



NEWS BULLETIN 物理治療 PHYSIOTHERAPY 資訊

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New Year Greetings

Prof. Marco PANG
President of HKPA



The Year of 2019 is a challenging one. Because of the civil unrest, we were forced to postpone the WCPT-AWP Congress, which is originally scheduled to take place in June 2020, to the year of 2022. Many of the usual activities that HKPA take part in previous years were also cancelled, such as the Cancer Day and the Bowtie event to raise awareness of prostate cancer. Looking at the brighter side of things, we had successfully held the HKPA Association Conference 2019 cum the second Greater Bay Area Physiotherapy Forum. We had a record-breaking number of participants who attended the conference and gala dinner.

Election of the new Executive Committee (2019-2021) was successfully held, and I feel incredibly honored to be able to serve as the HKPA President for another term. I would like to take this opportunity to thank the outgoing Executive Committee members, who had devoted to the mission of HKPA so wholeheartedly. I would also like to warmly welcome all the members in the new Executive Committee. Many of them have served multiple terms, and their dedication to HKPA is commendable. There are some brand new colleagues who join the HKPA Executive Committee for the first time. We definitely need some new blood in taking up leadership role in HKPA. It is our responsibility to mentor the younger generation, so that they could be our future leaders.

There is much to look forward to in the year of 2020. We will seek to identify a number of strategic partners to form long term collaborations. One that has been confirmed is Sik Sik Yuen, with which we will kickstart a project on sensorimotor function in school-aged children. This project will become our flagship program in 2020, and will hopefully become our main theme in the upcoming World Physical Therapy Day. We will continue to work with other parties to fight for direct access of physiotherapy service in Hong Kong. I count on your continuous support to HKPA, so that we can overcome the challenges ahead and continue to thrive. Finally, I wish you all a healthy and prosperous year of 2020 (Year of the Rat)!



Editorial

Hydrotherapy

Mr. Maurice HON, Ms. Caroline WONG

Hydrotherapy has substantial research supporting its use in the treatment of patients with musculoskeletal, neurological and cardiopulmonary conditions. More recently, in addition to treating the physical symptoms, hydrotherapy has been found to help relieve stress as well. However, accessibility to suitable pools, therapist to patient ratios are limiting factors to being able to provide this service for patients in Hong Kong. Therefore, in this issue, we are grateful to have therapists with extensive hands on experience to share with us.

In the first article, Ms. CHOW Chi Ying shares combines water therapy with shiatsu to create “Watsu” which she uses to help patients with chronic back pain. In the second article, Ms. Angela LEE shares with us the various forms of hydrotherapy, different equipment used and how we can aim to broaden this service in Hong Kong. In the people’s corner, we interview Ms. Ivis CHUNG, Chief Manager (Allied Health) of Hospital Authority where she gives us insight on her transition from a front-line therapist, on her role, and her outlook on the physiotherapy profession. In the NGO corner, Mr. SUEN Shing Kuen applies the 5S principle to the elderly home setting to reduce the number of work injuries.

Announcement

HKPA APTWG has Joined the IOAPT



HKPA

The International Organization of Aquatic Physical Therapists (IOAPT) is a subgroup of World Confederation for Physical Therapy which was established in May 2019. The main objectives of the IOAPT are to encourage high standards of physical therapy education, research and practice in particular those of relevance to Aquatic Physical Therapy. IOAPT Executive Committee has recognized and approved Aquatic Physiotherapy Working Group (APTWG) of HKPA as a member group officially on 28 December 2019. HKPA has nominated Dr Billy SO, vice-chairman of APTWG, as the representative to communicate with IOAPT.

Aquatic Physiotherapy Working Group (New) Executive Committee (2019-2021)

HKPA

A new Aquatic Physiotherapy Working Group has been formed to focus on aquatic physiotherapy.

Chairperson	Ms. Lavinia K.Y. WONG
Vice-Chairperson	Ms. Catherine C.K. WONG Dr. Billy C.L. SO
Treasurer	Ms. Y.M. NG
Secretary	Ms. Nathania S.Y. SUEN Ms. Samuela T.Y. SUEN
Education Officer	Mr. Sam W.S. WONG Ms. C.Y. CHOW
IT Officer	Mr. Boris C.Y. HO Mr. Louis L.T. LI
Public Relation Officer	Ms. Angela W.Y. LEE
Liaison Officer	Mr. Joseph P.K. LAW Ms. Iris S.Y. KONG
Professional Development Officer	Mr. Harry K.M. LEE

Watsu for Chronic Back Pain

Ms. CHOW Chi Ying

Physiotherapist, The Centre on Health and Wellness, The Hong Kong Society for Rehabilitation

Watsu is an acronym based on “WATER SHIATSU”, in Chinese “水指壓”. It was developed by Mr. Harold Dull in the 1980s. This body therapy is best done in a thermal pool temperature ~ 35°C. In addition to a pair of flotation rings on client’s thighs, all we need is just our body mechanics and a peaceful heart. This excellent relaxation technique is by applying Shiatsu in water; mobilize and stretch client’s joints in cooperate with breathing rhythm. There are various movement patterns in Watsu moving clients in different dimensions. Watsu teachers always encourage you to feel the body of the client and invent your own free style movements. In physiotherapists’ terms, it is according to the physical diagnosis we made after assessment. When immersed in comfortable warm water plus precise hand holds, the clients always report that they almost fell asleep in the water!

