

狙撃蚊患

STOP BITES OF FRIGHT!

編者的話

夏日炎炎，適合蚊子滋生。蚊傳疾病的機會大增，早前本港確診今年第三宗日本腦炎個案。面對可能是世界上最細小的殺手入侵，醫管局已作好準備，隨時出招抗蚊患。今期《協力》封面故事會逐一告訴你，醫管局對各蚊傳疾病的應對措施、前線醫生分享實戰經驗、醫院及各地的防蚊滅蚊工作，和追蹤蚊子如何將病毒傳給人類等，增加大家對牠的認識。

提醒大家，現時是熱門外遊的日子，本港鄰近的東南亞地區正受著不同蚊傳疾病威脅，如新加坡的寨卡病毒感染、泰國的登革熱和台灣的日本腦炎等，所以大家外遊時，緊記做足防蚊措施，祝大家旅途愉快！

From the editor

Hot and humid weather facilitates mosquito breeding and increases the risk of mosquito-borne diseases. The third Japanese encephalitis case of this year has been confirmed earlier. The Hospital Authority is ready to combat against one of the tiniest killers in the world. In the cover story of this issue, we will look into HA's measures in response to these diseases. A frontline doctor will share a real case experience. Preventive measures against mosquitoes in hospitals and other parts of the world, and the transmission path from mosquito to human will also be covered.

Recent months are the peak season for travel and Southeast Asian countries are under the threat of various mosquito transmitted diseases, including Zika virus infection in Singapore, dengue fever in Thailand and Japanese encephalitis in Taiwan. Thus, remember to adopt proper anti-mosquito measures when you travel abroad. Have a pleasant holiday!

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從化驗至治療 迅速應變

酷暑夏日，高溫多雨的天氣有利蚊蟲滋生。鄰近本港的東南亞地區正受不同的蚊傳疾病威脅，而本港在7月20日確診今年第三宗日本腦炎個案。面對小蚊子，大威脅，醫院管理局已制定一套應變和防感染控制的機制，隨時應對大型蚊傳疾病爆發；同時與各政府部門合作，加強防治蚊患，鞏固醫院範圍的防蚊罩。



若本港大規模爆發登革熱或寨卡病毒感染，醫管局或會調整處理病人的流程，重症病人需入院接受治療。（資料圖片）
HA may adjust the patient management flow in case of dengue fever or Zika virus infection outbreak. Severe cases will be admitted to hospitals. (Stock photo)

若本港爆發蚊傳疾病，醫管局會就應變級別、臨床診治、入院安排和化驗檢測四方面，作出相應措施。同時，亦會密切監察鄰近地區及世界各地的情況，與各政府部門緊密溝通。若醫院發現確診個案，會立即加強院內及周邊環境的滅蚊措施，防止病毒散播。

現時登革熱、寨卡病毒感染、日本腦炎及瘧疾是本港法定須呈報的蚊傳疾病。根據衛生防護中心的數據，本港過去五年的登革熱個案呈上升趨勢，由2012年的53宗增加至去年的124宗；而今年截至7月12日，共錄得54宗。本港亦偶有出現零星的寨卡病毒感染、日本腦炎及瘧疾個案。總感染控制主任辦事處副顧問醫生莊慧敏表示，大多數感染個案從外地傳入，所以醫生應診時除了詢問病人病徵，還會詢問外遊紀錄以及有否曾被蚊叮咬，以便安排合適的檢測及治療。

醫管局針對登革熱及寨卡病毒感染，均設有應變機制，其中登革熱疫情分為「零星個案」、「流行病」及「地方性流行」三個階段。至於

寨卡病毒感染，則配合政府，將應變級別劃分為「戒備」、「嚴重」及「緊急」三個應變級別，當社區出現大量感染個案，就會由現時「戒備」級別升至「嚴重」級別；若多區爆發，便再升級至「緊急」。醫管局中央指揮委員會、緊急應變策導委員會和傳染病及緊急應變中央委員會亦會適時召開會議，指揮及協調應變工作。

感染及應急事務高級行政經理龔澤民說，綜觀各地爆發登革熱和寨卡的經驗，感染個案可能短期內迅速增加，若本港出現大規模爆發時，大量感染個案會湧至急症室求診。為紓緩醫院及急症室的負擔，局方會因應疫情，分階段把16間普通科門診轉為「指定診所」，集中治理出現輕微病徵的疑似個案和確診病人。局方會視乎當時情況及參考衛生防護中心的意見，調整處理病人的流程。病情輕微者無需入院，但每天要到指定診所覆診，直至徵狀完全消退兩天為止；重症病人需入院接受治療。

莊醫生補充，孕婦在懷孕期間感染寨卡病毒有可能導致胎兒「小頭症」，所以醫管局已於今年

MULTI-PRONGED RESPONSE TO POTENTIAL OUTBREAK

Hot and humid weather in summer facilitates the breeding of mosquitoes. Whilst our neighbours in Southeast Asia are under the threat of various mosquito-borne diseases, the third confirmed Japanese encephalitis case this year was reported on 20 July. To tackle the threat of 'small bite, big fright', Hospital Authority has developed a comprehensive preparedness plan in response to potential outbreak of mosquito-borne diseases. Moreover, in cooperation with various government departments, HA has strengthened vector control to lower the risk of mosquito-borne diseases.

7月中開始為已知懷孕的病人在產前準備經寨卡病毒檢測呈陰性的血液或血製品；每年可供應5,000包已檢測血液，有需要時可增加供應至一萬包。

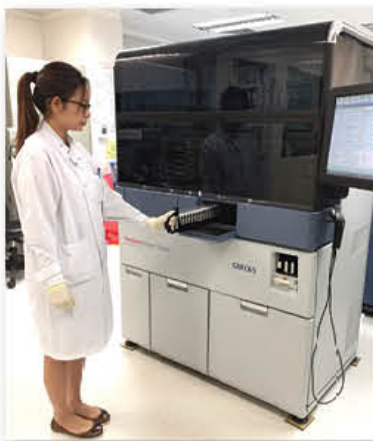
同時，醫管局轄下七個聯網的化驗室會支援衛生防護中心公共衛生化驗服務處的檢測工作，以應付大規模的爆發。以登革熱和寨卡病毒感染為例，化驗室可於24小時內檢驗病人是否確診感染，有需要時會增加每日可處理的樣本數目。

此外，醫管局今年5月曾參與由衛生防護中心舉辦代號「月光石」的跨部門演習。演習模擬一名香港葵涌八號貨櫃碼頭（西）的工人感染寨卡病毒。演習加強了相關政府部門及機構的應變及協調能力，亦有助豐富前線醫護人員的實戰經驗。

Hospital Authority maintains high vigilance against potential large-scale outbreak of mosquito-borne diseases and introduces multi-pronged preparedness and response plan covering the response system, clinical treatment, associated admission management and laboratory network. HA together with other government departments, have been closely monitoring the latest development in regional and global levels. In addition to routine mosquito control measures, enhanced anti-mosquito measures have been put in place all year long to prevent local spread of mosquito-borne diseases when a human infection case is confirmed.

Dengue fever, Zika virus infection, Japanese encephalitis and malaria are listed as statutory notifiable diseases by the Department of Health (DH). The Centre for Health Protection (CHP) under DH has recorded a rise in number of confirmed dengue fever cases, with the figure doubling from 53 cases in 2012 to 124 cases in 2016. As at 12 July this year, there are 54 confirmed

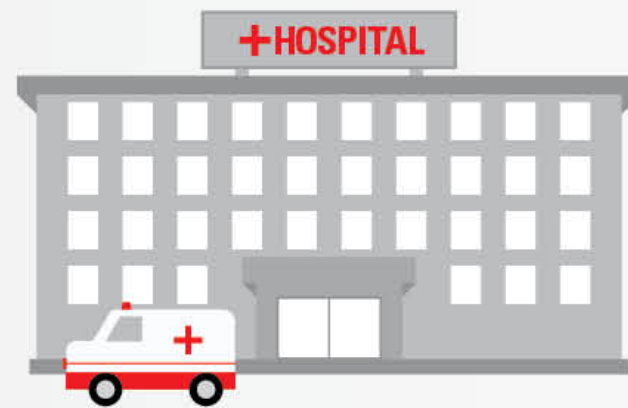
dengue fever cases and a sporadic number of Zika virus infection, Japanese encephalitis and malaria cases are confirmed. Dr Vivien Chuang, Associate Consultant of Chief Infection Control Officer Office says that given most of the cases are imported, details of the infected patients' recent activities, including their symptoms, travel details and whether they were bitten by mosquitoes, are crucial for doctor to consider further diagnostic test and treatment.



醫管局今年7月中起，為捐贈的血液進行寨卡病毒檢測。
The provision of Zika-virus-screened blood and blood products for high-risk patients has been implemented since mid-July 2017.

Preparedness and response plans for dengue fever are divided into three outbreak stages – 'sporadic', 'epidemic' and 'endemic'. For Zika virus infection, HA follows the government's three-level response system: the response level will be raised from 'alert' to 'serious' when local infection is found. It will be further raised to the highest level of 'emergency' when high and imminent infection on local level occurs. The response plan will be coordinated and commanded by Central Command Committee, Emergency Executive Committee and Central Committee on Infectious Diseases and Emergency Response.

Andy Kung, Senior Manager (Infection, Emergency & Contingency), states that an outbreak of dengue fever and Zika virus infection may occur in which a large number of patients would rush to hospitals, burdening the Accident and Emergency Departments. Therefore, 16 'designated clinics' will be assigned to play a key role in patient triage. HA may thence adjust the patient



management flow if necessary. Suspected and confirmed patients with stable conditions will be followed-up at designated clinics, whereas severe cases will be admitted to hospitals.

Dr Chuang adds that Zika virus infection may lead to neonatal microcephaly through perinatal transmission. From mid-July this year onwards, 5,000 units of Zika-virus-screened blood and blood products can be provided for peri-partum pregnant women yearly, and the number could reach up to 10,000 if necessary.

Furthermore, HA Laboratory network will work with Public Health Laboratory Services Branch of the CHP to carry out diagnostic tests during outbreak. For instance, result of the diagnostic test for dengue fever and Zika virus infection will be delivered within 24 hours. And it is possible to further raise the laboratory test capacity when necessary.

To increase the alertness and enhance coordination of various stakeholders in guarding the city against Zika virus infection, HA joined the 'Moonstone' exercise, a simulation of a worker at the Container Terminal tested positive for Zika virus. The exercise was organised by the CHP in May this year.



醫管局早前參與「月光石」演習，測試一旦出現寨卡病毒感染個案時，與各政府部門和機構的協調能力。
HA joined the 'Moonstone' exercise. It tested the effectiveness of the preparedness and response plans and procedures for Zika virus infection between HA and government departments and organisations.

個案分享!!

