醫院管理局
HOSPITAL AUTHORITY

香港兒童醫院
Hong Kong Children's Hospital

二零二五年十二月 December 2025

通訊 NEWSLETTER

第二十九期 ISSUE 29



門診有溫度

Our warm SOPC

虛心求知 Learning

用心關懷 Caring

滿心微笑 Smiling



院長的話

HA Go 子女健康好幫手

A great helper for children's health

醫管局流動應用程式 HA Go 的功能不斷推陳出新，最近總部和各聯網正大力推廣，呼籲市民下載。本院的病人大部份未滿18歲，所以我們鼓勵家長為子女登記帳戶，做到「一攬」全照顧。

病人每次覆診或入院，都要兼顧許多繁瑣手續。現在家長只需於 HA Go 將自己設定為子女的「照顧者」，便可輕鬆在手機上辦理，如登記到診、查看排隊情況、領取藥劑部籌號、進行視像覆診、查詢手術進行進度等，大大減省東奔西走及排隊的時間。另一個非常重要的功能，就是可即時繳付門診、住院、藥物及其他醫療費用，賬單一目了然，避免百忙中忘記付款。

HA Go 亦是管理子女健康的好助手，可隨時查閱放射報告、化驗結果和藥物紀錄，亦可自行輸入體重、血壓、血糖等數據，整合出子女的健康日誌，方便監察病情及與醫護人員溝通。

我們正在院內派發 HA Go 宣傳品，設置推廣站，並委任了病房及門診同事為大使，在前線積極向家長推介。HA Go 的功能實用又貼心，是治療路上的得力夥伴，各位家長請及早為子女登記使用。

醫院行政總監
李子良醫生

Since the launch of the mobile app HA Go, the Hospital Authority has been upgrading its features. Promotions for the app are now in full swing in HA. In our hospital, most patients are under 18. We therefore strongly encourage parents to register an account for their children, which will make taking care of their health just one click away.

When a patient comes to the hospital for follow-up or admission, there are many tedious procedures to navigate. With HA Go, parents can simply set themselves as the "carer" of their children to manage many tasks easily on their phone, such as registering for a clinic appointment, checking real-time queuing status, getting a pharmacy ticket, joining a tele-consultation, and viewing operation progress. It significantly reduces the time spent rushing around and waiting in line. Another important function is instant payment for clinic, in-patient, drug and other medical fees. Bills can be seen at a glance, reminding parents to pay on time.

HA Go is an excellent assistant to keep track of children's health. Radiology reports, lab test results and medication records can be accessed anytime, anywhere. Besides, parents can input data like weight, blood pressure and blood sugar to compile a health diary to help with condition monitoring and communication with healthcare workers.

HKCH plays a part by distributing HA Go publicity materials and setting up a promotional booth. We have also appointed ward and clinic staff as ambassadors who are familiar with the app. HA Go is truly an indispensable aid in the treatment journey. We appeal to all parents to register for their children as soon as possible to enjoy the benefits.

Dr Lee Tsz-leung
Hospital Chief Executive


醫院大堂設置了 HA Go 推廣站，示範如何安裝、介紹功能及解答疑問。
An HA Go promotional booth is set up in the hospital lobby.

了解 HA Go 全面功能
Full features of HA Go

達致卓越的關鍵



香港兒童醫院管治委員會現屆成員：(前排左起) 劉澤星教授、翟紹唐先生、九龍中醫院聯網總監張復熾醫生、主席龔楊恩慈女士、香港兒童醫院行政總監李子良醫生、霍泰輝教授、黃金月教授；(後排左起) 羅志聰先生、陳偉強醫生、邱詠筠女士、郭趙情晴女士、李臻先生。

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

HGC Members' insights about reaching new heights

各間公立醫院均設有醫院管治委員會，負責監督其管理及運作表現。香港兒童醫院管治委員會的陣容鼎盛，各位成員在醫療、商業、學術、管理、社區參與及慈善方面經驗超卓，共同出謀獻策，貢獻睿智與心力，給予醫院堅實支持。今期通訊邀得他們評價本院的工作，及表達對本院發展的期望。

Hospital Governing Committees (HGCs) are established for all public hospitals to oversee their management and operational performances. HKCH is blessed to have a HGC comprising of distinguished members with vast experience in healthcare, business, academia, management, community participation and charity. This strong team is instrumental in rendering valuable advice and tangible support to the hospital. Here, the HGC Members share their comments on our work, and their vision for the development of the hospital.



