New working clothes

新工作服
New working clothes prove functional and fashionable

PM2S15C, PM2S17C, PM2S26C, PM2S27C, PM2S945C - these are not uniform codes, but are colours that are used in the new range of working clothes for Hospital Authority frontline healthcare professionals. Planned to be phased in over the next few years, the new clothing is the first of a standardised workforce that HA has designed for its various healthcare professionals since the Authority’s inception in 1990.

From the editor

The Hospital Authority’s innovations have been independently developed in their own staff working clothes which had a wide variety of designs and colours. This is a great improvement in modernising the workforce for four main groups of frontline healthcare professionals. Colours to learn more about the colour features and functional design of the new clothing. How can you spot our coverage on pages 1 to 3.

The annual upheaval in influenza has hit Hong Kong early and harshly this year, keeping frontline-colleagues busy around the clock. The feature that starts on page 10 includes a column on the subject of influenza in Hong Kong and how it has affected the local healthcare system, which has a vital function in making a larger effort to collect, report and analyse cases of various influenza, allowing for more effective management of the ongoing epidemic.

Regular exercise is one of the best ways to boost your immune system. HA’s annual influenza season helps promote this principle while raising funds to support worthy causes. Turn to page 2 for highlights of the year’s events.

Working clothes for doctors

Medical nomenclature, these codes are in fact the pentane numbers of the four colours - light blue, indigo blue, purple and royal blue - used in the new range of working clothes for Hospital Authority frontline healthcare professionals. Planned to be phased in over the next few years, the new clothing is the first of a standardised workforce that HA has designed for its various healthcare professionals since the Authority’s inception in 1990.

形象鮮明 容易認出

Working clothes for doctors

Hygiene and safety

Working clothes for doctors

For patients, visitors and even HA colleagues more easily identify a person’s job type by sight alone, Irene Lau, Cluster General Manager (Planning) for the Hong Kong West Cluster and General Manager (Planning) at Queen Mary Hospital and then Yan Pak Hospital, has joined hands with colleagues from Head Office’s Business Support Service, Department of representatives of doctors, nurses, allied health workers and pharmacy to form a working group with the daunting task of achieving the standardisation of workforce for these four types of medical professionals across HA.

A series of discussions and consultations that began in August 2013 were held, eventually led by handovers from the Corporate Communication Committee on the design and colours of the work attire in the first quarter of each colour for each of the four representative groups of staff.

"All four groups happened to favour light blue," says Irene. "Aimed with this information, we chose to produce the new working clothes in light blue, indigo blue, purple and royal blue - used in the new range of working clothes for Hospital Authority frontline healthcare professionals. Planned to be phased in over the next few years, the new clothing is the first of a standardised workforce that HA has designed for its various healthcare professionals since the Authority’s inception in 1990.

Working clothes for doctors

面紙盒

Working clothes for doctors

Two pockets

Prep 4:6 例牌開 4 5 flap opening in the front
New working clothes? When will the new clothes be issued?

The new working clothes are designed with a focus on practicality and comfort. The fabric is moisture-wicking and quick-drying, which is ideal for healthcare professionals. The design also includes stretchy fabrics to allow for easy movement.

Following the outbreak of the novel coronavirus, the new working clothes were customized to further improve the comfort and functionality of the clothes. The design includes pockets for quick access to necessary items, such as hand sanitizers and masks. The clothes also have buttons that can be customized to fit different body types.

- **Collar**: Stand collar
- **Color**: Indigo blue
- **Opening**: 3 flaps, 7 flaps opening in the front

Using heart sound

As healthcare workers, it is essential to have the right tools for the job. The new working clothes come with a variety of pockets to store essential items, such as hand sanitizers and masks. The design also includes stretchy fabrics to allow for easy movement.

