



走過25年，醫院管理局在一群優秀的醫護及專業人員的齊心努力下，令香港的公共醫療服務，成為國際上備受推崇的模楷。封面裡八位來自瑪嘉烈和葵涌醫院的同事，以可掬的笑容與大家一同歡賀HA生日；主席梁智仁教授亦與我們細談醫管局未來將如何以新思維繼續與時並進。《協力》更找得多張珍貴舊照，與大家重溫醫管局的成長片段；做了25年的資深同事，與25歲年輕同事，也在今期一同分享他們的「25」心聲。

猴年將至，醫管局新春長跑將在2月14日西方情人節起步，翻去第18頁的攻略圖，可先睹又跑又玩又食的貼士，讓你贏在起跑線。

在此，《協力》向大家拜個早年，祝大家猴年身體健康，繼續開心，笑迎挑戰！

From the editor

'Happy Birthday, Hospital Authority!'

Over the past 25 years, HA has earned the admiration of public healthcare providers around the world for its high standards of service and the professionalism of its staff. To help celebrate the Authority's silver jubilee, eight colleagues from Princess Margaret Hospital and Kwai Chung Hospital, grace the cover of this month's issue with their smiling faces. Looking ahead to the next 25 years and beyond, HA Chairman Professor John Leong shares his views on how HA will drive forward with innovative initiatives to keep pace with the evolving healthcare needs of Hong Kong now and in the future.

We also showcase a series of historical photos depicting HA's development over the years, and feature the stories of several colleagues who have worked for the Authority for 25 years or are 25 years old themselves!

The annual HA New Year Run will be held on 14 February. A short article on page 18 highlights some of the non-racing fun to be had at the event for participants to celebrate also the romantic Valentine's Day.

Last but not least, *HASLink* would like to wish you and your loved ones great happiness and good health in the Year of the Monkey!

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梁智仁：

緣來25年

John Leong Chi-yan:
Reflecting back on
25 years

主席梁智仁管理風格實事求是，未來的其中一項重任，是為局方開展涵蓋逾百項目的「行動計劃」。Professor Leong says a pragmatic management style, calm approach and 'can-do' attitude will help ensure that all the initiatives under the Action Plan developed in response to HA Review are successfully implemented.

25年來與醫管局的緣繫，至今天作為醫管局主席，梁智仁教授對醫管局的一舉一動皆瞭如指掌。他說：「市民對公共醫療服務的需求不斷增加，但政府撥予我們的資源有限，我們必須以新思維解決問題，例如調整我們的服務模式、提升醫護人員的臨床技術、以及善用科技加快醫護流程等，從而擴大我們服務量和加強服務能力。」

他續說：「過去25年，醫管局只有四間新醫院（即北區醫院、東區尤德夫人那打素醫院、北大嶼山醫院及將軍澳醫院）投入服務，雖然另有兩間（即天水圍醫院及香港兒童醫院）預計可於未來一、兩年投入服務，醫院的病床數目，很明顯仍未能追上服務的需求。如我們善用科技，例如多用微創手術，可減少病人需留院的日數；又或在建新院或重建醫院前做好規劃，在急症病房旁興建復康大樓，讓病情穩定的病人馬上轉至大樓，由復康同事跟進，以減輕急症病房的壓力。」

梁教授說，市民對公共醫療的需求不斷增加，但醫管局僅以本地生產總值約2.5%的資源，承擔全港近九成的住院醫療服務，這份成就，值得全體同事引以自豪。要令醫管局繼續成為備受全球

推崇的公共醫療體系，確保本港醫院達致世界級水平，還需精益求精。未來，他會著重加強年輕醫生的專科培訓及鼓勵資深醫生繼續接受培訓；亦鼓勵各科醫生取得使用新技術及儀器，特別是嶄新醫療技術的資歷認證。另外，他期望加強臨床研究及創新：「醫管局自行研發的『臨床醫療管理系統』是一個很出色的系統，當中蒐納的數據，不單有利我們日常的臨床工作，亦有利臨床研究。」

展望未來，梁教授說，首要任務之一，是在未來三年內，開展因應醫管局檢討督導委員會報告而制定的行動計劃；內裡逾百項具體建議，將是醫管局對與日俱增的服務需求的重要應對。

梁教授認為，醫管局的成立是香港公共醫療發展的一個重要里程碑。「將一個城市由政府及補助機構管理的所有醫院全歸入一個法定機構管理，這個管理模式在世界少見。醫管局獲賦予這個規模和權力，對我們是一個優勢。雖然日後我們會繼續有新的挑戰，但亦同樣有很大的發展機會。所以我深信，在全體同事上下一心努力下，醫管局未來將會繼續做出超卓的成績！」梁教授說。

“The demand for public healthcare services is continually increasing,” says Professor Leong. “In trying to meet this ongoing challenge with limited resources, it is vital that all of us at HA keep an open mind in the search for effective solutions. The adoption of new service models, enhancing the clinical skills of healthcare workers, leveraging new technology – these are just a few of the ways in which we may expand and strengthen our service capabilities.”

Professor Leong notes that there were only four new public hospitals (North District Hospital, Pamela Youde Nethersole Eastern Hospital, North Lantau Hospital and Tseung Kwan O Hospital) came into service since HA's establishment in 1990, with two more (Tin Shui Wai Hospital and Hong Kong Children's Hospital) coming on stream in one or two years. “The expansion in the number of patient beds cannot keep up with the increase in demand,” he says. “If, for example, we can leverage technology to conduct more minimally invasive surgeries, we can reduce the length of inpatient stays for many procedures. In hospital constructions or redevelopment, building rehabilitation blocks next to acute inpatient wards would allow for the prompt transfer of stable patients to rehabilitation facilities, thus reducing the pressure on acute wards.”

Professor Leong explains that while the demand for public healthcare services is growing, HA still handles close to 90% of inpatient healthcare needs in Hong Kong with a budget that is equivalent to just 2.5% of the city's GDP, adding that all HA colleagues should be “very proud of this achievement.”

But he emphasises that for HA to maintain its status as a leading public healthcare provider and continue to deliver world-class medical services, there is always room to improve and the Authority must never stand still. His more immediate future plans include strengthening specialist training for young doctors and encouraging more experienced doctors to continue undertaking professional training. He also encourages clinicians to obtain credentialing on the use of new procedures particularly new medical technologies. Efforts will also be focused on strengthening clinical research and innovation. “The data collected through our excellent Clinical Management System, which was developed by our in-house IT team, is supporting our daily clinical works, as well as our efforts to make advances through clinical research,” he says.

On a broader level, he regards the implementation of the more than 100 actions in three years contained in the Action Plan drawn up in response to the Government's *Report of the Steering Committee on Review of Hospital Authority* as among the vital current missions for HA.

“The establishment of HA was a major milestone in the provision of public healthcare services in Hong Kong. It is relatively rare to have a statutory body take over the management of all public hospitals and institutions from the Government and subvented organisations,” says Professor Leong. “While this has been a great responsibility, our size and relative autonomy have proved advantageous in developing our services. Combined with the dedication and professionalism of my colleagues, I am confident that HA will continue to successfully deal with new challenges and to provide outstanding healthcare services to the people of Hong Kong.”

25年足跡 步步難忘

1990

醫院管理局於1990年12月1日根據《醫院管理局條例》正式成為法定機構。首屆醫院管理局大會成員有27人，由鍾士元爵士擔任主席。



HA was established as a statutory body on 1 December 1990 in accordance with the Hospital Authority Ordinance. The first HA Board, chaired by Sir SY Chung, consisted of 27 members.



1991

正式接管所有由政府及補助機構管理的36間醫院和56所專科診療所和機構。同時，開始負責管理撒瑪利亞基金，基金為有需要的公立醫院及診所病人支付醫療費用。

HA officially took on responsibility for 36 public hospitals and 56 specialist clinics and institutions that were previously managed by the Government and various subvented organisations. HA also began managing the Samaritan Fund, which helps eligible patients at public hospitals and clinics with medical expenses.

1993

舉辦第1屆周年研討大會，促進機構的學習文化。

HA held its inaugural Hospital Authority Convention to promote a learning culture in the organisation.

1994

醫管局重組當時轄下的39間醫院與機構，以及48間專科門診中心，納入不同的醫院聯網，以便組織及協調醫院和專科臨床服務，提升運作及管理效率。

HA organised its 39 hospitals and institutions and 48 specialist outpatient clinics into clusters to facilitate better coordination and resource allocation with the aim of enhancing operational and management efficiency.

1995

發展各項社區為本的專科護理服務，包括社區老人科評估服務、社區老人精神科服務、社區精神科服務等，大大改善了病人護理的連貫性和質素。

HA launched various specialist outreach services, including a Community Geriatric Assessment Service, a Community Psycho-geriatric Service and a Community Psychiatric Service, which improved the continuity and quality of care for patients.

1996

發展臨床醫療管理系統，醫護人員可按權限登入系統了解病人在公立醫院的醫療紀錄。

HA established the Clinical Management System (CMS), which enables authorised healthcare workers to quickly access a wide range of patient medical records.



Leung joined Alice Ho Miu Ling Nethersole Hospital (AHNH) on 13 December 1990 when it was still located on Bonham Road and went with the hospital when it moved from Hong Kong Island to Tai Po in 1997. Every day, she will sew or repair as many as 50 items, which may include staff work clothing, inpatient clothing, bedding and other fabric items.

Leung says that sewing is a skilled craft that requires continuous practice. During her early years with the hospital, Leung made almost everything – from patients' clothes to the curtains in her office. Over time, as the hospital began to outsource more of its clothes-making needs, her work shifted to focus more on repairs. Leung adds that one positive change over time has been the improvement in safety features on sewing machines, which have significantly reduced the risk of injuries.

