

**Scan me!**



**啱一下 愛廣傳**  
**Support organ donation**



編者的話

「啱一下，愛廣傳」  
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重要的事要講三次。八月，全城有兩件大事：傳承大愛和追看奧運。

重要事之一是傳承大愛。醫院管理局現正大力推動器官捐贈運動，請拿起你的手機啱一下封面的QR code，加入捐贈者的行列，將愛傳遍社區。同時，不要錯過封面故事的真人分享（頁4至5），由捐贈者、受助者、器官移植聯絡主任和醫生親身示範，如何彰顯大愛，延續他人生命。

重要事之二是巴西奧運。《協力》趁機訪問了幾位熱愛運動的同事，分享其運動生活（頁12至13），也希望他們能激發你體內的運動因子，起來齊齊躍動吧！

From the editor

There are two major events happening in August: spread love through organ donor registration campaign and binge-watch 2016 Summer Olympics. As Chinese slang goes – some messages are so important that they need to be repeated three times. So we say:

‘Scan me to support organ donation!’  
‘Scan me to support organ donation!’  
‘Scan me to support organ donation!’

The Hospital Authority is now hard at work promoting a major organ donor registration campaign. We encourage all colleagues to show love by becoming registered donors. Turn to page 4 to read about the experiences of donors, recipients, organ transplant coordinators and transplant surgeons, and how you can help save life by really getting involved. It's simple. Just scan the QR code on the cover of this issue with your mobile and join the growing ranks of registered organ donors in Hong Kong. Act now!

Another major events in August is the Rio 2016 Olympic Games. We asked several HA ‘sportaholics’ to share the passion for their chosen sports and the positive role physical activity plays in their lives. Page 12 has more – let’s get moving!

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人死後仍可做善事，捐出心、肝、肺、腎、骨骼、眼角膜和皮膚，成全他人之美，讓愛長存。衛生署資料顯示，截至2015年12月31日，等候器官捐贈人數約有2,450，其中以等候腎臟捐贈的最多，其次是眼角膜、肝臟和心臟等。數據又顯示，等候者遠比捐贈者為多，以腎臟為例，去年的遺體和活體的捐贈者只有81人，等候人數卻約有1,900人。另外，截至2016年7月15日，只有約21萬名市民於「中央器官捐贈登記名冊」登記，表示願意在死後捐出器官。

為進一步推動器官捐贈，政府早前牽頭舉行「器官捐贈推廣約章」，醫管局全力配合，鼓勵大家踏出最重要的一步：登記成為捐贈者。醫管局設計了一個登記器官捐贈專用的QR code，用手機「啱一下」就立即連結至衛生署「中央器官捐贈名冊」的網上登記平台，輸入資料，即可成為捐贈者。

由現在至12月，各公立醫院或門診所將輪流設立攤位，由義工向同事及訪客講解器官捐贈的基本知識，協助大家即場登記，參加者更可獲贈特別版熊仔襟針。登記完，可利用攤位現場的Q版「器官」，拍照上載至社交媒體，鼓勵家人、朋友、同事一齊支持。

同事請密切留意稍後推出的內聯網遊戲 (<http://ha.home>)，好玩之餘，又增進器官捐贈知識，千萬不要錯過！



義工於總辦事處設置推廣攤位，呼籲同事及訪客即場登記成為器官捐贈者，廣傳大愛。  
At Head Office promotion booth, volunteers encourage colleagues and visitors to register on site and spread love.

醫管局主席梁智仁教授（右）和行政總裁梁柏賢（左），早前代表醫管局簽署「器官捐贈推廣約章」，協助在社區推動器官捐贈文化。  
HA Chairman Professor John Leong (far right) and HA Chief Executive PY Leung (far left) represent HA at the Organ Donation Promotion Charter signing ceremony held by the Government in June.

醫管局的特別版熊仔襟針，加入大愛元素，送給每位善心人。A limited edition HA pin will be presented to everyone who signs up to pass on the gift of life at the HA organ donor registration booth.



Every year, organ donors save lives and help patients in critical medical need by agreeing to donate their heart, lung, liver, kidney, bone, cornea and / or skin after they pass away. Department of Health reveals that, as of December 2015, around 2,450 patients are waiting for organ transplant. Top on the list are patients waiting for kidneys, followed by cornea, liver and heart. Statistics also shows that the number of patients waiting for transplant exceeds that of donated organ / tissue. For example, there were only 81 donors (including deceased or living donors) for kidney; but around 1,900 patients are waiting for kidney transplant. Besides, as of 15 July, the Hong Kong Centralised Organ Donation Register (CODR) has only about 210,000 people on the list.

The Government's Organ Donation Promotion Charter aims to raise awareness of organ donation. HA fully supports the initiative by encouraging the public to register as donors. To make registration process as easy as possible, HA has created a QR code that links to the registration page of the CODR website. From there, one can simply enter a few personal details and join the registry of potential donors.

From now till the end of 2016, various HA hospitals and outpatient clinics will set up promotion booths manned by volunteers who will brief colleagues and visitors on organ donation and help them register on site. Those who register at these booths will receive a limited edition HA pin as a token of thanks for their selfless act. They will also have a chance to take cute photos using funny oversized organ props, upload the photos to their facebook, instagram or other social media platforms and encourage family, friends and colleagues to echo support to the registration campaign.

Colleagues will learn more about organ donation through a web-based game later on the HA intranet (<http://ha.home>). It will be fun, don't miss it!



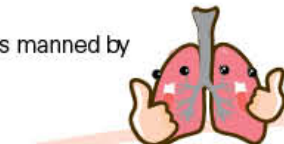
在香港，所有的遺體器官捐贈，都是源自腦幹死亡（又稱腦死亡）的病人。瑪麗醫院成人深切治療部主管陳惠明醫生稱，當臨床診斷懷疑病人腦死亡時，如持續深度昏迷、對外界刺激毫無反應、完全依靠呼吸機維生等，就會由兩名醫生分別對病人進行腦幹測試。其中一位醫生須為神經外科、腦內科或深切治療科專科醫生，另一位最合適是同樣的專科醫生，或最少須有六年以上臨床醫學經驗，並掌握腦幹測試技能。

病人若經過兩次對七項臨床測試都沒有反射反應，便証實為腦死亡。第二名醫生測試完成的時間，就是病人的腦死亡時間，也是醫學上或法律上死亡的時間。

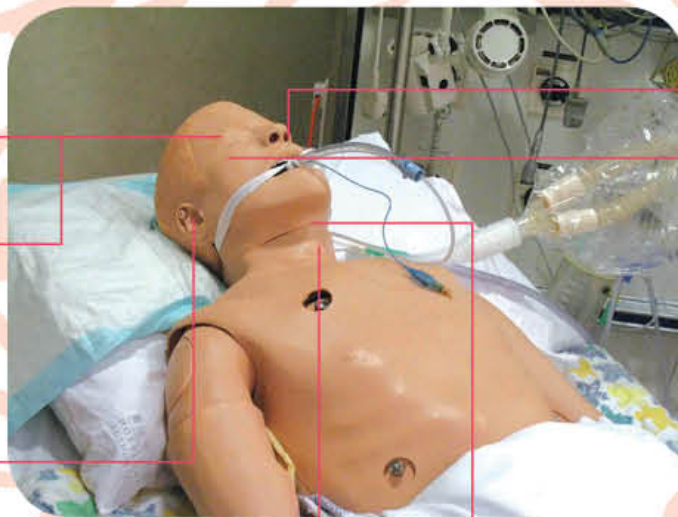
At present in Hong Kong, all organs donated from deceased donors came from brainstem dead patients (often known as 'brain death'). Dr Chan Wai-ming, Chief of Service of the Adult Intensive Care Unit at Queen



1. 病人雙眼瞳孔是否對強光反應而縮細？  
Pupils constrict in response to strong light?
2. 眼角膜被刺激時會否眨眼？  
Eyes blink when cornea is irritated?
3. 耳朵被灌凍水後，「半規管」受刺激，雙眼會否左右移動？  
Eyeball moved in response to cold water irrigated onto the ears, which stimulates the semi-circular canals?



腦死亡七項測試  
Ascertain brain death by seven bedside tests



4. 咽喉被觸碰時會否咳嗽或打嗝？  
Gagging or coughing when the throat is irritated?
5. 氣管被刺激時會否咳嗽或打嗝？  
Gagging or coughing when the trachea is irritated?
6. 眼窩、臉孔被壓痛時，臉部會否出現疼痛反應？  
Response over the face when pain is incited over the orbital or facial areas?
7. 病人脫離呼吸儀器後，能否自行呼吸？  
Breathing when the patient is taken off ventilator?

Mary Hospital, explains that when there are clinical suggestions of brain death, such as persistent deep coma, totally unresponsive to external stimuli and dependent on a ventilator for survival, two doctors will conduct brainstem tests.

One of the doctors must be a specialist in neurosurgery, neurology, critical care or intensive care medicine. The other should preferably be a specialist as listed before, or at least have been a fully registered doctor for six years with experience in brainstem tests.

The assessment involves clinical testing, done separately by two doctors, of seven reflex responses of the patient. If the patient does not respond to any of these stimuli, he/she will be confirmed as brain dead. The time of brain death is the time of completion of assessment by the second doctor, which is also the medical, and thus legal time of death.



# 這一天 永誌不忘

人間有愛。那天她捐贈、那天她獲贈、那天她開始履行勸捐使命、那天他操刀進行移植。四位滿載愛心的朋友向《協力》細訴他們因器官捐贈而畢生銘記的日子。今日，你也加入天使的行列，將這一天變得不平凡吧！

2014.7.9

雖死猶生 用愛傳希望 Let go of my love

鄭太——在女兒鄭嘉儀過身後將其腎臟捐贈。不少女兒的學生深受師母義舉感動，主動簽署了器官捐贈卡。鄭太過去兩年參加多個分享會，希望用綿力將器官捐贈資訊傳開去，幫助更多人。



▲「嘉儀心靈手巧，是註冊荷蘭花藝師，精通插花及手工藝，左邊是她穿的穿珠仔作品。右邊是她最喜歡的Snoopy眼鏡袋。」  
“Kannas was a registered florist, specialising in Dutch-style arrangements, and a talented crafter. She enjoyed creating beautiful items, such as this pearl beads craft (left). Her much-loved Snoopy glasses box is on the right.”

**Mrs Cheng:** mother of kidney donor Kannas Cheng. Following the passing away of her daughter two years ago, Mrs Cheng has regularly shared her story with various groups in the hope of encouraging more people to support organ donation. Her success stories include Kannas' students, some of whom have registered as organ donors.

退休前我是電話訪問員，習慣每日與教插花的女兒嘉儀通電話，但兩年前的那天，嘉儀沒有再接電話。後來才知她下課後在小巴站暈倒，不足24小時，證實因腦部爆血管導致腦死亡。我連跟女兒說聲再見的機會也沒有，心痛得無法呼吸。

逝者已矣，當醫生確認嘉儀拯救無望，我和先生決定捐贈嘉儀的器官，並成功移植給兩位病人。

不少朋友問我為何有此想法？原因是我親身體會到希望的沉重和可貴，所以決定將希望傳遞給有需要的家庭。

這兩年，我仍然非常掛念女兒，但每當想到她的愛心得以延續，心裡很欣慰。

I was a telephone survey interviewer before retirement. I used to chat with Kannas on the phone every day. I was a little concerned when she didn't answer my call 'that day'. She was later found unconscious at a mini bus stop due to a massive brain haemorrhage and she passed away less than 24 hours after being sent to hospital. Kannas and I had no time to say goodbye to each other, and my heart hurt so much that I felt I couldn't breathe.

