醫院管理局
HOSPITAL AUTHORITY

香港兒童醫院
Hong Kong Children's Hospital

二零二五年二月 February 2025

通訊 NEWSLETTER

第二十七期 ISSUE 27





虛心求知 Learning

同理關懷 Caring

會心微笑 Smiling

院長的話

“Openness and inclusivity attract talents and promise excellence”

海納百川 聚賢匯才 卓越可期”

最新一份《施政報告》提出香港兒童醫院會整合各聯網兒科，開拓先進醫療服務，以更好發揮其功能。就此，醫管局正研究於本院推出更多服務，包括擴大新生兒篩查範圍、進行胎兒及新生兒腦部及脊椎磁力共振和複雜腦神經外科手術、建立實證為本的治療及臨床研究中心、針對罕見腦神經疾病引入基因治療及建立神經肌肉疾病名冊。另一個方向是發展私家服務，以回應市民期望，並為區內其他醫療機構難以處理的複雜病例提供支援。

為實現卓越醫療中心的目標，我們必須秉持開放包容的態度，吸納各領域的專家人才。他們需具備深厚專業知識，還要有協同合作精神。通過整合各方資源，我們才能提供最全面、最專業、最高質的醫療服務。本院不僅承擔醫管局裡「兒科專家」的角色，還作為第三所教學醫院，匯集兩所大學醫學院的教職員在此進行臨床、教學、培訓和科研活動。兩間大學的兒科學系主任剛獲邀出任本院的副行政總監。我相信在全體同仁的共同努力下，我們成為世界級卓越醫療中心的願景指日可待。

醫院行政總監
李子良醫生

The latest Policy Address puts forward the proposition to integrate the paediatric services of various clusters at the Hong Kong Children's Hospital, and develop advanced services to fully fulfil its function. To this end, the Hospital Authority is actively planning to expand services at HKCH, including to widen newborn screening, conduct fetal and neonatal brain and spinal MRI scans, develop complex neurosurgical procedures, establish evidence-based treatment and clinical research centres, introduce gene therapy for rare neurological disorders, and maintain a neuromuscular disease registry. Provision of private services is also being explored to meet public expectations and support complex cases from other healthcare institutions in the region.

In the pursuit of becoming a centre of excellence, it is imperative to hold an open and inclusive attitude. That is how we attract experts from diverse fields. They should possess not only extensive knowledge but also a collaborative spirit. By integrating resources, we shall be able to deliver the most comprehensive, professional, and high-quality healthcare services possible. In the HA, HKCH takes the role of the “specialist in paediatrics”. We also serve as the third teaching hospital, engaging faculty members of the two university medical schools to conduct clinical, teaching, training and research activities here. The chairmen of their paediatric department have just been appointed as our Deputy Hospital Chief Executives. With the collective dedication of all staff members, I firmly believe that we can turn the vision of a world-class centre of excellence into reality.

Dr Lee Tsz-leung
Hospital Chief Executive



香港兒童醫院
以成為卓越醫療中心為目標。
HKCH strives to become a centre of excellence.

小細節 大意義

Small Acts Big Impact



香港兒童醫院一向以兒童為本、家庭友善為宗旨，因為我們明白要達致全人治療，不能單靠尖端的醫療技術，優良的病人體驗往往有着同等份量，它亦能反映一間醫院的服務質素。

HKCH takes pride in being a children-centred and family-friendly hospital. We believe that advanced medical services alone are not enough to achieve holistic healthcare. A good patient experience is equally important in reflecting the quality of a hospital.

我們非常重視病童及家人的福祉。各臨床與非臨床團隊莫不多行一步去了解其需要，花盡心思提供支援，令他們在艱辛漫長的治療路上可以舒心一點、自在一點、愉快一點。

今期的專題故事介紹了本院一些提升病人體驗的妙法，包括美味營養膳食、針對多元文化的配套、療癒身心的音樂治療、逼真虛擬實境，及醫院學校課堂。這些體貼的措施，能讓病童家庭感受到真摯的關懷和尊重，更能促進治療成效，發揮的作用一點也不小。

We care a lot about the well-being of our patients and families. The clinical and non-clinical teams at HKCH often walk extra miles to understand their needs and provide comprehensive support, so they could be more at ease and pleasant during the rough treatment journey.