- **Isolation area**
- **Intensive care unit**
- **Emergency Department**

Working clothes for Allied Health staff

The working clothes for allied health staff are designed to be comfortable and durable. The fabric is moisture-wicking and quick-drying, which is ideal for healthcare professionals. The design also includes stretchy fabrics to allow for easy movement.

- **Collar**: Stand collar
- **Color**: Purple
- **Opening**: 3 flaps, 7 flaps opening in the front

Using heart sound

As healthcare workers, it is essential to have the right tools for the job. The new working clothes come with a variety of pockets to store essential items, such as hand sanitizers and masks. The design also includes stretchy fabrics to allow for easy movement.

- **Isolation area**
- **Intensive care unit**
- **Emergency Department**

Dentist Tony Yip of New Territories East Cluster helps show us the new working clothes for allied health staff. He has been working in public hospitals for over 10 years and has always had purple working clothes, meaning that design rather than colour is where he will see a significant change.

"These new clothes feel very comfortable and allow for ease of movement. I like the small loop under the words ‘allied health’ printed on the front as it provides somewhere secure to attach my staff card. It’s a very thoughtful design touch. The standardisation of working clothes for different healthcare professionals will greatly reduce the risk of infections and contamination of staff."
Working clothes for Pharmacy staff

薬剤部工作服

用家心聲

薬剤師長期用の必要な各職務服の導入

藥師長期用的必要的各職務服的導入

不同崗位有多彩？

A colour palette of confusion

新工作服 New working clothes

現時工作服 Current working clothes

用家心聲

藥劑師長期用的必要的各職務服的導入

藥師長期用的必要的各職務服的導入

不同崗位有多彩？

A colour palette of confusion

新工作服 New working clothes

現時工作服 Current working clothes

家常設計的竅妙

Picking the right designs

藥劑師長期用的必要的各職務服的導入

藥師長期用的必要的各職務服的導入

不同崗位有多彩？

A colour palette of confusion

新工作服 New working clothes

現時工作服 Current working clothes

家常設計的竅妙

Picking the right designs

藥劑師長期用的必要的各職務服的導入

藥師長期用的必要的各職務服的導入

不同崗位有多彩？

A colour palette of confusion

新工作服 New working clothes

現時工作服 Current working clothes

揀設計的竅妙

Picking the right designs

藥劑師長期用的必要的各職務服的導入

藥師長期用的必要的各職務服的導入

不同崗位有多彩？

A colour palette of confusion

新工作服 New working clothes

現時工作服 Current working clothes

揀設計的竅妙

Picking the right designs

藥劑師長期用的必要的各職務服的導入

藥師長期用的必要的各職務服的導入

不同崗位有多彩？

A colour palette of confusion

新工作服 New working clothes

現時工作服 Current working clothes
反斗奇兵 玩轉羊年新春跑
Run for New Year prosperity

見える役には、10kmランナーの最终ランナーも

The Best Costume team winner Crazy Run kicks off a memorable singing and dancing.

醫管局管理新春長跑
HA New Year Run 2015

Held in Sha Tin on 1 March, this year’s Hospital Authority North Eastern Region Run saw around 3,900 HA colleagues and their family members come together in a spirit of friendly competition and fun. Other participants chose to forgo the standard athletic uniform of running top and shorts for more ‘unusual’ new-year clothing to vie for victory in the Best Costume competition. Watch out! There came the superman and crazy nuns.

An entertaining performance by Positive Energy Superhero! From Queen Mary Hospital proved a winning strategy in the individual costume competition, while the team crown was taken by a group of Crazy Nuns from Cheungs Hong, Sha Tin.

還有……

In addition to the superman and crazy nuns, iron men, Salomon and Nike hats from different planets joined the race in reissue of Sha Tin district, attracting applause from a lot of passers-by.

With 1km, 4 km and 8km matter, the day offered something for ramblers of all abilities, each one of whom received enthusiastic support from the cheering crowd. Some colleagues took “family participation” to the next level by running with a baby stroller for some generations fun.

