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HOSPITAL AUTHORITY

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虛心求知 Learning

同理關懷 Caring

會心微笑 Smiling



院長的話

積極開拓私家服務

Private services open many doors

早在規劃階段，本院已預留了空間，開設私家病房及私家門診，為各專科的私家病人提供完善的住院及門診服務。

提供私家服務是為了回應市民對獲得更多優質醫療選擇的期望。一旦孩子懷疑或確診罕見或嚴重疾病，家長必定憂心忡忡，亦容易在資訊大海中迷失方向。一個方便可及的私家服務，能協助家長尋找相關專家、諮詢意見、評估病情，及了解各種治療方案。

同時，我們會透過私家服務接收內地及海外醫療機構難以處理的複雜病例。其龐大兒童人口亦提供機會，讓醫護人員接觸各類奇難雜症，累積經驗、加強培訓和研究。這有利於本院發展為兒童專科卓越醫療中心，達成願景。若我們能成為國際兒科轉介中心，也將有助提升香港形象，並間接吸引優秀人才前來長期發展，因為他們對這裡的醫療水平有信心，安心家人能獲得保障。

為了加深公眾認識，我們最近製作了兩條影片，分別介紹醫院的臨床、科研、培訓等成就，和病童家庭的歷程——涵蓋門診、放射檢查、化驗、住院、手術、復康等一站式服務。

我們會繼續提升公營與私家服務質素，確保社會各階層都能獲得最佳的照顧和支援。

醫院行政總監
李子良醫生



私家病房已於三月啟用。
The Private Ward commenced operation in March.

醫院簡介影片
Corporate video

病人歷程影片
Patient journey video

During the planning stage of the HKCH, spaces were already designated for the private ward and private clinic for providing comprehensive private inpatient and outpatient services.

Offering private services is to meet public expectation on more quality healthcare choices. When children are suspected or diagnosed with a rare or serious illness, worried parents often face information overload. A convenient and accessible private service can assist them to look for experts for consultation and assessment, and learn about treatment options.

Through private services, HKCH will also receive hard-to-handle cases from the Mainland and overseas. Their large paediatric population offers exposure for our healthcare staff, which will help enhance experience, training and research, helping to fulfil our vision of becoming a centre of excellence in paediatrics and an international paediatric referral centre. This will also benefit Hong Kong's image, and indirectly attract global talents by giving them confidence in the city's healthcare standards and the peace of mind that their families are well covered.

To increase public understanding, we have recently produced two videos. One showcases our clinical, research and training achievements, while the other illustrates the one-stop patient journey.

We will keep improving the quality of both public and private services, ensuring that all sectors of society can receive the best possible care and support.

Dr Lee Tsz-leung
Hospital Chief Executive

最強保護網

為初生寶寶建構

Safeguarding vulnerable new lives

新生命的降臨對父母乃至社會都是一份珍貴的禮物。然而，有些寶寶不幸罹患先天危疾，生命受到威脅。香港兒童醫院透過先進檢測、診斷和治療，由嬰孩還在母親腹中便開始默默守護，令他們有機會健康成長。

Newborn babies are precious bundles of joy. However, for those facing congenital illnesses or critical conditions, their lives may be at stake. The Hong Kong Children's Hospital provides advanced testing, diagnosis and treatment to protect these vulnerable new lives, giving them a chance to thrive.

本院心臟科為產檢時被懷疑心臟異常的胎兒進行心臟超聲波檢查，如評估情況合適可立即開始用藥治療，同時輔導家長關於分娩、出世後的治療計劃及預後。

放射科亦為高風險胎兒進行腦部或脊椎磁力共振掃描。若診斷出嚴重畸形，出生後便可盡快進行手術或介入程序等治療。

病理科為全港性無創性胎兒染色體篩查計劃，及初生嬰兒篩查計劃提供化驗服務。後者於七月新增四種先天性代謝病，及開始以先導形式擴展至個別私家醫院，惠及更多寶寶。

今期亦將重點介紹專家怎樣施行手術以拯救嬌小脆弱的初生嬰兒，及分享我們設立香港母乳庫，傳遞愛與希望的點滴。

The Cardiology team at HKCH provides echocardiography assessment for fetuses with suspected heart abnormalities detected during prenatal screening. For indicated cases, medicines can be started right away. Counselling is also offered to parents pertaining to delivery, post-natal management plans and prognosis.

