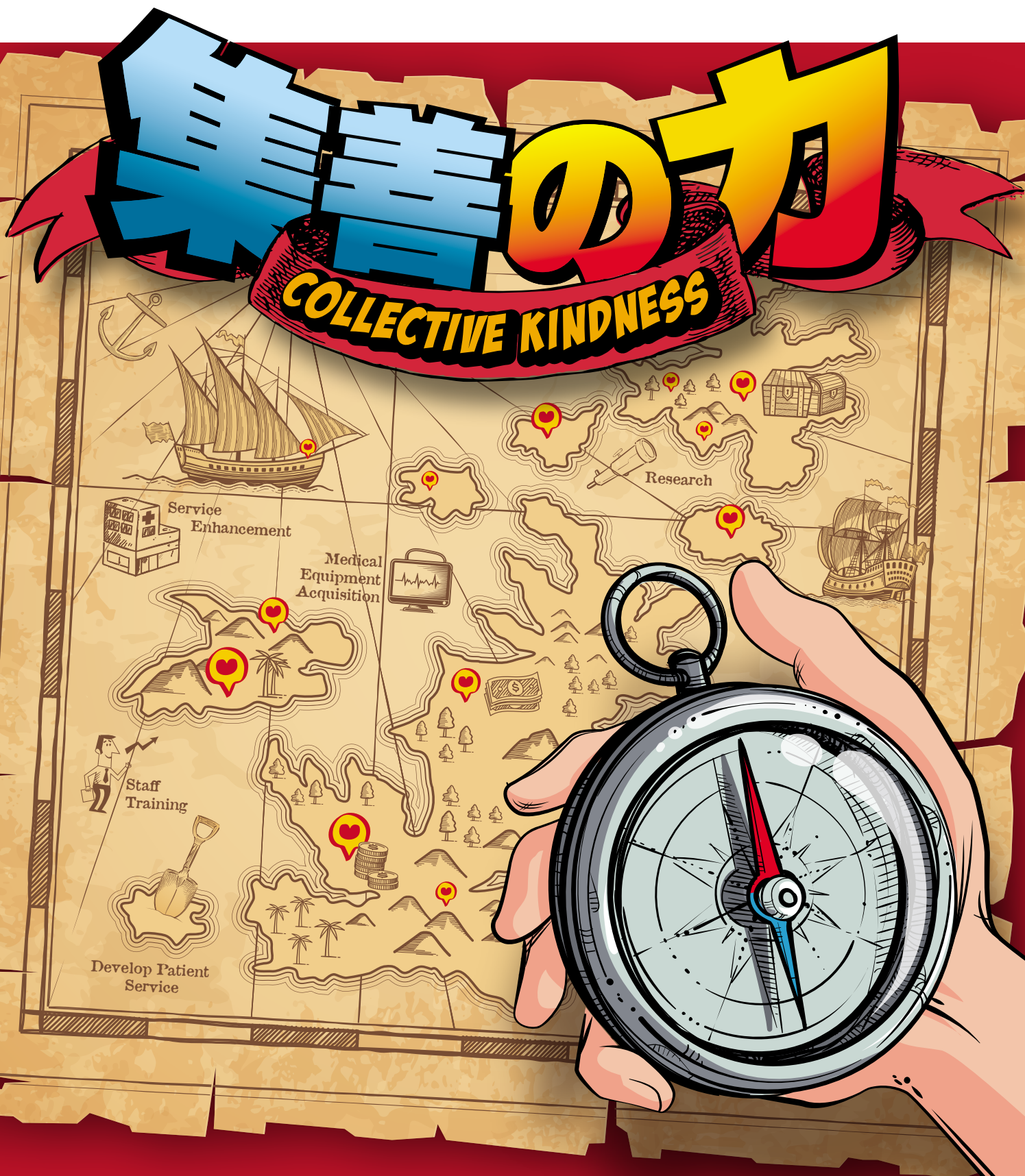






除政府撥款外，公立醫院亦收到不少善長的捐款，為醫院購置儀器、資助同事培訓和提升醫院服務等，同事病人兩得益。今期《協力》的主題「集善之力」，是關於社會人士熱心參與，貢獻公營醫療服務。

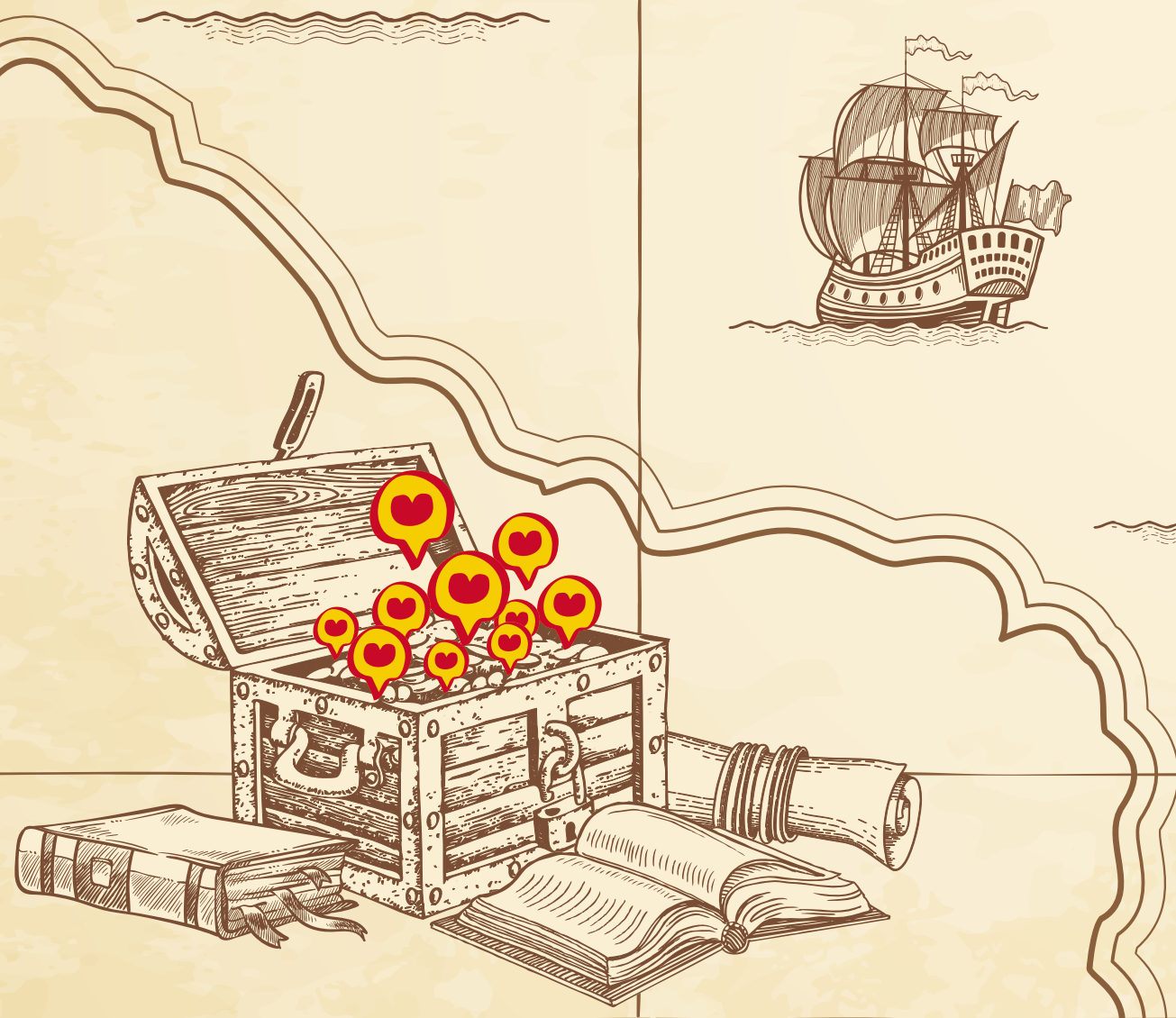
捐款代表著對醫護同事工作的信任和肯定，醫管局會善用一分一毫。除了直接向醫院捐款外，社會人士也可以向醫院管理局慈善基金捐款，《協力》亦會介紹慈善基金的工作。

社會各界的支持讓我們得以繼續提供優質的醫療服務，精益求精，封面故事將為大家帶來這些善舉促成的美事。

As well as government funding, public hospitals are supported by donors who give donation to acquire medical equipment, fund staff training, and improve hospital services for the benefit of staff and patients. The theme of this edition of *HASLink* is 'Collective kindness' and it applauds the generosity and compassion of the Hong Kong community towards our city's healthcare services.

Donations from members of the public are the ultimate trust and recognition of the contribution healthcare workers make to society, and the Hospital Authority (HA) is committed to ensuring those donations are put to the best possible use. As well as giving donations to public hospitals directly, people can donate to the HA Charitable Foundation, which is introduced to readers in this edition.

Our hospitals continue to deliver high-quality healthcare and are constantly enhancing our services with the support of the community. This edition of *HASLink* brings you some of the good things made possible through these generous donations.



醫生赴美深造 治心律不正

CARDIOLOGIST LEARNS LESSONS ON U.S. STUDY TRIP



區子健醫生（右一）獲得捐款到密歇根大學醫院深造一年。

Dr Au (first from right) was given a donation to study at Michigan Medicine at the University of Michigan for a year.

威爾斯親王醫院（威院）內科及藥物治療學系心臟專科醫生區子健去年獲得善長呂榮梓及呂聯樸為醫生到海外培訓而設的捐款，到美國深造心律不正的治療方法。他每天日間參與手術、診症，晚上提供諮詢服務。回港後，他將所學與同事分享，並於病人服務中一一實踐。他以「辛苦但值得」總結為期一年的海外深造，認為有助醫生成長。

區醫生去年6月到密歇根大學醫院研究電生理學，即心律不正。當心跳過快或過慢可致心律不正，心律不正有多種類型，以心房纖維性顫動（心房顫動）最常見，患者多為長者。患心房顫動的人，中風的風險較常人高五倍，患心臟衰竭的風險高三倍，故情況不容忽視。

回港共享經驗

密歇根大學醫院是美國首屈一指的電生理學科研中心，每年進行逾3,500宗消融術。消融術是將導管經血管在心跳異常的位置釋出能量，令其不能傳導電流，可治心律不正，該院對電生理學家區醫生來說是理想培訓地。

「這間醫院擁有六間專做消融術的手術室，每月手術量幾乎是威院一年的總和。我每天早上六時開始診症，然後與同事互相分享個案，再參與手術至下午五時。晚上則要值班，為處理心律不正問題的醫生提供意見。」區醫生表示密集式

日程令人加速成長，其間還可向心臟科權威學習，上了寶貴的一課。

他說，相比起藥物治療，消融術能更長遠保持心臟的功能。在美國，病人多選擇做消融術。回港後，他將在美國學到的知識和經驗與心臟科醫生分享，鼓勵他們為合適的病人進行消融術。

捐款減輕經濟負擔

區醫生此行除了學習新型消融術及起搏器手術外，還有當地醫院為病人安排的術前準備、術後跟進、日間服務及遙距監察技術等，他期望日後可用在本港病人服務上，減少病人住院時間。

「醫院管理局每名心臟科醫生都需要到外地接受一年培訓，我比較幸運得到善長捐款，大大減輕經濟負擔，心無旁騖專心深造。始終美國生活水平高，每月房租已所費不菲。」區醫生說，到外地深造獲益良多，將新技術新思維帶回香港，期望令本港的消融術更貼近國際水平。

Cardiologist Dr Alex Au of the Department of Medicine & Therapeutics at Prince of Wales Hospital (PWH) was given a donation designated for doctor's overseas training from donors Jesse Lu and Lambert Lu, and went to the United States (U.S.) for advanced studies in the treatment of arrhythmia, or irregular heartbeat. In a demanding schedule, he performed surgeries and visited patients during the day and provided a consultation service in the evenings. When he returned to Hong Kong, he shared what he had learnt with his colleagues and put it into practice. Looking back on his year in the U.S., Dr Au says it was “hard work but worth it” and had helped him develop as a doctor.

