





MESSAGE
FROM HCE

院長的話

緊密伙伴 Close companions

近月的大型運動會令全城投入，市民都為長年艱苦訓練而創出佳績的健兒們喝采。我們的病童又何嘗不是不屈不撓的運動員？

說起醫護人員，大眾一般想到醫生和護士。其實，本院一班以兒童為本的專職醫療人員亦不可或缺。他們是病童在這場持久運動會上的緊密伙伴，好比教練和啦啦隊。此外，我們的復康設施和配套都特別為兒童設計，照顧到他們的病

The athletes competing in recent major sports events had everyone in town marveling at their prowess and reveling in their victories. To me, our patients are also champions in their own games.

Besides doctors and nurses, our children-centred allied health professionals are also indispensable. Like coaches and cheerleaders, they support child patients in every race and match during their treatment journey. Furthermore, we have rehab facilities specially designed to meet children's clinical, development and psychological needs. All these enable us to provide children with rehab services of higher standard and better quality.

情、成長和心靈需要。兩者配合下，病童定會得到更高水平和優質的復康服務。

奧運有獎牌榜，我們的新冠疫苗接種人數亦報捷。截至九月初，本院全體醫生已經接種，而整體員工接種率亦超過96%，實在感謝同事們為抗疫戰的付出！

醫院行政總監
李子良醫生

Medal count of the Olympic Games attracts the world's attention, and our COVID-19 vaccination numbers also keep going up. As at early September, all HKCH doctors were vaccinated, while the overall staff vaccination rate was already over 96%. I am truly grateful for their effort to combat the pandemic.

Dr Lee Tsz-leung
Hospital Chief Executive



我們的團隊與政府相關部門和校方緊密溝通，在短時間內為學童籌備一條龍接種服務。
Our staff worked with various parties to provide one-stop vaccination service for children with special needs.

提升新冠疫苗接種率能增加群體免疫力，有助控制疫情。
本院出盡法寶，為推動社區和院內疫苗接種出一分力。
Increasing COVID-19 vaccination coverage can enhance population immunity and help contain the pandemic. HKCH plays its part to promote vaccination in the hospital and the community.

為有特殊需要的學童接種

本院早前於專科門診為三間特殊學校的學生接種疫苗。這些兒童未必懂得遵守防疫措施，接種疫苗十分重要。

由於他們較易情緒波動和緊張，部份亦長期服用多種藥物，因此需要格外謹慎。醫生和護士先為他們作檢查和評估是否適合接種，院方亦安排足夠人手向家長講解、注射、監察和應付突發情況。

家長們非常感激團隊的專業細心，為小朋友作出各種特別安排，令他們成功接種，得到保護。

Vaccinating children with special needs

Earlier, HKCH provided vaccination service at the Specialist Outpatient Clinic to students from three special schools. Vaccination is important as it could be hard for them to comply with precautionary measures.

As these children are usually sensitive and some are on multiple medications, extra care was required. Doctors and nurses would first assess their condition to tell whether they were suitable for vaccination. Sufficient manpower was also arranged for briefing parents, injecting, monitoring and handling emergencies.

推動疫苗接種

Boosting
vaccination
efforts



1. 醫生為小朋友查閱病歷和評估身體狀況，並解答家長疑問。
Before vaccination, doctors reviewed the children's medical records, conducted assessment, and answered parents' enquiries.
2. 經驗豐富的護士打針快而準，還協助安撫小朋友情緒，更準備了糖果作獎勵呢！
Besides giving children the shot, our experienced nurses helped comfort them and even offered candies as reward.

Parents appreciated the professional effort of our staff which made vaccination possible for their children.

同心抗疫大抽獎 Get a jab to win a prize

為感謝及鼓勵同事及早接種疫苗，用行動護己護人，院方舉行了兩輪大抽獎。獎品非常豐富，包括酒店住宿套票、餐飲禮券、主題公園入場券和現金獎！

To thank and encourage colleagues for getting vaccinated, the hospital launched two rounds of lucky draw with attractive prizes, including hotel packages, dining vouchers, theme park tickets and cash.



專職醫療

與病童同行復康路 THE ROAD TO Rehab



感覺統合室有各種有趣設備，鼓勵病童積極參與感官協調訓練，如前庭平衡和本體感覺等。

The sensory integration room has various fun equipment to encourage children to actively participate in sensory-challenging activities.

