



院訊

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ST. TERESA'S HOSPITAL

聖德肋撒醫院

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Content 內容

Cover	P.1
Message from the Medical Superintendent	P.2
港、台臨床醫療照護與醫院管理研討會	P.3
PET-MR – One-stop investigation for cancer patients and beyond	P.4-5
「環保節能機構」嘉許獎	P.6
2018年跨部門火警演習	P.7
物理錦囊 – 你有認知障礙症	P.8-9
藥訊新姿 – 懷孕期間之用藥安全	P.10
測光瀏覽匣 – Vertebroplasty – a Minimally Invasive Alternative for Compression Spinal Fractures	P.11
病理快訊 – Alere i Influenza A&B	P.12
杏林智慧 – 這樣揉耳朵，等於按摩了全身！	P.13
靈修物語 – 人類的生命歷程	P.14-15
義工的足跡 – 聖德肋撒堂長者聯歡午宴	P.16
芥子園 – Life Education Programme	P.17
彩絮剪影	P.18-24



聖德肋撒醫院 - 院訊編輯小組
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MESSAGE FROM THE MEDICAL SUPERINTENDENT

The wind of change is blowing across the private sector. Whether we like it or not, a high public expectation and even higher standard used by the medical council on medical malpractice are now a fact of life. We must all accept it as a fact and our practice has to take account of this. As most of the complaints are the results of failure in communications on the risk and cost of procedures and hospital stay, I would like to appeal to all doctors to obtain full informed consent and give a fair estimate of the cost of hospital stay before the patient is admitted to hospital.



Our hospital was fully accredited by the ACHS in November 2017 until 2022. They have made a few recommendations which we find useful and appropriate and we will resolve these issues over the next few months.

Our Da Vinci Robot Surgical System, first introduced since December 2015 had met our target of fifty cases per year. There is a system in place to update our senior surgical colleagues, trained before the era of robotic surgery, to acquaint their hand movements and eventually perform robotic surgery independently. As our hospital has written off the cost of the machine, patients are required to pay for the recurrent costs only. This enables more patients to benefit from the new technology.

Our PET MR commenced service in November, 2017. It is the first of its kind in Kowloon and offers revolutionary imaging technology to patients with suspected cancer and neurological disorder. Compared with PET CT, PET MR reduces the amount of radiation use and is most beneficial to children, women of child-bearing and patients requiring multiple follow up PET study. The PET MR allows simultaneous acquisition of PET and MR images, which harnesses the molecular sensitivity of PET and the superb anatomical correlation of MR and combines morphology, function and metabolic activity in one integrated investigation. When our new cyclotron is fully operational, we will further enhance our service to patients with suspected dementia and other neurological disease.

The Pacific Coffee company commenced business on the ground floor of our East Wing in May 2018 thus fulfilling an unmet need, providing refreshments for our patients and their relatives as well as our staff when deemed necessary.

Dr. WONG Chi Ming
Medical Superintendent, STH

港、台臨床醫療照護與醫院管理研討會



二零一八年四月二十日，由香港聖德肋撒醫院及台灣桃園聖保祿醫院共同舉辦的「港、台臨床醫療照護與醫院管理研討會」在聖德肋撒醫院舉辦。當天除了聖德肋撒醫院醫護人員外，香港聖保祿醫院及台灣桃園聖保祿醫院多位部門管理人員及員工都蒞臨出席。

在研討會開始前，聖德肋撒醫院醫務總監黃智明醫生致歡迎詞。台灣聖保祿醫院行政副院長陳志忠醫生亦致候詞。隨後三小時的研討會，內容從醫療管理、質量改善到護理心得都有交流分享。

研討內容豐富，包括血管急診治療的經驗、心臟掃描及介入治療、乳癌病人的全人醫療、院內心跳停止事件之檢討與改善、機械臂微創手術發展、醫院感染管制政策、專業放射治療服務、精神科康復病人的創新照護、院內心肺復甦處理及成效、以至台灣醫療制度和醫院管治等題目都一一討論。最後發現除擁有先進科技外，醫療團隊之間的合作，醫生、護士及其他專職人員互相發揮作用，在提供優質服務都非常重要。



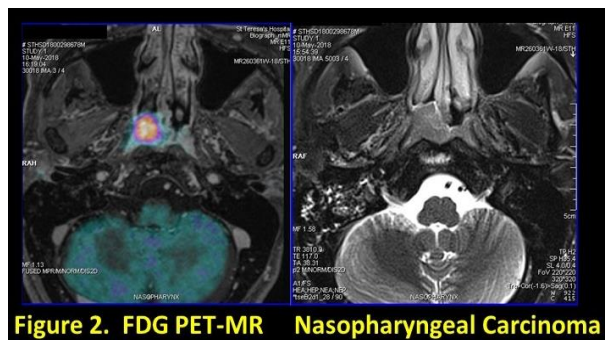
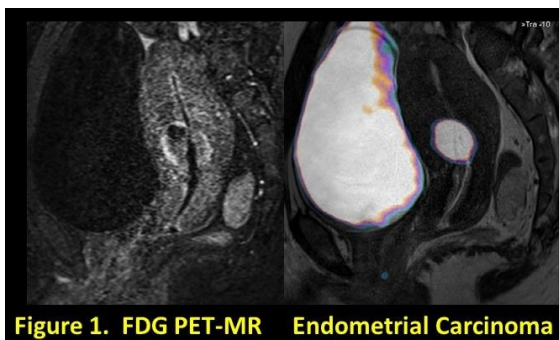
PET-MR - ONE-STOP INVESTIGATION FOR CANCER PATIENTS AND BEYOND

