CUHK Convocation Outstanding Services and Creativity Student Awards 2023/24 香港中文大學校友評議會傑出服務及創意學生獎 2023/24	
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Major **主修**	Medicine (Global Physician-Leadership Stream) 內外全科醫學士 (環球醫學領袖培訓專修組別)

I am deeply grateful and honoured to be the recipient of Outstanding Creativity Award for the Natural Sciences of the year. I would like to express my gratitude to CUHK Convocation for granting me the award. The award supports and encourages me to continue striving for the best to serve in new and creative ways.

The nervous system is filled with mysteries and complexities with the pathology of various brain diseases remaining unclear. On one hand, this fascinates many members of the academic field and many students including me to delve into neuroscience. On the other hand, it renders many people unable to understand how disease develops among neurological and psychiatric patients. Moreover, most people are unfamiliar with the needs of these patients, since they may lack the opportunity to interact with them or receive related education in the community. I believe that these are some of the reasons why most members of the society cannot emphasize with patients with brain disease well, and cannot adequately support them when necessary.

To tackle this issue, new approaches in education need to be designed and executed. In 2023 February, I initiated and led a group of CUHK and HKU undergraduates in holding SPEAD Brain Emergency Support Workshop for Secondary School Students. The deteriorating mental health among high school students gave me the urge to promote this initiative, while inspirations on its design and execution arose as I completed my psychology minor by 2023 January, also as I assisted with teaching in the Youth Mental Health First Aid course to medical students starting from 2022 June. The new concept of 'SPEAD' was coined by combining the first letter of 5 brain disorders namely stroke, panic disorder, epilepsy, anxiety disorder and depression, advocating that not only neurological but also psychiatric disorders required 'speedy' support. In the Workshop, apart from activities such as taster lectures and campus visits, patients with brain disease were invited to kindly share their stories with the students in small groups. This activity model, being first-of-its-kind in similar education events, aimed at facilitating patients to be better understood by the community while enhancing participants' empathy. Engaging over 30 undergraduate helpers and 150 secondary school student participants, the Workshop was a success and was held for the second time in 2024 February.

New education initiatives also targeted university students as I led a group of undergraduate editors in founding a new magazine, Neurodyssey. With interviews with guests such as Bishop Stephen Chow and Mrs Gwen Kao, the publication aimed at raising awareness on the well-being of neurological patients and their caregivers. The magazine was distributed to the delegates of the 3rd Asia-Pacific Neuroscience Student Congress in 2023 October.

To unravel the complexities of neuroscience, making new investigations and conducting research is undoubtedly necessary. Cognitive impairment, such as memory and attention deficits, may be experienced by cancer patients. However, the phenomenon remains unclear as it receives relatively less attention from the medical field. Therefore, hoping to find out its prevalence, our research team collected relevant data from different investigations in the world, and computed that around a quarter of lung cancer survivors worldwide suffered from this problem. (Ho, So, Fan, Chung & Lin, 2024)

Although starting initiatives from scratch is not easy, it is rewarding to stand at the forefront and lay the foundation for successors. Currently, I am involved in conducting research projects on psychiatry, surgery and molecular sciences, in which neuroscience intersects with artificial intelligence, tumours and membrane ion channels respectively. I wish that I can continue to contribute to improving our health, especially that of our brain, in different levels using various innovative ways.

Reference: Ho, M. H., So, T. W., Fan, C. L., Chung, Y. T., & Lin, C. C. (2024). Prevalence and assessment tools of cancer-related cognitive impairment in lung cancer survivors: a systematic review and proportional meta-analysis. *Supportive Care in Cancer*, *32*(4), 209.

Holding the first SPEAD Brain Emergency Support Workshop for Secondary School Students in CUHK and HKU in 2023 February.
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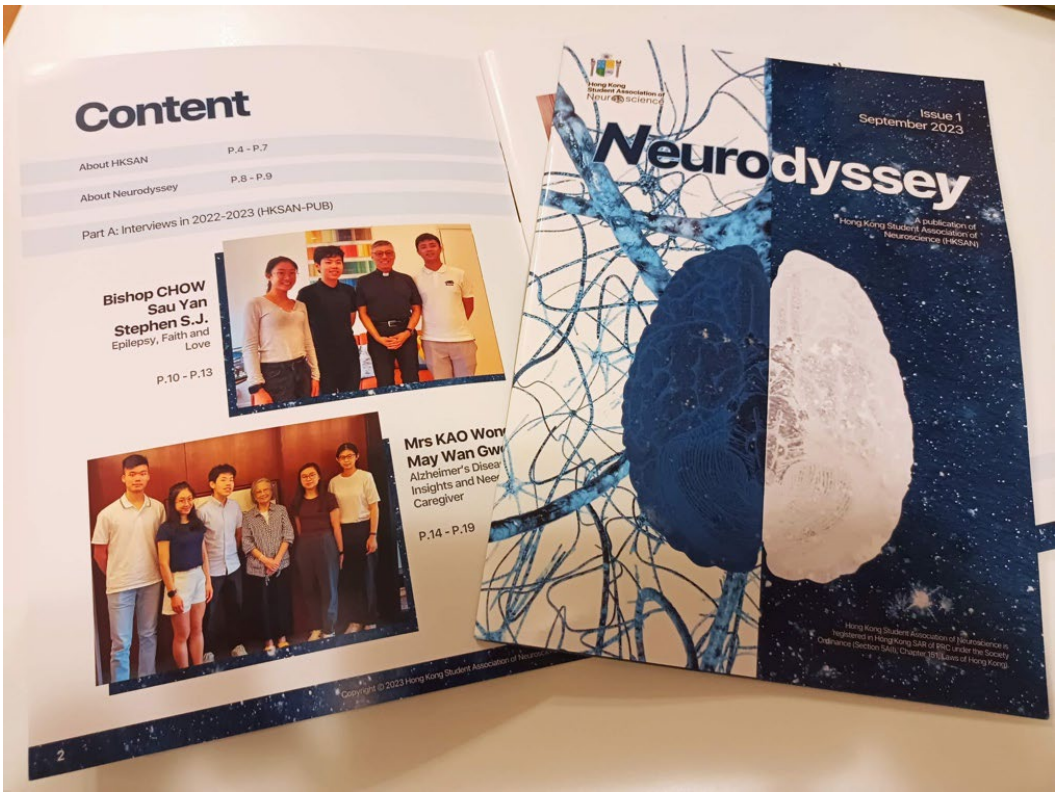

The 1st issue of Neurodyssey, which was distributed to the delegates of the 3rd Asia-Pacific Neuroscience Student Congress in 2023 October.
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The lower photo of the content page: 3rd from left)