

# 善寧會訊

## NEWSLETTER

二零一七年三月

March 2017

# 58



## 善寧會

Society for the Promotion of Hospice Care

**04** 以生命影響生命 -  
紓緩科護士的工作  
故事  
On Life and Living:  
Two palliative care  
nurses share ...

**06** 至親陪伴手牽手  
編織人生最後樂章  
Composing the last  
song together

**08** 「在家離世 - 從多  
角度解開現代社會  
的疑惑」講座  
Seminar on "Dying at  
Home - Breaking the  
Barriers from Different  
Perspectives"

**13**  
晚晴論壇  
Latter Life forum

賽馬會善寧之家現已投入服務  
The Jockey Club Home for Hospice  
is Being Commissioned



## 家庭為本 - 賽馬會善寧之家現已投入服務

### Family-oriented Jockey Club Home for Hospice is being commissioned

死亡是生命旅程中必經的一站。讓晚期病者的身體、情緒與心靈獲得紓解和釋放，善用餘下日子，有尊嚴和在最少的痛苦下、並在至親的陪伴中走過生命的最後一段路，都是每個人應有的權利。

*Dying is a natural process of life. Everyone deserves the right to the best available end-of-life care that allows them to leave the world with dignity, reduced suffering, in a setting they so choose and with the company of their beloved.*

秉承「天為生命定壽元·人為生命賦意義」的理念—作為香港首家以「家庭為本」的寧養中心，賽馬會善寧之家提供個人化及全方位的寧養服務，以整全照顧、適切關顧、服務無間及專業統籌的服務理念及模式，為晚期病者及其家人提供一站式服務，致力給予晚期病者及其家人鼓勵與支持，讓他們透過愛與關懷面迎人生。

賽馬會善寧之家承蒙香港特區政府及香港賽馬會慈善信託基金分別撥出土地及捐助興建，於2013年動工，2016年完工。賽馬會善寧之家乃非牟利組織《善寧會》的項目，領有護養院舍牌照，提供資助及用者自付的獨立套房。

#### 賽馬會善寧之家的服務

##### 1. 家居紓緩照護

旨在減輕病者身體上的痛楚及紓緩不適，讓病者在餘下的日子活得舒泰。家居紓緩照護的服務範圍包括：

- 徵狀監控
- 藥物管理
- 教育照顧者
- 協調社區資源
- 護理
- 心靈與社交的支援
- 專職轉介
- 輔助設備與儀器
- 善別輔導
- 評估、支持和鼓勵照顧者

##### 2. 住院

旨在為有下述緊急或特殊寧養及紓緩照護需要的病者提供短期院舍服務：

- 痛楚或其他症狀控制
- 暫托服務
- 臨終前的寧養

##### 3. 日間照護

旨在支援晚期病者的居家照護。病者和照顧者可就徵狀控制、情緒和心理等問題諮詢醫護團隊；又可結識同路人，一起聊天或參加有益身心的活動；亦可接受按個人需要和個案經理建議的輔助療法，有效控制病徵、紓緩緊張情緒、減輕恐懼和孤獨感。



Delivering the belief that “When days cannot be added to life, add life to days”, and as Hong Kong’s first family-oriented hospice centre, JCHH offers well-coordinated hospice care with an individualized and holistic approach. Patients with life-limiting illnesses and their family caregivers will receive an all-rounded, attentive and a continuum of services that is accessible anytime. With love and care, JCHH strives to ensure that patients make the most of their remaining days with dignity and in comfort.

Thanks to the HKSAR Government and The Hong Kong Jockey Club Charities Trust respectively for granting a piece of land and funding the cost of building, construction of JCHH commenced in 2013 and was completed in 2016. SPHC is a non-profit charitable organization that has completed the Private Hospitals, Nursing Homes, and Maternity Homes Registration (Cap 165) with the Department of Health. It offers self-financed and subsidized beds for terminal patients.

#### Services

##### 1. Palliative Home Care

Palliative care allows the patient to be as comfortable as possible by managing his/her pain and other distressing symptoms while having time to create their legacy and reflect on life. Specifically, the team provides for:

- Symptom management
- Psycho-social spiritual support
- Drug supervision
- Caregiver education
- Nursing service
- Bridging community resources
- Referrals for allied support
- Equipment and aids
- Bereavement support
- Assessment and empowerment of caregiver



## 2. Inpatient Service

The inpatient service aims to offer short-term admission to support patients with acute and/or complex specialist palliative care needs such as:

- The control of pain or other symptoms
- Respite
- Hospice care in the last days or weeks of life

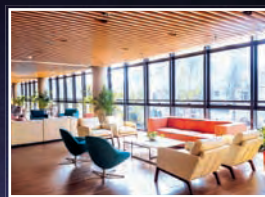


## 3. Day Care

Day Care services help support life-limiting patients to be cared for at home for as long as possible. Here, patients and caregivers consult the clinical team for help and advice with symptom management, emotional and psychological support. They meet people with similar challenges, chat and take part in a number of beneficial activities. Patients engage in complementary therapies according to individual needs and care manager's assessment. All these help to keep symptoms under control, relieve stress, alleviate fears and feelings of isolation.

## 設施簡介 A Glance of the Facilities

- 30間設備齊全的河景或園景獨立套房
- 折疊式沙發床方便家庭成員輪流在夜間陪伴及照顧病者
- 因應不同情況而採用的現代化儀器及設備，例如氣墊減壓床褥，讓病者得以舒適地保暖的超輕暖空氣被等
- 輔助療法及專職支援
- 「靜思室」，一個病者、家屬、朋友或照顧者沉思、祈禱及重建動力的地方。病者或家屬亦可在此舉行惜別會或追思會
- 戶外花園，悉心栽種的花卉草木撫慰病者及家屬心靈
- 寬敞的餐廳可供親友為病者舉行私人聚會
- 30 fully-equipped ensuite single rooms with river or garden view
- Convertible sofa bed facilitating family members taking turn to spend quality time with the patient overnight
- Modern equipment, tools and accessories available to cater for different situations, such as foam air mattress and ultra light warm air blanket to keep patients warm and comfortable at the last days of life
- Complementary therapies and allied support
- A Quiet Room that offers family, friends or caregivers a space to relax, engage in their own thoughts, pray and gather strength. Farewell party or memorial service can also be held here
- A luscious landscaped garden that offers a delightful retreat for patients and families
- A roomy dining space for families and friends to host private gatherings with patients



## 以生命影響生命 - 紓緩科護士的故事

ON LIFE AND LIVING: Two palliative care nurses share ...



