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贊助人獻詞

Message from the Patron



善寧會的宗旨「天為生命定壽元，人為生命賦意義」貼切地道出寧養照顧的意義。縱使病人面對末期病患，但在餘下有限的壽元，倘若能抱著正面的態度及得到適當的支援，他們仍然是可以積極生活，為自己的生活賦予意義。

善寧會多年來致力推廣寧養照顧及提供善別輔導，就是希望提高末期病患者在人生末段的生活質素，及協助其家屬應付哀傷的情緒，從而鼓勵他們平和面對死亡，活出積極人生。

善寧會的工作得以順利進行，實有賴各界人士鼎力襄助。謹希望各位繼續支持善寧會為末期病患者及喪親人士提供全人照顧，以及向社群推行生死教育，同心合力，為我們的社會獻出愛心及關懷。

The guiding mission of the Society to “add life to days when days cannot be added to life” profoundly expresses the spirit of hospice and palliative care. Although approaching the end-of-life, with a positive attitude and appropriate care and support, terminally patients are able to live a peaceful and meaningful life.

For so many years, the Society has been dedicating to promote hospice and palliative care, and to provide bereavement support. The ultimate aims are to enhance the quality of life of terminal patients and to assist their families to walk through such difficult time, so that they can be equipped to face death and loss.

The work of the Society is made possible with the indispensable support of many collaborators. I sincerely hope that you will continue your support for the Society to carry on with our work to offer a holistic care for patients and families, and to advocate public education on this taboo yet positive subject. Together let's fill our community with love and care!

A handwritten signature in black ink that reads "Betty Tung Ping Tung". The signature is fluid and cursive.

董趙洪嫻 Mrs Betty Tung

香港特別行政區行政長官夫人

Wife of the Chief Executive

Hong Kong Special Administrative Region

## 主席的話

## Chairman's Message

過去一年，善寧會進一步推動三個基礎範疇：寧養照顧、善別輔導及生死教育的工作；同時亦為著眼於各工作之長遠發展及對社群之支援。

在2004年9月，本會之執行委員會對香港特區政府法律政制改革委員會就『醫療上的代作決定及預前指示』諮詢文件作出回應，除了表示本會對提倡『預前指示』的絕對支持，並促請政府設立各種配套，用以制訂相關法制。本會深信倘若社會人士能打破公開談論死亡的忌諱，以正面態度為人生末段作好準備，將能更有效地提高人們在臨終階段的生活素質，從而改善社會在醫療及福利資源的運用。

在2004年2月至8月期間，本會與香港大學行為健康教育研究中心進行了香港特區首個對死亡觀念之大型調查，以問卷方式訪問了超過700位市民，並了解他們對『好死』的看法。調查結果顯示導致『好死』的首兩個要素分別是『不要受病痛長時間折磨』及『不要拖累家人』。這結果正好確認寧養照顧及善別輔導的重要性。寧養照顧的首要工作正是紓緩及減輕病者的痛楚和不適；而善別輔導則是對喪親家屬提供支援及協助。

在專業發展方面，本會在2004年6月聯同其他專業學會及團體舉辦了香港第一屆『紓緩照顧專題研討會』，目的是讓各專業團體與醫護界人士共同探討及分享紓緩照顧(亦稱寧養照顧或臨終照顧)的發展及經驗。研討會反應熱烈，共接到逾700個參與申請，反映香港特區有需要加強專業醫護人員培訓及為專業醫護人員提供分享經驗之機會。

綜觀這些活動，反映出政府、市民，及專業醫護人員對寧養照顧的關注。本會未來的工作方向，便是本著這些基礎，加強公眾教育，以提昇不同界別對紓緩照顧的認知及支持，藉以推動為臨終病人及其家屬提供優質服務及照顧，倡導臨終者應有的權利及最合適的全人照顧。

但要達成這些願望及工作，香港特區政府、各界專業人士、善長人翁、義工，及本會充滿熱誠的執行委員會成員及同事的支持都是不可或缺。

本人謹衷心感謝每一位有心人士在過去一年對本會的支持及貢獻，並希望在未來漫長的道路，繼續與本會携手，實踐『天為生命定壽元，人為生命賦意義』的宗旨。

During the past year, the Society for Promotion of Hospice Care has grown further on the three fundamentals: hospice and palliative care, grief and bereavement counselling and life and death education, and also focused on the longer-term development of services and support for the community.