日本腦炎

CASE SHARING:

JAPANESE
ENCEPHALITIS

曾處理日本腦炎感染個案的屯門醫院病理學部副顧問醫生徐詩駿表示，要確認病人是否感染日本腦炎不容易。日本腦炎的病徵與其他蚊傳疾病和病毒性腦炎相似，病人的復康之路數以月計。

徐詩駿說：「腦膜炎、神智不清、高燒等臨床病徵，不一定是感染日本腦炎，也有可能是登革熱或瘧疾個案。所以我們需同時為病人進行不同的檢測，包括抽取腦髓液種菌、檢測哪類白血球數量較多、抗體測試等，以排除日本腦炎以外的感染。」日本腦炎患者亦有可能因出現腦水腫而不能透過抽取腦髓液檢查，只能採用血清抗體測試。

他指出，患者發病首兩星期的病情最不穩定，嚴重個案會出現昏迷、抽搐、腦中風等症狀。但是，由於日本腦炎未有針對性治療，醫生只能因應患者病徵，施以抗生素、使用呼吸機、抗抽搐藥等支援性治療。康復者中也會有三分之一人出現癱瘓、反覆抽搐、失語、吞嚥困難等後遺症。

醫管局傳染病中心醫務總監曾德賢補充，研究指出，大概300至1,000個日本腦炎受感染的人中，只有一人會發病。若社區出現五宗病發個案，即可能有1,500至5,000人已中招。所以每確診一宗個案時，須在病者的住所及周圍環境，徹底進行滅蚊工作。

Dr Jonpaul Zee, Associate Consultant (Clinical Pathology) from Tuen Mun Hospital, who has handled Japanese encephalitis, shares that it is not easy to confirm whether a patient is infected with Japanese encephalitis virus because the symptoms are similar to those of other mosquito-borne diseases and viral meningitis. And it takes months for patients to recover.

Dr Zee says, "Patients with clinical symptoms like meningitis, impaired mental state, high fever are not necessarily infected with Japanese encephalitis virus. It may be dengue fever or malaria. We have to conduct different tests for the patients, including cerebral spinal fluid culture, white blood cell count, serology, and rule out possibility of other disease infection." Patients with Japanese encephalitis may not be able to have cerebral spinal fluid culture due to hydrocephalus, thus can only adopt serology.

He points out that condition in the first two weeks of infection is the most unstable. There may be coma, convulsions and stroke in severe cases. Specific antiviral treatment is not available, so doctors can only provide supportive therapy such as prescribing antibiotics and anticonvulsants, and using ventilation support of respiratory failure. One third of recovered patients have permanent paralysis, recurrent seizures, inability to speak or swallowing problem.

Dr Owen Tsang, Medical Director of Hospital Authority Infectious Disease Centre, adds that only one in 300 to 1,000 infected people exhibits symptoms, according to studies. If there are five cases in the community, it means 1,500 to 5,000 people are infected. Therefore it is important to strengthen anti-mosquito work in patient's neighbourhood when there is confirmed case.

2014年廣州出現40,000宗登革熱個案，當地曾引進食蚊魚（又名大肚魚）打擊蚊蟲。其他地方如美國、菲律賓、日本、意大利及非洲等，亦廣泛引進此魚，防控不同種類的蚊傳疾病及蚊蟲。根據世界衛生組織網頁，除了食蚊魚，一種細小的甲殼類動物掠食性橈足類亦會吃掉水中蚊子幼蟲，有助控制登革熱病媒。越南90年代開始在大型貯水池放置橈足類，消除埃及伊蚊，防止傳播登革熱。

除生物防治方法外，還有兩種病媒控制方法在試驗階段。研究證明，埃及伊蚊感染沃爾巴克氏體屬細菌，會減少蚊子體內複製登革熱、基孔肯亞熱和寨卡病毒，並消除或延遲蚊子唾液出現病毒，減弱蚊子傳播病毒的能力。另外，改變雄性成蚊的基因OX513A，亦可令牠與雌性成蚊交配後，不能繁殖下一代，有些地方藉此成功大減埃及伊蚊的數量。

當然，人類也是蚊的天敵，只要我們用手一拍，蚊子也難逃厄運！

世界各地
點防蚊？PREVENTIVE MEASURES
IN OTHER PARTS OF
THE WORLD

There were 40,000 cases of dengue fever in Guangzhou in 2014. A mosquito fish, also known as *Gambusia affinis* was introduced as a means of vector control. Other countries such as the USA, Philippines, Japan, Italy and Africa also use this species to eliminate mosquitoes and prevent mosquito-borne diseases. According to the website of World Health Organisation, predatory copepods (small crustaceans) are used as they prey on mosquito larvae in water and are an effective against dengue vectors. Vietnam started using copepods in large water-storage tanks to kill *Aedes aegypti* and prevent dengue fever transmission in the 90s.

Other than biological control, two new vector control tools are supported by evidence in pilot deployment. When *Aedes aegypti* are infected with Wolbachia spp. bacteria, replication of dengue, Chikungunya and Zika viruses within the mosquitoes is reduced. And it eliminates or delays the appearance of virus in mosquito saliva, thus weakening mosquitoes' ability of virus transmission. In addition, by manipulating OX513A genes of male *Aedes aegypti*, offspring cannot be produced after mating with female *Aedes aegypti*. Some places applied this method and successfully lower density of *Aedes aegypti*.

And of course, human is one of mosquitoes' natural enemies. We can easily kill them with hands!

伊院甌窿甌罈
找蚊患黑點
KILLING MOSQUITOES
AT SOURCE

不少公立醫院附近草木叢生，雨季時易成蚊蟲溫床。伊利沙伯醫院、食環署及滅蟲公司三方要定期「甌窿甌罈」找蚊患黑點。院內有十多個蚊蟲滋生黑點，其中飯堂戶外地方及護士宿舍後的花園草木叢生，建築地盤等不時發現蚊隻出沒。因此，伊院安裝了戶外電子滅蚊燈，又在花園等難以接駁電源的空曠地方增添四部流動太陽能滅蚊器，滅蚊範圍廣達三萬平方呎。若在醫院室內發現蚊隻，會立即滅蚊並調查蚊隻來源。若有需要，則會將每周一次的蚊患巡查升級至每日一次，並加強除草、修剪樹枝、清理各處（連斜坡）渠道的樹葉垃圾等全方位環境衛生措施。

Green area surrounding hospital can be potential mosquito breeding site during rainy season. Queen Elizabeth Hospital (QEH), FEHD and pest control specialist make concerted effort in eliminating mosquito blackspots. There are over 10 mosquito blackspots in QEH. Mosquitoes are commonly found in construction sites, the green area near canteens and the nurses' quarters. To guard against mosquito breeding, QEH has installed electric mosquito-killing UV lamps in the outdoor area and four sets of solar-powered mosquito trap with effective range over 30,000 square feet. The hospital will undertake more intensive mosquito control and inspection, clearing of slope and channels and horticultural support, in addition to regular weekly programme when there is mosquito reported in indoor area.

防蚊
落地生根DEFENCE AGAINST
MOSQUITO-BORNE
DISEASES

滅蚊是預防蚊傳疾病的第一道防線。醫管局總辦事處高級行政經理（業務支援及發展）雷沛然指出，由2014年開始，各醫院已一年四季加強防治幼蟲及成蟲兩方面的措施，「醫院會每星期至少巡查醫院各地方一次，並於大雨後加強巡查，清除積水及保持環境衛生。一旦醫院接收了蚊傳疾病的感染個案，會立刻巡查患者曾到訪的診所和醫院等地點，並加強滅蚊措施。醫管局總辦事處和醫院亦分別會與食物環境衛生署總部和相關分區辦事處保持溝通，減低蚊患風險。」

根據食環署的建議，由於蚊卵變成蚊一般需時約一星期，所以定期每周防治幼蟲可阻礙蚊子繁殖。現時，醫院每周會在醫院範圍巡視及清理水渠、花槽等地方的積水，並會於特定的去水渠和去水口施放蚊油或蚊沙，殺滅蚊卵、幼蟲和蚊蛹。

至於防治成蟲方面，滅蟲公司每周會在醫院的樹林及草叢進行殘留性噴灑及冷霧處理，殺滅成蚊。另外，醫院會安裝防蚊設備及儀器，例如可釋放二氧化碳、吸引蚊子飛近的戶外滅蚊機、滅蚊燈及風閘等。

食環署均在全港各區裝置誘蚊產卵器，監測白紋伊蚊的分布。若某區的白紋伊蚊誘蚊產卵器分區指數超過20%的警戒線，該區的醫院會立即加強滅蚊行動，增加清除積水和巡視蚊蟲的次數。

Vector control is the first gatekeeper in restricting the spread of mosquito-borne diseases. HA has imposed enhanced mosquito prevention and control measures on 'larva control' and 'adult control' levels all year round at all public hospitals since 2014. "Hospitals conduct inspections at least once a week and will enhance inspection after heavy rain, remove stagnant water and upkeep environmental hygiene. Once a hospital admits a confirmed imported or local case of mosquito-borne disease, mosquito control measures will be reinforced immediately across hospitals or clinics where the infected patient has visited to avoid widespread infection in that area. HA Head Office and hospitals also maintain communication with Food and Environmental Hygiene Department (FEHD) Head Office and respective district offices to minimise the risk of mosquito-borne diseases," says Antony Lui, Senior Manager of Support Services Development of HA head office.

According to FEHD, it generally takes about a week for mosquitoes to complete metamorphosis from eggs to adults. Therefore, HA conducts weekly 'larva control' measures to interrupt the life cycle of mosquitoes, including weekly inspection and removal of stagnant water at drainage and planters, application of larvicidal oil or sand to possible breeding grounds like drainage and channels. These kill mosquito eggs, larvae and pupae.

'Adult control' is also carried out through arrangement of fogging and pesticide for outdoor green areas. In addition, mosquito-killing or trapping machines will also be installed at hospitals if necessary.

Oviposition traps (Ovitrap) are installed in Hong Kong by the FEHD to monitor the distribution of *Aedes albopictus*. When the 'Area Ovitrap Index for *Aedes albopictus*' of a specific area exceeds the 20% cordon, it indicates an exuberant infestation of mosquitoes in the area surveyed. Hospitals in that area have to take immediate mosquito control actions, such as frequent removal of stagnant water, inspection and application of pesticides in addition to regular weekly programme.

狙擊幼蟲武器 WEAPONS AGAINST LARVA

沙井蓋戳孔塞

防止沙井蓋的匙孔積水，滋生蚊蟲。

Keyholes on manhole cover

Cover all keyholes on manhole cover to avoid water accumulation.

蚊油（臭右圖）

噴灑於靜止的積水處。油膜覆蓋蚊子幼蟲及蟲蛹，令它們窒息死亡。

Larvicidal oil (See right photo)

Spray on stagnant water to suffocate all mosquito larvae and pupae within.

填沙或泥

在樹洞及竹筒內填滿沙或泥，防止積水，滋生蚊蟲。

Sand or soil fill

Fill the tree holes and bamboo stumps with sand or soil to avoid water accumulation.

蚊沙

施放在積水處，沙會在水中釋出雙硫磷，毒殺蚊子幼蟲。

Larvicidal sand

Apply on surface channels with occasional water flow or temporary rain pools. The sand granule releases temephos to kill larvae.



