



PULSE



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Hong Kong Adventist Hospital Honored with "Caring Company 2024/25" Award

香港港安醫院獲頒「2024/25商界展關懷」殊榮



We are proud to announce that Hong Kong Adventist Hospital –Tuen Wan (HKAH – TW) and Stubbs Road (HKAH – SR) have been recognized under the Caring Company Scheme 2024/25 by the Hong Kong Council of Social Service. This honor not only affirms our ongoing commitment to corporate social responsibility but also reflects our dedication to providing holistic care.

We believe that medical excellence encompasses more than just treatment; it is about delivering care from the inside out. Internally, we foster a positive and inclusive environment for our team, while externally, we integrate sustainability into our daily operations and proactively engage with the community to sow seeds of health and compassion. Since 2023, we have partnered with the Hong Kong Family Welfare Society and other social service organizations to promote community health initiatives and a prevention-focused, community-based, family-centered approach to healthcare.

This recognition belongs to every HKAH staff member, every patient who places their trust in us, and the communities we serve. Your support enables us to continue extending holistic care to all corners of the community.

We look forward to walking alongside you to build a healthier and brighter tomorrow.



香港港安醫院—荃灣及司徒拔道榮獲香港社聯頒授2024/25「商界展關懷」殊榮，這不僅肯定了我們企業社會責任，更印證了我們一直以來秉持的信念——「全人關懷」。

我們相信，卓越的醫療不止於治療，更包含從內而外實踐關懷：對內，我們營造積極共融的團隊環境；對外，我們將可持續發展融入日常運作，並主動走進社區，撒播健康與關愛的種子。自2023年起，我們與香港家庭福利會等社福機構攜手推動社區健康活動，推廣「預防為重、社區為本、家庭為中心」的健康理念。

這份榮譽，屬於每一位努力工作的港安員工、每一位信任我們的病人，以及我們所服務的社區。是你們的支持，讓「關懷」在社區中持續延伸。

未來，我們將繼續與您攜手，共建更健康、更美好的明天。

A Warm Welcome

to Our New Physician



Dr. Pang Kai Mau, Peter
彭繼茂醫生

歡迎彭繼茂醫生加入香港港安醫院—荃灣大家庭。

彭繼茂醫生於1986年畢業於香港大學醫學院，並於1999年取得急症專科醫師資格。彭醫生擁有超過35年的公立醫院工作經驗，曾任仁濟醫院副顧問醫生及香港大學榮譽臨床助理教授。

他的專長包括急診醫學、災難醫學及循證醫學。彭醫生表示非常榮幸能加入香港港安醫院—荃灣，並期待與門診部團隊攜手合作。

We are pleased to welcome Dr. Pang Kai Mau, Peter, to Hong Kong Adventist Hospital – Tsuen Wan.

Dr. Pang graduated from the Faculty of Medicine at the University of Hong Kong in 1986, and obtained a fellowship in emergency medicine in 1999. He has over 35 years of experience working in public hospitals, and has served as Associate Consultant at Yan Chai Hospital, as well as Honorary Clinical Assistant Professor at the University of Hong Kong. His clinical expertise lies in emergency medicine, disaster medicine, and evidence-based medicine. Dr. Pang is honored to join the HKAH – TW family and looks forward to collaborating with the general out-patient department.



Hong Kong Adventist Hospital – Tsuen Wan’s 24-Hour Urgent Care Center Introduces Two New Emergency Services: 24-Hour Pediatric Emergency Support and 24-Hour Fracture Emergency Fast Track Safeguarding Your Health – Anytime, Anywhere

The 24-Hour Urgent Care Center at HKAH - TW is the only private healthcare facility in New Territories West that provides emergency care services, dedicated to delivering prompt, professional, and compassionate care to residents in the area. Our urgent care center operates year-round, with emergency medicine specialists on duty 24 hours a day to ensure that every patient receives immediate medical support when needed. Upon arrival, our experienced nursing team promptly assesses and triages each patient, determining priority based on the severity of their condition.

In critical situations, our medical team will provide emergency care immediately, while emergency medicine specialists will stabilize the patient and administer appropriate treatment. If necessary, patients may be referred to relevant specialists or other medical institutions for further follow-up, ensuring they receive the most comprehensive medical care.