New Year’s Day is a time to share with family and friends. This year’s special event was to kick off a great year of fundraising, with more than HK$230,800 raised to disburse activities for patients dealing with chronic illnesses.

End

Spotlights
How about this Nike hat? The words “Caritas Medical Centre”

End
e-Flu电子平台 监测流感爆发

今年的流感高峰期，由于香港流感疫情严重，自今年1月开始，全港每日求诊人数的市民明显增加。在流感高峰期，全港每日求诊人数超过7,000人次，比同期每日求诊人数超过3,000人次，市民对流感的关注度明显增加。e-Flu系统亦及时启动，确保市民能尽快接收到流感预警信息。

e-Flu系统由好几家医院的电子平台组成，通过网络将数据传输至指挥中心，实时监测全市的流感情况，从而及时向市民发出流感预警。

e-Flu系统有好几

有了e-Flu系统，市民可以更快地获得流感预警信息，及时采取预防措施，降低流感的传播速度。

e-Flu系统的主要优点包括：

1. 实时监测：e-Flu系统可以实时监测全市的流感情况，及时向市民发出预警信息。
2. 快速反馈：e-Flu系统可以快速收集和分析数据，及时向市民发出预警信息。
3. 数据共享：e-Flu系统可以与其他相关机构共享数据，实现信息的互通。

e-Flu系统是医院与政府合作的成果，旨在提高流感的监测和预警能力，从而更好地保护市民的健康。

What triggers the e-Flu system?

Healthcare workers can enter the e-Flu system to monitor influenza-related data. If the CHRF reports a rise of over 10% in the number of respiratory specimens that test positive for the influenza virus, or more than 100 new influenza cases within one week, the e-Flu system will be activated.

In addition to patient demographic data, the system can process a wide range of other data, including patient symptoms, laboratory results and medications, as well as epidemiological information such as travel and contact history. The e-Flu system helps ensure that patients enjoy prompt and appropriate treatment.

The e-Flu system was built on the foundation of the e-Ad mission and was launched in November 2005. Dr. Anne Tung, Senior Health Information Officer, explains that the e-Flu system allows for real-time access and sharing of the latest data on influenza between the HK vaccine government departments and universities. The National Influenza and Outbreak Reporting System (iNORS) is also developed at the same time. Another electronic platform, e-Ad, can be used alongside the e-Flu system to track influenza cases in Hong Kong. Dr. Tung says that other disease-related, for example, e-Ad systems – could be added to the e-Ad existing monitoring system in the future if required.
聯網出招減排碳
Clusters prove they are keen to be green

潘漪 Centre for Food and Healthy Dr Ho-Wing-man joined Hospital Authority Chairman Professor John Leong and HK Chief Executive Dr Pui Leung at HK's Spring Festival lunch. Dr Ho-Wing-man said digital networks enable hospitals to deliver efficient and effective healthcare services, and that the HK Hospital Authority will continue to explore how digitalization can position hospitals at the forefront of global healthcare delivery.

While its primary objective is to protect the health of Hong Kong residents, the Hospital Authority was also committed to safeguarding the wellbeing of the environment. To meet this objective, HK citizens have been actively engaging in various initiatives to cut carbon emissions, reduce food waste, save precious resources and promote recycling.

勤力潔手 你我有責
Washing away the risks of spreading disease

勤力潔手可以預防許多病菌，包括腸燒熱（沙士）及腸炎。世界衛生組織發起「全球勤潔手運動」，於2013年3月5日於全球111個國家展開，一呼百應，號召全世界酒吧、餐廳及學校，共同舉辦活動，為「護士節」慶祝。

洗手是預防腸燒熱及腸炎的重要防線。手部接觸各種病菌後，病菌會繼續在手上繁殖，然後通過食物或水而傳播。

據世界衛生組織估計，全球每年有二百八十七萬名人士死亡，約百分之四十五是由食源性疾病造成的，其中三分之二是由腸燒熱引致。每年，全球有五百萬人因為食源性疾病而需要入院，當中十分之二需要接受手術治療。