PET study is recognized as an essential tool for diagnosis and treatment monitoring of cancer patients. With continued advancement of oncologic service, there is an ever-increasing demand for PET services in St. Teresa's Hospital. In order to provide the timeliest service to our patients, our PET-NM division has recently undergone a major expansion with installation of our second PET-CT and first PET-MR scanners at the B1 floor of St. Teresa's Hospital Main Building. The number of uptake rooms for our PET patients has also been significantly increased from 4 to 11.

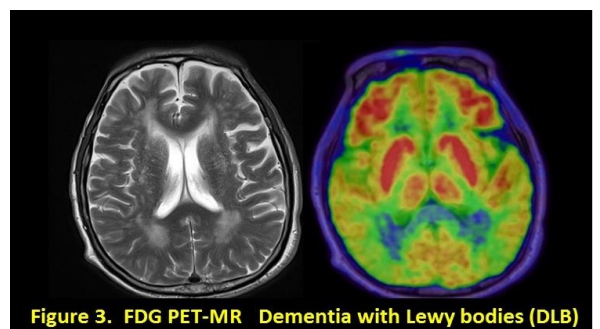
Our scanning department has commenced the PET-MR service in St. Teresa's Hospital on 1st November 2017 with the state-of-the-art Siemens Biograph mMR system which seamlessly integrates an advanced PET scanner with a 3 Tesla MR scanner. It is the first medical imaging centre on the Kowloon side of Hong Kong to offer this imaging technology to a wide range of oncologic and neurologic patients at an affordable price in line with the mission of St Teresa's Hospital.

WHY PET-MR

This innovative hybrid imaging modality combines the molecular sensitivity of PET with the superb anatomical correlation of MR for assessment of morphology, function, and metabolic activity in one simultaneous investigation. In particular, PET-MR excels in evaluation of oncologic patients with neoplasms which are difficult to be visualized with CT (e.g. brain tumours, head and neck cancer, prostate and gynaecological cancer, multiple myeloma, breast and lymphoma). These patients would normally have to undergo both a PET-CT and a MR examination (Figure 1 and 2).



In addition to cancer imaging, PET-MR also makes possible clinical application of PET in assessment of neurodegenerative diseases including the Alzheimer's disease (Figure 3) or Parkinson's disease which are becoming more prevalent in our community. Another major advantage of PET-MR is reduction of at least 50% of total radiation exposure to patients by obviating the need for CT, being most beneficial to children, women of child-bearing age and any patients requiring multiple follow-up PET studies.



PET-MR - ONE-STOP INVESTIGATION FOR CANCER PATIENTS AND BEYOND

BENEFITING FROM OUR LEGACY

The practice of clinical PET-MR not only requires sub-specialized expertise in both PET and MR imaging but also trained technologists competent in respective modalities. This challenging task is accomplished through seamless collaboration between our experienced Nuclear Medicine (NM) team which has provided PET services since 2000 and our expert Magnetic Resonance (MR) team which has been pioneering clinical MRI in Hong Kong since 1989.

SYNERGY THROUGH STRONG COLLABORATION

Our scanning department is uniquely poised to harness the synergistic advantages of simultaneous hybrid PET/MRI scan through seamless collaboration between our nuclear physicians and radiologists which has been established since adoption of PET-CT in our department over the last decades. We have also managed after over two years of thorough site preparation to co-locate this new PET/MRI with our new flagship second PET/CT scanner (Siemens Biograph mCT 128-slice) to ensure the most appropriate hybrid PET for every patient.

PERSONALIZED MEDICINE

In order to bring personalized medicine to our patients, we tailor PET acquisition and MR imaging sequences to the clinical question of individual patient through careful combination of whole-body and regional PET/MR imaging. Our goal is to maximize diagnostic accuracy with the most appropriate multi-parametric PET/MRI evaluation while enhancing patient acceptance with optimized image acquisition time and affordable price by simultaneous hybrid scan.

