

我們的  
our nurses  
護士







MESSAGE  
FROM HCE

# “ 兒童接種疫苗刻不容緩 ”



因應新冠疫苗接種年齡降低，本院的兒童社區疫苗接種中心現已為6個月至17歲的兒童提供科興疫苗；而5至11歲的兒童仍可繼續前來接種復必泰疫苗。

為清晰分隔開接種科興和復必泰疫苗的人，中心都要變身，以圍欄和不同顏色指示牌區分各自的入口、登記處、等候區和注射間，兩款疫苗亦用獨立雪櫃存放，確保過程安全暢順。我們亦增添了育嬰室，和嬰幼兒適用的急救用品。

不少家長擔心幼兒打針的副作用而卻步。就此，五個兒科專業組織已

As the minimum age for COVID-19 vaccination has been lowered, the HKCH Children's Community Vaccination Centre now provides Sinovac vaccine for children aged six months to 17 years, while children aged five to 11 can still come to get BioNTech vaccine.

The centre has been modified to segregate the two groups of recipient for a smooth and safe process. The respective entrances, registration counters, waiting areas, injection booths and refrigerators are delineated by partitions and signage of different colours. Baby care rooms and emergency medical supplies in small sizes are also added.

Many parents are skeptical about vaccine side effects. A joint statement by five

發出聯合聲明，指新冠疫苗對兒童是安全和高效率的，即使有食物過敏、哮喘、鼻敏感或濕疹都不是禁忌，可以放心打針。

越來越多兒童染疫後出現哮喘症、急性壞死性腦炎、多系統發炎綜合症等嚴重併發症和後遺症，部份需接受深切治療，甚至有幼兒離世。小朋友是家長的心肝寶貝，這些不幸個案一個都嫌多！我呼籲家長不要再猶豫，立即帶子女打針，令他們及早得到保護。

醫院行政總監  
李子良醫生

paediatric professional groups points out that COVID-19 vaccines are highly effective and safe for children. Food allergy, asthma, allergic rhinitis and eczema are not contraindications.

More and more children develop serious complications after contracting the coronavirus, including croup, acute necrotising encephalopathy, and multisystem inflammatory syndrome. They are life threatening and could leave long-term damage for our precious children. I urge parents to get their loved ones vaccinated now to give them the protection they need.

Dr Lee Tsz-leung  
Hospital Chief Executive



公務員事務局局長楊何蓓茵視察本院接種中心首日提供科興疫苗的情況。  
Secretary for the Civil Service Ingrid Yeung visits the HKCH vaccination centre on its first-day of providing Sinovac vaccine.

在迎新課堂上，資深護士指導新畢業護士如何為嬰兒進行急救，支援他們進入病房實戰。

Experienced paediatric nurses demonstrate neonatal resuscitation to support newly graduated nurses in facing real-life challenges.



## Building a STRONGER nursing team

護士是醫院的重要支柱。香港兒童醫院啟用以來，個別服務面對護士人手壓力，院方一直高度關注，推出各種措施增加人手，及加強培訓以提升護士的經驗技能，應付運作需求。

Nurses are an important pillar for HKCH. The hospital management is fully aware of the nursing manpower pressure in certain services, and has implemented multiple measures to increase manpower and strengthen training to enrich nurses' professional skills to cope with operational needs.

其中，九龍中聯網透過特別酬金計劃及調配顧問護師作支援，亦安排伊利沙伯醫院新生兒深切治療部經驗豐富的護士，與本院年資較淺的護士互相輪調。

For example, the Kowloon Central Cluster has been supporting HKCH through the Special Honorarium Scheme and deploying nurse consultants to help. There is also a regular rotation programme between experienced NICU nurses of the Queen Elizabeth Hospital and junior HKCH nurses.