Adventist Health 安
Hong Kong Adventist Hospital - Tsuen Wan
安海灣急症中心-荃灣

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

24小時
急症骨折特選通道
急診中心

跌倒 扭傷 骨折 刻不容緩

- 24小時全年無休, 隨時應對突發狀況
- 急診科或骨科專科醫生主理, 診斷精準
- 設有即時影像檢查 (X光 / MRI / CT)
- 可立即安排治療或手術評估
- 即時入院進一步治療, 靈活便捷
- 提供復康及物理治療轉介, 全面支援康復

香港安醫院—荃灣急診中心 24小時全年無休 查詢電話: 2275 6688



24-Hour Fracture Emergency Fast Track | Rapid Pain Relief and Prevention of Deterioration

Fractures or sports injuries often occur unexpectedly, and timely, effective treatment is crucial to alleviate pain and prevent complications. HKAH – TW's 24-Hour Urgent Care Center has therefore launched the 24-Hour Fracture Emergency Fast Track, which is designed to provide patients with prompt, efficient orthopedic care that aims to relieve pain and avoid further deterioration. Our urgent care center's dedicated orthopedic team provides round-the-clock fracture diagnosis and treatment services that target a wide range of conditions such as wrist or ankle fractures or injuries, or joint and soft tissue damage caused by sports injuries.

With the support of advanced imaging equipment including X-rays, the medical team is able to quickly assess bone injuries, significantly reducing diagnosis and treatment time. Based on the diagnostic results, treatment or surgical evaluations may be promptly arranged to avoid the worsening of the patient's condition. From diagnosis and treatment to recovery, our center provides one-stop medical care, including in-patient treatment and referrals for rehabilitation and physiotherapy, supporting patients in their journey to complete recovery.

24-Hour Pediatric Emergency Support | Comprehensive Care for Children's Emergencies

To safeguard children's health around the clock, the Urgent Care Center has also launched the 24-Hour Pediatric Emergency Support service. When children experience sudden fevers, vomiting, coughing, asthma, or injuries from falls in the middle of the night, parents may feel overwhelmed and anxious. HKAH – TW has therefore launched a 24-hour pediatric emergency service to ensure children may receive professional medical care at any time during the day or night. Led by experienced emergency medicine specialists, the center provides prompt diagnosis and treatment tailored to patients' symptoms, with immediate laboratory and imaging services available to make the most of the critical treatment window. For cases requiring further treatment, the center is able to arrange same-day hospital admission or referrals to pediatric specialists to ensure children receive the most appropriate care. Our dedicated medical team provides warm, compassionate care to create a reassuring and welcoming environment for children, reducing fear and anxiety during their visit and giving parents peace of mind.

The 24-Hour Urgent Care Center at HKAH – TW is dedicated to providing every patient with timely, professional medical support. Whether for acute orthopedic issues or pediatric emergencies, our expert team responds swiftly to alleviate pain and restore health. Guided by our mission: "Protect Health, Every Second Counts," we are committed to providing the most attentive medical care to patients and their families, supporting them as a trusted partner on their journey to health.

Count on us to serve as the health guardian for you and your family, safeguarding your health anytime, anywhere!

香港港安醫院—荃灣急診中心新增兩項急診服務：24小時兒科急診支援服務及24小時骨折急症特選通道 | 隨時隨地守護健康



香港港安醫院—荃灣急診中心是新界西區唯一提供急診服務的私營醫院，致力為區內居民提供迅速、專業及貼心的急診服務。我們的急診中心全天候運作，全年無休，並由急症科專科醫生駐診，確保每位患者在需要時，都能獲得即時醫療支援。當患者到達急診中心後，經驗豐富的護士會第一時間對病情作出評估及分流，根據病情輕重決定優先次序。如屬緊急情況，醫護人員會立即進行急救治理，而急症科專科醫生則會進一步穩定病情並作出適切治療。如有需要，患者可被轉介至相關專科醫生或其他醫療機構進一步跟進，務求讓每位患者獲得最全面的醫療支援。