NEW HORIZONS: MOLECULAR IMAGING

While the F-18 fluorodeoxyglucose (FDG) is currently mainstay of PET radiotracer, the advent of novel metabolically selective PET radiotracers targeting specific tumor cells has provided increasing insights into molecular signatures of various disease processes. To this end, our hospital has the vision to pursue this innovation of molecular PET imaging by installation of a new in-hospital cyclotron

which is expected to be operational with this year. This advanced medical cyclotron is capable of producing a variety of non-FDG radiotracers which include the short half-lived C-11 isotopes for enhancing tumour imaging in hepatocellular carcinoma and amyloid imaging in dementia patients. F-18 PSMA is now available for accurate detection of prostate cancer (Figure 4). This cutting-edge hybrid PET-MR imaging modality helps to achieve precision medicine for our patients from both public and private sectors. This continued development of molecular imaging in our hospital reflects the Hospital's long-term commitment to quality health services in Hong Kong.

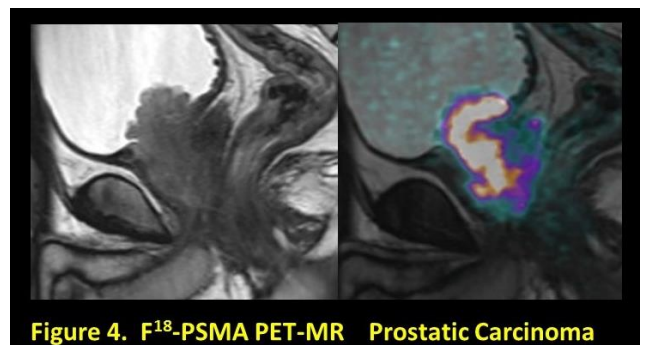


Figure 4. F¹⁸-PSMA PET-MR Prostatic Carcinoma

Dr. Cheng Pui Wai

「環保節能機構」嘉許獎



聖德肋撒醫院工程部在2017年參加由中華電力公司舉辦第六屆「環保節能機構」嘉許計劃，在公營機構及公用事業組別中獲得銅獎，頒獎典禮於2017年11月6日舉行。今年共有超過7,000機構申請，經過初選、實地考察及面試審核後，最終有46間機構以出色的節能表現突圍而出，獲得嘉許獎項。



2018年跨部門火警演習

常言道「防患於未然，我們於每日繁忙的工作當中，除了確保病人接受的醫療服務是安全及可靠外，我們亦會確保一旦醫院發生火警意外時，同事們懂得採取合適的反應措施，將對病人之影響減至最低。

故此，我們除定期安排各部門舉行較小型的火警演習外，更會聯同馬頭涌消防局舉行大型跨部門火警演習。今年度的大型跨部門火警演習已經於6月25日下午順利完成，當日我們模擬主座大樓6A病房發生火警，病房同事除演習疏散病人之程序外，消防人員更進行搜救失蹤病人之工作。



相信各參與同事完成今次演習後，定必更清楚掌握如何於發生火警時及時採取反應。

質素、安全及行政事務副經理梁延瑋

物理錦囊

你有認知障礙症(Dementia)或叫老人痴呆症嗎？

隨著香港人口老化，大家對老人健康問題的關注便愈來愈大，其中特別多人提出的，便是認知障礙症。其實人老了不一定罹患此症，年齡至一百歲的患病率，可能祇是百分之五十，相反較年青的如四、五十歲的人，亦可以患有這認知障礙症。認知障礙症是因大腦神經細胞病變而引致大腦功能衰退的疾病。患者的記憶、理解、語言、學習、計算和判斷力都會受影響，部份或會有情緒、行為及感覺等變化。認知障礙症可分為三大類：

1. 阿茲海默症(Alzheimer's Disease):

成因不明，可能與遺傳有關，現時並未有確治之法，而患者的衰退是漸進式的。

2. 血管性認知障礙症(Vascular Dementia):

通常是因連串的腦中風或血管疾病所帶來積聚的腦部損而成，患者的衰退特色多是梯級式的。

3. 其他導致痴呆的成因包括：

如情緒抑鬱，營養不足，甲狀腺分泌失調、缺乏維生素B12、腦外傷、併發症，如帕金森和愛滋病等。



認知障礙症的患者，會因應不同而有所差異：

早期表現：

通常是近期的記憶力減退，患者不記得剛剛發生的事情，如剛剛食了飯就不記得，還要再食飯；有時甚至情感冷漠，容易發怒、常多疑，思考力減退。

中期表現：

患者的認知力繼續受損，對很久以前的事、非常熟悉的事情或新近的事情均不能回憶起來；而且情感由冷漠變得急躁不安，常常走動不停，日夜顛倒；當進行室外活動、穿衣或個人衛生以及保持個人儀表方面均需幫助。

晚期表現：

患者常常產生被迫害的妄想，如妄想被落毒以至拒絕進食或飲水，甚或妄想被人追殺；至於妄想被偷竊也很常見，如忘記了私人物件放於何處，便妄想是別人偷去，且通常針對同一個人；男性患者也很多時妄想配偶是假冒或不忠的，無法認出家人，大小便失禁，說話的理解力遲鈍，完全喪失自我照顧的能力。

