

Newsletter
2012-2013

Medical Outreachers 醫心 Hong Kong



OUTREACHING; that is our main notion. Through adventuring outside of our comfort zone to reach out to the needed, we believe we could cultivate our passion and devotion in the practice of medicine. Let our flame not be diminished, but rather, spread to our neighbouring friends. It is that simple.



Please visit our website and Facebook page for the most updated information!



 www.MedicalOutreachers.org

 MedicalOutreachers@gmail.com

 [Medical Outreachers](https://www.facebook.com/MedicalOutreachers)

CONTENTS



Foreword

3

Local Projects

4

4 *Mong Kok Kai Fong Association - Continuous Home Visits to Solitary Elderly*

4 *Gratham Hospital - Caring for Terminal Patients*

5 *The Chinese University of Hong Kong - Love Your Neighbour Service Learning Programme*

Regional Projects

6

6 *Chi Heng Foundation - AIDS Awareness Service Learning Trip*

7 *Green Action - Cataract Surgeries*

8 *Hong Kong Medical Mobilization Corporation - Leprosy Village Visits*

9 *Operation Concern - Orthopedics Trips*

10 *Operation Smile - Cleft Lip and Palate Trips*

11 *SEDH - Orphans Summer Camp 2013*



Foreword

Medical Outreachers Hong Kong (MO), a volunteer organization run by medical students, has always sought to serve our fellow classmates. We strive to provide a variety of service opportunities for them to explore their own potential, both deepening and widening their comprehension of relevant social and health issues, and in the process, we hope to make a difference among those we serve. This year has been a unique one for MO. Seeking out local service opportunities that focus on "continuity" has remained to be our focus. To expand the scope of our service, we have launched two pilot projects reaching out to chronically sick children and marginalized youth. Along with the above, we have continued to serve terminally ill patients and elderly through partnership with the Palliative Care Department at Grantham Hospital, Wong Cho Tong District Elderly Centre and Mong Kok Kai Fong Association. Due to these collaborations, MO has acquired a unique position to provide chances for medical students from both universities in Hong Kong to be yoked with the needed from our own community, to learn as well as to grow together.

Regionally, H7N9 has posed some challenges on us - the Annual Summer Trip 2013, co-organized with Green Action Charity Foundation, was cancelled. However our intimate relationship with the association built throughout the years weren't affected with the unfortunate incident. Follow-up meetings have been arranged to discuss and reflect on our collaboration and preparation of trips. This year also marked the end of the two-year collaboration with Hong Kong Red Cross. Through this popular program, over twenty medical students have had the opportunity to have firsthand experience with long term rehabilitation work that serves survivors from

the 2008 earthquake in Wenchuan, Sichuan. In addition, more than a hundred students have continued to benefit from our long term collaborations with Chi Heng Foundation, the Hong Kong Medical Mobilization Corporation (HKMMC), and Operation Smile China. They rated their experiences from these horizon-broadening and inspiring service learning trips highly. A photo exhibition is expected to be held in the very near future to feature their experiences, meanwhile, a number of sharing sessions by pioneers of medical volunteering are also expected to be held among the two universities to spread the flame of passion and devotion to our neighboring friends.

Our donors, either donating a toy or a book; volunteers, either joining for the first, second, third (or nth) time; and especially, our past excos, have built MO to be what it is today. We thank you all for becoming, big or small, a part of MO. Our heartfelt gratitude must be further extended to all our collaborating NGOs. With the blessing from all our collaborating NGOs, our projects continued to flourish. Also, we are hugely indebted to the guidance and support from our honorary advisors and the two medical faculties, CUHK Faculty of Medicine and HKU Li Ka Shing Faculty of Medicine. The precious advices will greatly help to shape MO's future development.

Do continue support MO, with our hands united, we can learn from one another and manage to positively change the world. No one can do everything, but everyone can do something. Let us try together to make a difference, and in the process, inspire ourselves!