In September 2004, the Society's Executive Committee reviewed and responded to the consultation paper on "Substitute decision-making and advance directives in relation to medical treatment" published by the Law Reform Commission of the Hong Kong SAR. Besides showing strong support, we urged the Government to establish the required infrastructure that would support the introduction of a legal framework. We firmly believe that if the taboo on open discussion about death and preparation for end-of-life could be viewed with a positive attitude, the outcomes will increase the quality of end-of-life of all people and in turn the optimal utilization of healthcare and welfare resources of the community.

During the period February 2004 to August 2004, the Society and the Centre for Behavioral Health of the University of Hong Kong jointly conducted a local survey covering 700 people to learn their perceptions on "good death". The findings showed that the two most important factors leading to "good death" were "no physical pain" and "not to create a burden on the family". These results affirmed the importance of palliative care and bereavement support services. The key to provide effective palliative care is to relieve or ease patients from pain, whilst bereavement counselling aims to support the bereaved.

On our contribution to professional development, the Society collaborated with several professional organizations and held in June 2004 the First Palliative Care Symposium in Hong Kong. The Symposium provided a channel for all interested healthcare professionals to share and exchange their experience on palliative care. The Symposium captured an overwhelming response of over 700 enrollments, indicating the obvious need to further enhance training and sharing opportunities for the healthcare professionals.

These highlighted activities altogether reflected the concern for the provision of palliative care which was shared across the Government, the general public and the related healthcare professionals. We will continue to take up the challenge to further increase public awareness on palliative care, promote quality palliative services, and advocate the rights of the terminally ill and the most appropriate care for these people in need of the holistic support and services.

To achieve the Society's objectives, it is essential for us to seek the continual support and concerted effort of the Government, the hospice and palliative care professionals, the generous donors, the many unsung heroes of volunteers, and our enthusiastic Executive Committee members and not least, our dedicated team of staff in the Society.

I sincerely thank everyone for the support, contributions and advice offered to the Society over the past year, and hope that we can collaborate and partner together in our never-ending journey to "When days cannot be added to life, add life to days".



王紹強 Raymond Wong,

MBE

善寧會執行委員會主席

Chairman, Executive Committee

## 執行總監報告

## Executive Director's Report

在過去 2004 至 2005 年的財政年度，本會繼續落實三個基楚範疇的工作：寧養照顧、善別輔導，及生死教育；目標集中於拓展對醫護人員的專業培訓、對喪親人士的支援，及對社區的推廣。

本會在 2001 年獲香港上海匯豐銀行慈善基金贊助與及職業訓練局高峰學院支持，展開為期三年一系列有關臨終照顧培訓之證書課程，最後一批學員的結業禮已在 2004 年 5 月舉行。至此，本會在過去三年透過 47 個課程培訓了 1,008 位學員。有見社區對臨終照顧培訓需求殷切，香港上海匯豐銀行慈善基金再次撥款 150 萬港元，資助未來三年所舉辦之課程，讓更多前線護理人員接受實務培訓。與此同時，本會在 2004 年 6 月聯同多個相關機構創辦首屆「紓緩照顧專題研討會」，讓各範疇的醫護人員共同探討及交流有關寧養紓緩及臨終照顧的工作，是次研討會吸引了超過 700 名來自不同界別的資深醫護人員報名參加，引證了專業醫護人員對寧養照顧服務的關注。