Beneficiaries of Watsu can be broad: from children with cerebral palsy to geriatrics with osteoarthritis. From ladies with fibromyalgia to athletes with sprained back can benefits from Watsu. Resende Silveira Leite et al (2013) studied the effectiveness of Watsu on women with fibromyalgia. After 15 sessions of Watsu, there was a reduction of pain and anxiety while sleep quality was also improved. A randomized controlled trial by Schitter et al (2015) showed that pregnant women after Watsu had lower pain and stress compare to control groups.

Though evidence to evaluate the effectiveness of Watsu is still limited and mostly are small scale studies, clinically I find Watsu an effective adjunct method in treating chronic back pain cases with tightened muscle and diffused back pain influenced by emotional distress. Instead of Shiatsu, I use deep friction massage to release tightened soft tissue. Common soft tissue constriction in chronic low back

pain cases are over-excited Erector Spinae, spasm Quadratus Lumborum (QL), tightened Piriformis, Gluteus Medius (Glu Med) and lumbo-pelvic fascia. There are 5 Watsu movements frequently used by me during hydrotherapy.

For most of the cases, I start with 3-5 minutes Seaweed (Fig. 1) as preparation. Therapist’s hand can guide the lumbo-pelvic movement to add extra stretch to ipsilateral side of the spine or, even under scapular you want to mobilize soft tissue over upper quadrant. The gentle meander of the spine usually can already decrease muscle tone partially after client accustomed to the movement. Then anchored the client in supine, deep friction massage trigger points over QL, Glu Med and fascia of back according to assessment. After that complete by Accordion (Fig. 2) to stretch up tightened lumbo-pelvic soft tissue and send the client for active mobilization program for the rest of the session.



Fig. 1



Fig. 2

For clients with more significant soft tissue tightness over lumbo-pelvis to buttock, I will start with Free Spine (Fig. 3) to mobilize the whole spine from cervical to lumbar. It is done by rhythmic elbow flexion and extension under client’s sacrum to bring lumber in rotation. Then use Near Leg Flow (Fig. 4) and afterwards Far Leg Rotation (Fig. 5) with a hold at the end to gradual stretch up the lumbo-pelvic

(Continued on Page 4)

fascia and gluteus. Careful in the stretching range as vigorous stretch to very tight soft tissue in chronic case in early phase can induce great pain. Adjust the angle of hip in far leg rotation according to the tension you feel. Accordion can be modified to bring client in a "V" position instead of sitting position in original. Again, never forget to send the client for self-stretching program or isolated lumbo-pelvic control after the Watsu maneuver.



Fig. 3



Fig. 4



Fig. 5

If client's soft tissue is profoundly affected by mental stress, a thorough and longer duration of Watsu is suggested in each session, sometimes up to a full session. Seaweed is always promising in relaxation. Alternating stretch of back caudally by firm hand hold into side way movements enhance releasing effect. Instead of supporting client's head on your shoulder, you can gently drag client in an outstretch arm, from frontal side-gliding to sagittal movements or even combined movement. Accomplish the session with other maneuver and good if client can incorporate breathing control during the stretch.

Since the vestibular system is probably disturb when we shift head position frequently during the maneuver, remember to rest client in standing supported inside the pool for ~1-2 minutes before they leave as people may feel temporary dizziness.

A full Watsu session takes 45 minutes to an hour which is quite impossible in busy Hong Kong clinics unless you have one to one based hydrotherapy section with your client. Apart from time constrain, it is always a good practice to encourage active rehabilitation unless client experiences heavy psychological stress. Apply the therapy prior to active stretch program can augment the flexibility to be gained. If you apply it by the end of active program for fibromyalgia client or simply non-specific back pain client with mental stress will allow client a great relaxation of body and mind leaving your pool. Around 10 minutes is adequate already if you release the right points at the right time.

Since the technique requires large amount of body contact, it is not recommended if you have not develop a good rapport with client yet and without proper explanation of the therapy. Never perform on client who does not fully adapt in water and has vestibular dysfunction or vertigo problem. If you consider Watsu a helpful adjunct aquatic therapy too, learn Watsu and experience the relaxation in tranquility!

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Aquatic Therapy

- How to Bring the Magic of Water to Clinical Practice

Ms. Angela LEE

Physiotherapist, Hong Kong Buddhist Hospital
Certified Aquarist

Why We Don't Give Up Aquatic Therapy?

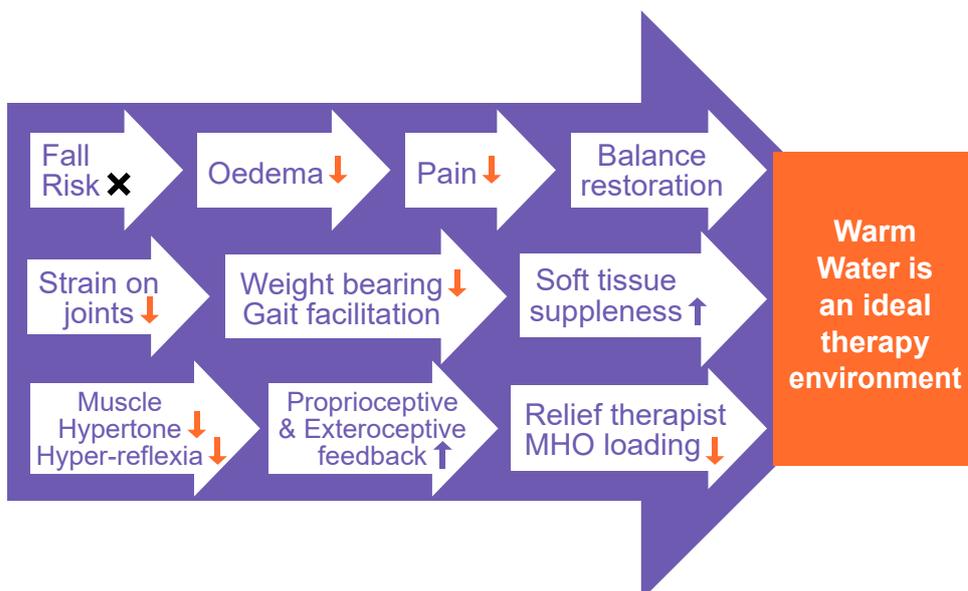
Aquatic therapy is therapy which takes place in any aquatic environment under supervision of trained healthcare professionals. It is also known as hydrotherapy, water therapy, aquatic rehabilitation or water therapy etc. Aquatic therapy is growing in the popularity in the world as a safe and unique treatment modality for physiotherapists to facilitate rehabilitation timeframe, improve fitness level or decrease overall stress levels on land therapies. It is suitable for any ages and fitness levels. Aquatic therapy services would be provided in hospitals, private clinics and elderly homes.

