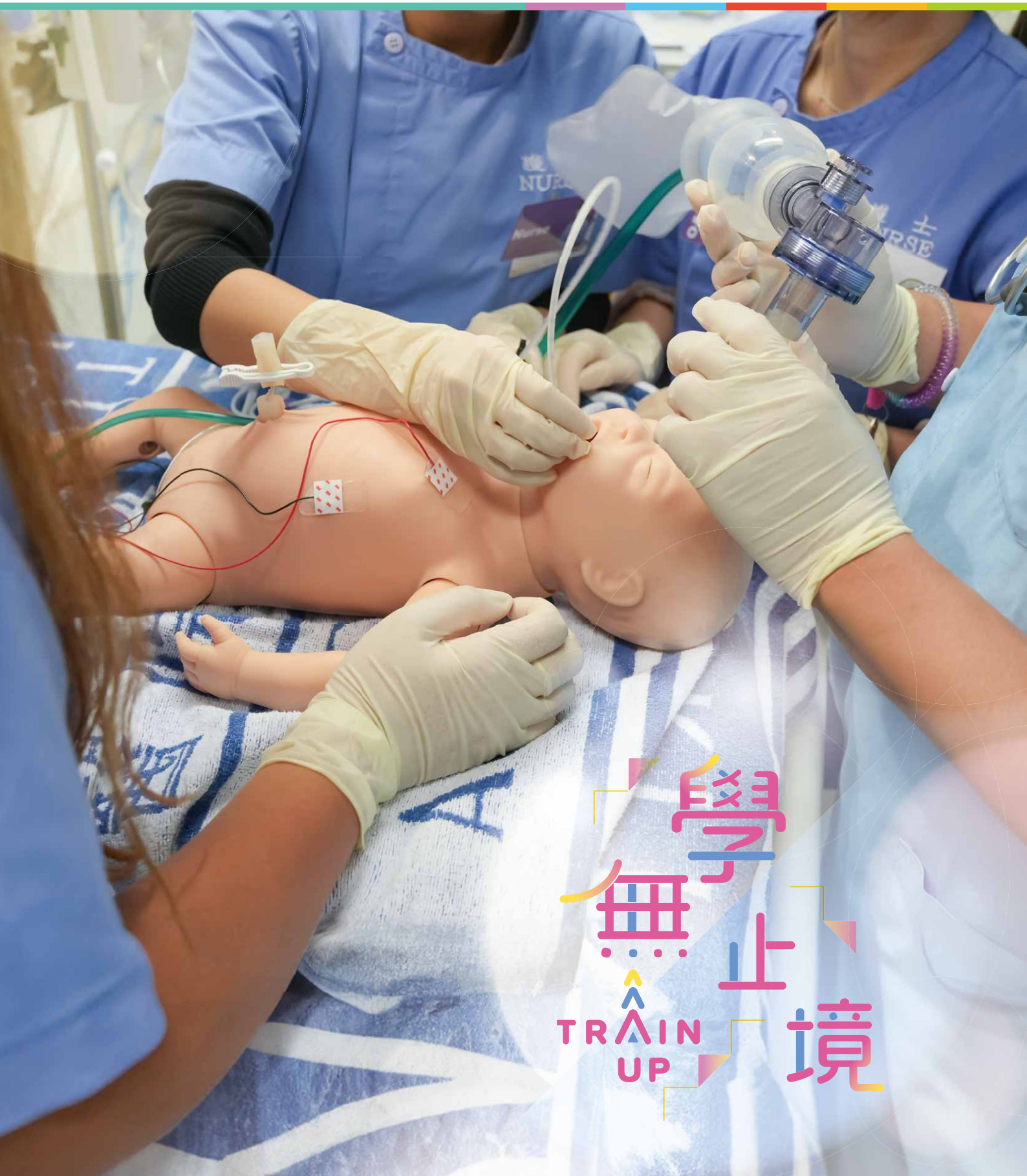
醫院管理局
HOSPITAL AUTHORITY

香港兒童醫院
Hong Kong Children's Hospital

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學無止境
TRAIN UP

虛心求知 Learning

同理關懷 Caring

會心微笑 Smiling



院長的話

我們可以為兒童做得更多嗎？

Can we do more for our children?

