

香港 精神科服务 Brief History of 简史 Psychiatric Service in Hong Kong



醫院管理局
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青·山·醫·院
Castle Peak Hospital



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Before 1875 以前

香港早年并无安置精神病人之机构。

Before 1875, there was no government institution existed in Hong Kong for the mentally ill.



外籍精神失常者被禁锢于奥卑利街之域多利监房以待遣返本国。

European lunatics were confined to the Victoria Gaol in Old Bailey Street before they were returned to their own countries.



华籍精神失常者则囚禁于东华医院疯人房的暗室中。狂暴者更锁以铁链。

The Chinese lunatics were admitted to Tung Wah Hospital after its opening in 1870. Tung Wah Hospital had special insanity ward with special restraining clothes, where they were confined in dark and dreary cells and were chained up like wild beasts if violent.

1875

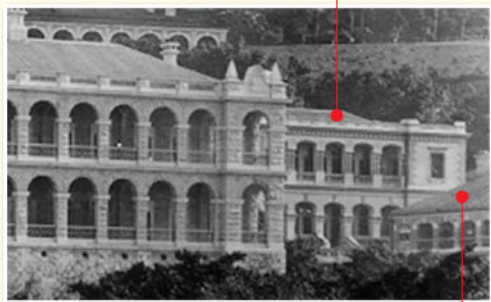
第一座临时疯人院设于荷李活道已塌警察宿舍现址一间破屋内。约在一八八零年迁往医院道国家医院所在地。

The first temporary lunatic asylum was opened in 1875 in a ruinous building at the present site of the Hollywood Road Police Married Quarters. Around 1880, it was relocated to a site of the later Government Civil Hospital on the Hospital Road.

1884

欧籍疯房于一八八四年建于般咸道戴麟趾康复中心现址。

The European Lunatic Asylum was opened in 1884 on the Bonham Road at the present site of the David Trench Rehabilitation Centre.



1891

首间为华人而设的疯房于一八九一年建于东边街美沙邨诊所现址。

The Chinese Lunatic Asylum was opened in 1891 at a lower site (currently the Eastern Street Methadone Clinic) to accommodate Chinese mental patients.

1906

香港立法局于一九零六年通过首项有关设立疯房、羁留及照料精神失常人士之条例。两间疯房亦合并为一，成为后来之域多利精神病院。

The Asylum Ordinance, 1906 was passed by the Legislative Council. It was the Hong Kong's first ordinance to provide for the establishment of lunatic asylums for the detention, custody and care of persons of unsound mind. The two lunatic asylums were united into one entity which later became the Victoria Mental Hospital.



1938

精神病院附属于国家医院。至一九三七年玛丽医院开幕后开始独立。而国家医院位于东边街与高街交界之护士宿舍亦拨作精神病院之C座女病房，以舒缓挤迫情况。

一九三八年，精神病院提供共八十四张床位（二十六男、二十六女及三十二混合）。由一位非全职外籍主治医生，一位非全职华籍医生联合其他全职护士，男女佣工及苦力提供服务。

一直以来精神病院只作羁留精神失常人士之用。外籍病者会安排返回本国。由内地来的病者则会用船运返芳村之惠爱医院（今广州市立精神病院）治疗，此举至一九四九年后停止。

The Mental Hospital was an annex to the Government Civil Hospital. Only after the opening of Queen Mary Hospital in 1937 did she become independent. The nurse quarters of the Government Civil Hospital at the corner of High Street and Eastern Street was included as the female ward (Block C) of the Mental Hospital to relieve the overcrowding.

In 1938, the Mental Hospital had 84 beds (26 male, 26 female and 32 mixed). Service was provided by a part-time European Medical Officer-in-charge, a part-time Chinese Medical Officer, one Head Male Attendant, one Assistant Male Attendant, three Mental Nurses, three Dressers and a group of 23 Amahs, Ward-boys, labourers and Coolies.

All along, the Mental Hospital only served as an asylum for the lunatics. European lunatics were transferred back to their home countries. Lunatics from China were sent back to the John Kerr Refuge for the Insane (now the Canton Municipal Mental Hospital) in Fong Tsuen, Canton, by boat for management whenever the Mental Hospital became too crowded. However this practice came to a halt after 1949.



惠爱医院创办人
嘉·约翰
Founder of John Kerr
Refuge for the Insane,
John Kerr



1948

一位受训于剑桥之精神科医生叶宝明受聘成为精神病院院长。他引进了现代精神病的概念及疗法来开拓本院精神健康服务。一九七一年，他更成为香港大学首位精神科教授。

Dr. Yap Pao-Meng, a psychiatrist with training in Cambridge, became head and superintendent of the Mental Hospital. He brought along his modern concepts and treatments for mental illness and subsequently built up the Mental Health Services. He later became the first Professor of Psychiatry at the University of Hong Kong in 1971.