When compared with other forms of physical therapy, it can minimize the pain during incorporating active approach in rehabilitation. Exercises in pool can be started in early phase of

rehabilitation even before land-based therapy. Good examples would be incorporating into early rehabilitation of joint replacement or traumatic cases with multiple fractures. Besides, aquatic therapy has a role on cross training to upgrade their fitness of active athletes and prevent overuse syndrome with solely land-based training program. For those injured athletes who are looking for getting back into competition or busy professionals who are eager to recover from surgery as fast as possible, aquatic therapy would be a good choice.

There are some special features of water, including buoyancy, warm temperature, hydrostatic pressure and viscosity. By using these properties, there would be a lot of benefits from water and facilitate the effect of exercises.

Water - Power of Versatility



(Continued on Page 6)

Helping to Become Comfortable in the Water

Despite many benefits of aquatic therapy, some people are still reluctant to try this form of rehabilitation. For example, wearing swimsuit in public sector can feel uncomfortable for someone. They may be physically struggle to dress properly for a therapy session. It is important for us to show compassion, empathy and understanding to them. Some suggestions to address this self-image issue by providing them alternatives like shorts and comfortable outfits for aquatic therapy. For facilitate the people with pain or impaired mobility, pool facilities or shower chair would be a choice for their ease. There are different forms of exercises in the pool. By proper assessment and screening of the clients, we can provide right exercises to right person in right time. Group or individual sessions are not superior to each other. It is important to meet the exercise goals for each client.

Diversity in Aquatic Therapy

Ai Chi is a form of aquatic therapy that was created by Jun Konno in 1993. It combines elements of Tai Chi, qigong into pool exercises. It integrated mental, physical and spiritual energy with breathing exercises and progressive gentle movement of our extremities together with reinforcement of core stabilization. It would introduce relaxation techniques for pain cases and balance training for fall cases.



Ai chi

Bad Ragaz Ring Method was developed by team of physiotherapists in Bad Ragaz of Switzerland. It was a technique by using ring-shaped floating devices to support the clients when moving them on the water surface. It aimed at strengthening and mobilizing during lying client in supine in waist- or shoulder-deep water. It is commonly used for rheumatoid arthritis, soft tissue injuries, Parkinsonism or fibromyalgia etc.



Bad Ragaz Ring Method

Halliwick Concept is developed for helping balance training and core stability, as well as help in teaching swimming skills and general independence to physically disabled young clients. Therapists work to analyze the specific limitations and abilities of clients before developing interventions that would result in maximizing improvement in functions. It is commonly used for paediatrics.

Watsu was developed by Harold Dull in California in 1980s. It combines the elements of massage, muscle stretching and joint mobilization with shiatsu and water dance. It can be used in a wide range of orthopaedic and neurological cases.

Deep-water running is also called aqua running or aqua jogging. It is a form of running in deep water by using floating belt to support head and upper body above the water. It is beneficial through performing rehabilitation protocols without impact on joints. It is commonly used to speed up recovery of injured athletes or to build up fitness of people who require low-impact aerobic workout.

(Continued on Page 7)



Deep water running

Advanced Accessories in Aquatic Therapy

Underwater Treadmills

There are different forms of treadmills for underwater running. Mostly updated underwater treadmill has designed to incorporating electrical underwater treadmill in part of pool or whole pool. These treadmills can accelerate from 0.1 mph to speeds up to 10 mph, making it suitable for different populations from slow walking and jogging to sprinting, side shuffling and backward walking.

By using underwater treadmills, benefits of running would be enhanced by special water properties to reduce impact to joints, decrease joints damage etc. It can facilitate recovery of injuries and regain full-body motion after surgery. It can be used in prehabilitation program of joint replacement or sports injuries to build up their capabilities with pain control before the surgery.

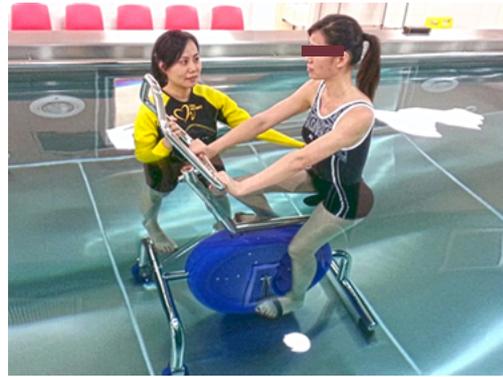
Benefits of using underwater treadmill in aquatic therapy include improve range of motion and reduce joint stiffness, facilitate in gait education in low-impact and safe environment, improve cardiovascular functions and build up muscle strength and endurance.



