



雅麗氏何妙齡那打素慈善基金會
ALICE HO MIU LING NETHERSOLE CHARITY FOUNDATION

《雅報》 A-NEWS

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圖片來源：東區尤德夫人那打素醫院社區及病人資源中心
Source of photo: Community & Patient Resource Centre,
Pamela Youde Nethersole Eastern Hospital

港島東醫院聯網醫社合作網上研討會 (十五) 醫社十五延動力 同途一心無界限

雅麗氏何妙齡那打素慈善基金會(本會)除了資助東區尤德夫人那打素醫院社區及病人資源中心的建設費及每年的營運費用外，亦大力支持醫院推動醫社合作，與社區伙伴攜手提供以病人為本的醫護服務。今年，由本會贊助的第15屆「港島東醫院聯網 醫社合作研討會」及一系列講座已於2021年6月2日至5日圓滿舉行，本會董事局主席李國謙先生亦應邀出席研討會，與過千名現場及線上參加者一起細聽多名講者分享他們對醫社合作的反思與前瞻。

想了解更多研討會的資訊
請瀏覽研討會網頁
<https://www.healthyhkec.org/SCE15/>

15

Cristal Anniversary

醫社十五延動力 同途一心無界限

Medical Social Collaboration

ONE TEAM, ONE HEART, BEYOND BOUNDARIES

15th HKEC Online Symposium on Community Engagement

Date: 2nd to 5th June 2021 (Wednesday to Saturday)

Format: Zoom Webinar

15TH HKEC ONLINE SYMPOSIUM ON COMMUNITY ENGAGEMENT MEDICAL-SOCIAL COLLABORATION:

ONE TEAM, ONE HEART, BEYOND BOUNDARIES

In addition to subsidizing the set up cost and offering financial support to the Community & Patient Resource Centre of Pamela Youde Nethersole Eastern Hospital (PYNEH), Alice Ho Miu Ling Nethersole Charity Foundation (the Foundation) also supports PYNEH in promoting medical-social collaboration and working with community partners to provide patient-oriented healthcare services.

This year, sponsored by the Foundation, the 15th HKEC Online Symposium on Community Engagement and a series of seminars have been successfully held from 2 to 5 June 2021. Mr. John LI, Chairman of the Foundation, was invited to attend the Symposium which had over 1,000 on-site and online participants. Guest speakers shared their reflections and prospects on the medical-social collaboration in the patient journey.

Symposium,
please visit
the official
website

<https://www.healthyhkec.org/SCE15/>



慈善基金會服務資訊 AHNCF SERVICE INFORMATION

長者服務 — 自製雙親節賀卡 ELDERLY SERVICE – HAND-MADE MOTHER'S DAY AND FATHER'S DAY CARD

今年因應防疫措施，居於雅麗氏何妙齡那打素護養院的長者未能與家人相聚，共度母親節及父親節。護養院特意安排節日賀卡及小手工製作活動，讓院友感受節日氣氛，並透過製作小手工，訓練院友的手眼協調能力，將復康運動融入日常活動中。院友對於自己能完成作品更感心滿意足、開心歡喜。



In response to the infection control measures, the residents of Alice Ho Miu Ling Nethersole Nursing Home (ANNH) were unable to gather with their families to spend Mother's Day and Father's Day. ANNH conducted a greeting cards making class and handcrafts activities for the residents to feel the festive atmosphere. Through the production of handcrafts, the residents trained their hand-eye coordination skills, in which rehabilitation exercises were integrated into their daily activities. The residents were delighted that they could complete the tasks by themselves.



NICHE網上課程2021 7-11月 快將開課!

NICHE Online Course 2021 July to November is coming soon!

如有興趣者，請點選以下結連了解各課程之內容及報名詳情。

For interested parties, please click the link below for individual course details and online enrolment.

