Experiential Learning Tour at Wuhan 2016

Zhongnan Hospital (Wuhan University) Hubei Province Rehabilitation Center

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We were all very excited to start our journey! After a short flight and a bus ride, we finally arrived in Wuhan safely, ready to meet the teachers, students and children.
The long journey made us very hungry... and we finally got our LATE LATE lunch!
The first day of work started with a warm welcoming ceremony from the professors of Zhongnan Hospital.
A group photo with teachers, parents and children from Qicaimeng Rehabilitation Center (七彩夢復康中心) and students of Wuhan University.
We all looked forward to the journey ahead!
Our visit to a simulated clinic at Zhongnan Hospital.

We have learnt more about the rehabilitation service in mainland China.
Our supervisor, Ms Winnie Cheung delivered two seminars on ICF model and high functioning ASD. We took part in the seminar by demonstrating the coding process.

Students of Wuhan University were very attentive.
In the simulated clinic, we provided clinical demonstration to students and teachers on assessing and treating high-functioning ASD children.

They paid close attention to our task and raised thought-provoking questions.
A demonstration of group therapy for preschoolers & adolescents with high-functioning ASD.

It was a difficult yet interesting job preparing an hour-long script and cue cards for therapy.

Again, the audience enjoyed and raised meaningful questions.
We would like to thank the teachers and students of Zhongnan Hospital for their hospitality!

We enjoyed a delicious dinner!
We visited Linjie training centre (麟潔教育培訓中心) to conduct a talk & clinical demonstration.

We were impressed by their well-organized classes that cater for individual differences of children in the centre.
We were conducting assessment with children with ASD. They were very cute and obedient.
Ms Li Dan was illustrating the operation in Linjie training centre.

Here are some of Ms Li’s publication, highly recommended!
We observed Linjie teachers conduct individual training with children.

There were training stations for receptive language, expressive language, fine motor, oromotor, imitation, concepts etc.
Students go to different classrooms according to their schedule. Below is a classroom for gross motor training.
We travelled for 2 hours from Wuhan to Xianning to visit Qicaimeng Rehabilitation Center (七彩夢復康中心).

The centre serves 2 target groups – children with cerebral palsy & children with ASD.
We visited individual session of fine motor skills (above) as well as muscle strengthening (bottom) done by rehabilitation professionals.
We were invited to attend a demonstration of group therapy with preschoolers and adolescents with high-functioning ASD. The teachers showed us social skills they observed, for instances, the use of rules to encourage whole-body listening.
Following the observation, we conducted individual language and articulation assessment with children in the centre.
We had home visit to a girl with selective mutism. After reading a story of Hannah, a girl who experienced difficulty talking in some situations, together with the use of fading-in-and-out strategies, she finally enjoyed playing social games with us and became very talkative!
In the last home visit, the school teachers joined us too. We could observe the girl’s performance in class routines at school. Also, we introduced the use of augmentative and alternative communication app for simple sentences production to express needs. This targets at building up her confidence to talk in less familiar settings.
We had home visit to a girl with cerebral palsy. She was trying to use iPad (a tailor-made augmentative and alternative communication) to indicate what she wanted.
We had home visit to two girls - both with feeding problem.

We observed their performance during mealtime, assessed alternative drink delivery mode, and demonstrated techniques to reduce primitive reflexes to caregivers.
The Wuhan trip will undoubtedly be one of the highlights of my study in the University. In this trip, we had ample opportunities to visit several rehabilitation centres and to interact with the rehabilitation professionals and students, as well as the children and parents. From a professional standpoint, the trip has enriched my clinical exposure and skills. I learned to conduct impromptu assessments with limited resources and I also got hands-on experience with high-functioning ASD, cerebral palsy, and selective mutism, which I have not yet had the chance to see in clinics. It was also amazing to see the rehabilitation services in Mainland are burgeoning. From a personal perspective, the Wuhan students’ endeavor and the eagerness in learning have encouraged me to pursue further knowledge and to be prepared for a better therapist. As a therapist-to-be, I have nothing to offer but my passion in this field and my care for those in needs. I would wholeheartedly recommend the experience to future students interested in rehabilitation services on an international sense.

