



HA問人問HA

IN DIALOGUE WITH TALENT

醫管局最近推出「HA問人·人間HA」訪問系列，由同事走進社區，從足球場、羽毛球場、跑道到廚房，向不同領域的成功人士取經，學習成功秘訣和生活小智慧，活出更精彩的人生。內容亦會上載至醫管局網站、Facebook專頁和YouTube。

In Hospital Authority's recently launched series 'In dialogue with talent', our fellow colleagues interact with social celebrities from football fields, badminton courts, running tracks and kitchens. Through sharing on secrets of success and wisdom of life, we have gained insights that enrich our lives. All episodes can be viewed on HA corporate website, Facebook and YouTube.

編者的話

今期人味濃濃，「封面故事」是自家出品的「HA問人·人間HA」訪問系列。同事走進社區，訪問各界知名人士，與你分享做運動的樂趣和克服困難的勵志小故事，又教你如何揀菇菌烹調美味營養午餐，提醒大家在繁忙生活中也要找個平衡，活在當下。

還有聯合醫院的外科醫生變身「樂高達人」（頁10至11），砌LEGO砌到獲獎，認真厲害。我們又會介紹三位醫管局大會新成員，想知道他們對醫管局的有何高見，詳閱頁14至15。

編採小組製作今期內容時，有感HA實在是個臥虎藏龍之地，說不定，你身旁那位同事是「HA畢卡索」，或「HA朗拿度」呢！

Crossover

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港隊門將 & 「屯門費格遜」 葉鴻輝 & 羅達康

長勝之道：保持奪冠心態



葉鴻輝亦因但原來他的足球可惜落選了，當時後備球員，當時只

他自爆一開始並不喜歡「守龍」。初時不喜歡，直至有一次守龍，加上我喜歡向難度挑戰，要守住那麼

羅爺笑稱他也是「被迫」愛上足球，與鄰家小孩到球場踢波，才與足球結緣。初時，帶領醫管局球隊贏過30項大小賽事。他的領導之道是「有賞有罰」：「鬧就鬧一次，讚要讚十次，不能每次都鬧，否則很難團結隊員。」



羅達康 Samuel Law

藍天白雲下，東方足球隊隊長兼守門員葉鴻輝與醫管局足球隊領隊，人稱「屯門費格遜」的羅達康（羅爺）——新界西醫院聯網中央消毒及無菌物品供應部聯網運作經理對談，二人分享球場上不敗的心得，又大談當年如何加入球隊和球場上的經歷，更和醫管局足球隊切磋球技，愉快地度過了一個下午！

醫管局足球隊在近年的公開賽表現不俗，更在2016年奪得工商盃七人賽和十一人賽冠軍，非常厲害。葉鴻輝認為，如果球隊想繼續在公開賽取得佳績，除不斷練習外，心態很重要，「球員千萬不要因已達成奪冠的目標而放鬆，每年也要保持奪冠的心態，保持水準。」這個球場上的智慧其實也能應用於工作上，就如大家時刻都盡力做到最好，保持水準，為病人提供優質的服務。

保持這心態，經常助球隊獲勝，更當選2015至16年度的香港足球先生。道路並不平坦，「我13歲時，參與葵青區暑期青少年計劃的足球培訓班，只覺得教練沒眼光。翌年到其他區報名才獲選，正式受訓。剛開始時我擔任希望練習時做好本份，在教練前爭取表現，機會來臨時，便能好好把握。」

「最初是被迫的。小時候跟鄰居踢波，因為我年紀最小，所以被迫做龍門。很自然地飛撲接住了飛來的球，自此愛上了飛撲的感覺。大的龍門並不容易，守得到，便很有成就感！」

只因小時候家中沒有娛樂，附近只有一個足球場，經常他在醫管局的足球隊踢中場，後來兼任領隊和教練，估計已

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醫院管理局 Hospital Authority

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Hero Fai meets Tuen Mun Ferguson Forever winner at heart

It was a sunny day with white clouds in an azure sky. Goalkeeper and captain of Eastern Football Team and member of the Hong Kong football team, Yapp Hung-fai, met with 'Tuen Mun Ferguson' Samuel Law, Cluster Operations Manager of the Central Sterile Supplies Department in New Territories West Cluster, to talk about how to score triumphs in games, and share stories about how they both started playing football and their memorable match experiences. The pair took to the pitch for a game with the HA football team.

The HA football team has a remarkable performance in recent open championships. They won the 7-a-side mini-soccer and 11-a-side soccer tournaments at the 2016 Corporate Games. In order to maintain good performance, Yapp reckons that it is important to have a good attitude, apart from regular practice. "The team shouldn't become too relaxed after achieving success. If you remain hungry for the next win you will work to maintain a high standard of match play." This attitude also applies in workplace that we strive to do the best and provide quality service to patients.

Adopting this attitude, Yapp often helps the team to win in games. He was even crowned Hong Kong Footballer of the Year 2015-16, and is currently at the top of his game. But his path to becoming a footballer was not a smooth one.

As a youngster, he applied for Kwai Tsing district youth summer football training but was not selected. "At the time I thought the coach had no eye for high-potential players," he says with a smile. "I applied for the same programme in another district in the following year and got chosen and started training. I started off as a substitute player. I focused on practising more and showed the coach my capabilities. I made sure I was well prepared and grabbed opportunities whenever they came along."

Yapp reveals that he did not set out to be a goalkeeper. "Growing up, I played football with a group of kids in the neighbourhood. Being the youngest, I was usually delegated to play in goal. At first, I really disliked being the goalkeeper. But I started to enjoy the position a little more every time I made a successful save. I like taking up challenges and defending the goal is very satisfying."

Law jokes that he was also 'forced' to fall in love with football as the pitch near his childhood home was the only place for free local entertainment for neighbourhood kids. The more he played, the more he began to develop passion for the game. As a player for HA football team, Law started out as a midfielder. Over time, he became the captain and then the coach of the HA team. Under his leadership and guidance, the HA football team has won more than 30 tournaments against various opponents in Hong Kong. His leadership philosophy is a combination of carrot and stick, with focus on the former. "I won't shy away from criticising the team for a poor performance, but I will praise them ten times as much for a good one."



葉鴻輝克服重重困難，默默裝備自己，才達到現時的位置。Yapp Hung-fai overcame many challenges and took every opportunity to improve his skills to reach his present position.



羅爺在葉鴻輝和東方足球隊總教練陳婉婷（牛丸）面前，立即化身小粉絲，向他們索取簽名和拍照呢！Law turns to a fan boy on meeting Yapp Hung-fai and Chan Yuen-ting, Eastern Football Team manager, asking for their autographs and taking photos with the sporting role models.



羅達康 Samuel Law



葉鴻輝 Yapp Hung-fai

「羅」問「葉」答
Law asks
Yapp answers

為什麼你不喜歡別人叫你「英雄輝」，而叫你「阿輝」？
Why do you prefer being called 'Fai' instead of your nickname 'Hero Fai'?

因為比賽是所有正選球員、後備球員、教練、球隊管理等人的努力，功勞人人有份，我只是做好自己本份，不想別人太集中注意力在我一個人身上。
It was the concerted efforts of all the players, our coach and the team's managers. Everyone deserves the credit. I was simply doing my job as goalkeeper, so I do not want to be the focus of attention.

面對球員的攻擊和挑釁，你如何應對？
Verbal exchanges between opposing teams and their supporters can sometimes turn nasty – how do you deal with this?

一開始我會按捺不住還擊，但久而久之，覺得別人的說話反正傷害不到自己，如果生氣，反而達到對方挑釁的目的，只要不理會他們，對方就無法繼續下去。
In my younger years, I couldn't help but respond in kind. Later on, however, I realised that by getting angry or shouting back I was helping them achieve their purpose. When I ignore these abusive or ugly words, I rob them of any power they have and the chanters usually just give up trying to get a reaction.

運動創傷十分普遍，如何避免受傷？
Sports injuries can put players on the bench for several matches. Do you have any advice for minimising the chances of getting hurt?

多健身，強健肌肉。重視休息，練波後午睡，能加速身體復原。
You should maintain a regular workout routine to improve your muscle strength and flexibility. You should also get plenty of rest. I usually take an afternoon nap after training as sleep can speed up recovery.

你覺得醫管局的足球隊表現如何？
What do you think about the performance of the HA football team?

HA同事球技不錯。建議大家空閒時可約朋友踢波，提升個人技術，不一定在草地踢，硬地也可以。
The players have some good skills. I encourage them to get extra practice through casual matches with their colleagues and friends. Never mind about the playing surface – every game you play helps develop your skills.

你如何保持最佳體態？
How do you stay fit?

我已經戒甜食，數年沒有飲可樂。有隊員更十多年沒有吃過即食麵和軟汽水！
I have given up eating sweet food and have not drunk coke for several years. One of my teammates hasn't had instant noodles or soft drinks for over a decade!