狙擊成蟲武器 WEAPONS AGAINST ADULT



滅蚊機

配備引誘物或引誘劑，吸引蚊子靠近，包括發光體如紫外線、二氧化碳、八稀醇和熱力。左圖為戶外石油氣滅蚊機，可產生二氧化碳，近似人類呼氣，吸引蚊子飛近，再捕捉牠。

Mosquito-killing machine

Equipped with mosquito attractant, e.g. illuminator (ultraviolet light), carbon dioxide, octenol and heat. Photo on the left shows LPG mosquito trap. It produces carbon dioxide which resembles the gas exhaled by humans in order to attract and catch mosquitoes.

噴灑殘留性殺蟲劑 / 冷霧

即時殺死蚊蟲。

Pesticide / Fogging

Kill mosquitoes immediately.

風閘

利用風力阻擋蚊蟲進入室內。

Air curtain

Use a powerful air door to prevent mosquito from getting indoor.

追蹤「細小殺手」行兇途徑

TRACING FOOTSTEPS OF 'TINY KILLERS'

1

蚊子叮咬人類，口針刺入微血管吸血，病毒或寄生蟲隨蚊的唾液腺進入人體。

Infective mosquitoes transmit virus or parasite through their salivary gland to humans when taking their blood meal with their proboscises.



2

病毒經血液游走至身體其他器官或組織，並進行複製。

Virus quickly spreads to other human organs and tissues through blood and replicates itself.

登革熱

病毒會破壞骨髓中的血小板及其製造白血球的能力，令血小板下降，引致出血症，例如皮膚出現瘀斑、鼻或牙齦出血。病毒亦令血液流失水分，導致血液循環系統衰竭、休克及死亡。另外，病毒可令肝酵素上升，引發**肝炎**，以及破壞腦神經系統，引發**腦炎**。

Dengue fever

Dengue virus may suppress the bone marrow and cause a low level of white blood cells and platelets. Patients may suffer from bleeding in many areas like bruises over skin, nose or gum bleeding. Also, dengue virus can cause fluid loss in the circulation, leading to organs systems failure, shock or even death. Moreover, the virus can increase liver enzymes level and cause **hepatitis**; it may damage nervous system and cause **encephalitis**.

日本腦炎

每300至1,000感染者中，有一人出現病徵。病毒經血液循環「攻上腦」，入侵中樞神經系統，並不斷複製，導致**中樞神經系統廣泛病變**。出現病徵的患者死亡率可高達30%，當中小孩及老人的死亡率較高；三分一的康復者會出現永久癱瘓、反覆抽搐、智力受損或失語等後遺症。

Japanese encephalitis

About one in 300 to 1,000 infected patients have symptoms. After transmitted by mosquito, the virus can be transported to brain by blood. It replicates itself and **destroys the central nervous system**. The mortality rate is as high as 30%, especially for children and elderly. One third of recovered patients have permanent neurological deficit including paralysis, recurrent seizures, intellectual problem or inability to speak.

腦 Brain

肝 Liver

腎 Kidneys

睪丸 Testicles

3

沒有受感染的蚊子叮咬受感染的病人後，病毒或寄生蟲會在蚊體內繁殖，當牠再叮咬人時，會將病毒傳播開去。

When a vector mosquito bites an infected patient, virus or parasites reproduce in the mosquito's body. It spreads the disease by biting another person, and the chain goes on.

寨卡病毒感染

大部份感染個案沒有出現病徵。只有20%病人有輕微病徵。病毒最長可停留於男性的睪丸內半年，在女性陰道停留一個月，期間人可透過性接觸傳播病毒。病毒可藏於女性胎盤及羊水中，經母體傳給胎兒，造成**小頭症**。病毒亦可攻擊神經系統細胞，激發**吉巴氏綜合症**，影響控制肌肉運動及觸覺的神經，以致出現走路、進食，甚至呼吸困難。

Zika virus infection

Most infected cases are asymptomatic. Only about 20% patients will present with mild symptoms. Besides transmitting the virus through mosquito bite, Zika virus can also be transmitted through sexual route since they can stay in male's testicles for up to half a year or female's vagina for one month. The virus can also be found in placenta and amniotic fluid and thus it can be transmitted from mother to baby, which may cause **microcephaly (small head baby)** in new born. Zika virus can attack the nervous system and trigger **Guillain-Barré syndrome (GBS)** which affects nervous system that controls muscle and sensation. Patients with GBS may have difficulty in walking, eating or even breathing.

瘧疾

瘧原蟲先進入肝臟，大量繁殖增生，然後打破肝細胞進入血液，運行全身。其中，惡性瘧原蟲會寄生於紅血球上，互相黏附，堵塞微絲血管。若腎臟的微絲血管堵塞，會引致**腎衰竭**；在腦部會引致**腦中風**，甚至死亡。

Malaria

After transmitted by mosquito, malaria parasites can enter liver and reproduce there. Then trophozoites (young parasites) can be released into bloodstream and travel to different organs. Some form of malaria, e.g. the *Falciparum* Malaria can infect red blood cells and change their surface structure. Red blood cells then stick together and block capillary blood vessels in different organs, leading to organs failure. Blocked capillary blood vessels in kidneys and brain will cause **renal failure** and **stroke** respectively, or even death.

伊蚊
Aedes

伊蚊通常在市區，喜歡在較潔淨的水源產卵，如花盆、雨後的積水。

Aedes tends to appear in urban areas where there are clean water sources for breeding, such as vases and containers with puddles.

庫蚊
Culex

庫蚊則較喜歡在郊區的地方滋生，如水池和魚塘。

For Culex, they are commonly found in rural areas such as pools and fishponds for breeding.

VS

本港常見的蚊種體積

The size of common mosquitoes species in Hong Kong

白紋伊蚊
Aedes albopictus

(大於1厘米)
(over 1cm)

三帶喙庫蚊
Culex tritaeniorhynchus

傑普爾按蚊
Anopheles jeyporiensis

微小按蚊
Anopheles minimus

(多數少於1厘米)
(majority less than 1cm)



登革熱

由1996年至今年上半年，沒有死亡個案。

From 1996 to the first half of 2017, no fatality is recorded in local from **dengue fever** in Hong Kong.

蚊傳疾病

Mosquito-borne diseases

伊蚊
Aedes

登革熱
寨卡感染病毒
Dengue fever
Zika virus infection

庫蚊
Culex

日本腦炎
Japanese encephalitis

瘧蚊
Anopheles

瘧疾
Malaria

埃及伊蚊
Aedes aegypti

埃及伊蚊暫未在本港出現，牠喜愛叮咬手肘、足踝位置，敏感度相對白紋伊蚊低，但其傳染登革熱的能力較白紋伊蚊強很多。

Aedes aegypti mosquitoes, not found in Hong Kong currently, tend to bite areas near the elbow and ankle, and have lower sensibility compared to Aedes albopictus. However, Aedes aegypti has greater transmissibility than Aedes albopictus and is considered the most important vector of dengue fever.

白紋伊蚊
Aedes albopictus

白紋伊蚊有「亞洲虎蚊」的稱號。牠表徵最易認，在胸背和腳都有白色間條，吸血時比較具野心，身體任何部位都吸，而且其敏感度極高，只要物體稍有移動，就會迅速離開現場，並且不怕寒冷天氣。

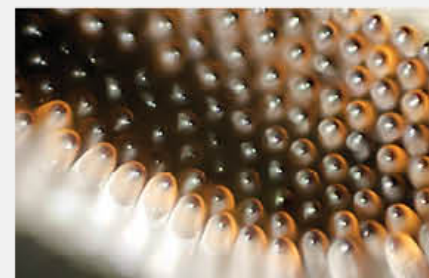
Aedes albopictus, also named 'Asian Tiger Mosquito', is known for its identifiable features of white stripe on the dorsal surface of thorax and bands on legs. They bite almost every part of human body. Given their high sensitivity, they leave immediately once the object moves and are not afraid of freezing temperature.

關於蚊子的二、三事

ABC OF MOSQUITOES

夏天一到，蚊子出動，經常中招，痕癢不斷，真叫人難受。對於蚊子的一切，你又知幾多？

Mosquitoes are uninvited guests of summer. Most of us must have suffered irritating rash from mosquito bites, but how well do we know about these insects?



蚊子懷孕最短只需**5日**可一次過誕下**百隻卵**!!
全部加起來也
只如一粒芝麻般大。

It only takes **5 DAYS** for mosquitoes to produce a hundred eggs with total size just as **tiny as a sesame seed.**



蚊子專家 曾德賢醫生
Dr Owen Tsang, mosquito expert

醫管局傳染病中心醫務總監曾德賢，專門研究傳染病學。1995年取得熱帶醫學碩士學位，當時因研究所羅門群島的瘧疾情況，不惜以自己雙腳作餌，又在極度污染水源下捕捉蚊子幼蟲。其後再於英國倫敦衛生與熱帶學院受訓，研究因昆蟲而引起的傳染病。

Dr Owen Tsang is the Medical Director of the Hospital Authority Infectious Disease Centre specialised in epidemiology. He later obtained a Master of Tropical Medicine in 1995. To investigate the prevalence of malaria in Solomon Island, he used his feet as bait and tried to catch larva in polluted water sources. Later, he received further training in the London School of Hygiene & Tropical Medicine with a focus on insect-borne diseases.

白衣天使★魔法手 扭出快樂暖人心

Nurses touch everyone's heart with balloon twist



「南丁格爾會」是伊利沙伯醫院一群退休護士於2004年11月組成的義工小組，宗旨是發揚南丁格爾精神，推廣健康教育，促進身心靈健康。現時有逾200名會員包括退休、在職護士和學護。近年，他們亦向九龍醫院和佛教醫院招收會員，目標希望可招攬至九龍中聯網醫院的護士。義工活動包括在醫院和社區提供健康檢查及講座，並透過參與伊院和不同病人互助組織的義工活動，提供啓導及支援，傳承「互助、奉獻、關懷」的服務理念。有興趣者可致電伊院病人資源中心3506 6434聯絡鍾先生。

Nightingale Club, a voluntary group established by retired nurses from Queen Elizabeth Hospital (QEH) in November 2004, aims to promote health education and improve mental health of community residents with the spirit of Nightingale. There are currently over 200 members, including retired nurses, current nurses and student nurses. In recent years, recruitment also takes place in Kowloon Hospital and Buddhist Hospital to solicit and extend their influence on the Kowloon Central Cluster. Voluntary works such as health checks and talks were organised in hospitals and community. It is hoped that the mission of 'mutual help, dedication and care' can live on to the next generation through participation in and provision of guidance and support to voluntary works organised by QEH and other patient support groups. Those who are interested can contact Mr Chung of QEH Patient Resource Centre at 3506 6434.