The following theme stories show some of our work to elevate the patient experience. From delicious meals, measures targeted to diverse ethnicities, music therapy, virtual reality gadgets to hospital school, our thoughtful initiatives go a long way towards making patient families feel genuine care and respect, and enhancing treatment effectiveness.

營養美食 為病童打氣

Cheering patients with tasty and nourishing meals



試食會會有多達16款菜式，包括一向受歡迎的茶碗蒸、朱古力布甸蛋糕，和新出品的迷你盆菜、雞脾配蘑菇燒汁薯蓉。

Sixteen dishes were served at the tasting session, including popular items like steamed egg custard and chocolate pudding cake, as well as new items like mini “pun-choi” and chicken leg with mashed potato.



之前有病童在調查中說「好想吃咖喱」，團隊多番調整食譜後，宣佈會在今年推出日式甜咖喱魚手指大碗飯。

A patient once said in a survey that he wanted to eat curry. The team worked hard to refine the recipe, and announced that a new dish - Japanese curry fish fingers rice bowl - will be introduced later this year.

有沒有想過，醫院的病人餐都可以試菜？早前，本院將會議室化身餐廳，由侍應端出中西日式菜餚和甜品，讓病童家庭親身品嚐點評，務求提供既有營養又受歡迎的餐膳。

Earlier, some patient families were invited to a “restaurant” converted from a conference room at HKCH, where they were served a variety of Chinese, Western and Japanese dishes and desserts. It was in fact an initiative to collect feedback on patient meals which helps the hospital plan menu items that are both nutritious and welcomed.



浩賢（左）給試食會打滿分，他最喜歡的菜式是「冰糖檸檬雞翼」。他的爸爸表示沒想過醫院會辦試食會，認為院方重視病童的意見，感到很驚喜。

Ho Yin (left) gave the tasting session full marks and said his favourite dish was candied lemon chicken wings. His father was impressed by how the hospital valued patients' opinions.

病童為本　推陳出新

除臨床治療外，住院期間吃得好對病童的身心健康有莫大幫助。膳食服務部透過年度調查和試食，不斷改良菜單及研製新菜式。本院早前更邀請病童和家長參加試食會。小朋友大快朵頤後，就食品的賣相和味道評分，並積極發表意見。

有家長感到驚喜，認為院方重視病童的意見及住院體驗。另一位家長則表示，入院始終不是開心事，所以好的膳食很重要，而醫院餐應按照小朋友的口味製作，而非由大人主導。

美味有營添食慾

行政事務總經理郭慧敏和高級院務主任鄧瑩愉分享，本院是首間醫院用兒童為本的概念去設計餐單，希望賣相吸引及營養豐富的餐點能夠增加病童食慾：「我們從選取食材開始已格外小心，避免採用醃製和發酵食物。營養師會按病童的年齡和臨床需要調整成份，廚師則根據小朋友的喜好調配味道及設計鮮艷擺盤，務求製作出病童喜愛，又能滿足營養需要的菜式。」

醫院亦提供各款特別餐，如素食餐、清真餐、切絲餐、清流餐、清潔餐等，全面照顧病童需要。為了讓病童感受節日氣氛，在新春、中秋、聖誕節等更會推出特色食品，如剛登場的迷你盤菜，為病童送上祝福及打氣。



采兒爸爸（中）發現女兒對菜式的偏好跟自己截然不同，認為餐單設計應以小朋友口味為主導。

Choi Yee's father (middle) realised that his daughter's taste was completely different from his own. He believes the hospital's menu should cater to children's tastes first.

Menus catered to kids' liking

Having good meals during hospital stay complements the medical treatment to benefit patients’ physical and emotional wellbeing. The Catering Service conducts annual surveys and tasting to constantly improve the patient menus and develop new dishes. Earlier, some patients and parents were invited to a tasting session. They gave ratings to the presentation and taste of the dishes, and excitedly expressed how they felt.

One parent felt surprised by the arrangement, and appreciated the hospital for valuing patients’ opinions and experience. Another parent said that having to stay in the hospital is never a good thing, so being able to enjoy some good food is very important. He believed hospital meals should cater to children’s tastes rather than adults’.

