醫院管理局
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香港兒童醫院
Hong Kong Children's Hospital

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虛心求知 Learning

同理關懷 Caring

會心微笑 Smiling



院長的話

“五年：繼續微笑”

Keep smiling

最近接連有交流活動在本院成功舉行，包括兩岸三地小兒骨科學術大會、上海兒童醫學中心到訪，還有一些海外專家前來主講培訓研討會，主題分別為骨骼發育不良和兒童手術安全，更現場直播了一宗複雜手術的過程。

這反映我們正發揮在兒科領域的獨特角色，擔當一個交流平台，聯繫國際和內地同業。除此之外，開院五年以來，我們在臨床、科研和病人體驗方面都造出成績。這個得來不易的里程碑，蘊含著每一位曾經及正為醫院開拓、耕耘的同事及工作伙伴的心血和貢獻。

在醫院的周年聚餐上，大家都非常盡慶。當晚我提到，一間機構要評估員工的歸屬感，最簡單的方法，是看看他們工作時有沒有笑容。我留意到同事們的笑容是一年比一年多，希望我們繼續這個充滿陽光的文化，攜手締造令大家引以為傲的優質服務大家庭。

醫院行政總監
李子良醫生

In the past couple months, a series of exchange activities were successfully held in HKCH, including the Chinese Paediatric Orthopaedics Symposium, visit of the Shanghai Children's Medical Center, and commissioned training symposiums by overseas experts about skeletal dysplasia and paediatric surgical safety with live demonstration of a complex surgery.

This reflects HKCH is performing its unique role as an exchange platform for paediatric care by connecting international and Mainland counterparts. In the past five years since we opened, we have also made satisfactory accomplishments in clinical service, research and patient experience. Behind this milestone are the contributions of our staff and working partners who have spent tireless efforts to blaze new trails.

At our recent annual dinner, I mentioned that the simplest way to gauge the sense of belonging of staff is to observe whether there is smile on their faces during work. As the year grows, I have noticed more and more smiles. I hope we could continue to live this positive culture, and build a quality service that makes us all proud.

Dr Lee Tsz-leung
Hospital Chief Executive



前來本院主講研討會的英國小兒外科及麻醉科專家，遇上到訪商談培訓合作的上海兒童醫學中心麻醉科醫生。

Some UK experts in paediatric surgery and anaesthesia attending commissioned training cross paths with anaesthetists visiting from the Shanghai Children's Medical Center.

音樂藝術作橋樑

病童家人互訴心聲更親密

Patient families bond over music and art

長期往返醫院接受各種治療，難免對病童及家屬的身心造成負荷。病人資源中心推出「匯藝童樂園」計劃，以藝術及音樂撫慰病童心靈，為他們打氣，重拾動力對抗病魔。

Long-term medical treatment can be a heavy burden to child patients and their families, both physically and mentally. Recognizing this, the Patient Resource Centre (PRC) has launched the "Music and Arts Promotion" project to bring comfort to patients, cheer them up and rekindle their strength to fight their illnesses.

「匯藝童樂園」啟動禮邀得社區合作伙伴帶來精彩表演。

Community partners bring wonderful performances to the hospital at the "Music and Arts Promotion" kick-off ceremony.







多個社區合作伙伴參與音樂藝術市集，節目豐富，病童及家人樂在其中。

Patients and families have a great time participating in fun activities in the music and art bazaar.

容易掌握的小樂器可增加病童在音樂活動中的參與感，透過節奏表達情感。

Small musical instruments can enhance patients' sense of control, allowing them to express emotions through rhythm.



病人資源中心社會工作主任林鳳翹說，不少外國研究指出在治療過程中融入音樂和藝術元素可帶來正面影響：「能提供一個媒介讓病童抒發情感和需要，並透過參與活動增加掌控感，從而緩減焦慮和孤獨感，促進療程效果。」中心獲香港兒童醫院慈善基金撥款，推行為期18個月的「匯藝童樂園」先導計劃，參考了超過十間海外兒童醫院的經驗，每星期都會為病童及家屬舉辦不同活動及工作坊，如藝術創作、故事分享會、演奏會等。



病童及家長透過簡單的藝術創作，放鬆身心之餘，亦可互訴心聲，促進親子關係。

Simple handicrafts offer a time for relaxation and bonding, bringing patients and parents closer.