主席 龔楊恩慈女士
Mrs Ann Kung, Chairman

香港兒童醫院有如一座照亮黑夜的燈塔。我們的專業團隊竭力修補心靈、重建未來，日復日地照顧最脆弱的一群。當一個小孩為着健康而戰，整個家庭的世界可能就此困在一個病房內，飽受巨大壓力。香港兒童醫院靠着仁愛與創新精神，匯聚專家，並與政府、大學、其他本地和內地醫院合作，致力為病童爭取最大機會，活出健康精彩人生。我有信心醫院會不斷追求卓越，為兒科醫學開拓新疆界。

HKCH is a beacon of hope where our professionals try their best to mend hearts, restore futures, and take care of the most vulnerable among us every single day. When a child is fighting for their health, a young family's world may shrink to a hospital room, often accompanied by overwhelming strain. The HKCH is dedicated to giving our children the best chance at a full and healthy life through compassion and innovation. And we can do so by concentrating expertise and collaborating with the government, universities, and hospitals in Hong Kong and the Chinese Mainland. I believe that HKCH will remain steadfast in its pursuit of excellence as we push boundaries and explore new frontiers in paediatric medicine.



陳偉強醫生 Dr Ricky Chan

我期望以我對醫療和社會服務的經驗，協助醫院在卓越醫療中心的定位下，持續提供高質素臨床服務、科研和培訓，並開展創新醫療發展方向，令受照顧兒童得以健康成長，並為香港邁進為地區健康樞紐作出貢獻。

With my experiences in healthcare provision and community service, I am committed to help HKCH live up to its position as a centre of excellence to provide world-class clinical services, research and training, and formulate innovative strategies and directions to improve the health of our children in need, and to make Hong Kong a prestigious healthcare hub in the region.



邱詠筠女士 Ms Winnie Chiu

深感榮幸能加入醫院管治委員會，藉此融合我在商界、文化藝術與青年服務領域的經驗，貢獻一己之力。旅居不同城市的經歷，讓我特別珍惜香港公共醫療的卓越，並堅定了服務本港社會的信念。醫院同仁無私奉獻，成就卓越。能與這優秀團隊同舟共濟成為我前進的動力，為病童和醫院系統帶來更好的改變。

I'm grateful for the chance to contribute my experience from business, arts and culture and youth services. I deeply appreciate Hong Kong's public healthcare and am dedicated to serve the community. Working alongside such an inspiring team motivates me every day to contribute more to make a meaningful difference for children and our hospital system.



霍泰輝教授 Prof. Fok Tai-fai

兒童是社會的未來，他們值得擁有最好的一切，包括頂級的醫療服務。這正正是香港兒童醫院所能提供的。

Children are the future of our society. They deserve nothing but the best including healthcare. That is what the Hong Kong Children's Hospital is going to provide.



翟紹唐先生 Mr Jat Sew-tong

我很榮幸獲委任為醫院管治委員會成員。本院做到了任何現代化醫院所追求的專業、先進、以人為本，還有最重要的特質——關懷。香港應當為它感到自豪！我期望為醫院作出貢獻，幫助它成為亞太區，甚至全世界最優秀的兒童醫院之一。

Hong Kong should be very proud of the HKCH; it is everything that a modern hospital should aspire to: professional, advanced, user-friendly, and most important of all, caring. I hope I could contribute to making it one of the best children's hospitals in the Asia-Pacific region and perhaps even beyond.



劉澤星教授 Prof. Lau Chak-sing

香港兒童醫院致力成為東方的「SickKids 病童醫院」。要達成這個願景，關鍵是與兩所大學的醫學院緊密合作。港大醫學院定必傾盡全力，支持醫院發展。

HKCH aspires to be the Hospital for Sick Children (SickKids) in the East. To do this, close collaboration with the two medical schools is key. HKUMed will do its best to support the hospital.

