

HAS 協力Link

與民攜手 Helping People Stay Healthy
保健安康

二〇一二年八月
August 2012

新丁報到 多多指教

A new force: ready to serve



伴著奧運熱潮的澎湃動感，醫管局喜迎一批幹勁衝天的生力軍—2,800多位醫護人員，包括醫生、護士及專職醫療人員陸續在這個年度到任，為公立醫院服務增添重要支援。《協力》歡迎各位新同事，並即時找來幾位「新鮮人」，聽聽他們加入HA大家庭的心底話，今期的專題故事，為您娓娓道來。

《協力》致力為您帶來可讀性高的文章，今期推出的新專欄「HA天地線」，由同事Helen Ha以輕鬆幽默手法，向您報導發生於HA的人與事，務求透過Helen 360°的觸覺，讓您在忙碌緊張工作之餘，享受到一份輕鬆開懷的舒暢。要知道Helen「八」到什麼？請即翻到第六及七頁。

另外，上期「天水圍社區健康中心投入服務」一文，中心是在六月開幕，並為新界西居民提供服務，謹此更正。

Following the captivating excitement of the London Olympics, the Hospital Authority is delighted to welcome on board a batch of fresh blood. More than 2,800 healthcare professionals, including doctors, nurses and allied health personnel, have reported for duty in this year, and some of them have begun providing essential support to public hospital services. *HASLink* has talked to some of these freshmen, and reveals in the feature story their feelings about working in the HA family.

HASLink is dedicated to providing you with a high-quality read. We are launching a new column, "HA Pulse". In this, our colleague Helen Ha will write interesting tidbits about happenings in the HA in a light-hearted and humorous way. With Helen's strong sensitivity and connectivity, "HA Pulse" will definitely cheer you up and help refresh you during your hectic work. Want to know whose pulse Helen has her finger on this time? Turn straight to page six and seven.

Meanwhile, we need to make a correction about an article in our last issue, "Tin Shui Wai Community Health Centre in service". The Centre officially opened in June and is providing one-stop community healthcare services for residents in New Territories West.

編輯委員會：羅永業、李美鳳、陳嘉怡、梁佩芳、邱佩華、劉穎思、馬玉蓮、鄧翠芯、李小雲、凌詠儀、姚健文、舒瑞珍、何敏嘉、劉少懷、楊秀玲

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2,800

2,800

因爸爸的提點，余思遠立志成為外科醫生，讓一雙巧手大展所長。

Thanks to his father's enlightenment, Dr Yu aspired to be a doctor.



新手醫生 12字真言巡病房

醫護生力軍，最令人關注的必定是一眾「醫生仔」，在瑪麗醫院外科部的余思遠，剛在7月加入為實習醫生。

余醫生就讀中四那年，因父親的提點而立志成為外科醫生。「當時我和爸爸正在收看雅典奧運，他跟我說：『要決定未來的職業不應只從興趣出發，還應是可發揮個人專長。例如在奧運會中，身材高大的人不會玩舉重，矮小的就不會玩跳高。』我因擁有一雙巧手，故爸爸建議我做外科醫生，發揮所長。」

今天，余醫生理想成真，每日巡房、為病人檢驗身體、跟進病人報告，還要On Call 36小時，他既興奮，但又感到壓力，「特別是On Call的時候，因有機會接觸緊急個案，我的判斷不容有失，責任重大。」

他說，只要穿起醫生袍，便會緊記「上醫治國、中醫治人、下醫治病」這12個字。現在，他最想盡快熟悉工作內容，打好基礎，希望明年有機會加入外科，接受專科訓練，然後走進手術室救人！



採訪當日，正是余思遠第三次On Call。他每次接到來電，都認真地記下內容，絕不容絲毫出錯。

Dr Yu carefully notes the details of every call he receives, to ensure that nothing goes amiss.

新血加入團隊

new staff to boost frontline force

約2,800位醫護生力軍將於年內陸續加入醫院管理局。醫管局計劃在2012-13年度增聘約290名醫生、2,000名護士及540名專職醫療同事，一起應付公立醫院部份專科部門面對醫護人手緊絀的挑戰。《協力》找來多位新鮮人，分享他們新入局的感受和對未來的期盼。

Around 2,800 new frontline healthcare professionals will be joining the Hospital Authority. To tackle the challenges from the manpower shortage in public hospitals, the HA plans to recruit around 290 doctors, 2,000 nurses and 540 allied health professionals during 2012-2013. *HASLink* interviewed some of these freshmen, who shared their feelings and expectations.

A new doctor's gown and an important motto

Among these new colleagues, the public's greatest concern is about those who are doctors. Dr Peter Yu is an intern who joined the Department of Surgery at Queen Mary Hospital in July.

When he was a F.4 student, his father taught him how to choose a career while they were watching the Olympics together one day, "When you choose a job, don't just focus on your interests. It should be one that allows you to show your aptitudes. Just like tall people don't do weightlifting and short ones don't do the high jump." Noticing that his son has a pair of skilful hands, Yu's father suggested he become a surgeon in the future. Thus, Dr Yu set himself this goal.

Today, he is a real doctor. He has to carry out his clinical duties, keep his eyes on his patients every day, and be on call for up to 36 hours at a time. That makes him feel both excited and also under pressure. "I have a great load of responsibility, especially when I'm on call. I can't afford to make a single mistake with an emergency case."

When he puts on his doctor's gown, he automatically remembers a motto: "The best doctor heals the country, a good doctor cures people, and doctors treat patients." He expects to receive specialist training in surgery and to enter the operating theatre to save the lives of patients very soon.

準醫生的最後操練

為了讓新一批260多位新手醫生盡快熟悉醫管局的運作，醫管局進修學院在6月舉辦了連串活動，包括臨床經驗分享會、仿真實場景的個案訓練、高級心臟生命支援術工作坊，以及如何使用臨床醫療管理系統等。

Final preparations for new interns

The Hospital Authority Institute of Health Care has organised The Central Intern Orientation Programme to help around 260 new medical graduates familiarise themselves with the operations of public hospitals in June. It consists of seminars on clinical ethics, patient communication and health informatics; as well as medical simulations for skill-based and scenario based training, a modified advanced cardiac life-support skills workshop, and clinical management system training.



各準醫生不斷溫故知新，熟習抽血技巧和醫療程序。

Interns practising medical procedures.



新鮮人余醫生與各同事互相支援、鼓勵。

Dr Yu works closely with his colleagues and cheers each other.