專業樂手義工趁聖誕佳節，戴上鹿角到病房演奏，以悠揚樂韻為住院病童送上節日祝福。

Professional musicians play music in wards to bring holiday cheers to inpatients.

Yvonne Lam, Social Work Officer of PRC, pointed out that many overseas studies have shown that integrating music and art elements into the treatment journey can create positive impacts. "It provides a medium for patients to express their emotions and needs. Participating in activities increases their sense of control and reduces their anxiety and loneliness, which can enhance the treatment outcome." With funding support from the Hong Kong Children's Hospital Charitable Foundation, PRC has launched an 18-month pilot of music and art promotion, referencing the experiences of more than ten overseas children's hospitals. Every week, different activities and workshops are organized for patients and their families, such as crafting, storytelling and performances.



藉活動打開心扉

這些活動的重點是互動性及參與性，設計較為簡單，不需特別技巧，不設標準答案，讓病童及家人可以盡情享受。助理社會工作主任黃秀貞表示：「我們留意到有些家長初時會叫孩子填顏色不要填出界，貼紙要貼在正確位置，但幾次之後，他們開始學習到享受參與的過程，也看到小朋友由被動到主動的轉變。」

黃秀貞不時遇到家長詢問怎樣才能成為更好的父母，她卻認為這並沒有指標，希望家長不要有太大壓力，最重要是理解和回應子女的需要。她鼓勵家長透過不同活動觀察子女，聆聽他們心底話：「有時小朋友想要的不是食大餐或去旅行，只是一些每天與家人都會做的事，希望有更多親子時光。」

反應正面
冀引入更多元化活動

中心亦定期舉辦交流會，讓病童及家人分享對活動的感想，得到不少正面回饋及肯定。參考這些意見，中心策劃活動時就能更切合使用者的需要，服務更貼心。林鳳翹期望今年進一步提供多元化活動，例如瑜珈及表演藝術。

Creating connections through activities

The activities are simple and require no special skills or model answers. The purpose is to encourage interaction and participation. Stephanie Wong, Assistant Social Work Officer, shared, “We noticed that some parents initially instructed their children to colour inside the lines and put stickers in the correct places. But after a few times, they began to enjoy the process and witness their children’s transformation from passive observers to active participants.”

Stephanie Wong is often asked by parents on how to improve their parenting skills, but she believes there is no one-size-fits-all answer. She encourages parents to listen to their children’s voices through observing how they behave in different activities, “Sometimes, what children yearn for isn’t a nice meal or travelling abroad, but simple everyday things.”

Encouraging feedback

PRC also holds regular sharing sessions to collect users’ feedback on the activities. Positive comments and recognitions have been received. Taking note of these views, the centre can tailor activities to better meet their needs. Yvonne Lam plans to introduce more diversified activities this year, such as yoga and performing arts.

職員

音樂小組

散播療癒樂韻



職員音樂小組不時在院內舉行表演，成員各展所長，一起譜奏愉快旋律。觀眾投入地欣賞，病童更會手舞足蹈。

Joyful melodies fill the air as members of the staff music group perform for colleagues and patients during one of their shows.

Staff music group turns notes into smiles

一班熱愛音樂的同事在公餘時間聚在一起，以歌聲譜出情誼，並透過表演，將笑聲和祝福帶給醫院每一位。

"Music in Hospital", the HKCH staff music group was set up last year to recruit singers and players of different instruments. Members gradually form a bond through a shared passion for music, and put together performances to spread smiles and blessings in the hospital.



郭蕙漩醫生（中）與其他成員合力用彩虹律音管敲擊出耳熟能詳的聖誕歌，讓病童感受濃濃的節日氛圍。

Dr. Vansie Kwok (middle) and partners play popular Christmas songs with tuned percussion tubes, spreading festive vibes to patients.