善寧會轄下之譚雅士杜佩珍安家舍在過去一年共處理 329 個新個案，除進行了超過 600 次個別輔導外，也提供小組輔導、家訪，和電話熱線接觸。一般人的印象，總把哀傷聯想為成人的經歷，事實上，在安家舍所處理之新個案中，百分之二十四屬喪親兒童。為了加強對喪親兒童之支援，安家舍在 2004 年 4 至 8 月期間，推行了一連串活動，直接支援喪親孩子之餘，也助家人學習如何陪伴孩子走過哀傷路。此外，安家舍繼續針對不同情況的喪親家屬出版自助手冊，供公眾免費索閱，除出版了「孩子心、善別路」家長手冊，本會獲得由香港電台及南華早報合辦「聖誕愛心大行動 2004」贊助，正在籌備另外兩本自助手冊，以延續本會「以書療心」之計劃。

在公眾教育方面，本會為長者在十八區巡迴舉辦之社區生死教育計劃從未間斷；至於在「晚晴論壇」系列，我們請到資深紓緩治療醫生及宗教人士分享各自對死亡的見解，又向公眾講解「預前指示」的概念；論壇的議題，均是跟進本會就香港政府法律改革委員會向公眾諮詢對醫療上預前指示的意見發表回應，以表示支持及提交意見。此外，本會與香港大學行為健康教育研究中心在 2004 年 4 月至 8 月期間進行了香港首個對死亡觀念的大型調查，並在 9 月發佈調查結果，顯示一般人希望在人生末段不須長時間受病痛折磨，和不會拖累家人，這正好與本會「去者能善終，留者能善別」的心願相符！

During the past financial year 2004-2005, the Society continued to strengthen, grow and reach out in all aspects concerning "the three fundamentals": hospice and palliative care, grief and bereavement counseling, and life and death education. Emphasis was centered on (among others) expanding professional training programs to healthcare workers, providing support to bereaved families, and promoting the hospice and palliative care concept to the community.

With the generous sponsorship from the Hongkong Bank Foundation and support from the Vocational Training Council Institute of Professional Education and Knowledge, the Society launched a 3-year end-of-life care certificate training program in 2003 for frontline healthcare workers. The graduation ceremony for the last batch of students was held in May 2005. As of today, the Society has trained upwards of 1,000 students through 47 courses. In view of the overwhelming response to the program, the Hongkong Bank Foundation has granted another sponsorship of HK\$1.5 million to the Society in order to run the program for another three years.

In June 2004, the Society joined hands with a number of organizations to introduce the first Palliative Care Symposium. The symposium aimed to provide a platform for experienced healthcare workers of different expertise to discuss and exchange experiences on palliative care. The symposium attracted over 700 enrollments, indicating the concern of professional healthcare workers on this subject.

Our Jessie and Thomas Tam Centre (JTTC) took on 329 bereavement support cases during the year. In addition to over 600 individual counseling sessions, the Centre also conducted group counseling sessions, home visits, and support via the telephone. A general perception is that bereavement is an experience associated with adults. However, over 24% of the new cases involved counseling for children. In order to enhance the support given to bereaved children, JTTC launched a number of activities from April to August 2004 for bereaved children, as well as for other members within their families. Further more, JTTC continued to publish self-help booklets for free distribution within the community. Besides publishing a manual for parents of bereaved children, two other booklets are currently under production. These booklets are being produced under the sponsorship of Operation Santa Claus 2004 which is a charity program jointly organized by Radio Hong Kong and the South China Morning Post.

In terms of public education, our 18-District Celebrate Life program continues to reach out to the elderly in our community. At the Latter Life Forums, we invited a professional palliative doctor and a religious leader to share their views about death, and introduced the concept of Advanced Care Planning. These discussion topics were brought up to echo the Society's response to the public consultation on Advanced Directives initiated by the HKSAR Law Reform Committee. The Society and the Centre of Behavior and Health of the Hong Kong University jointly launched the results of the first public survey that investigated the public's attitude towards "good death".