Although Leung is not involved in frontline healthcare, she still has to handle 'emergencies' from time to time. In one instance, she helped save the day for a doctor who needed to replace some buttons that had fallen off his gown just minutes before he was due to attend an important ceremony.

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1997

醫管局大樓啟用，除了為總辦事處職員提供辦公地方外，亦成為市民與醫管局聯繫和溝通的匯聚點。

The Hospital Authority Building was opened. The premises not only provides accommodation for HA Head Office staff, but also facilitates interaction between HA and members of the public.

1998

醫管局大會於3月31日舉行首次公開會議，提升開明和負責任的管理。

The HA Board held its first open meeting on 31 March 1998 to enhance corporate accountability and transparency.



2000

推行電子病歷，整合所有公立醫院及醫療機構的臨床部門資訊系統，支援病人服務。

The Electronic Patient Records System was established to integrate all HA information systems to enhance direct patient care in public hospitals and institutions.

2001

將各聯網重組為7個醫院聯網，分別是港島東、港島西、九龍東、九龍中、九龍西、新界東和新界西聯網，旨在讓病人在同一地區內獲得持續的優質治療。

HA regrouped its hospitals and clinics into seven geographical clusters – Hong Kong East / Hong Kong West / Kowloon East / Kowloon Central / Kowloon West / New Territories East and New Territories West – to provide patients with high-quality care that addresses the needs of local communities in various districts in Hong Kong.

2002

急症室於11月開始實施服務收費，合資格香港居民使用急症服務每次收費100元。

A service charge was introduced for Accident and Emergency services in November. The charge for eligible Hong Kong residents is HK\$100 per attendance.



25年員工： 「縫補補」衣車當戰車 Machinist a true part of HA fabric

25年來為醫管局辛勤付出的不單有醫生、護士、專職醫療同事，還有一些鮮為人知但舉足輕重的支援人員，例如俗稱「縫補補」的修補員。若說手術台是醫生的戰場，那麼衣車則是梁杏彩用了25載的戰車。

現職雅麗氏何妙齡那打素醫院的「修補大嬸」彩姐於1990年12月13日加入位於般咸道的醫院舊址，其後跟隨醫院由港島搬遷至大埔，兢兢業業修補病人被服及縫補同事工作服，一日最多補過50件衫。

縫補工作需要扎實手藝，又可發揮創意。「剛入職時，我們不單修補被服，還做衫褲，連工作室的窗簾都是自己車縫，總之與布料有關的程序都可以自己做。」彩姐說。時代變遷，醫院的造衫服務後來都改為外判，她便專注修補，工作環境也改善了。她說，現在醫院較以前更注重職安：衣車及車針都裝上保護罩，降低同事受傷風險。



巧手的彩姐1998年在雅麗氏何妙齡那打素醫院兒科病房初建時，親手為小童縫製趣致圍裙。Leung was making special aprons for young patients when AHNH set up its pediatric wards in 1998.

「縫補補」有時還要應對突發情況。有一次，一位醫生出席重要儀式前，醫生袍的衫鈕突然脫落。他向彩姐求救，結果她以最快速度補好。她笑言，「縫補補」成功處理了「急症」。

Even among those colleagues who have been with the Hospital Authority for decades, only a few will likely be aware of the job of 'machinist'. Yet those individuals who hold this largely unknown position play an important supporting role at the Authority. Armed with her sewing machine and experienced seamstress' eye, Leung Hang-choi has used her stitching skills for a diverse range of tasks at HA during the past 25 years.

25年員工： 楊國成的快樂餐單 Kenneth finds new recipe for job satisfaction

一句「我鍾意同人交流」的心聲改變了楊國成的職業生涯，從此他為一份普世的「快樂餐單」而奮鬥。1992年，入職瑪嘉烈醫院一年的化驗員楊國成獲醫管局獎學金遠赴英國進修營養學，學成後回港於屯門醫院任營養師，在兒、老、外科等眾多部門打拚，深諳不同病人所需的養分。

「長者病人要多飲牛奶，補充鈣質；精神科病人由於長期用藥，要控制飲食，解決肥胖及降低膽固醇；抑鬱症病人除多做運動以釋出更多安多芬之外，進食適量果仁、豆類及肉類也可幫助身體製造血清素及多巴胺，令人愉快。」楊國成信手拈來一系列健康食品。作為營養師，他自己亦遵從多菜少肉少油的飲食，並盡量帶飯，少出外進食。

回顧在醫管局工作25載，這個堅強男兒卻難忘在兒科病房悉心照顧早產BB的日子。「我擔心BB不夠營養，幾乎天天都來看他，記下他的體重。」



直至他足磅，返回媽咪身邊，我才安心。」

現時他在青山醫院任營養師，集中幫助精神科病人。他特別進修了心理輔導，希望不但從飲食上，更能從心靈上給予病人養分。

After working as a medical laboratory technician at Princess Margaret Hospital for a year, Kenneth Yeung decided to follow his heart and retrain for a healthcare career that would provide more personal interactions with patients. With support from the Hospital Authority scholarship programme, he went to the UK in 1992 to train as a dietitian and returned to Hong Kong in 1993 to join Tuen Mun Hospital.

Since then, his vocation has brought him into contact with patients from departments ranging from pediatrics to geriatrics and surgery. He currently works with

psychiatric patients at Castle Peak Hospital and is studying counseling with the aim of improving the nourishment of patients in both body and mind.

A healthy diet is an integral part of Yeung's daily life. He focuses on the principles of 'more vegetables, less meat and oil, and more home cooking', but adds that certain individuals may have more specialised requirements. "Milk is good for elderly patients who often need extra calcium. Psychiatric patients who take a lot of prescription drugs may need help to manage their weight and blood lipid levels. Individuals dealing with depression not only do physical exercise to generate more happy hormone endorphins but also take in adequate amount of nuts, beans and meat which can generate serotonin and dopamine."

The time he was asked to help care for a prematurely born baby is the moment that sticks most in his mind from his 25 years with HA. "I was very concerned about risks associated with neo-natal malnutrition," he recalls. "I visited him almost every day to check his weight and monitor his condition. Eventually, he began to gain weight at a healthy rate. The day he could go home to his parents was a very happy one."

2003

- 沙士爆發，醫管局與香港社會各界奮勇抗疫：公立醫院六位同事不幸殉職。
- 醫管局自衛生署接管所有59間普通科門診診所，以進一步發展家庭醫學及基層護理服務。

- HA worked alongside the Hong Kong community to bravely fight against the SARS epidemic. Six frontline healthcare workers lost their lives during the battle.
- HA took over management responsibility for all 59 General Outpatient Clinics from the Department of Health to further develop Family Medicine and Primary Care services.

2004

14間急症醫院開設隔離病床，以提升公立醫院應付傳染病爆發的能力。

Isolation beds in 14 acute hospitals were made ready to enhance HA's capacity to tackle any future infectious disease outbreaks.



2005

開始分階段實施藥物名冊，統一公立醫院及診所的藥物及用藥政策，確保病人公平地獲得安全、具療效和成本效益的藥物。

HA began the phased implementation of a Drug Formulary system to ensure equitable patient access to cost-effective drugs of proven safety and efficacy by standardising the drug policy and the use of drugs in public hospitals and clinics.

2007

醫管局傳染病中心正式揭幕，中心位於瑪嘉烈醫院，樓高17層有108張隔離病床，設有最先進的設施，是本港傳染病的專科轉介中心。

HA's Infectious Disease Centre was officially opened at Princess Margaret Hospital. This 17-storey building equipped with 108 isolated beds and state-of-the-art facilities operates as the tertiary referral centre for managing infectious diseases in Hong Kong.

2008

- 開展研發第三代臨床管理系統，以及數碼圖像計劃，助醫護快捷檢索病人的診斷影像，提升經濟及環境效益。
- 推出多項公私營協作計劃，包括耀眼行動、天水圍基層醫療合作計劃、共析計劃等。

- HA commenced development of its third-generation CMS and the Filmless Project was rolled out to provide easy access to diagnostic images and resulted in cost savings and environmental benefits.
- The Authority began to introduce various clinical Public Private Partnership (PPP) programmes, including Cataract Surgeries Programme, Tin Shui Wai Primary Care Partnership Project and Haemodialysis PPP Programme.



2010

修訂嚴重醫療事件政策，加入重大風險事件的通報，進一步改善醫療事故的呈報機制。

HA revised its Sentinel Event Policy to include serious untoward events to further improve the reporting mechanism for medical incidents in public hospitals.

2011

進行首個全港病人服務滿意度調查，訪問了公立醫院5,000多名出院病人，了解他們使用公立醫院住院服務的經驗。近九成病人表示信賴公立醫院的醫生和護士。

HA undertook the first city-wide patient satisfaction survey. Among the more than 5,000 discharged patients who provided opinions on their experience, nearly 90% expressed confidence and trust in doctors and nurses at public hospitals.

2012

第**1,000**宗
肝臟移植手術成功完成。

The 1000th liver transplant surgery was performed successfully.

2013

北大嶼山醫院投入服務。

North Lantau Hospital came into service.



2014

全新「健康資訊天地」開幕，設七大展區，如人體透視、智友長廊、思覺園地等，並加入互動元素，為訪客帶來全新體驗。

The New Health InfoWorld was opened. Each of the seven zones, which include Organs & Diseases, Smart Patient Gallery and Mental Wellness, has its own interactive elements that offer visitors an informative learning experience.

2015

- 醫管局會在三年內開展涵蓋百多項項目的「行動計劃」，回應「醫院管理局檢討督導委員會」的建議。
- 醫管局獲頒澳門特別行政區政府榮譽獎狀，表揚醫管局過去10年與澳門衛生局在醫護專業培訓及突發大型事故緊急應變研究等多方面合作。

- The HA will implement the 100-plus initiatives in the Action Plan in three years, in response to the recommendations of the *Steering Committee on Review of Hospital Authority*.
- HA was awarded a Certificate of Merit from the Macao Special Administrative Region, for close collaboration with the Macao Health Bureau over the past 10 years, in areas as diverse as professional training and research into large-scale emergency contingency response.



