



# 個不打針的理由

10 Reasons of Not Getting a Flu Shot



## 備足彈藥抗流感

每年這個時候，又要溫馨提示大家打流感針，讓身體儲備足夠彈藥，迎接冬季流感這場硬仗。一如往年，醫管局10月會推出一系列鼓勵及方便同事的打針措施，堅持每年打針的你，一定要繼續支持。而以往因各種理由而不打流感針的你，《協力》也希望你從感染及應急事務總行政經理莊慧敏醫生的口中，獲得正確打針資訊，將訊息傳給身邊人！

另外，今期推出「高手在 HA」系列，報導醫院內的隱世高手或奇人異事。打頭陣的是威爾斯親王醫院創傷及矯形外科部門主管何百昌醫生。何醫生放下手術刀，竟是口琴界世界級名家，10至11頁與你細閱他的口琴人生。

## Load ammunition for the flu battle

Influenza vaccination is the best ammunition to boost our immune system against contagious flu virus. Similar to past years, Hospital Authority will roll out a range of facilitating measures in October to encourage colleagues to take flu jab. If you are a regular flu shot recipient, keep it up this year. If for whatever reasons, you are not, Dr Vivien Chuang, Chief Manager (Infection, Emergency and Contingency) will answer your queries. Do pass information onto your friends and loved ones.

A new feature series 'HA's Got Talent' will showcase colleagues possessing outstanding flair and skills in various areas. First to appear in the series is Dr Ho Pak-cheong, Chief of Service of Department of Orthopaedics & Traumatology from Prince of Wales Hospital. Putting down the scalpel, he is actually a world class harmonica virtuoso! Page 10 to 11 have more, please read on!



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流感病毒，不容忽視！為及早築起抗流感的防線，醫院管理局將於10月10日開始為同事打流感針，轄下公立醫院及普通科門診診所10月24日起分階段為合資格人士注射。

近年，愈來愈多同事主動打流感針，去年接種率達32%，但仍有部分同事因對流感疫苗製造、成效及副作用等存疑而卻步。《協力》訪問了十名同事，了解他們為何不打針，並由感染及應急事務總行政經理莊慧敏醫生回應，分享正確打流感針資訊，消除同事憂慮，盼將打流感針變成一種習慣和文化。

**Beware of flu! To build up defence against influenza, the seasonal influenza vaccination programme for all Hospital Authority (HA) staff and eligible members of the public will start on 10 October and 24 October respectively in public hospitals and general out-patient clinics.**

**In recent years, more and more colleagues take a flu shot. Last year, the vaccination rate reached 32%. However, some staff are still sceptical about the production, efficacy and side effects of flu vaccine. HASLink has talked to 10 colleagues who share their views about not getting a flu jab. These concerns are responded by Dr Vivien Chuang, Chief Manager (Infection, Emergency and Contingency), with the hope of not only clearing doubts but also making flu vaccination a part of organisation culture.**



感染及應急事務  
總行政經理莊慧敏醫生  
Dr Vivien Chuang, Chief Manager  
(Infection, Emergency and  
Contingency)



# 問實答 打針真相

## open dialogues on flu vaccination



### 我體質差身體又抱恙，不適合打流感針。

除了對任何疫苗成分或接種任何流感疫苗後出現嚴重過敏反應的人外，所有年滿六個月或以上人士都適宜每年打流感針，保障個人健康。如接種當日生病，可延遲至病癒後才打流感針。

### I am unhealthy and not suitable to take a flu jab.

Except people with known contraindications, such as severe allergic reaction to vaccine component or influenza vaccine, everyone aged six months or above should receive seasonal influenza vaccine for personal protection every year. If you are sick on the day of vaccination, you should reschedule the flu jab appointment until fully recovered.

### 我怎知道疫苗是否正牌或過期？

流感疫苗必須先註冊才可在香港銷售，標籤必須附有香港註冊編號（即 HK-XXXXX (五位數字)）。你打流感針前，可向醫護人員查詢疫苗包裝的資料，亦可在政府藥物辦公室網站 ([www.drugoffice.gov.hk](http://www.drugoffice.gov.hk)) 核對註冊紀錄。疫苗保質期通常只有一年，需於攝氏2度至8度之間儲存和運輸，否則不應使用。

### How do I know if the vaccine is genuine or expired?

Seasonal influenza vaccine must be registered in Hong Kong and labelled with a five-digit product registration number (HK-XXXXX).

You can check the packaging information of the vaccine before getting flu jab. The registration record can also be checked on the Government Drugs Office website ([www.drugoffice.gov.hk](http://www.drugoffice.gov.hk)). The shelf life of the vaccine is usually one year and should be stored and transported at two to eight degree Celsius.



### 打流感針等於打細菌入身體，所以很多人打針後承受不了，反而生病！

現時政府提供注射的滅活流感疫苗內含有已死的病毒，能刺激身體免疫系統產生抗體，故不會因而感染流感。打流感針後約兩週才能發揮保護作用。部分人打針後可能出現輕微發燒和肌肉酸痛，誤以為是感染流感或生病，其實這是免疫系統製造抗體，產生反應的表徵。

### Taking flu jab is to inject virus into your body. That is why many people fall sick after vaccination!

The viruses in the inactivated influenza vaccine are dead, which can induce development of antibodies against influenza virus infection in the body. Therefore, flu vaccine does not cause influenza. People will have protection two weeks after receiving flu jab. Some recipients may have mild fever and muscle soreness after injection which are mistakenly considered as influenza infection or falling sick. In fact, these are symptoms of production of antibodies in the immune system.



### 若我打針後生病發燒，部門同事就要分擔我的工作！

流感疫苗十分安全，除了接種處可能出現痛楚、紅腫外，一般並無其他副作用。有些人或在打針後6至12小時內出現發燒、肌肉疼痛，以及疲倦等症狀，是身體免疫系統產生抗體的反應，通常兩天內會減退。

若同事感染流感，不單可引致缺勤而令其它同事分擔你的工作，更可能傳播病毒予病人，特別是免疫力低的病人。他們風險較高，容易引致嚴重併發症，甚至死亡，故醫護人員應該打流感針。管理人員應協調前線同事分批打針，同事亦可選擇在放假前，以及冬季服務高峰期前打流感針。

### I am afraid of falling sick after vaccination. It may cause heavy workload to my colleagues.

Influenza vaccine is very safe and usually well tolerated apart from occasional soreness, redness or swelling at the injection site. A small number of recipients may experience fever, muscle pain and feelings of discomfort or weakness that begin 6 to 12 hours after injection. These effects may last up to two days.

If staff get sick from flu, their work will be passed to other colleagues. Moreover, influenza viruses may cause complications or even death in patients who have weak immunity. Healthcare staff getting flu shot can protect themselves and their patients. Supervisors are advised to facilitate frontline colleagues to get vaccinated in turn. Alternatively, colleagues can get vaccinated before holiday or the winter surge.





## 科學家每年「買大細」估流感來製造疫苗，又不準確，我為何要拿自己性命去「搏」？

製造疫苗並非「靠估」，而是經過一系列科學實證。世界衛生組織透過全球監測系統收集不同地區和社群蔓延的流感病毒資料，每年2月召開會議，分析流感病毒的流行病學和基因特徵，評估上一年度疫苗的有效性，並建議本年度北半球地區流感疫苗組合。接着，製造商便開始生產疫苗，由製造到供應市場，約需五至六個月。

打流感針不是「搏命」，而是保命。當疫苗的抗原與流行的病毒吻合，保護效用可達70%至90%。若病毒抗原出現變化，以致衍生出新的病毒品種，流感疫苗仍能提供20%保護。

### Scientists 'gamble' on the vaccine composition. Why should I do such death-defying act?

World Health Organisation (WHO) runs a series of scientific tests and simulations before selecting influenza virus strains which are likely to be the most prevalent in the upcoming seasonal influenza season. WHO aggregates and analyses the data of local influenza outbreak through a worldwide network of collaborating centres. Meetings take place in February every year to analyse the epidemiology and genetic characteristics of the prevailing influenza viruses, and also of the previous year's vaccine. They recommend specific vaccine viruses for inclusion in the upcoming vaccines for the Northern hemisphere. After that, manufacturers will produce vaccines. From manufacturing to market supply, it takes about five to six months.

Taking flu jab is not death-defying, but for health protection. When the vaccine strains closely match the circulating influenza viruses, the efficacy of influenza vaccine range from 70% to 90%. Even if there is viral antigenic drift or change, the efficacy rate of flu vaccine can be at least 20%.

## 「媽媽谷」說，孕婦打流感針會影響胎兒，我不敢打，萬一BB有事怎麼辦？

打流感疫苗不會影響胎兒健康，孕婦和餵母乳的媽媽都適合打流感針。媽媽打針後產生的抗體，可減低自己及胎兒感染流感的可能，同時降低懷孕期間因感染流感而出現嚴重併發症的風險。有外國研究估計，打流感針的孕婦出現流產的風險比沒打的低51%；嬰孩出世後首六個月因感染流感而入院的風險亦降低25%。

### I learnt from gossip forum on social media that vaccination can be dangerous to foetus. It is very scary. What if it affects my baby?