Dr Au flew to the U.S. in June last year and studied at Michigan Medicine at the University of Michigan. He focused on electrophysiology, i.e. arrhythmia or irregular heartbeat. When the heart beats either too quickly or too slowly, it leads to arrhythmia. Irregular heartbeat most commonly appears as atrial fibrillation and is prevalent among elderly. Patients with the condition are five times more likely to suffer from stroke and three times more prone to heart failure, meaning the situation should not be neglected.

Share experience with co-workers in Hong Kong

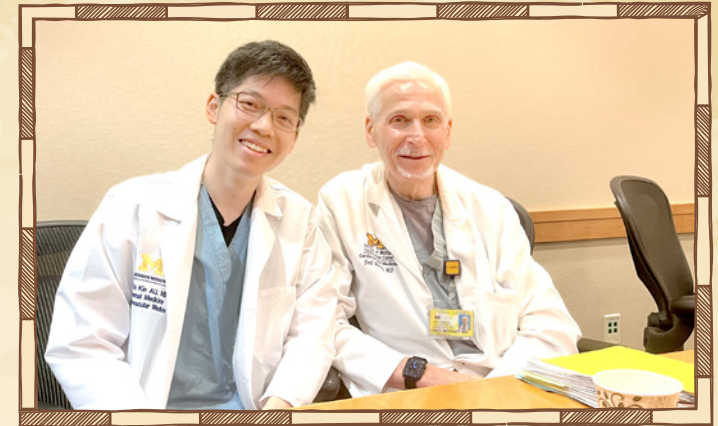
Michigan Medicine is the leading electrophysiology research center in the U.S. and annually carries out 3,500 catheter ablations – a process whereby catheters are inserted in blood vessels to the target site with abnormal heart beat. Energy will be released to make it lose the conduction property, saving patients suffered from arrhythmia. The expertise of the hospital made it an ideal place for electrophysiologist Dr Au to train.

“The hospital has six operating theatres dedicated to catheter ablations,” he says. “Their monthly capacity is almost equal



區子健醫生（右一）與當地醫護人員相處愉快。

Dr Au (first from right) was getting along well with local healthcare workers.



Professor Fred Morady（右）是電生理學權威，區醫生難忘有機會與他一起為病人做手術。

Professor Fred Morady (right) is an expert in electrophysiology. Dr Au is so impressed that he had the chance to carry out an operation with him.

to that of the PWH for a whole year. I got to see patients at six in the morning. Then, colleagues would share details of the cases we were taking care of with each other. After that, I performed surgery until 5pm. I was also on duty at night to give my opinions to doctors regarding arrhythmia cases.” He describes his intense routine boosted his personal growth. During his stay in the U.S., the renowned cardiologists also taught him a valuable lesson.

Catheter ablations are more effective than drug therapy in maintaining the heart function of patients in the long run, Dr Au found. In the U.S., most patients choose to undergo catheter ablations. After returning to Hong Kong, he shared his experiences with colleagues and encouraged them to perform catheter ablations for suitable patients.

Donation eases the financial strain

As well as carrying out catheter ablations and implanting pacemakers, Dr Au also learnt about pre-operative preparations, post-operative follow-ups, day service, and telemonitoring techniques that he believes could benefit Hong Kong and decrease the length of stay for inpatients.

“Every cardiologist in Hospital Authority has to go overseas for a year of advanced study. I was very lucky to receive a donation which greatly reduced my financial burden,” Dr Au reflects. “It allowed me to focus on my work. The living standards in the U.S. are high and I had to spend a lot on renting a house, for instance.” Dr Au believes that he learnt a great deal and hopes to promote the use of catheter ablations in Hong Kong for the benefit of patients.

居家運動 長者復康新體驗

INNOVATIVE HOME TRAINING REDEFINES
REHABILITATION EXPERIENCE OF ELDERLY PATIENTS



隨著社會人口老化，長者對醫療服務需求殷切，博愛醫院獲「行政長官社會資助計劃」推薦、香港賽馬會慈善信託基金撥款捐助推行「賽馬會智慧老人科日間醫院計劃」，通過創新的訓練模式提升病人復康之旅。博愛醫院內科及老人科副部門主管陳毅灝醫生（圓圖示）表示：「許多長者在經歷大病後，復康的過程漫長且艱辛。我們希望他們能在家中多練習，加快復康進度。」

新計劃下，病人除了到日間醫院覆診外，還可借用平板電腦、智能手錶及運動器材，在家中運動。平板電腦預載多個運動遊戲，例如麻雀配對、超市購物結帳、踏單車及滑翔傘等，配合運動手錶設備，能實時監測長者的運動情況。陳醫生解釋，經系統收集病人在家中的運動數據後，醫護人員會分析及評估訓練成效，再制定個人化的運動計劃。

陳醫生認為，新模式不僅讓復康過程變得生動有趣，也讓醫護人員能夠及時介入。「許多長者起初以為我們只是借出設備，不會關心他們的運動情況。但實際上，醫護人員會通過遙距平台監測進度，更會致電關心他們的進展或排解疑難，讓長者感受到支持與鼓勵，更積極參與訓練。」

遊戲設計方面亦充分考慮長者的需要，確保易於使用和操作，從而在家中維持良好的運動習慣。陳醫生強調，這些遊戲不僅是測試工具，更是病人挑戰自我的平台，讓他們在輕鬆愉快的氛圍中進行復康訓練。

AI 助調整遊戲難度

計劃於今年2月推出以來，約130位長者參加。陳醫生分享有一名80多歲的男病人因認知障礙和跌倒的風險而不願外出，家居訓練為他帶來曙光。「他的太太告訴我，丈夫幾乎每天都玩半小時單車遊戲，甚至幫遊戲角色改名，非常投入。現在他的步行能力穩定了很多，也更願意出門，生活質素有所提升。」

遊戲中的人工智能更會根據運動數據調整遊戲難度，確保長者能在適合自己的步伐中進步。陳醫生補充，相比在醫院接受訓練，長者在熟悉的環境做運動會更有安全感和動力。若家居復康進度良好，病人可減少到醫院覆診的次數，有助騰出空間及訓練節數，讓醫院服務更多病人。

陳醫生又十分感謝香港賽馬會慈善信託基金的慷慨捐贈，令醫護人員能夠實踐理念，造福病人，「這項目過往沒有成功例子或者先導計劃作為依據，通過賽馬會捐款提供資金，我們得以探索新的服務模式。醫管局有許多同事都有提升病人服務的意念，獲得捐款是將這些美好願望轉化為現實的好方法。」

Along with population ageing is the increasing demand for medical services for elderly people. To address the issue, Pok Oi Hospital (POH) is nominated by 'HKSAR Chief Executive's Community Project List' and received funding from The Hong Kong Jockey Club Charities Trust to establish 'Jockey Club Smart Geriatric Day Hospital Project', which uses innovative training games to support the rehabilitation of patients at home. Deputy Chief of Service of the Department of Medicine & Geriatrics at POH Dr **Tony Chan** explains, "the recovery process for many elderly people after a serious illness is long and arduous. Through this project, we hope they can carry out more exercises at home to speed up their recovery."

The new project gives patients the opportunity to use tablet, smart watch, and exercise equipment at home to supplement their follow-up hospital appointments after treatment. The tablet comes with preloaded exergames including Mahjong matching, shopping and checkout in supermarket, cycling, paragliding, etc., which together with a smart watch, can monitor elderly patients' progress and condition in real time. The system collects data on the patients' home exercise which is then analysed by healthcare professionals to assess the effectiveness of the training and formulate personalised exercise plans.

Dr Chan believes the approach not only makes the rehabilitation process livelier and more interesting but also allows healthcare professionals to intervene in a timely manner to help patients. "Many elderly people initially think that we only lend them equipment but do not care whether they exercise, but in fact healthcare professionals monitor their exercise progress through the remote platform and will even call them to check on their progress or solve their problems," he says. "It makes elderly people feel supported and motivated to participate more actively in the training."

The games are designed to take the needs of elderly people into account and are easy to use and operate, so patients



超市結帳遊戲訓練長者的手握力。
Supermarket checkout game trains the elderly in hand grip strength.



醫護人員分析病人運動數據，調整復康訓練計劃。
Medical staff analyses the patient's exercise data and adjusts the rehabilitation training.

can get started easily and maintain good exercise routines at home. Dr Chan emphasises that the games are not only a diagnostic tool but also a platform for elderly people to challenge themselves and engage in rehabilitation training in a relaxing and enjoyable atmosphere.

AI monitoring helps adjust training intensity

Around 130 senior citizens have taken advantage of the project since its launch in February. Dr Chan describes how the home-based training had put a spring back in the step of a patient in his 80s, who had become reluctant to go out because of his dementia and his fear of falling. "His wife told me that her husband played the cycling game for half an hour almost every day, even naming the characters in the game, and was very involved in it. His walking ability has now stabilised and he is more willing to go out, which has improved his quality of life," Dr Chan says.

An AI system in the project adjusts the difficulty level of each game according to the elderly person's exercise data so that patients can progress at a pace that suits them. Patients feel more secure and motivated exercising in a familiar home environment compared with a hospital setting, Dr Chan says. In cases where home rehabilitation is successful, patients can reduce the number of follow-up appointments, freeing up space and training sessions in hospitals to help more people.

Dr Chan sincerely appreciates The Hong Kong Jockey Club Charities Trust for its generous donation, making the project possible for the benefit of patients. "This new project has no previous success stories or pilot projects to build on," Dr Chan emphasises. "Through donations from The Hong Kong Jockey Club, innovative projects such as this can be funded and we are able to explore new service models. Many of our Hospital Authority colleagues have ideas to enhance patient services, and donations are a good way to turn these good intentions into reality."



