

精神科 兒童身心全面發展服務

簡介

「兒童身心全面發展服務」是一個多部門的合作計劃，合作單位包括衛生署、勞工及福利局、醫院管理局和非政府組織。此計劃目的在於盡早發現幼兒的各種在成長及醫療健康上的需求。醫管局的產科，小兒科和精神科服務均參與此計劃。由於母親的精神健康將對他們的子女的成長和福祉產生重大影響，因此醫管局的精神科向懷疑有精神問題的母親提供服務。醫院管理局在這計劃中擔當重要的角色，並於二〇〇五年首先在深水埗、天水圍、屯門及將軍澳展開先導計劃。瑪麗醫院精神科部門在二零一二年三月開展了「兒童身心全面發展服務」。為西營盤、鴨脷洲、鄧志昂母嬰健康院，以及贊育醫院和瑪麗醫院之產科門診和病房提供服務。

服務對象

此服務為處於懷孕和產後階段懷疑患有情緒困擾、精神健康問題的婦女提供服務。

服務範圍

評估

- ◆ 為母嬰健康院、產科門診及病房的孕婦及新生母親提供全面的精神健

康評估、作出輔導及適切的介入。

- ◆ 直接轉介有需要之患者到瑪麗醫院之精神科專科門診接受治療。
 - ◆ 提供面談、電話會談或家訪服務以作跟進。
 - ◆ 瑪麗醫院J座二樓 / 五樓均設有精神科專科門診服務為有需要的孕婦或新生母親提供治療及跟進服務。
- #### 聯絡及協調
- ◆ 與其他醫護人員進行會診。
 - ◆ 與產科門診/病房及母嬰健康院的前線護理人員分享對護理精神健康的知識和經驗。
 - ◆ 安排精神科醫生到母嬰健康院提供評估服務。

支援及教育

- ◆ 向家人或照顧者提供支持和教育，以提高他們對孕婦及新生母親的了解，並強化他們對孕婦及新生母親的支援。
- ◆ 提供精神健康講座與孕婦、母親或有興趣人士，以協助識別精神健康問題及強化相關的處理方法。

轉介方法

本服務接受:


- ◆ 母嬰健康院、瑪麗及贊育醫院之產科門診及病房的醫生及護士的轉介。
- ◆ 兒科、急症室、普通科門診及醫管局其他臨床部門的醫生及註冊私家醫生的轉介。

查詢電話: 2255 3856 傳真號碼: 2819 3851
以上資料由瑪麗醫院精神科提供。



瑪麗醫院
Queen Mary Hospital

精神科 兒童身心全面發展服務 DEPARTMENT OF PSYCHIATRY COMPREHENSIVE CHILD DEVELOPMENT SERVICE

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DEPARTMENT OF PSYCHIATRY COMPREHENSIVE CHILD DEVELOPMENT SERVICE

Introduction

The Comprehensive Child Development Service (CCDS) is a multi-sectoral programme involving the Department of Health, Labour and Welfare Bureau, Hospital Authority (HA) and Non-government Organizations (NGOs). The programme aims at early identification of the various developmental and health care needs of the young children. The Obstetric, Paediatric and Psychiatric services in the HA are involved in the programme. Since the mental wellbeing of the mother will have a great impact on the development and wellbeing of their children, psychiatric service is provided to mothers with suspected mental problem(s).

Since 2005, Hospital Authority has played a key part in the pilot services in Sham Shui Po, Tin Shui Wai, Tuen Mun and Tseung Kwan O.

The CCDS of Department of Psychiatry, Queen Mary Hospital (QMH) was established in March 2012. It provides service to Sai Ying Pun / Ap Lei Chau / Tang Chi Ngong Maternal and Child Health Centres (MCHC) and obstetric clinics / wards of Tsan Yuk Hospital (TYH) and QMH.

Target Population

The QMH Psychiatric CCDS provides service for at risk women in the pregnancy and post-partum period who are suspected suffering from emotional / mental health problems.

Scope of Services

Assessment

- ◆ Provide psychiatric service at MCHCs, obstetric clinics and wards; conduct comprehensive psychiatric assessment, supportive counseling and prompt psychiatric care to clients.
- ◆ Make referrals to Psychiatric Specialist Clinic (PSC) in QMH for treatment.
- ◆ Provide reassessment on client's condition through interview, tele-care or home visit.
- ◆ The QMH Psychiatric CCDS provides out-patient follow-up service at J2 / J5, QMH.

Liaison & Co-ordination

- ◆ Discuss with other professionals on client management.
- ◆ Share knowledge and experience with frontline health care workers of MCHCs, obstetric wards and clinics on management of clients with suspected mental health problems.
- ◆ Arrange on site consultation by psychiatrist in MCHCs.

Support & Education

- ◆ Provide support and education to families and/or carers to enhance their understandings of clients' problems and to empower their support to clients.
- ◆ Provide educational talk related to mental health knowledge to pregnant women / mothers / people who are interested in the topics to assist them to identify mental health problem and its management.

Referring Procedure

The QMH Psychiatric CCDS accepts referral from:

- Doctors and nurses of MCHCs, Obstetric Clinics and Wards of TYH and QMH.
- Community Paediatrician, Accident and Emergency Department, General Out Patient Clinic and other clinical department of HA and registered private doctors.

For enquiry : 2255 3856
Fax Number: 2849 3851

Information provided by Department of Psychiatry,
Queen Mary Hospital