

香港兒童醫院





Hong Kong Children's Hospital

二零二一年五月

NEWSLETTER

MAY 2021







自從2019年三月開展住院服務以 來,我們的服務不斷擴展,各方面 都取得成果。很高興最近本院團隊 和同事獲得嘉獎,肯定了大家的服 務水平。

這兩年間,本院接收330多宗癌 病新症,以白血病、腦/脊椎腫 瘤,及淋巴瘤居首。除化療、標靶 治療、免疫治療及放射性核素治療 外,我們還進行了70多宗造血幹細 胞移植。另外,2020/21年度的手 術宗數比前一年度上升近八成,當 中的開胸心臟手術、腦腫瘤切 除、唇顎裂修補和腎臟移植等,都 屬於超大型手術。

Since the launch of our inpatient service in March 2019, we have been expanding our services continuously and achieving results on different fronts. It is encouraging to see our teams and staff being awarded recently, which is a recognition of our service standard.

In these two years, HKCH took in over 330 new cancer cases. Leukaemia, brain / spinal neoplasms, and lymphomas were among the top three. More than 70 haematopoietic stem cell transplants were performed, other than chemotherapy, targeted therapy, immunotherapy and radionuclide therapy. We also saw an 80% increase of operations in 2020/21 from the previous year. Examples of ultra-major operations conducted are open heart surgery, brain tumor excision, cleft lip and palate repair, and kidney transplant.

這些數字顯示,我們很多病童本身都 罹患危重複雜疾病,治療程序既高 難度,亦高風險。在現今醫學限制 下,即使醫護人員盡全力亦難以完全 避免併發症,或保證治癒。同事不要 因此氣餒和動搖了價值觀,應繼續持 守專業和幫助病人的心。

同時,我們要體會家長疼愛子女 的心情,多作溝通,盡量釋除疑 慮。若然病情無可挽救,也透過 渡過。醫患互信和合作,確是治 療的重要基石。

醫院行政總監 李子良醫生

These show that the conditions of many of our patients are complex or critical, involving difficult and high risk treatments. On one hand, we must recognize the limitation of medicine. Complications cannot be completely avoided, and sometimes there is simply no cure no matter how hard we try. We should not feel frustrated or second guess ourselves, but stick to our value and continue to serve patients professionally.

On the other hand, we have to be more empathetic. Communicate well with patients and their families. Prepare them for the possible outcome. Address their worries. For those approaching the end of life, offer support such as palliative care so they can find comfort. These are all important to gain their trust.

> Dr Lee Tsz-leung **Hospital Chief Executive**

腎 科 服 務 新 頁

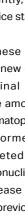
A new page of renal service The St kidney transp/ant

2021年伊始,香港兒童醫院進行了開院以來首 宗腎臟移植手術。患有局灶節段性腎小球硬化症 的少年建璋,接受俗稱「洗計」的腹膜透析約一 年半, 竟在生日前夕接到醫院電話。「當時覺得 有點突然,因為聽過不少病友分享說要等數年 才有機會換腎。」建璋隨即入院,通過連串檢查 後,翌日黃昏被送入手術室。

The HKCH performed its first kidney transplant at the start of 2021. The recipient, Kin-cheung, is a teenager with focal segmental glomerulosclerosis and had been on peritoneal dialysis for a year and a half. Right before his birthday, he got a call from the hospital that changed his life, "I was quite surprised as I heard other patients had to wait several years." He was admitted right away for tests and sent into the operating theatre the following evening.

首名於本院接受腎移植的病 人建璋現正康復。他感謝捐 贈者及其家人,送他一份最 寶貴的生日禮物。他剛應考 中學文憑考試,希望能入讀 生物相關科目,將來從事醫 院化驗工作,幫助有需要的 病人。

Kin-cheung, HKCH's first kidney transplant patient, thanks his organ donor for a most precious birthday gift. He has just undertaken the HKDSF and aspires to study biology and work in a hospital lab to help patients in need.