準護士 盼當社康姑娘

剛在明愛醫院護士學校完成三年全日制高級文憑課程的陳安生，成績連續兩年都是班上第一名。這位高材生將會加入仁濟醫院當護士，希望日後可成為社康姑娘，與病人更多互動。

求學時，她到過不同的部門實習，當中最難忘是某次在內科病房，突然有位病人心臟病發，她與其他護士立即替病人進行心肺復甦，「很感謝護士給我這名實習生活學活用的機會。」她說。

護士是醫生的左右手，亦是病人與醫生的橋樑。陳安生覺得護士要時刻充滿自信、小心謹慎、不怕血、與病人多溝通和擁有一夥積極的心，她認為，「若連自己都怕血，又內向的話，怎能和病人建立互信，幫助他們康復呢？」

雖然有護士會選擇到私家醫院工作，但陳安生卻認為：「在公立醫院工作，可以接觸更多奇難雜症，累積經驗，而且這裡的護士都願意教導新人，單是這兩原因，就吸引我選擇在這裡工作。」



開朗外向的安生在中學時已加入聖約翰救傷隊，自此與醫護界結下不解之緣。

Anson joined the St. John Ambulance Brigade during her secondary school years. This led her to remain in the healthcare field afterwards.

A nurse-to-be aspiring to become a community nurse

Anson Chan topped her class at the School of General Nursing at Caritas Medical Centre for the past two years. She will join Yan Chai Hospital soon, and she hopes to become a community nurse in the future.

She was sent to various departments for internships while she was a student. Her most unforgettable experience was performing cardiopulmonary resuscitation with other nurses on a patient who was suffering a heart attack. She says, "I am still grateful for having had this opportunity during my internship."

Nurses can act as doctors' helping hands, and as a bridge between patients and doctors. Anson thinks competent nurses should always be confident, cautious and unafraid of blood, and have a positive mind. "If you are afraid of blood and shy, how can you develop good relationships with patients and help them recover?"

Nurses can choose to work in a private hospital, but Anson believes that, "If I work in a public hospital, I will have the chance to see more unusual cases. What is more, most of the experienced nurses there are willing to teach newcomers. Therefore, I have chosen to start my career in a public hospital."



安生雖然只是實習生，當她為病人拔除「黃豆」和量血壓時，都會向病人解釋清楚每個步驟，非常專業。

During her internship, Anson works in a professional manner as she removes a heparin block and checks a patient's blood pressure.



青少年「暑」入醫院 睇真啲!

暑假期間，不少醫院都舉辦一些活動，讓有志投身醫護行業的青少年，走入醫院，與前線同事和病人交流，增加他們對醫療服務認識，培養其使命感和同理心。

新界東醫院聯網舉行的「暑期義工大學堂計劃」，以及屯門醫院的「陽光天使」學生暑假義工服務計劃，共吸引了近300名青少年參加。「陽光天使」計劃參加者之一的謝樂然說：「我的志願是當急症科醫生，計劃加深了我對屯門醫院的認識，亦更了解前線醫護人員的日常工作。」

義工聽取物理治療師簡介日常工作和相關知識。

Physiotherapists introduce their work to the volunteers.

Teens volunteering at a hospital

Some hospitals organise summer workshops for teenagers to increase their medical knowledge and help them develop a sense of mission and empathy.

The New Territories East Cluster held its "Summer Volunteering School Programme" and Tuen Mun Hospital (TMH) organised the "Sunshine Angels Volunteer Programme". These attracted 300 participants. Tay Tse, a participant in the "Sunshine Angels Volunteer Programme", says, "I want to be an emergency physician. This programme allows me to gain a better understanding of TMH and the daily duties of frontline healthcare workers."



周宛霖覺得，有了同事的支援，自己可專心為病人看症。

In HA, Diana gets more support from her colleagues, which in turn allows her to concentrate more on her patients.



鄭金兒期望更多人認識醫務社工的工作。

Karis hopes more people will learn about a medical social worker's job.

「親生女」重返娘家助病人

「如果林峯是TVB的親生仔，我就是廣華的親生女！」醫務社工鄭金兒的這番話，足證她多麼喜歡在廣華醫院工作。

鄭姑娘曾在該院當實習生，畢業後當上駐校社工，但因太熱愛醫務社工的工作，終在2009年重返娘家。與她談起工作的點滴時，仍感受到她心中如新人般的那團「火」。年初時，她成功救回一位60多歲婆婆的生命，「那位婆婆因要長期照顧102歲的中風母親，感到前所未有的經濟壓力，身心疲憊下，萌生自殺的念頭，我們得悉後立即施以輔導，及時為她安排各種離院照顧服務及經濟援助，令她打消尋死的念頭。」

或許有人會認為醫務社工的工作毫不起眼，鄭姑娘卻認為：「我們是在病人最需要援手的一刻介入，支援他們的身、心、靈，讓他們在病榻中過得有尊嚴，日後有保障的生活，這就是我們存在的意義。」她還剛完成法律碩士課程，準備以專業知識繼續為病人提供諮詢及輔導服務，與他們一起渡過逆境。

義肢矯形師 由私院走進公院

在北區醫院工作剛四個月的二級義肢矯形師周宛霖，之前一直在私人機構工作，已擁有十多年相關工作經驗，究竟甚麼原因令這位資深義肢矯形師，由私人機構轉投公立醫院懷抱？

她說：「在公立醫院可接觸更多個案，且有機會與不同的專職同事和醫生交流，為自己增值；單說這幾個月，我已感覺到在工作上得到有力的支援，因為以前由看症到做模、跟進所有的工場工序，到最後將矯形器送到病人手上，都由自己『一手包辦』；但在這裡，我可以將最費時的工場工序交予相關同事處理，自己可騰出更多時間專心為病人治病，沒有了孤軍作戰的感覺，能與同事一起為病人謀求福祉，感覺真好！」

Prosthetist-Orthotist moves from a private to a public hospital

Diana Chau has been working as a prosthetist-orthotist II in North District Hospital for four months. She previously worked in a related field in the private sector for 10 years. What attracted her to join the HA?

She replies, "In the HA, I have more chances to study different cases, and more opportunities to work with various allied health colleagues and doctors which help enhance my professional proficiency. With assistance from other supporting staff, I no longer need to act as a 'one-man-band'. So I can spare more time for my patients. That is great!"



打石膏一環，周宛霖仍是親力親為。

Diana produces the casts for her patients.

A "daughter" comes home to cure a patient's heart

"I would say that I am 'a daughter of Kwong Wah Hospital (KWH)'!" declares Karis Cheng, a medical social worker, to show how much she loves working there.