After doctors confirmed that Kannas had passed away due to brainstem death, my husband and I reached a silent agreement about donating Kannas' organ. I feel proud that my daughter's kidneys have given two people a second chance of life.

Many of my friends ask why I was willing to let my daughter's organs be donated. I tell them that I wanted to pass the gift of hope to those in need after experiencing heavy and painful burden of having it snatched away.

Although I still miss my daughter greatly, I am comforted by knowing that her organ has continued living in another person.



2004.2.14

換心·煥生 New heart brings new life

周麗貞——心臟受贈者。換心之後積極面對人生，現於新加坡從事時裝零售工作。蒙受大愛，她願意過身後捐贈自己的器官，亦捐出大體以作醫學教育及研究。

A transplant patient recipient **Vanessa Chow** has fully embraced the new life after transplantation. She currently works for a fashion store in Singapore. With first-hand experience of the life-saving power, she is now a registered organ donor and has also signed up to allow her body to be used for medical education and research after death.

我患有家族遺傳的心臟病，姊姊和細妹都因心臟問題在30多歲去世。2003年底，我出現嚴重心臟衰竭，心臟只剩一功能，連行平路都不夠氣。當時仔仔只有九歲，我好擔心他年紀小小就失去媽咪。

幸好上天眷顧我，三個月後，我在情人節進行了換心手術，得以續命。

換心之後，我的身體出現嚴重排斥，又患上肺炎及婦科病。我承認，曾為這一連串的打擊，想過自殺，不過我的心跳提醒了我，重生是多麼寶貴啊！於是我按著心，向它道歉，發誓今後不再辜負生命。我和心變成了最親密的知己。

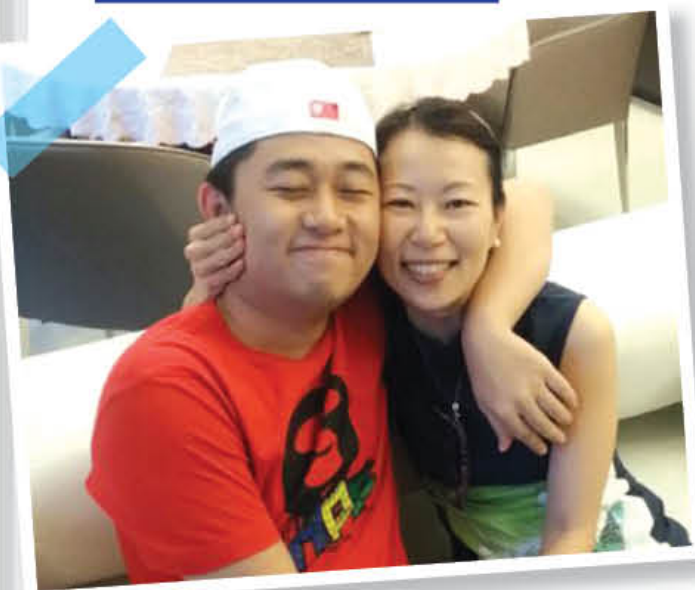
過去三年，我在學校、街頭跟不同的人介紹器官捐贈的資訊，希望多人參加捐贈器官，讓有需要的人受惠，把愛延續。

I was suffering from hypertrophic cardiomyopathy, a genetic condition that had already led to the premature passing away of my two sisters in their 30s. In 2003, my heart condition had become so severe that I could hardly breathe when walking. My biggest fear was that my nine-year-old son might soon lose his mother.

On Valentine's Day that year, I received the gift of love through heart transplant operation after waiting for three months as an inpatient.

It wasn't all plain sailing. My body initially rejected the new heart, and I contracted pneumonia and gynecological problems. I reached the point of contemplating suicide. But when I heard my heartbeat – I realised how privileged I was to be given a second chance to live and how selfish it would be to surrender it. Ever since my heart is has been my closest confidante.

As a beneficiary, I am passionate about raising awareness of the importance of organ donation in the past three years. Becoming a registered organ donor is an act of eternal love towards other people.



▲「當年害怕再也見不到仔仔，轉眼他已21歲，今年在澳洲就讀大學經濟系一年級。」  
“I was worried that I wouldn't see my son grow up. I am now a proud mother of a 21-year-old who is a year one economics student at a Australia university.”

## Gift of life, gift of love: four dates, four stories, one hope

Love is everywhere. The world is full of gratitude and compassion. To mark the launch of the Hospital Authority's organ donor registration campaign, we talked to four individuals – a donor's family member, a recipient, an Organ Donation Coordinator and an organ transplant surgeon – to share a defining moment in their experiences with organ donation and explain how it has positively affected their attitude towards life.

守護天使容貌 最後的粧容 Emotional farewell to a pretty angel

2015.11.23

歐陽淑芬——醫管局第八位器官移植聯絡主任。從勸捐、安排死者家屬道別、安撫家屬……一路走過不少難忘時刻，淑芬感謝這份工作昇華了別人和自己的人生。

**Au Yeung Suk-fun** is the Hospital Authority's eighth Organ Donation Coordinator. Her experiences in discussing donation with patients' families, arranging farewell ceremonies and comforting grieving families add up to much more than just a job.



◀「我的工作四寶：電話、平板電腦、筆記簿，及佛經機，需要時播給家屬聽，希望能夠慰藉心靈。」  
“I carry four essential items at all times – a mobile phone, an electronic tablet and a notebook. The fourth is perhaps the most essential of all – a Buddha reader, which often brings comfort to grieving families.”



做了10年深切治療部護士和八年腎科護士，在機緣巧合下，去年11月，我成為器官移植聯絡主任，履行這項神聖使命。入職時間雖短，但我每日都被身邊的真人真事感動，包括這位最美捐贈者。

記得有位年輕漂亮的太太突患腦出血，不幸過身。後來，丈夫說，太太曾表示願意捐贈器官，他亦同意順應太太心願，唯一要求是要保持太太得體的容貌，因為她一生最喜歡扮靚。

是我為她戴上病友手織的帽子掩蓋被剃去的頭髮，用布公仔掩着她插喉位置，又為她化上淡妝。先生更趕在道別會舉行前，特別買來精緻的桃紅色晚裝為太太穿上。我在自己的淚光中送別了這位最美捐贈者。

The experience I gained in 10 years as an intensive care unit (ICU) nurse and eight years in a renal department, brought me to my current position as Organ Donation Coordinator in November last year. I have been blessed to witness many touching stories since taking up my new role.

One such experience involved a young woman who passed away after suffering a massive brain haemorrhage. Later, the husband said he wanted to honour his wife's wish to donate her organs. But he requested to keep the best appearance for his wife.

We worked together to bring out the young woman's natural beauty. Her husband brought in a delicate pink dress, and I helped out with some light facial makeup and a hat made by a patient to cover the shaved hair. I also used a small toy to cover her intubation wound. The farewell ceremony was full of tears, but also full of love.

一個肝臟二人受惠 One liver three lives

陳詩正教授——瑪麗醫院肝臟移植組主任。每年進行約60宗肝臟移植手術，拯救生命。

**Professor Chan See-ching**, Chief of Division of Liver Transplants at Queen Mary Hospital, handles about 60 liver transplant cases a year. His work keeps bringing astonishing surprises every day.

過去14年間，我在手術燈下為不少人轉移及延續他們的大愛。我曾忍住心痛摘取過身中學弟的肝臟，為他留下大愛承傳的安慰；亦曾將多年前親手移植的肝臟，再移植至有需要的人身上。

最難忘「重贈肝」的大愛。那天，病危的黃先生終於等到合適的肝臟，捐贈者竟然是11年前接受肝臟移植的蘇先生。我好驚訝。這個肝臟第一次被移植時已有67歲，事隔多年，難料器官功能。當我再次看到這個肝臟時，發現連接肝臟的血管神經竟比第一次移植時更健康。

將這個寶貴肝臟移植至黃先生體內，我和團隊很感動，因為從那一刻開始，黃先生體內有著三個人的生命。我衷心感謝蘇先生和他的捐贈者方先生！

My job for the past 14 years is to transplant one person's love onto another person. I removed my high school alumnus's liver and put onto a beneficiary, amidst strong emotions during the operation. I was also very touched when I re-transplanted the liver of a former liver transplant recipient to a third patient in a first-of-a-kind operation in Hong Kong.

When a liver was identified as a match for my patient Mr Wong in late 2014, I had no idea that the donor was my former patient, Mr So, on whom I had performed liver transplant surgery 11 years earlier! I had no idea what condition the liver would be in as the liver was already 67 years old when I removed it from the original donor, Mr Fong. The liver had served Mr So for more than a decade. However, I was delighted to find that the organ's neurovascular bundle was even healthier than it was in 2003.

My colleagues and I couldn't hide our exhilaration when we completed the transplant surgery for Mr Wong. Here, one person carries the legacy of three individuals. My heartfelt gratitude to Mr So and Mr Fong!





# 捐器官的10個真相

## Myths and realities of organ donation



港人普遍都支持和贊同器官捐贈，惟不少人仍對這項義舉心存疑問或誤解。70歲的老伯伯不適合捐器官？簽署了器官捐贈咭就不可反悔？捐贈手術進行前不用得到家人同意？《協力》為大家逐一拆解。

While support for organ donation is on the rise in Hong Kong, many people still have misconceptions about the subject. Is there upper age limit for organ donors? Can registered donors modify their donation wishes? Can organ donation proceed without the consent of a registered donor's family? To clarify these questions, here are the answers.



1

植物人就是腦幹死亡者，可以捐器官。

錯。植物人只是喪失大腦的大部分功能，沒有意識，但腦幹功能仍然存在，可以維持自發性的呼吸及心臟跳動。所以，植物人不會被考慮為合適的器官捐贈者。只有病人被證實腦幹死亡，才可進行器官移植。

Is patient in vegetative state considered to have brainstem death and can thus donate organs?

No. A patient in a vegetative state has lost the majority of his or her higher brain functions, but brainstem functions remain operational. The patient retains spontaneous breathing and cardiac functions. Patient in a vegetative state is not dead and is therefore not considered a suitable organ donor. Only patients who are certified brainstem dead are considered potential donors.

2

長者不適合捐贈器官？

一般而言，器官捐贈並無年齡限制。只要經醫生評估身體狀況適合，就可捐贈器官。例如，肝臟沒有捐贈年齡限制。

Is an aged person not suitable to be an organ donor?

There are no specific age restriction on donating organ. People in proper health conditions are considered potential donors. For instance, there are no age limits for liver donors.

3

癌症患者能不能捐器官？

有些癌症康復者亦合適捐贈器官。例如，鼻咽癌康復者可以捐器官和組織。癌症患者如非患上淋巴瘤、血癌、骨髓癌及涉及眼睛的惡性腫瘤，死亡後仍可捐贈眼角膜。負責移植的醫療小組會先評估各捐贈者的情況，才決定他們的器官是否適合使用。

Can cancer patients donate their organ?

