seoul, South Korea. The event saw hundreds of gerontologists, geriatrics scholars, policy decision-makers, and researchers from around the world share new knowledge and findings and discuss policy initiatives to enhance the quality of life for older people globally. At the congress, Mrs Tsien gave presentations on “Empowering Older Adults by Adopting a Participatory Approach in a University Setting” and “A New Approach to Gerontological Education in Undergraduate Training.”

## 理大及四川大學成立中國首間 「災後重建與管理學院」 SichuanU–PolyU Institute for Disaster Management and Reconstruction Opens

 2008年四川汶川及其他省份發生大地震後，理大與四川大學（川大）合作，除實質支援外，更為超過13,000名國內及本港專業人員及學生提供訓練，從而幫助學員提升抗災的能力。理大亦於四個重建地區成立社工站，服務災後致殘人士、老師、家長及學生，提供社區經濟重建，以及心理支援及家庭綜合服務。理大及川大亦由2011年起開展聯合培養博士計劃，並於今年5月8日共建立全國首間「災後重建與管理學院」。理大康復治療科學系、護理學院及應用社會科學系為學院四個學系中的三個學系提供指導，分別為災後康復與醫療系、災後護理系及災後社會工作及心理學系。

除此之外，災後重建與管理學院並舉行「災後振興與國際滅災論壇」，總結汶川大地震災後重建五周年與雅安蘆山大地震抗震救災的經驗與啟示。於今年四川雅安蘆山大地震發生後，學院即時成立蘆山地震抗震救災統籌小組，並組織兩校於汶川大地震後培訓的專業人員趕赴災區，參與前線抗震救災工作，並協助日後的災後重建工作。

於本年9月，災後重建與管理學院舉辦的兩年制碩士課程正式開始，提供災後護理學、義肢矯型學、物理治療學及職業治療學的訓練，以補充國內對有關專業人員的不足。


 Since the massive earthquake in 2008 that devastated parts of Sichuan and other provinces in mainland China, PolyU has been collaborating with Sichuan University (SichuanU) to provide practical help and training to more than 13,000 mainland and Hong Kong professionals and students to help them handle the aftermath. PolyU also created social work stations to provide residents with psychological support, integrated family services, and help to rebuild their economy. PolyU and SichuanU have also been running a joint doctoral programme since 2011 and formally opened the mainland's first Institute for Disaster Management and Reconstruction (IDMR), located at SichuanU, on 8 May this year. PolyU's Department of Rehabilitation Sciences, School of Nursing and Department of Applied Social Sciences are providing expertise for three of the four new IDMR departments: Post-Disaster Rehabilitation and Medical Treatment, Disaster Nursing, and Disaster Social Work and Psychology.

In addition, IDMR hosted a forum titled "Post-Disaster Revival and International Disaster Reduction" to share insights from the 2008 earthquake and another large quake that struck Sichuan this April. In the aftermath of the April quake, IDMR had set up a task force and sent professionals from or trained by PolyU and SichuanU to provide relief work in nursing, rehabilitation, social work, and psychology.


This September also saw IDMR admit its first students to four 2-year taught master's programmes leading to PolyU awards in disaster nursing, prosthetics and orthotics, physiotherapy, and occupational therapy to train much-needed professionals in these areas for the mainland.



## 理大及澳洲悉尼科技大學成立 「醫療互動與溝通國際研究中心」 PolyU and UTS Launch International Research Centre for Communication in Healthcare

 香港的醫療體系負擔沉重，醫護人員每日需要處理大量的病人個案，不免會令醫護團隊之間，以及醫護與病人之間的溝通變得冷漠，缺乏互動支援而容易產生醫療事故。為改善情況，理大與澳洲悉尼科技大學合作，於6月24日成立「醫療互動與溝通國際研究中心」，同日並舉行「第二屆國際醫療互動與溝通研討會」。

