



醫院管理局  
HOSPITAL  
AUTHORITY

香港兒童醫院

Hong Kong Children's Hospital

二零二零年十月 OCTOBER 2020

通訊

NEWSLETTER

第十五期  
ISSUE

15

感

gratitude

恩

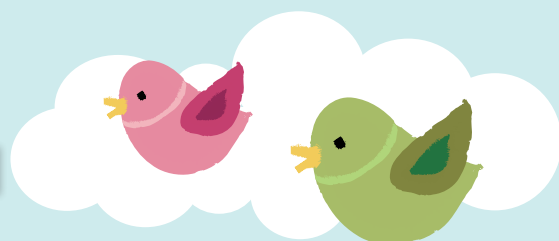






院長的話 Message from HCE

常懷感恩心  
Always be grateful



今期的主題是「感恩」。其實，這也是我常掛在咀邊和放在心中的兩個字。感恩是一種態度，是我們發自內心對身邊發生的事存有謝意。它可以是一次不可多得的機會、別人義不容辭的幫忙、傾盡全力後得到理想成績，或安然渡過危機。它也包括一些看似微不足道的小事，重點是不要把任何事視作理所當然，也不動輒抱怨有甚麼欠缺，而是珍惜所有，境隨心轉。

香港兒童醫院的服務分階段開展，每一步都得來不易。在這麼緊逼的時間內能達到今天的水平，背後是有很多人的付出和支持，如果大家沒有用心去做，根本不能成事，為此我們必須學會感恩。瑪麗醫院的兒童心臟科及心胸外科

The theme of this issue is "gratitude". It is actually the attitude that guides me through life. It means having genuine thankfulness for the things that happen around us. It could be a once-in-a-lifetime opportunity, the unconditional help from others, an outstanding result earned from hard work, surviving a crisis, or a small matter that may seem trivial. Being grateful is a state of mind. The key is never take anything for granted. Don't easily complain about what we lack but treasure what we already have.

Commissioning for a new hospital is a winding road. If not for everyone's wholehearted dedication, we could not have reached where we are now with such a tight timeframe. For this, we must learn to be grateful. We have reached another important milestone with the gradual moving in of the paediatric cardiology and cardiothoracic surgery services from the Queen Mary Hospital. Let us all keep a grateful heart and overcome the challenges ahead.

You may have noticed some changes in our layout. Extra pages are added, which allows us to introduce our services in greater depth and tell more patient stories, so that stakeholders can have better understanding, recognition and confidence toward us. We

服務剛開始陸續調遷進來，這又是另一個重要里程碑。願大家能懷著一顆感恩的心，一起克服難關。

我們由今期開始作了些版面改動。頁數增加了，可以更詳盡介紹醫院各項服務，訴說病人親身經歷，從而增加各界對我們的認識、認同和信心。我們也會多點報道同事們感興趣和貼身的事，如員工設施和保持身心健康貼士等。我亦希望《通訊》能令同事有更大歸屬感和參與。像今次刊登的投稿相片，不單看上去窩心，也抒發出同事對病童的關愛，和對醫院這個家的情感。如果你有甚麼題材想看，或在工作中碰到一些感人小故事，都歡迎與我們分享。

香港兒童醫院行政總監李子良醫生

also carry more content that appeals to colleagues, such as staff facilities and health tips. Last but not the least, the newsletter should serve as a platform to engage. Take a look at the staff-submitted photos on the last page. Not only do they look heart-warming, but they also show the colleagues' love for our patients and the hospital. If there are any topics that you would like to read, or if you come across any touching little stories at work, you are more than welcome to share with us.

Dr Lee Tsz-leung, HKCH Hospital Chief Executive



## 個人化治療 為癌症病童添曙光 Personalized care sparks hope for children with cancer

香港每年有 160 至 200 宗兒童癌症新症。病童以往分散在五間公立醫院治理，現時則集中由香港兒童醫院提供一條龍診斷、治療及復康。

兒童及青少年科部門主管陳志峰教授表示：「合併後，所有個案及人手均集中在此，令我們有條件分成三個團隊，分別是白血病及淋巴瘤、實體腫瘤及腦腫瘤，及造血幹細胞移植，可以專心鑽研，做得更精，與世界一流的中心接軌。」

In Hong Kong, there are 160 to 200 newly diagnosed paediatric cancer cases every year. In the past, they were treated in five different public hospitals. With service centralization, HKCH now provides one-stop diagnosis, treatment and rehabilitation to all.

