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Editorial

Environmental Physiotherapy

Dr. Freddy LAM and Ms. Jessica CHAN

Environmental physiotherapy, which focuses on the interaction between the environment, human movement, function, and health, has gained recognition as an important aspect of healthcare recently. In this issue, Dr. Tiffany CHOI, an Associate Professor of Practice at the School of Health Sciences, Caritas Institute of Higher Education, shared with us the potential of environmental physiotherapy in improving the health and well-being of individuals and communities, its development alongside the advances in health technology, as well as the challenges and its future development.

In the NGO corner, physiotherapy students have interviewed Mr. Max CHAN, a Senior Physiotherapist at Rehabilitation Service, Caritas Hong Kong. Mr CHAN shared with us his duties in an NGO, the benefits, qualities, and challenges of working as a physiotherapist in this setting.

Announcement

Welcome to Our New Co-opted Executive Committee Member

HKPA

We are pleased to announce that Mr. Jeffrey MAN will be joining HKPA Executive Committee as a co-opted member, effective from 21 February 2023. Mr. MAN will be replacing Mr. Ivan YEUNG, who has resigned from his position. We warmly welcome Mr. MAN to our team and are excited to work with him to achieve our organizational goals.

Hong Kong Physiotherapy Association

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Environmental Physiotherapy: Challenges Ahead and What We Should Do

Dr. Tiffany Ching-man CHOI

Associate Professor of Practice,
School of Health Sciences, Caritas Institute of Higher Education

What is Environmental Physiotherapy?

Environmental physiotherapy involves an idea of physiotherapy that focuses on the interaction among the environment, human movement, function, and health and at the same time it is expected to benefit the patient, the physiotherapist, and the environment altogether [1].

The development of environmental physiotherapy can be traced back to the early 1970s, when the concept of "ecology of human performance" was introduced by occupational therapists. The idea was that human performance is influenced by the interaction among the individual, the task, and the environment. This concept was later recognized in physiotherapy practice particularly on the importance of the environment in facilitating or hindering movement and function [2].

In the following decades, environmental physiotherapy has evolved to encompass a wide range of clinical settings and practices. For example, aquatic physiotherapy takes advantage of the buoyancy and resistance of water to facilitate movement and exercise. Community-based rehabilitation focuses on improving the accessibility and safety of the built environment to promote physical activity and independence. This is to say an environment that is designed to promote movement and activity can help to maintain or improve physical functions of a patient [1,2].

Development in Recent Years

In recent years, environmental physiotherapy has gained increasing recognition as an important aspect of healthcare, particularly in the context of aging populations and the growing prevalence of chronic diseases. Its development has been supported by advances in health technology which can help individuals to improve their physical function and confidence in real-world environments. For example:

1. Virtual reality (VR) technology: It has been increasingly used in environmental physiotherapy. VR can simulate different environments, such as a forest or a beach, and allow patients to practise their mobility and balance in a safe and controlled environment [3,4]
2. Nature-based interventions: Interventions including gardening, horticulture and green exercise have been shown to have positive effects on physical and mental health. Environmental physiotherapists are increasingly incorporating these interventions into their treatment plans to help patients improve their mobility, balance, strength and coordination [5,6].
3. Urban design: Urban design, such as the built environment and public spaces, can have a significant impact on physical activity and health. Environmental physiotherapists are working with urban planners and architects to create more accessible and inclusive urban environment that promotes physical activity and well-being [7,8,9].
4. Animal-assisted therapy: Animal-assisted therapy involves interacting with animals, such as dogs or horses. Animal-assisted therapy has been shown to have positive effects on physical and mental health, including reducing stress and anxiety and improving mood and social interaction [7].
5. Climate change and health: Climate change and environmental degradation have far-reaching consequences for human health, including physical impairments and disabilities. Environmental physiotherapists are increasingly involved in advocacy and education campaigns to raise awareness of the link between climate change and health and promote sustainable practices that benefit both people and the environment [10].

Future development and challenges ahead

Environmental physiotherapy is a rapidly developing field that has the potential to improve the health and well-being of individuals and communities by promoting physical activity, mobility, and rehabilitation through engagement with the environment. However, there are also challenges that need to be addressed to ensure that environmental physiotherapy is effective and sustainable. Here are some potential future developments and challenges:

(Continued on Page 3)

1. **Research and evidence:** There is a need for more research and evidence to support the effectiveness of environmental physiotherapy interventions. This includes investigating the impact of different environmental factors on physical activity and health outcomes and identifying the most effective interventions for different populations and conditions [11].
2. **Education and training:** Environmental physiotherapy requires specialized skills and knowledge that are not always included in traditional physiotherapy training programs. There is a need for more education and training opportunities for physiotherapists to develop expertise in environmental physiotherapy [12].
3. **Access and equity:** Environmental physiotherapy interventions may not be accessible or affordable by all individuals and communities. There is a need to address issues of access and equity to ensure that everyone can be benefited from environmental physiotherapy interventions [13].
4. **Sustainability:** Environmental physiotherapy interventions should be designed and implemented in a way that is sustainable and does not harm the environment. This includes considering the environmental impact of interventions, such as the use of resources, and promoting sustainable practices in the design and delivery of interventions [14].
5. **Collaboration and advocacy:** Environmental physiotherapy requires collaboration across different sectors, including healthcare, urban planning, and environmental policy. There is a need for advocacy and collaboration to promote the importance of environmental physiotherapy and to ensure that it is integrated into broader health and environmental policies [15].

Sustainability of Environmental Physiotherapy

Environmental physiotherapy interventions are designed to promote physical activity, mobility, and rehabilitation through engagement with the environment. To ensure that these interventions are sustainable, we can take the following measures [16-22]:

1. **Consider the environmental impact:** It is important to consider the environmental impact of environmental physiotherapy interventions, such as the use of

resources, transportation and waste management. Interventions should be designed and implemented in a way that minimize their environmental impact.