少年強則國強，作為一位母親，我深知每一個孩子的健康都是社會進步的重要基石。本院不僅服務香港的病童，更有潛力惠及大灣區、全中國、全亞洲乃至全球的兒童。醫院在治療的同時，還應注重預防工作，提高兒童整體身心健康。科學無國界，我衷心希望本院能夠通過科研與實踐的結合，為世界各地兒童提供更好的醫療保障，真正成為兒科領域的卓越中心。感謝每一位員工的付出，你們是推動醫院不斷前進的力量！

The future of a country depends on its youth. As a mother, I deeply believe that the health and well-being of every child is a cornerstone of societal progress. HKCH not only serves children in Hong Kong but also has the potential to benefit those in the Greater Bay Area, across China, Pacific Asia, and even globally. Beyond treatment, the hospital should also focus on prevention to enhance children's overall physical and mental well-being. Science knows no borders, and I sincerely hope that HKCH will continue to combine research and practice to safeguard the health of children worldwide, becoming a true centre of excellence in paediatrics. My heartfelt gratitude to every staff member – you are the driving force behind the hospital's remarkable journey!



郭趙情晴女士 Mrs Rachel Kwok



李臻先生 Mr Oscar Lee

我深感榮幸能夠加入香港兒童醫院管治委員會，有機會直接為建設更健康的社區貢獻力量。令我印象最深刻的是醫護團隊始終如一的承擔。我的願景是將醫院打造成備受肯定的卓越兒科中心。 實現願景的關鍵在於持續創新，更重要的是賦能這支優秀團隊發揮所長。請繼續奮進，大家的耕耘正為孩子們編織更健康的未來。

Serving in the HGC gives me a unique opportunity to contribute directly to our healthy community. My deepest impression is the unwavering dedication of the hospital staff. My vision is for HKCH to be the undisputed centre of paediatric excellence. The key to achieving this lies in continuous innovation and, most importantly, empowering this incredible team. Keep striving, our work shapes a healthier future for our children.

能服務醫院是我的榮幸。我的專業是會計財務，對採購及系統管理也有經驗，期望能在這些範疇上為醫院效勞。我充滿信心，在管治委員會主席的帶領下，醫院定必能再攀高峰，為香港市民提供最佳的服務，並能在創新的領域上蜚聲國際。

I am hopeful that my professional knowledge in accounting and finance, coupled with exposure in procurement and system management, would help me to make contribution to HKCH. I have total confidence that the HKCH under the leadership of the HGC chairlady shall continue to reach new heights in providing the best medical services to Hong Kong citizens and becoming a world-renowned children's hospital through innovation.



羅志聰先生 Mr William Lo



黃金月教授 Prof. Frances Wong

醫院肩負著建立兒科卓越醫療中心的使命。醫療團隊及管理人員恪守承諾，為病人提供最高質素的照顧，令我非常感動。我希望一直支持並見證醫院發展成為區內兒科服務的領導者 — 確立治療標準、提供有系統的專科培訓、引進創新診斷工具及治療方案，及發展實證為本的跨專科服務模式，造福病童及家庭。

The HKCH is entrusted with the important mission of establishing a centre of excellence in paediatrics. I am deeply impressed by the dedicated clinicians and managers, who are unwavering in providing the highest standard of care for patients. I look forward to continuing to support and witness HKCH's progress as it strives to become a regional leader in paediatric care – setting care standards, providing structured specialist education, offering innovative diagnostic tools and treatments, and developing evidence-based interdisciplinary service models that benefit sick children and their families.



有溫度的專科門診
重塑醫療體驗

A clinic that conveys warmth
- reshaping the out-patient experience

專科門診設有54個房間，包括診症室、檢查室、抽血室、育嬰室和病人教育室等，所有專科均集中在此應診。整個診所以黃、湖水藍、青和粉紅色分為四區，令病人易於識別。病人走上一層，便可到放射科接受造影檢查，再過一條天橋即達綜合復康中心，流程暢順便捷。

There are 54 rooms in the SOPC used for consultation, examination, blood-taking, baby care and patient education etc. All specialties are concentrated in the same location. The clinic is divided into four colour zones – yellow, turquoise, green and pink – making it easier for patients to find their way around. Patients can also conveniently go up one level to the Department of Radiology for imaging, and reach the Integrated Rehabilitation Centre across the bridge.

香港兒童醫院專門治理嚴重複雜疾病。對眾多病童和家人來說，專科門診是治療之路的起點，也是他們需要不斷重返接受跟進的地方。本院專科門診不僅匯聚專家，更站在使用者角度，推行多種切合其需要的特別措施，以提升治療成效，及締造更便捷充實的就診旅程，全方位塑造有溫度的醫療體驗。

The Hong Kong Children's Hospital specializes in treating serious and complex paediatric conditions. For child patients and families, the specialist out-patient clinic (SOPC) is usually the starting point of their treatment journey, and also the place where they keep going back for follow-up. Our SOPC not only brings together expertise, it also boasts many unique features tailored to users' needs. They effectively enhance clinical outcomes, convenience and satisfaction, creating a positive experience for patients.