仁濟醫院內科顧問醫生鄭念邦（右）表示，增設心導管室後，病人毋須再轉介到其他醫院，能得到及時治療。旁為病房經理（心臟介入治療中心/ 心臟加護病房）黃嘉麗。

YCH Department of Medicine Consultant Dr Kwong Nim-pong (right) says patients do not need to transfer out anymore after the setting up of cardiac catheterisation laboratory so as to receive timely treatment. Ward Manager (Cardiac Intervention Centre/ Coronary Care Unit) Wong Ka-lai is next to him.

善款為建立及擴充醫療服務注入力量。仁濟醫院獲捐款在2022年增設心臟介入治療中心，為心臟病患者提供手術治療。隨著中心投入服務，九龍西醫院聯網去年開始提供聯網模式的24小時緊急冠狀動脈介入治療（俗稱「通波仔」手術）。「我們利用捐款添置先進醫療儀器並擴充服務，最終目標是病人及時獲得適切治療，挽救更多生命。」仁濟醫院內科顧問醫生鄭念邦說。

仁濟醫院未設心導管室及相關設備前，心臟病患者需轉送瑪嘉烈醫院或葛量洪醫院，手術由仁濟醫院的醫生執行，術後患者再送回仁濟醫院的心臟加護病房。鄭醫生稱：「當時每天都需要轉介一至兩名心臟病患者至其他醫院，我們一直都希望在本院設立心導管室。」

病人毋須轉院加快治療

藉著仁濟醫院顧問局副主席羅嘉穗捐款，仁濟醫院在2022年成立心臟介入治療中心。中心設心導管室，配備高科技儀器，包括雙向血管造影系統、血管內超聲波診斷儀等等，提供不同的心臟病手術治療；原有的心臟加護病房遷至中心毗鄰，病床由四張增至八張。鄭醫生表示：「冠心病患者自此可在本院接受『通波仔』手術，毋須轉院，加快獲得治療，減低併發症和死亡率。仁濟醫院心臟介入治療中心暨加護病房每年處理逾500宗心臟病個案，較中心設立

前需轉送瑪嘉烈醫院或葛量洪醫院的200多宗，上升逾一倍。」

同事需要照顧的病人增多，卻無礙服務質素。在中心入口處的展示板上，貼滿病人和家屬的感謝卡，有卡上寫著：「多謝醫護人員的細心照顧和耐心，即使非常忙碌，也一絲不苟。」「感謝你們的救命之恩，你們才是真正的英雄和天使！」病房經理（心臟介入治療中心/ 心臟加護病房）黃嘉麗說：「急性心肌梗塞病發來得突然，病情會迅速惡化，因此，病人家屬都很感謝醫護人員及時救助，讓一家人齊齊整整生活下去。」

設立心臟介入治療中心不僅加強仁濟醫院的服務，亦助九龍西醫院聯網實現24小時緊急「通波仔」手術的目標。自去年6月起，瑪嘉烈醫院、明愛醫院和仁濟醫院的心臟科團隊合作，組成聯網「通波仔」團隊，確保非辦公時間有醫療團隊當值候命。

心臟病是香港常見的致命疾病，2023年因心臟病死亡的人數佔總登記死亡人數約13%。鄭醫生表示，面對醫療需求上升，計劃進一步加強服務，包括在人手及資源配合下，增加手術節數，縮短病人輪候時間，並引入更多不同類型的心臟手術服務。



Charitable donations have the power to transform hospitals and the medical services they offer. Yan Chai Hospital (YCH) received funding to open a Cardiac Intervention Centre in 2022 to provide surgical treatment for heart disease patients. With the establishment of the centre, the Kowloon West Cluster (KWC) has introduced cluster-based 24-hour emergency primary percutaneous coronary intervention (PPCI) services since last year. “With these donations, we have acquired advanced medical equipment and expanded our services, explains YCH Department of Medicine Consultant Dr Kwong Nim-pong. “Our ultimate goal is to ensure as many patients as possible receive timely and appropriate treatment in order to save more lives.”

Before a cardiac catheterisation laboratory and related treatment facilities were established at YCH, heart disease patients had to be transferred to either Princess Margaret Hospital (PMH) or Grantham Hospital (GH) for surgery, which was performed by YCH’s cardiologists. After surgery, patients were transferred back to the Coronary Care Unit at YCH. “YCH transferred out one to two heart disease patients daily, we have always hoped to establish our own cardiac catheterisation laboratory,” Dr Kwong recalls.

Lead to timely treatment for patients

YCH established its Cardiac Intervention Centre in 2022 with the support of generous donations from YCH Advisory Board Vice-Chairman Elizabeth Law. The centre features a cardiac catheterisation laboratory equipped with high-tech instruments, including biplane imaging system and intravascular ultrasound, and offers a range of cardiac surgical treatments. The hospital’s Coronary Care Unit was relocated next to the new centre and the number of beds was increased from four to eight. “Patients at YCH then could undergo PPCI without needing to transfer to another hospital. This allows them to receive treatment more quickly,



中心設置展示板，簡介通波仔手術的步驟。

A display board outlines the steps of the PPCI procedure.



中心內貼滿病人及家屬寫給醫護人員的感謝卡。

Cards with messages of gratitude from patients and their families to healthcare professionals are posted in the centre.

reducing complications and mortality rates,” Dr Kwong says. “YCH Cardiac Intervention Centre cum Coronary Care Unit now handles over 500 cardiac cases a year, twice as many as it transferred to either PMH or GH before the centre was established.”

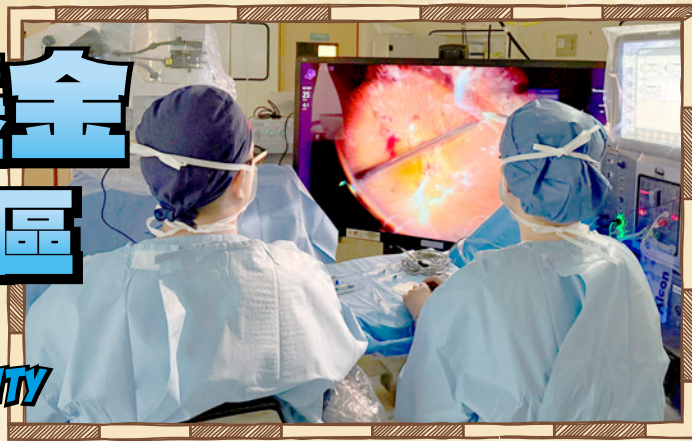
Despite the increasing number of patients needs to be handled, the service quality is not affected. A display board at the entrance to the centre is covered with thank-you cards from patients and their families with messages including “Thank you for the meticulous care and patience of the medical staff, who are thorough even when they are extremely busy” and “Thank you for saving lives. You are true heroes and angels”. Ward Manager (Cardiac Intervention Centre/ Coronary Care Unit) Wong Ka-lai reflects, “acute myocardial infarction occurs suddenly and the condition of patients deteriorates rapidly. Families are very grateful to the medical staff for rescuing their loved ones in a timely way and for allowing them to continue living together.”

The establishment of the centre has not only enhanced the hospital services of YCH but has also helped KWC achieve its goal of providing 24-hour emergency PPCI. Cardiac teams from PMH, Caritas Medical Centre, and YCH have collaborated since last June to form a cluster-based PPCI team, ensuring teams are on call during non-office hours.

Heart disease is one of the most common causes of death in Hong Kong, accounting for about 13% of all deaths in 2023. Dr Kwong says, “in response to rising medical needs, we plan to further enhance the services of the Cardiac Intervention Centre. This includes increasing the number of surgeries to shorten patient waiting times, and expanding our services to include more varied types of cardiac surgeries.”

醫管局慈善基金 扶助病困連繫社區

HACF SUPPORTS PATIENTS AND
CONNECTS THE COMMUNITY



醫院管理局慈善基金在1996年成立，將社區捐款用於資助公立醫院購置醫療設備、撥款予撒瑪利亞基金為病人支付醫療費用和藥物開支、資助病人資源中心及病友組織舉辦病人賦能活動、提供員工培訓等。

政府每年都會向醫管局撥款，但很多長期病患仍需要額外的經濟支援，以應付經濟困難。醫管局慈善基金每年向撒瑪利亞基金撥款，資助這些病人支付極度昂貴藥物，以及特別醫療項目和消耗品等。

此外，善款亦會用作提升醫療服務，支持醫院管理局的工作，慈善基金去年就協助香港眼科醫院購置眼科影像數碼化系統（上圖），為外科醫生在手術期間提供更清晰的影像，從而提升手術成效及病人安全。

醫管局籌募及發展主管張美玲解釋，慈善基金另一重要目的是連繫社區。「籌款除令病人及照顧者受惠外，也可藉此增加公眾的社區參與度，攜手為公營醫療服務出一分力，並有助醫管局與社區建立連繫。例如過往醫管局長跑讓醫管局員工聚首一堂，在歡樂跑步的同時為慈善基金的工作籌集資金。社會各界的大力支持，讓我們得以資助一系列惠及病人服務的慈善項目。」

她指慈善基金的善款全數用來資助醫療等各類項目，基金信託委員會對於捐款的使用非常謹慎，以確保捐款符合其「推廣健康生活，扶助貧困病人」的宗旨。

醫管局繽紛跑

「醫管局繽紛跑」一如既往為病人籌款，同事的捐款會直接撥歸其醫院，以支持讓病人受惠的項目。籌款的截止日期為今年12月31日，請同事多多支持！

The Hospital Authority Charitable Foundation (HACF) was established in 1996 and uses donations to support public hospitals in purchasing medical equipment, subsidising treatment and medication of patients in need through the Samaritan Fund, providing funding to patient resources centres and patient groups for empowerment activities, and supporting staff development.

HA receives subvention from the government every year. Nonetheless, many patients with long-term illnesses need additional financial help to cope with economic hardship. HACF injects funds to the Samaritan Fund in subsidising the treatment of patients in need of ultra-expensive drug, special medical equipment and consumables.

Donations to HACF are also used to enhance medical services and support the work of HA. For instance, it helped Hong Kong Eye Hospital to acquire Ophthalmic Image Digitalisation Systems last year (above photo), which improve surgical outcomes and patient safety by offering enhanced visualisation for surgeons during operation.

HACF also has a role to play in building bridges with the community, explains the HA's Chief of Donation and Development **Melanie Cheung**. "HACF not only supports patients and caregivers but also fosters community engagement by fundraising for public healthcare, strengthening the bond between HA and the community," she says. "The HA Run, for instance, brings together HA staff for a joyful run while raising funds to support HACF's charitable efforts. The tremendous support from the community allows us to fund a wide range of charitable projects that benefit patient services."

Melanie says the HACF Board of Trustees is very careful in how donations are used, ensuring they align with its mission of "Promoting Healthy Living, Helping the Sick and Needy".

HA Run & Fun

The 'HA Run & Fun' will once again raise fund for patients. Donations from colleagues will go towards respective hospitals for a range of projects to support patients. The deadline for fundraising is 31 December. Thank you for your support!



