



PULSE - 2020 December 十二月號



Awarded Internationally Recognized Healthcare Accreditation

榮膺國際JCI認證醫院

A Warm Welcome to Dr. Liu Sze Wai Clarence, Consultant in Paediatric Surgery

歡迎小兒外科顧問廖思維醫生加入本院



Consultant in Paediatric Surgery
Dr Liu Sze Wai Clarence

Dr. Liu Sze Wai, Clarence graduated from the University of Hong Kong Faculty of Medicine in 2007, and obtained his fellowship in Paediatric Surgery in 2015. He has been working in public hospitals for over 10 years and served as associate consultant in Kowloon Central and Kowloon East cluster before starting private practice in 2020. His special interest includes Minimally Invasive Paediatric Surgery, Paediatric Urology, cleft and vascular anomalies in children.

Dr. Liu feels privileged to be part of the Hong Kong Adventist Hospital - Tsuen Wan family and looks forward to collaborate closely with paediatrics team to provide patient-centered and professional care for paediatric populations.

For further inquiries or to make an appointment, please contact us by phone or visit our website.

Tel : (852) 2275 6688

Website : www.twah.org.hk

廖思維醫生於2007年畢業於香港大學醫學院，並在2015年獲得兒科外科的獎學金。他於公立醫院擁有10年以上經驗，曾在九龍中和九龍東兩個聯網擔任副顧問醫生。廖思維醫生由2020年開始私人執業，他擅長微創兒科手術及小兒泌尿外科，同時對唇顎裂（兔唇）和血管異常亦甚有治療心得。

廖思維醫生十分榮幸成為香港港安醫院—荃灣大家庭的一員，並期待與兒科團隊緊密合作，為患者提供度身訂造的專業治療方案。

如欲預約或查詢，請致電與本院職員聯絡，或瀏覽本院網站。

電話：(852) 2275 6688

網址：www.twah.org.hk

Continuing Medical Education (CME) Program Webinar Series Draws to a Close

延續醫學教育計劃 (CME) 網絡研討會圓滿結束



To enable our doctors to remain at the forefront of healthcare and encourage ongoing learning and growth, the Hospital recently organized three Continuing Medical Education webinars, which were hosted by the Chairman of CME Committee and Chief of Medical Staff, Dr. Chan Lung Wai.

At the first webinar on September 24, General Surgeon Dr. Joseph Hui spoke about the management of pancreatic cystic tumors, while General Surgeon Dr. Yeung Yuk Pang explained the procedure of laparoscopic liver surgery. The second webinar, held on October 19 and titled "Doctor, My Child Isn't Performing Well in Preschool – Common Problems Seen in Preschool-Aged Children and Solutions", was led by Paediatric Neurologist Dr. Tse Wan Ting, Philomena. The third webinar on 19 November, Paediatric Surgeon Dr. Clarence Liu spoke about vascular anomalies and common urological problems in children. All webinars saw high attendance numbers and received positive responses from doctors.

The Hospital plans to organize more medical seminars in the near future. Details of the latest news are available on our website www.twah.org.hk/en/doctorcorner/cme. Please stay tuned!

為協助醫生吸收各種嶄新醫學資訊，自我增值，本院於早前舉辦了兩場延續醫學教育計劃 (CME) 網絡研討會，並邀請擔任延續醫學教育計劃 (CME) 主席及醫務總監陳龍威醫生主持。

於第一場網絡研討會中 (9月24日)，外科專科許念忠醫生講解如何處理胰臟囊性腫瘤；外科專科楊玉鵬醫生則解釋腹腔鏡肝臟手術的過程。至於第二場網絡研討會中 (10月19日)，兒科神經病學專科謝韻婷醫生的主講題目為《「醫生，我的孩子在學前班表現不佳」—兒童於學齡前常見問題之解決方法》。在第三場網絡研討會中 (11月19日)，小兒外科廖思維醫生講解兒童血管異常和常見泌尿系統問題。三場研討會均成功吸引一眾醫生報名參加，反應相當熱烈。

日後本院亦將會籌辦更多醫療專科為主題的研討會，詳情請留意本院網站 www.twah.org.hk/en/doctorcorner/cme，敬請期待。

Strong support to the carer who cares for dementia

要「九牛二虎」地給予照顧者



Two years ago, I started a memory clinic at Hong Kong Adventist Hospital - Tsuen Wan. Initially, it was a trial. I was astounded by the huge demand for treatment. I was moved the bewildered faces and self-blaming expressions from the family members. Their confounding faces made me sad, as a doctor. I therefore spend my best effort to give positive energy to patients' families. I know that if families have positive energy, they will be able to care my patient. If they do not have enough energy, even the best drug will be futile for the sufferers of dementia.