開院快要六年，我們的臨床服務已上軌道，亦正推行一些政府委派的全港性項目。我們固然要繼續集中罕見複雜病例，為本院病童提供高質素治療，但想深一層，我們能不能把視野擴闊一點，為整體兒童及青少年的身心健康和福祉扮演更重要的角色？

要做到真正的全人治療，醫社教合作是非常重要的。我們能不能連繫學校、教育工作者、非政府機構和社區伙伴，攜手協助兒童去克服在成長發展中遇到的挑戰？本院的醫生、護士和專職醫療人員能不能發揮其專長，教育公眾正確的醫學常識，並就一些切身關注（如飲食、運動、用藥、情緒壓力管理、教養子女、特殊學習需要等）提供專業意見？

把大家的力量集合起來，將有助推動兒童建立健康生活，如有問題亦能及早識別，讓他們得到合適的診斷和介入。

醫院行政總監
李子良醫生

It has been nearly six years since we opened. We are making good progress in clinical services, and implementing some territory-wide projects. HKCH will surely continue to provide quality care to patients with uncommon and complex diseases. But as we look ahead, can we step out and play a bigger part in the overall physical and mental wellbeing of children and adolescents?

To achieve holistic care, it is important to have medical-educational-social collaboration. Can we work with schools, educators, NGOs and community partners to help children overcome the challenges during their growth and development? Can our doctors, nurses and allied health professionals contribute their expertise to disseminate correct medical information, and offer professional advice on health topics people care about (e.g. diet, exercises, medication use, managing emotions and stress, parenting, special education needs)?

By joining forces, we shall be able to promote healthy living of children more effectively. If there are problems, they could be recognized earlier for appropriate diagnosis and intervention.

Dr Lee Tsz-leung
Hospital Chief Executive



九龍城區校長聯絡委員會早前到訪本院，建立聯繫。

The Kowloon City District School Principals' Liaison Committee visited HKCH earlier to build connection.

專訪
新任醫院管治委員會主席
INTERVIEW WITH
new HGC Chairman

龔楊恩慈女士

MRS ANN KUNG



龔楊恩慈女士認為香港兒童醫院應該繼續深化軸幅模式，集中相關服務，並主動協助其他醫院，充分發揮卓越醫療中心的作用。

Mrs Ann Kung believes HKCH should further strengthen the hub-and-spoke model by concentrating related services and supporting other hospitals, so it can fully perform its function as a centre of excellence.

龔楊恩慈女士是中銀香港顧問，一直積極參與公共事務，包括歷任醫管局大會及多個委員會的成員。她在香港兒童醫院開院前便加入醫院管治委員會，今年四月接任主席一職。

Mrs Ann Kung is an Advisor of the Bank of China (Hong Kong) Limited. Over the years, she has held many public service positions including in the Hospital Authority Board and its committees. She joined the HKCH Hospital Governing Committee as a member upon its inception, and took up the role of chairman in April.

靠專注達致卓越

服務醫院管治委員會幾個年頭，龔女士難忘本院開創了多個第一，如跨境器官捐贈、基因療法、臨床遺傳服務等。她說：「這些事沒有先例可依，是由零開始。一切絕非偶然，是同事有很強的專注力及專業性才取得的成果，令人很鼓舞。」

Dedication leads to excellence

Having served in HKCH since 2018, Mrs Kung is deeply impressed by its pioneering work, such as the first cross-boundary organ donation, gene therapy, and clinical genetics service. She said, "These are all built from the ground up, and all these accomplishments could not have happened without our colleagues' strong dedication and professionalism."