Prof. Godfrey Chan, Chief of Service (Paediatrics & Adolescent Medicine) said, "The merger has allowed us to group all cases and manpower together, so we are able to set up three distinct teams, namely leukaemia and lymphoma; solid tumours and brain tumours; and haematopoietic stem cells transplantation. Our service becomes much more focused and specialized, on par with world renowned centres."



陳志峰教授（右）指，將全港兒童癌症個案集中於香港兒童醫院有助提升服務質素。  
Prof. Chan (right) believes that concentrating all childhood cancer cases in HKCH could enhance service quality.



## 精益求精 提升治療效果

### Specialization enhances treatment outcome

以血液及腫瘤科副顧問醫生古德來醫生為例，他之前在其他醫院需兼顧不同兒科病症，現在則專責腦腫瘤。他說：「我涉獵的病例多了，亦有機會接觸最新藥物，同時可投放多點時間在研究，和教育醫護人員及照顧者上。」

團隊間的溝通亦更加緊密。陳教授指，以往在教學醫院通常每個月有一次跨專科案例會議，本院兩星期便有一次，甚至會以腫瘤類別再細分。血液及腫瘤科、外科、放射科及病理學部醫生會商討每名病童的進展，訂出合適治療方案。

Dr Dennis Ku, Associate Consultant in Haematology & Oncology used to take care of all paediatric cases in his previous hospital. Now he gets to focus on treating brain tumours. "I am exposed to more case types and the latest drugs. I can also dedicate more time on research and delivering educational sessions to healthcare professionals and carers."

Communication among teams also becomes closer. Prof. Chan said, "Previously in the teaching hospitals, multidisciplinary case conferences were usually held once a month. In HKCH, doctors from Haematology & Oncology, Surgery, Radiology and Pathology meet twice a week to discuss the treatment plan for every patient."



古德來醫生細心地為 Emma 檢查。  
Dr Ku examines Emma with much patience.

## 全方位貼心服務 Patient-centred care

患有高惡性膠質瘤的 Emma，僅七個月大接受過四次腦手術及三輪化療，最近則轉用標靶藥。古醫生解釋：「病理學部為她的腫瘤做了分子基因檢測，成功找出致病基因，可採用針對性的標靶藥。個案會議的醫生都同意採取較進取治療，希望腫瘤縮細至可以手術切除。小朋友腦部正在發展，越早控制影響越少。」

Emma母親 Kitty 回想女兒入院時命懸一線，腦有積水，雙眼反白，與現在的心情截然不同。她說：「醫護人員好像我的父母一樣，除盡力救治 Emma，還教我如何訓練她，令她不斷進步。女兒長大後，我會對她說正因為你有如此經歷，你必須感恩，要幫助別人。」

註冊護士利翠瑩指，與病童一家人建立互信非常重要。「癌症病童一般對陌生人較敏感，如他們信任你，護理會更加暢順。」將心比己也是關鍵，「曾有一名年輕病人因害怕化療後脫髮，五日無洗頭。我便鼓勵她把頭剃光，之後長出的頭髮會更好看。」



Kitty (右) 認為治療雖漫長痛苦，但她和女兒都會笑著去打這場仗，並懷著感恩的心成長。  
Kitty (right) and her daughter face painful treatments with smiles and a thankful heart.

7-month-old Emma who suffers from malignant gliomas has already undergone four brain surgeries and three rounds of chemotherapy. She has recently been put on a targeted therapy drug. Dr Ku explained, "Our Pathology Department has been able to identify a cytogenetic marker in her specimen through molecular analysis, and a targeted drug is available to treat this particular type of tumour. It was agreed in the case conference to use a more proactive approach to shrink the tumour to a size that could be removed surgically. The sooner we control it, the less impact to her brain development."