專科門診服務持續擴展，現時設有一百多個門診，2024-25年度就診人次逾6.6萬。負責統籌專科門診服務的兒童及青少年科顧問醫生童月玲稱：「本院悉心規劃建築設計及就診流程，並不斷改善，期望一點一滴累積，讓大家得到更優質治療，愉快覆診。」

The SOPC service continues to expand. It now has over 100 individual clinics, and more than 66,000 attendances in 2024-25. Dr Joanna Tung, Consultant of the Department of Paediatrics & Adolescents Medicine who co-ordinates the SOPC service, stated, "Our infrastructure and patient journey are well planned, and we keep improving them. We do all these small things with great love, hoping to give everyone high-quality care and a delightful experience."



兒童及青少年科顧問醫生童月玲（右）及兒科部門運作經理謝妙玲期望不斷改進專科門診服務，提升病人體醫療體驗。

Consultant (Paediatrics & Adolescent Medicine) Dr Joanna Tung (on right) and Department Operations Manager (Paediatrics) Tse Miu-ling look forward to continuously improving SOPC services to enhance patients' healthcare experience.

一站式服務有效率 覆診檢查一日攪掂

本院病童來自全港各區，而當中不少因病情複雜，同時要看幾個專科。童醫生稱：「以患腦腫瘤的病人為例，腫瘤可引致抽筋、影響腦下垂體及內分泌，通常要由血液及腫瘤科、神經外科、腦神經科及內分泌科等跟進。為減少病童和家人頻繁請假和舟車勞頓，我們盡量把病人見不同醫生的覆診期，連同抽血和放射造影等檢查安排在同一日。」

這種無縫的覆診安排絕非偶然，而是團隊在背後花盡心思的成果。童醫生解釋：「早在開院前，我們已朝着這目標去規劃服務。當時是一張白紙，可從零開始編排門診時間表。經驗豐富的醫護團隊因應不同疾病，整合了所有相關專科的清單，再將它們編配在同一診症時段兼相鄰的診症室。除了方便病人，亦有助醫生交流，例如當醫生計劃開展新治療時，可即時到隔壁與另一專科商討方案是否適合病人。」她坦言協調工夫具挑戰，來參觀的其他醫療機構同業亦對此嘖嘖稱奇：「各部門都十分理解病人的需要，願意多行一步。我很感謝大家一起朝着這個方向，調整自己的工作時間表以作配合。」

兒科部門運作經理謝妙玲補充道：「為病人預約診期的職員須接受培訓，學習專科間的相互關係，及熟悉診症時間表。另外，如病童接受放射科檢查時要「打豆」（插入靜脈注射留置針），我們便會安排同時抽血，讓他們不用承受重複針刺之苦。我感謝各部門同事用心付出。」



職員細心為病童預約在同日完成多個專科的覆診和檢查，並解答查詢。

SOPC staff answer enquiries and meticulously schedule patients' appointments so that they can attend different specialties and undergo various investigations on the same day.

Efficient one-stop service: multiple appointments in one day

Patients of HKCH come from all districts. Due to the complexity of their conditions, many require follow-up with various specialties. Dr Tung explained, "For example, a patient with brain tumor may be managed concurrently by Haematology & Oncology, Neurosurgery, Neurology and Endocrinology, because the tumor can cause seizures and affect the pituitary gland and endocrine system. To minimize the need for patients and family members to take leave from school or work frequently and cut down their travel burden, we try our best to schedule their different appointments like doctors' consultation, blood-taking and imaging investigations on the same day."

This seamless follow-up arrangement is by no means a coincidence, but a result of the effort of the SOPC team. Dr Tung elaborated, "We had set this goal when planning for our service before the hospital opened. We started from scratch in designing the clinic timetable. Our experienced colleagues have consolidated a list of respective specialties related to different diseases, and then arranged their clinic sessions in the same timeslot with adjacent consultation rooms. This offers convenience to patients, and facilitates communication among doctors. For instance, when a doctor plans to start a new treatment, he or she can discuss with another specialist right next door to see whether it is appropriate for the patient." She said that counterparts from other healthcare institutions who come to visit are often impressed by this, knowing how challenging the co-ordination could be. "All departments understand what our patients need. We are grateful to everyone for adjusting their schedule to achieve this common goal."