Balancing taste and nutrition

Miscelle Kwok, General Manager (Administrative Services) and Janet Tang, Senior Hospital Administrator shared that HKCH is the first hospital to develop patient menus based on a children-friendly concept. The meals are designed to be both appetising and nutritious. “We pay special attention to the selection of ingredients, avoiding pickled or fermented food. We work with dietitians to adjust the content according to patients’ age and clinical needs, while chefs work their magic over taste and presentation. We hope our meals are well loved by children, and could meet their nutritional needs.”

Besides, the hospital offers various special meals, such as vegetarian, halal, shredded, clear liquid and neutropenic meals, to meet patients’ specific needs. To spread festive vibes and cheer patients up, festive foods are prepared during Lunar New Year, Mid-Autumn Festival and Christmas, etc. For example, a mini “pun-choi” was just introduced this year.

掃描觀看 Scan to watch
試食會花絮片段及小朋友心聲
Tasting session highlights



病童、家長、管理層和醫護人員一同試菜，醫患同心為提升病人體驗出一分力。

Patients, parents, hospital management and healthcare staff participated in the food tasting, joining hands to improve patient experience.

推動共融

照顧多元種族病人需要

Supporting patients of diverse ethnicities



懂得多種語言的尹綺琪醫生 (右) 不時擔當少數族裔病人的橋樑。病人聽到熟悉的語言如烏爾都語倍感親切，會更主動分享生活和困難，讓醫護團隊可給予最合適的治療和幫助。

Dr Kiran Belaramani (right) who speaks multiple languages often serves as a bridge for ethnic minority patients. Hearing familiar languages like Urdu, patients usually feel more comfortable to share their difficulties, allowing staff to provide the most suitable care and support.

香港兒童醫院設有多元種族支援委員會，成員包括醫生、護士、專職醫療、藥劑部、醫務社工、資訊科技部及行政人員，透過跨部門合作，為不同族裔的病童和家庭提供全方位支援。

HKCH set up the Committee on Service for Diverse Ethnicities to better support patient families of different races through collaboration among medical, nursing, allied health, pharmacy, medical social service, IT and administrative units.

少數族裔求醫挑戰大

委員會主席馮卓穎醫生指，少數族裔家庭往往因語言不通，較難理解複雜的病情和治療：「過往有些家長就診時對所有安排都表示明白，實際上卻聽不懂或一知半解，到覆診時才發現他們根本沒有帶小朋友做所需檢查，這或會延誤診治。」為促進雙方溝通，本院除提供傳譯服務，亦逐步將重要醫療資訊 (如麻醉前禁食、在家中服用化療藥等指引) 翻譯成印度語、尼泊爾語及烏爾都語，派發給家長。

另一主席尹綺琪醫生表示，尊重文化和宗教差異同樣重要：「好比華人在新春期間會忌諱去醫院，其他種族也有獨特的習俗。我們應多加了解，為病人作出合理安排。舉例來說，穆斯林在齋戒月期間，每天從日出至日落都不會飲食。我們會盡量避免在齋戒月預約非緊急的覆診和醫療程序，減少他們舟車勞頓和體力消耗。」

Unique challenges in seeking medical services

Dr Fung Cheuk-wing, the committee's co-chairperson, pointed out that language barriers make it harder for ethnic minority patients to understand complex medical conditions and treatments, "Sometimes parents say they understand everything being told. However, at the next clinic appointment, we find out that they actually fail to bring their children to necessary investigations. This could delay diagnosis or treatment". To facilitate communication, the hospital provides interpretation service and is working to translate important information distributed to parents, such as fasting instructions for anaesthesia and steps to take chemotherapy medicines at home, into Hindi, Nepali and Urdu.

Dr Kiran Belaramani, another co-chairperson emphasized the importance of respecting different cultures and religions, "In Chinese culture, it is inauspicious to visit the hospital during Lunar New Year. Other ethnicities

醫療以外，醫院提供多元膳食選擇如素食及回教餐，亦設有祈禱室和不同語言的電視頻道，令病人在院內的生活更便利舒適。

巴基斯坦裔病童穆士德的爸爸說：「衷心感謝醫護團隊的悉心照顧，並提供各種支援，讓我們感到備受尊重。」

培訓提高敏感度

委員會會舉辦講座和培訓，提高職員對不同宗教文化的認識和敏感度，亦在內聯網建立一站式平台，方便職員找到相關的實用參考，例如溝通工具和教育單張譯本。

兩位醫生期望為不同族裔的家庭舉辦健康講座，並與其他醫院交流經驗，共同為多元社群的醫療需要出一分力。



馮卓穎醫生 (左) 在傳譯人員的協助下，為病人檢查和向其家長講解病情。此外，團隊亦會利用圖像，清晰指導他們使用藥物和營養配方，減低風險。

Dr Fung Cheuk-wing (left) conducts examinations and explains a patient's condition with the help of an interpreter. The team also uses pictograms to guide families on taking medicines and medical nutrition products to reduce confusion and potential risks.