均速王
蒙德揚

跑步如理財



威院
金毛鴻

均用概念最重要



David Mong



Yeung Kam-hung

From marathon to optimal resource allocation

有人說跑步是孤獨的運動，皆因每人的步速節奏不一，很難找個伴。不過，威爾斯親王醫院高級機電技術員楊錦鴻（金毛鴻）與信興集團主席兼行政總裁蒙德揚（David）卻因此結緣。二人成功甩走「肥腩肉」之餘，亦領悟到跑馬拉松如管理錢包，最緊要懂得平均分配擁有的資源。

十公里賽、半馬、全馬，他們都跑過，足跡遍佈廈門、首爾、東京、京都、鹿兒島、美國等，但偏偏最怕「撞牆」。David形容有次在全馬賽事中跑至30公里時，突然全身乏力，如有一道猛力拉停身軀。「當時很想放棄！但身體卻強撐著，由30公里支撐至35公里，不知為何又回神過來，最終跑完全程。」這位「均速王」一語道出跑馬拉松的關鍵，那就是以均速跑畢全程，「就如管理錢包，跑42公里猶如袋有100元，初期揮霍，後期便不夠用。」

跑步亦令金毛鴻一改以前計較得失、怕吃虧的心態，相信努力終有回報，「我是跑馬拉松後才升職的。」



楊錦鴻（金毛鴻）
Yeung Kam-hung

體重高峰期：2004年，近200磅
Heaviest weight: nearly 200lbs (Year of 2004)

現時體重：143磅
Current weight: 143lbs

第一次跑全馬：2007年
First marathon: 2007

全馬個人最佳時間：
2小時51分（2015年東京馬拉松）
Marathon personal best:
2hr 51min (Tokyo 2015)

話說回來，二人愛上跑步皆因從前只顧工作，忽略了運動和健康的重要性。

本身熱愛運動的蒙德揚年輕時是游泳校隊隊員，在海外畢業後，於1991年回流本港跟隨父親工作，無暇做運動，直至某一天，大廈停電，家住九樓的他要拾級而上，走到一半已氣喘如牛，方發現自己體能大不如前。「當年醫生說我的（健康）指標在灰色地帶，問我想不想吃藥，我當然不想吃。那有甚麼辦法？做運動吧！」家中三個小孩也是推手之一，「他們游泳速度已超越我，我要找一項運動比他們做得更好，所以挑選了需要堅強毅力的馬拉松長跑。」

另一邊廂，誰又猜到眼前身型勻稱的金毛鴻，體重曾高達200磅？他最胖的時候經常生病、頭痛和扭傷腰部。為了身體健康，找回那久違的脖子，終於「的起心肝」減肥，「其實我亦想向女兒樹立榜樣，希望她學會堅毅不屈的精神。」他說。



David和金毛鴻在一起總是笑料百出，連旁人也感受他們互為樂的相處之道。金毛鴻與David約八年前在跑會相識，「初初見到他有少少戒心。『金毛』嘛！不知有沒有背景！」David笑道。金毛鴻又回敬David一句：「初次見面，對他沒甚麼印象啊，因為我只留意他身旁漂亮的女伴！」

金毛鴻又說：「當年David組了一個韓國馬拉松團，預訂一間酒店房，三、四人一起席地而睡，洗手間也要輪流用，我心想：『你這個傢伙，這麼富有也如此節儉。真佩服你！』」難怪在二人眼中，對方的個性還是有點意思。

金毛鴻（左一）與David（右二）於2014年出戰福岡馬拉松。Kam-hung (first from left) and David (second from right) participated in Fukuoka Marathon 2014.



▲ 金毛鴻（左三）與David（左一）經常結伴參加海外馬拉松賽事，包括2013年東京馬拉松。Kam-hung (third from left) and David (first from left) participated together in many overseas marathons, including Tokyo Marathon 2013.



我想同David交換職業，給我做幾日行政總裁都好啊！
I'd like to exchange my job with David. I'd like to try being a CEO, even for just a few days!

我想與金毛鴻交換年齡，年輕些，跑馬拉松的成績會更佳！
I'd like to exchange my age with Kam-hung. If I were younger, perhaps I could improve my marathon personal best!

蒙德揚（均速王）
David Mong

體重高峰期：2001年，167磅
Heaviest weight: 167lbs (Year of 2001)

現時體重：138磅
Present weight: 138lbs

第一次跑全馬：2010年
First marathon: 2010

全馬個人最佳時間：
3小時25分26秒（2012年大阪馬拉松）
Marathon personal best:
3hr 25min 26sec (Osaka 2012)

“Running is a lonely game, as each runner has his or her own pace.” While many think long-distance running a solitary affair, the dynamic duo of Yeung Kam-hung, Senior Electrical Technician in the Medical Physics Unit at Prince of Wales Hospital, and David Mong, Chairman and Chief Executive Officer of Shun Hing Group, have made inference from marathon about effective and efficient use of available resources.

Having participated in 10km runs, half marathons and marathons in Hong Kong and elsewhere such as Xiamen, Seoul, Tokyo, Kyoto, Kagoshima and the USA, both David and Kam-hung found marathon bonk infamous. David shares an example of the time he 'bonked'. He suffered a sudden onset of fatigue and was lack of energy at the 30km point in a marathon. “I wanted to give up, but I told myself to just keep taking one more stride. After about 5km, I beat the bonk and was able to complete the marathon.” He adds that he also learnt a good lesson that day about pacing and energy management. “Running marathon is like managing a daily budget – the more you spend at the beginning of the day, the less you will have near the end.”

Kam-hung says long-distance running has changed his outlook on life, built up his stamina and endurance. He believes that you will be rewarded if you don't give up, “I have been promoted after running marathon.”

Both started running due to overwhelming workload at the beginning of career life and suddenly realised that they had ignored the importance of health.

David was a member of his school's swimming team. After graduation, he returned to Hong Kong in 1991, sports took a backseat to the pressure of work. He recalls that an out-of-order lift was his first wake-up call about the importance of regular exercise. “I was totally out of breath as I climbed the stairs,” he says. “My doctor also told me that my lifestyle was putting my long-term health at risk, could have taken medication, but I decided to take exercise instead.” David's children had already picked up the family mantle for swimming, so he decided to try something new and began running.

The spark that ignited the running bug for Kam-hung was the birth of his daughter. Currently in good shape and robust health, he was unfit just a few years ago and weighed over 200 pounds. “I had back pain and was regularly unwell. I decided that I had to lose weight to improve my health and be a good role model for my daughter.”

David and Kam-hung have now known each other for eight years and the strength of their friendship is reflected in frequent laughters and easy interactions. “The first time I met Kam-hung, his blonde hair made me a little wary,” jokes David. Smiling, Kam-hung says he didn't even notice David at that time as his attention was on the lovely lady accompanying him.

Kam-hung says he admires David's down-to-earth nature. “David organised a marathon tour to Seoul that required three or four of us to sleep on the hotel room floor and share a single bathroom. I appreciate a wealthy man who chooses to live a frugal life.”



襯靚衫「搏中槍」

跑手被攝進鏡頭裏，俗稱「中槍」。如何跑着也「中槍」之餘，又不失霸氣？金毛鴻的貼士是：每次比賽前都會悉心配搭戰衣。戰衣顏色要與號碼布的顏色相襯，就連手臂保暖袖套的顏色也講究，「因為大會攝影師一定拍攝最搶眼的跑手！」

他還提醒大家要留意大會於賽前公佈大會攝影機的位置，並會安排工作人員在相機位前舉牌提示，「每當我將跑至相機位時，就會張大雙眼，笑着望向鏡頭。老實說，真的跑得很辛苦啊，不過，能夠影靚相也是我跑馬拉松的動力呢！」

Race day fashion

Dressing for race day requires strategic planning if you want to get some good photos. “Try to match the colour of your running kit, shoes and arm warmers with the highlight colour of the race number bib,” Kam-hung advises. His other top tips include finding out where the official photo-shooting points are, so you know when to get ready to look your best. “I run with my eyes open and a smile on my face when I get close to a photo-shooting point. Running a marathon is tough, but the chance to have my achievements forever captured in a photo is a great motivation.”



▲ 跑馬拉松的事前準備功夫不可少，襯衫亦不例外。There are a lot of things to keep in mind when preparing for a marathon, dressing up is one of the keys.



黑妹葉佩延 VS 伊院陳藝蓉

享受過程 全力扣殺



相近的起點，不同的選擇，走出不同的路。伊利沙伯醫院腫瘤科護士陳藝蓉（阿蓉）和香港羽毛球隊運動員葉佩延（黑妹）球場上再相遇，不過這次不是比賽，而是分享打羽毛球的心路歷程和切磋球技。

曾三次代表香港出戰奧運羽毛球賽，黑妹今天仍在球場上奮戰，但其實在2016年里約奧運前，她曾想過退役，告別球場。幸好，教練和隊友的一番說話又重燃她心中的那團火，「他們跟我說，打了三屆奧運，已經完成了很多人做不到的事情，為什麼還要因為成績而有壓力呢？我自己再細心想想，既然現在沒有傷患，為什麼不繼續奮鬥呢？將來的結果無人能料，為什麼不享受過程呢？雖未知能否參加第四次奧運，但我絕對會以此為目標！」她每次比賽都是輕裝上陣，抱著創造奇蹟的心態應戰。



陳藝蓉活躍於學界賽，曾代表大學參加2011年全國大學生羽毛球錦標賽，奪得女子雙打亞軍。Chan was active in interschool badminton tournaments. She represented her university in 2011 National Universities Badminton Championship and won the first runner-up in women's doubles.

雖然醫管局羽毛球猛將阿蓉並非全職運動員，但對羽毛球的熱情依然，著重及時行樂，享受過程。她透露將於今年4月下旬出戰全港運動會，力爭衛冕團體賽冠軍。

二人同是在小學開始迷上打羽毛球，但在中學時卻有不同的選擇。中四是學生忙於備戰會考的時期，但黑妹卻選擇轉為全職運動員。家人、老師和同學無一贊成，可是黑妹一意孤行選擇這條路。「運動員生涯短暫，會有退役的一天，而讀書可以讀到老。有機會的話，為什麼不去嘗試呢？」她說。

至於阿蓉，中學時已開始經常出戰全國和本港學界精英羽毛球比賽，多次贏得冠軍及其他獎項。她早已認定打羽毛球是興趣為主，沒想過打全職。她曾為專心準備公開試，停止練球。其後她投身護士行列，因為要輪班，亦少了接觸羽毛球。不過，她對羽毛球的熱情不減，依然力求進步，更在去年的全港羽毛球錦標賽中級組女子雙打比賽贏得冠軍。

二人身型高高瘦瘦，卻沒有特別控制飲食。皆因羽毛球運動員練波之外還要做體能訓練，熱量消耗大，所以沒有特別節食，西多士、炸雞脾等食物通通都照吃。

黑妹的打法比較男性化，要經常跳躍，而且走動速度較快，所以一天消耗五、六千卡路里。比賽前的飲食以碳水化合物為主，訓練期間會有補給，飲電解質飲品和蛋白粉，幫助身體恢復，增加肌肉。有一段時間，黑妹體重過輕，營養師更要她一日吃五餐增磅呢！

最欣賞的羽毛球運動員

Favourite badminton player

所有香港隊成員，因為在香港做運動員好難。看到他們不斷努力，一年比一年有成績，替他們開心。All players of Hong Kong team because it is not easy to be an athlete in Hong Kong. I am happy to witness their progress and improved performance.

強項 Strength

女子雙打
Women's doubles

我覺得做人最重要及時行樂，享受過程。It is important to live the moment and enjoy the process.