認知障礙症的10個警號：

1. 記憶力衰退，影響工作能力及其他日常活動
2. 從事熟悉的工作有困難
3. 語言問題，如尋找合適字詞表達有困難
4. 喪失時間感與方向感
5. 判斷力減退
6. 合理安排事物的能力下跌
7. 錯放熟悉的物品
8. 情緒或行為變得變幻無常
9. 性格出現轉變
10. 喪失原動力

不知是正常老化還是患病？

特徵	正常老化	認知障礙症患者
記憶力衰退	間中忘記帶鎖匙	經常忘記或遺失鎖匙及其他物件
喪失時間感與方向感	偶然忘記日期或約會	在家附近迷路, 不懂分辨季節
判斷能力減退	間中遇到天氣突變時不懂穿合適的衣服	不懂穿合適的衣服, 如冬天穿夏天衣服
語言方面出現問題	間中找不到適當的詞語去表達	不能清楚表達意思, 忘記簡單和基本的詞語
性格轉變	性格穩定	性格突轉, 變得迷惑, 多疑和害怕
把東西放在不適當的地方	很少發生	把物件放在不適當的地方, 如將鎖匙放在雪櫃

處理方法：

如發現有認知障礙症的病徵，便應盡早求醫；藥物治療可改善早期患者的記憶力和減輕病徵，一些行為問題可通過藥物治療去改善；患者可接受心理及行為治療；患者的家人可以參加認知障礙家屬支援組，並透過彼此分享經驗，減低因照顧患者而帶來的焦慮與壓力。至於阿茲海默症並沒有有效的預防方法，而血管性認知障礙症可透過健康生活方式，如保持均衡飲食，適量運動，避免吸煙和酗酒，控制高血壓、糖尿病和心臟病等，將病發率降低。

賽馬會耆智園的一項腦退化症患者實驗研究指出，160名來自院舍中的長者，連續24週參與每週四節30分鐘的太極練習，與進行其他輕量運動的參加者比較，參與太極組的長者在一年之後，日常活動的表現數據上明顯較佳。運動練習能夠有效地訓練平衡力和雙重專注的表現，並且能幫助改善各種辦事能力。而消耗量較低的運動，例如一般的步行運動，亦能促進體能表現、減低長者跌倒的風險。其他報告亦指出，行常在家中進行平衡和行動能力訓練，能有效減低腦退化症患者的平均跌倒次數，和降低跌倒風險。結論建議家人同長者多行運動，並由物理治療師定期跟進進度。



藥訊新姿

懷孕期間之用藥安全

過往人們錯誤地以為胎兒有胎盤這天然屏障，可以阻隔所有藥物的不良影響，可悲的是五十年代期間，全球有過萬名嬰兒出生時肢體畸形，「海豹肢症(Phocomelia)」不尋常地高比率發生，證實是當時常用於懷孕初期的止嘔、鎮靜藥（反應停/沙利多邁，Thalidomide）所引致。後來八十年代的研究進一步顯示，有少數藥物（例如治療暗瘡的異維甲酸，Isotretinoin），在妊娠前的一個月內服用也會影響未來胎兒的中樞神經系統、面部結構等多方面受損害。

然而，有一誤解是認為孕婦要強忍不適，有疾病時也不可以服用任何藥物，其實這是沒有科學根據的。例如止痛藥（撲熱息痛，Paracetamol）、化痰藥（Fluimucil/Acetylcysteine）、止嘔藥（Gravol/dimenhydrinate）等是可以安全地用於孕婦的；另外孕婦常出現的尿道感染，若不接受適當的抗生素治療而貽誤病情，流產的風險會增加；其他的疾病例如哮喘、癲癇症，若病情控制不當而發作起來時，胎兒會陷入缺氧危險。這樣的話，完全拒絕藥物治療對胎兒及孕婦的傷害可會更大。

藥物對胎兒有不良影響與否，要視乎藥物有否穿過胎盤，及胎兒的發育階段。例如胰島素（Insulin）是不會穿過胎盤的，可安全地用於治療妊娠糖尿。懷孕期間，特別是第一孕期內胎兒發育迅速，器官細胞合成分化過程中若受藥物干擾會受損，器官發育成形後，有些藥物可考慮使用，（例如治療甲狀腺亢進的卡比馬唑，Carbimazole）。另一例子是治療尿道感染的抗生素（nitrofurantoin），除第一孕期及即將分娩前外，是可以安全地使用。

美國食品藥物管理局（FDA）所制定的懷孕用藥安全分級制（A、B、C、D、X）沿用數十年後由於制度過於簡化，其中B、C、D 級別較為模糊，不足以幫助實際臨床決定，因此FDA在2015年起改用文字敘述來代替這粗略的分級制度，文字內容包括風險摘要、臨床考慮等，供醫護人員使用判斷。

總括而言，如非必要盡可能不服藥是最好的。但當感到不適，不要只是強忍或自行用藥，應該求醫找出最有利的治療方法；急性、慢性疾病方面更應如此，不應擅自停用或增減藥物，由醫生按具體情況衡量利弊後，選取療效最好、風險最低的藥物治療方案。有疑問時要尋求醫生、藥劑師的專業意見幫助，才是對孕婦及胎兒最好的方法。