對象：護士 For Nurses

輔導技巧

Core Counselling Skills for Nurse Mentors

2021.07.05 | 1400-1700

輔導技巧 — 實踐課

Core Counselling Skills for Nurse Mentors –
Skills Lab

2021.08.30 | 1400-1700

情緒商數

Emotional Intelligence in Holistic Care for
Nurses

2021.10.27 | 1400-1700

立即報名

Enroll NOW



[HTTPS://FORMS.GLE/GMBX1
GFNDZDG9ETZ6](https://forms.gle/GMBX1GFNDZDG9ETZ6)



[HTTPS://FORMS.GLE/XYX16
DJNYWNQCSAU7](https://forms.gle/XYX16DJNYWNQCSAU7)

那打素全人健康持續進修學院
NETHERSOLE INSTITUTE OF CONTINUING HOLISTIC HEALTH EDUCATION

NICHE ONLINE COURSE 2021 網上課程 2021

For Nurses
7.5 - 3 hours from 2:00pm-5:00pm, HK\$400- per head (Early bird at HK\$360- per head)

Core Counselling Skills for Nurse Mentors
◀ 5 Jul 2021 (Mon)

Core Counselling Skills for Nurse Mentors—Skills Lab
◀ 30 Aug 2021 (Mon)

Emotional Intelligence in Holistic Care for Nurses
◀ 27 Oct 2021 (Wed)

Empathetic Communication for Nurses
◀ 13 Dec 2021 (Mon)

支援服務職系人員
7.5 - 三小時 由下午 2:00 至下午 5:00，每位 HK\$300- (早鳥優惠每位 HK\$260-)

☆ 臨床帶教技巧 7.9.2021 (二)

☆ 情緒商數 24.11.2021 (三)

☆ 同理溝通 10.1.2022 (一)

☆ 衝突管理 8.2.2022 (二)

2021年 報名及開課日期

2021年 12月 至 2022年 2月 課程日期

對象：支援服務職系人員 For Supporting Staff

臨床帶教技巧 Clinical Coaching Skills

2021.09.07 | 1400-1700

情緒商數

Emotional Intelligence in Holistic Care

2021.11.24 | 1400-1700



[HTTPS://FORMS.GLE/HXKP2
9Z1TWOLFBSX6](https://forms.gle/HXKP29Z1TWOLFBSX6)

2021年 報名及開課日期

2021年 12月 至 2022年 2月 課程日期

NICHE網上課程2021.07-11

NICHE 網上課程 2021

守護身邊人：精神健康急救(網上版)證書課程

課程內容

- 介紹常見精神病，包括：抑鬱症、焦慮症、物質濫用及重症精神病等
- 學習接納以下5個重點工作，在問題進一步惡化前，對當事人提供適當的支援
- 1. A (Assess) — 評估當事人自我傷害及傷害他人的風險
- 2. L (Listen) — 非批判性地聆聽當事人傾訴
- 3. G (Give) — 使當事人安心及提供相關資訊
- 4. E (Encourage) — 鼓勵當事人向合適的專業人士求助
- 5. E (Encourage) — 鼓勵尋求其他支援
- 介紹社區資源及轉介途徑

目標

本課程旨在讓學員：

- 對常見精神病有基本認識
- 辨識精神問題及危機出現的徵兆，並於合適情況介入
- 認識社區資源
- 能獲得協助當事人尋求專業治療服務及運用合適資源

授課教學會議
日期及時間：2021年9月6日及13日 (星期三)
14:30-17:00

對象：對課程有興趣並於醫療服務單位工作的員工

模式：網上自學及授課教學 (網上平台自學單元於8月開課)

每班人數：15人

教學方法：網上自學、授課教學、小組討論、角色扮演、影片示範、練習等

時數：12小時 (7小時網上平台自學單元及5小時 (2.5小時 x 2節) 授課教學會議)
(註：因應強迫症之機構的要求，於授課教學會議中，與全期附設授課會議)

教學語言：廣東話

證書：修畢全期時數及通過小測驗，參加者將獲頒由香港心理衛生會發出之「精神健康急救 (網上版)」課程修畢證書。此乃現時澳洲「精神健康急救國際」(MHFA International) 唯一認可機構認可於中國、香港、澳門發給之證書

費用：HK\$ 800- (費用包括《精神健康急救課程中文手冊》一本及電子證書)

導師：鄺小珍女士 (社會工作(榮譽)學士 教育碩士(輔導) 香港專業輔導協會副院士及認證輔導員 加拿大註冊成癮輔導員(導、矯)亞洲(CCPAC) 精神健康急症課程導師 那打素全人健康持續進修學院(NICHE) 學院副主任

截止報名及繳費日期：2021年7月6日 (星期二)
網上報名：<https://forms.gle/aVaE8BbD2gGfo18>

網上報名截止：2021年7月6日

立即報名!