醫護人員拯救生命的崇高使命總是贏得大眾的尊敬，但生死有命，他們在拯救生命的同時，亦必須面對病者離世的場面。作為專門照護晚期病者的紓緩科醫護人員，更可能每天都見證死亡。

*Most Chinese are reluctant to discuss death; it is a cultural taboo.*

現代人對死亡敬而遠之，但這群醫護人員卻主動走進晚期病者的生命當中，陪伴病者走完人生的路。今期會訊，我們訪問了兩位賽馬會善寧之家紓緩科護士—美芝與Ivy，了解她們的工作和感受。

被問及會否因為工作見證不少病者去世而承受重大壓力，Ivy聽罷淺淺一笑，回道自己不但不擔心面對病者離世，反而對自己能參與病者生命中最後一段路感到榮幸。面對死亡，任何醫護人員起初都可能感到不安，但美芝和Ivy同樣表示，隨著處理的個案增多，反而突破了自己對死亡的恐懼，更被不少病者臨終前與家人間的親情愛意而打動。

面對生命最後的倒數，病人與家人相處的每一刻都顯得無比珍貴。紓緩治療正能夠紓緩病者的不適，為其補充體力，好好享受和珍惜與至親相處的當下，或甚達成未完的心願。美芝以她正照護的病者為例，這位婆婆熱愛園藝，家住上水郊野的一處世外桃源。昔日不少人途徑婆婆的花園都會大讚園中各種農作物，而她亦很慷慨地分享自己的收成予路過的遊人。婆婆患病後

不但無力打理農田，亦無力清理園中雜草。於是，為了讓婆婆打起精神，美芝提議號召婆婆的家人和義工幫忙整理花園。隨著婆婆接受紓緩治療，加上家人與義工們同心合力為花園除草種植，婆婆的精神大為改善，還親手準備糖不甩供各人享用。美芝表示，打理花園除了可配合紓緩治療改善婆婆身體狀況外，更是為婆婆與她的家人創造一段難忘的共同回憶。紓緩治療不單是身體上痛症的紓緩，更是對病者與病者家屬的心理療程，達致「逝者善終，生者善別」。

對晚期病者家屬而言，每日都可能是最後一日、最後一日可以陪伴在至親的身旁。作為紓緩科護士，Ivy亦見證不少病者與家人間的真摯故事。Ivy指她曾與一位病者聊天，得悉這位伯伯對家人的照顧一直銘感於心，卻不懂如何表達；更擔心自己逝世後家人會深切悲痛。Ivy笑指伯伯是典型的潮州人，不善與家人表達情感。即使生命走到最後一段路，亦甚少對太太以至家人表達謝意，因此一直與他們有一道無形的隔膜。但在護士的鼓勵下，這位伯伯逐漸打開心扉。一天早上，Ivy發現太太推著坐在輪椅

上的伯伯在花園漫步。忽然，伯伯叫停了太太。太太走到輪椅前蹲下來，正好奇伯伯為何叫停自己。伯伯慢慢地伸出手放在太太肩膀上，二人對望良久，伯伯柔聲道：「老婆，多謝你一直咁照顧我」。風柔柔地在花園中流動，晨曦如綿絮般覆蓋著花園，卻比不上二人間的愛意溫暖。二人相擁流淚，原來簡單一句感激的話語，便足以化解二人間的隔膜。伯伯自此學會主動向家人表達謝意，與家人的關係亦得以改善。紓緩治療固然可緩和病者的痛症，但病者與家人間的親情得以修復，更是難能可貴。

Ivy認為，一個紓緩科護士應以真摯的心，了解病者的所思所想，以生命接觸生命的方式對待病者。紓緩治療科的醫護人員的確比其他入見證到更多的死亡，但同時因為陪伴著晚期病者最後的這段路，協調（參與）病者與家人間的互動，讓他們能見證生命中的真善美。

While family members are understandably heartbroken at the deathbed of a loved one, it is not any easier for palliative nurses caring for the patient. There may be split seconds during the last hours of their patients when these nurses have to combat emotions, but they never shirk their responsibilities till the end, thanks to their professional training, medical experience, exceptional empathy and a really big heart. Having witnessed countless scenes of love and courage during their work in palliative care, Mei Chi and Ivy consider "life and living" alongside "death and dying", with equal appreciation and respect. Let's hear their stories.

### Mei Chi: A Magical Garden

Grandma X has a garden that used to be a riot of colours, with flowers blooming and the sun guarding from above with its warmth and brilliance; that is, until cancer crept in to attack its magician gardener. The beauty of the garden dimmed as Grandma X sank into the vortex of physical pain and uncertainties. The garden now is a melancholy of barren soil, the sun in hiding and the gardener drained.

Mei Chi the nurse sees it all. She yearns to bring "happy living" back to Grandma X, though it would take a medical miracle to give her a new lease of physical "life". She vows to bring Grandma X's garden back to life.

Grandma X's family was summoned, along with an army of volunteers. It is a labour of love as they busy themselves weeding, sowing, watering and fertilizing. When hues steadily appear and the sun peeps from behind the clouds, Grandma X marvels at her garden so magically revitalized and her eyes below her knitted brows broke into a broad smile. "It's worth all the effort!" Mei Chi said, certainly it is "living and life" in face of "dying and death".

### Ivy: Love Untold

Watch the video in slow motion – an elderly woman kneeling at her husband's wheelchair... he reaching out to hold her shoulders... the couple melting into a gentle hug.

Mr. and Mrs. Y have been married for over four decades; Mr. Y being a male chauvinist, the show of affection has never been forthright and bold. Mr. Y confides in Ivy his full appreciation for his wife's

support and loving care throughout their marriage, particularly during his succumb to a life-threatening illness. It troubles him not slightly that he is incapable of saying "I love you" to her.

Ivy encourages and inspires Mr. Y to live the moment and love "now or never". His love for his wife does not come in gushes, but in an ever flowing stream. It is not a loud protest against "dying and death", but a whisper of endearment to his wife that transforms into a firm handshake with "living and life".

The two palliative care nurses fully comprehend the wisdom of living and dying ...



... and surely, they put that to work.