醫療互動與溝通國際研究中心為國際學者、研究人員、醫療及社會服務人員及從事教育的人士，提供一個平台，改進醫療溝通、醫療政策，以及制定醫療教育、課程和訓練。研究中心訂立醫療護理人道價值國際憲章。包括以下人道價值：同理心、對個人的尊重、對公正及合乎道德行為的承諾、對卓越服務的承諾及醫療護理的公義。

 Dealing with an endless stream of patients can lead to less empathy, communication and due diligence from health care staff towards patients and colleagues alike, resulting in insufficient support or even mistakes. To improve this situation, PolyU and Australia's University of Technology, Sydney, jointly launched the interdisciplinary International Research Centre for Communication in Healthcare (ICCH) on 24 June at PolyU to coincide with their 2nd Symposium on Healthcare Communication.

ICCH is a platform for scholars, researchers and practitioners in communications, health and social services, and education to improve health communication, health policies, and health education curricula development. ICCH's International Charter for Human Values in Healthcare advocates a patient-centred approach to health care, in which compassion, respect for persons, commitment to integrity and ethical practice, commitment to excellence, and justice form the basis of every interaction.

# 醫療及社會科學院學者履任為理大勵學教授

## Inauguration of PolyU's Endowed Professorships



為表揚於學術研究成就卓越的優秀學者，理大邀請社會人士冠名贊助，設立不同範疇的勵學教授席，藉此拓展知識領域，造福社群。第一屆勵學教授席就職典禮已於5月29日舉行，由理大校董會主席楊敏德女士及校長唐偉章教授主禮，見證八個勵學教授席的成立，同時於典禮上亦向早於香港理工學院時期成立冠名教授席的善長及機構表示謝意。於今屆八個新設立的勵學教授席當中，其中三個均涉獵醫療健康範疇，正正反映社會人士對醫療健康問題的關注。



To help attract and support internationally renowned scholars to push the boundaries of education and research ever higher at PolyU, PolyU inaugurated its first-ever endowed professorships and celebrated its earlier named professorships at a special ceremony on campus on 29 May, which was officiated by the University's Council Chairman and its President. Three of the eight new endowed professorships are in health, reflecting the high value attached to solving pressing health problems that increasingly affect society.

醫療及社會科學院共有三位學者被委以勵學教授席，眼科視光學院學院主任杜嗣河教授獲授「梁顯利長者健康視覺教授席」，護理學院學院主任莫禮士教授獲授「劉陳小寶健康延年教授席」，而醫療及社會科學院院長葉健雄教授則獲授「胡廣佩家族眼科視光學教授席」。

三位履任為勵學教授的學者均為業界中的精英，獲獎無數，貢獻良多。杜嗣河教授發現眼壓於細胞層面產生的成因，大大影響到青光眼治療的發展，杜教授並研發出可抑制兒童近視加深的隱形眼鏡。葉健雄教授集中研究近視、老年視覺及眼科視光服務的營運典範，其構思的眼科視光師作主導的糖尿病篩選計劃，現被本港公立醫院所採用，幫助更多病人及早發現糖尿病，並透過適當的診治減少對視覺的影響。莫禮士教授為支持性護理的國際權威，特別擅長癌症及症狀處理，其研究成果提升了臨床醫護及病人關懷的質素。

理大得以成立勵學教授席，全賴多位社會人士慷慨捐款冠名支持。大鴻輝慈善基金支持設立「梁顯利長者健康視覺教授席」，基金旨在幫助有需要的貧困長者及基層兒童，其創辦人梁紹鴻先生為理大院士，並於理大第19屆畢業典禮上獲頒授榮譽博士學位。雪肌蘭國際集團主席兼行政總裁劉陳小寶教授支持設立「劉陳小寶健康延年教授席」，劉教授亦為理大院士及曾任醫療及社會科學院兼任助理教授。前任醫療及社會科學院院長胡志城教授及其親弟著名眼科醫生胡志鵬教授則慷慨支持設立「胡廣佩家族眼科視光學教授席」，以紀念其父親及積極拓展眼科視光學的專業範疇及研究。

Prof To Chi-ho, who is now Head of PolyU's School of Optometry (SO), was bestowed with the Henry G. Leong Endowed Professorship in Elderly Vision Health; Prof Alex Molasiotis, Chair Professor of Nursing and Head of PolyU's School of Nursing, was awarded with the Angel S.P. Chan Lau Endowed Professorship in Health and Longevity; while Prof Maurice Yap, Chair Professor of Optometry at SO and Dean of FHSS, was the recipient of the K.B. Woo Family Endowed Professorship in Optometry.

