



綜合治療中心刊物

2009年9月 第33期



出版

衛生署特別預防計劃
綜合治療中心

編輯

紅絲帶刊物工作小組

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史路丹

slow down

吳姑娘



大家好！我是吳姑娘，是初到貴境的醫務社工。我以往身為綜合家庭服務社工，終日埋首工作，營營役役，處理不同服務對象的需要。我要不斷鞭策自己全速前進，追趕限期，好不辛苦！為身心健康着想，我決定向「史路丹」學習。「史路丹」是什麼？

「史路丹」

哈哈！「史路丹」即是 'slow down'。香港人以高效率著稱，拚命與時間競賽，似乎你我也已被「忙碌奔波」吞噬了！但是你有否因為贏倒時間，而忽略了身邊的人和事？

近年，在飲食界中吹起了一陣「慢食」風：用餐時不慌不忙，用眼欣賞，用鼻聞香，用口試味，用心品嚐，這樣才可「食而知其味」！慢食主義用於生活上也同一道理，就算你急趕忙，時間不會為你停留半秒，何不放慢腳步，好好欣賞沿途風光！

「史路丹」小錦囊：

1. 我可以選擇快或慢；
2. 肯定自己身邊的一切，坦然面對得失；
3. 發揮積極正面思想，將壓力轉化為動力；
4. 幸福並不是必然，常懷感恩的心。

我希望同大家一起努力向「史路丹」出發，預留空間與相愛的人相處，欣賞自己及身邊的人，將優點放大而將缺點縮小。當然「知而行難」，但我相信「天下無難事，只怕有心人」！



2009年6月12日 - 香港特區政府因人類豬型流感肆虐，宣佈全港幼稚園及小學停課的第一天；我們在九龍灣綜合治療中心卻上了寶貴的一課。

我們邀請了朱牧華先生來到九龍灣綜合治療中心講課，講題是『九型性格與溝通』。朱牧華先生現任循道衛理楊震社會服務處家庭服務部門主管。過往曾任輔導員多年的他，對個人情緒、精神困擾、家庭關係、婚姻關係及親職管教等心理輔導工作上都有着極豐富的經驗。朱先生現時跟隨三位國際『九型性格』學大師學習『九型性格』學；並且已完成國際專業導師認證訓練，成為認可的『九型性格』學培訓導師。

當日講課的目標是讓大家能認識『九型性格』學；從而幫助大家瞭解自己的性格及應用『九型性格』學進行有效的溝通。以下節錄了講課中的一些內容和大家分享：

『九型性格』學源於中東地方；並將人的性格歸納為九類型號，而每類型號都擁有自己獨特性，包括：與其他人建立關係的方法、觀察身邊事物的角度及偏見、對生命的價值觀及人生取向。