Karis was an intern in KWH before, and she became a school social worker after she graduated. Yet her desire to become a medical social worker was so overwhelming that she eventually returned to KWH in 2009. As she shares the details of her working life, we still feel her passion like a novice. For example, how she saved a 60-year-old lady who was under intense financial pressure, due to her long-term care for her 102-year-old mother who had suffered a stroke. The lady had become mentally and physically exhausted, and intended to commit suicide. Luckily, Karis and her team immediately noted her needs and provided counselling services and financial assistance in time to save the lady's life.

Some people might think the role of a medical social worker is not so important. But, as Karis says, "We can intervene when our patients most need help, and support their body, mind, and spirit at the bedside. This helps them regain their dignity and live a stable life afterwards. Our work is so meaningful." Karis has also just completed a Master's degree in Law, and she is ready to use her legal knowledge to help other needy patients as well.



女人80' 男人90'

唔運動都可減肥 Shed excess fat with no fuss

都市人好食懶飛，容易有大肚腩兼超重。醫管局早前開咗個記招，列舉文獻證明中藥同針灸治療肥胖成效顯著，而且有同事已經受惠，兩至三星期內速減10磅！

衛生署近日有個破格廣告，話女士腰圍80厘米，男士腰圍90厘米，已屬超標，應該減肥。

我Helen小蛇腰只得50厘米，當然無有怕。但為咗啲失控發福的同事，梗係追住中醫及中西醫結合服務主管謝達之了解一下。

謝達之講咗個肥人福音：「有科研證明針灸可以刺激BMR（新陳代謝率），只要針得其法，唔駛特別做運動都減到肥。」有同事就喺醫管局轄下的中醫中心治療，兩、三星期內，火速收身10磅，真係好過中六合彩。

不過謝達之嚴正聲明，醫管局轄下16間中醫中心絕對唔會幫人瘦身美容，只係治療超重人士。如果你係「女人80，男人90」，仲要企喺度望唔到腳趾果隻，快啲去掛號啦！♥



▲謝達之（中）話，針灸都可以減肥。
Dr Eric Ziea (middle) said, acupuncture can help reduce body fat.



City dwellers enjoy many conveniences and comforts, but these can often lead to expanding waistlines and limited success in battling the bulge.

But hope is at hand! In addition to adopting healthier lifestyle habits, individuals can now add Chinese herbal medicine (CHM) and acupuncture to their fat-fighting armoury.

The Hospital Authority (HA) recently released the findings of a systematic review on the use of CHM and acupuncture to treat obesity. Dr Eric Ziea, Chief of Chinese Medicine & Integrative Medicine, said that scientific research has shown that CHM and acupuncture, which can both speed up the metabolism, can help reduce body fat. The review also found that, if the right acu-points are stimulated, weight reduction is possible even without too much physical exercise. And it's not just the scientists that say these treatments work – one HA employee has shed 10 pounds in just three weeks using CHM and acupuncture!

While the HA's 16 Chinese Medicine Centres (CMC) do not provide slimming services, they can help patients with obesity problems. If your waistline exceeds 80cm as a woman or 90cm as a man as suggested by an ad of the Department of Health, a CMC appointment could be just what Dr Ziea suggested. Lose fat and get back in touch with your toes! ♥

Helen Ha

威院換腎團隊，On duty A gratifying 48 hours for PWH nephrology team



威爾斯親王醫院腎科團隊好威水，腎科「阿頭」李錦滔教授最近以140份「腹膜透析」優質論文，榮獲美國國家腎臟基金會的「國際傑出成就獎章」，揚威國際。擺完獎回來，團隊即喺八日內神速幫五個病人換腎，有理論又有實際，唔怪得李教授笑容滿面。

今次換腎陣容多達七個部門300醫護人次，而換腎係「突發」嘢，無得plan，唔知幾時有人捐腎，個個都要一call即到。

「我哋做到第三、四個手術時，完全無想過仲有第五個腎嚟緊。換腎係大手術，仲要喺收到腎臟的18小時內移植。我們已無時間輪班休息，只能同時間競賽，好彩同事都自動加班幫手！」李教授話。

於是，有醫生連續36小時無瞓，同一團隊最後係「On duty 48小時」，不眠不休做足兩日手術。

大家都知腎臟難求，有啲病人等到死都未必等到。李教授託小妹呼籲，熱心市民記得喺器官捐贈名冊登記呀！💖



The sum of one honour plus five transplants has resulted in more than double happiness for the nephrology team at the Prince of Wales Hospital.

In recognition of his extraordinary contributions in the field of kidney disease, team chief Professor Philip Li Kam-tao was recently presented with an International Distinguished Medal by the National Kidney Foundation in the US. One month later, Professor Li and his colleagues gave a practical demonstration of just what it took to be distinguished – putting in an eight-day shift to bring the hope of new life to five kidney transplant patients. A clinical accomplishment coupled with a cherished honour. No wonder Professor Li is all smiles.

Healthcare workers from seven departments collectively clocked up 300 clinical shifts to ensure the transplant operations were a success. With the timing of organ donations often impossible to predict, everyone must be ready for action when a precious opportunity arises.

“We couldn’t believe that a fifth kidney had become available while we were performing our fourth transplant operation in less than two days. But since kidneys must be best-transplanted within 18 hours, there was no time to rest – the team understands that it’s a race against time. It was so gratifying to see my colleagues keep pushing on to help those in need,” said Professor Li.

By the end of the fifth transplant operation, Professor Li’s team had been on duty for 48 hours, with some doctors having worked 36 hours non-stop!

Sadly, not everyone waiting for a kidney donation is as lucky as the five individuals recently helped by the PWH nephrology team. Professor Li urges people to consider registering as organ donors to give more transplant patients the opportunity to receive the most precious gift there is – life. 💖

Helen Ho



洩隱陷阱

小心!