ALLIED HEALTH

香港兒童醫院主要治理患有嚴重、複雜及不常見病症的病童。在他們的治療和復康路上，專職醫療團隊擔當重要角色。舉例來說，本院兒童及青少年的住院病人當中，超過九成獲轉介接受物理治療服務，職業治療則有六成，需求比例極高。

At HKCH, the allied health team is one of the key players in the treatment and rehabilitation of children suffering from serious, complex and uncommon diseases. Demand for service is high. For example, among the inpatients under Paediatrics & Adolescent Medicine, over 90% and 60% are referred to physiotherapy and occupational therapy services respectively.



各專職醫療人員與血液及腫瘤科和腦神經科團隊的醫生開定期會議，商討病人個案。

Allied health professionals of various disciplines having regular patient case meeting with doctors from the haematology and oncology and neurology teams.



專職醫療行政經理陳娜智表示，一些非常罕有的疾病未必有現成的標準處理方案，但治療師會努力尋找參考案例，更會發展新的方法，例如為肌肉萎縮症患者在用藥前後進行步態分析，以評估藥物成效。

Manager (Allied Health) Nerita Chan said, while standard regimen may not be available for some uncommon diseases, therapists would try their best to find references and develop their own, for example, using gait analysis to assess how certain medications work for patients with muscular dystrophy.

院內設有綜合復康中心，由物理治療師、職業治療師、言語治療師、營養師、臨床心理學家，和義肢矯形師合作提供環環相扣的服務。專職

醫療行政經理陳娜智表示：「我們一班充滿熱誠的同事富有專門照顧兒童患者的經驗，了解其獨特需要，而不同專業之間亦會在工作上互相協調。這對籌劃服務發展十分重要，並有助為每名病童度身訂造合適的治療。」

她說：「患有先天性疾病的孩子未必可完全康復，所以復康的目標主要針對其成長各階段的需要，協助他們發揮身體最大機能，過有質素的生活。小朋友即使有病，都有學習和玩耍的權利，所以我們著重教導家人照顧技巧，及增加學校對疾病的認識，懂得如何支援病童。」

專職醫療團隊亦與臨床部門緊密溝通，定期參與多個跨專科會議和聯合會診，為病人訂立完善的治療及復康計劃。例如，團隊會與兒科、骨科及神經外科為黏多醣症等患者作全面評估，以安排適切手術方案；及於心臟病病童每次覆診前，進行「六分鐘步行測試」去記錄數據，標準化地評估心肺功能，配合醫生監察病情進展。



水療池配備可升降池底、跑步機和水底攝影機，協助病童進行各種運動。

Patients can do different exercises in the hydrotherapy pool equipped with adjustable floor, treadmill and underwater cameras.

In the Integrated Rehabilitation Centre, physiotherapists, occupational therapists, speech therapists, dietitians, clinical psychologists and prosthetist-orthotists jointly provide patients with comprehensive services. Manager (Allied Health) Nerita Chan said, "Our colleagues are experienced and passionate in taking care of children and understand their unique needs. This is crucial for overall service planning, and tailor-making appropriate and coordinated treatments for each patient."

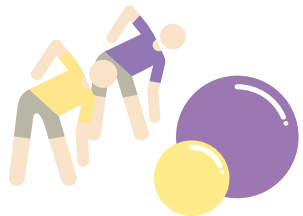
She added, "Children with congenital diseases may not be able to fully recover. Therefore, the goal of rehab is to give them the right support as they grow, so that they can maximize their functional abilities to live a quality life. They shouldn't be deprived of the right to learn and play, so we work closely with families and schools to support their daily activities."

Allied health professionals also regularly participate in many multi-disciplinary meetings and joint clinics with clinical departments to formulate patients' treatment and rehab plan. For instance, they work with paediatric, orthopaedic and neurosurgical specialties to conduct comprehensive assessment for patients with mucopolysaccharide disease to make appropriate surgical intervention plan; and conduct a 6-minute walk test for cardiac patients to evaluate their cardiopulmonary capacity before each follow-up appointment, giving doctors standardized references to monitor their progress.