叶宝明医生
Dr. Yap Pao-Meng

1957

精神病院服务在治疗设施及医护人员上大力开展。一九四九年首位合格的精神科护士波特先生获委任为男护士长，而首位女精神科护士葛莱嫻女士则于一九五五年到任并晋升为女护士长。一九五七年在精神病院服务的，除了叶医生外，还有精神科专业资历的星架医生和吴达伟医生，及第一位精神科女医生刘曼华。

职业治疗及医务社工服务均极为重要，为病人提供复康及续顾服务。病友可参与院外之康乐社交活动。精神病院亦会举办周年手工艺展销会。

提供治疗精神病的各种疗法，包括：药物、胰岛素治疗、脑电疗治疗、高热治疗、脑前叶手术及小组心理治疗等。

胰岛素昏迷治疗在五十年代常用作治疗精神分裂症。做法是逐渐提高胰岛素注射份量以致致昏迷，再以葡萄糖中止。改良胰岛素治疗则应用于精神官能症。

高热治疗是对患有梅毒入脑之病人，多次以静脉注射伤寒及副伤寒引发高热，以消灭脑脊髓内之梅毒菌，继以暖海绵或冰垫降温。至六十年代随着抗生素之进步而被取缔。

脑前叶截断术是用以控制个别病况严重之精神分裂症、慢性抑郁症及强迫症的脑外科手术。香港在五十年代采用眼窝盲目施术之手法亦有致死及严重后遗症。

一九五四年全球第一只抗精神病药氯丙嗪引入香港用以镇静激烈之病人。一九五九年引入第一只抗抑郁剂治疗抑郁症及试用其他抗精神病药。一九六二年Haloperidol被引入以治疗亢奋病人。一九六三年引入镇静剂及三环抗抑郁剂。香港在治疗方面算是紧贴世界先进精神科足迹。脑前叶截断术最后一例于一九六零年十月进行，一九六五年胰岛素治疗亦全面被药物所取代。

The Mental Hospital Service was then developed in the aspects of treatment facilities, medical and nursing personnel. The first qualified psychiatric nurse, Mr. R.E. Porter was recruited as the Chief Male Nurse in 1949. Miss K.C. Gallagher was the first qualified female psychiatric nurse arriving in 1955 and later became

Matron. By 1957, medical personnel working for the Mental Hospital Service included Dr. Yap, Dr. Karam Singer and Dr. George Ou, with specialist qualifications in Psychiatry and Dr. Stella Liu, the first female psychiatrist.

Occupational therapy and almoner services were also important in providing rehabilitation and aftercare services. Patients would go out on recreational and social activities. Annual crafts exhibition and sale were held in the Mental Hospital.

All physical, biological and psychological treatment available were used in treating mental illness, including drug treatment, insulin shock therapy, electro-convulsive therapy, fever therapy, leucotomy and group psychotherapy.

Insulin Coma Therapy was commonly used in treating schizophrenia in the 1950s by increasing doses of insulin until coma developed and then interrupted by giving glucose. Modified insulin therapy was used for certain neurotic disorders.

Fever Therapy was carried out by giving divided doses of Typhoid/Paratyphoid intravenously to produce high fever to neurosyphilis patients suffering from general paresis of insane to kill the Treponema pallidum in the Central Nervous System. Tepid sponge or ice pad were used to control the temperature. It became obsolete with advances in antibiotics in the early 60s.

Prefrontal leucotomy was a neurosurgical operation to cut through the white fibres in the frontal lobe for the treatment for selected cases of schizophrenia, chronic depression and obsessive compulsive disorders. The transorbital approach employed in Hong Kong in the 50s was a blind technique and was not without toll and significant side effects.

The first neuroleptic chlorpromazine was introduced to Hong Kong in 1954 for controlling disturbed patients. Monoamine-oxidase inhibitors became available for the treatment of depressive states in 1959 along with several neuroleptics on trial including trifluoperazine. Haloperidol was used for treating mania in 1962. Valium and amitriptyline were introduced in 1963. Hong Kong was in close steps with the new advances in psychiatry elsewhere. Leucotomy was not in use since October 1960 and with insulin coma therapy it was replaced by psychotropic drugs in 1965.