The professors are award-winners in their fields. Prof To discovered how eye pressure is produced at the cellular level, which may have implications for treating glaucoma, the leading cause of irreversible blindness worldwide. He also co-designed a contact lens that can hinder the progress of shortsightedness (or myopia) in children. Prof Yap researches myopia, the ageing eye and the development of optometry service models, and his initiative of optometrist-led diabetic retinopathy screening in Hong Kong has been adopted for use by the public hospital system. Prof Molasiotis is an expert in supportive care, especially in cancer and symptom management, and his work has changed clinical practice and patient care.

The endowed professorships would not be possible without the goodwill and generosity of various donors. The Henry G. Leong Endowed Professorship is supported by Tai Hung Fai Charitable Foundation, which was founded to help disadvantaged elderly and underprivileged children by Dr Edwin Leong Siu-hung, Chairman of Tai Hung Fai Enterprise Co Ltd and a University Fellow of PolyU. He is also an honorary degree recipient at PolyU's 19th Congregation. The Angel S.P. Chan Lau Endowed Professorship is backed by Prof Angel Lau, BBS, JP, Chairman and CEO of Squina International Group Ltd. Prof Lau is also a University Fellow of PolyU and a former Adjunct Assistant Professor at FHSS. The K.B. Woo Family Endowed Professorship was established with funding from Prof George Woo, who is Emeritus Professor and Visiting Chair Professor of Optometry at SO and former Dean of FHSS, and his brother, Prof Victor Woo Chi-pang, an eye surgeon in private practice and Adjunct Professor at SO.



## 眼科視光學院榮休教授獲國際殊榮 Emeritus Professor of Optometry to Receive Prestigious International Award



眼科視光學院眼科視光學客座講座教授兼榮休教授胡志城教授獲美國眼科視光學院(American Academy of Optometry)頒發Essilor Award for Outstanding International Contributions to Optometry獎項，表揚其於提升本港及國際眼科視光學的貢獻，以及於理大發展香港唯一的眼科視光學課程上的成就，並嘉許他過往推動亞太地區以至全世界眼科視光學發展的努力。頒獎典禮將於今年10月25日，在美國華盛頓州西雅圖舉行的2013年美國眼科視光學院舉行。



Prof George Woo, Emeritus Professor and Visiting Chair Professor of Optometry at PolyU's School of Optometry (SO), is to be presented with a rarely awarded accolade from the American Academy of Optometry (AAO), the AAO-Essilor Award for Outstanding International Contributions to Optometry, on 25 October in Seattle, US, during AAO's four-day annual conference. Prof Woo was cited for his leadership in the establishment of Hong Kong's sole optometry undergraduate programme and his significant contributions to the development of optometry in the Pacific-Rim area and the promotion of optometry throughout the world over the years.

胡志城教授表示：「我很榮幸獲得這個獎項。」於上海出生，香港長大的胡教授畢業於加拿大多倫多 College of Optometry of Ontario (現隸屬滑鐵盧大學)，隨後獲美國印第安納大學頒授理學碩士及哲學博士學位，之後於滑鐵盧大學開展其教學及研究工作，期間亦曾於美國及澳洲著名大學任教。胡教授於1987年申領兩年無薪假期回港，加入當時的香港理工學院，由零開始籌辦現時於國際享負盛名、並為全港獨有的眼科視光學課程。胡教授於1996年從滑鐵盧大學退休，成為該校的榮休教授，在1997年再次加入香港理工大學，成為醫療及社會科學院院長及眼科視光學講座教授，推動發展眼科視光師及其他輔助醫療專業於業界中的角色。2004年，胡教授退任院長一職，但仍以副院長身份協助學院的發展，胡教授於2008年再次被邀請出任學院院長，期後於2011年退休，成為理大眼科視光學院榮休教授。