Flu shot is safe and suitable for pregnant woman, foetus and breastfeeding mother. The antibodies developed in mother's body can reduce risk of infection and influenza related complications for the mother and the foetus. A study found that a pregnant woman who gets a flu vaccine is about 51% less likely to experience miscarriage than an unvaccinated pregnant woman. Also, the risk of being hospitalised due to flu of newborns of vaccinated mother is 25% lower for the first six months after birth.

## 如果打流感針那麼重要，為何不強制所有醫護人員打針？

打針是個人選擇，並非強制措施。打流感針是對抗流感最有效的方法，故醫管局會採取鼓勵方法，希望同事自願打流感針，保護自己及身邊人的健康。根據衛生防護中心在2017/18冬季流感季節收集的數據顯示，流感疫苗在所有年齡層的保護效用為63.4%，乙型流感為59.3%，效果屬於中等至良好保護。

### Why not make flu vaccination mandatory for all healthcare workers if it is so important?

Getting vaccinated is a matter of personal choice. HA encourages colleagues to take flu shot because it is the most effective way to protect themselves and people around them. According to data of the 2017/18 influenza season from Centre for Health Protection, the overall efficacy of flu vaccine for all age groups is 63.4% and 59.3% for influenza type B. The efficacy is considered as medium to high.

## 我日日做運動，十分強壯，很少生病，何需打針？

健康人士亦有可能感染流感，就算病徵輕微，流感病毒可透過咳嗽、打噴嚏或說話時產生的飛沫傳播，感染你身邊的人。2017至2018冬季流感季節，570名成人確診感染流感的嚴重個案中，有74%沒有打流感針。所以，關愛自己及身邊的人，盡早打流感針！

### I am very healthy because I exercise every day and have a balanced diet. I do not need a flu shot!

Influenza does not discriminate and can be a threat to anyone no matter you are healthy or not. Even if the flu symptoms are mild, the virus can spread through coughing, sneezing or droplets. In the 2017/18 winter flu season, 74% of the 570 severe adult influenza cases were not flu-vaccinated. So, take care of yourself and the people around you. Get a flu shot as soon as possible!

## 我是支援的同事，不會接觸病人，不用打流感針吧！

打流感針能保障自己和身邊人的健康，保護家人尤其重要。較高的疫苗接種率，能提升社會整體抗疫能力。一個社群裏愈多人打流感針便可增加整體免疫力，愈容易切斷傳染病的感染鏈，有助降低流感病毒擴散的風險。

### I am a supporting staff and I have no contact with patients. It is unnecessary for me to take a flu jab!

Flu vaccination protects individuals and people around them, most importantly family members. A higher vaccination rate will enhance herd immunity in society. When more people in a community take flu shot, the infection chain of influenza virus can be easily cut off and reduce the spread of the virus.

關愛身邊人 即打流感針  
Get protected, get a jab!



公眾篇  
For Public



同事篇  
For HA Staff

## 我怕流感針有水銀。而且年年打針會影響身體免疫機能，產生抗藥性，真的生病時便無藥醫！

大家可以放心，香港市面用的流感針是「單劑量」，完全不含水銀，例如屬防腐劑的硫柳汞！另外，因打流感針而產生的抗體可維持整個年度流感季節，不會產生抗藥性，所以愈早打愈早得到保護。加上，流行的季節性流感病毒株會時常改變，所以流感針的成分必須每年更新，加強保護效能。

### I am worried that there is mercury in influenza vaccine! Moreover, taking flu shot every year may develop resistance to targeted therapies against influenza.

The influenza vaccines currently used in Hong Kong is single-dose and do not contain a mercuric compound including the preservative 'thimerosal'. The protection of vaccine can last for the whole flu season and will not cause any drug resistance. Moreover, as the circulating seasonal influenza strains may change from time to time, the composition of the flu vaccine is updated yearly to enhance protection.





# 地醫護打針措施 逐個睇

## examples of vaccination for healthcare workers: a global view

流感不只威脅香港，其他國家及地區亦然。世界各地都推出不同措施，鼓勵或要求醫護人員打流感針，截斷流感病毒的傳播途徑。

Influenza poses threat to countries and regions. *HASLink* has checked out the strategies and measures adopted by several foreign examples to see how they improve flu vaccination among healthcare workers.

### 打針有獎勵

英國國民保健署自2016/17年起，每年投放一筆獎金，鼓勵轄下醫療機構改善醫護人員健康，其中一項評核指標是提升醫護人員流感疫苗接種率。2016/17及2017/18年度，醫護人員打流感針比率高於50%的醫療機構，便可按比例獲得獎金。計劃成效顯著，推出後首年的整體醫護人員打針率提升至63.2%，而上年度更上升至68.7%。

### Cash incentives pay off

The National Health Service (NHS) has introduced financial incentives to improve healthcare staff well-being since 2016/17. Improvement in the uptake of influenza vaccination for frontline staff is one of the performance indicators for health services providers. In 2016/17 and 2017/18, providers who achieved an uptake rate of 50% or above would receive payment incentive by proportion. After the new policy was introduced, flu vaccination among healthcare workers in 2016/17 reached 63.2% and 68.7% was recorded last year.

### 醫管局增2項大獎 同事大激鬥

香港特區政府每年約10月推出「政府防疫注射計劃」，免費為高危人士打流感針，涵蓋衛生署、醫管局、安老院舍、殘疾人士院舍和其他政府部門的醫護人員。

醫管局每年均推出多項措施鼓勵公立醫院的醫護人士打針。今年增設兩個獎項，鼓勵積極推動注射流感疫苗的同事。首先，「突出創意推廣大獎」旨在徵集同事推廣打流感針的創意點子。同事或團隊可提交其籌辦活動的細節，參加突出創意推廣大獎。評審小組會根據創意和同事參與程度，選出10個較突出的活動，勝出同事或團隊可獲豐富獎品。報名截止日期為2019年1月31日。

此外，今年10月10日至2019年3月31日期間，最高員工接種率率的三間醫院可獲「員工接種率卓越大獎」，以示表揚。

詳情可留意內聯網專頁：[http://qsportal/iec/Website/IEC%20Webpage/GVP/GVP%202018\\_19/GVP%20Webpage%202018\\_19.htm](http://qsportal/iec/Website/IEC%20Webpage/GVP/GVP%202018_19/GVP%20Webpage%202018_19.htm)

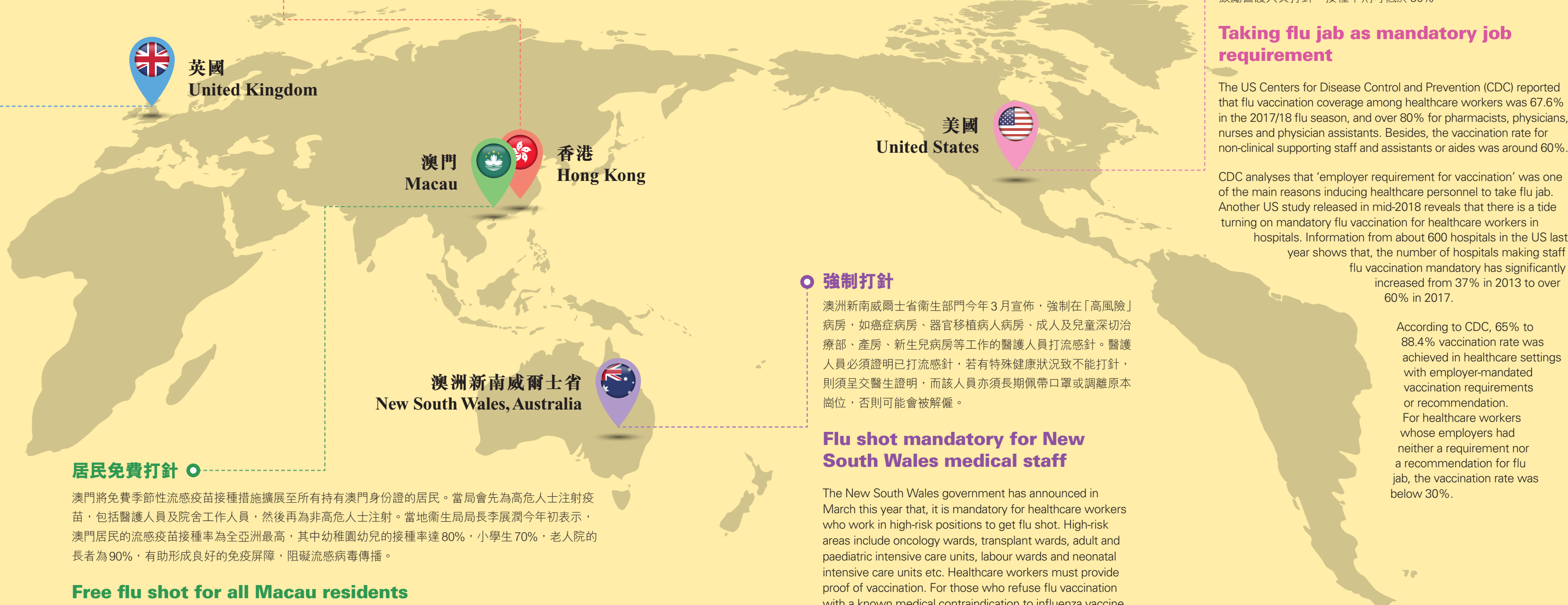
### 2 awards laud active participation

Under the Government Vaccination Programme (GVP) launched around October every year, free seasonal influenza vaccination is provided for healthcare workers of Department of Health, Hospital Authority, Residential Care Homes for the Elderly, Residential Care Homes for Persons with Disabilities and other Government departments.