1961

青山医院在一九六一年三月二十七日由港督柏立基爵士正式主持开幕典礼。完善的设备及优美的环境，标志着本港现代精神科服务之建立。旧院则用作门诊及日间医院至一九七一年。

青山戒毒诊疗中心为根据一九六零年戒毒诊疗康复法例而自愿接受戒毒之男性吸毒者提供服务。戒毒者先在香港精神科诊所注册，并接受医务社工及医生评估，再安排入院作最长六个月的脱瘾及复康。他们会继续在诊所接受跟进服务。

自一九六三年四月起，病人在青山医院首月后即转往香港戒毒会之石鼓洲中心继续接受康复治疗。一九六四年后以口服美沙酮代替注射进行脱瘾。一九六五年十一月戒毒诊疗中心正式迁往石鼓洲。

早期精神科护士服务倚重外援及派遣注册护士到外国受训。青山医院开院初期即从英国聘请了十八位男护士管理病房。

一九五九年十二月夏应生先生在青山医院创立了第一间精神科护士学校，并自行培训精神科护士，护理资历更获英国及威尔士护士管理局认可。

一九七六年二月在玛嘉烈医院内成立第二间精神科护士学校。青山医院新建之护士学校则在一九八八年六月三十日正式开幕。



一九六一年三月二十七日由港督柏立基爵士主持青山医院开幕典礼。
Castle Peak Hospital was officially opened on 27 March 1961 by the Governor Sir Robert Black.



由左至右：波特先生，一九四九年任男护士长；张达仁先生及吴广华先生，首两位本地培训之精神科护士；夏应生先生，香港首位精神科护士教师，其后亦是第一位总管全院之护士长。
From left to right: Mr. R.E. Porter, the Chief Male Nurse Since 1949; the first 2 locally trained psychiatric nurses Mr. Byron Cheung, Mr. Allen Ng, Mr. William Har, the first psychiatric nurse tutor and later the first senior nursing officer in charge of the whole hospital.



Castle Peak Hospital was officially opened on 27 March 1961 by the Governor Sir Robert Black. This marked the establishment of modern psychiatric services in Hong Kong. The old Mental Hospital was used as an out-patient clinic and day hospital until 1971.

Castle Peak Drug Addiction Treatment Centre was opened to provide voluntary detoxification treatment for male drug addicts under the Drug Addicts Treatment and Rehabilitation Ordinance 1960. Patients were registered and assessed by almoner and doctor at the Drug Addiction Treatment Clinic at the Hong Kong Psychiatric Centre. They were then admitted to the Centre for detoxification and rehabilitation for up to six months and subsequently followed up in the Clinic for further support.

From April 1963 onwards, patients were only retained in Castle Peak Hospital for the first month and transferred to Shek Kwu Chau Centre operated by the Society for the Aid and Rehabilitation of Drug Addicts for a further five-month rehabilitation. Oral administration of methadone was introduced in 1964 to replace the injection form in the withdrawal treatment. In November 1965, the addiction treatment centre was transferred to Shek Kwu Chau.

The developing psychiatric nursing service in the 50s relied heavily on expatriates and sending registered nurses for training abroad. 18 expatriate male charge nurses were recruited from UK to staff the wards of CPH at its opening.

School of Psychiatric Nursing in Castle Peak Hospital was established in December 1959 by Mr. William Har to train psychiatric nurses locally. The qualification was fully recognised by the General Nursing Council of England and Wales.

A second school of psychiatric nursing was opened in February 1976 in the premises of Princess Margaret Hospital. A newly built nursing school was officially opened in Castle Peak Hospital on 30 June 1988.

1966

青山医院原先设计是提供一千张病床，但在一九六六年病床数目已增至一千一百一十九张。在一九六七年，青山医院再兴建两座病房大楼（即十一、十二、K和L病房），病床数目增至一千二百四十二张。

到一九八五年青山医院的病床数目已达一千九百三十五张，而医院并没有增加病房的空间。在一九八八年，青山医院最挤逼时，共有二千三百三十七名住院精神病患者。

其后四十年，精神科服务在各层面上不断发展，以应付社会改变所带来的需要与期望。

方向一，在各区增设多间门诊、日间医院及住院服务，包括一九六七年之油麻地精神科中心、一九七一年之九龙医院精神科和一九七四年为长期慢性病人建立之荔枝角医院。

方向二，随着培训及服务的需要，精神科分科积极发展，如设立法医精神科、谘询会诊服务、儿童精神科和老人精神科等。

方向三，迈向社区发展。更多资源投入复康、重返社区及社区支援服务之中。复康精神科亦设立复康病房、离院预备组和病友社交小组，更通过离院预备组与社区复康伙伴作紧密合作。一九八二年精神科社康护理服务展开。在一九八四年开始精神科电话热线先导计划。随后社区精神科团队成立以应付社区紧急事故。此外，推动公民精神健康教育及预防防治乃精神科服务重要一环。



Castle Peak Hospital was originally designed for 1,000 beds. However, the number of beds was increased to 1,119 in 1966. Two new blocks were built in 1967 (Ward 11, Ward 12, Ward K and Ward L). The bed number was later increased to 1,242.