The Department of Radiology conducts brain and spinal MRI for high-risk fetuses to diagnose serious malformations. This facilitates clinical teams to arrange timely operation or intervention once they are born.

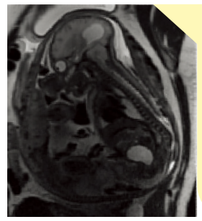
The Department of Pathology supports the HA-wide non-invasive prenatal testing and newborn screening programmes. For the latter, four more inborn errors of metabolism have just been added in July, and it has begun to extend to individual private hospitals via pilot.

The following theme stories also highlight our efforts in performing life-saving surgeries for tiny neonates, and setting up Hong Kong's first breast milk bank to share love and hope.

心臟科為獲轉介的孕婦進行胎兒心臟超聲波檢查。醫生會向父母解釋其心臟問題的展望及治療計劃，協助他們作出適切決定。

Cardiology offers fetal echocardiography service for pregnant women by referral. During parental counselling, paediatricians would explain the outlook of the heart problems and treatment plan to facilitate their decision making.





放射科為仍在孕婦腹中的胎兒進行腦部及脊椎磁力共振掃描，可精準地診斷脊柱裂及腦室擴張等先天性畸形，協助醫療團隊及早安排相應治療。本院計劃擴展服務，接收更多醫院的個案轉介。

The Department of Radiology performs brain and spinal MRI for fetuses still inside their mother's uterus. MRI provides critical information for diagnosis in conditions such as ventriculomegaly and spinal dysraphism, facilitating clinical teams to prepare for early treatment. HKCH is planning to expand the service by receiving case referrals from more hospitals.

扭轉寶寶命運 新生兒手術



香港兒童醫院包辦全港公立醫院超過八成的新生兒手術。小兒外科部門主管譚煜謙醫生、副顧問醫生黃婉珊和黃希夷均會為這類複雜手術操刀。

HKCH handles over 80% of the neonatal surgeries of all public hospitals. Some of the surgeons performing these complex operations are Dr Peter Tam, Dr Sammi Wong and Dr Vicky Wong of the Department of Paediatric Surgery.

Neonatal surgery brings hope to tiny lives

一些寶寶甫出生時已命懸一線，急需接受手術。香港兒童醫院在2024/25年度進行了全港公立醫院超過八成的新生兒手術。數字背後，是跨專科醫療團隊爭分奪秒為寶寶重燃希望的故事。

Some babies face life-threatening conditions at birth which require urgent surgery. In 2024/25, the Hong Kong Children's Hospital performed over 80% of the neonatal surgeries of all public hospitals. They are a race against time and testimony to the effort of multidisciplinary teams.



新生兒深切治療部手術室
NICU operating theatre

一些嬰兒情況危重得不適合移送至另一大樓的主手術室。因此，新生兒深切治療部特別內置了一間手術室，供進行緊急手術，提升安全。

Some infants are too fragile to be transferred to the main operating theatre in another building. Therefore, the NICU is equipped with its own operating theatre for emergency operations to reduce risks.

小兒外科部門主管譚煜謙醫生解釋：「嬰兒一出生便要做手術，可能是因為先天性消化系統畸形導致無法進食，像食道、腸道或肛門閉鎖，還有其他威脅到性命的情況，如先天性橫隔膜疝氣、壞死性腸炎等。」

心胸外科顧問醫生任力恒補充：「一些先天性心臟病，如嚴重主動脈狹窄和全肺靜脈連接異常可令嬰兒出現急性心臟衰竭，要盡快做開胸手術。我們也會為危重嬰兒接駁體外膜氧合器，支援心肺功能。」