胡教授獲獎無數，曾先後擔任多個國際、中國內地及本港專業組織的要職，並接受多項公職任命，他亦是世界眼科視光學會及亞太眼科視光學會的前主席。

胡教授一直以團結眼科視光師及有關專業人員，以及醫治、防備及消滅可避免的失明為己任。胡教授說：「眼科視光師於推展基層眼睛健康擔任重要角色，我希望於未來的日子，有更多眼科視光師會以專業的服務保護大眾的視覺，並積極參與社會活動，於世界各地推廣眼睛健康。」

"It's a great privilege to be bestowed with this honour," said Prof Woo. Born in Shanghai and raised in Hong Kong, he graduated from Canada's College of Optometry of Ontario (now part of the University of Waterloo) and earned an MSc and PhD in physiological optics from Indiana University, US. Prof Woo started his academic career at Waterloo in 1970 and retired in 1996 as Professor Emeritus to rejoin PolyU in 1997 as Dean of FHSS and Chair Professor of Optometry. He had previously taken 2 years' unpaid leave to join the then Hong Kong Polytechnic in 1987 as the founding Head and Professor at the then Department of Diagnostic Sciences to lead efforts to upgrade its optometric training programme into a validated undergraduate programme. Prof Woo rejoined PolyU to strengthen the role of optometry and the other primary and allied health professions in improving health. In 2004, he decided to step down from the deanship but was persuaded to become Associate Dean. In 2008, he resumed the deanship. When he retired in 2011, Prof Woo was made Emeritus Professor (Optometry).

Prof Woo has won many honours and held visiting or consulting posts throughout his career. He is a former President of the World Council of Optometry and Immediate Past President of the Asia Pacific Council of Optometry, and has held the presidency or chairmanship of several other professional bodies and membership of many committees.

Prof Woo hopes optometrists and other professionals will work closer together to treat and prevent blindness around the world, especially in mainland China. "Optometrists play a vital role in the provision of primary eye care," he said. "I hope many more optometrists will protect the vision of people from all walks of life and promote ocular health around the world through their professional services and active engagement in different social actions," he added.

## 職業治療學教授榮獲國家科學技術進步二等獎 Occupational Therapy Professor Wins 2nd Prize at China's Top Science and Technology Awards

康復治療科學系李曾慧平教授與內地專家黃躍生教授合作的「嚴重燒傷一體化救治新技術的研究與應用」項目，早前榮獲2012年度國務院頒授國家科學技術進步二等獎。該項目由黃躍生教授與李曾慧平教授領導，與第三軍醫大學西南醫院等多所內地醫院共同進行，李曾慧平教授主要負責康復技術的研究與推廣應用，為該項目帶來重要貢獻。獎勵大會於1月18日在人民大會堂舉行並由中華人民共和國領導主禮。

李曾慧平教授於2009年發明了智能壓力衣及智能壓力墊，研究提升燒傷後疤痕增生後接受壓力治療的療效。研究證實，智能壓力衣能有效治療燒傷後增生疤痕、手術後的淋巴水腫、靜脈曲張等症狀。李曾慧平教授與黃躍生教授一直致力進行有關燒傷康復的研究。

On 18 January at a ceremony officiated by China's then leaders President Hu Jintao, Premier Wen Jiabao, General Secretary Xi Jinping, and Vice-Premier Li Keqiang in Beijing's Great Hall of the People, the State Council bestowed 2nd prize of the National Science and Technology Progress Award for 2012 on Prof Cecilia Li-Tsang of PolyU's Department of Rehabilitation Sciences for the research project "Novel technology for serious burns treatment" that she and Prof Huang Yuesheng, a burns surgeon from Third Military Medical University's Institute of Burn Research, led.

