



Combating

新沙士應變記

MERS



編者的話

「新沙士」5月在韓國爆發，由於港韓日常交往頻繁，醫院管理局極速應變，同事專業地作好各項部署，阻截這個死亡率比沙士更高的疫症在港抬頭。今期「封面故事」為你總結醫管局的備戰過程，當中最重要的因素，仍是依靠同事的努力。

於7月公布的醫管局檢討督導委員會報告，重點列出十大建議。同事與管理層未來可如何為香港公共醫療作出建樹，請看第8至9頁的報道。

今期還有很多有趣實用資訊介紹給大家，如同事可查閱自身健康記錄的「電子版、流動版員工健康紀錄」（頁12至13）、九龍醫院和靈實醫院（頁18）的小秘聞，以及癌病院友健康食譜（頁19）等，希望大家能有所收穫！

From the editor

As news of the Middle East Respiratory Syndrome (MERS) outbreak in Korea reached the outside world in May, the Hospital Authority took immediate action to shore up its readiness and defence against the serious health risk posed by MERS – which has a higher mortality rate than SARS. Find out more about HA's comprehensive strategy for success and our committed staff in our Cover Story.

The *Report of the Steering Committee on HA Review* which was released in July this year has come up with 10 key recommendations for actions HA should take to improve the public healthcare system in Hong Kong. To learn how you can play your part in improving our services over the long term, please turn to page 8.

Other interesting and informative articles in this issue include a highlight on the eSHR and mSHR systems that enable staff to track their own medical history (page 12), a selection of fun facts about Kowloon Hospital and Haven of Hope Hospital (page 18), as well as healthy recipes designed for cancer patients (page 19). Happy reading!

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總結新沙士應變 同事功不可沒

MERS threat is no match for HA teamwork

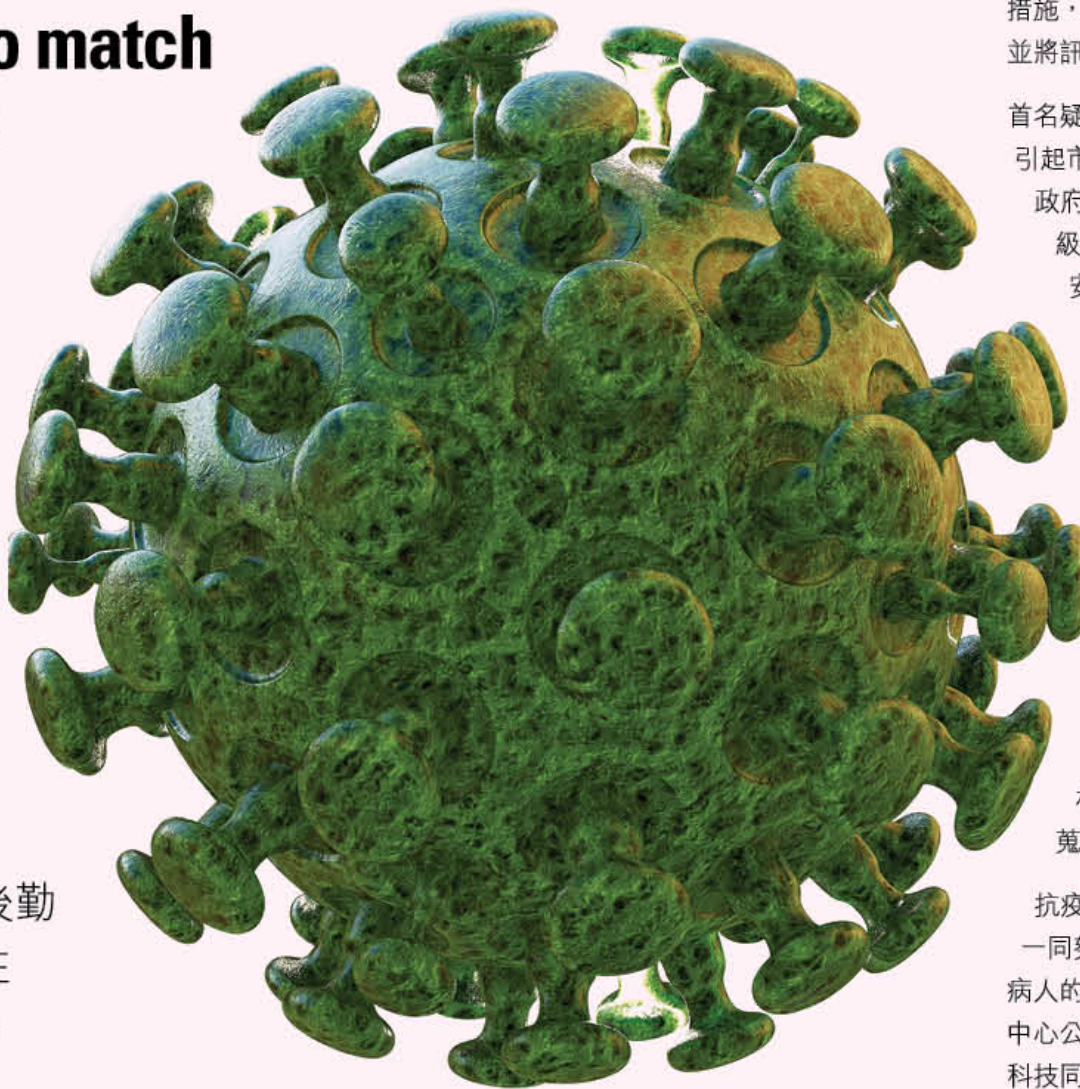
隨著中東呼吸綜合症（俗稱「新沙士」）的威脅緩和，本港的應變級別亦由「嚴重」調低至「戒備」。過去兩個多月，本港雖沒有出現確診個案，但醫院管理局在備戰上絕無鬆懈。《協力》邀得質素及安全總監區結成醫生，一同檢視在抗疫的60多天裡，前線和後勤同事如何緊密合作。同事在抗疫過程中的困難和得著，也可作為日後的參考。

As the shadow cast by Middle East Respiratory Syndrome (MERS) in recent months begins to fade, Hong Kong has stood down its response level from 'serious' to 'alert'. Although no confirmed MERS cases were reported in Hong Kong during the past few months, the Hospital Authority was well prepared to handle any outbreak and remains vigilant with respect to future threats.

質素及安全總監
區結成醫生

Dr Derrick Au, Director
(Quality & Safety)

Dr Derrick Au, Director (Quality & Safety), tells *HASLink* how frontline and back office staff worked in a coordinated effort to defend against MERS. He also shares some lessons learned for the future.



區醫生說，「由於醫管局早已從過往多次疫症中汲取經驗，面對今次『新沙士』殺入鄰近的韓國，同事的應變手法明顯比之前更純熟，由開會商議、執行決定，到發放資訊，盡量速戰速決。例如，五月底有疑似個案經過本港時，醫管局已迅速召開內部會議，定出風險評估、通報準則及感染控制措施，即時暫停醫管局與韓國的醫學專業交流，並將訊息下達至各前線單位跟進。」

首名疑似個案病人雖然只途經香港，但迅速引起市民高度關注。區醫生指，醫管局配合政府，即使未有本地確診個案，也一度將應變級別提升為「嚴重」，保障香港市民的安全。

隨著政府發出旅遊警示，疑似個案的數目亦相應減少，不但可減少前線同事的壓力，亦可讓同事更專注病人。

今次「鄰居着火」事件，令醫管局察覺到除前線醫院要有防備外，即使是總辦事處的人員亦應加強防疫措施。行政總裁梁栢賢建議於總辦事處成立感染控制小組，加強總辦事處同事對疫症的應變和感染控制。小組由總行政經理（病人安全及風險管理）林潔宜醫生統籌，她已向相關部門蒐集資料，稍後將制定出細節。

抗疫期間，前線醫護人員和後勤支援同事一同努力付出。前線同事第一時間通報疑似病人的資料，為病人抽取鼻咽液，送至衛生防護中心公共衛生化驗服務處進行快速化驗；資訊科技同事設立 e-MERS 電子平台通報系統；總部重大事故控制中心當值主任亦每日發出電郵，匯報疑似個案數目；聯網人力資源部更即時聯絡早前出發到韓國進行醫學專業交流的同事，提供感染控制資訊及協助。每一個環節，都是我們今次能令病菌無以逞惡的關鍵。

區醫生說：「醫管局非常感謝同事緊密配合，同心應對新病毒帶來的龐大工作量。同事們的無私奉獻和專業服務，是確保市民健康的重要因素。」



前線同事利用e-MERS電子平台，通報疑似「新沙士」個案，迅速便捷。Frontline colleagues use the e-MERS system to report suspected cases in a timely manner.



▲ 當有疑似個案病人經過本港時，醫管局迅速召開內部會議，商討對策。When a suspected case passed Hong Kong, HA senior management immediately convened ad hoc internal meetings to discuss the infection control measures.

“HA had gained experience in previous battles against deadly viruses, and we were therefore able to mount a fast and effective defence with respect to the risks posed by the MERS outbreak in Korea,” Dr Au explains. “From convening meetings to discuss operational issues and decide on implementation plans, to communicating important information to staff members and the public, it was extremely well-coordinated and efficient.”

Dr Au quotes the example of HA senior management convening meetings shortly after news of the Korean outbreak was released to discuss risk assessment, case-reporting criteria, case notification procedure and enhanced infection control measures. “To minimise infection risk, we immediately suspended HA's medical exchange activities with Korea,” he says. “At the same time, frontline staff were tasked with implementing relevant measures.”

Following the issue of travel alert by the government, the number of suspected cases has dropped correspondingly which has obviously alleviated the workload of frontline staff so that they can place more attention to patients.

With an awareness of the concerns that the MERS threat was generating in members of the general public, HA worked with the government in accordance with the established response mechanism to activate the ‘Serious Response Level’ (S2), when the first suspected MERS case stopped over Hong Kong en route to Mainland China.

