



Relocation of 3 Low-Charge Beds to Main Block

3張低收費病床遷移至主座



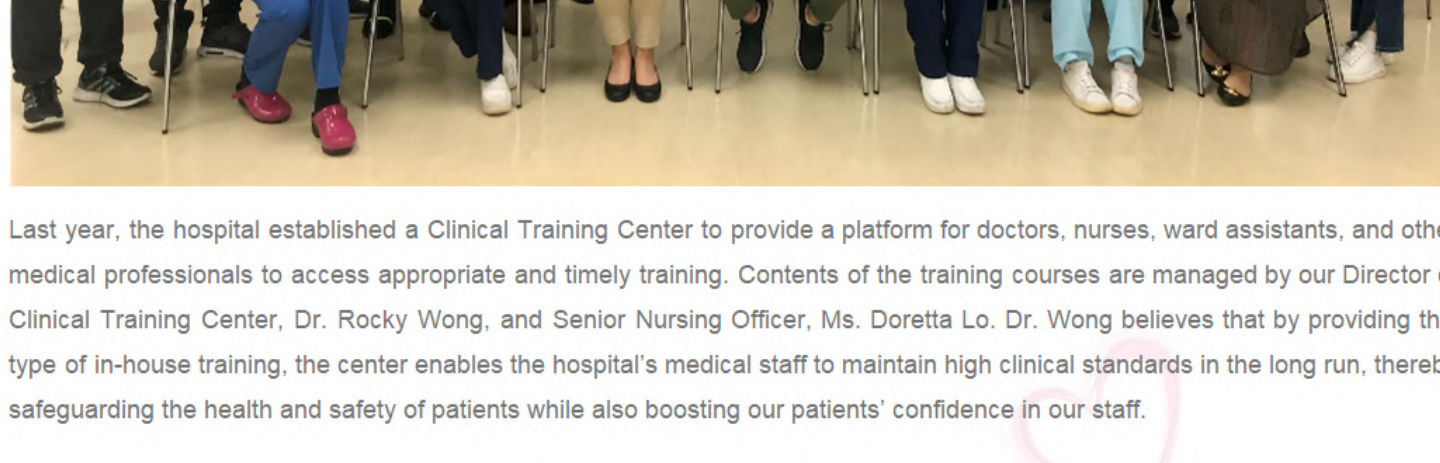
As of April 3, 2020, the hospital has moved the three low-charge beds from the integrated units in the Old Wing to new rooms in the Main Tower. Patients may now undergo treatment and recovery in a more comfortable environment. The relocation of beds as follows:

由2020年4月3日開始，本院將舊翼綜合病房的三張低收費病床，遷至嶄新的主座病房，冀能讓病人於更舒適的環境下養病。病床調動如下：

	Previous no. of beds 過往病床數字	The latest no. of beds 最新病床數字
綜合病房（舊翼3樓） Integrated Unit (3/F, Old Wing)	37	34
婦科病房（主座12樓） Gynecological Unit (12/F, Main Tower)	12	12
外科病房（主座15樓） Surgical Unit (15/F, Main Tower)	12	15

Clinical Training Center Facilitates Continuous Learning

臨床培訓中心為醫護同事提供持續進修



Last year, the hospital established a Clinical Training Center to provide a platform for doctors, nurses, ward assistants, and other medical professionals to access appropriate and timely training. Contents of the training courses are managed by our Director of Clinical Training, Dr. Rocky Wong, and Senior Nursing Officer, Ms. Doretta Lo. Dr. Wong believes that by providing this type of in-house training, the center enables the hospital's medical staff to maintain high clinical standards in the long run, thereby safeguarding the health and safety of patients while also boosting our patients' confidence in our staff.

"Besides benefiting our hospital staff, the training courses will also be open to medical professionals outside Adventist," says Dr. Wong. "Last year, our emergency medicine physicians attended a procedural sedation course, while a group of 10 medical professionals from various cities in Guangdong participated in a course certified by the American Heart Association." He states that the center has plans to host more diversified courses in the future, such as crew resource management, with the aim to improve the efficiency and safety of treatment procedures, foster team spirit, and elevate service standards.

