

Hong Kong Chiropractic College Foundation Ltd

Chairman's Report 2013

Dr. Shu Yan Ng

It has been 15 months since the incorporation of the Foundation as a charitable organization. The mission of the foundation includes education of the public about chiropractic, setting up a teaching clinic, providing scholarship to interested students to study Chiropractic abroad and to raise funds for the ultimate aim of erecting a chiropractic college in Hong Kong.

As with all startup, a lot of groundwork needs to be done. This involves recruitment of volunteers, setting up a website, seeking donation before the objectives of the foundation can be pursued.

Volunteer Team



In the past year, we have strived to recruit volunteers who can offer help regardless of it being short term or medium term. Initially, there were only three persons. They were namely Ms Jenny Shek, Ms. Elisa Hung and Miss Rachel Cheung. This has grown to more than 10 and the number is growing. Other active members are Ms. Jenny Li, Ms. Ada Wong, Ms. Poon Shuk Han, Ms. Rosanna

Chui, Ms. Stella Lee, Ms. Chan Shui Ping, Mrs. Winnie Hung, Ms. Cosette Chan, Ms. Simmy Chan etc.

During the year, they have helped in various facets of the Foundation, from design of logo, donation to educational public talks. Ms. Carman Chan helped design of the nice logo. The volunteers helped set up and collection of donation boxes, organizing of walkathon and charity dinner and preparing sauces and cookies for fund raising. Apart from working as volunteer, they donate. Moreover, they helped take care of the educational public talks, helping in registration, distributing leaflets and managing the floor. They helped in shooting the CD on "Management of Knee Pain" by Dr. Edmond Chu, working until late at night. I am really grateful to all they have done to the foundation and taking this opportunity, I wish to say thank you.

Donation

The first thing that the volunteers did was to help with donation. They not only contributed their labour but their money as well, to the objectives of the foundation. The list of donors for the year 2012 is appended at the end of the report for reference.

The volunteers have also helped in setting up donation boxes in various chiropractic clinics and that of Chinese medical practitioners. At present, the donation boxes are situated in the following premises:

- Dr. Chan Chak Yee (CMP)
- Dr. Chan, Henry (Chiropractor)
- Dr. Chan Tak Sang (CMP)
- Dr. Ho, Albert (Chiropractor)
- Dr. Ho Kwok Wai (CMP)
- Dr. Kwan, Wilkin (Chiropractor)
- Dr. Lee, Andy (Chiropractor)
- Dr. Lee Kwok Sau (CMP)
- Dr. Leung Chun Hung (CMP)
- Dr. Leung, Sandra TK (Chiropractor)
- Dr. Leung Yuk Ling (CMP)
- Dr. Lo Tung Kuen (CMP)
- Dr. Ng Kwan Ying (CMP)
- MediMart, Yaumatei
- Pedorthic Technology Ltd, Causeway Bay
- Pedorthic Technology Ltd, Tsimshatsui
- Pedorthic Technology Ltd, Wanchai
- Wanchai Chiropractic Clinic



A walkathon was organized on the 14th October 2012, in the week of International Spinal Day and Orthopedic Week. 164 people participated in the event and 624 people acted as sponsors. The gross donation was HKD210,048. After deducting the necessary expenses, the net donation received was HKD196,926.50. Taking this opportunity, I have to thank again the volunteer team and the honorary guests, who include:

- Ms. Ng Lai Chu (Artist)
- Mr. Rocky Cheng Kin Lok (Artist)
- Ms. Chan Hou Li (勵德賢毅社)
- Mr. Lee Ka Fai
- Mr. Chan Wing Chung (Scout Association of Hong Kong, Lei Yue Mun District)
- Representative from the North Point District Organization.

We shall be holding a charity dinner in the 18th May 2013. Again, the purpose is fund raising. The volunteers are busy soliciting presents for lucky draw and are making home-made cookies, jam and XO sauces for charity sale. We anticipate to sell 20 tables. Up to the present, we have sold 17 tables. Taking this opportunity, I would like to thank Po

Lam Monastery (寶林禪寺), which has kindly donated HKD24,200 to the foundation to show her support.

Website and Public Education

A website www.hkccfl.org.hk was set up. This provides the background of the foundation, an introduction of chiropractic and records of the activities that the foundation has conducted. Also, information on scholarship and donation are provided.