打法 Style

穩守突擊型
Hold on patiently for strikes

陳藝蓉
Chan Ngai-yung



Yip Pui-yin VS Chan Ngai-yung

Enjoy the process, keep smashing



Making different choices at a similar starting point may lead to distinct paths. Nurse from Oncology Department in Queen Elizabeth Hospital Chan Ngai-yung meets with Hong Kong female badminton player Yip Pui-yin on the court again to play a game together and share their experience on badminton.

Having represented Hong Kong three times in Olympic Games, Yip remains an active player. However, before the 2016 Rio Olympics Games, she thought of going on retirement afterwards. Luckily, her coach and teammates helped reignite her enthusiasm for badminton with encouragement. "They told me that being a part of the Olympic Games for three times is already an extraordinary achievement. Why do I still focus on the results? I chewed it over and found that they are right. Why do I stop when I can still play? As the results are unpredictable, why don't I just enjoy the process instead? Although I am not sure if I can make it to the Olympic Games again, it is my present goal!" Yip takes part in every game with the attitude of playing at ease and working a miracle.

Although Chan is not a full-time athlete, she is passionate about badminton and believes in living the moment and enjoying the process. The nurse says she will take part in the Hong Kong Games in late April and defend the title of group champion.

Both Yip and Chan started playing badminton in primary school, but chose a different path in secondary school. In secondary four, Yip decided to pursue a career as a full-time athlete when most students were busy preparing for public exams. Everyone around her — her parents, teachers and friends, objected to this idea. But the aspiring athlete persisted. "The career of an athlete is brief. After we retire, we still have a whole life ahead to study. So why don't we give it a shot when we have the chance?" says Yip.

As for Chan, she has been active in badminton tournaments in Hong Kong and China since secondary school and has won championships and other awards. She regards the sport as an interest and has not considered becoming a full-time player. She had once stopped training to make time for public exam preparation. Chan has less time for badminton now that she has embarked on a career as a nurse and works on shift. Yet the amateur player never ceases to strive for improvement and has managed to win the championship of intermediate division women's doubles in the Hong Kong Annual Badminton Championships 2016.

The duo need not go on a strict diet to have a slim figure. Badminton players have to work out apart from training, which helps consume a lot of energy. Therefore they do not have many restrictions on diet — even calorie-rich items like French toast and fried chicken leg are not banned.

Yip adopts a more masculine style in playing badminton that involves plenty of jumping and swift movements, so she consumes five to six thousand calories a day. Before competitions, she mainly adopts a diet rich in carbohydrates and takes supplements, such as sports drinks and protein powder, during training for recovery and muscle gain. There was a period when the athlete was underweight and had to take five meals a day to gain weight as instructed by a dietitian.



2008年北京奧運時期，黑妹身體出現問題，瘦了15磅，要透過飲食和體能訓練增磅。In 2008 Beijing Olympic Games, Yip lost 15 pounds because of health issue and had to gain weight through diet and physical training.

強項 Strength

女子單打
Women's singles

最欣賞的羽毛球運動員

Favourite badminton player

張寧，因為她球技了得，很勤力，態度很好。Zhang Ning. She is a diligent player with good attitude.

打法 Style

比較男性化，經常要雙腳跳躍，速度較快
More masculine, characterised by jumps and swift movement.

葉佩延
Yip Pui-yin

黑妹閒時最愛做蛋糕 Yip likes to share her home-baked cakes

黑妹除了練波，平時最愛做蛋糕。她最拿手是芝士蛋糕，每逢朋友生日或者節日，都會送上親手做的蛋糕，一齊慶祝。「最開心看到別人收到蛋糕的喜悅，見到他們吃得開心，我都會感到很滿足。」好友李慧詩更大讚她的芝士蛋糕好味。

Apart from playing badminton, Yip Pui-yin enjoys baking and cheesecake is her best. She loves to share homemade cakes on birthday of her friends and at festivals. "It is gratifying to see people's smiling faces when they receive and enjoy my cakes," says Yip. Her friend Sarah Lee thumbed up for the baking skills of the badminton player.

兩大「營男」 教你揀菇菌 食得健康又滋味



都市人愈來愈著重健康飲食，菇菌是個不錯選擇。不論中式或西式烹調，各有風味。東區尤德夫人那打素醫院一級廚師徐欣榮（營哥）和英國註冊營養師陳國寶，今次教大家如何將菇菌變成健康又美味的飯盒！

More and more people weigh on healthy diet. Edwin Tsui, hospital chef at the Pamela Youde Nethersole Eastern Hospital and Leslie Chan, UK registered diet together show us how to prepare a healthy and tasty lunchbox with mushrooms, a popular and tasty ingredient in both Chinese and western cuisine.



陳國寶
Leslie Chan

徐欣榮
Edwin Tsui

營哥的揀菇心得是，冬菇腳要實心，菇葉要清晰可見，常見的雞脾菇則要選白色，不要選啡色，因啡色代表菇有濕氣，不新鮮。菇菌買回家時最好用紙袋或紙包裹來保存。

處理菇菌時，營哥建議先用紙巾抹乾，避免用水沖浸，因菇菌如海綿體，容易吸收水份。陳國寶補充，烹調時可用大火炒磨菇，鎖住其水份，但若菇菌吸收太多水份時，就難以炒至乾身。

外界常說醫院的膳食淡而無味。營哥解釋，醫院膳食清淡，因要配合「三少一高」（少鹽、少油、少糖、高纖維），亦會考慮菜式的顏色和蔬菜的質感。廚師通常設計菜單後，會讓營養師覆核，計算營養量是否適合病人食用。每逢過節，醫院會提供健康應節食品，如新年會有蘿蔔糕、端午節有糰、中秋節有月餅等，讓院友感受節日氣氛。他補充，醫院亦有提供中餐、西餐和清真回教餐，應付不同國籍病人的口味。

醫管局有不少同事都有帶飯習慣，如何可吃得健康？陳國寶表示，意粉是選擇之一，因意粉放涼後，會變成抗磨澱粉，讓身體不能吸收，間接減少熱量攝取，降低血糖指數，即使再翻熱進食，抗磨澱粉也不會變回普通澱粉，是中午飯盒健康之選。

烹飪小秘訣 Cooking tips

如何令意粉在烹調時結實一些？
How to cook pasta to make it al dente?
給意粉時，可以加一點鹽。
Add some salt when boiling the pasta.

意粉可配甚麼食物，以達飽肚之效？
What are the foods that go well with pasta and is filling?

可配蔬菜濃湯，麵包或三文治。
Vegetable soup, bread or sandwich.



陳國寶
Leslie Chan

另起鑊炒香松子仁。
Sauté pine nut.

將已煮好的螺絲粉隔水，放入湯碗內。
Put dried fusilli into a large bowl.

將已煮好的磨菇、炒香的松子仁拌勻，再加入檸檬汁、橄欖油和羅勒葉即成。

Mix cooked mushrooms and fried pine nut. Add lemon juice, olive oil and basil.

特色
● 快速易煮，清怡美味。
● 可將芝士刨片混入，增加風味。
Features
● Fast and easy to cook.
● Fresh and delicious.
● Can add grated cheese to enhance flavour.

十分鐘Pasta餐盒 Pasta lunchbox in 10 minutes

1人份量
serve

材料	Ingredients	
螺絲粉	Fusilli	120g
啡磨菇	Brown mushroom	8 pieces
蒜片	Garlic	2 slices
松子仁	Pine nut	2 tablespoons
甜羅勒	Sweet basil	2 pieces
檸檬汁	Lemon juice	1 tablespoon
橄欖油	Olive oil	1.5 tablespoons
鹽	Salt	1/4 teaspoon
黑胡椒	Black pepper	a trace

做法 Method

- 先用鹽水將螺絲粉煮8分鐘。
Boil fusilli in salt water for 8 minutes.
- 將啡磨菇切開。
Cut brown mushrooms into pieces.
- 起鑊加入少量煮食油，炒蒜片、啡磨菇。
Add a little oil to wok. Fry garlic slices and brown mushrooms.
- 將啡磨菇炒至略乾水，加鹽、黑胡椒調味，熄火待涼。
Fry brown mushroom until dry. Add salt and black pepper for seasoning. Turn off the stove and leave mushrooms to cool.

Chef and dietitian share tastily refreshing lunch box ideas



烹飪小秘訣 Cooking tips

設計菜單時要留意甚麼？
Do you have any advice on menu design?
不要多於三款主要食材。
Do not use more than three ingredients.



徐欣榮
Edwin Tsui

想食得健康，應選黃油雞皮還是白油雞皮？
Is skin of soy sauce chicken or poached chicken healthier?
宜選白油雞皮，健康又較薄身，油脂低。
Poached chicken skin as it is less fatty and oily.



2人份量
serves

材料	Ingredients	
雞扒	Chicken	1 piece (approx. 200g)
秋葵	Okra	8 pieces
杏菇	King trumpet mushroom	1 piece (approx. 100g)
鮮冬菇	Fresh mushroom	3-4 pieces
香茅	Lemongrass	1 piece
薑米	Diced ginger	1 teaspoon
蒜片	Garlic	2 slices
紅/黃椒	Red or yellow pepper	a trace
黑椒碎	Ground black pepper	a trace
紹酒	Shaoxing rice wine	1.5 tablespoons
橄欖油	Olive oil	1 tablespoon

醃料	Marinate	
鹽	Salt	a trace
糖	Sugar	1/2 teaspoon
古月粉	White pepper powder	a trace
粟粉	Cornstarch	1 teaspoon
橄欖油	Olive oil	1 teaspoon

調味	Seasoning	
生抽	Light soy sauce	1 teaspoon
鹽	Salt	1/2 teaspoon
糖	Sugar	1/4 teaspoon
生粉	Potato starch	1 teaspoon
(加水伴勻)	(mixed with water)	

香茅野菌煎焗雞件秋葵 Baked fried chicken with lemongrass, mushroom and okra



特色

- 宜配健康紅米/燕麥飯伴食。
- 雞肉含豐富蛋白質，易於讓人體吸收，增加體力；菇菌含多種維生素和胺基酸，能提升食慾；秋葵則含可溶性纖維及果膠，有助改善血管健康。

Features

- Good to serve with red rice or oat rice.
- Chicken is rich in protein which is easy for body to absorb. Mushrooms contain different vitamins and amino acid, and add flavour to food. Okra has soluble fibre and pectin which strengthen blood vessels.