# 強化

護理團隊

應對服務挑戰





醫院不斷開展新服務，一班較資深的護士由零開始制訂工作流程、監察工程，亦負責採購大量物品，為病人出心出力，值得表揚。

As we keep opening new services, our senior nurses often take up the difficult tasks to formulate operational workflow, monitor works progress and procure numerous items. Their efforts are truly commendable.

- 溫月媚  
Connie Wan



聯網調配的顧問護師除日常到本院深切治療部提供運作支援，亦協助培訓新護士。

Nurse consultants deployed by the cluster do not only support daily operation of the ICUs regularly, but also help to train new nurses.

## 有系統培訓 支援護士掌握專業技能

## Structured training helps nurses grasp professional skills

醫管局總部方面，在高級行政經理（護理）／首席護士長唐華根博士協調下設立了機制，當本院兒童深切治療部接收超過兩名需要機械性心肺支援的病人時，瑪麗醫院心胸外科便會盡快調派護士前來支援。

總部同時負責協調新畢業護士的招聘和分配。唐博士認為，為本院招募護士不能只以量取勝：「兒童醫院是一個卓越醫療中心，護士要處理奇難雜症、掌握尖端科技和相關知識，挑戰性大，但充滿意義。我們要『搵咗人』，主力吸引那些覺得在這少林寺工作是一種光榮的有志之士。例如，去大學宣傳時開宗明義講解工作實況，讓他們有心理準備，入職後引導他們找到工作的意義和滿足感，更願意留下來發展。」

至於具備甚麼特質的人適合做兒科護士，兒童醫院護理總經理溫月媚分享道：「嬰幼兒不懂表達，護士要觀察入微，憑表情和身體語言理解他們的需要；亦要非常細心，例如藥物劑量稍有差池便足以引起嚴重後果。面對脆弱的病童和憂心的家長，須有同理心及耐性，和懂得控制自己的情緒。」

她補充：「特別作為兒童醫院的護士，知識面既要精，也要博！紮實的專科知識和分析力，有助應對罕見複雜個案和新科技。另一方面，我們提倡跨專科一站式服務，護士擔起不同團隊間的協調角色，樣樣都要識一點。」她讚揚同事們有理想、有活力，有求知求進精神：「他們願意接受轉變和挑戰，真的很勇敢、很偉大。」

With the coordination by Dr Danny Tong, Senior Manager (Nursing) / Principal Nursing Officer of the Hospital Authority, a mechanism has been set up where Queen Mary Hospital would quickly deploy nurses from its cardiothoracic surgery team to help HKCH's PICU when the latter has more than two patients who require mechanical circulatory support.

The Head Office also coordinates the recruitment and allocation of nurse graduates. Dr Tong believes that when recruiting nurses for HKCH, quantity should not be the only consideration. He said, "HKCH is destined to be a centre of excellence. Nurses have to handle highly complicated cases and master the most advanced technology. It is challenging but also rewarding. We should tell prospective nurses upfront what to expect, and focus on bringing the right people on the bus. We need people with aspiration who see working in HKCH as an honour. Once they are on board, we should help them find meaning and satisfaction at work."

Connie Wan, HKCH General Manager (Nursing) shared what it takes to be paediatric nurses, "Young children can't express what they need. We have to be sensitive in observing their facial expressions and body language. Attention to details is a must, as a minor discrepancy in drug dosage could cause serious harm. Empathy, patience and the ability to control own emotions are also crucial when taking care of vulnerable children and anxious parents."

She elaborated on the additional attributes of HKCH nurses, "Depth and width are equally important. Solid specialty knowledge and critical thinking allow nurses to handle rare complex cases and new technology. At the same time, nurses are usually the focal point in the multi-disciplinary one-stop service we offer, so they need to know a bit of everything." She commended colleagues' willingness to accept changes and challenges, "They are passionate, energetic and very courageous."



兒童醫院是少林寺，護士要處理奇難雜症和掌握尖端科技，挑戰性大，但充滿意義。

HKCH is destined to be a centre of excellence.