2. **Promote sustainable practices:** Environmental physiotherapy interventions can promote sustainable practices, such as active transportation, energy conservation and waste reduction. By incorporating these practices into interventions, we do not only improve the health and well-being of individuals but also contribute to environmental sustainability.
3. **Partner with local organizations:** Partnering with local organizations, such as community centres and non-governmental organizations that focus on environmental sustainability, can help to ensure that interventions are aligned with local environmental priorities and promote sustainable practices.
4. **Use technology:** Technology can be used to support sustainable environmental physiotherapy interventions. For example, telehealth can reduce the need for transportation and allow remote monitoring of patients, reducing the environmental impact of interventions.
5. **Educate patients:** Educating patients about sustainable practices and how they can integrate them into their daily lives can help to promote sustainability beyond the scope of the intervention.

Conclusion

In summary, environmental physiotherapy interventions are designed to promote physical activity, mobility and rehabilitation through engagement with the environment. These interventions can take many forms, including nature-based interventions, urban design interventions, virtual reality interventions, aquatic therapy and animal-assisted therapy. These interventions have been shown to have positive effects on physical and mental health, including reducing stress and anxiety, improving mood, enhancing cognitive function, improving range of motion, strength and flexibility and promoting social interaction. Environmental physiotherapy interventions can be designed and implemented in a way that promotes sustainability by considering the environmental impact, promoting sustainable practices, partnering with local organizations, using technology and educating patients.

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An Interview with Mr. Max CHAN

- Date** : 11 March 2023
- Venue** : Caritas Lok King Hostel
(Hostel for severely physically handicapped persons with mental handicap)
- Interviewee** : Mr. Max CHAN
(Senior Physiotherapist, Rehabilitation Service, Caritas Hong Kong)
- Interviewers** : Ms. Agnes CHENG
(Year 2 Physiotherapy student, The Hong Kong Polytechnic University)
Mr. Wing SO
(Year 1 Physiotherapy student, The Hong Kong Metropolitan University)

1. What are the duties of a senior physiotherapist in an NGO?

Just like other physiotherapists, I need to perform the usual clinical routines including evaluating the patients' conditions and abilities for customising both long-term and short-term plans. The treatment goals would be determined in collaboration with other medical professionals. After assessments, I would carry out treatment sessions typically lasting for around 20 minutes per patient. Apart from the common physiotherapy practices, I also have to do administrative work such as supervising physiotherapists I & II. In addition, I oversee safe and up-to-standard practice of other medical professionals at the centre to ensure quality care of patients. What's more, I help maintain occupational safety and health in our centre by providing training such as stretching exercises and education on proper body mechanics to the working staff.



2. What do you think are the benefits of working as a physiotherapist in NGO settings?

Firstly, the largest difference between working here in an NGO and in HA or private clinics would be in terms of staff structure. Being in an NGO, I was given much more freedom and opportunities to apply a larger variety of treatment skills and theories, even those not taught in class. I could also have the chance to use different innovative plans for treatment based on evidence while at the same time ensuring patient safety. In other words, I enjoy the autonomy of planning and treatment methods in NGO settings.

Secondly, I could provide more holistic physiotherapy services to patients. As our centre mainly serves

patients with severe cognitive impairment and physical disabilities, they are expected to reside here and receive our care for a long period of time, with most of them prepared to stay at the centre for the rest of their lives. Thus, during the planning of treatment, I would invite the patient to participate more such that I could learn more about what the patient wants, which is in line with the ICF model. For HA, the major focus for physiotherapists would be treating the physical signs and symptoms as they only have up to 3 months of treatment sessions, while I could have more time to focus on the patient as a whole such as fulfilling daily tasks as well. I could have more communication with the patients in NGO settings, design treatment plans tailored to their needs, and find ways to make their lives more meaningful to them despite living in the centre all day. Coupled with the small staff structure in NGO, easy referral to and close collaboration with other centre workers such as nurses, occupational therapists and social workers enables me to better improve patients' quality of life throughout different life stages.

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3. What are the qualities required to be a physiotherapist in NGO settings?

To me, the trait of being proactive is crucial. Since our service users are often mentally handicapped or in mental recovery, they may not be able to explicitly express their bodily needs or function deficits. As physiotherapists, we need to proactively communicate with them and observe their needs. Furthermore, they stay in our service unit throughout different stages of their condition, so we need to take an extra step and think about their needs at different stages and what preparation is needed.

Being flexible is also very important because apart from providing physiotherapy service to patients, we also perform other duties such as educating caretakers to help the service users and coordinating staff members to ensure the treatment plan is carried out smoothly. Lastly, since different healthcare professionals work closely together in an NGO, we need to be flexible and actively communicate with them in order to provide holistic care for the service users.



4. What are the challenges of working as a physiotherapist in an NGO?

One of the major challenges is shortage of staff. Despite the resources and funding from the government, it's still difficult to recruit new physiotherapists. As a result, one physiotherapist often has to take care of several service units. To tackle this, we utilise different technology and equipment to carry out assessment and treatment more efficiently. However, more physiotherapists are still needed in the long run. As more graduates from different schools are entering the industry, I look forward to working with them in the near future.

5. Some physiotherapy students think it is boring to work in NGO settings, what are your thoughts on this?

I can understand why some students may think that working in NGO settings is monotonous. However, in my opinion, that is not the case. As I mentioned, NGOs allow physiotherapists to have the freedom and autonomy in devising different plans, as long as they are safe and effective. Therefore, we can apply our creativity and put our ideas into practice. Again, it is important for physiotherapists working in the NGO to be active, take the extra step and think about different ways of providing service to the users. Ultimately, it is up to us to make our work more exciting and fulfilling.

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An Interview with Dr. Anthony KWOK

Date : 25 August 2022
Venue : Online meeting
Interviewee : Dr. Anthony KWOK
Interviewers : Ms. Kevonny LEUNG
 (Year 3 Physiotherapy student, The Hong Kong Metropolitan University)
 Ms. Eunice LI
 (Year 2 Physiotherapy student, The Hong Kong Metropolitan University)

Q1

Why did you choose to study physio?

