

Hong Kong Chiropractic College Foundation Ltd
Chairman's Report Dec 2015
Dr. Shu Yan Ng

It has been 4 years since the formation of the Foundation. As stipulated by the previous M&A, I should step down as Chairman of the Foundation. Yet, in view of the heavy work load of all other directors, it was resolved to change the M&A, enabling me to lead for another term of two years.

Thanks to the volunteers, we have held a number of activities in 2015. Apart from public education, a number of CPD (continuous professional development) courses have been held for the chiropractors. For the year 2015, a full scholarship was granted for Ms. Priscilla Choi who was previously granted a partial scholarship. For fund raising, we would like to specially thank Mr. Leung Po Hong, who has generously, donated HKD1 million in the year 2015.

Public Education

For public education, the foundation has arranged six talks in 2015. They were targeted to students and the general public, with the purposes of educating the public relating to the importance of the spine in health. Specifically, they are listed as follows:

Date	Venue	Talk	Speaker	No of Attendees
20, Jan	St Louis School	Spinal hygiene	Dr. Lee Ka Yu	150
15, Mar	Central Library	Breathing and Spinal Health	Dr. Chu Ming Him, Edmond	220
15 July	Central Library	Breathing and Spinal Health	Dr. Lee Ka Yu	70
3, Aug	Central Library	Spinal Health and Thoracic Hyperkyphosis	Dr. Lee Ka Yu	100
19, Oct	Central Library	Management of Anterior Knee Pain	Dr. Chu Ming Him	70
6, Nov	Duke of Windsor Social Service Bldg	Management of Anterior Knee Pain	Dr. Chu Ming Him	120

Newspaper interviews were also arranged to increase the awareness of spinal hygiene.

Continuous Professional Development

During the year of 2015, a total of 6 CPD activities have been organised. Topics covered were diverse, and ranged from spondyloarthropathy to dry needling. Lecturers were invited from Prague (Czech), Switzerland and Italy to give courses. Details of the CPD program are listed below for reference.

Date	Topics	Speaker	Venue	No Attendees
27/2 – 1/3	SEAS I	Mr. Romano Michele	Graduate House, HKU	17
26/4	Is Targeted Intervention for Patellofemoral Pain Syndrome Possible?	Prof Jim Richards	HK Scout Association	60
24/5 -26/5	DNS “A” course	Ms. Magdalena Lepsikova	Duke of Windsor Social Service Bldg	10
26/6	Early signs and symptoms of spondyloarthropathy	Dr. Yu Ka Lung, Carrell	Federation of Medical Societies	12
27,28/9; 1,3,4/10	Scoliologic Schroth Best Practice	Dr. SY Ng	Graduate House, HKU	22
11/9 -13/9	Dry Needling – upper half of the body	Mr. Daniel Bösch	Windsor House	14

There has been some criticism on the topics related to the talks, commenting that they are not “Chiropractic”. In view of the competition from other professions, I feel that Chiropractors should broaden their horizons to become more proficient in management of patients with chronic pain syndromes. Also, in view of the small population of chiropractors in Hong Kong, courses that target specifically at chiropractors have difficulty in attracting enough attendants and thus are financially not viable.

I wish to express my thanks to Drs. Edmond Chu and Lee Ka Yu, who have helped in

marketing the CPD courses. These courses that we offered generated some profits for the Foundation. Overall, we posted HKD HKD158,832.64 in net income for 2015. This was ploughed back into the Foundation for future needs.

Research

In 2015, a study on “Breathing and chronic cervical pain” was conducted. Raw data was collected and Dr. Edmond Chu has taken up the task of preparing the paper.

In 2015, I have submitted four review papers. They are all on adolescent idiopathic scoliosis, and are expected to be published in early 2016. At present, the papers are available on line from the following Pubmed link:

<http://www.ncbi.nlm.nih.gov/pubmed/?term=ng+sy%2C+scoliosis>

In essence, the papers reviewed the evidence supporting the use of conservative treatment of adolescent idiopathic scoliosis.