25歲同事： 與HA齊慶生 TWH nurse celebrates birthday with HA!

「能夠與HA同年同月同日生，現在又成為HA的員工，感覺幾得意，有份異常的親切。」內科護士劉皓豐當年在威爾斯親王醫院出世，現於東華醫院工作一年多，最愛一班同事，「這裡的醫生不會擺架子，資深姑娘又樂於教新人，就連健康服務助理員都好幫手。」

入行尚淺，雖未有刻骨銘心的經歷，至棘手亦只是處理家屬不滿前線同事態度的投訴，「事緣是有兩位健康服務助理員替病人抹身時，二人傾談間指責另一人，但病人卻誤以為二人在指責自己，於是向醫護投訴」。後來，皓豐與同事了解，再向病人及家屬解釋，成功令雙方和解。小事一椿卻讓她體會只要有誠意與病人或家屬溝通，就能解決問題。

立志成為護士的她，因感這一份能見證人生的開始和終結的工作，而覺特別有意義，「小生命誕生時，和當人走到人生盡頭時，護士都會是第一個和最後照顧他們的人。」💖



"It's amazing that the Hospital Authority and I share the same date of birth and now I work for HA – my chosen career as a nurse was clearly destined to be!"

Born at Prince of Wales Hospital on 1 December 1990, Lau Ho-fung has worked as a registered nurse in the medicine department in Tung Wah Hospital (TWH) for just over a year. She expresses great enthusiasm about her job and great respect for her colleagues. "The doctors here don't put on airs or graces, the senior nurses are willing to teach new recruits and the healthcare assistants are very helpful."

As a relative newcomer, Ho-fung says that she doesn't yet have one standout memory. However, she says she clearly remembers a case of having to deal with unhappy or upset members of patients' families as

2009

- 人類豬型流感大流行期間，醫管局迅速作出一連串應變措施，包括設立指定流感診所，運作超過一年，合共治理近**130,000**名病人。

- 本港自1961年首次進行心臟移植手術以來，本年突破**100**宗大關。

- In response to the human swine influenza outbreak, HA swiftly put in place a range of contingency measures, including opening designated clinics which remained in operation for over a year and treated about 130,000 patients.
- The 100th heart transplant surgery since the operation was first conducted in Hong Kong in 1961 was performed.

Medicine & Geriatrics at Tuen Mun Hospital (TMH) and is just a couple of weeks older than HA.

Dr Li has also worked in the surgical and orthopaedics departments, but he finally chose the medicine as his area of specialty. "The correct medications may help patients in the acute phase and in the long run. I am delighted to see those chronically ill regaining their health and quality of life from our treatment."

Dr Li's most cherished memory in HA is when he received a thank-you card from the relative of a terminal cancer patient. "The patient was admitted to acute medical ward for deterioration in general conditions and refused eating for few days. I suggested giving milk via a feeding tube to provide her adequate nutrition," he says. "Her family initially rejected the idea, but I spent some time explaining the pros and cons and they eventually agreed our plan. The patient's conditions improved and she was later taken over by oncology colleague to continue treatment at the hospice ward to fight against her cancer." Dr Li adds that this experience taught him the importance of effective communication between doctors and the families of patients.

25歲同事： 醫生願盼增人手 Doctor's birthday wish: benefit from more manpower

「在 HA 工作了一年幾，最享受同事們不分職系、職級，大家都團結一致，竭盡所能地幫助病人！」與醫管局同年出生的屯門醫院內科及老人科駐院醫生李卓謙說。

李醫生曾在內科、外科和骨科實習，最終選擇向內科發展，「適當的藥物可以救人一命，亦能長遠改善病人健康。我很高興我的病人，特別是一些長期病患者接受治療後能夠重新過着健康和有質素的生活。」

入行未夠兩年，李醫生在 HA 最難忘的是收到末期癌症病人家屬的感謝卡。「當時病人神志不清，好幾天不肯進食，身體狀況每況愈下。進入內科病房後，我向家屬建議為病人插胃喉以便提供所需營養。家屬起初不願意接受，我花了一段時間去向他們剖析胃喉餵食的利弊，最終他們都同意



接受治療。後來病人情況有改善，被轉往寧養病房，繼續對抗癌病。這次經歷亦讓我體會與病人家屬溝通的重要性。」

"Although I have only been working for the Hospital Authority for about 18 months, the team spirit and sense of responsibility among my colleagues are very impressive. Regardless of position, all of us work together wholeheartedly to provide our best care to patients." Dr Isaac Li works in the Department of

these are emotional moments. "It happened when two Healthcare Assistants making casual remarks about another colleague when helping a patient to clean her body. The patient however misunderstood that the healthcare workers were blaming on her. As such, she felt very upset and lodged a complaint to the hospital." Ho-fung found out the truth and explained to the patient and eventually settled the case. This incident inspired her that good communication is important as open and honest dialogues can always resolve misunderstanding.

As to why she wanted to become a nurse, she says "nurse can let you witness the start and end of life as well as everything in-between and is the first people to welcome newborns into the world, and take care those who are coming to the end of their life's journey. Thus, I think nursing is a very meaningful job." 💖

2016



繼續「與民攜手 保健安康」，透過多項活動，如新春長跑、新春團拜，以及醫管局研討大會等，與七萬多位同事一同慶賀醫管局成立25周年。

With an on-going focus on its mission of 'Helping People Stay Healthy', HA will mark its silver jubilee together with its 70,000 staff members through events such as the New Year Run, Spring Gathering and HA Convention.

從手動到電動 病床新紀元

From iron berths to hi-tech hoists: 50 years of hospital beds

人病了，躺在醫院，除了期望得到治療和護理外，亦希望有一張舒適的床，為養病療傷提供一份舒適感。公立醫院的病床，由最簡單的鐵床一步步進化至現時多功能電動病床，並輔以高科技的病人吊運系統。這些改善實在有賴社會各界的熱心支持。

介紹公立醫院病床演變的圖片展，由去年12月中至今年2月底，於總辦事處及七大醫院聯網展出，《協力》帶領大家一覽醫院病床的歷史長河。

60年代的病床由幾條鐵枝造成，護士要扶起或移動病人往往只能靠自己的力氣。在不同病房服務逾30年的瑪嘉烈醫院部門運作經理（外科）梁婉文憶述，在鐵床時代曾出現六位同事才能移動一位病人的情況。不少同事都試過撞瘀受傷，長期勞損腰背及手腕。公立醫院現時已看不到鐵床的蹤影，惟可於陳年黑白照或粵語長片場景再睹「風采」。

Hospital beds in the 1960s were essentially 'iron berths' with no special features. Department Operations Manager of the Department of Surgery at Princess Margaret Hospital Cinderella Leung, recalls from her 30 years of service that many colleagues got bruised or injured from manually lifting patients. In some cases, it took a group of six colleagues to transfer a patient from one place to another. These static iron frames are now relics in the HA.

A ward bed is often much more than just a place of rest – for many patients it also offers comfort and security. Hospital beds have improved significantly over the past 50 years, evolving from fixed-form iron frames to easily movable units that can be electrically adjusted to meet a diverse range of patient needs and, in more recent times, make effective use of ceiling hoists and other advanced technologies.

A roving exhibition examining the history of hospital beds began in mid-December last year and will run until end-February this year, during which time it will have visited Hospital Authority (HA) Head Office and various hospitals in the seven clusters. Let's go down the memory lane to relive the years past.



70年代，公立醫院開始引入手動病床，並於80年代開始逐漸取代簡單的鐵床。「手動病床床尾有一個小把柄，攪動它可將病床升起至一定角度，令同事移動病人時可省點氣力。」梁婉文說。然而，護士每日平均仍需手動病床數十次，這些動作免不了給腰背及手腕帶來一定的勞損。

Hand-set beds were introduced into public hospitals in the 1970s, and gradually replaced the 'iron-berth' style during the 1980s. "By winding a small handle connected to a ratchet system, we could save some effort when lifting patients," explains Cinderella. However, the winding often led to back and wrist strains among colleagues.



90年代末，電動病床在個別醫院亮相，至2007年，醫院管理局陸續引入不同功能的電動病床。屯門醫院腦神經外科病房經理陳卓駒90年代中入職，操作過幾代電動病床。他說，電動病床增加了病人的自由度，亦減少了醫護同事因照顧病人造成的身體勞損，可以更專注其他臨床護理的工作。

2014年醫管局獲得香港賽馬會慈善信託基金捐款2.53億元，推行「賽馬會安穩輕移計劃」，公立醫院遂逐步新增了6000多張，包括普通標準病床、分別適合腦外科病人和深切治療病人的專用電動病床，以及超過520套病人吊運系統。

Electrically-operated beds (e-beds) made their debut at some HA hospitals in the 1990s, and HA introduced more multi-functional e-beds in 2007. Ward Manager of the Department of Neurosurgery at Tuen Mun Hospital Chan Cheuk-Kui has experienced working with several generations of e-beds since the 1990s. He said e-beds not only give patients a sense of autonomy, but also reduce the risk of colleagues straining or injuring themselves and free up their time to focus on other clinical care services.

In 2014, a HK\$253 million donation from the Hong Kong Jockey Club Charities Trust under the 'Jockey Club Inpatient Facilities Modernisation Scheme' has enabled over 6,000 e-beds, including standard beds on general wards and those designated for Intensive Care Unit and for Neurosurgery patients, as well as more than 520 ceiling hoist systems to be installed in public hospitals.

