

NEWSLETTER

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聖德肋撒醫院
St. Teresa's Hospital

85 Anniversary
Since 1940

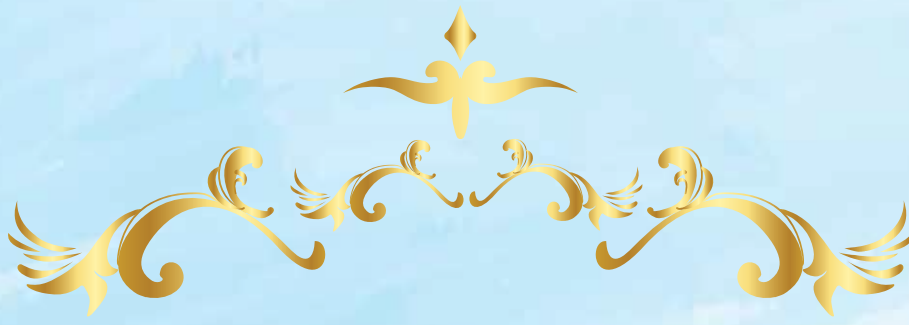


同行八十五載

共建希望旅程



更新恢復重建，延續醫療使命



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Message from Superior General



Happy 85th Anniversary to St Teresa's Hospital.

Way back in 1940 under the care of the Sisters of St Paul de Chartres we started the founding of the hospital. It was with the grace of God Sr Marie Auguste Roue, followed by Sr Bernard de Marie de Broqueville, Sr Marie Noel Aranda, Sr Marie Jacqueline Ho, Sr Catherine Woo, Sr Timothee Chow and Sr Catherine Loh took up the role of administrator/Managing Director. Their selfless contribution with the great zeal of love towards the hospital is a living witness of God's love.



Our current administrator is Sr Timothee Chow who is well supported by the dedicated staff and our devoted medical superintendent Dr Wong Chi Ming. A heartfelt gratitude must be given to Dr A.P. Guterres, Dr Christina Chow and Dr C.M. Wong as medical superintendent over the past 85 years.

But the true heartbeat of St Teresa's Hospital lies not only in her founders and leaders, but in the countless men and women — the staff in the past and present — who have given their hands, their minds, and their hearts in service to the sick. Together, generation after generation of staff have made this hospital not just a place of treatment, but a home of HOPE for the community.

What lies ahead of us are the challenges we have to face in the current situation. We will try our best to fulfil the mission of operating the hospital, i.e. to provide a competent and quality health care service to members of the public through Christian spirit of faith, hope and love. May we strive and innovate, setting new standards for health care excellence.

"Whatsoever you do to the least of my brothers and sisters, you do unto me."

(Matthew 25:40)

May God bless you all.

Sr Joanna Marie Cheung

Superior General



Message from the Medical Superintendent



Dr. WONG Chi Ming

Celebrating the 85th Anniversary of St. Teresa's Hospital

We are thrilled to celebrate the 85th anniversary of St. Teresa's Hospital! Founded by the Sisters of St. Paul's de Chartres in 1940 at the request of the local population, St. Teresa's Hospital has been a beacon of hope and care in Kowloon. During the Second World War, the hospital was commandeered by the Japanese. Despite these challenges, the Sisters resumed ownership soon after the war and continued their mission of providing exceptional medical care.



In response to the relentless demand for private healthcare after the war, St. Teresa's Hospital embarked on a journey of rapid expansion. The South Wing was built in 1960, followed by the North Wing in 1970. Although the foundation was laid for a ten-storey building, only seven floors were completed due to the Cultural Revolution. The building was eventually completed in 1985. Soon after, the original East Wing was demolished and replaced by a new ten-storey building. In 1996, the adjacent piece of land was acquired, and a new 500-bed wing was completed in 2002.

Our mission and values have always been to provide the best medical care to the local population according to their needs. Despite receiving no government subsidy, we have strived to keep up with the latest developments in medical technology. We owe a debt of gratitude to Dr. Christina Chow, my predecessor, Mother Pauline Wong, and Mother Jacqueline Ho for their vision in establishing a thousand-bed hospital during such challenging times. Under their leadership, St. Teresa's Hospital doubled its size and introduced new technologies such as CT and MR, which were not readily available in government hospitals at that time. Their vision enabled our hospital to lead in imaging and cardiac intervention, taking years for other hospitals to catch up.

As the Hospital Authority expands its services, private hospitals in Hong Kong play a supporting role, offering patients alternatives for quicker treatment in a more comfortable environment. As our hospital reaches its 85th anniversary, we need to review how we can best supplement the Hospital Authority. We have upgraded our Scanning Center to provide early diagnosis of dementia and introduced the latest photon counting CT to facilitate planning of coronary interventions. We offer affordable knee replacement and cataract surgeries, helping to shorten the long waiting list of Hospital Authority.

The Hong Kong SAR is undergoing a fundamental structural change, integrating itself into the Greater Bay Area. Inevitably, the healthcare system in Hong Kong will undergo an unprecedented shift, and St. Teresa's Hospital is adapting to this challenge.

Our achievements would not have been possible without the unwavering dedication of our staff, the trust of our patients, and the steadfast support of our community and partners. As we celebrate this milestone, I extend my heartfelt gratitude to every member of the St. Teresa's Hospital family—past and present. Let us continue to work hand in hand, embracing innovation and compassion, to shape the future of healthcare in Hong Kong and beyond.

A Humble Beginning

In 1940, on a quiet stretch of the road, St. Teresa's Hospital arose from nothing but **HOPE** and the selfless devotion of the sisters from The Sisters of St. Paul de Chartres. With gentle hands and unwavering hearts, they turned compassion into care for all—welcoming the suffering and the poor, and offering solace where none was promised. Guided by faith and a tireless spirit, these humble sisters planted the seeds of hope and healing that would blossom for generations.

This is where our story begins...

1940年，在那段寧靜的道路上，聖德肋撒醫院因著**希望**與聖保祿修女們的無私奉獻而誕生。她們以柔和的雙手和堅定的心，將憐憫化為關懷，擁抱著受苦與貧困的人，為絕望中帶來安慰。秉持著信仰與不懈的精神，這些謙卑的修女播下了療癒的種子，使愛心與希望綻放，澤被一代又一代。

這就是我們故事的開始……



Leadership & Management (1940-Present)



Hospital Administrator (Matron & Managing Director)



Sr. Marie Auguste Roue
Tenure 1940-1949



Sr. Bernard de Marie de Broqueville
Tenure 50's / 70's



Sr. Marie Noel Aranda
Tenure 60's - 70's / 1980-1986 / 1996-2002



Sr. Marie Catherine Loh
Tenure 1977-1980 / 2014-2017



Sr. Marie Jacqueline Ho
Tenure 1986-1992



Sr. Catherine Woo
Tenure 1992-1996



Sr. M Timothee Chow
Tenure 2002-2014 / 2017-present

Medical Superintendent



Dr. A. P. Guterres
Tenure 1946 - 1968



Dr. Christina Chow
Tenure 1968 - 2002



Dr. C.M. Wong
Tenure 2002 - present

Past & Present: Heritage and Innovation

85 Years of Excellence at St. Teresa's Hospital (1940-2025)

For the past 85 years, St. Teresa's Hospital has stood as a beacon of healing and **HOPE** in Hong Kong. From our humble beginnings, shaped by **FAITH** and dedication, to the modern institution we have become today, every step of this journey reflects not only progress in medicine, but also the steadfast spirit of compassion at our core. This visual chronicle celebrates the transformation of our hospital -- honouring the past, cherishing the present, and embracing the future with the same enduring **LOVE** for those we serve.

Car park and Teresa's Garden

Car park - 70's



Used to be a car park in the middle part of South, North and East Wing.

Teresa's Garden - After 2008



The middle part of South, North and East Wing has now become a spacious and comfortable waiting area using the eco-friendly concept of natural light with a canopy.

Perspective to view East and South Wing

Old East Wing and South Wing - 60's



This 1960s photo of St. Teresa's Hospital in Kowloon shows the old East and South Wings, with mid-century architecture. On the right is a two-storey staff dormitory for nurses, featuring classical balconies. Opposite the South Wing stands the single-storey Outpatient Department (OPD). The background highlights Kowloon's rapid urban development during that era.

New East Wing, South Wing and the new Main Block complete in 2002 - After 2008



This contemporary photo of St. Teresa's Hospital captures the same perspective as historical images, now showcasing the new East Wing (left) and the original South Wing (middle foreground). A modern Main Block rises just behind the South Wing, showing the hospital's expansion. A skybridge connects the South and North Wings, illustrating improved internal accessibility. Below, a green canopy covers the Teresa's Garden, which occupies the area that once served as the car park situated centrally between the South, North, and East Wings.

The Development of East and North Wing

Old East Wing and the new 7-storey North Wing - 70's



This color photograph captures a historical streetscape of St. Teresa's Hospital. In the foreground is the old East Wing, a four-storey structure built in 1940, characterized by its linear balconies and functional modernist design. Behind it stands the newer extension--the seven-storey North Wing--reflecting a significant expansion phase of the hospital completed in 1970.

The New East Wing and the New 10-storey North Wing - 1990



This photo shows the modern East Wing of St. Teresa's Hospital, which was rebuilt in 1990 and later renamed to St. Teresa's Medical Centre in 2008.

Opening Ceremony and the Milestone 1940 -- 1971

The Humble Beginning of St. Teresa's Hospital... - 1940



It marked the beginning of St. Teresa's Hospital. Our hospital was opened in a little ceremony by the Rt. Rev. Bishop H. Valtorta, Vicar Apostolic of Hong Kong on 14th September 1940.

The official opening of the new South Wing - 1960



Bishop Lorenzo Bianchi, PIME, and Medical Superintendent Dr. A.P. Guterres walking along the newly completed South Wing of St. Teresa's Hospital. Surrounded by clergy, doctors, and staff in formal attire, the image reflects the significance of the new South Wing's inauguration and the ceremonial atmosphere of a milestone day in the hospital's history.

The official opening ceremony of St. Teresa's Hospital's new North & West Wing in 1970



Seated prominently are Provincial Superior Sr. Marie Isabelle TCHANG, Bishop HSU Cheng-Ping Francis Xavier, Medical Superintendent Dr. Christina Chow, and Dr. The Hon. Gerald Choa JP, Director of Medical & Health Services, Hong Kong. The gathering reflects the significant leadership and medical presence at this milestone event.

Opening Ceremony and the Milestone 1990 -- present

**The Official Opening
of the new East Wing - 1991**



The original 4-storey East Wing was demolished and reconstruction works of the new East Wing was completed. Blessed by His Eminence Cardinal John Baptist Wu, Bishop of Hong Kong, a grand opening ceremony of East Wing officiated by Dr. SH Lee ISO JP, Director of Health was held on 22nd October 1991.

**The Official Opening of
the new extension -- Main Block - 2002**



The construction works of Main Block was completed in 2002. Blessed by The Most Reverend Joseph Zen SDB, Bishop of Hong Kong, an opening ceremony officiated by Mrs. Betty Tung, wife of the Chief Executive Mr. Tung Chee Wah HKSAR and Dr. EK Yeoh GBS, OBE, JP, Secretary for Health, Welfare and Food, HKSAR was held on 3rd December 2002.

**The 2008 opening ceremony of
St. Teresa's Medical Centre**



This photo depicts the 2008 opening ceremony of St. Teresa's Medical Centre. Distinguished guests present include Superior General Mother Myriam Kitcharoen, Dr. York Chow (Secretary for Food and Health HKSAR), Cardinal John Tong Hon, Provincial Superior Sr. Marie Jacqueline Ho, Managing Director Sr. Marie Timothee Chow, and Medical Superintendent Dr. C.M. Wong, who is delivering the keynote address. The event marks a significant milestone in advancing the concept of primary healthcare at the Medical Centre.