對象：對課程有興趣並於醫療服務單位工作的員工

For Hospital Staff

守護身邊人：精神健康急救(網上版)證書課程

Certificate online course on

“Mental Health First Aid (MHFA)”

2021.09.06 & 13 | 1430-1700 (共5小時視像教學)



[HTTPS://FORMS.GLE/QAV
AE8BD29QGCFO18](https://forms.gle/QAVAE8BD29QGCFO18)

守護身邊人：精神健康急救(網上版)證書課程

“

此外，學員須完成7小時的網上平台自學單元
Participants should complete 7-hour self-learning
via online platform

”



全人之家

學院網上視頻平台

透過網上視頻平台發放短片及資訊包括：

- **NICHE劇場·果子系列：**醫療處境布偶劇場 2020年6月正式登場，由「全人之家」四位主角為大家演繹九個果子的美善特質，包括忍耐、喜樂、恩慈、信實、良善、和平、節制、溫柔與仁愛，一共九集
- **NICHE劇場II·快樂餐單：**於去年10月推出以來，全人之家(身、心、社、靈)為大家介紹多款快樂餐單，「快樂之選」任你揀！
- **院牧部及NICHE賀歲劇場：**「全人送暖慶元宵」內容有關院牧關懷住院病友的故事
- **全人關顧頻道：**網上短講「疫情下的家長EQ」，主講：余德淳博士

LIKE & FOLLOW



[HTTPS://BIT.LY/352ABRC](https://bit.ly/352ABRC)

NICHE AHNCF YouTube Channel

This is a channel of NICHE releasing Muppet show (series I and II) and Holistic Care online talk. Including:

- **NICHE Muppet show I:** Fruit series
- **NICHE Muppet show II:** Happy Menu series
- **Chaplaincy and NICHE Muppet show:** Chinese New Year special
- **Holistic Care Channel:** online talk on "EQ of Parents and Kids under COVID-19" delivered by Dr. Charles YU



復康服務 — 治療機械寵物應用 REHABILITATION SERVICE - USE OF THERAPEUTIC ROBOTIC PETS



NORM 三位新星 THREE NEW STARS OF NORM: PARO, THE DOG AND THE CAT

那打素外展復康事工(NORM)成功申請社會福利署樂齡及康復創科應用基金，添置三款治療機械寵物(Therapeutic robotic pets)，分別是小海豹 (The Paro)、小狗及小貓。機械寵物主要應用於治療認知障礙患者。在職業治療師的引導下，透過使用者與寵物之間的互動、溝通和照顧，讓使用者獲得在心理、生理和社交方面的益處。

治療機械寵物於2020年10月投入服務至今，已提供41次外展寵物治療予10位患有認知障礙症人士，包括提供治療和借用服務。照顧者反映患者在使用治療機械寵物後，患者的專注力、語言溝通和情緒上皆有進步，並且減少了遊走等不當行為。

服務使用者與Paro的互動
Interaction between
service user and Paro



Nethersole Outreaching Rehabilitation Mission (NORM) had successfully applied the Innovation and Technology for Application in Elderly and Rehabilitation Care of the Social Welfare Department for purchasing three therapeutic robotic pets, i.e. the Paro (a seal), the Dog and the Cat. They are mainly used to treat the dementia patients. Under the guidance of our occupational therapists, the patients will be benefited in psychological, physical and social functions through interaction, communication and care with the pet.

Since October 2020, 41 home training sessions and loan service have been provided to 10 service users. The caregivers reported that the patient's attention, verbal communication and mood had been improved and the undesirable behavior such as wandering had been reduced.



院牧的日與夜 CHAPLAINS' DAYS AND NIGHTS

雅麗氏何妙齡那打素醫院與東區尤德夫人那打素醫院院牧部提供的心靈關顧服務無分晝夜，也不限醫院內外或線上線下。院牧時刻作好準備，隨時候命出動。剛於復活節期間，雅麗氏何妙齡那打素醫院院牧部就以「復活人生新希望」為題舉辦節慶活動，向那打素醫院病人及員工分別派贈復活雞蛋及朱古力，慶祝耶穌基督復活及祂為世人帶來的盼望。

The spiritual care services provided by the Chaplaincy Departments of Alice Ho Miu Ling Nethersole Hospital (AHNH) and Pamela Youde Nethersole Eastern Hospital are around the clock and without the hospital walls. Our Chaplains are always ready for providing holistic services at any time. In this April, the Chaplaincy Department of AHNH celebrated the Easter with the theme of "Bring Hope for Patients and Staff" by presenting Easter eggs to patients and chocolates to staff, passing on the hope that Jesus Christ brings with His resurrection.