24小時急症骨折特選通道 | 快速緩解痛楚，避免病情惡化

骨折或運動創傷往往發生在最意想不到的時候，而在面對痛楚與可能惡化的病情時，及時有效的治療尤為重要。為此，香港港安醫院—荃灣急診中心推出「24小時急症骨折特選通道」，旨在為患者提供快速、高效的骨科治療，令患者即時舒緩痛楚，避免病情進一步惡化。急診中心擁有專業的骨科團隊，全年無休地提供急症骨折診治服務，無論是手腕、足踝骨折或受傷，抑或運動創傷引致的關節及軟組織損傷，均能為患者提供精準的診斷並制定針對性治療計劃。我們的急診中心配備先進的影像檢查設備，包括X光檢查，能快速評估骨骼受損情況並縮短診治時間。根據診斷結果，患者更可即時安排治療或手術評估，避免因等待導致病情惡化。從診斷到治療再到康復，中心提供一站式醫療服務，包括入院治療及復康物理治療轉介，幫助患者全面恢復健康。

24小時兒科急診支援服務 | 隨時應對兒童急症

除了骨科特選通道外，香港港安醫院—荃灣急診中心亦推出「24小時兒科急診支援服務」，隨時隨地守護孩子的健康。當孩子半夜發燒、突發嘔吐、咳嗽氣喘，甚至因跌倒撞傷而受傷時，家長往往措手不及、心急如焚。我們深明家長的擔憂，特別設立了全天候兒科急診服務，讓孩子無論在任何時間，都能得到專業的醫療支援。急診中心由經驗豐富的急症科專科醫生主理，針對孩子的症狀進行快速診斷及治療，並設有即時化驗及影像檢查設備，以爭取黃金治療時間。在需要進一步治療的情況下，急診中心亦能即日安排住院，或轉介至兒科專科醫生跟進，確保孩子獲得最合適的治療方案。此外，醫護團隊以貼心的服務守護孩子的健康，致力為他們營造溫暖安心的就診環境，減少孩子的恐懼與不安，讓家長安心、放心。

香港港安醫院—荃灣急診中心致力為每位患者提供即時、專業的醫療支援，無論是急性骨科問題還是兒童急症，我們的專業團隊均會以最快的速度處理病情，幫助患者緩解痛楚，重拾健康。我們以「守護健康，分秒必爭」為宗旨，隨時隨地為患者及家人提供最貼心的醫療服務，成為您健康路上的堅實後盾！

讓我們成為您和家人的健康後盾，隨時隨地守護您的健康！

All-New Nutrition Counseling and Meal Plans Bring Fresh Momentum into Healthy Living

全新營養輔導及膳食套餐為健康生活注入新動力

HKAH – TW was established to promote the concept of "total health" – a mission we have continually pursued by advocating healthy lifestyles. As adopting a balanced diet is an essential part of achieving this goal, we are proud to introduce two new nutrition programs: the Children and Adolescents Dietary Therapy Program and the Elderly Dietary Therapy Program, both led by our in-house registered dietitians and designed to help individuals of all ages practice healthy living with ease.

Children and Adolescents Dietary Therapy Program
Healthy eating habits should be cultivated from an early age. This program is specifically designed for children and adolescents to help develop proper dietary habits, reduce picky eating, improve dietary variety, and effectively manage weight. Program highlights include:

- Growth monitoring (e.g., height, weight, and BMI assessment)
- Dietary assessment and recommendations
- Specialized nutrition education, such as learning to read nutrition labels and choosing healthy snacks

Through these activities, children not only master healthy eating habits but also establish a framework for long-term healthy living for a brighter future.

Elderly Dietary Therapy Program

For seniors, healthy eating is critical to improving quality of life and longevity. Tailored to the unique nutritional needs of older adults, this program offers personalized dietary plans to help reduce the risk of chronic diseases and enhance overall well-being. The program includes:

- Health assessments (such as body composition analysis)
- Personalized meal planning
- Healthy snack ideas
- Portion management skills

Family members are welcome to participate to create a supportive environment, enabling seniors to practice healthy eating with ease and enjoy a comfortable and fulfilling life during their golden years.

