

堅

韌

Resilience



MESSAGE
FROM HCE

院長的話



“君子蘭 Clivia plant”

面對疫情衝擊，我們前線和後勤同事一直同心奮戰，無私付出，靈活應變。本院傾盡全力抗疫和照顧新冠患者，同時要維持緊急及必需的服務，確保其他患長期及嚴重疾病的病童能及時接受治療。我們在第五波疫情下繼續提供化療、造血幹細胞移植、腫瘤切除手術和透析等服務，還進行了幾宗腎移植和首次心臟移植。

另一方面，我們有合適的硬件和經驗，於是承擔起為社區的兒童接種疫苗的責任。輕鬆的氣氛、親切的職員和小禮物能為小朋友製造良

The committed staff of HKCH have remained resilient through the epidemic, going above and beyond the call of duty. While pouring our resources to battle against the coronavirus and take care of those infected, we must also maintain our emergency and essential services for other patients with chronic and serious illnesses. During the fifth wave, we continue to provide chemotherapy, haematopoietic stem cell transplant, tumor surgery, dialysis and the like. We have also performed some renal transplants and our first heart transplant.

好體驗，令他們更有勇氣打下一針，並鼓勵朋輩接種，從而在校園建立重要屏障。

這兩年很多人都培養了新興趣，我也在學習園藝，尤愛君子蘭。它的葉子挺拔，象徵剛強堅毅，花開燦爛時意象吉祥，無論是花期或綠葉期，都別有觀賞價值。疫情最近回落，君子蘭正好代表我對形勢持續向好的期盼，在此與大家分享。

醫院行政總監
李子良醫生

As HKCH is equipped with the right hardware and experience, we shoulder the responsibility to vaccinate the city's children. A positive vaccination experience makes children more willing to take the next dose and influence their peers. This is an important step to build a wall of defence in the school community.

Gardening is a new hobby I have picked up, and clivia is my favourite plant. Its upright, sword-like leaves symbolise fortitude, and its vibrant flowers give an uplifting vibe. COVID numbers have been dropping. I hope this trend would continue and we could all stand tall like the clivia.

Dr Lee Tsz-leung
Hospital Chief Executive



我家栽種的君子蘭
My clivia plant

全民皆對抗疫症

Combating the epidemic at all levels

在洶湧的第五波疫情期間，本院各臨床部門都有病童經入院篩查或院外檢測發現染疫。醫護人員不分晝夜照顧患者，全院上下亦堅守崗位，努力維持病人服務。與此同時，面對公營醫療系統不勝負荷，本院於不同層面分擔其他醫院的工作量，貢獻己力。

In midst of the fierce fifth wave of the epidemic, most HKCH specialties have infected patients under their care. All the staff in the hospital also work tirelessly to fight against the virus and maintain patient services. At the same time, HKCH has contributed at various levels to ease the burden of the public healthcare system.

當其他醫院的兒科因處理新冠患者而出現深切治療病床短缺，本院兒童及新生兒深切治療部會協助接收其需要重症支援的病童。

Paediatric and neonatal intensive care units take up critical cases from other hospitals where beds are overwhelmed with COVID-19 patients.

放射科醫生為香港感染控制中心及亞博館社區治療設施的病人撰寫影像報告。

Radiologists support imaging reporting of the Hong Kong Infection Control Centre and Community Treatment Facility at AsiaWorld-Expo.

調派醫務化驗師到伊利沙伯醫院支援24小時核酸檢測工作，應付龐大樣本量。

Deploy medical technologists to Queen Elizabeth Hospital to support nucleic acid testing to cope with the huge round-the-clock testing volume.

因應伊利沙伯醫院轉為新冠定點救治醫院，本院協助接收廣華醫院急症室轉送的小兒外科緊急入院個案（包括新冠患者），而部份伊院兒科門診病童的造影服務亦暫由本院提供。

Admit emergency surgical cases (including positive patients) transferred from Kwong Wah Hospital, and provide imaging services for paediatric outpatients of the Queen Elizabeth Hospital as it has been converted to a designated hospital for COVID-19 patients.

守住

每一條防線



為保障病童及同事們的安全，我們絕不鬆懈，希望滴水不漏堵截傳播，令醫院不至失守。

Every necessary step is taken to prevent outbreaks in the hospital to safeguard the health of our patients and colleagues.