解構腦外科病人專用電動病床

Features of e-bed for neurosurgery patients

* 腦外科病人專用的電動病床，匯集多種新科技，可謂病床中的「戰鬥機」。例如可透過多功能控制面板，調校病床高低及角度，減低長期臥床病人患肺炎的機會；亦可設定病床的左右移動程式，改變病人壓力點，減少因長期壓著身體同一位置而產生褥瘡。

* 病床的體重顯示功能亦可監察病人體重上的變化。

* The e-bed designated for neurosurgery patients is a 'hi-tech super fighter' which collects a score of advanced features. An all-in-one control panel allows adjustment of bed height or setting the bed to tilt to help reduce the risk of pneumonia and pressure ulcers triggered by prolonged bed rest.

* A built-in weight reading system helps monitor the weight of the patient.

電動床的煞車腳踏打開後，10秒內會自動鎖上，確保安全。Wheel brakes will automatically lock after being open for 10 seconds to enhance bed safety.



床欄升高，保護病人不易墮下。Higher rails prevent patients from falling out of bed.



病床下方設有可固定的X光透視盒，病人不需要過床便可接受X光肺部檢查。Translucent mattress platforms enable procedures such as X-rays to be performed without the need of moving patients from their beds.

病人吊運系統

Ceiling hoists revolutionise patient assistance



吊運系統使用時，醫護人員會全程在旁保護。當系統轉換軌道時，轉盤會發出長響，表示接軌正確。Nurses and patient care assistants remain on active alert when using the hoist system to ensure patient safety at all times. When a hoist changes rails, a long beep indicates that a good connection has been made with the new track.

前線同事稱為「天機」的病人吊運系統，沿著安裝在天花板的軌道運行。它可將病人由病房移送至洗手間、浴室，或從病床轉移到輪椅，再前往其他地方接受治療，減少醫護同事搬運病人時受傷的風險。長期臥床的病人亦可在輔助吊帶保護下，進行步行練習，增加自主活動，加快康復及提高個人自信。

Many wards now have mechanical ceiling hoist systems installed to assist staff in moving patients from their beds to bathrooms or treatment facilities. The hoists operate by running along ceiling rails between various areas. The system can also be used to help patients who are bed-bound to practice walking and promote recovery without fear of falling.



HA 八卦掌門人
A veteran tittle-tattler of HA happenings

2016高層調動即時睇 Ringing in a New Year with plenty of changes

醫管局一向鼓勵同事擴闊視野，多啲嘗試新事物。新年一到，1月份又有高層同事調動。

曾擔任多項災難應變及統籌任務嘅鄭信恩醫生，去年12月上任律敦治及鄧肇堅醫院和東華東院行政總監。一個月後再戴多一頂帽，做埋春磡角慈氏護養院行政總監。

接鄭醫生棒，做雅麗氏何妙齡那打素醫院及大埔醫院行政總監嘅，係文志賢醫生。文醫生打過「沙士」急症室嘅戰役，又幫過北區濫藥「夜青」，但常鼓勵同事多表達，上任第二日就開員工論壇，聽同事心聲。

能者多勞嘅港島東醫院聯網總監劉楚釗醫生，除咗係東區尤德夫人那打素醫院、黃竹坑醫院行政總監，仲擔任理長洲醫院行政總監，接替榮休嘅曾永華。

鍾健禮醫生就調任北區醫院行政總監。履新前，但係總辦事處總行政經理（聯網運作），為優化聯網病床監察系統及統籌冬季流感高峰應變擔大旗。

現時係將軍澳醫院行政總監譚錦添醫生，今年開始兼多一項重任，做埋靈實醫院行政總監。

另外，總辦事處亦有新調動，總內部審計師陳君德榮休，由 Robert James Burns 接班。張子峯醫生接棒做總行政經理（聯網運作）；而但原先嘅總行政經理（醫療成效及科技管理）個位，就由

林潔宜醫生坐上。新出任總行政經理（病人安全及風險管理）嘅係冼藝泉醫生，之前佢係靈實醫院代理行政總監 / 九龍東醫院聯網服務總監（質素及安全）。

Helen 祝各位在新崗位工作順利！❤

To ensure its staff members have a well-rounded understanding of public healthcare, Hospital Authority has encouraged them to take new challenges. With the turning of the new year, several members of HA senior management have already made change a reality in this January.

With a strong background in emergency management and coordination, Dr Beatrice Cheng has taken up the position of Hospital Chief Executive (HCE) of Ruttonjee and Tang Shiu Kin Hospitals and Tung Wah Eastern Hospital in December 2015. Dr Cheng put on one more cap one month later, she became HCE of Cheshire Home, Chung Hom Kok as well.

Dr Cheng passed the baton for her previous post as HCE at Alice Ho Miu Ling Nethersole Hospital (AHNH) and Tai Po Hospital (TPH) to Dr Man Chi-yin, who held the top job at North District Hospital (NDH) where he had sleepless nights helping adolescents with drug addiction until this latest assignment.

Dr Lau Chor-chiu, currently Cluster Chief Executive of Hong Kong East Cluster and HCE of Pamela Youde Nethersole Eastern Hospital and Wong Chuk Hang Hospital, added an additional HCE cap to his collection when he took up responsibility for St John Hospital on

top of his current duties, following the retirement of Tsang Wing-wah.

Formerly Chief Manager (Cluster Performance) in the Cluster Services Division of HA Head Office, Dr Chung Kin-lai has stepped into Dr Man's shoes to become HCE of NDH. Dr Chung has played an instrumental role in revamping the bed monitoring system to ensure optimal utilisation and coordinating response plans for winter surge.

HCE of Tseung Kwan O Hospital Dr Tom Kam-tim has added HCE of Haven of Hope Hospital to his portfolio of responsibilities.

The New Year's game of HA musical office chairs has also played out at HA Head Office. Robert James Burns has taken up the post of Chief Internal Auditor upon the retirement of Raymond Chan. Dr Ian Cheung, previously Chief Manager (Clinical Effectiveness & Technology Management), has become Chief Manager (Cluster Performance), with Dr Rebecca Lam, previously Chief Manager (Patient Safety & Risk Management), taking up Dr Cheung's vacated post. Dr Sin Ngai-chuen, previously Deputising HCE of Haven of Hope Hospital and Service Director (Quality & Safety) of Kowloon East Cluster, has succeeded Dr Lam.

I trust you will join me in wishing all the new appointees great success with their new responsibilities. ❤

醫管局行政總裁梁 PY 是管理精英外，歌藝亦不凡，佢早前為醫管局中樂團周年音樂會高歌一曲《書劍恩仇錄》，瀟氣迴腸。當晚與 PY 同台獻藝嘅仲有財務總監錢湘芷同九龍西聯網總監董秀英醫生。錢總監一身花仙子打扮，奏出優雅古箏妙韻，而「歌后」董醫生則獻上兩首粵曲以饗歌迷。Helen 與眾人簡直聽出耳油！Helen 仲知 PY 嘅日下畫仲係澳門公幹，夜晚七點已經飛身出現鼻尖沙咀文化中心，氣定神閒獻唱，認真夠氣！❤

Hospital Authority (HA) Chief Executive Dr PY Leung had a show of his good voice. He gave a stirring rendition of the classic song, "The Romance of Book and Sword", at the annual performance of HA Chinese Orchestra at the Hong Kong Cultural Centre in Tsim Sha Tsui before Christmas. Joining PY were HA Director (Finance) Clara Chin, who donned a fairy costume to play Guzheng; and Dr Nancy Tung, Cluster Chief Executive of Kowloon West Cluster, who sang two Cantonese opera songs to delight her loyal fans. It actually takes more than a long day to leave PY out of breath, as he shot back to appear at the singing performance, just a few hours after the completion of HA business in Macau! ❤



瑪嘉烈牛一玩潮拍 PMH staff rock out at 40th anniversary celebrations

主診西醫與中醫教研中心的中醫師為病人會診。
Attending doctor and CM practitioner from CMCTRs conduct joint consultation for patient.



威爾斯親王、沙田、廣華及瑪嘉烈四間醫院，於2015年12月加入參與中西醫協作先導計劃，分別為合資格的住院病人提供中風治療、急性下腰痛治療及癌症舒緩治療的中西醫協作服務。連同三間於該計劃首階段已參與的醫院，即至今共有七間公立醫院參與該計劃。

醫管局透過與三方協作中醫教研中心合作，分兩階段推出中西醫協作先導計劃。計劃首階段於2014年9月在東華醫院、屯門醫院及東區尤德夫人那打素醫院試行。由於進展順利，參與的病人普遍臨床狀況得到改善，並滿意計劃安排，醫管局經檢討計劃後，在第二階段再增加參與的醫院。

為增強前線員工對計劃的了解，並加深中西醫療專業的相互認識，醫管局舉行了連串簡介會與培訓，包括於2015年中推出由受委託本地大專院校提供的中醫護理及中藥學進階培訓課程，以及早於2004年起已每年舉辦的醫護人員中醫學證書課程等。醫管局亦就先導計劃進行中藥安全監察，並成立中藥安全專家小組，為個別中藥因應已知毒性及中西藥相互作用風險提供建議，配合臨床監察。❤

Four more hospitals - Prince of Wales Hospital, Shatin Hospital, Kwong Wah Hospital and Princess Margaret Hospital – joined the Integrated Chinese-Western Medicine (ICWM) Pilot Programme in December 2015 to offer stroke care, acute low back pain care and cancer palliative care to eligible public hospital inpatients, bringing the number of hospitals participating in the ICWM Pilot Programme to seven in total.

The Hospital Authority is collaborating with the tripartite Chinese Medicine Centres for Training and Research (CMCTR) to implement an ICWM Pilot Programme in designated hospitals. Phase I commenced in September 2014 at Tung Wah Hospital, Tuen Mun Hospital and Pamela Youde Nethersole Eastern Hospital. Given the smooth operation and satisfactory progress of the first phase, as reflected in the positive patient response to the Programme and a general

improvement in their medical conditions, HA decided to expand the list of participating hospitals.