## 至親陪伴 手牽手編織人生最後樂章 Uncle Woo composing the last song together

六十九歲的胡伯，早年被確診患上癌症，因病情反覆，缺乏自我照顧能力，為家人帶來不少壓力。去年十一月中，胡伯的女兒透過互聯網認識賽馬會善寧之家，並隨即致電與職員聯絡。經賽馬會善寧之家醫護團隊評估後，胡伯先後獲安排接受家居紓緩服務及入院接受紓緩治療。

*Having suffered from cancer for a prolonged period, 69-year-old Uncle Woo needed substantial assistance to go about just an ordinary day, and this created a hefty burden on his family. The situation took a turn for the better when his daughter learned about JCHH on the web. She registered Uncle Woo for assessment by the Centre's clinical team, and arrangements were made for him to receive palliative home care, followed by inpatient care.*



院內的專業醫護人員除為胡伯處理他的痛症外，更為陪伴一起入住的胡太進行起居護理的相關培訓、應對胡伯一旦出現各種病變時的照顧方法。被問及現時是否有信心照顧丈夫，胡太認同，並稱經過醫護的指導後自己更感心安。

### 家人相聚達成最後心願

對晚期病者而言，每天起床能看到晨曦確實是一個恩賜。靠在窗邊享受晨光也是胡伯每天最悅樂心情的事情。入住期間，院舍總廚為胡伯精心烹調各款他最愛的料理。胡伯直言院舍的佳餚令他「好食到不願意走」。每天午飯後，胡伯會在太太陪同下在院舍附設的戶外花園走走。花園內悉心栽種的花卉草木，寧靜的環境與城門河的風光，加上溫暖的陽光，為胡伯夫婦的午後時光增色不少。胡伯珍惜與家人相處的每一刻，在房間內與家人閒談，窗外金色的陽光，映照著在花園中遊玩的孫兒們，都是溫暖著胡伯內心，無可取替的回憶。

在接受紓緩治療後，胡伯身體情況及精神狀態明顯較入院前有所改善。胡伯來自一個四十多人的大家庭。但因為人數眾多，一直難以聚首一堂，而這亦可謂胡伯一直放不下的心願。於是，在個案經理的協助下，胡伯邀請所有親人到院舍內舉行大型家庭派對。在派對中，他對親友笑言：

「我現在宣布自己的死訊，各位今後不用再找我拜年。」胡伯解釋：「這樣做

更加高興，大家又不用在靈堂中哭哭啼啼了。現時我已經沒有遺憾了。」在死亡面前，胡伯顯得毫無懼怕。

### 家人為伴歡度最後時光

現時胡伯已經出院，繼續接受家居紓緩照護服務，由院舍的醫護人員上門為胡伯進行評估及照護。

Pain management improved Uncle Woo's quality of life almost immediately; at the same time, Mrs. Woo attended training that boosted her confidence in caring for her husband.

### Uncle Woo's stay at JCHH

To many terminal patients, it is definitely a blessing to be greeted by the beauty of dawn when they wake up every morning. Uncle Woo was no exception -- to him, watching sunrise by his bedside window was an unspeakable joy.

The Centre chef catered his menus to individual residents, and so pleased Uncle Woo's taste buds that he claimed jokingly that he would never want to leave JCHH.

Was Uncle Woo ever homesick? He in fact regarded JCHH as a home away from home, thanks to its homely environment and blooming garden. He took a daily stroll after lunch in the company of his wife, and the frequent visits by his daughters and grandchildren, chatting in the cozy comfort of his room did sweep away all loneliness, if there was any at all.

When the Centre learned that the number one item on Uncle Woo's wish list was to get together with all 40+ members of his big family, his care manager played Genie of the Magic Lamp and granted him his wish. A huge party was organized when the entire family had a swell time. Uncle Woo displayed overwhelming ecstasy and fearlessness in the face of death, telling all present not to be sorrowful at his funeral, for he truly had no regrets.

### Time at home

Uncle Woo has since left the Centre and is currently receiving JCHH's palliative home care service.



## 一路愁、還是一路笑？

### Granny Yiu – A journey heavy laden or filled with delights?

面對不可治癒的疾病，不少病者都會希望可以離開冷凍的醫院病房，回到溫暖的家中，在熟悉的環境與家人的陪伴下走完人生最後一段旅程。面對決擇，患上骨癌姚婆婆亦選擇了在家寧養。每當經過姚婆婆的家門，總能聽到她和女兒Flora開懷的歡笑聲，便知道她無悔這個選擇了。

*Downcast at the approach of the final days on earth, many patients wish to leave cold hospital wards to spend quality time at home with their loved ones near by. Granny Yiu, suffering from bone cancer, chose palliative home care. It was no easy decision, but by all accounts a perfect one for both Granny Yiu and her daughter Flora.*

得悉母親罹患晚期病症，Flora馬上從加拿大回港陪伴母親。就母親回家寧養後的情況，Flora說：「母親離開氣氛沉重的醫院後，變得更快樂，大家都忘記了病痛。返家初期還需別人攙扶，現在就可自行扶着椅子站起來了。」

姚婆婆亦說：「我喜歡回家，因為家人給我溫暖、在飲食、照顧上……我不知該怎說，反正一切都很好。」姚婆婆母女如今不再受制於探病時間，整天都能陪伴著對方；口渴時即有人遞上溫水；還能常常喝到愛心湯水；甚至在夜深時邊吃宵夜邊聊天，吃飽即回房睡覺，這是多麼窩心的生活！

對病人而言，無論多專業的醫護人員總比不上家人由衷的愛護與照顧。而信奉佛教的二人亦希望，當姚婆婆離世時可與助念者一起「念佛號」8至12小時，亦是在醫院中難以進行的事情。

事實上，即使病人選擇在家寧養，亦需要不少專業的醫護支援。賽馬會善寧之家在接納個案後，會因應病者的需要安排紓緩科護士上門家訪跟進。在緊急的情況下，家屬亦可致電24小時支援熱線尋求協助。姚婆婆在家寧養時亦曾三度嚴重氣促，Flora及時致電求助；個案經理林姑娘及醫生先後趕至，並指示應對方案，讓姚婆婆的情況穩定下來。Flora直言：「過往只可打九九九，將媽媽送往急症室！現時就不一樣了！」

Flora said, "I saw an immediate uplift of Mom's moods after she left the hospital. Now, the happy mother I used to know before her illness is back! Pain attacks are less frequent, and Mom can even stand up leaning against a chair, while she would always need to be supported in hospital." Granny Yiu agrees. "The love of my family means enormously to me. I appreciate the personal touch only family can provide."