For public education, the foundation has arranged 4 newspaper interview and public talks. The newspaper interview and public talks were on cervicogenic dizziness, anterior knee pain, prevention, rehabilitation of low back pain and sciatica respectively. The interview appeared in Economic Daily and featured Dr. Edmond Chu, Dr. SY Ng, Dr. Albert Ho and Ms. Jenny Li. The first three talks were presented by Dr. Edmond Chu, with Ms. Jenny Li co-presenting in the last of the three talks. The talks were given in May, June and October respectively in the year 2012. Dr. Albert Ho gave a talk on sciatica in March this year in the Central Library in Causeway Bay. The talks have been well received. The other two talks planned in the coming year will be presented by Dr. Karen Chan and Dr. Edmond Chu. Details are as follows:

Date	Topics	Speaker	Venue
20 th May 2012	Cervicogenic dizziness	Dr Edmond Chu	Federation of Medical Societies
24 th June 2012	Anterior Knee pain	Dr Edmond Chu	Federation of Medical Societies
5 th Nov 2012	Preventing recurrence of low back pain	Dr. Edmond Chu and Ms. Jenny Li	Central Library
8 th Mar 2013	Sciatica	Dr. Albert Ho	Central Library

Two weeks ago, at the end of April 2013, through the introduction of Mr. Fung, a retired headmaster, who is a director of the Agency for Voluntary Service, Dr. Edmond Chu gave a talk to 45 students on “Chiropractic as a Career” in CNEC Lau Wing Sang Secondary School. The purpose of the talk is to acquaint the students with what is chiropractic. Dr. Chu actually invited the students to visit the clinic, so that the students have more understanding of the

profession.

During the year, we have published many leaflets, including Diaphragmatic breathing, Cervical dizziness, Chiropractic as a Career, Recruitment of Volunteers etc. Also, we have shot two videos, one on “Anterior Knee Pain” and another on “Evidence based Exercise”. For the preparation, shooting and editing of the latter video, I wish to thank

Dr. Karen Chan, Dr. Edmond Chu and Dr. Albert Ho, who prepared the script, rehearsed the exercises, combed through the literature and participated in the shooting. I also would like to thank Ms. Shopping Cheung for being the model and Ms. Jenny Li for helping with the audio recording. Without their help, the project would not have been successful. The “Evidenced based Exercise” video is planned for free distributing to chiropractors, who are welcome to copy and distribute for free again to patients.

Continuous Professional Education



In 2012, the foundation organized two courses for the professionals. One was the Dynamic Neuromuscular Stabilization and another was on Dry Needling. The dynamic neuromuscular stabilization method originated in Czech, after the famous Professor Volta and Assistant Professor Kolar. The talk was conducted by Dr.

Valouchova. Dry Needling course was taught by Professor Du. The talks were well received and the breakdown was as follows:

Date	Course	Lecturer	No of Attendees	Breakdown	Remarks
July – Sep 2012	Dry Needling	Prof Du	21	Chiropractors x 4; Chinese Medical practitioners: 8; Physiotherapists x 5; Others: 4	
26-28 th Oct 2012	Dynamic Neuromuscular Stabilization (Course A)	Dr. Petra Valouchova	10	Chiropractors x 5; physiotherapists x 4; Medical doctor x 1	1 from Japan; 1 from Holland; 1 from UK

Wanchai Chiropractic Clinic

With the donation, the Wanchai Chiropractic Clinic was founded in May 2012. The clinic serves multiple purposes:

- Provides a clinic whereby senior chiropractic practitioners can share their experience with the new chiropractic graduates.
- Provides a clinic whereby the newly graduated chiropractors can practice and be accustomed to the Hong Kong practice, after so many years of studying abroad.
- Provides a clinic whereby state of art treatment is provided.
- Provides a base whereby research and public education can be conducted.
- Provides affordable chiropractic service, including those underprivileged group. The clinic is at present staffed by two chiropractors, one rehabilitation consultant and

two clinic assistants. Dr. Edmond Chu works full time in the clinic and Dr. SY Ng works part time on a voluntary basis. Ms. Jenny Li works there as a rehabilitation consultant,

taking care of the MedX and 3D Newton machines which are used to provide strengthening of the core muscles. The clinic is running on a self sustained mode and does not rely on donation from the foundation.

Scholarship

The foundation offers scholarship to students interested to pursue chiropractic education in Anglo European College of Chiropractic in UK. Despite posting an advertisement in Sing Tao Newspaper and writing to more than 40 schools, we did not receive any applicant from Hong Kong.

In April, 2013, we received an application from a Hong Kong student in UK. The application was turned down as his examination results did not meet with our requirements.

Conclusion

The year 2012 was the first year of establishment of the foundation. Among the objectives, we have achieved the followings:

- Setting Up a Teaching Chiropractic Clinic
- Organized public talks to acquaint layman of the importance of spinal hygiene
- Organized courses for continuous professional development
- Raised funds to further the objectives of the foundation

All in all, we have made the first step, albeit small, towards our goal of ultimately setting up a chiropractic college in Hong Kong.