Nurses have to handle highly complicated cases and master the most advanced technology. It is challenging but also rewarding.

- 唐華根博士  
Dr Danny Tong



### 迎新課程 Orientation programme

為新畢業護士設計的 COPPER 課程今屆延長至十天，理論實踐兼備，包括運作政策及指引、兒童成長、臨床技巧工作坊、部門參觀，更特別加入抗壓與溝通技巧課。

The COPPER programme for fresh graduates was extended to 10 days this year. Courses combine theories and practical knowledge, including operational policies and guidelines, child development, clinical skills workshops, department visits, and talks on resilience and communication.



### 啟導計劃 Preceptorship programme

兼職資深臨床啟導導師在兩年裡持續督導新護士執行常見的兒科護理程序如派藥、插導管等。

Experienced clinical preceptors are hired to coach new nurses continuously for two years, focusing on common nursing procedures such as medication administration and nasogastric / orogastric tube insertion.



### 病房導師 Ward mentor

每個新護士會獲分派一名所屬病房的導師（帶教），協助盡快熟悉新環境，支援日常工作上遇到的疑難。

New nurses are assigned a ward mentor who helps them to adapt to the new environment and offers assistance when they encounter problems in daily work.



### 「三年抱兩」 3-years-2-specialties

護士工作頭三年需到兩個不同專科工作以擴闊眼界，累積多元經驗，有利職涯發展。計劃因疫情及人手因素停辦，將於今年稍後恢復，會盡量根據護士意願，安排他們分批前往伊利沙伯醫院的成人部門，或院內其他專科工作。

During the first three years, nurses are expected to work in two different specialties to gain exposure for career development. This arrangement has been suspended due to COVID-19 and manpower pressure, but will resume later this year. Nurses will be sent in batches to adult departments in the Queen Elizabeth Hospital, or to another specialty within HKCH. Destinations will be decided according to their wish as far as possible.





我們的護士都是由其他醫院調遷過來，大家盡力學習和適應新系統及流程，務求在最短時間作出調整，確保護理質素，我要向他們致敬！

Coming from different hospitals, our nurses try their best to adapt to the new environment and workflow quickly while upholding service standard. They have my deepest respect.

- 部門運作經理  
徐佩珍  
Bernice Tsui, DOM



我在兒童醫院實現了多年來的夢想，讓小朋友在遊樂中進入手術室，減低焦慮。我希望自己及同事帶着笑容，將歡樂帶給病人，並繼續發揮創意，提供更好的治療環境及護理。

Joining HKCH makes my dream come true because I get to create a playful operating theatre for kids. I wish we could keep on smiling and bringing joy to patients, and use our creativity to provide a better therapeutic environment.

- 部門運作經理莫依丹  
Mok Yi-tan, DOM



過往手術室護士很少跟病童和家人接觸，但在兒童醫院我有機會負責麻醉前期服務，以專業知識和態度向他們解釋手術過程和注意事項，令他們放心。

Unlike typical OT nurses, I have more chances to communicate with patients and families in HKCH. When providing pre-anaesthetic service, I use my professional knowledge to walk them through the surgical journey to relieve their anxiety.

- 資深護師駱子奇  
Rocky Lok, APN

# 護士有話兒

## What our nurses say



作為首批加入的護士，我最開心是見證一班年青護士成長，由初生之犢變得獨當一面。我期望部門繼續為本港培訓更多深切治療護理人才。

As one of the first nurses joining HKCH, I am pleased to witness our colleagues grow from fresh graduates to nurses in-charge. I hope our department can keep nurturing more intensive care nurse specialists for Hong Kong.

