



圖：政府新聞網



感恩有你
抗疫英雄



維護民康
香港醫學會
THE HONG KONG
MEDICAL ASSOCIATION

衷心感謝

新冠肺炎自二零二零年起肆虐全球已長達兩年多的時間，至今威脅未除。二零二二年初，變種病毒更引發了本港第五波疫情，除經濟大受打擊，市民情緒壓力幾近臨界點。

面對每日逾五萬宗的確診數字，香港的醫療系統亦瀕臨崩潰。我們的醫護人員縱然沉着應戰，每日與新冠病毒抗衡，偶爾亦會失守，由醫者變為病人，本人亦曾親歷其苦。尤幸在病榻之中，仍感受到市民對我們的支持和鼓勵。我想將各界人士給我的慰問及關心，轉達在社區救治病人的醫護人員，無論是在公院最前線，每日衣不解帶地照顧病人，與病毒正面交鋒的，還是在本港疫情最危急之際從內地來港支援的祖國醫療隊，或者是同我一樣，在疫情下仍然應診的私家醫生。他們都在不同的崗位上，與市民大眾齊心抗疫，例如全港有近1,900名私家醫生或診所參與政府的疫苗接種計劃，約一百四十多萬已接種第一劑疫苗的市民，即超過五分一接種人口，於私家醫生或診所接種新冠疫苗；亦有不少醫生在社區中心為不同的團體接種，甚至提供到戶接種服務；有一些醫生借助現時的通訊科技，以視像形式為患者診症，減低傳播風險；另外有部份私家醫生，響應醫學會的呼籲，兼職參與醫管局工作，分擔公立醫院的壓力；同時我們的傳染病專家，不辭勞苦地向政府提供專業意見，亦頻繁地透過大氣電波，向公眾人士發放抗疫資訊；又或是藉著香港醫學會的「支援訊息站」服務，為留家隔離的市民作醫學支援，解答他們的疑問，並紓解他們的一些怨憤。

我在此衷心感謝各位醫護人員的辛勞和付出。深信大家會繼續無畏無懼地，以救急扶危為天職，維護市民健康。

蔡堅醫生
香港醫學會會長
抗疫專責委員會聯席主席

大家加油

一九七三年，我讀小學三年班，老師教大家寫週記。用格仔簿，以有限認識的生字，寫下小朋友世界裡一週發生的大事。內容不外乎是到公園玩，吃了什麼，默書成績等。記得當時，老師說，週記，除了事件記錄，還可以記下心情：發生了這些事件，感覺是什麼呢？當年，流行各式各樣的日記簿，有些還附有貼紙，是文字以外的表達方法。後來，出現了網誌和各種社交媒體。無限量儲存隨時輸入的文字和相片，有搜尋功能，還會顯示當年今日，大事回顧。當真是莫失莫忘。

二零零三年，香港經歷沙士。當年的世紀疫症，感染了1,755人，奪去了299人性命，包括謝婉雯、鄭夏恩、張錫憲、劉大鈞四位醫生。三個多月後，病毒消失。二零一三年，沙士後十年，我在明報訪問了當年在威爾斯親王醫院抗疫的許樹昌教授，和當年剛畢業，做實習醫生就染了疫，住了好一段時間隔離病房的羅智峯醫生。智峯說，出院時腦裡想的，不是任何醫學相關項目，而是吃一個連鎖店的漢堡包。十年後，智峯說：「當時住院期間，一切要靠身邊同事幫忙，他們對我說多一句病情，多一句問候，感受好大。這個經歷，影響我現在行醫，雖然一個上午要見四五十病人，時間有限，但我經常提醒自己，要多關心病人，解釋多一點病情。另外，當年只有廿幾歲，雖然讀書或實習時，都接觸過病人重病或死亡，但沒想過會發生在自己身上，SARS的經驗令我知道人生無常，要珍惜眼前一切，不要浪費時間。」

二零一三年，許教授回顧：「十年前的新病毒，是一個很大的挑戰，很大的磨練。當時壓力好大，但我學到無論環境幾惡劣，都要保持鎮定，要盡量找解決辦法。我希望，現在醫學院的學生，十年前仍是小學生中學生，趁著近期一連串SARS十周年回顧，重溫這些片段，看看當時情況縱使多艱難，前輩們都捱過，希望後輩亦有這份勇氣，將來遇上大疫症，都可以勇敢面對。」

二零一九年，我們又遇上疫症，並且是史無前例，影響全球，持久經年的新冠疫症。二零二二年，更因為病毒變種，Omicron型號引發新一波疫情。香港出現的第五波疫情，打擊嚴重。染疫人數以百萬計，死亡人數近萬。執筆時，香港還未走出第五波疫情。不過，情況已經穩定，相信我們會安全渡過。