A1

The reason why I had chosen physio is because of my past experiences. When I was still in my secondary, the idea of 'physiotherapy' was not common at all. At my Secondary 5, my mother had suffered from stroke. Witnessing my mom from being independent to dependent, I was lost and desperate with her condition. However, with the help of physiotherapists, she was able to mobilise and transfer independently at last. Under different mobilisation training, she was able to walk up and down stairs with walking aid. I was inspired by and felt curious about physiotherapy. Therefore, I hope that in the future I can devote myself in the area of physio.

Q2

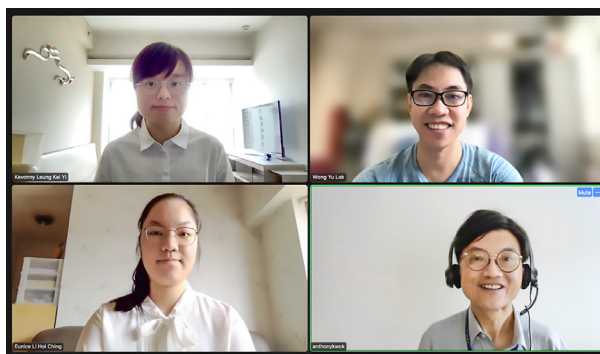
Why did you change from clinical practice to become an educator?

A2

When I was applying for university courses, I only applied for PolyU Physiotherapy. During the interview, I told the interviewee that Physio was my only interest and only choice.

After graduating from PolyU, similar as many of my colleges, I chose to work in the hospital. Then I applied for the post registration certificate in physical facilitation (1974, PolyU), which was the professional diploma in physiotherapy. I had devoted in the field of physiotherapy since 1979, and graduated in 1982.

In 1986, I started studying sports medicine in CUHK. The course had a lot of knowledge on sports physio. After that course, I added the course title after my name, but Professor Chan Kai Ming suggested me to study diploma in physiotherapy major in sports orthopaedic in Australia. Therefore, I started the plan of taking a 2-year part-time course there. After the course, a professor asked for my interest in studying a graduate certificate in occupational health practice. At that time, there were no concepts on injury-on-duty or occupational rehabilitation, and thus I took the course.



Upper left and right: Ms. Kevonny LEUNG and Dr. Arnold WONG
 Lower left and right: Ms. Eunice LI and Dr. Anthony KWOK

Before studying in Australia, I was a PT1. After graduated in Australia, I realised that if I would like to continue to be a PT1 or promote to SPT, I had to take the Master of health administration and information system. Thus, I studied the course and I was the student of the year.

As HA had changed the policy, I had to start working as a PT2 first, in which I started working on more academic stuff. Eventually in 1999, I returned to PolyU as a clinical educator and started my education career.

Q3

We note that you have many professional qualifications, how could you acquire so many qualifications during working?

A3

Don't treat annual leave as a holiday, keep studying and do research when you have a rest. I was quite lucky when I was studying in Australia. I was having a full-time job and studying part-time. The CEO allows me to use the training days to study and do research. I was able to gain more knowledge. When I was studying the Master programme in Health Administration and Information System, I also had the opportunities to help the centre to solve human resources problems and management issues.

With more training days, it provides more chances for me to learn something that I am not familiar with. It stimulates me to learn and communicate with others, which helps me a lot in doing research and as a clinical educator.

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Q4

Currently, there are four physiotherapy programs in Hong Kong. There will be up to 400 or even more physiotherapy graduates each year from 2024 onward. What is your vision about the profession in the future?

A4

Physiotherapy can help patients, and therefore many students or physiotherapists would like to use their hands to help others. In Hong Kong, the population is ageing. In around 2050, there will be one-third of population suffering from ageing problem. When I was studying in Australia, I have experienced ageing population as well. Nowadays, we look for quality of life, quality living.

Many may worry that the supply of physio is far more than demand. From my point of view, there is a point to note. Physio work force will start ageing as well. On the other hand, some physio may require high demand of fitness, and some may retire or change their roles. Therefore, I think that Physio will not over-supply. Besides, under globalisation, my colleagues, and my students can work all around the world, not limited to Hong Kong.

With more physio students, and more graduates, hopefully with direct access, there are more physio clinics. Citizens can seek help from physio in a shorter period of time, and thus improving quality of life which benefits the patients.

Q5

You used to work in Australia, what are the main differences between working in Australia and Hong Kong as a physiotherapist? Will you recommend physiotherapists to work overseas if this market is going to saturate?

A5

The major difference between the two is direct access. In Australia outpatient centre, patients just need to make bookings with physio clinic without the need of any doctor's referral. In Australia, only when a physio has registered as a Medical Care Provider or Transport Accident Commission Provider and Work Cover Provider, you will be able to see patients. The treatment fee will be reimbursed to the physio by the Australian Government after the session. Physio in Australia can refer patients for X-Ray scanning, except the skull. For patients with back pain or neck pain, physio can directly refer them to do an X-ray, which facilitates medical treatment. It is easier to make clinical decisions and approaches which facilitates treatment planning. Australia provides more flexibility for physiotherapists. Recently, Australia suggests physiotherapist can prescribe NSAIDs and analgesics, and discharge patient by themselves, which can avoid cross-referral to GP. Physio can work more conveniently under this policy. In Hong Kong, patients need to be referred back to doctor in order to be discharged.

Though the youngsters have their dreams and perspectives, I prefer Hong Kong students working in Hong Kong first to consolidate their skills before working overseas. When I first graduated from PolyU, I had worked in Hong Kong for 6 years before going to Australia as the system was not complete. However, nowadays there are more expertise in Hong Kong. They have returned to Hong Kong from overseas training. Hong Kong starts developing a Hong Kong style working environment. Though I do not think that physiotherapist must go overseas, sometimes it is a good opportunity to challenge oneself and learn from the others. Other than working overseas, I think that students can dedicate themselves in the market of Mainland China. There is an increase in proficiency in English and the quality of medical services in Mainland China may be promoted at the same time. However, most importantly, physiotherapists must set their goals and interests and chase for their dreams.

