

White Guardian 白衣守護天使

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我們第一次的社區實習

作為護士學生，我們除了定期到病房實習，在一年級下學期也需要到社區實習。這正仍讓我們走進社區，接觸各階層的居民，進一步了解他們的需要。我們二人分別到了兩所社區中心實習，我就被分配到了第一所社區中心實習。這次實習是我們第一次以護士學生的身份參與健康推廣，從中獲益良多。在六個星期裡，導師帶領我和七位組員舉辦了兩類型的健康推廣活動，例如到區內的老人中心教長者做伸展運動，以及於社區中心舉辦引薦健康和護理的講座等等。在老人中心和社區中心我們都受到長者的熱情歡迎，而我們也送上真誠的問候和祝福，把溫暖帶給老人家。這次寶貴的實習經歷，使我親身體驗健康推廣及關懷社區的重點。我深信各位醫護人員都予希望病人數目持續上升，因此我們需作出更多努力，透過社區教育提升大眾對健康的警覺性。

Naomi



I have visited SJS Central and Western Enhanced Home and Community Care Services for the Elders during my community practicum. Up till now, I can still remember how shocked I was when I first arrived at the center. At first, I assumed that the center would be like an old-aged home and the elderly would mostly be bed-bounded. As it turned out, most of the elderly were energetic and actively engage in learning. My most profound memories were from the home visits. I have never thought that I would get that close with elders whom I have never met. To my surprise, I have gradually built up an intimate and rewarding relationship with the elders to whom we visited once per week. They were increasingly more willing to share their thoughts and feelings. I have also gained a lot of insights and sharpened my communication skills.

Cherry



分享。享受

Let's begin with a question: do nurses work in hospitals only? Don't worry if you're not sure, read on and find out more!

Maggie has worked in two hospitals before taking up the position as clinical instructor at the School of Nursing, the University of Hong Kong. Despite being preoccupied with teaching duties, Maggie gives wholehearted support to community service.

Maggie has gained profound experiences in community service in Hong Kong and China. During one of her trips to the Mainland, Maggie met a child who was suffering from physical and mental burdens. The 4-year-old girl was injured when her older sister accidentally poured some boiling water onto her neck. Fortunately, Maggie and her fellow members helped to retract the girl's neck muscles. Maggie was astonished at the fact that no one in the family blamed the older sister, nor did they make her feel guilty in any way. It is forgiveness and love that heal the wounds and lead a fruitful life.

Community service allows Maggie to put her training and expertise into practice, and enrich her personal life. Maggie always aspires to be a role model for her students and spreads her love for community involvement.



校園一角

上期我們介紹了上課用的蒙民偉大樓，今期我們會帶大家到寤語花園的芬培花園。花園位於醫學院圖書館外，設有花架石凳、迷你瀑布、蓮花池和涼亭。白天約了同學在那裡和朋友聊天和用餐，芬培花園也是一個溫習的好地方。



校園趣事

五月是女醫生的考試季節，護理學會在四月中旬舉辦了一系列「勁過」活動。「勁過」，即表示GPA過三，意味著成績優秀。今次的「勁過」活動包括燒烤、懸掛卷、以及懸掛過牆等等。同學們踴躍參與，希望在考試獲得好成績。



編輯：Naomi（一年級護理學生）

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