Children / Adolescent Dietary Therapy 兒童 / 青少年飲食計劃

	4-week	8-week	12-week
Weight Tracking (BMI assessment) 成長追蹤 (包括身體質量指數分析)	✓	✓	✓
Individualized Meal Plan 個人化營養設計	✓	✓	✓
Virtual Supermarket Tour (Shopping List for healthier meals) 虛擬超市探訪 (健康餐單購物清單)	✓	✓	✓
Healthy Snack Ideas 健康零食建議	✓	✓	✓
Food Labeling 101 食品標籤識讀	✓	✓	✓
Market Challenge for Teens 青少年市場挑戰	✓	✓	✓
No Alcohol Challenge 零酒精挑戰	✓	✓	✓
Original Price 原價	\$2,080 (\$520/week)	\$3,020 (\$378/week)	\$5,040 (\$420/week)
Promotional Price 推廣價	\$1,768 (\$442/week)	\$3,332 (\$417/week)	\$4,794 (\$399/week)

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網址：www.adventist.org.hk

Extending the Healing Ministry of Christ
擴展健康護理新里程

Professional Dietitian Services

Our experienced in-house registered dietitians provide expert dietary counseling tailored for children, pre- and postnatal mothers, and vegetarians. Counseling services are also available for those with gastrointestinal or related disorders such as gastric and duodenal ulcers, irritable bowel syndrome, gout, and diabetes, and individuals with hypertension, high cholesterol, food allergies, or other health concerns. Our dietitians offer personalized advice based on each patient's condition to address specific needs and improve health outcomes.

Your Partner in Health

Our new nutrition programs are thoughtfully designed by our professional dietetic team, focusing on the unique needs of different age groups and health conditions to help you and your family build a healthier lifestyle.

For enquiries or registration, please contact the HKAH – TW dietitian via WhatsApp at 9135 5079.

Prioritize your health today for a lifetime of wellbeing!

Brand-New Nutrition Counseling and Meal Plans Boost Your Healthy Lifestyle

全新營養輔導及膳食套餐為健康生活注入新動力

香港港安醫院—荃灣成立的目的，是為了落實「全人健康」的理念，多年來貫徹始終，致力於推廣健康的生活模式。而從食物中攝取均衡營養，則是實現健康生活不可或缺的一環。為此，我們隆重推出全新營養計劃，包括兒童青少年飲食計劃及長者飲食計劃，由本院註冊營養師主理，幫助不同年齡層的人士輕鬆實踐健康生活。

兒童青少年飲食計劃

孩子的健康飲食習慣需從小培養。此計劃專為兒童及青少年設計，幫助他們建立正確的飲食觀念，減少偏食，提升食物多樣性，並有效管理體重問題。課程內容包括成長追蹤（如身高、體重及BMI評估）、飲食評估與建議，以及專題營養教育，如學習閱讀營養標籤、選擇健康小食等。透過這些活動，孩子不僅能掌握健康飲食的技巧，更能建立長遠的健康生活模式，擁抱健康未來。

長者飲食計劃

飲食健康對長者的生活質素和健康壽命至關重要。此計劃針對長者的特殊營養需求，提供個人化的飲食方案，幫助減少慢性病風險，提升生活質素。課程包括健康狀況分析（如身體組成評估）、個人化餐單建議、挑選健康小食心得，以及飲食份量管理技巧。家人亦可陪同參加，為長者營造支持性的健康飲食環境，讓他們輕鬆實踐健康飲食，享受愜意自在的晚年生活。

專業營養師服務

本院的註冊營養師接受良好的專業訓練，並且是本院的駐院營養師，他們除了為兒童提供飲食輔導外，還能幫助孕婦、產後婦女及素食人士制定合適的飲食方案。同時，如患有消化系統及其相關毛病（如胃潰瘍、十二指腸潰瘍、腸易激綜合症、痛風及糖尿病等），或是高血壓、血脂上升、食物敏感等健康問題，也可以參加本院的營養輔導服務。註冊營養師會針對個別情況，提供量身訂製的飲食建議，助您對症下藥，改善健康狀況。

全新營養計劃由專業營養師團隊貼心設計，專注於不同年齡層及特殊健康需求，助您和家人輕鬆建立健康生活習慣。

如需查詢或報名，請聯絡香港港安醫院—荃灣營養師服務熱線(Whatsapp)：9135 5079。給自己和家人一個健康的選擇，帶來長遠的健康保障！



Adventist 港安
Hong Kong Adventist Hospital - Tsuen Wan
香港港安醫院-荃灣

Elderly Dietary Therapy 長者飲食計劃

Fragility is not part of healthy aging. Navigating smarter food choices best suited to your health is key to compress morbidity and enjoy life to your fullest extent.
脆弱並非健康老化的一部分。
瞭解最適合您健康狀況的明智食物選擇是縮短生病時期而享受健康人生。