抗疫工作的齒輪

由患者接觸追蹤、報數、防護裝備建議、培訓以至傳遞抗疫資訊，都有感染控制組的身影。

感染控制主任黃卓凝醫生表示，兒童通常要以鼻咽拭子而非深喉唾液採樣，增加難度和風險；而不少病童因免疫力低，檢測數值波幅較大，或需重新檢測。

(右起) 黃卓凝醫生和嚴敏儀每天打過百通電話，調查確診者的接觸史，追蹤感染源頭，並解答同事各式各樣的問題。

(From right) Dr Sally Wong and Yammie Yim make over 100 phone calls every day for contact tracing and answering staff enquiries.

感染控制措施嚴格執行，但家庭需要也要平衡。資深護師嚴敏儀說：「曾有確診住院病童的父親被指令入住隔離設施，我們立即向衛生署解釋這特殊情况，令他最終可留在醫院隔離兼照顧兒子。」

調配病床 聯繫家長

確診及懷疑個案必須隔離，護理部就負起協調病床的任務。兒科部門運作經理張瑞心表示：「隔離病室有限，且分散在不同病房，調配是一大考驗。我們需時刻掌握病床使用情況及病人治療計劃，盡量安排他們入住相關專科的病房。」

疫情嚴峻令前線護士工作量倍增，例如時常打電話跟進改為在家中監察的病童。如病童在社區確診但本身療程仍須繼續，便要籌謀他們安全地回來。就恩恤探訪，護士亦要向家長講解最新的接種及檢測要求，希望得到體諒配合。

Bed management and parent communication

The Nursing Services Division coordinates bed allocation to ensure confirmed and suspected cases are properly isolated. Department Operations Manager (Paediatrics) Jeanny Cheung said, "Isolation



醫院就疫症成立了工作小組，不時開會商討對策。

The HKCH COVID-19 Taskforce discussing measures to tackle the epidemic.

rooms are limited and spread across different wards. We have to get hold of the latest occupancy and patients' treatment plan, and try to assign a ward according to their underlying illness."

For frontline nurses, they need to make phone calls to follow up on patients who are sent home for monitoring. If infected patients must continue their current treatment, nurses would make special arrangements for them to come back safely. They also explain to parents about compassionate visiting, including the latest vaccination and testing requirements to get their cooperation.

如果抗疫工作是一台機器，感染控制組就是其中一個齒輪，緊緊連結醫院各部門互相配合。每當醫管局推行新措施時，他們都會向部門了解實踐上或會遇上的困難，確保運作暢順。疫情高峰期間，更是日以繼夜回覆同事的查詢疑慮，並到病房了解及演示。黃醫生說：「當同事知道我們是站在同一陣線，便會更加安心。感謝大家信任，一齊並肩作戰。」



患者出院後，感染控制組會將紫外線機推入已清潔的隔離病室，為環境和物件「照燈」消毒。

An infection control team member operating a UV sterilizer in an isolation room previously occupied by a positive patient.

強大支援後盾

「姐姐，我會不會死？」確診病童一句徬徨的話，令運作助理何貴芬難以忘懷。當時正清潔病房的她連忙安慰：「你聽醫生話，乖乖食藥，食多點東西，好快就可以回家了！」

喜歡小朋友的貴芬加入本院不久便爆發疫情，坦言起初有些顧慮，幸好院方提供足夠裝備和訓練，令她安心不少。與貴芬一樣，支援服務部人員負責整間醫院的清潔、保安和運送，在防止感染上功不可沒。

高級院務主任鄧瑩愉說：「為穩守第一道防線，我們與相關部門於各入口實施嚴謹的人流控制，並為懷疑和確診個案設立直達病房的特別通道。」醫院總管事許子源說：「臨床服務正常運作是首要任務。全靠前線同事堅守崗位，分擔額外工作，讓我們能靈活調配人手。」

A gear in the anti-epidemic machine

Standing at the forefront, the jobs of the Infection Control Team (ICT) include contact tracing, daily cases reporting, giving PPE advice, organizing training and disseminating anti-epidemic information.