The Chapel of the Hospital

The Chapel in the 1960s



A large crucifix is mounted above the altar, while sisters gather in quiet prayer, reflecting the peaceful, spiritual atmosphere that supported healing and community in the hospital.

The Chapel in 2025



Features a modern, warmly lit interior with polished marble floors, spacious seating, and large windows allowing natural light. The altar area is adorned with a crucifix, statues of Jesus and Mary, and fresh flowers, creating a welcoming setting.

Nursery equipped with Incubator

Incubator in nursery - 60's



This historical photo from the 1960s shows a caring sister monitoring the incubators in the hospital nursery. The vintage incubators, equipped with circular access ports and analog controls, reflect the specialized neonatal care technology of that era. The scene captures the dedication of hospital staff in ensuring the well-being of newborns during a period when advanced medical equipment was just beginning to transform infant care.

Incubator in nursery with a caring nurse



This photo depicts a modern and spacious nursery at the hospital, equipped with advanced incubators featuring digital controls and monitoring systems. The bright and clean environment enhances infant care and safety. A dedicated nurse is attending to the newborns, reflecting the hospital's continued commitment to high standards of neonatal care through both latest technology and compassionate professional staff.

Neonatal Care

A caring sister showing tender care for the newborns back in the 60s



This archival photo from the 1960s shows a caring sister tending to a row of newborns in the hospital nursery. Each infant is placed in a simple crib, highlighting the nursery's modest facilities of the era. The image captures the compassionate hands-on care provided to infants, reflecting the dedication of hospital staff despite limited resources at the time.

A nurse in nursery caring for the newborns in the spacious nursery - After 2008



This photo captures a nurse caring for newborns in a spacious, well-equipped nursery. Each baby rests in a modern crib lined with pink bedding, and the bright, orderly environment reflects improved facilities and a focus on comfort and efficient care for mothers and infants.

Nursing Team

The nursing team back in the 60s



This archival photo from the 1960s shows the nursing team of St. Teresa's Hospital assembled in their uniforms in front of the entrance to the South Wing. The nurses stand together beneath the hospital signage, reflecting both their professionalism and the strong sense of teamwork that characterized staff at the hospital during that era.

The nursing team in the 90s



This photo captures St. Teresa's Hospital nursing team in the 1990s, gathered for the 50th anniversary and the grand opening of the East Wing extension, dressed in traditional white uniforms and adorned with corsages.

The nursing team in 2023



This photo shows the nursing team in 2023, wearing updated uniforms and assembled in a modern hospital setting, reflecting ongoing professionalism and the evolving standards of care.

Nursing School

A nurse instructor stands at the blackboard teaching about the circulatory system - 70's



This archival photo reflects nursing training at St. Teresa's Hospital in the 1970s, when the initial nursing course was established. A nurse instructor stands at the blackboard teaching about the circulatory system, while trainees, dressed in traditional uniforms, take notes attentively. The classroom's simple setting highlights the foundational era of professional nursing education within the hospital.

Modern Lecture Theatre in St. Teresa's Hospital Nursing School - Current



This photo illustrates the evolution of nursing training at St. Teresa's Hospital into a modern, accredited nursing school in Hong Kong. The lecture theatre is bright and spacious, equipped with contemporary teaching aids and facilities. The school has educated hundreds of qualified nurses over the years, reflecting a strong commitment to professional development and excellence in healthcare education.

Out-patient Pharmacy

Out-patient Pharmacy in St. Teresa's Hospital's North Wing in the late 1990s



This photo shows the out-patient pharmacy in St. Teresa's Hospital's North Wing in the late 1990s. Patients are waiting in a modest, clean area with simple seating and red rope barriers guiding queues to the pharmacy counter. The environment reflects typical hospital outpatient workflow of the era, with natural light filling the space from large windows.

Out-patient Pharmacy located in Teresa's Garden adjacent to the OPD, after 2008



This photo shows the modern out-patient pharmacy located in Teresa's Garden adjacent to the OPD, after 2008. The area features a bright, spacious design with marble flooring and a sleek, glass-enclosed pharmacy counter. Multiple service windows streamline prescription drop-off and pick-up, while electronic queue displays and organized signage enhance efficiency and patient experience in this contemporary healthcare setting.

Radiology / X-ray Department

The X-ray Department in the South Wing of St. Teresa's Hospital during the 1960s



A patient lies on the X-ray table as a doctor and a nurse, dressed in traditional attire, prepare for an imaging procedure. The vintage equipment and tiled walls highlight the early medical technology and compassionate care of the era.

Modern X-ray Department in the Main Block of St. Teresa's Hospital



A radiologist and specialist nurse are operating the Philips ComboDiagnost R90, an advanced radiology system known for its versatility and high-resolution digital imaging. The department features a bright, clean environment, specialized monitors, and contemporary workflow, reflecting the hospital's commitment to state-of-the-art diagnostic care.

Clinical Laboratory

The Clinical Laboratory in the South Wing of St. Teresa's Hospital during the 1960s



The laboratory features classic glassware, reagent bottles, and early scientific instruments on metal workbenches. Staff in white coats are engaged in manual testing and analysis, reflecting the hands-on techniques and meticulous work typical of hospital laboratories in that era.

The modern Clinical Laboratory in the Main Block of St. Teresa's Hospital - 2025



In contrast to the manual, equipment-light laboratory of the 1960s, this photo shows the modern clinical laboratory in the Main Block of St. Teresa's Hospital. Today's laboratory features high-throughput automated analyzers, digital imaging, and computerized data management. A technician analyzes samples via advanced microscopes and monitors, ensuring rapid, accurate diagnostics and streamlined workflow in a bright and spacious environment.

Rehabilitation Centre

Rehabilitation Centre in the past



In the past, physiotherapists assist a patient during gait training on a treadmill using a supportive harness system. The setting features physical therapy equipment, therapy steps, and a brightly-lit environment designed for improving mobility and strength. The attentive multidisciplinary team provides hands-on support and encouragement throughout the rehabilitation process.

Rehabilitation Centre nowadays



A patient receives physiotherapist-guided rehabilitation using the Lokomat robotic gait trainer, which utilizes advanced technology for precise, repetitive walking patterns. This innovation enhances safety, efficiency, and individualized care, allowing intensive neurorehabilitation that optimizes patient recovery and demonstrates the significant progress made in modern rehabilitation engineering.

Heart Centre

Cardiac Catheterization Laboratory in Heart Centre (North Wing)



The Heart Centre's cardiac catheterization laboratory at St. Teresa's Hospital back in the 90s. The photo captures the control room, where a nurse monitors a patient's heart procedure through large windows and on CRT monitors displaying real-time fluoroscopic images. The console is equipped with period-specific control panels, analog telephones, and early digital equipment, highlighting the era's advanced yet transitional medical technology.

Cardiac Catheterization Laboratory in Heart Centre (Main Block)



The control room of St. Teresa's Hospital's latest Heart Centre featuring a state-of-the-art technology in cardiac catheterization procedure. Multiple large monitors display high-resolution, real-time images and detailed cardiac waveforms, enabling precise diagnosis and intervention. The glass window provides a clear view of the advanced equipment and staff in the procedure room, highlighting a modern, streamlined environment for cutting-edge cardiovascular care.

Scanning Department

Scanning Department - 90's



The Scanning Department (Radiology) of St. Teresa's Hospital, equipped with early MRI and CT systems in the 1990s. Technologists work at large CRT computer monitors displaying cross-sectional images, using keyboard and console controls to manage scans. The setting highlights the department's adoption of advanced imaging technology and the transition to digital diagnostics in that era.

Scanning Department - 2025



The modern scanning control room, where staff operate advanced MRI and CT systems. High-resolution flat-screen monitors display detailed diagnostic images and real-time scanning data, while the MRI scanner is visible through a large observation window. The environment is spacious and ergonomically designed, featuring digital workflows and streamlined controls for efficiency and precision.

Haemodialysis Unit

Haemodialysis Unit - 90's



A 1990s haemodialysis unit shows a nurse caring for a patient using a traditional dialysis machine equipped with analog controls, tubing, and mechanical gauges—features characteristic of that era. The setup reflects the basic yet foundational standard of renal care at the time, with manual ultrafiltration adjustments, essential alarms, and minimal automated safety or monitoring. This straightforward ward environment underscores the reliance on hands-on nursing skill and attention to ensure treatment safety and efficacy in an era before modern digital interfaces, real-time analytics, or advanced therapy modes.

Haemodialysis Unit - 2025



Today's haemodialysis units feature compact machines with intuitive digital touchscreens, real-time automated safety and data systems, and individualized treatment options including online HDF and HDx modes. Key innovations include heat sterilization (eliminating chemical disinfectants), dual-backup water treatment, water leakage sensors, and SMS malfunction alerts. The patient-centered care environment is modern, comfortable, and fully supported by attentive nursing, ensuring optimal renal therapy with efficient safety and monitoring.

Special Care Unit

Special Care Unit - 90's



This photo from the 1990s shows the special care unit (SCU) at St. Teresa's Hospital. Nurses are closely monitoring a patient using a bedside monitor with analog controls and adjusting care equipment. The ward is equipped with essential medical supplies and devices, reflecting attentive, round-the-clock nursing care within a dedicated high-dependency environment of that era.

Special Care Unit - 2025



A modern special care unit equipped with advanced patient monitoring systems, electronic infusion devices, and a sophisticated hospital bed with integrated controls. The environment is bright and spacious, designed for critical care and patient comfort. A caring sister provides attentive bedside care, reflecting the unit's focus on high-level observation and immediate medical response using state-of-the-art technology.

Continuing Compassion and Holistic Nursing Care across Generations

Bedside care back in the 60s by the kind sister and the nurse, 60's



A caring sister and a nurse providing bedside care in a hospital ward in the 1960s. One sister wearing the distinctive big hat is measuring the patient's blood pressure, while a nurse stands by attentively. The setting features a simple metal hospital bed, striped bedding, a bedside table, and a vase of fresh flowers, reflecting the era's attentive and compassionate nursing care.

The compassionate presence of the sister, together with a nurse, reflects the hospital's enduring tradition of attentive and holistic nursing across generations - 2025



Modern bedside care in a hospital room equipped with advanced technology. A nurses and a sister, use automated vital-sign monitors to check the patient's condition, while the patient rests comfortably in an adjustable hospital bed. The environment is bright and welcoming, with contemporary furnishings, natural light, and digital displays supporting both medical care and patient comfort.



Our Memorable Events – 85 Years Journey of St. Teresa's Hospital



1936



Prior to the official opening of St. Teresa's Hospital in 1940, the hospital was originally only a bungalow acquired by Mother Xavier in 1936. At that time, the bungalow was used as an orphanage for caring the abandoned babies. A part of it was transformed into a small clinic where the sick poor were treated by kind and friendly doctors ⁽¹⁾.

1940



With the permission of the Sisters of St. Paul de Chartres, the original bungalow on Prince Edward Road was redeveloped into a 4-storey building—the forerunner of today's East Wing. It marked the beginning of St. Teresa's Hospital.



On 14 September 1940, the hospital was formally opened in a modest yet heartfelt ceremony, officiated by the Rt. Rev. Bishop H. Valtorta, Vicar Apostolic of Hong Kong. The very next day, the Hong Kong Sunday Herald ⁽²⁾ reported the occasion under the headline: "New Prince Edward Road Hospital Opened."



A humble opening ceremony led by Mother Xavier and other Sisters was held on 3rd October 1940 ⁽³⁾ to commemorate this event.

1960

The construction works of South Wing was completed in 1960 ⁽⁴⁾. It was officially opened on 3rd October 1960. This year marked the 20th anniversary of its establishment.

In the official opening of St. Teresa's Hospital's new South Wing, Medical Superintendent Dr. A.P. Guterres, Bishop Lorenzo Bianchi, and Dr. The Hon. Pin Hui Teng (Director of Medical & Health Services) presided over the milestone celebration, joined by clergy, staff, and dignitaries.