拉近距離 醫院與市民同樂

FUNDRAISING BRINGS HOSPITALS AND COMMUNITIES CLOSER TOGETHER

透過社區捐款，醫院不僅能獲得資源支持病人服務，還能加強與市民之間的互動和信任。東區尤德夫人那打素醫院（東區醫院）將於今年11月23日舉辦東區醫院日，這個活動自2009年開始，成為同事和社區每年熱切期待的盛事，活動包括慈善步行、現場表演、慈善義賣及攤位遊戲等。



東區醫院日籌得的善款將撥入東區尤德夫人那打素醫院慈善信託基金，用於改善病人服務和購置先進醫療設備。東區醫院日2024籌備委員會聯合主席陳子弘醫生（圓圖示）舉例稱，醫院矯型及創傷外科於2018年獲基金撥款購買一部3D打印機，有效提高相關手術的準確性和效率。「社區捐款不只是財政支持，更寄予了市民對醫院持續改善服務的信任與期望。醫護同事會致力回報這份信任，為病人提供最佳照顧。」

陳醫生指東區醫院日亦可促進社區互動。「參加者來自各類社區服務機構、病人組織及學校，透過活動更可熟悉醫院服務，並感受到醫院作為他們健康後盾的角色。」今年主題為「跨代共融・樂活東區」，醫院特別邀請不同種族人士示範彩繪藝術，期望促進社區共融，增進彼此了解。

各醫院都持續舉辦各種慈善活動。北區醫院慈善信託基金將於明年1月舉辦慈善步行2025，是疫情後首次復辦，希望再次凝聚社區力量，支持醫院服務發展。至於幫助新界西病患的善心醫療基金明年2月將透過慈善步行和同樂日籌款，善款用作購置新醫療儀器、引入創新醫療科技及改善醫院環境等，造福病人。

Community donations not only support patient services but also strengthen the bonds of trust and communications between hospitals and the residents they serve. The Pamela Youde Nethersole Eastern Hospital (PYNEH) will host its annual PYNEH Day on 23 November, an event which began in 2009 and has grown to become a popular and much-anticipated get-together for the hospital and the community. Its attractions include a walkathon, live performances, a charity bazaar, and game booths.

The money raised goes to the PYNEH Charitable Trust to support frontline departments for the improvement of patient services and the purchase of cutting-edge medical equipment. Co-chairperson of the PYNEH Day 2024 Organising Committee Dr **Gary Chan** (photo in the circle) recalls that the Department of Orthopaedics and Traumatology of the hospital received community donations in 2018 to acquire a 3D printing machine, improving the accuracy and efficiency of related procedures. "Community donations provide valuable financial support but they are also a sign of trust and expectation from members of the public for continuous improvement of the hospital services," he explains. "Our healthcare workers are committed to repaying this trust by providing the best possible care to our patients."

Dr Chan says the annual event promotes greater community interaction. "Participants come from a variety of community services, patient groups and schools, this means that they are able to become more familiar with hospital services and the role of the hospital to support their health." The theme of this year's event is 'Channel Vitality • Embrace Diversity'. Members of diverse race have been invited to demonstrate their painting skills so as to foster community harmony and mutual understanding.

Charitable activities are held on and on in hospitals. The North District Hospital Charitable Foundation will hold its Charity Walk 2025 in January – the first time the event has been held since the COVID-19 epidemic – to rally community support for hospital services. In February, the Hospital Authority New Territories West Cluster Hospitals Charitable Trust will organise a charity walk and fun day to raise funds for purchasing new medical equipment, introducing innovative medical technologies and sponsoring hospital environment programmes for the benefit of patients.



寓科研於臨床 相輔相成

SCIENTIFIC RESEARCH AND CLINICAL PRACTICE COMPLEMENT EACH OTHER



現代社會醫學昌明，一款新藥、一部新醫療器材、一套新人工智能輔助診斷疾病系統的誕生，均是無數醫護和科研人員辛勞的成果。醫院管理局（醫管局）推出五大關鍵措施（見表），提供完善的支援配套推動臨床研究和創新，冀在機構內部營造濃厚科研氛圍，鼓勵前線醫護人員進行臨床研究，「希望未來見到更多同事投入臨床研究，發表更多研究項目和學術論文，造福病人。」醫管局總行政經理（醫療成效及科技管理）**蕭詠詩**醫生說。

蕭醫生稱，醫管局在本港臨床研究享有獨特優勢，病人數目龐大提供大量研究素材，加上豐富醫療數據，為臨床研究提供理想的環境。公立醫院亦臥虎藏龍，潛藏一班默默耕耘的科學家。

伊利沙伯醫院臨床腫瘤科科學主任**曹志成**博士，投身臨床研究逾30年，自2017年起入選史丹福大學「全球首2%頂尖科學家」名單，亦獲科睿唯安評為2023年度最廣獲徵引研究人員，全球芸芸科學家中，僅有約6,850名頂尖學者獲得此殊榮。腫瘤科醫生與曹博士曾研究透過在病人的血清中檢測人類疱疹病毒第四型（EBV）的DNA數量，作非入侵性監測晚期鼻咽癌患者的化療反應。

科研路上充滿挑戰，推動他繼續前行的是探索未知之境的好奇心和造福病人的使命感，「研究最令人振奮之處莫過於探索新知，開創全球先河，但更重要的不單止在研究發現本身，而在於這些發現所蘊含的價值，它們能夠為病人帶來幫助，燃點我對研究的無限熱情。」

科研有功 成果共享

為鼓勵同事進行臨床研究，臨床研究的貢獻已納入醫生、護士、專職醫療及藥劑職系員工晉升的評核準則之一，蕭醫生更預告年底將推出科研成果專利管理和收入分配框架，加強保障醫管局的知識產權，並與同事分享研發成果。

醫院聯網亦各施各法表彰同事的科研成就，九龍中醫院聯網聯網統籌（研究）**袁國禮**教授指，會邀請同事在聯網大會和學術講座上分享研究成果，未來計劃頒發優秀論文獎，表揚科研成果登上學術期刊的同事。「聯網臨床研究支援辦公室」會為同事的研究設計、科研資助和倫理審批申請等，提供支援和培訓。



蕭詠詩醫生指，醫管局將持續推動科研發展，其中與香港中文大學合作建立的粵港澳大灣區國際臨床試驗所生物樣本庫，年底前開始接受本地機構申請。

Dr Venus Siu points out that HA will continue to promote clinical research and innovation. The Greater Bay Area International Clinical Trial Institute Biobank, established in collaboration with The Chinese University of Hong Kong, is expected to receive applications from local institutions by the end of the year.

醫管局支援臨床研究和創新五大關鍵措施

HA'S FIVE KEY INITIATIVES PROMOTING CLINICAL RESEARCH

- 1 中央研究倫理委員會精簡程序加快研究倫理審批
Streamline and expedite research ethics approval via Central Institutional Review Board
- 2 總辦事處成立「中央臨床研究及創新辦公室」
Establish Central Clinical Research and Innovation Office in Head Office
- 3 七個醫院聯網成立「聯網臨床研究支援辦公室」
Set up Cluster Clinical Research Support Office in seven clusters
- 4 鼓勵及肯定前線員工參與臨床研究
Encourage and acknowledge frontline staff participation in clinical research
- 5 發展資訊科技系統基建以支持臨床研究
Develop IT infrastructure to support clinical research



袁國禮教授稱，除了提供資助，九龍中醫院聯網還會為同事提供研究助理支援和研究統計諮詢服務。

Professor Hunter Yuen says that in addition to funding, KCC also provides research assistant support and research statistical advisory services to colleagues.

In the modern era of advanced medical science, the birth of a new drug, a new medical device or a new artificial intelligence-assisted disease diagnosis system is the fruit of the hard work of countless healthcare professionals and scientific researchers. Hospital Authority (HA) has launched five key initiatives (see table) to provide holistic support to promote clinical research and innovation, with the aim of fostering a supportive atmosphere for scientific research within the organisation and encouraging frontline clinical staff to conduct clinical research. “We hope to see more colleagues engaging in clinical research in the future, with a greater number of research projects and more academic papers being published for the benefit of patients”, says HA’s Chief Manager of Clinical Effectiveness and Technology Management Dr **Venus Siu**.

Dr Siu notes that HA has possessed unique advantages such as a large patient volume providing a vast pool of potential research subjects and topics, as well as a wealth of healthcare data, making it an ideal setting for clinical research. In the public hospitals, there is a group of unsung scientists working diligently.

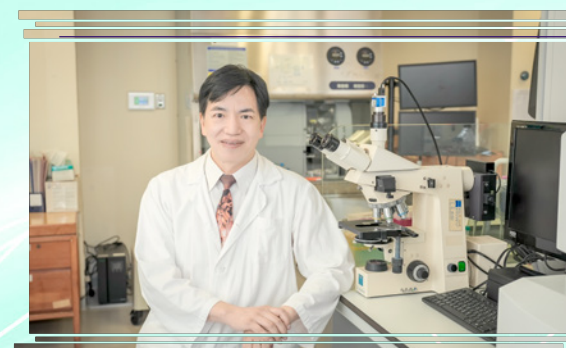
Dr **William Cho**, Scientific Officer (Clinical Oncology) at Queen Elizabeth Hospital, has devoted himself over 30 years to clinical research. He has been named among the world’s top 2% scientists by Stanford University since 2017, and is also listed in Clarivate’s Highly Cited Researchers 2023, where only about 6,850 top scholars have received this honour among the countless scientists worldwide. Oncologists and Dr Cho have conducted research on detecting the DNA amount of Epstein-Barr virus in patients’ serum for the non-invasive monitoring of chemotherapy response in patients with advanced nasopharyngeal cancer.

The journey of scientific research is full of challenges. What inspires Dr Cho to continue moving forward is the curiosity to explore the unknown realm and the sense of commitment to benefiting patients. “The most exciting part of research is exploring new knowledge and pioneering global breakthroughs. However, the true significance does not solely lie in the research findings themselves, but in the value these discoveries hold, as they have the potential to benefit patients and ignite a passion for research.”

Sharing rewards for research achievements with frontline staff

HA has included the dedication to research in the assessment criteria for promotion of medical, nursing, allied health and pharmacy grade staff, aimed at encouraging clinical staff to conduct clinical research. Moreover, Dr Siu announces that an enhanced framework for patent management and benefit sharing of scientific research findings will be introduced by year’s end to strengthen the protection of HA’s intellectual property rights and to share the rewards for research and development achievements with staff.

At cluster level, each cluster has adopted its own approach to acknowledging colleagues’ research accomplishments. Professor **Hunter Yuen Kwok-lai**, Cluster Coordinator (Research) of Kowloon Central Cluster (KCC), explains that KCC would invite colleagues to share research findings at the KCC Convention and academic seminars, and plans to present an Outstanding Paper Award in the future to commend distinguished staff whose research findings are published in academic journals. Cluster Clinical Research Support Office would provide support and training for frontline staff on study design, research grants and research ethics application, and so on.