早期運動

加快康復

Early mobilization
for faster recovery



不少病童因疾病導致身體功能與活動有不同程度的損害和障礙。物理治療團隊會協助他們恢復和發展這些能力，加快康復。

其中，深切治療部的病童通常要接駁大量儀器喉管，但長期臥床缺乏活動會影響多重身體系統。所以，物理治療師經評估後會盡早為病童安排合適運動，從而刺激肌肉、鍛鍊呼吸、促進腸道蠕動，更能增強意志，對康復進度有莫大幫助。

Many of our patients have impaired body function and mobility due to illness. The physiotherapy team helps restore and optimize their physical function and facilitate early recovery.

Patients in PICU are often connected to various lines and tubes, and prolonged immobilization adversely affects multiple body systems. Physiotherapists will assess patient's condition and arrange early mobilization. This could motivate them and facilitate recovery by stimulating muscles, improving breathing and promoting bowel movement.

幼年型皮肌炎令樂彤全身多處皮膚潰爛，連呼吸都會痛。她在深切治療部留醫時，物理治療師除了透過磁療促進其血液循環加快傷口癒合，還鼓勵她駕駛玩具車，令她暫時忘記痛楚，願意下床練習坐起身、用雙腳前進和訓練心肺功能。

Juvenile dermatomyositis caused painful skin ulcers all over Letong's body. When she was staying in the ICU, physiotherapists applied magnetic therapy to improve her blood circulation and wound healing. They also encouraged her to drive a toy car around so that she could forget the pain and practise sitting and walking, while strengthening her cardiopulmonary function.



患有肌肉萎縮症的安然，運動能力發展較同齡孩子緩慢。物理治療師會定期分析其步態與活動能力，例如讓他上落樓梯，以評估平衡力及肌肉發展，再安排相應訓練作改善。

On Yin has a slower motor development due to muscular dystrophy. Physiotherapists regularly analyze his gait and functional mobility, for example, by asking him to walk up and down the stairs to assess his balance and muscles development, followed by specific training to improve his conditions.



Elia 患有遺傳性出血性血管擴張症，影響活動能力。物理治療師利用「全方位動態運動器材」的彈性帶和懸吊配件為她設計不同訓練，例如跪着單手擊球，以強化核心肌群和提升肢體協調，而站立和踏步練習則可矯正姿勢。

Elia has Osler-Weber-Rendu syndrome which affects her development and mobility. Physiotherapists make use of the universal exercise unit to improve her mobility level through strengthening her core muscles and co-ordination. She can also practise standing and stepping.



義肢矯形師知道女孩每天上學要上落斜路，便為她的義肢「升級」，換上矽膠義肢套及靈活的油壓式膝關節，並悉心指導她如何正確穿戴、操控義肢及改善步姿，讓她坐下時可屈曲自如。

A prosthetist-orthotist teaching a teenage amputee how to use her prosthesis for better walking cadence and posture. The prosthesis has been upgraded with a silicone liner socket and hydraulic knee joint, flexible enough for her to walk uphill to school every day and bend while sitting in class.

近年引入3D 打印技術，有助製作各類義肢、矯形器及復康輔助器具。

Recent application of 3D printing technology enhances the fabrication of prostheses, orthoses and assistive devices.



義肢矯形師為患有扁頭綜合症的幼兒度身訂造矯形頭盔。3D 打印快捷，能把握治療黃金期，加上物料較輕盈，可減低不適，幼兒更願意長期佩戴。

A cranial helmet is custom-made for this toddler with flat head syndrome. 3D printing enables faster production, so optimal orthotic interventions can be provided. The lightweight material also minimizes discomfort of extended wear and enhances compliance.



定期掃描及電腦分析可監察病童的骨骼發展，有助評估矯形進度，及早作出調整。

Regular surface scanning and computer-aided analysis can monitor patients' skeletal development, which facilitates progress assessment and early adjustment.



