



Asian Medical Students' Association Hong Kong

Address: P.O. Box 6176, Central Post Office, Hong Kong

Patron: Dr. David Ho (Director & CEO, The Aaron Diamond AIDS Research Center)

Honorary Advisors: Prof. Fok Tai-Fai (Dean, CUHK), Prof. Raymond Liang (Senior Advisor to the Dean, HKU), Prof. Lee Shiu-Hung (Emeritus Professor, CUHK)

General Advisors: Dr. Philip S.L. Beh (Pathology Dept., HKU), Prof. Dennis Y.M. Lo (Pathology Dept. CUHK), Prof. N.G. Patil (Surgery Dept., HKU), Prof. S Griffiths (School of Public Health, CUHK)

To News Editor

8th November 2008

Press Release

Hong Kong Medical Students Unite in an Occupational Health Campaign “Marathon” Promotion Across Hong Kong

Tsim Sha Tsui saw a lot of action today, as a group of medical students from The University of Hong Kong and the Chinese University of Hong Kong gathered to hold a mass exercise demonstration, display exhibition boards and large posters, shout slogans and distribute information leaflets to arouse public interest in Repetitive Strain Injuries (RSIs).

The event was part of a “Marathon” Promotion Occupational Health Campaign organised by the Standing Committee on Public Health of the Asian Medical Students' Association Hong Kong to raise public awareness on RSIs. Dressed up as chefs, housewives, construction workers and office workers, the medical students traversed the busy districts of Prince Edward, Mongkok, Tsim Sha Tsui, Wanchai, Jordon and Causeway Bay by ferry, MTR, and on foot; carrying large posters, shouting slogans and distributing bookmarks with illustrations on workplace stretching exercises. The Campaign focused on the most common RSIs affecting four specific groups in Hong Kong (Table 1).

Table 1

Caterers	Golfer's Elbow (Medial Epicondylitis)	Lower Back Pain
Housewives	DeQuervain's Syndrome (Radial styloid tenosynovitis)	Housemaid's Knee (Prepatellar Bursitis)
Construction workers	Tennis Elbow (Lateral Epicondylitis)	Rotator Cuff Injury
Office workers	Neck and Shoulder Pain	Carpal Tunnel Syndrome

High Prevalence, Low Awareness

Carpal tunnel syndrome, neck and shoulder pain, trigger finger are all common complaints of urban dwellers. In fact, such repetitive strain injuries constitute a major health threat to occupational safety in Hong Kong, and have considerable socioeconomic impact. Take shoulder pain for example, an affected employees experience a decrease in quality of life, and in serious cases, a decrease in the ability to perform simple hand movements (such as typing), thus preventing them from carrying out daily work.

According to the Occupational Safety and Health Council, 60% of all occupational injuries reported in Hong Kong are due to RSIs. In addition, pain and discomfort from RSIs have caused approximately 14% of employees' leave from work (Census and Statistics Department, 2006). In particular, the numbers of occupational injuries in construction and catering industries are much higher in relation to those of other industries. In the construction industry, "injuries sustained while lifting or carrying objects", accounted for 15.3% (544 cases) of all accidents in the industry in 2005 (Labour Department, 2006). Evidently, repetitive strain injuries represent a public health concern with far-reaching consequences that has long been neglected.



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Office Demonstrations & Workshops

In order to alert the working population to the hidden problem of repetitive strain injuries, the Asian Medical Students' Association Hong Kong held workshops for office workers in Causeway Bay, Wanchai, Cheung Sha Wan and Kwun Tong. Through interactive demonstrations, students introduced simple stretching exercises for body parts such as the neck, shoulders, elbows, wrists, and the waist to prevent common RSIs. Participants also received exclusively designed souvenirs that served as reminders of workplace prevention measures.

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For photos of this event, please contact **Winnie Chui (Director of Public Health, AMSAHK)**,
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About AMSAHK

Established in 2003, the Asian Medical Students' Association Hong Kong (AMSAHK) is a non-profitable, non-political students' organization jointly run by medical students from the Chinese University of Hong Kong and the University of Hong Kong. As an active member of AMSA International and the International Federation of Medical Students' Associations, AMSAHK serves medical students in Hong Kong through academic research, global exchange and public health programmes to increase the public's awareness on medical and health issues.