如果你是伊利沙伯醫院的同事，相信都會見過令人讚嘆的氣球佈置。醫院的大型活動如伊院周年晚會、哺乳日、捐血日等場內的精美氣球，專業程度可媲美坊間的氣球製作公司，卻原來全部都是出自一雙雙伊院護士的魔法手呢！

伊利沙伯醫院內科部門運作經理梁鳳儀，亦是南丁格爾會的內務統籌稱：「2013年我們開始舉辦扭波興趣小組，原意希望讓會員相聚，舒緩壓力，豈料大家一扭上癮，由無難度的小花、小狗、小烏龜，扭至車、小熊、醫護人、迷你兵團、聖誕樹，甚至更高難度可讓人『穿上』的鳥翼扮大鳥。」為了扭出一件件出色作品，梁姑娘更與臨牀腫瘤科病房經理何惠玲姑娘，自掏腰包，月前參加台灣扭波大師何坤龍的氣球工作坊，學習更高技巧的武媚娘造型氣球。

每件作品都是同事嘔心瀝血之作，為免它們曇花一現，每次活動結束後，姑娘會將氣球送給病童，將歡樂帶給他們；或留在醫院大堂，為醫院增添溫暖。何姑娘笑稱：「每次看到有人站在作品前拍照，心裡也特別高興，證明有人欣賞自己的作品。」

扭波是一門興趣，有同事將這門興趣延至工作層面，以此拉近與病人的距離。特別內科資深護師于寶珠稱：「我常常要處理HIV（愛滋病）小童的個案，由於他們一出世已患病，卻不能對人說，心裡藏了很多不快和抑鬱。所以每次見面時，我都用氣球打開他們心扉，男的扭把劍、女的扭朵兒，心扉打開了，自然有話可聊，可順利為他們治療。」

她們最難忘是曾在活動前兩日，因不滿意作品，狠狠地將氣球全部刺破，從頭再來，但活動翌日舉行，於是她們在前一晚扭至凌晨兩點，最終及時完成作品。現時，該會多接伊院內的活動「柯打」，全不收費。未來她們希望在特別節日，扭出主題作品，放置醫院大堂，掃走冷冷的感覺，添多一點人情味，讓歡樂溫暖的氣氛散播伊院。

扭波技巧

- 1) 不怕爆波，扭波時，動作要狠。
- 2) 打結前，記得要先放氣，避免充氣太漲而爆波。

砌波技巧

- 1) 砌波前，要先想好作品的比例和顏色，避免作品走樣。
- 2) 波與波之間要夠貼身，避免有隙縫，否則作品成形時，會出現很多洞，好像衣服穿窿的樣子。💖



用得意鴨仔宣傳世界潔手日。Cute ducks are used to promote the Hand Hygiene Day.



▲ 梁鳳儀（左）和何惠玲扭出古代場景和人物，非常厲害！Cindy Leung (left) and Ho Wai-ling showed their mastery in balloon twisting by recreating an ancient scene and the corresponding characters.

If you work at Queen Elizabeth Hospital (QEH), you may notice the stunning balloon decorations at events like annual dinner, breastfeeding day or blood donation day. The quality is comparable to that of professional production houses. But they are actually the creations of QEH nurses.

Cindy Leung, Department Operations Manager (Medicine Department) at QEH cum Internal Affairs Co-ordinator of Nightingale Club says, "In 2013, we started to organise a balloon twisting hobby group for members to help them alleviate stress. To our surprise, members are absorbed in the activity. They go from the basics such as flowers, puppies, turtles, to more advanced items, like cars, bears, health carers, minions, X'mas trees and even figures with interactive elements – a pair of wearable balloon wings. To scale new heights in balloon twisting skills, Cindy and her buddy, Ho Wai-ling, Ward Manager at Department of Clinical Oncology, even participated in a workshop organised by a Taiwanese balloon twisting master Ho Kun-lung to learn the techniques for twisting Empress Wu Zetian.

Since QEH nurses work their hearts out to produce every piece of work, they do not want their masterpieces to shine only for a moment—the balloons will be given to children patients to cheer them up or placed at the QEH lobby to add a touch of warmth to the environment. Wai-ling says, "I feel so happy whenever I see someone standing in front of the balloon taking photos. It is a solid proof that our works earn appreciation and recognition from others."

Balloon twisting is a hobby that can also be applied to work to help narrow the distance between health carers and patients. "I have to deal with children HIV cases from time to time. Most of the patients are born with the disease. They can't tell others about their conditions and tend to keep the upset and depressive emotions to themselves. In this case, I will treat them with a balloon sword or flower to make them open up to me. Once they feel comfortable, they will be ready to let me carry out the treatment", says Pansy Yu, Advanced Practice Nurse of Special Medical Service at Department of Medicine.

Talking about unforgettable experiences, the team mentions how they decided to destroy all the initial creations out of dissatisfaction and started from scratch just two days before an event took place. They finally managed to finish their master creations at midnight before the event. At present, they usually take 'orders' from QEH events for free. Looking forward, the team hopes to set a theme decoration for every festival and add a touch of warmth and joy to the originally 'cold' hospital lobby.

Balloon Twisting Skills

- 1) Be agile and unafraid of popping.
- 2) Let some air out before tying a knot to avoid explosion from over-pumping.

Balloon Sculpting Skills

- 1) Made up your mind on the choice of colours and respective proportions to prevent deformation.
- 2) Tie the balloons closer to avoid gaps in between. Otherwise, there may be holes in the final product. 💖



▲ 扭波加入互動元素，同事變身大咀鳥。A colleague dresses up as a balloon toucan.

保護環境 醫院有計

早在90年代，醫管局已意識到環保的重要，明白節約能源、減低污染，有助減少呼吸道疾病和心血管疾病。多年來，醫管局在節能減排、源頭減廢和處理廢物方面都實施多項措施，緩減能源耗用上升的趨勢。為提升環境保護管理，2015年醫管局成立能源管理督導委員會，負責為工程項目制訂能源效益標準、監察醫院用電量，以及開拓更多減能措施，並以2022年前減少耗用能源5%為目標。總辦事處高級行政經理（工程）源柏樑表示，醫院環保講求跨部門合作，要全盤考慮每個工程項目，才有助保護環境；強調發展醫療服務時，應同時考慮對環境造成的影響，才可達至持續發展，改善市民生活。🍀



寧靜地盤

廣華醫院重建計劃第一期醫院大樓拆卸工程，使用了不同技術，減少噪音污染和對周邊環境的影響。方法包括使用較低噪音和振動的工具，如氣動破碎機、電力破碎機和液壓夾鉗，同時加設隔音屏裝置（見上圖）。清拆相連的建築物時，先用手提式工具移除連接部分，分開建築物，減少對仍在運作的大樓的振動和噪音。此外，負責工程的顧問和承建商與受影響的醫院部門定下通報機制，配合醫院運作，妥善安排施工。進行挖掘工程時，採用了非撞擊式鋼管樁牆；進行地基打樁工程時，則採用鑽孔樁和加設減聲裝置。

Quiet demolition site

Phase 1 demolition of building blocks in Kwong Wah Hospital applied various measures to minimise noise and disturbance to the neighbourhood. Tools that bring less noise and vibration are used, such as pneumatic breakers, electric breakers and hydraulic crusher. Acoustic barriers (see above photo) are also used to reduce noise. When demolishing adjoining buildings, hand-held tools are used to remove the joint and leave a gap to lower the noise and vibration to the building in operation. Moreover, consultants and contractor established a notification mechanism with the affected hospital departments to facilitate demolition arrangement. For excavation and piling work, non-percussive pipe pile, and bored piles and acoustic screen are used respectively.

高效能浮磁冷氣機組

現時醫院逾40%的用電量來自冷氣。為更節省冷氣用電，醫管局2015/16年開始在21間醫院更新置換無油式製冷機組。現時已更換了61台製冷機組，另外25台計劃兩年內完成。這是全港首次大規模節能更換，預計每年可節省1,300萬元電費開支，減少2,000噸碳排放量。無油製冷機採用磁浮原理，令軸承懸浮，不與軸摩擦，亦減省機油。



Energy-efficient oil-free chiller

40% of energy consumption in HA comes from air-conditioning. In order to reduce energy use, HA adopts oil-free chillers in 21 hospitals starting from 2015/16. 61 are replaced and the other 25 will be done within two years. This is the first large-scale replacement for energy conservation in Hong Kong and is anticipated to save \$13 million energy expenses and reduce 2,000 tonnes of carbon emission. The chillers make use of oil-free magnetic bearing to eliminate friction and oil use.

熱泵

熱泵製冷製熱的效能比傳統電力加熱高三倍，並已在廣華醫院採用。醫管局與中華電力有限公司合作，研究在醫院廚房安裝熱泵，為廚房提供熱水，同時冷卻室內空氣，改善員工工作環境。

Heat pump

The efficiency of producing heating and cooling effects by heat pumps is three times greater than that of the traditional way using electricity. Heat pumps are already used in Kwong Wah Hospital. HA cooperates with China Light and Power Company Limited (CLP) to install heat pumps in hospital kitchens to supply hot water and cool air, which can improve working environment.



節約用電

2014年起，醫管局與中華電力有限公司合辦節能推廣計劃，向同事灌輸慳電意識。2015年醫院慳電比賽共節省了200萬度電，相等於500個家庭一年的用電量；2016年的比賽，更由醫院層面推廣至家庭。另外，中電替醫院測試LED燈效能。2017/18年度會在七間醫院推行試驗計劃，更換更高能源效益的LED燈，預計每年可節省100萬度電。

Reduction in energy consumption

HA and CLP co-organise annual energy saving programme since 2014 to foster colleagues' awareness of energy saving. About two million kilowatt hour (kWh) was saved in the competition among hospitals in 2015, which is equivalent to the energy consumption of 500 households in a year. The scope of competition in 2016 even extends from hospital to individual families. Besides, CLP tested efficiency of LED lighting. There is a pilot scheme in seven hospitals in 2017/18 that lightings will be changed to LED lights which are more energy-efficient. It is expected to save one million kWh a year.

HOSPITAL

EMERGENCY

廚餘處理

醫院有不同措施減少食物浪費，如供病人選擇食物份量、減少備用餐數量、詢問病人是否已有家人帶來飯餐，然後提供「免餐」選擇。2016/17年21間醫院參加了香港女工商及專業人員聯會主辦的「傳承惜食」計劃，瑪麗醫院及新界東聯網七間醫院分別取得最高的鑽石級獎項。除了減少廚餘源頭，19間醫院使用環保廚餘機（見下圖）分解廚餘，轉化成肥料。其他醫院計劃分批把廚餘送到環境保護署的有機資源回收中心處理。



電熱聯供系統

雅麗氏何妙齡那打素醫院去年11月啟用的電熱聯供系統，使用可再生的堆填氣體轉廢為能，透過醫院內的發電機組產生電力，並回收過程中產生的廢熱，轉化為有用的蒸汽和熱水，整體能源損耗量由傳統發電的60%，減低至20%。系統每年可為醫院節省約270萬元能源開支，並減少2,000噸碳排放量，改善空氣質素。

Combined heat and power system

The combined heat and power system in Alice Ho Miu Ling Nethersole Hospital began to function since last November. Renewable landfill gas is used to generate electricity by an onsite generator. The waste heat is reclaimed to provide hot water and steam supplies. Overall energy loss is dwindled from 60% by the traditional way of generation to 20% by the combined system. It is anticipated to save 2.7 million and reduce 2,000 tonnes of carbon emission.