Infection Control Officer Dr Sally Wong said that instead of deep throat saliva, nasopharyngeal swabs are often used to collect specimen from child patients, which is harder and riskier. Besides, many immunocompromised patients may need to be re-tested because of fluctuating test values.

While infection control measures are strictly

implemented, families' needs are considered. Said advanced practice nurse Yammie Yim, "We once had a positive inpatient whose father got an order to be admitted to an isolation facility. We immediately explained to the Department of Health about their special situation, and he could eventually stay in the hospital for isolation with his son."

If the anti-epidemic work is a machine, ICT is one of the gears to connect hospital departments. Whenever the HA implements new measures, ICT will ask different departments if they foresee any difficulties to ensure things will run smoothly. During the peak of the outbreak, they also responded to staff queries and concerns day and night. Dr Wong said, "Colleagues will feel more reassured knowing that ICT is fighting the pandemic shoulder to shoulder with them. I truly appreciate their trust in us."

Strong support behind the scene

"Auntie, am I going to die?" Operation assistant Ho Kwai-fun can never forget these words from a COVID patient whose room she was cleaning. She said, "I comforted the boy that he could go home soon if he listened to the doctors."

The disease broke out shortly after Kwai-fun joined the hospital, which made her worried. "But then I started to feel protected because I was given adequate PPE and training." Like Kwai-fun, staff of the Supporting Services play an important part in containing the spread of the virus in their daily cleansing, security and portering work.

Senior Hospital Administrator Janet Tang said, "As the first line of defence, we work with related departments to implement tight access control at the hospital entrances. Designated door-to-door routes are also set up for suspected and confirmed cases." Chief Hospital Foreman Hui Tsz-yuen said, "Maintaining clinical operation is our top priority. Thanks to



貴芬依足感染控制指引，仔細清潔隔離病室的隆隆罅縫。

Kwai-fun follows infection control standards to clean the nooks and crannies of an isolation room.

our frontline colleagues who don't mind taking up extra work, we are able to deploy manpower flexibly."

共同走出

疫境

STANDING AS ONE
to overcome the storm

古樹榮醫生（前排右二）感激同事發揮團隊精神照顧患者。每當看到病童好轉離開深切治療部，都會感到辛苦是值得。

Dr Ku Shu-wing (second right, front row) appreciates the team spirit in PICU during the darkest hour.

我們按臨床需要接收來自各區的患者，亦將抗疫工作伸延至醫院外，守護社群健康。

全力救治危重病童

兒童深切治療部負責接收本院各專科或由其他醫院轉送的危重新冠病童。他們有的直接因病毒導致器官衰竭，或誘發本身長期病惡化，需要強心藥物、呼吸機及連續腎臟透析等支援；亦有人在康復後患上嚴重的多系統發炎綜合症。

顧問醫生古樹榮說：「為減低感染風險，我們制訂了臨床指引，涉及急救程序、儀器操作和病人運送。疫情不斷演變，我們與專家保持溝通，並留意最新治療方法。」

社區感染數字處於高峰期間，部門先後有人員確診。古醫生感激同事付出：「大家深明服務不能停，有人『頂多幾更』，有人自告奮勇留守專責照顧確診者，好像球賽中有球員因傷出場，隊友便立即補位。」

HKCH admits COVID-19 patients from different districts according to their clinical needs. We also extend our efforts to safeguard the health of the community.

Saving critical children

The Paediatric Intensive Care Unit admits critical COVID-19 patients from HKCH specialties and other hospitals. The virus either directly leads to organ failure in some patients, or triggers deterioration of their chronic illness. They require intensive support and intervention by medications and machines. Others suffer from multisystem inflammatory syndrome, a serious post-COVID complication.

Dr Ku Shu-wing, consultant in the PICU said, "To reduce infection risks, we have developed specific guidelines on resuscitation, equipment use and patient transfer. Situations evolve rapidly, so we stay in touch with experts and keep abreast of new treatment protocols."

At the peak of community outbreak, PICU members fell sick one after another. Said Dr Ku, "To make up for the lost manpower, some colleagues volunteered to work more shifts, and some stayed for days to take care of confirmed cases. We worked like a football team to keep our service afloat."



內地新冠肺炎醫療救治專家組（左）與本院臨床團隊就重症患者的治療交換意見。

The Mainland COVID-19 medical expert delegation (left) exchanges with the HKCH clinical team about the management of critical patients.