Doctors, sisters, and guests were seated in the center of the hospital's car park, facing the newly completed South Wing.



1970-1971

Ten years after the completion of South Wing, the first phase of the 7-storey North Wing and West Wing were inaugurated on 3rd October 1970 ⁽⁵⁾ by Dr. The Hon. Gerald Choa JP, Director of Medical & Health Services, Hong Kong, blessed by Bishop Francis Hsu, with Medical Superintendent Dr. Christina Chow and Sr. Marie Noel also present, marking the hospital's 30th anniversary.



Dr. A.P. Guterres, the first Medical Superintendent of St. Teresa's Hospital, welcomed Dr. P.H. Teng, the former Direc-



tor of Medical & Health Services ⁽⁶⁾ in the Silver Jubilee Ceremony on 14th September 1971. On the same day, Sr. Marie Noel, Dr. K. T. Lui (Deputy Medical Superintendent), and Dr. Christina Chow (Medical Superintendent) extended a warm welcome to Mrs. P.H. Teng.



1985

The extension works of North Wing was completed. North Wing was expanded from 7 storeys to 10 storeys ⁽⁷⁾.



1991



The original 4-storey East Wing was demolished and reconstruction works of the new East Wing was completed. Blessed by His Eminence Cardinal John Baptist Wu, Bishop of Hong Kong, a grand opening ceremony of East Wing officiated by Dr. SH Lee ISO JP, Director of Health was held on 22nd October 1991 ⁽⁸⁾. As part of the hospital's 50th anniversary celebration, Medical Superintendent Dr. Christina Chow delivered a commemorative speech alongside clergy, hospital leaders, and dignitaries, marking this significant milestone for St. Teresa's Hospital.

1996

The site (KIL10721) for hospital extension (Main Block) was granted from the Government. A groundbreaking ceremony was held on 10th April 1996 ⁽⁹⁾ officiated by Director of Health Mrs Margaret Chan Fung Fu-chun to commemorate the event.



1997

Construction works of new extension (Main Block) commenced. Blessed by His Eminence Cardinal John Baptist Wu, the laying of foundation stone ceremony officiated by The Hon. Mrs. Anson Chan, Chief Secretary of Hong Kong and Sr. Marie Pauline Wong, Provincial Superior was held on 8th May 1997 ⁽¹⁰⁾.



2001

Hospital was awarded with a 2-year full accreditation by Trent Accreditation Scheme UK.



The construction works of Main Block was completed in the same year. Blessed by The Most Reverend Joseph Zen SDB, Bishop of Hong Kong, an opening ceremony officiated by Mrs. Betty Tung wife of the HKSAR Chief Executive Tung Chee Wah and Dr. EK Yeoh GBS, OBE, JP, Secretary for Health, Welfare and Food, HKSAR was held on 3rd December 2002 ⁽¹²⁾.

2002



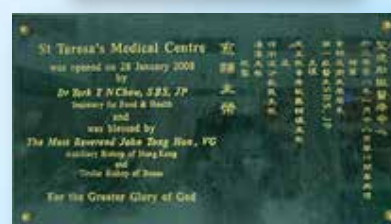
A ceremony of handover of the office of Medical Superintendent to Dr. CM Wong from Dr. Christina Chow cum her retirement was held on 26th June 2002 ⁽¹¹⁾.

2003-2007

Hospital was continuously awarded with 2-year full accreditations during the period by Trent Accreditation Scheme UK in 2003, 2005 and 2007 respectively.

To promote the concept of primary healthcare through early prevention of diseases, St. Teresa's Medical Centre was established. Blessed by The Most Reverend John Tong Hon, VG, Auxiliary Bishop of Hong Kong and Titular Bishop of Bossa, a grand opening ceremony officiated by Dr. York Chow, SBS, JP, Secretary for Food and Health, HKSAR was held on 28th January 2008 ⁽¹³⁾.

2008



2009



Hospital was again awarded with a 2-year full accreditation by Trent Accreditation Scheme UK. In the same year, the foundation works at Lomond Road Site (Nursing School) commenced ⁽¹⁵⁾.

2011

The construction works at Lomond Road Site (Nursing School) was completed ⁽¹⁵⁾.



2014

Hospital was awarded with full accreditation for 4 years until January 2018 by the Australia Council on Healthcare Standards (ACHS).



2015

Hospital celebrated the 75th anniversary of its establishment.



2018

Hospital was awarded with full accreditation for a further period of 4 years until February 2022 by the Australia Council on Healthcare Standards (ACHS). In the same year, the inhouse laundry was relocated to Wilson Logistics Centre in Kwai Chung.



2021



Hospital was awarded with full accreditation by the Australian Council on Healthcare Standards International (ACHSI) for a period of 3 years until February 2024.

2023



Hospital was awarded with full accreditation by the Australian Council on Healthcare Standards International (ACHSI) for a further period of 3 years until December 2026.

2025

Hospital celebrated the 85th anniversary of its establishment since 1940. In the same year, the hospital was awarded 卓越私營醫院大獎 by the local newspaper Hong Kong 01 in recognition of our excellent services ⁽¹⁶⁾.



Source of Reference:-

- (1) Page 153, History of Catholic Religious Orders and Missionary Congregations in Hong Kong Volume Two: Research Papers, Centre for Catholic Studies, the Chinese University of Hong Kong
- (2) The Hong Kong Sunday Herald dated 15th September 1940
- (3) 「聖德肋撒醫院—在演變中成長」聖德肋撒醫院大樓落成紀念特集
- (4) Page 9, St. Teresa's Hospital 1970, 3rd Oct. Official Opening of the North & West Wings
- (5) Page 7, The Whence, Why & Wherefore of St. Teresa's Hospital
- (6) Official Report of Proceedings dated 18th August 1971, Hong Kong Legislative Council
- (7) St. Teresa's Hospital Extension Ground Breaking Ceremony Booklet dated 10th April 1996
- (8) Memorial plaque on ground floor of East Wing
- (9) St. Teresa's Hospital Extension (Main Block) Booklet
- (10) Memorial plaque on ground floor of Main Block
- (11) Date of the photo taken at the bottom right corner
- (12) 聖德肋撒醫院大樓落成紀念特集
- (13) Memorial plaque on ground floor of Teresa's Garden
- (14) History of St. Teresa's Hospital in hospital's website
- (15) Hospital Newsletter, 26th Issue dated May 2012
- (16) Local Newspaper Hong Kong 01 dated 14th August 2025



當年情、承初心、創未來

醫院的故事與情懷

在這八十五年來，聖德肋撒醫院始終以「以人為本」為核心，成為無數同事一生的家園與成長之地。從青澀歲月投入基層，到伴隨醫院由小規模走向現代化，員工們跨越不同崗位、不同年代，始終展現專業精神、團結互助與無私付出的特質。

正因無數員工將關懷、希望及熱情世代相傳，聖德肋撒醫院才能見證本地醫療發展，並建立起以關愛、專業與家園為本的深厚文化。這裡不單是醫療服務的場所，更是員工們彼此扶持、一起成長的溫暖大家庭，蘊含著無數難忘回憶與珍貴人情。

回望八十五載，醫院憑藉這種集體的堅守與傳承，孕育出無數感人的故事，懷著天主的慈悲，以「信、望、愛」的精神薪火相傳；展望未來，繼續為社群帶來更多希望與光明。





在聖德肋撒醫院長大的女孩 — 張艷聲 從童年到退休，一生與醫院結緣



有沒有想過自己會在同一機構裡經歷人生的不同階段呢？在聖德肋撒醫院這個大家庭裡就有一位女士，到今天我們仍不時會見到她活潑地出現在不同的義工活動之中，她就是張艷聲。阿聲已經退休十多年了，但當她細數從11歲開始進入九龍城這所醫院工作，直至超過五十年後的今天，臉上依然掛著懷念和感恩的笑容。

在60年代的香港，僱用童工應還不是違法的。阿聲在1968年還是一個小四學生，經她母親同意下，被當時教道理班的修女帶到醫院來，並安排在洗衣房工作。對於一個小女孩，她並不覺得辛苦及可憐，因為這裡有修女們及很多叔叔嬸嬸疼愛她。及後她被調到化驗室全職工作，但當時的修女鼓勵她要繼續學業，於是她就報讀夜校，直至完成中五。

化驗室歲月，家一般的溫暖

在化驗室的歲月裡，她見證了很多的發展和轉變。最初她被安排做一些清潔工作，以及每天到各病房收取化驗樣本，那時病房的同事都非常友善，總會給她一些食物，她就帶回家中與妹妹分享。那時的員工人數沒現時那麼多，用膳時就圍在大圓桌前，像一家人一樣閒話家常，還有那時的菜式都很豐富，每星期都有新鮮雞呢！

她憶述最難忘的事情應是清洗化驗樽。當時化驗室主管周志潔修女為了教她怎樣清洗及消毒，為保護自己及減低難聞氣味，就親自穿著保護裝備與她一起工作。她回家後因為感到從未嘗過的辛苦所以忍不住哭了，但同時也非常感動！待她滿16歲的時候就被擢升至文員，直到她退休前都在化驗室服務。

榮譽與感恩，點亮人生

除了日常工作以外，阿聲實在有太多難忘的回憶。她於1992年得到了最佳員工獎，獎金是港幣一萬元。當時的院長何美蘭修女提醒她獎金要用於有意義的事情，於是她決定拿獎金去學車，而剩下的就作捐獻及為化驗室添置了一台雪櫃。

對於醫院舉辦的活動，阿聲都會踴躍參與。如果大家有細心觀察，醫院某些角落會見到另一個STH的標誌。那就是阿聲與女兒一起創作的，她亦得到那次標誌設計比賽的冠軍。



歷年來，阿聲參與了很多醫院舉辦的活動，包括旅行、朝聖及義務工作等。醫院在2008年及2013年舉辦了朝聖團，另外亦不時到內地進行義工服務，包括興建健康站及探訪麻瘋病人等。阿聲除了參與活動外還會協助事前準備及行程中協調。她更為此考取了領隊牌，希望每次活動都能得以順利進行。

時光流轉，心始終不變

在聖德肋撒醫院，阿聲走過了童年、青春、組織家庭，最後步入退休。時至今日，我們仍能在醫院見到她的笑容和身影。對阿聲來說，這裡早已是她生命的一部分，她的心，從未離開過這個大家庭。回首這段旅程，那份感恩、那份溫柔，依舊在歲月裡閃閃發光。



第一位門診部全職醫生 — 譚炳權醫生 從愛爾蘭回港，命運的呼喚



當走進門診部治療室，很多時都會見到譚炳權醫生。譚醫生十分和藹可親，經常笑面迎人。他現在並不是本院的駐診醫生，但每天都會在門診部7號診症室裡接見病人。

譚醫生自小就被送到愛爾蘭升學，但經常都會回港探望父母。當他還在英國修讀醫科第五年時，在一次回港跟父親出席宴會的時候遇上了周寶煌醫生。周醫生當時曾邀請他學成後到聖德肋撒醫院服務。因為他那時還未完成學業，所以亦不以為意。及至譚醫生畢業後就留在英國並成為了一位婦產科醫生。



直到譚醫生畢業七年後回來參加父親的壽宴，那時周寶煌醫生亦是座上客，又再次邀請他到醫院出任門診部主管。因為譚醫生想到父母年紀大了，自己也應該留在香港照顧他們，所以終接受了周醫生的邀請，於1979年4月1日成為了聖德肋撒醫院的第一位，亦是當時唯一的全職駐院醫生。直到三年後，才聘請了第二位的全職醫生。時至2025年的今天，我們的門診部已有30多位的全職駐院醫生。