勤力潔手可以預防腸燒熱及腸炎，大家可通過這簡單易行的方法，讓我們的社區及家人的健康得到保障。

勤力潔手可以預防腸燒熱及腸炎，大家可通過這簡單易行的方法，讓我們的社區及家人的健康得到保障。
CIPS Centres provide one stop service to staff

3. 伊院門診診所
教導病人強身

**'ACC College' promotes patient empowerment for enhanced health management**

Despite heavy workloads, a number of specialist doctors and nurses, dietitians and social workers at Queen Elizabeth Hospital have been contributing more precious personal time to provide various courses, seminars and demonstrations to patients and mothers-to-be and their family members with the aim of educating individuals and empowering them to better manage their own health and to take care of newborns.

This initiative has been titled "ACC College" due to the fact that it is run using classrooms located in the hospital's Ambulatory Care Centre (ACC). Participating patients and mothers-to-be and their family members can benefit from advice and information on subjects as diverse as diabetes, breastfeeding and smoking. Parents-to-be learn how to breastfeed and better adapt their new identities through breastfeeding, practices and games.

### 捐贈眼睛組織 感恩愛心

**To help eye donates**

While recognition of the importance of organ donation has increased in recent years, demand continues to significantly outweigh supply. With around 9,000 people annually in need of cataract replacements, waiting times can be as long as two to three years, compared to immediate availability and up to six months waiting time for such services overseas.

*"It's a challenge to balance our deep sense of sympathy for grieving families with this road to fundraising the island’s need for organ donation, particularly as time is of the essence in most cases. My work brings tears, but it also brings joy and helps deliver hope to visually impaired patients,*” says Eye Bank manager Catherine. Catherine and a group of Eye Donation Coordinators are on a mission to help as many patients as possible move from darkness into light by making the best possible use of cataract available through donations.

Catherine explains that The Hospital Authority (EYE) Bank is responsible for the collection, assessment and distribution of cataracts and related tissue for transplant work and the procurement of the need by people who become donors after they pass away. More than 5,000 cataracts and related tissues have been donated in Hong Kong. Three donor centres – one each at Prince of Wales Hospital, Tuen Mun Hospital and Queen Elizabeth Hospital – currently operate under the EYE Bank.

Other sources of eye-donation include voluntary and statutory organisations. To date, 3,194 donors have been successfully registered with the Vision Impact Foundation.

### 總院緊急事故心理服務「一條龍」支援

CIPS Centres provide one stop service to staff

3. 伊院門診診所
教導病人強身

**'ACC College' promotes patient empowerment for enhanced health management**

Despite heavy workloads, a number of specialist doctors and nurses, dietitians and social workers at Queen Elizabeth Hospital have been contributing more precious personal time to provide various courses, seminars and demonstrations to patients and mothers-to-be and their family members with the aim of educating individuals and empowering them to better manage their own health and to take care of newborns.

This initiative has been titled "ACC College" due to the fact that it is run using classrooms located in the hospital's Ambulatory Care Centre (ACC). Participating patients and mothers-to-be and their family members can benefit from advice and information on subjects as diverse as diabetes, breastfeeding and smoking. Parents-to-be learn how to breastfeed and better adapt their new identities through breastfeeding, practices and games.

### 捐贈眼睛組織 感恩愛心

**To help eye donates**

While recognition of the importance of organ donation has increased in recent years, demand continues to significantly outweigh supply. With around 9,000 people annually in need of cataract replacements, waiting times can be as long as two to three years, compared to immediate availability and up to six months waiting time for such services overseas.