做法 Method

- 雞扒解凍、去皮、切件，再加入醃料拌勻備用。
Defrost the chicken and remove the skin. Cut it into pieces and mix well with marinade.
- 鮮冬菇切小粒，杏菇切角、香茅切碎。
Cut fresh mushrooms and king trumpet mushrooms into small pieces. Mince lemongrass.
- 將秋葵原條快炒，加入水、鹽、糖少許，蓋上煮至軟身取出。
Fry okra in whole pieces. Add water, salt and sugar. Cook until softened.
- 起鑊把雞肉煎至五成熟，取出上碟。
Fry chicken until half-cooked. Put it on a dish.
- 再起鑊下油爆香薑米、香茅、蒜片、鮮冬菇碎、杏菇及黑椒碎。
Stir-fry diced ginger, lemongrass, garlic slices, fresh mushrooms, king trumpet mushrooms and ground black pepper.
- 將煎香的雞肉回鍋，贊紹酒、薑上焗1分鐘，加入調味，紅/黃椒和粟粉水，炒勻上碟伴秋葵食用。
Cook the fried chicken again. Add Shaoxing rice wine. Cover the pot and cook for 1 minute. Add seasoning, red or yellow pepper, cornstarch with water. Stir well and dish out with okra.

Edwin shares his tips on selecting mushrooms. He suggests choosing mushrooms with a solid stem and large cap. As for king trumpet mushrooms, take those in white instead of brown because mushrooms in brown are moistened and stale. It is best to keep the ingredient in a paper bag or wrap them with paper.

When it comes to handling the ingredient, Edwin advises to dry mushrooms with tissue paper and not to soak them in water as mushrooms absorb water like a sponge. Leslie adds that frying mushrooms on high heat can lock water in, but it would be difficult to fry soaked mushrooms until dry.

Hospital food is often regarded as tasteless. Edwin explains that hospital meals are prepared according to the '3 low, 1 high' dietary principle, i.e. low in salt, fat and sugar and high in fibre. Chefs also take the colour of dishes and texture of vegetables into account. Hospital menus designed by chefs are usually reviewed by dietitians who will evaluate the dietary value so that the food is suitable for patients.

Besides regular menus, hospital provides traditional dishes in a healthy style at festivals to create festive mood, such as turnip cakes for Chinese New Year, rice dumplings for Dragon Boat Festival and mooncakes for Mid-autumn Festival. Chinese, western and halal foods are served for patients of different nationalities.

Many HA staff members bring their own lunch boxes to work. How to eat healthily? Leslie points out that pasta is a good choice. Starch in pasta becomes resistant starch irreversibly after it is cooked and left cool. Our body absorbs fewer calories in resistant starch, thereby reducing our blood glucose level. Therefore pasta is a healthy choice.



HA問人·人間HA In dialogue with talent

每集內容 Episode

24/3/2017

由天光跑到天黑：蒙德揚 × 楊錦鴻
Marathon: David Mong × Yeung Kam-hung

7/4/2017

足球大將：葉鴻輝 × 羅達康 & HA足球隊
Football: Yapp Hung-fai × Samuel Law & HA football team

21/4/2017

揀菇學堂：陳國寶 × 徐欣榮
Cooking: Leslie Chan × Edwin Tsui

5/5/2017

全力扣殺：葉婉延 × 陳藝蓉
Badminton: Yip Pui-yin × Chan Ngai-yung

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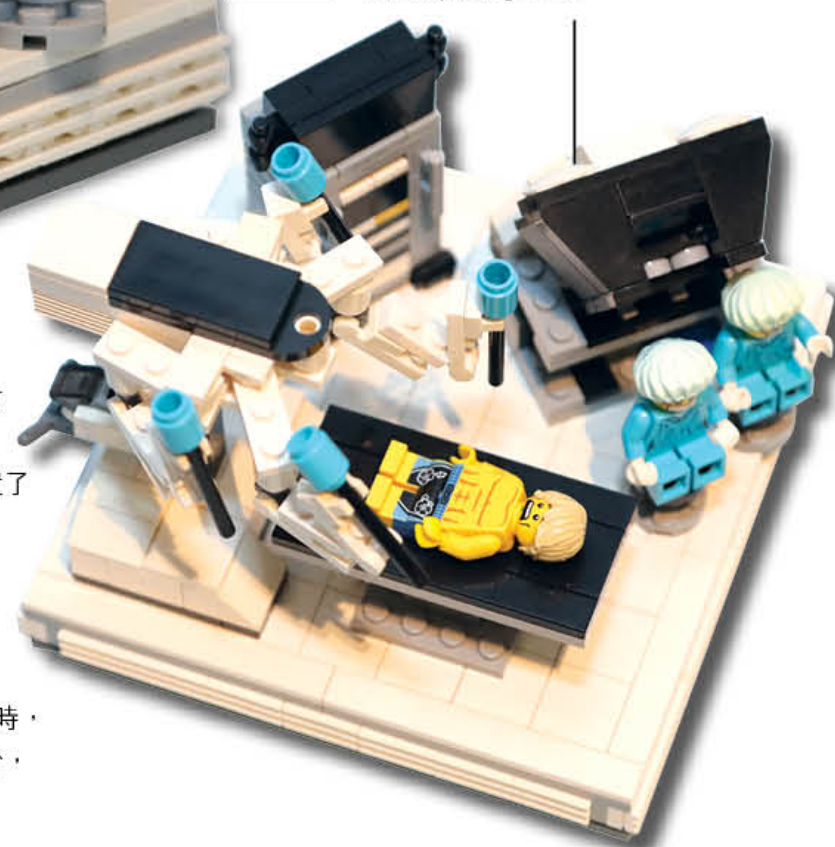
外科醫生情迷 樂高 自創自砌無價品



鄧醫生創作的LEGO星球大戰作品，去年贏得亞洲樂高社群聯合賽成人組冠軍，揚威海外，並於馬來西亞樂高樂園公開展出。Dr Chau nailed down the champion in Star Wars Day MOC (My Own Creation) Contest 2016. His work was displayed in LEGOLAND Malaysia Resort.



手術室 Operating theatre



對於小朋友而言，樂高（LEGO）或許只是玩具，但在大朋友心目中，卻是一件藝術品、是之餘減壓的好工具、更是工作靈感的泉源。

基督教聯合醫院外科副顧問醫生鄧衍小學四年級時，因成績優異獲獎勵人生第一盒LEGO。跟著說明書砌疊，之後拆散又再砌，反反覆覆，一盒積木玩足兩年。惟升中後的近廿年，再沒碰過它。

後來，LEGO公司推出以電影《星球大戰》為主題的LEGO，觸發了《星戰》迷鄧醫生的神經。他重燃砌LEGO的興趣，後來更演變至自創作品。

由設計、購買組件和砌疊，一手包辦，作品題材以科幻及城市建築為主，「砌出城市生活中的景象和環境變化，這是另類的城市紀錄」。

去年，在一群聖保羅書院舊校友贊助零件下，他用了50,000件LEGO打造了一座聖保羅書院作為送給學校165週年

紀念的禮物，重現校舍外觀之外，還有學生於球場踢「西瓜波」、與同伴談天說地等校園生活點滴，模型內裝置了小燈泡照亮課室，栩栩如生。

鄧醫生喜歡將積木零件按顏色及種類分門別類存放，而其退休的岳父就會趁他上班時，先抽取出所需的零件，以便他回家「開工」。當製作大型作品時，其岳父也會幫忙砌疊簡單、重複的部份，如大廈外牆，讓鄧醫生回家後可接力。



歐陸街頭 Fascinating European-style cityscape

鄧醫生砌LEGO，不滿足於跟說明書砌，愛跳出框框，製作心中所想，且不斷改良設計。這種創新求進的精神更延至工作層面，「我會常常想，在醫療工作上，哪裡可以優化改善呢？」他舉例，清除體積大的腎石，需要透過外科手術清除，於是與團隊兩年前想出新的「導航經皮腎穿刺技術」，利用裝有定位系統的電子針配合超聲波儀器進行穿刺，確保穿刺位置能準確接觸及擊碎腎石，大幅減少傳統手術或需多次穿刺的機會及對X光的依賴。

其實行醫和砌LEGO一樣，要不斷構思，才能創出新境界。

LEGO 'artefacts' reveal originality



聖保羅書院 St. Paul's College



To children, colourful LEGO bricks are simply toys, but to working adults, these little pieces can build artworks, help alleviate stress and bring inspirations.

Dr Chau, Associate Consultant Surgeon at United Christian Hospital, was awarded his first set of LEGO for outstanding academic performance in primary four. Following detailed instructions, he built, dismantled and reassembled the same set of LEGO repeatedly for two years, until he set the toy aside for almost 20 years after primary school.

The collaboration between LEGO and Star Wars rekindled the Star Wars fan doctor's love for LEGO, which later turned into an enthusiasm for creation. From hands-on design, purchase to assembling, Dr Chau creates his own collection using elements of fiction and cityscape, "To reconstruct buildings and landscape in miniature brick is another form of record."

school life – students playing football and chatting with one another and classrooms illuminated with light bulbs.

Building LEGO is also a family play. The father-in-law of Dr Chau would help categorise and organise the bricks by colours and shapes and sort out necessary pieces to facilitate later production. When it comes to a massive work, father-in-law would help assemble some easy parts, such as walls and the repeated parts and pass on the rest to Dr Chau.



創作LEGO作品已變成鄧氏一家的家庭活動。Building LEGO models has become a family activity of the Chau's.

Not satisfied with building LEGO blocks as instructed in the manual, Dr Chau thinks out of the box and plays around with the bricks to seek improvement, an attitude that is also applicable in the workplace. "I'm used to pondering over ways to optimise healthcare services." He quotes Navigation Percutaneous Nephrolithotomy as an example, a new surgical technique to remove renal stones his team developed two years ago. The magnetic field-based navigation ultrasonography can visualise the position of the needle track in relation to the target calyx to help minimise multiple passes and the usage of radiation required in conventional practice.

New ideas only come to shape when you put effort in creation, be it LEGO building or healthcare service.



「福」字揮春
New Year scroll

One of the most impressive pieces from Dr Chau's LEGO creation is a 50,000-piece LEGO St. Paul's College, with alumni sponsorship – in celebration of the College's 165th Anniversary. The LEGO college comes alive – not only does it capture the impressive exteriors of the college campus with stunning details, but also recreates the interiors with many typical scenarios of

小小積木有幾貴？

贈品才是寶！

How much is a LEGO piece?

