Clinical Experience & Evidence of using Health Qigong

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Background (1) - History

- Qigong (氣功) is an ancient martial art with roots:
  - Taoism 道 - 行氣 (Flow of qi)
  - Buddhism 釋 -坐禪 (Dhyana) Introspection
  - Confucianism 儒- 心齋 (Minimize distraction)
  - KungFu 武 –内功 (Internal Strength)
  - Chinese Medicine 醫 - 導引(Guide the flow)
  - Philosophy 哲學

通过自我意念去控制呼吸

行氣玉佩銘：「行氣、实則遛、(遛)則神、(神)則下、(下)則定、(定)則固、(固)則萌、(萌)則長、(長)則退、(退)則天[巔]、(天)几春在上、地几春在下。順則生、逆則死。」

战国初年（380 BC）

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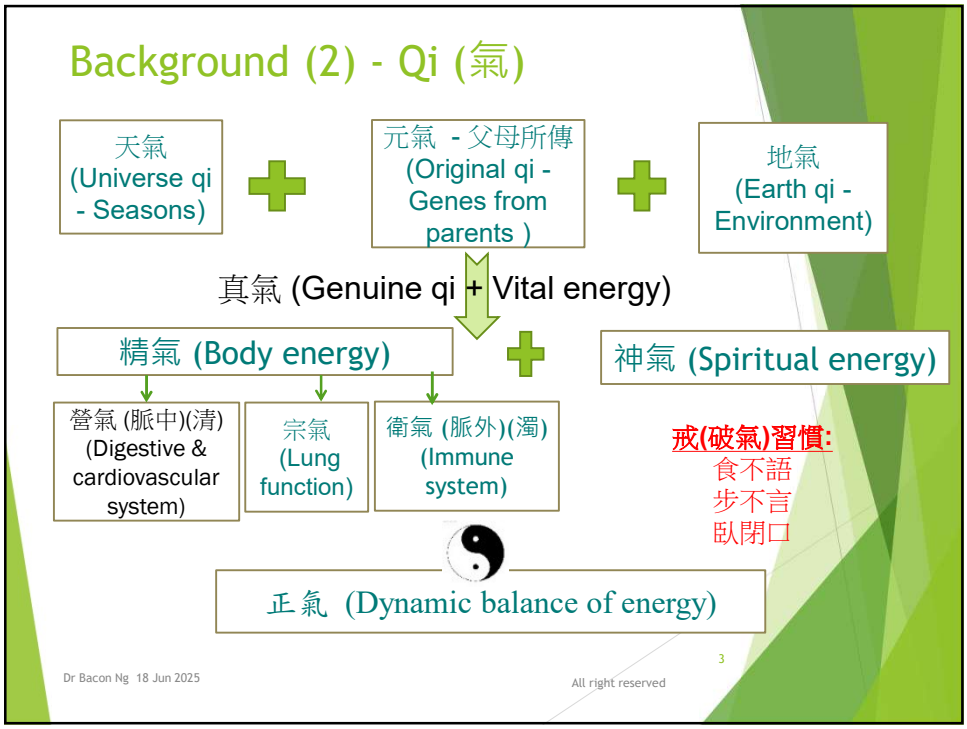
Background (2) - Qi (氣)
天氣 (Universe qi - Seasons)
元氣 - 父母所傳 (Original qi - Genes from parents)
地氣 (Earth qi - Environment)
真氣 (Genuine qi + Vital energy)
精氣 (Body energy)
神氣 (Spiritual energy)
營氣 (脈中)(清) (Digestive & cardiovascular system)
宗氣 (Lung function)
衛氣 (脈外)(濁) (Immune system)
戒(破氣)習慣:
食不語
步不言
臥閉口
正氣 (Dynamic balance of energy)
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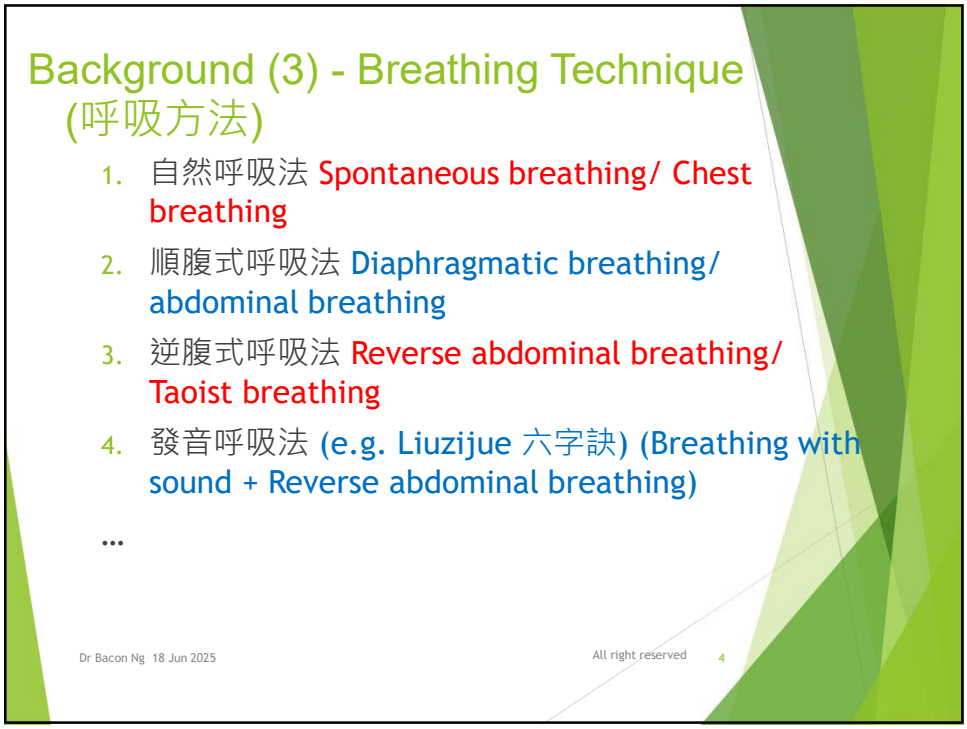
Background (3) - Breathing Technique (呼吸方法)
1. 自然呼吸法 Spontaneous breathing/ Chest breathing
2. 順腹式呼吸法 Diaphragmatic breathing/ abdominal breathing
3. 逆腹式呼吸法 Reverse abdominal breathing/ Taoist breathing
4. 發音呼吸法 (e.g. Liuzijue 六字訣) (Breathing with sound + Reverse abdominal breathing)
…
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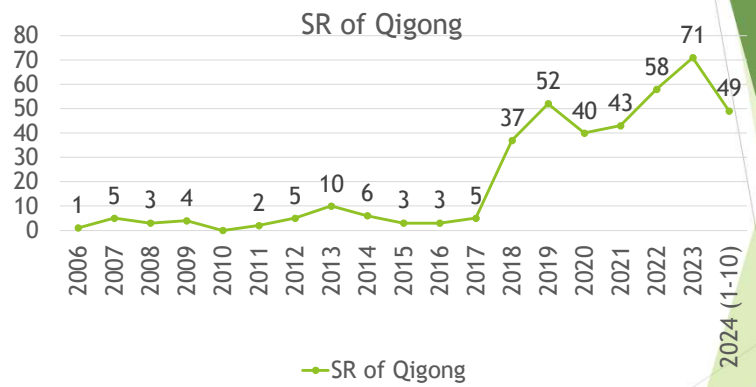
EBP- Systematic Reviews (06-24)