*"It's a challenge to balance our deep sense of sympathy for grieving families with this road to fundraising the island’s need for organ donation, particularly as time is of the essence in most cases. My work brings tears, but it also brings joy and helps deliver hope to visually impaired patients,*” says Eye Bank manager Catherine. Catherine and a group of Eye Donation Coordinators are on a mission to help as many patients as possible move from darkness into light by making the best possible use of cataract available through donations.

Catherine explains that The Hospital Authority (EYE) Bank is responsible for the collection, assessment and distribution of cataracts and related tissue for transplant work and the procurement of the need by people who become donors after they pass away. More than 5,000 cataracts and related tissues have been donated in Hong Kong. Three donor centres – one each at Prince of Wales Hospital, Tuen Mun Hospital and Queen Elizabeth Hospital – currently operate under the EYE Bank.

Other sources of eye-donation include voluntary and statutory organisations. To date, 3,194 donors have been successfully registered with the Vision Impact Foundation.

### 總院緊急事故心理服務「一條龍」支援

CIPS Centres provide one stop service to staff

3. 伊院門診診所
教導病人強身

**'ACC College' promotes patient empowerment for enhanced health management**

Despite heavy workloads, a number of specialist doctors and nurses, dietitians and social workers at Queen Elizabeth Hospital have been contributing more precious personal time to provide various courses, seminars and demonstrations to patients and mothers-to-be and their family members with the aim of educating individuals and empowering them to better manage their own health and to take care of newborns.

This initiative has been titled "ACC College" due to the fact that it is run using classrooms located in the hospital's Ambulatory Care Centre (ACC). Participating patients and mothers-to-be and their family members can benefit from advice and information on subjects as diverse as diabetes, breastfeeding and smoking. Parents-to-be learn how to breastfeed and better adapt their new identities through breastfeeding, practices and games.

### 捐贈眼睛組織 感恩愛心

**To help eye donates**

While recognition of the importance of organ donation has increased in recent years, demand continues to significantly outweigh supply. With around 9,000 people annually in need of cataract replacements, waiting times can be as long as two to three years, compared to immediate availability and up to six months waiting time for such services overseas.

*"It’s a challenge to balance our deep sense of sympathy for grieving families with this road to fundraising the island’s need for organ donation, particularly as time is of the essence in most cases. My work brings tears, but it also brings joy and helps deliver hope to visually impaired patients,*” says Eye Bank manager Catherine. Catherine and a group of Eye Donation Coordinators are on a mission to help as many patients as possible move from darkness into light by making the best possible use of cataract available through donations.

Catherine explains that The Hospital Authority (EYE) Bank is responsible for the collection, assessment and distribution of cataracts and related tissue for transplant work and the procurement of the need by people who become donors after they pass away. More than 5,000 cataracts and related tissues have been donated in Hong Kong. Three donor centres – one each at Prince of Wales Hospital, Tuen Mun Hospital and Queen Elizabeth Hospital – currently operate under the EYE Bank.

Other sources of eye-donation include voluntary and statutory organisations. To date, 3,194 donors have been successfully registered with the Vision Impact Foundation.
All change for long-term Kwun Tong GOPC

Kwong Tong Judy Club Health Centre General Outpatient Clinic (GOPC), which has helped safeguard the health of district residents for half a century, has been relocated to new premises in Wing Yick Street and renamed Kwun Tong Community Health Centre.

The Centre is the first urban community health centre in Hong Kong to be established in accordance with the primary care development strategy initiated by the Government. In addition to providing primary healthcare, chronic disease management and health promotion services, the centre is actively involved in health promotion and education activities.

The leading role the new Centre is even brighter and more spacious. With the newly installed Electronic Queue Display System, patients can make good use of their waiting time.

Senior doctor Dr. Chi-Wai See says the old clinic had some drawbacks and limitations. "Black smoke-free and water-free for us, because the clinic would often be flooded during heavy rains, leading to problems such as broken electrical fixtures."

With the relocation to the new site, patient care will be improved significantly. The Centre has invested in air-conditioning and other facilities.