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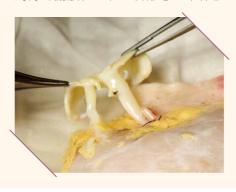


▲ 馬立德醫生 Dr Alison Ma

處變不驚 齊心應對挑戰

當天前赴本院進行手術的瑪嘉烈醫院泌尿外科顧問醫生馬偉傑說,當處理捐贈者腎臟時,發現連接腎盞的大動脈血管切口並不完整,團隊於是決定花額外時間修補,才接駁至病人體內,減低日後血管收窄的風險。

另外,由於該腎臟比較特別,有兩條 血管,增加了手術難度。除要小心分 離組織保持血管完整,亦要更準確計 劃腎的擺放位置和血管形態,確保移



植後能正常運作。他說:「加上患者是青少年,我們希望做得更仔細。」

當日亦有另一段小插曲。當駁通血管後放開手術鉗一刻,新的腎臟即時充滿血色,是一個好跡象,但一分鐘後病人卻血壓突降。麻醉科醫生立刻注輸強心藥及吊液,血壓瞬間回復正常。馬偉傑醫生亦感謝手術室護士的配合,一些臨場狀況亦能迅速應對,令手術順利完成。

器官捐贈展新生

換腎之後,建璋只需按時服食抗排 斥藥,不用像以前每晚七時開始洗 肚,困於房中。馬立德醫生指:「雖 然透析治療可緩解末期腎衰竭此雖 的症狀,但病症本身會影響其他 官和生活質素,因此最理想的還是 腎臟移植。」腎科會為每位等候移植 的病童訂立治療計劃,令手術達致 最佳效果。

自製

INSIDE the operating theatre



病人收到通知後即時入院接受各項 查,確定適合接受移植。

Patient called back for check-ups to confirm fit for transplant.



器官捐贈聯絡主任護送捐贈者的腎臟 到手術室。

Organ donation coordinator escorting the donor's kidney to the operating theatre.



病人準備接受麻醉。
Prepping the patient for anaesthesia.

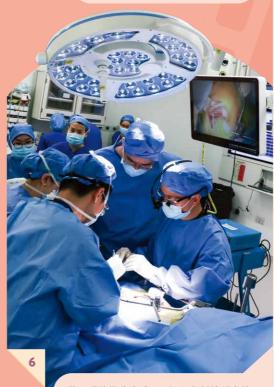




fat and tissues surrounding the kidney.

醫生與手術室護士在移植前核對資料。

Final check before surgery begins.



將腎臟放進病人體內,過程包括接駁血管 輸尿管及置入臨時輸尿管支架等。

Placing the new kidney into the patient's body, which involves connecting blood vessels and the ureter, and insertion of a temporary ureteral stent. Dr Alison Ma, Consultant of HKCH's Nephrology recounted that upon learning a donated kidney was available, they immediately communicated with the urologists of the Princess Margaret Hospital (PMH) who were going to perform the transplant. They assessed the kidney's quality, conducted matching of the patients on the waiting list, including their age, duration of dialysis, and blood and tissue compatibility. At the same time, other teams in HKCH prepped to play their parts. For example, the Paediatric Intensive Care Unit would arrange a bed for post-op care, Radiology Department readied for ultrasound scan, and Pathology Department prepared for biopsy tests.

A challenging operation

PMH Consultant Urologist Dr Ma Wai-kit recalled that while preparing the donor's kidney in the theatre, they found the aortic patch incomplete. At that moment, they decided to perform a vascular reconstruction before transplanting the graft kidney to the patient to prevent future stenosis.

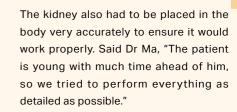


▲ 馬偉傑醫生 Dr Ma Wai-kit

The operation was further complicated as the donor's kidney had double arteries. The surgeons exercised extra caution when trimming off the surrounding tissues

and keeping the vessels

ntact.



When vessels were unclamped, the transplanted kidney instantly turned red, indicating normal blood flow. Right when everyone was about to breathe a sigh of relief, the patient suddenly developed hypotension. Anaesthesiologists injected cardiotonic drugs right away, and his blood pressure quickly normalised. Dr Ma also thanked the nurses for their swift response which helped make the operation successful.

Organ donation saves lives

After the transplant, Kin-cheung has to take immunosuppressants regularly, but is no longer tied to a dialysis machine at home every night. Dr Alison Ma explained, "Kidney transplant is the best curative treatment for end-stage renal diseases. Even with dialysis, patients may suffer from other related conditions and a compromised quality of life." The Nephrology team has individualized management plans for patients enlisted for transplant to ensure the best surgical outcome.