精湛技術挽救弱小生命

為新生嬰兒做手術的醫生需具備專業技術。任醫生稱：「他們的體重可能只有數百克，心臟細小如一粒士多啤梨，血管結構很脆弱，所以手術每一步要非常精準，並採用專為嬰兒而設的器械。」麻醉及全期手術醫學科顧問醫生李秀民說：「嬰兒的呼吸和血壓容易波動，我們要密切監察其體溫、腦部供血量、含氧量、腦電波等指標，適時調校藥物及儀器。其中，心臟病嬰兒因各部位的血壓不一，要置入多條動脈導管作監察。」

譚醫生稱：「新生兒手術罕見複雜和變化多端，將它們集中在本院，有助外科醫生累積經驗和培訓，並與其他相關團隊建立默契。」



心胸外科顧問醫生任力恒表示，新生兒體型細小，手術要做得很精細，並配合特別的工具，例如比手掌還要小的胸骨牽開器。

Cardiothoracic Surgery Consultant-in-charge Dr Nicholson Yam said that precision is important when performing surgery for tiny babies. Special instruments are often used, like a chest retractor which is smaller than his palm.

Dr Peter Tam, Chief of Service of the Department of Paediatric Surgery explained, "Neonates who need surgery may be those suffering from congenital anomalies in the digestive system, such as oesophageal, intestinal or anal atresia, which makes feeding impossible. There are also other potentially fatal conditions, including congenital diaphragmatic hernia and necrotising enterocolitis."

Cardiothoracic Surgery Consultant-in-charge Dr Nicholson Yam supplemented, "Some congenital heart diseases such as severe aortic stenosis or total anomalous pulmonary venous connection may cause acute heart failure in newborns and warrant open-heart surgery. We also perform extracorporeal membrane oxygenation support for critical babies."

Specialised skills for challenging operations

Operating on newborns requires extraordinary surgical skills. Dr Yam said, "Our patients may weigh only a few hundred grams. Their heart could be as tiny as a strawberry and their blood vessels are delicate. Every step demands utmost precision, and we use instruments that are specially designed for neonates." Said Dr Rowena Lee, Consultant, Department of Anaesthesiology & Perioperative Medicine, "Neonates' blood pressure and breathing are volatile. We need to closely monitor their temperature, cerebral blood flow, oxygen level and brainwaves to adjust medications and equipment support. Infants with heart problems usually have variable blood pressure across the body, so multiple arterial catheters are inserted for monitoring."

Dr Tam says, "Neonatal surgeries are rare, complex and ever-changing. Concentrating them in HKCH benefits surgeons' experience accumulation and training, and helps related disciplines to develop teamwork and synergy."

保溫系統
warming system



初生寶寶容易失溫，手術床擺放了暖風機及暖氈為他們保暖。

Warming system and blanket are placed on the operating table to keep infants warm as they are prone to hypothermia.



麻醉及全期手術醫學科顧問醫生李秀民在手術期間密切監察寶寶的維生指數是否穩定，隨機應變。

Dr Rowena Lee, Consultant, Department of Anaesthesiology & Perioperative Medicine closely monitors the baby's vital signs during the operation.

手術前後全方位照顧

完善的新生兒手術服務並不局限於手術室裏。各項配套必須環環相扣，才能提升病人安全和治療成效。本院與地區醫院的產科及新生兒深切治療部緊密聯繫。如發現孕婦的胎兒異常，可共同進行產前會診，預先制訂治療方案。當嬰兒一出世，便可盡快轉送至本院接受手術。

兒童及青少年科顧問醫生池月兒表示：「我們的重症治療運送團隊會前赴地區醫院運送嬰兒，在救護車上沿途監察，應付突發狀況。抵院前我們已可安排好放射檢查及手術室，做到無縫交接。曾有一名27周早產的腸穿嬰兒一到埗便直入新生兒深切治療部內的手術室，並順利進行緊急手術，最終獲救。」

手術後，嬰兒會在新生兒深切治療部密切監察。醫護人員要特別留意心肺功能及會否出現失溫、脫水和術後併發症，為他們提供適切治療，促進康復。院方更安排音樂治療師在床邊彈奏音樂，達到紓緩情緒、減痛、改善身體機能等作用。

另外，本院設有高危嬰兒計劃，由物理治療師、職業治療師、言語治療師和營養師跟進寶寶術後至出院後的身體發展，提供復康訓練。



接受手術的寶寶在新生兒深切治療部被醫護人員悉心照顧。

Babies undergoing surgery are well taken care of in the NICU.