Underwater treadmill

Aqua Bike

Aqua cycling or aqua spinning is a kind of fitness training by using aqua bike. It combines the underwater workout into water environment. Instead of resistance knob, it used the concept of pushing against the friction of water. By assessing different needs of patients, aqua cycling can be more challenging when incorporating High Intensity Interval Training (HIIT) into it.



Aqua bike

Jets Stream

Some modern exercise pools can provide resistance jets with adjustable speeds and levels. It can allow assisted to resisted movement underwater. It provides a gradual increase in workout intensity. It can be used in the programs for athletic training, return-to-work, weight reduction etc.

Special Massage Hoses

Some models of modern exercise pools can provide special massage hoses. Underwater massage theoretically can help to prevent build-up of lactic acid, so as to reduce the recovery time and post exercise muscle soreness. It is also a kind of way to deal with chronic pain cases. By adjusting the level of massage hoses, it can be used for training of sensory integration in special needed cases.

Adjustable Water Depth Controls

Many exercise pools include stairs to promote safe and accessibility for clients. Hoist chairs or suspension device with ceiling hoists can help additionally to clients in non-weight bearing status or wheelchair bounded. Adjustable water depth controls can

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allow easier and faster accessibility to the pool. By adjusting the water level, therapists can tailor make the exercises with different levels of weight support during training.



Adjustable water depth control

Underwater Cameras

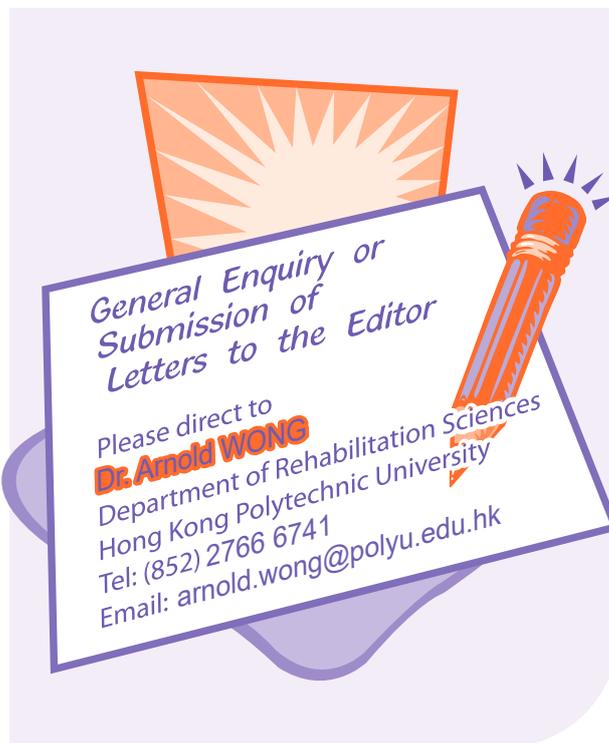
Underwater cameras are also a good form to monitor client's gait and progress. By providing real time images, it can serve as instant visual feedback to clients in gait training or other forms of exercises.



Underwater camera

Role in Development of Aquatic Therapy

Although aquatic therapy is a traditional physiotherapy modality, we would bring diversified aquatic exercises and more fun by advancing our knowledges and technology. It is not easy and cheap to maintain a pool in Hong Kong. Good utilization of pool and positive feedback is important for us to strengthen up the role of physiotherapists in aquatic therapy. This requires our effort and participation in the road way forward.



General Enquiry or Submission of Letters to the Editor

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The Application of 5S Workplace Organization in an Elderly Home Setting

Mr. SUEN Shing Kuen

Physiotherapist, Day Care Centre for the Elderly, Elderly Home Division, Hong Kong Lutheran Social Service

Background

According to the statistics published by Hong Kong Labour department (1), there were total 1526 cases of occupational injuries in Human Health Services in 2018. In which 28% of cases were injured whilst lifting or carrying, 27% were slip, trip or fall on same level, 17% were striking injuries either by fixed object or by moving object. We found that environmental factors contribute to the majority of injuries, and we believe a good housekeeping management tool can help to establish and maintain a tidy and a well-organized workplace and finally to reduce the number of occupational injuries.

Our organization has adopted the 5S tool since 2006, starting in two of the sub-vented elderly home. 5S is a popular housekeeping management tool and is intended for the organizing, standardizing and maintaining the workplace. 5S stands for sort (seiri), straighten/set in order (seiton), shine/scrub (seiso), standardize (seiketsu), and sustain (shitsuke).

5S Implementation

To attain full benefit of 5S, we did not focus only on creating a 5S workplace, rather, we also promoted the housekeeping tool to our service user to maintain a tidy and safe living environment. We could roughly classify into four steps while implementing the 5S management. Firstly, we set up a 5S policy and signed a 5S contract by home-in-charge to declare that the management team would pay every effort and resources for the campaign. Secondly, a 5S focus group was formed, which included representatives from different departments. Thirdly, the 5S focus group would receive a series of 5S training, site visit and 5S workshops and then the group would design tailor-made training workshops for our staffs according to our needs. Finally, the focus group would design the action plan and implement the 5S steps by steps. Here are some examples of 5S strategies.

1. 5S pilot

Before fully implementing the 5S, we have selected a 5S pilot site that most of the staff will commonly use, hence they could acknowledge the benefit of 5S.