跳出醫院 支援社區

本院派出醫護人員前往香港感染控制中心及亞博館社區治療設施輪值。血液及腫瘤科的駐院專科醫生唐沛容是中心首位兒科醫生：「中心之前只接收成人患者，我到埗後和同事合力『砌』了一部兒童專用的急救車。」



唐沛容是首名駐香港感染控制中心的兒科醫生。她見證中心由高峰期每日照顧40多名兒童患者到降至20人。

Dr Grace Tong was the first paediatrician in HKICC.

唐醫生遇上一班充滿熱誠的醫護同事，一同為病人福祉努力，例如與不同單位多番溝通，成功安排病童與家人入住同一大樓甚至病房，除了令家庭團聚心安，也方便集中治理。「我們會參考不同出院條件，希望康復者齊齊整整回家。」

放射科病人服務助理蕭佩怡則於亞博館協助放射師為病人「照肺」，安排他們按時到等候區，及確保身上無金屬品。她指患者多屬輕症且行動自如，過程

順利，反而自己最難適應整天穿着全套防護裝備。她又與大家一起想辦法，在有限空間內放置儀器和為病人檢查，重返醫院後更與同事分享學到的技巧：「像是旅行後帶了新的東西回來。」

Serving in the community

HKCH staff have also served in the Hong Kong Infection Control Centre (HKICC) and the Community Treatment Facility at AsiaWorld-Expo (AWE). Dr Grace Tong, Resident Specialist in the Haematology & Oncology team was the first paediatrician in HKICC. "The centre used to admit adults only. With the help of seniors and colleagues, I set up the first paediatric emergency trolley there."



蕭佩怡主動申請到亞博館支援，希望擴闊眼界及與來自不同醫院的同事交流學習。

Helen Siu volunteered to support at the AWE to broaden her horizons and learn from colleagues from other hospitals.

唐醫生與同事組合的急救車，底層抽屜擺放了特別適用於兒童的靜脈輸液。

Paediatric emergency trolley with medical supplies. In the bottom drawer are packs of intravenous fluid suitable for paediatric patients.



Dr Tong worked with some dedicated healthcare staff who cared about the well-being of patients. After communicating with different units, they were able to put children and their families in the same building and even the same ward. This helped families reunite and facilitated centralised care. "We made reference to different discharge criteria, so that recovered patients could go home together."

Meanwhile, Patient Care Assistant Helen Siu from the Department of Radiology assisted radiographers to perform X-ray at AWE. She made sure patients come to the waiting area on time and take off all metal objects. Her work was rather smooth as most patients had mild symptoms. "I had to wear full protective gear all day long. That was probably the hardest part." Due to space constraints, it was challenging to place equipment and perform exams on patients. After returning to the hospital, Helen shared her experience with colleagues. "It was like coming back from a trip with something new."

憑科學實證對抗疫症 Tackling the disease with scientific evidence

本院醫生領導及參與新冠疫苗研究，包括分析腎病兒童接種兩劑復必泰疫苗後的抗體反應，及青少年接種復必泰疫苗後患心肌炎／心包炎的風險，並作出建議，讓相關群組得到保護。

本院醫生亦加入醫管局兒科中央統籌委員會專家小組，檢視第五波疫情下確診兒童的死亡和危殆個案，查找臨床徵狀、本身是否有其他疾病，有沒有接種疫苗等。這有助各方提高警覺外，醫護人員亦可吸取治理經驗，作出適切應對。

HKCH doctors have led and participated in COVID-19 research, like analyzing the antibody responses to two doses of comirnaty vaccine in paediatric renal patients, and epidemiology of acute myocarditis / pericarditis in adolescents following comirnaty vaccination. Recommendations are made on enhancing protection for these groups.

We were also involved in the HA expert panel for reviewing deceased and critical paediatric COVID-19 cases during the fifth wave, including their clinical presentations, underlying diseases and vaccination status. It helps raise awareness and share management experience to stay ahead of the new virus.





公務員事務局局長聶德權（中）視察接種中心。（右起）李子良醫生、溫月媚、黃見萍及郭美均醫生向他介紹運作情況。

Secretary for the Civil Service Patrick Nip (middle) visits the HKCH vaccination centre. (From right) Dr Lee Tsz-leung, Connie Wan, Wong Kin-ping and Dr Anne Kwok brief him about the operation.