In these two years, I found "two concepts" often lingered in the minds of caregivers. The first is "self-blame", and the second is an "over reliance on medications". We all aware that time and life will only move forward. There is no return of time, no second take of life. All choices in our lives can only be made once. Self-blame is useless and futile. The only way to be is to embrace the present and look forward. It is surprised but good to know that patients and family always listen to doctors. (Hence a doctor must elaborate his advice clearly). The first rule is "don't self blame".

The second is treatment. Dementia currently has no "cure". If the condition can be stabilised, and patient does not deteriorate too quickly, it is already good. Generally speaking, treatment can be categorised into drug therapy and non-drug therapy. Drug therapy accounts for approximately 30% of the effect, whereas non-drug therapy (such as cognitive training or behaviour therapy) accounts for approximately 70% of the effect. In other words, the effectiveness of cognitive training can be more important than drugs.

A woman came to my clinic with her husband. They were a pair of successful middle-class couple. Their children had their careers, married and moved out. The husband passed his retirement age, his pace slowed down, and stayed more at home. His family then notice something odd. He confused people, times and places. In the past, he was very good in maths, now even basic calculation was impossible. He had no hobby, often stayed at home. After he was found abnormal, brought to see a neurologist, then the diagnosis of dementia could be made.

Moving quickly does not equate to success. Sometimes, it is better to slow down, look around and care those around you. This is a blessing.

For further inquiries or to make an appointment, please contact us by phone or visit our website.

Tel : (852) 2275 6688

Website : www.twah.org.hk

兩年前，我在一間私家醫院內開設「記憶診所」。開始的時候，我只是抱著試試的心情。卻意外發現社區對認知障礙症的需求真的是那麼大。更令我動容的是家屬們那一張張惶恐的面容和自責的神情。這令我覺得我很是難過，我於是往往要費九牛二虎之力去為家屬給予「正能量」，因為我很清楚地知道，只有家屬有正能量時，患上認知障礙症的「腦友記」才有希望。假如家屬沒有「正能量」，即使是給予更好的藥物，對患上認知障礙症的「腦友記」來說也是徒然。

在這兩年中，我發覺有兩個概念是經常在照顧者心中的。第一是自責，第二是過分倚重藥物。要知道，人是一個向前的個體，時間和生命只會向後移，而生命是沒有第二次的，生命中所有選擇，都只能選一次。自責是沒有用的，是徒勞的，唯一的辦法是抓緊現在，放眼將來。很奇怪，病人和家屬是很願意聽醫生的規勸的（所以醫生們一定要把說話講完）。第一是不要自責。

第二是治療，要知道認知障礙症到現在為止是不能治癒的。而假如能夠穩定病情令病情不要惡化得太快，那就已經很好了。一般來說，治療可分為藥物治療和非藥物治療。而大抵來說，藥物治療佔了治療成效的三成，而非藥物治療（即認知訓練，或行為治療）就佔治療成效的七成。換一句話說，認知訓練的功效往往比藥物來得更重要。

有一次，一位太太和她的先生一起來。他們是一對很成功的中產人士，子女事業有成，已經成家立室，並且已經遷出原居。先生過了退休年紀，生活的步伐慢了下來，留在家的時間多了，家人才「突然」發覺他很多事不對勁了。人物、時間、地點經常忘記，以往非常好的「數口」，現在連基本的算術也不會，加上以往沒有甚麼嗜好，所以現在便整天悶坐在家中。這才「被發覺」有異樣，才有機會看醫生和被診斷出有「認知障礙症」。

急促的步伐並不一定是進步。有些時候，慢下來關懷一下身邊的人是好的，也是福氣。

如欲預約或查詢，請致電與本院職員聯絡，或瀏覽本院網站。

電話：(852) 2275 6688

網址：www.twah.org.hk



Dr. Lau Kwok Kwong 劉國光醫生

Consultant in Neurology 腦神經科顧問醫生



Our mailing address is:

Hong Kong Adventist Hospital - Tsuen Wan,
199 Tsuen King Circuit, Tsuen Wan, N.T.

If you'd no longer like to receive this newsletter from Hong Kong Adventist Hospital - Tsuen Wan, click [here](#) to reply with unsubscribe newsletter in the subject line

若欲取消訂閱本院通訊內容，可按此取消訂閱連結，及發送電郵以作核實，我們將盡快為您取消訂閱。