Wanchai Chiropractic Clinic

Dr. Lee Ka Yu joined us in early 2015, working as a full time chiropractor, along with Dr. Edmond Chu and Ms. Jenny Li. They have been diligently developing their practice. Their devotion to patients care earned many thanks from the patients. We are grateful for their dedication.

Dr. Edmond Chu has worked in the clinic for 4 years. He has developed good clinical skills and was encouraged to set up his own clinic.

As a result of the increased income from the consultation, the Clinic generates sufficient income to donate to the Foundation. The donation is expected to be around HKD1.2 million for the year 2015.

Scholarship

The foundation offers scholarship to students interested to pursue chiropractic education in Anglo European College of Chiropractic in UK. In 2015, we did not have any application for the scholarship. Ms. Priscilla Choi who was awarded partial scholarship in 2014 applied for full grant. Upon interview and appraisal by the

scholarship committee, which comprised of Drs. Valerie Chu, Wilkin Kwan and Professor Peter Cheung, she was granted the full scholarship from the year 2015.

Donation

During the entire year, two fund raising functions have been organized. They are the charity concert and the World Spine Day.

Charity Concert

The Foundation did not hold the concert. Instead, the organizer agreed to donate part of the net proceeds to the Foundation. The concert was held on the 10th and 11th January 2015. It was a success and HKD84,080 was donated to the Foundation soon after the event. We are grateful to the coordinator of the project, Ms. Ng Lai Chu. She, together with Mr. Louis Castro, additionally donated HKD6,000 to the Foundation after the concert.

World Spine Day

In view of the excessive stress put on the volunteers last year when the walkathon was held soon after the World Spine Day, the committee decided to merge the two activities together.

The function was held on the 11th October, 2015 in Chinese YMCA Wu Kai Sha Youth Village. It was essentially a carnival, held together with public talks.

Essentially, the function includes the following activities:

- 5 talks on neck pain of different ages (children, adult, the elderly) conducted by Dr. Edmond Chu, Albert Ho, Jessica Lee, Lee Ka Yu and Jennifer Ng.
- sEMG and breathing assessment conducted by Drs. Alvin Hsu, Lee Ka Yu, Edmond Chu, Albert Ho and Karen Chan.
- Drama on spinal hygiene acted by artists Ms. Tam Yuk Ying, Mr. Dick Chan 陳煒迪, Ms. Ruby Cheng 鄭可琳.
- Stretching exercise demonstrated by Drs. Karen Chan and Alvin Hsu and members of the HK Stretching Association.
- Magic Show and Chinese Drawing classes, book sales etc.
- Building a cervical spine drawing, using the participants.

Many thanks to the work of over 150 volunteers, we attracted over 1,400 participants. Yet, in view of the rain, many participants chose to leave early before the lunch time. Also, a drawing competition was conducted. We received over 150 entries. For the primary division the winners were: 林澤祺, 邱子鈺, 林芊蕊 respectively. For the senior primary division, the winners were respectively 朱浚諾, 梁婉瑩, 蘇慧儀.

Overall, we raised HKD63,984.50 which was disappointing. We came to the conclusion that fund raising activities should not be held in conjunction with public education, as the theme is not clear enough.

Donation Boxes

The number of location that houses our donation boxes has not changed much, increasing slightly from 36 in 2014 to 37 in 2015. At present, the donation boxes are located in: Please note that the numbering is based on the record. For numbers that were missed, the donation boxes have been collected back.