also have their own customs. We should be more aware of them and make reasonable arrangements for our patients. For example, Muslims follow a strict fast from dawn to sunset every day during Ramadan, so we would avoid scheduling non-urgent follow-up appointments or procedures to minimize their travelling and physical exertion."

Beyond medical services, the hospital offers diverse meal options including vegetarian and Halal food, prayer room facilities and multilingual TV channels to make patients' hospital stay more convenient and comfortable.

Father of a Pakistani patient Hanzalah expressed appreciation, "Thank you for the care and proactive support from all the healthcare staff. We really feel being respected."

Enhancing staff sensitivity

The committee organizes talks and training sessions to raise the cultural awareness and sensitivity of healthcare staff. A one-stop intranet platform is also set up to give them easy access to reference materials related to diverse ethnicities, such as communication tools and translated education leaflets.

Both doctors look forward to organizing health talks for families of diverse ethnicities and exchanging experiences with other hospitals to improve the healthcare for these communities together.



委員會印製月曆，列出不同宗教節日，方便職員為不同文化背景的病童安排診期和醫療程序。

A calendar listing the festivals of various religions is distributed to help staff schedule appointments and procedures for patients with different cultural backgrounds.

音樂治療

讓病童在玩樂中康復

Music therapy

instills fun in the path to recovery



簡單的風鈴琴與一對沙槌，讓身處深切治療部的病童樂在其中，這正是音樂治療的功效。

Simple wind chimes and maracas bring enjoyment and benefits of music therapy to this child in the intensive care unit.

本院獲匯弘基金會慷慨捐款支持，在病房引入定期的音樂治療服務，為臥床病童送上美妙樂韻和力量。

Thanks to the generous donation from the Apex Union Foundation, HKCH is now able to provide bedside music therapy on a regular basis, bringing beautiful tunes and positivity to child patients.

音樂治療能紓緩焦慮、減輕痛楚及轉移注意力，還有其他好處。註冊音樂治療師曾如恩解釋：「我們以音樂作為工具，達致身、心、社、靈及認知目標，改善病童身體機能、協調度、專注力及情緒表達能力。另外，音樂是一個媒介，有助加強病童跟照顧者和醫護人員的連結，一同參與互動。」

度身訂造治療歌單

治療內容是為每名病童度身訂造的。其中接收性治療以聆聽為主，治療師會在床邊用結他、鍵盤等彈奏病童喜歡的歌曲，甚至可以加入父母創作的搖籃曲，加深彼此聯繫，也是心靈寄託。

由病童作主導

至於主動性治療，病童會被邀請合奏，同時融合訓練，例如唱歌可增強肺活量。



當中使用的樂器以簡單吸引為主，病童無需任何經驗，亦不會因身體限制阻礙參與。例如色彩鮮艷的「雨聲棒」，連嬰兒都懂得玩。

病童在即興創作過程中，亦會得到力量及自信。「病童經常要按指示做各種檢查和治療。音樂能製造空間，讓他們自己選擇樂器及演奏方式，開心之餘能賦予自主性。」曾如恩補充。

Music therapy helps alleviate anxiety, manage pain and divert attention. Yet, these are not the only benefits. Registered music therapist Michelle Tsang explained, "We use music as a tool to achieve physical, emotional, social, spiritual and cognitive goals. It can improve patients' motor skills, coordination, attention and emotional expression. Moreover, music is a medium to enhance connection between patients and their carers and healthcare workers through active engagement."

Tailormade song lists bring comfort

One-on-one therapy is customized to meet patients' individual needs. Receptive approach mainly involves listening to music. The therapist will play the patient's favourite songs with a guitar or keyboard. Lullabies created by parents can also be added to strengthen bonding and comfort their souls.

Giving patients a sense of control

As for active approach, the patient will be invited to play music together with the therapist, which can also integrate training, like asking the patient to sing to increase lung capacity. The musical instruments used are usually simple and attractive, so all patients can participate regardless of experience or physical limitations. Take the colourful rain stick as an example, it is so easy that even a baby can play.

