

Hong Kong Chiropractic College Foundation Ltd.
Annual General Meeting 2020 (July 2020)
Chairman's Report
S Y Ng

The AGM for 2020 has been considerably overdue, as a result of the COVID-19. At the time of the writing, we are still not sure if it is appropriate to gather together to conduct the AGM, or it would be safer to conduct the meeting on-line.

The Board members and advisors remain unchanged and Vivien To remains the auditor of the Foundation.

As a result of social activities in the second half of 2019 and the COVID-19 in the early half of 2020, some planned activities have to be canceled or deferred indefinitely. We used to conduct activities in World Spine Day in October each year. Yet, this was not planned last year. Also, we found it difficult to organize activities to raise funds last year. A few activities that we did conduct include the public education talks and video production, the on-line "Scoliosis Master" course, the scholarship promotion, and running of the clinic.

At present, we have five active sub-committees and we would like to present their respective report as here below:

- Finance & Administration Committee
- Membership Development Committee
- Scholarship Committee
- Continuous Professional Development (CPD) Committee
- Public Education & Communications Committee
- Clinic Management Committee
- Fund Raising Committee

TREASURER REPORT 2019

Please refer to the audited account for the year 2019. There are some significant changes that I wish to highlight. This involves the income from the clinic, the course, the donation and the expenses involved.

The expenses of the clinic increased at a faster rate than that of the income in the year 2019 (3.2%). The gross profit in terms of percentage of gross income was 6% in 2019; this was less than the 9% in the previous year. The drop is more significant when compared with 2017, when the gross profit was 21%. The social activities in the second half of 2019 possibly contributed to the reduction in income of the clinic.

The increase in clinic expenses may be related to acquisition of Dr Irene Cheung' clinic in 2018, the lease of an additional floor for the clinic to accommodate new chiropractors, and in increase in remuneration. During the acquisition of Dr. Cheung's clinic, we needed to shoulder the monthly rental of the premise. This, however, ended in September 2019. Also, the income from the new DCs has picked up and we anticipate an improvement in income. The clinic management is also aware of the escalating remuneration expenses (56.7% in 2019 versus 41.7% in 2015), and would suggest control measures.

We did not carry out any fund-raising activities last year. Yet, there was an increase in donation. The main donation was from:

- Daniel & Co HKD100,000
- Mr. Ngai (Nam Kee 南記) HKD30,000
- Mr. Ngai Yuen Mou HKD30,000
- Pedorthic Technology HKD30,000
- Mr. Eddy Lam HKD10,000

The income from CPD was very much reduced, as all the CPDs in the second half of 2019 were cancelled.

The expenses relating to the scholarship reduced last year as compared to 2018, as two students graduated in June 2019, and only one awardee was granted the scholarship. Also, the currency fluctuation contributed to the changes in the amount expended.

REPORT FROM SCHOLARSHIP COMMITTEE FOR 2019

There were 5 applicants and 3 were successful upon completion of interview in late June 2019. But then there was only one recipient (Miss Natalie Ho Fai-yum) since the other 2 candidates gave up the scholarship in view of better offer in local universities.

Corporate Sponsorship

Daniel & Co. sponsored Miss Natalie Ho Fai-yum, recipient of 2019/20 scholarship, for her 4 years (2019- of studying for a master degree in chiropractic at AECCUC. To acknowledge the sponsor's generous support, all full-time staff of the company would enjoy 20% discount for their medical consultancy at the Clinic of HKCCF during the sponsorship period.

Scholarship/AECCUC Information Seminar

A seminar was held in August 2019 with Prof Lesley Haig, Vice-Chancellor of AECCUC, as key-note speaker. The forum attracted about 40 participants, mainly young people with their parents.

Talk at School

Mr. Benedict Wan, 2014/19 scholarship recipient and AECCUC graduate, gave a talk at his secondary school, St. Joseph's College, introducing the scholarship to his junior classmates and talking about his studying life in the UK.

Scholarship Promotional Activities

Short Films

- “Young Chiropractors for the Future (年青脊醫為未來)” was broadcast in January 2019 interviewing 3 scholarship recipients in the UK about their studying life there.
<https://youtu.be/7n-8apLWeTI>
- “若然未痛 時辰未到” was made in September 2019 with scholarship recipient Erica Chan (2018/22) as the protagonist talking about her aspiration to become a chiropractor.
<https://youtu.be/zQF68GudAnQ>

Promotional Leaflets

The scholarship promotional leaflets were revised in October 2019 and sent to 59 Band1A secondary schools and 39 youth centres. EDM was also sent to them at the same time.