HA rolls out a range of facilitating measures to encourage colleagues to take flu jab. This year, two initiatives are introduced. First, 'HA Outstanding GVP Promotion Campaign Award' aims to gather creative ideas in GVP promotion. Staff or teams can submit details of their promotion campaign to take part in the award. The 10 most outstanding campaigns will be chosen by the selection panel based on creativity and participation rate. The winning staff and teams will be awarded attractive prizes. Deadline for application is 31 January 2019.

Moreover, three hospitals with the highest staff vaccination rate between 10 October 2018 and 31 March 2019 will be awarded 'Remarkable Staff Vaccination Rate Award' and receive a trophy as acknowledgement.

Details of the awards can be found on the GVP website on the intranet: [http://qsportal/iec/Website/IEC%20Webpage/GVP/GVP%202018\\_19/GVP%20Webpage%202018\\_19.htm](http://qsportal/iec/Website/IEC%20Webpage/GVP/GVP%202018_19/GVP%20Webpage%202018_19.htm)



### 居民免費打針

澳門將免費季節性流感疫苗接種措施擴展至所有持有澳門身份證的居民。當局會先為高危人士注射疫苗，包括醫護人員及院舍工作人員，然後再為非高危人士注射。當地衛生局局長李展潤今年初表示，澳門居民的流感疫苗接種率為全亞洲最高，其中幼稚園幼兒的接種率達80%，小學生70%，老人院的長者為90%，有助形成良好的免疫屏障，阻礙流感病毒傳播。

### Free flu shot for all Macau residents

Macau extends free seasonal flu vaccination to all permanent residents. Vaccination will be first provided to high-risk population groups including healthcare workers and staff working at residential care homes. Then, non-high-risk groups come second. Dr Lei Chin-ion, Director of the Macau Health Bureau, said at the beginning of this year that the flu vaccination rate among Macau residents was the highest in Asia. The vaccination rate among kindergarten children was 80%, 70% for primary school students and 90% for elderly, which formed a good immune barrier to hinder the spread of influenza virus.

### 強制打針

澳洲新南威爾士省衛生部門今年3月宣佈，強制在「高風險」病房，如癌症病房、器官移植病人病房、成人及兒童深切治療部、產房、新生兒病房等工作的醫護人員打流感針。醫護人員必須證明已打流感針，若有特殊健康狀況致不能打針，則須呈交醫生證明，而該人員亦須長期佩帶口罩或調離原本崗位，否則可能會被解僱。

### Flu shot mandatory for New South Wales medical staff

The New South Wales government has announced in March this year that, it is mandatory for healthcare workers who work in high-risk positions to get flu shot. High-risk areas include oncology wards, transplant wards, adult and paediatric intensive care units, labour wards and neonatal intensive care units etc. Healthcare workers must provide proof of vaccination. For those who refuse flu vaccination with a known medical contraindication to influenza vaccine, they must wear a surgical mask while providing patient care in high risk clinical areas or be deployed to a non-high risk clinical area. Otherwise, they may be sacked.

### 打針屬聘用條件

根據美國疾病控制及預防中心（疾控中心）的統計，2017/18年的流感季節期間，整體美國醫護人員流感疫苗接種率達67.6%。其中藥劑師、醫生、護士及醫生助理的接種率達80%或以上；非醫療職系人員，如行政及支援人員、助理等的接種率，亦達約60%。

疾控中心分析指出，醫護人員打針率高的原因之一是大部份醫療機構的入職要求必須打針。今年中發布的另一項美國研究發現，愈來愈多醫院強制醫護人員打流感針。研究去年訪問了近600間美國的醫院，逾60%的醫院強制醫護人員打流感針；比率較2013年同類型研究的37%，大幅上升。

疾控中心指出，當僱主要求或鼓勵醫護人員接種疫苗，接種率可高達65%至88.4%。相反，若接種疫苗不列入僱用要求，且僱主沒有鼓勵醫護人員打針，接種率則可低於30%。

### Taking flu jab as mandatory job requirement

The US Centers for Disease Control and Prevention (CDC) reported that flu vaccination coverage among healthcare workers was 67.6% in the 2017/18 flu season, and over 80% for pharmacists, physicians, nurses and physician assistants. Besides, the vaccination rate for non-clinical supporting staff and assistants or aides was around 60%.

CDC analyses that 'employer requirement for vaccination' was one of the main reasons inducing healthcare personnel to take flu jab. Another US study released in mid-2018 reveals that there is a tide turning on mandatory flu vaccination for healthcare workers in hospitals. Information from about 600 hospitals in the US last year shows that, the number of hospitals making staff flu vaccination mandatory has significantly increased from 37% in 2013 to over 60% in 2017.

According to CDC, 65% to 88.4% vaccination rate was achieved in healthcare settings with employer-mandated vaccination requirements or recommendation. For healthcare workers whose employers had neither a requirement nor a recommendation for flu jab, the vaccination rate was below 30%.



# 8 大使奇招 鼓勵醫護打針防疫

## GVP ambassadors promote vaccination amongst staff



總辦事處 Head Office

### 梁栢賢醫生 Dr Leung Pak-yin

醫管局行政總裁  
Chief Executive, Hospital Authority

「10月我會在總辦事處呼籲同事打針。今年打針的同事可獲贈一個精美醫管局熊仔襟章，若同事連續五年注射流感針，便可集齊一套襟章，以作紀念。」



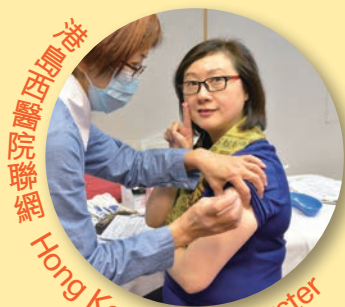
九龍東聯網 Kowloon East Cluster

### 胡家倫醫生 Dr Alan Wu

東區尤德夫人那打素醫院 臨床微生物學科 顧問醫生  
Consultant, Department of Clinical Microbiology,  
Pamela Youde Nethersole Eastern Hospital (PYNEH)

「今年會繼續舉辦防流感員工講座，增加流動疫苗戰車和『蜜蜜送』服務，令同事打針更方便。東區醫院首次與位於醫院內的非牟利機構合作推出食物券，同事打針後可獲食物券一張，換領小食。聯網其他醫院則會送上飲品券一張。」

“We shall continue to organise a flu prevention talk for staff. To provide convenience and to facilitate staff in taking vaccination, we will provide mobile vaccination service and delivery service on request. We shall collaborate with a non-government organisation in PYNEH for the first time and each vaccinated colleague will receive a food coupon for snacks. For other hospitals in the cluster, vaccinated staff will get a drink coupon.”



九龍西聯網 Kowloon West Cluster

### 李麗賢 Irene Lee

港島西聯網 / 瑪麗醫院 / 贊育醫院 護理總經理  
General Manager (Nursing), Hong Kong West Cluster / Queen Mary Hospital (QMH) / Tsan Yuk Hospital

「聯網醫院在疫苗注射首日舉行活動日，歡迎同事參加。瑪麗醫院的活動包括攤位遊戲和即場由同事演繹已填上打針歌詞的《獅子山下》。」

“There will be an activity day in hospitals of the cluster. At the opening ceremony of vaccination campaign in QMH, there will be game stalls and staff performance of ‘Below the Lion Rock’ with vaccination-themed lyrics.”



九龍中聯網 Kowloon Central Cluster

### 盧淑芬 Jess Lo

廣華醫院 護理總經理  
General Manager (Nursing), Kwong Wah Hospital

「為推廣疫苗注射而成立的聯網特別工作小組會推出不同的宣傳活動，包括疫苗注射活動日、分享講座、打針大使計劃等，向各院同事推廣打針訊息。另會提供流動注射服務，預約安排及設立便捷注射站，方便大家接受疫苗注射。」

“A cluster-based taskforce is formed to organise and promulgate promotional activities. Vaccination fun day, ambassador scheme and sharing sessions on flu jab will be held. Mobile vaccination service, easy access to injection stations will be available to facilitate staff vaccination.”



九龍東聯網 Kowloon East Cluster

### 鄧少強 Eric Tang

九龍東醫院聯網 / 基督教聯合醫院 護理總經理  
General Manager (Nursing), Kowloon East Cluster / United Christian Hospital

「今年聯網繼續有講座活動向全院推廣打針訊息，也會按個別部門要求舉辦小型簡介會，加強流動打針隊伍，為同事提供方便快捷的打針途徑。」

“Talks and promotional activities will continue in hospitals of the cluster. Briefing sessions will also be held for departments on demand. Mobile vaccination service will be enhanced to facilitate staff to take flu jab.”