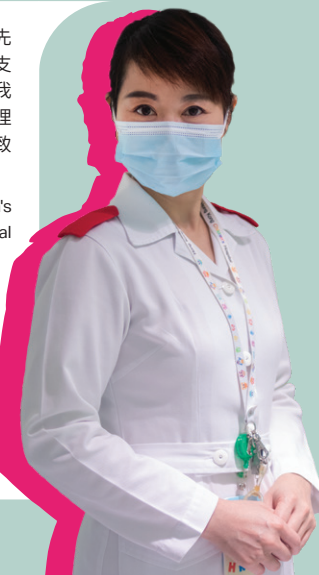
- 資深護師郭思齊  
Kwok Sze-chai, APN



最開心看到我努力照顧的垂危病童轉為穩定，可以拔去身上的喉管，轉至普通病房，最後康復出院，並走來和我說聲再見。

I take care of critically ill patients round the clock. It's most satisfying to see them turn stable with their tubes removed, and being transferred to the general ward. Some of them would even come to say goodbye when they are discharged.

- 註冊護士王海雲  
Susan Wong, RN



我在美國的兒童醫院受訓時見識到先進的醫療科技和系統，及社區伙伴支援的力量。本院仍在發展階段，但我和同事們會繼續努力，在治療及護理上取得更多成果及突破，助醫院達致國際水平。

I had training in a reputable US children's hospital before. Their advanced medical technology, systems and strong stakeholder support impressed me a lot. HKCH is still in the development stage, but we strive for more achievements and breakthroughs to reach international standard.

- 部門運作經理黃寶琼  
Pinky Wong, DOM



門診的工作很忙碌，但當家長提出要求，就算是小事我也認真跟進，從而建立互信。曾有一名青年因痛症而情緒失控，事後我們以不同方法紓緩其痛楚，雙方關係亦變好。

Despite my busy routine, I will follow up parents' requests seriously, no matter how trivial they may seem. One time, a teenager vented his anger in the clinic because of body pain. After that, we tried every approach to manage his pain. He felt better and our relations have improved.

- 資深護師林孟誼  
Lam Mang-yi, APN

我受資深同事的啟發，正修讀傷口及造口護理證書課程，期望長遠在此方面發展，為病童提供更佳護理。

Inspired by my seniors, I am taking a wound and stoma care certificate course. I hope to advance my career in this field and deliver patients a better care.

- 註冊護士陳雅忻  
Phoebe Chan, RN



做兒科很有成就感！嬰兒不懂說話，我要觀察他們，從而作適切護理，例如他們不肯進食或流口水可能是化療副作用令口腔潰爛。

I am proud to be a paediatric nurse. As babies cannot talk, I have to observe them carefully to provide appropriate care. For example, if they refuse to eat or drool excessively, there may be ulcers in the mouth caused by chemotherapy.

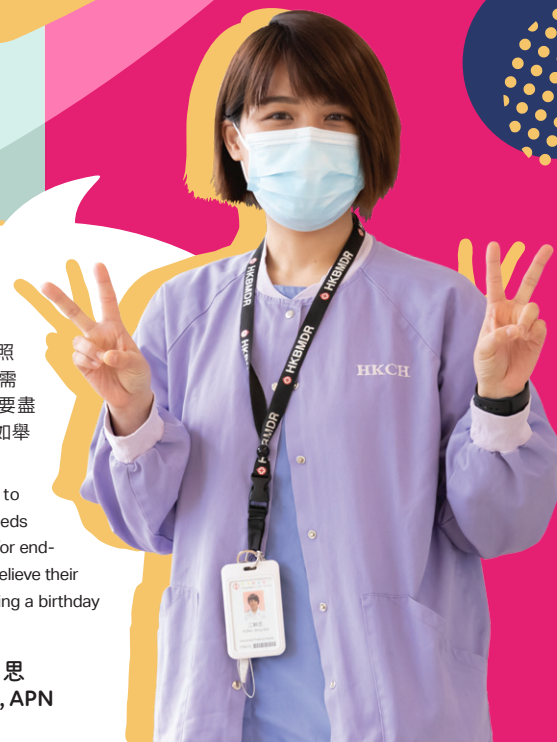
- 註冊護士危政穎  
Vivian Ngai, RN



我一畢業就在兒童癌症病房工作，多年來專注這方面發展，但我在兒童醫院亦做了很多個「第一次」的項目，都在團隊合作下順利推行，為癌病兒童帶來曙光。

I have served in paediatric cancer wards for many years since I graduated. Yet, I still experience many firsts in HKCH. Thanks to the full support of my team members, these new projects are carried out smoothly and we are able to bring new hope to cancer patients.