譚醫生見證了門診部的發展。現在的門診部座落在東座和北座之間，有天然透光的玻璃天幕，在晴朗的日子，陽光總會照射在寬敞的圓形沙發等候區，旁邊還有錦鯉魚池，給等候的病人一個舒適的環境，而且有著一個優雅的名字—「德蘭花園」。很多資深的職員跟譚醫生一樣，經常都回憶著，昔日這地方曾經是醫院的停車場。

譚醫生這些年來與修女們建立了深厚的感情，雖然他在1990年向當時的院長何美蘭修女辭去了全職醫生的職務，但他並不捨得離開這地方，所以他轉換了身份，成為了非駐院醫生，但每天仍如常地在這裡上班，從未想到退休的一天。





服務超過半世紀的白衣天使 - 吳瑞貞姑娘 堅守護理崗位，見證醫院成長



今天在聖德肋撒醫院這個大家庭裡，已有七百多位護士日夜無休地守護著每一位病患的健康與希望。在這浩浩蕩蕩的白衣天使隊伍中，有一位特別親切熟悉的身影，她就是現任門診部護士長——吳瑞貞姑娘。自1973年踏進醫院大門的那天起，她便將自己的一生獻給了護理工作，至今每天依然準時出現在崗位上，細心地守護著無數病患。

吳姑娘的護理之路始於澳門鏡湖醫院。1971年，她帶著滿腔熱忱從護校畢業，兩年後毅然選擇來到聖德肋撒醫院，從此與這裡結下了深厚的情誼。轉眼已經52年，歲月在她的額角刻下了痕跡，也讓她的目光更加堅定。在2024年春茗中，院方特別為她頒發了五十年的卓越長期服務獎，以感謝她多年來對醫院的貢獻，及見證並參與醫院每一次的成長與蛻變。



回首超過半世紀的護理生涯，吳姑娘曾在門診部、婦產科、嬰兒房、成人病房等多個部門服務，無論走到哪裡，她總是以一貫的耐心，安撫著焦慮的病人和緊張的家屬。她親眼見證了醫院每一個發展的里程碑，包括1985年從一棟七層，逐步擴建成今天十層高的北座；1991年新東座落成；2002年主大樓的啟用，以及2008年聖德肋撒醫療中心的成立。

當聽她娓娓道來過往點滴，那些屬於那個年代的溫馨回憶彷彿歷歷在目。她說，早年的聖德肋撒醫院，每個病房都由修女管理，護士們與修女一起工作，大家像一家人一樣互相扶持。那時的病床數遠不及今日，遇到人手短缺時，甚至會像政府醫院一樣，把病床臨時加設在走廊上。在吳姑娘的記憶中，那時是沒有病房服務員協助護士工作的。夜班時，每個病房只有一位護士與一位職工當值，既要照顧所有病人，還要親手清洗消毒玻璃針筒、親自搓棉花球，沒有多餘的幫手，卻也沒有人抱怨。工資也和今日不同，當時沒有自動轉帳，每到月底，護士們就要到北座地庫排隊領取現金。雖然辛勞，但她們彼此鼓勵，互相幫助，沒有埋怨，反而覺得每天都很充實，很快樂。

談到生活的趣事，吳姑娘憶述：當夜班的職員會收到一瓶鮮奶與兩隻雞蛋當作宵夜，是那個年代特有的溫暖慰藉。每逢傳統節日，醫院還會為每位職員準備月餅、粽子等應節食品，讓大家在忙碌之中，也能感受到家一般的溫暖！

走過半世紀的歲月，吳姑娘依然充滿活力，眼神中閃耀著堅毅。她用自己的雙手，守護著一代又一代的病患，也為聖德肋撒醫院寫下了一段又一段感人的故事。感謝她五十年如一日的奉獻，更感謝她與我們分享那一串串難忘的回憶——這不僅僅是個人的人生縮影，更是一段屬於醫護人的集體記憶。



見證醫院發展的化驗師－蘇成就 從基層到主管，見證化驗室的成長與變革



入職與化驗室的搬遷歷程

現任化驗室主管蘇成就先生自1984年加入聖德肋撒醫院，見證了醫院化驗室多次搬遷與發展。最早期的化驗室位於南座地面，而蘇先生入職時已搬遷至北座地面，隨後曾短暫遷往南座四樓，再遷至東座一樓(舊手術室)。直至2002年12月新大樓落成，化驗室才正式遷至現址。回想每次的搬遷，都一次比一次困難，因儀器和設備逐年增多，但同時又要維持全天候24小時服務。回望過去，修女們憑着信念和遠景接受政府批出舊越南難民營的地方興建新大樓，歷時十年完成。據現在的「老師傅」說，當年私家醫院的經營困難和營運成本高昂，但興建新大樓時已選用最優質物料，令設施至今仍然耐用。

醫療技術與工作流程的變革

蘇先生憶述早年化驗師需兼任抽血工作，每天清晨五時半離開化驗室到病房抽血時，常遇見修女們前往南座聖堂早禱，對她們的虔誠和有規律的生活十分敬佩。當年不少病人對抽血感到恐懼，往往要指定資深同事進行操作。隨著團隊經驗累積和專業技術提升，現時任何一位同事都能以專業態度贏得病人的認同和信任，反映團隊整體進步。

隨著醫療科技不斷革新，組織病理檢驗部於今年三月遷往東座五樓。昔日，臨床及組織病理檢驗部是和我們在同一化驗室的。因昔日很少病理學家，很多在私營醫院執業的病理學家都會在大學兼任教席，需將人體內臟拍照沖曬作教學用途，曾引來誤會——沖曬店職員懷疑相片涉及非法肢解報警，警方需到化驗室了解，幸最終誤會得以解除。

專業經歷中的難忘片段

過去醫學儀器未如今日先進，遇上急救的病人，醫生會要求化驗師進行Lead Two心電圖，以證實病人已過世。現在病房已經有先進的儀器即時監察病人的情況，所以現在的同事們應沒有做過也不知怎樣做Lead Two。蘇先生最深刻印象的一次是在深切治療部等候半小時做心電圖，目睹現任醫務總監黃智明醫生冷靜指揮急救，從中領悟到在壓力下保持冷靜和專業的重要。

另外，當年血庫同事壓力亦很大，特別是孕婦生產時大量出血，需迅速分工合作：包括用打字機撰寫報告、手寫標籤、交叉配血、發血、聯絡紅十字會等。現今科技發展和知識提升，這些風險已大大降低，工作流程亦更為高效。



員工生活與醫院文化的變遷

除化驗室外，職員餐廳亦歷多次搬遷，從北座地庫到加建後的北座九樓，2003年再遷至大樓九樓。與餐廳一起演變的是從前聖誕節在東座地庫舉行的小型醫生交流聯歡聚會，到現在集合祝福、表演和抽獎的大型綜合晚會，依然是每年在職員餐廳舉行。另外，相信許多同事還記得在北座九樓餐廳一邊吃午飯，一邊欣賞肥美的鯨魚(飛機)在空中飛翔。餐廳的廣闊大窗因是雙層玻璃製造，隔聲效果相當理想，所以看著飛機由九龍塘飛過九龍城，再往啟德機場跑道去，那種寧靜休閒美景在獅子山下繁華的社區都不能再現了，不過卻讓他及很多在聖德肋撒醫院成長的「老臣子」心中留著美好的回憶，也見證了醫院人情與文化的延續。

展望未來

回首過去，蘇成就先生對醫院的發展深感自豪。他認為，團隊精神、專業提升和管理層的遠見，是醫院持續進步的關鍵。展望未來，他期望新一代同事能承傳前輩精神，繼續把握新科技，為醫院和病人帶來更優質的服務。



陪伴會計部成長的杜美蓮 青澀年華，初踏醫院

1971年，杜美蓮（Mylene / 阿嫻）完成中學會考，僅僅一年後，便加入了聖德肋撒醫院的會計部。可是，年輕的她不甘於安於現狀，在不到一年後辭別醫院，前往一間規模較大的核數師樓工作。然而，命運似乎早有安排，在核數師樓短暫工作不足一年，卻發現那裡的工作並非自己所嚮往。經歷了一番掙扎，也在舊同事的游說下，杜美蓮於1974年毅然回歸聖德肋撒醫院，這一回便是49年，直至2023年才正式卸下重任，展開她悠然的退休生活。

南座歲月，點滴記憶

當年會計部設於南座地面，與入院收症部、X光部及洗衣房比鄰而居。她依稀記得，南座因政府撥地興建，早已設有資助病床。那時的會計部由修女 Sr. Eliza Chow 負責，還有一位會計師及數位收銀同事。杜美蓮則負責協助處理會計工作。她印象最深刻的是，周修女曾任教於聖保祿小學，特別注重禮儀，為人和藹可親，許多舊學生還會特意到醫院來探訪她。

休息時光與小插曲

或許大家難以想像，曾有一段日子，醫院於中午12時至下午2時對外暫停開放，連病人家屬亦不得進入，只為進行清潔。這段時間亦正是會計部同事的小憩時光。然而，這安排也曾引起病人及家屬的不滿，最終很快便被取消。

聖德肋撒醫院自法國修女創辦以來，一直保留著一些西方文化的點滴。杜美蓮剛入職時，每天下午三時還有下午茶時間。餐廳主管江修女會親自預備特色小食，如春卷等讓同事們享用。當時，職員要到餐廳用膳，需預先到總務部購買飯票，每天早上還得去蓋印，以便餐廳準備足夠的職員餐。



轉換角色，肩負重任

1976年，會計師離職，杜美蓮開始負責處理會計部的行政工作。當年人手有限，發薪時需請銀行職員到場派發現金，同事們就在北座地面職員餐廳旁排隊領取薪酬。隨著職員人數增加，大量現金流動始終不夠安全，最終醫院改以自動轉賬形式發放薪金。

手寫年代的挑戰

在沒有電腦的年代，所有會計紀錄均須手寫，包括病人收據、銀行發薪資料及職員報稅資料。雖然當時同事人數遠不及今日，但全靠人手計算、用打字機輸出資料，仍需花費不少時間。杜美蓮最難忘的是，當醫院決定電腦化，準備以電腦編印職員報稅資料時，卻在最後關頭報稅表無法順利列印。她只好通宵

留院，重新以人手計算，再請總務部同事用打字機逐一打出每張報稅表，盡快分發給同事。

部門的變遷與成長

1990年東座落成後，會計部曾從南座遷至東座，並重新聘任會計師管理，但杜美蓮始終在部門中扮演著重要角色，協助主管推動改革與發展。及至2002年新大樓落成，會計部遷至現時大樓地面。近半世紀間，會計部由最初數名同事、只提供朝九晚五服務，發展至今日數十人、二十四小時運作。這一切的變遷，杜美蓮都一一見證，並傾盡全力配合發展。

默默奉獻的背影

雖然杜美蓮只是淡淡地細訴往事，但字裡行間卻流露著她對工作的那份責任與熱愛。她一直默默地、無怨無悔地付出，只為把每一份任務做到最好。

回望這段近半世紀的旅程，杜美蓮從青澀少女到資深會計部職員，她見證了醫院多次擴建與改革，也經歷了會計部從手寫時代到電腦化的重大轉變。如今她終於放下工作重擔，卻留下了寶貴的經驗與無私的奉獻精神，成為聖德肋撒醫院珍貴的人文資產。





當年在停車場等待父親的小男孩 — 歐國雄醫生 兒時記憶，成就今日緣分



歐國雄醫生 (後) 與歐偉民醫生 (前)

歐國雄醫生從2011年5月開始成為了腫瘤中心的顧問醫生，不過在他的記憶裡，聖德肋撒醫院是他小時候經常停留等待的地方。歐醫生的父親及叔父都曾經是聖德肋撒醫院的非駐院醫生，遠在上世紀60年代，當他還是一個小學生的時候，就經常跟著媽媽在私家車上，等待正在巡房的父親，而當時車子停泊的位置，應該就是現時的德蘭花園。