WREN PUN

HKU MBBS Year 3

President 2012-2013

Local Projects



MONG KOK KAI FONG ASSOCIATION

Continuous Home Visits to Solitary Elderly

Upon receiving a lot of positive feedback from last year, we decided to turn the voluntary programme co-organizing with Mong Kok Kai Fong Association (MKKFA) into a monthly project, hoping to maintain a close relationship with the elderly by paying them regular visits. Our participants did enjoy a lot chatting with them and advised them in the aspects of health issues. It was an extremely good experience as we, as medical students, were asked frequently

by the elderly about their current conditions, the function and side effects of the drugs that they were being put on, and advices regarding their daily life. It was definitely a challenging task for preclinical medical students advising the elderly on different grounds and thus had been undoubtedly a valuable chance for all of us to get a taste of doctors' life and challenges early in our studies.

GRANTHAM HOSPITAL

Caring for Terminal Patients

"When we visited them every week, we could vaguely see the inexplicable sadness from their eyes – on the first sight, you might well think it was their illness that tortured them. However, it was actually their psychological damage that stressed them. Although they might look absolutely normal and joyful, in fact, they desperately need caring from others. Even simple words of condolence and caring will do. We all hold a faith – to let them know that a lot of people do care about them." A participant reflected. This service project aims to add

colours and joyfulness to the lives of these terminally ill patients, and to accompany them at the end stages of their life journeys. This programme provided unique opportunities for participants to learn and practice their skills on communicating with dying patients – a type of clinical exposure that preclinical medical students rarely get. A few students volunteered to write life stories for the patients, leaving their words of inspiration, hoping to light up others' lives.



THE CHINESE UNIVERSITY OF HONG KONG

Love Your Neighbour Service Learning Programme



We cooperated with CUHK's Love Your Neighbour Service Learning Programme this year and started our third major local project- visiting the paediatrics wards at Prince of Wales Hospital this summer.

We visited children with cancer and children receiving minor surgery in June and July respectively. There were around 30 students participating in the service. Before visiting the wards, volunteers were required to attend a workshop specifically for the New Territories East Cluster, which includes 7 training items (such as privacy protection, volunteer communication skills). As for the service session, we prepared activities such as kaleidoscope making and writing wooden plaques. Volunteers chatted with the children under an easy and leisure atmosphere. We sent our blessings to them by writing the wooden plaques with them.

It was a precious chance for junior medical students to have such clinical exposure. To

allow more students to take part in the near future.

Another highlight among the new local services is Medical Outreachers' cooperation with Love Your Neighbour project of CUHK in providing medical assistance in Tap Mun Service Project in June. Along with students from Shaw College of CUHK, we visited the elderly who were suffering from chronic diseases in Tap Mun. The elderly were under substandard and limited amount of medical care due to their physical disability and remote living location. Seven medical students were recruited to provide health checks (blood glucose level and blood pressure test) for the elderly, explaining more medical knowledge about high blood pressure and arthritis to them and telling them the importance of their compliance to the prescribed medications. On top of that, volunteers were able to put their acquired clinical skills into good use and learned more about common medications of elderly.

Regional Projects



Location: Zhengzhou, Zhoukou
Date: 16-24 July 2013
Participants: 11 students

CHI HENG FOUNDATION AIDS Awareness Service Learning Trip

Chi Heng Foundation has been cooperating with Medical Outreachers since 2011 to organize trips for our medical students to visit AIDS-impacted villages in China. Be it home visits or teaching programmes, students had the chance to understand the feelings and positions of those HIV-positive patients.

The trip commenced on the 16th July with eleven eager students who arriving at Zhengzhou in the evening. A three-day training session were arranged for the participants. It was a new component to the trip and it gave the participants an opportunity to interact with university students from the Mainland and had better preparation for the service activities.



Later, students got a taste of what rural-village life is like as they stayed at the homes of the mainland university students, located within

the AIDS-impacted villages in the nearby city, Zhoukou. Furthermore, the home visit and school teaching activities provided students with opportunities to the better understand the concerns of people impacted by HIV/AIDS. They learnt that some of them may be carriers, while some others were orphaned as their parents passed away from the disease when they were young.