HA was aware that its responsibilities to staff extended beyond ensuring frontline colleagues were well equipped – back-office and non-clinical staff also needed to be reassured that their health was being protected. Chief Executive PY Leung proposed that a dedicated team be formed to strengthen infection controls at HA Head Office. The Head Office Infection Control Team has been established with Dr Rebecca Lam, Chief Manager (Patient Safety and Risk Management) as its head. She is now collecting relevant information from various departments and will come up with a detail plan later on.

All frontline and non-clinical staff made remarkable efforts in fighting against the MERS threat. Frontline colleagues used the e-MERS system to report suspected cases in a timely manner and collected nasopharyngeal aspirate specimens which were sent for analysis to the Public Health Laboratory Services Branch of the Centre for Health Protection. Behind the scenes, IT colleagues ensured that the e-MERS system facilitated the smooth and efficient flow of important information. The Duty Officer of the Head Office Major Incident Control Centre compiled a daily situation report and sent out via e-mail, which provided the latest numbers and other relevant news on suspected cases. The Cluster Human Resources Departments immediately contacted staff who were on clinical attachment programmes or attending healthcare conferences in Korea to ensure they were kept fully informed of the latest developments. These are just a few of the many examples of the good teamwork that occurred across various HA departments as colleagues stepped up to defend the people of Hong Kong against the serious health risk posed by MERS.

“HA is grateful for the concerted efforts of all colleagues in defending the public against the MERS threat,” says Dr Au. “Serious threats and emergencies such as these put extra pressure and workload on staff, but our colleagues have once again shown themselves to be dedicated and tireless in their determination to help people stay healthy.”

軟、硬配套準備好 隨時抗疫

Fully equipped and ready to fight the enemies of good health

作為公眾健康的把關者，在救急扶危的同時，醫管局一直致力防患於未然，在硬件和軟件裝備上都做足準備，尤其是確保同事有一定的專業水平對付突如其來的疫症。

As Hong Kong's largest defender of public health, the Hospital Authority's arsenal of weaponry includes advanced equipment and the professionalism and knowledge of HA colleagues. HA's ongoing efforts to enhancing the 'hardware' and 'software' of medical care mean that colleagues are well prepared to handle emergencies such as the potential outbreak of a life-threatening contagious disease.

個人防護裝備 Personal protective equipment (PPE)

抗水帽
Water repellent cap
儲備足夠三個月使用
Stocked up a three-month supply

手套
Gloves
儲備足夠三個月使用
Stocked up a three-month supply

面罩
Face shield
儲備足夠三個月使用
Stocked up a three-month supply

防水保護衣
Water resistant gown
儲備足夠三個月使用
Stocked up a three-month supply

負氣壓病房隔離病床
Isolation beds at airborne infection isolation rooms (AIIR)
1300張
1300 isolation beds

N95呼吸器
N95 respirator
140 萬個，另有外科手術口罩 3,800 萬個
1.4 million pieces, plus 38 million surgical masks

內部通訊 緊貼發展 Promoting good internal communication



總辦事處機構傳訊部會透過《協力快訊》和新聞稿，向員工及公眾發放局方的對策和最新消息。另外，醫院會按需要舉行員工座談會，向同事傳遞相關資訊。

The Head Office Corporate Communication Department will issue **HASLink Express** and **press releases** to announce new countermeasures and special **staff forums** will be held at individual hospitals to share information as necessary.



總感染控制主任辦事處自2012年起已在內聯網設立「新沙士」網頁 (http://qsportal/iec/Website/IEC%20Webpage/SRD_NC.htm)，同時出版內部刊物《總感染控制雙週刊》，方便同事掌握最新資訊。他們亦會與醫院的感染控制小組同事緊密聯繫，向前線同事發放最新訊息。

The Chief Infection Control Officer (CICO) Office set up a dedicated **MERS minisite** (http://qsportal/iec/Website/IEC%20Webpage/SRD_NC.htm) as part of the HA intranet in 2012 to facilitate efficient information flow among colleagues. The Office issues the **CICO Biweekly** to improve internal communication and staff awareness of the latest situation as regards infection control issues and threats and also keeps in close contact with infection teams at HA hospitals.

培訓課程 兩年複修 Regular infection control training keeps colleagues well prepared



總感染控制主任辦事處聯同傳染病控制培訓中心、人力資源部及醫院感染控制小組，定期為新入職員工舉辦**感染控制培訓課程**，並每24個月提供複修課程，確保同事吸收最新防控感染知識。

The CICO office, Infectious Disease Control Training Centre, Human Resources Division and hospital infection control teams organise regular **infection control training programmes** for all newly hired staff and run refresher courses for all relevant staff every 24 months.

傳播途徑 Mode of transmission

可透過接觸動物，如單峰駱駝，或確診病人而受感染。另亦可能經由緊密接觸而出現人傳人的情況，例如若醫護人員未有穿上全套個人防護裝備接觸確診病人，或進行霧化醫護程序未有適當的防護措施，均有機會受到感染。

People may be infected upon exposure to infected humans or animals, such as dromedaries. It may also be spread through direct person-to-person contact, if a healthcare worker did not follow the appropriate PPE protocol when interacting with a confirmed MERS patient or did not take the appropriate safety measures during aerosol-generating procedures (AGPs).



治療方法 Treatment

暫無藥物醫治，只有支援性治療。

No specific curative treatment is currently available. Supportive treatment can be provided.

潛伏期 Incubation period

2 至 14 天

Two to 14 days



病徵 Clinical features

一般會出現發燒、咳嗽、呼吸急促和困難，間中亦有腸胃不適及嘔嘔等情況。嚴重病人更會出現呼吸道或多種器官衰竭，甚至死亡。

The disease is characterised by fever, coughing, shortness of breath and respiratory difficulties. Sufferers may sometimes experience gastrointestinal discomfort and / or vomiting. Severe cases may lead to respiratory or multi-organ failure or even death.

預防方法 Prevention

注意個人和環境衛生，勤用梘液潔手。避免接觸「新沙士」病人或動物，特別是單峰駱駝、雀鳥、或家禽，和不宜到受影響地區旅遊。如出現呼吸道感染病徵時，應佩戴口罩，盡快求診。

Pay attention to personal and environmental hygiene and wash your hands frequently with soap. Avoid contact with MERS patients and animals such as dromedaries, wild birds and poultry. Avoid travelling to high-risk affected regions. Should you develop any of the known symptoms, wear a surgical mask and seek immediate medical attention.

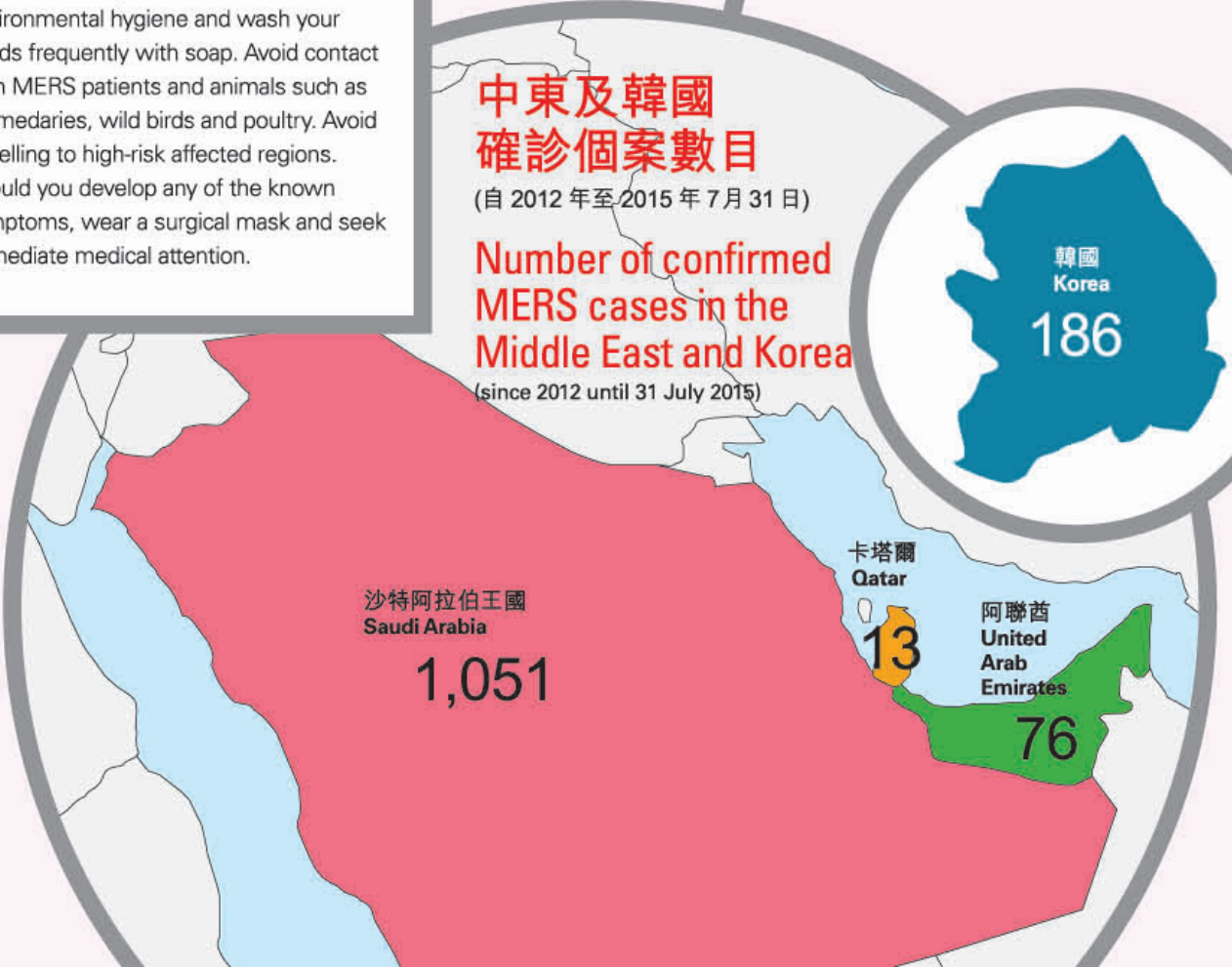


Facts about MERS 知多啲

中東及韓國 確診個案數目

(自 2012 年至 2015 年 7 月 31 日)

Number of confirmed MERS cases in the Middle East and Korea
(since 2012 until 31 July 2015)



死亡率 Mortality rate

「新沙士」在中東地區出現36%的死亡率，較 2003 年「沙士」錄得全球10%的死亡率為高。

The current mortality rate of MERS in the Middle East is 36%, compared with 10% at a global level for the 2003 SARS outbreak.