醫學會會訊編委決定在這個時候，以醫學會角度，為疫情作一個小結。大家可以將這特刊，加入你的日記，記錄你今天的心情。十年後，再作回顧。

前線抗疫兩年多，今天我的感覺，是要感激自己和同業，勇敢面對疫情，特別是初期時，對病毒了解不多，防疫資源短缺。亦要多謝身邊的親人、朋友、同事，能夠包容和支持。另外，亦要特別感謝於第五波疫情高峰期仗義來港支援的各省市醫護同胞。祝願安全過渡。大家加油。

鄭志文醫生
香港醫學會副會長
抗疫專責委員會聯席主席

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The Medico-legal Partners and staff of Howse Williams would like to thank all Healthcare Workers in Hong Kong for their dedication and hard work during the Coronavirus pandemic.

何韋律師行的醫學法律合夥人和全體員工感謝香港的所有醫護人員在新型冠狀病毒大流行期間的奉獻和辛勤工作。

Our Medico-legal Partners:

Chris Howse
Dr David Kan
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Carmen Fung



社區新冠疫苗外展接種服務 COVID-19 Outreach Vaccination Service

香港第五波疫情造成過百萬人感染，長者及殘疾人士更是首當其衝。政府數據顯示，一半死亡個案來自安老院及殘疾人士院舍，超過95%死亡個案為60歲或以上長者。爆疫前期，80歲以上長者新冠疫苗接種率不足兩成，成為疫情下最脆弱、最無助的一群。

事實上，有不少居家的長者及殘疾人士雖然也想接種疫苗，但礙於行動不便，難以外出到疫苗接種中心打針。香港醫學會有見相關的疫苗外展接種服務需求殷切，經地區長者服務中心和特殊學校轉介，於二零二二年四月初舉辦了「香港醫學會新冠疫苗外展接種服務」，組織醫生會員為葵青區和柴灣區不良於行的長者，提供到戶疫苗接種服務；並獲柴灣香港西區扶輪社匡智晨輝學校借出校舍，為區內的長者和護老者，以及特殊學習需要學生注射新冠疫苗。公務員事務局局長聶德權先生亦有親身到場，表達對醫學會的支持。

是次服務的有不少是獨居老人，疫症當前，更是孤立無援。醫學會亦準備了食物及消毒用品等心意包，冀能在疫情下為這群長者送暖。

The fifth wave of the COVID-19 pandemic has infected more than one million people in Hong Kong, with the elderly and disabled bearing the brunt. In the early stage of the outbreak, the vaccination rate of the population over 80 years old was less than 20%, making them the most vulnerable and helpless group under the pandemic.

In fact, many elderly and people with disabilities who stay at home also wish to be vaccinated, but due to their limited mobility, it is challenging to go out to the vaccination centres. The Hong Kong Medical Association (HKMA) saw strong demand for relevant outreach services, hence organised the "COVID-19 Vaccination Outreach Service" in early April 2022. Doctors were recruited to offer home vaccination to the elderly with low mobility in Kwai Tsing and Chai Wan districts. On the same day, a vaccination centre was set up at the Rotary Club of HK Island West Hong Chi Morninghope School in Chai Wan to provide vaccination services for the elderly, their carers and students with special education needs. Secretary for the Civil Service Mr. NIP Tak Kuen came to the centre to show his support to the HKMA.

Many elderly visited during the outreach service were lived in solitary. The HKMA also prepared gift packs with food and sterilisation supplies to bring warmth for these isolated during the pandemic.



居家抗疫支援訊息站 WhatsApp Message Support Service (WMSS)

第五波疫情爆發期間，由於政府隔離設施及相關熱線服務使用率爆滿，不少確診市民在等候安排期間均感徬徨。醫學會本著維護民康、服務社群的宗旨，於二零二二年二月設立「居家抗疫支援訊息站」服務，供正在「居家抗疫」的市民以文字短訊形式，向當值醫生查詢有關身體出現的徵狀和處理方法等問題。

