

F. Innovation and Higher Education in Health Care, Chaired by Dr Simon Cheung

An Investigation of Fruits and Vegetables Consumption among University Students in Hong Kong

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Abstract

Fruits and vegetables are important parts of healthy eating and they provide excellent sources of vitamins, minerals, and dietary fiber in our diet. Those who consume fruits and vegetables regularly have a reduced risk of many chronic diseases. According to the WHO, inadequate consumption of fruits and vegetables may have contributed to as much as 14% of gastrointestinal cancer deaths and 11% of deaths resulted from ischemic heart disease worldwide. Higher risk of all-cause mortality is associated with insufficient intake of fruits and vegetables. Since 2011, Hong Kong has been promoting a “2 Plus 3 a day” diet campaign aiming to raise the general public’s awareness on consuming a minimum of 2 portions of fruits and 3 portions of vegetables a day. However, recent statistics showed that nearly 81% of people aged 18 – 64 failed to meet this requirement. It is evident that adequate consumption of fruits and vegetables have many health benefits, however, the underlying determinants affecting people’s fruits and vegetable consumptions are much less investigated. Researches have shown that healthy behaviours beginning at a younger age are more likely to be maintained in the future. This paper focuses on investigating the determinants of fruits and vegetables consumption behavior among university students in Hong Kong. Cross sectional surveys were conducted in person from mid-October to mid-November 2015. A total of 600 random subjects were selected from different universities in Hong Kong. The results indicated that 87% of students who consumed fruits and vegetables regularly were due to the health effects associated with fruits and vegetables, and nearly half of the subjects (47%) reported that taste of fruits and vegetables had led to their consumptions. Meanwhile, taste, cooking methods and the texture of fruits and vegetables were found to play significant roles in preventing their consumption as well.

Complementary and Alternative Medicine (CAM) Regulation and Education for Health Care Professionals: A Comparison between the UK and Hong Kong

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Abstract

Globally, the use of CAM has increased in last two decades. It has attracted a great deal of healthcare attention from both patients and their carers. In response to this, many higher health care educational institutions have been recommended to incorporate the training of CAM into the curricula of various undergraduate health related programmes. Different strategies have been suggested to enhance the learning outcomes with the knowledge in this area. For those working health care professionals, continuing professional developments in different complementary health care topics are in high demand for the practitioners to enhance their knowledge regarding the usage, regulations, safety and evidence based practice of these approaches. In this report, the current scenarios of the provision of CAM training and regulation for health care professionals in UK and Hong Kong are compared to highlight similarities and differences.

Using M-Learning to Exploit Visual and Kinaesthetic Modes in Health Education

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Abstract

Health education is crucial in producing capable and responsible health practitioners. Therefore, it is important that students in health related studies are assessed comprehensively on a regularly basis to avoid blunders in future practice. However, students in Hong Kong are not keen to respond to prompts from teachers for questions and examples. To overcome this problem, there is a need for an efficient method to engage all the students in a classroom, and evaluate the progress of their learning. Research has shown that Mobile-learning (m-learning) is an effective and efficient way to allow the teacher to engage every student in the classroom and adjust the teaching strategy accordingly. This article discusses aspects of m-learning that are of particular relevance to students in health related studies. For example, the advantages of visual and kinesthetic learning modes can be implemented very cost effectively. The article begins by discussing the benefits of using mobile-learning in the classroom compared with traditional methods. Then it reviews two innovations in m-learning - clickable images and virtual patients. Finally, it looks at the future development of educating health professionals to become mobile application content providers.

Effect of Postural Strap on the Relief of Work-related Muscle Pain: A Pilot Study

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Abstract

When muscles, tendons and joints are stretched for a long period of time, musculoskeletal strains and injuries are common. It is commonly grouped to be tension neck syndrome (TNS). The neck and shoulder regions will be susceptible to fatigue, stiffness, tenderness and pain after prolonged uses of computers, book reading or playing mobile phones. A clavicle support or kinesiology taping used to support the shoulder region is thought to be helpful to relieve the clinical symptoms. This project investigates the biomechanical effects of clavicle support in alternation of posture. 34 subjects were recruited with 7 males and 27 females. The mean of age of the group is 41.1±11.7 years old. All of them have experienced fatigue, stiffness, tenderness and pain in the neck and shoulder regions. The subjects were asked to wear the postural strap for at least 20 days and their head angles, forward shoulder angles and shoulder lengths were calculated. They were required to conduct two surveys on the pain and habits before and after the experimental period. 44.4% of the subjects found that the pain is less than before after they wore for at least 20 days. Before the experiment, subjects indicated an average of 3.74/10 in pain scale. After the experiment, subjects indicated an average of 2.41/10 in the pain scale which showed a statistically different reduction ($P < 0.05$) of pain after using the postural strap. The results showed that a postural strap may be helpful in giving support to the neck and shoulder regions and reduce the musculoskeletal strains.

A Review of Innovative Types of Braces for Adolescent Idiopathic Scoliosis (AIS)

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Abstract

According to the guidelines provided by the International Society on Scoliosis Orthopaedic and Rehabilitation Treatment (SOSORT) in 2011, scoliosis is defined as the three-dimensional deformity of the spine and trunk with a Cobb angle of 10 degrees or greater. Generally, different treatments would be provided for patients in accordance with the degree of the Cobb angle. Bracing treatment is mainly for patients who have a spinal curvature between 21 and 40 degrees. The braces are classified as either rigid or flexible, which aim to correct scoliosis in three main planes and reduce its progression. Most traditional braces are rigid and made of thermoplastics and metals so that they are heavy and uncomfortable to wear. Their rigidity causes difficulties in donning the brace and interferes with typical activities in daily life. Thus, compliance with conventional bracing treatment is low. To overcome the current limitations of rigid braces, some innovative brace designs which focus on improving comfort and reducing restrictions of body movement are available. For example, the SpineCor and TriaC orthosis are representative elastic braces which use elastic bands and a flexible coupling device respectively to correct the curvature but also allow greater mobility of the body. Other new designs, such as the carbon brace, posture correction girdle and light brace also have the same purpose of correcting spinal curvature and allowing more mobility, but done so in different ways. Therefore, the aim of this paper is to provide a review on the design features and materials used for the fabrication of these innovative types of braces.

The Influence of Health and Beauty Perception on Medical Tourism Intentions: A Learning Lesson from Korea for Hong Kong

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Abstract

Medical tourism becomes one of the fastest-growing world businesses since it has been developing rapidly. The aim of this study is to examine the effect of health and beauty perception towards medical tourism, since there is a paucity of studies related to it. This study investigates the influence of health and beauty perception on medical tourism intentions in Korea, a new medical tourism destination. Drawing on the concepts from Health Belief Model, health and beauty perception can be explained in the context of medical tourism. A quantitative method is employed in this study through a survey questionnaire. Data are collected from 428 tertiary students in Korea and then are analyzed using the SPSS statistical software. To assess the construct validity of the measurement scales, reliability tests with the key constructs are conducted. Moreover, the overall structural model is assessed via exploratory factor analysis to test the proposed hypotheses. With regard to medical tour, findings reveal that 'Barrier' and 'Susceptibility' shows a positive significant impact on medical tour intentions. With regard to beauty tour, results indicate that 'Korean medicine benefit' and 'Anxiety' have a significant effect in Korea. This study achieves both theoretical and managerial contributions; however, there are some limitations. Possible future directions for further research in Hong Kong are also explored.