九龍西聯網 Kowloon West Cluster

### 陳燕萍 Annie Chan

九龍西醫院聯網 / 瑪嘉烈醫院 / 北大嶼山醫院 護理總經理  
General Manager (Nursing), Kowloon West Cluster / Princess Margaret Hospital / North Lantau Hospital

「聯網已成立特別工作組，制訂一連串宣傳及推廣活動，重點包括邀請同事組成『今針行動大使』，至今已有逾250位來自不同職系同事加入。作為醫護人員，接種流感疫苗是實踐『關懷與愛心』的最佳示範。」

“A cluster taskforce is formed to implement promotional activities, with highlight on ‘Staff Vaccination Ambassadors’ comprising over 250 staff from different disciplines. As a healthcare worker, taking flu jab is the best way to demonstrate ‘love and care’ to others.”



新界東聯網 New Territories East Cluster

### 林璨醫生 Dr Augustine Lam

家庭醫學專科診所 顧問醫生  
Consultant, Family Medicine Specialist Clinic

「我會盡早打流感針。管理層會立下好榜樣，在高層會議即場打針。歡迎同事隨時到職員診所打針。」

“I will take a flu jab the soonest possible. Management will also be a good role model and get vaccinated at management meetings. All colleagues are welcome to get a flu shot at staff clinic.”



新界西聯網 New Territories West Cluster

### 莫俊強醫生 Dr CK Mok

屯門醫院 副行政總監  
Deputy Hospital Chief Executive,  
Tuen Mun Hospital

「我是老人科醫生，臨床證實長者打流感針有效減低入院率。身為醫療人員亦應以身作則，每年接種流感疫苗。」

“I am a geriatric doctor. It is clinically proved that elders taking flu jab can effectively lower hospital admission rate. Healthcare workers should be a good role model and have flu vaccination every year.”



# 森美：捐血感覺像初戀！



森美現場拍攝花絮  
Behind-the-scene highlights in the making of new promotion video

## Sammy Leung: Blood donation is like puppy love

香港人熱愛旅遊，相信大家應該計劃緊聖誕節去邊度玩。不過，唔少旅遊熱點都有潛在傳染病風險，為確保收集嘅血液安全，外遊人士回港後可能需暫緩至少28天方可捐血。

為呼籲公眾支持同保持穩定嘅血液供應，香港紅十字會輸血服務中心最近邀請旅遊達人森美推廣「旅行前捐血」訊息。拍攝宣傳片期間，森美仲憶述當年母親生他時曾大量出血，過程十分驚險，全靠善心人的血液，才令他兩母子平安。他回想起第一次捐血的過程，笑言：「感覺像初戀，既緊張又興奮。」捐血後，但話自我感覺良好，甚至想重溫嗰種感覺！

森美希望更多市民參與恆常捐血，特別係年青人，希望佢哋能帶起捐血熱潮，幫助更多有需要病人和家庭。

旅遊係樂事，捐血係善舉，兩者結合變成雙重快樂，何樂而不為？

Hong Kong people love travelling. Helen believes some of you may have already planned your overseas Christmas holiday. However, quite a few popular travel destinations belong to areas with potential risks of infectious diseases. To ensure blood safety, donors returning to Hong Kong from those destinations may have to refrain from donating blood for at least 28 days.

To plead for public support to help keep a stable blood supply, the Hong Kong Red Cross Blood Transfusion Service has invited artist Sammy Leung, who is also a travel expert, to promote the message of ‘donate blood before you travel’. During the shooting, he recalled that his mother experienced serious bleeding while giving birth to him. The process was very terrifying. Without blood donated by kind-hearted people, the mother and son would not have survived. Recounting his maiden experience of donating blood, he says, “It is just like puppy love. I feel nervous and excited.” After the blood donation, he was thrilled and wanted to donate blood again!

Sammy encourages more people to become regular blood donors, especially young people who can foster a caring culture and influence peers to help more patients and families in need.

Travelling is enjoyable while donating blood is a benevolent act. When you do both, you will get ‘double happiness’. So, why not donate blood before you travel?



Helen 最近聽聞 IT 搞緊個新 app，明查暗訪下知道到呢個新 app 叫「HA Go」，預計出年第二季起分階段推出。個 app 係為病人而設嘅一站式平台，方便病人管理自己嘅健康，當中有好多實用功能，包括預約服務、隨時查閱過去一年或未來嘅覆診期、翻查醫生開過嘅藥、瀏覽復康短片等。一 app 在手，病人仲可自學做練習，同理繳付 HA 賬單。



「HA Go」app 將會為病人提供 HA 一站式服務。  
‘HA Go’ app will provide one-stop service for patients.

個 app 而家籌備當中，尚欠一個具代表性嘅 icon，因此總辦事處搞咗個「HA Go」app icon 設計比賽，只限 HA 員工參加，截止日期係今年11月30日，冠軍可以得到智能手錶一隻。發揮你嘅創意，快 D 行動，可電郵至 [hagoicon@ho.ha.org.hk](mailto:hagoicon@ho.ha.org.hk) 或瀏覽網頁 <http://hago.home/SitePages/icondesigncontest.aspx>，查詢詳情。

## 發揮創意 參加「HA Go」app icon 設計比賽

## Go for ‘HA Go’ app icon design contest!

Helen recently heard that a new mobile app ‘HA Go’ is being developed by HA IT team. Expected to be launched in phases since second quarter next year, the app is a one-stop platform tailor-made for HA patients. It has many useful functions which facilitate health management for patients, such as book appointment; check medical appointment records in the past one year and future appointments; check medication; access eRehab module and pay HA fees and charges.

While the development of ‘HA Go’ is underway, we are still on the lookout for an eye-catching icon. Go for the app icon design competition organised by HAHO now! The submission deadline is 30 November this year. Unleash your creativity and win a smart watch. If you are interested, send an email to [hagoicon@ho.ha.org.hk](mailto:hagoicon@ho.ha.org.hk) or visit <http://hago.home/SitePages/icondesigncontest.aspx> for more details.



# 口琴人生 何百昌

From harmonica player  
to doctor



1987

何百昌（前排右）與摯友組成英皇口琴五重奏。  
Dr Ho (front right) formed King's Harmonica Quintet with his best friends.

1990

五重奏首次舉辦公開音樂會，獲高度評價，樂評人在報章以「近 10 年最出色的音樂會」形容五重奏演出。  
King's Harmonica Quintet held the first concert and received high appreciation. A music review described it as 'the best concert in the last 10 years'.

1995

何百昌在日本首奪世界口琴大賽二重奏組冠軍。  
Dr Ho won duo of the World Harmonica Competition in Japan for the first time.

小小口琴，伴隨威爾斯親王醫院創傷及矯形外科（骨科）部門主管何百昌醫生成長，也是他與病人拉近距離的法寶。「口琴細小，可隨身攜帶；它既能作個人演出，亦可與其他樂器合奏。有時我會即興表演，與病人建立真摯又直接的醫患關係。」何百昌說。



何百昌無論做手術還是吹口琴，均追求完美的結果。  
Dr Ho pursues perfection in both surgery and harmonica performance.

## 初中學口琴 大學組五重奏

何百昌醫生 12 歲與口琴結緣，曾奪世界口琴大賽冠軍。「學口琴是因為當年學校（英皇書院）的口琴隊發展成熟，訓練有系統，加上以前家境清貧，想學樂器也只能負擔三、四元的口琴。」

中學畢業後，他繼續在課餘時吹奏口琴。直至 1987 年，因為兒科一科「肥佬」，才讓他與口琴的關係變得更加親密。「當年是大學的最後一年，本來 6 月畢業後便能在醫院上班。豈料，兒科一科「肥佬」，要待年底重考，合格後才能正式執業。我心有不甘，不想在那半年只做一件事，於是決定與摯友成立『英皇口琴五重奏』。從那時開始，每周練習一次，每次三至四小時。」

五重奏成立後曾多次舉辦演奏會，也參加過國際大型賽事，1997 年更贏得德國世界口琴大賽小組合奏冠軍。難得的是，就算各人多忙，每周一次的練習維持至今。

有一次何百昌在晚上完成一項大型手術後，拖著疲憊的身軀回家，打開家門之際，竟然看到四位隊友仍然在等他練習，當時已是晚上十一時，隊友的熱誠和堅持感動了他。那夜，他們練習至凌晨一時。

## 追求美的演繹

音樂培養了何百昌對美的追求，無論音樂或醫學亦然。醫學上，何醫生醉心微創腕關節手術，曾任歐洲腕關節鏡學會及亞太腕關節鏡學會會長。他說：「吹口琴時，我要求每一個音都完美，這份堅持對於我作為骨科醫生很重要，因為要做一隻好手、美手、有功能的手，都是一種美感的演繹。當你在音樂上有這種追求，將同樣的要求放在病人身上，就會事半功倍。」

多年來，何百昌積極在本地推廣口琴，並在 2002 年創立香港口琴協

會。次子卓彥在父親的影響下，19 歲時已獲得 17 個國際獎項，包括 2013 年德國世界口琴大賽公開組獨奏冠軍。卓彥現為專業半音階口琴手和唱作人，於不同的口琴節擔任表演嘉賓、講師和評判。他也曾與本地知名藝人如林憶蓮、李克勤和古巨基等合作。三子湛彥亦曾奪世界口琴大賽青年組獨奏冠軍殊榮。

早前，何醫生與卓彥、湛彥及愛徒麥柱基醫生，在威爾斯親王醫院（威院）舉行午間古典音樂會「音樂無代溝」，以口琴和鋼琴演奏音樂之父巴哈和孟德爾遜的樂曲。四人精彩的演出，令台下的病人和同事聽得如痴如醉。音樂會片段已上載至威院內聯網，有興趣者請瀏覽：<https://ntecapp.home/cccorner/Comment.aspx?id=201807300001>。

Dr Ho Pak-cheong grew up with a harmonica. The Chief of Service of orthopaedics & traumatology from Prince of Wales Hospital treats the harmonica as a magical tool to get close to patients. "I carry this small musical instrument with me all the time, playing solo or in an ensemble. Sometimes I improvise in front of patients. That helps me establish heartfelt doctor-patient relationships," says Dr Ho.