To enhance staff's knowledge of the Programme's logistics and strengthen mutual understanding between Western and Chinese medicine practitioners, HA has organised a series of briefing and training sessions for relevant staff members which include commissioning local tertiary education institutions to provide intermediate training programmes on CM Nursing and CM Pharmacy since mid-2015, in addition to the CM Training Programme for Medical and Healthcare Professionals organised yearly from 2004.

HA has also enhanced its monitoring on Chinese medicine safety. An Expert Panel on CM safety for ICWM Pilot Projects has been formed to provide recommendations on known Chinese medicines toxicity matters and herb-drug interactions. ❤

兒童醫院 動物的秘密

香港兒童醫院去年12月為病人組織舉行簡介會，當中介紹的醫院室內設計引起不少人好奇。《協力》特別為大家追查，揭開當中秘密。

原來兒童醫院其中一個設計特色，是選用活潑生動的動物圖案和鮮明的色彩作樓層及引路的標誌。選用的動物有八種：猴子、丹頂鶴、熊貓、袋鼠、鸚鵡、樹熊、中華白海豚和八爪魚，分別落戶不同的樓層。

一樓用馬驢仔，是希望到專科門診看病的小朋友見到時，同樣開心活潑；二樓放了丹頂鶴，是想小朋友到放射治療部或復康中心進行檢查或療程時，以丹頂鶴做榜樣，保持心情平靜；而四樓的初生嬰兒深切治療部，就用了袋鼠媽媽與BB，令病童看到牠們，就如自己有媽媽陪伴在側，不會害怕。外國的兒童醫院利用動物圖案有不錯的成效，香港借鏡加上詳細諮詢病童、家長和醫護人員的意見，最後「揀槌」選定這八種動物。



簡介會議香港兒童醫院與持份者互相交流。
The briefing session by HKCH made a successful engagement with its stakeholders.

在簡介會上，醫院管理局策略發展總監羅思偉醫生、總行政經理（策略、服務規劃及知識管理）李夏茵醫生，以及負責設計和興建醫院的承建商和建築署代表，還介紹了醫院的發展進度。病童家長對醫院的設計、設施、未來提供的服務，以至感染控制措施、藥物安全等都提出不少問題。出席簡介會的有超過100人，分別來自20個病人組織。

每層樓都有一種動物做主人。
Each floor has its own animal host.



Hong Kong Children's Hospital: The Secret of Animal Characters Revealed

A briefing session to patient groups on the development of Hong Kong Children's Hospital (HKCH) was held in December 2015. During the session, patients and parents were eager to know more about the physical design, including how the eight animal characters were being selected as friendly hosts of HKCH and the meaning behind each animal host on different floors of HKCH. *HASLink* is going to take you through the ideas behind all these lovely animal characters in the hospital design.

An ample use of animal characters and vivid colours to represent different floors is one of the design characteristics of HKCH. The animal hosts will not only facilitate easy navigation for patients and visitors, but also create a child-friendly, pleasant and soothing environment to relieve the anxiety and stress of sick children. The idea of using animal characters was inspired by the child-friendly design of other children hospitals around the world. After a thorough consultation process involving our patients, parents and clinical staff, eight animal characters were selected.

The eight animal characters that have been used as friendly hosts of HKCH are Monkey, Flamingo, Panda, Kangaroo, Parrot, Koala, Pink Dolphin and Octopus. The energetic and playful monkeys will appear on the first floor to cheer up our children attending the Specialist Outpatient Clinic. The flamingos on the second floor will support young patients in the Radiology Unit and Rehabilitation Centre to stay calm and balanced during procedures and therapies. The fourth floor with the Neonatal Intensive Care Unit will be the home of kangaroo mothers and babies. They will accompany the seriously-ill neonates and their carers through the tough time in life, and symbolise the strong bonding between parents and babies.



鮮明的色彩，為隔離病房平添生氣。
A beautiful choice of colours give life to the isolation room.

At the briefing session, Dr S V Lo, Director (Strategy & Planning), and Dr Libby Lee, Chief Manager (Strategy, Service Planning & Knowledge Management), of the Hospital Authority, joined with representatives from the Government's Architectural Services Department and the awarded contractor responsible for the design and construction of HKCH, gave an update on the development of the Hospital and an overview of its interior design and facilities.

Participants were keen to ask questions, which ranged from those about the hospital design, facilities and services, to infection control and medication safety. More than 100 members from 20 different patient groups participated in this briefing session.



營造健康社會，醫院與社區的合作密不可分。伊利沙伯醫院及北區醫院早前分別舉辦了一場主題鮮明的慈善步行，建構共融社群。

今年1月中，伊院與香港靈糧堂幼稚園在山頂廣場合辦步行籌款（右圖），為伊院慈善信託基金籌得超過六十萬元善款。活動獲食物及衛生局局長高永文醫生與醫管局主席梁智仁教授允邀擔任主禮嘉賓，藝人林嘉欣及黃浩然亦到場為二千多名參與步行的幼稚園師生、家長及醫護人員打氣，現場氣氛熱烈。

北區醫院慈善信託基金亦於去年12月在上水及粉嶺舉行慈善步行籌款（左圖），吸引超過1000名

區內人士參加，籌款用於加強醫院乳房診斷及治療服務，進一步完善新界東醫院聯網的乳科服務。

Building strong connections between hospitals and the people they serve plays a vital role in achieving improved public health. Queen Elizabeth Hospital (QEH) and North District Hospital (NDH) recently held charity walks with the aims of engaging with their local communities and promoting a healthy lifestyle while also raising money to support worthy causes.

In mid-January, QEH and Hong Kong Ling Liang Church Kindergarten jointly organised a charity walk at the Peak to raise funds for QEH Charitable Trust



(photo on right). Secretary for Food and Health Dr Ko Wing-man and Hospital Authority Chairman Professor John Leong attended the event as officiating guests and artists Karena Lam and Raymond Wong spoke about the importance and value of lending a 'helping hand' to those in need. There were also opportunities for the participants to learn more about healthcare issues such as organ donation.

NDH's charity walk (photo on left) in December proved extremely popular among residents in Sheung Shui and Fanling, with around 1,000 people putting their best foot forward to raise funds for the hospital's breast diagnostic and treatment services.

梁教授打氣 不忘「診計」 Chairman delivers festive sweet treat to A&E colleagues

醫管局主席梁智仁教授聖誕後到屯門醫院同瑪嘉烈醫院急症室探望前線醫護同事，親手為同事送上曲奇禮餅，為正在與冬季流感高峰期作戰的同事打氣。梁教授亦不忘親切問同事聖誕同新年有否開「派對」慶祝。

Colleagues working in the Accident & Emergency Departments at Tuen Mun Hospital (TMH) and Princess Margaret Hospital during the festive season received an unexpected surprise in the form of a visit from Hospital Authority Chairman Professor John Leong, who brought cookies as gifts to thank them for their hard work to combat winter surge. Professor Leong was also eager to know whether they had found time in their busy schedules to attend any Christmas or New Year parties.



而在屯門醫院急症室，設有輪候時間自助查詢系統，病人只需掃描條形碼，就知自己需等候的時間。梁教授盛讚前線同事「好計」！他說同事總能設法解決難題，「診少少計，就可以幫到人」。梁教授精益求精，要求同事研究更加便民的設計。

Professor Leong gave colleagues at TMH a big thumbs-up for installing a self-service waiting time enquiry system at TMH A&E Department that enables patients to check their estimated waiting time by simply scanning their queuing system ticket. Yet Professor Leong went even further to encourage colleagues to work on more advanced facilities for patients' convenience.

「愛・工作」系列之四
Passionate Professionals Series 4

無懼碰壁 誓要培訓社康精英 Nurse Consultant helps create elite team of community nurses

第二位登場的傑出護士是來自新界東醫院聯網社區外展服務顧問護師詹俊琼，在她領導下，新界東的社康護士人人自我增值，變成一支精英部隊，有效地舒緩醫院病床需求的壓力，也令病人在家也可得到專業護理。

Chim Chun-king, Nurse Consultant (Community) from New Territories East Cluster's Community Outreach Services Team, received an Outstanding Nurse Award from the Association of Hong Kong Nursing Staff in 2015. She is passionate about encouraging her colleagues to continuously strengthen their clinical knowledge and advanced skill, particularly when it may help reduce the pressure on inpatient services by allowing individuals to receive professional healthcare treatment at home.



▲詹俊琼（中、前排）早前到英國取經，大讚當地社區服務能承受翻天覆地的改革，正研究模式是否適合本土。
Nurse Chim (centre, front row) visited the UK last year and was impressed by the level and quality of community nursing services. She is now considering whether any of the positive practices she witnessed could be adapted for use in Hong Kong.

詹姑娘投身護理界四分之一世紀，早期曾於急症室和復康部工作，至2001年開始加入社康護士行列，領導團隊。期間，她大力推動「專科護理」進修的文化，「我覺得自己護理技術怎樣好，都只能令少數病人受惠，但如果我可以令同事一樣出色，就可以幫到更多病人。故我非常鼓勵同事進修及交流，吸收新知識，學會多角度思考，提升臨床護理技術。推動初期，處處碰壁，被同事拒絕，但經過多番鼓勵和溝通，同事態度轉變，且積極參與不同培訓，令團隊士氣提升。」

她的堅持令社康護理團隊增值，成為精銳部隊。以2014年為例，威爾斯親王醫院於冬季流感高峰期時，推行提早出院計劃，經過團隊努力，有一半正在等候入院的病人可以回家由社康護士跟進，舒緩醫院



詹俊琼（右三）教導同事如何用手持式超聲多普勒評估足背動脈脈搏情況。
Chim Chun-king (third from right) is teaching colleagues how to use Handheld Doppler Ultrasound to detect the dorsalis pedal pulse on foot.