詳情請閱「院牧的日與夜」

For details, please read the article
"Chaplains' Days and Nights"

(<https://nethersole.org.hk/?route=news-column-detail&id=35>)





那打素小禮拜堂
回東區醫院
THE NETHERSOLE CHAPEL
@ PYNEH
(COVID EDITION)

在疫情下，逢週三於東區尤德夫人那打素醫院那打素小禮拜堂舉行的午間崇拜暫停了，小禮拜堂也曾一度暫停開放。在此期間，院牧部收到醫護同事的意見。他們表示於疫情期間，小禮拜堂乃他們安靜喘息的地方，盼望小禮拜堂能繼續發出一點光輝，不用暫停開放。

重開後，小禮拜堂除了於座位上有特別安排，更加添了一些基督教節期佈置，深盼小禮拜堂的環境能讓使用者於這個神聖的空間與主相遇，心靈得着平安。

The noon service on every Wednesday at Pamela Youde Nethersole Eastern Hospital Nethersole Chapel has been suspended under the COVID-19 pandemic. Hence, the Nethersole Chapel was closed for a short period of time. During the closure of the Chapel, Chaplaincy Department received feedbacks from healthcare colleagues to request for the reopening of the Chapel, offering a quiet space for them to take rest.

The Chapel is reopened now with special seating arrangement for social distancing. Besides, decorations for Christian festivals have been newly added to help the users encounter God with peace in this sacred hall.



“

深盼小禮拜堂的環境
能讓使用者於這個神聖的空間
與主相遇，
心靈得着平安。”



透過視像通訊軟件，癌症患者可跟着導師學習八段錦

Through the video communication software, cancer patients can follow the instructor to learn Baduanjin

香港防癌會—賽馬會「攜手同行」癌症家庭支援計劃(大埔中心)
HKACS-Jockey Club "Walking Hand-in-Hand" Cancer Family Support Project (Tai Po Centre)

ZOOM 八段錦健體班

舒緩壓力 整合身心 暢通經絡 強身健體

疫情期間日日屈响屋企有嘢做??
周身筋癱癱有氣有力??
點樣可以改善到??

由 香港太極總會持牌經驗導師:
李湛 師傅

透過視像形式 親身教授示範
八段錦動作和口訣

開始接受報名日期:
2月16日 早上九時正

對像: 正接受或已完成癌症治療之病人
名額: 12人 (先報先得)
日期: 2021年3月2日 (星期二)
3月8日 (星期一)
3月16日 (星期二)
3月23日 (星期二)
時間: 下午 2:00 至 3:00
形式: 即時視像直播 (Zoom)
(參加者需於課堂時 開啟自身視像鏡頭)

八段錦線上課程海報

Poster of online Baduanjin exercise class

社區服務 — 疫情下的運動班

COMMUNITY SERVICE –

EXERCISE CLASS UNDER THE PANDEMIC

運動對癌症患者是很重要，既可以伸展筋骨，又可以舒緩治療產生的倦怠感，並且可以改善情緒。八段錦是其中一項性質溫和的運動，較適合癌症患者操練。香港防癌會—賽馬會「攜手同行」癌症家庭支援計劃（大埔中心）團隊曾試着籌備八段錦運動班的實體課，但因着場地和社交距離的限制而難於實行。團隊遂改以線上小組形式進行，從軟件應用、運作模式以至器材的準備，逐步嘗試、學習，最後於今年三月順利完成一連四堂的八段錦運動班。在疫情之下，無論是工作員或是患者，都一起適應，一起成長。

Doing exercise is important for cancer patients as it involves lots of stretching, reduces patient's feeling of tiredness and enhances patient's emotional well-being. Baiduanjin is one of the most appropriate exercises for cancer patients. HKACS – HKJC "Walking Hand-in-Hand" Cancer Patient Family Support Project (WHIH) Tai Po team planned to arrange a Baduanjin exercise class. However, it was difficult to implement due to the limitations of venue and social distance. The team then gradually tried and learned the software application, operation mode and equipment preparation for running the online classes. Subsequently, four consecutive online Baduanjin classes had been conducted in March 2021. Under the pandemic, both caseworkers and patients are adapting the new normal and develop each other.