Media Interviews

- 21/11/2019 : 《申獎學金赴英讀碩士 準脊醫待執業》(星島日報 Singtao Daily)
- 25/11/2019 : 《香港每名脊醫服務 3 萬市民 - 準脊醫溫浩庭》(HK Economic Journal)
- 5/12/2019 : 《90 後港生獲全額獎學金 赴英國讀大學將成執業脊醫》(Hong Kong Economic Daily)

Media Advertisements

- 20/12/2019 : Recruit.com.hk 1/4page printed advertisement, dedicated facebook page and website promotion
www.facebook.com/Recruit.com.hk/photos/a.150034246773/10157856432031774
- 23/12/2019 : Breakazine Blogs, facebook and IG promotion
www.facebook.com/breakazine/posts/2803877492977464

REPORT FROM COMMITTEE OF MEMBERSHIP FOR 2019

1. Develop member and volunteer record system including recording the number of volunteer hours.
2. Update the volunteer recruitment form.
3. To convert the online volunteer recruitment form into Google form in early 2020. Applicants can fill in and submit the form directly online.
4. Plan to set up a "Friends of the Foundation", so that those who are interested in the Foundation can receive news about the Foundation via email.

5. In March and May 2019, two "Happy Tai Chi Classes" were taught by Sifu Kao Shu Hsing, with a total of 10 participants.
- 6) In July, a health talk "I want to know about daily health care" was held by Dr. Ou Ho Yin Chiropractor, targeting volunteers and their families. 40 participants attended the talk.

REPORT FROM CPD COMMITTEE 2019

Summary

- 2 courses,
- -19 registrants including MD, DCs, PTs and DO.
- -Net Profit \$7,844.44

Courses Conducted

1. Western Medical Acupuncture with the British Medical Acupuncture Society (BMAS) – 11-14/05/2019

The Western Medical Acupuncture seminar was held from 11-14 May 2019 at HKU Graduate House Hong Kong, with Dr Mike Cummings MD guest speaker from the UK.

Western Medical acupuncture is an adaptation of Chinese acupuncture using current knowledge of anatomy, physiology and pathology, and the principles of evidence-based medicine. Dr Cummings is the Medical Director of the BMAS. He runs the BMAS London Teaching Clinic, acts as associate editor for the Medline-listed journal Acupuncture in Medicine. He is also a Honorary Clinical Specialist at the Royal Hospital for Integrated Medicine, part of the University College London Hospitals NHS Foundation Trust.

On completion of the course, the students exposed to a mixture of lectures and supervised practical group sessions were equipped to safely start to practice medical acupuncture. They also had the opportunity to apply for certification in Medical Acupuncture with the BMAS.

Among registrants 4 chiropractors and 1 orthopedic surgeon. Due to low enrolment numbers and longer renting of the venue (4 days), there was a loss of \$18,425.60.

2. Temporomandibular Disorders : Assessment & Practical Management – 14-15/09/2019

The Temporomandibular Disorders seminar was held on 14 & 15 September 2019 at HKU Graduate House Hong Kong, with Dr Tzvi Greenbaum PT guest speaker from Israel.

Temporomandibular Disorders (TMD) is one of the most frequent causes of orofacial pain & headache and is associated with basic functional limitations such as difficulties in chewing, talking and yawning. Additionally, TMD patients tends to suffer from other disabling pain syndromes such as migraine, tension type HA and neck pain – therefore introducing a challenge to clinicians.

After completing the course participants will be able to know the up to date scientific background of musculoskeletal pain & dysfunction in the Cranio-Mandibular region, recognize signs & symptoms of serious medical problems (not musculoskeletal) in people with Cranio-Mandibular pain (i.e. red flags) and know how to respond accordingly, practically know how to assess, evaluate & recognize common clinical patterns in people with TMD, practical use of the relevant clinical reasoning for management of people with TMD, effectively & safely treat people with TMD using hands on & exercise modalities.

Among registrants 10 physiotherapists, 1 osteopath and 3 chiropractors. With a total of 14 registrants, there was a profit of \$26,270.04.

Confirmed courses 2020-2021.

Online course

Principles and Practice of Scoliosis Conservative Treatment (PPSCT) with ISICO – 2020 (1 year)

Live Courses

Due to COVID-19, all 2020 live courses were postponed to 2021. Confirmed CPD 2021:

- Upper Cervical Spine Disorders, Dr Tzvi Greenbaum
- Scientific Exercise Approach to Scoliosis SEAS, Mr Michele Romano
- Scoliosis, a Vestibular Neuro-Rehabilitation approach, Dr Carlo Rinaudo
- Motivational Interviewing, Prof Lesley Haig

REPORT BY THE PUBLIC EDUCATION COMMITTEE FOR 2019

Spine Health Seminar with Link

Starting from May 2018, the Foundation and Link have organized a project called "Love, Convergence Project", where Link arranged chiropractors to visit elderly centres in different communities under Link to talk about spinal health issues. The seminars are held once a month and focus on the causes of back, spine, neck and knee pain, as well as ways to relieve pain. At the end of the seminar, the elderly will be given a brief check-up and have their questions answered.

In 2019, seminars have been arranged at the following locations.