以科技與細心

伴走每一步

Helping kids take new steps with tech & heart

對於不幸患上骨腫瘤等病而要截肢的病童，裝配合適的義肢對其身心重新適應起着重要作用。義肢及矯形部為截肢病童提供個人化服務，包括手術前評估；訂製矯形器及彈性壓力襪作術後護理；控制水腫並舒緩幻肢痛楚；評估病童日常需要去調整義肢套及關節等。兒童不斷成長，需頻密檢視義肢和替換零件，功能性亦要逐步提升，為他們恢復活動能力，重建信心，甚至可參與運動，準備往後精彩生活。

For amputees, a fitting prosthesis is essential for coping with their new life, both physically and mentally. The Prosthetics and Orthotics team provides personalized services for children requiring amputation due to bone tumor or other illnesses. They include pre-operative assessment; use of orthoses and compression socks for post-operative care; stump swelling control and phantom pain relief; adjustment of stump sockets and joints based on patients' daily needs. As children grow, their prostheses also need frequent review, replacement or upgrade to help regain their mobility and confidence, preparing them for a bright future.

克服
溝通
與
吞嚥障礙
OVERCOMING
speech & swallowing disorders



進行 X 光造影咽嚥檢查時，病童於俯臥和坐著期間讀出一些單字及句子，儀器會從正面、側面等多角度拍攝，從而檢查說話時軟顎及咽壁的動作。

Videofluoroscopy examines the patients' velopharyngeal function from different views while they read out single words and sentences in various positions.



當患者進食混和了鋇或碘顯影劑的食物時，X 光便能顯示其咀嚼及吞嚥期間的口腔及咽喉肌肉協調情況。

During videofluoroscopic swallow study, patients are instructed to eat food mixed with barium or iodinated contrast, and their oral and laryngeal muscle coordination while chewing and swallowing will be captured by X-ray.



這個電子遊戲要求病人做出指定吞食或說話動作才能避開壞蛋，能提升復康訓練的趣味及依從性。

In this video game, patients need to swallow or phonate according to specific requirement in order to survive. The fun element helps enhance training compliance.

本院言語治療師現時主要服務患心臟病、癌症、唇顎裂、代謝病、風濕，及免疫疾病等兒童，協助他們克服各種由病症衍生的溝通及吞嚥問題。例如某些心臟手術會影響聲帶活動，術後要注意吞嚥風險；腦腫瘤亦可影響吞嚥肌肉神經或語言區域，引致失語症等功能障礙。部門研究發現，腦腫瘤相關併發症可能於治療後五年始出現，因此把跟進年期增至十年，以提供適時治理。

言語治療師亦與其他臨床部門緊密合作，透過不同檢查為病童作診斷，如內窺鏡吞嚥檢查、鼻咽內窺鏡等。

Our speech therapists currently mainly serve children with heart diseases, cancer, cleft lip and palate, metabolic diseases, and autoimmune diseases etc., helping them overcome the associated communication and swallowing problems. For example, certain cardiac surgeries may cause vocal cord palsy and increase swallowing risk, while patients with brain tumor may experience swallowing or communication problems like dysphasia. Previous studies show that side effects from brain tumor may appear five years after active treatment, so the team has extended the follow-up period to ten years to provide timely intervention.

Speech therapists also closely collaborate with other clinical departments to conduct different investigations for making diagnosis, such as fiberoptic endoscopic evaluation of swallowing, and nasopharyngoscopy.



團隊參與研發了一套針對粵語顎裂病童的語音評估工具，令服務更標準化和有效，亦有利進行相關臨床研究。

The team has participated in developing this Cantonese cleft speech assessment tool for more standardized and effective service. It also facilitates related clinical research.



吃正 健康
得確 成長
Eat right
GROW STRONG



營養師會研發新食譜，如為生酮飲食而設的椰菜花芝士薄餅，不含麵粉，令病童可品嚐多元化美食，增添趣味。

To let patients try a variety of cuisines, dietitians will design recipes for different therapeutic diet. This flourless pizza made with cauliflower and cheese is welcomed by patients on ketogenic diet.

對於先天性新陳代謝病、腎衰竭及腦癱症等病童而言，每天吃甚麼可謂性命攸關，所以醫學營養治療就如用藥般重要。營養師會評估病童的膳食及營養需要，與醫生一同制訂治療計劃，處方合適的餐單，從而控制病情，促進成長發展。

營養師會提供臨床營養諮詢，如製作小冊子說明不同疾病的飲食限制、餐單製作、如何使用食物量度器具及閱讀營養標籤。營養師的角色亦會跟隨病童長大而轉變：由嬰



本院設示範廚房，病童家庭可動手烹調營養菜式，亦會開班讓同路人有機會互相交流。

Children get to try making nutritious dishes in this demo kitchen. Cooking classes are also held to encourage mutual support among patient families.