歐醫生及後也成為了一位醫生，不過他選擇了加入公營醫院，為普羅大眾服務，而且一直服務至2011年退休後才離開服務了20年的瑪麗醫院。在其間的五十年裡，歐醫生與聖德肋撒醫院的接觸，就是他的兒子於1979年在這裡出生，以及多次陪伴家人到來求診而已。

後來在機緣巧合下，適逢聖德肋撒醫院的腫瘤中心在2011年時需要聘任一位主管，於是他就被引薦到來。當他被安排與周志潔修女、黃智明醫生，以及當時的省會長何美蘭修女見面時，當提及到歐醫生的父親歐偉民醫生時，何修女因為曾經是手術室的主管，所以對他也有印象呢。



歐醫生成為了腫瘤中心的主管後，與中心的護士甘鳳群姑娘傾談時才得知，原來甘姑娘以往在病房工作時也認識歐偉民醫生，還有跟著他一起巡房，現在又跟著他的兒子工作，是一種緣份吧！

轉眼間歐國雄醫生加入了聖德肋撒醫院已經14年，但小時侯的回憶仿佛是不久前的事！



留光歲月三十五載－馮瑞麒 X光部的變遷與堅守



初入X光部：起步階段

馮瑞麒先生自1978年10月加入聖德肋撒醫院X光部，並已於數年前退休，服務醫院長達三十五載。回顧當年，部門僅有四位放射師與一位放射科醫生，X光機也只有三部。雖然人手有限，許多工作都需「一腳踢」，但同事之間合作無間，猶如一家人。彼此間早已建立出深厚的默契，使日常工作氛圍輕鬆愉快。

技術革新：血管攝影術的引入

八十年代，醫院開始引進介入血管攝影術。一般血管攝影是一項醫學影像檢查，利用X光及顯影劑觀察血管的形狀與流動，協助醫生診斷各類血管疾病；而介入性血管攝影則屬微創手術，透過導管及影像引導，在血管內進行診斷和治療。當時這項技術多應用於腦科範疇，而馮先生亦成為推動這項新技術的骨幹放射師，親身參與技術的推廣與實施，見證醫院醫療實力的提升。

專業工作的意義與社會變遷

在三十五年的放射師生涯中，馮瑞麒先生最感滿足的，是收到病人真誠的感謝信與致謝卡，這些回饋賦予他的工作深刻的意義。

2001年，香港終審法院就莊豐源案作出判決，確立「雙非」父母在港產子女可獲永久居民身份。自此，「雙非」孕婦來港產子的情況大幅增加。由於部分孕婦缺乏產前檢查，生產後出現嚴重併發症的情況亦隨之增多，例如大出血，甚至需要緊急子宮切除手術以挽救生命。面對這些突發情況，X光部特別成立血管攝影術緊急應變小組，由放射科醫生、麻醉科醫生、放射師及護士組成，不分晝夜承諾在通知後一小時內緊急介入手術。這個小組高效運作，直至2013年「零雙非」政策實施後，相關個案才逐漸減少。



現代化與多元服務

時至今日，聖德肋撒醫院X光部的服務日益多元，除了傳統X光攝影及血管攝影術，還包括檢查性及介入性超聲波、乳房攝影、骨質密度檢查等，致力為病人提供全面的影像診斷服務。

自2018年12月1日起，黑房沖片正式成為歷史。所有X光影像全面數位化，影像可用數碼方式儲存、處理和傳送，並參與政府「醫健通」計劃，讓病人在不同醫療機構調閱過往影像，大大提升診斷效率與病人照護質素。雖然如此，黑房內藥水的氣味仍時常浮現在馮先生腦海，成為屬於那一代放射師的獨特回憶。

光影歲月，再啟新章

回望三十五載的光影歲月，馮瑞麒先生既見證了醫療科技的飛躍，也體會到團隊合作的可貴。他深信，未來X光部必定會繼續秉持專業精神，擁抱新科技，為每一位病人帶來更優質、更貼心的服務，並將這份光影下的溫度與使命，繼續傳承下去。



當年的學生配藥員轉眼已到榮休之時——易靜芬 從學徒到資深配藥員的半世紀旅程



學徒起步：少女踏入藥房

易靜芬 (Ivy) 在預科畢業一年後仍未確定自己的前途，最終毅然決定踏進聖德肋撒醫院，從學徒開始，學習如何成為一名配藥員。

1975至1979年間，她穿著粉紅色制服，接受為期四年的在職培訓。當時的藥房主管鄧慧賢姑娘為她安排了學習課程，包括藥物知識的講解和配藥理論的傳授。Ivy一邊學習，一邊實踐，跟隨師傅及前輩學習如何處理牌板處方、配製藥物等日常工作。

配藥細節：手寫與密碼

初入行時，Ivy會獲發藍、紅墨水筆各一支。藍筆用於在配藥標籤上寫上病人姓名、服用方法及注意事項；紅筆則用於在排牌或處方上記錄所配藥物的數量。如果遇到門診處方，她還需要自行計算藥費及收錢。對於常用藥物，她自然能清楚掌握藥費，但對於不常用的藥物，則需在包裝上預先標記藥房自創的密碼，以便迅速查出價錢，從而準確計算藥費。

Ivy還記得，從前的牌板是厚重的金屬板，加上所有病歷資料都是手寫，配藥員必須極為專注和有耐性地，細心閱讀每一個排牌內容的上文下理，絕不能出錯。現今在電腦化年代，新一輩的同事聽到要手寫標籤、人手計算價錢，還要兼顧收錢及埋數(結算)的工作，都覺得這是不可思議、近乎不可能的任務。



製藥傳統：院內自製藥品

無論昔日或今天，藥房都保留有自家製藥的傳統。早期的藥物，例如漱口水、糖漿、某些咳水、消毒水等，都是根據藥典購買原料自行製作。因此，配藥員的另一重要工作便是製藥。隨著時代變遷及市面成藥增多，現時只剩下少量藥品需要自製。

夜班生活：宿舍與津貼

早期藥房服務時間由早上八時至晚上十一時，其餘時間則由同事留在南座四樓宿舍輪流候命。宿舍除了供藥房同事休息，也預留宿位給X光部及化驗室同事。不過藥房的宿位最接近電話，因為在半夜隨時收到通知就要馬上去配藥。在Ivy的記憶中，值夜班的職員每次「接call」除了可獲港幣\$10津貼外，還會額外收到鮮奶與雞蛋以補充體力。後來，隨著夜診病人增多，藥房重新編配人手，改為24小時全天候服務。

藥房變遷：配合醫院發展

隨著香港醫療服務需求日增，醫院不斷改建擴充，藥房亦幾經變遷。前輩同事告訴Ivy，在她入職前，藥房曾設於東座及南座；而她入職時，藥房則位於北座地面，南座近品蘭街處還設有一個小藥房負責處理門診處方。之後，北座一樓成為住院藥房，而北座地面則改為門診藥房，中間更建有一條旋轉樓梯連接上下兩層，南座也撥出地方作藥倉。直到醫院主座落成後，住院及門診藥房才全面搬到大樓地下，而地庫設有藥倉。當後來門診部要遷往南座及北座時(即現時的德蘭花園)，為方便門診病人取藥，藥房再次分拆，將門診藥房搬回北座地下，而北座一樓的藥房則方便東座和北座病房取藥。這些變遷，見證著醫院隨時代蛻變的每一步，也留下她青春歲月的足跡。

同事情誼：溫暖的回憶

藥房的工作一向繁忙，大家常常忙到午飯後才能稍作喘息。那時，餐廳主管江修女特意为藥房同事預備圍菜，讓大家在短暫的休息時光裡也能品嚐一份溫暖。隨著人手增加，這份特別待遇雖然已成過去，卻成為大家心中難忘的溫暖回憶。

感恩與祝福：人生新篇章

回顧過去半世紀，Ivy在聖德肋撒醫院工作，不僅賺取薪酬，更重要的是結識了一班好同事好朋友。她也感謝院方讓她能夠工作至2025年8月，而往後的日子，便是她好好享受人生的階段。醫院同仁也衷心感謝Ivy多年來對醫院的付出和貢獻，並祝願她在退休後擁有更精彩豐盛的人生。





Witnesses to a Digital Transformation – Pascal Tse & Senthil Kumar

Three Decades of Service, Innovation, and Heart



A Journey of Over 30 Years

In the story of St. Teresa's Hospital, technology has never been just about machines or systems; it has always been about people. For the Information Technology team, every new project and every upgrade is a promise to serve doctors and patients better, to protect their trust, and to make care just a little smoother each day. Two people, in particular, Mr. Pascal Tse and Mr. Senthil Kumar, have walked this journey with dedication that spans decades.



Laying the First Digital Stones

The year was 1990. The hospital launched its first character-based Patient Accounting System and established the "Electronic Data Processing Department", the seed that would grow into today's "Information Technology Services Department". With a small team, this new system assumed the essential yet vital tasks of patient registration, labeling, and billing. It was the hospital's first step into a future where patient care and technology would walk hand in hand.

Senthil's Arrival – Building and Safeguarding

In 1997, a young and determined **Senthil Kumar** joined the team. His first mission was to move the system onto the Microsoft Windows platform. He didn't stop there; he added new capabilities for the Pharmacy and Nursing Departments, leveraging the growing potential of technology to enhance their daily work. As the new millennium approached, the world worried about "Y2K." Senthil and his teammates worked tirelessly to ensure every hospital system and even its medical equipment would meet the challenge. It was quiet, behind-the-scenes work, but it meant that when the clock struck midnight on 1 January 2000, care continued without a single pause.

Pascal's Expertise – Expanding the Vision

In 2002, **Pascal Tse** brought a wealth of experience from the Hospital Authority to his new role. His arrival marked the beginning of a new era and kick-started **full-scale in-house system development**, along with a steadily growing team. Under this expanded vision, IT became not just a support department, but a partner in almost every aspect of hospital life.



Technology in Service of Care

Together, and with their colleagues, Pascal and Senthil helped to shape a hospital where technology supports care at every turn. From streamlining patient registration to enabling doctors to access scans and results on the go; from safer medication systems to self service kiosks that ease queues; from integrating laboratories, pharmacy, and radiology data to securely sharing records with outside providers and each change has been another way of saying: we value your time, your safety, your trust.

The Heart Behind the Screens

Yet, their story isn't just one of code and cables. It's of late nights ensuring systems won't fail; of listening to a nurse explain how one extra click could save precious minutes; of seeing a doctor's relief when information appears instantly, just when it's needed most.

Over the course of three decades, these quiet victories have built not only efficiency but also strong relationships. Doctors know they can count on the IT team. Patients, though they may never meet Pascal or Senthil, feel the effects of their work on the smoother flow of every visit.

Looking Forward

The road ahead remains bright with possibilities. More seamless links between departments, better tools for patients to view and manage their care, and deeper integration with the wider healthcare community all lie ahead. And, as always, there will be dedicated people behind it, just like Pascal and Senthil, ensuring that every click, every connection, serves the deeper mission of St. Teresa's: **to care for people with skill, compassion, and respect.**

A New Start: Relocation of the Histopathology Laboratory

Dr. KAN Chi Hang, Pathologist-In-Charge



This year marks a great milestone in our Histopathology Laboratory. Our Laboratory was relocated from the previous site on the first floor of the main block to the 5th floor of East Wing in March. This relocation starts a new page of the history of our laboratory.

The previous site of the Histopathology Laboratory had been used for more than 20 years. Throughout this period, there was huge expansion of workload on histopathology services, not only in terms of amount, as well as in the complexity of ancillary workup and increase in specimen complexity. It was also during this period that we started to use automated immunostainers, which is an indispensable tool in current histopathology practice. These, however, had been gradually building up pressure on our usage of the space allocated.

The need for expansion of the Histopathology Laboratory was raised and was seriously contemplated by our Management team more than 5 years ago. However, due to various constraints, including the unprecedented pandemic of COVID-19, the planning of the expansion plan was on hold.