The HKCH is the only HA hospital offering chronic renal replacement therapies for children (including peritoneal dialysis, haemodialysis and kidney transplant). The hospital's transplant service was ready to commence early last year, but unfortunately, there had not been any matching cadaveric kidney until this case. At present, there are 20 paediatric patients waiting for transplant. Dr Alison Ma appealed to the public to support organ donation. At the same time, her team is exploring innovative methods to help more patients and reduce their transplant waiting time by using 3D-printed organ models

to assist surgical planning for smaller children. The first living related transplant is also expected to take place this year.

手術室特別配備了這組製冰機,可製造軟綿冰碎以保持腎臟低溫,亦不會

This machine makes soft slush that keeps the kidney cold without damaging it.



「醫務社工不只是一份工作,更 是我人生重要部份,能夠服務小 朋友是一份福氣。|本屆醫管局 優秀青年獎得主、助理社會工作 主任吳子聰(Roy)道。他以一 枝行山杖形容自己的角色:「我 們陪伴病童家庭走過高山低 谷,有需要時撐扶,幫手整理資 訊和分享經驗。|



為病童多行一步

Roy 主要負責血液及腫瘤科,難免遇 上臨終個案。他表示:「我會盡我所 能協助病童及家人完成心願,令他 們有多一份滿足,少一份遺憾。JRoy 憶起一名父親渴**望**帶危在旦夕的女兒 外出慶祝生日,他便立即與醫護團隊 商量如何穩定女孩的情況,再小心翼 翼送上輪椅和復康巴士,一起到附近 室內遊樂場玩。病童滿足的笑容,就 是 Roy 工作最大的動力。

一個周末, Rov 被召回醫院協助家長 與一個突然離世的孩子道別,期間家 長提出因宗教原因,遺體必須於日落 前下葬。當日並非醫院死亡證件辦事 處的辦公日子,未能如常辦理遺體認 領手續,但 Roy 鍥而不捨:「當時距 離日落只剩約三小時,我們四處詢問 並翻箱倒籠找文件,終確認警方可在 緊急情況下簽發許可證。」他於是陪 家長趕赴警署,同步聯絡墳場職員到 醫院準備,最終順利於日落前完成。

每天拆彈 長期相伴

香港兒童醫院的醫務社工除了處理 經濟援助申請等日常工作,更要深 入了解不同兒科病症,掌握病童的 治療情況,與跨專業團隊緊密合 作,提供最適切支援,同時要處理 病童家庭林林種種的問題。醫務 社會服務部社會工作主任鍾家寶 稱:「我們經常要應付不同危機,如 家長突然在病房情緒失控、病童無 覆診要登門尋人 …… 工作用一個字 來形容的話,就是『急』!」

本院醫務社工是由院方聘用,而非 社署調派,因此可長駐崗位,從病 章確診一直跟進至治療完成,加強 服務延續性,更有助與病童整個 家庭建立長期關係。鍾家寶舉例 說:「我們會投放資源培訓同事輔 導小朋友的技巧,好像利用沙遊治 療、畫畫等方法,引導他們講出感 受,例如病童的兄弟姊妹會否覺得 被忽略?對疾病感到害怕嗎?」

一名病童送給 Roy 這吊飾,形容他如「隊長」般,向醫護人員傳達自己的需要,是重要的溝通 橋樑。Roy 天天把它戴著,提醒自己留意病童所需。

A patient gifted this charm to Roy to thank him for being a "captain" who communicated what he wanted to healthcare staff. Roy wears it every day as a reminder to pay attention to patients' needs.

children," said Assistant Social Work Officer Roy Ng who just won the HA Young Achiever Award. He thinks of himself as a hiking pole, "We walk

information and share experiences

through the ups and downs with

patients' families. We help sort out

Medical Social Service

"Being a medical social

worker is more than just a

job, but an important part of my

life. It's a blessing to be able to serve

0000

to lift them up when they need it."

Going the extra mile

Roy mainly takes care of haematology and oncology cases, and inevitably comes across some terminally ill patients. He said, "I try my best to help patients and families fulfill their last wishes without regrets." Roy recalled a girl whose life was at stake, and her father was longing to bring her out for birthday. Roy quickly gathered the healthcare team and worked out a plan together to stabilize her condition and transfer her onto a wheelchair and rehab bus to a nearby indoor playground. Seeing the smile on patients' faces is Roy's biggest motivation.