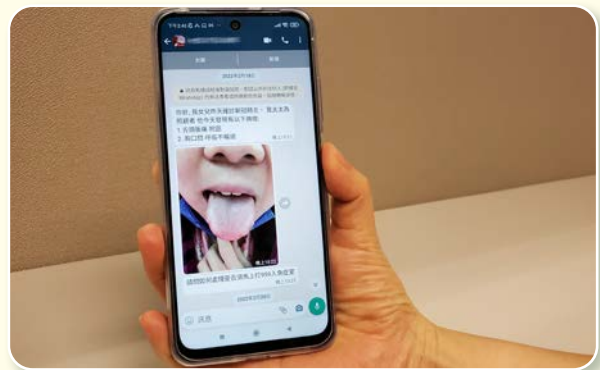
訊息站於二月十七日推出，第一天已收到近一千宗查詢。市民的求助大多與新冠病毒症狀、隔離安排、物資供應不足，以及檢測呈陽性後該怎麼處理有關。部分未能帶確診子女求診的家長，更是心急如焚地把孩子的身體狀況拍下來徵求醫生意見，醫學會職員亦立即把這些個案轉交義務當值醫生跟進。義務醫生們明白沒有科技可以取代醫生問症斷診，因此亦透過視頻直接與這些患者對話，正好及時為這群急需醫療建議的人士提供更人性化、更安心的支援。在許多人受到新冠病毒重創之際，同理心在照顧這些病患時更顯重要。

訊息站一直運作至三月底疫情放緩為止；七週期間，醫學會共處理了超過一萬三千宗查詢，與市民並肩砥礪前行。

Due to the overwhelming use of quarantine facilities and related hotline services during the fifth wave outbreak, many infected citizens were perplexed while waiting for government arrangements. In line with safeguarding people's health and serving the community, the HKMA established the "WhatsApp Message Support Service (WMSS)" for infected patients who were home quarantined.

The WMSS was launched on 17 February 2022 and received nearly 1,000 enquiries on the first day. Citizens' requests for help were mostly related to COVID-19 symptoms, quarantine arrangements, insufficient supplies and what to do if they test positive. Some parents who were unable to bring their children to designated clinics even took pictures of their kids to seek medical advice. The HKMA staff immediately referred these cases to our voluntary doctors on duty for follow-ups to promptly extend a helping hand to people in need. The doctors saw and talked with the patients directly by using video calls. The timely aid came rightly to someone who needed doctors' advice with a human touch; there was no algorithm could have made the diagnosis as that made by doctors. Empathy was seemingly important in the prescription at a time when many were hard hit by COVID-19.

During the seven weeks of operation, the HKMA handled more than 13,000 inquiries, taking concrete action to address the urgent needs of the public.



新冠病毒病公眾講座 Public talks on COVID-19

新冠疫情大爆發以來，有關防疫抗疫的消息如排山倒海，大眾除了難以消化外，更引起了部分社會恐慌，導致市民人心惶惶。

醫學會急社會之所需，自二月九日起進行了一系列「你應該要知的」網上公眾講座，為社會大眾講解及釐清有關新冠病毒病的最新資訊。從二月至四月期間舉辦了六場講座，主題包括兒童及長者疫苗接種、家居隔離、變種病毒、急症服務、口服藥治療及新冠後遺症等。網上講座反應熱烈，共計超過二千八百名市民參與。醫學會將繼續透過公眾講座系列，向市民提供最新的抗疫資訊。

此外，醫學會亦收集了市民對防疫抗疫的常見疑問，加以整理，製作成「防疫錦囊」懶人包，並於本會網站、Facebook、IG等社交平台發放，幫助市民作好長期抗疫的準備。



In order to meet the needs of society, since 9 February, the HKMA has held a series of "What You Need to Know" online public talks to clarify the latest information about the COVID-19 disease and policies. From February to April, six online talks on vaccination, home quarantine, virus variants, emergency services, oral anti-viral medication and long COVID were held and they received enthusiastic responses, with more than 2,800 people participated. The series would go on to provide up-to-date anti-pandemic information to the public.

In addition, the HKMA has also collected the most frequently asked questions from the public and created an "Anti-pandemic Tips" information pack, which has been published on the HKMA website, Facebook, IG and other social platforms to help citizens get prepared for a long-term battle against the pandemic.



為本地私家醫生派發個人防護裝備 PPE Distribution to Local Private Doctors

私家醫生一直站在抗疫前線，特別在長者及幼童疫苗接種上，角色更是舉足輕重。同時，他們亦是暴露於病毒中較高風險的一群。在第五波疫情期間，部分私家醫生在購買個人防護裝備上遇到重重困難，不少更因缺乏合適的裝備而面臨感染風險。因應業界的迫切需要，醫學會與食物及衛生局攜手合作，向本地私家醫生派發個人防護裝備。在協調物資運送期間，雖然面對貨源、物資數量及規格更改等突發情況，但醫學會仍秉持服務業界的原則，在短時間內將近三千箱防護裝備送交私家醫生手中。



Private doctors have always been at the forefront of the fight against the epidemic, especially in providing vaccination service to elderly and children. At the same time, they are also a group with a higher risk of exposure to the virus. Some private doctors faced difficulties procuring personal protective equipment (PPE) in the fifth wave outbreak. The HKMA has joined hands with the Food and Health Bureau to distribute PPE to local private doctors in response to the sector's needs. Despite the unexpected circumstances like changes in the quantity and specifications of supplies, the HKMA still adhered to the principle of serving the medical fraternity and delivered 3,000 cartons of goods to private doctors.