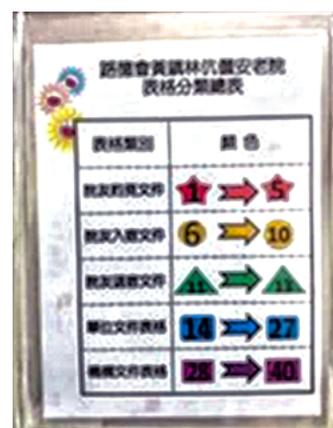
2. 5S district leader

Every single area of the home setting will have its accountable staffs to coordinate the 5S implementation.

3. 5S competition for 5S promotion

4. 5S training and sharing to service users and carers

5. 5S visit week from different units



(Continued on Page 10)

Examples of 5S Application in Elderly Home Setting



Storage of small parts



Cleaning utensils storage by visual management



Wardrobe 5S



Food storage by first-come-first-use principle

5S Experience Sharing

In view of the lack of 5S resources when implementing the 5S management in elderly home setting, our organization has designed and produced a 5S training kit, named as “5S耆職”, to provide a useful and comprehensive 5S resources. A sharing seminar has been held on 26 April 2019 to address the benefit

of 5S in promoting the occupational safety and share the application of 5S training kit. All we have done is to stimulate our industry how 5S could help and work together to promote the occupational health in our working environment.

5S Seminar with Guests from OSH Council and Tung Wah College



(Continued on Page 11)

Content of “5S 耆職”



5S manual describes 5S application in different department in home setting



5S exercise with 5S slogan



USB with training materials and 5S game



Booklet includes label which commonly used when doing 5S



5S game cards for staff training



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https://www.labour.gov.hk/tc/osh/pdf/archive/statistics/OSH_Statistics_2018_tc.pdf

An Interview with Ms. Ivis CHUNG

Date : 27 May 2019
Venue : Hospital Authority Head Office
Interviewee : Ms. Ivis CHUNG
 Chief Manager (Allied Health) of Hospital Authority
Interviewers : Mr. Nicholas TO and Mr. Francis LI
 PolyU BSc (Hons) Physiotherapy Year 3 Students

Q1

What motivates you to change from working as a frontline physiotherapist (PT) to the management field, and eventually managing all the allied health professions in the Hospital Authority (HA)?

A1

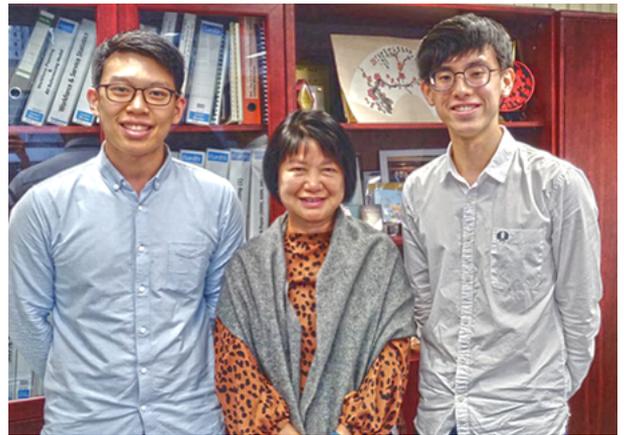
Before embarking my career in management, I was a registered PT in the Caritas Medical Centre. As a PT, I was involved in clinical work, clinical education and departmental management. With a secondment opportunity in HA, under the mentorship of Mrs. Elizabeth Wong (the Ex-Executive Manager of Allied Health). I exposed to and learned more about the management of allied health professions and services. This eye-opening experience inspired me to attempt a management position in the HA Head Office to see if I was interested and fit for such a position. Since then, I have been working in the Head Office.

Q2.

What are the biggest challenge and satisfaction of being the Chief Manager (Allied Health) of HA?

A2.

Before 2008, the position of Chief Manager of Allied Health (AH) as grade head of 18 AH professions did not exist in HA. Instead, the management of AH subjects were subsumed as part of the portfolio of a senior executive. In 2008, the AH Grade Department was set up after the reform of the HA Head Office, the position of Chief Manager of AH was established to head the department and I am the first person appointed to take up this position. To me, the biggest challenge and the biggest satisfaction of this position were to be able to do something that no one had done before. Further, AH management in HA was a brand-new concept. Being able to steer the planning and development of the seemingly unrelated discipline-based departments into a big synergistic team under a single umbrella is indeed a challenging and fulfilling responsibility.



Q3.

Do you have any advice for fresh PT graduates who wish to pursue management positions in the future?

A3.

The ultimate goal of management is to improve our patient service. To achieve that, one must be familiar with the services that we are delivering, the clients whom we are serving, the operation and characteristics of public healthcare system. As a fresh graduate, it is important to consolidate your professional and soft skills. Meanwhile, you can also widen your exposure both within and beyond the physiotherapy department, equip yourself by further education and development. When an opportunity arises, you would be ready to seek the challenge.

Q4.

What are the major challenges in the AH sector in the public healthcare system in Hong Kong?

A4.

Manpower supply is obviously a major challenge. Apart from that, the knowledge and understanding of the general public towards AH are something that we should promote. In addition to the professionalism and autonomy, we believe that accountability is essential

(Continued on Page 13)

to gain the recognition from the public regarding the services that we provide. As AH professionals, it is important for us to recognize our limitations and understand the role of other disciplines. For instance, it is crucial for PTs to understand the services of the orthopaedics surgeons, occupational therapists, prosthetists, and orthotists to better collaborate and to provide holistic services for patients.