Comprehensive pre- and post-operative care

The neonatal surgery service is not limited inside the operating theatre. A comprehensive system is in place for patient safety and good outcomes. HKCH closely collaborates with the obstetric unit and neonatal intensive care unit (NICU) of regional hospitals. For fetuses identified with anomalies, joint antenatal counselling is provided to formulate treatment plans in advance, and babies can be transferred to HKCH right after birth for surgery.

Consultant of the Department of Paediatrics & Adolescent Medicine, Dr Winnie Chee said, “Our Critical Care Transport Team goes to regional hospitals to pick up babies and escort them during the ambulance ride to monitor their condition and handle any emergencies. Pathway has been cleared so that imaging exams and the operating theatre can be reserved before arrival for a seamless handover. Once we were able to send a 27-week preterm baby with intestinal perforation straight to the NICU operating theatre upon arrival. The operation was performed smoothly, and saved its life.”

After surgery, infants are put under close monitoring in the NICU. Healthcare staff will stabilise their heart and lung condition, and pay attention to any signs of hypothermia, dehydration and post-operative complications, to provide appropriate treatment to promote their recovery. Bedside music therapy is also offered in the NICU to soothe their emotions, relieve pain and improve bodily functions.

A high-risk infant programme is also set up where physiotherapists, occupational therapists, speech therapists and dietitians keep track of the babies’ development in the post-operative stage and after discharge to provide suitable rehab training.



新生兒深切治療部模擬訓練
simulation training in NICU

這台「新生兒心肺復甦訓練車」讓醫護人員利用人偶模擬為嬰兒進行心肺復甦，系統會即時評估他們進行胸外按壓和通氣時的表現。

This resuscitation quality improvement cart trains healthcare professionals in performing CPR for neonates. It provides instant assessment on their chest compression and ventilation skills applied to the manikin.

初次啼聲的喜悅

「祐祐一出生便要插喉，當時我聽不到他的哭聲而感到害怕。但很幸運，他接受手術後漸漸好轉，最終脫離儀器，懂得自己呼吸，可以哭得出聲！他轉眼已七個月大，我們可以當他普通寶寶照顧，十分感謝醫護人員。」祐祐母親翁太雀躍地說。

祐祐產檢時被發現患有先天性橫隔膜疝氣，即橫隔膜穿了個洞，導致腸胃等器官移位至胸腔，阻礙肺部發育，可致心臟衰竭。為保住祐祐性命，威爾斯親王醫院婦產科及新生兒科與本院團隊進行聯合會診，決定先由婦產科醫生施行「胎兒鏡氣管閉塞術」，經子宮在胎兒氣管置入球囊，幫助其肺部發育。祐祐出生當日，立即由重症治療運送團隊護送至本院新生兒深切治療部，並使用強心藥及高頻呼吸機支援。

譚煜謙醫生稱：「祐祐一周後情況穩定下來我們便為他做手術，將器官復位及修補橫隔膜。因其橫隔膜的缺口較大，所以用了部份腹肌去填補，希望減少復發。」



祐祐出院後繼續接受跟進，物理治療師為他評估及訓練大肌肉。

Kyren is still on regular follow-up after discharge. A physiotherapist is assessing and training his gross muscle development.

在醫護人員悉心照顧下，祐祐逐步康復，一個多月後出院，與家人共度新春。對於這段有驚無險的經歷，翁生翁太滿懷感激：「醫生講解非常清晰，一切情況與預期吻合，讓我們安心；護士亦很專業，手勢純熟。譚醫生說：「治療縱然艱苦，但家長不會獨自面對，醫護團隊會一直同行。」



祐祐手術前需使用呼吸機和胃喉。

Kyren was on ventilator and feeding tube before surgery.