提高兒童疫苗接種率是疫情防控極重要一環，能有效減低感染及患重症風險。本院2月16日起設立政府指定的兒童社區疫苗接種中心，為全港5至11歲兒童接種復必泰疫苗，是目前唯一由公立醫院營運的中心。

Increasing vaccination coverage in children is critical to contain the epidemic. Since 16th February, HKCH has been running a government designated Children Community Vaccination Centre (CCVC) which provides BioNTech vaccines to children aged 5 to 11.

兼顧流程與安全

護理總經理溫月媚憶述：「由首次視察場地至中心投入運作只有短短18個工作天，幸得醫管局總辦事處與政府協調，加上兒科、護理部、藥劑部、行政事務部、人力資源部、資訊科技部及病人資源中心的通力合作，迅速安排人手、設備、流程、訓練和演習，令服務順利開展。」

中心位於大堂，設獨立出入口，與醫院人流分隔，避免交叉感染。注射安全亦十分重要，負責統籌服務的

兒童及青少年科副顧問醫生郭美均說：「兒童劑量為成人三份一，只有0.1毫升，所以預備疫苗過程要非常精準，亦要確保衛生。具無菌製藥經驗的藥劑部人員稀釋疫苗後，會用一支支針筒盛載，經工作通道送到每個房間，方便護士直接注射。」

中心有醫生當值，並配備急救用品應付突發情況，如打針後的過敏反應。郭醫生補充：「如有需要，醫院本身的急救隊亦會即時到場作緊急支援。」

安排細心友善 打針無有怕

小朋友打針不免緊張。中心擺放了卡通歡迎牌及海報，分散他們的注意力，又會派發貼紙和襟章等小禮物。高級護士長黃見萍表示：「我們希望前來打針的小朋友有一個愉快的體驗，因此特別提醒護士要評估小朋友的合作程度，不能強迫。曾有一個11歲男孩不肯打針，三位護士和他傾談了一小時終成功說服，大家都認為十分值得。」院方亦製作了小冊子，教家長為子女做好心理準備，及打針後如何舒緩情緒。



醫護人員正進行演習，在醫療室治理身體不適人士。

Drill is performed on the handling of sick persons.



藥劑部人員先稀釋疫苗，再用針筒抽取注射份量，過程嚴謹。

Vaccines are prepared by pharmacy staff using aseptic techniques.

院方安排小丑醫生即場扭製氣球，送給打完針的小朋友作獎勵。

Children receive colourful balloons made by Dr Clown after getting their jab.

Safety comes first

General Manager (Nursing) Connie Wan recalled, "There were only 18 working days from the first site visit to the opening of the CCVC. Thanks to the coordination of the HA Head Office and concerted effort of colleagues from paediatrics, nursing, pharmacy, administrative services, human resources, information technology and patient resource centre, we were able to arrange the manpower, facilities, equipment, workflow, training and drill in time for a smooth operation."

The CCVC has its own doors, separate from the rest of the hospital to reduce cross infection risks. Injection safety is also emphasized. Said Dr Anne Kwok, Associate Consultant (Paediatrics) who is in charge of the CCVC, "Children only receive 0.1mL of vaccine, which is one third of adult dosage. Therefore, vaccines must be prepared in a very

accurate manner by pharmacy staff using aseptic technique. Diluted vaccines are extracted into individual syringes which nurses can use for injection directly."

There are duty doctors in the CCVC to handle adverse situations such as allergic reactions. Dr Kwok supplemented, "The hospital's own resuscitation team will also provide emergency support if needed."



郭美均醫生與衛生防護中心為少數族裔團體舉辦疫苗講座後，有少數族裔家庭一起前來接種。他們正聽取護士講解打針程序。

A group of ethnic minority families come to get vaccination after Dr Anne Kwok and the Centre for Health Protection gave a vaccination talk to relevant NGOs.