孩階段主力指導家長準備特殊配方奶粉；步入校園就要教小朋友分辨自己能吃甚麼食物，並與學校溝通安排餐膳；青少年時則多分享多元化食譜，培養他們自行煮食。

start school, it is necessary to teach them to distinguish what they can eat and communicate with the school about meal arrangements. When they become teenagers, different recipes are introduced to prep them for home cooking.

To patients with diseases like inborn errors of metabolism, renal failure and epilepsy, what they eat every day can be a matter of life and death. Medical nutrition therapy is therefore as vital as medications. Dietitians will assess patients' dietary and nutritional needs, work with doctors in formulating treatment plan, and prescribe suitable diet for disease management and promoting their growth and development.

Dietitians also provide clinical dietetics consultation. They produce education leaflets to explain the dietary restrictions for different medical conditions, meal plans, use of measuring tools, and food labeling. As patients grow, the role of dietitians also evolves. During infancy, they usually focus on teaching parents about the use of special formula. When children



營養師利用食物模型指導家長及病童應攝取的食物份量，亦會提供清單方便他們購買適合食材。

Food models are used to illustrate food types and portions. Dietitians will also recommend food lists for parents to buy suitable ingredients.

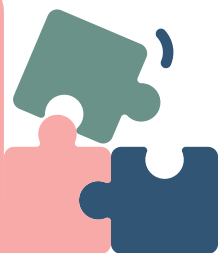


提升生活技能 融入社區

TRAINING LIFE SKILLS FOR community reintegration

男童手指靈活性較低、抓握力較弱，職業治療師透過遊戲訓練他自己脫襪、穿衣、扣鈕和使用餐具進食，讓他在幼稚園能獨立自理，愉快上學。

The little boy is weak in finger dexterity and hand grip strength. Occupational therapists train him how to remove socks, wear clothes, button up and use tableware to eat, so that he can take care of himself and enjoy kindergarten life.



職業治療師會利用標準化工具進行書寫評估。病童在限時內抄寫特定文章，除了速度，亦會評估字體工整度、小肌肉靈活度和手眼協調，以便提供針對性訓練。

Standardized tools are used to assess patients' handwriting ability. They have to copy specific articles within a time limit, and the results will be used to analyze their speed, legibility, fine motor skills, and hand-eye coordination for designing targeted training.

當病童病情穩定可以回家時，職業治療師會訓練他們生活技能，協助重新適應家居及社區環境，能參與各種日常活動，提升生活質素。此外，亦會為家長和照顧者提供指導，增加他們照顧病童的能力及信心。

病童期待重返校園，惟病情或治療副作用可能影響手肌活動能力、視覺或聽覺等，造成學習障礙。職業治療師會為病童進行評估和訓練，如有需要，會向學校及考評機構建議延長考試時間和放大試卷字體等，讓病童能在更公平的環境下應考。

When patients are stable enough to go home, occupational therapists will provide life skills training for better adaptation in their home and community environment, so that they can take part in daily activities and have a higher quality of life. For parents and caregivers, therapists will offer guidance to empower them with competence and confidence in taking care of their children.

Patients look forward to returning to school, however, their medical conditions or treatment side effects may affect their fine motor functions, sight or hearing, resulting in learning disability. To deal with this, therapists will conduct assessment and training for the patients. If necessary, they will recommend schools and examination authorities to make special arrangements such as time extension and enlarging font size on the papers, to create a fair environment for patients to take the exam.



中央復康花園的小溫室可進行園藝治療，讓情況合適的病童親自照料屬於自己的盆栽。即使只能到花園散散步，在陽光下欣賞不同植物，與人閒聊，也能提高病童鬥志，滿足社交需要。

A greenhouse is set up in the central rehabilitation garden for horticultural therapy where suitable patients can take care of their own plants. Even if they can only go for a walk in the garden, the greenery, sunshine and chatting with people can still lift up their spirit and fulfill socializing need.



建立 心靈抗逆力

Building resilience IN THE FACE OF ILLNESS



患有長期病的少女擅長繪畫，臨床心理學家便以此媒介作介入，處理其負面情緒和提升自信。

This patient with chronic condition is good at drawing. Her clinical psychologist thus uses drawing as a medium to help her handle emotional distress and improve self-esteem.