## High school encounter followed by quintet at university

Made his first encounter with harmonica at 12, Dr **Ho Pak-cheong** has won international championships since. "I learnt to play harmonica because the school (King's College) had a mature team providing good training for us. My family was poor. Harmonica was the only affordable option among all musical instruments as it only cost three to four dollars at that time."

Dr Ho continued playing harmonica in his leisure time after graduation from

secondary school. It was until 1987 when he failed a paediatrics examination that brought him closer to harmonica. "It was the final year of university. I was supposed to start working in hospital after graduation in June. Totally out of my expectation, I failed in an exam of paediatrics and had to retake it, but could only do so at year-end. I could only practise medicine until I passed that exam. Reluctant to just do one task in half year, so I set up 'King's Harmonica Quintet' with my best friends. Until now, we still practise once a week for three to four hours."

The quintet has staged numerous concerts and taken part in many international contests. They won the ensemble championship in World Harmonica Festival held in Germany in 1997. No matter how busy team members are, they practise every week. Dr Ho recalls once when he finished a major surgery and returned home at around 11pm exhausted. He saw his four team members waiting for him when he opened the door. Moved by his teammates' enthusiasm and perseverance, they practised into the small hours.

## Beauty is the order of the day

Dr Ho's pursuit of beauty lies in both music and medicine. Professionally, he is passionate about minimally invasive surgeries of wrists. He is the ex-president of European Wrist Arthroscopy Society and Asia Pacific Wrist Association. "When playing harmonica, I expect every note to be perfect. Such persistence also applies to my work as an orthopaedic surgeon. To heal a hand by restoring both look and function is a demonstration of beauty. When we apply the same quest for beauty in music to medicine, it leads to better outcome for patients."

五重奏於德國勇奪世界口琴大賽小組合奏冠軍，家人遠赴德國支持他。

King's Harmonica Quintet won the championship of World's Harmonica Competition in Germany. Family members travelled to Germany to support Dr Ho.

創立香港口琴協會，任創會會長。

Established Hong Kong Harmonica Association and became the founding president.



何百昌（右七）在 2004 年以香港口琴協會會長身份參與亞太口琴節。  
Dr Ho (seventh from right) participated in the Asia-Pacific Harmonica Festival as the Association's president in 2004.



（左起）麥柱基醫生、何湛彥、何百昌醫生和何卓彥，透過三把口琴和一部鋼琴，為觀眾獻上達國際級水準的音樂會。  
(From left) Dr Michael Mak, Felix Ho, Dr Ho Pak-cheong and Leo Ho performed with international standard using three harmonicas and a piano.

Dr Ho established Hong Kong Harmonica Association in 2002 and actively promotes the harmonica activities in Hong Kong all these years. Influenced by father, Dr Ho's second son Leo has already won 17 international awards at the age of 19, including the solo champion of the open category of 2013 World Harmonica Competition in Germany. Now a professional chromatic harmonica player and singer-songwriter, Leo is often invited to be a performer, lecturer and adjudicator in various harmonica festivals. He has also worked with famous local artists, such as Sandy Lam, Hacken Lee and Leo Ku. Dr Ho's third son Felix also won the solo champion of the youth category of the World Harmonica Competition.

A lunchtime concert 'Music without boundaries' was staged recently at Prince of Wales Hospital (PWH) by Dr Ho, his two sons and his mentee Dr Michael Mak with three harmonicas and a piano. They played classical music of Johann Sebastian Bach and Felix Mendelssohn, filling the auditorium with applause and bravos. Footage of the concert can be accessed on PWH intranet: <https://ntecapp.home/cccorner/Comment.aspx?id=201807300001>

「父子 X 師徒」音樂會訪問片段  
Interview on PWH lunchtime concert



五重奏在歌手李克勤的演唱會伴奏。  
King's Harmonica Quintet accompanied in Hacken Lee's concert.





# 貓狗出沒！「賣萌」送關懷

## Pets spread loving care in hospital

動物探訪活動可舒緩病人情緒、緩解痛楚和穩定血壓，有助關顧病人身心社羣多方面的健康。採訪當日，有四隻不同大小和品種的寵物義工到明愛醫院為病人打氣。小狗表演敏捷身手和「賣萌」，病人笑逐顏開。

明愛醫院每月有一次寵物義工探訪，七至八隻寵物分兩組探訪兩個病房，每節約一小時，各有八至十名病人參與。主要服務對象是骨科、兒科、紓緩治療科等病人。每次會面，病人都踴躍逗小狗玩。同事亦會為病人和小狗拍即影即有合照，給病人留念和展示給家人看，增加話題，分享歡樂。

### 外國有小貓陪醫生巡房

貓狗來訪，可令病人感受關愛。雖然病人與寵物不能用言語溝通，但與寵物互動可令病人覺得有心靈交往，抒發情緒。九龍西醫院聯網統籌（醫務社會服務）部門經理孫熙屏表示：「動物探訪能增添病房生氣，外國更有小貓陪醫生巡病房。有時病人會主動說起以前養寵物的經驗和威水史，快樂的回憶有緬懷治療的作用。看到病人對週遭事物由無反應到有反應，已是很大的進步。」

明愛醫院紓緩治療科早年已有寵物探訪，自2015年起改由醫院的健康資源中心籌辦。孫熙屏指出，同事會向病人預告活動內容，並解釋來訪動物都有在義工機構登記及接受培訓，再詢問病人是否願意參加。為顧及怕貓狗的病人和病房運作，活動在指定房間進行，更做足防感染措施，包括確保義工曾接受防感染控制訓練和動物曾接受疫苗注射；記錄到訪的動物、探訪過的病人和探訪時間；活動後消毒房間等。

Animal-assisted activities can improve patients' physical, psychological, social and spiritual well-being. Experiences show that patients have their emotion soothed, pain relieved and blood pressure stabilised with the company of animals. Four dogs of different sizes and breeds visited patients in Caritas Medical Centre (CMC) on the interview day. Smiles spread over patients' faces when they saw the cute energetic furry friends performing tricks.

Animal visits are held in CMC once a month. Seven to eight pets divided into two groups visit two wards and stay with eight to ten patients for each one-hour session. Majority of participants come from orthopaedics and traumatology ward, paediatrics ward and palliative care ward. Patients are eager to touch and cuddle these lovable companions. Colleagues take instant photos for patients who keep them as souvenirs and show them to family members during the latter's visits to initiate conversation and share the joy.

### Cats join ward rounds in overseas hospitals

Patients feel warm and cared for during pet visits. They express emotions more when interacting with animals. **Margaret Suen**, Kowloon West Cluster Coordinator (Medical Social Work) says, "Animal visits can brighten up the wards. Cats accompanying doctors in hospital ward round is not uncommon in overseas countries. It is considered reminiscence therapy for patients to talk about their experience of keeping pets. You can see great improvement of an unresponsive patient to surrounding environment."

While CMC started animal visits in palliative care ward in the early years, the activity has been organised by Health Resource Centre since 2015. Margaret points out that full preparation is done before each visit. Colleagues will inform patients of the programme, explain to them that all visiting pets are registered and trained by volunteer organisations, and ask if patients wish to join. Visits are conducted in designated activity room to avoid frightening patients who are afraid of pets and not to disturb the operation of the ward. Infection control measures are implemented, such as ensuring volunteers have received infection control training and pet volunteers are vaccinated; recording visiting animals, patients visited and visiting hours; and disinfecting the activity room afterwards.



我是醫管局退休同事，飼養的13隻小狗都是寵物義工，13年來共出動超過600次。最難忘的一次是，曾有一名女病人非常熱情地擁抱我的比熊犬。原來她長期住院，很想念自己養的比熊，所以把小狗當作自己的寵物去擁抱和聊天。簡單的探訪已可算是社群支援，使病人感到未被遺忘，重燃他們克服病魔的鬥志。

I am a retired staff of HA. All my 13 dogs are pet volunteers. In the past 13 years, we have had over 600 visits. One of the most unforgettable experiences was that a female patient hugged my bichon frise passionately. Later I found that she was a long-stay patient and missed her bichon frise a lot. So she hugged and talked to my doggie as if it is hers. A simple visit is already a great social support to patients. It makes them feel less isolated and reignites their will to fight illness.

**Gloria**  
義工 volunteer

我曾中風，30年來經常進出醫院。看電視得知動物探訪，但還是第一次親身參與這活動，見到那麼多小狗來醫院探訪，氣氛很好，很開心。

I am a stroke patient and a frequent visitor to hospital over the past 30 years. I have seen animal visits on television before but it is the first time I really take part in it. The atmosphere is nice and I am glad to see the dogs in hospital.