Emma's mother Kitty described how scared she was when they first came to HKCH, "My baby's head was bulged with water inside, and her eyes rolled upward." She feels much more relieved now, "The staff here are like my parents. They save Emma's life with all their might, and teach me how to train her. She has really improved a lot. When she grows up, I will tell her all about these so that she would feel grateful and help others."

Registered Nurse Lee Chui-ying emphasized the importance of good rapport with patients and their families. "Cancer patients are usually sensitive to strangers. If they trust us, it would be easier for us to perform nursing care." Empathy is another key, "I once met a young patient who refused to wash her hair for five days. I shared her fear of hair loss and encouraged her to shave her head, telling her it would look better when new hair came out."



為病童注射化療藥物和提供中央導管護理是利翠瑩姑娘的日常工作。  
Administering chemotherapy and performing central venous catheter care are parts of the daily work of nurse Lee Chui-ying.

## 著重科研 引進新服務

### Developing new services and research

陳教授透露，血液及腫瘤科即將引入一部新儀器，可在體外增生間充質幹細胞作回輸，為移植後出現嚴重排斥的病人修復組織。另外，亦將開設兩間用作注射放射性同位素的防幅射房間，主要治療神經母細胞瘤患者。

部門亦積極進行醫學研究，研發嶄新治療，現時已開展了四項第二期臨床研究。陳教授期望在政策、人手和資源配合下，在院內開設第一期臨床試驗中心，屆時可為志願病人試用已通過前期測試的新藥，加快推出到臨床應用，亦可為末期病人帶來點點希望。

On the department's future development, Prof. Chan shared that it will introduce a new equipment which can regenerate mesenchymal stem cells and repair tissues for post-transplant patients who develop serious rejection. In addition, two shielded isolation rooms will be set up for neuroblastoma patients to receive radioisotope therapy.

At present, four phase-2 clinical research projects are being conducted. Prof. Chan wishes that with the support of related policy, manpower and resources, the hospital can open its phase-1 clinical trial centre to accelerate clinical application of new drugs, and offer hopes for terminal cancer patients.

日間化療中心於今年六月投入服務，為癌症病童進行化療、抽取骨髓、清洗中央靜脈導管等程序。

The Ambulatory Chemotherapy Centre commenced service in June. Cancer patients come here for day procedures like chemotherapy, bone marrow aspiration and central line flushing.



# 幕後英雄滅菌 手術儀器潔淨安全 Keeping surgical instruments clean and safe



周雨發醫生（右）及李潔儀合力規劃無菌物品供應部的建設、流程及質素管理。  
Dr Chow Yu-fat and Li Kit-ye work hand in hand on the construction, workflow and quality management of the SSU.

A surgeon makes a cut on a patient with his scalpel decisively, and a life is saved. This scene is oh-so familiar to TV drama viewers, but have you ever wondered what would happen to the scalpel afterwards?

At HKCH, the Sterile Supplies Unit (SSU) handles all used surgical instruments with great care. It is a crucial part in the surgical service. Dr Chow Yu-fat, Consultant (Anaesthesia) who is behind the planning of the SSU said, "It is very important to keep instruments clean and sterile to reduce the risk of infection for patients undergoing surgery and other medical procedures. Our zoning, workflow and equipment have been specially-designed to meet international standards." Sensors and meters are installed to monitor temperature, air pressure, humidity and air change rate round the clock, and alert will be issued in case of failure.

There are many specialties in HKCH, and each requires its specific instruments. Also, different sizes of instruments must be available to cater for patients ranging from neonates to teenagers. Li Kit-ye, Ward Manager of the SSU said, "Instruments for children are delicate. Some are only a few millimeters long, which require specific procedures for reprocessing. To make sure that all the components are present and assembled correctly, we keep a photo database of all the instruments for daily reference. On-going training is provided to our staff." A tracking system is also in place to track and trace instruments and devices. The reprocessing history can also be identified when an incident happens.