1.	1	Pedorthic Technology Ltd. (尖沙咀足科矯形有限公司)
	3	Dr. Wilkin W.K. Kwan (關維健脊醫)
	4	Dr. Henry H.K. Chan (陳顯強脊醫)
	5	Dr. Andy Hin Yim Lee (李憲嚴脊醫)
	6	Chiropractic Wellness Centre Ltd. (綜合脊醫中心)
	7	Pedorthic Technology Ltd. (灣仔足科矯形有限公司)
	8	Fairy Recover Therapy Ctr (仁康: 吳軍營醫師)
	9	Pedorthic Technology Ltd. (銅鑼灣足科矯形有限公司)
	11	MediMart (旺角樂康軒)
	12	Wanchai Chiropractic Clinic (灣仔脊醫診所)
	13	Leung Wah Medicine Co. (梁華骨傷科)
	14	Dr. ChanTak Sang (陳得生醫師)
	17	Dr. Chan Chak Yee (澤心堂: 陳澤誼醫師)
	18	Wui Hong (滙康: 盧棟權醫師)
	19	Hong Kong Chiropractic Wellness Center (何棋榮脊醫)
	22	南記春卷粉麵有限公司 (黃埔花園)
	23	南記春卷粉麵有限公司 (筲箕灣)
	24	南記春卷粉麵有限公司 (北角)
	25	南記春卷粉麵有限公司 (銅鑼灣)
	26	南記春卷粉麵有限公司 (灣仔春園街)
	27	南記春卷粉麵有限公司 (灣仔摩利臣山道)

28	南記春卷粉麵有限公司 (中環域多利皇后街)
29	MediMart (沙田沙角邨樂康軒)
30	Happy Walking (屯門安定商場步足履)
31	MediMart (佐敦道樂康軒)
32	MediMart (牛池灣清水灣道樂康軒)
34	陳培華醫師
35	劉影棉醫館
36	鄭愛嫻骨傷科診所
38	MediMart (灣仔莊士頓道樂康軒)
39	MediMart (荃灣海壩街樂康軒)
40	MediMart (馬鞍山頌安商樂康軒)
41	Happy Walking (馬鞍山頌安商步足履)
42	MediMart (香港仔中心樂康軒)
43	MediMart (上水彩園邨樂康軒)
44	Health Care & Co. (保利安公司)
45	MediMart (土瓜灣道樂康軒)

In total, the donation received through the donation boxes for the year was 48,157.30.

Vote of Thanks

During the year, many people have helped. We would like to thank all who have given us a hand, including all those who agreed to let us put the donation boxes. Thanks should be made to Drs. Edmond Chu, Lee Ka Yu, Albert Ho, Jessica Lee, Jennifer Ng, Alvin Hsu and Karen Chan. They have helped in talks, CPD and checkups.

We also wish to extend our thanks to the Volunteer group, especially Ms. Jenny Shek, Jenny Li, Sirea Tang, Rosanna Chui, Ada Wong, Simmy Chan, Eliza Hung, Eva Wong, Elsie Chan, Ng Yin Ling, Agnes Leung, Pak Heung Wai, Queenie Hwang, Louisa Sun, Bonny Tam., Rachel Cheung, Louisa Cheung, Mr. Winkin Wong, Ngai Lap Wing, Vincent Chiu and Freddie Tan. Their help is essential to our growth.

We are grateful to the help offered by the artists, including Ms. Ng Lai Chu, Tam Yuk Ying, Dick Chan and Ruby Cheng. We would also like to thank members of the Sky Pro Production, who have helped us in taking video and photographs, and members of the Hong Kong Stretching Association, without whom we would have difficulty in organizing the World Spine Day.

Lastly but not the least, I wish to thank all those patients who have helped in preparation of food for the World Spine Day. We do appreciate very much for all their contribution.

Looking Forward

We anticipate the Foundation to continue to grow. In 2016, we plan to do the following:

1. Organize 6 CPD activities. At present, the SEAS II, DNS B course, Schroth Best Practice and Dry Needling have been organized.
2. 3 large public talks, with central theme. One is going to be held in March and the others in June and September (or October)
3. A pilot study of application of Schroth Best Practice in adult scoliosis is near completion and we anticipate to submit a paper by June this year.
4. Fund raising dinner will be held in June 2016.
5. World Spine Day Activity will be held in Oct 2016.
6. Scholarship promotion will be conducted.
7. Investment of the available funds.
8. Possible expansion of the clinic.
9. Completion of the proposal of college setup.
10. Fund raising activity in November 2016.