On one weekend, Roy was urgently called back to the hospital to help the parents of a child who suddenly passed away. They raised that the burial must be done before sunset due to religious reasons. However, the death documentation office was closed, so the body could not be claimed with usual procedures. Yet, Roy did

not give up, "There were just about three hours left. We asked around and searched everywhere, and finally confirmed that the police could issue a permit under urgent circumstances." He then rushed to the police station with the parents while contacting the cemetery staff to stand by. It was completed by sunset at the end.

Putting out fires while keeping patients company

Apart from routines like handling financial assistance applications, the medical social workers at HKCH need to have a thorough understanding of different paediatric diseases and treatments, and work closely with inter-disciplinary teams in order to provide the best support. Urgency is another feature of their work. Karre Chung, Social Work Officer of the Medical Social Service Unit said, "We deal with crises all the time, from calming parents who have a sudden breakdown, to searching for patients who don't show up at follow-up appointment."

All medical social workers in the unit are specifically employed for HKCH and do not need to rotate. This allows them to see through the whole treatment journey, which enhances service continuity and rapport building with patients' families. Ms Chung explained, "For example, we could allocate more resources to equip colleagues with child counselling skills, such as sandplay therapy and drawing that help children express themselves, like feeling neglected when all the attention goes to their

sick siblings."

鍾家寶(左)說,一班同事不時為病童絞 盡腦汁,穿針引線。曾有同事「膽粗粗」 向大學提出,提前為一名病危學生頒發 畢業證書,結果該大學校長率領師生親 臨醫院,將證書交到其手上,圓其一家 心願,場而感人。

Karre Chung (left) said her staff often rack their brains to make things happen for patients. A colleague once boldly asked a university to issue a certificate to its criticallyill student who could not wait till graduation. In the end, the university president showed up at the hospital with the faculty to present the certificate personally. It was a dream come



連繫化驗室與前線 守護病人安康

A bridge between the lab and frontline to safeguard patients' health

本院感染控制主任及 顧問醫生(病理學部)黃卓凝 憑著任職伊利沙伯醫院期間的 傑出表現,同樣獲得優秀青年獎, 特此恭賀。

Congrats to our Infection Control Officer and Consultant (Pathology) Dr Sally Wong. Her performance in her previous post at the Queen Elizabeth Hospital has earned her the HA Young Achiever Award





造影檢查是不少病童的必經之路。本院放射科與麻醉及全期手術醫學科合力為病童提供安全和輕鬆的環境,拍攝清晰影像以助診斷治療,剛獲醫管局頒發優異團隊獎。

Undergoing imaging examinations is a common experience for many patients at HKCH. Acquiring clear images is crucial for their diagnosis and disease monitoring. The Department of Radiology and the Department of Anaesthesiology & Perioperative Medicine work together to provide a safe and fun imaging service, and they have recently been recognized with the HA Merit Team Award.



踏進太空船主題的數碼造影室, 病童可幻想自己在漫遊星際。

Patients can imagine they are astronauts in this digital radiography room that looks like the inside of a spaceship.

友善環境免緊張

放射科部門主管簡以靈醫生表示:「我們把檢查室佈置得像不同主題的遊樂場,紓緩病童緊張情緒。」曾有一名骨癌病童因痛楚難當,一直不願離開病床。有次他被送到電腦掃描室,被周圍的卡通吸引,想伸手觸摸,團隊乘勢逗他玩和鼓勵他,成功令他轉床檢查,父母感動得當場落淚。

創新模式省流程

本院放射科服務另一大特色是麻醉科 團隊的充份參與。麻醉科醫生除了為 病童提供事前評估,更會在場施行鎮 靜麻醉,大大提升檢查成功率,病童 亦無需在院內不同部門間折騰。麻醉 及全期手術醫學科部門主管袁文英醫 生稱:「我們會全程監察病童狀況,調 校麻醉藥劑量,確保安全及可盡快復 原。」部門運作經理莫依丹說:「病童 檢查後會由手術室護士照顧,他們可 直接於復甦房出院回家,免卻住院的 不安,亦可更善用病床資源。」

