

護理團隊抗疫日誌

「2019 冠狀病毒病」疫情自今年年初在社區蔓延開始，在全城抗疫的情況下，香港不少公共服務接近停擺，本會服務亦受到影響。本會護士主任范婉儀 (Lala) 在 17 年前曾經歷過「沙士」的挑戰，她語重心長地分享其在宿舍抗疫的心得：「宿舍必須上下一心，先至可以保障服務使用者嘅健康。」

「同一種身份 不一樣的擔心」

2003 年「沙士」疫情曾經為本港引來一陣恐慌，當時在兒科深切治療部擔任護士的 Lala，憶述當時心情和今次疫情並不相同，「03 年比較擔心，因為當時大家對『沙士』嘅認識唔多，因



為喺深切治療部會涉及一些高危嘅醫療程序，所以我有一段時間都無番屋企，怕有機會傳染家人。但喺今次嘅疫情下，我比較擔心宿舍爆發，因為本會大部分宿舍都位處屋邨內，服務使用者有機會接觸到『街外人』，一旦有感染個案就會較難追查源頭。」

「護士變身理髮師」

為了減低感染的風險，Lala 很感謝家長的理解，在農曆新年期間讓服務使用者留在宿舍過年，「農曆年前後剛巧香港出現感染個案，過往家長都會帶服務使用者回家渡歲，因為擔心佢咁若果接觸染病嘅親友，然後再回宿舍，就有擴散嘅風險，因此我們建議佢哋留喺宿舍渡歲，家長都好明白呢啲措施都係為咗服務使用者嘅健康著想，所以他們都好支持同諒解我哋嘅建議。」另外，因為疫情的關係，服務使用者亦暫停外出，因此 Lala 要化身理髮師幫他們理髮，「因為當時佢哋都只可以留喺宿舍，但我見有啲服務使用者頭髮太長，所以只好『親自出手』幫佢哋剪頭髮。起初服務使用者對我嘅技術半信半疑，但當有幾個成功嘅『樣板』之後，佢哋對我嘅剪髮技術增加咗信心，之後就多咗服務使用者主動搵我幫佢哋剪髮。」疫情期間，Lala 一共為 15 名服務使用者理髮；若疫情持續，相信 Lala 又要再繼續化身成理髮師。

「上下一心解決口罩荒」

本港早前曾出現搶購口罩潮，Lala 表示宿舍早於去年 12 月中旬，便早著先機，開始陸續採購口罩，「嗰陣我哋宿舍職員經過藥房，見到有口罩賣就會馬上幫宿舍購買，積少成多，所以喺疫情期間，宿舍都有足夠口罩應用，加上總辦事處又快速應變，搵到唔少捐贈嘅口罩同埋防疫物資，並統一協調分配，令到本會所有服務單位，最終都順利渡過口罩荒。」

「提高意識 齊心防疫」

踏入七月，疫情更出現第三波，Lala 提醒宿舍一定不能鬆懈下來，上下一心抗疫才是成功之道，「呢段期間我哋加強咗清潔消毒，例如設置消毒地毯，定時為服務使用者探熱，職員工作量雖然增加不少，但全靠職員齊心抗疫，才能保障服務使用者的健康。」

The log of Nursing team in fighting the virus

Due to the outbreak of COVID-19, many of public services were suspended and the services of the Society were also being affected. Ms. Lala FAN Yuen-yi, our Nursing Officer, who had experienced the outbreak of SARS 17 years ago, shared with us some insights in fighting this anti-pandemic battle, "The key to win the battle is that we have to work unitedly to safeguard the health of our service users."



Same role but with different concerns

In 2003, the outbreak of SARS was spread with panic fear in the community. Lala was working as a nurse in the pediatric intensive care unit (ICU) by that time. Recalling her experience, the feeling and the concern were completely different as compared to the current situation and 2003. “We were very nervous due to the lack of knowledge about SARS in 2003. In ICU, we usually needed to perform high-risk medical procedures, I was fear in returning home after work for a certain period of time, so as to keep my family away from the virus. But for COVID-19, I worried about institutional outbreaks instead. It should be noted that most of our hostels are located in public housing estates, in which the service users might get in contact with many local residents and outsiders. It would cause extra difficulty to identify the source of infection if there are confirmed cases.”

A nurse with hair cutter

Lala was grateful for the parents’ understanding for allowing the service users to stay at the hostels during Chinese New Year so as to avoid the risk of infection.

“There were confirmed cases detected in Hong Kong around Chinese New Year. Traditionally, service users will enjoy home vacation to celebrate Chinese New Year with their family members. We worried about that there might be risk of cross infection and as a result, leading to institutional outbreaks. Therefore, we suggested our service users to stay in hostels during Chinese New Year. Thankfully, the parents were supportive and understanding.” Since the service users could not go out to the barber shop, Lala had taken up the role of a hairstylist. “They could not go for hair cut at that time, so I help the service users to trim their long hairs. At the very beginning, they do not have much confidence on my hair cutting skill. Some later approached me for haircut after witnessing my good models”. Since the outbreak of COVID-19, Lala has cut hairs for 15 service users, some more will come if the pandemic lasts longer.



Concerted efforts in solving masks shortage

At the very beginning of the pandemic, the supply of surgical masks was in shortage. Lala recalled that as early as in mid-December 2019, the hostels had begun the procurement of masks as backup. “Staff would purchase and stock up surgical masks wherever possible. As the saying goes, many a little makes a mickle. Therefore, it is a relief that we had sufficient masks for our staff and service users amidst the pandemic. In the meantime, our head office responded swiftly to raise and source masks and anti-epidemic materials for staff, service users and family members. All the available resources were allocated to us for use promptly.”

Raise awareness and work together to fight the virus

In July 2020, the city faced the third wave of COVID-19. Again, Lala reminded the hostels that the key to win this long-lasting battle is to keep the guards up and work unitedly. “We have reinforced cleaning and disinfection measures, such as placing disinfectant carpets and measuring service users’ body temperature regularly. Despite extra workload, we remain united to safeguard the health of our service users.”