

**Reports and Discussion Paper
Board Meeting
Hong Kong Chiropractic College Foundation
June 19, 2015**

Reports

In the past 6 months, the Foundation has moved forward in many fronts. Thanks to the help of volunteers, we have conducted some CPD course, provided two talks to the public and submitted some research. Also, we received some donation from patients and friends, though the receipt has not been very significant.

Continuous Profession Development (CPD)

In the past 6 months, the following courses/talks were conducted. Ms. Cynthia Lam who is the Chairman of the committee has helped tremendously in following up, especially with overseas speakers. She has helped liaise speakers, book flights and hotel, apply for credits, follow up on logistics and refreshment during the talk and tackle some nitty gritty of the courses. The courses held include:

Mth	Title of Talk/Course	Lecturer	No of Participants	Gross Income	Net Profit
Feb	Scientific Exercise Approach to Scoliosis, Level 1	Mr. Michele Romano	17 (4 chiros)	66000	27018.42
Apr	Patellofemoral Pain Syndrome	Prof. Richards	70 (10 chiros)	10287.5	6577.50
May	Dynamic Neuromuscular Stabilization Course A	Ms. Lepsikova Magdalena	10 (3 chiros)	42850	7974.50

Research

We conducted an original research on the relationship between chronic hyperventilation and chronic neck pain. Preliminary results showed that the two were interrelated. The other two papers are mini-reviews. Details of the studies are as follows:

Authorship	Titles	Submission Status	Journal
Chu MHE and Lee KY	Hyperventilation and Chronic Neck Pain	Pending on completion of "Discussion"	Have yet to be decided
Ng SY, Bettany-Saltikov J, Moramarco M	Evidence for Conservation Treatment of Adolescent Idiopathic Scoliosis - 2015 Update	Submitted	Current Pediatric Reviews
Ng SY	Observation and Early Intervention in Mild Idiopathic Scoliosis via Corrective Exercises in Growing Children	Submitted and revised	Current Pediatric Reviews
Borysov M, Moramarco M, Ng SY, Lee SG	Postural Re-education f Scoliosis – State of the Art	Submitted and Revised	Current Pediatric Reviews

Public Education

Two talks were given to the public. One was given by Dr. Lee Ka Yu and the other was given by Dr. Edmond Chu. Again, details are as follows:

Mth	Titles	Speaker	Venue	Participants
Jan	Spinal hygiene	Dr. Lee Ka Yu	St Louis School	150 students
Mar	Breathing and neck pain	Dr. Edmond Chu	Central Library	200 participants

Scholarship

There was no new application for the scholarship in the first 6 months, except Ms. Priscilla who applied for full scholarship (she is at present having half scholarship).

Upcoming Projects

Feasibility and/or Proposal of Establishing a Chiropractic College in Hong Kong

On reviewing our financial status and pace of donation, we found that if we follow

the present mode of operation, we would have difficulty in raising enough money to establish a college in the coming 10 years. We need to draft a proposal and to work out a feasibility plan to ensure that we can convince donors of the need for such as an independent college in Hong Kong. The college basically can ultimately include other disciplines, including naturopathy or health professions that involve biomechanics, such as podiatry.

It was two months ago that we knew of the Intervarsity Undergraduate Practicum Scheme 2015. The scheme is organized by the IIM (International Institute of Management). In the scheme, 5 undergraduates will be allotted to an assigned project. Thanks to Mr. Winkin Wong's work, we are included in the project. The deliverables 6 weeks after commencement of the project by the IUPS include the followings:

1. Study report on the level of needs with concrete data support;
2. Recommendations on the steps required to establish a sustainable Chiropractic College.
3. Data for preparing strategic plans with road maps to pursue the goal; and
4. Publicity suggestions for promoting the vision of the foundation.

World Spine Day

We are organizing activities for the World Spine Day on the 11th October 2015. Differing from the last year, we would include fund raising activities in the function, to reduce the workload on the volunteers.

This year, the theme would be on cervical pain. Tentatively, there are following activities:

1. Survey of the prevalence of neck pain in children and adolescents and general public.
2. 5 talks by chiropractors
3. Drama on neck health by artists.
4. Stalls to sell health food to raise funds.
5. Stalls to learn drawing on fans and stalls on drawing on faces.
6. Drawing painless neck using participants.

Also, we are requesting books for fund raising. Tickets are at HKD50 each.

Other Activities

The CPD for the coming months include the followings:

1. The early signs and symptoms of spondyloarthropathy.
2. Dry needling of the upper extremity.
3. Schroth Therapy – the Best Practice

The on-going research will be on “The Influence of Schroth exercises on Symptomatic Adult Scoliosis”. We expect the research to finish by the end of next year.

Public Education

Booking of the venue has been made but no topics have been put forward up till present.