The new clinic is equipped with a range of health care facilities, including consultation rooms, treatment rooms and a registration area. The Centre also has a waiting area for outpatients and a medical record area.

The new clinic is expected to provide better healthcare services to the residents of Kwun Tong, enhancing their quality of life.

Learn by doing: OSH training earns international recognition

The OSH Training Centre, situated in the Kwun Tong area, has recently received international recognition for its training courses, which are designed to improve workplace safety and health.

The Centre's training programmes cover a wide range of topics, including workplace safety, first aid, emergency response, and accident prevention. The Centre's courses are designed to meet the needs of different industries, including construction, manufacturing, and retail.

The Centre's training programmes have been recognized by various international bodies, including the International Labour Organization (ILO) and the Chartered Institute of Building (CIB). The Centre's courses have been praised for their practical approach, real-world examples, and hands-on training.

The Centre's commitment to excellence has been recognized by various international bodies, and the Centre has been awarded numerous awards for its high-quality training programmes.

The Centre's training programmes have been praised for their practical approach, real-world examples, and hands-on training. The Centre's courses are designed to meet the needs of different industries, including construction, manufacturing, and retail.

The Centre's training programmes have been recognized by various international bodies, including the International Labour Organization (ILO) and the Chartered Institute of Building (CIB). The Centre's courses have been praised for their practical approach, real-world examples, and hands-on training.

The Centre's commitment to excellence has been recognized by various international bodies, and the Centre has been awarded numerous awards for its high-quality training programmes.

The Centre's training programmes have been praised for their practical approach, real-world examples, and hands-on training. The Centre's courses are designed to meet the needs of different industries, including construction, manufacturing, and retail.

The Centre's training programmes have been recognized by various international bodies, including the International Labour Organization (ILO) and the Chartered Institute of Building (CIB). The Centre's courses have been praised for their practical approach, real-world examples, and hands-on training.

The Centre's commitment to excellence has been recognized by various international bodies, and the Centre has been awarded numerous awards for its high-quality training programmes.

The Centre's training programmes have been praised for their practical approach, real-world examples, and hands-on training. The Centre's courses are designed to meet the needs of different industries, including construction, manufacturing, and retail.

The Centre's training programmes have been recognized by various international bodies, including the International Labour Organization (ILO) and the Chartered Institute of Building (CIB). The Centre's courses have been praised for their practical approach, real-world examples, and hands-on training.

The Centre's commitment to excellence has been recognized by various international bodies, and the Centre has been awarded numerous awards for its high-quality training programmes.

The Centre's training programmes have been praised for their practical approach, real-world examples, and hands-on training. The Centre's courses are designed to meet the needs of different industries, including construction, manufacturing, and retail.

The Centre's training programmes have been recognized by various international bodies, including the International Labour Organization (ILO) and the Chartered Institute of Building (CIB). The Centre's courses have been praised for their practical approach, real-world examples, and hands-on training.

The Centre's commitment to excellence has been recognized by various international bodies, and the Centre has been awarded numerous awards for its high-quality training programmes.

The Centre's training programmes have been praised for their practical approach, real-world examples, and hands-on training. The Centre's courses are designed to meet the needs of different industries, including construction, manufacturing, and retail.

The Centre's training programmes have been recognized by various international bodies, including the International Labour Organization (ILO) and the Chartered Institute of Building (CIB). The Centre's courses have been praised for their practical approach, real-world examples, and hands-on training.

The Centre's commitment to excellence has been recognized by various international bodies, and the Centre has been awarded numerous awards for its high-quality training programmes.

The Centre's training programmes have been praised for their practical approach, real-world examples, and hands-on training. The Centre's courses are designed to meet the needs of different industries, including construction, manufacturing, and retail.

The Centre's training programmes have been recognized by various international bodies, including the International Labour Organization (ILO) and the Chartered Institute of Building (CIB). The Centre's courses have been praised for their practical approach, real-world examples, and hands-on training.