做足功夫 麻醉非必然

然而,團隊仍會盡力避免不必要的麻醉。例如,合適的半歲或以下嬰兒可參與「食飽就瞓計劃」,由家長預先調校寶寶的睡眠和吃奶時間,到檢查時剛好吃飽有倦意,便會自然睡着,安定地接受掃描。

簡醫生憶述,曾有一名患黏多醣症的 幼童需接受磁力共振檢查,其頸部 需要擺放在正確角度才能拍攝,但由 於他的頸椎異常,擺動不當恐怕會壓 住神經線。為降低風險,團隊希望保 持他清醒,若有不適可即時表達。然 而,不麻醉又如何令他半小時內不 動?團隊於是與物理治療師及遊戲治 療師合作,利用模擬器跟他反覆綵 排,逐步建立信心,最後真的不用麻 醉,令人鼓舞。

輻射顯影劑齊減

輻射對兒童身體影響較大,尤其是一些要不時覆檢的病童。放射科部門經理黎永德稱,團隊成功透過研究,更精確地按病童的體重調低電腦掃描儀的電壓,產生足夠 X 光射線確保影像質素,同時能將輻射及顯影劑用量減至最低,提升安全。

A welcoming environment

"To ease patients' anxiety, we have decorated our examination rooms like amusement parks," said Dr Elaine Kan, Chief of Service of the Department of Radiology. Once there was a child with bone cancer who had been refusing to leave the bed because of pain. When he arrived at the CT scan suite, he was mesmerized by the cartoon characters around. The team then entertained and encouraged him, and finally got to transfer him to the examination table. His parents were moved and burst into tears.

Innovative one-stop workflow

Another distinctive feature of the HKCH radiology service is the heavy involvement of anaesthesia team. Prior assessment and onsite sedation are provided by anaesthesiologists, which increases success rate and saves patients' hassles from moving around different hospital departments. Dr Vivian Yuen, Chief of Service of the Department of Anaesthesiology and Perioperative Medicine said, "We will closely monitor patients' condition during the process, and adjust the sedatives to ensure safety and quick recovery." Department Operation Manager Mok Yi-tan supplemented,



Sedation is not a must

which helps reduce bed occupancy."

Yet, different measures are in place to avoid unnecessary sedation. For example, suitable babies up to six months are put on a "feed-and-sleep" programme. Parents are instructed to adjust the feeding and bed time before an exam, so that the babies would feel content and fall asleep naturally.

Dr Kan quoted the case of a young patient with Mucopolysaccharidosis who needed an MRI. Due to abnormality of his cervical spine, there was a high risk of nerves compression if his neck was positioned incorrectly. Therefore, it was preferred to keep him awake during the 30-minute scan so he could express any discomfort. Physiotherapists and play therapists were brought on board to help. After repeated rehearsals using a simulator, the boy felt confident and stayed calm without any sedation.

Reduce harmful radiation

Radiation exposure may have a bigger impact on children, especially for those requiring repeated scans. Mike Lai, Department Manager of the Radiology Department said the team has conducted studies to minimize radiation and contrast medium doses through optimising scanning parameters based on patients' body weight, without compromising image quality.



啟德海濱公園(香港兒童醫 院段)現已開放予公眾。前 來覆診、檢查和接受日間治 療的病童及陪伴的家人可 考慮到公園圖圖太陽,舒展 一下身心。同事公餘亦可做 做運動,強健體魄。

航空主題掀回憶 共融設施夠貼心

據建築署介紹,附近一帶原為啟德機 場的南停機坪,故此公園設計以航空 為主題。仿紙飛機形態的休憩亭、客 機造型的兒童遊樂設施,以及入口展 示的真飛機螺旋槳, 種種元素都喚起 大家對舊機場的回憶。

為照顧所有使用者的需要,建築署 利用了海濱高低不平的地勢,建造 觀景台階及斜度較低且寬闊的無障 礙散步徑。兒童遊樂場的「氹氹轉」 則鑲嵌在平地上,坐輪椅的小朋友 也能參與,共融同樂。

設施使用提示

海濱公園屬於公共設施,由康樂及 文化事務署管理。至於本院A與 B座之間的中央復康花園則屬於醫 院範圍,僅供病童使用,並不對外 開放。公眾人士途經花園旁通道前 往海濱時,請避免進入醫院其他地 方,包括花園及室內,以免影響醫 院運作及病童治療。遊人可使用祥 業街入口的公眾洗手間和育嬰室等 設施。

肌群,保持呼吸。

Long benches are perfect for training

your core muscles, like this curl-up

exercise. Remember to maintain

proper breathing while keeping

動作。緊記集中收緊核心

公園內的欄杆、長櫈和步道全都可化身為健身器材, 讓大家一邊欣賞風景,一邊活動筋骨,為身體充充電。

waterfront view. Railings, benches and walking trail are all ready-to-use fitness equipment for a nice workout!