特別接種服務 Special vaccination services

本院一些高風險病童如癌症患者，由於免疫系統較弱，更需要疫苗的保護。然而，他們或需長期住院，出院後亦要避免人多地方，難以往社區接種地點。院方特別安排在院內為他們接種科興或復必泰疫苗，由醫生評估其臨床情況並負責注射。截至四月底，已有50名不同專科的病童接種。

另外，兒科、專科門診及兒童社區疫苗接種中心為來自港島及九龍區特殊學校的學童接種，累積人數超過260。這些兒童較易情緒波動，部份亦有長期服藥。本院醫護人員富有經驗，能更佳地照顧其需要。

Vaccination is especially important to some HKCH patients who have weak immune systems or high-risk medical conditions such as cancer. However, it could be difficult for them to go to regular vaccination venues as they are hospitalized or should avoid crowded places. Therefore, HKCH specially arranges vaccination for them inside the hospital. By end of April, 50 patients from various specialties have already been vaccinated.

With the support from paediatrics, CCVC and specialist outpatient clinic, HKCH also vaccinates students from special schools in Kowloon and Hong Kong Island. So far over 260 students have been benefited. Our experienced healthcare staff can take good care of these children who are usually more sensitive.

本院首換心少年展新生



峰峰在物理治療師及父母鼓勵下，努力進行復康訓練，步履愈來愈穩。
Encouraged by physiotherapists and his parents, Fung works hard on rehabilitation and makes good progress.

First heart transplant in HKCH gives boy new life

13歲的峰峰去年八月突然心臟衰竭，被送往兒童深切治療部，要靠雙心室輔助器維持生命，父母憂心如焚。他苦等半年後，在農曆新年獲捐贈遺體心臟，成為首名在本院換心的病人。

峰峰親手製作給兒童深切治療部的心意卡。
Fung made a thank you card for the PICU staff.

Last August, 13-year-old Fung suffered from a sudden heart failure. For the next six months, he stayed in the Paediatric Intensive Care Unit and relied on a biventricular assist device to survive. Good news finally came. During Lunar New Year, Fung received a donor heart, which made him HKCH's first heart transplant patient.

經過連月的復康訓練，峰峰終可出院。步出醫院一刻，抬頭便看到藍天。他雀躍地說：「好開心、好感動，可以見到花草樹木，回家後便與爸媽和親友吃飯。」

服務主管（心臟科）倫建成醫生表示，隨着瑪麗醫院的兒童心臟科及心胸外科服務調遷至本院，心臟移植手術亦按計劃在此進行。「感謝瑪麗醫院和葛量洪醫院的成人心臟移植團隊，及本院各部門與我們緊密合作，為整個器官配對和手術流程做好準備。」

After months of rehabilitation, Fung finally went home on a sunny day. "Seeing the trees and flowers outside made me so happy and touched. I have also enjoyed meals with my parents and relatives," Fung said with enthusiasm.

Service Head (Cardiology) Dr Lun Kin-shing explained that the transplant was performed in HKCH as planned, following the translocation of paediatric cardiology and cardiothoracic surgery services from the Queen Mary Hospital. "To prepare for this day to come, we had worked closely with the QMH and Grantham Hospital heart transplant teams, as well as various HKCH units to formulate organ matching workflow and operation logistics."

參與今次心臟移植，合力成就新生命的包括本院心胸外科、心臟科、麻醉及全期手術醫學科、病理學部，與瑪麗醫院心胸外科、葛量洪醫院心臟內科，及器官捐贈聯絡主任等。

HKCH Cardiothoracic Surgery, Cardiology, Anaesthesiology & Perioperative Medicine, Pathology; QMH Cardiothoracic Surgery; GH Cardiac Medicine and organ donation coordinator participated in Fung's heart transplant.



手術歷時八小時，主刀的心胸外科顧問醫生任力恒說：「峰峰曾接受開胸手術，體內組織黏連較多，增加了難度，但當駁通血管後，看見新心重新躍動，那種開心難以言喻。」麻醉及全期手術科顧問醫生劉肇堃稱：「今次是本院第一個心臟移植手術，護士們早上六時便回來做準備。為確保病人穩定，我們從血庫拿取充足血製品，術間密切監察心臟功能及調較藥物。」

力保最佳狀態迎新心

心臟科的顧問醫生陳義舜回想：「峰峰等候換心期間接駁多條喉管，增加感染風險，長期臥床亦令肌肉流失。他病情時有反覆，我們一班醫生、護

The eight-hour operation was challenging. Dr Nicholson Yam, Consultant in-charge of Cardiothoracic Surgery said, "Fung had multiple adhesions from his previous open heart surgeries, which made it more difficult to operate. But once the new heart began to beat, I was moved beyond words." Dr Candice Lau, Consultant (Anaesthesiology & Perioperative Medicine) added, "This is the first heart transplant surgery of HKCH. Our nurses came in at 6 a.m. to prepare. We obtained sufficient blood products from the blood bank, and closely monitored his heart function and adjusted medications to keep him stable during the process."