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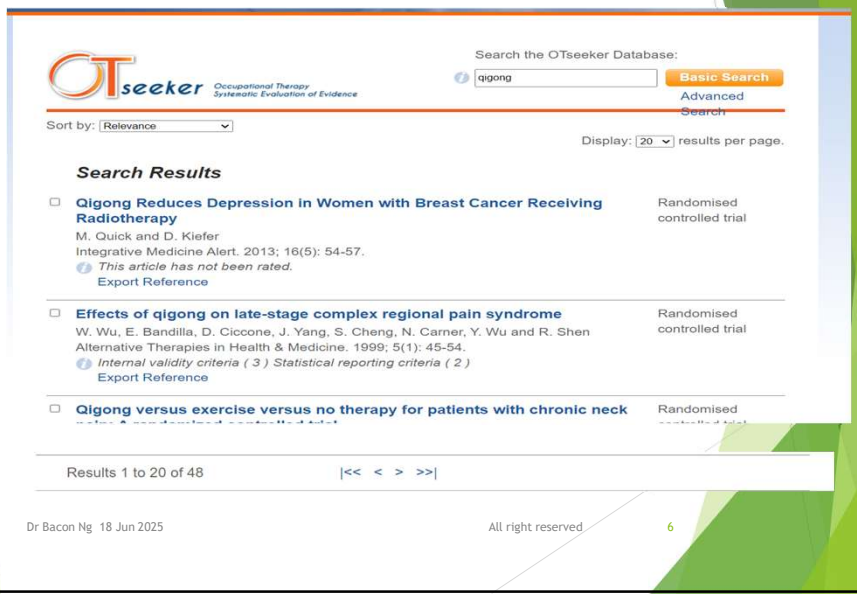
EBP- OT Seeker