掃描閱讀祐祐的詳盡故事
Scan to read more about Kyren’s story

Baby’s first cry touches the heart

“When Kyren was born, he had to be intubated. It terrified me that I didn’t hear him cry. Fortunately, he kept improving after surgery. He finally weaned off the ventilator and let out a gentle cry! He is now seven months old and we can treat him like a normal baby. We are beyond grateful to the clinical teams!” Kyren’s mother Mrs Yung said blissfully.

Kyren was diagnosed with congenital diaphragmatic hernia when he was still inside his mother’s womb. It is a defect involving a hole in the diaphragm which pushes abdominal organs up to the chest, restricting lung development and potentially causing heart failure. The Department of Obstetrics & Gynaecology and peers of the neonatal team of the Prince of Wales Hospital and HKCH teams conducted joint consultation and decided to perform fetal endoscopic tracheal occlusion to save his life. Through the uterus, obstetricians inserted a balloon in the airway of the fetus to help its lungs grow. As soon as Kyren was born, he was transferred to the NICU of HKCH by the Critical Care Transport Team, with the support of inotropes and high-frequency ventilator.

“Once Kyren’s condition stabilised after a week, we proceeded with diaphragm repair. The hole was too large that we used his own abdominal muscle flap for closure to reduce the risk of reoccurrence,” Dr Peter Tam said.

Kyren gradually recovered and was discharged after over a month, just in time to celebrate Chinese New Year with his family. Looking back at this difficult journey, Mr and Mrs Yung thanked the clinical teams for their exceptional care, “The doctors’ clear explanations and confidence in the situation were truly reassuring to us. The nurses also demonstrated professional skills.” Dr Tam said, “Despite challenging treatment, parents would never face it alone. We are always by their side.”



祐祐父母感謝小兒外科及新生兒深切治療部的醫護人員同行。

Kyren's parents thank the Department of Paediatric Surgery and NICU for the care and support during the treatment journey.

母乳庫 以愛心滋養危重寶寶

Breast Milk Bank nourishes fragile newborns with love

母乳能為嬰兒提供最完善的營養，而對極早產及患有危疾的初生嬰兒來說，母乳更具醫療效用，能預防感染和併發症，拯救生命。香港兒童醫院營運全港首個母乳庫，將經消毒處理的捐贈母乳供應至全港公立醫院的新生兒深切治療部，處方給有臨床需要的嬰兒。

Breast milk is the optimal source of nutrition for babies, and for extremely premature and critically ill newborns, it can even save their lives by preventing infections and complications. The Hong Kong Children's Hospital operates the city's first breast milk bank which supplies pasteurised donor breast milk to the neonatal intensive care units (NICUs) of all public hospitals for babies with clinical needs.

《2023年施政報告》宣布建立母乳庫及母乳捐贈機制，醫管局遂成立策導委員會及專家小組等作籌劃。至今年一月，母乳庫投入服務，其總監由本院兒童及青少年科部門主管黃明沁醫生出任。她表示，由於沒有本地經驗可以借鏡，團隊曾到深圳、廣州、新加坡和澳洲的母乳庫取經，參考其設備、運作模式、人手配置甚至宣傳方向等，再按本地情況制訂指引流程。「例如香港的媽媽多數在職，我們便安排速遞公司上門收取母乳，方便捐贈者。」

黃明沁認為，母乳庫負責協調捐贈母乳的收集、處理、篩選、儲存和分配，與本院一向推行的兒科軸輻模式相似，故母乳庫選址在此絕對是相得益彰。

嚴謹程序確保安全衛生

母乳捐贈在香港是一個新概念，不論是捐贈者還是受贈家庭最關心的當然是其衛生及安全。因此，取得公眾的信心極為重要。母乳庫副總監、微生物學家黃卓凝醫生坦言籌備過程中克服了不少挑戰。「我們制訂了符合國際標準的作業流程，更取得 ISO 22000 及食物安全重點控制系統認證。」

醫務化驗師黃凱蔚補充，部分必需器材在香港連代理商也沒有。她感激醫院採購部積極與生產商溝通，確保母乳庫配備潔淨環境和優質儀器。



香港母乳庫由香港兒童醫院營運，團隊成員來自不同專業，包括兒科醫生、微生物學家、醫務化驗師、營養師和護士。

The HKBMB is operated by HKCH. Its multidisciplinary team consists of paediatrician, microbiologist, medical technologists, dietitian and nurses.