Department Operations Manager (Paediatrics), Tse Miu-ling, added, "All staff responsible for scheduling appointments have to undergo training to familiarize themselves with the clinic timetable and interrelationship among different specialties. Additionally, if intravenous catheter has to be inserted for a radiology exam, we would arrange to take blood in parallel, so that the child doesn't need to suffer from repeated needle pricks. I extend my heartfelt gratitude to various departments for their contributions."



專科門診一站式服務
SOPC one-stop service

- 協調病人日程，可同日內完成幾個專科的覆診、各項檢查、復康訓練等

  Patients' appointments are co-ordinated so that consultation with different specialties, investigations and rehabilitation training can be scheduled on the same day.

- 部份抽血檢查數小時便有結果，可早上抽血，同日覆診

  Results of certain blood tests can be ready within a few hours, so patients can have their blood taken in the morning and then see the doctor on the same day.

- 如進行造影檢查要「打豆」，便安排同時抽血，免卻重複穿刺

  If the patient requires IV catheter for imaging exam, blood-taking will be arranged at the same time to avoid repeated punctures.

- 如病人就診時獲確認要在鎮靜麻醉下接受造影檢查，就診當天即可進行鎮靜麻醉前評估

  During consultation, if a patient is confirmed to require imaging exam under sedation, pre-sedation assessment can be arranged on the day of the consultation.

- 完成造血幹細胞移植或化療的病童，可在門診補種百日咳、白喉等疫苗

  Patients who have completed haematopoietic stem cell transplant or chemotherapy can come to the SOPC for re-immunization with essential vaccines.



內分泌科醫生為旻翰檢查身體，評估他的成長及發育情況。

An endocrinologist examining Aiden to assess his growth and development.

一次充實的覆診

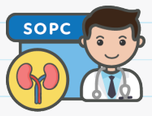
就讀小學一年級的旻翰需要定期到醫院接受不同團隊的跟進。他最近一次覆診的經歷，正正體現了一站式安排的優點。專科門診特意為他預約先後到腎科診所和內分泌科診所見醫生、在綜合復康中心見營養師，和在放射科照超聲波，短短一個下午的行程非常充實。

旻翰爸爸表示：「每個專科覆診的頻率都不同，例如腎科每三、四星期覆診一次；內分泌科約三至四個月才覆診一次；營養師則按需要而定。以前每科覆診都要分開預約，現時醫院盡量會將所有事情安排在一起，通常半日內就可以完成，方便很多，也更好地平衡兒子的學習和生活。」

他又指，感受到香港兒童醫院的環境與服務都是專為兒童的需求而設，除了硬件外，還有醫護人員對病童的細心與關懷，候診期間也有不少活動可以做：「旻翰有時會在專科門診的圖書角看書，或跟其他病童一起看電影，也會到附近的公園走動，不僅可以打發時間，也能放鬆身心。」他又讚賞藥劑師解釋得清楚詳細：「有些藥一次只需吃半顆，他們會主動提供工具，教我們怎樣切開一半，非常貼心。」

旻翰的一站式覆診時間表
Aiden's one-stop follow-up schedule

13:50 腎科門診 Nephrology consultation



14:00 見營養師 Dietitian consultation



15:00 超聲波檢查 Ultrasound scan



16:00 內分泌科門診 Endocrinology consultation



An eventful follow-up

The most recent hospital visit of Aiden, a primary one student, demonstrates the benefits of one-stop service for patients who require regular follow-up with different teams. The SOPC staff had meticulously booked four appointments in one single afternoon for him: doctor consultation at the nephrology clinic and endocrinology clinic, dietitian consultation at the Integrated Rehabilitation Centre, and ultrasound scan at the Department of Radiology.

Said Aiden's dad, "Follow-ups with different specialties occur at different intervals. For instance, nephrology consultations are held every three to four weeks, endocrinology consultations are held every three to four months, while dietitian consultations are arranged when necessary. In the past, a separate appointment had to be made for each of them. The hospital now streamlines all processes so that we can usually complete everything within half a day. This arrangement is far more convenient and allows better balancing of my son's studies and daily life."