https://www.otseeker.com/Search/BasicSearch.aspx



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EBP- CNKI

	篇名	作者	刊名	發表時間	被引	下載	操作
1	推拿功法易筋經“協調平衡”特點探析	裘樂天;蘇芳;陳張;陳家正;王曉東	武術研究	2024-10-21		38	
2	易筋經防治腰椎間盤突出癥研究進展 網絡首發	利濤;呂智楠;吳雙;周星辰;陳龍豪	陝西中醫藥大學學報	2024-10-17 14:07		186	
3	易筋經對原發性痛經的干預研究	劉謀騰;杜菁;肖微;	中國中醫藥現代遠程教育	2024-10-14		123	
4	導引功法在慢性筋骨病中的臨床研究進展	周家輝;沈欽榮;	中國民間療法	2024-09-13		206	
5	The socialization of older adults with depression in Group Qigong training, - Taijiquan, Baduanjin, Yi Jin Jing	Ting Qiu;Gaohua Zhang;Fengli Zhou;Han Jiang	Current Psychology	2024-09-10			
6	以易筋經為例探討單兵功法學的軍訓組合教學特點	羅宇君;蔣珞茗;顧偉;尤鵬利;王新	中國中醫藥現代遠程教育	2024-09-02		46	
7	傳統功法干預肌少癥的研究進展 網絡首發	王行楊;劉元祿;楊永菊;鬱雪峰;	實用中醫內科雜志	2024-08-16 10:10		479	

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EBP – My related Oral Presentations

1. **Ng, B. F. L.** Siu, P., Cheung, G., Chan, S., Ku, H., Ng, A., Siu, D., Huang, T.C.F., Wong, S. Y., Han, Xiao, Chen, K. D., Fong, S. S. L. (29 Apr 2025). A review of the experience and clinical evidence of using Health qigong as Occupational Therapy media in Hong Kong. Chinese Martial Arts and Culture Conference 2025. The Education University of HK.
2. **Ng, B. F. L.** (2024, 16 Nov 24). Traditional Chinese Medicine of Yijinjing (易筋經的中醫理論). HKOTA.
3. **Ng, B. F. L.** (2019, Mar 27). Health Qigong Evidence-based Practice. Hong Kong Occupational Therapy Association. Hong Kong Polytechnic University. Hong Kong.
4. **Ng, B. F. L.** (2019, Mar 2). Health Qigong Baduanjin Training. Hong Kong Occupational Therapy Association. Hong Kong Polytechnic University. Hong Kong.
5. **Ng, B. F. L.** (2019, Feb 4). Health Qigong Yijinjing Training. Hong Kong Occupational Therapy Association. Hong Kong Polytechnic University. Hong Kong.
6. Wan M., **Ng, B.,** Liu, S., Siu, P, & Chen, P. P. (2016, Sept) Health Qigong Baduanjin for pain – from theory to practice. 2016th World Congress of Anaesthesiologists. Hong Kong.
7. **Ng, B. F. L.,** & Tsang, H, W. H. (2015 Dec). An Overview of Evidence and Experience of Health Promotion Using Health Qigong in the Local Community. Oral presentation at the 9th Pong Ding Yuen International Symposium on Traditional Chinese Medicine. Chinese Medicine for Mental Health From Bedside to Bench Hong Kong University, Hong Kong.
8. **Ng, B. F. L.** (2014, October). The development of Chinese medicine service in Hong Kong. Community Care in Hong Kong - Current Practice, Practice-research Studies and Future Directions, City University of Hong Kong and Hong Kong Polytechnic University, Hong Kong.
9. **Ng, B. F. L.,** Tsang, H. W. H., Ng, B. H. P. & Ziea, E. T. C. (2014, October). An Overview of evidences related to systematic reviews of qigong. Poster & Oral session presented at the 6th Global Conference of the Alliance for Healthy Cities, Hong Kong. p. 99. http://www.afhc2014.org.hk/database/conference_proceedings/Oral_Poster_Presentation_Session.pdf
10. Ng, B. H.P., So, C, T., Tsang H. W. H., & **Ng, B. F. L.** (2012, Dec 14-16). Qigong for pulmonary rehabilitation. Evidence from a Systemic Review 17th Asia Congress of the Asian Pacific Society of Respiratory, Respirology. Hong Kong. (Poster presentation)