After the pandemic as well as thorough consideration of various factors, it was decided that relocation to the 5th floor of the East Wing of our Hospital would be most feasible solution. We started designing the layout of the new laboratory site after the approval of the new site. Thanks to the support of various Departments and our Management team, we tackled most of the hurdles one by one and finally we were able to relocate successfully in March 2025.



In the current laboratory location, we can accommodate two cutting tables instead of one in the previous site. These 2 cutting tables are equipped with built-in advanced photographic systems that allow us to transfer specimen photos taken before and during processing by pathologists to our laboratory information system automatically. Moreover, we have a dedicated room for immunohistochemistry, which currently houses about 6 automated immunostainers of 3 major platforms, and a separate room for cytology processing and HPV DNA testing.

With all these changes, we expect an increase in our service capacity to cope with the increase in workload. In addition, we would also like to engage more in the development of biomarkers testing for cancer treatment, which is an expanding field in oncology and personalized medicine. We are also exploring the possibility of introducing digital pathology and the feasibility of introducing artificial intelligence technology in assisting our diagnostic processes.

認知障礙症 (Dementia) 是因大腦神經細胞病變而引致大腦功能衰退的疾病，影響患者的記憶、理解、語言、判斷能力等，情況有別於正常老化的現象。在本港每 10 名 70 歲或以上長者便有 1 名患有認知障礙症，而眾多病因中，最常見的為阿茲海默症 (Alzheimer's Disease)，患者的腦部會出現 β 類澱粉樣蛋白 (Beta Amyloid)，在大腦中異常累積形成斑塊和神經纖維結，擾亂了大腦神經細胞的信息傳遞。

傳統治療

過往使用的藥物以緩解症狀為主，包括：膽鹼分解抑制劑 (例如 Aricept™ (Donepezil)、Exelon™ (Rivastigmine)) 及 NMDA 受體拮抗劑 (如 Ebixa™ (Memantine))。這類藥物只能協助僅有的大腦神經細胞儘可能維持正常運作，暫時性地改善記憶和認知功能，但無助於阻止斑塊繼續累積引發更多腦神經病變，沒有減緩病情進展。當病情進展到後期時，患者更可能出現情緒及行為異常；若情況嚴重並為患者或照顧者帶來困擾時，或需要精神科藥物來紓緩相關徵狀。

新型抗澱粉樣蛋白單株抗體

這是近年獲批的嶄新治療技術，藥物從病理著手，針對性地清除腦部內積聚的有害澱粉樣斑塊，能延緩病情惡化。本院藥劑部現存的有 Leqembi™ (Lecanemab) 針劑，靜脈點滴用，每兩週輸注一次；在一項 18 個月的研究期間，腦內斑塊積聚的水平回落，藥物也讓患者的生活功能退化速度減緩了 27%，延長了患者維持自理能力的時間。

然而，在接受這類新型藥物治療前，建議患者先進行基因篩查 (APOE4 等位基因) 及腦部影像評估 (MRI)，以評估是否適合使用；治療期間亦需定期接受監察及腦部影像評估 (MRI)，因為有少數患者會出現嚴重副作用：腦腫脹 (ARIA-E)、腦出血 (ARIA-H)。另外，正在服用抗凝血藥 (俗稱薄血藥) 的患者亦不宜使用，因為增加了出血的風險。

把握治療黃金期

新型抗澱粉樣蛋白治療，使用於早期阿茲海默症 (Alzheimer's Disease) 及相關的輕度認知障礙時，才能發揮療效，因此並不適用於中期或後期。所以及早的診斷和精準的治療最能有效延緩腦退化，減輕病症，提升患者和照顧者的生活素質。

參考資料：

CLARITY AD TRIAL 2022

香港認知障礙症協會

香港特別行政區 衛生署長者健康服務



全膝關節更換手術是一種將受損的膝關節更換為人工關節的骨科手術，通過這手術，可以緩解膝關節疼痛，使膝關節能夠正常活動，並改善關節功能，提高患者的生活質量。

術前準備和術後康復：

手術前骨科醫生會對患者進行詳細評估，以確定是否適合進行手術和制定手術方案。物理治療師會於手術前提供術前教育，向患者講解手術過程和手術後復康等相關知識，以幫助患者做好心理準備。手術後物理治療師需要為患者進行手術後的復康治療，幫助患者恢復膝關節的功能，增強肌肉力量，提高步行能力。

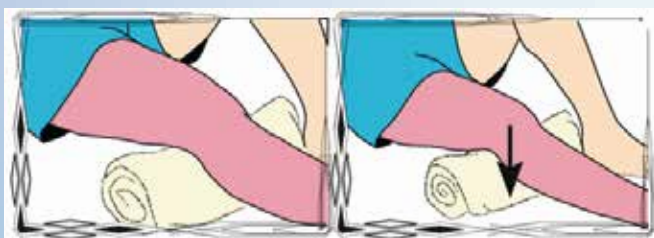
物理治療對於接受全膝關節更換手術後的病人是非常重要的，目的在於：

- 1) 減低手術後膝關節的痛楚和腫脹
- 2) 增加膝關節的活動幅度
- 3) 增強下肢的肌力及肌耐力
- 4) 保持髌骨（菠蘿蓋）的活動幅度
- 5) 保持肌肉的柔韌度
- 6) 加強下肢的平衡力
- 7) 盡量讓患者保持日常生活的獨立性

以下是一些全膝關節更換手術後的運動介紹，這些術後復康運動，是協助患者回復手術前的活動能力和再參與日常的活動項目，如運動時感到患肢疼痛，應立即停止運動，並向物理治療師或主診醫生查詢。



1. 強化大腿前方肌肉 (四頭肌)



目的：鍛練大腿前方肌肉

開始姿勢：仰臥，膝關節放鬆伸直，將捲起的毛巾放於膝關節下（如圖）

動作：收緊大腿前方肌肉，以控制膝關節用力向下壓（保持5-10秒）

次數：重複10次為一組，每日做3組

注意事項：膝關節向下壓時，腳腕上屈以達致最佳效果

2. 直膝抬腿



目的：鍛練大腿前方肌肉

開始姿勢：仰臥，患肢平放於床上，另一邊腿屈膝以保持平衡

動作：患肢腳板翹起往身體方向，然後膝關節伸直整隻腳向上抬起約45度（停5-10秒）

次數：重複10次為一組，每日做3組

注意事項：抬腿時保持膝關節伸直以達最佳效果

3. 膝關節舒展運動



圖1



圖2

目的：增加膝關節的活動幅度

開始姿勢：坐在床上，雙腳向前伸直

動作：慢慢重複屈曲及伸直膝關節 (如圖1)，可用長毛巾協助用力 (如圖2)

次數：重複10次為一組，每日做3組

注意事項：保持腳趾朝上，以達致更佳效果

4. 髕骨鬆動術 (上下)



目的：舒展髕骨 (菠蘿蓋)

開始姿勢：坐起，患肢放於床上，伸直患肢膝關節

動作：兩隻拇指放於髕骨頂部邊緣，並將髕骨慢慢向下推 (停3-5秒)，再反方向推向上 (停3-5秒)

次數：重複5次為一組，每日做3組

注意事項：需由物理治療師指導後方可進行

5. 髕骨鬆動術 (左右)



目的：舒展髕骨 (菠蘿蓋)

開始姿勢：坐起，患肢放於床上，伸直患肢膝關節

動作：兩隻拇指放於髕骨左右兩邊，並將髕骨慢慢向左/右推 (停3-5秒)

次數：重複5次為一組，每日做3組

注意事項：需由物理治療師指導後方可進行

6. 坐姿下肢運動 (提腿)



目的：鍛練大腿前方肌肉 (四頭肌)

開始姿勢：坐於椅子上，雙腳平踏於地板

動作：患肢腳踝上屈，伸直膝關節 (停留5-10秒)

次數：重複10次為一組，每日做3組

注意事項：

1. 可以腳踝綁上沙包以增加難度

2. 應選擇可靠背，並能把雙腳平放於地的椅子做運動

7. 站姿下肢運動 (向前提腿)



目的：鍛練大腿前方肌力，重心腳作平衡訓練

開始姿勢：站立，一手扶着椅背，上身保持挺直

動作：腳踝上屈，膝關節伸直並緩緩向前提起 (停留5秒)

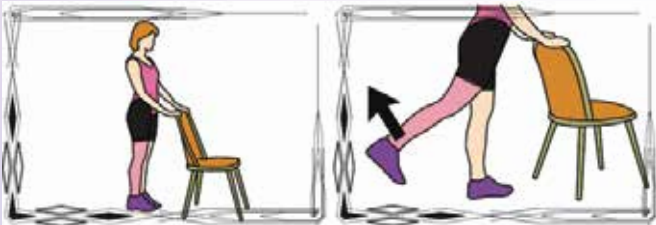
次數：重複10次為一組，每日做3組

8. 站姿下肢運動（向外側提腿）



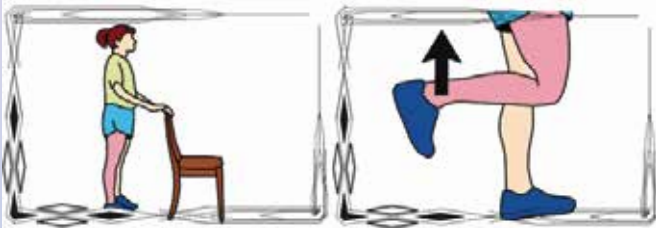
目的：鍛練大腿外側肌力，重心腳作平衡訓練
開始姿勢：站立，一手扶着椅背，上身保持挺直
動作：膝關節伸直並緩緩向外側提起（停留5秒）
次數：重覆10次為一組，每日做3組
注意事項：提腿時保持上身挺直，腳趾指着前方

9. 站姿下肢運動（向後提腿）



目的：鍛練臀部及大腿後方肌力，重心腳作平衡訓練
開始姿勢：站立，雙手扶着椅背，上身保持挺直
動作：患肢膝關節伸直並緩緩向後踢（停留5秒）
次數：重覆10次為一組，每日做3組
注意事項：大腿向後提高時，腰椎應避免向後拱

10. 站姿下肢運動（提腿屈膝）



目的：鍛練大腿後方肌力
開始姿勢：站立，雙手扶着椅背
動作：患肢屈膝離地，直至大腿與小腿成90度角（停留5秒）
次數：重覆10次為一組，每日做3組
注意事項：可於腳踝上綁上沙包以增加難度

11. 半蹲



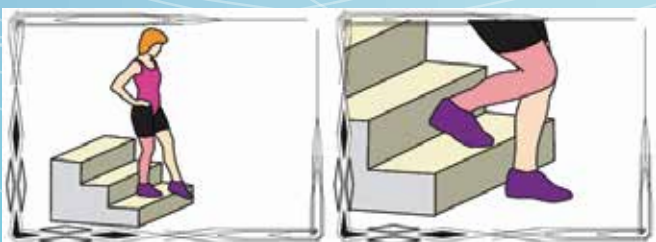
目的：鍛練大腿前後方肌力
開始姿勢：站立，雙手扶着椅背，上身保持挺直
動作：雙膝緩緩蹲下，直到膝蓋屈到45度（停5-10秒）
次數：重覆10次為一組，每日做3組
注意事項：蹲下時上身必須保持挺直，膝蓋應指着第二及第三隻腳趾

12. 單腳站立



目的：增強平衡力
開始姿勢：準備好一張穩妥的椅子作參扶，站立，上身保持挺直
動作：先慢慢把重心移到患肢，再提起好腳，以患肢單腳站立（停留5秒）
次數：重覆10次為一組，每日做3組
注意事項：開始時可以穩妥的椅子作參扶

13. 落樓梯



目的：增強患肢肌肉協調
開始姿勢：站立，雙腳站於梯級上
動作：好腳慢慢落梯級
次數：重覆10次為一組，每日做1組
注意事項：可扶着扶手並避免上身扭動。如感到患肢疼痛，應立即停止此運動

Ms. Cheung Lee Ki, Carol (Associated Medical Technologist)

Cough, fever, runny nose, fatigue — these symptoms could indicate any number of respiratory infections, turning diagnosis into a risky guessing game. To improve patient outcomes and therapy management, you need a test that delivers **actionable answers quickly**.