香港兒童醫院管治委員會現屆成員：(前排左起) 黃金月教授、劉澤星教授、張復熾醫生、主席龔楊恩慈女士、李子良醫生、霍泰輝教授；(後排左起) 羅志聰先生、陳偉強醫生、邱詠筠女士、李臻先生。

Current members of HKCH Hospital Governing Committee: (front row, from left) Prof. Frances Wong, Prof. Lau Chak-sing, Dr Eric Cheung, Chairman Mrs Ann Kung, Dr Lee Tsz-leung, Prof. Fok Tai-fai, (back row, from left) Mr William Lo, Dr Ricky Chan, Ms Winnie Chiu, Mr Oscar Lee.

她接任主席前，特意重讀2011年的《醫管局兒科服務檢討報告》來溫故知新：「當時講得很清楚，要成立卓越醫療中心，推行軸幅模式，把一些服務集中起來，另一些在地區處理，這是我們的指導原則。」她欣慰今天的兒童醫院正正呈現了報告描繪的願景，但不忘指出未來首要任務是繼續深化軸幅模式，在不同專科完成餘下的工作。「我們已更有經驗、能力及信心，在特定領域中發揮我們的作用。」

這一切都需要人才的支撐。龔女士指：「香港人口不多，出生率偏低，但也需要投放資源去照顧患病兒童，這是反映香港作為國際城市的質素。我們要招攬精英加入本院，亦要透過培訓，將這些能力擴展至其他醫院。與內地及國際交流同樣是必須，讓我們可持續提升能力，為香港及國家作貢獻。」

籌募需加強管治推廣

籌募工作方面，龔女士認為香港兒童醫院慈善基金能透過捐款給予醫院資源和彈性，去補足一些政府難以撥款的範疇。過往的例子包括設立資助計劃，支持有財政困難的病童接受海外化驗及特別營養配方；撥款予醫生進行疾病研究；為病童舉辦藝術及音樂活動等。

擁有豐富慈善工作經驗的她表示：「香港人充滿愛心，但我們必須有良好管治，並做好溝通及項目跟進，才能給捐贈者信心。兒童醫院有很多值得支持的項目，我們應與醫管局總部分工合作，更主動去包裝推廣它們，令善長明白捐款怎樣惠及病人、醫院、香港和國家。」



龔女士讚賞醫院同事除了擁有很高的能力，亦為病童奉獻一顆心：「大家志同道合去開創先例，走一些未有人走過的路。」

Mrs Kung commends HKCH colleagues for their high caliber and devotion to patients, "Their shared passion enables them to break new grounds and do things that have never been done before."

Before assuming her new role, Mrs Kung took time to go over the *Report on Review of Paediatric Services in Hospital Authority* published in 2011, "It clearly stated the intention to set up a centre of excellence and implement a hub-and-spoke model to concentrate some services here, while other services would be managed by regional hospitals. This serves as our guidebook." She is pleased to see the HKCH actualizing the vision depicted in the report, but stressed the importance to step up the effort to complete the unfinished tasks in various specialties, "We already have the experience, ability and confidence to fulfil our designated role more effectively."

All these cannot be done without talents. Mrs Kung pointed out, "Despite its small population and low birth rate, Hong Kong is proud to have invested into children's health to live up to the name of an international city. We have to attract the cream of the crop to join HKCH, and build core strengths as a training centre. Enhancing exchange with international and Mainland counterparts is also essential to equip ourselves better to serve our city and country."

Donation support requires good governance and promotion

As for charity work, Mrs Kung believes the Hong Kong Children's Hospital Charitable Foundation can give the hospital additional resources and flexibility to fill gaps that are not covered by government subvention. For example, the Foundation has used donations to set up programmes to sponsor needy patients to acquire overseas lab tests and special diet, support doctors to conduct research on various diseases, and fund music and art activities to improve patients' wellbeing.

She shared, "Hong Kong people are very generous. We have many meaningful projects in the pipeline and we will work with the HA Head Office to ensure we have good governance, communications, and engagement to ensure donors understand how they can impact patients, the hospital, Hong Kong, and the country."



任重道遠
培育醫療專才

香港兒童醫院一直以成為卓越醫療中心為目標。其中，教學培訓是在臨床服務和科研以外的另一支柱。我們致力培育醫療人才，持續提升其專業水平。

The Hong Kong Children's Hospital strives to become a centre of excellence. Besides clinical service and research, training is another pillar to achieve this goal. HKCH plays an important role in nurturing healthcare professionals and raising their professional standard continuously.