Q6

What is your opinion regarding direct access of physiotherapy services in Hong Kong?

A6

Direct access allows patients to receive physiotherapy treatments and advice when needed. Yet, it is a challenge for physiotherapists. If physio missed some key issues when doing assessments and treatments, it may pose threat or do harm to patients. From my point of view, I think that physiotherapists should continue to study, communicate more with peers and colleagues to better equip ourselves to become better physiotherapists. With more knowledge and experiences, it is easier to predict associate diseases or disorders. I encourage life-long learning, keep equipping oneself to be a better self.

Q7

What are your suggestions for physiotherapy students in Hong Kong?

A7

The youngsters are full of energy, motivation, and curiosity; but lack of knowledge and experiences. Students should bear in mind that it is better to experience and learn more when they still have the energy. However, they must remember 'SAFETY'. Always remember "SAFETY"! No matter how many patients they helped, only where there is one mistake or unsafe practice, will do harm to the patient. Sometimes we have our limitations, no matter what we do, we should avoid making mistakes. To students, when we face any risk-taking situation, we should seek help from experienced colleagues. Sometimes students are over-confident, I think they should be humble and learn from peers and teachers. Basic knowledge is very important, it takes time.

Did a first-aider have an immunity to be prosecuted of riot?

Mr. Bronco BUT
Honorary Legal Advisor of HKPA

Background

1. On 24th February 2023, H H Judge CHAN found the Defendant (鍾泯浚) guilty of the offence of riot occurred in Hong Kong Polytechnic University ("PolyU").
2. During the period from 11th November to 17th November 2019, PolyU announced via media that the PolyU campus had been widely damaged. All lessons were suspended from 12th November 2019. All teaching staff were told to stay at their home. PolyU urged all people staying inside PolyU campus to leave soonest. The security staff of PolyU left the campus on 16th November.
3. During the period from 11th November to 18th November, HKSAR Information Services issued announcements from time to time urging people to leave PolyU campus forthwith and warned that any person entering or staying within PolyU campus to offer any kind of assistance to rioters were likely to commit the offence of riot.
4. On 17th November 2019, the Police issued announcements on the Facebook urging all people to leave PolyU via the exit of Block Y.
5. At 7:00 p.m. on 17th November 2019, the Police set up blockade around PolyU campus sealing off the entrances and exits of PolyU. Roads in the vicinity of PolyU had been cordoned. The Police would stop and search anyone exiting PolyU campus from 7:00 p.m. to 10:00 p.m. and would allow them to leave if they did not commit any offence. The Police would arrest anyone exiting PolyU campus after 10:00 p.m. on the ground of committing the offence of riot.
6. The Defendant (鍾泯浚) had entered PolyU campus before the Police had set up the cordon line at 7:00 p.m. on 17th November and were staying inside PolyU campus until 8:00 a.m. on 18th November 2019.
7. Around 8:00 a.m. on 18th November 2019, the Defendant and other people exited PolyU campus and went to Cheong Wan Road then

Science Museum Road and finally entered Science Museum. The Police later arrested the Defendant and 16 other people inside Science Museum.

8. After being arrested by the Police, the Defendant was found in possession of the following items:
 - (a) A white helmet with red cross mark;
 - (b) A gas mask;
 - (c) A first-aid tactical vest;
 - (d) 30 pieces of normal saline (30 mg);
 - (e) Bandages;
 - (f) A large bottle of normal saline;
 - (g) A pair of goggles;
 - (h) A tourniquet;
 - (i) A reflective vest.

Analysis of evidence

9. H H Judge CHAN did a detailed analysis of the defence case and evidence.
10. According to the Defendant, he was a student nurse and had undertaken the nursing course for about 2 months; had a lesson on 18th November 2019 and he was required to do a presentation on 19th November 2019. His mother was admitted to the hospital for operation before 17th November and she was discharged on 18th November 2019.
11. In the afternoon of 17th November 2019, the Defendant took a taxi and went to PolyU intending to fulfil the nurses professional code and the spirit of Hippocratic Oath. He wished to get more practical nursing experience and claimed that he was not aware of the riot situation at the PolyU campus.
12. In the afternoon of 17th November, he read the newspapers report of Apple Daily on the Facebook and knew the riot situation at PolyU campus. He called the 6th Defendant telling the

(Continued on Page 10)