Available Courses:

1. Courses certified by the American Heart Association: Basic Life Support (BLS) course for healthcare providers, Advanced Cardiovascular Life Support (ACLS) course, and Pediatric Advanced Life Support (PALS) course
2. Courses for physicians: Rapid Assessment by Cardio Echo plus (RACEplus) course and ECCI Sedation for Emergency Procedures course
3. Courses for nurses: Certificate in Elementary Electrocardiogram (ECG), Intravenous Therapy (IV) course, and Procedural Sedation course

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去年本院成立的臨床培訓中心，目的是建立較有系統性的平台，為醫生、護士及病房助理等醫護人員提供與時並進的課程。中心由本院臨床培訓中心主管黃漢光醫生及高級護士長盧凱詩女士統籌課程內容，黃漢光醫生指私家醫院以往相對較少舉辦內部訓練課程，他認為中心可讓本院醫護人員長期維持具水準的臨床技巧水平，保障病人健康及安全，同時病人亦可對醫護人員更有信心。

「課程除了讓本院醫護人員受惠，我們亦與其他專科學院合作，讓本院以外的醫護專業人員參加，例如去年急症科醫生參加緊急治療程序使用鎮靜劑的培訓。去年年中亦有十名由廣東省多個城市來的醫護專業人員參加美國心臟學會認可課程。」黃醫生說。同時，他指日後臨床培訓中心將開辦更多元化的課程如團隊管理概念（Crew Resource Management）等，以確保更有效率的治療程序及病人安全，並發揮團隊精神，進一步提升服務順暢及準確度。

現時開辦課程如下：

1. 美國心臟學會（AHA）認可課程：醫護人員基本生命支援術課程（Basic Life Support for Healthcare Providers Course, BLS）、高級心臟生命支援術課程（Advanced Cardiovascular Life Support Course, ACLS）及高級兒科生命支援術課程（Pediatric Advanced Life Support Course, PALS）
2. 醫生課程：臨床心臟超聲波技能培訓（RACE plus）及緊急醫療程序使用鎮靜劑培訓（ECCI Sedation for Emergency Procedures）
3. 護士課程：心电图證書（Certificate in Elementary Electrocardiogram, ECG）、靜脈注射程序課程（IV）及治療程序使用鎮靜劑培訓（Procedural Sedation）

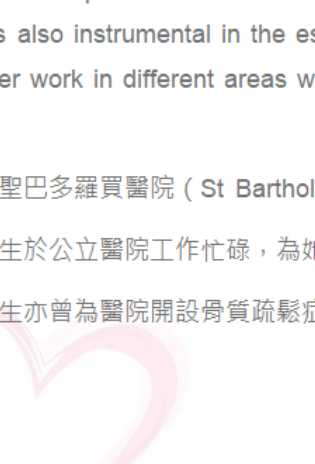
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A Warm Welcome to Dr. Chan Chi Pun (Endocrinology, Diabetes & Metabolism)

歡迎內分泌及糖尿病科陳智彬醫生加入本院



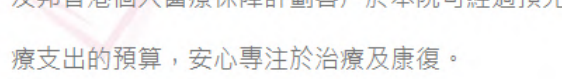
Consultant in Endocrinology, Diabetes & Metabolism
Dr. Chan Chi Pun

Dr. Chan Chi Pun received her clinical training at Queen Elizabeth Hospital, Queen Mary Hospital, and St Bartholomew's Hospital in the UK. After receiving her specialist certification, she returned to Tsung Kwan O Hospital to serve the local community. During her time there, Dr. Chan gained a wealth of experience as she oversaw cases concerning diabetes and thyroid disease, as well as rare endocrine disorders. She was also instrumental in the establishment of the hospital's osteoporosis outpatient clinic. Going forward, she hopes to continue her work in different areas while meeting the needs of patients through advanced and effective treatments.

陳智彬醫生曾於伊利沙伯醫院、瑪麗醫院及英國聖巴多羅買醫院（St Bartholomew's Hospital）臨床訓練。她獲專科資格之後，便回到將軍澳醫院繼續服務市民。昔時陳智彬醫生於公立醫院工作忙碌，為她累積了很多經驗。她除了專責處理糖尿病及甲狀腺問題，也會遇上較為罕見的內分泌疾病；陳智彬醫生亦曾為醫院開設骨質疏鬆症的專科門診。往後她希望可以在不同的工作環境繼續發展，為病人提供更好的治療。

HKAH-TW becomes AIA Hong Kong's Panel Hospital

荃灣港安成為友邦香港網絡醫院



We are delighted to announce that we have become the Panel Hospital of AIA Hong Kong's Individual Medical Plans to provide outpatient, day surgery and inpatient services to AIA customers.