電視劇集中常出現外科醫生手執手術刀，俐落地為病人施手術的場面，但原來消毒手術儀器亦大有學問。為確保病人安全，無菌物品供應部的人員必須金睛火眼處理每件儀器，細至一粒螺絲、窩釘都不容有失，就讓我們為大家揭開這個基地的神秘面紗吧！

無菌物品供應部是手術服務不可或缺的一環。參與規劃服務的麻醉及全期手術醫學顧問醫生周雨發說：「工欲善其事，必先利其器。我們要確保工具潔淨無菌，才可減低病人接受手術和其他醫療程序時受感染的風險，所以這裡的空間佈局、工序流程和機器都經精心設計，符合國際標準。」部門在不同位置裝了感應器和儀錶，全天候監測溫度、氣壓、濕度、換氣率等，一旦出現異常或不達標，便會發出警報。

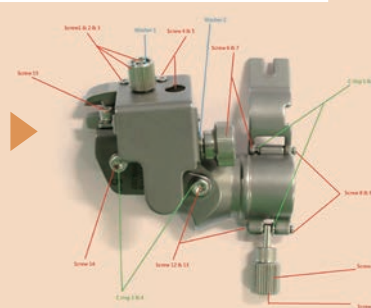
香港兒童醫院設有不同專科，各有獨特的手術工具；同一款儀器亦備有不同尺寸，以配合嬰兒到青少年的需要，種類繁多可想而知。無菌物品供應部病房經理李潔儀表示：「兒童手術的儀器特別精細，有些配件僅幾毫米長，消毒工作殊不簡單。我們亦要確保配件齊全及正確裝嵌，每當購入新儀器時，都會拍照存檔，方便對照，又會持續培訓同事。」部門亦設有手術儀器追蹤系統，可翻查工具曾用在哪些病人身上，與涉及的清洗、消毒和滅菌程序。一旦發生事故，可即時追查相關紀錄。

## 2 包裝區 Packing Area



以腦科手術為例，其中一個配件已多達 30 顆螺絲，需仔細檢查，確保沒有遺失。

This single component of a neurosurgery instrument contains up to 30 screws. It has to be checked carefully to ensure there is no missing part.



逐一檢查儀器，確保完整無缺後，再每件重新組裝，按照清單逐一包裝好。

Instruments are checked carefully to ensure all parts are intact, then reassembled one by one and packed into containers.



若懷疑儀器損壞，會即時用顯微鏡仔細檢查。

If there are signs of damage, the instruments will be placed under the microscope for thorough examination.

## 直擊消毒基地三大區域 Behind the scene in the SSU

### 1 去污區 Decontamination Area



手術室和病房使用後的儀器會先送到這裡拆件檢查去污。水槍配備不同款式的噴咀，可調較水力和角度，沖走藏在罅隙的污垢。

Used instruments and devices from the operating theatres and wards are sent here for dismantling and cleansing. Water guns with different nozzles are used to rinse off hidden residue.



放入自動清洗機進行預洗、以超聲波震走污垢、消毒、以純淨水沖洗和烘乾。

Instruments are then loaded into the automated washer which performs pre-wash, ultrasonic cleaning, disinfection, rinsing with water purified through reverse osmosis, and drying functions.



### 3 滅菌區 Sterilization Area



已消毒物品經密封包裝後，連同儲存盒一併推進滅菌爐。根據儀器的廠商指引，會採用不同溫度和時間進行滅菌。

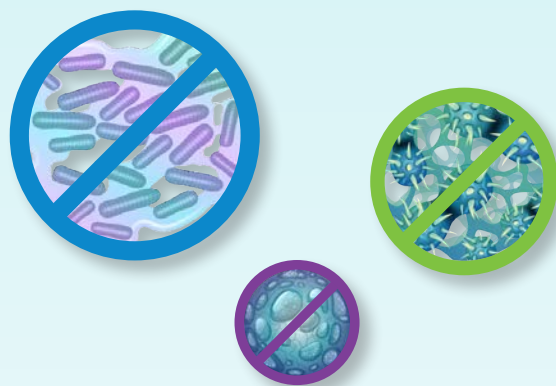
Instruments in sealed packages or containers are put into the steam sterilizer for sterilization. Different programmes are selected according to the manufacturer's instructions.