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EBP – My Selected Publications

1. **Ng, B. F. L.**, & Tsang, H. W. H. (2024). East and West Lifestyle Modification for Health Promotion during the Ageing Process. In K.W Tong & K. Fong (Eds.). Ageing Care in the Community Current Practices and Future Directions. City University of Hong Kong Press., 4th ed. pp. 37-64. https://www.cityu.edu.hk/upress/ageing-care-in-the-community. ISBN 978-962-937-643-7
2. Lu, E. Y., Lee, P., Cai, S., So, W. W. Y., **Ng, B. F. L.,** Jensen, M. P., Cheung, W. M., & Tsang, H. W. H. (2020). Qigong for the treatment of depressive symptoms: Preliminary evidence of neurobiological mechanisms. International Journal of Geriatric Psychiatry. PMID 32662069. doi:10.1002/gps.5380
3. Lee, P., Cai, S. H., Lu, E. Y. Q., **Ng, B. F. L.**, Jensen, M. P., & Tsang, H.W.H. (2020). Qigong reduces depressive symptoms of Taiwanese elderly with chronic physical illness: A randomized controlled trial. The Journal of Alternative and Complementary Medicine 26(1), 76-78. doi:10.1089/acm.2019.0354
4. Ng, H. P. B, Tsang, W H H, **Ng, F. L. B.,** & So, C T. (2014). Traditional Chinese Exercises for Pulmonary Rehabilitation - Evidence from a Systematic Review. Journal of Cardiopulmonary Rehabilitation and Prevention, 34(6) 367-367. doi:10.1097/HCR.0000000000000062
5. Ho, R. T. H., Chan, J. S. M., Ng, S. M., Lau, B. W. M., So, K. F., Cheung, I. K. M., **Ng, B. F. L.,** Ziea, E. T. C., & Chan, C. L. W. (2013). The regulation of HPA activity and anti-aging effect of Qigong exercise for patients with chronic fatigue syndrome: telomerase activity and salivary cortisol. The 34th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA. Annals of Behavioral Medicine, 45(S2), s307, D-213. (Abstract) (Impact factor 3.169)
6. Chan, J. S. M., Ng, S. M., Ho, R. T. H., Ziea, E. T. C., **Ng, B. F. L.,** & Chan, C. L. W. (March 2013). Does Qigong shape body, mind and spiritual health for patients with chronic fatigue syndrome (CFS) in a RCT? The 34th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA. Annals of Behavioral Medicine, 45(S2), s278, D-085. Retrieved from http://www.springer.com/medicine/journal/12160 (Impact factor 3.169)
7. Chan, J.S.M., Ho, R., Ng, S. M., Ziea, E. T. C., **Ng, B. F. L.,** & Chan, C. L. W., (2013 Nov). Qigong exercise improves the sleep quality of the patients with chronic fatigue syndrome: a wāitlist randomized controlled trial. The 141st Annual Meeting and Expo of the American Public Health Association (APHA 2013). Boston, MA. The American Public Health Association. Https://hub.hku.hk/handle/10722/194812

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EBP- Mechanism

- ⬇ Corticotrophin (促腎上線皮質激素) & aldosterone (醛固酮)
- ⬇ C-reactive protein (inflammation)
- ⬇ Cholesterol, BP
- ⬆ Adiponectin (脂聯素)
- ⬆ Telomerase activity (端粒酶)
- ⬇ HPA Axis activity（邊緣系统）

- ⬆ Parasympathetic Nervous System Activity (副交感神經系統)

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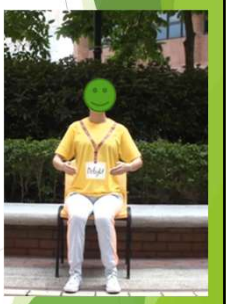
EBP & Standardization

- The presentation summarized potential outcome measurement and implication of different forms of health qigong and its clinical effectiveness. Baduanjin is the most research form. (Ng et al. 2025)
- Modified Sitting Type Baduanjin (Lu at al., 2020)
- However, we observe the irregularity baduanjin and hence need to promote standardization. The coming course of HKOTA is one of the way to support standardization 28-29/6; 23-24/8; 27-28/9; 25-26/10.