病人自行到公院急症室求診

Patient consultations at hospital A&E Departments



私家醫院或私家診所發現疑似個案時，即時通知衛生防護中心，安排轉送至就近公院急症室跟進。

Any private hospital or clinic that has a suspected MERS case must inform the Centre for Health Protection (CHP). The CHP will arrange for the case to be transferred to the A&E Department at a nearby local public hospital for immediate follow up.



陸路或水路口岸發現疑似個案，即時轉送至就近公院急症室跟進。

Arrangements will be made for any suspected cases identified at land boundaries or waterway control points to be transferred to a nearby public hospital A&E Department for immediate follow up.

機場發現疑似個案時，即時轉送至瑪嘉烈醫院傳染病中心跟進。

Any suspected cases identified at airport control point will be immediately followed up by HA IDC at PMH.



處理疑似個案流程 MERS protocol for patient admissions

為防止「新沙士」在社區爆發，醫院管理局和衛生署有既定機制跟進個案。整體而言，當社區發現疑似個案時，會由就近公立醫院接收處理，確診個案則轉往瑪嘉烈醫院傳染病中心作支援性治療。

To minimise the risk of an MERS outbreak in Hong Kong, HA and the Department of Health have established a robust mechanism to follow up on any suspected cases. In general, suspected cases will be handled at a nearby local public hospital. Any patient who is confirmed as having MERS will be immediately transferred to HA Infectious Disease Centre (HA IDC) at Princess Margaret Hospital (PMH) for supportive treatment.



公立醫院急症室
Accident and Emergency
Department of public hospitals

流感隔離區 Influenza-like Illness Isolation Area



有發燒，但沒有外遊或接觸患者紀錄，在「流感隔離區」候診。

Patients who have a fever but have not recently travelled overseas or have contact history will be asked to wait in an 'Influenza-like Illness Isolation Area' until a consulting doctor is available.



1

有發燒及在14天內曾到訪受影響國家，即時採取隔離及即時通報。醫護人員穿上個人防護裝備在急症室的負氣壓病房，為疑似個案病人進行初步診斷。然後，再安排送上醫院的負氣壓病房隔離。

Any patient who has a fever and has visited an MERS-affected area in the past 14 days will be immediately transferred to A&E's AIIR and a notification will be issued through the e-MERS system. Doctors and nurses must wear PPE for all interactions with the patient. Following examination by a doctor, the patient will be transferred to the AIIR in the designated ward at the hospital to maintain the isolation protocol.



2

隔離病人後，護士會為病人抽取鼻咽液，並送至衛生防護中心公共衛生化驗服務處進行快速化驗，24小時內會有報告。

Nursing staff will collect nasopharyngeal aspirate specimens and send these to the Public Health Laboratory Services Branch of CHP for the MERS-CoV diagnosis test. The results of this test will be available within 24 hours.



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Nursing staff will collect nasopharyngeal aspirate specimens and send these to the Public Health Laboratory Services Branch of CHP for the MERS-CoV diagnosis test. The results of this test will be available within 24 hours.



化驗結果：陰性
Test result : Negative

病人會轉至普通病房跟進。醫護人員若根據臨床診斷而對結果有懷疑，會再為病人抽取鼻咽液，再次化驗，確保無誤。

出院時，會獲發「出院須知卡」，如在指定時間內出現發燒，或流感徵狀惡化，病人前往急症室求診登記時，出示此卡。

The patient will be transferred to the general wards. If there is uncertainty over the test result as compared with any other clinical diagnosis, another specimen will be collected and sent for analysis to verify the original test result.

A cue card will be given to the patient during their discharge from hospital. If they experience any fever or deterioration of respiratory symptoms within a specified period, they should seek medical diagnosis and show the card to A&E staff.



化驗結果：陽性
Test result : Positive

病人即時轉送瑪嘉烈醫院傳染病中心作支援性治療。

The patient will be immediately transferred to HA IDC at PMH for supportive treatment.

醫管局10月提交方案 回應檢討報告

Action Plan to submit in October in response to HA Review Report

7月中，政府發表了醫院管理局檢討督導委員會報告，全面檢討醫管局的運作和服務的主要範疇，並提出十項建議。醫管局主席梁智仁表示歡迎，並諮詢醫管局大會，制訂執行建議的方案。醫管局大會亦已成立特別專責小組，將於今年10月向政府提交行動方案，並在三年內開展推行各項建議。



照片提供：文匯報 Photo courtesy: Wen Wei Po

In mid-July, the Government released the *Report of the Steering Committee on Review of Hospital Authority (the Report)*. Centering on an overall review of HA's operations and service provision, the Report provides 10 recommendations as to how HA can further improve the quality and delivery of its medical care. HA Chairman Professor John Leong Chi-yan has welcomed the Report and is consulting the HA Board on moving forward with the recommendations by formulating appropriate strategies and action plans. The HA Board has set up a special taskforce and aimed to submit an overall action plan to the Government in October this year with a view to implementing the recommendations in three years.

逾百頁的報告內容，主要就五大範疇進行檢討，包括「管理及組織架構」、「資源管理」、「人事管理」、「成本效益和服務管理」及「整體管理和監管」。以下為建議摘要，同事如欲閱覽報告全文，可瀏覽 <http://www.fhb.gov.hk/cn/committees/harsc/report.html>。

The 100-plus pages Report addresses five areas concerning HA's operation, namely 'management and organisation structure', 'resource management', 'staff management', 'cost effectiveness and service management' and 'overall management and control'. Some of the Report's recommendations are listed below. To consult the full Report, please go to <http://www.fhb.gov.hk/en/committees/harsc/report.html>.



報告建議摘要

An excerpt of recommendations

管理及組織架構

Management and Organisation Structure

- 按聯網內醫療服務的供求，優化聯網界線劃分（尤其是九龍區聯網）。

- 醫管局大會應在領導和管理上擔當更主動角色，亦應加強醫管局總辦事處的服務協調工作，檢視聯網管理架構。

- The delineation of cluster boundary, particularly those of the Kowloon clusters, should be refined having regard to the supply and demand for healthcare services.

- HA Board should play a more active role in leading and managing HA. The Head Office (HAHO) should strengthen the cooperation within clusters and re-examine the overall cluster management structure.

資源管理

Resource Management

- 採用以人口為基礎的優化資源分配模式，考慮包括地區及全港人口特徵，以及提供第三層及第四層醫療服務等。
- 改善和簡化聯網申請增撥資源的程序，減少前線臨床人員的行政工作，加強透明度。

- Resource management should be refined by adopting a population-based allocation model and taking into consideration the demographics of the local and territory-wide populations and the provision and development of tertiary and quaternary services.

- Improve and simplify the procedures of bidding for resources by clusters in order to minimise the administrative workload of frontline clinical staff, and enhance transparency of the process.

員工座談會 收集意見

Staff forum to collect views



醫管局於8月中舉行三場員工座談會，聽取同事對推行改善方案的意見。

HA held three staff forums in August to hear staff's views on how HA should move forward with the recommendations for future enhancement.

8月13日 下午12時30分至2時
瑪嘉烈醫院H座7樓演講廳

13 August 12:30 pm to 2pm
Lecture Theatre, 7/F, Block H, Princess Margaret Hospital

8月14日 下午12時30分至2時
威爾斯親王醫院住院主樓暨創傷中心1樓演講廳

14 August 12:30 pm to 2pm
Auditorium, 1/F, Main Clinical Block and Trauma Centre, Prince of Wales Hospital

8月17日 下午12時30分至2時
東區尤德夫人那打素醫院港島東醫院聯網醫療管理及臨床科技培訓中心地下演講廳

17 August 12:30 pm to 2pm
Lecture Theatre, G/F, HKEC Training Centre for Healthcare Management & Clinical Technology, Pamela Youde Nethersole Eastern Hospital

額外資源助推行建議

Additional resources for implementing recommendations

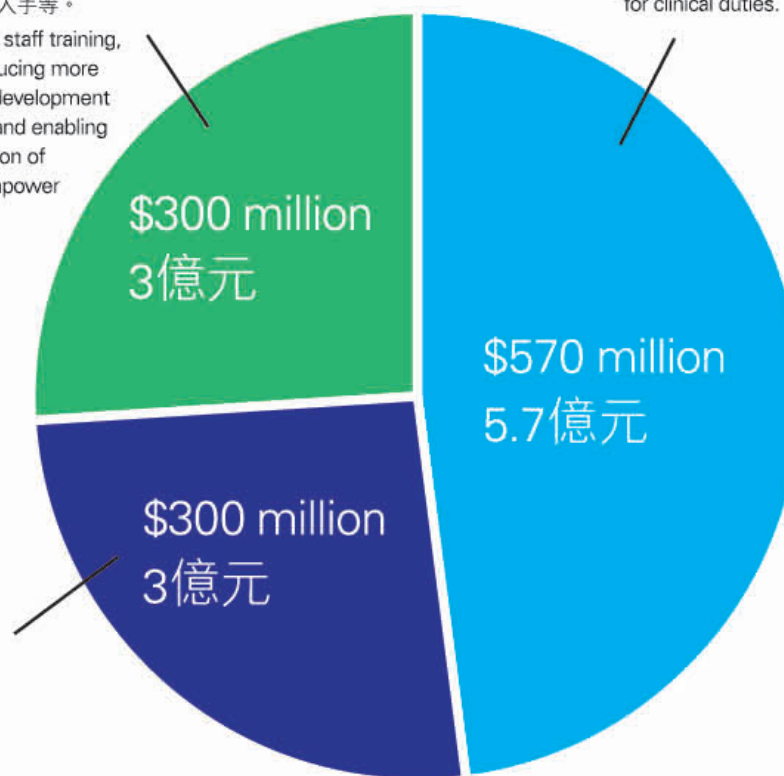
政府將預留 11.7 億元的
一次性額外資源，供醫管局
用於需要更多財政支援的
範疇，以便推行建議。

The Government has set aside additional time-limited resources totalling HK\$1.17 billion, on a one-off basis, for areas where further financial support would be necessary to facilitate HA to implement the recommendations.