The Standing Committee on Public Health aims to raise awareness amongst medical students, health professionals and the society on public health issues around the world, through various local projects as well as international expeditions. For details, please visit our website: http://www.amsahk.org/activities/public_health.html.

Acknowledgements

The University of Hong Kong The Chinese University of Hong Kong Hong Kong Physiotherapy Association





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致新聞編輯

請即發放

關注職業重複性勞損

本港醫學生聯手舉辦跨區「馬拉松」宣傳活動

一群香港大學及香港中文大學的醫學生於 11 月 8 日 (星期六) 在尖沙咀星光行對出進行一連串活動，包括集體示範伸展運動、介紹有關長期勞損資訊的展板、展示巨型海報、高呼口號及派發單張，務求以多元化的方式喚起社會各界人士關注職業重複性勞損之現況，呼籲市民及早預防，從而減少重複性勞損帶來的病痛。

是次活動乃香港亞洲醫學生學生會舉辦的跨區「馬拉松」宣傳活動之高潮，目的為向市民宣傳職業重複性勞損的資訊。參加者打扮成廚師、家庭主婦、建築工人及文員，乘搭渡輪、港鐵、並徒步穿越本港鬧市，包括太子、旺角、尖沙咀、灣仔、佐敦及銅鑼灣等地區；他們身上掛著海報、高呼口號及派發印有簡單伸展運動的書籤等，吸引市民駐足觀看。活動內容針對四類人仕工作環境中最常見的職業重複性勞損 (圖表一)。

飲食從業員	高爾夫球肘 (肱骨內上髁炎)	下背痛
家庭主婦	媽媽手 (狹窄性腱鞘炎)	家庭主婦膝 (髕骨前方之滑囊炎)
建築工人	網球肘 (肱骨外上髁炎)	旋轉肌群損傷
辦公室人士	頸膊痛	腕管綜合症

圖表一

【重複性勞損與我何干？】

「腕管綜合症」、「頸梗膊痛」看似普通不過的都市病，實際上是職業安全的最大隱憂。就以肩膊痛為例，令患者生活質素下降，甚至影響簡單如打字的手部動作，嚴重威脅僱員的工作能力。根據職業安全健康局二零零六年的調查顯示，超過六成的工傷是由重複性勞損所引起。而同年政府統計處的調查顯示，一成四的病假亦因此而導致。再者，本港建造業及飲食業的工傷數字一直高據於各行業的意外數字之上。就意外類別而言，建造業最常發生的意外「提舉或搬運物件時受傷」，於 2005 年佔行業意外總數的 15.3% (544 宗)。由此可見，「重複性勞損」絕對是一個長期被忽略，但影響深遠的問題。



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【辦公室推廣工作坊】

為了讓在職人士正視「重複性勞損」的潛在問題，香港亞洲醫學生學生會先後到四間位於銅鑼灣、灣仔、長沙灣及觀塘的辦公室為員工舉行工作坊，宣揚職業安全及伸展運動的重要性。醫學生以互動方式演示一系列針對頸、膊、手肘、手腕、腰等不同部位的伸展運動，令各行業在職人士不單認識重複性勞損的成因，更明白預防方法。參加者均獲發精美紀念品，以作提醒。

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【機構簡介】

香港亞洲醫學生學生會乃由就讀香港大學及香港中文大學的醫學生所組成。本會成立於 2003 年，宗旨為提供一個國際性的學習平台。作為國際亞洲醫學生學生會及國際醫學生聯會的成員，本會通過參與跨國界會議、組織各地交流活動，拓闊本港醫學生在醫療及健康問題上的國際視野、提升其對公共衛生的瞭解、並促進學院間之聯繫；本會亦致力於區內籌辦公共衛生活動，從而提高公眾的健康意識。詳情可參閱本會網址：http://www.amsahk.org/activities/public_health.html

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