- 部門運作經理張瑞心  
Jeanny Cheung, DOM



我希望為癌症病童提供全人護理，照顧他們不同治療階段的需要。就算是末期病人，亦要盡力減低痛楚和達成其心願，如舉辦生日會，留下美好回憶。

I strive to provide holistic care to cancer patients, addressing their needs in different treatment stages. Even for end-of-life patients, I will try my best to relieve their pain and fulfill their wishes like having a birthday party to leave a good memory.

- 資深護師江穎思  
Kong Wing-sze, APN



# 神經外科

重燃病童希望



## Children with neurosurgical disorders are in good hands

本院神經外科為患有先天及後天複雜神經系統疾病（如腦腫瘤、水腦症、脊柱裂、脊髓牽扯症、顱骨發育和腦血管異常等）的病童提供精準及個人化的跨專科治療。部門自2019年投入服務至今進行了逾180宗手術，現時已集中處理全港大部分由公立醫院或私家醫生轉介的兒童相關新症。

The HKCH Neurosurgery service provides precise and personalised multi-disciplinary care for children with congenital or acquired complex neurosurgical conditions, such as brain tumor, hydrocephalus, spina bifida, tethered cord syndrome, craniosynostosis and neuro-vascular problems. Since 2019, the team has performed over 180 operations. It now handles most of the new paediatric neurosurgical cases referred by public hospitals or the private sector.

顱縫早閉症手術是神經外科的服務範圍之一。此病較為罕見，患者頭骨之間的縫隙因過早閉合，引致頭部變形，有人頭形會變長或變尖，有些則額頭或後枕變平。神經外科顧問醫生何偉成（左）及鄭環暉正為一名嬰兒切除閉合了的顱縫及部分頭骨，製造空間讓大腦繼續生長。

Craniosynostosis is one of the uncommon disorders treated by Neurosurgery. It happens when one or some of the joints between the bones of the skull close prematurely, resulting in head deformation. Consultants Dr Wilson Ho (left) and Dr Kevin Cheng operate on an infant to remove the closed cranial suture and part of his skull to create space for the brain to grow.

神經外科是本院首批推行遙距覆診的專科，病童可安在家中「睇醫生」，減低染疫風險。醫生透過屏幕觀察病童傷口和走路等情況，配合影像報告，便能跟進康復進展。

此外，團隊成功縮短了手術後的住院日數，讓情況穩定的病童盡快回家。神經外科顧問醫生何偉成說：「家長知道可以隨時聯絡醫生，就更加放心出院。我們會事先仔細說明病童情況及傷口護理方法。家長遇上疑問，例如揭開紗布後不知傷口有沒有發炎、可否洗頭等，可傳送相片和影片，讓我們評估是否需要即時回院處理。」

### 腦血管病童重返劍擊場

十歲的銘熙熱愛劍擊，某天卻突然失去左邊肢體的活動能力，到急症室

求醫，竟發現患腦動靜脈畸形，更有腦出血，被轉送本院治理。由於他的病灶較大且在腦組織接近表面處，故需要開刀切除畸形血管及清走血塊。

他媽媽回想：「神經外科的醫生很清楚地講解了手術流程和風險，所以我們很有信心，決定讓銘熙接受手術。我覺得兒童醫院所有事都很有效率，快得我們根本沒有時間去彷徨——入院即安排磁力共振檢查，見醫生後翌日已經可以做手術。」

手術後，銘熙於深切治療部接受觀察，並隨即開始密集的復康訓練。他最初需要用輔助器重新練習走路，之後改用拐杖，出院後每天辛勤地回醫院做物理治療，復原進度理想。

Neurosurgery is one of the first HKCH specialties to launch tele-consultation service, allowing patients to attend follow-up at home and thus reducing the risk of infection. Doctors are able to monitor patients' progress by observing their wound and gait through the screen, in addition to imaging reports.