Reference

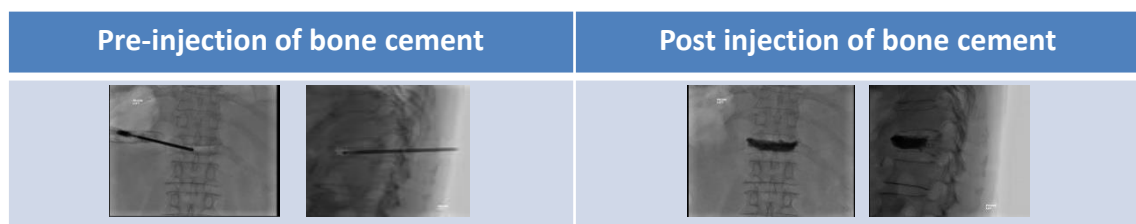
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Vertebroplasty – a Minimally Invasive Alternative for Compression Spinal Fractures

Vertebroplasty is an internal fixation procedure that is effective for stabilizing compression spinal fractures and reducing the pain caused by this condition. Patients suffering from osteopenia or osteoporosis can often benefit from this procedure when open reduction internal fixation might not be an option for them. In our hospital, it is frequently performed in the Digital Subtraction Angiography (DSA) room in the X-ray department. One of the advantages that makes vertebroplasty more favorable than others is the immediate spinal stabilization. It improves the mobility of the patients thus enabling them to resume their normal activities.

Before the procedure, medical imaging examinations, i.e. X-ray, CT and MRI scans, are required. These images are used to assess the pre-operation spinal condition of the patient in order to rule out contra-indications such as infections, unstable fractures or previous damages to the spine.

Vital signs and medical history of the patient are checked prior to the procedure. The process of the procedure is explained. Consent must be obtained. Possible risks and complications, for example, sepsis, allergy to anaesthetic agent and bone cement migration into the spinal canal or veins, are explained to the patient.



Vertebroplasty is performed under local anaesthesia (LA) or monitored anaesthetic care (MAC) and sterile techniques. During the procedure, patient will be laid prone. Bone cement such as polymethylmethacrylate (PMMA) is injected into the fractured vertebrae through trans-pedicular, para-pedicular or mono-bipedicular access under fluoroscopic guidance. With the advantage of the bi-plane real-time fluoroscopic unit, the spine can be viewed simultaneously in anterior-posterior (AP) and lateral (LAT) views. This allows precise and efficient location of guiding pins to the bony levels where cement injection is required. In the past, contrast medium might be used to check for leakage, hence, to eliminate the chance of bone cement migration into the spinal canal or veins. Nowadays, with the improved imaging techniques and equipment, contrast medium becomes unnecessary.

Once the injection sites are confirmed, side needles with cannulated trocar are slid over the guiding pins and cement is injected through the inner sleeve of the needles. The cement is set and properly hardened in approximately 20-30 minutes. After the procedure, the patient should lie supine for an hour mainly for wound compression and cement hardening. The surgeon will monitor the patient's condition to determine when he/she can resume daily activities.

病理快訊

Alere i Influenza A&B

The flu, or influenza, is caused by a highly infectious virus. It spreads through the air, multiplies in the cells lining the airways, and causes seasonal epidemics of respiratory infections which are sometimes life threatening. Flu circles the globe every year. As it spreads, the virus is slowly changed by mistake made copies of its genetic material. These changes make it very difficult for our immune systems to recognise the infection for a second time, explaining why a previous bout of the flu does not prevent subsequent infections.

This year, hundreds of thousands of Hong Kong school children had an early start to their Lunar New Year holiday, as the Education Authority ordered the closure of all kindergartens and primary schools to fight the outbreak of the flu. Experts said the most prevalent strain this year is H3N2, also known as “Australian flu” after it emerged during that country’s most recent flu season. We are particularly sensitive about communicable disease, due to our experience during 2003 severe acute respiratory syndrome (SARS) outbreak.

A current need in diagnostic microbiology laboratories for a rapid molecular-based assay with high sensitivity and quick TAT (turnaround time) for detection of influenza virus. Isothermal nucleic acid amplification technology (iNAT) allows nucleic acid to amplify in a very narrow temperature range, eliminating the need for expensive thermal cycles and allowing the results to be obtained very quickly.

The Alere i Influenza A&B nucleic acid amplification test is a simple-to-use, automated test for influenza A and B viruses, it has the potential to generate results around 15 minutes from sample collection. This assay can deliver molecular flu results more accurately and significantly faster than the conventional rapid tests. Specimen preparation, lysis, and nucleic acid amplification are all accomplished with minimal hands-on time. Rapid diagnostic tests with increased sensitivity are essential for the reliable detection of influenza A and B, and enable immediate effective treatment decisions.

Furthermore, there are other assays that can be performed by the Alere i instrument, such as the detection of Group A Streptococcus bacteria in throat swab specimens.