- 6th Defendant that he was prepared to go to PolyU campus to help wounded people there. He brought along a large bottle of normal saline (1 litre); a gas mask that he previously bought; a first-aid tactical vest
13. The Defendant said that he was not a member of the rioters; he purposely distanced himself from the rioters. He claimed that the rioters had threatened to beat any people intending to leave the PolyU campus. He said that he was concerned that he might be mistaken by the rioters as an undercover agent and would be beaten up by the rioters.
 14. The Defendant said that his testimony was more credible. He claimed that his clothes were different from the rioters. He put on white helmet with red cross mark; he wore first-aid tactical vest, brown long pants and fluorescent green sports shoes. He did not carry offensive weapons. Most of the things carried by him were related to first aid showing that he was a first-aid and had no intention to participate in the riot.
 15. The Defendant said that he only focused on first aid works. He had provided first-aid services at least four times. Therefore, he did indeed carry out first aid tasks. He was concerned that he would miss the nursing lesson on 18th November 2019. The defendant's counsel submitted that the Defendant's testimony that he did not wish to take the risk of missing the lesson on 18th November 2019 and therefore left PolyU campus on 18th November was justified and reasonable.
 16. The Defendant said that he had previously provided volunteer first aid services in Mongkok riot and had the risk of being assaulted by rioters. Therefore, he did not wish to be associated with rioters. Since he had to do a presentation on 19th November 2019, he decided to follow other people to leave PolyU campus on 18th November 2019. His counsel said that he did not escape because of fear of being convicted of the offence of riot. The Defendant subjectively opined that it was not a criminal offence to be a volunteer first-aid. Therefore, he did not discard all his gears when he was inside the Science Museum. Instead, he kept his helmet with red cross mark next to him at the Science Museum.
 17. H H Judge CHAN did not accept the Defendant's explanation and found it to be inconsistent. The judge queried why the Defendant chose to go to PolyU totally disregard of the facts of rioting if he was so concerned of his academic works. Why did the Defendant not go to PolyU to save people between 11th to 17th November 2019? Why did the Defendant not prepare his presentation due to be done on 19th November? Why did the Defendant not assist his mother leave the hospital on 18th November?
 18. H H Judge CHAN made comments on the so called "volunteer first-aid". Volunteer first-aid was a misleading concept. The court believed that most of the protesters, rioters, first-aiders, participants, and even cooks were volunteers; that they were not paid. The judge believed that someone purposely created a false picture of providing volunteer services so as to entice people to participate. At that time, the riot at PolyU had already been carrying on for about a week. If some people went to the PolyU and operated a café providing coffee and tea to participants, rioters or those who occupied PolyU, they were treated as participants providing back-up support to the rioters.
 19. H H Judge CHAN further commented that the Defendant himself claimed that he was a first-aid. But he only had preliminary first-aid knowledge and could not really handle or treat seriously wounded persons.
 20. H H Judge CHAN said that if the Defendant were required to attend lesson on 18th November and do a presentation on 19th November, he should not enter PolyU campus on 17th November. Furthermore, the Defendant's mother was still hospitalized on 17th November and would be discharged on 18th November. The Defendant should have gone to the hospital to visit his mother.
 21. H H Judge CHAN said that the Defendant upon knowing that the Police would seal off PolyU campus at 10:00 p.m. on 17th November, he should leave PolyU campus soonest. On the contrary, the Defendant was wondering around within PolyU campus, took food at the canteen; took a nap at the first-aid room. The Defendant left PolyU with other people on 18th November trying to avoid being arrested. The only logical inference was that the Defendant tried to escape to avoid being arrested.

(Continued on Page 11)

22. H H Judge CHAN said that the Defendant was not obliged to come to PolyU but he came to PolyU without invitation. He went to PolyU with the obvious purpose to provide support and encouragement to the rioters at PolyU. His action showed that he indeed participated in the riot. In reality, the Defendant's assistance offered support to the rioters and gave psychological reassurance that they would be taken care of if they were wounded.
23. H H Judge CHAN challenged the Defendant's testimony that he was an innocent first-aider. The judge said that if the Defendant really believed that it was not a criminal offence to be a first-aider, why did the Defendant not put on the helmet with red cross mark; wear the tactical first-aid vest and then reflective vest so that he could show to the whole world that he was a first-aider when he was arrested inside Science Museum.
24. H H Judge CHAN said that riots at PolyU erupted on 11th November 2019. It cannot be possible that the Defendant was not aware of the violent

riots at the PolyU when he entered PolyU campus to offer first-aid service on 17th November 2019. The Defendant offered support to the rioters. His presence offered support to the rioters. The judge said that even assuming that the Defendant was indeed a doctor, he could not escape criminal liability.

Conclusion

25. Some registered nurses, physiotherapists subjectively opined that it is not a criminal offence of offering volunteer nursing or first-aid services in times of riots. But the above court case clearly showed otherwise if the presence or service gave support to the rioters; or psychological reassurance to rioters that they would be taken care of in the event of being injured, it is likely that volunteer nursing or first-aid services could not provide immunity of being prosecuted of the offence of riot. First-aiders do not have the immunity of being prosecuted of the offence of riot.



HKPA Aquatic Physiotherapy Specialty Group Meeting cum Spring Dinner

Date : 30 January 2023
Venue : Commissioners' Club, Hong Kong Scout Centre, Jordan

To celebrate the Aquatic Physiotherapy Working Group transforming to Aquatic Physiotherapy Speciality Group and welcome the year of the Rabbit, our APTSG EC members contributed their expertise and insights in discussing HKPA 60th anniversary first kick-off public lecture. We would like to express our sincere thanks to the support from HKPA. This is a major milestone for APTSG and should be celebrated by everyone involved in the team.



Kick-Off Ceremony of RS 45th Anniversary Celebration cum Spring Dinner

Date : 7 February 2023
Venue : Hotel
Physiotherapist : Mr. Raymond TSANG, Vice-President of HKPA

Mr. TSANG attended the Kick-Off Ceremony of the Department of Rehabilitation Sciences 45th Anniversary Celebration cum Spring Dinner on behalf of HKPA. There were more than 200 guests, alumni, staff and students attending the event.



HKPA Student Award Presentation and Seminar on Direct Access

Date : 11 February 2023
Venue : Tung Wah College
Physiotherapist : Prof. Marco PANG

Prof. PANG presented the HKPA Outstanding All-Round Student Awards and Best Capstone Project Award to award recipients from Tung Wah College. After the award presentation ceremony, Prof. PANG provided an update on the quest for direct access in Hong Kong.



Member engagement session on the revision of Memorandum and Articles (M & A) of Association

Date : 13 February 2023
Venue : Hong Kong Metropolitan University
Physiotherapists : Prof. Marco PANG, Mr. Sam WAN,
 Ms. Annabella SUEN, Mr. Raymond TSANG

This was the final member engagement session related to the revision of the M & A of HKPA. The pre-final draft was presented. Positive feedback was obtained from the participants.

Paediatric Specialty Group: Sensory Integration in Paediatric Physiotherapy Practice

Date : 16 February 2023
Venue : SPOT South Island
Speaker : Ms. Jessica TUOHY

Ms Jessica TUOHY is a physiotherapist, and the Clinical Director in SPOT. She introduced the basic concept of Sensory Integration and shared common sensory processing dysfunctions in children. This was the first face-to-face workshop since the pandemic in Hong Kong. The 1.5-hour event was attended by 35 participants. Through small group discussion, participants worked out treatment ideas with given case examples. Active discussion continued throughout and after the workshop. Participants were impressed with speaker's enthusiasm in sharing her experience.