Stigmatisation: the condemning act society has imposed on HIV/AIDS sufferers. As the medical practitioners of tomorrow, it is our responsibility to recognise that everyone should be treated fairly, with equal opportunities and rights that we should all be entitled to.

“一位父親說，他們並不是命運被拋棄的一群人，相信只要自己努力，家裡的生活還是會一點點好起來的。那麼正面而鏗鏘的言辭，我很意外，並不是所有的病人都是弱者。生命的韌性，在受苦受難的一群中，仍然那麼矚目。”

Cindy Tam, HKU MBBS 2018

“Seeing how proactive the primary students were during the English lessons we gave them, I was so ashamed. In Hong Kong, we students seldom answer teachers' questions actively and we university students even start skipping lectures when we think the lessons are dull and not examinable.”

Patricia Fung, HKU MBBS 2018

GREEN ACTION

Cataract Surgeries

Medical Outreachers has had close ties with the Green Action Charity Foundation (力行植林慈善基金會, <http://greenaction.org.hk/>) since December 2009. We organise a range of short and long trips with Green Action for medical students throughout the year, with the two major trips being the Annual Trip and Cataract Service trips.

The Cataract trips to Guangdong are one of our most popular short trips, and are carried out throughout the school year, with two medical students going on each trip. Green Action cooperates with local hospitals and related organisations to provide free treatment to cataract patients. The team includes ophthalmologists, nurses from local hospitals and (some retired) medical staff from Hong Kong. These trips are categorised into two types: screening and surgery. The screening trips allow students to assist medical staff in the pre-operative stage, by helping to perform screening checks on cataract patients. The surgery trips allow students to assist staff during operations, and occasionally with post-operative procedures. The trips provide students with both general clinical exposure

and specific experience in the field of ophthalmology.



“Vision is something we take for granted and with the adequacy of advanced medical technology in the community we live in.”

Arthur Lo, HKU MBBS 2014

“...有一位伯伯，在我聽完他的心肺之後，握着我的手，連聲道謝。原來他們因為生活太過孤獨，失去了溫暖的感覺。”

Ambrose Lau, HKU MBBS 2017



Trip	Date	Venue	Number of participants
Cataract Trip	10-23 March (4 trips)	Qingcheng District	8
	14-20 April (2 trips)	Mei Country	4
	21-25 April (1 trip)	Yangshan County	2
	19-25 May (2 trips)	Yangshan County	4
Medical checking for the elderly	21-25 August	Shanxi Province	4
Home visits and scholarship presentation for the under-privileged students	18-21 August	Mei County	2
Teaching English lessons to children	22 July to 1 August	Dongshan	1

HONG KONG MEDICAL MOBILIZATION CORPORATION

Leprosy Village Visits



In the 1950s, the prevalence of leprosy in China changed the lives of many. Owing to insufficient knowledge and innocence, sufferers of the infectious disease, though curable today, were stigmatized and rejected by their family and society altogether. The Chinese government at that time isolated them in remote areas, known as 'leprosy villages' nowadays. Yet, deep-rooted misunderstandings of the disease leave the recoverers with discrimination, preventing them from re-integrating into society. Today many leprosy villages still exist in different parts of China, where recoverers spend the rest of their lives.

"I realized, instead of the health check session, what the villagers enjoyed most was actually the time we played and chatted with them. ... It is true that doctors also have their limitations. However, our ability to serve doesn't end with our inability to cure the incurable. ... We can still let our patients know that they are treasured and loved."