Adapting the New Normal

Developing Each Other

適應 · 成長

歷史點滴

心中巨人

不少人視父親為心中巨人，尊敬他、崇拜他。

在那打素的歷史長河中，這幾位人物是孩子的父親，也曾經是不少人的心中巨人！



孫中山先生
Dr. SUN Yat-sen



白文信爵士
Sir Patrick MANSON



巴治安醫生
Dr. E. H. PATERSON

國父孫中山先生
(1866 - 1925)

孫中山先生於1887年入讀剛創立的香港西醫書院，並於雅麗氏利濟醫院實習，成為首屆醫科學生。在畢業試中，孫中山先生考獲十科優異成績，並於1892年7月23日在香港大會堂舉行的畢業禮中被推舉代表畢業生致詞。

熱帶醫學之父白文信爵士
(Sir Patrick Manson,
1844 - 1922)

白文信爵士與何啟爵士既是醫學院同窗，也是志同道合的工作伙伴，一起開辦首間為本地華人提供西醫服務的雅麗氏利濟醫院，並致力推動西方醫學，創立香港西醫書院 (Hong Kong College of Medicine，即香港大學醫學院的前身)，以雅麗氏利濟醫院為教學醫院。

1887年10月1日，香港西醫書院開學典禮假香港大會堂舉行。首任教務長白文信爵士對醫學生的期望甚殷：「希望他們改革中國的醫療服務，成為科學的先驅。醫學改革者在中國的任務是非常艱巨的！」1889年，白文信爵士離港返回英國，專注於醫學研究，成為熱帶醫學之父。

倡導「無牆醫院」的巴治安醫生
(Dr. Edward Hamilton Paterson,
1920 - 2013)

曾任雅麗氏何妙齡那打素醫院及基督教聯合醫院院長的巴治安醫生於1960年代，積極倡導「無牆醫院」(Hospital without Walls)的概念，建立觀塘社區健康發展計劃，突破醫院的局限，並發展社區護理為出院病人提供家居持續照顧，成為社區護理的先驅。1985年，巴醫生退休後曾為世界衛生組織擔任顧問，繼續研究有關「醫院在社區」(Hospital in Community) 的課題。

上述三位父親在
各自的專業領域上
發光發亮，
深得後輩們景仰，
成為大家的心中巨人。

HISTORICAL STORIES

OUR GIANTS

Many people regard their fathers as a giant with their respects and adoration. In the history of Nethersole, these figures were the fathers of their children, and they were once the giants in the hearts of many people!

**Father of Modern China:
Dr. SUN Yat-sen
(1866 - 1925)**



**Father of Tropical Medicine:
Sir Patrick MANSON
(1844 - 1922)**



Pioneer of "Hospital without Walls": Dr. Edward Hamilton PATERSON (1920 - 2013)

Dr. SUN Yat-sen enrolled in the newly established Hong Kong College of Medicine in 1887 and interned at Alice Memorial Hospital, becoming the first medical student. In the graduation examination, Dr. SUN Yat-sen got outstanding results and was elected to deliver a speech on behalf of the graduates at the graduation ceremony held in the Hong Kong City Hall on 23 July 1892.

Sir Patrick MANSON and Sir HO Kai were both medical school classmates and like-minded working partners. Together they established the Alice Memorial Hospital as the first hospital in Hong Kong to provide Western medical services to local Chinese. They were committed to promote Western medicine and founded Hong Kong College of Medicine (the predecessor of the Faculty of Medicine of The University of Hong Kong), with Alice Memorial Hospital as the teaching hospital.

The official inauguration of the College took place in the City Hall on 1 October 1887. Dr. MANSON gave a rousing address and placed a great responsibility on the students' shoulders, "We will look to them to reform medical practice in China and the pioneers of science. The task in front of the medical former in China is Herculean." In 1889, Dr. MANSON returned to England to focus on the medical research and become the Father of Tropical Medicine.

Dr. Edward Hamilton PATERSON, former Medical Superintendent of Alice Ho Miu Ling Nethersole Hospital and United Christian Hospital, actively advocated the concept of "Hospital without Walls" in 1960s and established the Kwun Tong Community Health Project to break through the institutional barriers. Dr. PATERSON also developed Community Nursing to provide continuous home care for discharged patients, and become a pioneer in community nursing. In 1985, upon his retirement, Dr. PATERSON served as a consultant for the World Health Organization and continued to study the subject of "Hospital in Community".

**The top three fathers
shone in their respective
fields of expertise, and
they were admired by
the younger
generations and
became the giants in
everyone's hearts.**

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