**Departmental Seminar**

**Effect of Acu-TENS on Airway Obstructive Disease**

**Miss Shirley Ngai**

Physiotherapist  
The Hong Kong Polytechnic University

**Date:** 30th Sep 2009 (Wed)  
**Time:** 12:30 - 2:00 pm  
**Venue:** ST522, 5/F, The Hong Kong Polytechnic University

Shirley worked as a physiotherapist at the Rehabilitation Clinic of the Hong Kong Polytechnic University since graduation. She is now undertaking her PhD studies in the cardiopulmonary area to investigate the effect of Acu-TENS on the respiratory conditions and the underlying mechanisms.

Asthma and chronic obstructive pulmonary disease (COPD) are the most common type of airway obstructive diseases which are of high global prevalence. Pharmacotherapy, the mainstay of management, is associated with several unwanted effects. Acupuncture, though beneficial to alleviate signs and symptoms of these conditions, is invasive and has been reported to be associated with rare but severe complications. Transcutaneous electrical nerve stimulation (TENS), a non-invasive modality, has been shown working via similar mechanisms as acupuncture in analgesia. It is therefore possible that applying TENS over acupuncture points (Acu-TENS) may elicit acupuncture-like effects. This seminar focuses on the research findings on the effect of Acu-TENS on patients with airway obstructive diseases and the possible underlying mechanisms.

Parking is available – please contact Miss Rosita Tam (E-mail: rsrosita@inet.polyu.edu.hk) for a parking voucher  
Enquiries: Dr. Jack Lai (Tel: 2766 4824; email: rsjlai@inet.polyu.edu.hk)  
Sandwiches, coffee and tea will be provided.