曹志成博士建議，前線同事可從日常臨床工作發掘好的研究問題，研究遇到困難時主動向不同範疇的專家尋求指導。

Dr William Cho suggests that frontline colleagues can explore good research questions from their daily clinical work and proactively seek guidance from experts in different fields when they encounter difficulties in their research.

開放數據 推動醫療科研發展

DATA COLLABORATION FOR RESEARCH AND DEVELOPMENT

「病人照 X 光，有時髖關節骨折顯而易見，有時診斷並不容易，尤其是沒有移位的股骨頸骨折。人工智能（AI）系統的準確度極高，與專科醫生的水平相當。對於資歷較淺的醫生來說，就像有位顧問醫生從旁提供意見。」新界西醫院聯網急症科顧問醫生**雷俊達**指出，冬季是長者跌倒的高峰期，「人工智能識別髖關節骨折」系統能有效幫助醫生鑑別髖關節骨折，準確度達百分之 96。

「結合臨床診斷，醫生可以更快安排合適的醫療程序、手術或康復療程，系統推行後同事反應非常正面。」他認為，這一例子顯示出善用醫療大數據可以促進創新科技發展，並應用在臨床服務，造福病人。數據實驗室於 2018 年成立，其後供八大院校的研究人員進行科技研究及醫療數據分析，「人工智能識別髖關節骨折」系統正是其中一個成功例子，由醫院管理局（醫管局）提供 X 光片予大學研究團隊訓練 AI，成功研發系統，並應用至各醫院聯網，惠及病人。

將研究成果轉化為醫療服務

為配合政府推動科研的政策，醫管局進一步擴展至容許香港科學園內的合資格科研企業使用醫療數據進行研究及開發。由今年 3 月起，科研機構可查閱數據實驗室中約 20 萬名已匿名化的病人數據，涵蓋人口特徵、醫院及診所就診紀錄、臨床診斷、手術及其他醫療程序、藥物及檢查結果等。由服務開始至今，醫管局已經支援 10 間香港科技園公司進行研究。

醫管局高級系統經理**李璧堅**表示，這是醫管局與科技園公司合作推動科研的第一步。「初步反應正面，他們認為數據具研究價值。我們會總結這次開放數據平台的經驗，探討



雷俊達醫生形容 AI 系統猶如「多對眼」，輔助醫生進行診斷。

Dr Lui describes the AI system as 'an extra pair of eyes' to help doctors with diagnosis.

日後擴大計劃的可行性，配合支持香港發展成為全球合作研究中心。前提是確保病人私隱得到保障，並善用臨床數據進行研究及開發，以惠及香港乃至全球的病人。」

李璧堅續說，自數據實驗室成立以來，研究成果非常理想。「向大學開放數據後，已為約 400 名研究人員、超過 60 個科研項目提供數據支援。當中有 34 份研究成果已於不同國際期刊或會議上發表，對香港科研氣氛也有積極影響。」

醫管局目前仍與大學研究將其他項目應用到臨床服務，包括預測病人患上肝癌及心臟病風險等。雷醫生期待引入更多新的智能系統，「根據過往經驗，只要能幫助病人，同事都會歡迎並樂意學習新模式，相信能在醫院順利推行。」

“When an injured patient underwent X-ray hip, sometimes the hip fracture is obvious while sometimes the diagnosis is not easy especially for subtle non-displaced fracture. The accuracy of the Artificial Intelligence (AI) system is so high that it is on par with that of a specialist. For younger doctors, it is like having a consultant at their side to provide advice,” says Accident and Emergency Department Consultant of the New Territories West Cluster Dr **Lui Chun-tat**. He points out that winter is the peak season of fall incidents for elderly, and the ‘AI for Hip Fracture Detection’ system can effectively help doctors identify hip fractures with 96% accuracy.

“Combined with clinical diagnosis, doctors can arrange appropriate procedure, operation or rehabilitation treatment more quickly, and the system has received very positive feedback from colleagues since its implementation,” he says. He believes that this example demonstrates how the utilisation of big data in healthcare can facilitate the development of innovative technologies and clinical services for the benefit of patients. The ‘AI for Hip Fracture Detection’ is one of the successful cases since the Data Collaboration Lab opened in 2018 which then facilitates researchers from eight universities to conduct technology research and medical data analysis. At that time, Hospital Authority (HA) provided X-ray films to the university research team for AI training, and successfully developed and validated the system, which was subsequently rolled out to all hospitals and clusters to truly benefit patients.

Explore converting research outcomes into healthcare services

In line with the government's policy in promoting scientific research, HA has further expanded to allow eligible innovation and technology (I&T) enterprises in Science Park to use HA clinical data for research and development purposes. Starting from March 2024, I&T companies are able to access anonymised data of around 200,000 patients from the HA database, covering patients' demographic characteristics, attendance records at hospitals or clinics, clinical diagnoses, surgeries or other medical procedures, medication and examination results, etc. Up to date, HA has supported 10 research institutions in Science Park to conduct studies.

Dennis Lee, Senior Systems Manager of HA, highlights initial collaboration with Hong Kong Science and Technology Parks Corporation (HKSTP) to promote research. “We’ve received positive initial feedback from users who find the data valuable for research,” he continues, “drawing from our experience in opening up the data platform, we will further assess the potential for its expansion to support developing Hong Kong into a global collaboration research hub. Our primary focus is always the protection of patients’ privacy while clinical data are put to good use in research and development for the benefit of patients in Hong Kong and around the world,” he explains.

Dennis says that since the establishment of the Data Collaboration Lab, the research results have been very positive. “By making our data accessible to universities, it has provided data support to about 400 researchers and over 60 research projects. Among them, 34 research results have been published in various international journals or conferences, and have generated substantial impact on the research atmosphere in Hong Kong.”

Currently, HA is still coordinating with the universities on introducing other projects into clinical services, to translate research into impact. This includes the prediction of patients’ risk of developing liver cancer and heart disease. Dr Lui is looking forward to introducing more new intelligent systems. “Based on past experience, as long as they can help our patients, colleagues will welcome them and be willing to learn new modes, and I believe the implementation in hospitals will be very smooth,” he says.



李璧堅強調，醫管局非常重視保障病人個人資料的安全及私隱，並已在可供查閱的數據中刪除可辨認病人身分的資料。

Dennis emphasises that HA adopts strict standard in data security and privacy. All personally identifiable information has been completely removed from the data available for access.

我跑的那場馬拉松

A DOCTOR'S RICH MEMORIES OF MARATHONS ACROSS THE PLANET



「跑」沖繩馬拉松，市民會派黑糖給跑手；去阿里山那天，我們邊跑邊欣賞日出；福建土樓馬拉松有導賞員介紹古蹟；還有烏來峽馬拉松，補給站擺滿了當地美食，如烤乳豬、溫泉蛋……」律敦治及鄧肇堅醫院急症科部門主管蕭粵中醫生如數家珍地分享在各地跑馬拉松的回憶。

蕭醫生2005年在香港首次參加全程馬拉松（全馬），一試愛上。「當時經驗不足，訓練力度也不夠。記得在西區海底隧道上斜很辛苦，當年時限是五小時，慶幸剛好趕上完成賽事，但這次經歷提醒我要定期訓練。」他喜歡長跑可以鍛煉身體、錘煉意志，也能靜心。「我不太喜歡一邊跑步一邊聽音樂，反而會留意周圍景色。在工作上遇到問題時，跑步能讓我清醒，有時靈光一閃就想到解決辦法。」

至今他跑過46次全馬，足跡遍及柏林、東京、哥本哈根、修咸頓等地，印象最深刻莫過於今年8月的巴黎馬拉松。巴黎奧運會馬拉松史上首設公眾組別，跑手需要在兩年半內「跑步儲分」，累計滿一萬公里才可以參與抽籤，活動吸引全球超過80萬人報名，最終只有4萬名業餘跑手中籤。「我向來沒有抽獎運，確認中獎時我還再三檢查是否詐騙電郵！」他笑言。

蕭醫生獲編排在晚上十點起步，從市區跑到郊區，途經巴黎歌劇院、羅浮宮、凡爾賽宮等景點，回到終點已是深夜兩三點，整座城市依然迴盪著「Allez! Allez!」的叫聲。

「Allez 在法文中是『加油』的意思，即使夜已深，沿路還有市民和遊客為跑手打氣、擊掌，氣氛熾熱。我不是精英運動員，但就像奧運代表隊一樣參與賽事，真的很興奮。」

長跑路上肩負救人使命

蕭醫生會在繁忙工作後抽空訓練，辦公室內總放著跑衣和運動鞋。對他而言，馬拉松不再是與時間的競賽，他更享受路上風景和各地風土人情，近年他的長跑路上還多了個使命。11年前他遇上一位十公里跑手暈倒，檢查後發現已無呼吸脈搏。「幸好現場有幾位醫生及救護員輪流施行心肺復甦法，等待救護車趕到再使用自動體外心臟除顫器（AED）恢復心跳。後來我們每年都有聚餐，紀念這次死而復生。」蕭醫生認為，除了在急症室拯救危急病人，醫生也應運用知識和技能於院外救人，遂與同事組織「醫護任何人」，在長跑時攜帶輕便 AED 及簡單急救用品，隨時救助跑手。

「我希望人生中可以完成100個全馬，那就滿足了。我11月會去日本參加東北・宮城復興馬拉松，以支持311日本大地震的災區，其時將途經大地震遺址、紀念碑，以及重建設施，那又是一個有故事的馬拉松……」蕭醫生臉上掛滿笑意，期待著未來踏上的每一場馬拉松。



訪問短片
Interview video



蕭醫生跑馬拉松前先檢查隨身包內的 AED。

Dr Siu checks the AED in his bag before running a marathon.

“Citizens handed out brown sugar to runners in the Okinawa Marathon. We enjoyed the sunrise in Alishan as we ran. In Fujian province, there were tour guides to introduce the Tulou monuments. And at the U-Lay Gorge Marathon, there was a superbly rich supply station for runners with local delicacies of roasted suckling pig and hot spring eggs,” says Dr Axel Siu Yuet-chung, the Chief of Service at the Accident & Emergency (A&E) Department at Ruttonjee & Tang Shiu Kin Hospitals, as he looks back on a wealth of memories from running races all around the world.

Dr Siu ran his first full marathon in Hong Kong in 2005 and fell in love with it. “At that time, I did not have enough experience and training. I remember running up the incline at the Western Harbour Crossing, which was really tough. The time limit then was five hours and I was lucky to finish the race before the cut-off time. The experience taught me the importance of training regularly,” he says. He enjoyed long-distance running as a way to exercise the body, strengthen the will, and meditate. “I do not listen to music when running,” he explains. “Instead, I enjoy the scenery around me. I have to solve different kinds of problems at work, but running clears my mind and I sometimes think of solutions when I run.”