廖先生（左）**Mr Liu (left)**  
病人 patient



寵物探訪就像親友來探我，鼓勵我早日康復。我喜歡抱著小狗傾訴心聲，水汪汪的眼睛彷彿在說牠明白我的病情，使我倍感安慰。

I am so delighted to see pets while I am staying in hospital. I feel like being visited by family members who encourage me to get well soon. I love to cuddle and chat with puppies. When I look into their eyes, I see understanding and comfort.

鄭太 **Mrs Cheng**  
病人 patient



## 「聖誕狗」為病童送歡樂 Dog volunteers bring joy to sick kids on Christmas day

「聖誕狗」到訪是大口環根德公爵夫人兒童醫院的傳統活動。1991年起每年聖誕節，醫院除了有聖誕老人向病童大派禮物，亦有「聖誕狗」為病童送上歡樂，讓他們在醫院內也能感受熱鬧的節日氣氛。探訪當日，醫院充滿笑聲，小朋友摸摸和擁抱小狗，重現歡笑，暫忘病痛。小狗義工都見慣大場面，表現溫順鎮定，更討病童歡心。

除了聖誕節，小狗義工平日也定期到醫院門診診所探訪。病童回到醫院覆診期間，可在醫院庭院與小狗玩耍，使小朋友能耐心等待見醫生，減少不安感覺。

Dog visits on Christmas day is a traditional event of The Duchess of Kent Children's Hospital (DKCH). Since 1991, apart from Santa Clause giving presents, doggies dress up in Christmas costumes to bring joy to child patients every Christmas, creating a cheerful atmosphere and filling the hospital with laughter. Touching and cuddling the dogs, happy young patients forget about pain temporarily. Being calm and friendly, the dog volunteers are used to big events and are good at appealing to kids.

Other than Christmas, the lovable pets also visit specialist out-patient clinic of the hospital regularly. Playing with dogs in the courtyard makes waiting for medical consultation easier and less frustrating.



▲ 小狗義工到大口環根德公爵夫人兒童醫院探訪病童，為他們治療過程增添鼓勵和溫暖。  
Dog volunteers visit sick children at DKCH to send them support and encouragement in the course of recovery.



## 「童康服」伴病童抗病魔 Kids 'dress well' to fight disease

「童康服」項目是香港兒童醫院其中一項提升病童住院體驗的關顧措施，由華特迪士尼公司捐贈港幣410萬元，為醫院病童設計及製造26,000件特色住院服裝。病童服的設計集美觀、舒適及實用功能於一身。小朋友穿上印有迪士尼卡通人物剪影的病童服，由迪士尼朋友陪伴面對治療過程，感受關愛、溫暖和希望。



病童服有幾特別？  
See how sick kids  
'Dress Well'

combine visual appeal, comfort and functionality. Wearing patient clothes with familiar Disney cartoon characters overprint, it is hoped that the paediatric patients would feel less lonely with love, care and hope in the treatment journey.



為人熟悉的迪士尼朋友剪影加上大自然背景圖案，減少住院小朋友的不安和恐懼感。Silhouettes of Disney characters merge with nature-inspired patterns on the patient clothes to reduce anxiety of paediatric patients.

## 電動樓梯機贈同路人 Electric climbing chairs for patients

陳伯（化名）到醫院覆診時，看見不少如他般行動不便的病人往返覆診時遇上困難，如果病人的住所或覆診地點沒有升降機，情況更壞。有見及此，熱心的陳伯慷慨捐助港幣40萬元，提升九龍中聯網的非緊急救護運送服務。聯網將添置三套電動樓梯機及四套非緊急救護車專用卧床，接載居住在没有升降機的舊式樓宇，和行動不便或需卧床的病人，令病人更安全和舒適。每年約有兩萬名病人受惠。

Mr Chan (pseudonym) has mobility difficulties. He saw a lot of patients who have similar problems when he attended follow-up consultations in hospital. The situation is particularly hard for those living in old buildings which have no lifts. So Mr Chan donated HK\$400,000 to enhance the non-emergency ambulance transfer service (NEATS) in Kowloon Central Cluster (KCC). With that amount, KCC will acquire three electric climbing chairs and four specialised stretchers for NEATS to transfer bed-bound patients and also patients who live in old buildings without elevators. With the new facilities, it is estimated that over 20,000 patients benefit every year.

## 繽紛畫作 撫慰心靈 Paintings to heal

畫作有助洗滌心靈，放在醫院能增添繽紛色彩。捐贈者今年初向醫管局轄下醫院捐贈其已故妻子的畫作，作品生動活潑、色彩繽紛和充滿生機，藉此鼓勵和撫慰病人的心靈。這批畫作放在多間醫院供人欣賞，其中，伊利沙伯醫院日間醫療中心展出兩幅；明愛醫院擬掛四幅在餐廳；另外六幅則在威爾斯親王醫院的癌症病人資源中心、日間癌症治療中心、臨床腫瘤科病房等地方展出。

Paintings can heal and purify mind and soul. They also add colours to hospital environment. A donor gave the vivid and vibrant-coloured drawings of his late wife to HA hoping to encourage and comfort patients. Two of the drawings are displayed at Ambulatory Care Centre of Queen Elizabeth Hospital, four at the canteen of Caritas Medical Centre, and six are exhibited at several locations of Prince of Wales Hospital including Cancer Patient Resource Centre, Ambulatory Cancer Care Centre and Clinical Oncology Ward.



# 一分捐獻 何處去？ Where do donations go?

一個捐款箱滿載有心人對醫管局的支持。除金錢外，善心人亦作出不同形式的捐贈，例如捐遺產、藝術品、醫療儀器、醫院設施等。水滴石穿，積沙成塔，讓我們看看一群有心人的捐獻如何直接令病人受惠，改善公營醫療服務。

Love and support of donors fill the collection boxes of Hospital Authority (HA). Donations do not only come in cash but also in kind, for example, estate, artwork, medical device and hospital facility. As the old proverb says 'many a little makes a mickle', let's take a look at how some of the donations directly benefit patients and improve public healthcare services.

## 捐款箱 DONATION BOX

## 送出遺產延續愛 Leaving a lasting legacy of love

當人生走到終點，不少病人盼望貢獻最後一分力回饋社會，捐出部分甚至所有遺產予醫院，將希望和愛伸延至有需要的病人。其中，已故癌症病人的家屬孔女士，從母親及姐姐遺產中捐出港幣140萬元予威爾斯親王醫院腫瘤科，添置為腦腫瘤作立體定向放射治療的治療計劃系統及其驗證系統。

另外，入住黃大仙醫院復康醫療護理部多年的黃婆婆（化名），感激醫護人員從不間斷的悉心照料，離世後捐出遺產中的港幣100萬元予該部門，提升病房設備，包括添置床褥、手推車等，讓其他病人在舒適的環境接受治療。

Many patients choose to be a guardian angel of the less fortunate by leaving a lasting legacy of love to society. Donation of estate is one way to pass on blessing and love to other patients in need. Of these, Ms Hung, who was the relative of cancer patients, donated HK\$1.4 million to the Department of Clinical Oncology of Prince of Wales Hospital from the estate of her late mother and sister to help other patients. Her donation was used for the purchase of Stereotactic Radiotherapy Treatment Planning System for Brain Tumors and Verification System of Stereotactic Radiotherapy for Brain Tumors.

In addition, Ms Wong (pseudonym), who stayed in the rehabilitation and extended care ward of TWGH Wong Tai Sin Hospital for many years, donated HK\$1 million from her estate to the department to express her gratitude to the care of medical workers. The amount was used to upgrade the equipment of the ward, such as mattress and trolleys, to provide a comfortable environment for other patients.

## 增購醫療儀器 加強復康訓練 New equipment strengthens rehabilitation training

醫管局慈善基金集結來自不同機構及個別善長的善款，多年來撥款資助了多個公立醫院提升醫療服務質素的項目。當中包括2013年至2015年資助大口環根德公爵夫人兒童醫院、九龍醫院、大埔醫院、屯門醫院、東華醫院及基督教聯合醫院，購置機械輔助步行治療系統，協助神經創傷的病人在安全及可控制的環境下進行康復訓練，改善活動能力和自理能力，提升生活質素。

另外，2016/17年度，慈善基金資助博愛醫院購置機械臂上肢功能治療系統。中風、神經系統或肢體受損導致有上肢功能障礙的病人，以及患神經系統疾病的患者，透過先進的技術，進行密集式及重覆的上肢訓練，提升康復治療成效。

Assembling donations from various charities, the Hospital Authority Charitable Foundation (HACF) disburses on many medical service enhancement projects in public hospitals. Of these, HACF supported the installation of Robotic Assisted Therapy Systems in hospitals between 2013 and 2015. Benefitting hospitals include The Duchess of Kent Children's Hospital at Sandy Bay, Kowloon Hospital, Tai Po Hospital, Tuen Mun Hospital, Tung Wah Hospital and United Christian Hospital. Neurological trauma patients can receive rehabilitation training in a safe and controlled

environment to improve mobility, self-care ability and quality of life.