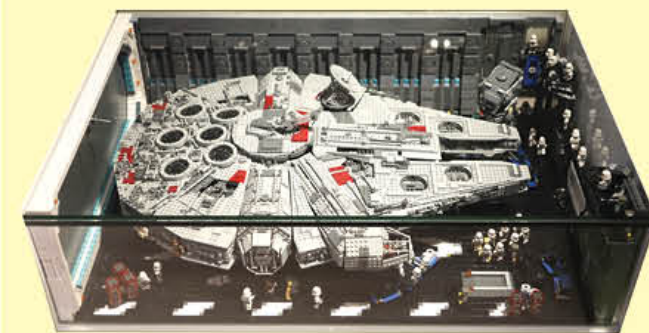
The non-sellable is real valuables!

買賣股票，低買高賣是原則。原來採購LEGO也是同一道理，「零件倘是以市價五折出售，就是入貨的時候。」鄧醫生說。

鄧醫生主要從外國網站搜羅零件，定期「探風」收集世界各地推出的特別版模型套裝的消息。除了公開發售限量版的模型值千、萬金外，一些只會在某盒裝模型中出現的獨特零件，亦具升值潛力，「有的一件索價高達300港元！」

小小積木升值潛力有多大？以有逾5,000塊零件的《星球大戰：新的希望》的「千歲鷹號」（見圖）為例，原價5,000元，連同後期加添的運輸車、飛船格納庫等，整個作品市場估值逾50,000元！

近期鄧醫生「搭通天地線」購得一份LEGO總公司去年聖誕節贈送員工的模型，別具收藏意義。外行人會覺得贈品價值低，但鄧醫生笑言：「別小看啊！用作為贈品的LEGO模型很多時都是經特別設計，不會公開發售呢！」



《星球大戰：新的希望》的「千歲鷹號」
Star Wars Millennium Falcon

As in the stock market, the golden rule is to buy low and sell high. "When you find the bricks sold at a price 50 percent lower than the market value, it's time to make bulk purchases," says Dr Chau.

For Dr Chau, online platforms and marketplaces are major information sources on LEGO and also where he buys LEGO bricks and minifigures. Apart from limited edition sets, some bricks in unique shape or colour that come in a set have good potential for appreciation in particular. "A unique piece of brick could worth as much as 300 dollars!"

To what extent can a piece of brick become profitable? Take a 5,000-piece LEGO Star Wars Millennium Falcon (see photo) as an example, it appreciates by 10 times to 50,000 dollars in a few years, with the addition of extra LEGO transport vehicles and the hangar.

Dr Chau has got himself a box of employees' exclusive Christmas set recently through his connection. Layman may see gift sets as nothing special, but Dr Chau remarks, "Don't look down on gift sets. They often have special themes or designs that are not for sale and rare in market!"



Dr V 流感教室 速解冷知識 ‘Dr V’ explains little-known facts about influenza



近日，醫院管理局Facebook專頁推出「Dr V 流感教室」，講流感冷知識，Helen睇完之後又長知識了。好似有新手媽媽會問，BB可唔可以打流針？Dr V話，BB夠六個月大就打得，六個月以下嘅BB就可以透過母乳得到少量流感抗體。九歲以下嘅小朋友首次打流感針，就要分開兩次打。仲有，哺乳期嘅媽媽都可以打流感針。

另外，我哋經常聽到人講甲型流感、乙型流感、禽流感等，相信好多人都唔知有咩分別。其實

禽流感屬甲型流感病毒。至於點解人類感染禽流感後，死亡率較高？Helen賣個關子，等大家自己上HA FB搵答案。相關內容亦會上載於醫管局網站同YouTube添！

‘Dr V’ is a new series we rolled out on HA Facebook to educate the public little-known facts about influenza. Some mothers of newborns wonder whether infants can get a jab. The answer is: babies under six months old can obtain antibodies from breastfeeding moms

who have got vaccinated. On the other hand, children between six months and nine years old should receive two doses of influenza vaccine for the first time. And we encourage breastfeeding moms to get a jab.

Besides, many people find it hard to distinguish between various types of influenza. In fact, avian flu is a kind of influenza A virus. Then why does it cause such a high mortality rate when human gets infected? Want to find the answers? Please check out HA's Facebook page, corporate website or YouTube!

\$ 財案撥款用嘅邊？ How is money spent in HA?

政府2月公佈2017至18年度財政預算案指出，香港醫療衛生經常開支預算總額已達619億元，佔政府經常開支約17%。當中醫管局佔咗553億元，包括544億元日常營運開支，同埋購買大型醫療設備及開發資訊科技發展項目嘅9億元。

咁醫管局會點用呢筆撥款呢？有財務部同事話俾Helen知，醫管局2017至18財政年度嘅日常營運開支預計接近620億，除咗以上提到嘅544億政府撥款外，仲會動用預計約52億嘅收入和餘下約21億元嘅儲備，以維持現有、新增和加強服務。

新增服務主要有以下幾個範疇，以應付社會需求。

- 增設共229張病床，應付因人口老化而增加服務需求
- 加強對致命疾病，如癌症、中風、心臟病治療
- 增加處理長者骨折個案支援
- 提升精神健康服務支援
- 增加專科同普通科門診名額
- 加強腫瘤科同兒科藥劑支援服務

The 2017-18 budget announced in February states that the expenditure in healthcare is projected to reach \$61.9 billion, making up 17% of the government's total recurrent expenditure. \$55.3 billion is allocated to HA, including \$54.4 billion for recurrent expenditure and \$0.9 billion for purchasing large medical equipment and initiating IT development projects.



潘恩榮愛看電影和小說來減壓，但謝絕具恐怖元素的内容。
Lawrence loves watching movies and reading novels — except those in the horror genre!

新「護頭」潘恩榮：管理要「貼地」 New chief nurse makes decision from frontline perspective

「作為管理人員，我經常提醒自己做事不要太『離地』，大大偏離了事情最初的原意。」新任醫管局總護理行政經理的潘恩榮，相信作出決定時應重視同事意見，多參考其想法作出適當平衡，避免經過多番討論後，完全違背初衷，變成四不像。

新任護頭是精神科護士出身，累積了逾廿年的前線經驗，直至2004年開始從事護理行政工作，負責人力資源規劃、醫院認證和員工培訓及發展。升任此職前，他是港島東醫院聯網護理總經理，以及東區尤德夫人那打素醫院的高級護士長。

未來，他有兩項大計，（一）加強使用科技或社交媒體，將訊息準確傳遞給前線同事，強化與年輕護士的溝通；（二）檢視護士診所的角色和運作模式，以配合各專科繁重的服務。

“As a senior leader, I have responsibility to listen to suggestions from frontline colleagues and give them careful consideration,” says Lawrence Poon, the new Chief Manager (Nursing). He believes that the views and opinions of colleagues should be the starting point for management decisions achieving the best resolution for all stakeholders.

With nursing background in psychiatric care, Lawrence has more than 20 years of frontline experience. In 2004, he started to explore executive concerns such as manpower planning, hospital accreditation and overseeing the training and development of nursing staff. Before taking up his current post, he was Cluster General Manager (Nursing) for the Hong Kong East Cluster and prior to that, Senior Nursing Officer at Pamela Youde Nethersole Eastern Hospital.

On his new appointment, Lawrence has two main priorities. The first is to strengthen the use of technology and social media platforms with the aims of accurately and efficiently passing important information to frontline colleagues and improving communication with nurses of younger generation. His second key objective is to reposition the role and operation model of nurses clinics in order to meet the high service demand of various specialties.

劉敏昌 打籃球論管理 Herman Lau Management VS playing basketball

「醫病用藥、醫人用心、管理用真心。」這是沙田慈氏護養院、白普理寧養中心和沙田醫院新任行政總監劉敏昌博士的座右銘。

劉博士由管理一間醫院到三間，今後仍會堅守「以人為本」的管理哲學，加強與同事溝通，希望同事在工作間建立和諧關係，在壓力中找到滿足感，因為「做事做不死人，但谷氣就會谷死人！」

物理治療師出身的劉敏昌，選擇由前線轉為管理層，因覺得做管理可以從改善系統和機制入手，讓更多病人受惠。他曾帶領新界東聯網男子籃球隊奪獎無數，「管理醫院和打籃球一樣，講求團隊合作，大家要有共同目標，講策略，落場時要懂得互相補位。」未來，他會研究三院如何互相協調，善用資源，達至協同效應。

劉敏昌愛去旅行來減壓。
Dr Lau loves travelling to relieve stress.



“Medicine cures diseases, diligence heals spirit, sincerity counts for management,” believes Dr Herman Lau, the Hospital Chief Executive (HCE) of Cheshire Home, Shatin, Bradbury Hospice and Shatin Hospital.

Managing three hospitals, Dr Lau has always adhered to people-oriented management, hoping to develop harmonious relationship through better communication with staff, enabling his colleagues to find satisfaction out of stress. “Work doesn’t kill people, but grievance does!”

Dr Lau, a physiotherapist by background, decided to retreat from the frontline and join the management so that he can help improve the system for the good of patients. Once led the New Territories East Cluster to triumph in many basketball games, Dr Lau analogises management to playing basketball. “It is about teamwork and strategies. You need to work on a common goal.” His next task is to bring out the synergy among three hospitals through coordination and resources optimisation.

醫管局新大會成員報到 細訪林濬、龔楊恩慈和劉文文

醫院管理局大會最近有三位新成員加入，他們是林濬、龔楊恩慈和劉文文。由以往到現在，他們都可說是達「公職王」的級數，當中不少職務的服務對象都是廣大市民，現在就聽聽他們加入醫管局的大家庭後有何感想！



林濬 謝絕退休迎挑戰
Daniel starts new path to embrace unceasing challenge

年屆71歲的林濬（Daniel）謝絕退休，接受委任為醫管局大會新成員。他常問自己：「既然身體、頭腦沒問題，為何要退休？你可選擇減少工作量，做甚麼亦可，但完全不工作卻是一個大問題啊！」

熟悉建築規劃的他有個小願景，「未來幾年將有新醫院落成，亦有多間醫院進行擴建或重建，這是一個打通醫院連接集體公共交通運輸點的契機，例如加建行人天橋，讓病人不用日晒雨淋，沿平路到一個打通醫院連接集體公共交通運輸點附近的發展時，預留土地作公營醫療服務用途，例如興建專責跟進覆診個案的中心，有助舒緩大型醫院的需求，同時亦免卻病人頻撲之苦。」

Daniel曾先後出任房屋委員會建築小組委員會主席、前九廣鐵路公司物業總監、市區重建局非執行董事及行政總監，時至今日出任醫管局大會成員，服務對象都是市民大眾。在服務以上的機構時，他曾遇過高層離職及人事紛爭事件，笑言希望今後會遠離這些「挑戰」。



Daniel（左二）小時喜歡跑步和踢足球。Daniel (second from left) was fond of running and playing football at his young age.