其他工作 Other Efforts

持續近三年的疫情中，醫學會一直竭盡所能，致力發揮醫學界的專業及影響力，協助香港對抗疫境。在防疫政策上，醫學會多次以記者會、聲明、意見書等形式，從不同渠道向政府表達意見。醫學會轄下的傳染病顧問委員會亦定期與衛生防護中心開會，交換疫情最新資訊及建議。



疫情爆發初期，疫苗猶豫的風氣令本港新冠疫苗接種率持續低企，醫學會多番響應政府呼籲，向公眾解說疫苗的安全性及重要性。醫學會會長蔡堅醫生更身體力行，在記者會即場接種新冠疫苗，以實際行動鼓勵市民。醫學會亦制作了相關短片及海報，呼籲市民接種疫苗，護己護人。



醫學會亦關注到疫情對同業的衝擊，特別是私家診所受病人減少、但診所消毒及個人防護裝備成本大增的影響。然而，政府公布新一輪保就業計劃時，卻將診所初步剔除受惠行業外。醫學會隨即去信政府，促請將診所納入補助範圍，以支援一眾受疫情影響的醫生及診所員工。對此，政府於四月七日宣布修訂計劃，將診所重新列入資助範圍，助解業界燃眉之急。

The HKMA has been doing its best to give full play to the professionalism to assist Hong Kong fight the pandemic. The HKMA has expressed its opinions regarding the anti-pandemic policy through different channels, such as press conferences, statements, and submissions. The Advisory Committee on Communicable Diseases under the HKMA also meets regularly with the Centre for Health Protection to exchange the latest information and recommendations.


In the early stage of the pandemic, vaccine hesitancy kept Hong Kong's COVID-19 vaccination rate at a low level. The President of the HKMA, Dr. CHOI Kin, went even further and was vaccinated at the press conference to encourage the public. The HKMA has also produced related videos and posters, calling on the public to get vaccinated to protect themselves and others.

The HKMA was concerned about the impact of the pandemic on the medical sector; notably, private clinics were affected by patient reduction and the cost upsurge brought by clinic disinfection and personal protective equipment procurement. Nevertheless, when the Government announced a new round of Employment Support Scheme (ESS), clinics were initially omitted from the beneficiaries. The HKMA immediately wrote to the Government and urged to include clinics as one of the subsidized sectors so as to support fellow doctors and clinic staff. Subsequently, the Government proclaimed a revised plan on 7 April in which private clinics were reinstated in the funding scope.

感謝各界醫護人員 Sincere Appreciation

新冠疫情期間，全港市民都飽歷滄桑，無論受到各種防疫措施的限制，或是整體社會的經濟環境影響。而在這場沒有硝煙的戰爭中，醫護人員更是承受著莫大壓力。除了在公院最前線救治病人的，還有在社區繼續服務市民的醫護，他們各司其職，緊守崗位，一直與大家並肩同行。

為表揚衛生服務界的付出，香港醫學會特別製作了一條短片，為各界醫護人員打氣，亦特致函內地援港醫療隊，感謝他們在香港水深火熱之際前來支援。



香港醫學會
The Hong Kong Medical Association
MEMBER OF THE HONG KONG SOCIETY OF MEDICAL PROFESSIONS
香港醫學界聯合總會
The Association of General Practitioners in Hong Kong
香港全科醫生學會

尊敬的內地援港医疗队成員：
本港第五波疫情在今年初大爆發，致感染人數多達七十萬，染疫而亡者亦高于五千，當中多是長者高齡人士。本港醫護人員疲于奔命，整個醫療體系亦蒙受沉重的壓力。幸得中央政府接受特區政府的請求，多次派出支援隊到港襄助。
三月十六日你們三百位馳援到港，與本港醫療人員一起并肩抗疫。各位不辭勞苦，尽心尽力醫治新冠患者，高尚情操无私奉献實在令人景仰，本會對此衷心感謝！
本會敬備微薄心意，稍後會有專人聯絡奉上。有各位的支持，本港一定可以戰勝疫情。

香港醫學會會長
蔡堅醫生

二零二二年三月二十日

During the past three years, our health care professionals have been walking hand in hand with Hong Kong people. Both those working frontline taking care of COVID patients and those serving the citizens in the community, they all rendered their dedication in the difficult time.