In addition to the children-centred environment and facilities, he appreciated the attentive care of the clinical staff, and the many activities for kids to do while waiting. "Aiden can pickup a book at the reading corner, watch movies with other patients, or go for a walk in the nearby park. This not only kills time but also helps him relax." He also complemented the pharmacists for their thorough explanations, "Sometimes only half a tablet is required, they would proactively provide a pill-splitter and give us instructions. This is very thoughtful."

專科門診服務數字 SOPC services in numbers	
2024-25年度就診人次 No. of attendances in 2024-25	66,169
跨專科門診數目 No. of multidisciplinary clinics	26
遙距診症門診數目 No. of tele-consultation clinics	17
房間 (如診症室、檢查室) 數目 No. of rooms (for consultation and examination etc.)	54

為候診時間增值

病童和陪診者在看醫生和檢查中穿梭，過程少不免等待。本院提供多項設施和活動，讓候診時光不再留白，變得充實有趣。他們可以去復康花園散散步，或到病人資源中心玩樂，那裏有圖書館、電玩遊戲、小型兒童遊樂場和各式工作坊。如留在門診裏，則可觀看「迪士尼流動影院」。不同非政府機構的義工也會透過扭氣球和做手工等活動，陪伴小朋友候診。

謝妙玲表示：「這些措施能減低病童焦躁不安，家長亦可稍作歇息。一些病人互助組織也會在場分享過來人經歷，提供支援。」

理解病童及家人的感受也尤關重要。有些小朋友很怕抽血，抽血員會預備貼紙逗他們開心，有需要時也可先塗上麻醉藥膏。部門也著重提升文職同事對疾病的基本認識，從而判斷情況的輕重緩急，更有效處理查詢。謝妙玲指：「家長最經常提出的包括子女出現某些病徵、病情有變，還有藥物不足等。同事要盡快通知護士，有需要再諮詢醫生。溝通時亦要將心比己，避免觸及對方的痛處。」



小朋友在診所裏收到「攪笑醫生」的氣球後十分興奮。

Children lit up with joy as they receive balloons from the "Giggle Doctor" at the SOPC.

Adding value to waiting time

In-between consultations and check-ups, patients and those accompanying them inevitably encounter some waiting time. HKCH provides a variety of facilities and activities, making the wait more meaningful and enjoyable. They can take a leisurely walk in the rehab garden, or spend some fun time in the Patient Resource Centre which features a library, video games, a play area, and diversified workshops.

Inside the SOPC, the Disney Mobile Movie Theatre keeps streaming popular animations and movies. Volunteers from different NGOs also bring joy to children with activities like balloon twisting and handicrafts.

Ms Tse said, "These measures can reduce children's anxiety, and let parents take a breather. We also have patient groups coming to share experience and provide support to families."

Empathy is another focus of the SOPC. Facing children who fear blood-taking, phlebotomists have some tricks up their sleeves – they will give out stickers to cheer them up, and apply numbing cream when necessary. Moreover, the department emphasizes on enriching clerical staff's disease knowledge, so that they can recognize what is serious and urgent, and handle enquiries more effectively. Said Ms Tse, "Parents most often tell us about their children's symptoms, change of condition, and shortage of medications. Our staff must promptly inform nurses, and consult doctors if necessary. They should also put themselves in others' shoes and refrain from saying something that may add to their distress."



病人資源中心設有虛擬及擴增實境遊戲，讓病童樂在其中。

Young patients having fun with virtual reality and augmented reality games at the Patient Resource Centre.



程太 (右一) 與兒子和女兒先獲安排到放射科接受 X 光檢查，再到專科門診等候見骨科醫生。期間他們可一起觀看動畫，又領取了氣球。她讚賞這些安排能節省時間及為小朋友解悶。

After her son and daughter's X-ray exam at the Department of Radiology, Mrs Ching (first on right) brings them to the SOPC for their orthopaedic consultation. While waiting, they enjoy some cartoons and are given a balloon. Mrs Ching appreciates these thoughtful arrangements that can save time and keep the little ones entertained.



在「風濕／眼科綜合診所」裏，兩個專科的醫生、視光師及護士一起檢視病人竣然（右）的視力恢復和炎症控制情況，並向他解釋接下來的治療計劃。

At the rheumatology-ophthalmology joint clinic, doctors from the two specialties, optometrists and nurses review the latest progress of Jun Ran's vision recovery and inflammation control, and explain the treatment plan to him together.