Moreover, Robotic Arm Therapy System has been acquired with the support of HACF for Pok Oi Hospital in 2016/17. Patients who suffer from upper limb dysfunction caused by stroke, nervous system impairment or limb impairment can receive intense and repetitive upper limb training using advanced technology, and improve the effectiveness of rehabilitation. Patients with neurological diseases can also benefit from using the system.



機械臂上肢功能治療系統  
Robotic Arm Therapy System



機械輔助步行治療系統  
Robotic Assisted Therapy System





同事參與工作坊，學習用回收玻璃瓶，製作漂亮的蝶古巴特拼貼花瓶。  
Colleagues learnt to decoupage recycled glass bottles in a workshop.



樹藝師講解保護樹木的工作。  
Arborists explained their work of tree reservation.



吊機將龐大的棕櫚樹移至預先挖好的位置，在屯門醫院其他地方重新種植。  
The palm tree was uprooted by a crane and replanted else where in Tuen Mun Hospital.

# 環保從生活細節做起

「節省能源，保護環境」是一種生活態度。很多同事都是環保達人，醫院亦經常舉辦不同類型的綠色活動，由保護樹木、善用廚餘、義賣二手用品，到自製保鮮布和肥皂都有，各適其適，鼓勵同事為環保出力。

## 綠色週 全方位環保

屯門醫院早前舉辦綠色週，活動包括綠「識」展覽、推廣有機產品和手工製品、認識有機堆肥和善用廚餘的方法、環保工作坊教同事自製蜂蠟保鮮布，以及使用回收玻璃瓶製作蝶古巴特拼貼花瓶等。



簡單易學做手皂



DIY 手皂

瑪嘉烈醫院早前舉辦綠色手皂工作坊，與同事分享如何以環保材料製作手皂。

## 保育樹木 綠化環境

屯門醫院手術室大樓正進行擴建，地盤對面種植了不少樹木，可能阻礙工程，構成危險。醫院今年5月底將五棵棕櫚樹移植到院內其他地方，繼續綠化附近環境。另外，雅麗氏何妙齡那打素醫院和大埔醫院年初安排同事參觀灣仔環境資源中心，認識樹藝師的工作，探究城市中的樹木生態和土地污染問題。

## 二手物品齊齊換！

各醫院都有賣物會和以物易物活動，同事可為家中二手物品覓得新主人，共享資源，減少地球廢物。有醫院交換的物品非常優質且簇新，由小型家電到手袋衣物，甚至書本玩具都有，以下是《協力》收到未來幾個月相關活動資料。

活動名稱	東區醫院日 2018	「以物換物」嘉年華	二手物品義賣日	綠色快閃市集
日期	2018 年 11 月 17 日	2018 年第四季	2019 年 1 月	2019 年第一季
醫院 / 地點	東區尤德夫人那打素醫院	白普理寧養中心、沙田慈氏護養院及沙田醫院	瑪嘉烈醫院 EF 座地下	北區醫院地下花園
活動內容	義賣二手物品和產品樣本等。接受跨院捐贈和購買。	同事捐出一件可循環再用的物品，便可憑換領券換取一件別人捐出的物品。只供院內同事參加。	募集由醫院同事栽種的小盆栽和各類二手物品，如書籍、手袋和小型家電等。善款用作推動院內環保。只供院內同事參加。	同事捐出可重用物資供醫院同事選購，包括衣物、小型家電、樂器等。只供院內同事參加。
聯絡人及電話	陳衍雯 2595 7311	冼燕萍 2636 7248	陳靈謙 2990 3817	邱凱恩 2683 7918

## 節能妙法

瑪嘉烈醫院環境管理委員會舉行「夏日節能大行動」期間，教同事如何在家和辦公室節約用電，精選小貼士如下：

- 每一至兩星期清洗冷氣機隔塵網一次，並多加清洗積在凝結器上的塵埃，可節省耗電量 30%。
- 雪櫃內的食物應排列有序，不要儲存過多食物，使冷空氣可流通無阻。
- 烹飪時爐火不要過大，以免熱能從器皿旁邊散去，造成虛耗。
- 用平底鍋較圓底鍋省熱能。
- 離開辦公室前放下百葉簾或窗簾，減少翌日陽光直接照射辦公室的時間，節省冷氣用電。
- 最遲離開辦公室的同事關掉影印機和打印機電源，或安裝時間掣以減少耗電量。

# Go green in daily life

Many colleagues uphold a green lifestyle by saving energy and living an eco-friendly life. Green activities of various kinds are held in hospitals to create an atmosphere of green living, such as tree reservation, clever use of food waste, second-hand bazaar, DIY food wrap and soap.

## Green week

A green week was recently organised by Tuen Mun Hospital (TMH) with an exhibition on organic and handmade products, introduction on organic compost and how to make good use of food waste. There were also workshops on DIY beeswax wrap, and reuse and decoration of glass bottles.



Make your own soap



DIY soap

A homemade soap workshop was organised by Princess Margaret Hospital (PMH) and colleagues learnt to make organic soap.

## Tree reservation

Operating Theatre Block for TMH is currently under expansion. The trees opposite the construction site may pose hindrance and danger, so they were replanted elsewhere in the hospital this May to keep the way clear and scenery green. Colleagues at Alice Ho Miu Ling Nethersole Hospital and Tai Po Hospital visited Wan Chai Environmental Resource Centre earlier this year to learn about the work of arborists, tree ecology and land pollution.

## Second-hand bazaar

Sometimes bazaars are held in hospitals for colleagues to sell or exchange second-hand goods. You can give away reusable items to reduce wastes and also to create new value for others. Some donated products are brand new and of good quality. Things of various kinds can be found in bazaars, such as small electric appliances, handbags, clothes, or even books and toys. Here are details of several upcoming events known to HASLink.

Name of event	PYNEH Day 2018	Exchange Market	Second Hand Bazaar	Green Pop-up Market
Date	17 Nov 2018	4 <sup>th</sup> quarter 2018	Jan 2019	1 <sup>st</sup> quarter 2019
Hospital / Venue	Pamela Youde Nethersole Eastern Hospital	Bradbury Hospice (BBH), Cheshire Home, Shatin (SCH) and Shatin Hospital (SH)	G/F, Block EF, Princess Margaret Hospital (PMH)	Garden G/F, North District Hospital (NDH)
Content	Charity sale of used and sample products. Staff from other hospitals are welcome to donate and buy products at the sale.	Staff who donates a reusable item can get a coupon to choose another item at the market. For staff of BBH, SCH and SH only.	Potted plants and second-hand goods, e.g. books, bags, small electric appliances, are collected from staff for the bazaar. Fund raised will be used in environmental protection in the hospital. For PMH staff only.	Staff can donate reusable items e.g. clothes, small electric appliances, musical instruments. For NDH staff only.
Contact	Yvonne Chan 2595 7311	Athena Sin 2636 7248	Timothy Chan 2990 3817	Heidi Yau 2683 7918



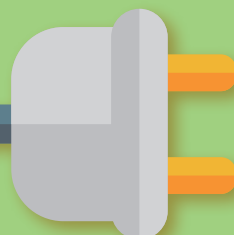
## Tips on energy saving

Environmental Management Committee of PMH has launched the 'Green Summer Campaign' and provided colleagues with tips on saving energy at home and office. Here are some of the tips.

- Clean the dust filter of air conditioner every one or two weeks and remove dust on condenser. This can reduce 30% of energy use.
- Maintain cold air circulation in refrigerator by keeping food in good order and not storing too much food.
- Use smaller fire when cooking to avoid heat loss and energy waste from container surround.
- Use frying pan instead of round-bottomed wok to reduce heat loss.
- Pull down the blinds in office before leaving. This can reduce direct sunlight in office on the next day and thus save energy use of air conditioner.
- The last colleague leaving office should turn off the power supply of photocopier and printer, or install a timer to reduce energy consumption.



同事選購心儀物品之餘，又可支持環保。  
Colleagues can be eco-friendly and buy desirable items at the bazaars.





# 「病人經驗調查報告」 提升服務質素

## Patient experience survey improves service quality

「以人為先」是醫管局的核心價值，因此，醫管局自2010年起定期在不同範疇，包括住院、急症室和專科門診，蒐集及分析病人經驗，再訂定相關改進措施，提升服務質素。

最新發表的《2017住院病人經驗調查》反映病人整體求診經驗十分良好，平均分達8.1分（10分為滿分），當中超過九成病人給予7分或以上，對醫護人員的信心更高達9.5分。是次調查於去年夏季流感高峰期進行，威爾斯親王醫院內科醫生**江承蔭**稱，同事工作繁重仍全力以赴，反映同事的使命感獲得病人肯定。

報告亦幫助醫護人員從病人角度了解其所需。例如病人希望與醫護人員交談了解病情，以及在焦慮時得到安慰。於是，江醫生的部門設計了一份表格，護士可預先記錄病人或家屬欲向醫生查詢的事宜，讓病人及家屬知道醫護人員已在跟進，感覺安心，而醫生也可於會面前準備。

屯門醫院老人科聯絡護士**余淑恒**表示，過往調查反映病人對出院時提供的資訊及支援評分較低，顯示病人擔心出院後的護理。為加強跟進出院病人情況，該院推出「病人出院資訊摘要先導計劃」，主動聯絡其他專科提供出院支援。



2017住院病人經驗調查

新生嬰兒深切治療部護士**黃嘉雯**認為，是次調查以科學數據客觀地反映良好的醫患關係，印證了同事「以人為先、專業為本」的成果。

People-centred care is a core value of Hospital Authority (HA). With patients' needs always in our heart, HA has spearheaded regular Patient Experience Surveys (PES) since 2010 to proactively gauge and analyse patients' experience in various areas, including inpatient, accident and emergency and specialist outpatient clinic service. The survey results have formed the basis of formulating measures to improve quality of care.