Q5.

The turnover rate of PT in public hospitals last year was 7.6%, the highest amongst all AH departments. What is your opinion on this situation? How shall HA do to retain PTs?

A5.

There are a number of factors causing such a high turnover rate, including the development of the private market, as well as number of graduates supply. The highest turnover rate occurs among PTs with 3 to 5 years of working experiences. Despite the high turnover rate, I still recommend fresh graduates to start their career in HA since it is a good place to consolidate knowledge and to gain working experiences. We have wide range of service settings including in-patient, out-patient, day care, and acute and community. They will gain a broader exposure and a better idea about the roles of various healthcare disciplines and the continuity of care, which will be beneficial even if they decide to work in other sectors later on. As the biggest healthcare provider in Hong Kong, HA has an important role to train physiotherapy students and nurture graduates.

Q6.

Which areas of PT services should expand in the future?

A6.

Many areas of PT services would have great potentials for enhancing patient cares. Some examples of programs HA have been implementing are: introducing restorative rehabilitation services during weekend and public holidays, early mobilization of intensive care patients, exoskeleton and lower limb robotics technology for neurological patients. For musculoskeletal physiotherapy, we are implementing a new model of care with better stratification and better outcome evaluation. As a PT, apart from having a good body of knowledge, knowing the effectiveness of your interventions and integrating your treatments with technology, empowerment and education are equally important. Communicating well with patients and their family and enabling patients to own their problems are also something that we should not overlook.

Q7.

An increasing number of institutions are planning to start PT education programmes. What do you think about this development?

A7.

From the perspective of manpower supply, it is certainly a good move to ascertain adequate manpower supply, otherwise, no matter how good your services are, patients still cannot benefit from it. As both a service and clinical education provider, we reckon the important linkage between quality of education and patient service. We do hope that fresh graduates are equipped with good knowledge foundation, have the capability to learn new things, maintain curiosity and an innovative mind, and most importantly, a genuine passion for the profession.

CPD News
Enquiry of CPD News and Activities
 Please Visit
<http://www.hongkongpa.com.hk/cpd/doc/CPD%20All.xls>



Criminal Conviction

Mr. Bronco BUT

Honorary Legal Advisor of HKPA

Assumed Scenario

Peter was a registered Part Ia physiotherapist and was working in a public hospital. Besides working as a full time physiotherapist, he was actively involved in community volunteer service and provided volunteer physiotherapy service to various community centres. He was passionate to help the disadvantaged sector of the community. He was liked by many old aged people at the community centres.

Recently, there was an outbreak of unknown contagious disease. Many people were infected. In order to avoid being infected by the contagious disease, Hongkongers wore surgical face masks. The demand of surgical face masks far exceeded the supply of surgical face masks. As a result, the retail price of surgical face masks was rocketing. Many old aged people who depended on social security allowance found it difficult to spare money to buy surgical face masks. As a result, they were forced to reuse surgical face masks and remained at home for most of the time. However, the practice of reuse surgical face masks was not hygienic and would expose them to the risk of getting infected. The longer the time of staying at home, the greater the risk of being cut off from the outside world.

Peter was anxious to offer assistance to disadvantaged old people. He noted that there was abundant supply of surgical face masks at the public hospital that he was working. He took 2 boxes of surgical face masks intending to distribute them to the old aged persons at the community centres free of charge. When he left the hospital with two boxes of surgical face masks, he was stopped by plainclothes police detectives. He was arrested and charged with the offence of theft.

After his arrest, Peter was released on bail pending further police investigations. He had concerns whether he could continue practising physiotherapy if he were convicted of the criminal offence. He had discussions with Susan, the Department Manager regarding the implications of being charged with and convicted of criminal offence. Being a very experienced physiotherapist, Susan has adopted a prudent approach and advised Peter to seek proper legal advice from a lawyer whom he trusted.

Part I of the Code of Practice

The Physiotherapists Board has promulgated the Code of Practice for physiotherapists to observe and follow. The purpose of the Code is to provide guidance for conduct and relationships in carrying out the professional responsibilities consistent with the professional obligations of the profession.

A registered physiotherapist should observe the basic ethical principles outlined in Part I of the Code; understand the meaning of “unprofessional conduct” explained in Part II; and be aware of the conviction and forms of professional misconduct detailed in Part III which may lead to disciplinary proceedings.

A person who contravenes any part of the Code of Practice may be subject to inquiries held by the Board but the fact that any matters not mentioned in the Code, shall not preclude the Board from judging a person to have acted in an unprofessional or improper manner by reference to those matters.

Part II of the Code of Practice

According to Part II of the Code of Practice, a physiotherapist is guilty of “unprofessional conduct” when he, in the pursuit of his profession, does something or omit to do something, which in the opinion of his professional colleagues of good repute and competency, might be reasonably regarded as disgraceful or dishonourable.”

Part III of the Code of Practice

According to Part III, any conviction in Hong Kong or elsewhere of any offence punishable with imprisonment will lead to subsequent disciplinary proceedings, irrespective of whether a prison term is imposed or not. A particularly serious view is likely to be taken if a physiotherapist is convicted of criminal deception (e.g. obtaining money or goods by false pretences), forgery, fraud, theft, indecent behaviour or assault in the course of his professional duties or against his patients or colleagues.