The team has also managed to shorten the post-operation hospital stay for stable patients. Dr Wilson Ho, Consultant in-charge of Neurosurgery said, "Parents are more confident to bring their child home knowing that they can contact us anytime. Before discharge, we will explain the patients' condition and wound care techniques. Sometimes parents wonder if the wound is infected after removing the dressing, or whether they can wash hair. They can send us photos or videos, and we will assess if they need to come back for treatment immediately."

### Young fencer with malformed brain blood vessels ready to shine again

Ten year-old fencer Hayden suddenly lost mobility on this left side one day, so his parents took him to the A&E. To their surprise, he was diagnosed with haemorrhage and arteriovenous



患腦動靜脈畸形的銘熙接受手術後，物理治療師參考劍擊動作，設計加強手眼協調及平衡力的訓練，為他重返賽場打好基礎。

Tailor-made training helps budding fencer Hayden regain his strength and coordination after brain surgery.

術後三個多月覆診時，磁力共振報告顯示腦血管正常，傷口已經癒合，銘熙也得到醫生首肯，可以重拾他朝思暮想的花劍。銘熙非常感激幫過他的人，手術經歷亦令他上了重要一課：「我更加不怕困難，比以前更捱得到刻苦的訓練！」

malformation in the brain, an abnormal tangle of blood vessels which disrupts blood flow and oxygen circulation. He was then transferred to HKCH for surgery to excise the large lesion located near the brain surface and clear the blood clot.

Hayden's mother said, "The neurosurgeon explained the surgery procedures and risks very clearly, so we trusted the team and decided to go ahead. Everything at HKCH was so efficient, which left us no time to worry. MRI was arranged upon admission, and the surgery was done the day after we met the doctor."

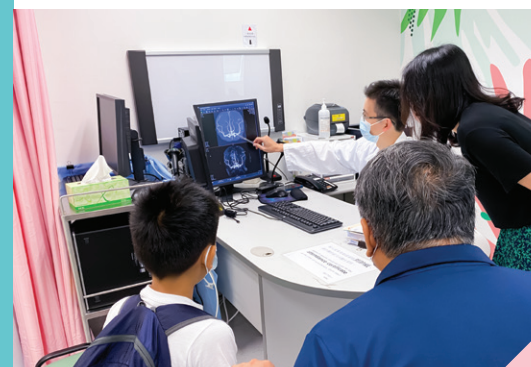
After the operation, Hayden was observed in the ICU. Intensive rehabilitation began at once. He practised walking with assistive devices at first, and then switched to crutches. After discharge, he returned to the hospital every day diligently for physiotherapy and made good progress.

Three months after the surgery, MRI scan showed normal brain blood vessels and his wound had healed. He was thrilled to get a green light from the doctor to resume fencing practice. Hayden is grateful to the people who have helped him throughout the journey, which he sees as a good lesson for himself, "I am not afraid of any difficulties and I can endure all kinds of tough training!"



覆診時醫生叫銘熙做出不同動作，評估他的復原情況。

The doctor asks Hayden to perform different actions to evaluate his recovery.



醫生解釋磁力共振掃描影像，指銘熙腦內的病灶已切除，傷口癒合良好，一家人放下心頭大石。

The family is relieved to learn from the doctor that Hayden's wound has healed well.