No longer restricted by hospital visit hours, Flora can now be with Granny Yiu around the clock. When mom is thirsty, warm water is instantly served with daughter's tender loving care, not to mention other bonuses such as enjoying a night snack together; chatting until mom is tired; and home-made soup being readily available whenever mom feels like savouring a bowl.



For a patient, no professional medical care means greater than family members being close by to render support and timely care. As buddhists, Granny Yiu and

Flora desire to recite Buddhist prayers for 8-12 hours on the final day, which would be an impossible dream were Granny Yiu to remain hospitalized. Having said that, do bear in mind that patients opting palliative home care are not exempted from their need of professional medical service. JCHH arranges regular home visits by nurses; follows up all cases individually; and offers a 24-hour support hotline.

Granny Yiu has for thrice since she returned home suffered serious shortness of breath. Thanks to her care manager Ms. Lam, who rushed to Granny Yiu with the doctor, appropriate measures were taken and Granny Yiu's condition quickly stabilized. "In the past, my only option was to dial 999, but now I have a much better alternative," Flora points out, gratefully.





## 「在家離世 - 從多角度解開現代社會的疑惑」講座

專家分享意見釋除大眾誤解

### Seminar on "Dying at Home - Breaking the Barriers from Different Perspectives"



善寧會於去年十二月十日於賽馬會善寧之家演講廳舉行「在家離世—從多角度解開現代社會的疑惑」講座，邀請了食物及衛生局局長高永文醫生及香港賽馬會慈善及社區事務執行總監張亮先生為主禮嘉賓；四位業界專家擔任講者，從不同角度探討如何協助有意在家離世的晚期病者。講座當日演講廳座無虛席。與會者積極與講者交流，並於講座結束後參觀了剛投入服務的賽馬會善寧之家，了解院舍的設施和服務。

*On 10 December 2016, The Society organized a seminar on "Dying at Home – Breaking the Barriers from Different Perspectives" at the Lecture Theatre of JCHH, with Dr Ko Wing Man, Secretary for Food and Health and Mr. Leong Cheung, Executive Director, Charities and Community, The Hong Kong Jockey Club as the Guests of Honour. Four veteran speakers shared their views on assisting terminal patients opting to die at home. The theatre was packed with participants who took part in a guided tour at the conclusion of the seminar.*

#### 講座內容摘要

##### 「在家離世在香港的選擇」

香港中文大學賽馬會公共衛生及基層醫療學院院長  
楊永強教授

學院受政府委託，研究港人選擇在家離世的意欲及可行性。楊教授指出，現時香港有九成病者是在公立醫院中逝世，但在家離世亦漸受社會關注。

學院以電話訪問了1067人，當中希望在家離世者約佔三成。當被問及如果沒有任何支援會否堅持在家離世時，這三成當中的近七成則選擇放棄；可見港人在家離世的意願雖強，但仍面對不少困難。港人不選擇在家離世的原因，主要是不想麻煩家人，其次是擔心缺乏醫療支援；樓價反而不是主要考慮因素。

楊教授認為要在本地推行在家離世，政府須先建立溝通機制，令病者、家屬及機構釐清相關意願，同時審視現行法律能否配合。他亦建議政府培訓相關社區醫護人員，以積極介入的方式提供醫療支援。

##### 「如何讓晚期病者有所選擇」香港醫學組織聯會前會長 勞思傑醫生

勞醫生引述聯會曾以電話和問卷分別訪問了775位和779位公眾和醫療界人士，就「香港晚期病患及寧養舒緩服務」進行研究。兩個組別均有超過一半受訪人士認為晚期病者最適合在家中寧養並度餘生。被問及現時社會上為晚期病者提供的家居支援服務是否足夠時，有六成公眾人士認為不足夠，而同樣認為不足夠的醫療界人士更高達七成半。

勞醫生認為要提升寧養服務質素，政府的參與不可或缺，而醫療業同工亦須以人為本，有意識並有策略地行動；最重要是尊重及了解病者的選擇，從而作出適當的支援。

##### 「在家離世在法律上的可行性」孖士打律師行合伙人張華恩律師

張律師表示，在家離世在法律上主要有三個困難：

1. 要否向死因裁判官報告死亡個案；
2. 辦理死亡登記所遇到的困難；
3. 移動遺體方面的問題。

就第一個問題，張律師指出，病者如有意在家離世，可先透過



預設醫療指示，訂明自己屬意在家離世的意願。另一方面，如果晚期病者在離世前十四天內經由註冊醫生診斷，該名醫生便可為病者簽發死因證明書，豁免向死因裁判官提交報告。

至於第二及第三個問題，張律師指出，如果家屬已領有死因證明書，便可到生死註冊署登記，並領取死亡登記證；之後，遺體就可合法地移送殮房。只要預先為病者家屬就上述法律程序提供指示，在家離世在法律上與操作上是可行的。

### 「在家離世如何成事？」齒科法醫梁家駒醫生

家族經營殯儀服務的梁醫生指出，人在昔日社會大多是在家中去世，並停屍家中正室，故有「壽終正寢」的說法；喪禮則在家旁搭建的喪棚內舉行。現代社會就因衛生、法例、樓價及居住環境等因素，令在家離世及在家舉殯變得困難。

病者若真的在家離世，家屬有兩個途徑處理遺體：一是通知十四日內曾診治過亡者的醫生，並由該醫生簽發死因證明書。之後，家屬便可到附近的警署申請「搬移及埋葬屍體許可證」，又或到生死註冊署登記領取死亡登記証；這樣便可合法地把遺體移離家。二是撥打999熱線，召喚救護人員前來，如證實病者已去世，便會召喚黑箱車處理遺體。警員亦須到場調查，與驗屍官一起研究事件有否疑點，撰寫報告遞交死因裁判官，以決定遺體是否需要解剖。梁醫生稱，過往真正要解剖的個案數目不多；所以在家居離世的障礙，並非不能打破。

terminal patients to spend their last stage at home. That said, 60%+ public and 75% medical professionals considered current home care support inadequate.

Government direction is imperative in the betterment of palliative and supportive services while the healthcare industry has to work on a person-centred EOL care to identify, understand and respect patients' needs.