— San

This trip was an eye opening experience for me. First of all, I had opportunities to meet students and professors from Wuhan. They demonstrated their enthusiasm towards learning by actively asking questions during our talk, which are really worth learning. Also, we had conducted language assessment and treatment with children with a large variety of problems, such as cerebral palsy, autism and selective mutism. With limited resources and in a different language environment, it was absolutely challenging for all of us. However, it was also a great opportunity for enhancing our flexibility, interpersonal skills, and clinical knowledge. This trip was definitely one of the most memorable learning experience in my university life. It allows me to reflect on my weaknesses and encourages me to work hard to be a better speech therapist.

— Kardia
It was a precious opportunity to participate in this 10-day Wuhan trip. I had chances to help conducting seminars and providing clinical demonstration in Zhongnan Hospital, and to deliver assessments and treatments to children with autism spectrum disorder and cerebral palsy in home visits and other clinical settings. It was a fruitful experience for me to understand more about rehabilitation services in mainland China while sharing ideas with those students and professionals devoted in rehabilitation development. During home visit, it was an intensive and challenging practicum for me to improve my flexibility in facing ad-hoc changes and also informative counselling with caregivers. This trip is a memorable experience in guiding me on the path to become a better clinician.

— Suki

It was definitely a trip of a lifetime being part of the team. The learning attitude and passion of medical students in Wuhan impressed us a lot and drove us to pursue further exploration of rehabilitation services outside Hong Kong and in other disciplines out of the ST field. My greatest gains during the 10-day trip were clinical skills handling children with ASD and cerebral palsy, presentation and demonstration skills, and unexpectedly, my social and interpersonal skills as I had numerous chances to interact with university professors, students, professionals including rehabilitation physicians and staffs, as well as family members of patients during home visits. With the hearts of being holistic and professional clinicians, we hope to pass on the spirit of helping others in need all around the world regardless of winds and floods.

— Yoyo
I feel grateful to have the opportunity to join this trip. In the trip, I gained many invaluable experiences. I had the chance to demonstrate the method of assessing children with high functioning Autism Spectrum Disorder (ASD), deliver treatment at patient’s homes and most delightedly, I had mutual learning with professionals from other disciplines. These not only allow me to polish my interpersonal skills, but also learn to be observant and flexible since with language barrier and cultural difference, we always need to adapt to the ad-hoc conditions while working out the best ways to help the patients to learn. To me, the most rewarding from this trip is not only the improvement of the patients, but to realize that how much more I need to work on to in order to be a better speech therapist.

— Wendy

It was a privilege to partake in this fruitful and meaningful trip. Activities at Zhongnan Hospital brought me to understand the rehabilitation culture in mainland China, and to appreciate the student’s enthusiasm in learning. Throughout the trip, we were exposed to a wide range of disorders in various clinics. During Lin Jie Centre observation, I was particularly impressed with their structured sessions and use of evidence-based approaches. Personally, my clinical skills benefited most from the home visit therapy, in which I was constantly challenged to observe closely, modify tasks promptly, and utilize resources at hand creatively. Lastly, our heartfelt gratitude goes to our supervisors Ms Winnie Cheung & Ms Carmela Tin for their invaluable guidance and close coordination with Zhongnan Hospital & Wuhan Rehabilitation Center; without which the trip would not be so smooth under the many unforeseen circumstances.

— Gigi
I am very grateful that I could be a part of the team. It is good to see the rehabilitation flow in centres of the mainland China. Though often we could not do what we planned there due to the flooding problem, we have got chances to go somewhere else such as visiting a centre with a relatively systematic clinical flow and joining some home visits to meet the clients and their family. It is a brand-new experience for me which enabled me to learn how to give advice to the caregivers better. And through this trip, I have also learnt to be more flexible in different clinical settings and I am sure this experience equipped me to be a better clinician in the future.