Bithia Wong, HKU MBBS 2018

"我們問到他們一星期內最快樂的事情時，他們不假思索就說：'就是你們來探望我們啊！' 頓時大家都大笑起來，那種笑容很真誠，發自內心，看到他們喜悅的樣子後彷彿甚麼東西也比不上了。"

Ray Lam, CUHK MBChB 2018

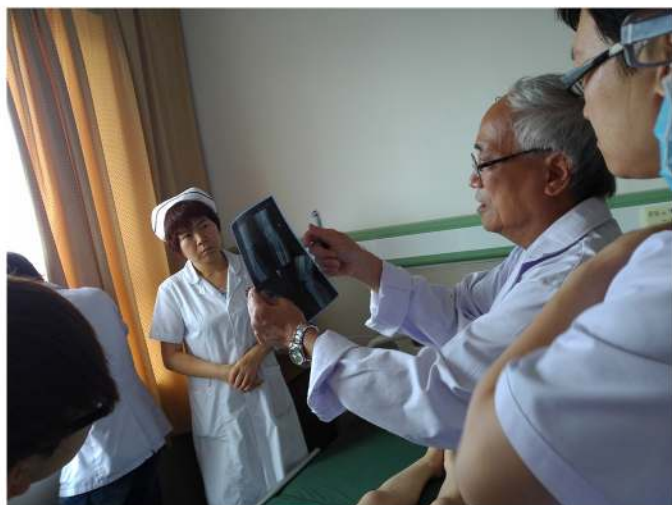
Leprosy mainly affects peripheral nerves, skin and eyes. If left untreated, it can lead to permanent disfiguration, especially of limbs, due to unattended wounds resulting from loss of pain sensation. These aged leprosy recoverers are now a population in need of both medical and psychological care. The Hong Kong Medical Mobilization Corporation (HKMMC), a group of medical workers who aspire to help the poor with their medical skills and knowledge, has been visiting leprosy villages regularly to provide basic nursing services and companionship to the former sufferers. Same as the previous two years, Medical Outreachers collaborated with this NGO and paid several one-day visits to a leprosy village in Huadu, Guangzhou.

During our visits, we performed simple medical checks for them, taught them simple exercise, played games, made light snacks, sang songs and so on with them, in the hope to show our acceptance and continuous concern for the long-forgotten villagers as well as brighten them up with our happiness. With the records of the villagers compiled previously, our understanding of them and their needs grew with each visit, allowing us to plan activities that better meet their needs. Despite our limited medical skills and knowledge, we were the ones who listened to their story, fought their loneliness and shared their joy and worries. Our volunteers, some of whom returned for the second or even more visits, have enjoyed the time with the leprosy recoverers, who have also inspired us in various aspects of life.

Date	Venue	No. of participants
9 March, 2013		14
13 April, 2013	Huadu,	12
18 June, 2013	Guangzhou	13

OPERATION CONCERN

Orthopedics Trip



我們更應該多走多看，了解農民的真實想法和困境，從而實實在在地表達作為醫學生應有的人文關懷。

Li Chung Hin, HKU MBBS 2018

當看到村民連最基本的健康醫療都負擔不起，我才明白很多事情不是必然，香港人習慣了生活在幸福的環境而變得不易滿足。

Lilian Chan, CUHK MBChB 2017

Operation Concern (關懷行動) is a charity organisation established in 1994. It comprises of medical professionals and volunteers of Hong Kong, who travel in teams to poverty-stricken rural areas of mainland China, mainly treating the poor and the handicapped. In addition to providing orthopedics care to the disabled, it also implemented a project on subsidizing poor villagers on their medical costs.

Medical Outreachers cooperated with Operation Concern in our trips over the Easter and Summer Holiday this year. Throughout the trips, participants accompanied experienced orthopedic surgeons in screening, ward visits and operation; as well as physiotherapists in

Date	Venue	No. of participants
28 March - 1 April	Fuping, Shaanxi	7
3-7 August	Earthquake Zone, Xichuan Xian, Shaanxi	4

making the splints for rehabilitation of patients. These trip provided rare opportunities for medical students to familiarize themselves with clinical skills from class and especially for those who wish to work in the orthopedics specialist in the future, knowledge in orthopedics operation. Some of them even had the privilege of witnessing rare cases.