Most patients recovered from cancer (e.g. nasopharyngeal) can potentially donate organs or tissues after death. People with cancers other than lymphoma, leukemia, myeloma and malignant tumors of the eyes can still donate their corneas after death. The transplant team will assess all potential donors individually to decide if their organs are suitable for donation.



5

只要捐贈者生前登記了器官捐贈，醫護就毋需諮詢家屬意願？

不是。無論死者生前是否已簽署器官捐贈咭，醫護都尊重死者家人是否願意捐贈。

If a person has registered as an organ donor, is consent of his or her family still required to proceed with organ donation?

Yes. Irrespective of whether or not a person has registered as organ donor, Organ Donation Coordinators respect final decisions of his or her family members.

4

醫護人員會因病人已登記為器官捐贈者而放棄拯救病人？

絕對不會。拯救病人生命是每一位醫護人員的首要責任。只有當醫生宣佈病人腦幹死亡後，器官捐贈聯絡主任才會翻查「中央器官登記名冊」，確認死者生前是否已表達捐贈意願。

If a person has registered as an organ donor, does this mean medical personnel will not try hard to save his or her life in an extreme medical situation?

Absolutely not. Saving life is the prime responsibility and utmost priority of every healthcare professional. A patient must be examined and certified brainstem death will Organ Donation Coordinators be permitted to check whether the patient has registered on Centralised Organ Donation Register (CODR).

6

最新方法是用QR code也可以登記？

對。大家現在可透過醫管局專設的QR code或到衛生署「中央器官捐贈登記名冊」完成網上登記，簡單方便。即使已簽署器官捐贈咭的人士亦應到網上再登記，還要緊記向家人表達捐贈意願，方便家人及器官捐贈聯絡主任為有心人完成心願。

Can organ donation registration be done via QR code?

Yes. People can use mobile devices to register via the Hospital Authority's designated QR code or sign up through the Department of Health CODR system. Those who have only signed an organ donation card are encouraged to also register at the CODR, to ensure that HA Organ Donation Coordinators are aware of their specific wishes and to facilitate the donation process. It is also important to discuss one's donation decisions with families to help minimise uncertainty or additional stress.



9

只要捐贈者與受贈者血型相配，就可以進行器官移植手術？

不是。器官移植配對有一系列條件，包括病人血型、白血球抗原、體型、器官大小等。例如成人器官未必適合移植給兒童。

If the blood type of a donor matches with that of a potential recipient, is it always possible to carry out transplant surgery?

No. A number of criteria must be met before an organ transplant operation can take place. These include, but are not limited to, matching the blood type, Leukocyte antibody and body size of a donor and a recipient. For example, the heart of an adult donor would not be suitable for a child, as a child's chest is not spacious enough to accommodate an adult's heart.

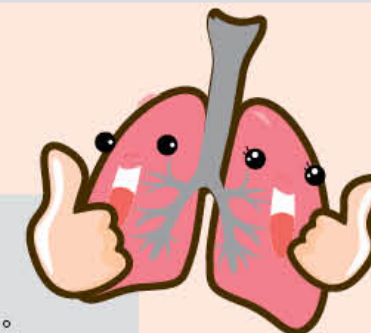
10

器官受贈者可透過醫院得悉捐贈者是誰？

捐贈者及受贈者資料屬病人私隱，器官捐贈聯絡主任會絕對保密。器官捐贈聯絡主任是連接捐贈者及受贈者的橋樑，會將受贈者的感謝卡轉送給捐贈者家屬；每年亦都會舉辦活動，讓捐贈者家人見證部份受贈者的新生。

Can transplant patients contact donors' families through HA?

Organ Donation Coordinators keep donors' particulars strictly confidential, but are generally able to pass thank-you cards and messages from recipients to the donors' family without disclosing names. HA also arranges several donor/recipient group gatherings each year, with an aim to bridge over the loving atmosphere.



8

捐贈者的器官或組織被摘除後，會有損遺容嗎？

醫護人員會絕對尊重遺體，妥善縫合切口，盡量不損外觀。例如，醫護會用紗布包好皮膚捐贈者的身體、用支架撐起骨頭捐贈者的骨骼，一般切口都會用壽衣遮蓋等。

Will the removal of an organ adversely affect the appearance of the donor's body?

Donated organs are removed from the donor with the utmost level of surgical skill and care. These removals will not disfigure the donor's body as all incisions will be surgically stitched and, in most cases, covered by burial clothing. In cases involving skin and bone donations, medical staff will take appropriate steps to preserve the natural look of the donor's body.

## 器官捐贈流程 Organ donation process

7

醫生發現病人出現腦死亡臨床症狀。  
Patient is found to be exhibiting symptoms of clinical brain death.

兩位醫生分別對病人進行腦幹測試，確認腦死亡。  
Two doctors conduct brain death assessment tests and, upon their confirmation, patient will be certified as brainstem dead.

器官捐贈聯絡主任接觸家人，解釋器官捐贈詳情。  
Organ Donation Coordinator will contact the family of the deceased to explain the organ donation procedure.

家人簽署同意書，同意捐贈。  
Family of deceased patient signs a consent letter to confirm their agreement to organ donation.

因應個別家人的需要，器官捐贈聯絡主任會協助家人跟捐贈者道別。  
Organ Donation Coordinator arranges for family of the deceased to bid farewell to their loves ones.

器官捐贈聯絡主任通知器官移植團隊，由醫護為死者檢查，評估器官及進行血型測試以便初步配對。  
Organ Donation Coordinator contacts organ transplant team, who will carry out relevant medical examinations and tests, including evaluating the suitability of the organs and blood-matching tests.

醫護維持腦死者器官功能。  
Healthcare workers maintain the normal function of the organ which is to be transplanted.

確認器官適合作移植用途及當有合適受贈者後，器官移植組醫生便會摘取器官，進行移植手術。  
Upon confirmation of suitable organ for transplant and availability of potential matching recipients, surgeon of transplant team conducts organ transplant procedure.

器官捐贈聯絡主任會轉介有需要的家屬接受哀傷輔導及支援。  
Organ Donation Coordinator provides grief counselling referrals if necessary.



## 瑪嘉烈醫院加強中風治療服務 PMH enhances services for acute stroke patients

瑪嘉烈醫院今年3月開始，將「血栓溶解液治療服務」擴展至24小時，為急性缺血性腦中風病人進行溶栓治療。

當病人在該院急症室接受分流後，急症室護士會召喚內科及老人科專科護士到場評估，而專科護士亦會同步召喚腦神經科醫生，讓他們盡早了解病人病歷，決定是否為病人提供靜脈血栓溶解治療。

瑪嘉烈醫院今年4月共接收了31宗急性缺血性腦中風個案，其中18宗個案，專科護士少於兩分鐘內抵達現場；另有五宗在一小時內完成確診及治療。📍

Since March this year, Princess Margaret Hospital (PMH) has extended the intravenous thrombolysis treatment to 24 hours to provide acute ischemic stroke patients with specialist care around the clock.

When an ischemic stroke patient arrives at PMH's Accident & Emergency (A&E) Department, the A&E triage station staff will contact a stroke nurse from the hospital's Medical and Geriatric Department (M&G) who will then assess the A&E patient. At the same time, a neurologist will be notified to assess the patient's medical history and decide on the best course of immediate action.

PMH received 31 acute ischaemic stroke cases in April this year, of which 18 were attended by an M&G nurse at A&E in less than two minutes and five received treatment within an hour. 📍



▲ 專科護士正預備為病人進行靜脈血栓溶解治療。  
A specialist nurse prepares to administer an intravenous thrombolysis for a patient.

communication technologies to better safeguard people's health through enhancing surveillance, investigation and outbreak management.

As a major clinical data provider and collaborator of CDIS, the HA has established systems that facilitate data exchange with CDIS:

- Notifiable Disease and Outbreak Reporting System (NDORS)
- infectious disease reporting system (eNotification e.g. eH7) (activated for potential outbreak)
- interface system to CDIS Clinical / Laboratory Data Enquiry System (CLE)
- interface systems to CDIS Surveillance Systems

查詢及獲得病人資料作調查研究  
Enquire and obtain patient data for investigation

CDIS 臨床 / 化驗室資料查詢系統界面  
Interface system to CDIS Clinical / Laboratory Data Enquiry System

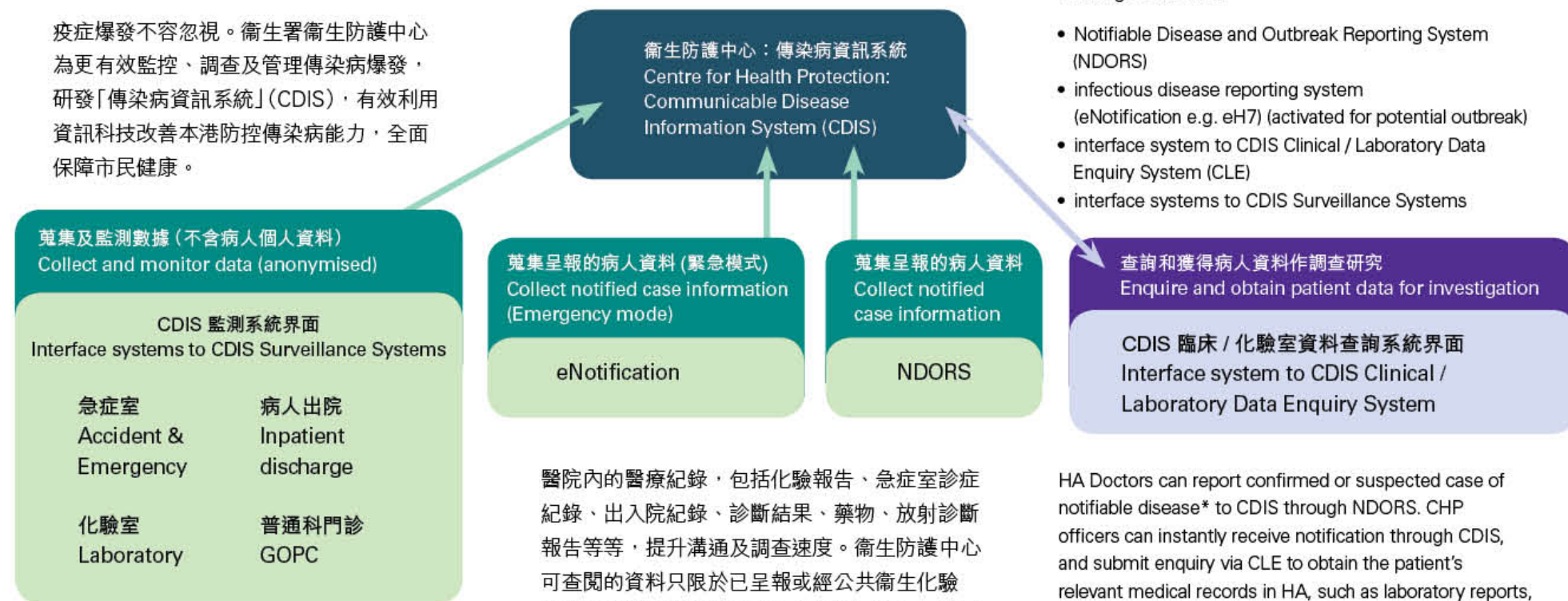
HA Doctors can report confirmed or suspected case of notifiable disease\* to CDIS through NDORS. CHP officers can instantly receive notification through CDIS, and submit enquiry via CLE to obtain the patient's relevant medical records in HA, such as laboratory reports, Accident & Emergency (A&E) attendance records, inpatient admission and discharge records, diagnosis, dispensed medication and radiology results, which facilitates timely communication and investigation. To safeguard patient privacy, CHP's data access is restricted to HA patients reported through NDORS or eNotification or notified to CHP by the Public Health Laboratory Services, and is subject to well defined data scope.