Discussions

In above hypothetical scenario, Peter was charged with the offence of theft. Although he had good intention of helping old aged people and no intention of benefiting himself, his act of taking two boxes of surgical face masks amounted to theft. His good intention of helping old aged people could not be a defence to the charge of theft. It could only be a mitigating factor when the court was to hand down sentence after convicting him of the offence of theft.

The offence of theft was punishable with imprisonment. If Peter were convicted of the aforesaid offence, he would face the risk that his conviction may lead to subsequent disciplinary proceedings even if no prison term were imposed on him. In other words, he might face the risk that his conviction may lead to subsequent disciplinary proceedings even if non-custodial sentence was imposed on him.

Ming Pao Article on Back Care

Date : 2 December 2019
Physiotherapist : Mr. Clive WONG

Mr. WONG shared the knowledge regarding back lifting posture and low back pain. He also demonstrated some exercises in lying and sitting positions.



Meeting with Sik Sik Yuen

Date : 5 December 2019
Venue : Wong Tai Sin
Physiotherapist : Prof. Marco PANG

A meeting was held with the leadership of Sik Sik Yuen to discuss further collaborations. The initiative on paediatric health is expected to kick off in February 2020.

Educational Talk and Exercise Workshop for Lung Cancer Patients

Date : 6 December 2019
Venue : Tin Shui Wai CancerLink Support Centre
Physiotherapist : Ms. Gigi YUEN

Ms. YUEN, on behalf of HKPA, was invited by the Tin Shui Wai CancerLink Support Centre to conduct an educational talk and exercise workshop for patients with lung cancer. There were about fifteen participants, including the patients as well as their caregivers.



Ms. Gigi YUEN introduced and practiced the exercise with the lung cancer patients

Third Workshop on Orthopaedic Rehabilitation in the Greater Bay Area

Date : 7-8 December 2019
Venue : Guangdong Provincial Hospital of Chinese Medicine
Physiotherapist : Ms. Roselyn CHAN

The third workshop was jointly organized by the HKPA and the Association of Hong Kong Health Care Professionals, with the aim to enhance the knowledge and skills of healthcare personnel of the Greater Bay Area in the rehabilitation of orthopaedic patients.



Government Budget - Consultation Session

Date : 12 December 2019
Venue : Central Government Offices, Tamar
Physiotherapist : Prof. Marco PANG

HKPA was invited to participate in this consultation session, which was hosted by the Financial Secretary of Hong Kong (Mr. Paul CHAN). The Secretary for Food and Health (Prof. Sophia CHAN) was also present. Prof. PANG raised concerns with the manpower shortage of the administrative staff of the Physiotherapists Board, and also the need to have a career pathway for physiotherapists working in primary care settings such as the District Health Centres.



The Christmas Function of The Hong Kong Paediatric Society 2019

- Date** : 15 December 2019
Venue : Star Room, Cordis Hong Kong at Langham Place
Physiotherapist : Mr. Raymond TSANG

Mr. TSANG attended the Christmas Function of the Hong Kong Paediatric Society on behalf of HKPA.



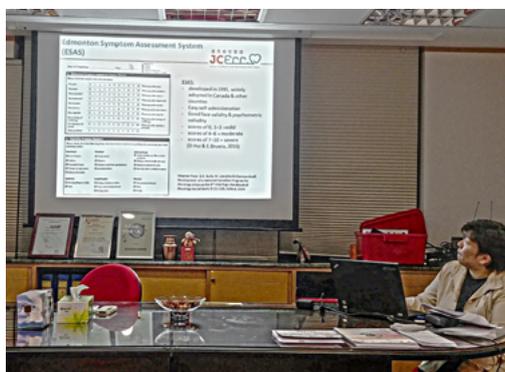
Geriatrics Specialty Group Seminar "An Overview of the End-of-Life Care Service Development in Hong Kong"

- Date** : 16 December 2019
Venue : HKPA Premises
Speaker : Ms. CHOW Sau Fong, RSW
 Expert Trainer of the Jockey Club End-of-Life Community Care Project (JCECC)

GSG organized a seminar entitled "An overview of the end-of-life care service development in Hong Kong". Ms. Chow Sau Fong was invited as the prestigious guest speaker to deliver the seminar. She shared her valuable knowledge and experience on psychosocial assessment, intervention, and end-of-life care service development in Hong Kong.



GSG chairman, Mr. Steven CHEUNG presented souvenir to guest speaker



Ms. CHOW Sau Fong was delivering seminar to physiotherapist colleagues

Meeting with PT Board Chairman

- Date** : 19 December 2019
Venue : Wu Chung House, Wanchai
Speaker : Prof. Marco PANG, Mr. Raymond TSANG, Dr. Ivan SU, Dr. Anthony KWOK

The issue of direct access of physiotherapy service was discussed. The Work Group will be under a new leadership. It is anticipated that HKPA will have representative(s) serving in this Group to continue to fight for direct access of physiotherapy service in Hong Kong.

Certificate Course of Breakaway Techniques

Date : 4 January 2020
Venue : Tung Wah College, Ho Man Tin
Speakers : Mr. Simon Siu Cheung TSE, Mr. Yin Kin LEE, Ms. Pui Ting MUI, Ms. Ching Yee LI

This course organized by the Occupational Safety, Health and Rehabilitation Specialty Group (OSHRSG) enables participants to master the appropriate and effective techniques of physical interventions when faced with imminent threats or violence. Mr. TSE first gave a brief introduction on the legitimate use of reasonable force, followed by discussing individual breakaway techniques. Through practical sessions and case discussions, participants were able to learn and apply specific techniques based on legally defensible approaches. After the course, all of us have developed basic competencies in response to assaultive behaviors using breakaway techniques, which is useful to prevent injury at work.