Dr Siu has now run 46 full marathons in locations including Berlin, Tokyo, Copenhagen, Southampton and – perhaps most memorably – Paris in August when for the first time in the history of Olympic Marathon, the public was able to run the same course as the one for the 2024 Olympics. Runners were required to run 10,000 kilometres within two and a half years in advance to participate in a lottery, which attracted more than 800,000 entries from around the world but only 40,000 amateur runners were admitted through a draw. “I have never had luck with lotteries, and I double-checked it was not a fraudulent email when I got a message telling me I had a place,” Dr Siu smiles.

Dr Siu was arranged to take off at 10pm, running from the city to the countryside, passing by famous sights such as the Palais Garnier, the Louvre Palace and the Palace of Versailles,

and returning to the finish line at 2 to 3am. At that time, the whole city was still echoing with the sound of ‘Allez!’ “Allez” means ‘come on’ in French,” Dr Siu recalls. “People and tourists cheered and high-fived the runners as they made their way in darkness. The atmosphere along the route was amazing. Even though I am not an elite athlete, I felt like I was part of the Olympic team participating in the event and I was so happy.”

On standby to save runners' lives

Dr Siu has a busy schedule at work but always keeps his running clothes and shoes in his office to maintain his training. For him, running a marathon is no longer a race against time. Instead, he describes himself as a runner who admires the scenery and the distinct atmosphere of the different marathons he runs around the world. In recent years, he has added a mission to his long-distance running. He encountered a runner who collapsed and had no pulse in a 10 kilometres race 11 years ago. “Luckily, there were other doctors and ambulancemen at the scene, and we took turns to administer cardiopulmonary resuscitation. Later, an ambulance arrived and used an automated external defibrillator (AED) and the runner’s heartbeat was restored. We go out for dinner every year to commemorate his recovery.” Dr Siu believes that apart from rescuing critically ill patients in A&E departments, doctors should also make use of their knowledge and skills to save lives outside hospitals. He therefore organised a team with colleagues and equipped themselves with a relatively lightweight AED and basic first aid supplies to save runners during marathons.

“I hope I can complete 100 full marathons in my life. That would be very fulfilling,” he says. “Next, I will go to Tohoku Migayi Revive Marathon in November, which is held to support the recovery from the 2011 earthquake and tsunami. Along the way, there are relics of the earthquake, monuments, and new facilities built after the disaster - so it is another marathon with a powerful story to tell.” Dr Siu’s eyes sparkle with excitement as he outlines his plans for the future.



巴黎公眾組奧運馬拉松讓蕭醫生終生難忘。

Paris 2024 Marathon Pour Tous was a once-in-a-lifetime experience for Dr Siu.

藥物送遞服務升級 增逾百社區取藥點

**Upgrade on medication delivery service:
over a hundred community collection points
now available**

醫院管理局的藥物送遞服務經已升級，病人除了可選擇將藥物送遞至住所或辦公室，現在也可在兩大連鎖店屈臣氏和萬寧的社區藥房合共超過100個社區取藥點，領取由醫管局配發的藥物。取藥時，病人亦可即場獲社區藥劑師指導用藥。在選擇藥物送遞服務的病人中，目前約有一成半選擇社區取藥服務。

靈活安排取藥時間

陳先生需定期到專科門診覆診，他表示每次等候取藥的時間很長：「醫院藥劑部外總是坐滿人，我會玩手機打發時間。雖然 HA Go 有取藥提示，但由於醫院位置離家和辦公室比較遠，我寧願留在院內等待。」醫管局去年推出送藥到戶服務，陳先生並未選用：「我從事的工作需經常前往不同地盤，無法長時間待在辦公室等候，家中亦沒有人代收藥物。」

他認為社區取藥安排靈活：「我家附近的連鎖店社區藥房營業至晚上八時，我可以下班後順路取藥。」社區藥劑師亦耐心解答他有關藥物敏感的問題。

藥劑師提供用藥指導

專科門診病人羅小姐因遇上急事決定使用社區取藥服務：「我之前會在醫院附近餐廳吃飯消磨時間，等待取藥。有次我在大堂等候時，突然接到公司通知需急回辦公室工作，於是決定使用藥物送遞服務。」

這是羅小姐首次試用社區取藥服務：「取藥當天是周六，到達社區藥房後毋須排隊，藥劑師很快便核對好藥物並向我講解注意事項，過程順利。」

社區取藥服務的安排靈活，現場有社區藥劑師指導用藥。

The arrangement of community collection service is flexible, with medication counselling provided by community pharmacist on the spot.



The Hospital Authority (HA) medication delivery service has been upgraded. In addition to having medications delivered directly to patients' homes or offices, patients can now choose to collect the HA-dispensed medications at more than 100 community collection points of the two chain pharmacy stores, Watsons and Mannings. Patients will also receive medication counselling from community pharmacist on the spot. Among those who used medication delivery service, around 15% have chosen to pick up their medications at community collection points so far.

Service tailored to patient needs

Mr Chan regularly attends specialist outpatient clinics for follow-up consultations and used to spend long time to collect his medications. "The seating area at the hospital pharmacy was always full, and I would pass the time on my phone," he says. "I could receive pickup notifications by using the 'HA Go' app, but I preferred to wait in the hospital because the location is not convenient for me to leave and return." Mr Chan chose not to use the medication delivery service when it was first introduced by the HA last year. "My job requires me to be at different construction sites, so it was impractical for me to stay in the office waiting for the delivery and my family were not able to receive the medications at home either," he explains.

The new community collection service works well for Mr Chan's case. "The community collection point near my home is open until 8pm, which means I can pick up my medications after work," he says, adding that the pharmacist at the community pharmacy patiently addressed his concerns and questions about drug allergies.



在醫院藥劑部等候取藥時間較長，病人可考慮選用藥物送遞服務。

There may be a long waiting time at the hospital pharmacy for medication collection. Patients can choose to use the medication delivery service.

Medication counselling by pharmacist

Ms Lo decided to use the community collection service due to an urgent situation. "I used to kill time by eating at nearby restaurants while waiting for my medications," she recalls. "On one occasion, while I was waiting in the lobby, I received an urgent call to return to work so I decided to use the medication delivery service."

For her first experience of the new service, Ms Lo chose a community collection point near her home. "I went to collect my medications on a Saturday. There was no line at the pharmacy and the pharmacist quickly checked my medications and explained the necessary precautions of my medications to me," she says. "The process was smooth."

社區取藥流程 How the community collection service works



病人就診後領取藥劑部籌號，透過 HA Go 提示直接安排藥物送遞服務。病人可選擇「社區取藥點」，按地區或連鎖藥房篩選，並根據後續指示安排服務並繳付費用。

After the patient obtains a pharmacy ticket, he/ she can select 'Medication Delivery Service' in the 'HA Go' app. Patient can choose the 'Collection Point' option and select the preferred collection point by district or service provider, then follow the instructions and complete payment to place the delivery request.



每張處方劃一收取 65 元運輸物流費，與現行的藥物送遞服務收費一樣，不需額外費用。

The patient pays a standard delivery fee of HK\$65 per prescription, which is the same as the current fee for the medication delivery service. There is no additional payment required.



藥物送達取藥點後，病人會收到通知，需於三個工作天內取藥。

Once the medications arrive at the collection point, the patient receives a notification and will need to collect his/ her medications within three working days.



病人取藥時，需出示 HA Go 二維碼核對身分。社區藥劑師會與病人核對藥物及提供用藥指導服務，有需要時會通知醫管局跟進。

When the patient arrives at the collection point, he/ she needs to show the QR code on the 'HA Go' app for verification. The pharmacist will then check the medications and provide medication counselling. The pharmacist will also inform HA to follow up when necessary.

注意事項 Point to note

如果病人需要送遞較昂貴或大型的藥物，就不適宜安排社區取藥服務。

Patients requiring delivery of relatively costly or bulky medications should not arrange for the community collection service.

高達夢成真 人機合一救病人

Pioneering robotics surgeon turns science fiction dreams into reality

趙偉仁教授小檔案

Profile of Professor Philip Chiu Wai-yan

- 香港中文大學醫學院院長
Dean of the Faculty of Medicine at CUHK
- 醫療機械人創新技術中心主任
Director of Multi-Scale Medical Robotics Center
- 人生格言：只要勇於想像，萬事皆可成真
Motto: Everything can come true if you dare to dream

香港中文大學醫學院院長趙偉仁教授今年初獲委任為醫管局（醫管局）大會成員，他早於1994年加入醫管局，曾於基督教聯合醫院（聯合醫院）和威爾斯親王醫院（威院）工作。趙教授是內鏡機械人手術的先驅，曾開創多項手術紀錄，包括2004年在本港進行首個內鏡黏膜下剝離術，以及2009年率先在威院進行機械人微創食道切除手術等。

趙教授自小沉迷科幻小說，尤其愛看《星空奇遇記》，日本動畫《機動戰士高達》的主角阿寶是他的偶像，辦公室更放著兩個高達模型。趙教授微笑說：「我深信任何天馬行空的想像都能成真，我兒時夢想是駕駛高達，現在夢想成真了，我可以『人機合一』控制機械臂做手術幫病人。」加入醫管局大會後，他第一時間邀請其他大會成員到醫療機械人創新技術中心參觀最新醫學研究，希望將創新的醫療儀器和機械人技術「落地」，由科研成果轉化到臨床應用。

「我相信科研的最終目標是臨床應用，惠及病人。」他回憶起20年前有位年輕女病人患食道癌，雖然手術成功，但傳統開腹手術令病人留下數十厘米長的傷口。「這個病例啟發我推動醫療創科，致力研究微創技術及機械人手術系統，持續提升手術精準度、縮小傷口範圍、減低病人的痛楚及術後併發症。」

以科研與教學迎戰的絕地武士

作為醫學院院長，趙教授期望未來與醫管局在科研教學緊密合作。「教授就像《星球大戰》中的絕地武士，水平高但數量少，我們需要和醫院裡各大部門的醫生攜手合作，培訓下一代，把技術和經驗傳承下去，集合一班值得信賴的夥伴。」隨著病人數量不斷增加，他形容公立醫療服務如同「打仗」，希望自己在前線的觀察有助制定出切實可行的應對措施，例如透過人工智能及無創技術來協助分流病人，減輕人手壓力。

醫院工作高壓，除了科幻世界，畫國畫也是趙教授心靈的避風港。他從小受母親熏陶熱愛繪畫，14歲起便隨嶺南派趙少昂大師學習丹青。嶺南派倡議「折衷中外、融匯古今」，保持開放態度創作，這種藝術理念也深深影響趙教授的工作，在研發醫療機械人時，常常跨部門、跨學科地廣納見解。「畫畫助我心靈排毒，不僅是醫護人員，每個人都應擁有自己的『小宇宙』，一個讓人暫時停下來、靜心思考的空間。不論是半天或一兩個小時，都要好好照顧自己，再繼續前行。」



趙教授（中）在聯合醫院和威院工作期間，兩度獲得醫管局傑出團隊獎。 Professor Chiu (centre) was twice awarded the HA Outstanding Team Award while working at UCH and PWH.