1 一號性格改革者 -

追尋完美的世界，並努力改善自己、其他人及周邊的事情。

2 二號性格幫助者 -

望被喜歡，嘗試滿足別人的需要及精心安排在他們生活中的人和事。

3 三號性格成就者 -

安排他們的生活去達成某種具體的目標，建立成功的形象以得到別人的尊重及欣賞。

4 四號性格自我者 -

望與自己內心及別人的深沉聯繫。他們最有生命力的時候是能真誠地表達自己的感受。

5 五號性格研究者 -

渴求資訊及知識，他們嘗試以情感抽離的方式以減少自己與別人相聚之機會。

6 六號性格忠實者 -

有洞察力，容易感到焦慮及作最壞打算，以幫助自己準備應付未來會出現的問題。

7 七號性格熱衷嘗試者 -

迫切需要新意念、人及經驗的刺激。逃避痛苦及為自己安排不同的選擇。

8 八號性格挑戰者 -

追求真理，喜歡控制情況，讓重要的事情發生及隱藏自己的軟弱。

9 九號性格調解者 -

尋找和平、和諧及正面的互相鼓勵，但不喜歡衝突、張力及壞心腸。

認識『九型性格』學幫助我們明白每一個人都有獨特不同的一面，擁有不同的動機、價值觀及優先次序；使人與人之間能更有效地溝通，讓我們對自己與別人有更多的同情心及包容。

此外，認識『九型性格』學對於我們日常的工作亦有所裨益：可加強同事之間的溝通，有效地減少及處理衝突，給予有建設性的回饋，提高個人領導能力，建立高效率團隊。

在三個小時的講課中，雖然未能窺見『九型性格』學的全貌，但已引發我們對『九型性格』學的興趣及求知慾。有好一些時間，同事們亦以此作話題，甚至翻閱有關的書籍；務使對『九型性格』學多點認識及熟習。

我們希望藉着對『九型性格』學的認知，幫助我們更認識自我，更認識我們的家人、朋友、同事……所有身邊的人；使我們在人生的歷途上能知己知彼，百戰百勝，無往而不利！





見喜

張紹基

天花，古稱「痘瘡」、「見喜」，是一種惡性傳染病。今日人們對天花已頗為陌生，然而昔日天花病傳播之廣、死亡率之高，比起今日的愛滋病及沙士更為可怕。

天花病毒主要透過空氣中的飛沫傳播，感染後潛伏期為7至17日。患者病發初期出現類似感冒徵狀，繼而發高燒及全身皮膚出紅疹，稍後皮疹轉化成膿泡，病情轉入急性期，部份患者併發內臟出血、器官衰竭及其他感染等，死亡率達30%（沙士死亡率為17%）。僥幸渡過急性期的患者待膿泡收縮轉乾脫痂後，於發病後8至14日痊癒。不過即使能夠康復，大部份患者的皮膚都會留下永久的疤痕，俗稱「麻子」、「痘皮」，或因角膜潰瘍而導致失明。

天花沒有有效的治療方法，故昔日爆發天花疫症時只有將患者隔離，或者避走疫區，電視劇「大長今」也曾描述天花病爆發時將患者趕到野外自生自滅的隔離措施及人心惶惶的情景。三百多年前中國清朝時已有種痘法預防天花病 - 「痘衣法」是把天花患者穿過的內衣給未出過天花的人穿着；「水苗法」則是把天花患者脫落的皮痂研成粉末混和開水蘸進種痘者的鼻孔中，兩種方法的原理均是將少量毒性較低的天花病毒種入人體從而產生自體免疫力。不過中國人傳統的種痘方法並沒有百分百的效力，直至1796年英國醫生愛德華珍納發明牛痘接種法，有效地阻止了天花病毒的傳播。1958年世界衛生組織展開全球消滅天花行動，並資助第三世界人民接種牛痘。1978年後全球再沒有自然感染個案，世界衛生組織於1980年正式宣佈天花病毒已在地球上全被消滅，世界各國遂陸續取消接種牛痘的政策。

如果你在1980年前於香港出生，可查看小腿上接種牛痘的疤痕，男左女右，面積約有一元硬幣大小。

資料來源：

- 世界衛生組織網頁<http://www.who.int/mediacentre/factsheets/smallpox/en/index.html>
- 立法會調查政府與醫院管理局對嚴重急性呼吸系統綜合症爆發的處理手法專責委員會報告(2004年7月)

I was diagnosed with HIV in Apr 2007. It was and has been a dramatic change in my life, as I have been hospitalised many times and was off work for more than 1 year. But I want to share with all of you that the tables can turn and I am now living happily as a healthy patient, enjoying my life and doing the things I want to do. Life will never be the same but I hope I can make the best out of it.

I was informed about my situation during a regular body check up. During the previous few years, I was getting tired easily, so I decided to do a thorough check. I was expecting the results would show a deficiency in something or lack of something in my diet, but everything went well except my HIV status. It was like the end of world and the only thing I asked the doctor was, 'Could it be wrong?' The doctor answered, 'Don't worry about it; we have medication to control it.'