這樣揉耳朵，等於按摩了全身！

我們的耳朵，是人體的縮影，有90多個穴位，全身器官組織在這裡都有特定反射區，有助五臟六腑及全身的氣血循環，氣血通暢了，病痛就少了，因此耳朵在治療及養生方面都有很多的應用。那麼該如何給耳朵按摩呢？

1) 掏耳窩，掏空五臟毒素

耳窩是耳朵的中心區，五臟六腑對應的耳穴都在耳窩裡，對耳窩裡的各點進行刺激能調和五臟。耳窩不容易搓揉，所以要用手指掏。把食指或中指的指甲剪掉，放進耳窩裡來回掏，爭取讓手指觸及耳窩的每一處，每天掏100次，但不宜用力過度。



2) 揉外緣，四肢強壯更長壽

耳廓外緣的耳穴主要對應於人的四肢。一般肢體健壯而敏捷的人，耳廓外緣比較寬大；肢體瘦小的人，耳廓外緣就相對窄小。長期揉耳廓外緣，可以使四肢強健。用拇指的全部和食指的大部分夾住耳朵外緣，來回搓揉，每天100次。

3) 摩耳背，降血壓，通血管

耳背上有一條溝叫降壓溝，它對應人體的脊背。摩耳背的作用相當於捏脊，可以調暢全身的氣血。食指和中指塞進耳窩，從反面托住降壓溝，拇指指腹沿著降壓溝從上往下摩擦，每天摩擦100次。

4) 揉耳垂，健腦防癡呆

耳垂一帶，是耳朵的頭面區，這一區域的耳穴與人的頭腦、面頰關係密切，經常按揉耳垂，可以美容養顏、醒神健腦。將食指和中指併攏塞入耳腔，拇指放在耳垂後面，3個指頭儘量將頭面區全部捏住揉動。食指和中指不動，拇指做搓揉動作，順時針揉50次，逆時針揉50次。再把耳垂往下拉一拉。

5) 搓全耳，效果翻倍，身強百倍

在對耳朵的各個區域進行了一遍按摩之後，還要搓一次全耳。這樣可以使在先前按摩中獲益的部位氣機更加順暢，通達全身。用手掌搓耳朵，前後搓50次，再上下搓50次。這套動作做完後，如果覺得耳朵發燙，渾身充滿暖意，手上也微微出汗，說明效果達到了，全身的氣血、經絡和臟腑都得到了一次鍛煉和清洗。

靈修物語

人類的生命歷程

聖德肋撒醫院2018年四旬期退省，由吳書成神父主講。今次的主題是：跨過考驗，穿越死亡，走入復活，獲享永生。吳神父邀請我們觀看電影「天堂小屋」。故事訊息帶出天主對人的愛、對人的不離不棄、人不應妄下判斷及彼此寬恕的真諦。

我們日常生活中，經常遇到不如意的事情，我們也許會想這些都是天主對我們的考驗吧！

那麼什麼是考驗？

人類的生命歷程，喜樂固然存在，但不可否認，困苦、悲傷、憂愁卻也常有；順遂有時出現，但壓抑、疲乏、失意也從沒離開。如果痛苦與困苦是來自個人的不善及罪惡，我們會心甘情願接受，但若困苦來自無因，並非自我過失而至，特別是義人受苦，那麼我們便會難以接受。確實我們可以視為考驗，但我們心中會不禁問，為何如此？我沒有做錯事，為何受此痛苦？不是善有善報，惡有惡報嗎？

在遇上考驗時，最初會表示完全信靠，但考驗持續，人才進入信德考驗的戰鬥中。當面對痛苦困難時，人自然會抱怨，會把怨氣傾倒在我們周圍的人和物上，造成生活、家庭和團體的不和諧，但如果能在上主面前哀訴，祂會把苦怨淨化，讓人接受自我的真相。

面對考驗時可以有以下三個行動：

- ①每當紛亂的思想出現時，勇敢地切斷它，無論要進行多少次。我們當然要對事情進行反思，尋求理解，不過理解的目的是要接近天主，而非企圖操控一切。
- ②作應作的事，專心作好你面前的工作。
- ③以簡單的心靈祈禱，例如「耶穌禱文」，把自我的思想與情緒完全集中在天主、耶穌身上。重複誦唸：「耶穌基督，天主之子，憐憫我罪人。」