In addition to responsive actions on notified cases, HA sends anonymised data of A&E, inpatient discharge, laboratory and General Outpatient Clinic to the CDIS Surveillance Systems on a daily basis to facilitate the CHP in its statistical analysis, subsequently formulating strategy on outbreak prevention and management. 📍

\* There are currently 50 notifiable infectious diseases in Hong Kong  
<http://www.chp.gov.hk/en/notification/13/33.html>  
(Source: Centre for Health Protection, Department of Health)

## 資訊新系統 傳染病全面睇 CDIS strengthens defence against infectious disease outbreak

疫症爆發不容忽視。衛生署衛生防護中心為更有效監控、調查及管理傳染病爆發，研發「傳染病資訊系統」(CDIS)，有效利用資訊科技改善本港防控傳染病能力，全面保障市民健康。



醫管局是CDIS主要數據提供者，作為合作伙伴，已研發以下數個系統，以便和CDIS互換資料：

- 傳染病通報系統 (NDORS)
- 緊急模式呈報平台 (eNotification e.g. eH7) (於有潛在疫情爆發時啟動)
- 界面系統連接CDIS臨床 / 化驗室資料查詢系統 (CLE)
- 界面系統連接CDIS監測系統

若醫管局醫生發現或懷疑病人感染需呈報的傳染病\*，可經 NDORS 即時呈報至 CDIS。衛生防護中心調查人員在 CDIS 可即時收到資料，並可直接透過 CLE 系統查詢及獲得該病人在公立

醫院內的醫療紀錄，包括化驗報告、急症室診症紀錄、出入院紀錄、診斷結果、藥物、放射診斷報告等等，提升溝通及調查速度。衛生防護中心可查閱的資料只限於已呈報或經公共衛生化驗服務處確認化驗結果呈陽性的醫管局病人，和可查閱資料有限範圍。

另外，醫管局每日將不含病人個人資料的數據，包括急症室、病人出院、化驗室和普通科門診數據，自動傳送至 CDIS 監測系統。衛生防護中心分析數據後會釐定適當對策，防止傳染病爆發。📍

\*香港現有50種必須呈報的傳染病  
<http://www.chp.gov.hk/tc/notification/13/33.html>  
(資料來源：衛生署衛生防護中心)

Outbreak of infectious disease is a major risk to public health. Developed by the Centre for Health Protection (CHP), Department of Health, the Communicable Disease Information System (CDIS) helps enhance the capability of Hong Kong in the prevention and control of communicable diseases through effective application of information and

## 醫院廚房獲認證 病人膳食有保證 Hospital kitchens earn international accreditation

為住院病人提供安全和有營養的食物，要先從醫院廚房入手。

為進一步確保醫院食物安全和及衛生水平，醫管局兩年前開始訂立目標，希望所有醫院廚房都能考取認證，以取得公眾信心。醫管局業務支援及發展處高級行政經理雷沛然指出，現時大部份設有廚房的醫院均已取得相關認證，最近又有好消息。

九龍東醫院聯網在廚房食物安全管理、環境管理及職業健康安全系統三方面，首次在2013年榮獲英國皇家特許BSI頒發綜合管理系統國際服務認證，最近再續認證。

新界東醫院聯網膳食服務暨牛奶房，亦再次成功考獲綜合管理系統國際認證。認證範圍包括聯網中央生產組、病人膳食、牛奶房、職員餐廳及社區送餐服務等。📍



▲ 新界東醫院聯網總監熊志添醫生(左)代表聯網接受認證證書。  
New Territories East Cluster Chief Executive Dr Hung Chi-tim (left) receives the accreditation certificate.



▲ 基督教聯合醫院廚房同事分餐過程嚴格遵守指引，保證食物安全。  
Colleagues in United Christian Hospital kitchen strictly follow guidelines to ensure food safety.

Kitchens play a crucial role in enhancing good health and smooth recovery for patients.

Following a corporate directive in 2014, all Hospital Authority hospital kitchens are required to meet specific food safety and hygiene standards through recognised accreditation. Antony Lui, Senior Manager (Business Support Services) at HA Head Office, explains that most HA kitchens have successfully completed the accreditation process with two clusters recently having updates.

Kowloon East Cluster has gained accreditation again from British Standards Institution (BSI) Royal Charter for Food Safety Management System, Environmental Management System, and Occupational Health and Safety Management System since its first accreditation in 2013.

Meanwhile, New Territories East Cluster's Catering and Milk Kitchen has renewed ISO accreditation for its Integrated Management System, which covers areas such as the Central Production Unit, patient catering, milk kitchen, staff canteen and its community delivery service. 📍



## 「預約通」一掃 排期無煩腦 BookHA barcode simplifies specialist new case booking

醫管局智能手機流動應用程式「預約通」推出四個多月已有約20,000次下載。最近更新版加入新功能，只需掃描由醫管局簽發的醫生轉介信右上方的二維條碼，便可直接預約新症，無需再逐頁拍攝後上載內容，更快捷方便。

更新版「預約通」亦縮短了預約後的等候通知時間，病人完成申請預約手續後最遲會在14日內收到通知短訊，較以前21日為短。📍

The Hospital Authority mobile application BookHA has recorded more than 20,000 downloads since its launch in March. The app has recently been upgraded to provide more user-friendly features for new case booking at specialist outpatient clinics.

The public need only scan the 2D barcode on HA referral letter when they book new case appointment through BookHA instead of capturing images of referral letters as before.

Another added value of BookHA is that applicant can receive SMS notification within 14 days of application, instead of 21 days previously. 📍



▲ 利用「預約通」掃描轉介信上的二維條碼，方便快捷。Scanning 2D barcode on HA referral letter makes SOPC appointment booking easier.





## 上任新展望 Prospects of new HCEs and CMs

### 莊義雄 傾力打通聯網 Dr Chong breaks hospital boundaries

做過五大聯網醫院的莊義雄醫生上任香港佛教醫院和東華三院黃大仙醫院行政總監已三個多月。面對九龍中和九龍西兩大聯網重新劃界，他說，最大的挑戰是相關的硬件和服務配套，如佛教醫院正進行大型翻新工程，而黃大仙醫院亦面對設施老化，以及區內醫療服務需求與日俱增等問題。面對這些挑戰，他會見招拆招，致力打通聯網，理順醫院臨床服務。

Taking up his new job on 1 April this year, Hospital Chief Executive of Hong Kong Buddhist Hospital (HKBH) and TWGHs Wong Tai Sin Hospital Dr Chong Yee-hung is well prepared to meet the challenges of managing two hospitals affected by the reorganisation of boundaries and services between the Kowloon Central and Kowloon West clusters.

The challenges in the recent reclustering exercise lie in facilities and service arrangement, says Dr Chong, pointing in particular to the ongoing hospital-wide refurbishment at HKBH as well as ageing of TWGHs Wong Tai Sin Hospital and ever-rising demand for healthcare services in the district. However, having worked in hospitals of five different clusters, Dr Chong considered himself flexible and forward-thinking in negotiations and decision-making to overcome the challenges.



莊醫生熱愛游泳、打網球及旅行。去年初跟家人同遊布拉格，領略東歐文化。Dr Chong loves swimming, playing tennis and travelling. He experienced the culture of Eastern Europe by vacationing in Prague with his family last year.

庾慧玲醫生珍惜與一對活寶貝的親子時間，拒做怪獸家長。Dr Linda Yu cherishes spending time with her children.

### 庾慧玲 力推「醫社合作」 Dr Yu strives to drive 'Collaboration With Community Partners'

走進新上任總行政經理（綜合護理計劃）庾慧玲醫生的辦公室，會看到出自其手筆的風景畫，也有一些購買的畫作，還有綠色小盆栽，裝飾得漂亮又舒適。

庾醫生早年是威爾斯親王醫院內分泌及糖尿病科醫生，其後被借調至總部聯網服務部工作。未來她將協助推行長者認知障礙症社區支援服務「醫社合作」計劃，使患有認知障礙症的長者在社區內得到適切的護理服務。

When colleagues visit the office of Dr Linda Yu, the new Chief Manager (Integrated Care Programs), they will be greeted by numerous potted plants and a couple of artworks she purchased and also her own painted landscape. It makes you feel comfortable and refreshing.

Dr Yu worked as a specialist in endocrinology and diabetes in Prince of Wales Hospital in the early years and was then seconded to Cluster Services Division at Hospital Authority Head Office.

Her future plans include increasing the expertise and capacity for elderly care centres in the community – as part of HA's efforts to implement the model of 'Collaboration With Community Partners'.

醫管局早前委任了幾位高層管理人員。《協力》與大家分享他們的工作展望，並祝願他們在新崗位事事順利。🍀

HASLink shares job prospects of several senior managers appointed earlier and wishes them every success in taking up the new posts. 🍀

### 彭飛舟 堅持方能致遠 New Grantham chief paddles through with endurance

「工作如划海岸長途賽艇，要時刻為各種環境變化做足準備，懂得順應水勢，靠堅韌毅力面對新改變。」今年5月出任葛量洪醫院行政總監的彭飛舟醫生，將運動心得注入工作。

他說，該院日後會轉型為大型日間醫護中心，現正準備迎接未來重建及服務整合，處於「十字路口」。面對充滿變數的將來，他說：「過程猶如划艇，在風雨幻變的環境，希望與同事積極探索新天地，一起乘风破浪。」



"Work is like life on water. You must prepare for uncertainties and persevere amidst challenges."

Hospital Chief Executive of Grantham Hospital (GH) Dr Pang Fei-chau finds many parallels between work life and his favourite sport of rowing.

With major renovation and service integration in the pipeline, GH will become an ambulatory hospital. Dr Pang says, "I try to reassure the team to face the uncertainty by comparing this to the change of cause in rowing. We cannot change the flow of water, but we can adapt ourselves to new environment."

彭飛舟醫生喜歡划艇出海，隨時接受風向、水流和雷暴的挑戰。Dr Pang Fei-chau loves rowing and is always ready to take on the challenges of wind, swift water flow and changing weather conditions.

愛行山的蘇詠儀醫生育有一對讀中學的子女。Dr So Wing-yee loves hiking and her two children are studying in secondary schools.