職員音樂小組去年成立，各成員負責不同樂器和歌唱部分。他們會因應節日或疾病推廣，挑選表演的主題和曲目。

歌聲撫慰病童心靈

音樂小組主召集人郭蕙漩醫生感謝院方支持他們購置樂器和音響設備，及安排聲樂課。她說：「表演讓我們有機會發揮所長，與同事、病童和照顧者分享喜悅，增進彼此了解。」

二級秘書李群儀盼以音樂製造正能量：「我們邊唱歌彈奏，邊與病童互動。看到他們隨著旋律手舞足蹈，我也樂在其中。」她知道有家長特意錄影給子女看：「想不到我們所做的，能成為照顧者療癒病童心靈的方法！」



成員一起上聲樂課，改進歌唱技巧。李群儀（中）在導師的指導下，為表演作好準備。

Vocal training is arranged for members to polish their singing skills. Joanne Li (middle) prepares for their next performance under the instructor's guidance.

When planning for a show, the staff music group would assign a theme, either to celebrate festivals or raise disease awareness.

音符連繫同事打破界限

郭醫生有感本院臥虎藏龍：「很開心認識到有音樂造詣的同事，一起享受音樂。音樂成為我們的共同語言，由素不相識，到現在會相約聚餐。」

擔任結他手的醫院管事李家聲坦言：「我最初以為音樂小組大概是醫生和管理層的活動。後來發現放下職場身份後，大家都是徹頭徹尾的音樂人，會滔滔不絕分享歌曲和樂理，打成一片，展現真性情。」



李家聲（左）感受到大家能夠在音樂小組裡打破職級界限，以歌會友。

Lee Ka-sing (left) feels that music can break boundaries between members of different ranks.

Sweet melodies touch patients' heart

Dr Vansie Kwok, the group's chief convener, thanked the hospital management for supporting them to acquire musical instruments, audio equipment and vocal lessons. She said, "The performances give us opportunities to showcase our talent while sharing joy with fellow staff, patients and caregivers, and foster mutual understanding."

Joanne Li, Personal Secretary II hopes their music could generate positive vibes, "Happiness is contagious. Kids would move with joy to our melodies. Once I saw a parent recording our performance to show to her hospitalized child. I couldn't have imagined our act would actually have such healing power."

Bringing colleagues together

Dr Kwok said there are many hidden talents in the hospital. "It's a privilege to be able to enjoy music with colleagues from different departments. Music has become our common language. We didn't know one another before, but now we would dine out together."

Hospital Foreman Lee Ka-sing, who plays the guitar, admitted, "At first, I thought the music group was mainly for doctors and executives. But once we put down our job titles, we are all music lovers. Everyone reveals their true colours while sharing songs and music theories. There are no more boundaries between us."

香港兒童醫院五歲了！

We are 5!





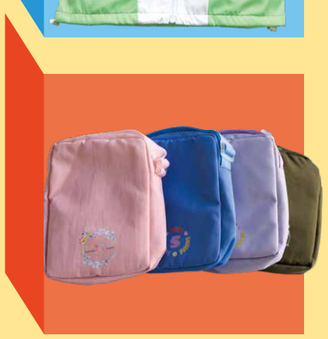
醫院於3月22日首次舉辦周年聚餐，兼賀五周年。當晚筵開50席，各部門的同事們難得聚首一堂，氣氛歡愉。

On 22 March, 50 tables of staff and guests enjoyed a fun night at HKCH's first ever annual dinner.

香港兒童醫院於2018年12月18日啟用。經歷五個春秋，本院現已提供全面的跨專科臨床服務，集中治理全港一些極度複雜的兒科病症，成果足以自豪。為慶祝五周年及答謝各位同事的付出貢獻，院方籌劃了一連串活動，同享滿足與喜悅。

HKCH commenced service on 18 December 2018. After five eventful years, HKCH now provides comprehensive multidisciplinary clinical services, and has become the hub for managing some highly complex paediatric cases in Hong Kong. An array of anniversary activities has been held to celebrate these proud achievements and thank staff for their contributions.







每位同事都獲贈一套精美實用，印有五周年標誌的紀念品，包括風褸、帆布袋及斜揹袋，均由漢華慈善基金捐贈。

Staff are gifted with a souvenir set with a windbreaker, a tote bag and a crossbody bag featuring the anniversary logo. All items are donated by the Hon Wah Charitable Foundation.