— Cherry

This ten-day journey to Wuhan is definitely a valuable and meaningful experience. We not only got to observe the rehabilitation settings and services of mainland China, but also learnt a lot from interacting with students and teachers in Wuhan, as well as the children and parents who participated. We had the chance to see the passion and ideas from the rehabilitation services in China, providing me a new perspective and knowledge in understanding children with autism and cerebral palsy, etc. Throughout the trip, I have learnt to be more flexible in assessments and treatments and have had my clinical skills gradually improved. This fruitful visit is a great experience in equipping me to be a better clinician in the future.

— Carrie
If I am asked to list the memorable experience during my time at university, this 10-day trip will surely not be missed out. Visiting rehabilitation centers in mainland China and interacting with the professionals and students allowed me to understand more the culture, limitations and potential of the rehabilitation service in mainland China, and encouraged me to think about what I can do as a future speech therapist outside Hong Kong. Apart from this, the precious opportunity of conducting assessment for and providing treatment to children with ASD and cerebral palsy enriched my clinical hands-on experience and allowed me to improve my clinical skills. Although the sessions were intensive and there were a number of ad-hoc changes due to flooding, our efficiency in doing reports as well as flexibility in session planning and delivery have been greatly enhanced through this experience. During home visits, I was especially impressed by the positive attitude of a mother of a child with cerebral palsy and the effort she paid despite the severity of her child’s disorder and the adverse living condition. It reminded me to constantly reflect what I could improve to help the clients and their family and to spare no effort to provide the best intervention.

— Yonnie

This trip is definitely a fruitful experience. By interacting with the rehabilitation professionals and students, I have learnt a lot from their passion and endeavour in providing the best service for those in needs. Moreover, the opportunity to do assessment and therapy with children with high-functioning ASD and cerebral palsy has enriched my clinical experience and improved my clinical skills. Dealing with ad-hoc arrangement, I have became more flexible and efficient. My interpersonal skills were also enhanced by co-operating with my groupmates, as well as, interacting with caregivers, other professional personnel in the Wuhan rehabilitation system and teachers and students in the Zhongnan hospital. I will bear in mind the lesson I learnt in this trip and strive to be a better clinician in the future.

— Mandy
It is my pleasure to participate in the Wuhan trip. In the trip, we had the opportunities to know about the rehabilitation services and visit the rehabilitation centers in Wuhan. This gave us a chance to think what we can do to help the people in need not only in Hong Kong, but also in others places of the World, as a therapist-to-be and as a global citizen. Due to the heavy rain in Wuhan, there were many ad hoc arrangements, I think this was a good experience to improve our flexibility and efficiency. To prepare ourselves to be a professional speech therapist, we had to do assessment and treatment in environments with limited resources. Moreover, this was also a great experience to train our clinical reasoning, as patients with different etiologies were seen, and we had to explain their clinical manifestations and do a holistic assessment for them immediately. This is a memorable trip which gives insights to our career path, as well as our strengths and weaknesses in clinical skills.

— Kary

This ten-day trip to Wuhan is definitely rewarding and valuable. We not only got the opportunities to visit rehabilitation centres in mainland China in both medical and community settings, but also the chances to interact and share our clinical experiences with their teachers and students. Their passion and enthusiasm in learning was definitely inspiring, which encouraged me to pursue further knowledge in this field. In addition, we also got the opportunities to conduct assessments and treatments with children with autism and cerebral palsy, both in home and clinical settings. This intensive clinical exposure has enriched my clinical skills. I have become more flexible and efficient in handling ad-hoc arrangements, and become more confident in conducting informative counselling to caregivers. This memorable trip helps me to reflect my strength and weakness, and strives me to become a better speech therapist in the future.

— Janice