床位壓力。又例如，在聯網推行的乳癌術後提早出院計劃，令病人由最初需留院九日，縮減至兩日，中段的跟進工作，如為病人拔除引流導管，全由社康護士上門處理。團隊更創新「胸腔置管引流」家居護理技術，教導末期肺癌病人在家自我引流肺積水，舒緩病人氣喘徵狀，提升病人在生命晚期的生活素質。

至於令她最難忘的臨床經驗，就是團隊一起為一位廿幾歲患胃癌的男子，在家居為他護理五條鮮紅色腸頭的痛管及傷口，團隊「每次都花約兩至三小時去護理痛管及傷口，要非常小心，因稍一不慎，消化液便會將附近皮膚組織灼傷而引致糜爛，令病人受疼痛之苦。」

一位出色的臨床領導，能力要服眾，亦可提升及創造團隊價值士氣，詹姑娘就是最佳示範。📌

Chim Chun-king has been a nurse for over a quarter of century. Earlier in her career, she worked in Accident and Emergency Departments and rehabilitation unit, but in 2001 she took up responsibility for the community nurse team. During her tenure as head of the team, she has vigorously promoted the concept of specialty training. "No matter how talented or capable I might be, I am only one person and can only help a limited number of patients at a time. But if my colleagues are all high performers, we can help many patients," she explains. "I have therefore always encouraged the members of my team to study after work to expand their knowledge and enhance their clinical skills and to be open-minded in how they approach situations. Honestly, it was quite a challenge in the beginning as my nurses are all so busy. Suggesting that they start with a practice area of particular personal interest in some specialties was very effective in breaking down their initial resistance."

This emphasis on continual learning has paid off and the team of community nurses is now considered an 'elite squad' that is helping to reduce the burden placed on hospital facilities. In 2014, pre-admission assessment of patients during the winter surge by the team at Prince of Wales Hospital led to around 50% of cases being sent home with arrangements for follow-up visits by a community nurse, which significantly eased demand for inpatient beds. In the meantime, the average hospital

stay following treatment for breast cancer patients has been cut from nine to two days, with follow-up and monitoring procedures such as the removal of drainage catheters being completed by community nurses in the comfort and familiarity of the patient's home. The team also implements the innovative practice "Intra-pleural Catheter Home Care Services" to support lung cancer patient with malignant pleural effusion by empowering patient and carer the self-management skill to drain out pleural fluid from lung to reduce the symptom of shortness of breath.

Chim says one of her most memorable experiences involved cleaning and dressing the surgical wounds and fistula of a stomach cancer patient. "We had to handle the procedure incredibly carefully because if we made the slightest mistake, the patient's intestinal fluid would burn the surrounding skin, which would be very painful and unpleasant for the patient. Each time we cleaned and managed the fistula and wound it took over two to three hours."

Chim's achievements as a clinical nurse and an inspiring leader have enabled her to create an elite team of community nurses that is committed to providing the best possible nursing services to the community. 📌

詹俊琼小檔案

Chim Chun-king



年齡 Age	40多歲 40+
獎項 Awards	省港澳傑出護士獎（2015）、 抗擊非典型肺炎工作嘉許狀（2003） 2015 Outstanding Nurse Award from the Association of Hong Kong Nursing Staff; Certificate of appreciation from the Government for her role in the effort to combat SARS in 2003
學歷 Education	澳洲西雪梨大學臨床領導護理碩士 Master of Nursing (Clinical Leadership), Western Sydney University
家庭狀況 Family Status	已婚 Married
興趣 Hobbies	旅遊 Travel
座右銘 Life Motto	Think positive, act positive!

速效護理趕壓瘡 A painful subject: handling the issue of pressure ulcers

響應「國際停止壓瘡日」，瑪嘉烈醫院亦積極關注「壓瘡」議題，並於2013年開始，在院內推動及舉辦公眾健康講座和業界論壇，加強各界預防壓瘡的意識。

To tie in with the Worldwide Stop Pressure Ulcer Day, Princess Margaret Hospital (PMH) has been leveraging since 2013 to promote the discussion and development of initiatives to reduce the incidence of pressure ulcers among bed-bound patients at the hospital.



▲壓瘡最常發生在長期臥病在床的病人身上，若處理不當，傷口難以癒合。Pressure ulcers usually affect long-term bed-bound patients. If pressure ulcers are not dealt with correctly, it will be very difficult for them to heal.

瑪嘉烈醫院顧問護師（傷口及造口科）羅小明說：「早於2005年，我們已經留意到壓瘡的問題，當時我們在這方面的KPI（主要表現指標）比醫管標準超出一倍，故立即採取連串改善措施，近年已『合格』。」她笑言，「合格」全賴同事支持，令措施得以持續推行，包括以下四招：

1. 2012年成立跨部門委員會，委員有內科、外科、骨科醫生，營養師，職業治療師及前線護士，由護士擔任主席，每季召開會議。
2. 裝置減壓儀器，如置入減壓床褥、減壓坐墊、足踝護墊和手肘護套等。
3. 委員會定時到不同病房巡查，跟前線同事講解處理壓瘡技巧、預防方法和扶抱／轉換身體培訓，其後撰寫簡短紀錄報告。
4. 醫院為所有入院人士進行「壓瘡風險指數」評估，之後第三日再進行一次，然後每星期一次及當病情有轉變時。📌

"We began taking serious note of this issue in 2005, because our pressure ulcer incidence rate was double the ceiling rate set under the Hospital Authority's Key Performance Index standards," explains Susan Law, Nurse Consultant (Wound & Stoma Care) at Princess Margaret Hospital. "We implemented a series of remedial measures, which has led to us achieving a 'pass' in recent years."

The measures implemented at PMH included four major initiatives:

1. An inter-departmental committee to monitor the situation was set up in 2012 with doctors, dietitian, occupational therapist and frontline nurses as members. The committee meets quarterly and is chaired by a nurse.
2. More preventative equipment was introduced at the hospital, including pressure-relieving mattresses, pressure-reducing seating cushions and foam heel and elbow protectors.
3. Committee members regularly conduct pressure ulcer rounds on the wards to provide frontline staff with information and advice on the prevention and treatment of pressure ulcers, such as how best to reposition patients. The findings of the committee members on these rounds will be compiled in a short report for further reference and, if required, follow-up action.
4. All inpatients now undergo a pressure ulcer risk assessment on admission, once at three days, once weekly and whenever condition change. 📌



▲瑪嘉烈醫院去年在「國際停止壓瘡日」邀請專家與同事分享臨床經驗。
Princess Margaret Hospital arranged several events on 'Stop Pressure Ulcer Day' in last November, at which experts shared their clinical experience and advice with colleagues.

專家教路

瑪麗醫院顧問護師（傷口及造口科）李偉娟提供處理壓瘡小貼士給前線同事參考。

壓瘡位置	處理小貼士
骶尾骨	健康服務助理協助病人抹身時，避免將不潔物滲進傷口敷料。在肛門周圍塗抹護膚乳液，防止皮膚進一步受損，令傷口擴展。
足踝	為病患選擇需要一個或兩個魔術貼的護墊。

Handle with care – tips for dealing with pressure ulcers

Michelle Lee, Nurse Consultant (Wound & Stoma Care) at Queen Mary Hospital, provides some advice for dealing with pressure ulcers in commonly occurring areas.

Position	Advice
Sacrum and coccyx	Health Care Assistants should take care to prevent dirt from seeping into or under wound dressings when washing patients. A hydrating skin lotion should be applied around the anus to protect the skin from being damaged.
Ankle	Patients can be fitted with a suitable heel protector.



又稱褥瘡，是指在骨頭突出的部位產生的皮膚潰瘍，當這些部位長期受壓，得不到足夠氧分和營養，造成局部皮膚組織受損，形成壓瘡。

它可分為四個分期級別，由最初的第一期「皮膚完整無潰瘍，出現以指壓不會變白的紅印」至嚴重的第四期「廣泛的皮膚組織破壞，骨頭、筋膜或肌肉暴露，可能有壞死組織、潛行深洞或坑道」。

Pressure ulcers, also known as bedsores, affect the skin and underlying tissue over bony prominences. When the localised area is under prolong period of pressure, it deprives of oxygen and nutrient supply, causing damage to the skin and tissue in the area and leading to pressure ulcer formation.

Pressure ulcers are staged on a four-point scale, ranging from stage 1: 'intact skin with non-blanchable redness of a localised area over bony prominence', to stage 4: 'full thickness tissue loss with exposure of bone, tendon or muscle, may have necrotic tissue, undermining and tunneling'.

實習醫生 「執生」大考驗 *Interns learn the value of soft skills*



病人突然休克，點算好？
家屬拒簽手術同意書，如何辦？
病人要立即施手術，如何盡快與各部門協調？

If a patient suddenly goes into shock, what immediate action should you take? If the family of an incapacitated patient refuses to sign a consent form to allow crucial medical treatment, what's the best way to move forward? If a patient unexpectedly needs an urgent surgical procedure, what is the most effective way to coordinate with colleagues in other departments?