Healthcare Manpower Projection Exercise – Engagement Meeting with Physiotherapists Profession

Date : 24 February 2023
Time : 10:00-11:00am
Venue : Online platform
Physiotherapist : Mr. Raymond TSANG

As the Vice-President of the HKPA, Mr. TSANG had attended the engagement meeting organized by the Health Bureau of the HKSAR Government for planning the Healthcare Manpower Projection Exercise conducted by the Hospital Authority in 2023. In the meeting, the Healthcare Manpower Projection Framework was presented. The HKPA was requested to provide the information of average time required per visit and annual number of visits delivered per physiotherapist in the private sector (hospitals and clinics) if available.

香港物理治療學會六十周年呈獻 物理治療社區公開講座 (一) - 水療：浮沉間之[理]念

Date : 25 February 2023
Venue : Auditorium, Christian Family Service Centre, Kwun Tong
Participants : 166
 (23 physiotherapists, 54 fitness instructors,
 24 physiotherapy students, 22 personal trainers,
 27 general public, 8 social workers,
 5 private sector practitioners, 3 health care workers)
Organizer : HKPA Aquatic Physiotherapy Specialty Group
Co-organizers : Physical Fitness Association of Hong Kong, China,
 The Hong Kong Society for Rehabilitation,
 Chinese YMCA of Hong Kong,
 Heep Hong Society

We are pleased to be the first specialty group to kick off the HKPA 60th anniversary public lecture series. We are grateful for our EC members to contribute their time, energy, knowledge, experience, and passion to our Aquatic public talk. It was a great success as the participants were able to get content from leading aquatic physiotherapists in a variety of fields. This is a great way to give back to our community in a meaningful way, and help shape the future of aquatic physiotherapy.



Event Participants Group Photo

(Continued on Page 15)



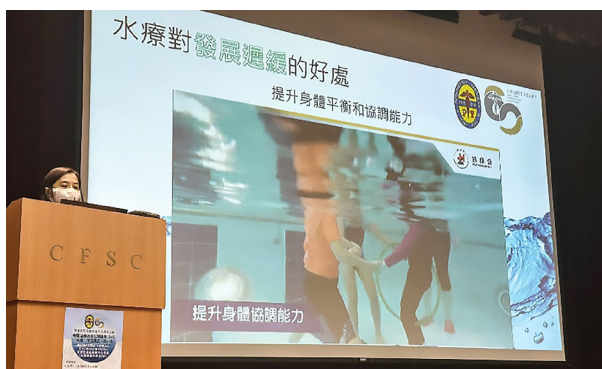
Souvenirs to all co-organizers and supporting organizations



Group photo for APTSG ECs and Mr. Raymond TSANG



Part 1: Presentation by Dr. Billy SO on Aquatic Physiotherapy, aquatic exercise and Wellness



Part 2: Presentation by Ms. Winnie HUI on Paediatric Aquatic Physiotherapy Development



Part 3: Presentation by Ms. Catherine WONG and Ms. CHOW Chi Ying on the clinical application of Aquatic Physiotherapy for patient with knee steoarthritis



Part 4: Open Forum for Aquatic Physiotherapy Service Development

Visit by representative of Korean Physiotherapy Association

- Date** : 28 February 2023
- Venue** : The Hong Kong Polytechnic University
- Physiotherapist** : Prof. Marco PANG

A face-to-face meeting was held with the President of the Korean Physical Therapy Association (KPTA) and the Chair of International Affairs Committee of KPTA) to discuss the potential collaboration and signing of a Memorandum of Understanding (MOU).

“Long-COVID campaign” press conference

Date : 1 March 2023

HKPA is one of the supporting organizations of this campaign. A number of public engagement activities have been scheduled throughout the year to raise the awareness of Long-COVID. Representatives from HKPA will lead some of the activities.

SAHK 60th Anniversary Launching Ceremony

Date : 2 March 2023

Venue : Government House

Physiotherapist : Prof. Marco PANG

Prof. PANG attended the Ceremony on behalf of HKPA.



Press conference on direct access

Date : 9 March 2023

Venue : LEGCO Building

Physiotherapists : Prof. Marco PANG, Mr. Raymond TSANG, Dr. Ivan SU

The press conference was led by Mr. Billy TANG (legislative councilor) and co-organized with HKPA and HKPU. The main purpose of the event was to raise awareness of the delay in amendments of legislations that enables physiotherapy direct access. We reiterated at the event that physiotherapists are fully capable of being the first-contact practitioners, and should play a key role in primary healthcare. There was subsequent newspaper coverage, including Commercial Radio, I-Cable, Oriental Daily, SingTao, Bastille Post, the Standard, RTHK, and MVM News.



RTHK English Channel Interview on direct access

Date : 10 March 2023
Venue : Telephone interview
Physiotherapist : Prof. Marco PANG

Prof. PANG was interviewed by RTHK to give his views on physiotherapy direct access.

Focus Group Meeting with Physiotherapist (PT) and Occupational Therapist (OT) on Primary Healthcare Training

Date : 10 March 2023
Venue : Room 1101 & 1102, 11/F, THE HUB, 23 Yip Kan Street, Wong Chuk Hang, Hong Kong
Physiotherapist : Dr. Ivan SU

Dr. SU represented the Hong Kong Physiotherapy Association at the captioned meeting for discussing the undergraduate and postgraduate training on primary healthcare for PT and OT. Representatives from all local PT and OT education providers as well as the Hong Kong Occupational Therapy Association were invited to the meeting. An introduction to the Primary Healthcare Blueprint and the lifespan approach was given by the Primary Healthcare Office. Ideas on additional training elements in primary healthcare for PT and OT and strengthening of clinical education and field visits in the District Health Centres (Express) for the undergraduates were discussed. It was envisaged that competency training for establishing specialty PT/OT practitioners in the future.