病童在會面過程中所繪畫的作品。
Picture drawn during the consultation session.

臨床心理學家致力與長期病患兒童及青少年建立互信關係。透過探索病童的希望、恐懼和價值觀，了解他們想解決的問題及情緒徵結，臨床心理學家會因應其醫療及社會需要提供個人化的介入，與他們攜手面對挑戰，包括接受診斷和依從治療方案，好好與疾病共存。

為向病童提供全面治療，臨床心理學家經常參與複雜病症，如唇顎裂及性別分化障礙的跨專科會診。就不同醫療程序進行心理評估亦是其工作之

往往面對沉重的照顧壓力。臨床心理學家會協助照顧者抒發情緒和滋養身心靈，及促進他們與醫護人員的溝通。

Developing a trusting therapeutic relationship is the cornerstone of clinical psychologists' work with children and adolescents having chronic diseases. Through exploring their hopes, fears and values, and understanding the problems they want to solve and the emotional knots to untie, clinical psychologists provide personalized interventions

一，如評估活體腎臟移植的捐贈者及受贈者是否有足夠心理準備做手術；及為腦癌病童在放射治療前後進行神經認知測試，以監察他們認知功能的變化。

兒童患上重病，父母及其他家人

according to their social and medical circumstances. They help patients cope with multiple challenges, including acceptance to diagnosis, adherence to treatment regimen, and adjusting life to chronic illness.

To provide holistic care, clinical psychologists often participate in joint clinics of complex conditions, such as cleft lip and palate, and disorders of sexual differentiation. Pre- and post-procedural assessment is also part of their work. For example, for each living donor kidney transplant, a pre-transplant assessment is conducted to evaluate the psychological readiness of the living organ donor and the recipient. For brain tumor patients, assessment on their neurocognitive functioning will be conducted before and after radiotherapy to monitor possible changes.

Parents and other family members often experience stress from caretaking. Support is offered for caregivers by making room to express their feelings, promoting self-nurturing behaviors, and facilitating their communication with healthcare professionals.

A breastfeeding
friendly
workplace

母乳餵哺友善 工作間

為支持同事產假後繼續餵哺母乳，院方特設三間職員專用授乳室，備有舒適座椅、奶泵、洗手設施和儲存母乳的獨立雪櫃，讓媽媽們可以在一個安心又衛生的地方為寶寶準備母乳。有需要的同事亦可預約本院泌乳顧問諮詢，解決餵哺疑難。

To support colleagues to continue breastfeeding after maternity leave, the hospital has set up three lactation rooms for staff. Mommies can prepare breast milk for their babies in a clean and private place equipped with cozy chair, breast pump, hand hygiene facilities and refrigerator for storing expressed milk. Consultation by in-house lactation consultants is also available by appointment.

授乳室內設備齊全。

The well-equipped lactation room.



泌乳顧問會協助同事應對在母乳之路上遇到的種種困難和不適，沿途支援鼓勵。

In case breastfeeding colleagues encounter related discomfort and difficulties, our lactation consultants will be there to provide professional advice.

每位本院職員稍後會獲贈一份心意禮物，包括有帽風褸、休閒 Polo 衫和實用帆布袋。服裝採用天藍色和白色為主調，襯托彩色的「香港兒童醫院」字款，帶出朝氣與活力，同事可日常在院內或參加活動時穿著。

今次所有物品均由劉謙齋慈善基金直接捐贈予本院，以增加同事歸屬感，鼓勵大家為病人提供更好服務。衷心感謝善長的支持！

This autumn, all hospital staff are going to receive a gift set of HKCH windbreaker, polo shirt and tote bag. The clothes feature a mix of lively sky blue and white colours. They could be worn in the workplace or to hospital events.

All these items are directly donated by the Mr. Lau Kim Chai Charitable Trust to strengthen colleagues' sense of belonging. Great thanks to the donor's support and encouragement!

Polo 衫背後繡有「虛心求知、同理關懷、會心微笑」的英文字樣，寄語大家活出醫院文化，增添凝聚。

The hospital culture "Learning. Caring. Smiling" is embroidered at the back of the polo shirt.

New apparel
for staff

全新服裝 贈同事



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如對本通訊有任何意見，歡迎電郵至
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