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