The **BIOFIRE SPOTFIRE® Respiratory / Sore Throat (R/ST) Panels** (Upper Respiratory PCR Panel and Sore Throat PCR Panel) address this challenge by enabling **flexible testing** for respiratory pathogens from either a **nasopharyngeal swab or throat swab**, making them ideal for point-of-care settings.

With **high sensitivity, specificity, and reliability**, the panels deliver **trusted results in just about 15 minutes**. Unlike tests that only detect flu and RSV, the SPOTFIRE R/ST Panels provide a more comprehensive picture, helping clinicians make informed decisions.

Compared to the **BIOFIRE Respiratory 2.1 (RP2.1) Panel**, the new **Panels** offer:

- **Faster turnaround time**, reducing unnecessary antimicrobial prescriptions
- **Dual intended uses**, allowing doctors to choose the best sample type based on symptoms
- **Fewer follow-ups**, minimizing repeat testing and improving patient comfort

By detecting **multiple pathogens accurately, the first time**, these panels support **better diagnosis, optimized care, and stronger antimicrobial stewardship**.

The table below outlines the **respiratory pathogens detected by the Upper Respiratory and Sore Throat Panels**, in respectively to sample type.

Viruses (Respiratory and Sore Throat)	Bacteria (Respiratory and Sore Throat)
Adenovirus	<i>Chlamydia pneumoniae</i>
Coronavirus (seasonal)	<i>Mycoplasma pneumoniae</i>
Human metapneumovirus	Bacteria (Respiratory Only)
Human rhinovirus / enterovirus	<i>Bordetella parapertussis</i>
Influenza A virus	<i>Bordetella pertussis</i>
Influenza A virus A / H1-2009	Bacteria (Sore Throat Only)
Influenza A virus A / H3	<i>Streptococcus dysgalactiae (group C/G Strep)</i>
Influenza B virus	<i>Streptococcus pyogenes (group A Strep)</i>
Parainfluenza virus	
Respiratory syncytial virus	

Reference:

- 1). BIOFIRE® SPOTFIRE RESPIRATORY/SORE THROAT (R/ST) PANEL <https://www.biomerieux.com/corp/en/our-offer/clinical-products/biofire-spotfire-respiratory-panels.html?anchor=tabs-0768bf70c0-item-960aeca14a>
- 2). BIOFIRE® SPOTFIRE® Respiratory/ Sore Throat (R/ST) Panel Instructions for Use, BFR0001- 7220-02 May 2024

現代社會，生活節奏快、生活壓力大，女性朋友常會出現月經不調的情況。這不但影響自身的身體健康，而且還會影響受孕和寶寶的健康。今天，就來給大家介紹一下國醫大師夏桂成教授調理月經週期的“秘密武器”——調周法。

什麼是調周法？

調周法，顧名思義，就是根據月經週期的不同階段，採用不同的方法來調理身體。中醫認為，女性的月經週期就像一個神奇的小循環，每個階段身體的陰陽氣血都在變化。調周法就像是一位貼心的健康管家，順著這些變化來讓身體保持最佳狀態，讓月經順順利利，身體健健康康。

月經週期的神奇之處

在深入了解調周法之前，我們先來認識一下月經週期。一個完整的月經週期通常是 28 天左右（當然，每個人的週期可能會有一些差異，或稍長或稍短），它可以大致分為四個階段：行經期、經後期、經間期和經前期。

行經期（月經來潮的那幾天）

這個階段，身體就像在進行一場大掃除，子宮內膜脫落，月經血排出體外。從中醫的角度看，這是一個「重陽必陰」的轉化過程，基礎體溫也會從高溫迅速下降。在這個時期，調理的重點就是「通調」，幫助身體順利排出那些陳舊的經血，為新的週期做好準備，就像打掃乾淨房間才能迎接新客人一樣。

經後期（經結束後到排卵之間的一段時間）

大掃除結束，該開始重新佈置房間啦。經後期，陰血不足，血海空虛，癸水之陰處於低水準，陰長運動相對靜止，基礎體溫處於低溫區。這時候，我們要做的就是滋陰養血，補虛固本，給身體補充營養，就像給花園澆水施肥，讓卵泡茁壯成長，子宮內膜也慢慢修復。

經間期（排卵期、氤氲期）

這個階段可是月經週期中的關鍵轉捩點，就像一場精彩演出的高潮部分。此時，從中醫的角度看，這是一個「重陰必陽」的轉化過程，基礎體溫也會從低溫迅速上升。身體通過氤氲狀的氣血活動排出卵子。在中醫的幫助下，我們可以通過活血通絡、補腎調理陰陽等方法，助力卵子順利排出，為受孕創造有利條件。

經前期（排卵後到下次月經來潮前）

卵子排出後，如果沒有遇到精子結合，身體就會進入經前期。這個階段，陽長陰消，身體忙著溫煦子宮，為受孕或者排泄月經做準備。這時候，補腎助陽就成了主要任務，同時還要注意緩解可能出現的經前期不適症狀，比如煩躁、乳房脹痛等，可通過調節肝氣使之消失。

調周法怎麼調？

說了這麼多，大家肯定好奇，調周法具體是怎麼操作的呢？其實，調周法主要是通過中藥調理、飲食搭配和生活方式調整等多方面來實現的。



中藥調理：量身定制的健康密碼

根據月經週期的不同階段，中醫師會為每位女性量身定制個性化的中藥方劑。

- **行經期：**一般在此階段無特別不舒服的人，此時都不用用藥。只需暖敷少腹部和腰部即可。但對於來經非常疼痛的人，這時可用活血化瘀、利濕排濁的藥物，比如五味調經散。丹參、赤芍、五靈脂等藥材相互配合，幫助身體順利排出經血，讓月經來得更順暢，但一般只用一兩天，疼痛緩解後即停用。
- **經後期：**滋陰養血是關鍵，歸芍地黃湯就派上了用場。、淮山、白芍、地黃、女貞子等藥材，滋養著陰血，為卵泡發育和子宮內膜修復加油助力。
- **經間期：**為了促進排卵，醫生可能會開補腎促排卵湯。丹參、赤芍、五靈脂、熟地黃等藥材，再加上一些活血通絡的藥物，幫助身體抓住這個關鍵時機，順利排卵。
- **經前期：**溫土毓麟湯常用於這個階段，黨參、炒白朮、茯苓、續斷、巴戟天、肉蓯蓉等藥材，溫補腎陽，讓子宮保持溫暖舒適的環境，同時緩解經前期的各種不適。另外，對於有懷孕機會的女士，多用桑寄生、續斷、炒白朮、紫蘇等有安胎功效的藥材。

飲食搭配：吃出健康好狀態

除了中藥，飲食也是調周法的重要一環。在不同的月經週期階段，我們可以選擇一些適合的食物來輔助調理身體。

- **經後期：**多吃一些滋陰養血的食物，比如黑豆、黑芝麻、核桃、紅棗等。可以煮一碗美味的黑豆紅棗粥，既營養又美味，為身體補充能量。桂圓紅棗雞蛋羹也很不錯，桂圓補益心脾，紅棗養血安神，雞蛋補充優質蛋白，可以給身體注入能量。這個階段可以適當增加一些蛋白質豐富的食物，比如魚肉、雞肉，烹飪方式儘量選擇清蒸、燉煮，清淡又營養。
- **經間期：**適當吃一些活血化瘀的食物，像山楂、玫瑰花、紅糖等。泡一杯玫瑰花茶，既能疏肝理氣，又有幫助促進氣血運行，幫助排卵。
- **經前期：**多吃溫暖、易消化又疏肝理氣的食物，比如山藥、南瓜這類健脾益胃的食物。一碗熱乎乎的大棗陳皮小米粥，既能溫暖身體，又能補腎助陽，緩解經前期的寒冷感。它們能幫助身體更好地吸收營養，轉化為能量。多吃補腎養血、填精益髓的食物。首推「三黑」組合——黑豆、黑芝麻、黑米，煮成濃稠的雜糧粥，滿滿都是營養。此外，還可以喝些玫瑰花茶，既能舒緩經前煩躁的情緒，又能理氣解鬱。要少吃油膩、高鹽食物，防止水腫和乳房脹痛加重。另外，對於有懷孕機會的女士，這個階段可以多飲桑寄生蓮子蛋茶，肝腎雙補又安胎。



生活方式調整：健康生活的小秘訣

除了中藥和飲食，良好的生活方式也是調周法不可或缺的一部分。保持規律的作息，就像給身體設定了一個精準的生物鐘，讓各個器官有條不紊地工作。避免熬夜，保證充足的睡眠，是對身體最好的呵護。適當的運動也很重要，比如散步、瑜伽、太極拳等，既能增強體質，又能調節情緒，讓身心都保持愉悅。此外，學會調節情緒，保持心情舒暢，也有助於月經週期的正常運轉。畢竟，情緒就像身體的晴雨表，開心了，身體自然也會跟著好起來。



調周法適合哪些人？

調周法就像一把萬能鑰匙，適合很多女性朋友。尤其是那些被月經失調困擾的人，比如月經週期不規律、月經量過多或過少、痛經等，調周法都能大顯身手。此外，準備懷孕的女性也可以通過調周法來調理身體，提高受孕機率。還有一些女性在月經前後會出現各種不適症狀，比如煩躁易怒、乳房脹痛、水腫等，調周法也能幫助緩解這些症狀，讓每個月的那幾天不再煩惱。

溫馨小貼士

雖然調周法對女性健康有很多好處，但每個人的身體狀況都不一樣，所以在使用調周法之前，最好先諮詢中醫師，讓他們根據你的具體情況給出個性化的建議。同時，調周法需要堅持一段時間才能看到明顯的效果，就像種下一顆種子，需要耐心澆水施肥，才能收穫健康的果實。所以，姐妹們一定要有信心和耐心，堅持調理，相信你的身體會給你一個大大的驚喜！

總之，中醫調周法是一種既神奇又實用的養生方法，它就像一位默默守護健康的天使，幫助女性朋友們呵護自己的身體，讓月經週期變得規律，讓身體充滿活力。希望每一位女性都能了解調周法，運用調周法，擁有健康美麗的人生！

We are delighted to announce that we will have a new Digital Radiography (Ysio X.pree) equipment in operation in early August 2025.

It is the latest edition of the Siemens Ysio series:



New Technology Introduction

- 1 Auto-Positioning Technology:** With the simultaneous movement in six axes, the system always takes the fastest and safest path to the correct position. The position can be tailored to precisely meet individual clinical requirements. Automated tracking ensures precise synchronization of the tube and detector, maintaining perfect alignment during system positioning.
- 2 X.wi-D Detectors:** Featuring cutting-edge X.wi-D detectors with a small pixel size of 99 μm and spatial resolution of 5.06 lp/mm, the system allows easy detection of small structures. The glass-free panel design not only weighs up to 27% lighter than traditional detectors, reducing staff physical strain, the new IP67 rating also safeguard against fluid ingress. With a dropping height of 120cm, it provides excellent durability.
- 3 MyExam IQ:** With intelligent features including AI-based cropping, intelligent noise elimination, adaptable image flavors, grid-less imaging, the system guarantees exceptional and consistent images customized to meet precise clinical needs.

Pelvis AP



Wrist AP



These advanced technologies provide high-quality X-ray images effectively in our department.