重新聘用人手嚴重短缺的
職系和專科中的合適
退休人員，如重聘退休
醫生則只執行臨床工作。
To re-employ suitable
retirees at grades and in
disciplines that are facing
severe staff shortages. For
retiring medical staff, they
would only be re-employed
for clinical duties.

加強員工培訓，包括
職位輪調發展計劃、及提供
額外培訓替假人手等。
For enhancing staff training,
such as introducing more
staff rotation development
programmes and enabling
greater provision of
additional manpower
support for
training relief.

撥予九龍東、
新界東和新界西
三個聯網，
以提升服務。
To enhance the
existing services of
Kowloon East
Cluster, New
Territories East
Cluster and New
Territories West
Cluster.



人事管理

Staff Management

- 醫管局總辦事處加強統籌角色，確保各聯網的人力資源管理和作業方式一致、公平和公正。總辦事處應參與同事晉升選拔和職位調派工作，提高透明度。
- 醫管局大會轄下成立一個高層次的中央培訓委員會，制定整體培訓政策，分配資源作培訓用途。

- HAHO should enhance its coordinating role to ensure greater consistency, fairness and parity in human resources management and practices in and between the clusters. HAHO should also be more involved in staff promotion and transfer processes to enhance transparency.

- HA should set up a high-level central training committee under the HA Board to set overall training policies and allocate designated resources for training.

成本效益和服務管理

Cost Effectiveness and Service Management

- 醫管局大會應在制訂主要標準和目標方面擔當更主動角色，而醫管局應加強和優化主要表現指標，方便服務規劃和資源分配。
- 推行全面計劃，縮短專科門診和急症室輪候時間。

- HA Board should play a more active role in setting key standards and targets. HA should enhance and refine the Key Performance Indicators to better facilitate service planning and resource allocation.
- HA should implement a comprehensive plan to shorten waiting times for specialist outpatient clinics and accident & emergency services.

- 提升服務量和檢討服務模式，加強與非政府組織和私營醫療界別合作，為病人（尤其是長者病人）提供全面的醫療和支援服務。

- HA should enhance its service capacity and review its service delivery model, strengthen partnership with non-governmental organisations and the private sector with a view to providing comprehensive healthcare and support for patients, particularly elderly patients.

整體管理和監管

Overall Management and Control

- 加強統籌委員會的臨床管治角色，簡化資源規劃和臨床服務發展的諮詢程序，並加強醫療事故原因的分析。

- HA should strengthen roles of Coordinating Committees on clinical governance, streamline internal consultations on resource planning and clinical service development, and strengthen root causes analysis of medical incidents.



伊院威水食譜 名揚海外

QEH's cookbook wins global recognition

依家寫書嘅人好多，但能寫到名揚海外嘅就不多見。好似《協力》介紹過，由伊利沙伯醫院出版嘅《準媽媽的好煮意》今年7月就喺「2015年度世界美食家大獎」嘅 Best Diet Cookbook 分類中榮獲季軍，認真巴閉！

呢本書收錄咗將近 50 道食譜，仲提供產前產後運動、護理、哺乳、BB 照顧、及情緒支援等實用知識，直情係為孕婦度身訂做嘅通勝。

QEH 卅幾位產科及兒科醫生、護士、中醫師同營養師齊齊獻計，前後籌備咗至少大半年，仲相互切磋咗幾輪。好似生完 B 飲木瓜章魚豬骨湯係補身良方，中醫師都極力推薦，不過營養師就嫌豬骨油脂太高。結果雙方熱烈討論之後搵到一個兩全其美嘅方法——將食材豬骨轉做豬脰，減少油分攝入。♥



I have some great news that I've been bursting to share with HASLink readers. Queen Elizabeth Hospital (QEH) has scooped a prestigious international award in the publishing world! The hospital's book of recipes for mothers-to-be recently picked up third prize in the 'Best Diet Cookbook' category at the Gourmand World Cookbook Awards 2015!

HASLink should be commended for sniffing out the delights of *Simple and Healthy Recipes for Mothers-to-be* at an early stage. The book not only contains around 50 recipes, but also includes advice and tips about prenatal and postnatal exercise, nursing, caring for newborns, emotional support and more.

The book draws on the collective wisdom and experience of obstetric and paediatric specialists, nurses, dietitians and Chinese medicine practitioners,



and was compiled following more than six months of interviews, research and – on occasion – debate! For example, pork bone soup with papaya and dry octopus is considered a traditional therapeutic postnatal dish. But pork bone, which contains high fat, does not fit into standard nutritional principles adhered to by dietitians from the conventional medicine tradition. After some friendly negotiation over the issue, the two sides reached a compromise by substituting pork bone for pork shank. ♥

一班幕後功臣嚟今年香港書展接受獎項，睇下佢地幾開心！QE colleagues feel their efforts are all paid off when receiving the award at the certificate presentation ceremony hosted in Hong Kong Book Fair in July this year.

屯門醫院差啲有個馬房？

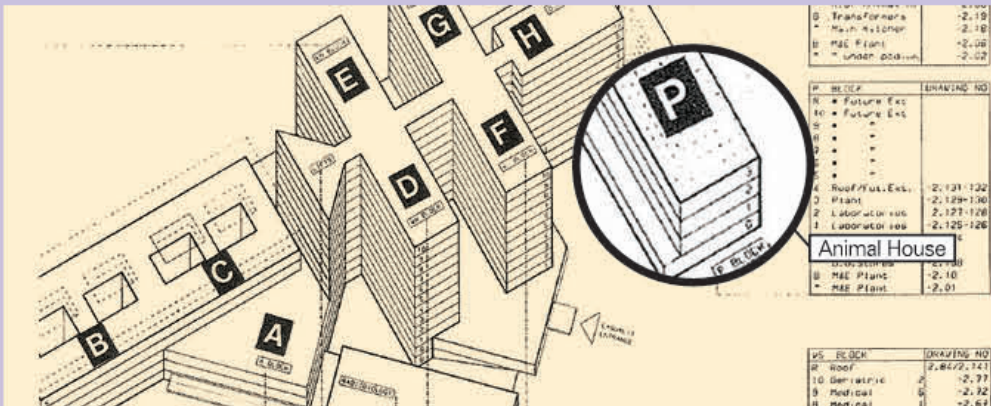
Horsing around at Tuen Mun Hospital?

Helen 最近去咗屯門醫院嘅 25 周年銀禧酒會，當日星光熠熠，除咗有食物及衛生局副局長陳肇始教授、梁智仁教授及梁栢賢醫生主禮外，Helen 仲見返唔少老友，同班老友聚舊，認真開心！

聚舊期間，聽到當年有份籌劃屯門醫院嘅姊妹講，屯門醫院最初嘅圖則裡面，規劃咗一個「馬房」用嚟俾醫院養馬。醫院點解要有個馬房？Helen 搵咗屯門醫院病理部嘅郭德麟醫生問個究竟。

據郭醫生講，原來馬血同人血有啲相近，所以病理科同事會攞馬血來種菌，跟住再做病理分析。要用馬血來種菌就當然要有馬啦，所以當年起屯門醫院時，真係劃咗個地方來做馬房，準備養住一批馬用嚟抽血。

不過，當醫院起好之後，政府就同馬會達成協議，馬血改由馬會提供，於是醫院養馬嘅計劃告吹，馬房後來改為存放醫療報告嘅倉庫。♥



屯門醫院嘅80年代舊圖則清楚顯示，當年醫院 P 座地下嘅 Animal House，就係預留用來養馬嘅馬房。The ground floor of Block P at TMH was originally conceived as a stable block for horses.

I recently attended Tuen Mun Hospital's (TMH) 25th anniversary cocktail reception which was graced by a number of heavyweights of the healthcare profession. While at the event, I overheard someone saying that a stable was part of the original construction plan for TMH. I was surprised and, frankly, somewhat skeptical – what place would horses have at a hospital that only opened in 1990?

To get to the bottom of this strange story, I asked Dr Que Tak-lun, Chief of Service (Clinical Pathology), if he knew anything about it. According to Dr Que, a stable was indeed included in the plans for TMH. As

horse's blood is similar to human blood, it is often used by pathologists to test and analyse the effects of inoculums. At the time, it was felt that the easiest way to ensure a steady supply was to have an onsite stable facility.

However, by the time TMH was established, the Government had concluded an agreement with The Hong Kong Jockey Club to provide horse blood for medical research. With this development, the stable was no longer required and was repurposed as a storage facility for medical records. ♥

「著數」停不了

Great Co-op Shop deals continue

買護膚品、零食邊度至抵？同事可能會第一時間諗起至筍嘅醫管局職員合作社，仲有合作社嘅網上商店。由2015年7月起，醫管局新增咗一張「職員合作社購物證」，俾年屆醫管局正常退休年齡嘅約滿離職同事，以及醫管局屬公務員聘用條款嘅退休同事。憑呢張購物證，可以睇醫管局職員合作社及網上職員合作社購物，繼續享受「著數」。♥



瑪嘉烈好人好事 威到去印尼

PMH enjoys high praise from Indonesian-Chinese community



今年護士節，陳秀蘭（右二）特意返醫院探醫護人員，仲攞埋份《千島日報》比佢哋睇。Chan Sau-lan (second from right) brought with the Indonesian-Chinese newspaper to visit the healthcareers at the hospital on the International Nurses Day.