跨專科門診 合力對付奇難雜症

本院齊集多個兒科、外科及相關亞專科，針對最複雜及罕見的病症，設立了26個跨專科門診，由不同專科的醫生、護士和專職醫療人員同時在診症室裏為病人會診。

童醫生稱：「我們的醫護人員都擁有高度專門的知識和經驗，卻未必熟悉其他專科的領域。然而，他們各自對病人進行的治療，例如用藥和手術方式等，對病情的影響卻是環環相扣。跨專科門診可促進團隊協作，透過診前會議，預先研究醫學文獻，從多角度分析病情，共同作出診斷，制訂全面和連貫的治療方案。大家一起診症時，更可根據眼前病人的最新情況，即時交流及調整，較易達共識，令治療更有效。」

童醫生舉例：「患有甲狀腺結節的病童，會由血液及腫瘤科、外科及內分泌科會診，共同評估應否切除結節和切除多少。如確診癌症，切除後會影響甲狀腺功能及血液中的鈣質，令病人手腳麻痺，內分泌科便會處方藥物補充。」她指，病童和家屬會有很多擔憂疑問，例如手術的必要性和風險，齊集各專科便可一併解答，為他們提供完整和一致的資訊。

Multidisciplinary clinics combat complex cases

HKCH gathers comprehensive paediatric, surgical and related sub-specialties under one roof. A total of 26 multidisciplinary clinics have been established for the most complex and rare conditions, where different specialists, nurses and allied health professionals jointly give consultation to patients.

Dr Tung said, "Our healthcare professionals possess highly specialized knowledge and experience, but they may not be familiar with one another's fields. Nonetheless, the treatment they prescribe, such as medications and surgery, are interrelated. Multidisciplinary clinics can foster collaboration among different teams. They would review literature together and exchange views during case meetings. This allows them to make a collective diagnosis and formulate a comprehensive and coherent treatment plan. When they see the patient together at the clinic, they can discuss and make adjustments on the spot, which makes it easier to reach a consensus and results in better treatment outcomes."

Dr Tung said, "Take patients with thyroid nodules as an example. They are seen by specialists from Haematology and Oncology, Surgery and Endocrinology, who will collectively assess the necessity and extent of nodules excision. If the patient is diagnosed with cancer, the excision may impact the thyroid function and blood calcium level, leading to numbness in the limbs. In this case, supplements will be prescribed by the endocrinologist." She said that worried patients and parents often have a list of questions, like the necessity and risks of surgery. Having different specialists address their concerns together can convey consistent information.

看得見的周到

竣然中三時突然視力模糊，最初被診斷為虹膜炎，但情況急劇惡化，繼而出現眼內積水和視網膜脫落，其後更雙目失明。他的情況屬於罕見，相信與免疫系統失調有關，導致眼睛反覆發炎，因此被轉介至本院的「風濕／眼科綜合診所」。

這個診所為全港獨有，成員包括該兩個專科的醫生、護士和專職醫療人員，加上藥劑師和醫務社工，合力為竣然提供全人治療。他們利用藥物減輕其眼部炎症，調節免疫系統，並與香港眼科醫院聯合進行了多次手術。另外透過復康訓練和輔導，協助他重新適應失明後的獨立生活，並為他尋求財政資助。

經過持續努力，竣然病情大有改善，現時左眼恢復了七至八成視力。重見光明後，他終於能夠親眼見到醫療團隊每一位的臉孔，場面令人動容。

竣然到其他醫院覆診時，要分別走訪幾個亞專科，不同醫生更可能作出不同建議。相比之下，他能明顯感受到兒童醫院跨專科門診的好處。他感恩說：「我可以一次過見到所有醫護人員，節省不少時間。有一次，我反映服用免疫抑制劑後會感到噁心和嘔吐。風濕科的醫生即時與眼科醫生商討後，決定可以減少藥量，但為了確保炎症受控，需增加覆診頻率。當日，我已經可以領取經調整份量的藥物。」



見醫生前，視光師使用近距視力測試卡，以日常閱讀的距離，評估竣然的視力。

An optometrist using a near visual acuity card to assess Jun Ran's vision at reading distance.