本年度

傑出團隊及員工

Outstanding teams and staff of the year

本院同事一直發揮專業精神，為醫院服務和病童治療作出貢獻。一些團隊和同事憑着對工作的熱誠和出色表現，於今年獲頒發獎項嘉許，我們衷心祝賀！

This year, some of our teams and colleagues have received awards for their dedication to patient service and outstanding performance. Congrats and salute!

“感謝病人和家屬的信任，令我由小樹苗成長為一棵守護腎兒的榕樹，亦感激能和一班可靠、無私奉獻的醫護同事並肩作戰！

Thanks for the trust from patients and families, I thrive to become a banyan tree that safeguards the well-being of children with kidney diseases. I am most fortunate to team up with brilliant and selfless colleagues!”

陳宇軒醫生  
兒童及青少年科副顧問醫生  
Dr Eugene Chan  
Associate Consultant  
(Paediatrics & Adolescent Medicine)



醫管局及醫院優秀青年獎  
HA and HKCH Young Achiever Awards

陳醫生和跨專科團隊為腎病兒童提供個人化治療，給他們一個愉快童年。他不斷尋求創新方法，如成立遙距監察小組和率先引入高生物相容性的透析液，以減低家居腹膜透析的風險。他並領導跨國研究，證實一個新治療方法能有效控制腎病綜合症，及減少類固醇使用，研究成果在本地和國際屢獲獎譽。

Dr Chan strives to give renal patients a happy childhood by offering personalised care with the multi-disciplinary team. He explores innovative ways to reduce the risks of home peritoneal dialysis, such as setting up a working group for remote monitoring and pioneering the use of biocompatible dialysis solution. He also leads an international research on the benefits of a new treatment regimen for treating nephrotic syndrome with better disease control and minimal steroid use. His work has earned him local and international recognition.



醫院傑出團隊獎  
HKCH Outstanding Team Award

「腸」途有你  
Short Gut,  
Long Journey Together

“我們像一部多功能的智能電話，助病童和家庭解決臨床及生活上各種問題。

We tackle multiple clinical and daily life problems for patients and families, just like a smartphone.”



醫管局優異團隊獎及醫院傑出團隊獎  
HA Merit Team Award and HKCH Outstanding Team Award



成育名單 List of team members

推出「與糖童行」計劃，與院內外單位合作，為糖尿病童提供全方位支援，包括24小時皮下監察儀記錄血糖水平、遙距診症和熱線；並透過遊戲、運動小組及故事書等，教小朋友自我管理糖尿病，如計算碳水化合物含量和打胰島素針。為照顧家人情緒需要，他們更組織不同活動和分享平台，讓同路人互相扶持。

The team works with internal and external parties to launch the “Walk with Diabetes” programme which supports diabetic children by percutaneous continuous glucose monitoring, tele-consultation and hotline. Through games, fitness classes and story books, it empowers children to manage their own disease. Activities and sharing platforms are also organised to support the emotional needs of their families.

糖尿團隊  
Diabetes Team

“我們好比健康鞋墊，給予小朋友最貼身的支持，陪伴他們輕鬆地走精彩成長路。

Just like insoles, we accompany children to walk their bright path with ease and comfort.”

嚴敏儀  
感染控制組資深護師  
Yammie Yim  
Advanced Practice Nurse (Infection Control Team)



醫院傑出員工獎  
HKCH Outstanding Staff Award

“我的工作像鎖鏈扣，將各個部門連結成一條守護醫院的防線。

I serve as a carabiner hook, linking up departments to form a line of defense for the hospital.”

嚴敏儀反應迅速又可靠。她憑着豐富經驗，針對本院的獨特環境、病人需要和風險因素，與一眾持份者緊密溝通，就各種情況制訂標準化的感染控制指引和措施。

Yammie is reliable, responsive and experienced in the field. Working closely with different stakeholders, she develops standardised infection control guidelines and measures catered to the hospital's unique environment, patient needs and risk factors.