## 病童免疫力低 餐具高溫滅菌 Sterilizing eating utensils for immunocompromised patients

部分病童需接受化療、放射治療或造血幹細胞移植，免疫力較一般人低，易受細菌感染。病從口入，所以無菌物品供應部使用了特別的滅菌程式為他們的餐具滅菌。

In order to reduce the risk of infection for immunocompromised patients, including those undergoing chemotherapy, radiation therapy or haematopoietic stem cell transplantation, SSU selects a special programme to sterilize their eating utensils.



## 轉行助人添意義 A meaningful job

原本從事資訊科技工作的何耀翀，本著助人的心，於 2018 年毅然轉換跑道，加入無菌物品供應部擔任病人服務助理。他每天小心翼翼地檢查、清洗、消毒和組裝醫療用具，敬業樂業。「我從不覺得這份工作沉悶，可能自己本身喜愛砌模型吧！我亦能間接協助醫生替病童順利完成手術呢！」

阿翀受聘後，獲安排到伊利沙伯醫院的無菌物品供應部特訓三個月，並考獲相關證書。他覺得自己的崗位別具挑戰性：「手術工具五花八門，單是剪刀已經有多種型號。我們的責任重大及需要非常謹慎，因為一個小小錯誤也足以引致嚴重後果，例如零件鬆脫可能會遺留在病童體內。」

有一次，他運送工具到病房時看見護士正為病童進行護理。「我見到她手中那包剪刀和鉗的標籤上有我的簽名，便知道是我負責處理的。原來我真的能夠幫助到病童，覺得很有滿足感！」

Benny Ho joined the SSU in 2018 as a Patient Care Assistant. His daily routine includes checking, cleaning, sterilizing and assembling numerous medical instruments. "I don't feel bored working here as I like making models. I can also help doctors perform smooth operations indirectly."

Benny has gone through a three-month training in the Queen Elizabeth Hospital to obtain relevant certificates. He thinks that his job is challenging, "There is such a wide variety of instruments and devices. We bear a great responsibility on our shoulder, as a small mistake can cause serious consequences. For example, a loose part may be left inside the patient's body. We must be very cautious and attentive."

One time when Benny was refilling supplies in the ward, he saw a nurse using a set of scissors and forceps on a patient. "That was my signature on the label! That means I was the one who reprocessed the pack. At that moment, I truly feel that I can help the sick children."



何耀翀認為無菌物品供應部的工作為他帶來滿足感。Working in the SSU gives Benny much satisfaction and he treats his job with dedication.

## 在家舞出天倫樂 Get everybody moving at home

一家大小留在家中抗疫，小朋友無法出外放電，大人則因疫情感到焦慮不安，家人之間容易產生磨擦。今期我們介紹可以在家裡進行的高強度間歇式訓練（HIIT），大家可以一起動動手腳，保持身心健康。

HIIT 是一種高強度運動及小休相間的訓練模式。運動和小休比率為 2:1，而運動時的心跳率應達到最高心跳率的 80%。HIIT 能有效強化心肺功能、增強肌肉力量和改善血糖控制。

以下一些簡單動作，初試時可用「20 秒運動 + 10 秒小休」的循環去做。



十字交叉捲腹 Criss-cross crunch

平躺在地上，雙手放在耳兩旁。腹部用力，抬起膊頭，右手肘觸碰左膝蓋，左右交替重複動作。

Lie down and put your hands on your ears. Perform a crunch and touch your left knee with your right elbow. Repeat with alternating sides.



蟹式爬行 Crab-walk

坐在地上，雙手放在膊頭下撐起身體。挺起胸膛，向前或向後行。

Sit on the floor, lift your hips off the floor and support your body with your hands under the shoulder. Keep your chest up. Walk back and forth.