While many of us look forward to hitting the magical age of retirement, Daniel Lam seems to be a different species to take up the appointment of HA Board member. "Why retire when you are still mentally and physically fit? You may reduce your workload and do whatever you want, but refusing to work is absolutely a problem!"

The veteran in property development and construction industry portrays his vision, "As the construction of new hospitals is in progress and the existing hospitals undergo expansion and redevelopment, we should seize the chance to improve the connectivity between hospitals and transport hubs, such as building a footbridge to shelter patients from the scorching sun or torrential rain." In the long run, he hopes that the government would reserve some land for public healthcare facilities, such as medical centres for referral check-ups, as a part of the planning for transport hubs. This could help alleviate the problem of excessive demand for services from major public hospitals and save patients from the exhaustion of taking long journey to hospitals.

Daniel was the Chairman of the Building Committee under the Housing Authority, has been the Property Director of the Kowloon-Canton Railway Corporation, Managing Director of the Urban Renewal Authority, and to date, an HA Board member, of which all positions are associated with public services. Having experienced internal disputes and conflicts in executive managements during his term in the mentioned organisations, Daniel says in jest that hope he can stay away from these 'challenges' in the future.

林濬最近升級做爺爺，談到孫兒時，笑不離口。
Daniel describes becoming a grandpa as an unbridled joy.

雖然Ann集多個要職及公務於一身，但她很珍惜與家庭成員相處的時光，以平衡生活及工作。Ann treasures every moment with her family to achieve work-life balance.



銀行業與公營醫療服務，兩者有何共通點？「兩者都是服務型的行業，以客戶為中心，我們需不斷適應瞬息萬變的市場需求。」現任中銀香港（控股）有限公司副總裁的龔楊恩慈（Ann）認為，待病人如客人，是以病人的需要出發，提供適切的服務。

Ann的兒子曾是青少年港隊網球隊員，多年前，他因訓練而受傷，被送往威爾斯親王醫院就醫，「當時的醫療質素及醫護人員的服務態度都是從心出發，令我留下深刻印象。小兒最後百分百康復，加入了美國大學的網球隊，也繼續代表香港出賽。」

作為人力資源委員會委員，她將積極參與建設醫管局人力資源管理機制，不斷倡導團隊建設及人才培育，為員工提供理想的事業發展平台，確保醫管局員工獻已所長，達致工作與生活平衡，身心健康。

集多項公職於一身的Ann，平日雖然公務繁忙，但亦很重視和珍惜與家庭成員相處的時光，「銀行服務以及我現時公職所涵蓋的，都是大眾生活所必需的，所以我也常常從生活中取靈感，讓我有新啟發、新思維！」



龔楊恩慈 提倡工作、生活要平衡
Ann advocates work-life balance

What do the healthcare and banking industries have in common? "Essentially, both are service-oriented and people-centered industries. We need to meet the ever-changing demands of the markets," says Ann Kung, the Deputy Chief Executive of Bank of China Hong Kong (Holdings) Limited. She elaborates that being customer-centric or patient-centric would help drive satisfaction amongst stakeholders.

Ann's son was a Hong Kong junior squad tennis team player. She recalls that some years ago her son had a rotator cuff tear and was operated at the Prince of Wales Hospital. "I was deeply impressed by the high standard of medical services and compassionate care of the healthcare professionals, which contributed to my son's full recovery. He was then able to go on to play college tennis and represented Hong Kong in various tournaments."

Sitting on the Human Resources Committee, she will enthusiastically advise, review and make recommendations on human resources policies, and promote team building and talent nurturing, with the objective of providing HA staff with an ideal platform for career development. She encourages HA staff to make the best of their talents and at the same time strive for work-life balance.

Taking up a new role as an HA member alongside an already packed schedule, Ann cherishes every moment she has with her family. "The banking and healthcare industries cover some essential aspects of everyday life. That is why I can always draw inspiration from daily life to facilitate my work!"



Ann（右）熱愛工作，她透露常常從生活中取得工作靈感。Ann (right) always draws inspiration from daily life to facilitate her work.

HA in the eyes of new board members

We are pleased to welcome three new members — Daniel Lam, Ann Kung and Lisa Lau to the Hospital Authority! They have sat on the boards of several organisations related to public services. HASLink spoke to them to find out more about their visions on public services.



劉文文 堅守雙向溝通大原則
Lisa believes in mutual communication

談到劉文文（Lisa），相信最令人印象難忘的是她曾擔任香港吸煙與健康委員會主席，但其實她本業是設計顧問，亦熟悉推廣和宣傳工作。

Lisa坦言對接受委任職務有要求，「因我不想坐著做舉手機器，開沒結果的會議，擔任一個自己未能作出貢獻的職務。」醫管局作為廣大市民的醫療安全網，對她而言，加入醫管局是充滿挑戰。有一次，其父身體抱恙入住公營醫院，令她深深體會人口老化令公營醫療服務需求日趨緊張，「醫護團隊的工作相當繁忙，他們想投放更多時間慰問病人亦有難度，壓力相當大。」

屬醫管局大會轄下的公眾投訴委員會成員的Lisa認為，雙向溝通是提升專業服務水平的關鍵，「經驗告訴我，溝通對象人數不需要多，重點是認清自己宗旨，找對的議題、對的受眾、對的渠道。」

Lisa Lau is well-known as the former Chairman of the Hong Kong Council on Smoking and Health. Very few are actually aware of the fact that she is a design consultant excelling in publicity.

She reveals her criteria for receiving an appointment, "It doesn't appeal to me if I sit on the board and act like a voting machine, attend meetings with empty talks and receive an appointment without contribution." The public healthcare system serves as an essential safety net for the population, and to her, the new appointment accompanies plentiful challenges. She recalled how her father's hospitalisation made her notice the pressing need to address surging demand for public healthcare. "Heavy workload and time constraint discourage medical personnel from expressing further care and concern for patients."

As a member of the Public Complaints Committee, Lisa points out that mutual communication is the key to enhancing the standard of professional services. "The number of recipients of communication isn't the prime concern, but the objective of communication, the key issues, the corresponding audience and the right channel are."



▲ Lisa當年擔任香港吸煙與健康委員會主席讓人留下深刻印象。Lisa's role as the Chairman of the Hong Kong Council on Smoking and Health has made an impression on the public.

研發流動應用程式 「四條腿」邁進IT路

創 新科技發展為醫護服務開創不少可能性。醫院管理局近年亦積極研發臨床醫療或非臨床醫療的手機流動應用程式，並循公眾、員工、臨床醫療及企業管理四大方向發展。

醫管局至今已推出多個專為市民而設的流動應用程式，資訊科技及醫療信息部臨床醫療系統總系統經理許慶來表示，流動應用程式的發展已經是醫療系統的大趨勢，未來將繼續擴大使用流動支援技術，更便利市民使用醫管局的服務。

在員工方面，團隊和人力資源部攜手開發的人力資源應用程式，不斷更新服務，同事可以透過手機請假和查詢出糧等重要事項。為方便同事工作聯繫，團隊亦正積極籌備一個手機即時通訊軟件HA Chat，讓同事可以在安全的網絡環境中收發文字、圖像及語音訊息，進行跨部門工作交流，提高工作效率，現約有1,000個賬戶進行測試。

在臨床醫療流動應用程式方面，資訊科技團隊致力推動「智能醫院」。目前，醫護人員已經可透過流動應用程式為病人查詢各項檢驗結果，團隊正積極研發更多醫療應用程式，讓病人獲得更高質素的治療。

而在專職醫療方面，團隊為配合總部發展方向，正研究透過遊戲應用程式，供病人在家中使用，專職醫療人員則可從程式中知悉病人訓練的情況，提高復康治療成效。

許慶來形容，在企業管理層面開發流動應用程式處於起步階段，預計未來有關程式可涵蓋採購流程、人力資源管理及行政策劃等工作範圍。

他坦言，每當研發醫療流動應用程式時，保障病人私隱資料安全是首要考慮。流動裝置版本更新迅速，則是對團隊最大的挑戰。醫療服務牽涉市民大眾的重要私隱資料，所需的保安及程序要求相當嚴謹，他說：「要求甚至比信用卡的保安系統更為嚴謹！」



An app-titude to serve patients and staff through technology

The Hospital Authority has made great strides in embracing technology to improve operational efficiency and the delivery of healthcare services in recent years. Taking a four pronged approach that considers the needs of patients and public, staff, clinical delivery and business management, HA has already developed a diverse range of apps and will add more in the future.

Members of the public can now make use of several apps that provide a wealth of information on HA services. "We are committed to fast-tracking the implementation of app use in areas that will significantly benefit patients," says Hui Hing-loi, Chief Systems Manager of Clinical Systems Architecture and Development.

On the staff side, the 'HR App' provides easy leave application, employee-related information and many other services at your fingertips and boosts staff engagement. The 'HA Chat' enhances staff communication by removing physical location as a barrier to instant contact and discussion. Around 1,000 colleagues across the seven clusters and at HA Head Office have participated in a pilot programme to test the 'HA Chat' app, which enables colleagues to send texts, images and audio messages through a secure channel.

Mobile technologies can contribute in the smart hospital initiative by optimising clinical processes. For example, clinical staff can check the test result of a patient through e-platforms. The team is actively developing more apps to facilitate delivery of better patient service.

Apps also have tremendous potential for improving rehabilitation compliance rates among patients. For example, allied health professionals can prescribe home rehab programmes, with the app providing guidance on the necessary protocols for patients and enabling HA staff to monitor compliance and progress.

HA's development of business management apps is at an early stage. Enterprise resource and planning, such as procurement, human resources management are among the areas that will likely be involved in the future.