香港母乳庫六月十六日舉行開幕禮，標誌初生嬰兒醫療服務的里程碑。主持亮燈的嘉賓包括醫務衛生局局長盧寵茂教授、衛生署署長林文健醫生、醫管局主席范鴻齡及醫管局行政總裁高拔陞醫生等。

The HKBMB held its opening ceremony on 16th June, marking a milestone in neonatal care. Secretary for Health Prof. Lo Chung-mau; Director of Health Dr Ronald Lam; Chairman of the HA Mr Henry Fan; and Chief Executive of the HA Dr Tony Ko officiated at the ceremony.

In the 2023 Policy Address, the government announced the establishment of a breast milk bank and the donation mechanism. The Hospital Authority then set up a steering committee and working groups to plan for the service. The Hong Kong Breast Milk Bank (HKBMB) commenced operation this January. HKBMB Director Dr Rosanna Wong, who is also the Chief of Service of HKCH Department of Paediatrics & Adolescent Medicine, said, "Since there was no local precedent, we visited the milk banks in Shenzhen, Guangzhou, Singapore and Australia to learn about their physical set up, service model, manpower establishment and promotional strategies. We also considered local factors in formulating our guidelines and workflows. For example, as most Hong Kong mothers are in the workforce, we arrange courier service to collect milk from donors' homes to save their hassles."

Dr Wong explained that the HKBMB is responsible for coordinating the collection, processing, screening, storage, and distribution of donor milk, similar to the hub-and-spoke paediatric service model of HKCH. This makes HKCH a natural choice to host the milk bank.

Rigorous procedures to ensure safety and hygiene

Breast milk donation is a new concept in Hong Kong. Donors and recipient families are understandably concerned about its hygiene and safety. Therefore, gaining public trust is of utmost importance. HKBMB Deputy Director and microbiologist Dr Sally Wong said, "We have overcome various challenges and developed protocols adhering to international standards. The HKBMB has obtained ISO 22000 and HACCP accreditation in food safety management."

Medical Technologist Wong Hoi-wai supplemented that some essential equipment does not even have a local distributor. She thanked the hospital's procurement team for communicating with manufacturers, ensuring that the milk bank would be equipped with a clean environment and high-quality equipment.



母乳庫對捐贈母乳進行嚴謹處理，包括巴士德消毒、微生物檢測及營養分析，全程受嚴格溫度控制，以確保品質和安全。

Donor breast milk goes through meticulous processing including pasteurisation, microbiological testing and nutritional analysis, all under precise temperature control to ensure quality and safety.



母乳庫與資訊科技部合作設置追蹤系統，記錄母乳的收集、處理、化驗、庫存，以至最終分發給嬰兒食用的各個步驟，全程均可追溯。相關資料會保留30年。

The HKBMB and the Information Technology Department set up a system to track and trace every step from breast milk collection, processing, testing, storage to final dispensing to infants. The relevant information will be retained for 30 years.

捐贈者招募 點滴是愛心

母乳庫能順利啟航和維持恆常服務，關鍵是有充足和持續的母乳來源。母乳庫兩位資深護師林志愛和黃慧芳便擔起捐贈者招募和支援的重任。她們上任後馬不停蹄製作宣傳品，並聯繫各公立醫院婦產科、兒科，和母嬰健康院的醫護人員在前線邀請授乳媽媽們登記。兩人的日常工作還要與有意捐贈者進行健康篩查面談和安排抽血，成功登記後亦會繼續提供母乳餵哺指導，和定期跟進她們的身體情況。

母乳庫原先的目標是一年收集1,000升母乳，結果半年便達標。截至七月中，已有280多位媽媽登記成為捐贈者，約200名嬰兒受惠。黃明沁非常感恩：「這成績遠超預期，我感受到香港媽媽的愛心，和大家上下一心的力量。我們會努力維持母乳庫的高水平服務，並提高家長對捐贈母乳的接受程度。長遠目標是進行相關研究，提升母乳的品質，並藉母乳庫的成功，讓大眾明白母乳的好處，推動更多人加入餵哺母乳行列。」



經處理合格的捐贈母乳供應至全港九間設有新生兒深切治療部的公立醫院後，醫護人員會按每名受惠嬰兒的需要，處方合適份量。

Pasteurised donor milk is distributed to all nine public hospitals with NICU. Healthcare professionals then administer appropriate portions according to each recipient infant's needs.