With Immediate effect

The customers of AIA Individual Medical Plans can apply for pre-approval to enjoy our one-stop service and cashless arrangement in order to help them to manage the medical expense budget and focus on treatment and speedy rehabilitation.

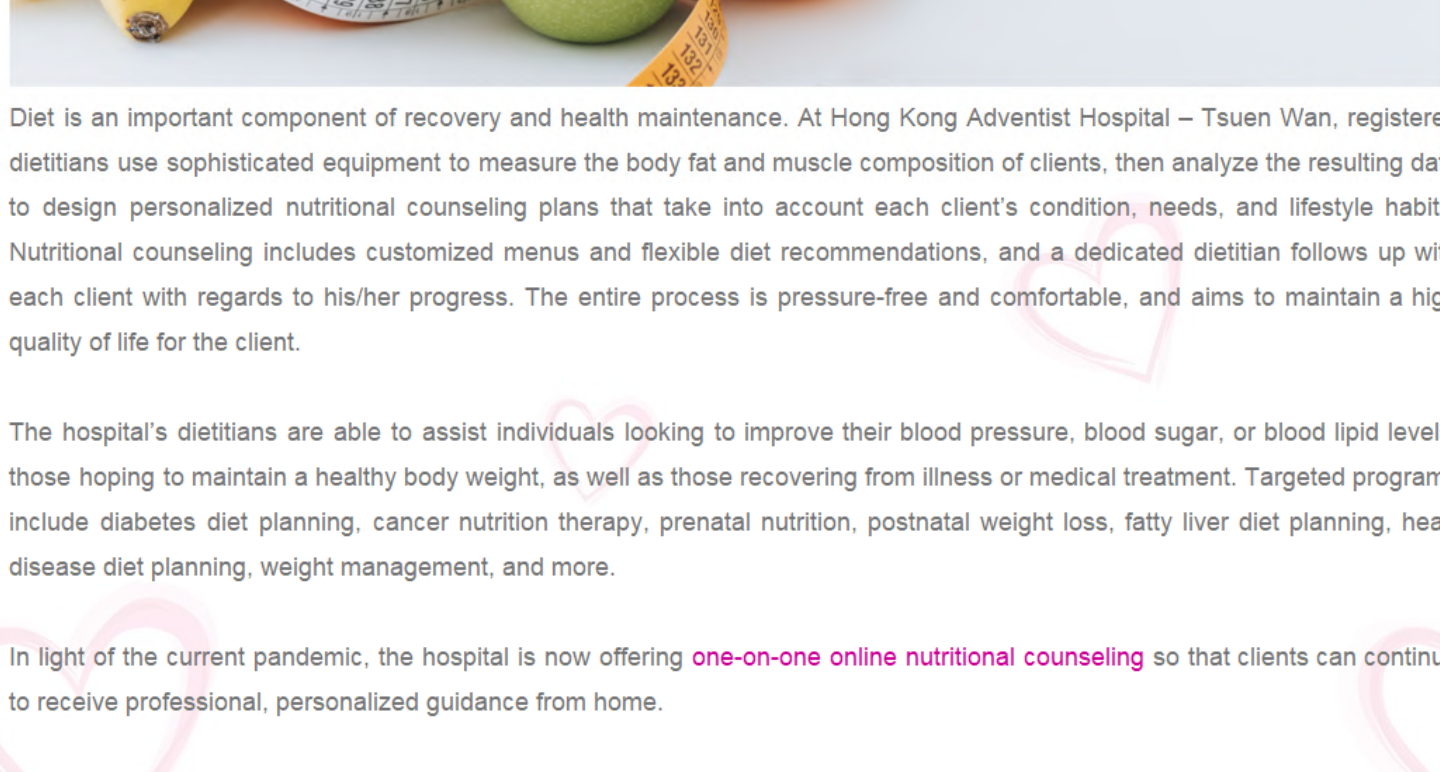
本院宣佈成為友邦香港個人醫療產品的網絡醫院，為友邦香港客戶提供門診、日間手術和住院服務。

即日起正式生效

友邦香港個人醫療保障計劃客戶於本院可經過預先醫療批核享有一站式服務，包括出院及日間手術免找數安排，以便更能夠掌握醫療支出的預算，安心專注於治療及康復。

Personalized Dietetic Services

個人化營養師服務 無痛控制三高指數



Diet is an important component of recovery and health maintenance. At Hong Kong Adventist Hospital – Tsuen Wan, registered dietitians use sophisticated equipment to measure the body fat and muscle composition of clients, then analyze the resulting data to design personalized nutritional counseling plans that take into account each client's condition, needs, and lifestyle habits. Nutritional counseling includes customized menus and flexible diet recommendations, and a dedicated dietitian follows up with each client with regards to his/her progress. The entire process is pressure-free and comfortable, and aims to maintain a high quality of life for the client.