In 2009, Prof Li and her team at PolyU had developed an award-winning Smart Pressure Monitored Suit or compression garments that produce a prescribed pressure to reduce thick scar tissue formation from skin injuries, swelling from lymphoedema, and pain from varicose veins. Since scar tissue starts forming early in the healing process, Profs Li and Huang examined the effects of pressure therapy on serious burns patients in the early stage of their rehabilitation.



## 理大眼科視光學院與東華三院合辦 「睛靈長者」外展眼科視光檢查計劃 PolyU and TWGHs Set Up Outreach Eye Examination Project for Elderly



不少基層長者因為行動不便或交通的問題，而不願到坊間的眼科視光學診所作定期檢查，以致部分長者因延誤就醫而影響視力，久而久之，除會為長者日常生活帶來不便外，更有可能釀成意外，令長者生活質素大受影響。

理大眼科視光學院與東華三院積極推行社區及基層眼睛健康，早於2009年已成功展開首階段的「睛靈長者」眼科視光檢查計劃，由東華三院轉介長者到臨理大眼科視光學診所接受全面眼科視光檢查。及至本年6月，眼科視光學院與東華三院再度合作，合辦「睛靈長者外展眼科視光檢查計劃」，讓長者可免卻舟車勞頓之苦，亦可讓他們及早正視眼睛健康問題。計劃由理大眼科視光學院的專業眼科視光團隊帶備檢測儀器，在東華三院黃祖棠社會服務大樓，為東華三院贊助的300名居於九龍城區或東華三院黃祖棠護理安老院，並領取綜援或低收入的長者，提供外展綜合眼科視光檢查服務。

「睛靈長者外展眼科視光檢查計劃」是眼科視光學院首次以外展形式，提供綜合眼科視光檢查服務，計劃可讓學生進一步走入社群，實踐所學，在導師的指導下，運用專業知識，累積寶貴經驗。計劃的成功推展，亦有賴兩個義工隊伍，包括理大活齡學院的長者義工隊，以及香港紅十字會耆英團第廿一團不辭勞苦，親自落區陪同居住附近的長者到院舍接受檢查。

Many elderly tend not to travel far from home because of their limited mobility and worries about transportation and money. However, untreated age-related eye diseases decrease quality of life and increase risk of accidents or falls. So building upon their highly successful 2009 project for needy elderly that was based at PolyU's on-campus Optometry Clinic, PolyU's School of Optometry (SO) and the Tung Wah Group of Hospitals (TWGHs) jointly launched the "Smart Eye Outreach Project for the Elderly" on 24 June to help elders in Kowloon City District on the Comprehensive Social Security Assistance Scheme or from low-income households to get their eyes checked in their community.

SO has set up an eye examination facility at the TWGHs Wong Cho Tong Social Service Building in Homantin and TWGHs is sponsoring 300 elders to take part. Volunteers from PolyU's Institute of Active Ageing and TWGHs Wong Cho Tong District Elderly Community Centre Red Cross Elderly Unit 21 will escort them to and from home, while student optometrists will carry out the comprehensive eye examinations under the supervision of SO staff.

# 大學教育資助委員會及食物及衛生局研究資助

## Successful Grants from University Grants Committee and Food and Health Bureau



醫療及社會科學院鼓勵教員進行不同範疇的醫療及社科研究項目，恭喜今年獲得大學教育資助委員會研究資助局，以及香港特區政府食物及衛生局撥款資助研究計劃的同事。

FHSS encourages its faculty members to conduct innovative and impactful research projects in different aspects of health and applied social sciences. This year, many managed to secure funding from various competitive schemes run by the University Grants Committee and the Food and Health Bureau of the Hong Kong government. Congratulations to them!