The Centre's commitment to excellence has been recognized by various international bodies, and the Centre has been awarded numerous awards for its high-quality training programmes.

The Centre's training programmes have been praised for their practical approach, real-world examples, and hands-on training. The Centre's courses are designed to meet the needs of different industries, including construction, manufacturing, and retail.

The Centre's training programmes have been recognized by various international bodies, including the International Labour Organization (ILO) and the Chartered Institute of Building (CIB). The Centre's courses have been praised for their practical approach, real-world examples, and hands-on training.

The Centre's commitment to excellence has been recognized by various international bodies, and the Centre has been awarded numerous awards for its high-quality training programmes.

The Centre's training programmes have been praised for their practical approach, real-world examples, and hands-on training. The Centre's courses are designed to meet the needs of different industries, including construction, manufacturing, and retail.

The Centre's training programmes have been recognized by various international bodies, including the International Labour Organization (ILO) and the Chartered Institute of Building (CIB). The Centre's courses have been praised for their practical approach, real-world examples, and hands-on training.

The Centre's commitment to excellence has been recognized by various international bodies, and the Centre has been awarded numerous awards for its high-quality training programmes.

The Centre's training programmes have been praised for their practical approach, real-world examples, and hands-on training. The Centre's courses are designed to meet the needs of different industries, including construction, manufacturing, and retail.

The Centre's training programmes have been recognized by various international bodies, including the International Labour Organization (ILO) and the Chartered Institute of Building (CIB). The Centre's courses have been praised for their practical approach, real-world examples, and hands-on training.

The Centre's commitment to excellence has been recognized by various international bodies, and the Centre has been awarded numerous awards for its high-quality training programmes.

The Centre's training programmes have been praised for their practical approach, real-world examples, and hands-on training. The Centre's courses are designed to meet the needs of different industries, including construction, manufacturing, and retail.

The Centre's training programmes have been recognized by various international bodies, including the International Labour Organization (ILO) and the Chartered Institute of Building (CIB). The Centre's courses have been praised for their practical approach, real-world examples, and hands-on training.

The Centre's commitment to excellence has been recognized by various international bodies, and the Centre has been awarded numerous awards for its high-quality training programmes.

The Centre's training programmes have been praised for their practical approach, real-world examples, and hands-on training. The Centre's courses are designed to meet the needs of different industries, including construction, manufacturing, and retail.

The Centre's training programmes have been recognized by various international bodies, including the International Labour Organization (ILO) and the Chartered Institute of Building (CIB). The Centre's courses have been praised for their practical approach, real-world examples, and hands-on training.

The Centre's commitment to excellence has been recognized by various international bodies, and the Centre has been awarded numerous awards for its high-quality training programmes.

The Centre's training programmes have been praised for their practical approach, real-world examples, and hands-on training. The Centre's courses are designed to meet the needs of different industries, including construction, manufacturing, and retail.

The Centre's training programmes have been recognized by various international bodies, including the International Labour Organization (ILO) and the Chartered Institute of Building (CIB). The Centre's courses have been praised for their practical approach, real-world examples, and hands-on training.

The Centre's commitment to excellence has been recognized by various international bodies, and the Centre has been awarded numerous awards for its high-quality training programmes.

The Centre's training programmes have been praised for their practical approach, real-world examples, and hands-on training. The Centre's courses are designed to meet the needs of different industries, including construction, manufacturing, and retail.

The Centre's training programmes have been recognized by various international bodies, including the International Labour Organization (ILO) and the Chartered Institute of Building (CIB). The Centre's courses have been praised for their practical approach, real-world examples, and hands-on training.