In addition, the participants in our trips also followed social workers who were responsible for the subsidizing project of Operation Concern, to visit target families located in villages of rural areas. During the visit, participants got to know more about the medical subsidizing system in mainland China. All in all, the trips provided these future medical practitioners with inspiring experiences, which help them better prepare for their future practice.



OPERATION SMILE

Cleft Lip and Palate Trips

Operation Smile is an experienced international charity that aims to provide free reconstructive surgery for underprivileged children with facial deformities. With the help of medical volunteers from around the world, Operation Smile successfully reconstructed many children's beautiful smiles.



In the past three years, Medical Outreachers collaborated with Operation Smile by sending medical students as volunteers on service missions to different provinces of China. Participants mainly served as translators of international medical personnel and mandarin-speaking doctors. They were also

Date	Venue	No. of participants
11-18 May, 2013	Chuxiong, Yunnan	1
10-16 July, 2013	Mianyang, Sichuan	1

given valuable opportunities to attempt some other diversified roles including assisting in screening process or even participating in post-surgery care.

The missions were eye-opening, not merely in terms of the gains in medical knowledge, but also in the sense of how participants could catch a glimpse of current healthcare system in the Mainland. Most importantly, children's genuine smile reignited medical students' passion of being a doctor, making the trips even more fruitful.

這一次經驗是寶貴的，因為它告訴我走的路沒有錯，雖然有時會有困難的時候，但每當想起那些小孩，或家長的微笑，就有繼續走下的力量和勇氣。

黃卓樺, HKU MBBS 2014



SEDH Orphans Summer Camp 2013

Location: YongShun, Hunan
Date: 22-27 July 2013
Participants: 5 students

SEDH Charity Fund Voluntary Action is a non-profit organization founded in 2009 by a group of enthusiastic investors. They operate in a self support manner, utilising part of the revenues that they have accumulated through property investments to help others in need, in particular Chinese children, to assist them in living a positive and promising life.

“Although what we can do is minimal in these three days of summer camp, our work is essential and irreplaceable. What we have set is not only a milestone, but a role model for the local community to continue with our work thereafter, making it a sustainable project which can be run independently by the power of the locals. This is how I believe we sowed the seeds of the future, giving nets to the ones who fish.”

Vincent Mak, HKU MBBS 2018

“Love itself is infectious and highly contagious. The most memorable and touching part is how I wrote them 「我愛您」 became I though as orphans, they don't get to hear there's three words being told to them a lot even they are still in their childhood. I want them to know someone loves them, even thought they might not have experienced or may no longer be experiencing parental love. These are three simple words that be honest, I don't tend to say or write them out normally. But this time I witnessed the magic it would do and just how these children with unfortunate situation and past are lovely, special and beautiful.”

Judy Lam, CUHK MBChB 2018

“讓我們繼續盡一點力，給這些成熟懂事的孩子們傳遞我們的關懷與愛或是經濟支持，讓他們能有多一點自由，少一分對現實的無奈，對基本生活的擔憂，也希望他們的才能得以發揮，更加的相信肯定自己，並由他們再去向其他更小的孤兒們傳遞愛與信心。”

黃仲昕, CUHK MBChB 2017

“營中很有意義的一個活動就是請小朋友在紙上畫出自己的夢想，然後摺成紙飛機飛出去。孩子的夢想都很獨特和有意思，令我覺得，這些孩子需要的正是一點鼓勵、一點正確的人生價值觀和處事態度，他們的未來可以很光明。”

梅凱菱, CUHK MBChB 2018



One of the programs SEDH developed, is a 3-day summer camp for orphans. The camp consists of a series of group games that aim to bring out the importance of optimism and other moral values, providing an opportunity for the children to build self confidence and friendships to overcome adversities together.

In July 2013, five executive officers of Medical Outreachers joined the volunteers from SEDH to YongShun, Hunan, to hold the summer camp in collaboration with the Amity Foundation.


Join Us!




Medical Outreachers 2012-2013



醫心 • MEDICAL
OUTREACHERS
HONG KONG

 www.MedicalOutreachers.org

 MedicalOutreachers@gmail.com

 Medical Outreachers