Staying at home during the pandemic is hard for the whole family. Conflicts may arise as the young ones feel bored and adults feel anxious. Here we introduce some high-intensity interval training (HIIT) exercises which you can do at home to keep your whole family physically and mentally healthy.

HIIT is a form of training which alternates short periods of high intensity exercises and rest in the ratio of 2:1. Your heart rate should reach 80% of your maximum heart rate during exercise. It is an effective way to enhance cardiovascular function, muscle strength and blood sugar control.

Here are some simple HIIT moves. You may start by doing 20 seconds of intense exercise, followed by 10 seconds of rest.



快步擊拳 Punching in fast jog

打開雙腳，膝蓋微曲。雙腳原地快速踏步，雙手快速向前打。注意眼望前方，挺胸和收緊腹部。

Stand with your feet apart and gently bend your knees. Jog in place at a fast pace while punching your fists forward. Keep your chest up, eyes forward and tighten your core.



平板手碰肩 Plank shoulder taps

先做平板支撐動作，右手觸碰左肩，雙手交替重複動作。注意收緊腹部，身體盡量保持挺直，臀部不要兩邊擺動。

Start in plank position, touch your left shoulder with right hand. Repeat with alternating sides. Tighten your core and keep your body straight. Don't swing your hips.

### 教學影片 Demonstration Video



我們製作了影片，示範一套共有十個動作的 HIIT 運動。大家立即掃描二維碼，一起做吧！

Scan the QR code for a video demonstrating ten HIIT exercises. Let's do it together!

示範者：  
一級物理治療師張美媛  
二級物理治療師許慧慧

Demonstrators:  
Maria Cheung, Physiotherapist I  
Nadia Hui, Physiotherapist II



### 提提你 Points to note

- 應在飯後一至二小時進行運動
- 運動前先做熱身，運動後亦應進行緩和運動
- 鍛鍊需循序漸進，開始時可每次進行 15 至 20 分鐘運動，每星期二至三次，因應能力逐步增加運動量
- 世界衛生組織建議：
  - 兒童每天最少進行 60 分鐘的中至高強度運動
  - 成人每星期最少進行 150 分鐘的中強度運動
- Exercise at least one to two hours after meal
- Do warm-up and cool-down exercises before and after workout
- You may start with a workout of 15 to 20 minutes, two to three times a week, and gradually increase the amount of exercise at your own pace
- WHO recommends:
  - Children to perform at least 60 minutes of moderate to vigorous-intensity physical activities daily
  - Adults should perform at least 150 minutes of moderate-intensity physical activities weekly





## 醫院餐廳開業了 Our hospital canteen is open!

等待多時，醫院餐廳終於在 7 月 20 日開業。餐廳位於 B 座地下，由大家樂集團旗下的泛亞飲食營運，為員工和訪客提供餐飲服務。

為配合開揚的醫院大樓環境，餐廳裝修相對簡約，給人一種清新感覺。除了一般餐桌，院方更沿玻璃幕牆放置了吧檯和高腳椅，讓大家可以在此用膳時眺望海景，放鬆心情。

The long awaited hospital canteen was finally opened on 20 July. Located on the ground floor of Tower B and serving staff and visitors, the canteen is operated by Asia Pacific Catering of Café de Coral Group.

The canteen adopts a minimalist design to complement the spacious hospital environment. Apart from usual dining tables, bar tables are placed along the glass wall, allowing customers to enjoy the relaxing sea view while dining.

### 得來不易的里程碑

不少人覺得在醫院餐廳喝杯奶茶、吃一碟燒味飯是理所當然的，但其實新醫院要啟用一間餐廳，前期功夫絕對不少。行政事務部一邊努力準備招標程序，及與不同潛在承辦商進行商討，一邊想盡辦法為同事們解決吃的煩惱，包括引入小食店、便利店和飯盒販賣機，並設立網上平台方便同事集體預訂外賣。

餐廳順利開業，行政事務總經理郭慧敏感到非常欣慰：「民以食為天，但醫院附近的確缺乏食肆。我們希望透過提供新鮮堂食，增加選擇，盡力回應大家的期盼。不論是同事還是家長，都需要滿足好口腹，才能抖擻精神，照顧好病童。」