Health Qigong Coach Junior Level Class 3
"Yijinjing"

(Course Code:HKOTA-0-00-25-0007)
Organized by: Hong Kong Occupational Therapy Association Ltd
Co-organized by: Health Qigong Association Hong Kong, China

Date: 28th-29th June, 2025
Time: 10:00am to 08:30pm (28th June 2025, Sat) & 09:00am to 05:00pm (29th June 2025, Sun)
Venue: Training site: 20/F Shenzhen Boai Shuguang Hospital No. 2088 Bao'an North Road, Luohu District, Shenzhen / Hotel: Peng Ke Boutique Hotel (Sungang Subway Station Branch) No. 5 Meiyuan Rd, Luohu district , Shenzhen

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EBP- Exercise prescription

- Extract the form that related to lung meridian as training for reinforcement. There may be possible limitation for the interrelation of five element (Ng, H. P. B et al. 2014; Liu, 2012)
- Activity level of a minimum effective activity level of at least 3-time a week and 30-minute per session for at least 5 weeks to obtain significant health.

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EBP- Outcomes of HA Convention OT colleagues 2012-2024

- PSEQ = Pain Self-Efficacy Questionnaire
- WHO-5 = WHO Wellbeing Index
- AROM = Active Range of Motion
- DASS-21 = Depression, Anxiety and Stress Scale - 21 items
- SAS = Specific Activity Scale
- MET = Metabolic Equivalent
- MET-mins = Self-reported weekly MET minutes
- NRS = Numeric Rating Scale on Fatigue and Anxiety
- EQOL= European Organization for Research and Treatment of Cancer Quality of Life Questionnaire Core 15 Palliative scores
- QOL-AD = Quality of Life - Alzheimer's Disease
- MoCA = Hong Kong Montreal Cognitive Assessment
- CTT = Color Trials Test
- PA compliance = Physical Activity Compliance
- CAIMS = Chinese version of Arthritis Impact Measurement Scale 2
- SF36 = Quality of Life (Short Form) 36
- TST = Timed-Strands Test (Lower limb strength)
- HRV = Heart rate Variability

- QOL(Psy) = Psychological function on QOL
- MIDAS = Myocardial Infarction Dimensional Assessment Scale MIDAS
- HADS = Hospital Anxiety and Depression Scale
- WHR = Waist-hip ratio
- BP = Blood Pressure
- MMFM = multi-modal fatigue management
- FACIT-F = The Functional Assessment of Chronic Illness Therapy – Fatigue
- FACT-B = Functional Assessment of Cancer Therapy – Breast
- ABC = Activities-Specific balance Confidence Scale – Chinese version
- MBI = Modified Barthel Index
- VAS = Visual Analogue Scale
- PCS = Pain Catastrophizing Scale
- PSEQ = Pain Self-efficacy Questionnaire

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HKOTA Collaboration with

Chinese Health Qigong Association (中國健身氣功協會)
http://www.chqa.org.cn/index.html
中國香港健身氣功總會 www.hqgahk.com

六字訣 八段錦 易筋經 五禽戲

Liuzijue Baduanjin Yinjinjing Wuqinxi

中國中醫科學院西苑醫院 北京體育大學 武漢體育學院 上海體育學院

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Collaboration for better promotion

- Promotion through the teaching and learning process
- Collaborations with HK academics, OTs, colleagues of Taiwan province, TCM Practitioners and Social workers, etc.

（Please refer to publications and Conference presentation for details）

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Collaboration with Development Council & Construction Industry Council (發展局和建造業議會)

Free download

- https://www.safetyweek.hk/web/video.php?mid=112

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Summary

1. Cell regeneration ability depends on telomerase activity（端粒酶）， aging process and ways to avoid chromosome aberration (染色體畸變)
2. 長命密碼： Body fitness; Qi flow; Relaxation & smiles; Meaningful, motivational and flow activities
3. Health qigong is the best mind-body exercise with regulation of physical (flexibility, endurance, posture, balance and muscle memory), qi (+ breathing) and mental process (calming effect of HPA axis for anti-aging effect related to telomerase) + strengthening （Start earlier, e.g. school age)
4. Prepare towards the targets of the "Outline of the Healthy China 2030 Plan"「 "健康中国2030"规划纲要 」- "塑造自主自律的健康行為- ...扶持推廣太極拳、健身氣功等民族民間傳統運動項目。"

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Thank You for Your Attention

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