

MEDICAL OUTREACHERS 2010-2011

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Inauguration Ceremony

Concluding the Past Year and Hailing the New

The Medical Outreachers Inauguration Ceremony 2010 took place at the Hong Kong Academy of Medicine Jockey Club Building on 6 November 2010. The ceremony kicked off with an opening address delivered by Dr. York Chow Yat-ngok, Secretary for Food and Health, HKSAR, followed by a keynote speech given by Dr. Edward Leong Che-hung, Executive Council Secretariat, HKSAR. The two speakers are also honorary advisors of Medical Outreachers.



of the year 2010-2011, in which we aim to achieve even more. It will encompass a series of seminars, and many more local and regional voluntary services.

To outreach is to venture beyond your comfort zone

to do what you can for the needy. Let our flame not be diminished—the flame of passion and devotion in the practice of medicine—rather, may it spread like wild fire through our profession!

With the acknowledgment from our advisors, collaborators, friends and alumni, we concluded a fruitful operational year 2009-2010, in which we hosted four seminars & fifteen overseas trips, involving over 80 medical students. The Inauguration Ceremony also marks the beginning

Regional Activity

Encouraging Progress Made in Dongshan, Guangzhou



On 4-7 December 2010, sixteen Medical Outreachers returned to rural Dongshan, Guangdong, to follow-up on our Annual Summer Trip 2010. There, we served the children and elderly of migrant workers' families who are under the care of Green Action Charity Foundation. We were greatly enlivened to find out that the villagers have remembered both our friendship and our health-related messages. At the same time we were sternly reminded that **our major mission in Dongshan—to increase awareness of a healthy lifestyle and encourage the children to break the vicious cycle of poverty through education—is one that requires long-term effort and that we must continue to embrace.**

(More on next page...)

Day 1:

In 3 teams, we visited the families of fifteen children under the financial support of Green Action. We checked the blood pressure of adult family members and gave each family a warm water bag for the cold winter. We were delighted to learn that the advice we gave during our previous visits were taken heed of—a hypertension patient has now sought medical help to lower her blood pressure, and a father has quit smoking!

“This was a great experience to me and definitely made me appreciate the simple things in life that we take for granted.”

—Dorothy Hung (CUHK/2)

Day 2:

We spent the entire Sunday with the children. In the morning, children from pre-school to senior primary were grouped according to their school year and were fully engrossed in stall games designed to build team spirit.

In the afternoon, we delivered a first-aid workshop, a role-play session about moral education, a geography lesson aimed at broadening the children’s perspective of the world, and sex education for senior primary students.



We also paid a visit to the village doctor and learned how the only clinic in Dongshan is run, to provide basic health consultation, medication and pain relief for the local community.

“曾經迷失過方向，為讀書而讀書。如今我不會再躊躇，把當初進入醫科的信念緊抱心中。”

—Wellcome Chan (HKU/1)



「……*掌握著自己的未來。從來我都覺得這是一樣理所當然的事，直到看到東山的一群，他們提醒我原來擁有掌握人生的能力也是一種福氣，我感激賦予我這種能力的家人，亦會好好珍惜我的人生，因為這人生是我自己選擇的，難能可貴地，由我自己，選擇。*」

—Carmen Chong (HKU/2)

Day 3:

The elderly who arrived at Green Action's headquarters to collect their winter supplies also received blood pressure checking and health counselling from our medical students. Those with marked high blood pressure had their names recorded for follow-up.

We also followed the NGO's volunteer teams to different villages in Dongshan to distribute supplies to the elderly, which included a sack of rice, cooking oil, a jacket, ointment and biscuits.

“A few months [have] passed, and they (previously pre-school children) have already progressed to primary one, yet what we passed on to them... still remains in their minds... when I asked them to demonstrate the steps of washing hands, ...they could repeat the steps with little difficulty.”

—Abram Chan (HKU/2), who was impressed when the children welcomed him by calling him “Siu Ming”, the name he used in a health education drama back in June, 2010.



Upcoming programmes

To go on spreading our loving spirit in 2011, come and join MO to...

Regular short trips

- Volunteer in cataract screening or surgery trips with Green Action Charity Foundation in rural parts of Guangdong. 3 upcoming trips from 26/2-10/3
- Participate in one-day visits to leprosy villages in Guangdong to care for the isolated elderly villagers. Upcoming trip on 26/2 (Saturday)
- Shadow orthopaedics doctors and surgeons of Operation Concern as they provide medical consultation, surgical treatments and rehabilitation for underprivileged patients.

Annual Summer Trips

- Dongshan Follow-up Trip: There is still much to be done for the villagers of Dongshan, especially the migrant workers' children. Join us this summer!
- Another summer trip is now brewing. Stay tuned for more details!

NEW!!! Palliative Care Programme

Our first ever local service will be coming in late January – the Palliative Care Programme!

What is palliative care? Palliative care is the medical care delivered to patients at the end of their life. It does not aim to reverse or delay the progression to death, but attempts to relieve the severity of the disease symptoms, and ultimately, relieve suffering and optimise quality of life.

In the programme sixteen participants will be visiting Graham Hospital to explore this branch of medicine. They will attend workshops and visit the patients. Besides understanding the specialty itself, it will be an excellent opportunity to view medical practice through palliative care, and reflect upon how we ourselves should deliver patient care in our future career.