Every drop is a gift of love

A sufficient and continuous supply of donor milk is vital in sustaining the milk bank service. Advanced Practice Nurses Christine Lam and Rebecca Wong are responsible for donor recruitment and support. Once they took up the role, they have worked tirelessly to produce promotional materials and liaise with the obstetric and paediatric units in various HA hospitals as well as the Maternal and Child Health Centres to invite breastfeeding mothers to register. Their daily work also includes interviewing potential donors for health screening, arranging blood tests, providing breastfeeding counselling to donors, and regularly following up their health condition.

In just six months after service commencement, the HKBMB had already collected over 1,000 litres of donor breast milk, which already reached the yearly target. As of mid-July, over 280 donors have successfully registered, and about 200 babies have been benefited. Dr Rosanna Wong expressed her gratitude, "The achievement has far exceeded our expectations. It demonstrates the love of Hong Kong mothers and the collective effort of all parties involved. We will continue to deliver high-quality service, and increase parents' acceptance of donor milk. Our long-term goal is to conduct related research to further improve milk quality, and leverage the success of the HKBMB to promote breastfeeding in the society."



在典禮上，母乳庫首批捐贈者阿馥和可瑤（左一及二）與受贈嬰兒的家長唐生唐太（右）分享心路歷程。

Breast milk donors Fuk and Yoyo (left side), along with Mr and Mrs Tong, parents of breast milk recipients (right side), share their touching experience at the ceremony.





母乳庫製作了一批手挽袋送給捐贈者，感謝她們的愛心和付出。

The HKBMB produced some tote bags as a token of appreciation for donors' invaluable contributions.

香港兒童醫院大堂設置母乳捐贈服務中心，提供相關資訊、輔導及母乳餵哺支援。

The HKBMB set up a breast milk donor service centre in the HKCH lobby, providing information, counselling and breastfeeding support.

捐贈母乳解早產孖女燃眉之急

「當我第一眼看見一雙女兒，便忍不住大哭。她們這麼細小，全身駁滿維生儀器，真的很擔心！」唐太的孖女32周時急不及待來到世上，立即被送到伊利沙伯醫院的新生兒深切治療部。醫護人員建議使用捐贈母乳，父母當時感到猶疑。唐生說：「我起初對陌生人的母乳有偏見，但當看到單張說捐贈母乳含有抗體，可降低早產嬰患壞死性小腸結腸炎的風險，便不再考慮，立即同意了，我只想女兒安全健康。」

唐太表示，當時自己的母乳不夠分給兩個寶寶，捐贈母乳大大緩解了她的焦慮。「捐贈者付出這麼多時間心力去泵奶，很感激她們的愛心和無私奉獻。」最終孖女康復出院，唐太亦「追奶成功」，足夠餵養兩個孩子。





唐生唐太的早產孖女出生時只有一點幾公斤重，在深切治療部靠呼吸機支援，情況令人擔憂。她們在醫護人員的照顧和捐贈母乳的滋養下，個多月後康復出院。對於女兒出生時碰上母乳庫剛啟用而享用到這項新服務，唐太形容是非常幸運。

Mrs Tong's premature twins were born at just over 1 kg and required ventilation support in the NICU. With medical treatment and nourishment by donor breast milk, they made a full recovery and were discharged more than a month after. Mrs Tong said they were very lucky to benefit from this new service.

A lifeline for premature twins

Mrs Tong still remembers the gut-wrenching arrival of her twin daughters at just 32 weeks. They were immediately admitted to the NICU of Queen Elizabeth Hospital. "I burst into tears the first time I saw my daughters. They were so tiny, with tubes all over their bodies." When the parents were first introduced to donor milk, they hesitated. Said Mr Tong, "I had prejudice to use some strangers' milk. But when I read the pamphlet that donor breast milk could reduce the risk of necrotising enterocolitis in premature babies, I gave consent immediately. I simply wanted my daughters to be safe and well."