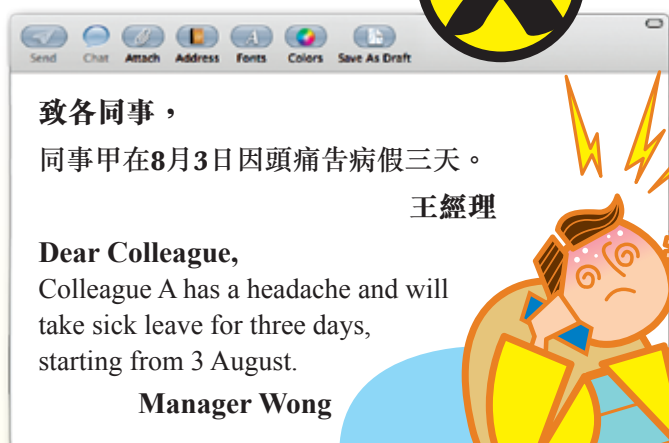
Beware

personal data disclosure



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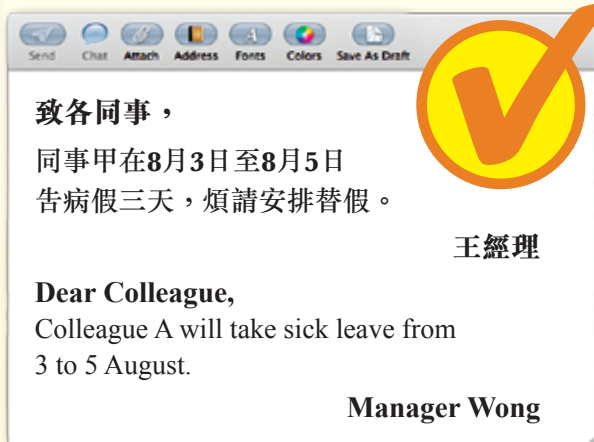
請病假 Sick leave



致各同事，
同事甲在8月3日因頭痛告病假三天。
王經理

Dear Colleague,
Colleague A has a headache and will take sick leave for three days, starting from 3 August.
Manager Wong

- 寫出「頭痛」涉及洩露員工的私隱。
The word "headache" discloses a person's personal data.



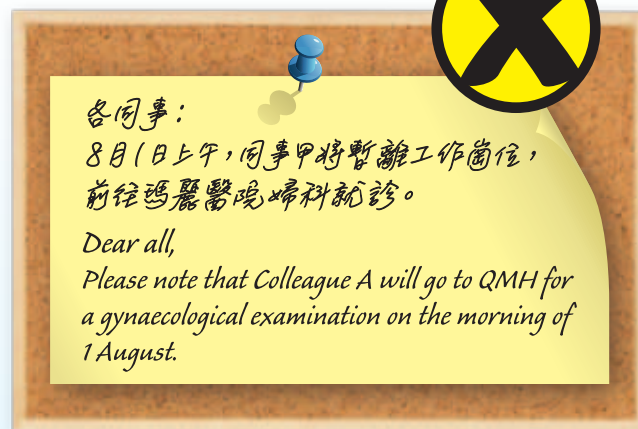
致各同事，
同事甲在8月3日至8月5日告病假三天，煩請安排替假。
王經理

Dear Colleague,
Colleague A will take sick leave from 3 to 5 August.
Manager Wong

- 如接到其他資料如病假紙、診斷紙等，應將這些文件放進信封，並密封送往主管或人力資源部，任何病況均不可讓其他同事知道。
Sick leave and diagnostic reports should be placed in sealed envelopes and delivered directly to the relevant department head or the human resources department.

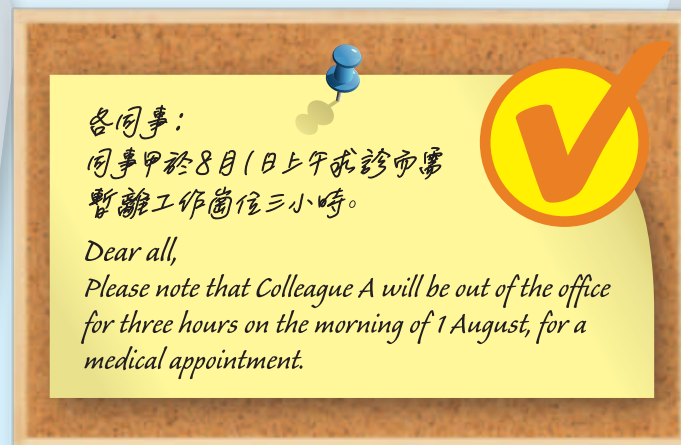
2

就診 Medical appointment



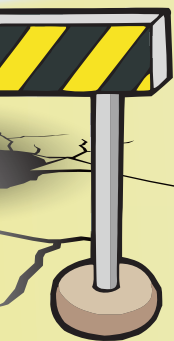
各同事：
8月1日上午，同事甲將暫離工作崗位，前往瑪麗醫院婦科就診。
Dear all,
Please note that Colleague A will go to QMH for a gynaecological examination on the morning of 1 August.

- 在更表紙透露同事就診地點及內容，已涉及洩露員工的私隱。
Showing the details of appointment constitutes disclosure of a person's personal data.



各同事：
同事甲於8月1日上午求診而需暫離工作崗位三小時。
Dear all,
Please note that Colleague A will be out of the office for three hours on the morning of 1 August, for a medical appointment.

3



翻開報章，偶爾會有病人私隱被意外洩露的報導，洩露病人資料不但與醫院管理局政策相違背，更違反個人資料（私隱）條例，醫管局曾因此收到香港個人資料私隱專員公署警告，同事洩隱亦會受到嚴厲懲處，甚至要負上法律責任。

為提高同事對個人私隱的警覺，這裡特別總結了過往常見的洩隱「中招」位，希望有助大家日後杜絕這些無心之失。

Common pitfalls!

查閱臨床醫療管理系統 Using the Clinical Management System (CMS)

- 同事透過臨床醫療管理系統（CMS）查閱同事、朋友、親人或自己的病歷。



Colleagues use the CMS to check the clinical information of colleagues, friends, relatives or themselves.

- 職員使用CMS系統只能查閱（一）自己要照顧的病人；（二）因工作關係，需要使用的病人資料。但須注意，上司及同事不得因行政理由查閱其他職員的病歷。



Colleagues may only use the CMS for data access under two conditions: (a) to refer to data about a patient under their care or (b) because they need to know the data for organisational reasons. Supervisors and colleagues should not access the clinical information of others on the grounds of "administrative purposes".

- CMS系統會紀錄使用者的使用詳情，緊記不要將戶口名稱和密碼告知其他人。

The CMS will record the details of colleagues who have used it. Remember, never disclose your login ID and password to others.

- 使用後，或中途停止使用時，必須登出系統。

You must log out after using it, or even if you leave the workstation for a moment.



4

上載照片和資料 Uploading photos or information



- 上載病人、新生嬰兒、工作情況的照片，或病人資料至社交網站。

Uploading photos or information about patients, new-born babies or daily work to social websites.

- 在院內不應拍攝照片，尤其涉及病人的照片。

Don't take photos in hospitals, especially if they show the faces of patients.

- 即使當事人同意拍照，若未得其進一步同意亦絕不可將照片上載至社交網站。

If you do take a photo with a patient, you can't upload it to social websites without the patient's consent.