Professor Philip Chiu Wai-yan, the current Dean of the Faculty of Medicine at The Chinese University of Hong Kong (CUHK), was appointed as Hospital Authority (HA) Board member earlier this year. He joined the HA in 1994 and has worked at United Christian Hospital (UCH) and Prince of Wales Hospital (PWH). As a pioneer in robotic endoscopic surgery, he performed the first endoscopic submucosal dissection in Hong Kong in 2004 and the first robotic minimally invasive oesophagectomy at PWH in 2009.

His groundbreaking work in robotics stems from a childhood passion for science fiction, in particular *Star Trek* and the Japanese animation *Mobile Suit Gundam*. His boyhood hero was Amrue Ray. Two Gundam models have pride of place in Professor Chiu's office. "I believe in turning imagination into reality. As a child, I dreamt of piloting a Gundam, and now my dream has come true," Professor Chiu says with a smile. "I can control the surgical robots to perform surgeries and help patients." After joining the HA Board earlier this year, Professor Chiu invited his fellow members to visit the Multi-Scale Medical Robotics Center (MRC) to see the latest research in innovative medical devices and robotics that have the potential to further transform surgical procedures for patients.

"I believe the goal of scientific research is clinical application, because the ultimate objective is to benefit patients," he explains. He cites the case of a young female patient who was successfully treated for oesophageal cancer 20 years ago but was left with a large incision scar after a conventional laparotomy. "This case inspired me to promote the development of medical innovation and research on minimally invasive surgery as well as robotic arm surgery system, which continues to improve surgical precision, reduce the size of wounds, and minimise pain and post-operative complications for patients," he recalls.

Jedi Knights in the battle to raise healthcare standards

As Dean of the Faculty of Medicine, Professor Chiu looks forward to working closely with HA on research and teaching. "Professors are like the Jedi Knights of *Star Wars*," he says. "They are highly qualified but few in number, so we need to work together with doctors from different departments in hospitals to train the next generation, to pass on their skills and experience, and to gather a group of trustworthy partners," he says. Professor Chiu compared the current state of public healthcare in Hong Kong to "a battlefield" with growing numbers of patients. He hopes his observations at the frontline would help devise practical measures, such as the development of artificial intelligence and non-invasive technologies, to help divert patients and ease the pressure on manpower.

Away from his high-pressured work, Professor Chiu has a second passion other than science fiction to occupy his free time – Chinese painting. He was inspired by his mother to love painting from an early age and learnt to paint at the age of 14 with the Lingnan School master Zhao Shao-ang. The Lingnan style emphasises eclecticism between Chinese and western cultures, blending the ancient and modern, and keeping the mind open to creativity. Professor Chiu is deeply influenced by this artistic philosophy in his work, which explains why he has been able to draw on a wide range of interdepartmental and interdisciplinary perspectives in the development of surgical robots. "Painting is a way to detoxify my mind," he reflects. "Everyone, not just healthcare professionals, should have their own little universe – a space to stop and meditate for a while, for half a day or for an hour or two, to take care of yourself and then move on."



機械臂畫畫
Painting with a robotic arm



趙教授鍾情繪畫花鳥，曾以機械臂控制毛筆，畫出栩栩如生的水墨螳螂國畫（右圖）。

Professor Chiu loves to paint flowers and birds. He once used a robotic arm to control a brush to paint a lifelike Chinese ink painting of a praying mantis (right).



醫管局獲 HIMSS EMRAM 最高等級認證 HA validated for the highest level at HIMSS EMRAM

HIMSS 團隊去年到醫院進行評估。
HIMSS team went to hospitals for on-site assessment last year.

醫院管理局（醫管局）43間公立醫院及機構早前獲 Healthcare Information and Management Systems Society（HIMSS）頒發 Electronic Medical Record Adoption Model（EMRAM）第七級認證，是 HIMSS 首次向轄下有多間醫院的醫療機構發出最高等級認證，為醫管局發展電子病歷寫上重要一頁。

HIMSS 為非牟利全球醫療信息及技術顧問機構，亦是唯一一間開發數碼醫療發展國際認證的機構，評估醫療機構發展及推行電子病歷的進度。醫管局在 2021 年已獲得第六級認證。

今次獲國際認可，反映臨床醫療管理系統（CMS）的重要角色。醫管局在 1990 年代開始自行開發 CMS，並陸續加入不同功能提高臨床服務效率，改善病人安全。CMS 儲存了一千一百萬名病人的醫療紀錄，支援七萬多名同事的日常運作。

資訊科技及醫療信息主管張毅翔醫生表示，認證反映醫管局推動數碼化服務成熟，「這是對資訊科技及醫療信息部以及前線醫護人員的肯定。我們會繼續推動醫管局數碼化服務轉型，為醫管局流動應用程式 HA Go 增設更多功能，變得更普及。」

All 43 public hospitals and institutions under Hospital Authority (HA) have achieved the highest level Stage 7 of Electronic Medical Record Adoption Model (EMRAM) earlier, issued by the Healthcare Information and Management Systems Society (HIMSS). It is the first time HIMSS has conferred EMRAM Stage 7 status upon a large cohort of hospitals within a single institution, marking an important chapter in the development of electronic medical record of HA.

HIMSS is a non-profit global healthcare information and technology advisor, and the only developer of internationally accepted digital health maturity models. EMRAM is a framework designed to measure the maturity of the electronic medical record workflows in hospital settings. HA was awarded Stage 6 in 2021.

The Clinical Management System (CMS) has played a vital role in reaching Stage 7. HA started to develop CMS in the 1990s to improve the operation efficiency of clinical services and patient safety by adding new modules from time to time. CMS contains eleven million patient records which supports the daily operation for 70,000 staff.

Dr Cheung Ngai-tseung, Head of Information Technology and Health Informatics (IT&HI) says the award reflects HA's digital maturity. "It recognises the joint efforts by IT&HI and frontline healthcare workers. More new features will be added to HA mobile app 'HA Go' to engage the public."



醫管局獲頒電子病歷應用模式最高等級認證。
HA received the highest level Stage 7 of Electronic Medical Record Adoption Model.



認證過程短片
Video of validation

造影有選擇 有賴這計劃 Options for Scans Rely on this Plan

員工造影計劃為醫管局合資格人士提供指定私營服務機構造影服務，費用由醫管局與服務使用者共同分擔。服務計劃提供包括電腦掃描、磁力共振掃描、乳腺造影、超聲造影及冠狀動脈電腦掃描診斷服務，推出以來已為超過 26,000 名合資格人士提供檢查，深受歡迎，縮短了輪候時間及加快診斷。



影片（申請流程及注意事項）
Video (application flow and points to note)

計劃的新服務期由今年 12 月 1 日開始，將加入新服務供應商及一系列優化事項，例如新增 WhatsApp 查詢服務及增加申請渠道。同事想知更多詳情可掃描 QR code！

The Staff Radi Programme provides diagnostic imaging services for Hospital Authority (HA) eligible users, offered by designated private service providers on a co-payment basis shared by HA and the service users. Service scope includes Computed Tomography (CT), Magnetic Resonance Imaging (MRI), Breast Imaging (BI), Ultrasound (USG) and Computed Tomography Coronary Angiogram (CT-Coro). Since its launch, over 26,000 eligible users have conducted examinations under the programme. Positive feedback like shortening waiting time and facilitating early diagnosis was received.

The new service contract will start on 1 December this year, with new service providers and a series of enhancement, e.g. WhatsApp enquiry service, additional application channels, etc. Colleagues can scan the QR code for more details!



注意事項 Points to note:

- 合資格用家包括：
Eligible users include:
 - 享有醫管局醫療福利之現職員工及其合資格家屬
Serving HA Staff entitled to medical benefit and their eligible family members
 - 醫管局退休僱員及其配偶
HA retirees and their spouses
 - 因健康理由被醫管局終止聘用之僱員及其配偶
HA employees who ceased to be employed by HA for health reasons and their spouses
 - 屬公務員聘用條款或按補助機構條款受聘的醫管局現職員工
Serving HA staff on civil service terms or subvented staff working in HA
- 現行合約將於 11 月 30 日完結，已預約之用家需於此日期或之前使用服務
The existing contract will end on 30 November. Users have to complete the scheduled examination on or before this date
- 計劃不包括用作身體檢查、高風險及複雜性質的診斷造影。申請前需取得醫管局轄下醫生的轉介，並列明臨床需要
The programme does not cover screening or body check purpose, or high risk and complicated diagnostic investigations. Users need to obtain a referral from HA doctors with clear clinical indications stated beforehand
- 使用服務前登記醫健通，向所選的私營機構提供互通同意
Register eHealth and give sharing consent to service provider before the examination



發乎仁愛

明愛醫院服務基層

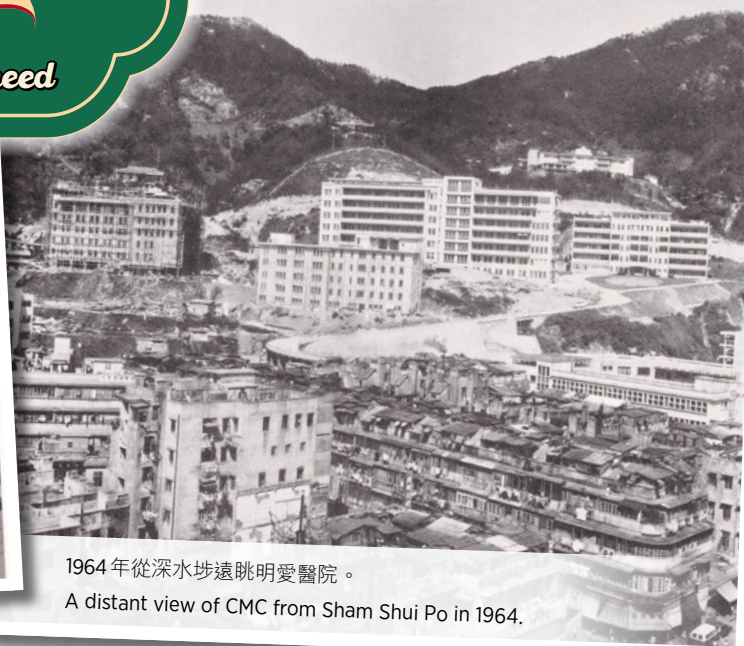
60 years of unwavering compassion

CMC's enduring mission for people in need

醫道有段故

The Inside Stories of
Hong Kong's Hospitals

1960年代，明愛醫院門診部。
CMC's outpatient department in the 1960s.



1964年從深水埗遠眺明愛醫院。
A distant view of CMC from Sham Shui Po in 1964.