### 蘇詠儀 宏觀提升服務質素 Dr So enhances macro service quality

7月上任的總行政經理（質素及標準）蘇詠儀醫生，談吐非常溫文爾雅，曾是威爾斯親王醫院的內分泌和糖尿病科專家和新界東聯網醫務統籌。「20多年的前線經驗主要是一對一的病人服務；但現在卻希望從宏觀角度去改善流程，提升整體病人服務質素。」未來，她會研究《醫院管理局檢討督導委員會報告》中提出關於專科門診輪候時間和有效地使用手術室等問題。

Dr So Wing-yee was appointed as Chief Manager (Quality & Standards) in July. Converse in a very gentle manner, Dr So is a specialist in endocrinology and diabetes in Prince of Wales Hospital, and Coordinator (Clinical Services) in New Territories East Cluster before taking up the new position. "With more than 20 years of clinical experience in a one-to-one patient care, I hope I can enhance the quality of patient care service on a macro level, that is, one to all." In future, she will focus on quality issues raised in the *Report of the Steering Committee on Review of Hospital Authority*, with improving specialist out-patient waiting time and efficient use of operation theatres being two major ones.



## 型人捐血新熱點 à la mode! Give blood at MK!

Helen有日同好姊妹係旺角行街，撞到香港紅十字會輸血服務中心招募及宣傳經理文家裕，佢先報喜話中心係4月擺到美國血庫協會嘅認證，肯定中心係持續改善質量上作出的努力，同事都非常開心，之後仲邀請Helen參觀旺角新捐血站。

新捐血站已經搬咗去周大福商業中心15樓三個幾月，裡面裝修時尚，以亮麗色彩為主調，加上柔和燈光，環境非常舒適。捐血站又提供免費WiFi服務，令大家可以一邊捐血救人，一邊機不離手，緊貼世界資訊，實屬型人首選捐血站。

旺角新捐血站仲係全港九個捐血站中，錄得每日捐血人數最多捐血站，平均逾百人，以年輕人居多。服務



時間由每日早上十一時至晚上九時三十分，星期日及公眾假期就去到晚上七時，非常配合旺角生活節奏。嘩，捐血站開到咁夜，各位潮人型人，以後冇藉口唔去捐血啦！🍀

A friend and I were in Mongkok recently and happened to bump into Henry Man, Recruitment & Publicity Manager of Hong Kong Red Cross Blood Transfusion Service (BTS). Henry told me good news: BTS acquired the American Association of Blood Banks accreditation in April that recognised the institution's continuous effort in quality improvement. Then he invited us to take a look at the new blood donor centre.

The Mongkok blood donor centre was relocated to the 15<sup>th</sup> floor of Chow Tai Fook Centre on Nathan Road about three months ago. Decorated with a bright and cheerful colour scheme and soft lighting, the centre creates a very comfortable environment for donors with free WiFi and enables donors to go online while giving blood.

With a daily average of over 100 donors, many of whom youngsters, the centre is the busiest among BTS' nine blood donation facilities. Opened 11:00am to 9:30pm from Monday to Saturday and 11:00am to 7:00pm on Sunday and public holidays, and the new centre suits the pace of Mongkok. Working late is no more excuse for not giving blood! 🍀

## BandOne 憑歌 向廣華60's建築致意 BandOne pays tribute to KWH 60's buildings through music

服務香港逾一世紀嘅廣華醫院，為配合現代醫療及服務發展，早於2009年已開始籌劃重建計劃。最近開展工程前，東華三院及醫院管理局就舉辦咗「向廣華醫院60年代建築致意」儀式，實行與同事一齊分享那些年嘅點滴。

儀式上，樂隊 BandOne 唱出兩首創作歌《窩打老道25號》和《今宵不錯過》，令全場氣氛高漲。Helen同樂隊靈魂人物許柏鈞醫生（已退休廣華醫院病理部部門主管）傾過，佢話BandOne 2006年成立，由廣華醫院嘅醫生、藥劑師、院務經理等組成。成立至今，創作過至少15首歌曲。

今次佢哋大約用咗兩個月去籌備呢兩首歌，《窩》曲節奏輕快，講述不管社會如何變遷，但醫院服務市民嘅心仍不會變；另一首《今》曲就希望同事團結，寄語若重建遇到挑戰，只要上下一心，凝聚力量，困難自然迎刃而解。🍀



同事用心唱出兩首歌，令台下情緒高漲。BandOne's performance earns rousing applause from the audience.

With a proud history of service that dates back over a century, Kwong Wah Hospital (KWH) is one of the oldest public hospitals in Hong Kong. Commenced earlier this year, redevelopment of the hospital will give KWH a dramatic facelift with facility improvement to meet changing need of patients and society.

The ceremony was organised jointly by Tung Wah Group of Hospitals and Hospital Authority under the theme of 'Our Tribute to Kwong Wah Hospital in the 1960s', which took colleagues on a trip down memory lane.

Musical act BandOne helped set the tone with a heartfelt performance of two songs it composed – '25 Waterloo Road' and 'Don't Forget Tonight'. Paco Hui, Band member and former Chief of Pathology Service at KWH told me that BandOne was formed in 2006 by a group of KWH colleagues, including doctors, pharmacist and hospital administrators. The band has written over 15 songs for various events over the years.

He explained that BandOne had spent two months to write the songs. '25 Waterloo Road' brings out the message that passing time has brought many changes to the community and that the commitment of KWH

### 窩打老道25號 窩打老道二十五號

曲/詞：DJ Paco

1-2-3-4

窩打老道 二十五號

公認係本土 個名夠地道

阿公未出世已經係度日做夜做

講野不夠本土（無事）

姿勢不夠地道（無事）

有事即管搵我幫手 服務照做

窩打老道 二十五號 yeah

### 今宵不錯過

曲/詞：DJ Paco

請天隨我每天經過 與你碰見未算太多

問候你一句 擦身走過 各自奔奔波 解痛楚

時光一刻一刻飛過 磨損了猶殘歲月不放過

換了破的襪 留住心窩 他朝再聚 開花結果

\* 唱首歌 今宵不錯過 當燈飾拆卸 塵土飛過

遇到崎嶇 一起撐過 因為有你 也有我

# 唱首歌 今宵不錯過 趁燈飾璀璨 再看清楚

若遇到崎嶇 要一起撐過 這裡有你 有心 也有我

今宵以後 見到改變 數得出創建 數不清奉獻

能遇到今天 並肩作戰 他日碰見再唱一遍

repeat \* #

《窩打老道25號》和《今宵不錯過》的歌词。The lyrics of '25 Waterloo Road' (left) and 'Don't Forget Tonight'.

staff in providing sincere and compassionate patient care remains unchanged. 'Don't Forget Tonight' was written to encourage colleagues to work together to overcome challenges they might face during redevelopment. 🍀





文醫生難忘去年在澳洲第一次跳傘。  
Dr Man experiences his first parachuting in Australia last year.

## 極限運動 挑戰自我 X-game: sky is the limit

Dr Man Chi-yin, Hospital Chief Executive (HCE) at Alice Ho Miu Ling Nethersole Hospital and Tai Po Hospital would get a lot of votes if the Hospital Authority is looking for its sports king. Dr Man is good at sports on the ground, at sea and even in the air: Chinese kungfu 'wing chun', road cycling and X-games such as white water rafting, windsurfing, parachuting are all his favourites!

"I love the sea and the sky, and I specially love the feeling of free falling in parachuting," says Dr Man.

Dr Man is a staunch advocate of doing exercise. He is also enthusiastic about cycling to the office or taking stairs rather than the lift. His energetic personality may have earned him some credits among the young generation when he helped hundreds of adolescents with drug addiction problems in North District when he was HCE in North District Hospital.

Recalling the battle against SARS in 2003, Dr Man stresses the importance of physical and mental health of healthcare staff amid workplace pressure.



文醫生與家人玩激流划艇，不亦樂乎！  
Dr Man's hilarious rafting experience with families.

若醫管局要選舉運動全能王，雅麗氏何妙齡那打素醫院及大埔醫院的醫院行政總監文志賢醫生應得票不少，因他海陸空運動都玩得出色。除了詠春，騎公路單車，他亦是極限運動迷——激流划艇、滑浪風帆、高空跳傘，通通都是他的至愛！

「我喜歡大海和天空，高空跳傘時 free fall 感覺好自由。」除了極限運動，文醫生平日也會爭取時間做運動，如踩單車上班和行樓梯。當年仍擔任北區醫院行政總監時，曾跟進數百名濫藥夜青的個案，可能因他喜愛運動，跟年輕人特別易熟絡。

他感慨，回首「沙士」疫戰，醫護面對不少工作壓力，故鼓勵同事日常多鍛煉，保持身心健康。



唐華根博士現時每周練習兩至三次，圖為他穿軍服示範表演的情况。  
Dr Danny Tong rides two or three times a week. He performs dressage in military uniform.

## 盛裝舞步 人馬合一 Man-horse united

Many Hong Kong people love to watch horse racing, yet very few know how to ride on a horse. Do you know there is an equestrian master working in the HA Infectious Disease Centre at Princess Margaret Hospital? Department Operations Manager of the Centre Dr Danny Tong has started riding on horseback since the early 1990s and has taken part in many dressage competitions. His knowledge and experience actually qualified him to be a commentator of 2008 Beijing Olympic Games held in Hong Kong.

"I consider dressage horse ballet. Every step the horse takes must be very accurate. It requires military precision in order to present a picture of harmony and elegance," says Tong.

Tong has taken the horse-riding hobby to a professional level and has won many awards, including the first runner-up in an Advanced Class of the 2011 International Equestrian Federation World Dressage Challenge held in Hong Kong.

His advice for would-be equestrians is to start the sport at an early age. Failing that, beginners trying to develop balance and coordination skills need to spend plenty of time learning to read the body language of horse and be sensitive to it.

香港人平時愛看賽馬，但學騎馬的風氣卻未算普及，不過，瑪嘉烈醫院就有位高手。他自90年開始學習策騎馬匹，之後專注盛裝舞步；在2008年的奧運馬術比賽，更是盛裝舞步賽的官方評述員。他就是位於瑪嘉烈醫院的醫管局傳染病中心部門運作經理唐華根博士。

「這項運動是馬匹的芭蕾舞，馬匹的每一步都要很準確，還要講求人馬合一，才能呈現最完美和諧和優雅的畫面。」唐華根博士將這嗜好發展至專業水準，現已持有可參與高級賽事的資格，過往亦多次在公開賽中奪獎，最佳的成績是在2011年的國際馬術聯合會盛裝舞步挑戰賽（高級賽）奪得全港第二名。

他認為，年紀愈細學愈好，可從小訓練策騎者的平衡力，身體協調和對馬匹的敏感度。

# 運動人生

四年一度的奧運即將於里約熱內盧揭幕，本港已吹起一股運動風。事實上，醫院管理局不乏一眾熱愛運動的同事，單憑外表，未必知道他們是運動狂熱份子。今期邀得幾位同事分享他們如何在繁忙工作中仍堅持做運動，保持身心健康。



With the Rio 2016 Olympic Games just around the corner, sports fever is on the rise in Hong Kong. Although it might be hard to tell from their work personas, many Hospital Authority staff are 'sportaholics'. HASLink invited several sports fanatic colleagues to share their experiences of practising sports while staying healthy.



楊錦鴻今年4月在倫敦參加全馬的情況，跑出2小時53分，是參賽港人中的第一名。  
Yeung Kam-hung was the fastest Hong Kong runner in the London marathon in April this year, finishing in 2 hours 53 minutes.