為使準醫生們面對以上難題時，仍能應付自如，駐院實習事務委員會規定，在每年的5至6月，醫科生在實習前必須出席由模擬及技能培訓中心舉辦的一日半工作坊，學習開藥技巧和使用臨床醫療管理系統等，加強病人安全的概念。工作坊現時分別由港島東、九龍中和新界東聯網的模擬及技能培訓中心舉辦。委員會更於2012年起在同學實習期間增設半日「實習醫生模擬訓練集訓營」，強化他們團隊合作意識和溝通的技巧。

導師之一的何立言醫生稱，「實習醫生模擬訓練集訓營」是個進階的訓練，目的是透過模擬真實情境，讓準醫生體驗醫護團隊互相合作的重要，同時讓他們掌握相關要訣，與同事和病人及家屬



保持良好溝通、能妥善處理常見病例突變，以及成為一眼關七的領袖。

每次訓練約有八名實習醫生參與，由一位醫生擔任導師，一位護士在旁協助，實習醫生會接受三個不同情境的考驗，難度遞增，各人需抽籤扮演駐院醫生、專科醫生和實習醫生的角色。導師則在旁觀察，隨後進行檢討。《協力》直擊其中一個考驗，且看各位準醫生如何見招拆招。

To prepare doctors-to-be for practical clinical situations and tasks they face when they start their first day as a doctor, the Hospital Authority's Committee on Internship will arrange for all medical fresh graduates to attend 'The Intern Central Orientation Programme' each year in May and June. This one-and-a-half day mandatory training programme takes place at simulation training units in Hong Kong East Cluster, Kowloon Central Cluster and

New Territories East Cluster, with the aim of introducing HA's safety culture in clinical practice. Areas covered range from good drug prescription skills to proper use of HA's Clinical Management System.

A half-day 'Boot Camp' was also launched by the Committee in 2012 for interns during their internship to strengthen their non-technical skills.

Dr Ho Lap-yin, a qualified instructor, explains that the Boot Camp provides scenario-based simulation training, through which participants learn how good teamwork, strong interpersonal skills and effective communication all influence the effectiveness of their clinical practice.

Groups consisting of eight interns work with a doctor and a nurse who serve as trainers. Interns take turns to play the roles of resident, medical officer and houseman in three different scenarios that vary in difficulty. All members of the group will take part in a debriefing session after each scenario.

直擊現場 *What's up in the Boot Camp*



「醫生」凌晨收症：初步理解病人情況及跟進。

A patient is brought to the hospital in the middle of the night. The doctor conducts a basic assessment of the patient.



病人家屬不滿：不理「醫生」解釋，拒簽手術同意書。同時又要處理情況逐漸轉差的病人，眾人心急如焚。

A member of the patient's family arrives at the hospital and the situation starts to get out of control. She dismisses the doctor's attempt to explain the patient's condition and the recommended course of action. She also refuses to sign a consent form to permit the doctor and the team to undertake an urgent surgical procedure. The doctor is now competing against the clock to obtain consent from the patient's family while dealing with his grave concern for the patient, whose condition is deteriorating.



事後檢討：導師何立言醫生（左）傳授錦囊

- 建議醫生可利用白紙或X光片，圖像化病情，令家屬明白具體的情況。
- 運用肯定語氣和自信態度與家屬對話：「手術雖有風險，但我們團隊非常有經驗，請放心。」
- 若自己未能處理，盡快召富經驗的醫生協助。

Debriefing by trainer Dr Ho Lap-yin (left)

- Use visual aids such as X-rays or simple drawings to more easily explain the situation to the family member.
- Use encouraging, positive language when communicating with the family member, while still laying out all the considerations. For example, the doctor might say: "every surgery has its risks, but our team is experienced in handling these types of cases, so your family member is in good hands."
- If you cannot handle the situation or tensions escalate, call a senior medical officer for assistance as soon as possible.

天使遇良師 留守新界西 New nurses opt for NTWC hospitals



畢業護士同學薪火相傳，承傳南丁格爾精神。
Graduates hold a candle to celebrate the spirit of Florence Nightingale.



今年畢業的，還有他們。
The guys here are also fresh graduates this year.

屯門醫院普通科護士學校應屆畢業生關祈恩坦言，過去三年不單沒有遇到惡人王Mentor，還得到導師們的悉心教導，今天終於學有所成，找到一份理想的職業。

祈恩現時在博愛醫院內科病房工作，回想過去三年，要數印象難忘的，一定是第一次踏入病房實習的一刻。

「去到病房發現好忙，又不熟悉工作環境，感覺好陌生、好驚！」幸好祈恩在病房遇過不少熱心的師兄師姐，不介意細心指導，甚至伸出援手。

原來祈恩早年應考文憑試前，因為十字韌帶受傷，在屯門醫院留醫了一段時間，自此啟發出祈恩對加入護理專業的興趣，亦造就了今天這位「白衣天使」。

根據屯門醫院普通科護士學校的統計，應屆畢業生中，約八成入留在新界西聯網轄下的醫院工作，再加上其他新入職的護士同事，這批新血成為了新界西聯網護理團隊的生力軍。

目前，醫管局轄下有三間普通科護士學校，包括伊利沙伯醫院、明愛醫院和屯門醫院，均提供三年制護理學高級文憑課程。學校每年9月開學，課程編排非常緊湊，暑假也要「返工返學」，內容包括基礎課程、護理學藝術與科學、基礎及應用科學、行為及社會學等。學生須學習護理知識和完成一千四百八十小時臨床實習，學生在第一年上學期已需要於醫院實習。每年，三間護士學校合共約有300名畢業生，大多選擇投身公立醫院，繼續發揚南丁格爾的精神。



To Tiffany Kwan, a fresh graduate from the School of General Nursing at Tuen Mun Hospital (TMH), currently working in the medicine ward at Pok Oi Hospital, a position she describes as "a dream job," she thanks her tutors for sharing their expertise and experience.

Looking back on her three years as a trainee, her most striking memory is her first experience as an intern on a hospital ward.

屯門醫院普通科護士學校應屆畢業生關祈恩，感激病房的師兄師姐不時出手相助。Tiffany Kwan, a fresh graduate from the School of General Nursing at Tuen Mun Hospital, thanks senior staff in the ward who are always willing to offer help and advice.

"The ward was extremely busy and I was quite intimidated by the unfamiliar environment," she recalls. Fortunately, the senior staff were more than willing to offer her assistance and advice, she adds with a smile.

Tiffany's interest in becoming a nurse was sparked by the experience she had after suffering a cruciate ligament injury before sitting for a public examination. Her time as an inpatient at TMH gave her an up-close insight into life as a frontline healthcare provider and she was particularly impressed by the vital role that nurses play on the wards.

Around 80 per cent of these latest TMH School of General Nursing graduates are now working in hospitals in the New Territories West Cluster, which will help to strengthen the cluster's nursing team.

The Hospital Authority currently operates three general nursing schools, one each at Queen Elizabeth Hospital, Caritas Medical Centre and Tuen Mun Hospital. The schools offer a three-year Higher Diploma in Nursing programme. The programme commences in each September and is very intensive. The subjects include generic subjects, nursing arts and sciences, basic and applied sciences, and behavioural & social sciences. Students need to start their clinical practicum in the first term of their first year and are expected to complete a 1,480-hour clinical practicum. Every year, there are about 300 students graduated from the three nursing schools and most of them will choose to work in public hospitals to spread the spirit of Florence Nightingale.

近90位屯門醫院普通科護士學校的學護，因在實習期間喜遇良師，常得到細心指導，在學成那刻，他們都心無旁騖，選擇留在新界西聯網轄下的醫院工作。

Thanks to the generous sharing of expertise and experience by their mentors, about 90 fresh graduates from the School of General Nursing at Tuen Mun Hospital has determined that they will work in hospitals in the New Territories West Cluster.

玩轉新春長跑全攻略

Check in for fun at HA New Year Run

當大家正積極備戰2月14日的新春長跑之際，《協力》特意搜羅場內多個好玩「景點」，有得跑、有得玩、仲有得食，準能令你樂在其中！📍

The Hospital Authority New Year Run on 14 February isn't only about racing. Below, we highlight some onsite activities that are designed to make this an event at which to eat, play - and run! For a truly fun day with family and friends, make sure you stop in at all the checkpoints! 📍

Checkpoint 5: 懷舊小食攤位

跑完玩完一大輪，是時候補充體力。這裡有各款懷舊小食等著你，如蛋卷、棉花糖、爆谷、麥芽糖餅、雞蛋仔和咖喱魚蛋，快來嚐嚐「那些年」的滋味。

Checkpoint 5: Old-fashioned snack stalls

And remember to leave time to enjoy some tasty snacks. Egg rolls, candyfloss, popcorn, maltose with crackers, egg waffles and curry fish balls will be available to delight your taste buds.

Checkpoint 4: 賽後按摩服務

跑到身水身汗，賽後免費按摩服務最窩心。

Checkpoint 4: Massage station

Feeling a bit tired and sore after your run? Visit the massage station to benefit from some expert healing hands.

Checkpoint 3: 自拍相機區

潮流與自拍，這裡即影即有，並準備了多款道具供表情豐富的你，與家人、情人、友人或同事，擺個靚pose一起勁chok發放閃光彈！

Checkpoint 3: Selfie zone

Can't get enough photographic fun? Instant cameras and various equipment will be available for you to capture some happy memories with family members and loved ones, friends and colleagues. Smile!

長跑路線（往城門河畔方向）
Route of New Year Run
(To Shing Mun Riverside)

中大賽馬會公共衛生及基層醫療學院
The Chinese University of Hong Kong
Jockey Club School of Public Health

Checkpoint 1: 反斗服裝大比拼

同事每年都會花盡心思，扮鬼扮馬吸睛，今年的勝出者可獲神秘禮物籃一個（團體組）或\$500酒店餐券一張（有情人組）。大家記得前來挑選心中至愛，投票人士更可同時參加醫管局25周年幸運大抽獎，贏取超市禮券。

Checkpoint 1: Best Costume Contest

Every year, colleagues get creative with their 'running outfits' in an attempt to gain the most votes and get a great prize. The winners of this year's 'Group' category will receive a mystery gift hamper, while the champion of the 'Lovers & Friends' category will receive a HK\$500 hotel dining voucher. Everyone who votes in the contest will be entered into a 25th anniversary lucky draw for the chance to win supermarket vouchers.

Checkpoint 2: 馬騮仔吉祥物

活潑的馬騮仔吉祥物將會與大家拜年，祝願大家來年活力十足，大家記得同佢哋合照啦！

Checkpoint 2: Monkey mascot

An energetic mascot will offer blessings to the run participants and best wishes to all for a happy and prosperous Year of the Monkey in 2016. Make sure you take a photo with this cheeky well-wisher!