The recently published report of 'PES on Inpatient Service 2017' reflects an overall positive experience on inpatient service, in which the mean score is 8.1 out of 10 with over 90% of respondents rate 7 or above. Conducted during summer surge last year, the survey reveals patients' high confidence and trust in healthcare professionals with a rating of 9.5. Dr **Sunny Kong**, physician from the Medicine Department of Prince of Wales Hospital (PWH) appreciates frontline staff who diligently discharged their duties amid heavy workload during summer surge when the survey was conducted. Dr Kong considers the high ratings well deserved.

Improvement measures are designed based on results of the survey. For instance, to address patients' needs of talking to doctor and seeking comfort when they have worries, Dr Kong's department has designed a form for staff to jot down the queries of patients and relatives before they meet with a doctor. This not only assures patients and relatives but also facilitates doctor's preparation before the meeting.

**Debby Yu**, a liaison nurse from the Geriatrics Department of Tuen Mun Hospital (TMH), says that previous surveys consistently showed a low score on provision of discharge information and rehabilitation support, reflecting patients' worries and concern over self-care after discharge. To address this, TMH has launched a Patient Discharge Information Summary Pilot Project in which different specialties work closely together to provide better post-discharge support.

**Carmen Wong**, a nurse from the Department of Paediatrics & Adolescent Medicine of TMH, considers the PES an evidence-based survey that reflects positive doctor-patient relationships and affirms staff contribution towards the delivery of professional people-centred care.



威爾斯親王醫院內科自製表格，跟進病人和家屬的查詢，加強醫患之間的溝通。Medicine Department of PWH designed a form to enhance communication between patients and medical staff.



聯絡護士是出院病人和病房醫護的橋樑。貼心跟進和適時匯報有助減低病人再次入院的可能。Liaison nurses serve as a bridge between discharged patients and ward staff. Their close and timely follow-up can effectively reduce patients' re-admission rate.



'PES on Inpatient Service 2017' report

# 開心動腦筋 延緩腦退化

## Elders stay active and smart through cognitive stimulation

醫管局資料顯示，2017年香港有5%至8%的65歲以上人士患有認知障礙症，預計2039年60歲以上患者有11%。瑪嘉烈醫院職業治療部2016年與內科及老人科的記憶診所合作，開展「智醒耆兵」計劃，以早檢查、早發現和早介入為目標，協助患者延緩腦退化。

計劃參加者**何先生**患有早期認知障礙症，由老人科醫生轉介至記憶診所。「太太每星期陪我上小組訓練，姑娘都十分細心有耐性，為我們準備很多活動。我最難忘的經驗是做糯米糍！」何先生今年3月至6月參與計劃，對活動感到十分滿意。**何太**覺得丈夫參加計劃後變得積極主動，她補充：「丈夫後期會主動做『功課』和參與社區長者中心的活動。我與丈夫因而增加了話題，交流亦多了，關係較以前好。」

一級職業治療師**梁翠蓮**表示，截至今年7月，計劃共服務510名病人。參與家庭對計劃十分滿意，認為計劃有助改善患者的認知能力，延緩腦退化。

職業治療師用紙牌與參加者進行記憶力訓練。Occupational therapists give participants memory training by playing card games.



早期認知障礙症患者何先生（左二）和何太（右二）拿著畢業證書和手工作品，與負責計劃的一級職業治療師梁翠蓮（右一）及二級職業治療師林碧敏合照。Mr Ho (second left), who is an early-stage patient of dementia, and Mrs Ho (second right) have Mr Ho's graduation certificate and handiwork in hands. Next to them are Florence Leung (first right), Occupational Therapist I, and Grace Lam, Occupational Therapist II, who are responsible for the BASE Programme.

### 3 家居訓練 Home programme

鼓勵患者訂立目標，並在家中多參與多項有意義的活動，如運動和動腦活動，建立健康生活模式，加強訓練成效。

It helps patients to build up a healthy lifestyle and enhance the effects of group training by encouraging them to set targets and engage in different meaningful activities at home, such as physical and cognitive exercises.

## 「智醒耆兵」計劃 Be an Active and Smart Elderly Programme

### 1 照顧者講座 Talk for carers

由職業治療師講解認知障礙症病徵和治療方法，教導照顧者正確的溝通技巧，介紹社區資源，並訂立合適的照顧計劃。

Occupational therapists introduce the disease symptoms and treatments, teach carers the proper way to communicate with patients, give information on social resources, and develop care plan.

### 2 認知訓練小組 Cognitive stimulation programme

透過多元化的小組活動，如現實導向、懷緬治療、八段錦、製作懷舊小食和手工藝創作等，改善患者的溝通和認知能力。

The programme improves patients' communication and cognitive abilities through diverse activities, such as reality orientation, reminiscent therapy, Baduanjin qigong exercise, traditional food and handicraft making.

### 4 分析成效 Performance analysis

分析患者計劃前後的認知表現，並與家人一起商討跟進方案。

Analysis of patients' performance before and after the programme and clinic follow-up for patients and family members.



# 快樂有理

## Evidence-based tips for happiness

醫管局「心靈綠洲」網頁近日上載了多個從不同研究得出的開心貼士，細閱下發現快樂其實一直在身邊。想進一步測試自己的心理健康，可做網上問卷，結果包括初步評估的分析及建議，有興趣索取更多資料的同事可致電「心靈綠洲」2300 8619。

Happiness is all around us. This is supported by scientific evidence recently published on the website of Oasis of HA. If you are interested in knowing more about your psychological health, try out the online questionnaires which provide preliminary analysis and recommendations. Interested colleagues may contact Oasis on 2300 8619 to find out more.

### 快樂與打針的關係

#### Positive traits affect antibody response to vaccination

美國一間大學進行了一項有趣的研究，邀請81名大學生接種乙型肝炎疫苗。數個月後，他們發現心情開朗的人，體內會產生接近兩倍的抗體。不要小覷身心的密切關係喔！

Do not belittle the correlation between psychological and physical well-being!

A university in the United States conducted an interesting study in which 81 university students were administered hepatitis B vaccination. After a few months, students with positive disposition presented double antibody response to hepatitis B vaccination.

資料來源 Source: Marsland, A. L., Cohen, S., Rabin, B. S., & Manuck, S. B. (2006). Trait positive affect and antibody response to hepatitis B vaccination. *Brain, behavior, and immunity*, 20(3), 261-269.

### 點用禮券最開心？

#### How to maximise social contact with a gift voucher?

一項有趣的研究發現，參加者陪另一個人去咖啡店，用禮券請他喝咖啡，比純粹送禮券給對方更快樂。

An interesting survey shows that a person who accompanies others to coffee shop to spend a gift voucher together is much happier than simply giving others a gift voucher.

資料來源 Source: Aknin, L. B., Sandstrom, G. M., Dunn, E. W., & Norton, M. I. (2011). Investing in others: Prosocial spending for (pro) social change. In *Positive psychology as social change* (pp. 219-234). Springer Netherlands.

### 給自己的情書

#### A love letter to myself

有研究發現參加者每天寫一封信給自己，表達對自己的欣賞，三個月後，他們明顯更快樂，效果更會持續六個月。

A research shows that writing a letter to yourself every day to show self-appreciation can help increase observable happiness in three months and the situation will last for six months.

資料來源 Source: Shapira, L. B., & Mongrain, M. (2010). The benefits of self-compassion and optimism exercises for individuals vulnerable to depression. *Journal of Positive Psychology*, 5, 377-389.

### 婚姻「五一法則」

#### 'Five-to-one' principle of good marriage

一項進行了20年有關婚姻的研究發現，良好的關係有一個「五一法則」，就是當出現一次負面的交流如責備、教訓，就要製造五次正面的交流如讚美、感謝等，以維持關係的質素。

A 20-year study on marital relationship concludes a principle of lasting marital relationship. To maintain a stable marriage, for every snide remark or accusation outburst, couples need to ramp up the positives by five times through compliment and appreciation.

資料來源 Source: Gottman, J. M. (1994). *What predicts divorce?: The relationship between marital processes and marital outcomes*. Psychology Press.

### 好心情是止痛藥

#### Good mood is a painkiller

一群患關節炎和長期痛症的女士三個月內每星期記錄自己的情緒狀態，當她們心情好的時候，疼痛感覺都會少一些。

A group of female patients with osteoarthritis and chronic pain records their psychological status weekly for three months. It is shown that the impact of pain is lessened when patients are in good mood.

資料來源 Source: Zautra, A. J., Johnson, L. M., & Davis, M. C. (2005). Positive affect as a source of resilience for women in chronic pain. *Journal of Consulting and Clinical Psychology*, 73(2), 212-220.



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