He emphasises that protection of patient data and privacy has always been top priority in developing digital platforms and tools. It can be a challenging task given the continual updating of various operating systems for mobile devices. Hui says that the security standards required when dealing with the transfer of patient information are "even more rigorous than those required for credit cards".

應用程式新動向 Latest updates of apps



「人力資源應用程式」 全面推行 Full rollout of 'HR App'

一直以來，同事要申請假期，一般要坐在辦公室的電腦前處理，但現在大家只要下載「人力資源應用程式」，手指一按「工作日程」或「假期批核」的圖案，就可隨時隨地申請、批核及查詢年假，非常方便。其他貼身有用資訊，包括查詢福利及優惠資訊、薪酬紀錄及醫管局職位空缺。程式亦連繫至流動版員工健康紀錄，方便同事預約員工診所。新加入的「學習天地」，亦讓同事可瀏覽培訓紀錄及收到相關提示，如已報讀之課程及將逾期的必修培訓課程。基於安全理由，同事需進行登記和啟動程序，才可下載程式。

In the past, staff members in HA have to apply for leave through office computers. Upon the launch of 'HR App', now you can submit or approve annual leave applications, as well as check leave balance at your fingertips via the modules of 'myWorkDay' and 'Approval'. To enhance staff engagement, a wide range of employee-related information is provided, including details of staff welfare matters, payslip records and HA's job vacancies. It can also access to the Mobile Staff Health Record (mSHR) to make appointments at staff clinics. The new function provides easy access to HA's e-Learning Centre and allows colleagues to browse training records and receive alerts in relation to the enrolled training programmes and expiry of mandatory training. For security reasons, users must register and activate 'HR App' using their LAN account details.

如何下載HR App? How can I install the 'HR App'?



iOS 用戶 For iOS user

步驟:

- 請按此安裝 HR App (~20MB)
- 按 Home 鍵，尋找「應用」。
- 請先於「設定」>「裝置管理」>「Hospital Authority」中點擊「信任」。

Android用戶 For Android user

步驟:

- 請按此下載HR App. (~20MB)
- 打開「通知中心」或「下載檔案夾」，尋找 HrApp.apk 檔案，點擊「安裝」後「開啟」。
- 如出現「未知來源」問題，請於「設定」尋找「未知來源」，並開啟。

- 前往 <http://hrapp.home>，點擊「註冊登記」。
- 輸入網域帳戶使用者名稱及密碼，點擊「登入」。
- 輸入有效流動電話號碼，同事將會透過短訊取得六位數字啟動密碼。
- 開啟手機短訊及點擊下載連結。完成下載後，點擊「安裝」程式。

註：iOS 用戶——設定 > 一般 > 描述檔 (iOS 9.2 以下版本) / 裝置管理 (iOS 9.2 或以上版本)，按「信任 Hospital Authority」；
Android 用戶——設定 > 鎖定螢幕與安全性 > 未知的來源，開啟「未知的來源」。

- 開啟程式，按指示輸入網域帳戶使用者名稱、密碼以及短訊中的六位數啟動密碼，安裝完成。
- Go to <http://hrapp.home>, click 'Register Now'.
- Enter your LAN account user name and password, and click 'Login'.
- Enter your mobile number and then click 'Submit'. You will receive a SMS with a 6-digit activation code and download link.
- Click the download link in the SMS and click install the App.
Note: For iOS, go to Settings > General > Profiles (for iOS below 9.2) / Device Management (for iOS 9.2 or above) > click 'Trust Hospital Authority'. For Android, go to Settings > Lock screen and security > Unknown sources, turn on 'Unknown Sources'.
- Open the app. Enter your LAN account user name, password and the 6-digit activation code from the SMS accordingly.



「喜程」指尖上的孕婦寶庫 A joyful pregnancy experience with 'HApi journey'

新生命的來臨總是令人既期待又緊張！孕婦可以吃壽司或魚生嗎？「走佬袋」需要哪些必備品？最新推出的流動應用程式「喜程」，能為孕媽媽提供一站式最新、全面及準確的資訊及實用「貼士」，讓她們愉快和安心地迎接寶寶的來臨。

「喜程」特色之一是孕媽媽可透過程式的拍攝功能記載懷孕點滴，最終將照片轉化成短片，以作留念。此外，孕媽媽可定期輸入血壓及血糖水平，監察身體健康狀況，倘有異常，程式會發出健康提示。當中的陣痛時計可量度子宮收縮的頻率，協助醫護人員更準確地掌握孕媽媽的分娩情況。還有詳盡的婦產科資訊及多篇產前產後的實用文章，讓孕媽媽作好生理及心理準備。

While pregnancy is a source of great excitement and joy for many parents-to-be, it can also be overwhelming and full of questions. Can pregnant women eat sushi or sashimi? What should be packed in the hospital bag? The 'Hapi Journey' app is a one-stop portal for expectant parents to access pregnancy-related information, tips to ensure they are well prepared for the arrival and care of their newborn and useful postnatal advice.



The app enables pregnant women to record and monitor their blood pressure, blood glucose level and even contraction time and frequency which facilitate communication with healthcare professionals about different stages of labour! 'Hapi Journey' also includes a function that allows moms-to-be to preserve the precious memories of their maternity journey through a series of photos that can be converted to a video.



大頭蝦恩物 「預約通」增預約提示 'BookHA' adds appointment reminder service

「預約通」自去年3月推出後，截至今年2月底已錄得逾68,000次下載及逾10,300宗新症預申請。最近「預約通」再有新禧，新症預約服務除擴展至心胸外科、內科及外科三個專科外，還增設預約提示。

更新版「預約通」服務共涵蓋八個專科門診。新系統會在病人應診日前發出預約提示，其中屬緊急新症及半緊急新症的病人，將於求診日前的一天收到提示，而穩定新症的病人則於求診日前的14天收到提示。

With more than 68,000 downloads and 10,300 booking applications recorded via the 'BookHA' mobile application since its launch in March 2016, recent developments cover new specialties namely, cardiothoracic surgery, medicine and surgery in addition to five specialties originally covered by the app.

Another new feature is the appointment reminder service, which will send a reminder to a patient's mobile phone of his new appointment. Urgent and semi-urgent new case patients will receive notification one day in advance of their appointment, while stable new case patients will receive a reminder 14 days before their appointment.





醫管局《策略計劃》的誕生 The making of HA Strategic Plan

策略及服務規劃高級經理 劉蕾蕾
Looi-looi Low, Senior Manager of the
Strategy and Service Planning Department

上月剛出版的醫院管理局《2017至2022年策略計劃》，主題為「革新・求進」，為醫管局未來五年方向提供指引。這份既是帶領醫管局未來五年路向，又是周年工作計劃的導向文件，製作過程殊不簡單，究竟《策略計劃》是如何誕生的？今年的重點又是甚麼？《協力》找來策略及服務規劃高級經理劉蕾蕾與大家細數。

Entitled 'Innovating for Better Care', the Hospital Authority *Strategic Plan 2017-2022* published last month serves as a guide for the development of the HA in the coming five years and provides the basis for annual planning. What is the production process behind the *Strategic Plan*? What is the focus of the plan? HASLink talks with Looi-looi Low, Senior Manager of the Strategy and Service Planning Department.

《策略計劃》製作逾兩年，2015年開展工作，期間經過廣泛諮詢和深入分析。劉蕾蕾說，其中最具挑戰的是要搜集多達970名參與者的意見，加上對《醫院管理局檢討督導委員會報告》行動計劃的回應，再擬定框架和策略，最後提交醫管局大會審批。獲批後，才撰寫具體內容。初稿在2016年4月提交給參與者審閱和提出意見，待11月醫管局大會審批修訂版內容後，才進入最後的排版和印刷階段。

她說：「這是醫管局第三份策略計劃，方向與以往著重增加人手和服務，有所不同。今次重點是以新思維新手法，發展新的服務模式，並提出策略改善各種服務之間的合作方式，減少因內部安排而衍生額外的工作量。」

她舉例稱，專科門診是否可考慮為病人設立「進出機制」，將病情穩定、無需再接受專科治療的病人交由護士或專職醫療診所、基層醫療診所或最初轉介的私家醫生跟進，切合病人所需。又例如，為長者提供外展護理服務的單位，

包括負責評估病人狀況的社區老人評估小組護士，和直接為病人提供護理的社康護士，兩者是否可以多行一步，理順服務，為病人提供更連貫的照顧呢？她補充，計劃的另一重點，是加強「同一醫管局」的概念，提升同事對醫管局大家庭的歸屬感。

《策略計劃》已上載醫管局網站

<http://www.ha.org.hk/goto/StrategicPlan/TC>

"It took two years to produce the plan. Starting in 2015, the development involved extensive consultation and in-depth analysis." Low says the most challenging part is gathering views and suggestions of 970 stakeholders. Making reference to recommendations of the Steering Committee on Review of HA, they drafted a framework and strategies for the HA Board's approval. Afterwards, the plan was written up and the full draft of the *Strategic Plan* was circulated to all stakeholders for comment in April 2016. The finalised version was submitted to the HA Board for approval in November. Then the plan was put to typesetting, printing and publication of print and online version.



Low adds, "It is the third strategic plan produced by HA. Whilst previous plans largely focused on building the capacity of our workforce and services, the new plan emphasises service transformation by developing new service models, improving the ways we work together and reducing generation of additional internal demand."

She goes on to give a few examples. "A 'patient exit mechanism' can be developed in specialist outpatient clinics to allow transfer of stabilised patients who no longer require specialist treatment to nurses and allied health clinics, primary care clinics or private practitioners for follow-up. Besides, outreach nursing support for elderly patients involves different parties — the nurses of Community Geriatric Assessment Team perform patient assessment, while the nurses of the Community Nursing Service provide direct patient care. Why don't both teams take a step forward to collaborate and offer patients more continuity of care?" She adds, another focus of the plan is to reinforce the notion of 'one HA' to boost the sense of belonging of colleagues to the HA family.

The *Strategic Plan* is now available on HA Internet:
<http://www.ha.org.hk/goto/StrategicPlan/EN>

概覽三大計劃書 Three major plans

聯網臨床服務計劃 Cluster Clinical Services Plan

因應社區的長遠醫療需要，訂立聯網的臨床策略和未來服務方針。港島西、九龍東、新界東、九龍中聯網臨床服務計劃已經出版，新界西聯網臨床服務計劃4月出版。

Clinical strategies and future service direction of clusters are developed in response to the long-term healthcare demand of the community. The plans of HKWC, KEC, NTEC, KCC have been published. The Clinical Services Plan for the NTWC will be published in April.