靈修物語

在電影中主角與天主的一些對話，或許也是你我心中的疑問，且看天主如何回應。

麥克：「當我最需要祢時，祢在那裡？」

天主：「當你眼中只有痛楚，便看不見我。」

麥克：「『耶穌在十字架上時說：我的天主，我的天主，祢為什麼捨棄了我。』

祢連自己的兒子也捨棄。」

天主：「我當時是和祂一起的，要知道是我兒子所選擇的，我們都付出巨大代價。

愛總會留痕。人受創造是為被愛，沒有愛的生活，像折翼的小鳥，傷痛

會扭曲我們。你們要認識父並感受被愛。」

麥克：「我的女兒遭變態狂魔殺害，為什麼祢不阻止？」

天主：「在無法言喻的悲劇中，我可以做出不可思議的美事，不等於我策劃悲劇。」

在這世界上，不存在一個無痛苦、無遺憾的人生。人只有勇敢地面對它，才不會被它吞噬。天主要麥克寬恕殺死女兒的人，麥克感到難以做到，天主指出小女孩遭變態狂魔殺害是絕對錯誤的行為，的確令人難以接受，但天主要麥克寬恕的是一個人，這個犯了罪的人，同樣是天父所愛的，他同樣需要天主的救贖。麥克要從內心重覆多次的說：「我寬恕你。我寬恕你。」這樣才能讓自己漸漸釋懷。天主帶領麥克走過寬恕的歷程，寬恕並非一刻的事件，它是一個治療人心的旅程。

生活反思：

在你的生命中，有否經歷考驗？

在你受考驗時，在無辜者受苦時，你認為耶穌在那裡？

在經歷考驗時，你會作甚麼？

你曾遇上無辜者受苦的情況嗎？你有何反應與感想？



只有學習並懂得把痛苦、忿恨及悲傷交托和放手，生命才能再次綻放。因為在進行這一切時，天主時刻與我們同在。只有穿過苦難與死亡，復活才能出現，生命才能進入永恆的圓滿。當人願意和天主的恩寵合作，願意讓自己從天主的角度看一切，願意實踐天主的話語時，與主同在的天堂才會出現。

牧靈部陳婉如修女

義工的足跡

聖德肋撒堂長者聯歡午宴

本院南座三樓護養服務部一向注重院友的身、心、社、靈發展，康樂活動固然不可缺少！一年一度的“聖德肋撒堂長者聯歡午宴”於2018年1月20日，假座九龍窩打老道富臨皇宮酒樓順利舉行，本院南座三樓長者院友，被邀請出席，由李靜紅護士長及本院義工，帶領及陪同一同參加，與聖德肋撒堂的長者及教友聚首一堂，互相交談 老友聚會，共嚐美食佳餚，席間又一起頌唱詩歌，拍照留念，並進行抽獎活動，氣氛樂也融融。梁達財神父及孟一仁神父更即席表演唱歌，派發利是及禮物給各人，大家都大快朵頤，滿載而歸。



是次活動，參加的院友都一致讚好，認為能加強交談溝通及活動能力，以下是長者出席後的迴響：

傅修女：參與是次長者午宴十分開心，感謝天主，賜予各長者有健康的體魄，能夠聚首一堂，共享歡樂。多謝工作人員細心照顧，祈天主降福大家。

何女士：感到很開心，多謝教會安排活動，關愛長者。

葉修女：今次午宴得到李靜紅護士長及兩位護士細心照料，如為長者剝蝦殼、去雞皮，甚感窩心，非常感動。亦感覺堂區的工作人員，舉辦是次長者午宴，對長者充滿愛心。另外，感謝負責接送的司機美鳳及本院義工，她們都和藹可親及細心。

南三王凱倩姑娘

Life Education Programme

On 23rd March 2018, the St. Teresa's Hospital School of Nursing conducted a Life Education Programme named “Nurturing Physical, Psychological and Spiritual Sphere”. Our teaching staff, administrative staff and students participated the Programme at St. Paul’s House of Prayer in Sheung Shui.

In this programme, the teaching staff gave direction to the students to identify the elements that could benefit them. They learnt how to focus on simple things. Sr. Catherine Woo led a team with a healing journey. They visited the ‘Labyrinth’, ‘Eight Beatitudes’, ‘Jacobs Well’, ‘Fish Pond’ and ‘Grotto of Our Lady’. Students were encouraged to walk around, to write down the things that could impress them and to draw pictures that could inspire them. Then, they shared their feeling in small groups and presented in the whole assembly together.



Our students reflected that they had changed their interpretations about lives. Before the programme, they perceived that they were living in the isolated lives. Things around them were unrelated to them. After the programme, they understood that things around them could give opportunities for learning. They thought about how to link and construct meanings from their lives.

We all enjoyed the day deepening the relationship with nature, with God and others.



Dr. Emmy Wong Man Yee
School Principal
School of Nursing

夏季旅行

2017年5月至7月

本院之夏季旅行，目的地是
清遠萬科。同事們十分享受在白天鵝
溫泉度假酒店渡過的兩日一夜，相信
你都可以感受到他們的快樂，
Yeah！



2018年4月至六月的夏季
旅行，旅遊地點為廣東河
源，遊覽萬綠湖鏡花緣，
並入住逸林希爾頓酒店。
兩天的優閒美食團，同事
們充電後，能充滿活力地
為病人提供更優質服務。

聖誕聯歡 2017



We wish you are Merry Christmas,
We wish you are Merry Christmas,
We wish you are Merry Christmas,
and a Happy New Year!