TWGHs "iRun" - Hong Kong Jockey Club Special Marathon 2020

Date : 12 January 2020
Venue : Central and Western District Promenade (Central Section) and Lung Wo Road
Physiotherapist : Ms. Ada CHEUK

Ms. CHEUK (SSG) represented HKPA to provide on-field physiotherapy service at the Special Marathon 2020 for the intellectual disabilities participants



Ms. Ada CHEUK (left) took photo with TWGHs representative, Mr. Harry LEE (middle) and PT student, Mr. James LAW (right) at PT booth

Ming Pao article on "Carpel Tunnel Syndrome"

Date : 13 January 2020
Physiotherapist : Mr. Clive WONG

Mr. WONG shared the knowledge regarding carpal tunnel syndrome. He also has some exercises and advices for reducing the pressure in the carpal tunnel.

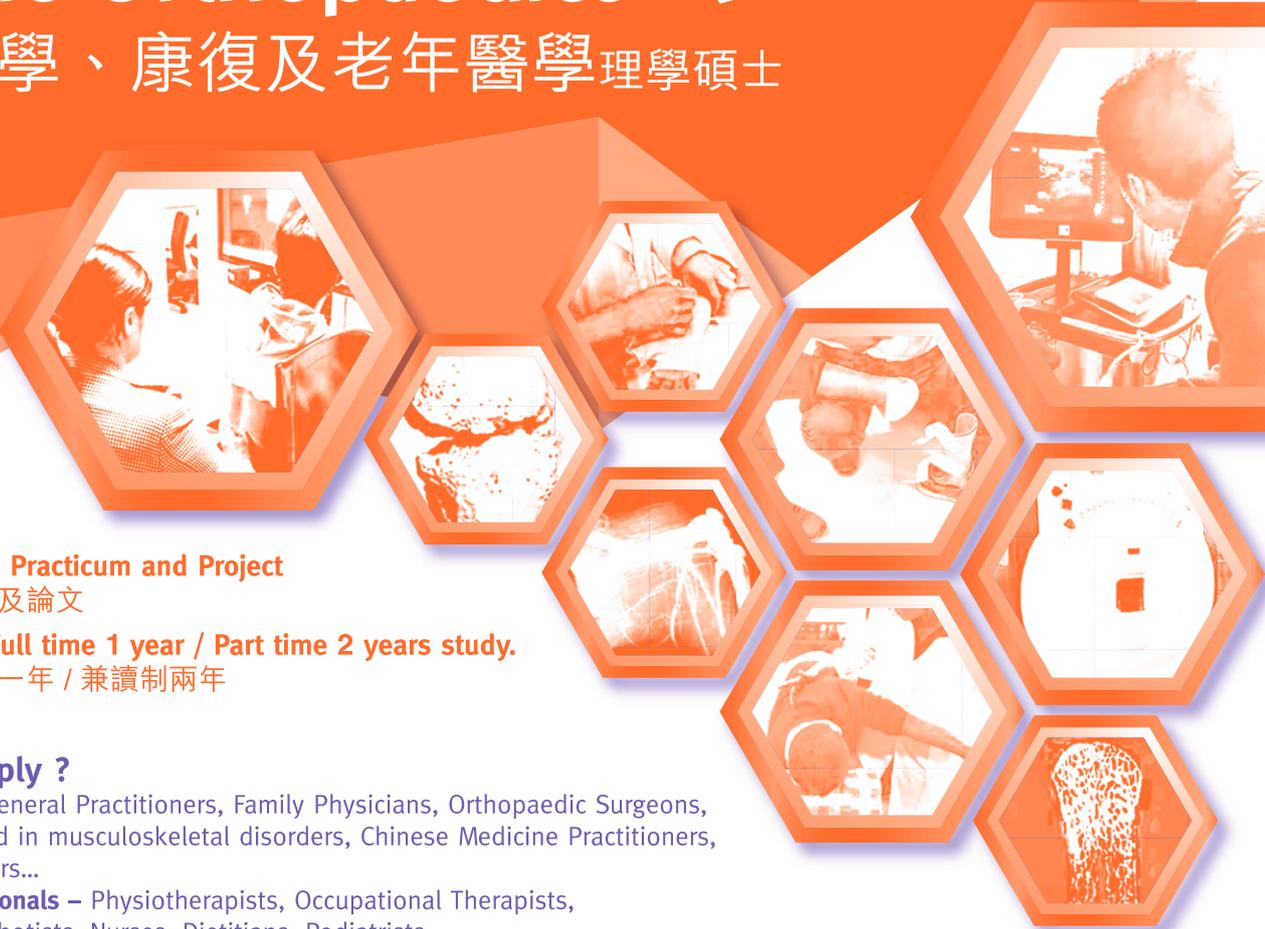
Master of Science in

Musculoskeletal Medicine, Rehabilitation and Geriatric Orthopaedics

骨關節醫學、康復及老年醫學理學碩士



Department of Orthopaedics and Traumatology
Faculty of Medicine
The Chinese University of Hong Kong
香港中文大學 醫學院 矯形外科及創傷學系



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本培訓課程為醫療專業人員而設計，包括：家庭醫生及各專科醫生、中醫師、護士、物理治療師、職業治療師、矯形師、營養師、足治療師等等……



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30 April 2020 (Full time)

2020年4月30日 (全日制)

30 May 2020 (Part time)

2020年5月30日 (兼讀制)

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* This is a merged programme replacing:
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