### “How is ‘Dying at Home’ possible legally?” Mr. Woody Chang, Partner, Mayer Brown JSM

Mr. Chang said legal constraints for dying at home are three-fold:

1. Reporting death to the Coroner;
2. Reporting death to Death Registry;
3. Removal of the deceased.

To address the first issue, an Advance Directive can help remove doubts. Visit by a doctor within 14 days prior to the patient's death, and a medical certificate confirming the diagnosis of terminal illness would render the case not reportable to the Coroner. As for the second and third issue, the family can take the Certificate of Cause of Death signed by the doctor to the Death Registry and obtain a Certificate of Registration of Death. The body can then be removed from home. Mr. Chang concluded that dying at Home is entirely possible from a legal perspective. With adequate prior arrangement and briefing to relatives, dying at home is “safe” and practicable.

### “Operational Feasibilities” Dr. Carl Leung, Forensic Odontologist

In the past, people usually died at home and had the funeral hosted right next to home, said Dr. Leung. Modern societies have considerations for hygiene, legality, property price and living environment, making it difficult to die at home.

In the event if a patient passed away at home, there are two ways to handle the body. One of which is to action as Mr. Chang earlier talked about; the other way is to report to the police and call for the ambulance. If the ambulance personnel confirmed that the patient had died, a hearse would be called to remove the body. Police would also investigate and submit report to the Coroner to decide if a post-mortem is required. Dr. Leung said however, the number of post-mortem required has been small. The barriers to dying at home can be resolved indeed.

如有興趣進一步了解，請到善寧會網頁下載講議  
Speakers' PowerPoints can be downloaded from SPHC website

## Synopsis of presentations

### “The Choice of Dying at Home” Prof EK Yeoh, JC School of Public Health and Primary Care The Chinese University of Hong Kong

The School was commissioned by the Government to conduct a research on “Quality of healthcare for the ageing – Health system and service models to better cater for an ageing population”. Thirty percent of the 1,067 persons interviewed named home as their preferred place of death. However, when these 30% were asked if they would insist on dying at home when there was no sufficient support and care from family and friends or medical professionals, 70% said “no”; primary reasons being: they don't want to trouble the family and the lack of nursing and medical support. Property price was not a major concern.

To make death at home an enabling choice, Prof. Yeoh suggested, amongst others, establishing an advance care plan, reviewing existing regulations, improving on organizational and operational, socio-cultural and practical aspects of EOL.

### “Promoting Choices for Patients with Life-limiting Illnesses” Dr Raymond Lo, Immediate Past President, the Federation of Medical Societies of Hong Kong

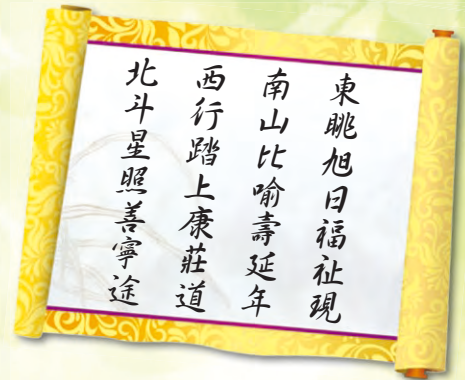
Citing an earlier survey of 775 public and 799 medical professionals on “Terminal illness and palliative care in Hong Kong” conducted by the Federation, over 50% from both groups considered it best for



# 「登山善行」銀禧紀念 紓己寧人廿五載

## The 25th Anniversary of Hike for Hospice

### Putting the best foot forward



↑ 萬德生先生認同善寧會在推動生死教育及寧養紓緩服務等工作，從第一屆開始到今年第25屆，幾乎無間斷的參加「登山善行」；今年與太平山扶輪社隊友完成後更賦詩一首。

An all-time participant for the Hike for Hospice, Mr. Winston Van writes a poem acknowledging the work of SPHC after hiking with his teammates from Rotary Club of the Peak.

← 善寧會的「老友記」曾俊華先生、善寧會榮譽會長梁智鴻醫生等嘉賓主持起步禮。

Officiating at the ceremony to kick-off the Hike were Mr. John Tsang, Dr. Leong Che-hung, Honorary President of the Society for the Promotion of Hospice Care.

善寧會每年的重點籌款活動之一「登山善行」已於2月26日假大欖郊野公園圓滿結束。近400名健兒在活動主禮嘉賓、善寧會的「老友記」曾俊華先生、善寧會榮譽會長梁智鴻醫生及其他嘉賓的鳴槍下起跑。企業挑戰賽、校友會挑戰賽、隊制及個人參加者分別在三條風光秀美的登山路線中，邊欣賞大欖涌水塘沿路風光，邊為善寧會籌款。

*Hike for Hospice – one of the signature fundraising events of the Society, was successfully concluded on 26 February at the Tai Lam Country Park. Close to 400 hikers put forward their best foot when the SPHC's "good old friend" Mr. John Tsang, Dr. Leong Che-hung, Honorary President of SPHC and other guests blew the air horns at the starting point. Entrants of the Corporate Challenge, Alumni Challenge, regular teams as well as individual hikers trailed through the scenic routes of Tai Lam Chung Reservoir, raising funds for the Society at the same time.*

「登山善行」自1992年首度舉行，至今已踏入第二十五個年頭。這些年來，無數健兒除了鼎力為善寧會籌款外，亦見證了善寧會與本港寧養紓緩服務的發展。本年度「登山善行」所籌得的善款，除了如往年支援善寧會的工作，還特別為新落成的賽馬會善寧之家籌集營運經費，讓更多晚期病者得到整全的、適切的寧養紓緩照護服務。如此有意義的登山之行，難怪健兒們在比賽結束後，在享受到大會精心準備的傳統咖哩午餐的同時，心中亦得到莫大的滿足感，完全貫徹了「登山善行，紓己寧人」的精神。

This year's Hike for Hospice was the 25th edition of the event founded in 1992. Over the years, hikers had not only generously contributed to the cause of the Society, but they had also witnessed the progressive development of hospice and palliative care service in Hong Kong. Funds raised this year would support the operations of the newly-established Jockey Club Home for Hospice in addition to the advocacy work of the Society so that more patients with life-limiting illnesses can walk their last leg of life with reduced suffering and dignity. No doubt then, that the hikers were very much empowered after the event while taking pleasure in the traditional curry lunch prepared by the Organizer.