5

USB等流動裝置 USB and other mobile devices

- 將藏有病人資料的USB或各類流動裝置帶離醫院。

Take USB flash drive or other mobile device containing patient information out of the hospital.



- 可透過局方內置的程式，將USB加密，並把USB與重要的物件，如家中門匙連在一起，以盡量減低遺失的機會；又或在USB貼上自己的聯絡方式。

Encrypt data on the USB flash drive, and attach the USB to something important, such as door keys. You may also label it with your name and contact number.



- 記錄病人資料時，可用個案編號代替其姓名及身份證號碼。

Use the case number instead of the patient's name and HKID number when logging the information.

- 若USB存有病人資料，不應把它帶離醫院。

Don't take USB flash drives loaded with patient information out of the hospital without authorisation.

- 如遺失USB，應即時向管理層報告。

Report the loss of a USB flash drive to the hospital management immediately.



事實上，在日常的工作間，仍暗藏不少「中招」位，瀏覽以下的短片http://video.home/InfoSecurity_Training/GoGoGo_Privacy_Chinese.vob.wmv，看看「保密高仁」教你如何避開危機！

There are some other hidden pitfalls we might encounter in our daily work. Further details can be found in the online video: http://video.home/InfoSecurity_Training/GoGoGo_Privacy_English.vob.wmv

30 醫院「種」10,000 棵 30 hospitals "plant" 10,000 trees



▲ 獲嘉許的北區醫院鼓勵大家不用電梯，改行樓梯，一齊減碳環保。

North District Hospital, one of the certificate recipients, encourages people to use stairs.

醫管局繼去年有六所醫院於「香港環保卓越計劃」中，獲頒發「減碳證書」，今年再下一城，有30所醫院獲頒發此證書，嘉許醫院在過去兩年內達至減碳超過3%，成效等同合共種植了10,000多棵樹木。

醫管局為去年全港首三名減碳最多的唯一公營機構，總辦事處更連續第九年在「減廢標誌」組別獲評為卓越級別。

醫管局在2012至2017年策略計劃中提及，在未來致力發展環保建築物，並實施節能措施及制定減碳排放管理策略，盡量減輕醫院運作對環境造成的影響，難得同事在工作時亦緊記善用資源，的確抵讚！

Six of the HA's hospitals have been awarded Carbon "Less" Certificates by the Environmental Campaign Committee in the Hong Kong Awards for Environmental Excellence last year. This year, we have 30 hospitals awarded this certificate, a recognition of their success in reducing carbon emissions by more than 3%, an equivalent of planting around 10,000 trees, during the past two years.

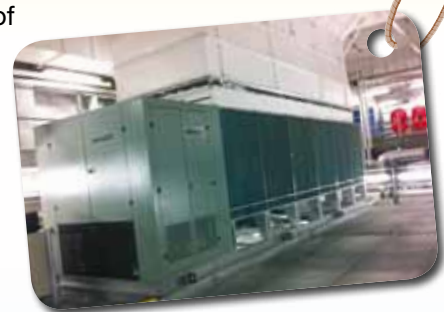
The HA was the only public-sector organisation last year to be honoured as one of the top three carbon reducers and HAHO was awarded the Class of Excellence of "Wastewi\$e Label" for the ninth year running.

The HA's 2012-2017 Strategic Plan stipulates that we will develop management strategies to reduce carbon emissions, in order to minimise the impact of hospitals on the environment. It is great that our colleagues take the initiative to reduce carbon emissions in their workplaces. They deserve a "Like"!



▲ 採用太陽能光伏發電系統及小型風力發電系統更節能。
Solar photovoltaic system and small wind power system

▼ 高能效製冷機組
High-efficiency Chillers



▲ T5光管照明
T5 lighting

LED照明設施
LED Lighting

你註冊咗未？

Have you registered?

根據《醫生註冊條例》，所有考取專科資格的醫生必須在完成香港醫務委員會（醫委會）的專科名冊登記後，才可以稱為專科醫生。由今年10月1日起，駐院醫生必須出示醫委會的專科名冊證明，才可正式獲聘任為專科駐院醫生，及申請轉為常額僱員，但不影響專科考試後的薪酬調整。

所有未完成醫委會專科名冊登記的駐院醫生如獲晉升為副顧問醫生，則必須在晉升後12個月內完成登記，否則將回復駐院醫生的聘任，並須根據一般招聘程序重新申請晉升。

The Medical Registration Ordinance requires doctors who have passed the Exit Examination to complete the specialist registration procedure with the Medical Council of Hong Kong (MCHK) before they become entitled to be called a "Specialist". Starting from 1 October this year, Residents are required to provide proof of specialist registration with the MCHK before they are formally appointed as a Resident Specialist and are converted to permanent employment terms. However, the existing arrangement for granting them exit increments when they pass an exit examination will not be affected.

Residents selected for promotion to Associate Consultant (AC) who have not yet completed their specialist registration will be given a grace period of 12 months to obtain specialist registration. Any AC who has not registered within the given period will need to revert to Resident rank and undergo the normal recruitment process again for AC progression.



SFH's "homecoming" encourages colleagues

曾在醫管局與同事一起拼搏的高永文醫生，上任食物及衛生局局長後馬不停蹄，上月回「娘家」HA探班，同時出席醫管局大會行政及運作會議，就多項公共醫療議題分享看法。隨後個多星期，高局長分別到七大醫院聯網，了解不同聯網面對的問題及前線醫護人員的工作情況，親身為同事打氣。

The newly-appointed Secretary for Food and Health, Dr Ko Wing-Man, who previously worked in the Hospital Authority, paid us a "homecoming" visit last month. He also attended an HA Administrative and Operational Meeting and shared his views on several public healthcare issues. In the following two weeks, Dr Ko visited each of the HA's seven clusters to gain a better understanding of the problems they face and to encourage frontline healthcare workers.



◀ 局長與醫護同事一起「巡房」，再次感受同事的工作壓力。

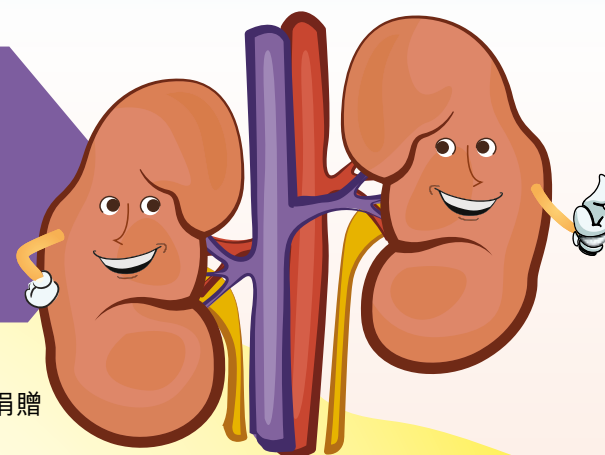
Dr Ko once again experiences the pressures our frontline healthcare workers feel while making ward rounds with our colleagues.