I was on the way home like a zombie and I could not face the crowd on the train, as the doctor had just told me the shocking news. I was in bed crying for 4 days, basically, crying, sleeping, toileting, having a small drink and then dozing off again.

Life had never been so difficult for me before besides my physical health to be worried about, how was I supposed to tell my family and friends? How could I face them and my partner? There were millions of questions in my mind that couldn't be solved and all I wanted was to give up and want people to leave me alone.

I finally broke the news to two of my best friends, and I thought they would turn their back on me and walk away. Surprisingly they gave me a big hug and promised me they would go through it together with me. That was the warmest hug I have ever received in my life. My next step was to tell my partner. I was expecting a break-up immediately, and I could not believe his response was, 'a few pills per day, I will be fine and he will be with me all the time'. I burst into tears as I thought God was punishing me with my health but in fact, I have and had all the real love from my friends and partner.

The next few months were a long educational path regarding HIV. Thanks to the movie Philadelphia, I thought I was going to live for only a few years. But the truth is, people can live with this and you can live to your normal life expectancy. It took me a year to imprint that into my mind, with the help of health professionals, all the NGOs and the people I met.

With my feet on the ground again, I started to get used to regular clinic visits and to deal with my status more easily. Unfortunately, in Oct 2007, I contracted a very bad cold from my overseas trip. I thought it was just a normal cold so I did not deal with it seriously. My CD4 count was still about 280 so I felt I did not need to worry about it at all. However, my situation was not improved; I was puffing, wheezing, and was totally out of breath after climbing a few stairs. So I finally went to my GP and had my lungs X-rayed. The next thing I knew was I needed to be checked in to hospital. I had pneumonia, which was the most common opportunistic infection among people with HIV illness.

I had a fever of up to 40 degrees Celsius, seizures every 4-5 hours, difficulty breathing, and my CD4 was down to 100. I kept asking when could I go home, but no one was able to answer me. I was given so many pills and IV everyday that I totally lost count. I kept telling the nurse that if I have no chance to recover, just let me go. At the end, they sent a psychiatrist to chat with me nearly every day to make sure I was ok. Besides all the pain, I had to do bronchoscopy (putting a tube into my lung to get some tissues). And as expected, they damaged my lung more with a hole and gave me pneumothorax (air leaking from the lung). I asked myself, what else could go wrong, what happen if I get another opportunistic infection, and with oxygen pumping through my lungs at 5L/min, that was not fun. My nose was so dry and was bleeding all the time due to the dry oxygen. I had to keep lying in bed and could not go anywhere, as I had to be on oxygen constantly. That forced me to do all my toileting on the bed and I could not shower for 14 days.

Honestly, I really wanted to give up so many times. I was the youngest in the ward, and could see all the old fellows around me suffering. But in the end, I decided to fight and I could see the light at the end of the tunnel. My situation was improving every 2-3 days. The oxygen supply was reduced 1L per 2-3 days. I was able to do a bit of physiotherapy (walking around the ward), go to the toilet, eat normally, and enjoy the TV and all the screaming and snoring of my fellow dormitory mates.

I was finally released after 21 days in hospital with big bags of antibiotics. I still needed to wake up in the middle of the night to take the antibiotics. I thought the clinic would start to prescribe HAART and I should start feeling better. This was around Dec 2007. Sadly, the doctor said it was not the right time for HAART as a rash started to surface on my skin. They wanted my body to be totally ready for the HAART. After a long consultation, it was discovered that I was allergic to my lung medication (nearly 30% of patients will be). So I had to switch to another lung medication and HAART was still a far away target. This dragged on until Mar 2008, when my body seemed to be better and I was allowed to travel overseas for leisure. My CD4 was back to 250.

With the permission of my doctor, I was on the plane to another home overseas with many bags of anti allergy medications..... (to be cont'd)

徵稿

歡迎任何人士藉不同形式投稿，如文章、漫畫、短詩等等，
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