#### 優戰者名單 The winners go to.....

組別 Category	第一名 Champion	第二名 1st Runner up	第三名 2nd Runner up
校友會 挑戰賽 Alumni Challenge	MIT - Team "Infinity"	The Cornell Club of Hong Kong - Team "Bears & Beavers"	Columbia Association of Hong Kong - Team 1
企業 挑戰賽 Corporate Challenge	Cushman & Wakefield	Goldman Sachs - Team "TURBO"	The Life Underwriters Association of HK Ltd.





## 燃亮生命火花聖誕音樂會2016 Light Up A Life Christmas Concert

燃亮生命火花聖誕音樂會是善寧會另一重點籌款活動，意在藉聖誕歡騰的節日氣氛，祝福與關懷身邊的家人好友，以及懷念已離世的至親知己。

*The "Light Up A Life" Christmas Concert, another signature annual fundraising events of The Society, was destined to bring blessings and care to families and friends in the festive season of Christmas, and to commemorate the loved ones that had left us.*



參加者將對已故親友的思念寫在紀念卡，並掛在聖誕樹上。  
Audiences leave their commemorations of deceased love ones on remembrance cards.

2016年的聖誕音樂會已於去年12月5日假中環聖約翰座堂順利舉行。音樂會邀請到香港威爾士男聲合唱團、港島中學合唱團及管弦樂團作表演嘉賓，為觀眾帶來一首首洗滌心靈的聖誕頌歌。

今年音樂會共籌得港幣超過一百萬元善款，將用作資助本會的善別輔導服務、推廣寧養舒緩，以及營運全新落成的賽馬會善寧之家等工作，為晚期病者提供優質整全的寧養服務。本會由衷感謝所有出席音樂會的嘉賓、演出隊伍、觀眾、贊助商與義工。

The concert was successfully staged at St. John's Cathedral in Central on 5 December 2016. This year's performers included the Hong Kong Welsh Male Voice Choir and the Island School Orchestra and Choir.

Over HK\$ 1 million had been raised from the event. They would go to support the Society for its offer of bereavement service, promotion of hospice and palliative care and the operation of the newly-established Jockey Club Home for Hospice. Special thanks go to the performers, guests, sponsors and all volunteers!



音樂會當晚座無虛席，觀眾一同欣賞香港威爾士男聲合唱團的演出。  
The Cathedral is packed with audiences, enjoying the marvelous performances of Hong Kong Welsh Male Choir.

## 2016年善寧會義工嘉許禮 2016 Volunteers' Appreciation Dinner



「助人為快樂之本」，難怪義工們都顯得神采飛揚！  
As the saying goes "helping others is the source of happiness". No doubt that the volunteers look so delighted!

助人者之間互相砥礪振奮，值得大加鼓吹。善寧會於2016年11月29日晚舉行了第九屆善寧會義工嘉許禮。當晚除了有豐富晚宴及抽獎環節外，最重要的是由善寧會執行委員會主席王紹強先生即場頒發嘉許狀予各義工，以表揚他們過去一年來的義務工作。

宴席期間，還有由義工樂隊歌唱助慶，並且有執行委員會成員及嘉賓即席加入獻唱，把全晚氣氛推至最高潮，為嘉許禮畫上完美句號。

Helpers acknowledging and supporting one another along the way should be highly encouraged. The Society invited

volunteers who have invaluable served the Society in the last year to the 9th Appreciation Dinner held on 29 November 2016. Other than a sumptuous dinner and a lucky draw, the limelight of the evening was the presentation of appreciation certificates to individual volunteer recognizing the spirit of volunteerism.

A band with volunteer singers and musicians provided lively entertainment during the dinner. They were joined in by members of the SPHC Executive Committee and invited guests until everyone departed for home with a grateful heart.



## 王思韻鋼琴獨奏會為賽馬會善寧之家籌款 Louis Schwizbebel Wang Piano Concert In support of the Jockey Club Home for Hospice

國際級鋼琴家王思韻先生於去年4月25日假香港大會堂音樂廳舉行「王思韻鋼琴獨奏會為賽馬會善寧之家籌款」。演奏會收益已捐予善寧會，為剛剛於去年底開始投入服務的賽馬會善寧之家添置開院所需的傢俱和醫療設備。

琴音牽動心靈，演奏會當晚王思韻先生為觀眾帶來了一場無與倫比的音樂盛宴。既可享受悅耳的旋律，又能为慈善出一分力，難怪曲終人散之時，觀眾們都顯得相當滿足！

Rising star pianist Louis Schwizbebel Wang staged a fundraising piano concert on 25 April 2016 at The Concert Hall of the City Hall for the acquisition of furniture and medical equipment for the Jockey Club Home for Hospice which had become operational at the end of last year.

Mr. Wang's performance was like a feast of angelic music that was intriguing and touching to the soul. Participants not only had a sensational and enjoyable evening but they had also supported a good cause. No doubt, listeners left the Concert Hall fulfilled.

**PREMIERE PERFORMANCES** 國際鋼琴獨奏會  
World class chamber music and ensemble 世界級室內樂及樂隊演奏

**Rising Star**  
**Louis Schwizbebel Wang, piano**  
A Benefit Concert for the Society for the Promotion of Hospice Care

Swiss-Chinese pianist, Louis Schwizbebel Wang has been described as "a pianist with a profound gift" by the Guardian, an "insightful musician" by the New York Times. At the age of 17, he won the Geneva International Music Competition and, two years later, the Young Concert Artists International Auditions in New York. In 2012, he won second prize at the Leeds International Piano Competition and in 2013 was announced as a BBC New Generation Artist.

Since 1986, the Society for the Promotion of Hospice Care (SPHC) ([www.hospicecare.org.hk](http://www.hospicecare.org.hk)) has been at the forefront of advocating hospice and palliative care and providing bereavement support services and educational and training programs to the local communities. Today, it is building a world-class hospice center with construction funded by the Hong Kong Jockey Club Charities Trust. The facility will enable terminal patients to have the best quality of life during their final days.

This benefit concert aims to achieve two purposes:  
(a) broaden exposure of SPHC to the HK community and  
(b) raise funds for the purchase of furniture and medical equipment for the new facility.

This appeal is a separate arrangement from the tickets being sold in box offices. A special block of seats has been reserved for **this appeal to SPHC members and friends!** We need your support and generosity to make the event a great success.

Date: April 25, 2016, at 8pm  
Venue: Hong Kong City Hall Concert Hall  
Cost: \$600 per seat, of which \$480 will go to SPHC.  
Special Feature: Ticket holder will be entitled to a special guided tour of the new hospice facility to be arranged.