During improvisation, the patient can feel empowered and more confident. "Patients always need to follow instructions for investigations and treatments. Music therapy creates a space for them to choose their own instruments and performing style. It grants them autonomy, not just happiness," Michelle added.

掃描觀看 Scan to watch

病童享受音樂治療 How patients enjoy music therapy

關於音樂治療，我想說的是…

What I want to say about music therapy...

不止玩音樂 Not just entertainment

我們要學習心理學、行為學和腦神經學等知識，及音樂即興技巧，引導病童自由玩奏，達致治療目標。

We have to acquire knowledge in psychology, behavioral science and neurology, as well as music improvisation techniques to guide patients to play music and achieve therapeutic goals.



- 註冊音樂治療師曾如恩
  Michelle Tsang, Registered Music Therapist

有助臨床治療 Better clinical outcomes

曾有一位需用呼吸機的病童，每當媽媽唱歌時，其含氧量及心跳變得穏定。外國經驗顯示，音樂治療可減低深切治療部病童鎮靜劑的用量。

I came across a patient who was on ventilator. His vital signs became stable whenever his mom sang. International experience indicates that sedation levels can be reduced for children in the ICU who receive music therapy.



- 兒童及青少年科顧問醫生梁嘉恩
  Dr Karen Leung, Consultant, Paediatrics and Adolescent Medicine

可見的進步 Remarkable improvement

女兒十分享受音樂治療。看到她由不懂交換手拿雨聲棒，慢慢學識在沒有聲音時將它倒轉，在大小肌肉、手眼協調及認知方面都有進步，令我很感動。

My daughter enjoys music therapy very much. I am so moved to see her gradually learning how to turn the rain stick upside down when the sound stops. Her motor skills, hand-eye coordination and cognition have all improved.



- 瀅瀅媽媽
  Ying Ying's mom

帶來正能量 Positive power

兒子會跟著旋律節奏把玩小樂器，和治療師合奏。經歷多次手術的他展現出的笑容及正能量，對我是一種治癒及安慰。

My son would play with the musical instruments to create melodies with the therapist. He has gone through a lot of operations. It is so comforting and encouraging to see his smile and positivity during the sessions.



- 柏進媽媽
  Pak Chun's mom

手術室虛擬遊減焦慮

Operating theatre VR tour reduces anxiety



在醫院遊戲師的協助下，病童透過 VR 眼罩參觀手術室，好像身歷其境般，家長亦可從平板電腦同步觀看有關畫面。

With the help of a hospital play specialist, a patient visits the operating theatre through a VR headset. From a linked tablet, his parent can also see what he is watching.

小朋友難免對做手術感到恐懼。香港兒童醫院正與香港理工大學電子計算學系、香港城市大學電腦科學系，及智樂兒童遊樂協會合作，研究應用虛擬實境 (VR) 對減低兒童手術焦慮的成效。

Having a surgery is understandably scary for children. The Hong Kong Children's Hospital is collaborating with the Hong Kong Polytechnic University's Department of Computing, the City University of Hong Kong's Department of Computer Science, and Playright Children's Play Association to conduct a study on the effectiveness of applying virtual reality (VR) to help children cope with perioperative anxiety.

是項研究對象為接受非緊急手術的病童。他們戴上 VR 眼罩後，會看到360度的逼真手術室情景，配合醫生和醫院遊戲師的聲音導航，便彷如身歷其境，綵排了一次做手術的過程。

負責研究的麻醉及全期手術醫學科顧問醫生郭蕙漩稱：「手術帶來的焦慮有機會影響兒童的臨床情況，如需更多鎮痛藥物、出現意識紊亂、發惡夢等行為轉變。小朋友最怕陌生環境和未知性，我們希望 VR 能讓病童預先了解手術室的事物及流程，從而紓緩不安情緒。」

團隊在 VR 中加入互動元素，增添趣味。故事裡的熊貓角色會陪伴小朋友完成「尋找睡眠波波」任務，一起挑選喜歡的手術袍顏色和麻醉時會聞到的香味，最後會在手術室遇見不同的醫護人員和醫療儀器。病童亦可在醫院遊戲師協助下，體驗使用麻醉面罩。

團隊會分別在小朋友使用 VR 前及後評估其焦慮程度，以作比較。郭醫生稱：「計劃反應正面，有小朋友覺得好玩，我們會仔細分析數據，期望讓更多病童受惠。」



虛擬場景參照本院手術室的實際設置製作，病童可看到手術燈、手術床、麻醉機和工作中的醫護人員，十分逼真。

The realistic VR scenes are constructed upon the actual set up of the HKCH operating theatres. There are operating lights, operating table and anaesthetic machines and healthcare staff working.