HA has been committed to environmental protection since the 1990s, knowing that less energy use and pollution reduces respiratory and cardiovascular diseases. Over the years, HA has implemented various measures to slow down the increase of energy consumption. To enhance environmental protection management, the Energy Management Steering Committee was established in 2015 to devise energy-efficient design standards for capital projects, monitor energy use of hospitals and strengthen energy management to reduce energy consumption with a target of reducing 5% energy use by 2022. Yuen Pak-leung, Senior Manager (Engineering), reckons that environmental protection in hospitals relies on inter-departmental cooperation and a holistic view should be taken into consideration in every project. To achieve sustainable development, it is important to think over the impact to the environment when developing healthcare service. 🍀

Food waste management

There are different initiatives in hospitals to reduce food waste. Allowing food portion selection, reducing spare meal, asking patients if their family have brought food and thus reducing meal produced are examples to reduce food waste. 21 hospitals participated in the 'FoodEver WasteNever Award', organised by the Hong Kong Women Professionals & Entrepreneurs Association in 2016/17. Queen Mary Hospital and seven hospitals of New Territories East Cluster won the highest Diamond award. Apart from reducing the source of food waste, 19 hospitals use food waste decomposers (see photo on the left) to turn food waste into fertiliser. Food waste of other hospitals is planned to be sent in phases to the Organic Waste Treatment Facilities managed by Environmental Protection Department.

廢物回收

醫院鼓勵同事回收廢紙、塑料、金屬、玻璃樽、廚餘和舊衣物等，去年共收集了超過3,600噸可回收物品。29間醫院獲香港綠色機構認證的減廢證書，並有八間醫院參加了環境保護署舉辦的《惜物•有「計」》約章計劃，實踐愛惜舊物，減少浪費。

Recycling

HA encourages colleagues to recycle paper, plastic, metals, glass bottles, food waste and used clothes. Last year, over 3,600 tonnes of recyclables was collected. 29 hospitals were awarded the Wastewise Certificate of the Hong Kong Green Organisation Certification and eight hospitals joined the 'Waste Check Charter' Programme run by the Environmental Protection Department.





自從舊年12月九龍中醫院聯網同九龍西醫院聯網重組後，廣華醫院、東華三院黃大仙醫院同聖母醫院併入九龍中聯網。為咗標誌聯網服務邁向新里程，九龍中聯網推出咗個新標誌，以紅色線勾劃出十字圖案，配襯湖水綠的 KCC 字樣，讓人耳目一新。

新標誌嘅設計靈感，來自聯網新標誌設計比賽嘅得獎作品，再加入實用元素，並諮詢專家及不同部門嘅意見，最終變成依家嘅新標誌。

接近80份新標誌設計比賽嘅作品中，冠軍係廣華醫院及東華三院黃大仙醫院行政事務主任源穎（Wendy）。佢話設計意念以「跳躍的人」為主，「加入九龍中聯網後，不時收到聯網舉辦運動比賽或興趣班嘅資訊，感覺呢個係一個好有活力嘅聯網，鼓勵同事要工作與生活平衡，所以我將『K』字變成舉起雙手，開心跳起嘅人，旁邊嘅『C』



東華三院黃大仙醫院嘅50周年標誌同紀念杯，同美化廣華醫院重建期間嘅戰鬥貼紙，都係出自Wendy嘅手筆！
Wendy has also designed a mug in commemoration of WTSH 50th anniversary and also a lift sticker for redevelopment of KWH.



比賽得獎者源穎。Wendy Yuen, winner of KCC's logo design competition.

九龍中新標誌 活力登場 New KCC logo reflects energy and enthusiasm

就有延續呢個動作嘅意思，成個標誌比喻聯網同事不斷躍動求進、求創嘅精神。」

Re-clustering of Kowloon West Cluster (KWC) and Kowloon Central Cluster (KCC) since December last year brought Kwong Wah Hospital (KWH), Tung Wah Group of Hospitals Wong Tai Sin Hospital (WTSH) and Our Lady of Maryknoll Hospital under KCC. KCC has launched a new logo to mark this new chapter in the cluster's history. It is a cross pattern outlined in red with the word 'KCC' in turquoise.

The ultimate design of the new emblem of KCC was based on the winning concept of KCC logo design competition. The cluster added practical elements, consulted experts and various departments before finalising the design.

The winning design was created by Wendy Yuen, Administrative Services Officer of KWH & WTSH.

大家認住呢個就係九龍中醫院聯網嘅新標誌。
New logo of KCC.

Her design was chosen by the judging panel from nearly 80 entries. Wendy's design reflects the idea of a lively and enthusiastic person. "KCC staff are full of energy. I often receive emails about sports competitions or interest classes, and staff are encouraged to maintain good work-life balance," Wendy explains. "I designed the 'K' symbol to represent a lively person full of vitality. The position of 'CC' signifies continuation of this energy and enthusiasm reaching out into everything we do. The new logo reflects KCC's spirit of continuous improvement and innovation."



在職進修學管理 Learn management skills on-the-job

今時今日要與時並進，自我增值少不得。Helen最近聽聞醫管局總辦事處人力資源部，推出咗一系列通用能力嘅管理新課程，其中涵蓋超過30個唔同主題嘅課堂及52個網上學習課程，適合唔同職位嘅同事修讀。

課程分為基礎班（MGT 001），教你基本人際關係管理技巧；中級（MGT 101及MGT 202）就係加強

人事管理技巧；以及高級程度（MGT 303）嘅企業及醫療服務管理系列，透過真實個案來學習。同事想事業再上一層樓，不妨多讀幾個課程！

課程每季會推出新班，有興趣嘅同事請留意聯網人力資源部發出嘅課程招生通知或醫管局內聯網「培訓及發展」的欄目（<http://ha.home> → 培訓及發展）。

Helen heard that a new series of generic competencies training programmes of MGT001, 101, 202 and 303 have been rolled out by Head Office Human Resources Division. It is a good chance to enhance our management skills.

The series features over 30 classroom programmes and 52 e-Learning modules that equip colleagues with essential skills and knowledge required for career progression.

The programmes are stratified into three levels. Basic level develops basic supervisory skills; intermediate level enriches and strengthens people management capabilities; and advanced level covers the Healthcare Service Management Training Curriculum which shares management skills through real cases sharing. Whether you're a professional veteran manager or a newbie to the field, there is a training curriculum suitable for you.

Courses will be run regularly to give you flexibility to plan your study journey. Watch out for the quarterly call for nomination from your Cluster HR or check out HA intranet of T&D updates anytime (<http://ha.home> → T&D).

恭賀醫管局43人 獲授勳銜 Congratulations to 43 HA awardees on the Honours List

大紫荊勳章 Grand Bauhinia Medal



李國章教授 前醫管局大會成員
Prof the Hon LI Kwok-cheung, Arthur
Ex-Board Member

銀紫荊星章 Silver Bauhinia Star



周轉香女士 北大嶼山醫院醫院管治委員會成員
Ms CHAU Chuen-heung
HGC Member of North Lantau Hospital
郭琳廣先生 威爾斯親王醫院醫院管治委員會成員
Mr KWOK Lam-kwong, Larry
HGC Member of Prince of Wales Hospital

黎時媛居士 香港佛教醫院醫院管治委員會成員
Mr LAI Sze-nuen
HGC Member of Hong Kong Buddhist Hospital

雷添良先生 九龍區域諮詢委員會前成員
Mr LUI Tim-leung, Tim
Ex-Member of Kowloon RAC

梁志祥議員 博愛醫院醫院管治委員會前成員
The Hon LEUNG Che-cheung
Ex-HGC Member of Pok Oi Hospital

榮譽勳章 Medal of Honour



袁國強先生 九龍區域諮詢委員會成員
Mr YUEN Kwok-keung
Member of Kowloon RAC

陳李妮女士 博愛醫院醫院管治委員會成員
Mrs CHAN Li-Hei
HGC Member of Pok Oi Hospital

羅少傑先生 仁濟醫院醫院管治委員會成員
Mr LO Siu-kit
HGC Member of Yan Chai Hospital

伍杏修先生 沙田慈氏護養院醫院管治委員會成員
Mr NG Hang-sau
HGC Member of Cheshire Home, Shatin

古慧敏女士 瑪麗醫院中央護理部高級護理主任
Ms KOO Wai-mun, Jenny
Senior Nursing Officer, Department of Central Nursing of Queen Mary Hospital

田陸秀娟女士 伊利沙伯醫院中央護理組榮譽顧問
Mrs TIEN LUK Sau-ken, Gloria
Honorary Advisor, Central Nursing Division of Queen Elizabeth Hospital

鄭承峰博士 仁濟醫院醫院管治委員會前主席及成員
Dr CHENG Shing-fung, Baldwin
Ex-HGC Chairman & Member of Yan Chai Hospital

今年的政府授勳名單上月已經公布，共有43位成員和同事致力服務市民、貢獻社會，而獲得嘉許。《協力》恭賀各位獲頒授勳銜的現任及前任醫管局大會、區域諮詢委員會及醫院管治委員會成員和同事；同時亦祝賀獲委任為太平紳士和獲得行政長官社區服務獎狀的成員和同事。

金紫荊星章 Gold Bauhinia Star



高永文醫生 前食物及衛生局局長
Dr KO Wing-man
Ex-Secretary for Food and Health

何淑兒小姐 前醫管局大會成員
Miss HO Shuk-ye, Susie
Ex-Board Member

周振基教授 東華三院醫院管治委員會前主席
Prof CHOW Chun-kay, Stephen
Ex-HGC Chairman of Tung Wah Group of Hospitals

銅紫荊星章 Bronze Bauhinia Star



馮孝忠先生 醫管局大會成員
Mr FUNG Hau-chung, Andrew
Board Member

甘博文博士 醫管局大會成員
Dr KAM Pok-man
Board Member

陳家歡女士 東華三院醫院管治委員會成員
Ms Katherine CHAN
HGC Member of Tung Wah Group of Hospitals

管浩鳴法政牧師 雅麗氏何妙齡那打素醫院醫院管治委員會成員
The Reverend Canon KOON Ho-ming, Peter Douglas
HGC Member of Alice Ho Mui Ling Nethersole Hospital

李洪森先生 屯門醫院醫院管治委員會成員
Mr LEE Hung-sham, Lothar
HGC Member of Tuen Mun Hospital

The 2017 Honours List of the government has been published in June. 43 members and colleagues are awarded for dedicated service and contributions to the community. HASLink congratulates the following serving and former Members of the HA Board, Regional Advisory Committees (RACs) and Hospital Governing Committees (HGCs) and colleagues, as well as the Members and colleagues who are appointed Justices of the Peace and receive Chief Executive's Commendation for Community Service.