In appreciation of the health care sector at large, the HKMA has produced a video clip which features the contributions of our fellow colleagues. We also wrote to the medical team from our homeland thanking them for sharing our burden when the battlefields in Hong Kong were manifold.



香港醫學會應對第五波疫情的工作

- 機組人員引致變種病毒流入社區，多個染疫群組相繼出現

An outbreak of Omicron variant was triggered by aircrews and caused several clusters in the community

DEC 2021



DEC 2021

- 醫學會發表「對新冠變種病毒疫情的最新建議」新聞稿

HKMA stated recommendations on Omicron outbreak

- 傳染病顧問委員會與衛生防護中心開會商討新冠疫情

Advisory Committee on Communicable Diseases meeting with CHP regarding COVID-19 updates

Jan 2022

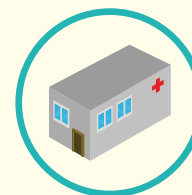


Jan 2022

- 政府鼓勵市民接種第三劑疫苗
Citizens were encouraged to receive 3rd dose of COVID-19 vaccine
- 收緊社交距離措施，包括食肆晚市禁堂食和關閉部份處所
Tightening social distancing measures, such as no dinnertime dine-in services and closure of certain premises
- 學校停止面授
Suspension of face-to-face classes for schools

- 方艙醫院陸續投入服務
Community isolation facilities gradually put in service

Feb 2022



Feb 2022

- 會董會成立抗疫行動組
The HKMA Council established Task Force Against COVID-19
- 醫學會推出「你應該要知的」公眾講座系列
The HKMA introduced "What you need to know" Public Talk series
- 為在家隔離的市民提供「居家抗疫支援訊息站」服務
Launched WMSS for infected citizens
- 呼籲會員參與公營醫療抗疫和疫苗注射
Called members to join public healthcare to fight against COVID-19 and vaccination programme

- 醫學會制作短片及感謝信予本地及內地醫護，向他們致以衷心感謝

Thank you video and letter to local and Mainland healthcare workers

- 為特殊學校提供防疫相關建議

Advice to special schools on infection prevention

- 就「補就業」計劃去信政府

Submission regarding ESS to the Government

- 因應第五波疫情影響，要求醫療保障協會推出紓緩措施

Requested MPS to put in place measures to ease the situation imposed by the fifth wave

- 為醫生推出遙距醫療講座

Implemented Telemedicine CME for doctors

- 呼籲會員參社聯疫苗注射

Called members to take part in the vaccination programme of HKCSS

- 疫情趨勢持續穩定，政府落實第一階段放寬社交距離措施

Epidemic trend continued to be stabilised, the Government implemented the first stage of relaxation of social distancing measures

21 Apr 2022



- 醫學會繼續為「社區新冠疫苗外展接種服務」服務對象接種第二劑疫苗

Continued to provide second dose of vaccine in “COVID-19 Outreach Vaccination Service”

Mar 2022



Mar 2022

- 感染個案數目見頂，單日陽性個案達76,991宗

Number of cases reached the peak of 76,991 in a single day

- 學校提早放暑假

Early summer vacation for students

21 Apr 2022

- 醫學會協助食衛局派發個人防護裝備予本地私家醫生

HKMA facilitated PPE distribution to local private doctors offered by FHB

- 籌辦柴灣及葵青區「社區新冠疫苗外展接種服務」

Organised the “COVID-19 Outreach Vaccination Service” in Chai Wan and Kwai Tsing Districts

May 2022



A BIG thank you
to all medical workers for
safeguarding Hong Kong.
Together, we fight the virus!

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Thank you to our healthcare heroes.

We sincerely appreciate your
service and sacrifice. Thank
you for being our beacon of
light during challenging times.

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Thank you

With the deepest sincerity, we thank you all for risking your lives during these unprecedented times. Your courage, dedication and selfless sacrifices are much respected.

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THANK YOU

TO ALL HEALTH CARE PROFESSIONALS ON THE FRONTLINES OF THE COVID-19 PANDEMIC

We join hands in riding out the fifth wave of the pandemic by becoming a designated hotel to provide accommodation for the Hospital Authority's frontline workers, also quarantine hotels and community isolation facility hotels serving the community. We extend our heartfelt gratitude and respect to the health care professionals who work tirelessly in the fight against the pandemic.



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