Mrs Tong said that donor milk greatly alleviated her anxiety when she was unable to produce enough breast milk for both babies. "I'm very grateful to the donors for dedicating their time and effort to express milk. They are so loving and selfless." The twins eventually recovered and went home, while Mrs Tong has successfully built up her own milk supply to feed them adequately.

捐贈母乳知多啲 More about donor breast milk

- 捐贈者必須正在餵哺一歲以下的嬰兒，並接受健康篩查面談，和抽血檢驗傳染病。

  Donors must be breastfeeding their own babies under one year old and receive health screening interview and blood test for infectious diseases.

- 合資格捐贈者需遵從指引收集和儲存母乳，之後由指定承辦商上門收集，以冷鏈形式運送到母乳庫。

  Donors are given guidelines for expressing and storing breast milk properly. The milk is then collected from their homes by the designated courier service and delivered to the HKBMB via cold-chain transport.

- 母乳運抵母乳庫後經嚴謹處理，包括微生物檢測、巴士德消毒和營養分析，確保安全和品質。

  All milk undergoes rigorous processing at the HKBMB, including microbiological testing, pasteurisation and nutritional analysis to ensure safety and quality.

- 經處理的母乳由醫生處方予符合臨床條件的嬰兒，父母需先簽署同意書。

  With parental consent, qualified breast milk is prescribed by doctors for infants who meet the clinical criteria.

了解更多母乳捐贈資訊
More information on breast milk donation

掌握寶寶發展里程碑與餵哺姿勢

Mastering baby developmental milestones and feeding posture

隨着寶寶成長，家長可能會疑惑他們為甚麼還不懂爬行，究竟何時會走路？每個孩子的發展速度不同，無法精確預測階段，但也有一些大小肌肉發展的里程碑可作參考。充足營養是發展關鍵，但照顧者也不要忘記餵哺時使用符合人體工學的姿勢，減少勞損。

As babies grow, parents may wonder why they are not crawling or walking yet. Every child develops at their own pace, making it impossible to predict the exact stages; but parents can take note of some motor developmental milestones. Adequate nutrition is a key pillar of development, but caregivers should not forget about proper ergonomics when feeding babies to reduce strains.

物理治療部 Physiotherapy Division

肌肉發展里程碑 Motor developmental milestones



- 趴着時能抬起頭和胸部，並用手臂支撐
  Lift head and chest when on stomach, supported by arms
- 被支撐着坐時，頭部能保持穩定
  Hold head steady in supported sitting
- 將手放到嘴邊
  Bring hands to mouth
- 握住玩具
  Hold toys



- 用手臂支撐着坐
  Sit with arm support
- 雙向翻身
  Roll over in both directions
- 將腳放到嘴邊
  Bring feet to mouth
- 伸手抓物
  Reach and grasp objects
- 在雙手間傳遞物品
  Move objects between hands



- 挪動和爬行
  Scoot and crawl
- 獨自坐起並坐穩
  Sit up and sit without support
- 借助家具拉起身體站立
  Pull to stand with furniture
- 用物品發出聲音
  Make sounds with objects
- 自己進食
  Feed themselves



- 短暫獨自站立
  Stand alone briefly
- 獨立走兩至三步
  Take two to three independent steps
- 使用拇指和食指捏取物體
  Use pincer grasp

如果你擔心孩子的發展，請諮詢兒科醫生的專業建議。
If you are worried about your child's development, consult a paediatrician for professional advice.

減少酸痛 舒適餵哺 Good feeding posture to reduce soreness

- 選擇有靠背的椅子
- 用枕頭支撐，避免身體前傾及膊頭縮起
- 用腳踏承托雙腳
- 避免手腕過度屈曲
- 定時休息、拉伸頸背及轉換姿勢

- Use chair with back support
- Insert pillows to prevent bending forward and elevated shoulders
- Use footrest to support your feet
- Avoid over flexing your wrists
- Take breaks, stretch your neck and back, and change positions regularly



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