Please click <http://tickets.pphk.org/> to purchase tickets.  
For enquiry, please contact SPHC at 2868 1211 or [frp@hospicecare.org.hk](mailto:frp@hospicecare.org.hk)

# 晚晴論壇暨「善寧會優化護理員證書課程」畢業典禮

## Latter Life Forum cum "Enhanced Care Worker Certificate Course" Graduation Ceremony



感謝TUYF Charitable Trust多年來贊助本會舉辦「晚晴論壇——從信仰角度看晚晴」活動。大會邀請了本港兩大宗教代表人物——天主教香港教區副主教陳志明神父及常霖法師，於2016年7月30日親臨作分享嘉賓。兩人從信仰角度探討生死課題，提供了許多寶貴的啟示，分享如何積極地面對晚晴生活，以及尋找各人生命的意義。

陳志明神父引用了加爾各答聖德蘭修女等特別服侍晚晴人士及長者的真人故事，讓一班正值人生最後階段的朋友，能夠感受被人視作天使般對待，陪伴臨終病者至生命最後的一刻。他們謙卑無私的奉獻精神，完全發揮生命的真善美。陳神父借用跑馬地天主教墳場大閘門外的對聯「今夕吾軀歸故土，他朝君體也相同」，相信亡者對在生的人是一種祝福和提醒；希望世人能珍惜生命，最後能因善而終。

常霖法師勉勵大家重新思考自己的生命意義和當下自己的需要；若然人生方向正確，繼而逐步實踐，便能活得更自在。常霖法師引用中國的一個哲理名言「百忍不如一怒」，去處理生活不如意之事，鼓勵我們學習寬恕。怒如心，多自在；他更帶領全場參加者練習靜觀呼吸、學習身心合一、活在當下，即時調適心情，透過簡單方法，應付無常的人生。

「善寧會優化護理員證書課程」畢業禮亦於晚晴論壇當天舉行，證書課程的創辦人之一，曾黃蓮華女士應邀出席並致詞勉勵，以及頒授證書予第四屆共約20位畢業學員。

The Latter Life Forum was held on 30 July 2016 with Rev. Dominic Chan Chi-ming, Vicar-General of the Hong Kong Catholic Diocese, and Master Changlin as honorable guest speakers, sharing their spiritual and religious views and life stories at the end-of-life stage. The Forum has been kindly sponsored by the TUYF Charitable Trust in the past few years.

Citing examples of Saint Teresa of Calcutta who had consecrated her life to serve the terminally-ill and the elderly, Rev. Chan said these people all feel cared for and accompanied as they walk their last leg of life. Their selfless service has demonstrated the beauty of human nature by warming others' life with their own. Through reflecting on death, Rev Chan reminded participants to treasure life and to do good deeds in a bid to leave the world in grace.

Master Changlin encouraged participants to deliberate on the meaning of life and its actual needs; find the right path, insist on walking on this path to lead a free and joyful life. He added that forgiveness is important to address the various conflicts among people. In closing, Master Changlin led the participants in a mindful breathing exercise to find peace and harmony of the inner self while learning to seize the day.



陳志明神父及常霖法師從信仰及靈性上，鼓勵大家思考和尋找自己的生命意義  
Rev Chan and Master Changlin encourage participants to search for their meaning in life from religious and spiritual perspectives



第四屆的「善寧會優化護理員證書課程」畢業學員合照  
Graduates of SPHC's 4th "Enhanced Care Worker Certificate Course"

Held in conjunction with the Latter Life Forum was the Graduation Ceremony of SPHC's "Enhanced Care Worker Certificate Course" when Mrs. Lynn Tsang, one of the founders of this Course, presented certificates to the graduates.

歡迎登入<https://www.youtube.com/user/hospicecarehk>  
重溫精彩片段

A recap of the Forum can be downloaded at  
<https://www.youtube.com/user/hospicecare.hk>

### 下個晚晴論壇快將舉行 Coming soon: Our next Latter Life Forum

日期 Date: 29/4/2017 (星期六Saturday)

時間 Time: 2:15pm – 4:30pm

地點 灣仔軒尼詩道15號 溫莎公爵社會服務大廈

Venue: 香港社會服務聯會1樓禮堂

Auditorium, 1/F, Hong Kong Council of Social Service, Duke of Windsor Social Service Building, No. 15 Hennessy Road, Wanchai

費用 Fee: 免費入場，即將接受報名

Free admission. Registration will start soon.

活動詳情，請留意網站最新消息

Stay tuned by visiting our website at:

<http://www.hospicecare.org.hk>



常霖法師帶領全場練習靜觀呼吸，學習活在當下  
Master Changlin guides all participants in a mindful breathing exercise to find peace and harmony of the inner self and learn to seize the day.

## 第十三屆香港紓緩照顧專業研討會 13th Hong Kong Palliative Care Symposium

承蒙 TUYF Charitable Trust 贊助，第十三屆香港紓緩照顧專業研討會於2016年10月22日舉行，超過400位不同專業的同工出席。

*Thanks to the kind sponsorship of TUYF Charitable Trust, the 13th Hong Kong Palliative Care Symposium was conducted on 22 October 2016. Over 400 healthcare professionals from various clinical settings attended the event.*

是次研討會邀請到食物及衛生局副局長陳肇始教授蒞臨主禮並致開幕辭；馬麗莊教授、胡金榮醫生及周燕雯博士擔任嘉賓講者，更有超過20位嘉賓和主持於會中交流分享他們的研究成果。全賴籌委會成員和參加者的熱忱，令研討會再次座無虛席！

*We were privileged to have Prof. Sophia Chan, Under Secretary for Food and Health as our Guest of Honour; Prof. Joyce Ma, Dr. Raymond Woo and Dr. Amy Chow as our guest speakers. Over 20 guest speakers and chairpersons shared their experiences and research results. The hard work of the Organising Committee and the tremendous support of the participants have made the Symposium a huge success again this year!*

## 2017 臨終照顧培訓課程 End-of-life Care Education Programme

課程旨在培訓更多醫護人員及前線同工，以提升其臨終照顧的知識及技巧。詳情請瀏覽我們的網頁：<http://www.hospicecare.org.hk>

The programme aims to train more healthcare professionals and frontline care workers on end-of-life care. For details, please visit our website: <http://www.hospicecare.org.hk>.