醫療服務策略 Strategic Service Framework

檢討特定的臨床服務範疇，規劃未來五至十年的發展方向。已出版包括成人精神健康、冠心病、長者醫療及康復服務策略，舒緩治療服務策略則在今年面世。

The service model and development of specific clinical services are reviewed and their future directions are mapped out in the next five to ten years. The Strategic Service Frameworks for adult mental health services, coronary heart disease, elderly patients, and rehabilitation services have been published. The Strategic Service Framework for Palliative Care Service will be available this year.

周年工作計劃 Annual Plan

根據《策略計劃》的方向，闡述每年總辦事處和七個聯網的服務目標、整體機構人手和財政預算等。2017-18年度工作計劃剛於3月出版。

Based on the Strategic Plan, the Annual Plan describes service targets of Head Office and the seven clusters, as well as the overall budget and manpower estimates. The HA Annual Plan 2017-18 has been published in March.



暉Sir，您常在我們心中

2015年1月，威爾斯親王醫院臨床腫瘤科顧問醫生梁承暉確診患上肺癌，發現時已擴散至骨和腦，與癌病搏鬥兩年，最終於2017年1月20日與世長辭，享年59歲。梁醫生不只一次跟親友、同事和學生說過：「能當上醫生是一件幸福滿瀟的事」。擁有逾30年教學經驗的他，曾與《協力》分享教學訣竅，在於一個「問」字，只管發問，不怕聽到同學錯的答案。憑著精湛的醫術和仁心，梁醫生更獲選為醫院管理局2016年傑出員工，亦曾13次獲得香港中文大學醫學院的傑出教師獎，香港中文大學校長沈祖堯形容這是「醫學院以至全大學的一項紀錄」。

向好老師暉Sir致敬

文：吳芷宜醫生 威爾斯親王醫院臨床腫瘤科駐院醫生

我初次遇見暉Sir，是讀醫學院的時候，當時他教導我們關於甲狀腺癌的知識，現在回想已經不記得他的教授內容，回憶中只有他快速而興奮的講解、白板上滿載複雜的圖表。雖然課堂時間不多，他依然抓緊機會不斷用問題來啟發我們思考，就是他這份對教學的熱情吸引了我的注意。

當上醫生後，暉Sir是我的上司，相處日久，我發現他總是對工作充滿無盡的熱誠，對病人更有無私的關愛。

暉Sir從不抱怨工作繁重，每次接到新的電療設計，都會說一聲「放馬過來啦！」。在工餘或假期時，總會在設計室看到他勤力工作的身影，直至工作累了，就索性睡在設計室的辦公椅上。看到他對工作熱誠，我常問自己：「上司這麼勤力，我又怎能怠慢呢？」

暉Sir對病人的治療也是非常上心，從不忘記自己醫治的病人，只要一提起病人的名字，就如數家珍般說出他們的病歷，更重要的是，他記得每位病人獨特的訴求和需要。我很佩服他那種尊重和樂意跟病人溝通的態度，絕對是我們年輕醫生的榜樣。

我相信大家也跟我一樣，心裡不捨得暉Sir，但願我們一同「承」載他行醫的心腸，成為照耀旁人的光「暉」。

文：王俊威醫生 威爾斯親王醫院臨床腫瘤科駐院醫生

眾所周知，甲狀腺癌乃是暉Sir的眾多興趣之一，我有幸可跟暉Sir學習這項絕技。他將畢生儲起關於甲狀腺癌的醫學文獻和相關資料，像絕世武功秘笈般全數給我。過去兩年多，他風雨不改地與我討論所有門診的甲狀腺癌個案，甚至在病重時，仍會用電郵跟我聯絡，並帶著傳呼機在身邊，讓我可隨時請教他。

記得第一次跟暉Sir學習鼻咽癌電療設計時，他跟我說：「俊威醫生，不如我同你一人畫一次比拼一下，好嗎？」我心想，你是這一方面的宗師，我怎能跟你比拼呢？但實情是他對我們很客氣，跟他學習就像和平輩交流一樣。

又有一次，我如常到暉Sir的房間跟他討論個案，赫然發現他戴著一個協助做腦部電療的金屬框架，我相信他當時應該很不舒服，但他仍然很有耐性地和我逐一討論那些個案。在他臨走之前幾天，仍在病榻上問我：「我們一起做的那個關於甲狀腺癌指數的研究，應該遞交去哪份醫學期刊呢？」他時刻記掛著我們的專科培訓，甚至遠超於自己的事情。

能夠陪伴暉Sir走畢人生最後一段路，並得到他的傾囊相授，實在是我們莫大的福氣。師父，我衷心感激您對後輩的無私奉獻！

電動輪椅「停車場」省時方便惠病人 'Parking lot' for electric wheelchair benefits patients

隨著使用電動輪椅的人數增加，公立醫院亦推出相應的支援服務。由今年3月起，醫管局陸續在轄下42間醫院推行「存放電動輪椅計劃」，讓病人住院期間可暫時將輪椅存放在醫院，離院時領回。這計劃既可讓病人專心接受治療，亦可減輕家屬入院和出院時運送電動輪椅的折騰之苦。

為評估存放電動輪椅的需求，醫管局2015年在四間醫院推行為期一年的試驗計劃，包括東區尤德夫人那打素醫院、基督教聯合醫院、屯門醫院和麥理浩復康院。

With growing number of electric wheelchair users, public hospitals have introduced new measures to facilitate users. Hospital Authority has phased in the 'Temporary Storage of Electric Wheelchairs Plan' in 42 public hospitals since March this year. In-patients who are electric wheelchair users can store their wheelchair during hospitalisation and take it back when they are discharged. This plan allows patients to receive treatments without worrying about storage of their wheelchair, and save family's hassle to transfer the electric wheelchair in and out of hospital.

To estimate the need for electric wheelchair storage, HA launched a one-year pilot plan in 2015 in four public hospitals, namely Pamela Youde Nethersole Eastern Hospital, United Christian Hospital, Tuen Mun Hospital and MacLehose Medical Rehabilitation Centre.



乾燥皮膚 救星

自製泡泡洗手液、潤手霜 Homemade remedies for healthier skin

為了令皮膚保濕滋潤，不少人都花盡心思。今次請來瑪嘉烈醫院行政部同事楊慧潔教大家自製泡泡洗手液及潤手霜，特色是少含化學成分，又極具保濕滋潤的功效，呵護大家的肌膚。💖

A good skincare routine will help keep your skin smooth and supple. Kit Yeung, who works in Princess Margaret Hospital's Administrative Services Division, shares her recipes for homemade foaming soap and hand cream that use far fewer chemical ingredients than many shop-bought products but will still leave your skin feeling refreshed, nourished and clean. 💖



小錦囊 TIPS

植物甘油具保濕滋潤作用，洗手後雙手不會感到繃緊。
Vegetable glycerin is a good moisturiser as it helps your skin retain water after washing hands.

加入精油可令洗手液洋溢淡淡清香。
Customise your lotion with the scent of your choice by adding a few drops of essential oil.

泡泡洗手液 FOAMING SOAP

保質期3個月
Shelf-life
3 months

約200毫升
200 ml



材料 Ingredients

蒸餾水	160克/g
Distilled water	
氨基酸起泡劑	35克/g
TEA cocoyl glutamate	
植物甘油	20克/g
Vegetable glycerin	
抗菌劑	1克/g
Antibacterial agent	
精油	5至10滴（可加）
Essential Oil	5 to 10 drops (optional)

步驟 Steps

按次序將蒸餾水、氨基酸起泡劑、植物甘油、抗菌劑及精油倒進乾淨的泡泡瓶內，然後輕輕搖勻即可。

Place the ingredients into a sterilised soap dispenser in the following order: distilled water, TEA cocoyl glutamate, vegetable glycerin, antibacterial agent and essential oil. Shake gently to mix. The soap is now ready for use.

❶ 注意事項

- 容器需徹底清潔和消毒，確保潔淨才可供使用。
- DIY的材料並非全天然和不含化學成分，也有可能引起皮膚敏感，使用前建議先取少量在皮膚上測試。

❷ DIY Reminders

- Always thoroughly sterilise any containers you intend to use to store your products.
- Even some homemade products may cause an allergic reaction as they are often not entirely chemical-free. You should do a skin patch test before proper use of any homemade products.

材料 Ingredients

特級初榨冷壓橄欖油 或椰子油	20克/g	蒸餾水	80克/g
Extra-virgin cold-pressed olive oil or extra-virgin cold-pressed coconut oil		Distilled water	
荷荷巴油	4克/g	植物甘油	8克/g
Jojoba oil		Vegetable glycerin	
簡易乳化劑	2克/g	天然抗菌劑	1克/g
Creagel (Emulsifier)		Antibacterial agent	
		維他命E油	5滴（可加）
		Vitamin E oil	5 drops (optional)
		精油	2至3滴（可加）
		Essential oil	2 to 3 drops (optional)



小錦囊 TIPS

橄欖油能保持肌膚健康，且具抗氧化功效。
The antioxidants in olive oil are great skin health booster.

可先把玫瑰、蠟菊（左圖）或薰衣草乾花浸於橄欖油兩個月，潤手霜的護膚效果會更佳。
Infusing olive oil with dried rose, immortelle (photo on left) or lavender for a couple of months before making the hand cream will further boost its nourishing functions.

潤手霜 DIY HAND CREAM

保質期2個月
Shelf-life
2 months

約100毫升
100 ml



步驟 Steps

1. 將橄欖油或椰子油，荷荷巴油及簡易乳化劑混合。
Combine the olive oil or coconut oil, jojoba oil and creagel.
2. 慢慢加入蒸餾水和植物甘油，攪拌至均勻。
Carefully and slowly add distilled water and vegetable glycerin to the mix and stir well to fully combine.
3. 加入抗菌劑和維他命E油，再按個人喜好加入精油拌勻，倒入已消毒的瓶內即可。
Add the antibacterial agent, vitamin E oil and essential oil to the mix and stir well to fully combine. Transfer the mixture to a sterilised container.