醫院傑出員工獎  
HKCH Outstanding Staff Award

陳義舜醫生  
兒童及青少年科顧問醫生  
Dr Robin Chen  
Consultant (Paediatrics & Adolescent Medicine)

“我希望自己能成為一枝火把，為身處黑暗中的病童和家人帶來一點希望、方向和溫暖。

I wish to become a torch which gives patients and families some directions, hope and warmth in the dark.”

就統籌兒童心臟科服務由瑪麗醫院調遷至本院，陳醫生擔當重要角色。他領導體外膜氧合器和心導管介入服務，並與不同部門合作，引入多項新服務和治療，如複合式心導管室、肺動脈瓣膜植入、複雜新生兒支架置入、淋巴介入診斷和治療，及3D打印。

Dr Chen played an important role in the translocation of paediatric cardiac services from QMH. As the clinical lead in ECMO and transcatheter cardiac intervention services, he collaborates with other departments to develop new services such as hybrid cardiac catheterization lab, pulmonary valve implantation, complex neonatal stenting, lymphatic investigation and intervention, and 3D printing.

面對短腸症這可以致命的罕見病症，病童和家屬要跨越重重挑戰。作為本港最大的短腸症跨專科團隊，他們治理需要接受家居靜脈營養輸液或重症營養支援的病童，利用先進技術如腸道延長手術、新營養配方和預防感染方法等，提高病童長期存活，讓他們享受正常生活。團隊亦會為其他醫院的病童提供相關支援。

Managing short bowel syndrome, a rare and potentially lethal disease, is a great challenge to patients and families. As the largest multi-disciplinary team in Hong Kong looking after these patients who require home parenteral nutrition or critical nutrition support, it capitalises on advanced technologies such as bowel lengthening surgery, new nutrition formula, and infection prevention care to help children enjoy long-term survival and a normal social life. The team also provides support to patients in other hospitals.

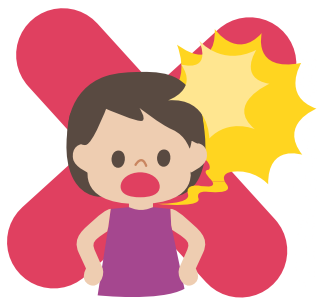


# 說出好聲音

## Taking care of your voice

### 如何保護聲線？

#### Protect your voice – Dos and Don'ts



避免濫用聲線的行為，如語速過快、大聲說話或耳語、習慣性清喉嚨、尖叫等

Avoid vocal abuse behaviors such as speaking too fast, raising volume or whispering, habitual throat clearing and screaming



避免講電話或唱卡拉OK過久，讓聲帶休息，並有充足睡眠，以保持聲帶彈性

Avoid prolonged phone calls and karaoke, allow voice to rest and have adequate sleep to keep vocal cords elasticity



感冒或咳嗽期間盡量減少用聲，並以喝水或吞口水代替乾咳來清理喉嚨

When having a flu or cough, minimize voice use and drink water or do a dry swallow instead of coughing out the congestion in the throat



多喝水，避免喝含咖啡因飲料，促進聲帶分泌正常黏液

Drink more water and intake less caffeinated drinks to maintain mucous vocal cords

聲線問題常見於工作中大量使用聲音的人，如教師、售貨員、接待員等。因此，建立正確的說話方式和高效能發聲非常重要。這些技巧也適用於公開演講。

Voice problems are commonly found in occupational voice users, including teachers, salespersons and receptionists. Hence, it is essential to establish correct ways to talk with highly effective voice production.

### 高效能發聲

#### Highly effective voice production



- 放鬆頭、頸和肩部肌肉
- 頭放平向前
- 深而緩慢地呼吸
- 在準備呼氣時開始說話
- 慢而清晰的咬字
- 長篇演講中作短暫休息

- Relax muscles of head, neck and shoulders
- Look forward with a leveled head
- Inhale deeply and slowly
- Speak when you are ready to exhale
- Articulate slowly and clearly
- Short breaks in long speech

言語治療部 Speech Therapy Division

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