Hong Kong Physiotherapy Association (HKPA) 60th Anniversary Public Talk - 齊心復常迎健康

Date : 11 March 2023
Venue : 25/F Multifunction Hall, Hong Kong Federation of Youth Group (HKFYG) Building, 21 Pak Fok Road, North Point
Physiotherapists : Dr. Shirley NGAI, Mr. Felix LO, Ms. Eva CHUN and Dr. Edwin CHIN, The Hong Kong Polytechnic University and Hong Kong Metropolitan University physiotherapy student helpers

The HKPA 60th Anniversary Public Talk introduced rehabilitation exercises for long COVID patients. Over 100 participants joined the event and enjoyed the exercise sessions with enthusiasm.



Paediatric Specialty Group: Workshop on Mobility and Seating – Starting from MAT Assessment

Date : 13 March 2023

Venue : Department of Physiotherapy, Hong Kong Metropolitan University

Speakers : Ms. Rachel FABINIAC and Ms. Rainy WU

Ms. Rachel FABINIAC and Ms. Rainy WU are physiotherapists, and both represented Permobil to share their expertise in seating and mobility. Contents of the workshop included classification, various design and key measurements of wheelchairs, impact on musculoskeletal system with improper usage of wheelchairs, and the theory behind MAT. This was a one-day event, and there were 86 participants attended.

The event was sponsored by ACare Medical Equipment Supplies Co. and Just Med Ltd. Wheelchairs and seat cushion products were brought on spot for demonstration.

New technology and advancement in captioned topic were introduced. Overall positive feedback was received from the participants.




CPD News

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

Joint Letter to Health Bureau re: PT and OT Clinical Education

Date : 18 March 2023

A joint letter with Hong Kong Occupational Therapy Association (HKOTA) was sent to Health Bureau to raise our concerns about the termination of funding for Clinical Education Units of Hospital Authority to support the employment of Clinical Educators. This was first reported by I-Cable News and later AM730 and Bastille Post. Subsequently, a meeting with senior officials of Hospital Authority was held on March 20, 2023 to discuss the situation and future plans on clinical education and related funding arrangements.



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Professor Chung-uan Lo, BBS, JP
Secretary for Health
The Government of HKSAR

March 17, 2023

Re: Physiotherapy and Occupational Therapy Clinical Education

Dear Prof. Lo,

The Hospital Authority (HA) has long been providing quality clinical training to physiotherapy and occupational therapy students. The Hong Kong Physiotherapy Association (HKPA) and the Hong Kong Occupational Therapy Association (HKOTA) are dismayed to learn that the funding allocated to HA for providing clinical education of physiotherapy and occupational therapy students would be terminated starting on April 1, 2023. Such move would be detrimental to the operation of the affected physiotherapy and occupational therapy departments, and overall quality of clinical education.

We learned that there is a plan to continue the existing posts created previously by funding from clinical education with recurrent unfilled vacancies in 2023/24 as a short-term measure. Departments need to either absorb these posts or incorporate these posts in new bids with additional deliverables. If this is the case, we worry that this may not be a practical nor a sustainable solution. The unfilled vacancies created for clinical service will be filled up with new graduates and therefore this may not be a sustainable fund source. On the other hand, the frontline staff is already experiencing huge workload and have been further stressed because of the shortage of staff. Asking these staff to bear additional workload related to training, supervision and evaluation of students is practically impossible and may pose untold risk to patients. The current attrition rate of physiotherapists and occupational therapists at HA is already very high. With such insecure arrangement and ever-increasing hardship, staff morale and the problem of staff shortage would continue to deteriorate, which is completely at odds with the recent strategies attempting to promote staff retention at HA.

Clinical education of physiotherapy and occupational therapy students at HA has long been provided by designated Clinical Educators who are senior physiotherapists and occupational therapists. Because of the expertise of these senior staff, well-structured clinical education with a good mix of clinical reasoning and practical skills training can be provided. Indeed, HA is always considered to be the best training ground for physiotherapy and occupational therapy students. Because of the high-quality clinical training received as students, the newly recruited staff are able to provide physiotherapy and occupational therapy service immediately and competently.

The day-to-day clinical service provided by physiotherapists and occupational therapists mostly involves hands-on assessment and intervention. Adequate teaching and supervision are of utmost importance in


ensuring the students and our junior therapists can master the techniques, and provide safe and effective care to patients. We solicit your support and leadership to solve the issue so as to improve staff morale, and ensure competency level of the newly recruited physiotherapists and occupational therapists at HA, and quality of patient care.

Yours Sincerely,

MPF
Prof. Marco Pang
President
Hong Kong Physiotherapy Association

SCB
Ms. Stella Cleng
Chairperson
Hong Kong Occupational Therapy Association

cc: Dr. Tony KO (Chief Executive of Hospital Authority)
Dr. Simon TANG (Director (Cluster Services))
Ms. Fion Yeung (Secretary of AHPSCGC)



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March 22, 2023

Re: Physiotherapy and occupational therapy clinical education at Hospital Authority

After receiving our joint letter to HHB on 18 March 2023 regarding the arrangement of PT & OT clinical education, Hospital Authority (HA) initiated a meeting with HKPA and HKOTA on 20 March 2023. During the meeting, Deputising CM(AH), Ms Pricilla Poon, stated that colleagues in different rank posts (SALL, AHII, AHIII) of PT & OT incurred from existing clinical placements will be continued, but will be supported by a different internal funding arrangement in 2023/24, while the ongoing funding arrangement and future clinical education delivery model still need further discussion with various stakeholders. She also expressed that HA would continue to support and uphold the quality of clinical education for PT/OT students.

HKPA & HKOTA will continue to monitor the situation closely and strive to work with all stakeholders to ensure quality clinical education for our students and welfare of the PT and OT staff at HA.

Long-COVID Campaign Kick-off Ceremony

Date : 19 March 2023
Venue : Moreton Terrace Activity Center, Causeway, Hong Kong
Physiotherapist : Ms. Joey CHENG

Ms. Joey CHENG, representing the Hong Kong Physiotherapy Association, participated in the kick-off ceremony of Long COVID campaign organized by the Democratic Alliance for the Betterment and Progress of Hong Kong (DAB).