A座大堂的陳列室展出醫院建築模型、病人服裝等物品。要數最具歷史意義的，便是2014年動土儀式的牌匾。

Some interesting mementos are on display in Tower A lobby. They include the hospital's architectural model, patient outfits, and the commemorative plaque of the groundbreaking ceremony in 2014.



A座十樓通道變身為歷史長廊，掛滿一幅幅經精心挑選、滿載珍貴回憶的照片，標誌本院不同階段的里程碑及重要發展。歡迎同事放慢腳步，欣賞細味。

Take a trip down memory lane along the corridor on 10/F of Tower A with precious photos showing the hospital's milestones and development over the years.



從建築署接收醫院大樓

Handover of the hospital buildings from the Architectural Services Department



專科門診首日運作

First day of operation of the specialist outpatient clinic



醫院開幕典禮

HKCH opening ceremony

骨科團隊助病童走得更遠

Orthopaedic team helps sick children walk further



骨科團隊會按需要為病童製作3D 立體打印骨骼模型，除有助確切了解其骨骼結構，亦可利用軟件模擬手術情況，提升準確度和成效。周宏醫生（左）正利用模型與家長溝通，解釋病童的情況。

The orthopaedic team utilizes 3D-printed bone models when needed. They provide a clearer view of the bone structure and allow for pre-operative simulations, improving surgical precision and outcomes. Dr Chow Wang (left) explains a patient's condition to the parent with her bone model to enhance communication and understanding.

本院骨科團隊專門治理各種複雜或罕見的兒童骨骼疾病，如髖關節問題、上下肢變形、神經肌肉疾病、骨骼發育不良、代謝性骨病和複雜脊柱側彎；至於創傷性和一般發育問題，則由地區醫院處理。

The HKCH orthopaedic team specializes in complex and rare orthopaedic diseases in children, including hip problems, limb deformities, neuromuscular diseases, skeletal dysplasias, metabolic bone diseases, and complex scoliosis. Trauma cases and general developmental problems are handled by regional hospitals.

跨專科治理 高效又安心

矯形及創傷外科顧問醫生周宏指，患有複雜骨科病症的病童，身體其他系統亦往往有異常：「本院齊集各個專科，產生協同效應，對臨床治療和科研都有莫大幫助。我們亦可一起向家長清晰解釋子女的病情和發展前路，確保病童獲得全方位照顧，讓家長在掌握資訊下作出決定。」

周醫生憶述團隊曾為一名代謝病童做下肢矯形手術：「各專科一呼百應，同場進行咽喉檢查、眼睛檢查和神經傳導測試等，一次過解決幾個問題，不用重覆麻醉，大大減低病人和家屬的焦慮不安。」

The beauty of multidisciplinary management

Dr Chow Wang, the consultant-in-charge of the Department of Orthopaedics & Traumatology, emphasizes that children with complex orthopaedic diseases often experience issues in other body systems, “HKCH brings together expertise from various specialties, creating a powerful synergy in clinical management and research, and enabling the team to provide clear explanations to parents regarding their child’s condition and future outlook to ensure comprehensive care and informed decision-making.”

Dr Chow recalls his team once performed a lower limb surgery for a patient with metabolic disorder. “Various teams coordinated their efforts, so orthopaedic and ENT procedures, eye examinations, and nerve conduction tests could be done during the same session, minimizing the need for multiple anaesthesia and reducing the anxiety not only for the patient but also the family.”

復康與科技提升治療成效

要提供全面治療，周醫生強調專職醫療團隊不可或缺：「手術只能幫一半，另一半靠復康。」例如在坐姿診所裡，骨科醫生負責處理病童脊柱和四肢畸形的情況，改善其姿勢；治療師則會評估行動不便病童的承托和日常需要，安排合適的輪椅。這種個人化服務對提升病童生活質素非常重要。

本院亦引入先進科技以制定針對性治療和提升臨床成效，如設立動態分析實驗室，捕捉複雜的變形和步態問題，及購置 EOS 系統，為骨骼和神經肌肉病症提供精準與低輻射掃描檢查。

Enhancing care with rehab and technologies

He highlights the role of allied health professionals in providing comprehensive care, as surgery alone is only one aspect of the overall treatment, while rehabilitation is the other crucial half. For example, in the seating clinic, the orthopaedic surgeon would address patients' spine and limb deformities to enhance posture. Simultaneously, therapists would assess patients with limited mobility and prescribe suitable wheelchairs to cater to their body support and daily needs. This personalized approach is vital in enhancing patients' quality of life.