活動：醫管局新春長跑

日期：2016年2月14日
時間：早上8時至中午12時
地點：威爾斯親王醫院

Event: HA New Year Run
Date: 14 February, 2016
Time: 8am – 12noon
Venue: Prince of Wales Hospital

寶寶，謝謝你！

從事器官捐贈服務十多年，心裡最感動的，是一位女嬰的捐贈故事。

當天收到兒科深切治療部轉介，一名27個月大名叫寶實的女嬰已通過第一次的腦死亡測試；她媽媽問及器官捐贈的事情，那時其他家人並不支持。

寶實患有罕見先天性疾病亞伯氏症（手指、腳趾黏連在一起），出生後常進出醫院，需要不同的專科（骨科、耳鼻喉科、兒科）密切跟進，她做了多次手術，媽媽與醫護人員關係十分密切，醫護人員也很愛錫寶實。

寶實的父母離異，由年輕媽媽獨力照顧，她之前在醫院看到器官捐贈的推廣攤位，想起寶實也可捐器官助人，便提出此建議，但舅父及爸爸極力反對；看見媽媽飽受壓力，也不能完成自己的心願，我就思索如何助他們作一個無憾的決定；在準備與家人接觸前，先跟各院移植組聯絡，評估寶實哪些器官合適捐贈作移植。

當寶實證實腦死後，媽媽和爸爸痛哭流涕，舅父傷痛地表達心中的不捨；待他們接受及消化寶實死亡的事實後，我講解喪葬安排及提出器官捐贈的選擇，此時爸爸極力反對，媽媽突然大哭。

當時所有人都十分愕然，氣氛沉重及死寂，我打破靜默，安慰道：「我感受到寶實的爸爸、媽媽很疼愛這個寶貝女，亦已付出了你們所能給予最好的；寶實最大的福氣是有爸爸、媽媽及舅父不離不棄的愛護；在這27個月裡，陪伴和照顧寶實最多的是媽媽，相信媽媽是最明白寶實的人！媽媽的決定亦是對寶實最好的決定……」

爸爸想了一會問：「寶實年紀咁小，有什麼器官可以捐？」我即回應：「經過評估，現時只有腎臟及肝臟合適捐贈，因有合適的病人在等候。」之後我詳細解釋整個捐贈過程，包括先經檢查確定合適才作捐贈，術後不會延誤喪禮等。寶實的父母最後決定捐贈她的腎臟及肝臟。

在寶實的喪禮上，有很多醫護人員來悼念，還特地預備了鮮花，藉此表達對她的愛，及對家人的尊敬與安慰；此時此刻，我心裡想起自己年紀相若的女兒，再也忍不住流淚哭起來。

寶實成為天使祝福他人，守護一位末期腎衰竭病患者，這病人是一位母親，她與家人很感激捐贈者的家庭作出偉大無私的奉獻，讓她脫離洗腎之苦，一家重回正常的生活。

威爾斯親王醫院 器官捐贈聯絡主任
唐婉芬

本文是內聯網網頁「動人故事•HA」來稿，因《協力》版面有限，文章略為縮減。
全文請見網頁http://ha.home/ha_article/article_display.aspx?article_id=6。

1分鐘自由講 Minute Talk

器官捐贈知多D Frequently asked questions: organ donation

問：每年死亡人數不少，為何器官捐贈的數目這麼低？

答：離世的人是否適合捐贈器官，首要條件是器官的功能必須良好。一般因心臟停止跳動而死亡的病人，血液流動停止，器官隨之受破壞，令器官不適合移植。只有腦死亡的病人才適合作遺體器官捐贈，每年只有大約100名腦死亡病人適合捐贈器官。

問：病人証實腦死亡後其器官是否全部可以取用？

答：本港約有17萬人已登記死後器官捐贈，但器官捐贈必須事先取得死者家人同意。而進入腦死亡狀態適合捐出器官的死者當中，有四至五成個案，因家人不同意而不能成為器官捐贈者。

問：如何可以提高器官捐贈率？

答：病人可向家人表達器官捐贈意願，爭取家人同意。通過社會廣泛討論，將器官捐贈的訊息帶入社會。📍

Q: Many people die each year and yet the number of organ donation remains low. Why is this?

A: A primary requirement for end-of-life donations is that the donated organs are in optimal condition. When patients die from cardiac arrest, their blood stops circulating and this results in damage to their organs. In general, only individuals who are certified brain dead make suitable organ donors. There are only about 100 cases in Hong Kong each year that meet all the requirements for organ donation.

Q: Can all organs of individuals who were certified brain dead be donated?

A: Approximate 170,000 people in Hong Kong are registered organ donors. However, proper consent to organ donation has to be obtained from the family of the deceased. Around 40 to 50 per cent of the families of potential donors whose organs are suitable for donation refuse to consent and thus the organs may not be used.

Q: What can be done to promote organ donation and have it more widely accepted?

A: Individuals should discuss their donation decisions with their family and ask them to honour their wishes. More efforts should be made to explain the benefits and importance of organ donation at a community level, including encouraging people to ask questions and raise any concerns so that these can be addressed in a professional manner. 📍

寒雨跑渣馬 同事落力打氣

Chill rain can't damp marathon enthusiasts



剛結束的「渣打香港馬拉松2016」吸引了逾700名醫管局同事參加。當日雖然下著滂沱大雨，但總辦事處的同事天未光已到場準備，啦啦隊也在場內外落地地為跑手們打氣。醫管局主席梁智仁教授和行政總裁梁栢賢醫生，應邀參加1.8公里的「領袖盃」，完成賽事後，再為同事打氣！📍

About 700 HA staff participated in this year's Standard Chartered Hong Kong Marathon. Although it was raining hard that day, Head Office helpers arrived at the spot before dawn and the cheering team was cheering for runners energetically. HA Chairman Professor John Leong and Chief Executive P.Y. Leung both joined the 1.8 km 'Leaders Cup' race and were on hand after the race to congratulate HA colleagues on the running achievements. 📍



瑪嘉烈醫院的韓希志（左）奪得「十公里挑戰組女子先進1組」亞軍。Hon Hei-chi (left) of Princess Margaret Hospital won the first runner-up in the Women's 10 km Challenge Master 1.



栽種在威爾斯親王醫院的「生命之樹」今年五歲啦。它見證了醫院五年來進行腎臟移植的任務，讓病人免受洗腎之苦。醫院早前舉行感恩禮，再次向捐贈者致敬，亦呼籲社會支持器官捐贈。The Tree of Life at Prince of Wales Hospital (PWH), which will turn five this year, has borne witness to the progress PWH has made in the area of kidney transplants. The hospital recently held a ceremony of thanks to pay tribute to all the donors and to appeal for more people to support organ donation.



姓名：何欣諾

班別：小四乙

學校：拔萃女小學

Name: Ho Yan-nok

Class: 4B

School: Diocesan Girls' Junior School

冠軍
Champion

小手揮筆 繪畫傳愛 QE H draws young people closer with community art competition

色彩繽紛的醫院、愛心爆棚的醫生護士、笑容滿臉的叔叔阿姨，就是小學生眼中的伊利沙伯醫院。

伊院早前舉辦「我最喜愛的醫護人員」繪畫比賽，對象是油尖旺區小三至小四學生，希望小學生透過比賽，增加對醫護人員的認識，了解他們的工作，以及加強醫院與區內市民的連繫。

這次比賽共收到逾500幅作品，經過評選，冠、亞、季和多幅優秀作品最終誕生。❤️

Happy, smiling frontline staff and doctors and nurses full of love – that's how primary students see colleagues at Queen Elizabeth Hospital (QE H).

To provide young people with a better understanding of the work and responsibilities of medical staff and further strengthen the connection between the hospital and the local community, QE H organised a 'My Favourite Healthcare Worker' drawing competition for P3 and P4 students in Yau Tsim Mong District.

The competition attracted more than 500 entries. Among the many great drawings, the judges eventually picked a champion, first runner-up, second runner-up and merits. ❤️

姓名：陳子祺

班別：4A

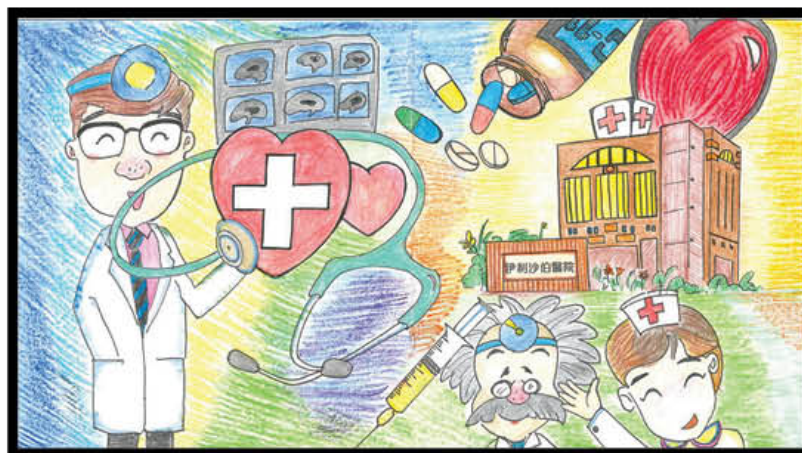
學校：大角嘴天主教小學
(海帆道)

Name: Chan Tsz-ki

Class: 4A

School: Tai Kok Tsui
Catholic Primary School
(Hoi Fan Road)

亞軍
First runner-up



姓名：尹兆邦

班別：3D

學校：油蔴地天主教小學

Name: Wan Siu-bon

Class: 3D

School: Yaumatei Catholic
Primary School

季軍

Second runner-up

這群小畫家的創意，大受評判及嘉賓讚賞。
Talented kids with the happy guests.