Interview by Media on PT and OT Clinical Education

Date : 20 March 2023 (I-Cable),
 28 March 2023 (Ming Pao),
 1 April 2023 (HK01)

Physiotherapist : Prof. Marco PANG

Further interviews involving both Prof PANG and the Chairperson of HKOTA (Ms. Stella CHENG) were conducted to discuss PT and OT Clinical Education. We reiterated that the quality of clinical education and the workload of frontline staff are our major concerns, regardless of the funding situation and delivery model of clinical education used.

職業物理治療系實習 醫管局免院校繳費

消息指局方自行「填數」 醫界憂撤導師專職損害實習質素

特稿 現時各大專院校物理治療和職業治療系學生，會於公立醫院臨床實習，以達至註冊所需實習時數。從以往慣例向醫管局繳交實習費，以聘請治療師擔任導師專職實習。醫管局將由2023/24年度，即今日（1日）起豁免院校繳費，讓參與實習均有自行「填數」。確保本年度實習安排不變，惟長遠處理方案未定，或會重新檢視實習模式。物理治療學會及職業治療學會均質疑醫管局的方案不具持續性，憂慮日後有削減常實習導師職位，指導責任由其他治療師身分，担當實習責任。有立法會議員批評醫管局無視臨床訓練質素是不可接受，敦促局方保證不會裁減人手。



九龍醫院職業治療部一名病人昨日接受治療。現時各大專院校會免繳物理治療及職業治療系學生，對公立醫院實習，以任由院方自行填數。醫管於於今年亦應服務及費用。（攝者：張逸軒）

消息：獲承認專職導師
 政府於2022/23年度《財政預算案》提出，研究豁免各大專院校繳交相關課程的醫管局臨床實習費用。醫管局2023/24年度（本年度）起將實行新安排，本報綜合多個消息，該局將調低內部部填補專職導師，確保本年度實習安排，名單及人手不變，惟未來決定長的處理方法，擬悉以承諾未來能維持由相關職位導師專職實習。

學會：預料將檢視實習模式
 兩個醫學會專業委員會上月中去信醫管局表達關注，醫管局其則則兩個學會，**職業治療學會**及**物理治療學會**均指出，將維持本年度實習安排，惟未來承諾日後安排不變，影響現有方案不具持續性，令人憂慮將來受削減導師職位，關注日後常實習導師的責任問題，認為確保由且相當臨床經驗的治療師專職實習，且有足夠時間監督，強調要以不損害教學質素為前提。

職業治療學會主席鄭慧嫻稱，醫管局上述措施未來一年將檢視現行實習模式，包括現時由臨床導師專門指導實習生的做法，為導師職責不同時亦如輪值，物理和職業治療師管理委員會等。她憂慮日後如不再由專人員負責指導實習，責任由全部治療師擔當，他們亦要兼顧臨床工作，既加重工作壓力，也損害實習質素。鄭認為現時模式行之有效，除非增加增聘導師，否則難有更好方案。

林智文稱有導師變解離 疑急時解聘
 關注病人權益的社區組織協會幹事**郭嘉鴻**認為，檢閱實習模式無問題，前提是確保日後模式不在此現在。他認為由有經驗和相當資歷的治療師專職實習，也不應削減實習時數，繼續符合國際水平。立法會醫務界議員**林業強**表示，現職導師的心力被分散或削弱，醫管局是未處理清楚，亦批評局方無視先討問安排資源。他已去信醫管局要求解釋，強調他不希望由削減人手。

醫管局回應本報稱，是考慮到訓練課程的學生不斷增加，院校以體或收費來支付實習費，在院方持續性面對挑戰，均為保障服務，將由2023/24年度起豁免院校繳交實習費，並未有在訓練安排下，學生實習機會和臨床服務減少。亦不影響實習模式及人手。醫管局正詢問是否有在檢討實習模式，將會與各持份者溝通，確保實習模式及安排可配合培訓及教學需要。醫管局13日回覆稱參考醫管局均覽，無補充。

明報記者 張逸軒

專門導師培訓評核 學會：難由治療師兼顧

治療和職業治療系學生會到公立醫院、非政府機構及私設診所等實習，其中公立醫院實習時數約七至八人，以往是由由各大型專科醫院向醫管局繳交實習費，以開設臨床導師職位，職級等同高級治療師；由於導師較少時間處理臨床工作，實習費亦用於聘請相關人手。他說，導師經常「兼任」實習生，確保病人和學生安全，並要就實習生表現和臨床判斷意見，故導師自備經驗也是非常重要。

物理治療學會會長彭耀宗稱，物理治療系學生現分別完成逾800小時及逾1000小時臨床實習，方可註冊成為治療師。計及學上和碩士課程，各院校每年共有逾300名物理治療學、職業治療科逾200個學額。鄭慧嫻稱，由於不同年級每年也有實習課程，故每年有逾500名物理治療和200名職業治療學生參與實習。

明愛歡迎臨床教育 理大「創始人」
 業界學院回歸，現時該校附設課程共440名學生於4年內分階段完成逾1000小時實習，約七成熟數於公立進行，由學院繳交實習費，惟未有向院方新安排排身。明愛專上學院稱，每年每名物理治療學生支付約166元實習費，該校收取實習費均收。鄭大律師稱，該校每年安排40至50名物理治療系學生到醫管局實習，較有經驗導師專職指導，並會緊密溝通確保學生有充分實習經驗。開設物理治療和職業治療學士及碩士課程的理工大學對在表列無補充。

Seminar on Direct Access and Extraordinary General Meeting

Date : 25 March 2023
Venue : Hong Kong Metropolitan University
Physiotherapists : HKPA EC

A seminar was held to give members an update on the latest development in our quest for direct access. The speakers included Prof. PANG, Mr. Tony AU (SMPC member), Mrs. Eleanor CHAN (President of Hong Kong Physiotherapists' Union) and Ms. Mandy MAK (Chair of Working Group on direct access).

An Extraordinary General Meeting (EGM) was held immediately after the seminar to discuss the agenda on the revised Memorandum and Articles (M & A) of HKPA. The revised M & A was approved by members at the EGM.

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