▲ 局長感謝醫管局同事令公立醫療系統成為全港市民健康的最強保障。

Dr Ko thanks the HA's staff for making the public healthcare system the strongest guardian of Hong Kong people.



活體捐腎 危險嗎？ More about live kidney donation



上期《協力》向大家介紹了器官移植聯絡主任的工作，今期我們希望大家再多走一步，將捐贈器官延續生命的訊息，傳遞至身邊每一位親朋。

為讓更多同事了解活體捐腎的種種，中央移植委員會及中央腎科委員會將於9月舉辦「活體腎移植工作坊」，由六位醫生擔任講者，包括瑪麗醫院陳德茂教授、伊利沙伯醫院周嘉歡醫生、基督教聯合醫院何耀榮醫生、瑪嘉烈醫院唐國隆醫生、威爾斯親王醫院李錦滔教授和候仕明醫生。屆時，他們將講解有關活體腎臟移植的最新資訊，以及本港與海外的相關情況等。同事想增加活體腎移植的知識，請火速致電2300 6512留座！座位有限，先到先得。



Our last issue featured the work of an Organ Transplant Coordinator. This time, we would like to encourage you to share the word about live kidney donation with your family and friends.

To raise awareness of the subject among our colleagues, the Central Transplant Committee and Central Renal Committee will stage a joint workshop entitled *Live Kidney Donor Transplantation* during September. Six renowned doctors – Professor Daniel Chan Tak-mao of QMH, Dr Chau Ka-foon of QEH, Dr Ho Yiu-wing of UCH, Dr Matthew Tong Kwok-lung of PMH, and Professor Philip Li Kam-tao and Dr Simon Hou See-ming of PWH will give updates on this topic and the situation locally and overseas. If you wish to know more, call 2300 6512 now! Enrolment is on a first-come-first-served basis.

講座詳情

日期：9月23日（星期日）
時間：早上8:30至中午12:30
地點：衛生防護中心地下演講廳

Workshop details:

Date: 23/9 (Sunday)
Time: 8:30 am — 12:30 noon
Venue: Lecture Theatre, G/F, Centre of Health Protection

「細味人生」在當下 The present is a gift

阿仔升中派不到第一志願，是上天耍我？樓價不斷升，我儲錢的速度點都追唔上樓價的升幅，點解我咁無用？我一直努力工作，今次升職點解無我份？

人生不如意事十常八九，有人會問為何不幸的偏偏是我？誠然，科技越發達，人們越容易誤將幸福看成是外在的東西，可以用金錢或權力得到；又或以為幸福是一種自我的滿足，於是將人生的目標完全放在追求感官享樂上。

幸福難尋，逆境卻時常出現。無論是家庭、愛情、朋輩的人際關係，抑或事業上的追求，困難與逆境都是無可避免的事實。處身醫療服務行列，我們更不時會遇到棘手的個案，或是病者咄咄而來的要求。面對逆境，我們可如何應對？

心靈綠洲早前開展了「細味人生」講座系列，為我們不安的人生帶來一股清泉。打響頭炮的兩個講座《活好當下》和《逆境中的自在》吸引數百位同事參與。他們對講座大加讚賞。為讓向隅的您也欣賞到講者的精彩演繹，心靈綠洲已將講座簡報上載至網頁<http://www.ha.org.hk/oasis>，亦特別錄製了影碟，歡迎各同事借用，請致電2300 8619查詢。📞

香港大學創辦佛學教研究中心
代理總監釋衍空法師引領同事
善用逆境，提升心靈素質。

Colleagues are inspired by
venerable Sik Hin-Hung,
Acting Director of the
Centre of Buddhist
Studies of The
University of
Hong Kong.



Why can't my son study at his preferred choice of secondary school? How come I can never save enough money to buy a flat? Why can't I get promoted, even though I've been working so hard?

We always keep asking "why me?" during difficult times. Some people even mistakenly believe money and power are the keys to happiness. Or they consider happiness to be the result of self-satisfaction, and make the pursuit of sensual pleasures their goal in life.

Yet, it's true that adversities exist in interpersonal relationships as well as career advancement. As healthcare workers, we occasionally encounter difficult cases or unreasonable requests by our patients. What can we do under such circumstances?

Oasis recently rolled out the "Taste the Good Life" series of talks, with the aim of creating a refreshing breeze in our restless lives. The first two talks, "Live and Breathe the Present" and "Surviving Difficult Times", attracted hundreds of colleagues who afterwards expressed their great appreciation for the sessions. For those wishing to catch up on their content, Oasis has uploaded a synopsis of the talks onto its website <http://www.ha.org.hk/oasis>. DVDs are also available for loan. Interested colleagues can contact 2300 8619 for more details. 📞



聽眾意見

- 十分有份量的講者，完全沒有悶場。
(總辦事處高級行政主任)
- 講者莊諧並重，更能將深奧的哲學生活化，令人容易明白。
(北區醫院病房經理)
- 講者能將虛浮的理論，實在地演繹。
(葛亮洪醫院病房經理)

Hear what participants say

- The speakers were great. It was a very interesting talk!
(HAHO senior executive officer)
- The speakers used lively examples to explain profound philosophy.
(North District Hospital ward manager)
- The speakers' interpretations turned abstract concepts into practical realities.
(Grantham Hospital ward manager)

人生必修課：急救

First aid: a first priority

常

言道：「救人一命，勝造七級浮屠。」學會了急救，有需要時就能施以援手。

在6月中開幕的「基督教聯合醫院急救培訓中心」，未來將定期提供急救課程予非醫護同事，教授心肺復甦法、哽塞處理及正確使用心臟去纖顫器等。稍後又會為前線醫護同事舉辦各項補充培訓課程，確保同事有機會經常練習急救技術，及更新急救知識。長遠而言，中心希望將課程推廣至社區，教授觀塘區內的居民及學校團體，讓更多人掌握急救知識。📞

As the Chinese saying goes "to save a life is better than building a seven-storey pagoda". So please remember that possessing first aid skills could equip you to save somebody else's life at any moment.