的確厲害。有份診治陳女士嘅瑪嘉烈醫院老人科顧問醫生江德坤就讚陳女士係「模範病人」：「佢做完淋巴瘤化療後出現不少併發症，又因長期臥床而令腳部神經失調，需進行各項體能復康訓練，不過佢意志堅定，非常配合醫護人員，慢慢踏上康復路。」

良好嘅醫患關係對病人康復果然重要！同事要睇陳女士篇文可到 <http://www.qiao-you.com/index.php/article/detail/uid/31175.html>。♥

Colleagues who were eligible on or before 30 June 2015 can contact the Staff Wellbeing Team at HA Head Office (tel: 2300 7650 or e-mail: tpp269@ha.org.hk) to apply for the card. Those who are eligible on or after 1 July 2015, the Human Resource Division in respective clusters will issue the card to them. HA retirees do not need to apply for the card, as their Retiree Cards will continue to give them access to the Co-op Shop offers.



Looking for special deals on personal care items and snacks? The first thing comes to our mind will be the Hospital Authority Staff Co-op Shop and its e-shopping platform that offer great discounts on a wide variety of goods. Staff completed contract upon normal retirement age and retired HA staff on civil service terms will be given a new Co-op shop card from July 2015 onwards so that they can continue their shopping privileges. ♥

An appreciative patient has been showering praise on colleagues at Princess Margaret Hospital (PMH) among the Indonesian-Chinese community.

Chan Sau-lan wrote an article in an Indonesian-Chinese newspaper to share the story of how PMH doctors and nurses saved her life.

Sau-lan was admitted to PMH in April last year because she was suffering with lymphoma. After months of dedicated care by staff at PMH's Intensive Care Unit and haematology, she was then transferred for rehabilitation treatment before being discharged in early September. Her article gives great credit to our PMH colleagues for their care and their selfless efforts in helping her deal with a serious medical condition.

Dr Kong Tak-kwan, Consultant Geriatrician in the Department of Medicine & Geriatrics at PMH, says Sau-lan was a model patient during her hospitalisation. "She experienced complications from the lymphoma and chemotherapy, and had to overcome weakness of her legs due to nerve damage after a prolonged period of bed rest," he says. "But she demonstrated a remarkably strong will and always diligently followed the suggestions and directions of our staff, which kept her rehabilitation training on schedule."

It is a good example demonstrating the importance of building trust between patients and healthcare professionals. ♥

eSHR 我的病歷 我掌握

醫管局善用現代科技，建立「員工健康紀錄」(eSHR)，讓同事隨時按需要查閱個人健康紀錄。它的流動應用程式——「流動版員工健康紀錄」(mSHR)在首階段已可提供門診預約等資料。職員診所的電話預約系統亦即將更新，為同事提供更便捷的服務。

Health self-management made easy

The Hospital Authority is leveraging technology to set up the Electronic access of Staff Health Record (eSHR) system for staff to view their personal clinical records. The eSHR mobile version in its first phase also allows colleagues to have an easy access to information such as outpatient appointment. An updated HA Staff Clinic Telephone Appointment System (TAS) will be piloted soon.

mSHR

eSHR「一站式」病歷

同事或曾使用過醫管局轄下的各種醫療服務，但多年下來，未必能馬上想起自己曾經服用過什麼藥物，或者之前做過的化驗和放射檢查結果是什麼。今年7月全面推出的eSHR為同事提供「一站式」的病歷資料，幫助大家成為自己健康的好管家。

高級醫療信息經理唐綺霞醫生說，eSHR系統內的所有健康紀錄只供同事本人查看。為確保安全，登入系統時需要使用雙重密碼。此系統與醫管局的電子病人紀錄(ePR)系統同步，提供的資料包括於醫管局的診症預約紀錄、醫生處方、化驗及放射結果、個人藥物敏感及出院摘要等。

先導計劃「叫座」

雖然eSHR在今年7月才正式全面推行，但早於2010年4月及2011年3月，系統已分別於新界東聯網及香港西聯網醫院試行。據去年12月統計，系統已錄得超過一萬位用戶登記。而在2010年4月至2013年5月期間曾就電子問卷調查作出回應的用戶中，有超過七成表示滿意eSHR系統；接近八成認為eSHR能有效幫助他們管理自己的健康。

唐醫生坦言，病人透過醫療資訊科技系統查閱所需個人病歷，在香港是「史無前列」。很多同事曾經認為醫療紀錄只應由醫護人員查閱，亦有同事擔心會有人因看不懂各種化驗及放射報告而引來誤解，所以在系統試行初期，團隊聆聽各方同事意見，更通過與人力資源部緊密合作，舉辦員工座談會，向同事解釋eSHR的內容，令大家漸漸改變觀念。不過，唐醫生提醒，由於醫療用語並非人人看得懂，如對自己的病歷有任何疑問，應向醫生查詢。

Your health records at a glance

Launched in July this year, eSHR is a one-stop electronic platform that helps colleagues keep track of a wide range of personal health-related information, including appointment schedules, diagnoses, procedures, laboratory and radiology results, medication history, allergies and discharge summary, explains Dr Anna Tong, Senior Health Informatician (PH & IS). The system is synchronised with the HA Electronic Patient Record (ePR) system.

Data security is further enhanced by a double password verification system and each colleague's records are only accessible by themselves.

Pilot programme proves popular

Pilot eSHR programmes have been running in New Territories East Cluster and Hong Kong West Cluster since April 2010 and March 2011 respectively. As at December 2014, the pilot programmes had more than 10,000 registered users. More than 70 per cent of users are satisfied with eSHR and nearly 80 per cent believe it is a useful tool for health management, according to an online survey conducted between April 2010 and May 2013.

Yet, as Dr Tong explains, the programme was not an overnight success: "Some colleagues had believed that health records should only be accessed by doctors and nursing staff, as they worried that confusion may arise if they couldn't understand the health reports like laboratory and radiology results."

To encourage more colleagues to embrace health self-management and take active steps to be an informed patient, staff forums were held in partnership with HA Human Resources Division to introduce and demonstrate the use and value of eSHR. Dr Tong

如何啟用eSHR? How to get started?

進入 <http://eshr.home>，點擊「員工健康紀錄」標誌
Go to <http://eshr.home> and click the eSHR logo

1. 輸入你的網域用戶名稱及密碼，按「登入」；
Enter your LAN user name and password, and click 'Login'.
2. 輸入你的香港身份證號碼以作登記，按「遞交」；
Input your HKID for eSHR registration, then click 'Submit'.
3. 設定第二密碼，以加強個人健康紀錄的安全保障；
Create a second password for security protection of your personal health records.
4. 成功設定第二密碼後，你便可查閱你的健康紀錄。
After successful setup of the second password, you can access your health records.



如你未能成功登記，請發電郵至資訊科技支援中心 (hoitcallcentre@pyn.ha.org.hk)，並留下你的名字和聯絡電話號碼。
If your registration is unsuccessful, please email to IT Call Centre (hoitcallcentre@pyn.ha.org.hk) leaving your name and contact number.

says that this leads to many staff taking a more active role in managing their health using eSHR. However, she emphasises that colleagues should always consult their doctor if they have any uncertainty over terminology or their health records.

mSHR 預約盡在掌握中

身處流動通訊科技的大時代，大家或許已不再滿足於在電腦前查閱健康資料。「流動版」eSHR——即mSHR應時誕生。今年7月開始，同事已可以透過iOS 8蘋果流動裝置，從醫管局內聯網<http://eshr.home>的二維條碼下載mSHR應用程式，並通過eSHR註冊使用mSHR。現階段，mSHR可顯示診症預約紀錄及八間職員診所包括電話號碼等詳細資料，同事無需再大費周章尋找診所電話，只要輕觸手機屏幕相關號碼位置，就可輕鬆致電預約。至於Android版本則將於10月推出。

唐醫生說，如mSHR首階段實施理想，下一階段會研究同步上載更多醫療資料如醫生處方、化驗及放射結果等，讓同事在流動裝置上查閱。

More for the mobile generation

To benefit from on-the-move access to the mobile version of eSHR – Mobile access of Staff Health Record (mSHR) – colleagues with iOS 8 mobile device can download the app using QR code from HA Intranet <http://eshr.home> starting from July. After opt-in at eSHR with activation of mSHR, colleagues can then view their medical appointments and access detailed information about the eight HA Staff Clinics, as well as get a direct connection to any clinic's TAS with just a couple of touchscreen gestures. An Android version of mSHR will also be released in October this year.

Dr Tong says that more information on the eSHR platform – such as medication history, laboratory and radiology results – may become available via mSHR if the response is satisfactory.

優化電話預約幫到手 A good call for staff health

醫管局亦將引入優化版職員診所電話預約系統，方便同事預約。人力資源部高級經理（職業安全與健康）陳蘇美娟說，新系統會於今年10月率先在基督教聯合醫院醫管局職員診所試行，並於明年首季推廣至所有職員診所。

An enhanced HA Staff Clinic Telephone Appointment System (TAS) will be piloted in United Christian Hospital HA Staff Clinic in October 2015 with a full rollout to all HA Staff Clinics in the first quarter of 2016, says Ivy Chen, Senior Manager (Occupational Safety & Health), Head Office Human Resource Division.

優化後的好處 The beauty of TAS update

電話轉駁 Call redirection

新系統會將醫管局八間職員診所相連。當一間診所「滿籌」時，預約者可選擇轉駁至其他職員診所，省卻人手致電的不便，亦無需重複整個預約程序。



The eight HA Staff Clinics will be linked to a central booking system. Callers can choose to redirect their calls to staff clinic of their choices if appointment quotas of the clinic they called are full, which help save callers the trouble of looking up the phone numbers of another staff clinic and going through the whole booking process all over again.



核證身份 Eligibility checking

系統將整合身份核證程序，確保所有籌額均預留给醫管局員工及合資格人士。

The TAS will check the callers' eligibility for staff clinic services at the time of booking so that only eligible users can enjoy the services.

易於參考 Easy reference

預約者亦可以身份證號碼更改或取消預約，取代現時用的四位數字參考編號，預約者無須額外記下參考編號。



The TAS will also allow eligible users to use their Hong Kong identity card number to amend or cancel their appointments. In other words, you don't need to remember the 4-digit reference number anymore when the new system is in place!