### Skill-Building Basic Training Programme (Course EOLC-1-4-2017)

#### Objectives

- To understand the holistic care for terminal patients
- To attain competency when communicating with people facing death
- To acquire skills in symptom management

Healthcare and allied health professional workers working in various settings serving people with life-limiting illnesses. They include nursing staff, doctors, social workers, pastoral care workers, physiotherapists, counselors, welfare workers and all others interested in the hospice and palliative care.

#### Course Outline

Self Awareness
Pain & Symptom Control at End-of-life Stages
Communication & Basic Counseling
Spiritual Needs & Care for Patients at EOL
Care at Anticipatory Grief & Bereavement
Ethical Consideration in EOLC
Family Care & Support in EOLC, Care for the Carer

#### Accreditation

30 CNE points. Certificates will be awarded by the Hong Kong Palliative Nursing Association and The Society for the Promotion of Hospice Care for participants meeting an attendance of 80% or above and course work requirements.

Schedule:	29 June (Thu), 6 July (Thu), 20 July (Thu), 27 July (Thu), 2017
Time:	9:30a.m. – 6:00p.m.
Venue:	G/F., 16 Ngoi Man Street, Shau Kei Wan, Hong Kong
Course fee:	HK\$1,200

特別鳴謝：TUYF Charitable Trust 全力贊助  
Special acknowledgement to TUYF Charitable Trust for their kind sponsorship.

# 請捐款支持善寧會及「賽馬會善寧之家」

## Please support SPHC and the Jockey Club Home for Hospice

\* 請在適當空格加上✓號 Please ✓ as appropriate

\*\* 請刪除不適用者 Please delete as appropriate

請以正楷填寫下列表格，並寄回香港沙田亞公角山路18號或傳真至2336 2776，以便本會發出捐款之正式收據。

Please complete the form below in BLOCK LETTERS and return to us by post to No.18, A Kung Kok Shan Road, Shatin, Hong Kong or by fax to 2336 2776 for the issuance of official receipt.

### 我願意成為善寧會「賽馬會善寧之家」捐款者 I would like to: \*

每月定期捐助 Donate on a monthly basis  
港幣HKD:  \$800  \$500  \$300  其他 Others \$ \_\_\_\_\_

一次過捐助 Make a **one-off** donation of  
港幣HKD:  \$5000  \$2000  \$500  其他 Others \$ \_\_\_\_\_

### 捐款者資料 Donor's Information

姓名 Name	**先生 Mr. / 小姐 Ms. / 太太 Mrs. / 其他 Others _____		
	(中文)		
	(English)		
地址 Address			
電話 Phone		傳真 Fax	
電郵 Email			

### 捐款方法 Donation Methods\*

劃線支票 Crossed Cheque 支票號碼 Cheque No: \_\_\_\_\_  
(抬頭請寫「善寧會」 Payable to "SPHC")

直接存入本會銀行戶 Direct Transfer 滙豐銀行 HSBC 002-3-365638  
(請寄回或傳真銀行入數紙至善寧會 / 賽馬會善寧之家 Please send the bank-in slip to SPHC / JCHH by fax or by post)

信用卡 Credit Card  Visa  Master Card  American Express  
持咭人姓名 Cardholder's Name: \_\_\_\_\_

信用卡號碼 Card No: \_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_  
有效日期至 Expiry Date (mm / yy): \_\_\_\_\_ / \_\_\_\_\_

\* 本人授權善寧會由本人之信用卡戶口轉賬上述指定金額作定期或一次性捐款。此授權在本人之信用卡有效期過後及獲發新卡後仍繼續生效，直至另行通知。  
I hereby authorize the Society for the Promotion of Hospice Care to debit the amount specified above from my credit card account on a monthly or one-off basis. The authorization for monthly debit will continue after the expiry date of the credit card and with the issuance of a new card until further notice.

持咭人簽署  
Cardholder's  
Signature #:

Folding line 摺線

### 7-ELEVEN 現金捐款 Cash Donation

你可攜同此表格透過全港 **7-ELEVEN** 以現金捐款予善寧會。收銀員於完成交易後會發出交易紀錄給捐款者。請保留交易紀錄，然後連同此表格於一個月內郵寄至本會索取正式收據。

You can present this form to make cash donation with a minimum amount of HK\$100 to SPHC via any **7-ELEVEN** in Hong Kong. The cashier will issue a transaction record to you when the transaction is completed. Please keep the transaction record and send it to SPHC/JCHH together with this completed form within one month for the issuance of an official receipt.



### 網上捐款 Online donation "www.hospicecare.org.hk"

捐款收據可申請稅項寬減。Donors can apply for tax deduction with receipts for donations made.

需要收據 Please tick if you need a receipt

你的個人資料將保密處理，並只會作行政、發出收據及通訊用途。我們將透過電郵、郵件或電話，通知閣下有關於本會慈善籌款項目及活動的最新情況。  
Your personal data provided herein will be kept strictly confidential and used only for the purposes of administration, issuance of receipt and communication. We will provide promotional materials about our programmes, events and other initiatives by means of emails, mails or phone.

\*  本人同意 I agree / 本人不同意 I do not agree

接收善寧會資訊，及讓善寧會使用本人的個人資料作上述用途。

to receive promotional materials from SPHC and use my personal data for the above-mentioned purpose.

## 衷心感謝您為「生命賦意義」！

## Our utmost thanks for your "ADDING LIFE TO DAYS" !

Folding line 摺線

No POSTAGE  
STAMP  
NECESSARY IF  
POSTED IN  
HONG KONG  
如在本港投寄  
毋須貼上郵票

如貼上郵票，可為本會節省成本  
Your stamp will reduce our cost



Society for the Promotion of Hospice Care

香港沙田亞公角山路十八號 賽馬會善寧之家

Jockey Club Home for Hospice, No. 18, A Kung Kok Shan Road, Shatin, Hong Kong

Freepost No.85 SCL

# 我想回家去

： 醫院以外，晚期病者有無選擇？  
： 打個電話同我哋嘅醫護團隊傾吓！  
： 服務查詢：2331 7733、2331 7000



原相片提供：常霖法師



善 寧 會

Society for the Promotion of Hospice Care

沙田亞公角山路18號  
No. 18, A Kung Kok Shan Road, Shatin

<b>E</b>	POSTAGE PAID HONG KONG PORT PAYE	PERMIT NO. 5524
----------	--	-----------------------

Economy



*When days cannot be added to life, add life to days.*