香港兒童醫院除了是香港大學和香港中文大學醫科生的臨床教學場地，各類與兒科相關的醫護人員亦會在其職業生涯的不同階段，按規定或自行選擇到本院受訓，接觸罕見複雜病症和尖端治療，累積難能可貴的臨床實戰經驗。另外，模擬培訓中心的多元化課程、先進設備和像真情景亦有助他們練就所需技能。這些豐富培訓經歷，對於獲取專業資格和攀上事業階梯都非常重要。

與此同時，本院的口碑吸引到非本地醫護人員和學生前來，進行短至中期培訓或觀摩，影響力伸延至香港以外。

Not only is HKCH the teaching site for medical students of the University of Hong Kong and the Chinese University of Hong Kong, many paediatric-related healthcare professionals are required or choose to train here at different stages of their career, because HKCH offers them invaluable clinical experience in managing rare and complex cases, as well as exposures to cutting-edge therapies. They can also benefit from the Simulation Training Centre's diversified courses which incorporate advanced facilities and realistic scenarios. Such comprehensive training is crucial for their professional qualifications and career progression.

Our reputation also attracts non-local healthcare professionals and students to come for short to medium-term training or attachment, which extends our impact beyond Hong Kong.

模擬培訓 融合高科技 逼真體驗 提升專業水平



中心將一輛退役救護車改裝成模擬課室，訓練醫護人員進行重症治療運送，提升病童轉院期間的安全。

The centre converted a decommissioned ambulance into a simulation classroom for critical care transport training to enhance patient safety during hospital transfers.

High-fidelity simulation offers realistic training experience

模擬培訓在臨床醫學中日趨重要，香港兒童醫院模擬培訓中心為全港與兒科相關的醫護人員提供全面而先進的培訓，提升專業水平。學員在受控的環境中掌握臨床技術和學習處理緊急情況，回到崗位後更得心應手和自信，增加工作效率的同時，也能減低出錯機會，提升病人安全。

Simulation training has become more and more important in healthcare education. The Hong Kong Children's Hospital Simulation Training Centre provides advanced and comprehensive training for paediatrics-related healthcare professionals across Hong Kong. Learners are trained about different clinical skills and managing emergencies in a controlled environment. They then become more skillful and confident when handling similar situations in real life, which helps increase efficiency, reduce errors and enhance patient safety.

中心總監池月兒醫生介紹，自2018年八月啟用以來，中心已開辦逾750個課堂，課程涵蓋多個專科，包括兒科、小兒外科、麻醉科、耳鼻喉科等，涉及380多位專業導師及超過9,000名學員，包括醫科生、實習醫生、專科受訓醫生、專科醫生、護士及專職醫療人員。其中，本港兒科受訓醫生的五項必修課程（新生兒復甦、兒科高級生命支援術、兒童鎮靜麻醉、保護兒童、兒童紓緩治療）均由中心提供。本院更是全港唯一獲美國兒科學會認證，可提供其新生兒復甦課程的中心。

According to the centre's director Dr Winnie Chee, it has delivered more than 750 classes across various specialties, including Paediatrics, Paediatric Surgery, Anaesthesiology and Otolaryngology since August 2018. There have been over 380 instructors and 9,000 learners including medical students, interns, specialist trainees, specialists, nurses, and allied health professionals. It provides five mandatory courses for local paediatric trainees, namely Neonatal Resuscitation Program, Paediatric Advanced Life Support, Safe Paediatric Sedation, Child Protection, and Paediatric Palliative Care. Notably, HKCH is the only centre in Hong Kong accredited by the American Academy of Pediatrics to provide the Neonatal Resuscitation Program.



中心提供的新生兒復甦課程是兒科專科受訓醫生和醫管局新生兒深切治療專科護理證書的必修課程。

The centre's Neonatal Resuscitation Program is mandatory for paediatric trainees and HA's Post-registration Certificate Course (PRCC) in Neonatal Intensive Care Nursing.