Advanced technologies are adopted to facilitate targeted treatment and enhance clinical outcomes, they include the motion analysis lab which captures complex deformities and gait problems; and the EOS system which provides precise and low-dose imaging for musculoskeletal and orthopaedic problems.

“患有神經肌肉疾病的病童有機會出現步態偏差。在綜合復康中心新設的動態分析實驗室中，病童的下肢會貼上反光標記及肌電圖感測器，然後在力量感應板上來回行走。12部高速攝影機從多角度捕捉其移動軌跡，找出肌肉及關節的問題所在，協助醫生準確分析病情和制定治療方案。

Patients with neuromuscular disorders may have gait deviation. In the new motion analysis laboratory at the Integrated Rehabilitation Centre, reflective markers and wireless electromyography sensors are placed on the patient’s lower limbs. The patient then walks back and forth on a force platform while 12 high-speed cameras capture their movements. This comprehensive setup enables accurate identification of joint and muscle problems, facilitating precise analysis and targeted treatment.”



醫學進步帶來新挑戰

醫學發展日新月異，一些不治之症現已有方法可以控制甚至改善，卻衍生另一種挑戰。周醫生以脊髓性肌萎縮症病童為例，以往終身要坐輪椅，現在有了新藥物，他們能站起來走路，但隨着成長，一些骨科問題便會逐漸浮現，例如下肢變形和髖關節脫骹，這是全世界都沒有先例可循的。他表示：「這些新挑戰無疑為兒童骨科創造更大的創新和發展空間，確實令人興奮。我們可以在國際間分享成功案例，作帶頭作用，相信能為這些問題找到解決辦法，取得重大進展。」

他期望團隊能發展成世界頂尖的小兒骨科中心，幫助患有複雜骨科病症的小朋友，提升他們的治療成效和生活質素。

Medical advancements bring new challenges

Dr Chow acknowledges that medical advancements have led to remarkable progress in controlling or treating some previously incurable diseases. However, they also present some new challenges. He quoted children with spinal muscular atrophy, who were previously confined to the wheelchair for life, as an example. With the availability of new medications and therapies, these patients can now regain mobility and walk. However, as they continue to grow, orthopaedic issues such as lower limb deformities and hip joint dislocation may arise, and there are currently no established treatment protocols worldwide to address these specific challenges.

"I see these emerging challenges as an exciting opportunity for the field of paediatric orthopaedics as they present room for innovation and development. By sharing successful cases internationally and taking a leading role, I believe there will be significant strides in finding effective solutions for these orthopaedic issues."

Dr Chow holds a vision for the orthopaedic department to develop as a leading centre for paediatric orthopaedics, with the ultimate goal of improving outcomes and enhancing the quality of life for children with complex orthopaedic conditions.

為減低輻射影響及提供更精準影像，放射科最近引入公立醫院首個第二代低輻射量X光醫學影像系統。它特別適用於一些需持續接受X光檢查，及患有脊柱側彎、脊柱後凸、長短腳、髖關節發育不全、O型或X型腿等病童。

系統僅需少於八秒，便可同步拍攝病人正面及側面的1：1全身影像，可避免因郁動造成模糊，及後期拼接時的誤差。它亦能調節輻射量，較傳統X光輻射量最多可以減少八成。

To reduce radiation exposure and improve imaging accuracy, the Department of Radiology recently introduced the next-generation low radiation X-ray system, EOS. It is particularly beneficial for children who require repeated X-ray exams and have conditions such as scoliosis, kyphosis, limb length discrepancy, hip dysplasia, bowlegs and knock knees.

It is capable of capturing both frontal and lateral views of the patient simultaneously in less than eight seconds, enabling the production of a 1:1 full-body image in a single scan, which eliminates blurry images caused by patient movement and errors in stitching images together. It can also modulate radiation dose, thereby reducing radiation dose by up to 80%.



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