「愛・工作」系列之一
Passionate Professionals Series 1

傑出教師陳智曦 七年不癢 愈教愈開心 Dr Heyson Chan – sharing a wealth of medical expertise with patients and pupils

醫院的好人好事俯拾皆是，同事無私的奉獻精神，實在值得表揚。《協力》將會一連數期，訪問香港中文大學醫學院「傑出老師獎 2015」，及香港護士協會「省港澳傑出護士」的得獎者。由他們道來對醫護工作的熱忱，分享多年甜、酸、苦、辣的滋味。

Great work by good people is an everyday event at the Hospital Authority. To recognise the selflessness and dedication of HA colleagues, the “Passionate Professionals” series of interviews will introduce the recipients of the ‘Teacher of the Year Awards 2015’ organised by the Faculty of Medicine at The Chinese University of Hong Kong (CUHK) and the ‘Outstanding Nurse Awards’ organised by the Association of Hong Kong Nursing Staff. The interviews provide insights into what fuels the enthusiasm of these inspiring individuals as well as how they celebrate the happy times and handle the challenges they face in their chosen careers.



▲ 學生時代的陳智曦醫生（左），在中大校長沈祖堯教授身上學到的知識和技巧，畢生受用。Dr Heyson Chan (left) says the generous and inspiring teaching of Professor Joseph Sung, Vice-Chancellor of CUHK, continues to influence him until today.

「臨床診症時，我會分析用藥、斷症的技巧，更重要是希望學生們緊記對待病人的態度，因為單有仁術是不夠的，仁心同樣重要。」當年憑會考六優成績，拔尖入讀香港中文大學醫學院的



▲ 陳智曦醫生臨床教學七年，貫徹薪火相傳的精神。Dr Heyson Chan has been a voluntary clinical teacher for seven years. He believes it is his responsibility to share his knowledge and experience with new generations of doctors.

陳智曦，一畢業即加入威爾斯親王醫院成為內科醫生，並開始臨床教學工作至今七年。去年取得腸胃科專科醫生資格，及獲香港中文大學醫學院頒授傑出老師的「駐院醫生教學獎」。

陳醫生加入義教行列，緣於學生年代曾受幾位「神級醫生」影響。「當年跟隨中大校長沈祖堯教授、腸胃科專家胡志遠教授，和腦科專家莫仲棠教授巡房時，他們一個小動作，如輕拍病人的膊頭，或呼喚病人的名字，都能令病人感覺良好。最重要是將經驗知識與新一代醫生分享。」

「日日要睇症，又要教書，話唔辛苦就呃人，早返（工）遲放（工），但我七年不癢，反而愈教愈開心，皆因教學相長，在這個過程中亦刺激了自己去追求更多的新知識。」他笑說。📍

“I teach my students how to properly administer medication and carry out clinical diagnoses, but I also put strong emphasis on the importance of developing a good bedside manner. To be an outstanding doctor, having a kind and sympathetic attitude is as important as having excellent medical skills,” says Dr Heyson Chan.

After achieving 6As in the Hong Kong Certificate of Education Examination, Dr Chan gained early admission to the Faculty of Medicine at CUHK. Since graduating seven years ago, he has been working as a physician and doing voluntary clinical teaching work at Prince of Wales Hospital (PWH). Last year he attained specialist qualifications in gastroenterology and hepatology, and was awarded the ‘Medical Officer’s Teaching Award’ by CUHK’s Faculty of Medicine.

Dr Chan’s work as a volunteer clinical instructor stems from his positive experience as a student. “When I was student, I was fortunate enough to enjoy tuition from Professor Joseph Sung, now Vice-Chancellor of CUHK; Professor Justin Wu, a specialist in gastroenterology and hepatology; and Professor Vincent Mok, a specialist in

陳智曦醫生小檔案 Dr Heyson Chan	
年齡 Age	30歲 30
獎項 Awards	香港中文大學醫學院傑出老師獎 2015 —— 駐院醫生教學獎 Medical Officer’s Teaching Award 2015 from Faculty of Medicine, CUHK 香港中文大學內科及藥物治療學系模範教學獎 2014 15 Exemplary Teachers’ Award 2014-15 from Department of Medicine and Therapeutics, CUHK
學歷 Education	聖保羅男女中學、香港中文大學醫學院 St Paul’s Co-educational College Faculty of Medicine, CUHK
家庭狀況 Family Status	已婚，太太為威爾斯親王醫院腎科專科醫生蔡倩雯醫生 Married to Dr Agnes Choy, a specialist in nephrology at PWH
興趣 Hobbies	旅遊、行山 Travel and hiking
座右銘 Life Motto	常堅持讀醫科的熱誠 Strive to maintain a deep passion for medical studies.

neurology, during practical training on the wards,” he says. “I observed how they used patient’s first names and offered sympathetic words or a kind touch, and how valuable this was in building trust with patients. I was also impressed by how willing they were to share their vast experience and knowledge with me and my fellow doctors in training.”

Dr Chan says it can be challenging to juggle his medical duties and teaching. “I have to get up very early and often finish very late. But I really enjoy teaching, because I’m helping new generations of doctors and it incentivises me to keep learning about the new advancements being made in the field of medicine every day.” 📍



▲ 阿 Kat 平時以跳森巴舞及研讀聖經減壓，暑假時又會與家人旅行，今年目的地是東歐。Katherine manages the stresses and strains of life by participating in Zumba classes and bible study. During the summer, she and her family will go on a trip. This year, they travelled to Eastern Europe.

總辦事處員工論壇不但為同事帶來新訊息，亦帶來無限歡笑，原來幕後軍師正是剛於 5 月升任總行政經理（人力資源）的蕭嘉韻（Katherine）。「我喜歡天馬行空，所以每次都會與同事度蹺，令論壇變得有趣好玩。」她說。

阿 Kat 雖然在人力資源部工作逾廿年，但並非一畢業即入行，她曾是位任教世界歷史和英文科的中學教師，後來到加拿大修讀資優教育碩士學位。回港後，看到醫管局招聘培訓及發展人員的廣告，心想教書和培訓差不多，遂遞上申請，結果工作至今。

在新崗位，她有兩項大計：規劃同事對機構滿意度的問卷調查的具體策略，以及發展載有購物優惠、職位空缺和強積金資料等貼身資訊的手機應用程式，加強與同事的溝通和同事對機構的歸屬感。📍

屯門醫院擴建冀明年動工 天水圍醫院見雛型 Construction projects to increase service capacity in NTWC



▲ 屯門醫院新手術室大樓在現時急症室對開的停車場空地（紅色範圍）。該院並計劃將主座大樓地面的急症室及放射科，延伸至新手術室大樓地面。The open area in front of Tuen Mun Hospital’s Accident & Emergency (A&E) Department and car park (the red part in the photo) has been earmarked as the site for the extension to the hospital’s Operating Theatre Block. The hospital also plans to increase the floor space of the A&E Department and the Department of Radiology as part of the OT Block expansion.

屯門醫院擴建手術室大樓計劃已正式諮詢屯門區議會及立法會衛生事務委員會，獲兩會支持，稍後會向立法會財委會申請撥款，預計最快明年動工，2020 年落成。新大樓設最少 18 個手術室及其他相關設施，可舒緩該院手術室使用率高企的情況。

The extension of the Operating Theatre (OT) Block at Tuen Mun Hospital in the New Territories West Cluster is moving closer to becoming a reality. Already supported by the local District Council and Panel on Health Services of Legislative Council (LegCo), HA will submit funding request to LegCo’s Finance Committee, which, if granted, will see the project start as soon as next year with a scheduled completion date of 2020. The new OT Block will have at least 18 operating theatres and other facilities and will help reduce the high occupancy rate of operating theatres in the hospital.

Staff forums held at the Hospital Authority’s Head Office shouldn’t purely focus on informing colleagues on what’s going, they should also be occasions for staff engagement. This is the philosophy of Katherine Shiu, who was promoted to the position of Chief Manager (Human Resources) in the Human Resources Division in May. “My mind is constantly racing with ideas and possibilities for how to make our forums lively, interesting and enjoyable for colleagues,” she says.

Katherine has worked in HA’s Human Resources Division for over 20 years, but was previously a secondary school teacher in World History and English, and holds a master’s degree in gifted education. After returning to Hong Kong from Canada where she earned her postgraduate degree, she saw a recruitment advertisement for a position in the Authority’s training

▲ 點子多多的阿 Kat（後排左三）在 1988 年任中學教師時，曾要學生設計哥倫布發現新大陸經過的「蛇梯棋」棋盤，寓學習於遊戲。When Katherine (third from left, back row) was a secondary school teacher in 1988, she found inventive ways to make learning fun, including by asking students to design a ‘Snakes and Ladders’ board game about Columbus’ New World voyage and adventures.

and development team. Reasoning that training employs many of the skills used in teaching, she applied for the post and has been with HA ever since.

In her new capacity, she will focus on two major initiatives: mapping the strategy and implementation plan for a HA-wide staff satisfaction survey; and developing a mobile app that provide colleagues with useful information such as staff shopping discounts, job vacancies and MPF updates. 📍

另外，將於明年竣工及分階段投入服務的天水圍醫院，大樓主體工程已興建至四、五樓。院方早前安排元朗區議員參觀醫院地盤，向議員講解工程的最新進度。📍

Construction work of Tin Shui Wai Hospital’s Main Block has reached the fourth and fifth floor. It is expected the hospital will roll out its services in phases next year. Yuen Long District Council members recently visited the construction site, where they were briefed on its progress. 📍



▲ 興建中的天水圍醫院，日後將加入綠色元素。Tin Shui Wai Hospital will incorporate green elements in the design.

40 年長期服務獎得主 推廣健康運動人生

Four decades as an advocate of active healthy lifestyles



▲吳潤娥熱愛工作，40 年始終如一。1984 年她與丈夫一起參加雅麗氏何妙齡那打素醫院和基督教聯合醫院水運會夫婦 2 x 50 米接力賽，奪得亞軍。
Angela Ng has maintained a real passion for her work over the past 40 years. A firm believer in practicing what she preaches, she and her husband won the first runners-up in the 2 x 50m couples event at the joint swimming gala of Alice Ho Miu Ling Nethersole Hospital and United Christian Hospital in 1984.