## 馬拉松纖體60磅 Marathon slims runner down by 60 pounds

威爾斯親王醫院醫學物理部高級技術員楊錦鴻（金毛鴻），常常在 Facebook 與人分享跑馬拉松的點滴。他於2007年開始跑馬拉松，熱愛程度是天天跑步，有時放工會由威院刻意兜路跑回馬鞍山的家，放假就會跑一個上午。

2009年，他開始參加海外馬拉松，足跡遍佈廈門、東京、京都、神戶、柏林、倫敦、波士頓和紐約等。「在外國跑馬拉松，規模比香港大很多，如比賽前會有相關的展覽，展示最新的體育用品和科技；跑道則多在名勝附近，當地人在場外的鼓勵和喝彩，令活動更有氣氛。」

他稱初學者最重要有恆心，不要計較時間快慢，建議先跟跑會練習，學習正確跑姿。對於「師姐」姚潔貞（前醫管局護士）能取得今屆奧運馬拉松的入場券，他會在她的 Facebook 留言為她打氣，鼓勵對方為港爭光。



葉嘉儀和丈夫均愛好打籃球，結婚相更鬼馬地以籃球為主題。  
Kathy and her husband made basketball the themes of their wedding photos.

## 籃球情緣 Matchmaking via basketball

醫管局的女子籃球隊曾連續三屆於工商機構運動會奪冠，非常厲害。隊長瑪嘉烈醫院產房助產士葉熾熒稱，18名隊友關係密切，每兩周練波一次，球隊每次比賽前都會大叫一聲「蝦」。為何「蝦」一聲？事緣某次出席地區賽事，大會誤將「HA」的隊名讀成「蝦隊」，她們聽後覺得好笑又得意。自此，球隊出場前都會大「蝦」一聲，振奮士氣。

葉姑娘說，於小學六年級開始打籃球至今，球場除讓她贏得多份珍貴的友誼外，還重遇丈夫，二人拍拖年多，於今年4月結婚。由於二人都是籃球隊成員，每當對方有賽事時，總會到場為對方打氣。🏀



女兒在2003年出世時，楊錦鴻的體重高達200磅。當時他為了女兒，再加上醫院積極推動員工做運動，終於「的起心肝」減肥，先划龍舟，再跑馬拉松，現時140磅。  
Back in 2003 before he started running, Yeung weighed 200 pounds. Following the birth of his daughter that year, he decided to get more fit and healthy for the family. He began his journey to better health with dragonboat racing before falling in love for running. He is now 140 pounds.

Yeung Kam-hung is a senior electrical technician in the Medical Physics Unit at Prince of Wales Hospital (PWH). He is also a committed long-distance runner and regularly shares his tales of running around the world with friends on Facebook. First took part in marathon in 2007, running is now a part of Yeung's everyday life. In order to fit his training schedule around his job, Yeung often jogs from work to his home in Ma On Shan and gets up early on public holidays for training.

In 2009, he began participating in overseas marathons in Xiamen, Tokyo, Kyoto, Kobe, Berlin, London to as far as Boston and New York. "The atmosphere of marathons in other countries is very different from those held in Hong Kong. For example, race promoters often organise a pre-race exhibition with vendors showcasing new products and services; and the race route is usually designed along local attractions and heavily populated areas with cheering crowds along the way. I have had unforgettable experiences running overseas, and I really enjoy the joyful atmosphere there."

"Be patient and persistent in training and seek advice on good technique from a running association," he shared the tips with those who want to take up long-distance running. Yeung says he is very excited that his friend and former HA registered nurse Christy Yiu will take part in the Brazil Olympics this year. He will post words of encouragement on her Facebook.



隊友如好友，難怪隊長葉嘉儀（前排右）笑言：「希望我哋可以一齊打波打到80歲！」  
Kathy (front right) says she and her teammates are all good friends and they want to continue playing basketball together into their 80s!

The HA Women's Basketball Team has won three champion's crowns at biennial Hong Kong's Corporate Games for the past six years. Kathy Ip, a midwife at PMH, is the basketball team captain. She says all 18 members are good friends and they look forward to their biweekly training sessions.

The team has a tradition — they shout the word "HA!" (pronounced [ha:]), not the abbreviation "H.A." — before every game starts. Kathy laughs as she explains the background. This began years ago at a local competition when the sports announcer misread their team name as [ha:] Women's Basketball Team. The squad thought it was so funny that shouting [ha:] is now a permanent feature of their pre-match routine.

Kathy began playing basketball in primary six. She explains that the sport has not only brought her new friendship but also love! She met her husband again at a basketball playground last year and they were married in April this year. With their common passion for basketball, they often cheer for each other on the court during important competitions. 🏀





▲ 明年退休的腎科顧問護師江琳琳，寄語後輩要對工作有熱誠。  
As Irene looks ahead to her retirement next year, one of her wishes for the younger generation of nurses is that they should devote themselves to their work.

#### 江琳琳小檔案 Irene Kong

獎項 Awards	省港澳傑出護士獎（2015） Outstanding Nurse Award from the Association of Hong Kong Nursing Staff (2015)
學歷 Education	香港中文大學護理碩士 Master of Nursing degree from The Chinese University of Hong Kong
家庭狀況 Family Status	已婚，育有一子一女 Married with one son and one daughter
興趣 Hobbies	旅遊 Travel
座右銘 Life Motto	用心對待病人，讓他們感受到 最佳的照顧。 Treat patients diligently with love. Make them feel they deserve the best possible care.

江琳琳（右四）與當年本港首宗進行活體腎臟移植手術的夫婦（左二及三）一同出席世界腎臟日。On World Kidney Day, Irene (fourth from right) had an opportunity to reunite with the donor and the patient (second and third from left) from Hong Kong first living non-related renal transplant.

## 「愛·工作」系列之六 Passionate Professionals Series 6

# 甘做開荒牛 腎科三十六載因緣 Renal nurse pioneers with spirits of generosity

江護師1979年在護士學校畢業後，即於瑪嘉烈醫院內科展開護士生涯，翌年加入腎科團隊至今。投身於腎科服務逾36年，又是瑪嘉烈醫院的第一位顧問護師，她說：「作為領導，要有看透專科遠景的能力和承擔，我也經常將自己的經驗和知識，與其他醫院的同事分享，幫助腎科服務未來的發展。」

要令專科持續發展，培訓腎科護士是重要任務。在這方面，江護師永無「托手暎」，早年已協助醫管局總部設計腎科專科課程，編寫工作程序和指引、護理標準和考核，及講學；又協助醫管局中央腎科委員會推行多項新服務，包括引入首個夜間家居血液透析服務。

她最難忘在80年代，有機會參與本港首宗非近親活體腎臟移植手術。「當年年資尚淺，卻有機會參與這宗手術後的護理，見證太太成功將自己的左腎捐給丈夫。20多年後的今日，太太還拿著西餅前來，感激我們呢！」最後她補充，近年因糖尿病而引致腎衰竭的個案近年有增加，提醒大家要多留意。☎



「我喜歡接受挑戰，富創新精神，不介意做開荒牛，樂於與同事分享成果。」四句說話已概括其中一名省港澳傑出護士，瑪嘉烈醫院腎科顧問護師江琳琳的工作價值觀。

"I love challenges and have an innovative spirit. I enjoy being a pioneer in new areas of healthcare and being able to share my knowledge with colleagues." This is the core value of Irene Kong, Nurse Consultant (Renal) at Princess Margaret Hospital (PMH) and 2015 recipient of Outstanding Nurse Award from the Association of Hong Kong Nursing Staff.

Irene joined PMH's renal department just a year after becoming a register nurse of the hospital in 1979. With 36 years of experience in the area of renal medicine, she is appointed as the first Nurse Consultant at PMH.

Respected as a leader advisor and a treasure trove of information by her colleagues, Irene says that her enthusiasm for sharing what she has learned comes from her vision of driving the future development of renal services. "I believe as a leader, one should have a vision for continuous improvement of the specialty and strive to achieve it by empowering colleagues."



▲ 江護師最愛與女兒四處遊歷，攝於悉尼。  
Pictured in Sydney with her daughter, Irene says she loves to travel.

One of Irene's key responsibilities is to take an active role in training renal nurses. Several years ago, she was asked by Hospital Authority Head Office to develop training course, work procedures and guidelines, as well as operational and care assessment standards for the renal specialty. She regularly gives lectures, helps the Central Renal Committee implement new services such as the first Nocturnal Home Hemodialysis service.

Irene's most memorable clinical experience occurred in the 1980s when she was part of the team that completed the first living non-related renal transplant in Hong Kong. "I was so green back then, but it was an amazing experience to participate in carrying out nursing care for the transplant recipient," she recalls. The operation involved the wife donating the left kidney to her husband. "Today, more than 20 years later, the wife still brings us cakes to express gratitude."

Returning to recent concerns, Irene says she has noticed a rising trend in the number of kidney failure cases caused by diabetes and hopes to improve public awareness of this issue. ☎

## 伊院榮膺全港 首間「愛嬰醫院」 QEH becomes Hong Kong's first Baby-friendly Hospital



近年，各公立醫院積極推廣母乳餵哺。伊利沙伯醫院於2013年6月開始登記認證「愛嬰醫院」意向，花了三年時間，終在今年5月完成評審，成為全港首間愛嬰醫院。

伊利沙伯醫院顧問護師（母乳餵哺）林志愛稱，要成為「愛嬰醫院」，每一步都走得不易。「前期向『愛嬰醫院香港協會』（協會）提交具體計劃書、硬件的設置和人材培訓，後期則要面對協會派員到場考問醫護人員的知識，又會到門診詢問準媽媽及到病房詢問產後媽媽在醫院內的相關經歷及教導。幸好，院方早已經過定期的臨床審核、檢討和改善各環節的護理。」

目前，廣華醫院、瑪麗醫院、威爾斯親王醫院、東區尤德夫人那打素醫院和屯門醫院均已提出登記認證意向，並進入不同的認證階段。☎

▲ 胡太太非常支持伊院的愛嬰行動，認為母乳餵哺對孩子健康有益，且能鞏固母子關係。  
Mrs Wu supports the QEH to become a baby friendly hospital. She agrees that breastfeeding can help build a strong bond between mothers and their newborn children.

多項令伊院  
成為「愛嬰醫院」的  
重點措施：  
Highlights of QEH's  
practice to BFH status:

產前期間，醫護人員和每位媽媽及其家人個別傾談，了解她們對嬰兒餵食的擔心或關注事項。

了解  
Understand  
Ensure all pregnant women have opportunity to discuss their infant feeding concerns with healthcare workers.

醫院已訂定母乳餵哺培訓內容及時數，要求所有照顧孕婦及嬰幼兒的同事，如婦產科和兒科工作的醫生、護士/助產士和支援同事，以及麻醉科醫生和營養師，需於半年內完成相關培訓。

培訓  
Training  
The hospital developed a curriculum in breastfeeding training for staff who take care of pregnant women and mothers and infants. Doctors, nurses and supporting staff in the obstetrics and gynecology department and paediatric department, together with the anaesthetists and dietitians are required to complete relevant training within six months.

實行「母親友善」分娩處理，鼓勵陪產、待產時能多走動、多設不同非藥物鎮痛方法。

分娩  
Childbirth  
Implement 'Mother-friendly Childbirth' Practices: encourage accompanied-labour, allow mother free to move around and walk around during labour, facilitate different non-drug pain-relief methods.