士、物理治療師、職業治療師和營養師不斷調整治療、運動和餐單，讓他保持最佳狀態，迎接手術來臨。」

資深護師陳依文說：「安裝了心室輔助器的病童需由接受過相關培訓的專責護士照顧，首要預防感染，亦要留意身體細微變化。峰峰的治療過程很煎熬，我們想盡辦法讓他安心，能與他渡過難關很有意義。」

貼心醫護伴渡難關

面對一關又一關，峰峰一直叫自己要撐過去，亦感激醫護人員悉心照顧：「護士很溫柔，常關心我有沒有不適，知我縫針怕痛就拖著我的

(右起) 任力恒醫生、倫建成醫生、陳義舜醫生向峰峰及父親講解康復進度。

(From right) Dr Nicholson Yam, Dr Lun Kin-shing and Dr Robin Chen explain to Fung and his father about his recovery progress.



手，又與我聊天和打機；物理治療師不時鼓勵，令不喜歡做運動的我也努力練習。」他並感謝捐贈者和其家人：「在艱難時刻做這決定不容易，他們很善良。」



資深護師陳依文（前排左一）與兒童深切治療部的醫護人員為峰峰打氣。
Chan Yi-man (front left) and other PICU staff cheer on Fung.

to every tiny unusual sign. Fung has had a pretty hard time. We all try our best to give him comfort. It is meaningful to walk alongside him through the difficult path."

Caring healthcare team

Fung thanked all the healthcare staff who have taken care of him, "The nurses are very nice and always concerned if I have any discomfort. They would hold my hand when I am in pain, and chat and play video games with me. Exercising is really not my thing, but the physiotherapist always has her way to motivate me to work harder." He is also grateful to the donor and the family, "I believe it was not an easy decision to make during such a tough time. They are very kind-hearted."

親子樂栽種

Let's plant together

我會每天澆水，負起照顧小盆栽的責任
I will take good care of my plant and water it everyday.

栽種植物沒有年齡限制，家長和小朋友可一起參與，過程輕鬆有趣，亦可作為環保教育，並啟發小朋友對生命的理解。

People of all ages can enjoy and benefit from gardening.
Doing it with your children is full of fun, and also a great way for them to acquire new skills and understand life.

職業治療部 Occupational Therapy Division

盆栽需要悉心照顧，否則會褪色枯萎，因此種植能培養小朋友的責任感。當小朋友擁有自己的植物，他們亦能透過觀察種子由發芽到開花、結果、落葉的過程，明白生命週期的自然定律，和學習科學、氣候、環境、營養等知識。家長可從中分享價值觀，增進親子互動。

看著植物一天一天成長，小朋友能獲得滿滿的成功感和自信。一些植物收成後更可應用在日常生活，如沖泡花草茶、製作蔬果美食和押花手工等，讓小朋友發揮創意。

Tending to plants can help children develop their sense of responsibility. When children own a plant, they can experience the cycle of life firsthand and learn about science, weather, the environment and nutrition. It is also good for family bonding as parents can share their life values during the process.

Watching plants grow is satisfying and promotes children's self-confidence. You can stimulate their creativity by using the harvest in different ways like making tea, cooking and pressed flowers DIY.

大家可在修剪家中植物時留下一些枝葉，插在外賣容器中，廢物利用。只要加入適量水、彩珠和小玩具作點綴，便能成為漂亮的新盆栽。

When you prune your houseplants, keep some foliage and put in a used container. Just add water and decorate with colourful beads and mini figurines. How adorable!

注意：家長需從旁提點，防止幼童誤吞細小物件
Note: parent supervision is advised to prevent young kids from swallowing small objects

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