「物理治療師最重要對運動有興趣，自己要先立榜樣，才能說服病人相信做運動有助康復。」東區尤德夫人那打素醫院物理治療部部門經理吳潤娥，分享自己工作生涯的一點心得。

今年獲頒 40 年長期服務獎的吳潤娥，1974 年入讀香港政府物理治療培訓學校。畢業後，先加入位於般咸道的雅麗氏何妙齡那打素醫院工作，再於 1993 年調至東區尤德夫人那打素醫院，負責管理工作，成為該院「開荒牛」之一。

身兼該院專職醫療統籌專員的她，最欣慰是聯同兒科及骨科醫生，及八大專職醫療，包括物理治療師、職業治療師、言語治療師、營養師、臨床心理學家、義肢矯形師、醫務社工及病人資源中心的同事，在 1995 年成立「綜合兒童康復中心」，開創了跨專科一站式服務模式的先河，中心亦於 1997 年獲醫院管理局頒發傑出團隊獎，其後更將模式發展至綜合專科日間病房。💖

長期服務獎 2015 Long Service Awards 2015

獎項 Awards	獲獎人數 Number of recipients
40 年(醫管局) 40 years (HA)	47
30 年(醫管局) 30 years (HA)	587
30 年(公務員) 30 years (Civil Servants)	142
合共 Total	776

節能我有計 Colleagues encouraged to shoot for energy saving excellence

炎夏夏日如何慳電？一向重視節能環保的醫管局，今年 5 月至 7 月再度與中電攜手，在總辦事處及七個聯網主要醫院舉行「節約能源活動 2015」，透過一系列巡迴宣傳活動，以趣味遊戲帶出種種慳電妙法。

活動現場設有節能教育講座、現場家居用電評估並度身訂造節能建議、「節能神槍手」限時射擊環節等，吸引同事踴躍參加，同時掌握節能慳錢好貼士：例如，拉上百葉簾避免猛烈陽光直射，可節省使用冷氣；勿將電池充電器長期接上電源。

同時，各醫院亦獲邀參加「智識節能」醫院節能行動，參加的醫院將以 2013 年 7 月至

8 月及 2014 年 7 月至 8 月期間用電量改變的百分比，與 2014 年 7 月至 8 月及 2015 年 7 月至 8 月期間用電量改變的百分比作比較，表現出色的醫院將可獲獎。大家努力！💖

Keeping cool in Hong Kong's stifling summer heat can be a costly business. If you're looking for ways to reduce electricity bills and cut back on energy consumption, the joint initiative being run by the Hospital Authority and CLP Power Hong Kong Limited may provide some useful tips. From May to July this year, the Energy Saving Promotion Programme 2015 is promoting awareness about energy conservation to staff at HA Head Office and various cluster hospitals through a series of educational talks and fun games.

Among the many activities being organised, the 'Energy Saving Shooter' game encourages colleagues to test their knowledge and skills by shooting at LED screen targets containing energy saving tips with a light gun, while an online energy assessment tool enables colleagues to evaluate their energy consumption habits at home and generate tailor-made energy saving advice. Examples of the easy-to-implement advice include disconnecting electrical chargers once charging has finished and drawing blinds to keep out strong sunlight, which can reduce the cooling effect of air conditioners.

"You must set a good example and to motivate patients to exercise so as to speed up the rehabilitation process." With passion and four decades of experience, Angela Ng, Department Manager of the Physiotherapy Department at Pamela Youde Nethersole Eastern Hospital (PYNEH), has demonstrated what it takes to be an effective physiotherapist.

After graduating from Hong Kong Government School of Physiotherapy in 1974, Angela began her career at Alice Ho Miu Ling Nethersole Hospital, which was then situated on Bonham Road. In 1993, as part of the first wave of colleagues to join PYNEH, she took on a managerial role.

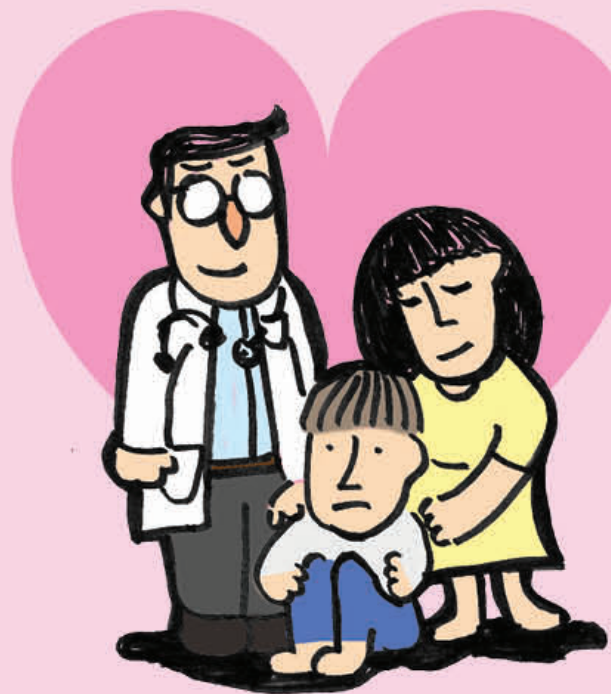
She is now also the Allied Health coordinator at PYNEH. One of her achievements includes the setting up of the hospital's Comprehensive Paediatric Rehabilitation Centre in 1995, together with paediatric and orthopedic surgeons, and allied health professionals from eight different disciplines (physiotherapy, occupational therapy, speech therapy, dietetics, clinical psychology, prosthetic-orthotic, medical social work and Patient Resource Centre). This Centre also won the HA Outstanding Teams Award in 1997. This successful model led to the development of the Multi-Disciplinary Day Ward later. 💖



▲要在限定時間內射中節能貼士槍靶計分，總辦事處的「節能神槍手」大呼「過癮」！
Colleagues at HA Head Office enjoy the 'educational fun' provided by a timed shooting game which has participants zeroed in on energy saving tips.

Other environmentally friendly initiatives under the Programme include inviting hospitals to join the Power Saving Action in Hospitals campaign, under which the percentage change in electricity consumption at individual hospitals between July – August 2014 and July – August 2015 will be compared to the percentage change in electricity consumption between July – August 2013 and July – August 2014. Hospitals that achieve energy-saving excellence will be commended so make sure you play a part in helping your hospital win recognition! 💖

無盡的愛



在小兒外科及燒傷護理病房工作，不時遇到複雜的個案，亦因此為病人的經歷而感動。

去年冬天，病房接收了一位被摯親斬傷的小朋友，其母親也慘遭斬傷。家庭驟逢巨變，小朋友難免顯得沉默寡言，鮮有笑容，不願與人溝通，更常發惡夢。身體上的傷口可隨時間痊癒，但心靈上的傷痛卻不知何時方能癒合。身為前線醫護人員，我們除了給予醫療上的診治、護理及關心外，更希望從心靈上給予幫助，因此安排了心理學家和社工提供專業的輔導服務，並聯絡社會上的相關團體，冀讓母子倆出院後得到社區支援。

不過最觸動我的，是這位母親的堅強。雖然她被斬傷的雙手尚未完全康復，但心神已全然投放在兒子身上，沒有理會自己的傷勢。她出院後，

1 分鐘自由講 Minute Talk

除了到伊院的專科覆診，日日夜夜就留在病房照顧兒子，寸步不離。鑑於其居所是血案現場，不便回家，雖然我們已聯絡了相關團體協助，提供住宿安排，但其母親仍拒絕離開伊院，為的就是想 24 小時照顧兒子。我深深被她的堅強及無盡的母愛所感動，默默送上支持和祝福。

人生禍福難料，不幸驟然降臨時，難免徬徨，可幸世間上還有母親無私的愛、堅強的保護。禍兮福所倚，福兮禍所伏，相信其兒子日後定能體會母親的愛，在她的關愛下茁壯成長。

陳寶蓮

伊利沙伯醫院

小兒外科及燒傷護理科病房經理

跨部門行動 杜絕蚊患 HA ramps up measures to control mosquito menace

本港的登革熱個案近期有上升趨勢，今年截至 7 月 16 日，已有 52 宗確診個案，既有本地亦有外地傳入。蚊蟲雖小，但被蚊叮不止痕癢，還可能染上登革熱、日本腦炎等傳染病。為盡量確保公立醫院及醫療機構的無蚊環境，以及防止經蚊蟲傳播疾病演變成風土病，醫院管理局進行跨部門合作，加強防蚊控蚊工作。

醫管局的業務支援及發展部作為防蚊統籌部門，為醫管局轄下醫院統籌滅蟲合約外，還與衛生防護中心及食物環境衛生署緊密聯繫，參與滅蚊委員會會議，將最新資訊傳達至各聯網行政事務部，再由各醫院與外判商溝通，加強滅蚊工作。

除了每周實施常規滅蚊，外判商及醫院同事在暴雨之後會加強巡查，避免積水，勤除雜草，以及在草地、樹叢施放除害劑，向渠口噴灑蚊油或蚊砂，以便消除潛在蚊子滋生地點。💖

For some unfortunate individuals, mosquito bites can result in more than just annoying itchy bumps. Mosquitoes in some parts of the world, including Hong Kong, carry the risk of infectious diseases, such as Dengue Fever and Japanese Encephalitis.

There has been a notable increase in the incidence of Dengue Fever in Hong Kong this year, with 52 confirmed cases (including cases contracted locally and overseas) as at 16 July 2015.

In a bid to create a mosquito-free environment in public hospitals and institutions as far as possible, the Hospital Authority has enhanced its mosquito control measures across multiple departments.

As the key coordinator of the anti-mosquito efforts, the Business Support Services Department (BSSD) at HA Head Office has arranged bulk contract for pest control service for all HA hospitals / institutions and has been liaising closely with the Centre for Health Protection and the Food and Environmental Hygiene Department (FEHD), on mosquito control and prevention. BSSD will disseminate the updates to clusters and respective hospitals will communicate with contractors and local district offices of FEHD for mosquito prevention and control measures.