### 2013/14優配研究金 (大學教育資助委員會研究資助局)

#### General Research Fund 2013/14 (Research Grants Council, University Grants Committee)

FHSS Dept/ School	Principal Investigator	Project Title
APSS	Dr YAN Hairong	Rural China in globalisation: the soybean crisis and its everyday impact
APSS	Prof Cynthia LEUNG Man	The role of family dining pattern, parenting style and family functioning on the health, behaviour and learning of preschool children
HTI	Prof Iris Frances Forster BENZIE	The 'hidden' biological impact of vitamin D deficiency: a biomarker study
RS	Prof David MAN Wai-kwong	An intelligent cognitive rehabilitation system for drug abusers' vocational rehabilitation
RS	Dr Shamay NG Sheung-mei	Enhancing interhemispheric interaction through bilateral electrical stimulation to improve lower limb motor functions in patients with stroke: a randomised, placebo-controlled clinical trial
RS	Dr Grace SZETO Pui-yuk	A study of musculoskeletal loading in using multitouch technology among young people
RS	Prof Gabriel NG Yin-fat	A nano approach for management of mega tendon degeneration
RS	Prof Ella YEUNG Wai	The role of mechano-growth factor in the regeneration of dystrophin-deficient mdx muscles
RS	Prof HE Jufang	Participation of the thalamus in the establishment of cross-modal association between the auditory and visual systems
SN	Dr CHEUNG Kin	Evaluation of a multidimensional programme for reducing work-related musculoskeletal disorders among nursing assistants in nursing homes: a cluster randomised controlled trial
SO	Dr Henry CHAN Ho-lung	Foveal function and peripheral refractive errors in emmetropisation
SO	Dr DO Chi-wai	Modulation of aqueous humour inflow in porcine eyes
SO	Dr Jeremy Andrew GUGGENHEIM	Gene-environment interactions in myopia

### 2013/14傑出青年學者計劃 (大學教育資助委員會研究資助局)

#### Early Career Scheme 2013/14 (Research Grants Council, University Grants Committee)

FHSS Dept/ School	Principal Investigator	Project Title
HTI	Dr Helen LAW Ka-wai	The role of autophagy in podocyte apoptosis and primary nephrotic syndrome
RS	Dr Roy CHEUNG Tsz-hei	Modulation of the motor performance and electrocortical activity before and after biofeedback retraining of human gait
RS	Dr Sam CHAN Chi-chung	Perceptual processing and repetition effect of face encoding among elderly with mild cognitive impairment: an event-related potential study
SN	Dr Justina LIU Yat-wa	Implementation of observational pain management protocol to improve pain management for long-term institutionalised older care home residents with dementia: a randomised controlled trial

### 2012/13醫療衛生研究基金 (前身為衛生及醫護研究基金) (香港特別行政區政府食物及衛生局)

#### Health and Medical Research Fund 2012/13 (formerly called Health and Health Services Research Fund) (Food and Health Bureau, Hong Kong SAR Government)

FHSS Dept/ School	Principal Investigator	Project Title
RS	Dr William TSANG Wai-nam	A randomised controlled trial on the effectiveness of virtual reality on balance control and falls risk in residents of aged care facilities at risk of falling
RS	Dr Grace SZETO Pui-yuk	A study to compare the "ergomotor" intervention programme to conventional physiotherapy treatment in managing work-related neck-shoulder disorder: a randomised controlled trial
SN	Dr MAK Yim-wah	The experience and coping of co-occurrence of schizophrenia and/or depression with smoking: a qualitative study
SN	Prof CHIEN Wai-tong	An evaluation of the effectiveness of adherence therapy for patients with schizophrenia: a randomised controlled trial
SN	Dr Marian WONG Wai-lin	Design and evaluation of effects of peer education intervention programme on healthy eating in elementary schools
SN	Dr Meyrick CHOW Chum-ming	Validation of the Chinese version of the Chronic Illness Resources Survey for patients with type 2 diabetes mellitus
SN	Prof Alice Yuen LOKE	The characteristics of students who influence their school peers' health risk behaviours
SO	Prof Pauline CHO	Amoebicidal effects of traditional Chinese herbal medicines