Care that can be seen

When Jun Ran was in secondary three, he suddenly experienced blurred vision. It was first diagnosed as iritis but rapidly deteriorated with aqueous humor accumulation and retinal detachment. Both of his eyes then became completely blind. The culprit was believed to be immune system disorder. He was eventually referred to HKCH's rheumatology-ophthalmology joint clinic.

This clinic is the first and only of its kind in Hong Kong. It consists of doctors from the two specialties, nurses and allied health professionals. Together with pharmacists and medical social workers, they work tirelessly for Jun Ran's holistic care, like using medications to manage inflammation and regulating his immune system, performing multiple surgeries with the Hong Kong Eye Hospital, providing rehab training to help him cope with blindness, and securing funding support for him.

Hope finally arrived. Jun Ran's condition has improved significantly, and his left eye has now restored 70-80% of eyesight. His follow-up a few months ago was a touching moment for the whole team - he was finally able to see their faces for the very first time.

When Jun Ran visits other hospitals, he has to attend several subspecialties separately, and may get conflicting advices from different doctors. But in HKCH, he could clearly feel the benefits of attending a multidisciplinary clinic. He said gratefully, "I can meet all the healthcare staff at once, which saves my commute time. Once during a consultation, I told the doctor from the rheumatology team that I felt nauseous after taking immunosuppressant. She immediately discussed with the ophthalmologist. They decided that I could reduce the drug dosage, but I should come back more often for follow-up to ensure the inflammation would remain controlled. That day, I was able to pick up drugs of the new dosage."

門診醫療儀器齊備 Special equipment at SOPC



耳鼻喉科診症室配備內窺鏡、懸掛式顯微鏡等檢查儀器，影像可即時傳送至熒幕，方便病人與醫生同步觀看及溝通。

This ENT consultation room is equipped with endoscopes and ceiling-mounted microscope. Images are instantly displayed on the monitor, facilitating doctors to communicate with patients.



牙科及口腔頜面外科診症室及電腦掃描室可進行各項牙科檢查及治療。

The dentistry and maxillofacial surgery consultation room and CT scan room are used to perform various dental exams and treatments.



眼科診症室設 OCT 光學相干斷層掃描儀、裂隙燈、手提式眼底攝影機、視網膜檢影鏡等，可進行全面眼科檢查。

This ophthalmology consultation room is equipped with an optical coherence tomography device, slit lamp, portable fundus camera and retinal ophthalmoscope for comprehensive eye exams.



遙距診症 便捷無難度

Hassle-free tele-consultation

專科門診內最近增設了六間遙距診症間，供醫護人員與安坐家中的病人覆診之用。房間配備隔音功能和網絡連接，確保溝通清晰穩定，同時保障私隱。

Recently, six tele-consultation rooms have been added to the SOPC, allowing doctors to follow up with patients online. These rooms are soundproofed and networked to ensure clear and stable communication with patients while safeguarding privacy.

現時，專科門診為大部份專科都有提供遙距診症服務，邀請病情穩定及無需臨床檢查的病人，透過醫管局流動應用程式 HA Go 進行視像覆診和評估，讓病童及家人不用長途跋涉前往醫院。

病人完成視像診症後，只需在 HA Go 選用藥物送遞和藥劑師用藥指導服務，便無需親身取藥，並有本院藥劑師致電講解。每張處方的送遞服務為劃一收費，不限藥物數量、重量、大小及種類，包括冷藏藥物。

The SOPC now provides tele-consultation service for patients under most specialties who are stable and do not require clinical exam. Patients can attend follow-up and assessment via the mobile app HA Go, saving them from travelling back to the hospital.

After tele-consultation, patients can use HA Go to opt for medication delivery service and pharmacist medication counselling service. A standard fee applies per prescription, regardless of the medications' weight, size, type and quantity, including refrigerated medicines.



有些病人需要服用多種藥物或住得較遠，藥物送遞服務可減輕他們前往藥劑部取藥的負擔。

Some patients need to take multiple medications or live far away. Medication delivery service can alleviate the burden of collecting their medications from the Pharmacy.

為子女登記 HA Go
Register HA Go for your children

參與子女的視像會診
Join tele-consultation of your children

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、行政事務總經理顏鳳儀、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、艾博瑜、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) | Nicole Ngan, 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, Vanessa Arasaratnam, Kyra Wan, Karis Yau, Shirley Chiu, Kwok Yan-ting