軟硬兼備　實用性強

中心團隊與每個課程的主任及導師們精心設計實用內容和貼近現實的模擬情景。硬件配套方面，訓練室可根據課堂需要變身為手術室、病房、電腦掃描室等多種場景，配合影像和聲效播放，營造逼真環境，令學員瞬間「入戲」。中心亦配備一批人偶，供學員練習醫療程序。它們由手掌般大的早產嬰兒，到成年人尺寸都有。部份像真度極高的機械人偶不但能表現出不同種類的心律，還懂得抽筋，面部甚至會因缺氧而發紫，考驗學員在各種突如其來情況下的應變。

State-of-the-art facilities and practical curriculum

The centre works closely with course directors and instructors to design practical curriculum and realistic simulation scenarios. Its training labs can be customised into various settings, such as operating theatre, ward and imaging room, together with audiovisual effects to create an immersive environment for learners. There is also a range of manikins, from preterm baby to adult size, for practising different medical procedures. Some of the high-fidelity models can even replicate different heart rhythms, cyanosis and seizure, challenging learners to respond to different emergency situations.



中心透過投影畫面和播放儀器聲響，模擬病人進行電腦掃描的情景，讓學員置身於逼真的氣氛下進行訓練。只要轉換器材和聲畫效果，訓練室亦可變做手術室和病房等不同環境。

Projected images, special sound effects and related medical equipment are used to create an immersive environment for learners. Like in this training lab, a "patient" is undergoing a CT scan. The labs can also be transformed into other clinical settings like operating theatre and ward.



學員會利用人偶熟習進行各種醫療程序，例如插喉、內窺鏡、心外壓等。其中這款像真度極高的機械人偶，其心跳脈搏等維生指數均可調校，甚至懂得哭泣、抽筋和變色，考驗學員辨識病人生理變化，和處理突發情況。

Learners practise various clinical procedures using manikins, such as intubation, endoscopy and CPR. This high-fidelity manikin has adjustable vitals. It can even cry, convulse and change colour for learners to identify patients' conditions and handle emergencies.

退役救護車變身課室

中心另一項為人津津樂道的設施，是位於入口的一輛退役救護車，用作訓練醫護人員緊急運送病人，例如使用升降擔架、在車程中利用醫療儀器監察、與目的地醫院溝通、處理病人突發情況等。池醫生指：「當啟動警笛聲及亮起車頂燈，撇除沒有行車時的顛簸之外，車廂內的環境和配置幾乎完全真實。」

中心會將訓練過程錄影下來，供學員翻看，即時檢討臨場表現及如何改進。池醫生說，不少學員讚賞中心課程實用，能應用在日常工作中，各項高科技設備也使他們投入其中，學習效果事半功倍。

另外，中心每個月舉辦 hospital grand round 研討會，由本院各臨床團隊分享不同複雜病例的治理經驗和最新發展。研討會同時在網上直播，其他公立和私家醫院的醫護人員都能參與，更有北京、上海、南京、深圳、廣州、蘇州和澳門的同業登記收看。

尋求新技術教材為課程增值

池醫生早前到上海參加醫學模擬大會，與來自全國過百位專家交流。她作出簡報後，與會者認為本院中心的規模及統籌能力均處於領先位置。她很高興成果獲得肯定，正計劃繼續擴展服務，其中一個重點便是開辦更多小兒外科課程。

每一個新課程都是一次挑戰。池醫生說，以中心與香港大學兒童及青少年科學系合辦的心臟超聲波課程為例，由制訂內容、物色導師、構思模擬處境等，便籌備了至少大半年。針對兒科手術的課程則更加複雜。中心正與外科醫生合作，採購合適的模擬儀器，並研究引入虛擬實境教材。

池醫生表示，中心會持續留意最新的模擬培訓趨勢，包括以虛擬實境協助訓練，為課程注入新元素，提供更高質素的服務。



模擬訓練中心會留意最新的模擬培訓趨勢，引入更多課程和先進設備，為醫護同仁提供高質素訓練。

The centre will stay updated with the latest trends in simulation training, introduce more new courses and advanced facilities to provide high-quality training for healthcare professionals.