靈修物語-相遇

牧靈部: 阮蘭修女

「我的靈魂頌揚上主，我的心神歡躍於天主，我的救主」（路1:46-47）

的確！此刻，我的心情如同聖母一樣：歡躍、感恩天主對我的召叫，成為「醫院牧靈服務」工作者。透過每天接觸不同的病人和同事，關顧他們的心路歷程，學會了耐心的聆聽、適切地回應、體貼的陪伴與同行，去感受他們的感受。使我體會到，每個人的背後都藏著一個獨特救恩工程，令我驚嘆上主的仁慈，體驗到生命的奧妙。常在他人身上與基督相遇，滋養我的靈性生活，讓我看到天主在人生命中的化工，更豐富我的生命，並推動我珍惜每一個與他人接觸及陪伴他們的機會。所以，我很喜歡這份接觸人的工作。

許多人問：陪伴病人需要做什麼？要說什麼？。其實，有時未必要說話，能靜默地相伴，是一種無言的交流，或者一個微笑、一個握手，令病人感受天主所賜予的平安，有人與他同行，讓他安心地走完他人生的路程，也是很足夠了。

故此，醫院牧靈服務是一份「臨在」的使命，就是與病人同行、陪伴他們接觸自己，讓他們感受身體各部份所發出的信息及內心深處的吶喊，聆聽並引導病人學習接納和擁抱自己的正面價值和負面情緒，與他們一起尋找其獨特的生命意義，而且通過深度分享，也是彼此生命的相遇。

我衷心感謝每一位我探望過的病人和相遇的同事們，他們啟迪我對生命作出反思，讓我明白每個人都需要被聆聽及被明白，使我生命加添了色彩和意義，並且激勵我不斷去反省、更新及轉化自己，讓我逐漸地懂得放下自我，透過聆聽他人及藉着聖神的引領，幫助我更熱誠地為愛服務，就如聖母一樣：

「看！上主的婢女，願照祢的話成就於我吧！」（路1:38）。

親愛的天父！

今天我不為自己禱告，只為在醫院內的所有病人、同事、訪客禱告。

他們在健康上，工作及生活中常有難處；
他們的心裡，或許正感到身、心、靈的軟弱、痛苦。

求祢以祢的慈愛緊緊擁抱他們；

移除他們一切傷痛與苦難。

賜予他們滿溢的平安各和喜樂。亞孟。



芥子園-大灣區醫院交流活動

育才。育人。育心 - 聖德肋撒醫院護士學校走進大灣區醫院，探索護理使命和醫學未來

感恩在疫情過後，我校得到醫院及香港衛生護理專業人員協會的協助，得以成功舉辦是次大灣區醫院交流活動。在二零二四年十一月，我校師生二十六人，走訪中山大學附屬第五醫院、廣東省人民醫院珠海醫院（珠海市金灣中心醫院）及香港大學深圳醫院，開啟一場關於護理使命和醫學未來的討論和交流之旅。

在交流活動中，學生觀察到中港兩地醫療流程的差異，醫院的社區服務模式，從病區設計到病人護理，甚至是護士培育，讓學生體驗到國內醫療系統的進步，刷新了同學們對國內醫療科技的認知。

我校學生有幸和國內護士和護士學生進行交流，他們的積極和上進心，還有對護理行業的熱愛，都鼓勵著我校同學堅持初心，努力成為知識豐富又充滿愛心的專業護士。作為回饋，我校同學用言語把大灣區的護士學生帶到香港，一字一句地帶領著新朋友們參觀孕育我們成材的聖德肋撒醫院和護士學校。

醫院治愈病人，護士學校為醫院培育願意用愛心侍奉病人的未來南丁格爾。登記護士的訓練需時兩年，進入校園的是懵懂少年，走出護校的是專業護士。這次三天交流團中，坐上旅遊巴出發時是聖德肋撒醫院護士學校的好奇學護，回來時是拓闊了眼界亦不忘初心的未來南丁格爾。



■ 我校師生與珠海市金灣中心醫院護士和護士學生大合照



■ 同學們參觀港大深圳醫院護士站



■ 我校交流團代表和中山五院代表互送紀念品



■ 我校師生與珠海市金灣中心醫院護士和護士學生的交流會

2025週年退省感想

2025年4月10日大清早，我們能從忙碌的生活和工作中抽身，令身軀和心靈都可以抖一抖。大家都精神爽利，懷著愉快和感恩的心前往上水聖保祿樂靜院參加了本院的週年退省。我們邀請了溫國光神父擔任神師，神父為我們設下退省主題為「希望的朝聖者」。

感謝溫神父的指導，使我加深對禧年的瞭解。禧年是一個新的開始，承載著我們對未來的祝福和希望。溫神父指出要成為一個在禧年中希望的朝聖者，我們求天主賜予我們智慧，自身要恆常祈禱，勤領聖體聖事，修和聖事，建立與天主親密的關係，從而獲得滋養。除此之外，我們還要做他人希望的標記，開懷地與他人、與團體和受造物建立和諧關係，在相親相愛中彼此成長，人的內心就會得到平安喜樂，就會找到生命的美善。

溫神父的分享簡而精，配合修和聖事和個人靜思時段，令我的心沉澱下來，反思自己和天主、和他人、和萬物的關係，感覺到一份平安和動力。

感謝天主，賜我們滿有祝福和智慧的一天！。

會計部 謝美施



2025年避靜感想

2025年4月10日本院的年度避靜日，我很開心得到避靜神師溫國光神父所留下雋永的金句「Forgive! Forget! 一筆勾銷！」，至今仍不絕於耳。

神父教導我們要學會真心的寬恕別人：在實際的生活中，有很多信徒在面對別人的行為或言語冒犯、挑釁時，能透過祈禱去寬恕他。然而當中也有不少人心仍有戚戚然，無法完全釋懷！若如是，那些弟兄姊妹只是達到寬恕的初階「Forgive」。寬恕的進階含意在「Forget」！要學會真正的寬恕別人，必須既要Forgive，更要Forget，最後達至「一筆勾銷」！



藥劑師 譚榮興

我皈依的心路歷程

啟蒙與認識主

1992年剛踏入醫學院不久的我，有教友推薦了兩本書，關於人死後到底有沒有靈的存在，之後將去往何處.....？據說作者也是醫生，更是信徒。對於學到的根深蒂固關於肉體生命科學邏輯，我在矛盾和迷茫的心情下，第一次認識了主、認識了聖神、認識了永生等等。書中闡述到病人瀕死的經歷與醫療之間，我選擇了唯物的解剖科學，我把主留在心中，卻走向各種科學可驗證的細胞、生理、病理、藥物化學等等。

主的憐憫和帶領

人的成長過程伴隨著各種境遇的高低跌宕，歲月的流逝也伴隨著心智的成長。原來，看世界並非眼見為實，耳聽為真！從基因排列到量子科學，這世界的一切似乎巧妙地被一種力量安排得井然有序，我們的生活也有著主的帶領，各司其職、各自精彩。而我自己的經歷更是在主的帶領下，一步步走向主的懷抱。由於太太與兩兒子早已經領洗，多年來也不時地聆聽聖言、參加感恩祭、欽崇主耶穌基督，儘管我信，但信德不足，因為科學的理性客觀和世俗的生存法則讓我疲於奔命，忽略了一直對我不離不棄的主。感謝主的帶領，讓我有機會入職到聖德肋撒醫院；感謝主的帶領，機緣地前往羅馬，在梵蒂岡朝聖時，更能遠遠地看到教宗舉行的彌撒，感受到心裡的感動和震撼；感謝主的帶領，讓我在醫院阮修女的幫助下，學會祈禱，參與感恩祭，參與各種聖事，例如：主保瞻禮、避靜、拜苦路等等，堅定地認識主，親近主！



慕道之路

由認識主，到渴望得到主的接納，我花了33年多的時間。原來：主，祢一直都在我身邊，而我卻冒犯了祢，對祢視而不見。感謝上主的召叫與接納，2023年開始了18個月的慕道之旅，在導師的悉心教導，全面的、系統的學習聖經裡的福音、道理以及各種聖事禮儀。透過學習和分享，打開心扉，勇於表達。感謝天主！藉著左神父每個月的聖經講座，讓我學習到“應捨棄自己，背著自己的十字架，跟隨主耶穌”的意義。在未來的信仰之路，不再自我中心，而是跟隨耶穌的步伐，接納福音的價值觀和要求；而是以耶穌基督為榜樣，要徹底忠信地跟隨，不怕各種艱辛和困難，要不時地反省、檢討，以符合一個信徒的條件。



感恩與喜樂

當我自豪的地告訴身邊人說我4月份洗禮，耳邊不時傳來“恭喜！恭喜”，讓我有如新娘般的心情，既渴望又害羞。原來親近主是這般的喜樂。衷心感謝修女們及同事們對我祝福和鼓勵！您們的認可讓我未來的信仰之路不再孤單，不再害怕！我期盼藉著信德，堅信天主就是真理；藉著望德，期盼天國和永生；藉著愛德，愛人如己，願身邊的每個人在遇到困難時都能依靠天主的恩寵，獲得聖神的助佑！正如耶穌的話：

「你們該彼此相愛；如同我愛了你們，你們也該照樣彼此相愛。如果你們之間，彼此相親相愛，世人因此就可認出：你們是我的門徒。」(若13:34-35)。

中醫部同事：姚飛龍

2025新領洗同事的心聲

今年的復活節對我來說意義重大，因為我在這天，我和丈夫一起接受了天主的恩賜成為天主的子女，加入天主教大家庭，而我認為這是天主賜予我們最珍貴的恩典。

在醫院工作的日子裏，我經常從同事的信仰見證中感受到天主的愛再加上女兒的感染下，我們最終在天主的感召下，決心皈依天主。

在領洗後的這段日子裡，我更能體會到天主的存在。在生活中遇到困難時，我不再驚慌失措，而是向天主祈禱，希望祂能給我帶來支持和鼓勵。

最後，感謝醫院團體的支持，特別是牧靈部修女和同事的陪伴。願我們繼續在愛德裏生活，彼此相愛，相互扶持。感謝主！

M4B同事：黎美寶



轉眼間，我在牧靈部阮修女陪伴年多的慕道期，通過她悉心及不厭其煩的教導下，完成對天主教及聖經的認識。

我終於，在19/4/2025在聖德肋撒堂領洗，成為天父的兒女。當我領受洗禮的一刻，我深感受到天主的祝福，及祂的恩典，使我體會到，原來在我的每日生活中，所遇到或所想的一切，都是在天主的指引下進行，讓我緊記要帶著耶穌基督精神，與他人和睦相處，謹記作為天主子女應有的責任，對生命的發揮，成為天國見證者。

舊同事：Helena馮



活動花絮

體檢活動



聖德肋撒醫院

健康推廣日2024

日期：2024年10月27日

時間：上午八時至十二時三十分

地點：聖母院書院（馬頭圍盛德街51號）

內容：

- 檢查血壓、血糖、膽固醇及提供有關資訊
- 檢查聽力及吞嚥能力(60歲或以上長者)
- 個別醫療輔導
- 健康活力操

慶祝中華人民共和國 成立七十五周年

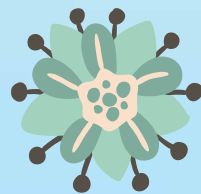


2025四旬期派飯活動

2024明愛賣物會



聖誕聯歡

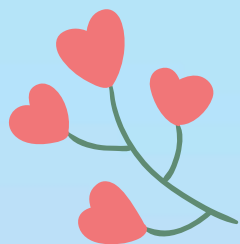


風車活動





服務25周年



春茗





聖德肋撒醫院
St. Teresa's Hospital



聖德肋撒醫院 - 院訊編輯小組

顧問：周志潔修女

成員：黃騏、吳趙鳴心、梁延璋、張毅敏

內容如非得到院方批准，不可轉載

Editorial Note:

While every effort has been made to verify information about our past, particularly for events prior to 1990, the details presented have been carefully compiled to the best of our available records and cherished recollections. The content reflects our sincere endeavor to honor & preserve the hospital's history, though some aspects may be refined or enriched as further sources and memories come to light.