A new Resuscitation Training Centre, opened at United Christian Hospital in mid-June, provides non-medical colleagues with a regular programme of first aid courses that teach techniques such as cardiopulmonary resuscitation, choking treatment and the correct use of heart defibrillators. The Centre also runs courses for frontline staff to practise emergency techniques and update their knowledge of first aid. In the long term, it hopes to conduct courses for residents and students in Kwun Tong, so that more people can master first aid knowledge. 📞

中心將教授學員不同的急救技巧。
The Centre teaches first aid skills to various groups of people.



演講達人好易做!

Be a great presenter



想 演繹一場具說服力又生動的簡報會？又或者想製作一輯具吸引力的投影片？

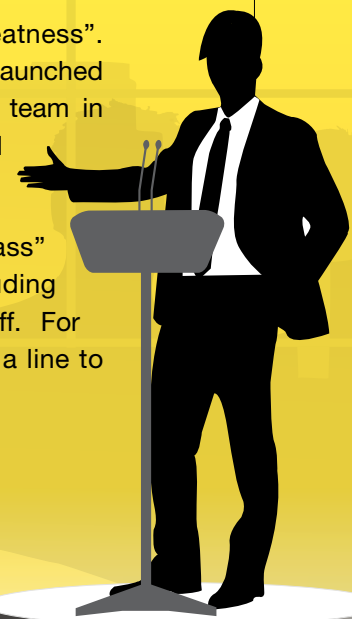
那就不要錯過總部培訓及發展組在10月推出的「全方位演示技巧」培訓課程。屆時，導師將教你如何由零開始，製作及組織簡報內容，到學會令人難忘且精彩生動的演講技巧。

課程分為一天的「導賞班」及三天半的「深造班」，不管你是中高層管理人員、前線醫護人員，抑或是一般文職同事都適合報讀，詳情請留意電郵宣傳，查詢可電郵至 presentationgreatness@ha.org.hk。💡

Do you want to deliver persuasive presentations that achieve your desired results? And, to design impressive eye-catching slides to accompany them?

If the answers are “yes”, you shouldn’t miss “Presentation Greatness”. The instructors of this new training programme, which will be launched by the Hospital Authority Head Office Training & Development team in October, will show you how to start from scratch, create impactful slides and develop brilliant presentation skills.

Its one-day “Appreciation Class” and 3.5-day “Intensive Class” format suits colleagues in different types of posts, including managers, frontline healthcare professionals and general staff. For more details, see the emails that are being circulated or drop a line to presentationgreatness@ha.org.hk. 💡



◀ 聽一場具說服力的演講，勝過看十頁的筆記！
A persuasive speech is much more effective than a 10-page memo!

長者與義工聊聊天，心情也輕鬆不少。
Senior citizens enjoy chatting with the volunteers.

義工 = 消暑良伴

Giving the elderly a refreshing summer

炎 炎夏日，西瓜、汽水、雪糕會是你的最佳消暑良伴？對於居住在偏遠的塔門及高流灣的長者們而言，一班來自市區的義工才是他們的消暑良伴。

由雅麗氏何妙齡那打素醫院的醫生和護士組成的護勵社，在6月9日聯同該院義工、中大醫科學生等，舉辦「風中暖流 消暑良伴」探訪活動，為長者們送上關懷。

當天，60名義工為長者們提供健康講座及身體檢查，其後分組進行家訪，了解他們生活所需，以作出適當的支援。大夥兒在歡樂的氣氛下，度過一個愉快的周末。💡

What's your favourite way to chill out under the simmering sun? A watermelon, soft drinks or an ice cream? The most refreshing experience for some elderly living on Tap Mun Island and Ko Lau Wan Island this summer was a visit by a group of volunteers from the urban area.

A volunteer group made up of doctors and nurses from Alice Ho Miu Ling Nethersole Hospital joined hands with the hospital's volunteers and medical students from The Chinese University of Hong Kong to call on senior citizens living in those remote areas on 9 June.

On that day, a total of 60 volunteers gave healthcare talks and provided the elders with physical examination. They also visited their homes in pairs, listened to their needs, and tried to give appropriate assistance. 💡



義工為長者提供健康生活小貼士。
Volunteers give tips about healthy living to the elderly.

HA延續倫奧熱

Sporting talent at HA Games

剛剛過去的倫敦奧運，相信激起了不少同事的運動細胞，醫管局將接力延續這股熱潮，在10月21日（星期日）舉行兩年一度的陸運會，地點是九龍仔運動場。大會今年有兩大新猷，首先是在三個項目增設「先進組別」（只限40歲或以上的同事參加），包括男子5000公尺、女子3000公尺和聯網4x100公尺（男女混合）接力賽；其次是職員家屬4 x 100公尺接力賽，每個家庭可以單獨，或與其他同事的家庭組成隊，每隊需包括兩名成人及兩名12歲以下的子女。同事想在運動場上一顯身手，就要快快向所屬聯網人事部索取報名表格，截止日期為9月7日。

We're sure the recently-concluded London Olympics has stimulated the sporting instincts of many of our colleagues, and the HA is now preparing to perpetuate this passion with the biennial HA Sports Meet 2012.

Two new initiatives will be introduced for this year's event which will take place on Sunday, 21 October at Kowloon Tsai Sports Ground.

The first will be a three-event Veteran's Category for those aged 40 or above, consisting of a Men's 5,000-metre, Women's 3,000-metre, and 4 x 100-metre Inter-Cluster Relay (Mixed) races.

The second will be a Staff and Family Members 4 x 100-metre Relay Race. Families can compete in this either as individual teams or else they can join forces with other families. However, each team must consist of two adults plus two children aged under 12.

Act now if you would like to show off your sporting talents! Obtain an application form from your cluster, and be sure to return it before the deadline of 7 September.



運動場上比併，一展同事努力工作、盡情玩樂的心懷。

Our colleagues demonstrate their "work hard, play hard" attitude in the sports arena.

醫管局龍舟隊 征戰日本

醫管局首支龍舟隊代表本港出戰國際賽事。新界東醫院聯網龍舟隊的25名健兒，參加「第九屆日本大阪關西機場國際龍舟邀請賽」的標準龍舟精英混合組賽事，局方為他們舉行授旗儀式打氣。

HA dragon boat team competes in Japan

For the first time ever, an HA dragon boat team has represented Hong Kong in an international competition. 25 athletes in the New Territories East Cluster Team participated in the Standard Boat Premier Mixed Race at the 9th KIX Dragon Boat Festival held in Osaka. The HA staged a flag-presentation ceremony to encourage them.