高靜芝女士 東區尤德夫人那打素醫院及基督教聯合醫院醫院管治委員會前成員
Ms KAO Ching-chi, Sophia
Ex-HGC Member of Pamela Youde Nethersole Eastern Hospital & United Christian Hospital

李秀恒博士 雅麗氏何妙齡那打素醫院醫院管治委員會前成員
Dr Li Sau-hung, Eddy
Ex-HGC Member of Alice Ho Mui Ling Nethersole Hospital

蔡永忠先生 香港紅十字會輸血服務中心醫院管治委員會成員
Mr TSAI Wing-chung, Philip
HGC Member of Hong Kong Red Cross Blood Transfusion Service

雷賢達先生 威爾斯親王醫院慈善信託基金成員
Mr LUI Yin-tat, David
Member of Prince of Wales Hospital Charitable Foundation

梁智達醫生 靈實醫院內科部榮譽顧問醫生
Dr LEUNG Chi-tat, Antony
Honorary Consultant, Department of Medicine of Haven of Hope Hospital

羅盛基嫻女士 前醫管局大會成員
Mrs LAW SHING Mo-han, Yvonne
Ex-Board Member

劉榮強議員 屯門醫院醫院管治委員會前成員
The Hon LAU Ip-keung, Kenneth
Ex-HGC Member of Tuen Mun Hospital

太平紳士 Justices of the Peace

伍穎梅女士 威爾斯親王醫院醫院管治委員會主席
Ms Winnie NG
HGC Chairman of Prince of Wales Hospital

陳偉明先生 明愛醫院醫院管治委員會成員
Mr CHAN Wai-ming
HGC Member of Caritas Medical Centre

鄧開榮先生 北區醫院醫院管治委員會成員
Mr DENG Kai-rong
HGC Member of North District Hospital

藍國慶先生 博愛醫院醫院管治委員會成員
Mr LAM Kwok-hing
HGC Member of Pok Oi Hospital

張德康醫生 新界東醫院聯網婦產科部門主管
Dr CHEUNG Tak-hong
Chief of Service (Obstetrics & Gynaecology) of New Territories East Cluster

何栢良醫生 瑪麗醫院微生物學部榮譽顧問醫生
Dr HO Pak-leung
Honorary Consultant, Department of Microbiology of Queen Mary Hospital

曾憲康先生 青山醫院及小欖醫院醫院管治委員會成員
Mr TSANG Hin-hong
HGC Member of Castle Peak Hospital & Siu Lam Hospital

盧煜明教授 威爾斯親王醫院化學病理科榮譽部門主管
Prof LO Yuk-ming, Dennis
Honorary Chief of Service (Chemical Pathology) of Prince of Wales Hospital

譚廣亨教授 瑪麗醫院外科榮譽顧問醫生
Prof TAM Kwong-hang, Paul
Honorary Consultant, Department of Surgery of Queen Mary Hospital

袁銘輝先生 前醫管局大會成員
Mr YUEN Ming-fai, Richard
Ex-Board Member

葉敬冬先生 九龍區域諮詢委員會前成員
Mr IP Ngo-tung, Chris
Ex-Member of Kowloon RAC

孔美琪博士 港島區域諮詢委員會前成員
Dr KOONG May-kay
Ex-Member of Hong Kong RAC

李文斌先生 仁濟醫院醫院管治委員會前主席及成員
Mr LEE Man-bun
Ex-HGC Chairman & Member of Yan Chai Hospital

伍翠瑤博士 博愛醫院醫院管治委員會前主席
Dr NG Chui-yiu, Jennifer
Ex-HGC Chairman of Pok Oi Hospital

行政長官社區服務獎狀 Chief Executive's Commendation for Community Service

黃鈴鈴女士 博愛醫院醫院管治委員會成員
Ms WONG Wai-ling
HGC Member of Pok Oi Hospital

醫療公職初哥 多面睇

醫院管理局迎來兩位大會新成員，分別是擅長研究分析的林奮強和重視人性化管理的方文雄。二人均是初次接觸公營醫療服務的公職，現在一起來聽聽他們如何「出招」，協助提升醫管局的服務水平。

“實證為本
以硬數據決定未來
*Make fact-based and
well-informed choices*”
林奮強 Franklin Lam

創立政策智庫、曾在瑞銀投資銀行擔任領導層，並連續超過10年在專業基金經理評選中獲「最佳分析員」的林奮強（Franklin）另擇跑道，為社會當義工，擔任醫院管理局大會成員，在公共醫療服務上發功，繼續「有碗話碗，有碟話碟」。

初來甫到的Franklin，已加入大會轄下五個委員會，包括財務委員會和人力資源委員會。他說會在會議上提出很多客觀的事實及數據，協助醫管局深入討論、分析，作出明智的決定。他時刻提醒自己：「在投資銀行做錯決定，大不了是輸錢，但在醫管局的每個決定都是關乎人命，不容有錯！」

數月前他隨醫管局行政總裁梁栢賢醫生視察靈實醫院及將軍澳醫院，自認魄力和毅力都不及前線同事，笑言「來生一定不會做醫護人」，並在總裁與員工對話的環節，對前線同事敬業樂業的態度留下深刻印象。「以前做投資銀行時，員工在發問大會上的提問都是圍繞公司年尾花紅或會否加薪。醫管局同事的發問卻截然不同，有醫生關心如何提升以流動裝置使用臨床醫療管理系統的速度，另有同事建議醫院購買一部X光機，提高服務穩定性。這都是關乎病人福祉啊！」

香港公營醫療系統在國際上雖有不錯的評價及聲譽，但他特別關注人口老化令公營醫療服務需求緊張，負荷超重，拖垮好的系統。「以一間米芝蓮三星級餐廳為例，欠缺一位清潔工，足以令員工變得慌忙，餐廳整體表現『跌Watt』；同一理論套用於醫療服務上，人手短缺不只影響單一部門，更影響整體服務的運作流程和效率。」他期盼政府增撥醫療資源，讓醫院可應付日增的服務需求。



另外，他認為港人對退休的理解根深蒂固，以為可以「hea」，每天留在家中「煲劇」，但其實這會加快身體機能衰退，間接增加醫療服務的壓力。他呼籲大家要建立健康的退休生活，「多走兩步路，多做運動吧！」

Rated by global fund managers as the top analyst for over a decade, Franklin Lam, the founder of an independent public policy think tank and former senior executive at UBS Investment Bank, is appointed as new Hospital Authority Board member.

Actively sitting on five committees, including Finance Committee and Human Resources Committee, the veteran executive calls a spade a spade and vows to apply objective facts and figures to facilitate HA in making better informed choices. "Unlike in an i-bank where a wrong decision may lead to a loss of money, a bad decision in HA may lead to a loss of lives," he often reminds himself.

After joining the HA Chief Executive's hospital visit to Haven of Hope Hospital and Tseung Kwan O Hospital in April, he exclaims, "I can't imagine myself tough and diligent enough to be an HA staff in my next life." He takes his hat off to the frontline who demonstrates perseverance

林奮強認為本港面對人口老化問題，軟、硬件都嚴重不足，社會需要多增建支援設施，才能令長者有個健康的黃金晚年。Franklin believes that a range of community support services allows elderly to enjoy their golden years.

and courage. The dialogue between Dr PY Leung and staff also left him amazed, "In similar forums held in investment banks, the questions were about year-end bonus and pay rise. Here in HA, staff concerns are directed to the well-being of patients, such as 'how can mobile devices access Clinical Management System more efficiently?' and 'we should purchase one more X-ray machine to maintain reliable services.'"

Ageing population is a big challenge to the medical care system in Hong Kong. He fears that big gaps will soon appear in our world-class system as the ageing problem approaches – keen demand for healthcare services will overload our system and compromise its quality. He explains with an example: an understaffed three-star Michelin restaurant will suffer a drop in overall performance even if it is short in just dish-cleaning staff; likewise, the quality of HA service will be set back due to shortage of labour and resources. Thus, Franklin believes significantly stronger support by the government is critical.

The word 'retirement' is often misinterpreted as 'end of work' and beginning of all-day TV-watching by the general Hong Kong public, a view that will contribute to deteriorating health. Franklin thus encourages all retirees to exercise more to stay healthy.

A CLOSER LOOK AT HA BOARD 'FRESHMAN'

We welcome the appointment of two new members to Hospital Authority Board. This issue introduces Franklin Lam and David Fong, who are experts in public policy research and humanistic management respectively!

“人性化管理
「人在，心也在」
*Humanistic management
wins hearts of everyone*”
方文雄 David Fong

方文雄（David）是協成行發展有限公司董事總經理，從地產界走到公營醫療服務界，擔任醫管局大會成員，他說，「儘管在不同崗位，信念也是一樣，不論管理、工作、行善都要人性化。」

「管理要貼地」的另一演繹就是人性化。David的企業曾獲頒家庭議會「傑出家庭友善僱主」獎項及香港生產力促進局「開心企業」標誌等。以其人力資源管理的經驗，他期望可有助醫管局推動關愛文化，同事感到溫馨、關愛，工作時自然人在，心也在。

他說：「有些老闆很怕員工每天準時下班。不過，據我經驗所見，若企業機構協助員工工作與生活平衡發展，對公司的回報反而更高！例如，容許員工在子女生日當天提早下班，接子女放學，員工覺得特別開心，也感到公司很有人情味。員工有足夠時間空間培養家庭關係，上班時自然可以專心工作。」

一班醫護新力軍「殺入」各大醫院，不愠不火的David寄語他們要易位思考。「若你是病人，你想醫護人員如何照顧你？怎樣做才令你感到窩心？記住正能量要在醫患間互動。」他提醒「新鮮人」多關心、少煩躁、放慢步，勿視醫療服務為「數字任務」，心裡別只管「每小時要醫治多少名病人」。

管理要人性化，行善亦然。David自小跟隨父親方潤華視察地盤，在冬天為寮屋居民送上保暖毛毯，明白行善不是開一張大支票，而是要落手落腳與社福機構合作、交流，才能了解社會問題，幫助有需要的人。

所以，2009年他騰出一座工廈的三層後樓梯，加裝抽風設施，讓一班青少年塗鴉塗個痛快。其後不斷加碼，把塗鴉空間增至十層，繼而進駐一萬呎單位，最後更活化整幢工廈，以超優惠租金出租二萬多呎的空間予三間非牟利機構，幫藝術家發展，支持港青創業。他鼓勵同事參與各類的社福服務，說不定這些經歷會為大家帶來啟發和改變呢！❤

Stepping into healthcare from property development, the Managing Director of Hip Shing Hong (Holdings) Company Limited David Fong believes that a people-centered approach is the bible of management whichever field you are in.

Awarded 'Distinguished Family-Friendly Employer' by Family Council and 'Happy Company Logo' by Hong Kong Productivity Council, David upholds a humanistic approach in human resources management. He is committed to advocating humanity to enhance practice for the spirit of care and harmony in Hospital Authority.

"Some bosses consider staff getting off from work on time as a nightmare. But from what I have experienced, it brings higher profits when we help staff develop work-life balance. One small step, like allowing staff to leave work earlier on their children's birthday, can mean a lot to them— not only does it help foster family relationship, but it also shows hearty care for employees, which in turn keeps the staff focused at work," says David.

David reminds the new blood of the HA family to always put themselves in others' shoes. "How would you want to be treated as a patient? What would touch your heart? Remember that positive energy among patients and

medical personnels is interactive." He remarks that healthcare service is not a number game measured by patient turnover, but a matter of consideration, patience and calmness of mind.

The people-centered approach is also applicable to charity work. David followed his dad to construction sites since he was young, like following his father to distribute blankets to squatter residents under cold spells. His childhood experience have left far-reaching impacts on how he contributes to charity. He wishes to engage in charity more than just by donating money.