Apart from weekly routine anti-mosquito work, contractors and HA colleagues have stepped up inspections after heavy rain to ensure stagnant water is removed and vegetation is kept well trimmed. Larvicidal oil / sand is applied to surface water channels, and lawns and thickets are regularly treated with anti-mosquito fogs. 💖



「九院、靈實」小趣聞

Fun facts about Kowloon Hospital and Haven of Hope Hospital



九龍區首間政府全科及提供急症服務的醫院。

The **first general Government hospital in Kowloon** that provided Accident & Emergency service.



1981 年，創辦本港首間**義肢矯形師訓練學校**

Home to Hong Kong's first **School of Prosthetics and Orthotics**, which opened in 1981.

九龍醫院和靈實醫院今年分別踏入 90 周年和 60 周年，兩院同事與病患攜手共度逾半個世紀，他們為本港醫療體制創下的歷史時刻，大家又知道多少呢？

Kowloon Hospital turns 90 this year and Haven of Hope Hospital (HHH) is celebrating its 60th anniversary. With their long histories, both hospitals have been the site of many memorable moments. We hope readers find the facts below as fun and as fascinating as we do.

1963 年成立九龍首間門診職業治療中心。

Established the first Occupational Therapy Centre for outpatients in Kowloon in **1963**.



擁有二級歷史建築物，包括 A、B、C、M、P、R 座及舊衣服房，**M 座**更是電影「歲月神偷」取景場地。

Blocks A, B, C, M, P, R, and the Old Linen Block are all Grade-2-listed historical buildings. The movie *Echoes of the Rainbow* was filmed in **Block M**.

九龍醫院
Kowloon Hospital

靈實醫院
Haven of Hope Hospital

1995 年，開設全港首間胸肺復康中心。

Established Hong Kong's first Pulmonary Rehabilitation Centre in **1995**.



靈實醫院助理護士學校於 1955 年成立，是本港首間訓練助理護士的學校，至 2001 年共培訓 **1,054** 位畢業生。

Established in 1955, the Haven of Hope Auxiliary Nursing Training School was the first of its kind in Hong Kong. Between its establishment and 2001, it trained **1,054** graduates.



1955 年，靈實肺病療養院（醫院前身）職員與當地居民興建**調景嶺第一條對外通道**（當年稱為寶琳路，現為寶琳南路）。

In 1955, staff of Haven of Hope Tuberculosis Sanatorium (HHH formerly named) and the local residents built the **first carriageway in Tiu King Leng**, namely Po Lam Road and now called Po Lam Road South.



1999 年，與香港眼科醫院合作，成立**義眼先導服務**，至 2006 年起成為醫管局指定義眼中心，接受各院轉介個案。

In 1999, joined hands with Hong Kong Eye Hospital to set up the **Pilot Ophthalmic Prosthetic Service**, which in 2006 became HA's designated ophthalmic prosthetic centre for referral cases.

綠化元素隨處見，管理樹木品種逾 **80** 種，如鳳凰木、榕樹，及種植逾 **18** 種植物，包括冬瓜和粟米。

Maintains a very green environment. There are more than **80** tree species in the hospital area, including Poinciana and banyan trees. The hospital also plants around **18** kinds of crop plants, including winter melon and corn.



病房名以《聖經》的**聖靈果子**命名，如仁愛、和平和恩慈等。

The wards are named after **Fruit Of the Spirit** in the Bible, such as love, peace and kindness.

院友的「米芝蓮」



Michelin-style trio tailor-made for patients

癌病院友因飲食限制，就只能吃寡味的飯菜？可不！伊利沙伯醫院新近出版的《煮出幸福的味道》（增訂版），圖文並茂教你如何利用時令新鮮食材，煮出「米芝蓮」級的菜餚。請看其中三道簡單易煮兼營養豐富的前菜、主菜及甜品。

The traditional view of restricted diets for patients dealing with serious medical conditions such as cancer is that they are boring and bland. Queen Elizabeth Hospital hopes to help change that opinion with the issuing of a revised and enlarged edition of its popular *The Taste of Happiness* cookbook. With plenty of colourful photos, this collection of original recipes provides people on restricted diets a wealth of delicious options that use fresh and seasonal ingredients. To help whet your appetite, QMH has provided HASLink with three fantastic recipes – an appetizer, a main course and a dessert – to share with our readers.



鹽燒鯖魚 伴番茄沙沙醬 Salt-grilled mackerel with tomato salsa

營養錦囊 Nutrition Tips
鯖魚含豐富蛋白質及奧米加三不飽和脂肪酸，每星期進食兩次，能有效保護心臟。Mackerel is rich in protein and the unsaturated fatty acid known as omega-3. Serving twice a week is believed to assist with good heart health.

材料 Ingredients

鯖魚 2 件
Frozen mackerel fillets 2
鹽 半茶匙
Salt 1/2 tsp
黑椒碎 少許
Ground black pepper
檸檬 1/4 個
Lemon 1/4

番茄沙沙醬 Tomato salsa

番茄 1 個
Tomato 1
蒜茸 1 茶匙
Grated garlic 1 tsp
乾蔥茸 2 茶匙
Chopped shallot 2 tsp

鹽 1/4 茶匙
Salt 1/4 tsp

糖 1 茶匙
Sugar 1 tsp

芫茜碎 少許（或免）
Finely chopped coriander (optional)

檸檬汁 1 茶匙
Lemon juice 1 tsp

黑椒碎 少許
Ground black pepper

做法

1. 鯖魚解凍，洗淨抹乾，在面劃幾刀，加入鹽和黑椒粉醃片刻。
2. 鯖魚沾上生粉，用少許油煎至金黃色。
3. 預備番茄沙沙醬，番茄洗淨，切幼粒，與餘下的材料拌勻，即可伴鹽燒鯖魚享用。

Method

1. Thaw the mackerel fillets. Rinse and wipe dry. Make a few light incisions on the skin. Rub salt and ground black pepper evenly on the fillets and set aside for a while.
2. Coat the mackerel fillets lightly in corn starch. Fry in a little oil until golden on both sides.
3. To make the salsa, rinse tomato and dice finely. Toss all ingredients together. Serve mackerel fillets with salsa on the side.

材料 Ingredients

芒果 1 個
Mango 1
酸奶 1 杯
Yoghurt 1 cup
全脂牛奶 半杯
Whole milk 1/2 cup

做法

1. 芒果去皮，切粒。
2. 果肉、酸奶和牛奶放入攪拌機中，攪拌至幼滑。
3. 可加少許小豆蔻粉，調成印度式凍飲。

Method

1. Peel and core mango. Dice it.
2. Put diced mango, yoghurt and milk into a blender. Blend until smooth.
3. Optionally, sprinkle with a dash of ground cardamom for an authentic Indian touch.

酸奶芒果凍 Mango Lassi

營養錦囊 Nutrition Tips
在製造乳酪的過程中，乳酸菌分解了大部份的乳糖，因此患有輕微乳糖不耐症者，也適合進食。People with minor lactose intolerance may still consume yoghurt as much of the lactose is broken down by the probiotics.



藜麥乾貝炊飯 Quinoa with okra and scallops

營養錦囊 Nutrition Tips
帆立貝屬低脂肪、高蛋白質食品，適合對蛋白質需求高者食用。Scallops are high in protein and low in fat. This recipe is perfect for those who need a high-protein diet.



材料 Ingredients

藜麥 半米杯（85 克）
Quinoa 1/2 cup (85 g)
帆立貝 2 隻（90 克）
Scallops 2 (90 g)
水 1 米杯
Water 1 cup

黑芝麻 適量
Black sesame seeds
潺瓜 4 條
Okras 4 pieces

做法

1. 洗淨藜麥及帆立貝。
2. 藜麥加入水，加半茶匙鹽煲滾，轉慢火煮 15 分鐘，加入帆立貝煮 5 分鐘，熄火燜 5 分鐘。
3. 潺瓜洗淨，用鹽油水灼熟。
4. 碗中先放入藜麥，中央放上乾貝，旁邊伴入潺瓜即成。

Method

1. Rinse quinoa and scallops well.
2. Put in quinoa and water in a pot. Add 1/2 tsp of salt. Bring to the boil. Turn to low heat and simmer for 15 minutes. Add scallops and cook for 5 minutes. Turn off the heat and cover the pot. Leave for 5 minutes.
3. Rinse the okra. Blanch in boiling water with a pinch of salt and a little oil. Drain.
4. Pour the quinoa into a bowl. Top with scallops and arrange okra on the side. Serve.

瑪嘉烈的一天 Everyday stories at Princess Margaret Hospital

醫院裡，處處洋溢人情味。一群瑪嘉烈醫院同事早前透過鏡頭，紀錄院內不同角落的動人時刻，為該院留下一個美麗的集體回憶。❤️

Heartwarming stories and unmarked acts of support and care take place every day across the Hospital Authority network. Colleagues from Princess Margaret Hospital (PMH) recently took on the role of informal photojournalists to record some of these touching moments and make them part of the hospital's collective memory. ❤️



攝影：吳惠英（婦產科）
Photo by: Judy Ng
(Obstetrics and Gynaecology Department)

守護新生

「呱呱！」護士專業地護理初生嬰，先給他們對人間一個好印象。

Watchful eyes protect precious new angels

Newborns at PMH enjoy a warm welcome to the world thanks to the care and attention of the hospital's nurses and other staff.

薪火相傳

學護在師姐指導下，戰戰兢兢學習第一次派藥。



攝影：麥健敏（中央護理部）
Photo by: Mak Kin-man (Central Nursing Division)



攝影：陳澤利（社康護理服務部）
Photo by: Chan Chak-lee
(Community Nursing Service Department)

小確幸

好好享受你的工作、生活和不同的經歷，笑嘻嘻追尋「微小而確實的幸福」感覺！

The rhythm of a happy workplace

Staff are encouraged to find enjoyment in their daily experiences – and maybe try something new with a smile and a laugh!

A tradition of professional excellence

A senior member of staff provides junior colleagues with a valuable lesson on how to ensure patient medications are dispensed accurately.



攝影：馮宇碩（社區關係及行政事務部）
Photo by: Gabriel Fung
(Community Relations and General Administration Department)

揮春傳愛

大筆一揮，揮春滿載祝福贈同事。

Spring blessings

Hospital invited outsiders to use their artistic skills to create scrolls that offer warm spring blessings to staff.