廿載歷程 齊分享

HA's two decades retold

醫院管理局20周年紀念文集《醫路——生命是美》不斷為讀者發放正能量。

有同事閱後表示：「書中人物的經歷，令我深深體會醫護人員無私的愛，可改變病患的一生。」也有同事因為書中的故事令她反思生命的意義。她說：「若是前線同事，必定有共鳴；若是後勤支援的同事，此書亦可增加你對本港醫療發展史的認識。好看得很！」有同事甚至自掏腰包購下10本送給朋友！

Life is Beautiful – Our Way, a volume that commemorates the HA's 20th anniversary, continues to extend its positive energy to everybody who reads it.

A colleague who read the book said, "I deeply appreciate the healthcare workers' selfless love for their patients, whose lives they may have helped to change." Some were so impressed by the stories in it they felt prompted to think about the meaning of life. One commented, "If you are a frontline colleague, you must have the same feelings as the protagonists in the stories. If you are a supporting staff member, it could increase your knowledge about the development of local medical services." Some colleagues have even bought 10 copies to give to their friends!



其中一位撰文者（左）與她的病人在發布會中分享故事。

One of the protagonists and her patient were invited to share their story with the audience.

德喜，多謝您！
Thank you, Tak-hai!

病人互助組織聯盟主力成員張德喜在今年5月辭世。

德喜多年來積極參與醫管局義工服務，促進醫患關係，並為提升公營醫療服務提出寶貴意見，建樹良多。他的無私奉獻深得醫護與病人敬重。

Cheung Tak-hai, a core member of the Alliance of Patient Mutual Help Organizations, passed away in May 2012.

Tak-hai strived to enhance the healthcare worker-patient partnership and contributed to improving public healthcare service in many ways. He won the respect of healthcare workers and patients alike.



多位撰文前線醫護人員出席《醫路》發布會，醫管局主席胡定旭及行政總裁梁栢賢醫生亦親臨祝賀。

Some of those featured in the book attended its official launch, together with Mr Anthony Wu, our Chairman, and Dr P Y Leung, our Chief Executive, who offered them their sincere good wishes.

醉人美景

The world's beauty



美得像明信片的峽灣@挪威
This amazing Norwegian fjord looks just like a picture postcard



▲ 頭上的花火@愛丁堡
Overhead fireworks cascade down in Edinburgh



▲ 世界上最小的國家，卻有非凡的影響力@梵蒂岡
The world's smallest country exerts a remarkable influence:
The Vatican



▲ 夕陽無限好，只是近黃昏@石硤尾
Hazy sunset at Shek Kip Mei



▲ 噴泉，乃是大自然奇景之一@冰島
Its geysers are among Iceland's natural wonders



▲ 歷史書內的古堡活現眼前@捷克庫倫洛夫
A castle that looks like it just came out of the pages of a history book at Cesky Krumlov

筍價
Goodies

用 for YMCA 設施 users

醫管局今年再續香港基督教青年會公司會籍。同事由即日起至明年6月30日，可攜同家屬或親友（最多三名），繼續以會員價享用該會旗下兩個中心的設施，及以特別優惠於餐廳或咖啡座用膳。同事亦可另外以優惠價入會，享用特別會員優惠。詳情請瀏覽員工福利網頁<http://ha.home/staff>。

The HA's annual Corporate Membership arrangement with the YMCA of Hong Kong has been renewed. From now until 30 June 2013, our colleagues can bring up to three guests to enjoy the facilities at its centres and its services at their own expense, as well as discounts in its dining room and café. Our staff can also join the YMCA membership at a reduced rate in order to enjoy other concessionary privileges. For more details, please visit the Staff Welfare webpage, <http://ha.home/staff>.

齊過健康中秋節

Have a healthy Mid-Autumn Festival

很快就到中秋節，吃月餅是「指定動作」，但進食前想一想，吃多少才不會超標呢？進食後，做甚麼才能消脂呢？不妨參考由伊利沙伯醫院營養部提供的小貼士，讓你與親友度過一個健康的中秋節！

Eating mooncakes is the norm during the Mid-Autumn Festival. But how many of them should we eat? And how can we break down and burn up the calories afterwards? Here are tips provided by the Dietetics Department of Queen Elizabeth Hospital to help you enjoy a healthy festival with your families and friends.

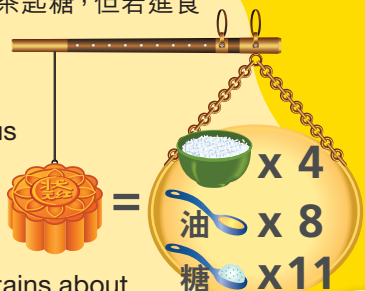


1

一個傳統雙黃蓮蓉月餅所含的卡路里約等於4

碗飯，含約8茶匙油及11茶匙糖，但若進食份量恰當，亦可淺嘗應節。

The calorific content of a traditional sweet lotus seed paste mooncake with double yolks is similar to that of four bowls of rice. It also contains about eight teaspoons of oil and 11 teaspoons of sugar. However, if you eat it sensibly, you can still enjoy small portions of mooncake as a festive delicacy.



2

以小食不多於100至200

卡路里為標準，建議一日進食不超過1/8個傳統大月餅（約含97卡路里）或半個傳統迷你月餅（約含123卡路里），中秋期間進食不多於半個傳統大月餅。

A snack should contain not more than 100 to 200 calories. You are therefore advised to consume not more than one-eighth of a traditional mooncake (97 calories) or half a mini-mooncake (123 calories) in a day, and not more than half a traditional mooncake during the festival.



3

冰皮月餅的卡路里較傳統月餅為低，半個冰皮迷你月餅含約88至115卡路里。

The calorific content of a "snowy mooncake" is remarkably lower than that of a traditional one. Half a "snowy mooncake" contains about 88 to 115 calories.



4

除了月餅外，可選擇含豐富維他命、礦物質及膳食纖維的時令水果如水晶梨、楊桃、沙田柚，伴以無糖飲料如中國茶，幫助你健康過中秋。

Apart from enjoying mooncake, why not also have some seasonal fruits, such as nashi pears, star fruits and pomelos? Fruits are abundant in vitamins, minerals and dietary fibre. You can also serve fresh fruits with sugar-free beverages, such as Chinese tea.



5

由於過節期間可能吃得比平日豐富，建議多做點運動，避免體重上升。例如：一位60公斤人士進行40分鐘急步行運動（時速6.5公里），可消耗約1/4個傳統月餅的熱量。

We tend to eat more during festivals. You are therefore advised to do more exercise. For example, a 60-kg person can burn off the calories from a quarter of a traditional mooncake by taking a 40-min brisk walk at 6.5 km/h.



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