泛亞飲食高級業務總經理許錦波分享道：「我們多年來在不同公立醫院提供膳食服務，現時營業點包括快餐、中菜、粥麵及麵包店等。香港兒童醫院是重點醫療建設，所以當知道院方正尋求餐廳承辦商時，我們便二話不說參與，希望在背後出一分力，支持前線醫護人員的工作。在籌劃過程中，我們與院方就裝修、餐單、營運時間及成本控制等緊密協調，逐一克服挑戰。」



對著怡人海景用餐，心情也放鬆一點。  
The relaxing sea view makes dining a more pleasant experience.

### Fruit of collective effort

Having a cup of milk tea and a hot rice dish in a hospital canteen may seem normal to many. But for a new hospital, nothing comes easily. The hospital administration team spent much effort in preparing for tendering and discussing with potential operators. Before the canteen came into place, the team had been providing staff with other meal options, such as snack bars, convenience store, hot food vending machines, and online lunch delivery ordering system.

General Manager (Administrative Services) Miscelle Kwok feels grateful for the canteen's smooth opening, "Eating is a necessity and enjoyment for everybody, but there aren't many eateries around HKCH. Now we are able to offer more choices for colleagues and parents. If they can eat well, they will have more energy to take care of our patients."

Paul Hui, Senior General Manager of Asia Pacific Catering shared, "We have been providing catering services in public hospitals for many years. Our outlets now cover fast food shops, Chinese restaurants, congee and noodle bars and bakeries. HKCH is a key infrastructure for Hong Kong, so when we learnt that it was looking for a canteen operator, we didn't think twice to participate. We hope what we do could render support to the frontline healthcare workers. During the planning stage, we communicated closely with the hospital over issues like fitting-out, menus, business hours and cost control, and we have overcome many challenges together."

餐廳除供應一般早、午和下午茶餐，更特意推出賣相吸引的兒童餐，希望小朋友吃得開心。

Other than regular breakfast, lunch and afternoon tea menus, the canteen also serves kids meal to cheer up young diners.



(左起) 醫院行政事務總經理郭慧敏、大家樂集團首席執行官羅德承、醫院行政總監李子良醫生，及泛亞飲食高級業務總經理許錦波巡視餐廳運作情況，並感謝前線員工的努力。

(From left) HKCH General Manager (Administrative Services) Miscelle Kwok, Chief Executive Officer of Café de Coral Group Peter Lo, Hospital Chief Executive Dr Lee Tsz-leung and Senior General Manager of Asia Pacific Catering Paul Hui inspect the new canteen and thank frontline staff for contributing to its smooth opening.

### 為食客帶來新鮮感

考慮到門診病童和兄弟姐妹都會光顧，總廚特意設計了兒童餐，為他們帶來歡樂，這是集團的醫院餐廳中獨有的。而由於這些小朋友需要時常進出醫院，餐廳亦打算在聖誕節及兒童節等日子推出特色餐牌，保持新鮮感。

### Something new on the menu

The HKCH canteen is the only hospital eatery under the group that serves kids meal. It is designed with the intention to bring joy to child outpatients and their siblings who may need to visit the hospital frequently. The canteen is also planning to provide special menus during festivals like Christmas and Children's Day.

### 餐廳基本資料 About the canteen

位置 Location	臨床服務大樓（B 座）地下 G/F, Clinical Tower (Tower B)
營業時間 Business hours	星期一至五 Mon – Fri: 0730 – 1530 星期六 Sat: 0730 – 1300 星期日及公眾假期休息 Closed on Sundays and public holidays * 會不時檢討需求及運作情況，於適當時候考慮調整營業時間 Will be reviewed from time to time based on service demand and operational situations
座位數目 （連同外圍用膳區） Seating capacity (including external dining area)	110 * 會因應防疫措施調整 May be adjusted according to current infection control requirements