Date	Venue	Topic	Speaker
15/1/2019	Lok Wah North Estate Po Leung Kuk Lau Chan Siu Po Centre for Senior Citizen, Kwun Tong	Wearing wrong shoes can be a source of pain	Dr. SY Ng
22/2/2019	H.S.H. Haven of Hope Senior Citizen Sun Tak Centre, Sheung Tak Estate, Tseung Kwan O	A Comprehensive Look at Osteoporosis in the Elderly	Dr. Lee Ka Yu
21/3/2019	Shatin Lutheran Church (Hong Kong) Shatin Multi-Service Centre for the Elderly at Lek Yuen Estate, Shatin	Relieving Low Back Pain in the Elderly, Starting with Good Lifestyle Habits	Dr. Or Ho Yin
6/4/2019	The Baptist Church Bradbury Neighbourhood Elderly Centre, Po Lam, Tseung Kwan O.	Prevention of Elderly Falls	Dr. Irene Cheung Yuen Kwan
22/6/2019	The Tin Shui Wai Neighbourhood Elderly Centre in Tin Shui Wai	A Comprehensive Look at Osteoporosis in the Elderly	Dr. SY Ng
5/7/2019	Tseung Kwan O Hau Tak Estate Christian Chinese Evangelistic Mission Kowloon Good Neighbour Centre	Causes and Treatment of Geriatric Shoulder Joint Pain	Dr. Wilson Yeung
21/8/2019	The Rhenish Club Lok Ling Centre, Wo Che Estate, Sha Tin	Relieving Low Back Pain in the Elderly, Starting with Good Lifestyle Habits	Dr. Or Ho Yin
25/9/2019	Ho Shing Yuen Neighbourhood Centre for the Aged, Po Tat Estate, Sau Mau Ping	A Comprehensive Look at Osteoporosis in the Elderly,	Dr. Lee Ka Yu
23/10/2019	Sik Sik Yuen Neighbourhood Elderly Centre at Tung Tau Estate, Wong Tai Sin	Common Neck and Shoulder Problems in Elderly People	Dr. Or Ho Yin
16/11/2019	Mrs. Chao Kam Lam Centre for Senior Citizens, Po Leung Kuk, Cheung Fat Estate, Tsing Yi	Prevention of Elderly Falls	Dr. Irene Cheung Yuen Kwan
5/12/2019	Fu Tai Neighbourhood Elderly Centre in Tuen Mun	A Comprehensive Look at Osteoporosis in the Elderly	Dr. Lee Ka Yu

Other Talks

15/11/2019

Venue: Integrated Family Service Centre in West Tuen Mun

By Dr. Or Ho Yin, Topic: Spinal hygiene in the Workplace

Participants: 32 persons

Proceeds: \$3,000

Dr. Or demonstrated various exercises to prevent slouched back, neck and shoulder pain, sciatica and herniated disc. The information provided in the workshop can help frontline social workers prevent and improve various kinds of pains and ailments, and at the same time, share the information with their friends and relatives, as well as the public.

REPORT BY THE CLINIC MANAGEMENT COMMITTEE FOR 2019

The committee was formed up by the second half year of 2019, focusing on the strategic plan, daily operation and human resources management of the clinic.

Members of the committee includes Dr. Lee Ka Yu, Dr. Diego Rosthchild, Ms. Jenny Li and Mr. Winkin Wong.

Throughout the year, five Chiropractors and one rehabilitation consultant worked there. They strived to take care of the patients in the clinic:

- Dr. Irene Y. K. Cheung National University of Health Science, USA
- Dr. Diego Rothschild Franco-European Institute of Chiropractic, France
- Dr. Ka Yu Lee Palmer College of Chiropractic West, USA
- Dr. Shu Yan Ng Anglo European College of Chiropractic, UK
- Dr. Alvin H.Y. Or Macquarie University, Australia
- Ms. Jenny Li Medx Consultant University of Florida, USA.

We have 10,370 (9,118 for 2018) patient visits consulting Chiropractors and 3,520 (3,218 for 2018) patient visits for rehabilitation treatments, with 13.7% increase in patient visit from 2018 to 2019. Of which 15.7% (18.2% for 2018) of chiropractic patient visits which represented 1,630 (1,660 for 2018) are charged at \$400 or less per visit.

The total yearly gross income generated from the clinic is \$8,571,253.40 (\$7,253,563.58 for 2018) with 18.16% annual increase and a net income of \$364,929.02 (\$613,483.95 for 2018) represent a drop of 40.51% due to multiple factors.

The total employment expenses to total income ratio of 2019 is 55.92% (51.88% for 2018), higher than previous year. The total clinic premises related expenses including depreciation, rent,

government rent & rates, repairs and maintenance for 2019 is \$530,393.55 higher than the previous year. The social activities happened in Hong Kong since 9th June have created a heavy impact on the patient visits to the clinic , with this negative effect continue to affect the situation in 2020.

The Committee has proposed to increase the consultation fee slightly in 2020 to maintain a healthier balance of account.

Before closing, I would like to thank all the volunteers, including Ms. Stella Lee, Ms. Elsie Chan, Ms. Poon Shuk Han, Ms. Shirley Choi and the many chiropractors who have given us a helping hand in the year past. I would also like to express my sincere gratitude to Ms. Joanna Cheung Wai Yee, who has helped produce a few of the educational videos, and all those who have helped in different committees and outreach activities. We are indeed very grateful.