Decommissioned ambulance turned classroom

Parked at the centre's entrance is an eye-catching ambulance. It is a real ambulance, now decommissioned and used for critical care transport training. Learners can practise operating the electric stretcher, monitoring the patient on board, communicating with the receiving hospital, and handling deteriorations. Dr Chee said, "The environment and setup inside the ambulance are incredibly realistic, equipped with a functioning siren and warning light. The only thing missing is the bumpy feeling of the road."

Training sessions are recorded and played back during debriefing to review learners' performance for improvement. Dr Chee shared that many learners speak highly of the courses' practicality and think they are applicable to daily work. The high-tech facilities also enhance their learning experience and effectiveness.

Additionally, the centre hosts monthly hospital grand round seminars, where various clinical teams of HKCH share the management and latest developments of different complex cases. Online streaming is available for healthcare professionals from other public and private hospitals to watch. Counterparts in Beijing, Shanghai, Nanjing, Shenzhen, Guangzhou, Suzhou, and Macao have also registered to join.

Quest to improve course quality

Earlier, Dr Chee presented in a medical simulation conference in Shanghai which was attended by over a hundred experts nationwide. Attendees were impressed by the scale and training capability of the HKCH centre. Dr Chee plans to expand its scope of service, and one of the focuses is to offer more Paediatric Surgery courses.

Developing new courses is not without challenges. For example, the cardiac ultrasound course co-organised with the University of Hong Kong's Department of Paediatrics and Adolescent Medicine took more than six months to launch including curriculum development, finding instructors, and simulation scenarios design. Courses on Paediatric Surgery is also challenging. The centre is working with surgeons to procure suitable simulators, and exploring the use of virtual reality training materials.

Dr Chee emphasised that the centre will stay updated with the latest trends in simulation training including virtual reality, aiming to incorporate more new elements into the courses for continuous improvement.



一班深切治療部的醫生和護士練習使用體外膜氧合器，支援有心肺問題的危重病童。

Some ICU doctors and nurses practising how to support critically ill children with extracorporeal membrane oxygenation machine.

導師可在控制室裡透過單面反光玻璃和多個攝錄鏡頭觀察學員表現，並根據他們的反應，即時改動機械人偶的指數及行為，操控訓練情景。

In the control room, instructors can observe learners' performance through a one-way mirrored glass and multiple cameras. They can also manipulate the scenarios by adjusting the manikins based on learners' real-time responses.



中心每月舉辦研討會，由各專科團隊分享不同複雜病例的治理經驗。香港以外的醫護人員更可透過視像直播，觀看講解和示範。

The centre hosts monthly hospital grand round where clinical teams share their experience in managing complex cases. Healthcare professionals from outside Hong Kong can also watch the seminars and demonstrations via live streaming.



專科實戰培訓重地



若有志成為小兒外科專科醫生，必須在香港兒童醫院接受其中兩年的進階培訓。

Doctors who aspire to become paediatric surgeons are required to have two years of their higher training at HKCH.

Key clinical training ground for healthcare professionals

臨床培訓是醫護人員獲取專業資格的必經之路。香港兒童醫院匯集了奇難雜症及專家，除了兒科之外，亦是多個醫學專科及護理課程的認可培訓中心，更有個別臨床實習活動必須在本院進行。醫護人員透過實戰，能深入了解多元和罕見病例，提升診治能力。

In healthcare, clinical training is an essential path for obtaining professional qualifications. Being the hub for treating complex and uncommon cases with many experts under one roof, the Hong Kong Children's Hospital is a recognized training centre of different clinical specialties and nursing courses, not just limited to Paediatrics. For certain qualifications, receiving training in HKCH is mandatory. At HKCH, healthcare professionals get hands-on exposure to unique and diverse cases during their training, which helps develop their competence.