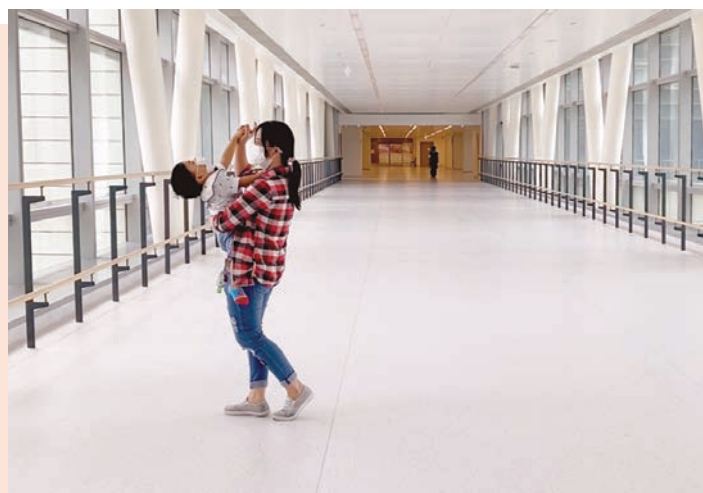


# 感恩一刻 Moments of gratitude



即使工作繁忙，身邊仍有很多美好的事物為生活注入正能量。上期《通訊》的徵相活動邀請醫院同事們用鏡頭記錄「感恩一刻」。經編輯委員會評審後，精選以下三幅作品與大家分享。

There are many wonderful things in life that make us happy and motivated. In the last issue, we invited HKCH colleagues to capture their moments of gratitude. After selection, the Editorial Board would like to share these beautiful pieces with you.



「活著不是在等待風暴的過去，而是學會在雨中如何翩翩起舞。」

維文・格林

一 病童與外傭姐姐在醫院天橋起舞

"Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain." Vivian Greene

- A patient dancing with his caretaker at the hospital's hallway

**麻醉及全期手術醫學科副顧問醫生郭蕙漩**

**Dr Vansie Kwok, Associate Consultant**

**(Anaesthesiology & Perioperative Medicine)**



代謝病童一生會面對很多挑戰，他們和家人都很需要持續支持和鼓勵。我們很感恩可以和這位小病人慶祝生日，送上祝福。

Metabolic patients face life-long challenges. Continuous support and encouragement are essential for them and their families. We were grateful to celebrate this patient's birthday and give him our blessings.

**先天性新陳代謝科資深護師夏燕霞**

**Gladys Ha, Advanced Practice Nurse, Metabolic Medicine**



感恩能在工作的地方遇上夕陽輝映的美景，讓大家放下腳步，珍惜活在當下的每一刻。

I am so grateful to be able to enjoy this wonder of nature in my workplace.

**外科二級秘書李群儀**

**Joanne Li, Personal Secretary II, Department of Surgery**

## 編輯委員會 EDITORIAL BOARD

### 主席 Chairperson

醫院行政總監李子良醫生  
Dr Lee Tsz-leung, Hospital Chief Executive

### 成員 Members

麻醉及全期手術醫學科副顧問醫生郭蕙漩  
Dr Vansie Kwok, Associate Consultant  
(Anaesthesiology and Perioperative Medicine)

行政事務總經理郭慧敏  
Miscelle Kwok,  
General Manager (Administrative Services)

專職醫療行政經理陳娜智  
Nerita Chan, Manager (Allied Health)

護理部高級護士長馮靜雅  
May Fung,  
Senior Nursing Officer (Nursing Services Division)

高級人力資源經理吳海寧  
Elaine Ng, Senior Human Resources Manager

### 編輯 Editors

高級行政主任（對外關係及籌募）杜蘊慧  
Vivian To, SEO (External Relations & Donation Management)

一級行政主任（對外關係及籌募）董潔欣  
Haze Tung, EOI (External Relations & Donation Management)

二級行政主任（對外關係及籌募）吳文諾  
Mandy Ng, EOII (External Relations & Donation Management)

二級行政主任（對外關係及籌募）邱雅綺  
Karis Yau, EOII (External Relations & Donation Management)