1960年代，隨著深水埗公共屋邨陸續落成，人口不斷增長。為應對日益增加的醫療需求，明愛醫院於1964年成立。那年8月，家住蘇屋邨的徐家喜迎小生命。與家族傳統按字輩改名不同，這位小兒子取名「嘉祿」。徐嘉祿(Tommy)是第一位在明愛醫院出生的嬰兒，名字取自院內聖堂聖嘉祿小堂。今年明愛醫院成立60周年，Tommy也步入花甲之年，深繫他的仍是明愛醫院的人情味。

Tommy童年住蘇屋邨，少年時舉家搬至他區，與明愛醫院一度「失聯」。直至30歲那年，他獲邀出席醫院30周年慶典。Tommy憶述由該院前護士梁子嫻修女親自尋訪促成：「梁修女根據我出生時的入院紀錄，到訪我的舊居。由於我們當時已搬家，梁修女經鄰居取得我們的聯絡電話，終於成功聯繫上。」

隨後的40周年慶典和今年的60周年晚宴，均見Tommy蹤影，「可能因為我年紀大了，更覺得60周年是一個值得懷念、感恩的時刻。相較我小時候，我感受到醫院發展規模擴大，設備更完善，然而，多年不變的是人情味和對彼此的關懷。」Tommy除了與梁修女保持聯繫，也關注醫院的最新動向，他感謝醫院所有人一直不辭勞苦服務大眾。

骨科及創傷科顧問醫生黃國豪年幼時住李鄭屋邨，因體弱多病，常出入明愛醫院，當時他已視醫院為另一個家。大學畢業後，黃醫生實現小時志願，成為明愛醫院一分子。服務28年來，他稱最具挑戰是新冠疫情時期，當時他是部門主管，需在有限人手及空間下調派工作，「有同事染疫需要隔

離，部門曾一度只剩三分之一的人手。但大家從來沒有計較工作量，而是齊心應對困境。」他感激同事互相信任，做事有商有量。

「明愛醫院最可貴之處在於落地服務基層，尤其深水埗區較多貧困人士和長者，他們很多時不能照顧自己，沒有錢治病。」時光流轉，明愛醫院服務基層的宗旨如一，正如黃醫生小時候所感受到的一樣。



明愛醫院行政總監關慧敏醫生(左圖)說，該院英文名稱中的「Caritas」在拉丁文中，意為愛與關懷，正是同事在工作中展現的信念。展望未來，關醫生稱會繼續朝向智慧醫院發展，並期望改善工作流程，減輕同事文書工作。她又指，九龍西醫院聯網有三間大型急症醫院，盼重整服務使更多病人受惠之餘，亦為同事提供更多空間構思新項目。

「明愛醫院成立60周年，一般稱之為鑽禧。鑽石在高壓下形成，正如明愛醫院的同事經歷艱辛，秉承愛與關懷的信念，為病人帶來希望。」關醫生道。



徐嘉祿(左二)出席明愛醫院30周年誌慶活動。
Tommy Tsui (second from left) at CMC's 30th anniversary celebration.

Caritas Medical Centre (CMC) opened in 1964 to meet the growing medical needs of Sham Shui Po as new public housing estates sprang up in the 1960s. When their son arrived in the world in August 1964, the Tsui family from So Uk Estate broke with tradition and named him Ka-luk after the Chinese name of the hospital's St. Charles' Chapel. Tommy Tsui Ka-luk was the first baby born in CMC. With its celebration of 60th anniversary, 60-year-old Tommy still remains a lifelong link to CMC.

After spending his childhood on So Uk Estate, Tommy moved away in his teens and 'lost connection' with CMC. Then, as he approached his 30th birthday, he was invited to attend the hospital's 30th anniversary celebration. He recalls that he would not be able to attend without the line-up of a former nurse, Sister Cecilia Leung. "Sister Leung visited my old home according to my admission record when I was born, and managed to track me down through a neighbour. We got in touch with each other finally."

Tommy has since taken part in both the 40th and the 60th anniversary celebrations. "As I have got older, I have come to appreciate these milestones as times for reflection and gratitude," he says. "CMC has expanded and modernised over the years, but the compassion and care

it shows to people remain constant." Tommy maintains a connection with Sister Leung and keeps an eye on the hospital's development. He is grateful for the dedicated service provided by all its staff.



徐嘉祿與明愛醫院一同「登六」。
Tommy Tsui and CMC are both 60 this year.

Consultant of the Department of Orthopaedics & Traumatology Dr Ben Wong visited CMC often as a boy growing up on Lei Cheng Uk Estate, when he suffered regular bouts of illness. After graduating, he fulfilled his childhood dream by joining CMC and has now served in the hospital for 28 years. He faced significant challenges during the COVID-19 epidemic and in particular when he had to manage his department as Chief of Service through severe staff shortages and required deployment within a short time. "Despite being down to a third of our usual staff at times due to the isolation of colleagues after being infected, everyone banded together without concern for the workload," he recalls, saying he was grateful for the mutual trust shown by his colleagues who also built a pool of shared resources.



黃國豪醫生服務明愛醫院28年。
Dr Ben Wong has served CMC for 28 years.

"The greatest value of CMC lies in its commitment to serving the grassroots of the community, particularly the impoverished and elderly people in Sham Shui Po, many of whom are unable to care for themselves or afford medical treatment," Dr Wong concludes, observing how CMC has stayed true to the same mission it had when he was a boy.

The hospital name 'Caritas' in Latin means charity and echoes the love and compassion shown by colleagues in their daily work, explains Hospital Chief Executive of CMC Dr Gladys Kwan (left photo). Looking ahead, she is focused on developing the smart hospital concept and streamlining workflows to ease the administrative burden. Dr Kwan hopes that the restructuring of services in the Kowloon West Cluster, which includes three acute general hospitals, would benefit more patients and provide staff with the opportunities to develop new projects.

"CMC celebrates its 60th anniversary which is also known as diamond jubilee. Diamonds are formed under tremendous pressure – much like our staff who endure challenges with steadfast love and care, bringing hope to our patients," Dr Kwan says.

明愛醫院

走過一甲子

CMC on a journey through six decades

「懷」字為首的大樓

Eight cornerstones for helping the poor

明愛醫院舊稱「天主教福利會慈善醫院」，致力向貧困大眾提供收費低廉的醫療服務。在2002年前，共有八座建築物以「懷」字為首，配字取自仁義、德望、安樂、明愛。重建後，目前四座主要大樓分別為懷愛樓、懷信樓、懷明樓和懷義樓。

CMC has been dedicated to offer affordable medical services to the poor since it commenced service in 1964. By 2002, eight buildings starting with the character 'Wai' had been constructed, paired with Chinese characters 'benevolence and righteousness', 'virtue and hope', 'peace and happiness', and 'Caritas'. Following the hospital's redevelopment, four main buildings are now: Wai Oi Block, Wai Shun Block, Wai Ming Block, and Wai Yee Block.

黎明為「陽光之家」籌款

Leon Lai champions disabled paediatric patients

明愛醫院兒童發展復康部自1978年起，專門為嚴重智障兒童提供長期住院治療。藝人黎明在1993年出席該部門「陽光之家」啟用禮並探訪兒童，其後發起「五毫子計劃」，並於1995年在紅館舉行演唱會「陽光之家黎明慈善夜」，將收益撥捐醫院。同年底，黎明（前排中）出席牌匾揭幕儀式。

CMC's Paediatric Developmental Disabilities Unit has provided long-term hospital care for severely mentally handicapped children since 1978. In 1993, 'Project Sunshine' of the unit launched, with actor and singer Leon Lai appearing at its inauguration and visiting the children. Leon initiated the '50 cents campaign' and hosted a concert 'Sunshine Leon Lai Charity Show' in 1995 at the Hong Kong Coliseum to raise funds for the project. Later that year, Leon (centre front) attended the unveiling ceremony for a commemorative plaque.



教宗捐款建升降機

An uplifting donation from the pope

明愛醫院一座升降機塔在1967年建成，由當時的教宗保祿六世捐款84,000美元興建，並以其本名 Giovanni Battista Enrico Antonio Maria Montini 命名為「文迪尼塔」。升降機塔拆卸後，紀念碑移放到現今永康街電梯大樓。

CMC built an elevator tower named Montini Tower in 1967 in honour of Pope Paul VI who funded it with a donation of USD \$84,000. It was named after his birth name Giovanni Battista Enrico Antonio Maria Montini. When it was finally demolished, the historical memorial plaque was reinstated in the existing elevator building on Wing Hong Street.

病房成臨時課室

Turn wards into temporary classroom

1982年，由香港明愛營辦的明愛樂仁學校創校，為嚴重智障兒童提供教育。學校最初借用明愛醫院懷仁樓的病房，簡單改裝成臨時課室。直至1995年，學校搬遷至毗鄰醫院的獨立新校舍，並改名為明愛賽馬會樂仁學校。

Caritas Lok Yan School, run by Caritas-Hong Kong, was established in 1982 mainly for serving the severely mentally handicapped children of the hospital. Initially, the school used the wards in Wai Yan Block of CMC as temporary classroom. In 1995, it was relocated to a new independent building adjacent to the hospital and was renamed as Caritas Jockey Club Lok Yan School.



約克公爵夫人莎拉在1995年到訪懷仁樓的病房。
The Duchess of York Sarah visited the wards in Wai Yan Block in 1995.

建六角亭表謝意

Pavilion stands the test of time

六角亭又名「謝恩亭」，在明愛醫院創院時興建，以向德國天主教社會援助基金會和所有捐獻者表達謝意。醫院分別在2002年及2015年完成第一及第二期重建工程，儘管風景變遷，六角亭仍屹立在前往懷義樓的路上。

The hexagonal Pavilion of Gratefulness was built when CMC was founded to express gratitude to the Misereor Social Aid Fund and the donors who made the hospital possible. Despite changes in landscape, the landmark on the road to Wai Yee Block witnessed the hospital's two redevelopment projects completed in 2002 and 2015.



訪問短片
Interview video



HA Go



Android/iOS

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Download now!



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Visit the website



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重拾被遺忘的時光

Photo wall brings the past back to life



為慶祝創院60周年，明愛醫院舉辦一系列活動，包括晚宴、質素及安全論壇、感恩聖祭及推出紀念特刊。醫院特設一幅照片牆，由超過600張舊相同感謝卡拼貼而成，滿載同事、病人及其家屬與明愛共度慨快樂時光，等我哋重溫呢啲珍貴回憶啦！

Caritas Medical Centre (CMC) celebrates its 60th anniversary with a variety of activities, including gala dinner, quality and safety forum, Thanksgiving Mass, and the production of a commemorative booklet. The hospital also set up a photo wall composed of more than 600 old images and thank you cards, capturing the joyful moments shared by colleagues, patients, and their families through the years. Let's revisit some of those precious memories!



照片牆滿載同事與病人嘅難忘時刻。

The photo wall is full of the unforgettable memories of colleagues and patients.



喺1990年代初嘅員工聖誕聯歡會，同事載歌載舞。

Colleagues sang and danced at a Christmas party in the early 1990s.



明愛醫院護士學校1965年創立，2002年停辦後，2008年重開。有1980年代嘅校友憶述，學校會不時舉辦戶外旅行同醫院參觀等學生活動。

Established in 1965, the CMC Nursing School was closed in 2002 and reopened in 2008. Alumni for the class of the 1980s recalls the school has hosted activities such as school trips and hospital visits for students.