一位來自馬來西亞的麻醉科醫生（右）正進修兒童麻醉範疇，並按當地要求到海外培訓一年。他有機會參與複雜兒童手術麻醉，並與本院麻醉科醫生（左）交流。

A Malaysian anesthesiologist (right) gets to handle complex paediatric anaesthesia in surgeries, and exchange experience with counterparts in HKCH. One-year overseas training is required for him to further pursue Paediatric Anaesthesia sub-specialty.

專科受訓醫生須輪調到不同公立醫院接受全面培訓。他們來到本院，在資深醫生指導下參與診斷及制定治療方案，同時學習與病童及家人溝通的技巧。

以小兒外科為例，全港大部份複雜手術（例如腫瘤、肝膽、初生嬰兒、唇顎裂等）已集中在本院，故所有專科受訓醫生完成基礎培訓後，在其後四年的進階培訓中，必須有兩年輪調至本院。

心胸外科方面，專科受訓醫生在五年的進階培訓中，必須輪調至本院，確保懂得進行複雜的兒童心肺手術。

選修兒童放射科的受訓醫生亦須到本院培訓，而大部份培訓中的麻醉科醫生都會在本院接受兒科麻醉的培訓。這些醫生有機會接觸其他醫院罕見的複雜病童個案。

唯一兒童腫瘤專科護士培訓中心

為促進護士的專業發展，醫管局護理深造學院推出了一系列專科護理證書課程，是申請成為醫管局專科護士的條件之一。其中，本院是公立醫院中唯一的兒童腫瘤專科護理證書課程培訓基地，亦是另外六個課程的實習場地之一，包括圍手術、麻醉及復甦、心胸外科、新生兒深切治療、兒童深切治療和腎科護理。



修讀兒童腫瘤專科護理證書課程的護士，在護理專科導師的指導下，模擬為病童進行穿刺，連接植入式輸液裝置。

A participant of PRCC in Paediatric Oncology Nursing simulates accessing an implanted port under the guidance of a nursing specialty mentor.

連繫世界 促進交流

本院作為全港兒科病症的第三層轉介中心，獨特定位吸引內地及海外醫護人員前來培訓及交流。

本院參加了醫管局與澳門衛生局合作的「澳門醫生專科培訓計劃」。這些受訓醫生可在本院涉足多個兒科副專科，累積實戰經驗。

此外，在醫管局推出的「環球醫療人才匯聚計劃」下，暫時有馬來西亞和上海的醫生到本院參與臨床工作，及交流知識經驗。本院亦會個別安排非本地醫生作短期臨床觀摩。曾獲安排的包括泰國、內地和澳門的醫生。

For doctors, specialist trainees are required to rotate among various public hospitals for comprehensive training. When trainees come to HKCH, they can participate in patients' diagnosis and treatment under the guidance of experienced doctors, and learn about communicating with child patients and families.

For example, as most complex paediatric surgeries (e.g. oncological, hepatobiliary, neonatal, cleft surgeries) are now centralized in HKCH, all specialist trainees for Paediatric Surgery must spend two out of four years of their higher training at HKCH, after completing their basic training.

Cardiothoracic Surgery trainees are also required to rotate to HKCH during their five-year higher training, to ensure they are well versed in operating on children with complicated cardiothoracic problems.

Besides, radiologist trainees pursuing Paediatric Radiology as a sub-specialty have to undergo training in HKCH. As for Anaesthesiology, most trainees would be trained at HKCH to accumulate sufficient paediatric anaesthesia experience that is required for becoming a specialist. These trainees could expose to complex cases rarely seen in other hospitals.

The only training site for paediatric oncology nurses

To foster nurses' professional development, the HA Institute of Advanced Nursing Studies runs Post-registration Certificate Courses (PRCC) for various specialties. PRCC is one of the requirements to become a HA specialty nurse.

HKCH is the only training centre for PRCC in Paediatric Oncology Nursing, and one of the clinical practicum sites for six other courses, namely Peri-operative Nursing, Anaesthetic & Recovery Nursing, Cardiothoracic Surgical Nursing, Neonatal Intensive Care Nursing, Paediatric Intensive Care Nursing, and Renal Nursing.