In 2009, he offered the staircase area of three storeys of an industrial building for youngsters to unleash their talent in graffiti. Further is the expansion of the graffiti area to 10,000 square feet and revitalisation of the whole industrial building. Today, an area of more than 20,000 square feet is provided for three non-profit organisations at concessionary rent to support youth arts and career development. He hopes to see HA staff participate in more social services and activities through which they can draw insights and bring positive impact. ❤

聘請有限度註冊醫生 紓緩前線壓力 Recruit doctors with limited registration to relieve frontline stress

《協力》：什麼是有限度註冊醫生？

張：海外畢業又符合要求的醫生可在香港受聘於大學、衛生署和醫管局，機構會為他們申請有限度執業牌照，規限申請人只可在受聘機構工作，不能私人執業。醫管局會因缺乏整體人手和相關醫學專才的情況提出申請。

HASLink: What is a doctor with limited registration?

WL: Overseas medical graduates who fulfil requirements can be employed in Hong Kong by universities, the Department of Health and the Hospital Authority. The institutions apply limited registration for them and these doctors are confined to work in the applying institutions. HA recruits doctors with limited registration due to a lack of overall manpower or expertise in specialised areas.

《協力》：醫管局現有多少名有限度註冊醫生？

張：5,800名醫生中，有17名有限度註冊醫生，其中兩人是醫學專才，其他是為補充人手而聘請的駐院醫生，在麻醉科、急症科、兒科等工作。

HASLink: How many doctors with limited registration are employed by HA?

WL: Among 5,800 HA doctors, there are 17 practitioners with limited registration. Two of them are doctors with expertise in specialised areas and others are residents working in departments including anaesthesia, Accident & Emergency and paediatrics to ease manpower shortage.

《協力》：為何建議將有效期由一年改至三年？

張：按現時醫管局的要求，海外醫生最少須有三年臨床經驗，才可申請有限度註冊。在此前提下，只能吸引到想來港作短期交流的醫生，但若將有效期由一年延長至三年，可增加吸引力，申請者亦可有更長遠工作規劃。

HASLink: Why is it proposed to extend the valid period from one year to three years?

WL: HA requires applicants to have at least three years of clinical experience. As a result, mainly overseas doctors who look for experience exchange will join the limited registration scheme. If the term is extended to three years, the scheme will enable interested doctors to have a longer term career plan.

現時醫管局缺少約300名醫生人手。政府《醫療人力規劃和專業發展策略檢討報告》估計2030年缺1,007名醫生。政府已增加醫科生培訓學額及非本地醫科生執業資格試至一年兩次，醫管局亦推行多項措施，招募和挽留醫生。醫生註冊（修訂）條例草案建議將有限度註冊醫生有效期延長至三年，近日再次引起社會討論。《協力》訪問了聯網服務總監張偉麟醫生，解答常見疑問。

HA currently has a shortage of 300 doctors. According to government's *Report on Strategic Review on Healthcare Manpower Planning and Professional Development*, there will be a shortage of 1,007 doctors by 2030. The government raised the intake of medical students and increased Licensing Examination to twice a year. HA has taken measures to recruit and retain doctors. The Medical Registration (Amendment) Bill proposed to extend the valid period to three years and this provokes discussion. Dr Cheung Wai-lun, Director of Cluster Services talks to HASLink about some enquires.

張：張偉麟醫生 WL: Dr Cheung Wai-lun

《協力》：聘請有限度註冊醫生會否對醫管局醫生帶來負面影響？

張：不會。因為有限度註冊醫生名額是現行空缺以外的安排，不影響本地醫生的招聘。若要聘請較資深的有限度註冊醫生，亦是由於香港缺乏相關人才，故不會阻礙本地醫生晉升。

HASLink: Does limited registration have any negative impact on HA doctors?

WL: The answer is NEGATIVE. Recruitment of doctors under the limited registration scheme is an arrangement in addition to the existing vacancies. Therefore it will not affect recruitment of local doctors. If hiring of senior doctors is required, it would be due to the lack of doctors with expertise in specialised area in Hong Kong, so it will not affect promotion of local doctors.

《協力》：如何透過有限度註冊聘請人手？

張：由前線部門經醫院提出申請，總辦事處諮詢該專科的中央統籌委員會，才會進行招募。

HASLink: How to recruit manpower via limited registration?

WL: Frontline departments can apply through hospital. Head Office will consult Central Co-ordinating Committee before recruitment.

《協力》：如何確保海外醫生的質素？

張：有限度執業註冊計劃專責小組會監察聘用情況，成員包括兩間大學醫學院院長、醫學專科學院主席、醫管局大會代表及行政總裁。遴選委員會審核應徵者資歷時，會尋求相關專科學院和中央統籌委員會意見，確保資歷符合要求。

HASLink: How to ensure the quality of overseas doctors?

WL: The HA Task Force on Limited Registration Scheme, comprising the deans of medical faculty of two universities, chairman of Hong Kong Academy of Medicine, board members and Chief Executive of HA, advises on candidate requirements. The selection panel consults academy of medicine of related speciality and Central Co-ordinating Committee to ensure that the applicant is qualified.

UpToDate Anywhere

醫管局已訂閱「UpToDate Anywhere」資料庫，方便醫護同事臨床診斷時尋找相關文獻，有例可依。

這個由醫護人員編制的資料庫，集合逾20個專科和附屬專科過萬個題目，涵蓋超過460份國際醫學期刊，內容包括治療、藥物資訊、專科最新資訊等。

屯門醫院內科及老人科駐院醫生蔡立喬認為，資料庫提供的疾病徵狀和診治資料詳盡，分類明確有條理，而且有圖表方便理解，非常有用。「資料庫雖不能取代教科書和醫學期刊，但十分方便，有助我平日的臨床工作和學習。」

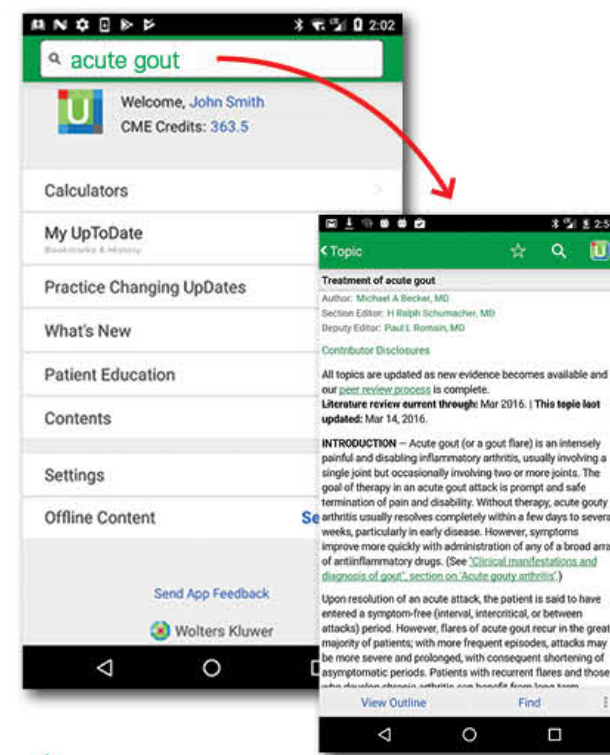
今年7月1日開始，同事可使用辦公室電腦，透過eKG (www.ekg.org.hk) 瀏覽資料庫。大家亦可以到http://www.ekg.org.hk/html/gateway/database/uptodate/UTD_announcement.htm 登記，然後在辦公室以外，透過最多兩部電子產品使用此應用程式。應用程式支援iOS和Android系統，以及Mac OS和Window電腦系統。如需協助，同事可致電2300 6360聯絡總辦事處圖書館或向醫院圖書館管理員查詢。

提供過萬臨床文獻 a clinical decision support database

HA has subscribed a clinical decision support database 'UpToDate Anywhere' to facilitate clinicians' work. The database is compiled by clinicians, covering more than 10,000 topics in over 20 specialties and subspecialties. With content consolidated from over 460 medical journals, it provides information on treatment options, drug database, specialty updates and many more.

Dr Kelvin Tsoi, resident at Department of Medicine and Geriatrics from Tuen Mun Hospital, reckons that this database provides detailed and systematic information about symptoms and treatment. Graphs and tables make concepts easier to be understood. "Although it cannot entirely replace textbooks and journals, the database makes clinical work and study much more convenient."

Starting from 1 July this year, colleagues can access this database via eKG (www.ekg.org.hk) through office computers. After registering at http://www.ekg.org.hk/html/gateway/database/uptodate/UTD_announcement.htm, you can also use its application on up to two electronic devices outside HA network. The app supports iOS and Android devices, and Mac OS and Windows on PCs. For enquiries, colleagues can call Head Office library at 2300 6360, or contact their local librarian.



同事可以用電子儀器隨時隨地瀏覽UpToDate Anywhere 資料庫，十分方便。The database of UpToDate Anywhere is highly convenient to colleagues as they can get access to it using electronic devices anytime.

同學變知己 伴行護士路

古語云：「人生得一知己，死而無憾。」人生路上，能有相同價值觀和信念的知己結伴同行，實在是一種福氣。

我在醫院工作七年，也找到這樣的例子，她們就是兩位已退休的前輩——勞妙玲姑娘和李錦華姑娘。因工作關係，我有機會與二人共事，我初到醫院工作時，幸得兩位前輩循循善誘，工作順利上手。後來，我才知道二人雖在不同部門工作，卻是一對不折不扣的金蘭姊妹。

這對金蘭姊妹的情誼始於醫院護士學校。二人本來不相識，因同期入學而獲編配同一宿舍房間，加上她們都是虔誠的天主教徒，有相同的理念和價值觀，上天奇妙的安排，使她們成為一輩子的好同事、好知己。她們在醫院工作逾40年，大輩子的青春和時間奉獻給醫院。她們懷著熱誠愛心，不計較也不比較，本著愛心和汗水照顧病人，多年來彼此扶持，一同走過不少歲月，見證醫療系統的發展和醫院的變遷。

護士工作的辛酸，不足為外人道，面對沉重的工作壓力，偶有洩氣的時候，可幸有同為護士的同伴互相傾訴，彼此勉勵，護士之路並不孤單。我亦幸運地與她們建立亦師亦友的關係，獲益良多。

我記得，勞姑娘退休前在外展教育部工作，負責推廣健康資訊，也是我籌辦活動的啟蒙老師。聖母醫院作為社區醫院，十分重視健康推廣，經常舉辦各類型活動，如大型嘉年華會、長者健康檢查、學校健康講座、戒煙輔導等工作，都難不到她。勞姑娘親切友善，令不少參加者一見難忘。

至於紓緩治療科的家訪護士李姑娘，則常在百忙中抽空，與我商討改善紓緩治療科義工服務，仔細安排義工探訪出院病人和預備各樣義工服務讓病人參與等。她處處為病人、家屬和義工著想，希望各方從義工服務得益，深受義工和病人愛戴。

如今，二人先後退休，生活亦相當充實，閒時與家人旅行增廣見聞，在港時又會相約品茗閒聊，甚至結伴上課自我增值。她們雖已退下火線，但心中仍掛念醫院和病人所需，偶爾以義工身份回醫院幫忙，能夠由同學變成知己，實在令人羨慕不已！