無論是否母乳餵哺，當嬰兒一出世，立即放在媽媽胸膛，與媽媽有肌膚之親。

肌膚  
Contact  
Babies are given to their mothers immediately after birth for skin-to-skin contact for at least an hour or with the first breastfeed is finished.

In support of successful breastfeeding, several HA hospitals are working towards the accreditation as a Baby-friendly Hospital (BFH). Queen Elizabeth Hospital (QEH), which registered its intent to achieve BFH status in June 2013, and became Hong Kong's first accredited BFH in May.

Christine Lam, Nurse Consultant (Breastfeeding) of QEH, said the road to becoming a BFH is full of challenges. "At the early stage, the Baby-friendly Hospital Hong Kong Association required us to prepare a comprehensive action plan, and hospital breastfeeding policy and also details of the monitoring mechanism and staff training. After that the Association will come and interview randomly-selected staff to assess their knowledge of implementing the Policy. In final stage, mothers-to-be at antenatal clinic and postpartum mothers in wards were randomly invited for interview on their understanding about breastfeeding and experience during their hospital stay. In fact we already developed a system to audit our practice to review and follow up the service regularly."

Kwong Wah Hospital, Queen Mary Hospital, Prince of Wales Hospital, Pamela Youde Nethersole Eastern Hospital and Tuen Mun Hospital have all registered their intent to the BFH accreditation and are at different stages of the process. ☎

共處  
Stay together  
母嬰同室24小時。  
In normal circumstances, newborns will remain with their mothers at all times.

教導  
Coaching  
加強床邊教導，使媽媽能掌握哺乳的技巧。  
Strengthen bed-side breastfeeding teaching.

在醫院範圍，增設哺乳室讓同事和公眾使用；或因環境限制而未能使用哺乳室的部門，如手術室的同事提供奶泵設施。

設施  
Facilities  
Establish breastfeeding rooms for colleagues and visitors. Milk pumps are provided to those who have difficulty accessing the breastfeeding rooms, such as colleagues working in operating theatre.



## 靈活安排靠配合 家庭事業達雙贏 Family and career – you can have it both

要在事業和家庭兩者二擇其一，相信是人生一大難題。瑪麗醫院兒科及青少年科明白同事要照顧年幼子女的重要性，早於十年前已作出靈活安排，締造全職和兼職共融的工作環境。

該部門兩位副顧問醫生黃小珍及黃明沁今年3月已由兼職轉回全職，重新全力投入工作崗位。回想數年前因部門主管和同事的體諒和包容，令自己轉為兼職，又可照顧年幼子女，兩位黃醫生心存感激。

黃小珍醫生回憶：當年打算暫時離職，照顧子女，卻得到上司及同事的挽留，在一個月內轉任兼職醫生，讓她既可繼續自己喜愛的工作，又能照顧家庭。兼職的安排亦讓當年正在懷孕並攻讀碩士課程的黃明沁醫生渡過了生育、照顧家庭和學業的考驗。結果，她順利誕下兒子及完成碩士學位課程。

她們說，全職與兼職同事工時不同，非常感激部門全職同事作出配合，保持部門運作流暢。❤



▲黃明沁醫生（左三）與黃小珍醫生（右二）感激部門靈活的安排，讓她們既能照顧家庭，亦能繼續工作，達致雙贏局面。Dr Rosanna Wong (third from left) and Dr Mabel Wong (second from right) appreciate family friendly arrangements offered by QMH's Paediatrics & Adolescent Medicine Department, which they consider win-win solution for their families and the hospital.

Managing career and family responsibilities simultaneously is a tricky juggling act. A decade ago, the Department of Paediatrics & Adolescent Medicine at Queen Mary Hospital (QMH) took the pioneering step of offering colleagues more flexible working arrangements in order to support active parenting and a good work-life balance.

Associate Consultants Dr Mabel Wong and Dr Rosanna Wong are among the beneficiaries of the work arrangement. Both doctors resumed full-time job responsibilities in March this year after several years of working part-time to enable them to care for their young children.

Mabel says the pressure of raising a family with a full-time job had led her to consider giving up work altogether. She says she received strong support from her supervisors and colleagues in shifting to a part-time arrangement just one month after making the request of converting to part-time. Rosanna says she enjoyed similar support when trying to balance the demands on time and energy due to work, postgraduate study and pregnancy.

Both doctors express heartfelt gratitude to their colleagues for accommodating challenges that can arise when team members have different working arrangements while ensuring smooth operation of the department. ❤

## 美樂飄飄處處聞 Sound of music lights hospitals up



一班有心人的賣力演出讓伊利沙伯醫院和屯門醫院飄揚著音樂聲及歡欣笑聲。

拔萃女書院學生在伊院地下大堂架起古箏、揚琴、二胡等中樂器，演繹經典名曲。悠揚的琴聲令醫護、病人及訪客都讚不絕口。另一邊廂，由一班熱心音樂人組成的「香港流行管樂團」亦在醫院兒童癌症病房獻上精彩西樂演奏，鼓勵病童抵抗病魔。

另外，屯門醫院合唱團早前在醫院大堂舉行午間音樂會獻唱名曲，合唱團學員大部份由康復的中風病人組成，透過唱歌班，他們重新學習說話技巧，昂首踏上康復之路。❤

Young and adult music talents filled Queen Elizabeth Hospital (QEH) and Tuen Mun Hospital (TMH) with joy and laughter through their music performance.

Visitors of QEH gave thumbs up to Chinese classical music performed by students of Diocesan Girls' School who unveiled guzheng, dulcimer, erhu and other Chinese musical instruments at the hospital lobby. Meanwhile, a group of passionate musicians played pop music in QEH children wards and cheered the sick kids up in fighting against cancer.

At the other end of the territory, dozens of singing class members at TMH recently performed at a live concert in the hospital lobby during lunch time. Mainly teamed up by recovered stroke patients, the group has proved that singing is one of the best practices to conquer their communication handicap resulted from stroke. And off they march proudly on the road of recovery! ❤



▲屯門醫院合唱團和唱歌班學員，在康復路上互相扶持。TMH recovered stroke patients establish strong bonds with one another through close friendship at singing classes.

## 你的心聲 我洗耳恭聽 All ears to your voice

醫管局將於8月底進行為期一個月的職員意見調查，歡迎所有73,000員工參加。

調查範圍包括人手管理制度、員工康健、培訓及發展、安全工作環境等，同事可利用電腦、智能電話或其他流動裝置，用你的職員證號碼登錄指定網站或掃描 QR code 參與發表意見。所有參加調查者都可參加抽獎，有機會獲得禮券及終極大獎 iPad。另外，每周最積極參與的聯網、醫院及員工組別的所屬同事，會有抽獎機會獲得特別獎品。

調查全程由獨立顧問公司負責，完全保密，醫管局會跟進調查結果。

請大家準備好你的職員證，到時發表意見！❤

The Hospital Authority will roll out a one-month corporate-wide survey to all 73,000 staff in late August.

The survey aims to gauge colleagues' views on workforce management, staff wellbeing, training and development as well as working environment. Colleagues can participate in the survey through computers, smart phones or mobile devices by login a designated website or QR code with your staff ID card number. All participants will automatically enter a lucky draw and win cash coupons and the ultimate prize - iPad.

During the survey, there will be weekly competitions for the most participative clusters, hospitals or staff groups. If you are a member of the winning



cluster / hospital / staff group, you would stand a chance of winning a special prize.

This year's staff survey is conducted by an independent consultant company. All responses are kept strictly confidential. A follow-up action plan will be formulated in due course. Get ready your staff ID card and stay tuned! ❤

## 「耆智力量」共建醫患橋樑 'Patient Partnership in Action' empowers patient leaders

界定醫院服務質素？處理應急事務？提升病人用藥安全？處理病人投訴？醫管局通過一系列課程，將上述專業知識深入淺出傳授給病友，讓病人組織代表更了解醫管局架構及香港醫療制度，加強醫患夥伴關係。

「耆智力量」計劃的智友夥伴培訓課程由醫管局總部策略發展部及聯網服務部合辦，由健康資訊天地統籌及醫管局進修學院提供培訓。自2010年推出，已有64名病友學員畢業。他們學成後擔任「耆智大使」，化身醫院與病人間的橋樑，促進病人組織助人自助。醫管局會邀請畢業學員參與不同的委員會，為制定政策、服務等議題提出病人意見，令服務更能切合市民需要。

今年72歲的保叔修畢課程後，成為基督教聯合醫院擴建計劃地區諮詢委員會委員。他說，「培訓課程讓自己加深對醫管局架構及服務的了解，同時亦加強溝通技巧。」

他以向病人解釋聯合醫院擴建而須更改行人路為例，「之前我會直接跟對方說：『醫院要擴建，必須改動路面，所以在醫院範圍內，會有指示牌教你如何走』，但現在，我會向病人說：『醫院正在擴建，有些設施需要拆遷，令將來有更佳服務。工程進行中，為了保障安全，所以麻煩大家繞道。要你多走冤枉路，真係唔好意思！我會同醫院反映你的意見，看看什麼地方可以多作改善。』」❤



▲保叔今年修讀「耆智力量」課程，他亦是基督教聯合醫院心臟病人支援小組成員。PPIA Ambassador Uncle Po is a member of Cardiac Patient Support Group organised by HA.

How do we judge hospital service quality? How can drug safety be enhanced? What mechanisms are involved in handling patient complaints? How are medical emergencies dealt with in HA?

These are just some of the questions that HA addresses in the Patient Partnership in Action (PPIA) programme. The HAHO Strategy & Planning and Cluster Services Divisions, through Health InfoWorld and Institute of Health Care, jointly organized a training programme 'Patient Partnership in Action' which is designed to empower patient group representatives with knowledge on the organisational structure of HA and the local healthcare system, and consequently enhance partnership between patients and the community.

A total of 64 patients / carers have graduated since the programme commenced in 2010. These graduates serve as PPIA Ambassadors and play an important role in bridging HA and the local community and foster the development of the patient groups. A number of Ambassadors were also appointed as members of various committees to provide feedback on HA policy, strategic planning and service improvement from patients' perspectives.

PPIA Ambassador Uncle Po, at 72, serves as a member of the District Consultative Committee for the United Christian Hospital (UCH) Expansion Project after the training. Having a wealth of life experience, Po says he still gained a lot from the PPIA programme, which offers training ranged from understanding HA's policies and structure to improving communication skills.

Uncle Po says the programme taught him how to communicate in a clear and tactful way. He cites the example of explaining to patients the reasons behind the diversion of a walkway at UCH. "I used to say something like 'It's common for pedestrian walkway changes to occur during hospital renovation. Just follow the diversion signs to reach your destination.'" PPIA training taught him alternate but more effective way of communication that relay information that is relevant and meaningful to the patients. "Now I will say something like 'Hospital expansion involves major construction works. To ensure your personal safety, please follow the diversion signage. The hospital is sorry for any inconvenience caused. If you have any comments, please let me know and I will relay them to the relevant parties.'" ❤



## HA人的黃金歲月

### Golden era of HA colleagues

今年又有逾500位同事在醫管局服務了超過30年。兩位分別是30年及40年長期服務獎得主與讀者分享他們的崢嶸歲月。📌

### 蕭蔡碧霞 40年長期服務獎

#### Esther Siu, awardee of HA Long Service Awards 40 years

令老齡精神科服務走進社區，是葵涌醫院部門運作經理蕭蔡碧霞工作了40載的成就之一。她1975年由學護做起，畢業後被派到葵涌醫院協助新院開展服務。90年代醫管局成立後，與同事以社區為本的模式推動老齡精神科的發展。在2011年於九龍西聯網開展了「老齡心理健康社區護士診所」，成功與長者中心合作，令更多有情緒、認知或心理問題的長者得到幫助。

蕭蔡碧霞（右一）1975年加入青山醫院，由學護做起。 Esther Siu (first from right) starts her career at Castle Peak Hospital in 1975 as a student nurse.