Connect the world to promote exchange

HKCH's unique position as the tertiary referral centre of paediatric cases attracts Mainland and overseas healthcare professionals to come for training and exchange.

HKCH has joined the Macao Specialist Trainee Programme launched by the HA and Macao Health Bureau. Macao Trainees can gain practical experience in various paediatric sub-specialties while in HKCH.

Under HA's Global Healthcare Talent Scheme, some doctors from Malaysia and Shanghai are currently in HKCH to participate in clinical work and exchange experience with local staff. Some non-local doctors would also come for short-term clinical attachment. This has been arranged for doctors from Thailand, Mainland and Macao so far.

扁平童足印
Flat feet in children

義肢及矯形部 Prosthetic & Orthotic Division

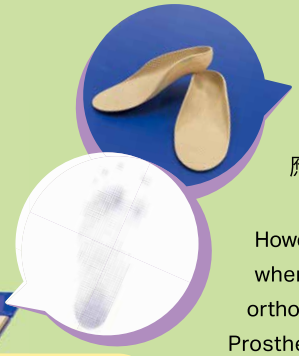
兒童扁平足泛指小朋友的內足弓過度扁平。其實，大部分扁平足會隨發育改善，未必需要治療。

Paediatric flat feet refers to the collapse of medial arch of a child's feet. Most children will outgrow flat feet without intervention.



義肢矯形師正透過足印評估，分析小朋友的扁平足情況。

A prosthetist-orthotist using footprints to evaluate a child's flat feet.



但若兒童出現足部疲倦、走路不穩、酸痛等徵狀，便要尋求醫療建議。矯形鞋墊或腳托常被用作改善扁平足徵狀。義肢矯形師會透過臨床檢查及評估，為兒童選擇相應的矯形器，而合適的鞋子能令鞋墊發揮更佳效用。

However, if children have symptoms such as foot fatigue, unsteadiness when walking and soreness, medical advice should be sought. Foot orthoses like insoles are commonly used to relieve flat feet symptoms. Prosthetist-orthotists will prescribe appropriate foot orthoses based on clinical assessment, and a pair of supportive shoes can enhance the function of foot orthoses.

如何選擇好鞋子 How to choose the right footwear



- 尺碼和形狀要符合腳掌的長、寬和厚度
  The size and shape should fit the length, width and thickness of the feet
- 如有需要，預留空間給可拆除的鞋墊或腳托
  Leave some space for the removable insole / splint if needed
- 配備鞋帶，或可調校鬆緊的裝置
  With shoelaces or devices to adjust tightness
- 鞋後幫及鞋腰的物料不宜太軟
  Material of the heel counter and shoe waist should not be too soft
- 鞋底有吸震卸力功能
  With shock absorbing and cushioning soles

做足訓練 強化肌肉
Muscles strengthening and stretching exercises

1 足趾站立 Tip-toe standing

雙腳與肩同寬，慢慢提起腳踭，保持站立5-10秒，早晚各做10至15次。

Stand with feet apart as shoulder width. Raise the heels slowly and hold for 5-10 seconds. Repeat 10-15 times in the morning and evening.



2 夾波子 Marble pickup

左右足交替，用腳趾抓緊波子，重複地放進容器及拿出，最快完成指定次數的人為勝。

Use the left and right foot alternately to pick up a marble with your toes. Put it into and out of a container repeatedly. The fastest person to complete the specific repetitions wins.



3 放鬆腿部筋腱 Calf stretching

雙腳與肩同寬，雙手扶牆，挺直背部，前膝屈曲，後腳伸直，腳尖向前，腳踭貼地。慢慢下壓至小腿肌肉拉緊，保持10至15秒，左右交替，早晚各15至20次。

Feet apart as shoulder width. Hands on wall and keep back straight. Bend the front knee and straighten the back leg with toes pointing forward and heels on ground. Slowly press down until calf muscles tightened. Hold for 10-15 seconds. Alternate left and right side. Repeat 15-20 times in the morning and evening.



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