The number of patients of Castle Peak Hospital reached a maximum of 1,935 in 1985 without actual increase in physical space. There were 2,337 in-patients in 1988 when over-crowding was at its peak.

Mental health services developed in the next 40 years in various dimensions to cope with society's changing needs and expectation.

Firstly there was gradual development of more out-patient, day-patient and in-patient services in different regions as marked by the opening of Yau-matei Psychiatric Centre in 1967; Kowloon Hospital Psychiatric Unit in 1971 and Lai Chi Kok Hospital for the long-stay chronic patients in 1974.

The second dimension was the development of various subspecialties such as forensic psychiatry, consultation-liaison psychiatry, child psychiatry, geriatric psychiatry, etc., to cater for training and service needs.

The third dimension was the development towards community. More resources were put into rehabilitation, community reintegration and support to the community. Rehabilitation psychiatry which started with the establishment of rehabilitation wards, hospital pre-discharge unit, patients social club, and intimate collaboration with community rehabilitation partners through the Community Work Aftercare Unit. Community psychiatric nursing service was established since April 1982. A 24-hour hotline service was piloted in 1984. Community psychiatric teams were later set up to cater for community crises. Public mental health education became an integral part of mental health services for early detection and management of mental problems as well as promotion of better mental health.

1981

第二间刊宪的精神科医院葵涌医院终于落成，以舒缓一直独力支撑而已挤迫不堪的青山医院。

A second gazetted mental hospital, Kwai Chung Hospital was opened to relieve the over-crowdedness in Castle Peak Hospital which was hitherto the only gazetted mental hospital in Hong Kong.

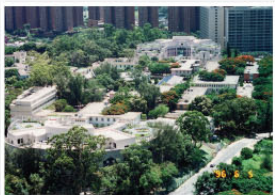
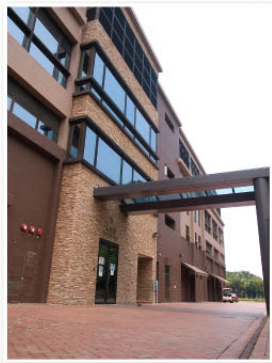
1991

医院管理局于一九九一年成立后，精神科服务根据联网重组，以提供社区为本之服务。一九九四年东区尤德夫人那打素医院提供了第三个刊宪精神科住院服务。

一九九二年，香港赛马会慈善信托基金慷慨拨款五亿圆作重建青山医院第一期的经费并于一九九六年竣工。

After the Hospital Authority was established in 1991, mental health services were reorganised and clusterised to provide a more community-based service. A third gazetted mental in-patient service was made available in Pamela Youde Nethersole Eastern Hospital in 1994.

In 1992, the Hong Kong Jockey Club Charities Trust generously donated \$500 million for Phase I redevelopment of Castle Peak Hospital which was completed in 1996.



一九九八年，香港政府批出十四亿七千多万拨款支持青山医院第二期重建计划。重建工程于二零零六年完成，青山医院现为一所具现代设备的精神科治疗中心，截至二零一三年三月，拥有约一千一百张精神科病床给不同需要的精神病患者使用。

青山医院除了提供成人精神科服务外，更设有专科服务，包括法医精神科、儿童及青少年精神科(位于屯门医院)、老人精神科、智障精神科服务、复康服务、物质滥用和酗酒诊所、思觉失调服务、精神科社康服务及向区内全科医院提供会诊服务。

青山医院由昔日全港唯一的一所精神病专科医院演变成现在的社区精神健康服务中心。多年来青山医院的服务不断发展以配合社区的需求，为新界西联网居民提供住院、门诊、日间医院及社康服务。

In 1998, the Government granted \$1,470 million for Castle Peak Hospital to proceed on Phase II redevelopment. This was completed in 2006, transforming the hospital into a modernised psychiatric service centre with approx. 1,100 beds as at March 2013.

In addition to General Psychiatry, Castle Peak Hospital provides sub-specialty services in Forensic Psychiatry, Child and Adolescent Psychiatry (located in Tuen Mun Hospital), Old Age Psychiatry, Psychiatric Services for Intellectual Disability, Rehabilitation Service, Substance Abuse Service, Early Assessment Services for Young People with Psychosis, Community Psychiatric Service and Psychiatric Consultation-liaison Service.

Meanwhile, Castle Peak Hospital has gradually transformed from the only territory-wide mental hospital into one of the community-based mental health service centre, catering for the needs of the population of the New Territories West Cluster with in-patients, out-patients, day-patients and community services.