The promenade can serve as an outdoor gym with soothing

The Kai Tak Promenade (Hong Kong Children's Hospital Section) is now open to the public. Patients and their families coming for follow-up consultation, examinations and day treatments may consider visiting for relaxation. Staff could also exercise here after work to keep fit.

四肢,放鬆一下繃緊的

肌肉,舒緩日常壓力。

Experiencing muscle tightness

after a long stressful day? Take

a break and stretch your

body by using railing as

support

Incorporating aviation theme and inclusive designs

According to the Architectural Services Department, an aviation theme was adopted as the area used to be the south apron of the former Kai Tai Airport. One may recall memories of the old airport when stumbling upon the pavilion that resembles an origami plane, the flight shaped children's play equipment, and a real aircraft propeller at the entrance.

Leveraging the uneven terrain, a viewing platform and a gently-sloped, wide walking path are built to cater to all users. The children's play area is also designed

> ground, so children in wheelchair can

inclusively. For example, the roundabout is embedded in the

also join the fun.

Reminders on use of facilities

The promenade is a public facility which is managed by the Leisure and Cultural Services Department. The hospital's central rehab garden, however, is exclusive for patients and not open to the public. While visitors can access the promenade through the path adjacent to the garden, they should refrain from entering the garden and indoor areas of the hospital, so as to avoid affecting hospital operation and patients under treatment. There are public toilets and baby care room at the Cheung Yip Street entrance for visitors to use.

> 可因應自身能力, 沿着海濱散步、急步行或 跑步,提升心肺功能。

Strolling, brisk walking, or jogging along the promenade are great ways to enhance

cardiovascular fitness.



Thank you nurses!

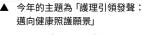
本院在5月12日國際護士節舉辦慶 祝活動。醫院行政總監李子良醫生 和護理總經理溫月媚感謝各位護士 為醫院及病童作出無私的付出,同 時亦勉勵大家,只要上下一心,必 定能夠跨越種種挑戰,繼續擴展護 理服務。

向護士們

護士們在繁忙工作中仍不忘求變創 新,提升護理質素。護理部當日特 別邀請了三位護士分享他們努力的 成果和心得,內容包括如何支援心 臟衰竭病童過渡至成人醫療、紓緩 病童在手術室的緊張情緒,及使用 電子系統監察手術失血量。

An event was held on 12 May to celebrate International Nurses Day, during which the Hospital Chief Executive and General Manager (Nursing) expressed gratitude to all nurses for their selfless dedication, and encouraged them to overcome future challenges in a united effort.

Despite busy clinical duties, our nurses strive to enhance patient care through innovative ideas. Three nurses were invited to share their team effort in cardiology transitional care, easing patient anxiety, and electronic intraoperative blood loss monitoring.



This year's theme is "Nurses: A Voice to Lead - A Vision for Future Healthcare"

醫院網站

Hospital website made accessible

本院互聯網站最近獲頒「無障礙網頁 嘉許計劃」金獎,表揚其設計能夠照 顧不同公眾的需要,傷健人士亦可透 過閱讀軟件,便捷地獲取資訊。

本院網頁設有高反差版,圖片和按鈕 附設提示文字、字款與背景顏色有足 夠對比度,並設有清晰標題等,符合 了金獎的24項評審準則。

The HKCH website received the Gold Award in the Web Accessibility Recognition Scheme recently. This recognizes the hospital's effort in developing a website accessible to all users, and enabling people with disabilities to obtain information easily, such as by using a screen reading software.

The website has met 24 judging criteria including adding text descriptions to images and buttons, ensuring enough colour contrast between text and the background, and setting clear titles.



負責設計及管理醫院網站 的資訊科技部與對外關係及籌務部 代表出席頒獎禮。

Representatives from Information Technology and External Relations & Donation Management which design and maintain the hospital website

VERSION 🔳

立即 掃描

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

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