The hospital's dietitians are able to assist individuals looking to improve their blood pressure, blood sugar, or blood lipid levels, those hoping to maintain a healthy body weight, as well as those recovering from illness or medical treatment. Targeted programs include diabetes diet planning, cancer nutrition therapy, prenatal nutrition, postnatal weight loss, fatty liver diet planning, heart disease diet planning, weight management, and more.

In light of the current pandemic, the hospital is now offering **one-on-one online nutritional counseling** so that clients can continue to receive professional, personalized guidance from home.

To make an appointment with a dietitian or for further enquiries, please contact us as follows:

Tel : 2275 6979

Whatsapp : 9135 5079

E-mail : dietary.dept@twah.org.hk

Dietitian Service Online Booking : https://www.twah.org.hk/en/services/detail/id/296/show_tab/1#service_tab_9

飲食是維持健康、改善病情的重要一環，香港港安醫院—荃灣提供的註冊營養師服務，以先進的體脂測量儀器，為市民量度脂肪及肌肉分佈，並作出全面分析，針對個別情況、需要和生活習慣，度身訂造個人化營養輔導，包括制定個人化餐單及提供具彈性的飲食建議，並有專人貼心跟進進度，過程輕鬆，而且毋須戒口，仍可擁有生活質素。

本院的營養師可為市民改善血壓、血糖、血脂等健康指數，並維持目標體重，以及助病人促進病後或治療後的康復。當中的針對性方案包括糖尿病飲食療法、癌症營養療法、產前營養和產後減肥、脂肪肝飲食療法、心臟病膳食計劃及體重管理等。

另外，在疫情之下，本院現時推行**線上營養諮詢服務**，透過視像會面以一對一的形式，讓市民及病人可安坐家中接受專業而個人化的輔導。

如欲預約本院專業營養師服務或進一步查詢，歡迎透過以下方法查詢：

電話：2275 6979

Whatsapp : 9135 5079

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網上預約營養師：https://www.twah.org.hk/en/services/detail/id/296/show_tab/1#service_tab_9

[Read More](#)

Healthy Lifestyle Fund's "Care Dates" Introduce Families to Healthy Living Concept

健康生活基金「關愛日」藉親子活動灌輸營養知識



The Hong Kong Adventist Hospital Foundation's Healthy Lifestyle Fund organizes a wide variety of health education activities for the community such as "Care Dates," a key program that runs regularly throughout the year. This year's Care Date was held on January 19 and was once again co-organized with the YWCA at their Sham Shui Po Integrated Social Service Centre. With nearly 20 families in attendance, the event included sharing by a registered dietitian on the food pyramid and nutritional values, as well as a special arts and crafts time for the children where they designed their own healthy Chinese New Year candy boxes.

Special thanks go to city'super and Kool for their sponsorship of all the event's products and gift bags.

For enquiries or donation, please call 2276 7130, email foundation@twah.org.hk, or visit www.hka hf.org.hk.

港安醫院慈善基金轄下的健康生活基金，積極籌辦不同的健康教育活動及計劃，重點活動包括定期舉辦的「關愛日」。本年「關愛日」再度與香港基督教女青年會合作，並於本年1月19日於其深水埗社會服務處圓滿結束。是次活動有近20個家庭參與，健康生活基金特別邀來註冊營養師到場，於活動上跟家長及子女分享食物金字塔及營養價值的知識，並讓孩子分組設計屬於自己的新年健康全盒，讓他們於歡慶佳節時，亦不忘要注重食物營養。

健康生活基金特別鳴謝City'super及Kool贊助是次活動全場產品及健康環保禮物。

如欲查詢詳情及捐款，請即登入活動網頁www.hka hf.org.hk或致電2276 7130 或電郵至 foundation@twah.org.hk 查詢。

Extending the Healing Ministry of Christ
延續基督的醫治大能



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