蔡珍妮
聖母醫院社區關係主任



李錦華姑娘

勞妙玲姑娘

勞姑娘和李姑娘由同學變知己，見證對方成長中多個重要時刻，又結伴走過護士歲月，實在難得。



勞妙玲姑娘

李錦華姑娘

1分鐘自由講 Minute Talk

「鐵血」雄心 捐得有「營」

捐血除了要有心，還要夠「鐵」！近年前往香港紅十字會輸血服務中心捐血的人數上升，然而，中心成功收集的血液數量卻不升反跌。為什麼？因為很多捐血者在血紅素水平測試中「肥佬」而需暫緩捐血。

要達到捐血要求，男性的血紅素水平要達到13至18g/dL，女性則為11.5至16.5g/dL才可捐血。血紅素是紅血球中重要的部分，負責輸送氧氣到身體各部分，而鐵質是製造血紅素的必要元素，所以若身體鐵質不足，便不能製造足夠的血紅素。🩸

「吸鐵」食譜： 和風紫米牛肉飯團

| 材料 (可製作 3-4 人份量) | | 調味料 | |
|------------------|------|-----|-------|
| 白米 | 200克 | 鹽 | 少許 |
| 紫米 | 50克 | 米酒 | 1茶匙 |
| 黑木耳絲 | 35克 | 麻油 | 1茶匙 |
| 甘荀絲 | 60克 | 粟粉 | 1茶匙 |
| 生菜 | 4-6片 | 胡椒 | 少許 |
| 牛肉片 | 105克 | 醬油 | 1/2茶匙 |
| 蛋 | 2隻 | 乾蔥頭 | 少許 |
| 紫菜 | 3片 | 壽司醋 | 30克 |

做法

1. 煎蛋備用。將黑木耳絲和甘荀，分別炒熟備用。
2. 將所有調味料加入牛肉片，醃半小時，然後快炒至熟透備用。
3. 以清水淘洗紫米，用少量熱水浸泡一小時後，加入白米煮熟，再加入壽司醋攪勻。
4. 鋪放一層保鮮紙，然後放上一塊紫菜。把適量米飯平放於紫菜中央，並依次序鋪放生菜、甘荀絲、黑木耳絲、生菜、牛肉、蛋塊及米飯。
5. 把紫菜的四角摺向中間，用保鮮紙緊緊的把飯團包裹。
6. 把飯團切開兩份，即可食。

食譜來源：設計者為今年4月紅十字會輸血服務中心「有「營」捐血食譜比賽」冠軍得主李淑嫻

肉類 Meat

| | |
|------------------|----------|
| 豬肝 Pork liver | 17毫克/mg |
| 鴨肉 Duck | 4.3毫克/mg |
| 牛肉 Beef | 2.8毫克/mg |

蔬菜類 Vegetable

| | |
|------------------------|-----------|
| 黑木耳(乾) Black fungus | 97.4毫克/mg |
| 金針菜 Daylily | 7.8毫克/mg |
| 粟米 Corn | 2.7毫克/mg |

乾果及堅果類 Dried fruit and nut

| | |
|---------------------|-----------|
| 芝麻 Sesame | 10.4毫克/mg |
| 葡萄乾 Raisin | 3.8毫克/mg |
| 蜜棗 Candied dates | 3.5毫克/mg |

資料來源：食物安全中心 Information source: Centre for Food Safety

捐血前的準備

- 捐血前四小時內需進食
- 充足休息及飲用充足水分
- 不要穿衣袖太緊的衣服

Before blood donation

- Eat within four hours
- Rest well and drink enough water
- Do not wear clothes with sleeves too tight

Be a blood donor with high iron level

Apart from a good heart, one needs sufficient iron to donate blood. Despite rising number of blood donor in the Hong Kong Red Cross Blood Transfusion Service (BTS) in recent years, the amount of blood collected has dropped. This is because many donors cannot pass the haemoglobin test and thus need to be deferred for blood donation.

To qualify for blood donation, the haemoglobin level for men and women has to reach 13-18g/dL and 11.5-16.5g/dL respectively. Haemoglobin is an important component of red blood cells which carries oxygen around the body. Since iron is an essential element in making haemoglobin, low iron level leads to deficiency in haemoglobin. 🩸

海產類 Seafood

| | |
|---------------------|-----------|
| 蛤 Clam | 14.4毫克/mg |
| 蝦米 Dried shrimps | 11毫克/mg |
| 蠔 Oyster | 10.2毫克/mg |

豆類 Bean

| | |
|----------------------|-----------|
| 腐竹 Soybean sticks | 16.5毫克/mg |
| 黑豆 Black beans | 7.2毫克/mg |
| 扁豆 Lentil | 4毫克/mg |

全穀類 Whole grains

| | |
|--|----------|
| 全麥糠穀物 Whole-wheat breakfast cereals | 12毫克/mg |
| 粟米片 Cornflakes | 6.7毫克/mg |
| 快熟麥片 Quick cooking oatmeal | 3.8毫克/mg |

資料來源：食物安全中心 Information source: Centre for Food Safety

Iron level up: Japanese-style beef purple rice ball

| Ingredient (3-4 servings) | | Seasoning | |
|---------------------------|------------|---------------|--------------|
| Rice | 200g | Salt | a trace |
| Purple rice | 50g | Rice wine | 1 teaspoon |
| Shredded black fungus | 35g | Sesame oil | 1 teaspoon |
| Shredded carrot | 60g | Corn flour | 1 teaspoon |
| Lettuce | 4-6 pieces | Pepper | a trace |
| Sliced beef | 105g | Soy sauce | 1/2 teaspoon |
| Egg | 2 pieces | Dry onion | a trace |
| Seaweed | 3 pieces | Sushi vinegar | 30g |

Step

1. Fry eggs, shredded black fungus and carrot separately. Put aside.
2. Season beef for half an hour and then fry it.
3. Wash purple rice with water. Soak it in some hot water for an hour. Cook it with white rice. Stir well with sushi vinegar.
4. Lay out a piece of plastic wrap. Put a piece of seaweed on it. Place some rice in the middle and then in layers: lettuce, carrot, black fungus, lettuce, beef, egg and rice.
5. Fold four corners of seaweed to centre. Wrap rice ball with plastic wrap.
6. Cut rice ball into half and ready to serve.

Recipe by: Li Suk-han, winner of 'Stay on Nutritious Diet, Start with Iron' Nutritious Recipes Design Competition organised by BTS in April this year.



平日的進餐建議 Daily eating habits

• 進食含高鐵質的食物，同時亦需吃含豐富維他命C的食物，幫助身體吸收鐵質。吃一個橙或奇異果，也可提升身體吸收鐵質的能力。

• 用餐時不要飲濃茶或咖啡，因為兩者含單寧酸，阻礙身體吸收鐵質；如需要餐飲，可考慮檸檬水。

• Consume food with high iron level and food rich in vitamin C for iron absorption, such as orange and kiwi.

• Do not drink strong tea or coffee at meal because they contain tannin which reduces iron absorption. Consider drinking lemon water.

瑪嘉烈醫院微創手術中心 投入服務！ New minimally invasive surgery theatres at PMH ready to serve



今年2月底，瑪嘉烈醫院新落成的微創手術中心正式服務市民。中心設有三間手術室，包括介入性放射學手術室、綜合內窺鏡手術室及機械人手術室。圖為醫療團隊在綜合內窺鏡手術室專注地為病人進行手術。

中心配備先進及高科技醫療設備，包括血管造影儀器、內窺鏡、腹腔鏡、機械吊臂、各種吊頂式或掛牆式儀器等，加上超高解像度的立體畫面，為醫生提供比用肉眼看得更清楚及細緻的影像，提高診斷的準確性和手術的精細程度，使手術能更安全及有效地進行。專業的醫療團隊在儀器配合下，只要在病人身上開小孔，甚至只需經過病人身上天然道口，就能處理各類手術，造福病人。🩸

Three newly established Minimally Invasive Surgery (MIS) theatres commenced service at Princess Margaret Hospital in February this year, namely interventional radiology/ hybrid; endo-lap and robotic theatres. (Photo) The medical team was focusing on an operation in the new endo-lap theatre.

Theatres are equipped with advanced medical equipment such as angiography machine, integrated endoscopy-laparoscopy system, robotic technology, C-arm and surgical pendants. Surgeons manipulate the tubes with robotic arms rather than with their own hands. These leading edge technologies enable visualisation of 3D images so that surgeons can perform more delicate manoeuvres with precision to improve patient care. 🩸

幸福是..... HAPPINESS IS ...

笑容
SMILES

生活常有微小而確實的幸福，你的小確幸又是甚麼？心靈綠洲早前舉辦了「幸福•樂源」活動，鼓勵同事將日常生活的幸福事與身邊人分享。活動收到近900份作品，內容真摯動人。評審選出15份優秀作品，再由同事票選五份最喜愛作品。《協力》現節錄部份佳作供讀者欣賞。想看更多作品，可瀏覽網頁：<https://oasis.home/voting/gallery.aspx>。❤

What brings you happiness? We can find simple happiness in everyday life. Oasis's 'Simple Happiness' programme encourages colleagues to share their joyful moments with us. Nearly 900 touching entries were received. The judging panel selected 15 best entries, out of which five with most votes from staff became the most liked entries. Here HASLink presents some of the wonderful sharing. For other submitted works, please visit <https://oasis.home/voting/gallery.aspx> (in Chinese only). ❤



「我生命最大的小確幸是痛了20多小時，（你）從我肚裡出生。你每一個笑容都令我感到人生是如此的幸福。」

周莉露 社會工作助理
東區尤德夫人那打素醫院

"The greatest happiness in my life is giving birth to you after labour pain of over 20 hours. Every single smile of yours makes me feel blissful."

Chau Lee-lo Social work assistant
Pamela Youde Nethersole Eastern Hospital

偶遇
CHANCE ENCOUNTERS

「一個人在旅途上，遇見您——賣水果婆婆。得到您熱心引路，品嚐您親手種的橘子，溫暖了這趟旅程。」

彭燕珍 二級病人服務助理
青山醫院

"When I was travelling alone, I met you – an old lady selling fruits. By showing me the way and sharing oranges you grew, you added warmth to my journey."

Pang Yin-chun Patient care assistant II
Castle Peak Hospital

回憶
MEMORIES

「回家開門的當兒，我選擇了微笑，因為我知道與愛犬短短的相遇，會成為一段難忘的片段。這一幕，是我會永遠懷念的場景。」

李夏茵 策略發展總監
醫管局總辦事處

"When I opened the door and saw this, I smiled instead of frowned because I knew it will become an unforgettable moment in the brief encounter with my dog. I'd cherish this scene forever."

Libby Lee Director (Strategy & Planning)
Hospital Authority Head Office

老伴
SOULMATES

「家中兩老在比拼誰的塑膠公仔會站得穩，樂了半天。每次回家看著他們，幸福感油然而生。」

盧秀娟 病房經理
仁濟醫院

"My elderly parents had fun in competing whose plastic figure stands better. Happiness springs up every time I see them."

Lo Sau-kuen Ward manager
Yan Chai Hospital

伙伴
TEAMMATES

「幸福就是在工作的地方遇到好伙伴，一起共同進退，每天上班打開儲物櫃，也有小驚喜。」

葉東旋 登記護士
律敦治醫院

"Happiness is working with good teammates. Every time I open my locker, there are surprises."

Yip Tung-shuen Enrolled nurse
Ruttonjee Hospital