The Centre's commitment to excellence has been recognized by various international bodies, and the Centre has been awarded numerous awards for its high-quality training programmes.
樂活黃金人生

Rehab with hidden garden

和鮮花一起康復

A tiny green oasis tucked beside a footbridge in Kowloon Hospital provides patients and their family members with the chance to enjoy some natural tranquility. But, as its founder explains, the Rehab Oasis has therapeutic as well as meditative objectives.

Kowloon Hospital Rehab Department Ward Manager Wong Yee-Tsin said she had the idea for a garden-based therapy facility several years ago. In order to make her vision a reality, she spent time studying horticulture and landscape planning. Besides support and assistance from friends and colleagues, she also used her courage and confidence to spearhead the development of the Rehab Oasis, which opened in December last year.

The layout and choice of plants are based on therapeutic and practical considerations, Ms Wong says. "We started with the concept of five-sense stimulation," she adds. "Patients can enjoy the diversity of colorful flowers and the soothing sounds of a variety of birds."

Plants such as mimosa offer a pleasing tactile experience and the chirping sounds of the birds add to the feeling of relaxation. Visitors to the garden can also enjoy a cup of fresh mint tea in which is made with mint leaves harvested from the garden," she adds.

Ms Wong says the small courtyard is a healing space for patients dealing with chronic illness. "It is the most beautiful thing in my life," she said. "That is why I speak about it in front of television stations and radio stations."
**Show your passion for life by giving blood**

**Why donate blood?**

- Blood donation is a valuable commodity in a society that is constantly in need of it.
- Blood donation is a selfless act that helps others in need.
- Blood donation is a way to give back to the community.

**Can I give blood?**

- You must be at least 16 years old and in good health.
- You must weigh at least 110 lb (50 kg).
- You must not be pregnant.

**How to give blood?**

- You can give blood at any of the following locations:
  - Blood Donor Services
  - Blood Donor Services Office
  - Blood Donation Centers

**Blood drives at hospitals (June - September 2015)**

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hospital Authority Head Office</strong></td>
<td><strong>Theatre Foyer, MIF</strong></td>
<td><strong>10:00am - 5:00pm</strong></td>
</tr>
<tr>
<td><strong>Alice Ho Miu Ling Netherton Hospital</strong></td>
<td><strong>St. Columbans, C, Building D</strong></td>
<td><strong>10:00am - 5:00pm</strong></td>
</tr>
<tr>
<td><strong>North District Hospital</strong></td>
<td><strong>Auditorium, 1F</strong></td>
<td><strong>10:00am - 5:00pm</strong></td>
</tr>
<tr>
<td><strong>Queen Elizabeth Hospital</strong></td>
<td><strong>Lobby, 3F, Building D</strong></td>
<td><strong>10:00am - 5:00pm</strong></td>
</tr>
<tr>
<td><strong>United Christian Hospital</strong></td>
<td><strong>Multi Conference Room, 2F, Block S</strong></td>
<td><strong>10:00am - 6:00pm</strong></td>
</tr>
<tr>
<td><strong>Pok O Hospital</strong></td>
<td><strong>Recreation Centre, 1F</strong></td>
<td><strong>10:00am - 4:00pm</strong></td>
</tr>
<tr>
<td><strong>Princess Margaret Hospital</strong></td>
<td><strong>Hall, 6F</strong></td>
<td><strong>10:00am - 6:00pm</strong></td>
</tr>
<tr>
<td><strong>Tuen Mun Hospital</strong></td>
<td><strong>Staff Recreation Room, 2F</strong></td>
<td><strong>10:00am - 5:00pm</strong></td>
</tr>
<tr>
<td><strong>Queen Mary Hospital</strong></td>
<td><strong>K2 Dr Common Room, 2F</strong></td>
<td><strong>10:00am - 5:00pm</strong></td>
</tr>
<tr>
<td><strong>Castle Peak Hospital</strong></td>
<td><strong>Hall, 3F</strong></td>
<td><strong>10:00am - 5:00pm</strong></td>
</tr>
</tbody>
</table>