	4 sessions	8 sessions	12 sessions
Growth Tracking (20% per session) 成長追蹤 (每節身體成分分析)	免費	免費	免費
Individualized Meal Plan 個人化營養計劃	✓	✓	✓
Virtual Supermarket Tour Shopping List for Healthier Weight 虛擬超市導覽：健康體重購物清單		✓	✓
Healthy Snack Ideas 健康零食建議		✓	✓
Smart Eating Out 外出就餐貼士		✓	✓
Portion Exchange for Family 食物換算		✓	✓
No Alcohol Strategies 不飲酒策略		✓	✓
Original Price 原價	\$2,080 (20% discount)	\$3,920 (20% discount)	\$5,640 (20% discount)

Adventist Hospital Professional Dietetic Services
港安醫院註冊營養師服務
All Right Reserved 2025/12

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Extending the Healing Ministry of Christ
拓展基督醫治的醫治大能

Delivering Healthy Lunch Boxes Rain or Shine Over 2,500 Distributed in 2025 風雨不改送上健康飯盒 2025年逾2,500個

For many people, a lunch box is simply a part of daily life. But for our beneficiaries including the elderly and low-income families, a warm lunch is not always secured. Since 2022, Hong Kong Adventist Hospital – Tsuen Wan has partnered with Foodlink Foundation to provide free lunch boxes on a weekly basis to those in need. By 2025, more than 9,700 lunch boxes had been distributed, offering tangible support to elderly individuals and families in need and helping to ease their daily financial burdens.

To ensure beneficiaries can enjoy a hot meal when they need it most, we deliver freshly prepared lunch boxes to them rain or shine, in winter cold or summer heat. We are committed to making sure that care is never absent because of the weather. At the same time, in consideration of the chewing and digestive needs of the elderly, our hospital chefs carefully select suitable fresh ingredients, and fine tune the cooking methods and time to ensure each meal remains warm and of high quality when it is consumed.

The immense support and partnership from our donors make it possible to spread warmth throughout the community, and to deliver care and positivity through each healthy lunch box.

Every act of support helps sustain our mission of care.

Donation details:

<https://www.twah.org.hk/tc/ancillary-services/community-outreach-care-program>

午餐飯盒對不少人來說，只是生活的一部分。但對於基層長者與低收入家庭而言，卻是一份得來不易的安心。香港港安醫院－荃灣自2022年開始便與膳心連基金合作，每周定期提供免費飯盒予有需要人士，至2025年已派發逾9,700個飯盒，為有需要長者及家庭送上實質的支援，減輕他們日常生活負擔。

為讓受惠人在最需要時，都能有一口熱食溫暖身心，無論是寒冬抑或炎夏，我們都風雨不改，堅持將即日製作的飯盒送到他們手上，務求這份關懷不會因天氣而缺席。同時，為顧及長者咀嚼與消化的需要，醫院廚師會細心挑選新鮮食材，並特別調整烹調方式與時間，讓飯盒送到長者手上時，仍然保持溫熱與品質。

健康飯盒背後，離不開捐款者的支持與同行，讓這份溫暖得以在社區延續，並透過一個個飯盒，傳遞出關愛與能量。

每一份支持，都是這份關懷得以延續的力量。

捐款詳情：<https://www.twah.org.hk/tc/ancillary-services/community-outreach-care-program>



An elderly beneficiary beamed with joy upon receiving a freshly prepared hot lunch box. 有長者收到新鮮熱辣的飯盒，隨即笑逐顏開。



All our lunch boxes are prepared by our hospital chefs with love and care, to ensure they meet the nutritional needs of the elderly. 我們的飯盒都由醫院廚師精心製作，務求適合長者營養需要。



香港港安醫院 - 荃灣
Hong Kong Adventist Hospital - Tsuen Wan

ePulse is a quarterly newsletter targeted towards physicians and stakeholders, providing them with the latest information about Hong Kong Adventist Hospital - Tsuen Wan service introductions, news, and physician events. The newsletter is distributed to a wide audience of healthcare professionals.



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