手術室等候區的模擬場景。

Waiting area before patients experience "walking" into the operating theatre.

Patients participating in the study are those scheduled for elective surgery. After putting on the VR headset, they will immerse in realistic scenes in the operating theatre, with narration by anaesthesiologist and hospital play specialist. It allows children to rehearse for their upcoming surgery virtually.

Dr Vansie Kwok, Consultant of the Anaesthesiology & Perioperative Medicine Department said, "Perioperative anxiety in children can adversely affect their clinical outcomes. They may need more analgesia, have delirium and behavioural changes like nightmares. Children get anxious when they face unfamiliar environment and uncertainties. With the use of VR, we hope to lessen their worries by letting them experience beforehand what they are going to encounter in the operating theatre."

Interactive elements are added to make the process more fun. In the VR story, the child follows a panda on a treasure hunt. They pick the surgical gown colour and scent on the anaesthetic face mask together, then walk into the theatre where there are different healthcare staff and equipment. A hospital play specialist can also help the child try out the anaesthetic face mask.

Assessment on patients' anxiety level is conducted before and after they use VR. Dr Kwok said, "We have received positive feedback from patients who found it entertaining. We will further analyse the data and hope to benefit more children."

將病房化身課室

Learning doesn't stop in the hospital



香港紅十字會醫院學校的教師與病童晴晴進行床邊教學。

A teacher of the Hong Kong Red Cross Hospital Schools conducting bedside teaching for patient Stephanie.

為了讓住院的兒童及青少年能持續學習，重返校園時更容易銜接課程進度，香港紅十字會醫院學校在本院提供小一至中六程度的教學服務，課堂內容多元化，除了涵蓋中英數等學術科，亦有視藝、音樂、成長科等。

To support hospitalised children and adolescents' continuous learning and smooth transition back to school, teaching service is provided at HKCH by the Hong Kong Red Cross Hospital Schools. The curriculum spans across primary one to secondary six, covering not only academic subjects like Chinese, English and Mathematics, but also Visual Arts, Music, Self-development, etc.

教師會先與醫護人員物色健康狀況合適的病童，再按他們的需要和能力，彈性調整授課模式和內容。院內更特別設有一個專門課室，供病童一起上課。教師亦會在床邊教學，並可為需嚴格感染控制的病童進行網課。

由於病童留院期間需接受治療和有充足的休息，每堂會在20至30分鐘內完成，讓他們在有限的時間掌握所學。

病童晴晴稱：「老師很親切，上課前會先關心我累不累，及想上堂多久。現在最期待上視藝科。」其母親亦認為課堂對女兒有裨益：「在院內上課除了吸收學術知識，令小朋友不會與學校課程脫節，更重要是讓他們感受到多一份關心和支持。」

Teachers would liaise with healthcare staff to identify patients who are clinically fit for lessons. They will then adjust the teaching mode and content based on the patients' needs and ability. There is a designated classroom in the hospital where patients can attend classes together. Bedside teaching is also offered, while those requiring strict infection control could have online lessons.

As patients need to have treatment and sufficient rest during their hospital stay, every lesson would only last for 20 to 30 minutes, enabling them to achieve learning objectives within limited time.

Stephanie, an inpatient student said, "My teacher is very kind. She would ask if I feel tired and how long I want the lesson to be. I look forward to my Visual Arts lesson so much!" Her mother also praised the arrangement, "Children can advance academically to prevent them from lagging significantly behind their syllabus. More importantly, they can feel the care and support of others."



醫院學校利用虛擬實境設備，讓病童身處醫院亦能放眼看世界，例如「遊覽」位於湖南長沙的隆平水稻博物館，認識中華農業文化和科技。

Incorporating virtual reality in teaching enables children to explore the world during their hospital stay. For example, they can "tour" around the Longping Rice Museum in Changsha, Hunan and learn about Chinese farming culture and technology.