More than 500 colleagues have served the Hospital Authority (HA) for more than 30 years. We have talked to two of them to learn about their stories. 📌

Taking psychgeriatric service from hospital to the community is one of the achievements of Esther Siu, Department Operations Manager (Psy) of Kwai Chung Hospital.

Joined Castle Peak Hospital in 1975 as a Student Nurse, Esther was posted to Kwai Chung Hospital after graduation. With the implementation of New Management Initiative of Hospital Authority in the 90's, the Psychgeriatric Team of KCH has successfully developed community-based services for the elderly in the past 20 years.

Psychgeriatric Mobile Nurse Clinic was established in Kowloon West Cluster in 2011, in collaboration with elderly centres of social services to help more elderly with suspected mood, cognitive or mental health problems.



由於太太從事傳媒工作，放工不定時，胡仰基甘做「住家男人」，細心湊大兩個女兒。照片中的大女兒已長大成人，同樣在醫管局工作。 Jimmy Wu describes himself a 'family man' who took care of two young daughters earlier to balance her wife's busy journalistic life. His elder daughter is currently working in HA.

#### 長期服務獎2016 Long Service Awards 2016

獎項 Awards	獲獎人數 Number of recipients	合共 Total
40年（醫管局）40 years (HA)	35	531
30年（醫管局）30 years (HA)	402	
30年（公務員）30 years (Civil Servants)	94	

## 彈性探病時間 照顧特殊病患

### Flexi-visiting hours to meet special patient needs

為更好照顧患智力障礙的病人，醫管局最近通告前線，鼓勵同事靈活處理患智力障礙的病人家屬探病時間，例如酌情延長家屬陪伴時間。執行時需確保醫院或病房的正常運作不受影響，遵守醫院感染控制措施，及保障其他病人利益。

基督教聯合醫院內科及老人科資深護師潘家文曾於病房照顧患智力障礙的的病人。「這些病人在庇護工場工作時，因癲癇發作而被送院。他們不懂表達自己的需要，害怕接觸陌生人，情緒不穩定又經常發脾氣，甚至嚷著要離開醫院；但若家人在場，他們會願意溝通和接受治療，最後可順利出院。」📌



潘家文認為，彈性探病時間有助照顧患有智力障礙病人和顧及家人感受，並減輕前線醫護壓力。 Poon Ka-man says flexi-visiting hours not only enable patients with LD to be better taken care of by their families, but also reduce workload of frontline staff.

Patients with learning disability (LD) need extra care. The Hospital Authority encourages frontline colleagues to adopt a flexible approach in allowing parents of these patients to visit them outside normal visiting hours, provided that the normal operations of hospitals / wards should not be affected with infection control measures complied and other patients' interests assured.

Advanced Practice Nurse (Medical) Poon Ka-man who works in the Medical and Geriatric Department at United Christian Hospital welcomes the arrangement. "I have taken care of patients with slight LD problems in wards. They are sent to hospital from sheltered workshop due to epilepsy. They have difficulty in expressing their needs and become uncomfortable when seeing strangers. Their mood fluctuates in an unfamiliar environment and may even try to leave the hospital." But these patients are willing to talk and receive treatment with their family members' company, says Poon. 📌



雖然我是很有資歷的護士，但當成為病人，面對自己患處的痛楚及手術，同樣要經歷身、心、靈的挑戰。

某年，我接受了腰椎大手術。當我完成手術後，身邊很多同事們都感到十分驚訝，為何我能夠在術後一個月完全康復，並重返工作崗位。除了感謝身邊家人照顧，及朋友心理上的支持和鼓勵外，我亦要感謝我的直屬上司。在我患病至手術期間，令我體會到她的關懷，同時讓我可安心地渡過術後的復康過程。

在我腰患期間，上司經常問候及了解我的治療進度。手術前幾天，她跟我商量工作事宜時，突然說要為我祈禱，求神保守我的手術過程順利。在祈禱的過程中，她那溫柔及關顧的言詞觸動了我的心靈，令我感受到神透過這位「天使」來安慰、鼓勵及支持我，讓我有信心面對手術。

手術當天，她以短訊為我打氣，令我感到平安欣慰。手術後，我被送到復甦室，當我朦朧張開雙眼時，看見站在我右邊的護士，竟然是我的

## 1分鐘自由講

### Minute Talk

上司。她很溫柔地對我說：「手術做完了，失血不多，稍後可以回病房了。」沒想到她會在手術後第一時間來探訪我，令我非常感動。之後數天，她上班前先來探訪我，回家後，就會以短訊問我。

醫院提倡關顧員工文化「Care for carers」，今次的事件令我親身感受這句說話，也深深體會上司對下屬那份由衷的關心。

鄭敏儀  
雅麗氏何妙齡那打素醫院 中央護理部護士

## 炎夏慳電妙法一🔌 Saving energy is a win-win game!



活動早前於總部和七大聯網舉行遊戲和講座，同事邊玩邊記下節約用電的妙法。 A roving exhibition for the 'Energy Saving Promotion Programme 2016' visited HA Head Office and major hospitals in the seven clusters to provide colleagues with information on saving energy through various talks and fun activities.

如果自問慳家，就一定要參加醫管局與中華電力有限公司再次攜手合辦「節約能源活動2016」的「智識節能」家居節能比賽。

你只須將2015年6月15日至8月14日的家居用電量，與今年同時期的比較，用電量減少的百分比愈多，勝出機會就愈大。截止日期為2016年8月8日。詳情可瀏覽內聯網 [http://ha.home/visitor/default.asp?language=chib5&content\\_id=37437](http://ha.home/visitor/default.asp?language=chib5&content_id=37437)。📌

Cutting our energy consumption not only helps reduce carbon emissions and protect natural resources, it can also save us money! As part of the 'Energy Saving Promotion Programme 2016' organised by the Hospital Authority and CLP Power Hong Kong Limited, colleagues are invited to participate in the 'Household Energy Saving Action' competition.

Taking part is easy – you simply need to compare your household energy consumption the period of 15 June to 14 August with that of the same period last year. The household that achieves the largest percentage reduction will be the winner. The deadline for entry is 8 August 2016. Click here for more details: [http://ha.home/visitor/default.asp?content\\_id=37437](http://ha.home/visitor/default.asp?content_id=37437). 📌



要在炎炎夏天慳電，大家可參考以下五大妙法：  
Need help on getting start with your 'household energy diet'? Here are five smart tips:

1. 開冷氣時加開風扇，加快空氣流動，減輕冷氣機的負荷，節省用電量。

Use electric fan with air-conditioner to increase circulation of cool air and save energy on air conditioning.

2. 定期清洗冷氣機隔塵網，提高使用效率。

Clean air-conditioner filter regularly to improve efficiency of air-conditioner.

3. 玻璃窗貼上隔熱膜，降低室內溫度。

Use energy saving window film to lower indoor temperature and save energy on air conditioning.

4. 不使用電器時，關掉電源開關掣或拔掉插頭，避免耗用備用電源。

Switch off and unplug electrical appliances not in use.

5. 儲滿一機衣物才開動洗衣機，減少使用次數。

Use the washing machine only when you have a full load of dirty clothes.





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# 從心發現 地球之美

## A picture says a thousand words

天真孩童的笑臉、不可思議的自然奇觀、獨突建築風格，全在香港醫院攝影聯會「第二屆委員作品展」。展覽正在公立醫院舉行巡迴展出（見表），70張高水準作品全部出自醫管局同事手筆，包你看到目瞪口呆！📷

Smiling children, beautiful natural landscapes and striking urban architecture are just some of the 70 images that will go on display in a roving photo exhibition at HA hospitals organised by the Hong Kong Federation of Hospital Photographic Societies. The photos were taken by committee members of the Federation. The exhibition will tour around the following hospitals for the next six months. Don't miss the chance to admire the wonders of the world through our amateur photographers. Mark your diary now! 📅

- 01 孤舟橫野渡（中國福州霞浦）  
李卓明  
廣華醫院高級物理治療師

Lonely Sail in River  
(Xiapu at Fuzhou, China)  
Charlie Li Senior Physiotherapist,  
Kwong Wah Hospital
- 02 孩子，跑吧！（中國南疆）  
呂劍青醫生  
伊利沙伯醫院麻醉科高級醫生

Boys Run! (Nanjiang, China)  
Dr Lui Kim Ching  
Senior Medical Officer at  
Anaesthesia & OT Services,  
Queen Elizabeth Hospital
- 03 曬農物（中國江西寧嶺）  
凌錦超  
廣華醫院二級文員

Sunbathing Crops  
(Huangling at Jiangxi, China)  
Ling Kam Chiu Clerical Officer II,  
Kwong Wah Hospital
- 04 蝶息（大嶼山水口村）  
黎翠蘭  
威爾斯親王醫院藥劑師

Repose  
(Shui Hau Village at Lantau Island)  
Karina Lai Pharmacist,  
Prince of Wales Hospital
- 05 春回大地（中國江西）  
周麗嫻  
廣華醫院註冊護士

Spring  
(Jiangxi, China)  
Rita Chow Registered Nurse,  
Kwong Wah Hospital
- 06 迴旋天梯（英國格林威治）  
趙華強醫生  
基督教聯合醫院兒童及青少年科  
副部門主管

Stairs to Heaven  
(Greenwich, Britain)  
Dr Chiu Wa Keung  
Deputy Chief of Service at Paediatric  
& Adolescent Medical Department,  
United Christian Hospital

展覽資料 Exhibition Details	4/7 - 29/7	伊利沙伯醫院D座地下大堂 Queen Elizabeth Hospital: Ground Lobby, Block D	31/10 - 27/11	瑪嘉烈醫院H座地下大堂 Princess Margaret Hospital: G/F Lobby, Block H
	1/8 - 26/8	威爾斯親王醫院住院主樓暨創傷中心一樓 Prince of Wales Hospital: 1/F, Main Clinical Block & Trauma Centre	1/12 - 30/12	瑪麗醫院L座一樓 Queen Mary Hospital: 1/F, Block L
	5/9 - 30/9	屯門醫院主座地下大堂 Tuen Mun Hospital: G/F, Main Block	4/1/17 - 31/1/17	東區尤德夫人那打素醫院東座正門地下 Pamela Youde Nethersole Eastern Hospital: G/F, East Block Main Door
	3/10 - 27/10	基督教聯合醫院P座B2 / 將軍澳醫院主座LG / 靈實醫院主座地下 United Christian Hospital: B2, Block P Tseung Kwan O Hospital: LG, Main Block Haven of Hope Hospital: G/F, Main Block		