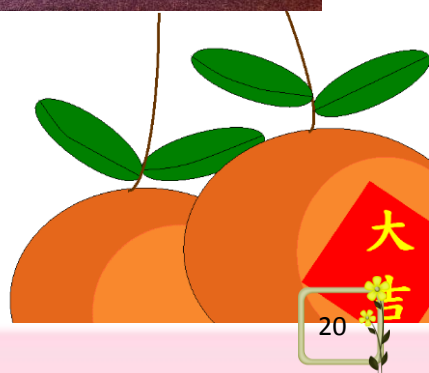
服務 25週年

25年轉眼間就過去，真係「光陰似箭，日月如梭」。今日我在台上領受這一份獎勵的時候，我想用兩個詞語來表達我這一刻的心境：

1. 成長 — 在這25年裏，我感覺到自己不繼地在學習中成長，就好像一粒種子，必須植根於肥沃的土地上，才能茁壯成長。回想我剛剛畢業之後，就來到聖德肋撒醫院開展我的工作生涯，在醫院的悉心栽培和支持下，在得到上司的信任與指導和同事們的幫助下，我得以持續成長，一展所長。
2. 感恩 — 在這25年來，我實在要感謝醫院管理層一直對我的支持和鼓勵，使我能在多方面發展我的所長。我亦都衷心地感謝修會和修女們多年來對我的信任和關顧，無論在工作或信仰生活上都使我獲益良多。還有不可或缺的，就是與我一起攜手走過飛逝歲月的上司和同事們，感謝你們的付出和支持。

最後我謹代表今日與我一同領獎的同事們祝福大家在新的一年里工作順利，身心康泰。繼續我們優良的傳統為病人提供優質的醫療服務，使醫院的發展更上一層樓。願主祝福大家。多謝各位！

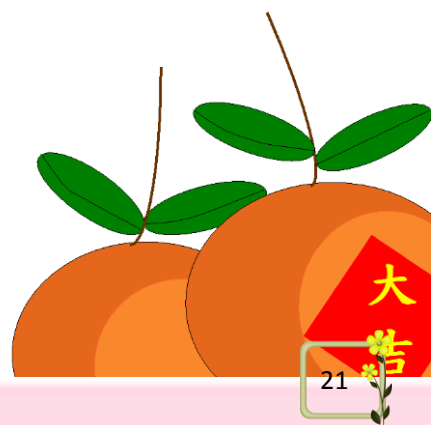
藥劑部梁宇光先生





新春聯歡晚宴2018

本院於二零一八年二月二十七日及二十八日，假九龍灣國際展覽中心煌府酒樓，筵開114席，答謝各部門員工在過去一年為醫院所負出的努力。



義工活動



小義工在製作賀年禮物給公公、婆婆。



明愛賣物會

(5-11-2017)

一個很齊心和很
有意義的一天。



長者健康日

(10-12-2017)

另一個很齊心和很有意義的一天。



信仰生活

領洗



年半的慕道期裏所學到的道理，改變了我們的人生觀，使我們對人對事都比從前有更正面的看法。感謝徐修女一直以來的付出和教導，帶領我們認識天主，讓我們感受到天主的愛。有了信仰，內心也感到平安！今年的復活節我們要領洗了，是信仰道路上的另一個新開始，願我們能懷著信德，勇敢地在信仰的路途上繼續前行，永遠活在天主的愛內！

5B 梁的兒 鄭惠君

聖德肋撒醫院2018年四旬期期間，在上水樂靜院為員工安排了兩次一天的退省，讓員工暫時離開日常煩忙的生活，在安靜及舒適的環境中祈禱默想，洗滌心靈。



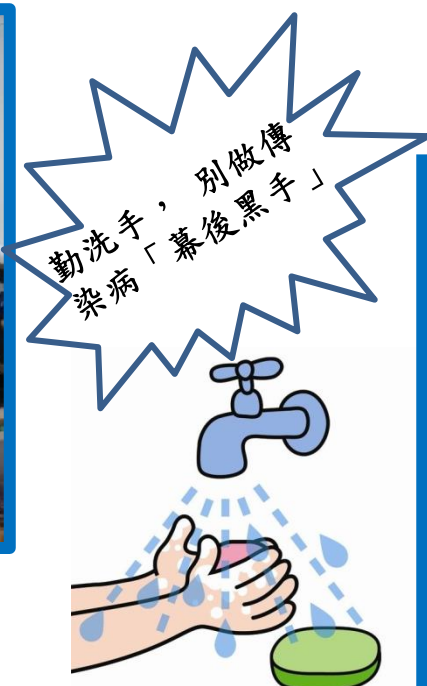
Our Father, who art in heaven,
hallowed be thy name.



Keeping
a Holy Lent

Hand Hygiene Day 2018

手部衛生推廣日



聖德肋撒醫院 2018 手部衛生推廣日



護士團支持

日期：2018年5月16日(星期三) 及
2018年5月18日(星期五)

時間：11:30 - 14:00

地點：正座九樓大堂

內容：手部衛生測試

問答遊戲

禮物派送