本院在病房內特設課室，供情況許可的住院病童一起上課學習。

If conditions allow, patients can attend lessons together in this dedicated classroom located within the ward.



視覺矯正師透過近距視力測試來檢查小朋友的視力。

An orthoptist examines a child's vision through near visual acuity test.

把握懶惰眼治療黃金期

Optimal time to treat lazy eye

小朋友弱視俗稱「懶惰眼」，指他們即使配戴合適度數的眼鏡，視力仍未達到同齡兒童的標準。

Amblyopia, commonly known as “lazy eye”, means children’s vision does not meet their peers’ even when they wear prescription glasses.

■視覺矯正部 Orthoptics

弱視常見原因 Common causes of amblyopia

斜視 Strabismus



由於患斜視的眼睛偏離了視軸，大腦會自動忽略該眼睛的影像去避免出現重影（複視），導致斜視眼的視覺發育不良。

The eye with strabismus deviates from the visual axis. To avoid double vision (diplopia), the brain automatically ignores images of the deviating eye, which inhibits its visual development.

屈光不正 Refractive errors

患有遠視、近視和散光但無及早矯正，使大腦長期缺乏清晰的視覺刺激；或雙眼度數差異過大（鴛鴦眼），令大腦依賴看得較清的眼睛，抑制了另一隻眼的發育。

Uncorrected farsightedness, myopia and astigmatism result in prolonged lack of clear visual stimulation to the brain. Or, if the two eyes have big difference in refractive power, the brain tends to rely on the stronger eye, hindering the development of the other eye.

眼疾 Eye diseases

如先天性白內障、眼瞼下垂等，使影像無法清晰傳送到視網膜。

Such as congenital cataracts and drooping eyelids, where images are not transmitted to the retina clearly.

如何治療？ How is amblyopia treated?

弱視需及時治療，黃金期約在八歲前，否則可能導致長遠的視力損失，並會影響立體感和外觀。家長要留意子女的視力狀況，定期檢查，及早發現問題。一般治療方法有：

Amblyopia requires timely treatment, preferably before eight years old. Otherwise, it may cause long-term vision loss and affect stereopsis and appearance. Parents should pay attention to their children’s eyesight and arrange regular check-up to detect problems early. Common treatments include:

- 手術：如患有眼疾，手術的目的是使光線能正確地到達視網膜，形成清晰影像，刺激視覺發育。

  Surgery: In cases of eye diseases, surgery aims to redirect light to reach the retina correctly to form clear images and stimulate visual development.

- 配戴合適度數的眼鏡，矯正屈光不正。

  Wear glasses with appropriate prescription to correct refractive error.

- 遮眼治療：遵循眼科醫生及視覺矯正師的指示，遮蓋視力較好的眼睛，使兒童只能使用弱視眼，從而刺激其發育，提高視力。

  Occlusion therapy: Follow the instructions of ophthalmologists and orthoptists to cover the "good eye", so the child must use the lazy eye which stimulates its development and improves its vision.



電子版 DIGITAL VERSION 立即掃描 SCAN ME!

如對本通訊有任何意見，歡迎電郵至 enquiry_hkch@ha.org.hk

Please send comments and suggestions to enquiry_hkch@ha.org.hk

© 2025 醫院管理局版權所有
Copyright © 2025 Hospital Authority

編輯委員會 Editorial Board

主席：醫院行政總監李子良醫生

成員：麻醉及全期手術醫學科顧問醫生郭蕙漩、護理總經理馮靜雅、行政事務總經理郭慧敏、專職醫療行政經理陳永偉博士、高級人力資源經理林燕姍

編採及設計（對外關係及籌募部）：杜蘊慧、董潔欣、吳文諾、溫嘉敏、邱雅錡、趙燕兒、郭姻廷

Chairperson: Dr Lee Tsz-leung, Hospital Chief Executive

Members: Dr Vansie Kwok, Consultant (Anaesthesiology & Perioperative Medicine) | May Fung, General Manager (Nursing) | Miscelle Kwok, General Manager (Administrative Services) | Dr Stephen Chan, Manager (Allied Health) | Sandy Lam, Senior Human Resources Manager

Editorial team (External Relations & Donation Management): Vivian To, Haze Tung, Mandy Ng, Kyra Wan, Karis Yau, Shirley Chiu, Kwok Yan-ting